

# LIVE GREEN! MONTHLY



“PEOPLE MAY NOT REMEMBER EXACTLY WHAT YOU DID, OR WHAT YOU SAID, BUT THEY WILL ALWAYS REMEMBER HOW YOU MADE THEM FEEL.”

-MAYA ANGELOU

**PARKLETS AND PAYING FORWARD: STUDENTS LIVING GREEN!**

**REFLECTING BACK AND LOOKING FORWARD: THE HISTORY OF NEW YEAR'S RESOLUTIONS**

**CREATING GREEN AND GIVING GREEN: CHALLENGE YOURSELF TO ADD GREEN**

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"In the spirit of reflecting on all for which we are thankful, this month's cover captures moments of gratitude from each member of the Live Green! team. Share your snapshots of gratitude with us on social media @ISU\_LiveGreen!

Underlined text throughout this publication is hotlinked to offer additional information.



Photo by Live Green!

### Thank you and congratulations, Heidi!!

Congratulations to Live Green! Team Member Heidi Kalb as she graduates from ISU this semester, with degrees in Global Resource Systems and Nutritional Sciences, and embarks upon her post-graduation journey!

Thank you for sharing your impressive creativity, amazing talent and skills, never-ending energy and deeply committed and dedicated passion for all things sustainable with Live Green! We will miss you!

#### Positions within Live Green!:

Special Initiatives Intern (2018),  
Campus and Community  
Engagement Intern (2017-2018)

#### Favorite Live Green! memory:

"All of the little things: watching people grow in sustainability through events, laughs during team meetings, working together as a team for events and seeing how the university put sustainability at the forefront of what they are doing in many different ways."

#### Adventures after college:

Getting married in July and planning to work in infant, child and maternal health and nutrition in developing countries.

#### Follow Us!



## DIRECTOR'S MESSAGE

Welcome to December, Cyclones!

The season of gratitude is upon us. Lists of what to give are being created and revised. Consideration of buying the perfect gift versus creating it is tossed around as well. In and amongst all of the holiday flurry is also reflection. Reflection of the year that has passed and all that filled it. What has been attempted, what has been accomplished and what has been created.

With this in mind, it seems quite applicable and relevant that the focus of this month's issue of Live Green! Monthly, and this month's Live Green! 10 Year Anniversary theme is "Creating Green." As with individuals reflecting back on the past year, the last newsletter issue for fall semester reflects on all that is and has been sustainability over the first half of the academic year and asks the question, "What green have we created at ISU this semester?" In flipping through this month's newsletter, you will note the answer to that question is, 'Quite a lot.'

One look through the semester highlights article, for example, illustrates such an impressive "creating green" commitment by students, faculty and staff. Additionally, what is immediately apparent is the diversity by which we, as Iowa State University, approach and define the green that we create (and nurture and grow). From art exhibits tracking the lives and history of refugees to talks on international agriculture trade. From celebrating America Recycles Day to offering a pop-up shop to exchange business attire. And so much more!! A deeper dive into this month's issue reveals a plethora of opportunities to create green through volunteerism, supporting philanthropic events, crafting a holiday gift (and wrapping it up in upcycled flair) and resolving forward for the new year.

Our created green not only considers our impact on the planet, it also addresses day-to-day needs and opportunities related to economic sustainability and cultural, community and personal resilience (social sustainability). Our created green touches every corner of campus and everyone in our campus community. Our created green also offers a connection point of education, engagement and empowerment opportunities for any and all students, faculty and staff, regardless of age, major, position, first language or hometown.

Our created green supports our continued journey toward and vision of a sustainable future.

Thank you for all your effort, energy, perseverance and dedication toward creating such vibrant green-ness!! Wishing you wonderful holidays and looking forward to our continued celebration of our 10 year anniversary year next semester!

Yours in green-ness,



Photo by Krishnaun Burns

**MERRY RANKIN** is Iowa State University's Director of Sustainability and the City of Ames Sustainability Coordinator. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability.

The Live Green! Newsletter is a monthly publication from the Office of Sustainability at Iowa State University.

Live Green! is Iowa State University's campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our projects and initiatives, our operations and our campus environmentally, economically and socially sustainability.

Stop by Live Green!'s holiday display across from Panda in the Memorial Union Dec. 3 - Dec. 10.

*Join us as we continue our 10-year celebration in the spring semester!*



# SEMESTER HIGHLIGHTS

## SUSTAINABILITY ACHIEVEMENTS OF THE FALL SEMESTER

### ENGAGING COMMUNITY



Former Iowa governor and current president and CEO of the U.S. Dairy Export Council, Tom Vilsack, visited Iowa State University in September to talk about international trade relations and its impact on U.S. agriculture. He discussed the factors of trade agreements and how blockades between countries occur. He also hosted an open question forum, allowing attendees to ask questions and share their experiences.



Syrian-born artist Mohamed Hafez and Iraqi-born student Ahmed Badr created a traveling and interactive exhibition this fall titled the Unpacked: Refugee Baggage. Their intention was to educate the Iowa State and Ames community about the lives and history of refugees in America. Senior lecturer of French and Arabic and art curator for University Museums, Jean-Pierre Taoutel, spoke at the exhibition in October about his history in Syria.



Lawrence Haddad and David Nabarro, the 2018 World Food Prize Laureates, hosted the 17th Norman Borlaug lecture in October. They discussed nutrition and its global role. Haddad focused on fixing food insecurity, which he said starts with convincing people their diet is a huge part of the issue. Nabarro discussed policy and highlighted his work with food companies to make manufacturing and marketing more nutritious and sustainable.



Mahdi Al-Kaisi, professor of agronomy at Iowa State University, co-authored a chapter inside a National Academies Climate report on carbon dioxide removal and its positive impact on climate change. The report was titled "Negative Emissions Technologies and Reliable Sequestration: A Research Agenda." The goal of the report was to provide a variety of ideas on how to remove carbon dioxide from the atmosphere.

### CONNECTING CAMPUS



Multicultural Liaison Officers of Iowa State University's undergraduate colleges hosted its second annual two-day free pop-up shop for students in September. The shop offered new and gently used articles of business attire, accessories and shoes that faculty donated. Volunteers were available to style students and give fashion advice. More than 90 students attended on the first day.



Iowa State University organizations celebrated America Recycles Day on Nov. 15 by tabling in the Memorial Union. Their goal was to spread awareness and educate about the importance of recycling on campus to students, faculty and staff. ISU recycling coordinator Ayodeji Oluwalana and members of the Student Government Sustainability Committee hosted the event and were assisted by student volunteers.

Copy and layout by Krishaun Burns  
Photos courtesy of Iowa State Daily



Green Dot hosted its second major event at Iowa State University this fall and continued to educate the community about power-based violence prevention. Attendees were given information sheets, visited stations that taught them how to recognize and prevent this violence and were encouraged to sign up for their free bystander training program. Those who visited all the stations and participated in activities were able to get a Green Dot t-shirt, button or PopSocket. A raffle was also held at the end of the event.



Iowa State University was awarded the Garrett Lee Smith Suicide Prevention Grant for over \$300,000 to help students struggling with suicidal thoughts and actions. For the next three years, ISU will be receiving \$102,000 to fund and implement six goals: building prevention infrastructure within Student Wellness, training students, staff and faculty on awareness, improving faculty response, administering mental health screening, hiring a suicide prevention specialist and increasing student organization support.

### MAKING A DIFFERENCE



Brittney Lynch, a 2012 graduate of Iowa State, took a risk after graduation and moved to California without a job. With her background in apparel, merchandising and design, it did not take her long to get hired at AG jeans. After five years, Lynch transitioned to RE/DONE, a luxury clothing company that recreates and restores vintage pieces, as one of two lead designers. Her newest line that she created with other lead designer was recently featured in Vogue.



Students Helping Rescue Animals (SHRA), a student organization at Iowa State, organized a fundraiser called Paper for Paws. Its goal was to raise awareness to the ways newspapers can be used at animal shelters. The fundraiser encouraged people to donate old newspapers to their organization instead of recycling or throwing them away all November. Donations were given to Ames Animal Shelter and Story County Animal Shelter.



Members of the Iowa State University organization Indian Students Association (ISA) helped out people of Kerala, India, this fall after the southern state in India experienced flooding that killed more than 400 people. They raised funds and awareness for the state during their annual fundraiser concert, Sanskriti. The event featured traditional Indian dancing and singing, performed by both students and professional performers.



Vanessa Espinoza, ISU graduate student, was the first person to receive the Latinx Youth Leadership Award and be inducted in the Iowa Latino Hall of Fame. She was recognized for her community work and leadership. Espinoza connects with her community through a space she created for Latinx students to learn how to read and write both English and Spanish. She also created a scholarship for people who face adversity.

For more sustainable news, visit the [Live Green! highlights page](#).



# STUDENTS LIVING CARDINAL, GOLD AND GREEN

## CREATING "GREEN" ENVIRONMENTS, SUSTAINING THE FUTURE

During our month-long recognition and celebration of creating green, two student organizations are highlighted this month that serve as platforms for ISU students to learn more about how they can sustainably impact communities and environments through creating and/or giving time to sustainable projects and social networks – Student Society of Landscape Architects (SSLA) and Pay It Forward (PIF)

**Student Society of Landscape Architects**  
Landscape architecture plays a variety of roles in creating sustainable economic, social and environmental wellness



Photo Courtesy of SSLA

in a community as it creates spaces for people and nature to coexist and benefit each other, Kellie Murtle, current president elect of the SSLA and landscape architecture student, described.

An annual sustainable project of the SSLA involves creating space for students to have fun, relax and learn about the impacts of sustainably-designed environments. The project, called the "parklet" project, involves SSLA members designing an engaging space from a parking space on Iowa State's campus.

"We wanted to promote what we do and we wanted to provide a space that people could come to do homework," Abby Brayton, the first ever publicity chair of the organization, said of their 2018 parklet project (pictured above).

One of the SSLA's most engaging parklet projects involved their creation of the "Park-King" in 2017, which featured a mini-golf course, Brayton said.

Connecting people with landscapes that create a fun and socially sustainable environment is a goal that extends not only to their parklet project, but also club meetings.

The SSLA is comprised of 30 plus members and provides networking opportunities and educational experiences for ISU students to understand how to create cost-effective, ecologically and socially functional environments. Guest speakers support this mission, as do the organization's professional-development activities, according to landscape architecture students like Charlie Rueb, a senior in the Landscape Architecture Program at ISU.

Rueb has been a member of the SSLA since his sophomore year at Iowa State, and became president of the organization this year after serving as president elect his junior year. Rueb heard about the SSLA when he was working as a "Firm Crawl Chair" in his program; a position put together by professors to help identify firms that landscape architecture students can visit in Iowa.

Rueb's role connecting with firms and the networking opportunities within the SSLA have been experiences that have helped Rueb gain professional experience. As a result, Rueb landed a job last summer due to relationships he built in the SSLA. His networks have also helped him to connect SSLA members with professional experiences and perspectives on how to sustain useful environments.

"I personally really enjoy having communication with different people, and helping people," Reub said of his experience with SSLA and of his desire to

serve as the organization's president. "I look at younger students in landscape architecture and I want them to succeed."

Among helping students network and learn information about landscape architecture, the SSLA also works to help community members and freshman looking to apply for a design program at Iowa State to better understand what landscape architecture is.

"I think it's super important [we are here] because not a lot of people know about landscape architecture. Even people here at Iowa State will say, 'oh, what's that?'" Brayton said.

The job goes beyond backyards, Rueb, Brayton and Murtle said, and can bring a landscape architect into a situation where they may be creating a space in a rural or urban, large or small scale area.

In any location, the goal is always to support the health and functionality of environments, Rueb said.



Photo Courtesy of PIF

**Pay It Forward**  
Pay It Forward, previously known as the retired national organization "Students Today Leaders Forever," also focuses on creating healthy and sustainable communities by giving their time to "green" projects.

PIF's members participate in service projects in and around Ames, Iowa, once a month during their bimonthly meetings, and also throughout the U.S. during their annual spring break service trip.

Their spring break trip, lasting the entire length of spring break, gives ISU students the opportunity to explore the U.S. and community service while developing socially sustainable

connections with a variety of people.

"We get a lot of international students [on the trip, which is] cool, being able to meet people from different countries ... You get to meet a lot of different people with a lot of different personalities. You [also] get to know the people you're on the bus with very well ... It's a great experience to meet a lot of people and to do some service while you're in college," Maria Daubenberger, PIF's 'Club Whip,' a managerial overseer of the club's spring trip, said.

During PIF's annual trip, 40 ISU students get to explore various parts of the United States. With this year's trip reaching into the Western United States, travelers can expect to journey from Ames, through Nebraska, Colorado, New Mexico, Texas, Oklahoma and Missouri.

Previous service projects that PIF travelers have worked on include organizing the collected of flip flops in Niagara Falls for donation to a community in Africa, Jacob Vos, marketing chair of PIF, described.

"One of my favorite parts [about the service trip] is seeing people get comfortable and come out of their shell," Vos said.

Another exciting perk of the trip involves the bonds that people get to make as they explore.

"It's not just a cheesy statement about making friends ... 90 percent of the [friends] I've met throughout [college] I've met through these trips," Daubenberger said.

For Daubenberger and Vos alike, a key

*"When someone does something nice for you, it's a great feeling...it's nice to be able to pay that forward,"*

- Maria Daubenberger

aspect that keeps both engaged with PIF involves seeing their impact on community members, in Ames or on their service trip.

"A lot of the time, they like to give you numbers," Daubenberger said, "like how many meals you've made. Think, with the four hours you put in, you did this much. You can tell just how much [that] meant to them."

When at home, the organization continues to work on environmentally, socially and economically sustainable service projects, like picking up trash or donating time at volunteer events with other organizations and local businesses.

Currently, an especially unique project PIF members are working on involves making toys for reptiles at a community center in Ames.

The overall goal of these projects, no matter what animals, people or landscapes are involved, is to benefit communities' sustainability and to inspire students to continue with sustainable service habits beyond college, Vos said.

"When someone does something nice for you it's a great feeling ... it's nice to be able to pay that forward," Daubenberger said.

*Engaging more in sustainable living can happen any time in life, even in college. One way students can engage in sustainable living is by participating in a sustainability organization at Iowa State University.*

## PAY IT FORWARD

Photos Courtesy of Jacob Vos and Maria Daubenberger



**Role**  
Marketing Chair



**Role**  
Club Whip

## STUDENT SOCIETY OF LANDSCAPE ARCHITECTURE

Photos Courtesy of: Charlie Rueb, Kellie Murtle and Abby Brayton



**Role**  
President



**Role**  
President Elect



**Role**  
Publicity Chair

# NOW YOU KNOW:

## A HISTORY OF NEW YEAR'S RESOLUTIONS

As 2018 comes to a close, the anticipation of the new year ahead and all the opportunities that await, offers inspiration for reflection and visioning toward creating green personally and professionally in all facets of sustainability (environmental, economic and social).

Historically, celebrations for the new year have deep roots that are thousands of years old and primarily center around the month of January—named for the two-faced Roman god, Janus, who symbolized looking backward and ahead to the Romans.



Themes related to resolutions have evolved from goals related to loyalty and atonement of sins, during historical times, to current themes focused on health, money, self-wellness and sustainability.

Resolutions of the new year are considered to have begun some 4,000 years ago (during the Bronze Age) with the Babylonians, a people from Mesopotamia (modern Iraq), during their 12-day religious festival called "Akitu".

During Akitu, celebrated when crops were planted, promises were made to gods related to repaying debts and returning borrowed items. Unlike modern resolutions, the Babylonians believed that if they did not follow through with their promises they would be punished by being excluded from their gods' favor.

Over 3,000 years ago, during the Shang Dynasty, Chinese New Year celebrations are

also believed to have begun in celebration of new planting seasons.

Traditionally, Chinese New Year festivities lasted 15 days in late January or early February



and centered on home and family goals, including cleaning homes to get rid of bad luck and repaying debts. Feasts were also a part of festivities, as were fireworks; which are believed to have been first made in China. Each new year was, and continues to be, associated with one of China's 12 zodiac animals.

Romans also observed the new year, celebrating on the first day of January; the first day of the year as established in the Julian Calendar by Julius Caesar in 46 B.C. In recognition of the new year, Romans made promises of good conduct.

John Wesley, considered a founder of Methodism, is often considered one of the first in western civilization to inspire societies to aim for a fresh start in the new year. In the 1750s, Wesley invented a church service during December and January called "Covenant Renewal Services," which focused on motivating a fresh start for the new year and leaving behind the past year's bad habits.

The recognition of January 1, as the beginning of new year and a time for resolution, continues today and is the traditional celebration of the new year in the U.S., as well as many countries throughout the world.

## TIPS FOR SUSTAINABLE RESOLUTIONS

Approximately 68 percent of U.S. citizens make and attempt to keep New Year's resolutions each year. Use these tips to assist in setting and sustaining your goals for the new year.

### List your goals

Start by writing out your goals! Create a timeline for your goals and brainstorm various ways to meet them.

### Plan in steps

For every goal, take things in steps. Take five minutes each day to work on a goal for one week. The next week, try for ten minutes.

### Reward yourself

When a goal is met, create a reward! Try a trip to the movies or a night out with some close friends.

### Be realistic

When creating plans and goals, don't expect impossible or instant results. Long-term results take long-term commitment.

### Track your success

Keep track of progress by writing down accomplished goals. Write down how life has changed with these goals being met.

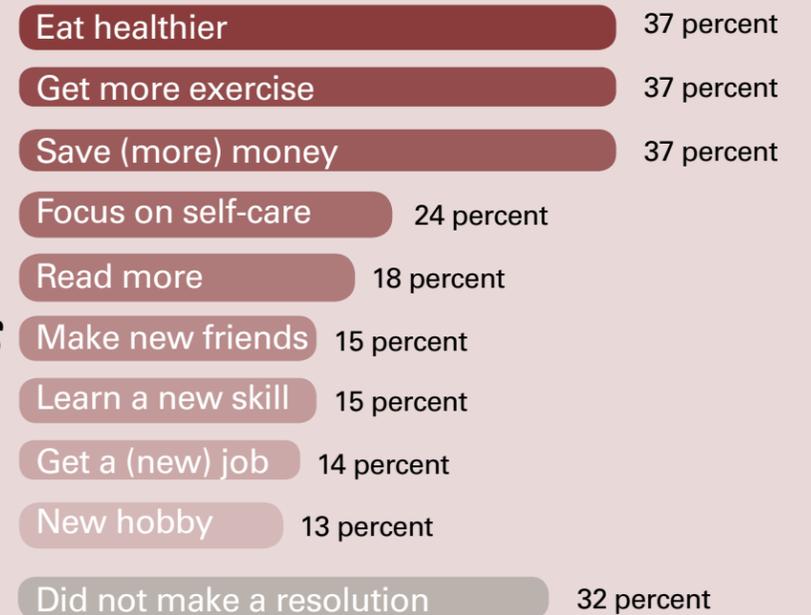
### Keep trying

When mistakes happen, don't give up! Simply adjust plans and keep moving forward.



# 9

## COMMON NEW YEAR'S RESOLUTIONS FROM 2018



# CULTIVATE GRATITUDE DURING THE HOLIDAYS

## SUSTAIN YOURSELF AND OTHERS THROUGH GIVING THANKS



Experience 10 percent fewer stress related illnesses and increase your average weekly exercise time by 40 minutes by practicing gratitude every day.



Increase your long-term well-being by 10 percent by journaling about gratitude daily. This has the same impact of doubling your income.



Increase your quality of sleep, lengthen your sleep duration and decrease the amount of time it takes to fall asleep.



Reap the mental health benefits of gratitude simply by thinking or writing about it, even if you never share it.



Be intentional with your gratitude and decrease your risk of depression by 30 percent. An overall positive attitude can add up to 7 years to your life.

December and January are some of the busiest and filled months of the year in terms of to-do items and gatherings. In the midst of everything, ensuring self-sustainability is vital as it ensures embracing the joy of the season. In sustaining ourselves, we can also actively reflect on what the past year has given to us and fully comprehend our gratitude.

No matter who you are or where you are located, across the planet, gratitude is something we all share and benefit from when taking time to cultivate it. The benefits are many and multiply in doing so. From increasing happiness to reducing stress, gratitude simulates a domino effect when it is nurtured and shared.

There is no one way to practice gratitude. Gratitude is not about what is given or done, it is about the mindset when it is practiced. Some people choose to buy gifts that give back in showing gratitude: supporting causes that support those in need like purchasing sewing machines to support a locally-owned business. Others may donate their time, talent and energy to causes they feel especially connected to and passionate about through alternative gratitude opportunities such as the Salvation Army's "Ring the Bell" event held each Christmas season (see page 15 for more information). Some countries have set aside specific holidays dedicated to gratitude. Germany, for example celebrates Erntedankfest, an event focused on gratitude for the bounty of harvest season through donations of food from their harvest that they give to those in need.

Others may express gratitude through writing sentiments in notes or letters to those who have made a difference to their lives. Especially when ringing in the new year, gratitude through speeches and social media posts are especially prevalent.

When trying to inspire gratitude among others, consider what makes you grateful. Aim to use that to encourage gratitude among your personal network.

For inspiration on ways to show gratitude, check out this issue's monthly challenge and green opportunities page. You can also find ideas at the Live Green! annual display case in Memorial Union from the first week in December until the first week in January.

For more benefits of gratitude, visit [The Live Green! headline newspaper](#).

Though gift giving is a primary go-to when considering how to show gratitude, gifting can be so much more than a box with a bow. Below are some ideas for some unique and personalized offerings of gratitude for the holiday season and throughout the year. In addition to these ideas, check out this month's challenge on page 13, as well as green opportunities listed on pages 14 and 15. If you are in the Memorial Union Dec. 3-10, take a look at the Office of Sustainability's "Happy Grati-days" display, across from Panda Express, for even more ideas.



### VOLUNTEER

There is always someone (or animal) who needs help, so donate your time to them. Head to a local animal shelter and give extra cuddles to an older cat. Visit the secondhand store down the street and offer to organize donated items. Volunteering helps counteract the effects of stress, anger and anxiety.



### SMILE

Make someone feel included by sharing a smile. Whether a stranger, neighbor or your mom, take the time to let them know you notice and appreciate them through a simple facial expression. You might even feel less stressed, live longer and feel happier because of all the dopamine and serotonin released.



### GIVE GRATITUDE

Sometimes all a person needs to make their day is a kind word. Tell the people you care about how they make you feel and why. Write a note and surprise them by reading it. Do a Thankful Throwback Thursday on social media. You can improve your overall health, sleep and self-esteem by doing this.



### DONATE

Collect food, household supplies, personal items and clothing for a community member or family in need, and drop them off at a local food bank or thrift store, such as The SHOP (at ISU) or Goodwill. Donating has been proven to increase moods and to strengthen personal values.



### PAY IT FORWARD

Share your joy with others (and increase your own happiness and health) by paying it forward. Pay for the coffee of the next person in line or the next car behind you in the tollway. Buy school supplies for a local classroom, or donate supplies to a local veterinary clinic.



### VISIT A SENIOR HOME

Bring cheer to senior citizens this holiday season by sharing some quality time with them. Have a nice conversation, watch a football game, paint someone's nails or play a card game. Not only can you help bridge a generational gap, you can also improve the quality of life of seniors living there.

Refresh this holiday season by creating green for your home. Use these ideas to engage aromatherapy, upcycle your closet and add Zen to every day.



## FRUIT RIND AIR FRESHENERS

**Supplies:** Sea salt, citrus fruit (orange, lemon or lime) and fresh herbs (basil, cilantro and mint, etc.) or spices (cloves, cinnamon and nutmeg, etc.), knife and spoon

**Directions:**

1. Slice the fruit in half.
2. Scoop out the fruit using a knife or spoon and set the peel aside. Eat, compost or set the fruit aside for a recipe.
3. Fill up the empty fruit rind with sea salt.
4. (Optional) Add herbs or spices to the salt.
5. Place the salt-filled rinds anywhere to get rid of bad smells!

**Additions:** Add essential oils instead of herbs and spices for different aromas.



## DENIM COASTERS

**Supplies:** Fabric glue, scissors, old jeans, glass jars, a jar of water

**Directions:**

1. Cut the side and bottom seam of each leg and cut into a strip.
2. Trim each seam to make sure they are the same width.
3. Place a dot of glue on one end of a seam and begin to roll, adding glue as you go.
4. Continue to roll and add new seams until you have a coaster (trivet, placemat, etc.) at your desired size.
5. Hold the coaster in place while drying by placing a glass jar filled with water on top.
6. Allow the coaster to dry for at least one hour.

**Additions:** Add t-shirt sleeve seams and other materials to add color.



## ZEN GARDEN

**Supplies:** Recycled or upcycled glass, wooden or metal bowl or tray, small decorations (small flat rocks, shells, pine cones and other found items), rake (twigs, forks, chopsticks or wooden pencils)

**Directions:**

1. Add a thin layer of sand to the tray or bowl.
2. Arrange decorations in the sand to ensure room to rake designs.
3. Use a rake to create swirls and waves in the sand. Rake substitutes include twigs, forks, chopsticks or wooden pencils.

**Additions:** Add essential oils to the sand to indulge in aromatherapy as you zen.



DEC. 1-15

### Create "green" with donations

Create a greener community by donating to a cause you believe in.

**Donate an hour of time each week to a local food pantry or donate unused or leftover food.** Time and food donations to pantries are great ways to help sustain food insecure families, individuals and children (who, when on school breaks, are without free/reduced price school lunches).

**Challenge yourself to donate all used and unwanted functional furniture, clothes and household items during the shopping season.** Donating old items helps reduce the amount of waste in landfills, which increases 25 percent in November and December. People in Ames can also help reduce waste this season by **donating their used and undecorated holiday trees** to be recycled into wood chips for use in the city's parks.



DEC. 6-31

### Create "green" in every project

Create "green" this season as you buy locally!

**Purchase locally made, reusable, recycled or repurposed materials for all of your projects!** Local purchases of locally sourced items can help you create "greener" gifts and meals by reducing the distance your products have to travel to get to you, and by reducing demand for materials that deplete environmental and economic resources.

**Aim to use reusable paper for all paper projects, including when wrapping gifts.** Creating your own wrapping paper can help you create a sustainable impact as you avoid contributing to the \$9.36 billion Americans spent on wrapping paper in 2010. Reusing paper also helps eliminate wrapping paper waste, which took up an equivalent of 5,787 NFL football fields of space in a landfill in that same year.



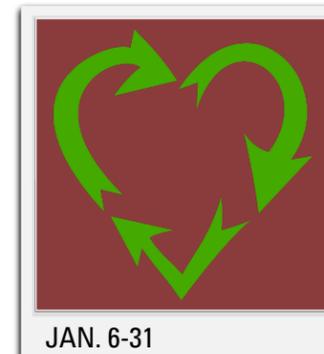
JAN. 1-15

### Give yourself "green" time

Give yourself more time for self-wellness at the start of January.

**Begin aiming for more personal "green" time by first challenging yourself to get enough sleep: 7-9 hours for the average adult.** Healthy sleep habits can help you maintain a healthy mind, body and attitude.

**Additionally, challenge yourself to create a journal entry at least twice a week.** Journaling can help you work through your aspirations, goals and challenges. Pick from various prompts to see which questions pique the most productive and relaxing journaling exercises for you. Eating nutritious foods, spending time with family and friends, exercising, creating a balanced budget and writing down a to-do list including activities you enjoy are additional habits that can help you create a "greener" and less stressful lifestyle.



JAN. 6-31

### Give "green", not mean

In the new year aim to give "green" with kindness, to yourself and others.

**Challenge yourself to give more good and less bad to yourself and the world around you.** Learning how your positivity and kindness can reflect back to you is a powerful tool in understanding how sustainability works to benefit you and others.

**Start giving more "green" and less mean through kindness by simply listing out your stresses and how you respond to them, or even may be creating them.** Acknowledging a stressor is the best first step in gaining control of stress according to psychcentral.com. Additionally beneficial is understanding how you can combat your stressors. Perhaps an electric bill is on your list? By turning off lights, unplugging unused utility items and turning off the air when you are not home, you can save money while giving "green," supporting self-wellness and the health of the environment

# GREEN OPPORTUNITIES

## TAKE THE 10 GALLON CHALLENGE



Head to your local grocery store, buy 10 gallons of milk and donate them to a local food bank. When you're done, hashtag [#10GallonChallenge](#) on any of your social media channels to join thousands of people supporting dairy farmers and local families. There is currently an oversupply of milk and a high demand for milk in food banks, yet milk only makes up 5 percent of donations (or less than one gallon of milk per person, per year). Participate in this agricultural challenge to help both farmers and local families in need out.

## GET FESTIVE AT THE HOLIDAY MARKET



Indulge in over 30 handmade, vintage, art and design vendors, food trucks, the Lockwood Cafe hot cocoa bar and crepes, Prairie Moon wine, Alluvial beer and more at the Beautiful Land: Holiday Market. This family-friendly market will be hosted at Prairie Moon Winery and Alluvial Brewing Co. Get early access to the collections during Preview Night from 6-9 p.m. on Dec. 7. Buy your tickets online for \$5. The general public has free admission to the Holiday Market on Dec. 8 from 9 a.m. - 4 p.m.

## GIVE THE GIFT OF SOLAR



Invest in solar energy and sustainable living by purchasing shares in the community solar project with SunSmart Ames from the City of Ames Electric Services department. This project allows you to experience renewable energy without the up-front cost of adding solar panels to your roof. One power pack is estimated to cost \$350, but a payment plan of \$34.17 per month can be set up with Ames Electric Company. Shares purchased can travel to any home in Ames, and buyouts are available for people who move outside of the city.

## ANALYZE THE ENVIRONMENT



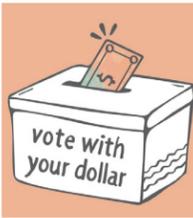
Train to become an analyst at the University of Wisconsin-Madison's accelerated graduate program in applied economics with a focus on Resource and Energy Demand Analysis (REDA). With a focus on natural resources and energy conservation, this program prepares students to enter an industry that turns data into insights, policy and decisions for the environment. Apply online for Summer 2019.

## GIFT A SWIPE



Use your leftover dining dollars to help your peers at the end of the semester. Purchase non-perishable food, hygiene supplies and household items at any of the on-campus stores and donate to the on-campus food pantry, The SHOP. It was created to help minimize food insecurity at Iowa State University. Donations can be dropped off during The SHOP's office hours at 2312 Food Science Building. If you set up a time and date, The SHOP is also willing to pick up donations within the Ames community.

## VOTE WITH YOUR DOLLAR



Build a green community by voting with your dollar. Support businesses that have adopted green practices, are growing the local economy and pay their suppliers and workers fairly. (The Smart Business Challenge provides a list of green businesses in Ames.) You can vote with your clothes by buying from green-certified businesses and shopping secondhand. Vote with your food by shopping at local grocers and growing your own. Vote with your bank account by opening accounts at local banks. Vote to save forests by going digital.

## SHARE YOUR COMMUNITY'S STORY



Learn about Sustainable Development Goals around the world and share your perspective and community to be a part of a curated global campaign. Use your storytelling skills to empower and inspire people around the world to make a positive change for people and the planet. Submit immersive media, including photography and film, until April 1, 2019 to be included. Register as a partner, collect, upload and analyze your results, produce your media using the Your 360 Media tips and share your story using the hashtag [#MyWorld360](#).

## CONNECT WITH FARMERS



Join farmers and non-farmers at Practical Farmers' 2019 Annual Conference at Scheman Building in Ames, Iowa from Jan. 17-19. This year's conference theme is Cultivating Connections. The goal is to encourage community engagement, improve productivity and increase ecosystem services. Everyone is welcome to attend. Register and pay for only the conference sessions you want to attend.

## ADVOCATE FOR THE PLANET



Educate yourself and others on consumer product sustainability and help strengthen consumer voices through The Sustainability Consortium, a global organization that is transforming the consumer goods industry. TSC partners with manufacturers, retailers, academics and more. Businesses can become a member, consumers can become advocates and anyone can partner with TSC and its members to collaborate or implement initiatives. Read TSC's sustainability insights to learn more about a particular product category.

## PLANT SOME KNOWLEDGE



Plant one tree for every search you make online using Ecosia, a modern search engine. Ecosia stands behind the belief that trees mean a happy environment, healthy people and a strong economy. For every search you make and advertisement you see, Ecosia gains an income that they use to plant a tree at the price of 23 cents. As of this writing, there are 7 million active users on Ecosia, more than 42 million trees planted and more than \$7.5 million invested into the environment. Use Ecosia on both computers, iPhones and Android devices.

## PRESENT RESEARCH AT OLE MISS



Gain research experience at the University of Mississippi's Chemistry Summer REU from May 30, 2019 to August 8, 2019. Students will attend faculty-led lectures and mini-courses, present research and develop a student cohort. A \$5,000 stipend, 10-week housing and meal plan and travel assistance are included. To apply, email the PDF application to [nhammer@olemiss.edu](mailto:nhammer@olemiss.edu) by February 29, 2019 and two letters of recommendations to [letters@reu.chem.olemiss.edu](mailto:letters@reu.chem.olemiss.edu). All applicants must be U.S. citizens or permanent residents.

## RING THE BELL



Bring joy and relief to those in need this holiday season by ringing the bell with the Salvation Army Red Kettles. Choose from different locations, including Fareway, Hobby Lobby, Hy-Vee, JCPenny, Sam's Club, Walmart and Theisen's. Shifts can be selected online. If a requested shift is within 24-hours, call 515-233-3567 to sign up. Bell ringing can also be done in groups. The last day to ring bells is on Dec. 24.

## SHOW OFF AT SCINITE



Present your work in sustainability or showcase your musical or artistic talent on March 29, 2019 at SciNite, a three hour event hosted by the Student Government Sustainability Committee. All Iowa State University students are eligible to present or perform. Presentations will last approximately 20 minutes and performances will last ten. Performers will go between each presenter. If you are interested in participating in this event, fill out the application form by Dec. 7. The sustainability committee will reach out to those who apply shortly after.

## TELL A STORY ABOUT ZERO-WASTE



Travel around the United States from January to April in 2019, creating and curating compelling social content for the Post-Landfill Action Network's zero-waste movement spring tour. This Creative Storyteller position is full-time and comes with a \$2,000 monthly stipend. All travel and accommodations will be paid for while on tour. The ideal applicant is passionate about intersectionality and social, environmental, gender and economic justice. To apply, send a cover letter, resume, storytelling work examples and/or a portfolio to [pope@postlandfill.org](mailto:pope@postlandfill.org).

## SHOP WITH A CAUSE



Support charitable projects around the world and in the Ames community at the 28th annual Ames Alternative Gift Market. It will be held at Wheatsfield Cooperative Grocery on Dec. 8 and 15 from 10 a.m. - 4 p.m. Alternative gifts are humanitarian gifts given to inspire change. Each gift supports a national or international project and will be accompanied by a complimentary greeting card and informational insert to describe the chosen project. Gifts are tax-deductible. If you are unable to attend, view the catalog online, get a free one delivered to you or visit the website.

## RESEARCH SUSTAINABILITY



Research renewable energy, biomass production, water purification and soil amendment at the 10-week REU: Infews-food, Energy, Water Security program at Mississippi State University. Chemistry, biochemistry, engineers and environmental science majors are encouraged to apply. A \$5,000 stipend will be provided as will housing, meals and travel assistance. The program runs from May 28 to August 8. Apply online by March 1, 2019.

# SAVE THE DATE

## 2019 SYMPOSIUM ON SUSTAINABILITY

### Envisioning Our Next Sustainable Decade

The Iowa State University Symposium on Sustainability, started in 2009 as a component of the Live Green! Initiative. The event, this year celebrating its tenth year, began with the intent and focus of offering opportunities to engage students, faculty and staff in sustainability at Iowa State University. Throughout the past decade, this annual event has featured well-known champions of and in sustainability, offered opportunities to highlight campus and community sustainability research, initiatives and accomplishments and celebrated students, faculty and staff contributing to excellence in sustainability at ISU. These traditions continue today.

#### Symposium EVENTS

##### Monday's Events (Jan. 18)

###### Juried Research Poster Session

Research posters, addressing areas of sustainability, are being solicited for a juried poster session during this year's Symposium on Sustainability. Cash prizes will be awarded. To enter your poster visit the [Live Green! website](#). Entry forms are due by Feb. 1.

###### Juried Art Show

Artwork in all styles of media is being solicited for a juried art show at this year's Symposium on Sustainability. Cash prizes will be awarded. To enter your artwork, please visit the [Live Green! website](#). Entry forms are due by Feb. 1.

###### Keynote Speaker - Capitan Scott Kelly

This year's opening keynote is NASA Astronaut Capitan Scott Kelly. His lecture is entitled "The Sky is Not the Limit." Kelly captivated the world and seized the imagination of millions during his record-breaking year spent living in the International Space Station; proving that the sky is not the limit when it comes to the potential of the human spirit. On his trip, Scott, together with his identical twin brother Mark (the husband of Arizona Senator Gabrielle Giffords) on Earth, paved the way for the future of space travel and exploration. Kelly helped the world see the impacts of climate change when he returned from his 2017 expedition and shared pictures of Earth [covered in pollution](#). Following his address, Kelly will be available for photographs and autographs.



**JANUARY 18 - 19**  
**Iowa State University**  
**Memorial Union**

##### Tuesday's Events (Jan. 19)

###### Sustainability Organization Tabling Event

Tabling displays are encouraged from all campus and community organizations that support and further sustainability and the Live Green! Initiative. Tabling request forms can be found on the Live Green! website and should be received by February 1. Space is limited, reserve early.



###### Clothing Swap

Donate gently used clothing and swap them for new-to-you fashions at the Clothing Swap. Collections will be held during January to supply the clothing swap ([see page 18](#)). Change up your wardrobe with a twist of gently used clothing. Items not swapped will be donated to non-profit organizations to disperse.

###### Award Presentation

The Live Green! Awards for Excellence in Sustainability will be presented to Iowa State University students, faculty and staff who are making an impact on the campus sustainability efforts by generating awareness and interest through initiatives that focus on teaching, research, outreach and/or operations. Nomination forms are due Feb. 5 and can be found on the [Live Green! webpage](#).

Winners from the poster session and art show will also be announced and awarded.

###### Panel Discussion

Students, faculty and staff and community members, who have served in leadership roles throughout the Live Green! Initiative's first 10 years will take part in a panel discussion and attendee dialogue reflecting on the goals of the Live Green! Initiative and the vision for the next decade of sustainability at Iowa State University.

###### Locally-Sourced Receptions

Both Monday and Tuesday evenings will feature locally-sourced sustainable snacks provided by ISU Dining.

###### Sustainably Minded Activities

Join in the fun of learning, engaging in and being empowered to learn more about sustainability and ways to Live Green!

**Check In! For more information and details about this year's Symposium on Sustainability events, visit the [Live Green! website](#).**



Photo courtesy of The Iowa State Daily



Photos courtesy of Live Green!

# 10 YEARS OF LIVING GREEN! WARMING UP THE WINTER...

## November

### Buying Green

Sust-Ames  
Local Shopping  
Event

November's "Sust-Ames" event was quite a delight, with crisp cold breezes the weather seasoned the day with Holiday cheer. Early shoppers were treated to a one-of-a-kind, reusable shopping bag especially designed for Sust-Ames as part the of the Live Green! 10 Year Celebration. Stores and businesses offered holiday discounts and drawings as a special promotion for the event, and stores offered holiday samples and treats for their customers.



December's "Sustainable Gifting" event found volunteers at the Live Green! holiday-wrapping table, offering to wrap holiday packages in sustainable and recycled-wrap and bows. The team was busy at work supplying Art Mart shoppers with this free opportunity. For more sustainable holiday ideas, check out the holiday display across from Panda in the MU.



## December

### Creating Green Sustainable Gifting Event

## January

### Giving Green

Collecting for  
Community  
Initiative

January's "Give Green" event will feature a collection of gently used clothing, canned food and household cleaning supplies. Collection boxes will be located in the Memorial Union, General Services Building, and in ISU Dining Centers (January 28-February 3). Collection boxes will also be placed throughout Ames local businesses and companies. While away from campus collect your gently used clothing to bring back to donate to this worthy cause. While away from campus, collect your gently-used clothing to bring back and include within our "give green collection boxes. Live Green! is collaborating with local non-profits to share donations with individuals, facilities and communities in need.

Learn more and drop-off donations, Jan. 17 from 11 a.m. - 2 p.m. Stop by our Giving Green tabling event in the Memorial Union, just outside the Iowa State University Bookstore. Stay connected to all of our [10-Year events](#) and read more about each month's celebratory [theme](#).

# DECEMBER CALENDAR

## 05

**Wood Burned Ornament Walk-In Craft**  
Memorial Union, Workspace | 10 a.m. - 4 p.m.  
Craft a wooden gift with love during the Workspace's open hours from Dec. 5-9. Stamp a design on a wood slice and trace it with a wood burner, or freehand your own idea. Cost: \$6.

**Winter Garland Walk-In Craft**  
Memorial Union, Workspace | Open Hours  
Make a garland up to 5 feet long, using strips of colorful and patterned flannel, during the Workspace's open hours, Dec 5-8. All ages are welcome, but children must be accompanied by an adult. Cost: \$8

**Student Wellness Dead Week Events**  
Parks Library | 11 a.m. - 4 p.m.  
De-stress for free during dead week. Play with dogs during Barks@Parks, color, complete puzzles and play games, visit the mindfulness room and receive chair massages. Hours and days for each activity vary.

**Jolly Holiday Lights**  
Adventureland | 5:30-10 p.m.  
Take your family and ride through a 2.5 mile, 100 light holiday display until Dec. 29. Pop into the Wish Shop to visit Santa, drink hot cocoa and shop until Dec. 23. Cost: \$20 per car and \$40 per limo. All admission fees go to Make-A-Wish Foundation. Buy tickets [online](#), at Hy-Vee, Casey's or the [Make-A-Wish Iowa office](#).

## 06

**Holiday Tree Sales**  
Reiman Gardens | Times vary  
Buy a holiday tree and wreath from the Iowa State Forestry Club. [Tree prices](#) range from \$30-60; wreaths are \$20-30. On Dec. 6, 7, 8 and 9, the location will be Reiman Gardens at a [variety of times](#).

## 07

**Holiday Home Based Business Shows**  
North Grand Mall | 8 a.m. - 5 p.m.  
Shop at local home-based businesses in one place this December. This free reoccurring event happens every [Thursday through Sunday in December](#) at varying times.

## 08

**Pass Along Party**  
611 Clark, Ames, IA | 4-5:30 p.m.  
Attend the annual Food At First Pass Along Party and receive donated gently used or new Christmas gifts, including toys and household items. Homemade cookies and a gift-wrapping station will be available and Santa will make an appearance.

## 10

**Beekeeping Basics**  
220 H. Ave, Nevada, IA | 6:30-8:30 p.m.  
Learn the basics of beekeeping with from ISU Agriculture Specialist Zack Koopman. Register for the free event by calling the [Story County Extension Office](#) or emailing [xstory@iastate.edu](mailto:xstory@iastate.edu). Open to all ages.

**Fresh Evergreens for Your Holiday Table**  
Wheatsfield Co-op | 6:30-8:00 p.m.  
Learn how to distinguish between evergreens and create a tabletop arrangement using fresh-cut greens and decorative material that will last into the new year. Cost: **\$10 for members, \$12 for non-members**. Register [online](#) by Dec. 10.

## 13

**Nature at Noon: A Plant's Role in Nutrition**  
Reiman Gardens | 12-1 p.m.  
Eat lunch and learn about the complex ways plants are processed into food and feed. Cost: free for members and ISU students, [general admission](#) for non-members.

## 14

**Downtown Winter Farmers' Market**  
400 Locust, Des Moines, IA | 8:00 a.m.  
Stock up on locally produced items for holiday meals, parties and gifts at the Des Moines Winter Farmers' Market on Dec. 14 and 15.

## 18

**Luminary Hike**  
McFarland Park | 6-9 p.m.  
Hike around McFarland Lake with glittering lights guiding your way and sip hot cocoa by a campfire after. Choose between two time frames (6-7:30 p.m. or 7:30-9 p.m.) Cost: \$5. If it snows, snowshoes will be provided at no extra cost. Register [online](#) by 4 p.m. on Dec. 12.

## 20

**Mingle on Main**  
Reiman Gardens | 5-7 p.m.  
Stroll through Downtown Ames and enjoy sales, treats, drinks and contests to celebrate the holiday season. This free event happens [every Thursday in December](#) until Dec. 25.

## 21

**Light the Night**  
Jester Park Nature Center | 5:30-9 p.m.  
Celebrate the beginning of winter and the longest night of the year by hiking along the Discovery Trail lit with luminaries. End the night with hot cocoa and a bonfire under the stars. Cost: \$5. Register [online](#) by Dec. 19.

## 27

**December Snowshoe Hike**  
McFarland Park | 10-11:30 a.m.  
Experience the snowy trails of McFarland Park while learning the best snowshoeing techniques. Cost: \$5. Register by Dec. 26 at 4 p.m. [online](#) to participate.

# JANUARY CALENDAR

# 01

## **Beat the Blues Winter Marathon** **McFarland Park | All Day**

Walk, run, ski, snowshoe, bike or play outside for one hour between Jan. 1 and Mar. 1 to complete a 26-mile marathon. Do it alone, with your family or friends. Finishers will receive \$10 off any Story County Conservation registration. Participate by picking up a free mileage log at McFarland Park (8:30 a.m.-4:30 p.m.) before Jan. 1.

## **RG Express Holiday Train** **Remain Gardens | 9 a.m. - 4:30 p.m.**

Watch a custom-built garden-scale train travel around miniature historically significant Iowa State buildings and bridges at Reiman Gardens until Jan. 6. The attraction will stay open until 8 p.m. every Thursday until Jan. 3 and have free admission until 4:30 p.m.

# 03

## **Winter Hikes with Outdoor Alliance** **Various Locations | 1:30 p.m.**

Meet outdoor enthusiasts in Story County and explore local areas this winter. Hikes will happen every Thursday in January, as long as the roads are safe to drive. No registration or fee is required.

# 05

## **Health & Fitness Expo** **E. 34th St. Des Moines, IA | 4 p.m.**

Explore more than 100 vendors at the free 2019 Health & Fitness Expo on Jan. 5 and 6. Participate in sunrise yoga, guided workout sessions, cooking demonstrations and more. [Download the app](#) to enter to win prizes and for an on-the-go exhibitor list and map.

# 11

## **January Snowshoe Hike** **McFarland Park | 5-6:30 p.m.**

Experience the snowy trails of McFarland Park while learning the best snowshoeing techniques. Cost: \$5. Register by Jan. 9 at 4 p.m. [online](#) to participate.

# 15

## **Martin Luther King Jr. Day of Service** **2400 Oakwood Rd., Ames, IA | 1-4 p.m.**

Volunteer with the Volunteer Center of Story County in honor of Dr. King's legacy of community engagement. Make t-shirt mats and rugs for local animal and emergency shelters, donate blood or volunteer. For more information, visit [VCSC's website](#).

# 17

## **Collecting for the Community Initiative** **Memorial Union | 11 a.m. - 2 p.m.**

Pay it forward and drop off canned goods and gently used clothing to the Live Green! table outside of the bookstore in Memorial Union.

# 19

## **It's Time to March Again** **1007 E. Grand Ave., Des Moines, IA | 8 a.m.**

Harness the political power of diverse women and their communities to create change this January at the third annual Iowa Women's march. Bring signage, marching shoes, water family and friends. [Sign up online to march and volunteer.](#)

# 24

## **January Dollar Days** **Main Street Businesses | All Day**

Head to Main Street on Jan. 24, 25 and 26 to receive exclusive discounts at participating Main Street businesses.

# 26

## **RAGBRAI Route Announcement Party** **730 3rd St, Des Moines, IA | 7-11 p.m.**

Celebrate the 2019 RAGBRAI route with the Iowa Bicycle Coalition. The event will feature a giant silent auction, music and free beverages. VIP, reserved tables and general admission are available. Cost: \$40 to \$80. Prices increase Jan. 1. Buy tickets [online](#).

# 27

## **Ice Breaker Triathlon** **948 73rd St, West Des Moines, IA | 6-11 a.m.**

Beat the cold by running, biking and swimming for a cause at the [annual Ice Breaker Triathlon](#). All proceeds will go to Girls on the Run of Central Iowa and the Walnut Creek Family YMCA Annual Campaign. Cost: \$40 for individuals, \$100 for families. Prices increase after Jan. 11. Register [online](#) by Jan. 23 to participate.

# 28

## **MLK Legacy Series Keynote Speaker** **Memorial Union, Great Hall | 7 p.m.**

Educate yourself about intersectionality and diversity by attending the capstone lecture of the Martin Luther King Jr. Legacy Series. Brittany Packnett, culture and justice leader, will be presenting. She is currently the vice president for Teach for America's National Community Alliances.

See more sustainability events on the [Live Green! calendar](#).

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

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