CELEBRATE THIS SEMESTER’S "GREEN" ACHIEVEMENTS

FIND INSPIRATION IN ONE CYCLONE’S 450 HOURS OF SERVICE

RESOLVE TO GIVE BACK IN NEW WAYS IN THE UPCOMING YEAR

"Real generosity toward the future lies in giving all to the present."

- Albert Camus
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HAPPY HOLIDAYS FROM THE LIVE GREEN! TEAM!

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
There is no feeling quite as exhilarating as that which envelops and embraces us after having extended generosity. The holiday season, focused on and steered toward a time of giving and receiving, is always brimming with generosity, as well as a plethora of outlets and opportunities with which to share it.

As we walk around campus and throughout our community, the spirit of generosity is certainly apparent. Giving trees and collection boxes for winter coats, toys and food are sprinkled throughout buildings and shops. Red kettles and bell ringers greet us throughout the community. Colleagues, friends and families share time.

This time of the year is often coined, “the most wonderful”. While given this distinction for a variety of reasons, they share collective grounding in generosity.

Though most often thought to be defined as “readiness or liberality in giving,” generosity is also “freedom from meanness or smallness of mind or character” and “largeness or fullness; amplitude.” Considered through this multi-faceted lens, each and every day offers us an opportunity to be generous and show generosity, no matter the season, the place or the time. Generosity is timeless and priceless, a smile, a leg up and a helping hand. It requires no currency or common language. It is being present, kind, compassionate and giving all of oneself in the moment that needs it. Generosity means putting others before ourselves.

This final issue of Live Green! Monthly for 2016 celebrates and honors the multi-faceted generosity extended by Iowa State University students, faculty and staff to each other, throughout our community and to so many causes and needs. It honors generosity through volunteerism, dialogue, opportunities, assistance, commitment, dedication and perseverance, as well as the generosity given by each and every one of us – reaching down and lifting up with what we can offer, when we can offer it. This issue also looks forward with a number of opportunities to be generous and exemplify generosity in 2017. A generous present equips a sustainable future.

Thank you for a great fall semester, Cyclones! I look forward to the most wonderful opportunities that await us in 2017!

Yours in green-ness,

Merry Rankin

MERRY RANKIN is Iowa State University's Director of Sustainability and the city of Ames sustainability coordinator. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads and assists teams on campus and in the community in creating and enhancing programs, events and communication pieces to help educate, engage and empower our collective journey toward a more sustainable future.

ON THE COVER: Food at First

On the first Friday of each month, members of the Sustainable Agriculture Student Association (SASA) at ISU share their generosity by volunteering at Food at First, a community meal program and perishable food pantry. Since 2012, SASA students have assisted in the preparation, serving and clean up of meals offered to community members. Visit the Food at First website for more information about getting involved.
**COMMUNITY**

Sustainable efforts were made to support both the ISU and Ames communities this semester.

**HELPING THOSE IN NEED WITH CYSERVE DAY**
More than 200 ISU students volunteered to give back by cleaning up campus, sorting donations at local thrift stores, making blankets for Project Linus and much more.

**HONORING VETERANS' SACRIFICES**
Iowa State held its fourth annual community supper to honor veterans and their families, which included a variety of veteran speakers.

**CELEBRATING CAMPUS SUSTAINABILITY**
More than 50 campus organizations and clubs, as well as Ames businesses and organizations, offered students, faculty and staff a diversified connection to our collective dedication to sustainability at ISU's National Campus Sustainability Day celebration.

**CELEBRATING ABOUT ALL THINGS FOOD**
More than 25 local businesses, organizations and clubs provided a culinary journey to the campus community during the Local Food Festival.

**INSPIRING READING WITH BOOKLAND**
More than 100 students from the ISU School of Education participated in Bookland, an outreach program with Ames Public Library that empowers families in the Ames community to read more with their children.

**HOMECOMING PARADE RETURNS**
For the first time in decades, the Ames and ISU communities came together to celebrate Homecoming with a kick-off parade.

**OPERATIONS**

Campus operations ensured effective and beneficial experiences for students, faculty and staff.

**PURCHASING LOCAL PRODUCE**
The Horticulture Station, as well as providing produce to ISU Dining, introduced the Community Produce program, allowing ISU students, faculty and staff the opportunity to purchase produce.

**ENHANCING CYRIDE**
CyRide gathered perspectives and feedback from the ISU and Ames communities toward increasing the effectiveness of our shared bus transit system.

**STANDARDIZING PRINTING**
Standardized printing costs were implemented to remind the campus community of alternative technologies to printing.

**CREATING NEW DINING OPTIONS**
ISU Dining added more ethnic and from-scratch food options to the menus this semester and revisited meal plan options.

**FOSTERING INCLUSIVITY**
More than 300 people voiced their concerns at a forum held by the City of Ames that aimed at engaging community dialogue to find solutions to make Ames more inclusive.

**CULTIVATING DIALOGUE**
Iowa State University hosted a plethora of guest speakers during public lectures and discussions this semester, ranging from gender equality, indoor farming, environmental change and more.
STUDENTS

Students took part in a diversity of sustainable adventures this semester.

**CREATING A NEW KIND OF COMMUNITY**
LiFT Club created a “safer” place for women to go to when they want to work out, offering opportunities to lift weights or learn about weight-lifting at campus gyms.

**SHARING PERSPECTIVES**
ISU students engaged in campus community dialogue and discussion about race.

**SHOWCASING ISU’S DIVERSITY**
The Diversity Resource Fair offered opportunities for various clubs and organizations to connect with one another and with students on campus.

**CREATING DESIGNS FOR KENYA**
Students within the College of Design collaborated with students from Kenya to create sustainable urban development design ideas.

**INNOVATING FOOD PRESERVATION**
Four ISU students were awarded with a grant to continue working on KinoSol units, a food dehydrator they developed that helps users properly preserve food without electricity, with the main focus on minimizing food waste.

**PRACTICING PEACE**
A new student organization, named Buddhism for Peace, aims to help other ISU students understand what Buddhism really is, as well as what it means to the people who practice it on a daily basis.

RESEARCH & EDUCATION

Iowa State remained steadfast in its commitment toward a sustainable future through research and education this semester.

**DEScribing SOCIAL JUSTICE**
An ISU professor opened an exhibit at Gallery on Main Street, incorporating the use of Braille to describe social justice and the intersection of social, cultural and political blindness.

**DISCOVERING TETRANEUTRONS**
ISU researchers helped discover tetraneutrons, supporting safer and more-efficient nuclear energy in the future.

**RANKING NO. ONE**
The ISU department of agricultural and biosystems engineering ranked No. 1 in the country for its facilities and dramatic increases in enrollment.

**GIVING DIMENSION TO WATER QUALITY**
An $800,000 grant gave ISU researchers a better understanding of the value of water.

**ADDRESSING ECONOMIC BARRIERS**
TRiO, a federally-funded program, helped ISU students with economic needs or disabilities afford the expenses of higher education.

DESIGNING VAST OPPORTUNITIES
Students studying architecture at Iowa State finished a project to design an outdoor shelter to house family activities and classroom opportunities at Urbandale’s Dunlap Park and Arboretum.
The opportunity to spend time with family and friends and embrace the holiday spirit through laughter and cheer remains constant across cultures. Further your generosity this season by being mindful of economic, social and environmental sustainability in your enjoyment of cherishing old traditions, embracing new ones and sharing them with friends and family as you prepare to decorate for the holidays.

**THE CHALLENGE**
As well as the challenge of picking through the countless holiday decoration options available, it can also be challenging to be mindful of decorating with a sustainability flair.

**HOLIDAY LIGHTS**
Lights are one of the most common holiday decorations that offer a significant sustainability opportunity.

Environmentally, the impact of residential and commercial incandescent holiday lighting is the equivalent to the annual electricity consumption of nearly 500,000 households.

Economically, the cost of holiday lights not only includes the original investment, but also adds to holiday electric bills — with the cost of lighting a tree, adding an average of $10 to monthly utility bills.

Reduce your electricity consumption and decrease costs up to 90 percent by switching holiday lighting to LEDs. By comparison, your monthly utility bill will only go up by $1 with the addition of a holiday tree.

**TREES**
Trees are at the heart of many family holiday traditions.

Whether to choose a natural tree or artificial tree is often a topic of consideration. To fully consider the impacts of each option, all components of the tree’s origin should be included, such as the manufacturing of artificial trees, the cultivation of natural trees and the transportation for both.

In terms of artificial trees, the primary environmental impacts occur through cultivation practices and end-of-season transportation and disposal. Being mindful of buying locally and making use of local reuse and composting options, can ensure a lighter holiday footprint.

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**DECORATIONS**
During the holidays, Americans throw away 25 percent more trash than usual. Much of this waste is a result of packaging and disposable, non-durable decorations. By being mindful of our waste while we are decorating, we can extend generosity through environmental sustainability.

Now you know: **Not Your Everyday Holiday Decor**

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In terms of artificial trees, the primary environmental impacts come from the manufacturing process. With all factors considered, it takes **nine years of using an artificial tree to break even** compared to the environmental impact of purchasing a natural tree each year. However, if a holiday tree becomes a family heirloom, a neutral impact can be in place for generations.

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Some of the very first holiday trees were decorated using apples, nuts, cookies or paper. Although holiday decoration options have expanded dramatically since then, the option of using natural and recycled decorations will always be festive.

THE OPPORTUNITIES
The joys of the holidays come not only from enjoying traditions, but also from discovering and enjoying new experiences with friends and family.

It can be an especially fun and unique tradition to explore holiday decorations and traditions of other cultures and connect to and celebrate social sustainability. Some fun and festive options to explore include the following.

HOLIDAY ORNAMENTS
A himmeli (shown below) is a popular holiday ornament in Finland made out of straw. Made from natural materials, a himmeli supports environmental sustainability, as well as economic sustainability, as it is something you can make with minimal and inexpensive supplies.

There are also many local shops that offer ornaments made of sustainable materials. Worldly Goods, for example, offers handmade ornaments (example below) and decorations made of recycled materials from cultures and communities around the world. Shopping locally and supporting globally impacts economic sustainability and is a great way to embrace social sustainability a new twist to your traditional holiday decor.

TREES
In Africa, many families decorate palm trees or mango trees outside of their homes, often using natural items that also benefit wildlife — extending generosity and supporting environmental, economic and social sustainability.

If decorating an outdoor tree is not feasible, an indoor houseplant is another option that offers similar sustainable impacts.

A final tree tradition to explore is not decorating one at all, but rather extending generosity year-round and gifting a tree to be planted in a recipient’s honor.

DECORATIONS
Many Asian countries have a long history of decorating though origami. This traditional art is especially embracing of sustainability through careful consideration of using recyclable materials and generating the least waste possible.

PHOTO BY LIVE GREEN!

This holiday season, challenge yourself to infuse creative ways to spread generosity by being mindful of environmental, economic and social sustainability as you deck your halls. Adding new traditions, enhancing old traditions and sharing traditions with family and friends can fill each new year of decorating with wonderfully fun and impactful memories.

1. Share or try new decorating traditions with friends or family
2. Capture the moment with a photograph
3. Share your commitment on social media using: #LiveGreenChallenge
The holiday season sparks a spirit of generosity in many individuals, whether through exchanging presents, giving an extra donation to a local charity or volunteering time to help those in need. For ISU senior majoring in sociology and active member of the Greek Community and Pi Beta Phi, Shelby Ullrich, the spirit of generosity burns brightly year-round. She spent most of her individual volunteer hours at Youth and Shelter Services (YSS) in Ames where she worked with teen girls overcoming drug addictions.

While volunteering at YSS, Ullrich was able to mentor a girl who had dropped out of high school. Throughout her time there, Ullrich helped her study for and pass her GED and eventually get into the honors program at the Des Moines Area Community College.

"I had never seen anyone have such an appreciation for learning," Ulrich said. "We cried together after the last advising meeting we went to because she told me that I was the most involved person in her life ever. All I did was tell her that she was valuable."

Ullrich also gives back through opportunities with her sorority. As a member of Pi Beta Phi, she participated in a pen pal program that pairs members of the sorority with elementary school children. Ullrich was paired with a 3rd grade student in Ames. In their letters, the pair shared stories, talked about books they read and talked about their friends.

At the end of the semester, the members of Pi Beta Phi were able to meet their pen pals at a party hosted by the elementary school. Ullrich said that her pen pal’s teacher teared up as she shared more about the student with whom Ullrich was paired.

"My biggest motivation to donate my time is the people I get to spend time with. The reason I spend time serving people is to ensure that they know they are precious and worthwhile!"

- Shelby Ullrich
“Since starting to write letters with me, the young boy was able to catch up to his own reading level from reading our letters and racing to read new books to talk about with me,” Ulrich said. “He had been quiet in class, but he had come out of his shell and made friends in his class. I could not believe that writing letters and spending time with a new friend could have such an impact.”

Ullrich furthers her generosity toward community through her sorority’s philanthropy: literacy. In the Spring, Pi Beta Phi holds a fundraiser, “Pi Phi Taco Time,” where all ticket sales go toward promoting literacy.

“Reading is the foundation to make substantial change in this world,” said Ulrich. “To combat illiteracy, we enthusiastically read with children in the Ames area, hold book drives, and share our own love of reading with the community.”

As a member of the Greek Community, Ullrich has opportunities to volunteer not only as an individual or with her chapter, but collectively with others in the community. Last year, the Greek Community raised more than $284,000 for the Special Olympics in Iowa through the Polar Bear Plunge event. At this event, individuals raise money and then take the challenge of plunging into icy, cold water.

Whether it be on an individual, chapter or community level, Ullrich continues to leave a lasting impact on the community through her generous gifts of time and resources.

“The Greek Community is extremely proud to call Ames home, and we seek to show this by donating time,” she said. “In addition, serving the community is a unique way to meet people and to find common interests.”

Ulrich already has plans to plunge into a new adventure after she graduates. She will be moving to Thailand next year to serve as an aftercare social worker through International Justice Mission, a human rights organization that rescues victims of violence, sexual exploitation and slavery throughout the developing world.

To learn more about Iowa State University’s Greek Community and its copious philanthropic efforts, visit the Office of Greek Affairs’ website.
GREEN YOUR GIVING

Throughout the year there are many opportunities for giving gifts. Whether for birthdays, holidays or “just because,” there are opportunities to engage in the generosity of gift giving while also being mindful of sustainability. Check out these four steps and add some green to your giving — economically, socially and environmentally.

Find the perfect present.

ístarShop local. For every $100 spent at a local business, $63 stays within the community. Shopping local not only contributes to a more socially sustainable future, it is also a great way to find unique gifts.

ístarWalk instead of drive. Remain conscious of the environment by walking to stores instead of driving. If 120 people each saved even one gallon of gasoline by walking instead of driving, carbon dioxide emissions would be reduced by more than one ton, the equivalent of the annual carbon dioxide emitted by one acre of forests.

ístarMake your own present. A homemade gift is a thoughtful way to show you care while being mindful of economic sustainability and also environmental sustainability, if you use upcycled materials.

Package the present.

ístarIf you are shipping the present, use boxes you have at home to package it. Not only is reusing old boxes environmentally sustainable by reducing the waste and environmental impacts of packaging materials, it is also economically sustainable by reducing the cost of acquiring new packaging materials.

ístarWrap the present using newspapers, scrap paper or magazines. Many kinds of wrapping paper are made with components that cannot be easily recycled. In fact, the annual waste from gift-wrap and shopping bags averages 4 million tons in the U.S. Consider newspapers, scrap paper or magazines as a recyclable alternative.

ístarReuse ribbons, bags and packaging materials. Save money and resources by saving and reusing. If every family reused just two feet of ribbon this holiday season, 38,000 miles of ribbon would be saved, enough to tie a bow around the Earth.

ístarMake the wrapping part of the present. Use waste-free wrapping to have the most sustainable impact. Wrap kitchen items in a kitchen towel or any gift in a fleece blanket. There are a number of creative options to choose from.

Include a greeting card.

ístarMake your own cards. An estimated 2.6 billion holiday cards are mailed each year, enough to fill a football field ten stories high. Making or choosing cards made from recycled or repurposed paper, as well as paper coming from sustainably managed forests, leaves a lighter holiday footprint.

ístarConsider alternatives to paper cards, such as emails or sharing videos or pictures online. Choosing alternatives producing zero waste to manage after the holidays is a win for recipients and communities.

Enjoy sharing your generous gift with your friends and family!

ístarGive your time as well as a gift. Embrace social sustainability this holiday season by gifting time to loved ones to share stories and make new memories when you gather to exchange gifts. Enjoy the little things — the time spent preparing a meal, sitting around the dinner table, taking family photos and just being together.
LAST-MINUTE GREEN GIFTS

With the flurry of the holiday season, it can be easy to forget a gift or need an additional one at the last minute. Even though schedules are crazy and hectic, your generosity can still shine brightly with these thoughtful and sustainable ideas.

GIFT IN A JAR
A gift in a jar is the perfect opportunity to craft a unique and customized present for anyone in your life, using items you may already have. Repurposing a jar supports environmental sustainability by reducing waste. Filling it with items that have a personal connection to the gift recipient, such as momentos of time spent together, plants, ingredients for tasty treats, soaps or items that bring energy and relaxation, nurtures self-sustainability.

GIFT OF TASTY TREATS
Tasty treats make a great last-minute present because many recipes use ingredients you may already have. Many recipes also use only a few ingredients or do not require baking. Consider the opportunity to support your community by bringing extra servings of food and to-go containers to holiday parties and gatherings so everyone can take leftovers home to enjoy later. Extra batches can be shared with shelters, nursing homes or hospitals!

GIFT OF DONATION
A donation to a local charity or organization in honor of your recipient is a gift to many that can support any combination of environmental, economic and social sustainability – or all three. Choose an organization your gift recipient would enjoy supporting, such as a school for a teacher or a food pantry for a friend that loves to cook. Many donations can be made online, making this perfect for the last-minute shopper!

GIFT OF TIME
Gifting a friend or family member your time is one of the most thoughtful, valuable and inexpensive gifts you can give. There are many different ways to gift time, so consider what your gift recipient would enjoy doing. Whether it is walking, making crafts, cooking, enjoying a game together or sipping tea and sharing stories by a fireplace, your friends or family are sure to appreciate the generosity of your time!

GIFT OF A HELPING HAND
Helping your friends and family by using your time and talents is economically sustainable for the gift giver and gift recipient. Your gift of a helping hand can be as simple as walking a pet or shoveling a neighbor’s sidewalk. More opportunities for generosity this holiday season include carrying jumper cables in your car to help when the opportunity arises, or volunteering to help those in need through the Ames Repair and Care program.
MEET AMES' FOOD PANTRIES

With the winter holidays right around the corner, many of us are preparing for festivities by shopping for gifts, family dinners and more. This time of year also marks one of the most prioritized times for giving back through various acts of generosity.

There are plenty of opportunities to give back to your community this year. In the Ames community, one of the most pressing needs to address around the holidays is food insecurity. Ames is proactive in facing the challenge of hunger through offering and supporting a number of food pantries.

The SHOP

Students Helping Our Peers (The SHOP) is the student-run food pantry on Iowa State's campus that serves both ISU students, faculty and staff, as well as members of the Ames community. The pantry serves upward of 100 people each month with donations of food and personal care items.

The SHOP functions with the help of generous volunteers. To volunteer and learn more about the club, email Monica Thornton at mthorn10@iastate.edu.

The SHOP is always looking for non-perishable goods, too. While you’re out shopping this holiday season, pick up a few extra cans of vegetables, soup or meat, or even toothbrushes, dish soap or bars of soap. Refer to The SHOP’s website for a comprehensive list of needs.

Mid-Iowa Community Action

Mid-Iowa Community Action (MICA) is a non-profit organization that actively combats poverty.

Among a number of anti-poverty programs it offers, MICA’s emergency food pantry serves more than 250 families each month in Story County.

At the north Fareway in Ames (in the Somerset area), you can donate non-perishable items through the Ames Town and Country Kiwanis ongoing food drive for MICA.

Food at First

Food at First is a non-profit program that provides the Ames community with a free meal program and perishable food pantry.

The meals that Food at First serves are composed of food that local grocery stores and food services have donated rather than discarded. Instead, they are used as ingredients to create tasty meals, served each day of the week (11:30 a.m. to 12:15 p.m. on Saturdays, and 5:45-6:15 p.m. on Sundays through Fridays) at First Christian Church.

With the large abundance of donated food being surplus for the meal program, Food at First developed a perishable food pantry, to offer additional food security assistance, and distributes surplus donations to the community twice a week. Distributions occur from 4:45-5:30 p.m. every Monday and Thursday, as well as from 10-10:30 a.m. on Saturdays.

Holidays often mean large family get-togethers that include plenty of leftovers. Rather than hanging on to the copious amounts of leftovers, take them to Food at First and share the gift of food with someone else.

No leftovers? Food at First is always in need of these staple food, as well as non-food items.

There are also opportunities to volunteer and assist with distributing food, serving meals and “gleaning” food from local businesses and food services. Visit Food at First’s volunteer signup to learn more.

These operations are just a small sampling of how Ames is committed to nourishing our residents in need. A listing of Ames area food pantries is available online.
GREEN-IT-YOURSELF

Think outside the "gift box" with simple opportunities to show generosity during the holidays.

SUPPLIES
- Soda can (cleaned and dry) ● Scissors ● Adhesive tape or food grade glue ● Sanding paper ● Pliers ● Paper ● Pen ● Cardboard ● Sewing pins (optional)

INSTRUCTIONS
1. Carefully cut the top and bottom off of the can. Wearing protective gloves is advisable, as aluminum edges can be quite sharp.
2. Cut horizontal strips out of the soda can.
3. Smoothe the strips' cut edges with sanding paper.
4. Draw your desired shapes onto paper. Place your paper design on top of some cardboard. Use sewing pins to secure the paper, if needed. Then, cut out the shapes you've created.
5. Wrap soda strips around the edges of your cardboard cut-out designs.
6. When you've finished bending the aluminum strips to create your cookie cutter's shape, either tape or glue the ends together.
7. Design unique cookie shapes this holiday season! You can also break out your art supplies and reuse your cardboard shapes as ornaments or gift tags!

SUPPLIES
- Pringles can ● Wrapping paper ● Wax or parchment paper ● Ribbon ● Glue (food grade is optional) ● Muffin liners or cups (optional)

INSTRUCTIONS
1. Cut wrapping paper so that it wraps around the can – about 10 inches wide by 10 1/2 inches long. Leaving a little space at the top and bottom is fine.
2. Use glue to adhere the wrapping paper to the outside of the can.
3. Cut the ribbon and wrap it around the top and bottom of the tube, covering the exposed parts of the can. Glue it to stick it in place.
4. Cut the wax paper a similar size (10 by 10.5 inches) and roll it so that it fits inside of the can. It should hold itself, but if it doesn't, use food grade glue to secure it.
5. (Optional) Put one cookie in each muffin cup and slide into the tube. The muffin cups help cushion the cookies, making it a great option if sending your cookie container a long distance.
6. Make someone happy with this fun and reusable container that keeps on giving!

SUPPLIES
- Scissors ● Scotch tape ● Hole punch ● Ribbon ● Wrapping paper (reused)

INSTRUCTIONS
1. Roll out some wrapping paper and place the item you want to wrap on top of it. Use enough wrapping paper to fully cover the item to get an idea of the needed size to accommodate the item. Cut wrapping paper to size.
2. Place paper face down on a flat surface. Fold the right and left sides in until they meet in the middle and overlap some. Tape the seam.
3. Fold the bottom of the wrapping paper up to create the bottom of the bag. Proceed to "wrap" the bottom of the bag, as if you were wrapping the side of a gift box, to create a flat bottom surface.
4. Open the bag and place your item in it.
5. Fold over the top of the bag (about an inch) to create a flap. Use hole punch to punch holes through both the bag and flap to accommodate the ribbon. Insert the ribbon through holes and tie it in a bow.
6. Deliver happiness to someone you love with a reusable gift bag!
As we prepare to enter the new year, we reflect on the opportunity for growth and self-improvement through our generosity, mindfulness and actions. The following green resolutions are simple, yet impactful, opportunities to consider and act upon toward increasing and enhancing economic, environmental and social sustainability in the new year, as well as years to come.

"Green" your way into 2017:

Challenge yourself to use **two** new types of reusable containers this year. Some options include a refillable water bottle to stay hydrated all day, washable containers for packing a lunch or a thermo travel mug, which will also help keep your coffee warmer for longer. The impact of this resolution is impressive. For example, refillable water bottles are an excellent alternative to **plastic water bottles**, which require up to 2,000 percent more energy to produce than tap water. Similarly, reusable lunch containers only require **10 uses** to be more sustainable than single use plastic. For an extra challenge with the many opportunities for using reusable containers, commit to choose reusable at least **twice** a day!

Aim toward achieving **zero** waste in the new year by adopting “reduce, reuse and recycle” in your daily habits. Try washing and reusing dishes instead of using disposable ones. Look for opportunities to recycle, compost and reuse items instead of landilling them. Utilize resources, like Earth 911’s search that allows you to find where to recycle specific items. Aim to **reduce your food waste**, too, as roughly 40 percent of U.S. food ends up in landfills. If the U.S. reduced food waste by 20 percent, we could provide enough food to feed 25 million people. A commitment to minimizing waste through a series of small, daily decisions multiplies to a large impact.

Set a goal to sort through items in your home **once** per season to minimize clutter and unneeded items and contribute useful items to your community. Old clothes, furniture and electronics can be donated to shelters or community non-profits. Books can be given to the local library toward empowering literacy within your community. By de-cluttering at least **one** time per season, you also contribute to a more sustainable personal future (environmentally, socially and economically), sustaining only the items you truly need and use on a regular basis.

Give back at least **seven** hours each month to your community through volunteerism. Giving back could mean helping a friend study for the upcoming math exam or volunteering on campus at the student-run food pantry, the SHOP, (pictured on the right). Many opportunities within the community can also be found at the Volunteer Center of Story County. If every ISU student made the commitment to give back **seven** hours each month, in one year, it would result in more than **3 million** hours given to our community and the future we leave to the generations that follow us.

PHOTO COURTESY OF THE SHOP
Did you know for every $100 spent at a local business, $63 stays in your community?

This holiday season, the ISU Office of Sustainability encourages you to support hometown businesses and non-profits, whether you live in Ames or elsewhere.

🌟 Join us in empowering generosity found and given locally.🌟

Post a selfie with a gift idea from a favorite local business/non-profit to the Live Green! Iowa State University Facebook page using #GiftingLocal. Entries received by Dec. 25 will enter a prize drawing, with winners announced by Jan. 1.

Some local favorites of the Live Green! Leadership team include Cafe Diem, Reiman Gardens, Morning Bell Coffee Roasters, The Cafe and the Vinyl Cafe. For more examples of local favorites and to share your own, visit the Live Green! Facebook page. Also, take a look at our display case in the Memorial Union, Dec. 5-19.
GREEN OPPORTUNITIES

GROW SMARTER PLANTS

Gain experience in all aspects of plant breeding by applying to be an undergraduate assistant at Dryland Genetics LLC, a start-up based at the ISU Research Park that is developing more productive crops that use less water. Interns will assist with various greenhouse operations (such as planting seeds, leaf tissue collection and harvesting seeds), as well as assist in data analysis of day-to-day operations. To apply, email a CV and available hours to santosh.rajput@drylandgenetics.com.

WORK FOR FARMWORKER JUSTICE

Live and work as an intern in the community at the heart of the Campaign for Fair Food next summer! Interns with the Alliance for Fair Food will work in partnership with the Coalition of Immokalee Workers for farmworker justice in Immokalee, Florida. Interns will learn first-hand about work environment challenges, work on creating campaign strategy with a team of farmworkers and develop a wide range of campaign skills, such as media work, fundraising and more. Apply online by April 15, 2017, for a summer position.

EXCITE KIDS ABOUT STEM FIELDS

 Volunteer with FIRST LEGO League and nurture kids’, ages 9-14, interest in and excitement about science, technology, engineering and math (STEM) through robotics, teamwork and fun. This year’s competition, ANIMAL ALLIES, encourages the students to learn about how humans and animals affect each other’s lives. The competition will be held on campus, Jan. 14-15. Volunteer opportunities include, but are not limited to, Team Helper, Judge Assistant and Info Desk Attendant. Descriptions of the positions can be found at this website. All volunteers receive a free lunch and T-shirt. For questions or help with the registration process, email filyvolunteer@iastate.edu.

LEARN ABOUT LOCAL FOODS

Celebrate the community accomplishments of coalition development and local food projects around Iowa by attending the third annual Agricultural Urbanism Toolkit. Taking place from 8:30 a.m. to 4:30 p.m. on Jan. 13 at Reiman Gardens, this free event will engage local food leaders and partners in a dynamic setting around food systems as promoters of economic development, community health, and equity. The celebration will highlight food-related community successes around the state, the new program’s potential and a series of interesting breakout sessions from partners across the state of Iowa. For more information and to RSVP, visit the event’s website. Travel scholarships are available.

GIVE BACK WITH THE SALVATION ARMY

Take on an act of generosity by volunteering with the Salvation Army this holiday season through two different opportunities. The first is to become a Red Kettle Bell Ringer in Ames, Nevada and Huxley. Go to www.ringames.org to find available shifts. The other opportunity is to become a Toy Shop Elf on Dec. 20 during the Salvation Army’s toy distribution day, with flexible times for shifts. There is also the opportunity to help set up the toy shop the day prior, on Dec. 19, as well as other opportunities to give back this holiday season.

SUPPORT AMES’ CHILDREN

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 is seeking volunteers to help support children of these families in programs such as Brain Boosters (math and numbers), Story Time (stories and crafts), Reading Avenue and Science, Science!. To apply for or learn more about any of these positions, visit the CHI website.
FAREWELL, GRADUATES!

Laurelin, special initiatives intern, is majoring in community and regional planning, as well as environmental studies. During her time as a campus and community engagement intern in Fall 2015-Spring 2016, she helped plan our events and participated in various sustainability efforts on campus and in the Ames community. This year, her duties as a special initiatives intern included creating a self-guided tour of campus sustainability and sustainability guide for new students, being part of the Green Your Room initiative, helping make an interactive art piece at Destination Iowa State, as well as boosting and diversifying our social media presence.

POST-GRADUATION PLANS:
Laurelin will be joining the Peace Corps as an urban planning volunteer in Albania.

FAVORITE EXPERIENCES:
I’ve had so many wonderful experiences - my favorite memories are definitely all the events that I planned with the TGU team, going zero-waste with the Live Green! interns and presenting at this year’s AASHE (international sustainability) Conference!

BIGGEST LESSONS LEARNED:
After working as a Live Green! intern, I’ve definitely internalized that every small change makes a difference!

ADVICE FOR THOSE IN SUSTAINABILITY:
For any students who want to do more with sustainability, find your niche - something you’re truly passionate about - and dive right in!

PLANS TO CONTINUE LIVING “GREEN”:
I plan to continue to be a conscious consumer and to try and reduce my own environmental impact as much as possible! “My Live Green! experience was one of the highlights of my entire college career! I’m so grateful for my time in the Office of Sustainability, and I’m excited to see the amazing work that interns will do in the future!”

Sindhuja, special initiatives intern, is currently majoring in advertising. During her time as a marketing and communications intern in Fall 2015-Spring 2016, she helped create our monthly newsletter, as well as participated in several sustainable events on and off campus. This year, her duties as a special initiatives intern included creating a sustainability guide for new students, being part of the Green Your Room initiative, designing the graphics on the new solar trash compactors around campus, helping with social media, as well as participating in various events this past summer, such as the Ames 4th of July parade, Rummage RAMPage and College Creek Cleanup.

POST-GRADUATION PLANS:
Sindhuja will be pursuing a marketing internship in Irvine, California next spring.

FAVORITE EXPERIENCES:
Working and collaborating with the inspiring individuals on our team. My favorite experiences include holiday campaigns through the years, projects with the Ames community, such as Rummage RAMPage and College Creek Cleanup, and learning leadership skills from my supervisor, Merry Rankin.

BIGGEST LESSONS LEARNED:
Everything is a team effort. Utilizing the strengths of your colleagues, even if it is as simple as asking them if a visual design looks good.

ADVICE FOR THOSE IN SUSTAINABILITY:
Know that all of your hard work counts in the overall, big picture of things.

PLANS TO CONTINUE LIVING “GREEN”:
I hope to continue practicing mindfulness of green living throughout the rest of my life.

PHOTOS BY LIVE GREEN!
DECEMBER

08

BROWN BAG LECTURE
Bring your lunch to the Gardens and learn about reciprocal gardens. No pre-registration is required.
Reiman Gardens, noon-1 PM

BARKS@PARKS LIBRARY
Take a break from the stress and strain of preparing for Finals Week to play with some happy dogs!
199 Parks Library, 1-4 PM

400-BUSHEL CORN DISCUSSION
Join Randy Dowdy, farmer and consultant from Grow Big Corn, to learn strategies on how to minimize stress management practices to increase corn yields.
2050 Agronomy Hall, 4:10-5:10 PM

ISU FORESTRY CLUB TREE SALES
Support the ISU Forestry Club by buying this year’s holiday tree from them. Sale continues on Dec. 10 (9 AM-5 PM) and Dec. 11 (noon-5 PM).
Reiman Gardens, S1 parking lot, 3-6 PM

THE NUTCRACKER BALLET
Support more than 200 local performers from central Iowa communities this holiday season. Reoccurs at 7:30 PM on Dec. 10 and at 1:30 PM on Dec. 11.
Iowa State Center, 1:30 PM

GEOCACHE ELF HUNT
Explore the wooded area of McFarland Park to find some elves and their hidden presents after learning how to use a GPS device.
McFarland Park, 1-3 PM

FREE ADMISSION DAY
Enjoy a free visit to Reiman Gardens, offered every second Wednesday of every month.
Reiman Gardens, All day

ART WALK: ART AND THE AGRONOMIST
Join University Museums to explore and discuss the artwork within the Agronomy Building, as well as how those works of art tie into the mission of the program.
Agronomy Building courtyard, noon-1 PM

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

GIFT SHOP STOCKING STUFFER NIGHT
Visit the Reiman Gardens Gift Shop for unique items for gifts and stocking stuffers to finish your holiday shopping.
Reiman Gardens, 4:30-8 PM

LEAF STAMPING CAN DRIVE
Bring in at least one canned food item to use as a rolling press in this fun leaf-stamping activity, and then leave the can as a donation for Mid-Iowa Community Action.
Reiman Gardens, 6-8 PM

BUTTERFLY BLIZZARD
Come in from the cold to experience a different kind of blizzard. Hot chocolate is provided, and participants will be able to release butterflies in the Christina Reiman Butterfly Wing. Preregister by Dec. 15.
Reiman Gardens, 8-9:30 AM

GATHERING OF ARTISTS
Share ideas, meet other artists and have fun. Area artists are invited to drop by this free, informal monthly gathering sponsored by the Ames Community Arts Council. This event reoccurs every third Tuesday of each month, and locations vary.
Location TBD, 6-8 PM

FLORAL DESIGN SERIES WORKSHOP
Learn the basics of floral design while creating beautiful arrangements to take home, as well as learn tips and skills used by professionals and create your own one-of-a-kind floral designs. This workshop’s topic includes adding various greens to the dull grays of winter.
Reiman Gardens, 6:30-7:30 PM

FOOD AT FIRST CHRISTMAS DAY MEAL
Share your generosity at Food at First during its community-wide Christmas Day meal! Volunteer and meal prep positions are available, as well as signups to bake pies.
First Christian Church in Ames, noon-1:30 PM
## COMING UP IN JANUARY

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<tr>
<th>Date</th>
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| 05   | **HAND-BRAIDED RAG COASTER CRAFT**  
Braid scrap fabric strips to create one-of-a-kind cloth coasters. Scrap fabric will be provided, or you can bring in old T-shirts or other fabrics to repurpose them into these unique coasters.  
Reiman Gardens, 6-8 PM |
| 11   | **FREE ADMISSION DAY**  
Enjoy a free visit to Reiman Gardens, offered every second Wednesday of every month.  
Reiman Gardens, All day |
| 12   | **SKUNK RIVER GREENBELT WINTER HIKE**  
Join other outdoor enthusiasts for a free hike of the Skunk River Greenbelt. Participants are encouraged to bring snacks and a water bottle for after the hike.  
56342 130th St., Story City, IA, 1:30-3:30 PM |
| 13   | **SNOWSHOE OWL PROWL**  
Explore the Christiansen Forest Preserve, brimming with an abundance of owls. Bring your binoculars and a flashlight to try your luck at calling and spotting owls while exploring the trail in snowshoes.  
Christiansen Forest Preserve, 5-6:30 PM |
| 14   | **RECEPTION: 2016 WOMEN IMPACTING ISU CALENDAR UNVEILING**  
Celebrate the 12 women, ranging from students to faculty to staff, who are being recognized for their accomplishments and achievements in teaching, research, service, administration and involvement in various campus activities.  
Sun Room, MU, 3:30-5 PM |
| 17   | **GATHERING OF ARTISTS**  
Share ideas, meet other artists and have fun. All area artists are invited to drop by this free, informal monthly gathering sponsored by the Ames Community Arts Council. This event reoccurs every third Tuesday of each month, and locations vary.  
Location TBD, 6-8 PM |
| 19   | **FLORAL DESIGN SERIES WORKSHOP**  
Learn the basics of floral design while creating beautiful arrangements to take home, as well as learn tips and skills used by professionals and create your own one-of-a-kind floral designs.  
Reiman Gardens, 6:30-7:30 PM |
| 19   | **STUDY ABROAD FAIR**  
Learn about adventure abroad – interning, studying and volunteering opportunities, all ranging from one week to one year. Students may enter to win study abroad scholarships.  
Great Hall, Memorial Union, 10:30 AM-1:30 PM |
| 20   | **T-SHIRT TIE-DYE CRAFT**  
Give new life to your white cotton, silk or wool T-shirt(s) with swirls of brilliant color. Dress for the mess, and then take your garment(s) home.  
Reiman Gardens, 6-8 PM |
| 28   | **MINI-AQUAPONICS**  
Jumpstart your garden and experience a twist on agriculture’s connection to nature by building a mini-aquaponics system to grow lettuce at home. This project recirculates water from plants to fish and back to plants, both cleaning the water and capturing nutrients.  
McFarland Park, 2-4 PM |

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

Caitlin Deaver | Marketing & Communications Intern | cmdeaver@iastate.edu  
Steve Kohtz | Sustainability Coordinator | sakkohtz@iastate.edu  
Rebekah Mallette | Marketing & Communications Intern | rebekahm@iastate.edu
SAVE THE DATE:
2017 SYMPOSIUM ON SUSTAINABILITY

2017
FEBRUARY
27-28

The 2017 Symposium on Sustainability celebrates sustainable initiatives and accomplishments in the Ames and ISU communities. The Symposium is hosted by the ISU Office of Sustainability.

The event offers a multi-faceted celebration, including a sustainability poster reception, keynote lecture and Sustainapalooza, which is hosted by The Green Umbrella. Sustainapalooza 2017, with the theme of "There Is No Planet B", features Green-It-Yourself (GIY) centers, a green carpet, a sustainable future pledge wall, local food refreshments and “green” giveaways.

STAY TUNED
FOR MORE INFORMATION IN THE FEBRUARY 2017 ISSUE OF THE LIVE GREEN! NEWSLETTER

GIY CENTERS
✦ UPCYCLED BANNER BAGS
✦ LAMINATED POSTER WHITEBOARDS
✦ WASTE-REDUCING MEAL PLANNING
✦ LOW-IMPACT CLEANING PRODUCTS

More information coming soon!

KEYNOTE SPEAKER:
COLIN KHOURY, author, research scientist and Crop Diversity Specialist with the International Center for Tropical Agriculture and National Center for Genetic Resources Preservation

THIS YEAR’S THEME:
ENSURING A SUSTAINABLE AND RESILIENT FUTURE

PHOTOS BY LIVE GREEN!