“In today’s rush, we all think too much — seek too much — want too much — and forget about the joy of just being.”

- Eckhart Tolle
WHAT'S INSIDE

04 >> Celebrating Symposium on Sustainability
Looking back at how ISU Cyclones observed “Living SustainABLE”

06 >> A Look at Mindfulness
Examining ways to leave the rut of stress and struggles behind and be “present”

08 >> Trickling Mindfulness of Water
Reflecting on a limited natural resource that is evaporating before we know it

09 >> Monthly Challenge
Search your way in observing and impacting water mindfulness

10 >> Green Opportunities
Discovering new opportunities to engage in, from saving wildlife to embracing cultures

12 >> Consuming Consciously
Engaging ways to live without filling our landfills

14 >> Tips for a Sustainable Spring Break
Following simple tips toward a more sustainable and earth-friendly spring break

15 >> Green-It-Yourself
Upcycling cleverly-created craft items to help you travel sustainably

16 >> March Calendar
Check out sustainable events happening this month

Welcome RJ Green to the Live Green! Team

Position: Sustainability Strategic Planner
Studies: Biology and Sustainability
Hometown: Underwood, IA
Favorite sustainability tip: Every day is Earth Day
Why did you join the Live Green! Team: “It’s an amazing opportunity and an absolute joy to collaborate with a group of talented people striving to facilitate lasting, positive, sustainable change on a daily basis.”

Sustainable Connections!

Contact us to highlight your sustainability efforts and accomplishments: livegreen@iastate.edu.
Welcome to March, Cyclones!

Ah...the month that bringing spring break, the reassurance that warm weather will return and more time to venture outdoors for outings other than the obligatory ones, after a winter’s hibernation. What a fabulous time of the year!

With all that March brings, it also offers considerably -- more daylight hours, fresh air smelling of spring and all the other wonderful components awakening our senses to a new season. That very day each year, when we experience this reassurance, is like no other.

Each of us experience it differently and uniquely, yet both deeply and personally. It is as if nothing else in that moment exists, besides that intimate connection to the present. Succinctly put, March gives us mindfulness -- the mentality achieved by focusing awareness on the present moment.

Certainly this is not to say that mindfulness only happens in March. Mindfulness can happen any second of any day, if we allow and nurture it. The challenge is that life is filled to the brim with mental clutter and shiny objects demanding our attention and conscious thought -- a deadline, an upended schedule, a challenging person, place or thing -- demands thought and attention that takes us further and further from the present.

This month’s issue of Live Green! Monthly reminds us of the many reasons to connect to mindfulness and to be present throughout our personal and collective consideration of and journey toward a sustainable future. The further we stray from the present, the further we are from our vision for the future -- as individuals, communities and nations.

This month’s newsletter also offers testimony to the impact and benefit of a commitment to mindfulness in our daily considerations, interactions and activities. Opportunities that are presented to us each and every day. Whether road tripping, running errands or brushing our teeth, each moment is our choice as to where our attention lands.

As we all know too well, multi-tasking -- while seemingly effective -- is really diluting our best effort. Similarly, we dilute our focused thought and presence to everyone and everything around us when we multi-focus our thoughts. Through focus, dialogue occurs, collaboration begins, awareness peaks and solutions happen. We are present. When present, understanding takes hold, empathy multiplies and resilience thrives. We are mindful. Through mindfulness, we are sustainable.

May March offer you countless “present” moments.

Yours in green-ness,

Merry Rankin
ISU welcomed keynote speaker, Nick Mullins, a former fifth-generation coal miner, to speak on “Coal, Climate and Environmental Backlash,” to kick off the 2018 Symposium on Sustainability. Mullins spoke of his time as a coal miner in the Appalachians and the jobs-versus-environment dichotomy. Attendees also viewed sustainability initiatives, projects and opportunities pursued and accomplished by ISU students, faculty and staff during a pre-lecture poster and tabling reception. Thank you to the 1,000+ students, faculty, staff and community members for attending and celebrating our sustainability success!

“It doesn’t matter the color of our skin, our religions… [These environmental impacts are] a human problem [and] a global problem.” - Nick Mullins

In recognizing a unique and relevant opportunity to distinguish ISU’s fledgling Event Management Program, Dr. Su developed a new course, “Sustainable Event Management,” designed to offer students practical applications of event sustainability and introduce them to the new international sustainable event standards. Through Dr. Su’s experience and competency in the sustainable hospitality events field, ISU undergraduates and graduates are offered a pertinent teaching pedagogy that addresses and raises awareness about issues of sustainability through an international lens and a very engaged approach.
Sustainapalooza offered attendees a variety of opportunities to be sustainABLE at ISU and through personal decision making. The multi-sustainability-featured event included reusable straws, sporks and dry-wick towels giveaways, local food refreshments, a clothing swap, Green-It-Yourself centers (engaging attendees in green cleaning, upcycling, carbon footprint calculating and healthy snacking), recycled astroturf “green” carpet and a sustainability pledge wall. For a full recap, read the Iowa State Daily article and the Live Green! Blog post. View pictures on Live Green’s Facebook page and on the Iowa State Daily’s website.

“It was nice to see all of our hard work finally come together and to be able to enjoy the company of others that want to learn more about sustainability and those who are passionate about the topic. Some of those who come and are hesitant to be involved or don’t know where to start, realize how easy and fun it is to be sustainable, which is what we strive to demonstrate!”

-Stephanie Suden, TGU Member

“The giveaways were such a nice and fun touch to the event. I’m going to use my straw all the time now!” - Abby Hean
Our daily chores, activities and tasks fill our mind to the brim. The psychology paper due next week, the big project at work and the growing to do list as the week goes on removes us from being mindful of and engaged in the present. As one ISU student knows well, through purposeful mindfulness we enable ourselves to dismiss all the mind clutter and thrive in our present moments.

Growing up in Jaipur, India, Ankur Sharma (graduate student in computer engineering) practiced mantra meditation and strived to live a life focused on yoga principles, taught and guided by his family’s values. By seeing the improvement in his own mindfulness he was inspired to share this knowledge and practice as an ISU student. His inspiration led to the founding of a uniquely-focused student organization — Live Yoga Live Green (LYLG).

Through Sharma’s leadership, the club holds regular meetings that align with the principles of yoga: non-violence, generosity, sharing and truthfulness. With these in mind, the members of the club strive to live mindfully and sustainably with an eco-friendly lifestyle through activities, such as cooking workshops, Asana exercises, Musical Mantra Meditation (also known as Kirtan), philosophical discussions and education on yogic living.

“My favorite part of being in LYLG is] being part of a community that cares about making this world a better place for everyone to live -- by addressing not temporary solutions, but the root of the problems," Sharma said.

Through meetings, workshops and discussions, members are equipped with the necessary knowledge to live out their values through everyday actions and learn how to live consciously within the three facets of sustainability (social, economic and environmental). LYLG meets on Sundays to practice Asana exercises and musical mantra meditation; everyone is welcome to join.

Sharma’s favorite way to be present and ensure a mindful connection is through mantra meditation -- freely thinking and focusing on the

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Sharma’s favorite way to be present and ensure a mindful connection is through mantra meditation -- freely thinking and focusing on the
The club offers me a way to remember that I am not at the center of the universe; there are innumerable others here with me. My existence in this world is temporary, although I myself am not, so I should learn how to live in harmony with all living entities through the way I live my life.”

Sharma plans to continue to share his passion for sustainable living through mantra and holistic living after his education at ISU by continuing to practice meditation and mindfulness. Professionally, he plans to work as a chip designer and eventually teach science and engineering.

Sharma tries to live a simple and introspective lifestyle by participating in service and volunteering as well. By founding the club, he has also been able to share and encourage mindfulness of service and volunteer activities with members.

Principles of Yoga
Non-Violence, Generosity, Sharing and Truthfulness

“Although these [thoughts] may not be intrinsically ‘bad’, they take away the mind from the present, which can be counter-productive to oneself or worse, harmful to oneself and others.”

Interested in Joining Live Yoga, Live Green?

Check out their page on the ISU Student Organization’s website for updates and more information on how to get involved. Contact Ankur Shurma for questions!

Copy and photos by: McClane Gill
As children we have learned that to successfully draw the earth, one only needs two colors. First, drawing a circle and a few green blobs that resemble the world’s continents, and second, coloring the rest - and majority - of the circle blue because everything in our world, besides land, is water.

Covering seventy percent of the planet, water appears to be plentiful and available for our use. However, this is a mirage. Only about three percent of the world’s available water is freshwater - the water we drink, cook with, bathe in and use to irrigate our farmland. Two-thirds of that water is trapped in glaciers, inaccessible to human consumption. The remaining water, though physically available, is considered contaminated and unfit for human consumption.

So, how do humans get water? That is a difficult question to answer because many humans cannot even access a clean, drinkable water source. Scarcity or unclean water affects people’s environment, health, sanitation, livelihoods, education and so much more. Specifically developing and underdeveloped cities are especially vulnerable to this epidemic.

Our ecosystems are delicately balanced and easily susceptible to things like change in temperature, land use and over exploitation. Through a natural purification process, the earth can replenish and purify water resources, but because of negative human impact on ecosystems, this process is facing threatening opposition.

For example, through land development and contamination of water by household and industrial decisions and processes, the world has lost around 50 percent of its wetlands since 1990, according to UN Water. Home to a plethora of species, the demise of aquatic ecosystems eliminates the habitat and homes of these species -- displacing and/or killing them.

The destruction of ecosystems like these affect the health of animals, food chains and, in turn, humans. Small animals ingest pollutants that disrupt the natural food chain and create a ripple effect. Larger animals eat the smaller animals and humans eat the larger animals, resulting in the contraction and spread of diseases such as hepatitis.

Consuming contaminated animals is costly, but consuming contaminated water is even more so. According to the World Health Organization (WHO), 3 in 10, or 2.1 billion people, suffer from unsafe, inaccessible water at home, and 6 in 10, or 4.5 billion, lack safely-managed sanitation. Due to a lack of finances and technology in these underdeveloped cities, there are no means to filter and clean water. Thus, resulting in at least two billion people using water from a source that is contaminated by human and animal waste.

This contaminated water supports water-associated diseases and illnesses, like diarrhea, which jeopardizes human health and well-being. According to WHO, diarrheal diseases are the source of 1.7 billion childhood illnesses each year -- 525,000 of which lead to death among children under five-years-old, worldwide. These diseases keep children from going to school and getting an education, as well as keeping adults from doing daily tasks and maintaining livelihoods. An uneducated population stunts economic growth, and a moneyless household results in a lower standard of living. Because communities do not have the resources to help themselves, raising awareness and finding advocates in organizations to assist challenges in these countries can significantly impact quality of life.

One organization that is going above and beyond to advocate for clean water for everyone is the United Nations (UN). To bring awareness to the world water issue, the UN declared March 22 as World Water Day in 1993.

World Water Day is an annual event focused on bringing attention to the importance of water. The UN hopes that World Water Day will be a chance for others to learn more about water-related issues, share information and raise awareness about the topic and take action to make a difference. This year’s World Water Day is especially timely because the topic of water

**World Water Facts**
- Women and girls spend up to six hours every day collecting water.
- Every 90 seconds a child dies from a water-related disease.
- Due to the lack of basic water and sanitation, $260 billion is lost globally each year.
- One-third of all schools lack access to safe water and sanitation.
sensitivity is now not only affecting developing and underdeveloped nations, but also developed, urban cities.

As previously stated, cities around the world suffer from a lack of drinkable water. However, one city is soon to become the first metropolitan area to be impacted -- Cape Town, South Africa. Suffering its third year of consecutive drought, Cape Town is down to its last drops of water. The local government has named July 9, “Day Zero,” because, even with the strict restrictions of water consumption, the city’s water supply is critically low and will run out on this date.

Last month, residents were limited to 23 gallons of water per person per day, the equivalent of a half-filled bathtub. This month, residents are restricted daily to 13 gallons, which is a standard rectangular fish bowl, or three toilet flushes. Compare that to a single American person who uses about 100 gallons every day for bathing, drinking and cooking. Without water, Cape Town will see devastating economic downfall. Unable to plant a significant amount of their crop, local farmers will face financial ruin, and the most immediate devastation, once the taps are turned off.

Finances are not only taking a terrible hit, crime is rising, as well. City officials have been forced to set water usage times for Cape Town residents and have enacted fines on those who break this law. There has also been an increase in illegal dealings of water supplies, including one business that was ordered to close when discovered to be exceeding their water limit due to illegally filtering and bottling water to sell.

Many businesses, however, have responded to consumption limitations in creative ways. Many are offering “cold dinners” so they do not have to boil water, and using biodegradable plates, cups and utensils to cut back water usage related to dish washing. Popular South African musicians are also joining in by remixing their well-known songs to be two minutes long -- the maximum time allotted for showers.

Considering the challenges faced by Cape Town, daily actions can be taken daily around the world to help combat further water scarcity and contamination. For example, supporting clean initiatives by donating, volunteering or advocating for organizations whose sole purpose is to improve water conditions are ways to help. Additionally, actively recycling rainwater and other water used in daily activities and operations, as well as researching, utilizing and advancing technology related to water conservation and improved sewage systems are some other actions that can be taken and supported to improve the state of global water.

At the end of the day, one of the simplest things all global citizens can do to help solve this growing concern is to be mindful of their water intake and usage. If the city of Cape Town can develop a system to reduce water usage, there should be no reason the rest of the world cannot follow suit and rectify the world’s water scarcity and contamination challenges.
March 22 is World Water Day, a day dedicated to the awareness and improvement of water quality and supply. With the current water crisis in Cape Town, South Africa, this monthly challenge reminds us of the issues surrounding water scarcity and contamination, actions people can take to help, as well as quick tips on being mindful about water. Water mindfulness starts here!

WATER MINDFULNESS WORD SEARCH

ADVOCATE
CAPE TOWN
CONTAMINATION
DAY ZERO
DONATE
SCARCITY
REUSE
CATCH IT
VOLUNTEER
SHORT SHOWER
TURN OFF
MINDFULNESS
Spring Break is just around the corner, and the excitement of a week of being off campus is growing. Whether you are traveling across the world or across your couch, ensure a more sustainable vacation by following these tips.

**TRAVELING GREEN**

If you are staying home, walk, use public transportation or rent or use your bike to explore your city. You can experience new views, plus it is healthy! Pack a picnic lunch, if the weather is nice, and enjoy outside venues or try a new recipe using local ingredients for a cozy meal indoors.

While on the road, use your GPS to find the quickest and most fuel-efficient route and carpool as much as you can. Remember to pack healthy, homemade snacks like trail mix, energy bites, and popcorn and pack to-go ware for eating in the car and leftovers from meals dining out.

To be environmentally-sustainable on your trip, reuse towels, and bring your own reusable water bottle, utensils, and to-go containers to keep hydrated and reduce water and energy use and waste from disposables.

To be economically-sustainable while at your destination, take hikes, visit natural landmarks and discover “hidden” gems that do not cost money. Buy your own food and make snacks and meals. Use the money saved to add a new adventure to your itinerary.

For more green travel tips, visit the Green Global Travel website.
CONSUMING CONSCIOUSLY
HOW TO PURCHASE SUSTAINABLY

Looking to be greener, but unsure of where to start? Living more sustainable stems from planning ahead, being conscious of your consumption and a desire to make the change. By being mindful of the environmental impact of our consumption choices, we being mindful to ourselves by saving money mindful to others by ensuring a sustainable future.

As we look forward to spring, warmer weather and new adventures, consider these tips and tricks for living greener and minimizing your consumption footprint for a more sustainable tomorrow.

Quality Over Quantity
When it comes to clothing, it is important to think about the longevity of purchased garments. Fast fashion garments are exactly what they sound like -- fast turn over and even faster made. This movement is growing in popularity and in the landfill. Shop smarter, save money in the long run and minimize your textile waste by shopping for higher quality garments.

Scarlett De Bease, personal stylist and founder of Always Know What to Wear recommends to, “Only buy clothes that are good enough to pass on versus tossing out once you are done with them.” Choosing quality tends to cost more, but tends to stay in style longer while the garment itself has a substantially longer lifetime.

Mend and Make Do
By learning how to properly care for the garments already in your closet, you can save money and prolong the life of your pieces. Purchasing a simple sewing kit can come in handy time and time again, whether it be to replace a missing button or to mend a small snag that will soon become a hole.

The frequency of washes can also influence the lifespan of a garment. For example, denim can be worn at least four times before needing a wash.

Give Items a Second Life
Reusing is one of the most basic ways to minimize your consumption footprint and can also be one of the simplest. Recycling is not the only way you can give items another life. Donating clothing, furniture or household items that are no longer needed, as well as shopping at second-hand stores, also gives items additional lives. “If you can’t afford to always buy well-made products brand new, buying second-hand bags, clothes and furniture is another way to do your part,” De Bease said.

Shop Package-Free
Plastic is one of the largest components in the landfill today. One opportunity to minimize plastic waste is in the packaging of what you are purchasing. Lily Kaiserman, owner of Wild Minimalist stresses, “One of the biggest changes you can make is to shop package-free, especially when you go grocery shopping. Many stores will let you use your own reusable cloth bags to

Guest Writer: Alisha Humiston
Major: Apparel Merchandising
Minor: Business and Journalism
Hometown: Burlington, IA
buy grains, nuts and flour." Take this practice a step further by buying items in bulk rather than smaller prepackages and to purchase bar soap rather than bottled body wash. Another trick from Rita Katona, owner of So Good So You, is to, "Bring your own food containers when picking up take-out or dining out if you know you’ll have leftovers."

**Sustain Errands**

Take shopping and errands to the next level. Though you might already bringing reusable bags on your errands, you can go even further by minimizing your errands’ carbon footprint. Trip-chaining, by combining errands when you are out for the day, reduces time and money spent on gas. Before running errands, plan out where you need to stop and chart the most direct route for fewer miles. As you complete errands, combine items from reusable bags so you do not run out of bag space during your errands.

**Decrease Food Waste**

The U.S. has one of the highest amounts of food waste in the world and it will not change until we do. “At home you can decrease food waste simply by planning accordingly. Don’t cook more food than you know you can eat in a reasonable amount of time and put your leftovers to use. It will help save the planet and your money,” Katona said.

**Conserve Water**

Water is one of the most valuable resources on the planet. In regions of the world the availability of water is a concern for people’s everyday lives. Until technology regulates our water consumption, it is essential to manage your intake to only what you need. Some of the most practical ways include decreasing your shower time and turning off the water when washing your face and when brushing your teeth.

**Travel Smarter**

Traveling and vacations are supposed to be relaxing and worry-free, but can have a big impact on the planet. No matter where you are headed, packing smarter is an easy adjustment. Some of the most universal ways to incorporate greener practices into your travel plans include giving yourself ample time to plan your trip and pack. Make your trip greener by packing reusable bottles for shower products rather than buying new, travel-sized bottles and bring your own reusable items instead of relying on disposables.

**What is in Our Landfills?**

According to the United States Environmental Protection Agency

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<th>Material</th>
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<tr>
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<td>15%</td>
</tr>
<tr>
<td>Other</td>
<td>3%</td>
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</tbody>
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Copy by: Alisha Humiston
Graphics by: McClane Gill
**Volunteer at the annual City of Ames Eco Fair on April 21, from 9 a.m. to 1 p.m. at the City Hall Community Center Gym. The fair markets sustainability through activities, booths, conversations, displays and more. For more information and to sign up, email Kristy Marnin at kmarnin@city.ames.ia.us.**

**Learn sustainable garden methods at Reiman Gardens, March 13, from 6-8 p.m. to reduce the negative impact on the earth. Be taught the difference between native versus ornamental gardening and the best ways to handle pests and diseases without affecting human, animal and plant health. Pre-registration and pre-payment is due March 11.**

**Get your next visual, literary and performing arts project funded with the Student Government’s Focus: Artist Grant Program. This $600 grant is available for ISU students, or groups of students, who need help funding projects outside of the classroom. The application deadline is April 1. Learn more about the grant guidelines on the Student Activities Center website and apply online.**

**Watch the documentary, “Wasted: A Story of Food Waste,” in Gerdin 1148 on March 20 from 6-8 p.m. and discover how influential chefs around the world are reducing food waste in their kitchens by making food scraps into savory dishes. Appetizers will precede the documentary, and Lynn Pritchard, co-owner of Table 128 Bistro & Bar, will lead a discussion about how his restaurant handles food waste.**

**Foster an appreciation of world cultures on Iowa State’s campus at the Student Union Board’s annual Global Gala on March 23 at 6 p.m. in the Great Hall. Student organizations will showcase their cultural heritage through dance, music and fashion, in celebration of the cultures that embrace ISU.**

**Join University Museums and celebrate Women’s History Month with an art walk created by local, national and internationally recognized women artists at the Hixson Lied Student Success Center on March 21 from 12 to 1 p.m.**
GREEN-IT-YOURSELF
Sustain your travels through easy projects to not only organize your packing but find another use for used products. These simple ideas can be customized to create a unique addition to your exciting adventures!

TRAVEL TOOTHBRUSH POUCH
Organize your toiletries for travels by utilizing used hand towels!

**Supplies:** Used hand towel (16x26.5 in.), 10 in. piece of 1 in. wide elastic, pins, sewing machine or needle and thread

1. Lay towel with long sides on the left and right.
2. Fold towel down, leaving 5.5 in. at the bottom.
3. Pin and sew doubled edges of the folded towel.
4. Fold elastic in half and sew open end 3 in. above end of double fold edge.
5. Fold the single layer up to create a pocket. Sew from bottom to top of the folded layer to create individualized pockets. You can create as many pockets and as wide as desired.
6. If desired, fill pockets with travel necessities. Finally, fold down flap, roll and slide elastic loop over towel.

**To use:** Pack up your travel case with toiletries and necessities and wash as needed.

UPCYCLED EARPHONE HOLDER
Instead of throwing away old mint containers, personalize them to hold your earphone!

**Supplies:** Mint container, contact or scrapbook paper, modge podge, paint brush

1. Clean and dry mint container.
2. Remove labels from the container.
3. Trace top of container onto paper and cut.
4. Paint thin layer of modge podge onto the back side of the paper and adhere to the top of the container.
5. Paint thin later on top of adhered paper and container, allow to dry before use.

**To use:** Roll up headphones and place in container for organized, tangle-free storage!

REUSED STORAGE CONTAINER
Organize your packing by creating a reusable container from old containers!

**Supplies:** Medicine, supplement or prescription bottle, contact or scrapbook paper, modge podge, paintbrush

1. Clean and dry container.
2. Remove label from outside of container.
3. Measure diameter and height of bottle.
4. Cut paper length and height of the main part of the bottle.
5. Paint thin layer of modge podge on back of paper and adhere to container.
6. Paint another thin layer on top of adhered paper, allowing to dry before use.

**To use:** Fill with travel essentials, such as bobby pins, Q-tips, safety pins, etc. and pack for use!
MARCH CALENDAR

07
Create Your Own Charging Box Station
Workspace, the month of March
Create a charging box that hides your cords and holds up to six electric outlets -- a creative and unique way to stash the cords -- $12.00/person.

Artful Yoga
1017 Morrill Hall, 5:30-6:30 PM
Practice mindfulness in a unique yoga session by learning about the current exhibit at the Christian Petersen Art Museum. Preregister at the ISU Museum’s website.

10
Intro to Plant Propagation
Reiman Gardens, 9 AM-12 PM
Become an expert in plant propagation and save money by growing your own plants from seeds and cuttings. Preregister by March 8 on Reiman Garden’s website. This event is free to the members and volunteers and $10 to the general public.

Support Local Ames Artists
Ames City Auditorium, 7 PM
Enjoy local music during the All Iowa Arts Showcase! Tickets are on sale at the Ames Community Center for $11 in advance and $17 at the door. Local bands and artists will perform, and food concessions will be served by Lockwood Cafe. Reoccurs on March 16 at 7 PM. Additional concert dates are April 13 and 20.

The Dead Zone: Will Shrimp and Corn Chowder Survive?
Great Hall, Memorial Union, 8 PM
Learn how Nancy Rabalais is bringing national attention to water quality and ecosystem concerns and how natural disasters can affect coastal habitats.

20
Ames Community Gathering of Artists
130 S Sheldon Ave, 6-8 PM
Meet with local Ames artists and see their projects displayed at this free event. Made possible by Ames Community Arts Council.

21
Behind the Scenes: Conservatory & Greenhouses
Reiman Gardens, 11 AM-12 PM
Tour the beautiful greenhouse spaces at the Hughes Conservatory. This event is free to members and volunteers, and is $10 to the general public.

Women Artists in the Art on Campus Collection
Hixson-Lied Student Success Center, 12-1 PM
Honor Women’s History Month and explore Art on Campus created by local, national and internationally recognized female artists.

22
From the Lab to the White House and Beyond
Great Hall, Memorial Union, 8 PM
Attend this educational lecture from Rosina Bierbaum discussing her research and career working at the interface of environmental science and policy.

Global Gala 2018
Great Hall, Memorial Union, 6 PM
Celebrate with diverse cultures from around the world! Student organizations share their cultural heritage with food, fashion, music and performances.

Reggie’s Sleepout
Jack Trice Stadium, 3 PM-6 AM
Sleep out under the stars for a cause. Register and raise money or volunteer at this all-night event to raise awareness for youth homelessness. Online registration ends Mar. 23, but walk-up registration goes until 7 p.m. the day of the event.

23
Art + Issues – Building a Campus Community
1017 Morrill Hall, 12-1 PM
Build upon and discuss the diversity of our cultural heritage through art and critical thinking at ISU. Help generate a safe, inclusive and inspiring space on campus.

24
Food Security Lecture
Great Hall, Memorial Union, 7 PM
Discover how Winona LaDuke is encouraging public support and funding for native environmental groups working on climate change, energy development and environmental justice.

26
Support Local Ames Artists
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Enjoy local music during the All Iowa Arts Showcase! Tickets are on sale at the Ames Community Center for $11 in advance and $17 at the door. Local bands and artists will perform, and food concessions will be served by Lockwood Cafe. Reoccurs on March 16 at 7 PM. Additional concert dates are April 13 and 20.

28
SAVE THE DATE:
Stash the Trash
CyServe Day
Sign-up to volunteer

APRIL
7
McClane Gill | mgill@iastate.edu
Morgan Thompson | morgant@iastate.edu

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