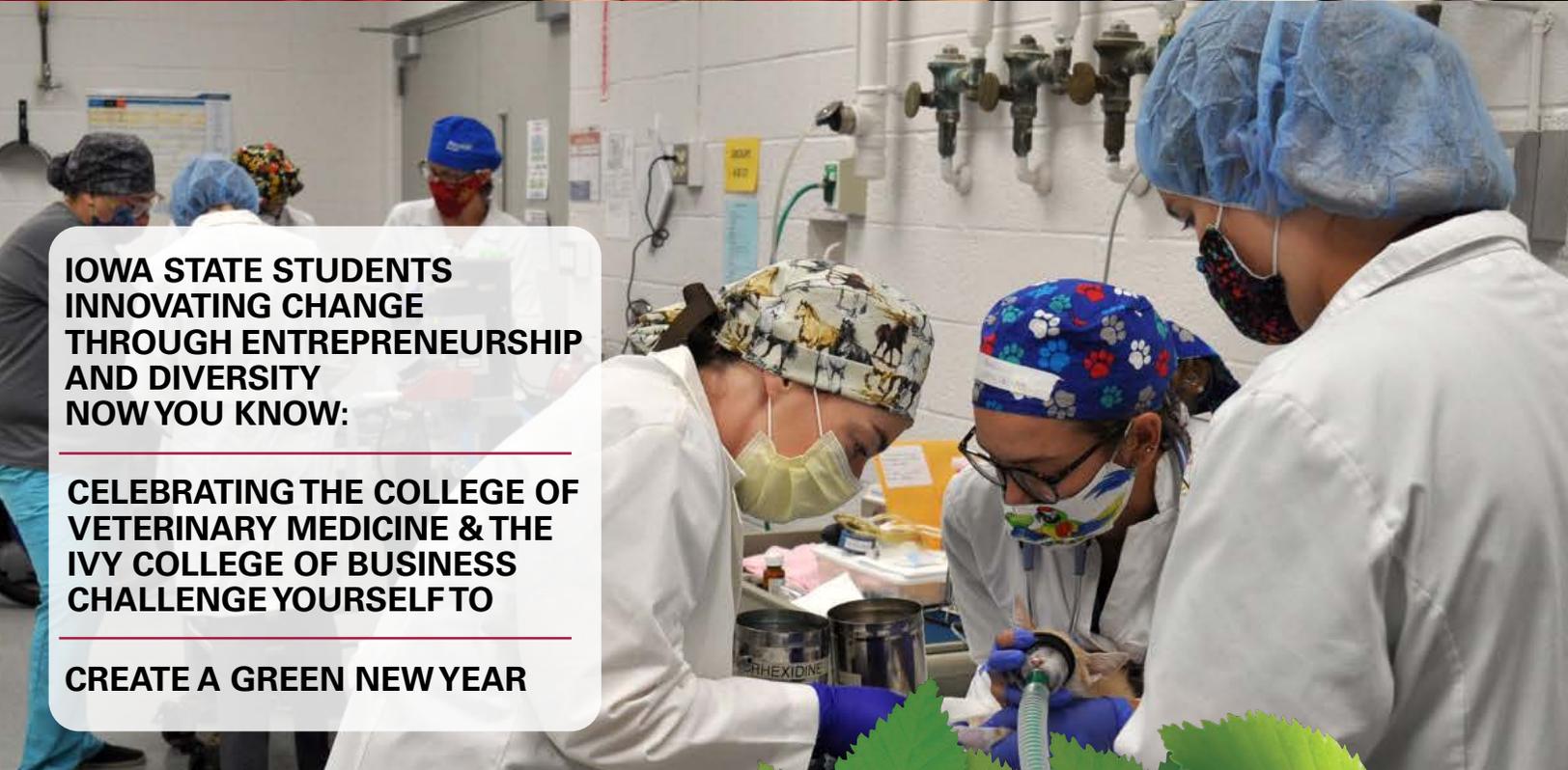


LIVE GREEN! MONTHLY



*“YOUNG PEOPLE,
WHEN INFORMED AND
EMPOWERED, WHEN
THEY REALIZE THAT
WHAT THEY DO TRULY
MAKES A DIFFERENCE,
CAN INDEED CHANGE
THE WORLD.”
- JANE GOODALL*



**IOWA STATE STUDENTS
INNOVATING CHANGE
THROUGH ENTREPRENEURSHIP
AND DIVERSITY
NOW YOU KNOW:**

**CELEBRATING THE COLLEGE OF
VETERINARY MEDICINE & THE
IVY COLLEGE OF BUSINESS
CHALLENGE YOURSELF TO**

CREATE A GREEN NEW YEAR

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Happy Sustainable Holidays

Learn how to reuse, repurpose, and rethink the holidays from the Live Green! team.



Photo by Hannah Bartel

From our team to you, wishing you best of luck on finals, wonderful holiday memories created and shared with friends and family and a replenishing break. See you in 2021!



The 20th Annual Iowa Organic Conference will be held virtually 9 a.m. – 1 p.m., Monday, November 23. Synchronous presentations and interactions with industry experts will be featured, as well as a virtual show of exhibitors and sponsors, including organic grain buyers, organic seed purveyors, organic and local food system non-profit organizations and government offices. Tom Harding, an international expert in organic marketing and trade, will be the conference keynote speaker. Registration is \$25 and can be done on the [conference website](#).

Follow Us!



Tag @isu_livegreen on social media – we would love to see your ideas, thoughts and creations.

Have a sustainability highlight, accomplishment or event to share? Contact the Marketing and Communications Team!

McKenzie Davison | davisonm@iastate.edu
Amanda Fortman | afortman@iastate.edu



Iowa State University was recently named on the Princeton Review 2021 Green College Honor Roll. ISU is one of 30 colleges and universities receiving the highest possible Green Rating tallies score.

Cover images courtesy of College of Veterinary Medicine & Ivy College of Business



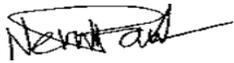
DIRECTOR'S MESSAGE

It seems pretty unbelievable we are only a few weeks from finals and the completion of the 2020-2021 fall semester. It has most certainly been a semester of adjustment, creativity, flexibility and resilience. Exactly the requisite elements of ensuring a sustainable future. Each and every college, department, unit and team at ISU has had to rethink, reassess, realign, rework and re-embark multiple times throughout this semester, as well as the months leading up. Similarly each individual (student, faculty and staff) has had to redefine, readjust and remake typical – days, schedules and activities. The outstanding and unprecedented dedication and tenacity in proactively addressing challenges and finding solutions is vividly apparent across campus operations, in research and teaching and throughout the student experience. Indeed, Cyclone Strong!

The November/December/January issue of Live Green! Monthly continues our celebration of ongoing commitment to sustainability and a sustainable future through the impressive work and dedication of our colleges by highlighting the Ivy College of Business and the College of Veterinary Medicine. Reflecting on a month of celebrating sustainability at ISU during National Campus Sustainability Month and a multi-faceted look at unique projects and opportunities related to waste reduction and landfill diversion round out our last issue of the fall semester – for now, that is. As our semester ends about a month earlier than in past years, stay tuned for a newsletter addendum being added in the next few weeks to feature sustainability highlights of the fall semester, as well as volunteer opportunities, events and happenings to keep you sustainably engaged and connected until spring semester 2021 kicks-off.

Sincerest thanks and gratitude, Cyclones, for all you have done and committed in supporting the Live Green! Initiative and sustainability at Iowa State University this semester! On behalf of the Live Green! Leadership Team, we wish you wonderful holidays and time shared (virtually or in-person) with friends and family and look forward to greening with you in 2021!

Yours in green-ness,



I am happy to announce the Midwest Climate Summit had its kickoff event on October 2 and completed two of four workshop sessions. Two sessions remain, November 6 and 20. Take advantage of this free virtual event (that is also taped for later viewing) and register on the [conference website](#).

I am also proud to announce some student-focused summit opportunities. First, Climate Stories, a climate art competition for student artwork portraying community or personal experience with the climate crisis. Prizes will be awarded within four categories: film/photography, visual arts, performing arts and writing. Submit entries by February 1, 2021. Second, a student-led and student-prioritized online Student System Conference on November 6. Third, a Virtual Job & Networking Fair on November 13. More information for all opportunities can be found on the [student-focused content section](#) of the conference website.

Finally, America/Iowa Recycles Day is November 15! The Student Government Sustainability Committee, in partnership with ISU Recycling, is excited to invite all students, faculty and staff to join in a week-long virtual celebration event. Find celebration details on our Instagram, [@isusustainability](#).



Photo by Hannah Bartel

MERY 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.

The Live Green! Monthly 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 sustainability.

DIRECTOR'S UPDATE



Photo courtesy of Jennifer Seth

JENNIFER SETH is Iowa State University's 2019-2020 Student Government Sustainability Director. She is a third-year student majoring in Environmental Science.

CAMPUS SUSTAINABILITY MONTH

IOWA STATE CELEBRATES WITH THREE POP-UPS

NATIONAL CAMPUS SUSTAINABILITY MONTH 2020

This October, ISU and colleges across the United States, celebrated Campus Sustainability Month (CSM).

Through three “pop-up” outdoor events and a virtual portion, students, faculty and staff were able to engage and learn about different aspects of sustainability. This year’s events were designed to be smaller and shorter in consideration of COVID-19 recommendations. In being held in different campus locations, they offered a unique celebration of sustainability in venue, as well as through participating organizations.

Campus Sustainability Month is celebrated each October and focuses on increasing awareness of sustainability initiatives and accomplishments, as well as opportunities to get involved and stay connected. Over 150 attendees took part in this year’s celebration. Each event featured a unique sustainability theme, tabling by student and campus organizations, bike tune-ups from Outdoor Recreation and a virtual BINGO challenge for sustainably-focused prizes. More information and event photos are available on the [Live Green! website](#).

OCTOBER 8TH

The first pop-up event was held on the Horticulture Hall lawn on Oct. 8. With a focus on energy, the event also celebrated National Energy Awareness Month and Energy Efficiency Day (Oct. 7).

This event offered the opportunity to meet members from the student organization Oxfam America and view educational posters about ISU’s LEED certified buildings, as well as inform participants about energy-saving opportunities across campus and personal commitment.



OCTOBER 15TH

Students participated in the second CSM event on the Beyer Hall lawn on Oct. 15. Focusing on food systems, this event also celebrated World Food Day (Oct. 16).

Attendees had the opportunity to connect with student organizations with a focus on food (Food Recovery Network and Ethical Eating Club) as well as an overarching consideration of sustainability (The Green Umbrella and Student Government Sustainability Committee).

“Celebrating NCSM is important to students and the overall campus community through increasing awareness of campus sustainability efforts and encouraging students to get involved, or spark the beginning of their own sustainability journey!” -Caitlin Tipping, Live Green! Campus and Community Engagement Intern



OCTOBER 22ND

The final CSM event, with a theme of Earth Day 50.5, was held outside of Parks Library on Oct. 22. Since ISU was not able to officially celebrate the 50th anniversary of the first Earth Day celebration in the United States, this event celebrated the 50 ½ anniversary.

In addition to networking with student and campus organizations including Engineers for a Sustainable World, ISU Recycling Services, Oxfam America, Pay It Forward and The Green Umbrella, attendees received unique and commemorative Earth Day 50.5 buttons.



Photos by Pedro Vieira-Marasciulo Copy and layout by Amanda Fortman

MONTHLY CHALLENGE

20 WAYS TO "GREEN-UP" FOR 2021

Every year offers the opportunity to reflect on the past 365 days and set a vision for the year ahead. As 2020 comes to a close, here are 20 challenges to take on and plan for in 2021. As well as offering an opportunity to evaluate current daily schedules and choices, these challenges provides options to elevate personal commitment and impact in social, economic, environmental and self-sustainability.

SELF SUSTAINABILITY	SOCIAL SUSTAINABILITY	ECONOMIC SUSTAINABILITY	ENVIRONMENTAL SUSTAINABILITY
 <p>LISTEN TO A MOTIVATIONAL OR INSPIRATIONAL PODCAST</p>	 <p>ATTEND A LECTURE FOCUSED ON A SOCIAL SUSTAINABILITY TOPIC</p>	 <p>SET A FINANCIAL BUDGET FOR 2021</p>	 <p>SWAP OUT SINGLE USE PLASTIC WITH REUSABLE OPTIONS</p>
 <p>COOK A FAVORITE DISH TO ENJOY AND SHARE</p>	 <p>SIGN UP TO VOLUNTEER IN YOUR LOCAL COMMUNITY</p>	 <p>SHOP AT A LOCALLY-OWNED BUSINESS</p>	 <p>KEEP FOOD WASTE OUT OF THE TRASH AND INTO THE AMES (FREE) COMPOST PROGRAM</p>
 <p>WRITE IN A JOURNAL</p>	 <p>DONATE TO YOUR FAVORITE CHARITY</p>	 <p>EXPLORE THRIFT SHOPS AND UPCYCLE SHOPPING</p>	 <p>UNPLUG UNUSED ELECTRONICS</p>
 <p>TAKE A STUDY BREAK AND GO FOR A WALK OUTSIDE</p>	 <p>OFFER ASSISTANCE TO A FRIEND OR NEIGHBOR</p>	 <p>ENJOY LOCAL FOOD AND LOCALLY-OWNED RESTAURANTS</p>	 <p>CARPOL, WALK, RIDE A BIKE, OR TAKE THE BUS TO YOUR NEXT DESTINATION</p>
 <p>STAY TECHNOLOGY FREE FOR ONE WHOLE DAY</p>	 <p>LOOK FOR FAIR TRADE PRODUCT CERTIFIED PRODUCT OPTIONS WHEN SHOPPING</p>	 <p>CREATE A FINANCIAL GOAL FOR 2021</p>	 <p>COMPLETE A TRASH AUDIT</p>

Find more ways to "green-up" in 2021 on the [Live Green! website](#), [How to Live Green! resources page](#).

NOW YOU KNOW

CELEBRATING BUSINESS AND VETERINARY MEDICINE AT ISU

Iowa State University's Ivy College of Business and College of Veterinary Medicine have both committed focus, detail and endurance in ensuring excellence in education, as well as student success within professional fields. With both top-ranked colleges in the nation and top-ranked programs in the world, each offers unprecedented expertise in ensuring leaders that, in turn, ensure a future that sustains communities and livelihoods.

IVY COLLEGE OF BUSINESS

SUSTAINED EDUCATION

Iowa State's Ivy College of Business (ICB) offers students a global and diverse view on all aspects of business. Offering over 22 undergraduate and nine different graduate programs, the college is responsible for educating and preparing over 4,000 students annually for their future endeavors.

Through a multi-faceted educational experience, the college combines the elements of understanding customers, developing products and delivering services to implement social sustainability practices into every student's life.

To further explore career passion, purpose and identity, the ICB offers a unique professional certification through its graduate certificate program. The first of its kind for a public university in Iowa and ranked eighth in the nation, the program offers a specialized service. In addition, Iowa State University is the first in the Midwest to offer a program that meets future executives' needs in food, agriculture and biosciences, while simultaneously encouraging students to pursue their interests and equip them with knowledge.



Photo courtesy of Ivy College of Business

Alongside its commitment to student success and impact, ICB is also committed to impact and excellence within operations – signified through their dedication to adding sustainability in design and construction of the recently expanded Gerdin Business Building.

CHANGE LEADERS

ICB graduate programs allows students immersive business experience and opportunities. Among those offering a unique and relevant connection to sustainability in business are [Beta Alpha Psi](#) and [Entrepreneur Club](#).

Beta Alpha Psi is a National Accounting Honor Society that offers premier accounting and business information to ensure student success. The club encourages self-development through promoting social, ethical and public responsibility.

The Entrepreneur Club offers a great fit for students wishing to pursue the goal of starting their own business. The organization focuses specifically on instilling a passion for building sustainable ventures and providing information and an effective platform to ensure success. Learn more about the club on pg. 8 of this month's newsletter or on [ISU's Student Organization website](#).

Additional organizations including the [Entrepreneurial Product Development Club](#), [Future Business Leaders of America](#), [Delta Sigma Pi](#) and [Multicultural Business Network](#) offer



Photo courtesy of ISU Pappajohn Center

additional sustainability awareness and engagement for students.

GREEN REACH

Students in ICB gain worldview insight toward a more thorough understanding of systems thinking and collective impact through opportunities offered in social entrepreneurship. Of highlight are the multi-faceted and multi-cultural experiences offered through a variety of international programs. Within a framework of business as a global profession, the College provides opportunities in 11 countries through year-long, semester or summer studies or internships.

Ranging from studies in comparative marketing and capital markets to enterprise resource planning and entrepreneurship, students are offered overarching, as well as integrative, perspective and expertise. Field research and application as a part of interdisciplinary opportunities, such as the [Uganda program](#), add additional relevance to business strategies and impact to place and community.

Through countless resources and experiences, ICB offers students tools, opportunities and support to excel academically and professionally within a global future.

Rendering courtesy of Ivy College of Business

Photo courtesy of echo360



COLLEGE OF VETERINARY MEDICINE

SUSTAINED EDUCATION

ISU's College of Veterinary Medicine (CVM) was the first public veterinary school in the United States. Since 1879, the college has dedicated commitment to sustainability and a sustainable future by focusing on enhancing the health and well-being of animals and human beings.

In accomplishing this, CVM has centered its academic curriculum on reflecting eight core values – excellence, integrity, quality, creativity and innovation, commitment, positive work climate, stewardship and diversity. Through applying these values, the College of Veterinary Medicine provides graduates with tools, skills and experience to make the world a better place and empower them as leaders and problem-solvers in sustaining it.

Upon students' fourth year of the veterinary medicine program, they choose from four species-specific studies: small animal, food animal, mixed animal and equine. Besides selecting an area of study, students are encouraged to take an externship or an internship in that area. These programs give students real-world experiences to apply learning in the classroom, lab and clinical.



Photo courtesy of ISU Veterinary Medicine
Copy and layout by McKenzie Davison

CHANGE LEADERS

CVM is home to over 50 student clubs and organizations committed to excellence in veterinary medicine. Highlighted, among those with committed focus on sustainability, are the Student American Veterinary Medical Association (SAVMA) and Veterinarians Without Borders (VWB).

SAVMA is a national organization that works to advance science and art of veterinary medicine, including its relationship to agriculture and public health. This student organization is committed to encouraging development and empowerment of students as leaders in the profession of veterinary medicine, creating socially conscious education and work environments and removing barriers to equity and inclusion.

VWB is open to all students who are passionate about animal care and medicine. Club members dedicate their time and energy to bettering under-served communities by improving the quality of life for animals and humans worldwide.

Additional CVM sustainability-connected clubs include: the American Veterinary Society of Animal Behavior, Association of Shelter Veterinarians, Integrative Medicine Club – American Holistic Veterinary Medical Association, and Women's Veterinary Leadership Development Initiative.



Photo courtesy of ISU Veterinary Medicine

More information on all of these clubs can be found on ISU's Student Organization website

GREEN REACH

The importance of animal health has an enormous role in our society. In addressing this, CVM has developed hands-on programming to engage and empower students in sustaining optimum animal health through best practices in management. One of many experiences offered to students is a rotation unit as a part of ISU Veterinary Field Services, providing practice and confidence to perform on-farm veterinary tasks and provide 24-hour emergency animal care to farmers throughout Iowa.

CVM's diversified reach not only extends to those raising or researching animals, but also who simply enjoy their company and companionship. Through a surgery, anesthesia and community outreach course, veterinary students are prepared for clinical practice while helping dogs and cats in animal shelters and rescues get adopted.

Through a multitude of commitment, the College of Veterinary Medicine is dedicated to excellence in ensuring the betterment of animal health and well-being in Iowa and the world.

RECYCLING NEWS

AN UPDATE FROM ISU'S RECYCLING COORDINATOR



Photo courtesy of Ayodeji Oluwalana, Iowa State University Recycling Coordinator

This fall semester has been a busy one for recycling at Iowa State University! A highlight for this semester has been to once again connect with students and projects involving reducing, reusing and recycling waste. Here we are some especially exciting new projects and updates. Continue watching for future newsletter articles too, so much is yet to come!

ZERO WASTE PLAN/ZERO WASTE EVENT TOOLKIT

As a part of the newly approved Iowa State University 2021-2025 Strategic Plan for Sustainability in Operations, a university-wide zero waste plan is currently being put together by multiple campus stakeholders. The plan will highlight the road-map each department/units on campus will adopt to ensure their activities support an overall goal of 85% landfill diversion by 2025. A draft plan is expected to be ready by the end of Spring 2021.

In an effort to ensure campus events support the university's zero waste goal, a "zero waste event toolkit" has been created (currently under final review). Promotion of zero waste through events is strategic in building awareness about waste reduction, encourage reuse of materials and support departments, clubs and groups planning events on campus in recycling recyclable event materials.



"BOXES TO FARM TO COMPOST" PILOT PROJECT

As a land grant university with a student population of over 30,000 students and about 6000 faculty and staff, there is a multitude of packaged items delivered to Iowa State University campus daily - the majority in cardboard boxes. With an average monthly generation of 60 tons of cardboard, this commodity requires a majority of the university's recycling budget. This expense was somewhat offset when cardboard happened to be a "paid commodity" (dollar-making venture) a few years ago. However, recent events resulting in severely reduced recycling trade with China have forced municipalities, cities and higher education institutions to start thinking of innovative ways to respond to this crisis.

In considering this crisis, Recycling Services innovatively established partnership with Procurement Services and ISU Beef/Cattle Nutrition Farms to explore and pilot the use of campus-generated cardboard for animal bedding, replacing cornstalk bedding currently being used by the farms. Results from the pilot provided a comparison between the two material options for bedding and revealed that cardboard had better absorbency characteristics and the animals appeared more comfortable on cardboard bedding than cornstalk bedding.

Currently, through collaboration with an industrial engineering capstone senior class, a viable business model, as well as a sustainable operational/logistics process model, are being developed for the project to ensure its long-term sustainability (economically, socially and environmentally).

Recently, the project was among those featured (and presented virtually) at the 2020 Global Conference on Sustainability in Higher Education, "Mobilizing for a Just Transition". The project was also highlighted in the May/June 2020 issue of Facilities Manager.



Photo courtesy of Inside Iowa State



Photo courtesy of ISU Beef/Cattle Nutrition

2020 AMERICA/IOWA RECYCLES DAY

Last year, Governor Kim Reynolds signed a proclamation to declare Nov. 15, Iowa Recycles Day, a day also nationally known as America Recycles Day (ARD). America Recycles Day, a Keep America Beautiful national initiative, is the only nationally-recognized day dedicated to promoting and celebrating recycling in the United States. Each year, thousands of communities across the country participate by promoting environmental citizenship and taking action to increase and improve recycling in America.



Throughout the week of Nov. 9 - 13 2020, Recycling Services, in conjunction with the Student Government Sustainability Committee, will be hosting an America/Iowa Recycles Day Event. Due to the pandemic, this year's event activities will be primarily virtual with social media engagements, online recycling craft games, as well as a recycling forum on Friday, Nov. 13, 1 - 2:15 p.m. on WebEx.

FIVE SIMPLE HOLIDAY TIPS FOR WASTE REDUCTION

ATTEMPT A ZERO WASTE FAMILY HOLIDAY

Holidays tend to generate a lot of waste, hence the need to think proactively about reducing your waste footprint. Things to do include using reusable wares for meals and gatherings, ditching paper towels for reusable or cloth napkins and making homemade decorations that can become a part of a family tradition and reduce the purchase of non-durable decor. Work with your family to create your own waste reduction goals and strategies.

WRAP IT & PACK IT ECO-STYLE

While holidays are for gift exchange, you must ensure it does not increase your waste footprint. Stay away from wrapping papers but rather get creative and choose reusable alternative like posters, calendars, fabric, reusable paper, cloth gift bags or a durable item that can be used for another function (as well as a gift wrapping) such as towels, plastic storage containers and baskets. Use balled up newspaper or magazine pages inside your shipping boxes rather than foam or bubble wrap.

PREVENT FOOD WASTE

The peak of food waste occurs during holiday with approximately 40% of all the food grown in the U.S. thrown away. To avoid food waste during holidays, make and stick to a shopping list and store and freeze leftovers for another time. You can also use a "Guest-imator" tool (from SavetheFood.com) to calculate how much food really you need to host guest and friends effectively and will less waste.

CHOOSE DIGITAL CARDS OR RECYCLED HOLIDAY CARDS

Explore e-cards for family and friend during the holidays rather than the conventional hard copy cards. In the event you have to, choose post-consumer recycled content card and avoid cards with non-paper embellishments like foil or ribbon etc.

BUY LOCALLY

Explore buying all supplies locally by supporting local businesses rather than ordering online.



To keep updated on all things recycled at ISU and all the MANY ways to celebrate America Recycles Day at ISU, stay connected through the [Iowa State University Recycling Services website](https://www.isu.edu/recycling) or emailing recycling@iastate.edu.

STUDENTS LIVING **CARDINAL, GOLD & GREEN**

In College of Veterinary Medicine and Ivy College of Business, students are taking the initiative to promote innovation and diversity within their respective industries and among their peers. Campus organizations give these students resources, support and leadership opportunities to create a more sustainable campus, industry and future.

INNOVATING BUSINESS THROUGH LEADERSHIP

With over 800 student clubs and organizations at Iowa State University, students in all majors and fields find opportunities to develop their passions and interests. In the Ivy College of Business, students gain experience and skills to take their ideas and goals and make them into viable projects. Students can cultivate these skills through multiple platforms, including the Entrepreneur Club, CyStarters and CyBIZ lab.

ENTREPRENEUR CLUB

Entrepreneur Club strives to connect students within the college who share entrepreneurial spirit and drive to innovate. Club members have multiple options to develop their entrepreneurial mindset and skills.

Through these opportunities, students are able to network with industry professionals in central Iowa, attend events focused on building their innovative abilities and participate in workshops to develop their interest areas. The Entrepreneur Club provides students support



Photo courtesy of Entrepreneur Club

needed to create a successful and sustainable business venture.

Find more information about Entrepreneur Club and how to get involved on the [Iowa State Student Organizations website](#).

CYSTARTERS

Students interested in putting business ideas into motion have two unique opportunities through CyStarters and CyBiz Lab. Through these programs, students are offered immersive experience in both applying classroom learning to real world business application, as well as cultivating a network of industry mentors and connections.

CYstarters focuses specifically on elevating student business or start-up ideas through an 11-week intensive course. Each summer, students (in teams or individually) dedicate time and apply resources specifically toward growing their startup idea. This opportunity is available for both individuals and teams to participate.

In the program, participants attend educational programs and panel sessions, practice their pitching skills and network with the members of [Startup Ames](#) entrepreneurs.

In 2020, 20 entrepreneurs took the leap to grow and build their businesses through taking part in the CyStarters program. Kickstarter

projects ranged from precision tillage to personalized planners. For a full list of the [2020 CYstarters cohort](#) and to apply for 2021, go to [Iowa State's Pappajohn Center for Entrepreneurship website](#).

CYBIZ LAB

CyBIZ Lab provides students the opportunity to build real-world, hands-on experience through an interactive, professional interface team experience. As a member of an interdisciplinary consultant team, students strategize problem solutions for businesses and develop action plans to achieve them. Students from all colleges and any major are welcome to join CyBIZ.

"Plans and solutions are designed to allow students experience in offering companies outside perspectives focusing on internal challenges. Topics range from market analysis, to financial advising, to creating new products. To learn more or apply, email info@isupjcenter.org or go to the [CyBIZ Lab website](#).

CyBIZ
Lab

CYstarters





Photo courtesy of Mithila Noronha



Women's Veterinary
Leadership Development Initiative

PROMOTING DIVERSITY IN INDUSTRY

In College of Veterinary Medicine (CVM), concerted consideration to social sustainability, both in relation to nurturing the connection between animals and humans, as well as ensuring an inclusive experience for students in pursuing their degree programs, is of special focus to Veterinarians as One Inclusive Community for Empowerment (VOICE) and Women's Veterinary Leadership Development Initiative.

VETERINARIANS AS ONE INCLUSIVE COMMUNITY FOR EMPOWERMENT

Mithila Noronha, a third-year veterinary student from Omaha, Nebraska, noticed the lack of diversity within her class right away. In learning ISU CVM was exploring ways to create a more diverse and inclusive environment within the college, she knew she had to be a part of the movement.

With encouragement from her classmate Kelly Hewitt, co-president of VOICE National, Mithila began to develop a VOICE chapter at Iowa State and today serves as the club's first president.

Established just this year, ISU's VOICE student chapter is focused on furthering the mission of the national VOICE organization dedicated to increasing awareness, respect and

"I want other students to realize that while diversity, equity and inclusion issues may not seem to affect them, these topics are relevant to all of us. We need to show students from underrepresented backgrounds that there is a place for them in this field." -Mithila Noronha, VOICE President

sensitivity to differences among individuals and communities in veterinary medicine.

Currently, there is a gap in the curriculum regarding diversity within the veterinarian industry. The club also offers a unique opportunity to take part in educational, social and service events revolving around the field of diversity and inclusion. Student members of VOICE strive to create a more diverse conversation across campus, while providing leadership and mentorship opportunities for those underrepresented in the veterinarian career field.

Mithila is excited for VOICE to continue to grow in offering students a support system within the College of Veterinary Medicine, long after she and her executive team's time at ISU. Her ongoing hope is diversity within veterinary medicine continues to be celebrated and embraced through

conversation and connections this organization has sparked.

All students, staff and faculty are invited to attend the educational club meeting. To find out more and get involved with Veterinarians as One Inclusive Community for Empowerment, visit the Iowa State Student Organizations website.

WOMEN'S VETERINARY LEADERSHIP DEVELOPMENT INITIATIVE

Continuing momentum related to diversity and inclusion, the Women's Veterinary Leadership Development Initiative serves as a resource in developing the next generation of women leaders within a career field currently experiencing a gap in gender representation.

With focus on the creation of and opportunities for networking, mentoring educational connections and skills building through workshops, the Initiative provides women in the veterinary profession a unique leadership growth and empowerment experience.

More information about the Women's Veterinary Leadership Development Initiative, is available on the Iowa State Student Organizations website.

SEMESTER HIGHLIGHTS

CELEBRATING GREEN SUCCESSES OF FALL 2020

Celebrate the successes and achievements from the fall 2020 semester. Even in unprecedented times, our students, campus, and community went above and beyond to challenge, adapt, and innovate this semester.

IMPACTFUL STUDENTS



BUILDING NEW PARTNERSHIPS THROUGH ENGINEERING

Engineers Without Borders worked with the Kwame Nkrumah University of Science and Technology located in Ghana, on a new project. This partner project strived to develop the local community and connect students from both universities.

RECREATING HISTORY

The Wind Ensemble and Symphonic Band at ISU celebrated Veterans Day while honoring the 100th anniversary of a concert by the John Philip Sousa Band in State Gym. In commemoration, they played "The Stars and Stripes Forever," written by Sousa.



PLANTING LEADERSHIP AND SERVICE

Iowa State students with a minor in leadership and learning studies planted fruit trees at the Schilleter-University Village Community Center and Iowa State Arboretum as part of their final capstone project.



ADAPTIVE ACADEMICS



MODIFYING TO NEW NORMS

Ensuring international students, from 20 countries, who were unable to come to campus fall, due to COVID-19, were still immersed in campus culture. The International Adventure learning community occurred 100% online for the Fall 2020 semester.

CREATING TOMORROW'S SOLUTIONS TODAY

Students at ISU tackled real-world issues through classes and projects this fall. From improving face masks to campaigning for Cyclone Cares to implementing social justice into city planning, these students took on some of today's biggest issues.



GROWING AN EXPERIENTIAL LEARNING SPACE

Students and faculty now have a dedicated space at ISU's Parks Library to connect to research techniques and technology, thanks to the Roy J. Carver Charitable Trust, who donated to a new digital scholarship laboratory.



SYNERGISTIC COMMUNITY

INNOVATING FOR SUCCESS

The Association of Public and Land-Grant Universities recognized Iowa State University with the 2020 award for Innovation and Economic Prosperity. The award acknowledged the opportunities for innovation and collaboration provided by ISU.



SECURING WIND POWER

With support from the U.S. Department of Energy grant, engineers looked at how to prepare for and restore power to the wind-powered energy grid in the case of a major blackout. Currently, Iowa generates 40% of its electricity from wind energy.

PROVIDING ONLINE LAB SCHOOL

Iowa State's Child Development Lab School provided online educational instruction for children K-3rd grade. With the additional strain of COVID-19, many parents struggled to balance children's schoolwork. Lab school provided services to help alleviate this additional strain.

Child Development Lab School

IOWA STATE UNIVERSITY
College of Human Sciences

VISIONARY CAMPUS

SUSTAINING FOR 2025

The president of Iowa State, Wendy Wintersteen, endorsed a five-year strategic plan to reduce environmental impacts by 2025. The areas include energy use and emissions, building operations and maintenance, waste reduction and diversion, grounds management and water conservation.



BENCHMARKING WASTE

Ayodeji Oluwalana, ISU's recycling and special events coordinator, compiled thorough statistics of university waste production and diversion. This data will serve as a benchmark for future opportunities, ultimately leading to the goal of 85% waste reduction by 2025.

COMPOSTING AT FREDDY COURT

Five dumpsters and 100 buckets were distributed at Freddy Court for a pilot composting project, with the goal of keeping food waste out of the garbage and directed instead to the University Compost Facility. This project was facilitated by student members of Engineers for a Sustainable World.



Working
Toward a
Sustainable
Future

See a comprehensive list of all fall semester news and highlights on the [Live Green! website](#).

GREEN-IT-YOURSELF

EMBRACE THE HOLIDAY SPIRIT WITH THESE GREEN GIFTS

HOMEMADE MULLING SPICES

Supplies: cinnamon sticks, whole cloves, whole allspice, star anise, dehydrated apple slices, dehydrated citrus slices, cheesecloth (enough to cut into 6 - 4x4 in. squares), bakers twine (or substitute)

Instructions:

1. Gather supplies from your local market or online dry goods stores. Apples and citrus slices can be dehydrated at home with the use of a dehydrator, air fryer (130°F for 4 hours) or oven (200°F for 3 hours, turning halfway).
2. Cut cheesecloth into six 4 in. squares. Stack 2 cloths for a total of 6 bundles. For each square place 1 cinnamon stick, 1 anise, 1 slice of citrus and apple, a bit of whole allspice and cloves. If needed, break into smaller pieces to fit in a bundle. To secure the bundle bring edges together and tie with bakers twine.
3. Store in an airtight container for up to 6 months.
4. Check out [Southern Living](#) for five ways to use mulling spices this season.



NEWSPAPER GIFT BAGS

Supplies: paper (newspaper, poster, wrapping paper), glue or tape, hole punch, 4 x 2.5 in. piece of cardboard or card-stock paper, cord or ribbon

Instructions:

1. Lay 2 sheets of newspaper on top of each other. Trace and cut a rectangle 15.5 in. x 25 in. out of the paper.
2. Fold down a 1.25 in. flap on the top of both sheets. On the bottom, create a 2 in. flap. To create the bag, measure horizontally 4.5 in. for the front panel, fold vertically, measure 3 in. more for the side, fold, measure 4.5 in. for the back panel, fold, 3 in. for the other side, fold and 1/2 in. tab for gluing the bag together.
3. Put glue on the outside of the 1/2 in. tab and bring the other edge together. Line up the cut edge with the folded edge of the flap. On the bottom of the bag and crease fold in the edges like you are wrapping a present. Put glue on the flaps and fold inward. Place cardboard on the bottom of the bag.
4. Punch holes on both sides of the bag. Put cord or ribbon through holes and knot.



DOOR DRAFT STOPPER

Supplies: fabric of choice (scrap fabric, old jeans, tube socks, etc.), scissors, tape measure, sewing machine (glue or fabric strips), insulating material

Instructions:

1. Measure the desired window or door. Add 4 in. to the width of your measurement and cut 8 in. for height.
2. Fold your fabric in half lengthwise, pin together and sew (or glue), leaving one side open. If you do not have a sewing machine available, another great option to close the end of the stopper is to tie the ends in a knot or take scraps of fabric to tie close. Once closed, turn the tube inside out. Fill with insulation (stuffing, beans, or rice). Sew the open side shut.
3. If you are looking for a fun way to upcycle old jeans, go to the [Hometalk](#) website to see examples of denim door draft stoppers.



Copy and layout by Amanda Fortman



RECIPES

ENJOY AND SHARE THESE HOLIDAY-READY RECIPES



HOLIDAY LEFTOVER CASSEROLE

Ingredients: 3 C. shredded turkey (or substitute for your favorite protein or vegetable), 1/2 C. cranberry sauce, 4 C. mashed potatoes, 2 C. corn, 2 C. gravy, 1/3 C. milk, 4 C. stuffing, 1/2 C. chicken broth

Directions:

1. Preheat oven to 400 °F.
2. Add shredded turkey and cranberry sauce to a large bowl. Stir to combine. Spread mixture evenly on the bottom of a 9x13 glass baking dish.
3. Evenly spread mashed potatoes over the turkey and cranberry sauce mixture.
4. Sprinkle corn over the mashed potatoes.
5. Combine milk and leftover gravy in a separate bowl. Pour the mixture over the mashed potatoes and corn.
6. Sprinkle on leftover stuffing and lightly drizzle chicken broth over the top.
7. Cover with tin foil and bake at 400 °F for 35-40 minutes or until heated through. Serve and enjoy!



CHRISTMAS CHEESE BALLS

Ingredients: 4, 8 oz. blocks cream cheese, 2 packages dried beef (or substitute for your favorite protein or vegetable), 1 C. shredded cheddar cheese, 1 bunch green onions, pomegranate arils, wire, ribbon, crackers

Directions:

1. Soften cream cheese and combine it in a large mixing bowl with shredded cheddar cheese, green onions, dried beef.
2. Knead with hands until well combined and roll into a large ball.
3. Cut the cheese ball into three equal portions. Roll each portion into a ball.
4. Place pomegranate arils on a plate. Roll all 3 cheese balls in pomegranate arils.
5. Place the three cheese balls evenly on a serving tray.
6. Cut three 6 inch pieces of wire. Roll half of each wire around a pencil to form an ornament hook shape. Tie a ribbon around the wire.
7. Insert one wire in each cheese ball. Place on a serving tray enjoy with crackers!



MOCK CHAMPAGNE

Ingredients: 1, 2 L. bottle chilled ginger ale, 1/2 can thawed frozen white grape juice concentrate, 2 C. rinsed and drained raspberries

Directions:

1. Combine the chilled ginger ale and the frozen white grape juice concentrate in a large pitcher and stir to combine.
2. Serve in the fancy glass of your choice.
3. Add 2-3 raspberries to each glass.
4. Cheers to the new year, and enjoy!

For more GIY's and Recipes,
check out the Live Green!

[Pinterest page!](#)



GREEN OPPORTUNITIES

CELEBRATE WINTER



Grab a group of friends and come to the Memorial Union on Nov. 6 to participate in free fun holiday activities. ISU AfterDark and WinterFest are collaborating to host a fun night filled with carriage rides, hot cocoa, crafts and much more. In addition to in-person activities, ISU AfterDark has a virtual option that includes activities such as, an escape room and a caricature artist. Covid-19 precautions and masks are required for all in-person events. For more information visit the [Iowa State Student Activities Center Website](#).

LIGHT UP THE GARDENS



Stay involved over winter break by volunteering at Reiman Gardens' annual Winter Wonderscape holiday light show. The light show is every Thursday through Saturday evening from Dec. 3 to Jan. 2. Volunteers will welcome guests to the light show and provide them with directional information. Volunteers will receive two complimentary light show tickets each shift they work. To find more volunteering opportunities or learn more about the holiday light show, visit the [Volunteer Story County Website](#). A virtual training session will be provided before the first shift.

CLUB GREEN



Join McFarland Park naturalist, Rebekah Beall, for the Environmental Literature Book Club. A different environment-related book will be discussed during virtual meetings each month, January through March. The Book Club is free. Books purchase, or check out from your local library, is on your own. All attendees are required to register online by Jan. 15 at 4 p.m.. Registration can be found at [mycountyparks.com](#). Register today, and get reading!

CONNECT RENEWABLY



Watch the 2020 Renewable Energy Markets (REM) Conference online. Listen to over 50 speakers and REM sponsors to learn more about the most recent updates in clean energy. Although the conference took place in October, recordings are still available for viewing online until Jan. 1, 2021. All registered attendees have access to the recordings through the [REM 2020 virtual platform](#).

RELEASE THE ABORETUM



Help the Arboretum recover from the August 2020 Midwest derecho. The severe weather caused permanent weather damage to the Iowa Arboretum. Due to derecho damage and COVID-19 restrictions this year's floral designs will be sold on the [Iowa Arboretum Website](#). All proceeds will support the Arboretum Releaf Fund and be used to replace storm damaged and destroyed trees. Samples will be available for viewing on the website Nov. 7, and all orders will be picked up Dec. 5 from 9 a.m. to noon.

DONATE WEAR FOR WINTER



Pay it forward and give warmth by participating in the Story County 2020 Winter Wrap Up. The Volunteer Center of Story County is collecting any gently used coats or winter wear to be redistributed to local charities and community groups who directly offer support to people who are homeless, refugees, elderly, fleeing domestic violence or at risk through living in poverty. Donations can be made at various locations until Nov. 13. To find available donation centers or learn more about the 2020 Winter Wrap Up, visit the [Volunteer Story County Website](#).

WASTE NOT



Don't trash holiday food waste, compost it through the City of Ames Food Waste Diversion (FWD) Program. Offering a no charge option for ensuring a beneficial use for food waste instead of landfilling, collected food waste can be dropped off at the FWD collection bins at 110 Center Avenue, 24/7. Food waste is not a beneficial fuel source for the City of Ames Resource Recovery System and when trashed can contaminate beneficial garbage. For more information visit the [program website](#).

PURSUE RENEWABLE ENERGY



Gain hands-on professional experience with Renewable Energy Group (REG). REG, a industry leader for sustainable renewable energy, is offering an internship for the summer of 2021. The 12 week paid internship takes place May 17 to Aug. 7, 2021 at the Ames, Iowa REG location and offers an excellent opportunity for candidates interested in producing cleaner fuels and renewable chemicals for a more sustainable future. Apply online on the [REG website](#).

ILLUSTRATE CLIMATE IMPACT



Compete in the 2020 Midwest Climate Summit Stories Contest. The contest features four multimedia categories: visual arts, film/photography, written word, and performing arts. Participants are required to submit original work representing the impact the climate crisis has had on their lives as college students. The competition is open to undergraduate and graduate students (ages 18-25). First through third place winners will receive a cash prize. All submissions must be submitted by Feb. 1. More information can be found on the [Midwest Climate Summit Website](#).

RENT AND REC



Stay active this winter with help from ISU Recreation Services. Need winter gear for outdoor fun? Outdoor Recreation offers one to four day rentals for items including cross country skis, snowshoes and clothing. Prices vary. Equipment for camping, biking, climbing and a number of other outdoor recreation activities can also be rented. For more information, availability and pricing specifics, visit the [Outdoor Rec page](#) on the Recreation Services website.

REPURPOSE HOLIDAY CARDS



The Office of Sustainability and ISU Recycling Services are partnering to collect holiday greeting cards in support of [St. Jude's Ranch for Children Recycled Card Program](#). Cards will be collected December 14 through January 25. Collection is open to all Iowa State University students, faculty and staff. Send card fronts to Merry Rankin, 108 General

Services or drop in the General Services Building collection box. Other occasion cards may also be included (birthday, thank you, etc.), as well as holiday. Hallmark, Disney and American Greeting card fronts cannot be accepted; however, they can be recycled.

CHIPS FOR PARKS



Dispose of your holiday tree with free services provided by the City of Ames. Drop off your tree after the holiday season at the Parks & Recreation Maintenance Shop, 700 East 13th Street. The city will recycle the trees into wood chips for use at city parks. Trees may be dropped off during daylight hours throughout the month of January. All ornaments and decorations must be removed before drop off. More information can be found on the [City of Ames website](#).

BE ACTIVE



Challenge yourself to stay active this winter with McFarland Park's Beat the Blues Winter Activities. Take part in the Winter Marathon Jan. 1 through Mar. 1. Walk, run, ski, snowshoe, or bike 26 miles at your own pace. Participants may also play outside for 30 minutes to equal one mile. Record your activity on the mileage log that can be found on the [McFarland Park website](#). Turn in a completed log by Mar. 6 to receive a discount on Story County Conservation online registration or rentals. All records can be mailed to Rebekah Beall, 56461 180th St, Ames, IA 50010, or by email to rbeall@storycountyia.gov.

SUPPORT LOCAL



Support the [ISU Forestry Club](#) during their holiday tree and wreath sales. Trees will be for sale in the Reiman Gardens parking lot on the weekend of Nov. 28 and will be continuing sales through the first, second, and third weekend of December. The hours are Fridays, 3 - 6 p.m.; Saturdays 9 a.m. - 5 p.m.; and Sundays, 11 a.m. - 5 p.m.. The Forestry Club will use the proceeds for activities and student development. Visit the [Reiman Garden's events page](#) for pricing and more information.

PROVIDE FOOD SECURITY



The student leadership team for the [Students Helping Our Peers \(SHOP\) food pantry](#), 1306 Beyer, is asking ISU employees to volunteer their time to help keep the SHOP open during November, December and January. Sign up in one-hour increments for one of two time periods: [Pre and Finals Week](#) or [Winter Break](#). If unable to volunteer at this time but you are interested in helping in the future, you are encouraged to complete a contact information form for future volunteer opportunities. Additional information about the SHOP and volunteering can be found on the [Students Helping Our Peers website](#).

HIKE THE HOLIDAYS



Explore local areas on hikes throughout the month of January with Story County Conservation organized hiking trips. Register for the free hikes on the [Story County Conservation website](#). The hikes are scheduled for Jan. 3, 10, 17, 24 and 31, and Feb. 7 (weather pending). Pre-register by 4:00 p.m. the Tuesday prior to each hike. For more information or questions, contact the Outdoor Alliance of Story County at info@oasco.org.

NOVEMBER CALENDAR

05 **Fall Pruning Workshop**
Reiman Gardens | 1:30 - 3:30 p.m.
Visit Reiman Gardens and participate in a hands-on pruning workshop by Horticulturists Sharon Rink and Kara Ketrick. Register before Nov. 3 on the [Reiman Gardens website](#). Cost: \$16 Members, \$20 General Public, \$13.60 Iowa State University Students

06 **Brrrrds Nature Walk**
McFarland Park | 2 - 3:00 p.m.
Explore nature at McFarland Park as the birds prepare for winter. Engage in activities through discovery and investigation of the park while listening to an expert naturalist. Cost: Free

07 **Shop For a Cause**
Main Street | 7 a.m. - 9 p.m.
Join the businesses of Ames in supporting non-profit organizations. On Nov. 7, participating Main Street Ames businesses will donate a percentage of their sales, as well as collect donations for a non-profit of their choice. Come out and shop to make a difference. Cost: Free

WE Lead Conference
Virtual | TBD

Engage in an interactive conference that encourages empowerment and leadership. Participants will network by meeting with campus leaders, while participating in discussions and sessions via Zoom. WE Lead inspires participants to reflect on their identities, leadership qualities and strengths at ISU. Register online on the [Iowa State Student Activities Center website](#). Cost: Free

09 **Tours of the Gerdin Business Building**
Gerdin | 1 - 4 p.m.
Get an inside look at the new Gerdin Business Building Expansion. Take a 20-min tour of the new classrooms, team rooms, sales suite and more. Tours will depart from the Granite Hallway (first floor) on the half hour. Masks are required. Cost: Free

10 **Business Week: Student Appreciation**
Gerdin | 9 - 11 a.m.
Celebrate Business Week by stopping by the Kingland Hub in the new Gerdin Expansion for a sweet treat in appreciation of Ivy students. The first 50 students receive a free "We are Ivy" t-shirt. Cost: Free

11 **Social Innovation Lecture**
Virtual | 2:00 p.m.
Enjoy speaker Ramsey G. Tesdel, podcaster, founder of 7iber.com, and Iowa State University Graduate as he shares topics on his experience of creating a voice for diversity and inclusion. Learn to use electronic media forums to create impactful advocacy for equality. Register to listen to the podcast online by visiting the [Iowa State University Lecture Series website](#). Cost: Free

13 **Innovation in Education Lecture**
Virtual | 12 - 1:30 p.m.
Hear from Dr. Stacey Coles, superintendent of the Storm Lake Community School District, on the topic of utilizing civic innovation to find solutions to issues of inequality. Access the event on the [Iowa State University Lecture Series website](#). Cost: Free

19 **Plant Walk: Conservatory**
Reiman Gardens | 11 - 11:45 a.m.
Tour the conservatory at Reiman Gardens. Join Reiman Gardens' Plant Collections Curator, Lindsey Smith, to learn more about the plants and flowers that are grown in the conservatory. Cost: \$10 Members, \$12.50 General Public, \$8.50 ISU Students, Free for RGTour Docents

20 **Innovation in Business Lecture**
Virtual | 12 - 1:30 p.m.
Learn from James Altamirano, an intrapreneur at Principal Financial Group, in his lecture on human centered design practices and learn how to overcome barriers and drive impactful cultural innovation. Access the event on the [Iowa State University Lecture Series website](#). Cost: Free

25 **Blank Park Virtual Zoo Tour**
Virtual | 10 - 10:30 a.m.
Tune in on Nov. 25 to get an exclusive walk-through tour of the Des Moines Blank Park Zoo. Watch from anywhere and hear educational and personal stories about the animals at Blank Park Zoo. Register for the event on [Ames Public Library website](#). Cost: Free

28 **Virtual Commencement Ceremonies**
Virtual | 10 a.m.
Commemorate ISU's Fall 2020 graduates! Join the graduation ceremonies on demand. Campus leaders will be bringing this year's commencement ceremony to you. The ceremony is available at 10 a.m. on Saturday, November 28, 2020. Access the ceremony on the [Iowa State University Virtual Graduation & Commencement website](#). Cost: Free

View more GREEN events at livegreen.iastate.edu.

DECEMBER/JANUARY CALENDAR

DECEMBER

03 **Winter Wonderscape Light Show**
Reiman Gardens | 5 - 8:30 p.m.
Attend the first annual Winter Wonderscape Holiday Light Show kickoff. Explore lit tunnels, fantasy lights, disco balls, twirling laser lights, and sculptures. The light show takes place every Thursday, Friday, and Saturday of December and the first weekend in January. For more information visit the [Reiman Gardens website](#). Cost: Adults: \$10, Member Adult: \$8, Children 10-12: \$5, Children Under Two: Free

04 **Snow Magic**
Main Street, Ames | 5 - 8 p.m.
Celebrate the holiday season in Downtown Ames! The event kicks-off with a community tree lighting followed by holiday events. Enjoy the festival while exploring and supporting the Main Street businesses. For more information, visit the [Downtown Ames website](#). Cost: Free

Santa Express
Boone Scenic Valley Railroad | Varies
Bring friends and family and enjoy a ride on the Santa Express. Depart from Boone & Scenic Valley Railroad's depot to the North Pole. The Santa Express will be running every Thursday, Friday, and Saturday in December. Find more information and book your tickets online on the [Boone & Scenic Valley Railroad website](#). Cost: Basic Class Tickets: \$20, First Class Coach Tickets \$45

16 **Winter Survival**
McFarland Park | 1 - 3 p.m.
Find out if you have the skills to become a winter survivalist. Challenge yourself to build shelters, light fires, and more. All activities will be completed outside. Equipment provided. Register by 4 p.m. on Dec. 9. For more information, visit the [My County Parks website](#). Cost: \$10 per group (limit of five people per group with at least one adult present)

19 **Butterfly Blizzard**
Reiman Gardens | 8 - 10 a.m.
Reserve a spot to release one of 80 new butterflies into Reiman Gardens' Christina Reiman Butterfly Wing. Eighty new butterflies will be released into the wing the day of the event. Pre-register on the [Reiman Gardens website](#) by Dec. 11. Cost: General Admission: \$10, Seniors 65 and up: \$9, Youth: \$5, and \$5 per butterfly (max 6/person)

JANUARY

01 **Winter Marathon Begins**
Virtual | All Day
Challenge yourself to finish a full marathon this winter. This event spans from Jan. 1 to Mar. 1. Walk, hike, ski, snowshoe, bike or run to complete the 26 miles. Find out more information and record your miles on the mileage log on the [Story County Conservation website](#). Cost: Free

17 **MLK Day of Service**
Virtual and In-Person | Varies
Join Ames and Story County in a celebration to unite in service and honor the life and legacy of Rev. Dr. Martin Luther King Jr.. Education and connection events will be hosted virtually and in-person. For more information and opportunities to volunteer, visit the [Volunteer Center of Story County website](#).

26 **Explore Your Outdoors: Animal Tracks!**
McFarland Park | 10- 11 p.m.
Come along and explore McFarland Park's common animal tracks with Nautralist, Jess Lancial. Discover park trails and learn about animal inhabitants of the park. Open to children 5 and older, accompanied by an adult. Register online, by January 24, on the [My County Parks website](#). Cost: Free

Compelling Ground: Art Exhibition
Brunnier Art Museum | 10- 4 p.m.
View the upcoming art exhibition at the Brunnier Art Museum. The new collection is celebrating the 25th anniversary of the original exhibition, featuring landscapes, people, and the environments of Iowa. The art exhibition will be on display from Jan. 1 to July 23. For more information, visit the [Iowa State University Museums website](#). Cost: Free

29 **Innovators Forum: Leyla Acaroglu**
Virtual | 12 - 1:30 p.m.
Tune in and hear from Leyla Acaroglu, founder of Disrupt, Design, the UnSchool and CO Project Farm. Learn about Leyla's experiences with design that led her to become Melborne's 100 Most Influential People. For more information and to register for the event, visit the [Iowa State University Student Innovation Center website](#). Cost: Free

SAVETHE DATE: March 1-3, 2021
Symposium on Sustainability

HAPPY SUSTAINABLE HOLIDAYS

LIVE GREEN! HOLIDAY BLOG HIGHLIGHT

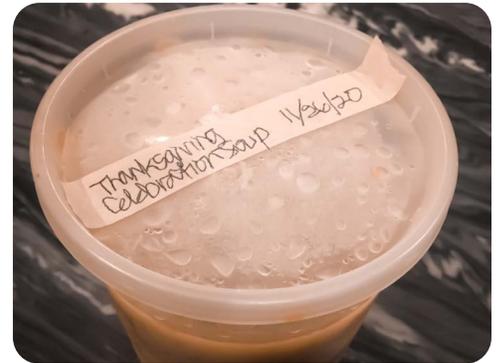
The holiday season is upon us! Along with the holiday cheer and celebrations comes more waste than normal. An average of 25 million additional tons of garbage is usually produced between Thanksgiving and New Year's Day in the United States – which breaks down to 157 pounds of garbage per person! Find out how you can reuse, repurpose and rethink waste this holiday season. The following excerpts are taken from a more in-depth [isulivegreen WordPress blog](#).

Follow Live Green! on Facebook, Instagram, and Twitter for more ways to “green-up” your holiday season!



REUSE

The U.S. Chamber of Commerce Foundation estimates that in the United States, 40% of food prepared for Thanksgiving dinner is wasted each year. Although there is a lot of waste that is generated throughout the holidays, much of it can be reused for different purposes! For instance food that is left after Thanksgiving can be refrigerated or frozen and be a delicious meal for another day. Freezing is a common way to preserve leftovers, and allows you to safely store some things for months before you need to use them.



REPURPOSE

While some holiday materials can be reused, there are also opportunities to repurpose and upcycle items commonly consumed for the holidays. Another way to repurpose this season is through gifting upcycled, gently used (such as art supplies), and DIY gifts. This is an easy way to keep things out of the landfill, it supports your own economic sustainability and can create meaningful gifts that people will appreciate! Another way to repurpose (and not add waste) during the holiday season is by donating unneeded usable items. Before you toss out old items to replace with new or updated versions received as holiday gifts, consider donation outlets such as Goodwill, Salvation Army and Habitat for Humanity ReStore.

RETHINK

In general, the best approach to take in considering how to reduce waste throughout the holidays is to just to rethink the way we approach each aspect of the holiday experience. Who doesn't enjoy fun and festive decorations for the holiday? Just rethink how and what you use to decorate. Maybe decorations that are festive for the holidays, but you also find useful other times during the year. Then there is the holiday tree. If you like real trees, think local, buy a smaller potted tree to decorate or maybe “dress-up” one of your current houseplants for the holidays. If you prefer an artificial tree, consider options that might offer you a fun, celebratory alternative that allows you to use items you already have.

