

# LIVE GREEN! MONTHLY



**"GO CONFIDENTLY  
IN THE DIRECTION  
OF YOUR DREAMS!  
LIVE THE LIFE  
YOU'VE IMAGINED."**  
- HENRY DAVID THOREAU

**ISU SUSTAINABLE  
SENIORS ENVISIONING  
GREEN FUTURES**

**NOW YOU KNOW:  
THE LIVE GREEN!  
ORIGIN STORY**

**CHALLENGE YOURSELF  
TO LIVE GREEN AFTER  
COLLEGE GRADUATION**

# WHAT'S INSIDE

IOWA STATE UNIVERSITY

## LIVE GREEN!

2008-2018 CELEBRATING 10 YEARS



- 04 >> **Earth Day and Earth Month Recap**  
Explore the many different ways Mother Earth was celebrated.
- 06 >> **Farewell Seniors!**  
Join us in thanking our graduating Live Green! team members.
- 07 >> **Monthly Challenge**  
Envision "green" in your life, no matter where you are or what you are doing.
- 08 >> **10-Year Celebration Recap**  
Revisit the sustainable celebratory events and activities during the 2018-2019 school year.
- 10 >> **Now You Know**  
Learn about the history of Live Green!, starting from its genesis to now.
- 12 >> **Sustainable Spring Highlights**  
Reflect on the sustainable accomplishments on campus this semester!
- 14 >> **Students Living Cardinal, Gold & Green**  
Meet graduating student leaders envisioning and pursuing a sustainable future.
- 16 >> **Green-It-Yourself**  
Create a "green" summer environment through these upcycled ideas.
- 17 >> **Summer Recipes**  
Discover summer treats created from farmers' market plunders.
- 18 >> **Green Opportunities**  
Engage in sustainable events, contests, internships and more.
- 19 >> **May Calendar**  
Check out all the sustainable events happening in the last month of spring.
- 20 >> **Summer Calendar**  
Save the dates for activities and events happening throughout the summer.



Photo by Paige Anson

Happy May from the Live Green! team. As we bid farewell to the 2018-2019 school year, we want to reflect on all the amazing events held over the past nine months in celebration of the Live Green! Initiative's tenth year. We started in August with our first theme of "Moving Green" and ended last month with the theme "Celebrating Green." Each theme further explored one of the three facets of sustainability, which are economic, environmental and social.

We encourage you to apply what you have learned and experienced from each of these celebratory months into your day-to-day decisions and activities. Sustainability has no limits — you can incorporate it into your home life, work time and time shared with friends. Challenge yourself to connect with each 10-year celebration theme: moving, dining, learning, buying, creating, giving, embracing, exploring and celebrating "green." Revisit our [2018-2019 newsletters](#) and [blog posts](#) to connect with challenge opportunities.

### Follow Us!



The Iowa Recycling Association (IRA), a non-profit that promotes recycling and waste-reduction activities to create a healthier environment in the State of Iowa, is seeking feedback from students about ways to better serve new and potential members. [Add your perspective via their survey.](#)

# DIRECTOR'S MESSAGE

It is so hard to believe that the 2018-2019 academic year is already complete – and with it, our 10-year celebration of the Live Green! Initiative at Iowa State University comes to a close. Truly ... what a fantastic year of reflection on the abundance of dedication, commitment, passion and accomplishment in sustainability (environmental, economic and social) that we have embraced at Iowa State since 2008. Congratulations to us all!

And now ... it is time to look forward and envision what our next sustainable decade commits to, strives toward and accomplishes. To assist with this, we have created a [vision board](#) on the Live Green! [website](#) where the ISU community can share their vision for the next 10 years of the Live Green! Initiative. I encourage you to add your vision, ideas and thoughts on sustainability.

In the journey toward making a sustainable future for all, we know we all must work together, and that our results are only as effective and sustainable as the energy and commitment that supports and nurtures it. With this in mind, now is also time to consider each of our individual opportunities and the contributions we can make toward the collective changes and success we envision for ISU. While we may not all have the same roles and responsibilities, we do share in the ability to make a difference, to be the difference and to collectively make ALL the difference.

There is certainly no template for this. Every commitment, every action and every bit of time and energy adds synergy and impact. No effort is too small, especially in consideration of the alternative of the absence of effort. Progress may come in leaps and or in inches, in months or in years. The focus ... is how we can be a part of ensuring it continues.

The future holds such a vast array of opportunities for connection, collaboration, impact and success. I so look forward to the opportunities that await us in our next 10 years and to “greening” together with you!

Yours in green-ness,



## DIRECTOR'S UPDATE / WELCOME IZZY!

My name is Izzy Wilde, and I am a junior in community and regional planning (CRP) and Spanish from Des Moines, Iowa. I have always been passionate about sustainability and being an advocate for the environment and the different species that call it home. I define sustainability as working to maintain and work with our environment rather than against it, both for future generations and to ensure the longevity of other species.

As the new Student Government Sustainability Director, I plan to continue supporting the recycling and composting efforts in place. I would also like to reduce the amount of plastic waste being produced. I believe we are stronger in numbers, so having the support and input from different ISU sustainability groups as well as Ames' climate groups will be vital.

I came to Iowa State because of the stellar design school, the CRP major and the possibility of getting a master's degree in sustainable environments. I “live green” through all the little actions I do everyday. Ditching plastic water bottles and shopping bags and recycling everything I can are little ways in which I try to make a big impact over time.



Contact Izzy with ideas or questions at [iswilde@iastate.edu](mailto:iswilde@iastate.edu).



Photo by Paige Anson

**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.

**IZZY WILDE** is Iowa State University's 2019-2020 Student Government Sustainability Director. She is a third-year student majoring in Spanish and community and regional planning.



Photo Courtesy of Izzy Wilde

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 sustainable.

# EARTH DAY AND EARTH MONTH RECAP

## ISU AND THE AMES COMMUNITY CELEBRATING SUSTAINABILITY



The Live Green! Initiative hosted its finale event for the 2018-2019 school year on April 25, celebrating both the the 10-year celebration finale and Earth Day. The event featured student and community organizations and local businesses who support sustainability through actions, events and initiatives.

- Attendees were able to:
- Enjoy nibbles and beverages including fruit-infused water, hot dogs and cookies served by ISU Dining and coffee provided by **Cafe El Zapote**
  - Earn sustainable giveaways by talking to participating organizations
  - Donate non-perishable food items to the on-campus food pantry, **The SHOP**
  - Receive a free tune up by **Outdoor Recreation Program**
  - Participate in free yard games
  - Trade in their “pop-out” center of the 10-Year Celebration magnet for a featured “green” giveaway
- (\*Pop-out centers are still being accepted at the Office of Sustainability, 108 General Services Bldg.)
- Declare their “green” pledge and share their 10-year vision for ISU

### Participating Organizations and Businesses

- 88.5 KURE Ames Alternative
- Ames Smart Business Challenge
- Be The Match On Campus
- Cafe El Zapote
- Climate Reality Project Campus Corps
- Dance Marathon
- Engineers for a Sustainable World
- Food & Water Watch
- Good Earth Student Farm
- Global Resource Systems Globe Ambassadors
- Iowa Wildlife Center
- ISU Recycling
- Jax Outdoor Gear
- Live Green! Initiative
- Marketing Club
- Outdoor Recreation Program
- Renewable Energy Group
- St. Jude Up ‘Til Dawn
- Society of Women in Physics and Astronomy
- Story County Conservation
- Volunteer Center of Story County
- Wheatfield Cooperative

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Celebrating our planet home is not just restricted to one day. The month of April brought many sustainable events and activities, many annual and some brand new. Here are a few of the highlights of the month. To explore the extensive list of sustainable April highlights, visit our [2019 Earth Month calendar](#).



Photo Courtesy of The International Student Council



Photo Courtesy of the Volunteer Center of Story County



Photo Courtesy of Iowa State Colleges Against Cancer

The International Student Council came together to share indigenous food and performances from over 11 different countries at their annual International Food Fair on April 14. The countries represented were: Egypt, India, Pakistan, Russia, Thailand, Vietnam, China, Taiwan, Japan, Malaysia and a variety of Latin American and Arab countries. Each represented country had cultural meals, snacks, desert and drinks.

The Ames community hosted its 20th-annual community clean-up, Stash the Trash, on April 6, picking up trash around the City of Ames. Volunteers cleaned up neighborhoods, parks and parts of Iowa State's campus. Some volunteers also participated in plogging, a Swedish trend to pick up trash while running or jogging.

Be the Match at Iowa State and ISU Colleges Against Cancer teamed up to host the first Cancer Sucks 5K Run/Walk. Participants of all ages signed up and finished the run/walk. Benefits went to the American Cancer Society, as well as the Iowa Marrow Donor Program, helping save patients' lives all over the world. Adult donors were also able to join the Be The Match Registry.



Photo Courtesy of ISU Daily



Photo Courtesy of City of Ames



Photo Courtesy of Reggie's Sleepout

The ISU Greenlee School of Journalism and Communication hosted its 17th-annual First Amendment Days. Members of the ISU and Ames community participated in many events hosted over the week, including a keynote speech by Simon Tam, a Supreme Court case winner; a Democalypse March, which allowed participants to experience life without the First Amendment; Depth and Dialogue sessions; and Feast on the First featuring live street and soapbox speeches.

The City of Ames hosted its 9th-annual Eco-Fair with a focus on energy conservation and sustainable practices. The event featured city booths, displays, giveaways and more, including the new Eco Chats, which are mini-talks about a variety of eco-friendly topics. Live Green! Smart Business Challenge interns also tabled at the event. Eco-Fair attendees were also able to drop off unused school supplies for the annual school backpack program at the School Supply Exchange booth.

Members of the Ames and Iowa State community slept under the stars in Jack Trice Stadium during Reggie's Sleepout, an annual fundraiser to bring awareness and raise funds to combat youth homelessness. During the event, attendees decorated boxes, watched local entertainment and enjoyed games, cards and crafts. At the end of the night, Reggie's Sleepout raised \$54,635 out of their goal of \$150,000.

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# FAREWELL SENIORS!

## SENDING BEST WISHES TO OUR LIVE GREEN! SENIORS

### Madeline Blandin

Hometown: DeWitt, Iowa

Majors: Marketing & Event Management



Strategic Initiatives Intern  
2018, 2019

### Molly Breen

Hometown: Lakeville, Minnesota

Major: Finance



Strategic Initiatives Intern  
2017, 2018, 2019  
Campus Community Engagement  
2016, 2017

### Taylor Silvestrini

Hometown: Des Moines, Iowa

Majors: Supply Chain Management & Marketing



Smart Business Challenge Intern  
2017, 2018, 2019

Q1

*What do you plan to do after you graduate from Iowa State University?*

**Madeline:** Product Development Associate for Allsteel in Iowa, which manufactures office furniture and provides holistic solutions that fit businesses and their workplace strategies.

**Molly:** Financial Analyst at Ecolab in Minnesota, which provides water, hygiene, energy technology and services to the food, energy, healthcare, industrial and hospitality markets.

**Taylor:** Supply Chain Leader at PepsiCo Frito-Lay in Wisconsin, which manufactures, markets and sells corn chips, potato chips and other snack foods.

Q2

*Do you feel more informed about sustainability since you began college?*

**Madeline:** I have grown a ton since freshman year! I've learned a lot more about what it means to be socially sustainable, and I look forward to continuing to explore that facet of sustainability.

**Molly:** I have learned so much about sustainability since my internship at Live Green! began, especially in social and economic sustainability.

**Taylor:** I have grown a lot in sustainability since the beginning of college to now, especially since becoming an intern for the ISU Office of Sustainability. The biggest thing I've learned about is the three facets of sustainability (environmental, economic and social) and how they all work together.

Q3

*How will you continue to live "green" after you graduate?*

**Madeline:** I will be active within my "new" community, start to grow my own produce and try to carpool to work!

**Molly:** I will be cognizant about and limit my trash, use public transportation, volunteer with my community, share my sustainability knowledge with new friends and always learn from others.

**Taylor:** I will take advantage of all the trails and parks around where I'll be living and get involved in sustainable practices and initiatives at work.

Q4

*What are some things you will take away from the Live Green! Internship?*

**Madeline:** I have thoroughly enjoyed working at Live Green! It has been so fun to share my love for event planning and sustainability in one role. It will be a ton of fun to continue to live sustainably in my next role because my future employer is also very sustainable!

**Molly:** Everyone cares about sustainability, but sometimes you just need to find a way to make it more personal.

**Taylor:** I have had an amazing time working in sustainability, specifically in my internship position, which allows me to get to know local business owners and help them get recognized for their sustainable practices. I really enjoyed having an impact on the City of Ames. It has also been a tremendous opportunity to be part of the Live Green! team.

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# MONTHLY CHALLENGE

## LIVE GREEN! AND ENVISION GREEN AFTER GRADUATION

As students (faculty and staff) leave Iowa State University and continue to go in the direction of their dreams, they can continue to Live Green! with social, economic and environmental sustainability practices. No matter your destination beyond your adventure at Iowa State, challenging yourself to stay engaged, mindful and sustained in sustainability can help you fuel a "green," happy and productive future.



### STAY ENGAGED

Stay active in working toward personal and community sustainability, wellness and productivity by engaging in personal, local and global sustainability goals. One effort for sustainable living that applies in all settings involves "greening" a practice. This involves making a practice more socially, environmentally and economically efficient. For example challenging yourself to use a reusable towel instead of paper towels can: reduce the 13 billion pounds of paper towels used each year in the U.S. (saving 110 million trees), can save people money and can support healthy air quality.

### STAY MINDFUL

By being mindful, or giving yourself time to be present and aware of yourself (your habits, actions and values) and your impact on others and the world around you, you can discover new opportunities for "living green." Thinking and acting mindfully with consideration for others and yourself can also help you envision new sustainability goals that can enable you and others to thrive in your personal and working environments. Challenge yourself to practice mindfulness with journaling, meditation, mindful listening and critical thinking.



### STAY SUSTAINED

Staying healthy of mind and body can seem like a challenge after leaving behind campus gyms, clubs and counseling resources; however, opportunities exist everywhere to speak, move, learn and socialize sustainably. Visit a local club, class, shop or park this month where you can meet new people, creatures, ideas, practices and landscapes that can enrich and empower your sustainability game. Self-sustainability and self-wellness can also be achieved by challenging yourself in actions as simple as calling a loved one, giving a compliment, taking a walk, spending time with friends/family and/or carving out time for a power nap.

Copy and Layout by Paige Anson



# LIVE GREEN! 10-YEAR ANNIVERSARY RECAP

## REFLECTING ON A CELEBRATORY YEAR

### August



Live Green! kicked off its 10-year celebration with Yoga on the Lawn, an event under the theme "Moving Green." Students, faculty and staff were invited to participate in a free yoga class guided by Recreation Services and receive health tips from Peer Wellness Mentors. Attendees were also able to take home healthy treats, reusable water bottles and Live Green! giveaways, and were entered into a prize drawing for green-move inspired items.

### September



In collaboration with ISU Dining, Live Green! hosted Dining Green Food & Features, an event to celebrate the 10-year's monthly theme of "Dining Green." Students, faculty and staff were offered an abundance of green dining options, including apples from the ISU Horticulture Center, made-from-scratch cookies from ISU Dining, reusable bamboo spoons and educational opportunities from student organizations committed to food security.

### October



In October, Live Green hosted its "Learning Green" lecture series featuring speakers who represent all three facets of sustainability. Artist Andrew Kozlowski spoke about social sustainability and art; Mike Draper, founder of the clothing company RAYGUN, spoke about economic sustainability in product creation; rapper Xiuhtezcatl Martinez, whose lecture was postponed until March, spoke about environmental sustainability and justice.

### November



In keeping with the monthly theme of "Buying Green," members of the Iowa State and Ames community were invited to head out to local stores for Live Green's Sust-Ames event, which encouraged local and green shopping in the Main Street and Campustown districts. Shoppers received freebies, discounts and specials from over 25 businesses, in addition to entering a drawing for unique gift packages and festive reusable bags.

### December



In December, the Live Green! 10-Year Celebration focused on "Creating Green," with a free, sustainable gift-wrapping event held in the Memorial Union at Iowa State. Volunteers helped wrap holiday packages in sustainable and recycled-wrap, bows and customized name tags. Many packages they wrapped came from the annual Iowa State ArtMart, though others also brought previously purchased gifts to be wrapped.

### January



Live Green! started the spring semester off with the a sustainable food and clothing drive, under the theme "Giving Green." Members of the Iowa State and Ames community were asked to donate gently used clothing, canned food, and household cleaning supplies. Drop-off boxes were placed around the Ames community in local businesses and around Iowa State's campus. Donations went to individuals, facilities and communities in need.

### February



In the spirit of "Embracing Green," Live Green! hosted two events in February. The first was Coffee & Conversations, which featured free coffee, cookies and conversation with 10 sustainability experts. The next was the two-day 2019 Symposium on Sustainability. Members of the community came together to envision Iowa State's next sustainable decade, as well as hear astronaut Capt. Scott Kelly's keynote lecture, "The Sky Is Not The Limit."

### March



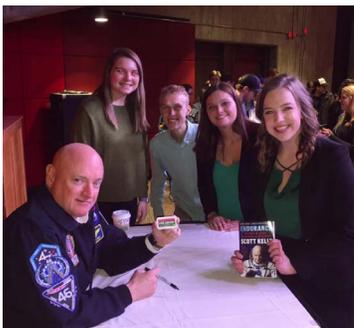
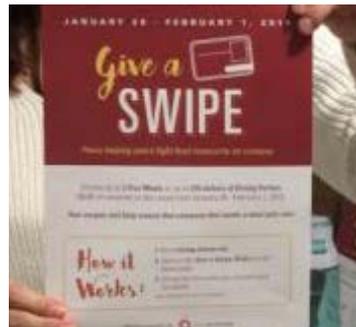
Iowa State hosted students, faculty and staff from 11 Iowa colleges and universities who attended the One Sustainable Iowa Student Conference to "explore green." Attendees strategized and collaborated with one another on sustainable opportunities and case studies and enjoyed local-ingredient refreshments. Environmental activist, Xiuhtezcatl Martinez, provided the event's keynote lecture. The conference will be an annual event with UNI hosting in 2020.

### April



For the final 10-year celebration event, Live Green! hosted an Earth Day event on central campus. Students, faculty and staff were invited to participate in games, learn more from and about sustainable campus initiatives, student organizations and local businesses, get free bike tune-ups, grab refreshments and enjoy live programming from KURE and earn uniquely green prizes. Donations were also accepted for the on-campus food pantry, The SHOP.

Copy and layout by Krishaun Burns  
Photos courtesy of Live Green!



# NOW YOU KNOW

## REFLECTING ON THE HISTORY OF SUSTAINABILITY AT ISU

In the last academic year, Iowa State University was ranked as a top-10 performing sustainable campus by the Association for the Advancement of Sustainability in Higher Education (AASHE), was named the Best College in Iowa by Time MONEY magazine and received our third consecutive annual Tree Campus USA certification from the Arbor Day Foundation.

These are only a few of the awards that recognize the dedication and hard work of the students, faculty and staff at Iowa State who made sustainability a priority over the past 10 years since the founding of the Live Green! Initiative (LG!).



In this article, we reflect on how the Live Green! Initiative at ISU began; evolving from the efforts of students, faculty and staff that coalesced into a presidential declaration.

One group especially instrumental in catalyzing discussions, identifying opportunities and creating inertia was the ISU Council on Sustainability (COS).

The COS played a significant role in bringing sustainable initiatives to Iowa State, paving the way for many sustainable student organizations and the Live Green! Initiative.

### Council on Sustainability begins

In 2003, sparked by an ISU lecture titled “The Greening of ISU,” a group of six people from a variety of disciplines at ISU came together to establish Iowa State’s first sustainability committee. Disciplines ranged from religious studies, philosophy, architecture and agriculture, and included students and staff from Facilities Planning & Management and the Department of Residence.

This assembly became known as the ISU Council on Sustainability and focused and aimed to inspire a community that sustains ecological systems and educates about environmental awareness, local action and global thinking.

“We were idealistic people who wanted to do better. We’re at a university where we have all these rules and regulations. We have a lot of what we have to do, but this was a group of people talking about what we wanted to do and how things could be better,” Bill Diesslin, associate director of Environmental Health

and Safety at ISU and one of the founding members of the council said.

Not long after forming, the council created the Greening of ISU Coalition and laid out goals to further sustainable initiatives throughout campus.

“We described The Greening of ISU Coalition as individuals committed to protecting and enhancing the environment through our teaching, research, service and administrative operations,” founding member and former Program Leader for Ecology at the Leopold Center for Sustainable Agriculture Jeri Neal said.

The Council then began to talk about how sustainability could be improved in all disciplines



as well as other areas on campus — not just environmentally, but also socially and economically.

“At the very beginning, it was maybe a little frustrating because you had all of these entities saying what they thought sustainability was, [but] we were all wrong. Sustainability was all of those things, collectively ... something much bigger than all of us,” Diesslin said.

### Strategic plan adds environmental goal

In April 2004, the COS officially developed their mission and vision statement and proposed to former Senior Vice President and Provost Benjamin Allen an environmental goal to “promote a university that conserves resources and enhances environmental quality.” This goal was adopted within the Iowa State University 2005-2010 Strategic Plan.

### Council presents at inaugural AASHE

In 2006, five COS members attended the first AASHE conference to collaborate with other higher education schools and highlight sustainability efforts at Iowa State. At the conference, ISU presented a summary of sustainable activities and initiatives and was the only Midwestern university to attend. Presentation highlights included:

- Student projects from an honors seminar course, “Reduce, Recycle and Redesign – The Basics of Campus Sustainability.”
- A “Campus Sustainability Day” webinar hosted by the Council and featuring case studies from campuses integrating sustainability in operations, policy, resource planning and curriculum.
- A campus Green Bike Tour, led by former legislator and Iowa Policy Project Director David Osterberg.



Students from the honors seminar course.  
Photo courtesy of the ISU Council on Sustainability.

Following the conference, Iowa State was invited by AASHE to join a small group of colleges to beta test the Sustainability Tracking Assessment and Rating System (STARS). STARS later was established as the internationally recognized sustainability certification system for colleges and universities.

### Advisory committee is established

Through a commitment to make ISU a model of energy efficiency and to reduce the university's carbon footprint, ISU former President Gregory Geoffroy formed a 16-member advisory committee to pursue that vision. The president's Advisory Committee on Energy Conservation and Global Climate Change in turn developed recommendations to be implemented at Iowa State University.

### Live Green! Initiative is created

In June 2008, President Geoffroy announced the university's Live Green! Initiative. As a part of that initiative new programs were announced, including:

- An Office of Sustainability.
- A \$3 million Energy Conservation and Global Climate Change Revolving Loan Fund ([Live Green! Revolving Loan Fund](#)) to provide interest-free capital to campus projects that incorporate sustainability and offer a return on investment.
- A goal to achieve Leadership in Energy and Environmental Design ([LEED](#)) Gold Certification on all new campus construction and major renovation projects.

The president encouraged all students, faculty, staff, alumni and friends to join this overarching commitment to sustainability individually and collectively.

### Director of Sustainability hired

To guide ISU's sustainable commitment, a Director of Sustainability position was created to oversee the Live Green! Initiative. Priority responsibilities included development of a university-wide plan for sustainable practices and coordination of environmental activities on campus. [Merry Rankin](#) was hired as the inaugural director of sustainability in 2009.

### Symposium on Sustainability established

A Symposium on Sustainability, with the intent to identify sustainability initiatives the university could and should pursue in becoming a model sustainable campus through engaging the ISU community, debuted in 2009.

The annual [Symposium on Sustainability](#) (now in its tenth year) offered students, faculty and staff an opportunity to celebrate and learn more

#### ISU Council on Sustainability Founding Members

Bill Diesslin • Roger Graden  
• Janet Krengel • Jeri Neal  
• Whitney Sanford • Clark Wolf

about sustainability at Iowa State and included: a keynote address, faculty and student discussion panels, facilitated break-out and poster sessions.

### COS continues greening

Following the establishment of the Live Green! Initiative, the COS has continued to remain active in sustainability, moving away from a leadership role and becoming a community of interest in sustainability. The council's mission to promote sustainability as a core value at ISU and to help develop a community that promotes and sustains sustainability can be seen today through a diversity of campus sustainability initiatives, events, programs activities and opportunities.

### A decade of living green

From all of these accomplishments have resulted in a decade of sustainability at Iowa State University and has been the focus of our celebration this past year.

Through monthly-themed events (see [page 9](#)), Live Green! has encouraged students, faculty and staff to be fully committed to and engaged in making our campus, its operations and initiatives as "green" as possible—whether through moving, dining, learning, buying, creating, giving, embracing, exploring or celebrating.

For all the details on the past year's celebration, read more in our [newsletters](#) and [blog posts](#).

Now ... before us is the challenge of envisioning what the next sustainable decade at Iowa State will look like. [Share your vision with us](#) on the Live Green! vision board.

Copy and layout by Krishaun Burns and Paige Anson

# SUSTAINABLE SPRING HIGHLIGHTS

## LOOKING BACK AT SUSTAINABLE SPRING ACCOMPLISHMENTS

When envisioning a more sustainable planet and community, it is important to look back and appreciate all of the sustainable accomplishments that have already been made. Here are some 2019 sustainable spring semester highlights, featuring many (though not all) of the sustainable steps forward people in the community made involving campus experiences, student impacts and operations and systems this last semester at Iowa State.

### CAMPUS EXPERIENCE



Photo Credit Iowa State Daily

#### **Bon Appétit Management Co. CEO and Founder Discusses Sustainability**

Fedele Bauccio gave the Iowa State community an inside look at what a chef-driven sustainable food business looks like. Bauccio described his experience creating Bon Appétit and gave many insights as to foods that sustain people and our planet.

#### **Astronaut Scott Kelly Connects Sustainability and Outer Space**

Sustainability and life in space were topics Kelly, a retired U.S. Navy Captain and an astronaut that lived a year on the International Space Station, discussed during his keynote speech for the Live Green! Sustainability Symposium in February.

#### **Robin DiAngelo Examines White Fragility and Racism**

Author DiAngelo shared her thoughts on racism among white Americans. She also emphasized perspectives and skills she feels white people need to build on to engage more constructively with race issues.

#### **Speaker Explores Green Affordable Housing**

Mark Clipsham shared his vision for affordable and sustainable housing in Ames and Story County on Feb. 6.

#### **ISU Hosts Human Library Event**

University Library hosted its first "Human Library" event March 7. The event facilitated a respectful environment where people could act as "human books," while making themselves available for sharing personal stories advancing conversations on topics of prejudice and discrimination.



Photo Credit ISU Office of Sorority and Fraternity

#### **Iowa State Celebrates Denim Day**

For the first time, Iowa State University participated in Denim Day, a nationally observed day promoting healing, community, resources and awareness for sexual assault survivors. Denim Day took place April 24, during sexual assault awareness month.

#### **ISCORE Unveils an Action Plan During 19th Annual Conference**

Creating, sharing and applying new knowledge on issues of race and ethnicity was given a platform during the annual Thomas L. Hill Iowa State Conference on Race and Ethnicity in February.

### STUDENT IMPACTS



Photo Credit Inside Iowa State

#### **Socks Help End Childhood Hunger.**

ISU agricultural education student Rebecca Lyons created her own entrepreneurial medium supporting food security among children: "Lunchsox." For every pair sold, they give back to programs that provide nutritious meals for children in need.



Photo Credit Iowa State Daily

#### **Iowa State Hosts Student Sustainability Conference**

Iowa State University and the Live Green! Initiative debuted the "One Sustainable Iowa Student Conference" in March. The conference offered students opportunities for connecting and sharing initiatives and achievements and welcomed more than 11 Iowa colleges and universities.

### **Supply Chain Students Follow Product Lifecycle**

Supply chain students spent their spring break following a product from Target in Ames back to where it was manufactured in China.

### **Student Government Passes Sustainability Plan Resolution**

Student Government Senator Courtney Beringer proposed and received a unanimous vote from student government passing a Climate Commitment Plan resolution at ISU. This plan follows a 2017 Faculty Senate resolution on climate change.



Photo Credit Iowa State Daily

### **Greeks Take The Polar Plunge for Special Olympics Funding**

Ames' 23rd annual Polar Plunge fundraising event supporting Special Olympics Iowa took place in April and served as one of the closing events for Greek Week at ISU. Funds from the event raised more than \$220 thousand for Special Olympics.

### **Interior Design Projects Win Top 10 Recognition in Steelcase NEXT Student Design Competition**

Two ISU students placed in the top 10 at the 6th Annual Steelcase Next Student Design Competition. Winning designs promoted art, creativity and productivity in the workspace using socially sustainable designs.

### **Alpha Tau Omega Joins Forces With ACCESS**

Alpha Tau Omega fraternity teamed up with Assault Care Center Extending Shelter and Support (ACCESS) to bring awareness to assault with their new "Building up Brothers" program.

## OPERATIONS & SYSTEMS



Photo Credit Iowa State Daily

### **Pitch Me ISU Launches**

ISU President Wendy Wintersteen sent a call out for all and any life changing, world shifting student ideas in her Pitch Me ISU project. Students can submit their 60-second video pitches online at pitchmestate.com.



### **ISUPD Launches New Safety App**

Accessing emergency and non-emergency contact numbers, receiving push notifications about campus activity and crime and learning tips for easy submissions to the ISUPD became a mobile option on campus as the "Rave Guardian" phone app launched in March.

### **ISU Dining Kicks Off "Give A Swipe" Program**

Giving a swipe, or donating Flex Meals or Dining Dollars, became an option this spring for students looking to help support food security on campus.



Photo Credit Recyclemania.org

### **ISU Competes in RecycleMania**

As a first-time competitor, Iowa State participated in "RecycleMania" a collegiate recycling competition managed by the National Wildlife Federation. ISU placed 23 out of 32 participating schools, recycling 209,100 pounds, or 5.2 pounds per person.

### **Pronoun Use Expands**

Starting April 1, ISU employees can add pronouns to university-branded items such as business cards, name tags, desk nameplates and email signatures. Misidentifying gender identity is a driving force for this change.

### **Parks Library Pilots App**

Working to make library services more understandable and accessible, Parks Library piloted their "Parks Libro" smart assistant (Alexa) app on the Amazon Skill Store in February.

### **ISU Provides CyDeas**

In February, in effort to grow and enhance campus communication, ISU President Wendy Wintersteen revealed to the campus community "CyDeas," a new online platform for students, faculty and staff to share ideas and suggestions.

# STUDENTS LIVING CARDINAL, GOLD AND GREEN

## SENIORS ENVISIONING GREEN FUTURES

As the school year ends, many sustainably-minded individuals are leaving campus and diving into new chapters of their lives that continue to orient around making a “green” difference. In this month’s issue of Live Green! Monthly, we are highlighting a few “green” graduating student leaders that are committed to continuing to envision “green” and a sustainable future beyond Iowa State University.

### JULIAN NEELY



**Hometown:** Johnston, Iowa  
**Major:** Journalism  
**Minor:** Sociology

#### Iowa State Adventure

- **Student Government President**
- **Black Student Alliance**  
Vice President  
FAT (Freshman Action Team) Delegate
- **Community Adviser**
- **Cyclone Aid**
- **Co-Chair Student Advisory Community**
- **Student Representative on Athletics Council**
- **McNair Scholar**
- **Apex Scholar**
- **Early Outreach Summer Counselor Ames High School**
- **Alpha Phi Alpha Fraternity**  
Chapter President for Omicron Pi Chapter  
Assistant Director  
Director of Photography and Videography

#### Thoughts on Living Green

“I like to say you can’t do this by yourself. You have to have a team alongside you.”

#### Living Green! After Iowa State

Pursuing a masters degree in media studies at Syracuse University in New York. Will continue to advocate for teamwork, equity and social sustainability. Aspires to create documentaries that feature perspectives that promote understanding and equity.

#### Advice For Students

“Take your college experience as a learning experience. Make it your own and be open to trying new things. It is a process where you are not going to start as an expert. Take every challenge and downfall as an opportunity to learn ... And enjoy the experience.”

### COURTNEY BERINGER



**Hometown:** Dubuque, Iowa  
**Major:** Mechanical Engineering  
**Minor:** Energy Systems

#### Iowa State Adventure

- **Student Government**  
Diversity and Inclusion Committee  
Green Initiatives Fund Committee  
Engineering Senator  
\*Introduced and passed Climate Commitment Plan
- **Community Adviser**
- **Cardinal Swing Society**
- **Research Assistant**
- **Undergraduate Teaching Assistant**
- **Honors Program Leader**  
Solar Power Backpack Research
- **Circle K International**  
Treasurer and 5K Race Organizer

#### Thoughts on Living Green

“Sustainability will last ... When you think about the word sustainable, it means to be sustaining. So when we think about sustainable energy, it is something that won’t run out. Sustainability is also about creating less waste using the three Rs and about putting in place programs that will help people in situations not for a week or a day, but their whole lives.”

#### Living Green! After Iowa State

Pursuing a PhD with renewable energy research. Continuing to strive for sustainable lifestyle choices “[and] encouraging renewable energy and investing in companies that promote renewable energy.”

#### Advice For Students

“Balance is very important. You can’t get too caught up on your academics or social life ... Go to lecture programs outside of your study area. Go to ISCORE. Really, just diversifying your experience. College is like a mini-world. You can explore a lot while you’re here.”

*"Don't be afraid to try something completely different. Especially classes in the sustainability minors. There are a lot of really cool ones. People are always surprised at how sustainability applies to all things." - Colin Welk*

## COLIN WELK



**Hometown:** Ames, Iowa  
**Major:** Environmental Science  
**Minor:** Geology, Sociology, Geographic Information systems

### Iowa State Adventure

- **Environmental Science Club**
- **Food Recovery Network**  
President
- **Volunteer**  
College Creek Cleanup  
Stash The Trash  
Trail Cleanups
- **Story County Conservation**  
Mad River Stewardship Program

### Thoughts on Living Green

"It ties into every single possible career and every aspect of life. No matter what you care about, you can incorporate sustainability into your life. It is [also] our collective future ... If we don't choose to think and breath sustainably, then we are going to not be in a good place down the road. Take action now to make sure the world we live in is inclusive, equitable, healthy and safe for everyone."

### Living Green! After Iowa State

Taking a breather this summer. Will attend graduate school at University of Michigan to study natural resources and the environment.

"I don't plan to stop doing anything. I am going to continue reading things and learning ... and continue to involve myself in my community through service, clubs and organizations at University of Michigan."

### Advice For Students

"Don't be afraid to try something completely different, especially classes in the sustainability minors. There are a lot of really cool ones. People are always surprised at how sustainability applies to all things."

## ZOEY MAUCK



**Hometown:** Des Moines, Iowa  
**Major:** Community Regional Planning, Landscape Architecture

### Iowa State Adventure

- **The Green Umbrella**  
Secretary, Treasurer, President
- **Student Society of Landscape Architects**  
Sustainability and Social Chair
- **Community Regional Planning Club**
- **Bike Group Co-Leader**
- **Design Core Program Peer Mentor**
- **ISU Cycling Club**

### Thoughts on Living Green

"I think a big part of sustainability is understanding why you are doing something and how actions impact the environment ... [Landscape Architects and Community Regional Planners] work together with the community to design and build projects people can be a part of. Ensuring people are a part of your process to be more sustainable is really important."

### Living Green! After Iowa State

Working in Oklahoma City with Team Better Block; an organization dedicated to bringing sidewalk spaces to life to show people they don't need a car to get where they are going. Will continue living "green" through lifestyle choices, including biking from place to place.

### Advice For Students

"Biking and walking is so much more sustainable than driving. Paying for gas, taking up parking lot space that could be a park ... I don't think people think about that. Networking [too]. Don't be afraid to ask a question. Embracing my networks helped me move forward."

Copy and layout by Paige Anson

# GREEN-IT-YOURSELF

ENVISION GREENER PROJECTS AFTER TRYING THESE GIYS

## LEMON PEEL CANDLES

**Supplies:** lemons, beeswax, double boiler, lemon oil, wick, cool and undisturbed flat surface for solidifying wax

1. Cut a lemon in half and remove insides (make lemonade) and save the peel halves.
2. Use a double boiler to boil down 1/4 cup beeswax. for each peel half.
3. Mix 1 drop of lemon essential oil per peel half into melted beeswax.
4. Place lemon peel halves onto a cool flat surface that won't be disturbed.
5. Place wick into halved lemon peels, then pour mixture into each half (1/8 inch of wick sticking out of wax).
6. Allow wax to harden, usually 4-5 hours with soy wax and 6 hours with beeswax.
7. Light candles and fill your home with the natural, lemony aroma.

**Alternate:** Use different essential oils or try with orange peels.



## TOILET PAPER ROLL PLANTER

**Supplies:** toilet paper rolls, potting soil, tomato seeds, scissors or knife, water

1. Fold the toilet paper roll to give it a squared shape.
2. Cut roll into two parts. Make 3/4 inch cuts on each bottom edge of squares, making flaps.
3. Fold and unfold all of the flaps. All flaps fold in to create base.
4. Fold flaps cardboard-box style to create a small starter pot.
5. Fill pot 3/4 full with soil and sprinkle in a few seeds, sowing them according to packaging instructions.
6. Place in a well-lit place and water lightly. Plant into larger container or directly into the ground.

**Alternate:** Try these tiny toilet paper roll planters with other seeds.  
Paper towel rolls rolls can be substituted for toilet paper rolls.



## BEE BATH SANCTUARY

**Supplies:** a shallow dish, enough small marbles to cover bottom of dish, plant pot, fresh water

1. Select a shady spot outside by flowers.
2. Turn pot upside down and use as the base of your bath.
3. Place the shallow dish on top of the overturned plant pot.
4. Add small marbles to the shallow dish.
5. Fill the dish with fresh water, adding just enough so the marbles are not submerged.
6. Change bee bath water daily and thoroughly rinse with warm water every other week.

**Alternate:** Use small rocks instead of marbles.



For more GIYS, visit our Pinterest.  
Copy and layout by Paige Anson



# SUMMER RECIPES

ENVISION "GREEN" MEALS MADE WITH LOCALLY GROWN FOODS



## ZUCCHINI PANCAKES

**Ingredients:** 2 medium zucchini (3/4 lbs), 2 Tbsp grated red onion, 2 large eggs (beaten), 7 Tbsp all-purpose flour, 1 tsp baking powder, 1 tsp salt, 1/2 tsp black pepper, 1/2 Tbsp butter (unsalted)

**Supplies:** grater, whisk, spoon, measuring spoons, saute pan, burner, spatula, large bowl, sheet pan

### Directions:

1. Grate zucchini into bowl. Then immediately stir in the onion and eggs with a spoon.
2. Stir in the flour, baking powder, salt and pepper (add 1 Tbsp flour if runny like water).
3. Heat skillet over medium heat, melt 1/2 Tbsp butter in pan.
4. When butter melts and starts to sizzle bring to medium-low heat, drop a heaping spoonful of batter into the pan.
5. Cook pancake batter about 2 minutes on each side, until browned. Repeat with all batter. (Yields about 10 pancakes around three inches in diameter).
6. Serve and enjoy! Keep pancakes warm in a 300 degree oven for up to 30 minutes.

**Substitutions:** Adapt recipe to dietary needs by exchanging ingredients for alternatives.

## SUN TEA WITH FRUIT

**Ingredients:** 1 teabag for each jar, 1/4 C fruit for each jar (strawberries, blueberries, etc.), distilled water (enough to fill each jar), mint (or your favorite herbs)

**Supplies:** mason jars with lids (any size), hot water and soap, scissors, timer, tongs, a large tub or cooler with ice (or a refrigerator)

### Directions:

1. Wash jars and lids thoroughly.
2. Place 1 teabag in each jar, cutting off string if desired. Pour distilled water into jar, leaving 1/2 inch clearance under the rim (for fruit). Screw on lids tightly.
3. Place jars out to brew on a flat surface in direct sunlight.
4. Leave to brew for one hour, or longer if stronger taste desired. Brewing can be done indoors or outside in cool temperatures. Brew then for 3-4 more hours.
5. Unscrew jar lids and use tongs to place fruit and herbs into jars. Screw lid on tightly.
6. Chill tea in an ice bath (in a cooler/tub) or refrigerate. Serve any time.

**Substitutions:** Explore caffeinated and caffeine-free tea.

## BERRY HAND PIES

**Ingredients:** premade pie crust (or make your own), 1 jar of strawberry jam (or your favorite jam), 1 large egg (beaten), 1 C of flour

**Supplies:** fork, tablespoon, 3-inch round cookie cutter, baking sheet, oven, flat surface, rolling pin, refrigerator, plate, parchment paper, knife, pastry brush (optional)

### Directions:

1. Preheat oven to 375 degrees F.
2. Roll out dough on a clean and well-floured surface. Use cookie cutter (or draw circles with a knife) to cut out about 10 circles from dough.
4. Use rolling pin to roll circles into 1/8 inch thickness. Put on plate, refrigerate 1 hour.
5. Remove circles from fridge, place on parchment paper lined on a baking sheet.
6. Place 1 Tbsp of jam in the center of each circle. Lightly brush the edge of one side of crust with beaten egg. Fold crust in a half circle. Press gently to seal jam inside crust.
7. Use fork tins to press edges together. Repeat process. Brush egg on tops of circles.
8. Use knife or fork to slice small air vents into each folded circle.
9. Bake for 15-18 minutes until golden brown.

**Substitutions:** Adapt recipe to dietary needs by exchanging ingredients for alternatives.



For more recipes, visit our Pinterest.  
Copy and layout by Paige Anson



# GREEN OPPORTUNITIES

## PROTECT THE WORLD'S RESOURCES



Make an impact and view the importance of your work while interning with the World Resources Institute this summer. A variety of internships are available for people of all majors, including, but not limited to, public relations, economics, computer science and environmental science. All internships are paid and are based in Washington D.C.

Graduates can also apply for full-time jobs worldwide. Applications are open on an ongoing basis. To apply and learn more about the internships, visit the World Resource Institutes's website.

## BECOME A CONSERVATIONIST



Explore nature this summer by interning with the Student Conservation Association. Internships range from 3-12 months, and can be done as an individual or team internship, special program or gap-year, all of which vary with their start dates, locations and types of work. Interns will receive a one-time travel allowance,

weekly living allowance, housing, on-the-job training and educational and recreational opportunities. A few internships are also eligible for the AmericCorps Education Award. Learn more about the internships and apply online (until positions are filled).

## WRITE A LETTER TO YOUR BODY



Read almost 200 self-love letters from lowans, May 5-11 during the week-long exhibition of Letters To My Body in the Ames Public Library. It will feature letters from the campaign created by Monsoon Asian and Pacific Islanders in Solidarity to fight against sexual violence and harassment,

discuss body image and gender identity and promote body positivity and acceptance. On May 8, there will be a letter-writing workshop from 7-8 p.m. If you want your letter to be featured, contact Leah Soweid at [leah@monsooniowa.org](mailto:leah@monsooniowa.org).

## FIND HIDDEN TREASURES



Give new treasures from your home and find new ones at the annual Rummage RAMPage, a collaborative event between the City of Ames and the ISU Office of Sustainability. From July 26 to Aug. 3, drop-off household items you no longer want at 129 Hayward Ave., Ames, Iowa, and pick up items at bargain prices. All profits

go to community non-profits. For more information, to learn what can be donated and to volunteer, go to the City of Ames' website.

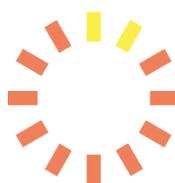
## CREATE ART FOR WATER



Showcase the vital role of water through two-dimensional artwork by entering into the City of Ames Water and Pollution Control Department's annual public art contest and exhibition. Enter up to three pieces of artwork, showcasing this year's theme of "Water for All." Submit your artwork by email or by dropping it off at 1800 E. 13th St.,

Ames, Iowa, by Aug. 23 at 5 p.m. Selected artists will be notified by Sept. 13, and the exhibition and voting will last from Oct. 14 to Nov. 1. For more information visit the City of Ames' website.

## SOAK UP NATURAL DAYLIGHT



Turn off all non-essential lights for an hour this June to raise awareness about the use of natural light in offices and energy efficiency. On June 21, 2019, many buildings around the United States will be lit only by natural light from noon-1 p.m. Last year, more than 820 offices participated, representing 33 million square feet in 24 countries.

Get your summer internship, job or school involved in Daylight Hour by going online and pledging to turn off as many non-essential lights as you can. Have participants share the act using #DaylightHour on social media. Learn more on daylighthour.com.

## BUY LOCAL AT FARMERS' MARKETS



Support local farmers and producers by purchasing homegrown and homemade products (produce, art, jewelry, baked goods, etc.) this summer by heading to one of the two farmers' markets in Ames. Ames Main Street Farmers' Market will run every Saturday (8 a.m. to 12:30 p.m.) through Oct.

12. For more information, visit their website. North Grand Mall's outdoor Farmers' Market will also run every Saturday (8 a.m. - 12:30 p.m.) and Wednesday (3-6 p.m.) from May 4 - Oct. 31 in JCPenny's parking lot. For more information, check out their Facebook page.

## GRAB YOUR BIKE HELMET



Celebrate National Bike Month and Bike to Work Week (May 13-17) with the City of Ames through these opportunities. • Attend a community breakfast (May 13, 7-9 a.m.). The breakfast will take place in front of City Hall (515 Clark Ave.). • Join the second annual Ames Mayor and City Council Bike Ride (May

18, 9a.m.) The 9-mile ride will begin at City Hall. • Take part in the Crushed Rock Classic (May 18, 10a.m. - 4p.m.). The five, four and one loop races will take place at Breakfast Farm (17641 Templeton Rd.). All proceeds go to the Boys and Girls of Story County.

# MAY CALENDAR

08

## 1 Million Cups Ames

**225 Main Street, Ames | 7:30 - 9 a.m.**

Innovate and discuss entrepreneurship with community members over cups of coffee every Wednesday of the month. Startup Ames, a nonprofit, brought the 1 Million Cups [national initiative](#) to Ames in March 2019. Cost: Free.

## Art Mart

**Campanile Rm, MU | 4 - 8 p.m.**

View and purchase one-of-a-kind art that could be the perfect graduation or Mother's Day gift. This art sale, made possible by Workspace artists, will comprise of: upcycled and glass jewelry, watercolor quotes, handmade soaps, functional pottery and more. Sales continue May 9, 10 a.m. - 6p.m. Cost: Free.

## Landscaping A Women's Prison

**Reiman Gardens | 12 - 1 p.m.**

Bring a lunch and learn about a variety of projects Julie Stevens (Assistant Professor in Landscape Architecture at ISU) and Iowa State students have created for the Iowa Correctional Institute for Women. Cost: Free with admission.

## Plant Sale Extravaganza

**Reiman Gardens | Varies**

Flex your green thumb and explore the plant sale extravaganza at Reiman Gardens May 10 - 12. Members may purchase plants May 10, 3 - 7 p.m. Sales open to the public May 11, 9 a.m. - 6 p.m. and May 12, 10 a.m. - 3 p.m. Cost: Free admission.

## We-Cycle

**Reliable Street | 11 a.m. - 3 p.m.**

Learn about basic bike maintenance and help refurbish bikes for community members in need of transportation and support the YSS Youth Ride program. Enjoy at the event snacks, live music and a silent auction. Bring your own snack to share or bike to decorate or "reinvent." Cost: Free.

## Mother's Day at Reiman Gardens

**Reiman Gardens | 9 a.m. - 6 p.m.**

Enjoy Mother's Day with the moms you know and love at Reiman Gardens. Cost: Free admission to all mothers, ISU students and members.

## Campus Art Walk

**LeBaron Hall, ISU Campus | 12 - 1 p.m.**

Pause to explore the rich history and fun facts behind some of Iowa State University's art and buildings. University Museums will lead the tour. Participants should meet at the west entry of LeBaron. Cost: Free.

## A History Of The CCC In Iowa

**Ames Public Library | 7 - 9 p.m.**

Look back in history at the Civilian Conservation Corps and learn about their public service projects in Ames as author and historical researcher Linda McCann shares the stories and experiences of 21 men who were in the CCC during the Great Depression (1933 - 1942). Cost: Free.

16

## Composting With Worms

**Wheatsfield Co-Op | 6 - 7:30 p.m.**

Empower yourself in sustainability by learning how to compost with worms at a Wheatsfield Co-Op class. Vermiculture (composting with worms) works great for smaller spaces. [RSVP required](#). Cost: Free.

17

## ICA Zero Hunger 5K

**Ames Middle School | 8 - 10 a.m.**

Support food security in Iowa by running, or walking, in this 5K fund raiser hosted by the India Cultural Association of Central Iowa. Must register by May 16. All are welcome. Cost: \$30.

## Free Admission Reiman Gardens

**Reiman Gardens | 9 a.m. - 6 p.m.**

Join a celebratory day of nature and art at Reiman Gardens as the gardens waive admission fees in celebration of National Public Gardens Week. All are welcome. Cost: Free.

23

## Special Olympics Summer Games

**Iowa State University | May 23 - 24**

Attend Iowa's Special Olympics, with more than 2,600 athletes, 1,200 coaches and 2000 volunteers. Events take place May 23-24. Cost: Free.

## History of American Popular Music

**Ames Public Library Auditorium | 7 p.m.**

Listen to radio host, Michael Lasser, as he presents American popular music as a social history. Cost: Free.

24

## Boone River Valley Festival

**Boone Iowa | May 24-26**

Go camping, listen to Grand Funk Railroad on their "50 Years of Funk" anniversary tour, eat great food and engage in activities with Boone County Conservation this Memorial Day weekend. Named one of the top ten best outdoor festivals in Iowa, and with a growing list of free events, the festival is sure to please. Open to all ages. Learn more on the event's [Facebook page](#). Cost: Varies.

## Scone Baking Class

**Wheatsfield Co-Op | 6:30 - 8:30 p.m.**

Learn some helpful techniques in scone making with Becky at Wheatsfield. Featured recipes will include a savory parmesan-herb scone. [RSVP required](#). Cost: Members \$10, public \$12.

30

## Ames on the Half Shell

**Durham Bandshell Park | 5 - 8 p.m.**

Enjoy music, beverages and fun today as Wikid Likir performs on the Half Shell at Durham Bandshell Park. Join in on more summer-concert fun at four more concerts on the Half Shell in June. Cost: \$5 admission, \$4 adult drinks, \$1 water and soda.

31

09

10

11

12

15

# SUMMER CALENDAR

## June

01

### **Music At The Market**

**Main Street, Ames | 9 a.m. - 12 p.m.**

Dance, sing and shop sustainably at the Ames Main Street Farmers' Market. Opportunities to purchase locally-raised and grown fruits, veggies, meats, cheeses, as well as baked goods, flowers and other hand-made items abound. All ages are welcome. Cost: Free.

### **Summerfest**

**Campustown, Ames | 3 - 9 p.m.**

Gather you friends, family and dogs for this summer-fun event! Face painting, family-friendly activities, a root beer "garden," a petting zoo and more await. A Cutest Dog Contest will also take place at the event. Learn more at Campustown Action Associations [Facebook page](#). Cost: Free

### **ArtWalk**

**Downtown Ames | 5 - 8 p.m.**

Take some time on the first Friday in June to explore the creativity and artwork of over 60 artists, including: painters, jewelry makers, photographers, woodworkers, potters, sculptors, musicians and more. All are welcome. Want to display your own [art](#) or [business](#)? Register online. Cost: Free.

### **Rose Fest**

**Reiman Gardens | 9 a.m. - 4 p.m.**

Stop and smell the roses during Reiman Gardens' annual Rose Fest. The Iowa Rose Society Annual Rose Show will be in the Garden Room at the gardens. Cost: Free to members and ISU students.

### **Foodies & Brew**

**Ames Municipal Airport Hangar | TBA**

Listen to live music, enjoy food and samplings from local restaurants. Purchase tickets to the event online. Price: \$30 advance. \$34 at the door. Designated drivers at the event pay \$15 in advance, \$20 at the door.

### **Build A Healthy Life Center**

**Locations and times vary**

Join in building a Healthy Life Center for residents of all ages in Ames. Attend additional sessions June 12, 13, 17, 20 to learn more about how to get involved. Cost: Free.

### **College Creek Cleanup**

**College Creek ISU Campus | 10 a.m.**

Volunteer with friends and family to pick up trash along College Creek during the annual College Creek Cleanup event at ISU. Volunteers should register in advance and check in at the Forker Building parking lot on campus. Cost: Free.

17

### **Annual Herb Walk**

**Emma McCarthy Lee Park | 6 - 7:30 p.m.**

Join the Wheatsfield Co-Op as they host their annual "Herb Walk." Learn about the weeds, trees and plants in your local ecosystems. All ages welcome. Will be walking off trail. [RSVP](#) required. Cost: Free.

22

### **Pollinator Fest**

**Reiman Gardens | 10 a.m. - 2 p.m.**

Celebrate National Pollinator Week with Reiman Gardens as they host bee-related educational and fun events! All welcome. Cost: Free.

### **Iowa Able Run, Kids Run**

**Ada Hayden Heritage Park | 8 a.m. - 2 p.m.**

Support the elderly and disabled by [registering](#) for the 5th Annual Iowa Able to Run fundraising event. Non-profit "Iowa Able" will host the event, and will donate gathered funds to products and services for those in need. All ages welcome. Cost: Varies.

07

08

10

15

## July

04

### **4th of July Celebration**

**Downtown Ames | All Day**

Don your red, white and blue and celebrate Independence Day in Downtown Ames at this family-friendly event. Enjoy Ames' annual 4th of July Parade and come early for a free pancake breakfast at City Hall from 8:30 a.m. - 10:30 a.m. An [Independence Day firework show](#) precedes this celebration July 3 in ISU parking G7, 9:30 p.m. - 10 p.m. Cost: Free.

27

### **Summer Sidewalk Sales**

**Downtown Ames | All Day**

Stroll through Downtown Ames and reap the discounts at local businesses during this summer sale event taking place July 25 - 28. This semi-annual sale supports the local economy and is a great way to get out and have fun while saving money on local goodies. Cost: Free.

## August

08

### **Iowa State Fair**

**Iowa State Fair Grounds | Aug. 8 - 18**

Celebrate the animals, plants, produce, creations, innovations, businesses, foods, fun, people and communities of Iowa during the 2019 Iowa State Fair, Aug. 8 - 18 at the Iowa State Fairgrounds. While there, visit the Iowa State booth in the Varied Industries Building. Cost: \$11 adults, \$5 (kids 6-11), free (kids 5 and under).

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

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Krishaun Burns | [koburns@iastate.edu](mailto:koburns@iastate.edu)