

# LIVE GREEN! MONTHLY



**“EVERYTHING IS  
IRRELEVANT BUT THIS:  
TO EMBRACE LIFE.  
TO FEEL IT.  
TO SAVOR IT.  
TO LOVE IT.”  
- MARTY RUBIN**

**EMBRACING  
SUSTAINABILITY:  
CYCLONES OFFERING  
CONNECTIONS**

**CELEBRATING 10  
YEARS: GEARING UP  
FOR PART TWO**

**ENVISIONING OUR  
NEXT DECADE: 2019  
SYMPOSIUM ON  
SUSTAINABILITY**

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## WINTER ON CAMPUS

**Jan. 29 - Jan. 31**

ISU canceled all classes and non-mandatory work on campus for the first time since 2014 due to a National Weather Service advisory for wind chill. Temperatures reached -30 to 60 degrees Fahrenheit below zero.

### Green News

ISU stayed below peak steam demand for heating and electricity during the closing.

### 2014 Polar Vortex

-14 F | -1 F  
Steam: 6.3 million lbs of steam to campus

### 2019 Polar Vortex

-21 F | -8 F  
Steam: 6.2 million lbs of steam to campus



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

IOWA STATE UNIVERSITY

# LIVE GREEN!

2008-2018 CELEBRATING 10 YEARS



Photo by Live Green!

## Welcome to Spring Semester!

"Green" wishes from the Live Green! Team for a semester filled with new adventures and bountiful success! We look forward to embracing "green" with you this month as we continue to celebrate the 10-Year Anniversary of the Live Green! Initiative at ISU!

To learn more about our 10-Year Celebration monthly events, visit the [Live Green! blog](#) and [website](#). Also, learn about upcoming 10-year events on [page 10](#).

This month, Live Green! also welcomes the 2019 Symposium on Sustainability, "Envisioning Our Next Sustainable Decade." For information about this year's Symposium, read [page 11](#), and learn about previous Symposiums on the Live Green! [website](#).



**Feb. 18, Stephens Auditorium**  
**Feb 19, Memorial Union, Great Hall**

Show us how you embrace "green" by sharing your experience on social media and tagging @ISU\_LiveGreen!

Follow Us!



# DIRECTOR'S MESSAGE

Happy spring semester, Cyclones!!

Just like that, we are halfway through the year and counting down the weeks until another academic year will be in the books at Iowa State University. We are also in the final months of our year-long celebration of the 10-Year Anniversary of the Live Green! Initiative at ISU.

As a recap, this celebration year is all about highlighting and celebrating the MANY ways Iowa State has pursued, committed to and succeeded in "green-ness". And each month, August – April features a different theme related to excellence in sustainability. Fall semester showcased: [Moving Green](#), [Dining Green](#), [Learning Green](#), [Buying Green](#) and [Creating Green](#). To date, spring semester has featured Giving Green in January and engaged campus and community in a wonderfully successful "Collecting for the Community Initiative", resulting in the donation of hundreds of pieces of clothing, as well as food and toiletry items and the transfer of flex meals and dining dollars from students to their peers in need through ISU Dining ([see more details](#) in our last newsletter).

February, we celebrate Embracing Green. This month (though highlighting the diversity of ways we embrace sustainability throughout all of campus) focuses especially on social sustainability. Specifically, the many ways Iowa State University offers opportunities and supports initiatives that fully embrace the different perspectives, experiences, viewpoints and contextual considerations within and for our campus community. From embracing energy conservation during winter break and offering new venue options (featuring Mediterranean fare, ergonomic options and ice), to coffee discussions, a NASA perspective on climate change and clothing swap. Not only does February at Iowa State University feel like an embrace of green, it feels like a bear hug.

We are so excited to share February with you!! Make sure to read over [pages 10-11](#) for details on this month's [Coffee & Conversations event](#) as well as the [2019 Symposium on Sustainability](#) and stay connected to all things embracing green through the Live Green! [website](#), Live Green! [calendar](#) and all of our social media platforms (linked on the bottom of EVERY even-numbered page of this newsletter).



## DIRECTOR'S UPDATE

The Student Government Sustainability Committee is excited for the start of a new semester and we have many exciting things underway!

The Green Initiatives Fund funded three out of five applications last semester. The first was for the revitalization of the student government owned space by Lake Laverne by FP&M interns Jeff Hyler and Kenzie Foldes. We also funded a project by Buchanan Hall Council president, Logan Armstrong, to place hammock poles in the grassy area by Buchanan and Geoffrey Hall. The third project was building a solar powered charging station for mobile devices, designed and built by Engineers for a Sustainable World.

If you have an interesting, sustainably minded project that you are looking for funding for, consider applying to the Green Initiatives Fund! The application can be found on the [Student Government website](#), as well as the [Office of Sustainability's website](#).



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.

**TONI SLEUGH** is Iowa State University's Student Government Sustainability Director. She is a second-year undergraduate student majoring in Biology and Environmental Studies.



Photo courtesy of Toni Sleugh

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.

# STUDENTS LIVING CARDINAL, GOLD AND GREEN

## EMBRACING SUSTAINABILITY THROUGH STUDENT-LED INITIATIVES

February is a month known for embracing all that we love and cherish. This month, our featured students are ones whose embrace includes sustainability.

Embraces can be all-encompassing, focused and everything in between. The Green Umbrella (TGU) student organization and the Peer Wellness Educators (PWE) program offer expansive embraces to all things sustainable, in all facets of sustainability: environmental, economic and social. Each with their own approach.

### The Green Umbrella

According to Lia Gomez, co-president of TGU, the organization is “a big network of knowledge and helpfulness” that has connections to many sustainability influencers on campus.

Members of the organization come from all majors, all years and all backgrounds. Because of this, the knowledge within TGU is expansive. Some members know a lot about environmental sustainability while others have more experience in social.



This diversity allows for everyone’s perspective to flourish.

“Perspective teaches you different aspects [of sustainability]. You learn about

people and ideas. You need all sides of it [perspective], otherwise it’s two-dimensional and it doesn’t mean anything,” said Aviana Pingel, co-president of TGU.



GREEN UMBRELLA

In TGU’s meetings, new and old members connect and talk about campus sustainability efforts and opportunities. They also invite guest speakers to talk about the various facets of sustainability. Past lecturers include a dietitian, a student finance officer and a social justice activist.

*“To embrace sustainability, it should be in whatever way fits best in an individual’s life. Everybody is going to be different.”*

- Lia Gomez

Outside of club meetings, The Green Umbrella connects with the general college public at green events throughout the year, including Earth Day, National Campus Sustainability Day and Sustainapalooza.

According to Gomez, these are the types of events that really highlight sustainability on campus.

“It’s on those days where everything kind of comes full

circle and we’re able to highlight the facets of sustainability and show ISU students, faculty and staff the presence sustainability has on campus through local organizations. It’s also at those times the most dialogue is had regarding sustainability,” Gomez said.

In order to navigate a wide range of perspectives, Pingel said TGU focuses on inclusivity in all their events and interactions.

“It’s all about sustainability, education and outreach. We really try to focus on the general public and try not to make it [sustainability] sound too impossible,” Pingel said.

Many times when sustainability is discussed, environmental sustainability topics such as composting, recycling and food systems are brought up. Gomez and Pingel, however, believe sustainability looks different for everyone.

TGU spends time helping people find different ways to be sustainable (environmentally, economically and socially) that fits where they are in life.

“To embrace sustainability, it should be in whatever way fits best in an individual’s life. Everybody is going to be different,” Gomez said.

### Peer Wellness Educators

Peer Wellness Educators, the students a part of the Peer Wellness Education Program, was envisioned in 2016 and was officially offered to ISU students in 2018. They serve as another student-led initiative that promotes different ways people can practice sustainability.

PWE focus on eight dimensions of wellness (physical,



environmental, intellectual, financial, social, occupational, spiritual, and emotional, which directly correlate with the three facets of sustainability and intersect with each other. When one is altered, another is affected.

PWE work to help people find their peak through education and advocacy in an accessible environment.

“We call it holistic wellness, where people can reach the peak in their wellness journey,” said Satoria Williams, a PWE.

Aviana Pingel, also a Peer Wellness Educator, suggested taking the time to evaluate where each of your dimensions connect so you can achieve the ultimate level of the wellness you desire.



Pingel noted peak wellness is a matter of balance among your eight dimensions. Similarly to embracing sustainability, finding balance is unique and personal for everyone.

In addition to helping their peers, PWE also facilitate their own programs and events that focus the eight dimensions of wellness.

Many of the PWE events are related to topics college students are not accustomed to initiating. For example, during fall semester of 2018, PWE brought free HIV/

STD screenings to campus and a mobile flu shot clinic.



“There were so many people on campus who needed that resource and we were able to provide it,” Williams said about the HIV/STD screenings. The line got so long that one of the PWE brought yoga mats to Lake LaVerne and started an impromptu yoga session.

It’s connections like these that help bridge relationships between Peer Wellness Educators and students.

“One of the things about being a Peer Wellness Educator is that if your peers know you’re a Peer Wellness Educator, [they] feel more comfortable talking to you about a problem than staff,” Pingel said.

Pingel uses her position as a Peer Wellness Educator and co-president in TGU to highlight environmental sustainability on campus. However, she is making sure to expand her knowledge in the other facets.

“I get to take away anything I want [from peer wellness]. If I want to learn a new a new skill or a new topic, I just dive into that,” Pingel said. She also gets to share these new skills and knowledge with both her coworkers and other students.

Williams also actively embraces sustainability as a PWE. Last semester, she created plans to

put body positivity signs in locker rooms and to offer an accessible green space on campus for students to grow their own food. No matter the individual focuses of PWE, collectively, they are all anchored and balanced.

“They’re all interconnected. They’re important because they’re all connected in one way or another. We’re social beings, so we need one another. We need ourselves,” Williams said.

Through projects and conversations, both Peer Wellness Educators and The Green Umbrella embrace sustainability and educate, engage and empower their peers through offering connections.

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**Lia Gomez**

The Green Umbrella  
Co-president



**Aviana Pingel**

The Green Umbrella  
Co-president  
Peer Wellness Educator



**Satoria Williams**

Peer Wellness Educator

# NOW YOU KNOW

## EMBRACING DIVERSITY, EMBRACING COMMUNITY

In our globalized society, and especially in an international university community at Iowa State, diversity surrounds us.

### What is diversity?

Put simply, diversity is difference and it exists in the lives of all people.

Difference can be found in the variety of foods, cultures, ideas, stories, experiences, personalities and beliefs we have, as well as in the videos, articles, books, movies and hobbies we spend time enjoying. It also exists in the differences between seasons, animals and landscapes on our planet.

### Why is diversity important?

Embracing difference in all that surrounds us offers incredible personal adventures to people which can help them live enriched, balanced and (socially, environmentally and economically) sustainable lives.

Opening ourselves up to new places, discussions, activities, recipes or ideas brings new perspectives, new opportunities and life-changing memories. The existence of — and millions of views and comments on — travel, food, lifestyle and movie websites, blogs and vlogs reflect this.

Additionally, embracing diversity especially as a lifestyle choice also inspires people to feel they have a more holistic understanding of and involvement in life and with people, supporting a socially sustainable future.

Ideas in a RefineThe Mind [blog post](#) on embracing diversity describe how in appreciating the value of difference in people, one can learn to empathize with all types of people; inspiring support of global equity and

nurturing a culture of inclusion.

According to the same post, learning to appreciate the differences among us is like any new journey. It takes time, effort, practice and requires a welcoming and inclusive mindset.

Stereotyping is a non-inclusive practice where one makes an assumption about the differences of others. Stereotypes can include assuming somebody's income based on their clothing, or assuming that somebody's age/gender/sex/race/religion/weight/color/orientation/ability/etc. determines their worth, personality, mental or physical abilities.

Eliminating assumptions and embracing difference can create environments that are more inclusive to others, which can open doors for developing and sustaining relationships while creating a more welcoming, equitable and resilient community.

A community that supports a welcoming atmosphere can also encourage other forms of personal and societal sustainability.

Decades of research have shown that groups of different people with unique experiences and expertise create high levels of innovation and complex problem solving in their communities, according to the [Scientific American](#).

With more innovation and problem-solving skills in a community, group and individual goals involving progressive environmental, economic and personal wellness can be pursued and achieved.

For example, innovation with renewable energy has enabled Iowa to generate more than 36 percent of its electricity with sustainable wind energy. This has reduced Iowa's carbon footprint and has helped Iowa employ 8,000-9,000 people while generating \$20 million to \$25 million annually in lease payments to landowners.

A welcoming atmosphere can also encourage the sharing of skills within a community,



such as language skills, which can increase a community's economic sustainability.

Speaking a second language is a skill that only 22 percent of U.S. residents have and one that employers are actively seeking.

Job listings obtained for a report by Burning Glass Technologies show that listings aimed toward bilingual workers had rocketed up from 240,000 postings in 2010 to 630,000 postings by 2015.

In supporting a community that welcomes diversity among people and ideas, one also opens their senses to enjoying the different sites, tastes and feelings of life.

In fully exploring the senses and opportunities the world has to offer, we not only more fully appreciate and explore our natural environment and value its care and sustainability, we place value and reverence on our cultural environment and a socially sustainable future.

Through embracing difference in all aspects of life, one empowers a legacy of understanding among people that strengthens us all.

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## Diversify Your Adventure at Iowa State

*Join a sustainability-minded student organization.*

*Explore classes that focus on or relate to social, economic or environmental sustainability.*

*Discover study-abroad opportunities.*

*Attend a sustainability event: learn about opportunities on pages **10, 11, 15 and 16.***

*Volunteer and help sustain the community.*

*Learn more about opportunities at the [Live Green website](#) and [ISU Study Abroad website](#).*



# 10

## Opportunities for Embracing Community

- 1 *Open up. Look at new experiences as opportunities.*
- 2 *Be brave. Challenge the uncomfortable to become comfortable.*
- 3 *Break routine. Discover new experiences, places and ideas.*
- 4 *Pause. Take a moment to notice everything that surrounds you.*
- 5 *Immerse in new ideas. Explore blogs, vlogs art and podcasts.*
- 6 *Listen. Be intent in hearing what others are saying.*
- 7 *Seek understanding. Dig deeper and ask questions.*
- 8 *Empathize. Relate to the experiences of others from their perspective.*
- 9 *Be patient. Allow others time to fully express their ideas.*
- 10 *Embrace positivity. Be a change agent for your community.*



# EMBRACE LOVE IN ALL ITS LANGUAGES

## BECOME FLUENT IN A NEW LANGUAGE

Traditionally, Valentine's Day is a holiday for those in a relationship. Gifts are exchanged and date nights are planned. Valentine's Day is considered the fourth most expensive holiday in America. This year alone, 53 percent of Americans will spend a collective amount of \$30 billion.

This Valentine's Day, embrace love in all its dimensions. Share your love with family, friends, coworkers, pets, the Earth and anything else you want. When we show love to each other, we not only reap benefits, but also show love to our future.

There is no one way to celebrate love. Similar to expressing gratitude, everyone does it differently.

According to Gary Chapman, the author of Five Love Languages, there are five primary ways people give and receive love: words of affirmation, quality time, physical touch, gift giving and acts of service.



### Words of Affirmation

Actions don't always speak louder than words. People whose love language is words of affirmation value communication the most. This includes hearing humble apologies, appreciation, encouragement and admiration.

Saying things such as "I love you," "I believe in you because..." and "I'm proud of you," are some examples of communicating through words of affirmation. This also includes self-talk. Show yourself love through writing daily affirmations in a journal, on a mirror or on little notes you'll see throughout the day.

### Quality Time

Quality time is the second love language. Speaking this

language requires cognizant effort. This could be putting away your phone during meal times and conversations, committing to a scheduled date night or connecting with family on a regular basis. Showing that you are present — and not just physically — is the key to speaking this language.

### Physical Touch

High-fives, fistbumps and extending a hand to congratulate or offer assistance are all ways to communicate in the third love language: physical touch. People who speak this language value physical proximity and closeness.

### Gift Giving

Another love language is gift giving. Through this language, gift giving is based on thought and effort, not expectations. There are many types of gifts to give; some are tangible, others are not. For example, you can gift kind words, pass on a family recipe or donate to someone in need. (Find more thoughtful gift giving ideas in our December newsletter.)

Although exchanging gifts is associated with major holidays and special events such as Christmas and birthdays, sharing something that says "I thought of you" can be done at any time.

### Acts of Service

Acts of service is the last love language. It builds upon words of affirmation through actions. To speak this language, you can volunteer, donate, pay it forward and commit random acts of kindness (especially on Random Acts of Kindness Day on Feb. 17).

For example, you can offer to cook for a friend after a long day at work, buy extra non-perishable items and donate it to The Shop at ISU, shovel snow for an elderly neighbor or pick up trash to show appreciation for the Earth.

Love is a universal language that can be expressed in many different ways. Learning and understanding what language you and the people close to you speak can make sharing life — vibrant. Valentine's Day is one of 365 days a year to embrace love.

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# Opportunities to practice your language skills

Make a paper flower bouquet. (See page 14).

Be a tourist in your own town.

Hold the hand of your grandparent.

Surprise someone with their favorite food at work, school or home.

Give the gift of time.

Lend a hand with errands.

Celebrate success with a high five for your teammates.

Say hi to someone new.

Share a memory.

Send a thank you note.

Listen without interrupting.

Say "I love you."

Bring treats to work and share!

Do an art walk.

Volunteer and invite a friend or family member to come along.

Practice patience.

Celebrate Galentine's Day with your friends on Feb. 13.

Write a letter of appreciation or gratitude.

Look in the mirror and give yourself a compliment.

# CELEBRATING 10 YEARS

## COUNTING DOWN OUR FINAL THREE MONTHS

It has been a great year of celebrating the 10-year anniversary of Iowa State University's Live Green! Initiative. We have celebrated all things green in moving, dining, learning, creating and giving so far. And we still have three months left and lots of celebrating to do! We look forward to having you join us!

### COFFEE CONVERSATIONS ON SUSTAINABILITY

Embrace "green" this month and take a break with free coffee and Insomnia Cookies during our "Coffee & Conversations" event! Enjoy dialogue with sustainability experts during this open-house coffee chat, and learn and share information about a variety of sustainability topics impacting our local community and the world. Learn more about the event, on the Live Green! [blog](#).

**When:** Wednesday Feb. 13, 3:30 - 5:30 p.m.

**Where:** Room 198 in Parks Library

**Admission:** Free



### All-Iowa Student Sustainability Conference

**When:** March 8, 9 a.m. - 4:30 p.m.

**Where:** Memorial Union

**What:** Join college students from around Iowa to discuss sustainability connections and opportunities.

### 10-Year Finale Celebration

**When:** April 25, Time TBD

**Where:** Central Campus

**What:** Celebrate the Live Green! Initiative's 10 year anniversary with food and sustainability-minded giveaways and activities.

### Learning Green Lecture Series Part III

**When:** March 7, 8:15 pm

**Where:** Great Hall, Memorial Union

**What:** Attend "We Rise: Building a Movement that Restores the Planet," a lecture featuring Earth Guardian's Youth Director, Xiuhtecatli Martinez.

IOWA STATE UNIVERSITY

**LIVE GREEN!**

2008-2018 CELEBRATING 10 YEARS

Learn more about the Live Green! 10-Year Anniversary Celebration on [Facebook](#).

# 2019 SYMPOSIUM ON SUSTAINABILITY

## ENVISIONING OUR NEXT SUSTAINABLE DECADE

### KEYNOTE LECTURE : THE SKY IS NOT THE LIMIT

Seize the opportunity to hear the 2019 Symposium on Sustainability keynote speaker, Capt. Scott Kelly during his lecture "The Sky Is Not the Limit." Capt. Kelly is a retired U.S. Navy captain, former military fighter pilot and test pilot, an engineer and a retired astronaut. Capt. Kelly captured the imagination and interest of the world with his photos on global pollution during his record-breaking year spent living on the International Space Station in 2015.

**When:** Monday Feb. 18, 7 p.m.

**Where:** Stephens Auditorium

**Admission:** Free



### February 18, 2019

#### Juried Poster Session and Art Show

**When:** 5:30 p.m.

**Where:** Goldfinch Room, Stephens Auditorium

**What:** Enjoy a poster session and a multi-media art show.

**Keynote Speaker:**  
Capt. Scott Kelly

**When:** 7 p.m.

**Where:** Stephens Auditorium



### February 19, 2019

#### Sustainability Engagement Activities

**When:** 5 p.m.

**Where:** Memorial Union, Great Hall

**What:** Enjoy a clothing swap, sustainably-minded activities and a sustainability student organization tabling event.

#### Awards & Panel Discussion

**When:** 7:30 p.m.

**Where:** Memorial Union, Great Hall

**What:** Celebrate the Live Green! Awards for Excellence in Sustainability and engage with a panel discussion on ISU's Next Sustainable Decade.

SYMPOSIUM  
ON SUSTAINABILITY  
2019

Feb. 18 - 19

To learn more about the 2019 Symposium Of Sustainability, visit the Live Green! [website](#).

# SUSTAINABLE BREAK HIGHLIGHTS

*CLASSES STOP, DEADLINES DROP, SUSTAINABILITY ROLLS*

Embracing sustainable habits, events and opportunities is not a practice that ends with each semester. Explore how the ISU and Ames community continued to embrace "green" over the 2018 winter break!



Photo courtesy of Parks Library

## **LIBRARY ADDS ADJUSTABLE-HEIGHT TABLES**

Parks Library installed 10 adjustable-height tables on the southwest part of the third floor. The tables, which support physical wellness and easier accessibility, were made possible thanks to an ISU Student Government and Parks Library collaboration.

## **HUB OPEN, OFFERS SPACE TO DINE AND CHAT**

Finding foodstuffs just got easier as The HUB reopened after six months of construction. New venues in the 125 year-old building include: The Roasterie and Heaping Plato. The HUB now offers Flex Meals and features local ingredient, ISU-made gelato, courtesy of ISU Dining.



Photo courtesy of ISU Daily



Photo courtesy of pixabay.com

## **TWO ICE RINKS CREATED IN AMES**

More opportunities to enjoy outdoor recreation this winter in Ames expanded with the opening of two new public ice rinks at South River Valley Park. Donated by the Iowa Wild hockey team and Wells Fargo, one rink is for hockey, the other for open skating. Admission is free, though skaters must bring their own skates.

## **ISU EARNS 2018 TREE CAMPUS USA® RECOGNITION x3**

Over break, ISU earned its third consecutive Tree Campus USA recognition for promoting healthy trees and environmental conservation on campus. ISU is one of seven universities in Iowa with this recognition. Tree Campus USA, an Arbor Day Foundation program, honors universities that have established a tree advisory committee, implemented a campus tree-care plan, dedicated annual plan expenditures, observed arbor day and sponsored student service-learning projects.



Image courtesy of Arbor Day Foundation



Photo courtesy of pixabay.com

## **CAMPUS TURNS DOWN HEAT AND SAVES**

Over break, several buildings on ISU's campus turned down their heat to 65 degrees, closed their doors and helped campus save \$10,555 per day. Over an 11-day shutdown period, this equated to a savings of over \$116,000, which could heat between 58 and 77 average American households during the winter.

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# MONTHLY CHALLENGE

In the spirit of love, embrace new challenges this month by immersing yourself in opportunities to engage, educate and empower in sustainability.



## Educate

Become a leader in sustainability by learning and then educating others about local and national green initiatives. Take free online courses about sustainable development (for more), listen to lectures and network with professionals in the industry. Not only can this empower you to continue sharing your voice, it can also increase the quality of learning and engagement people have about sustainability efforts.



## Engage

Sustain yourself by being present. Reflect on what has happened in your life, around your community and in the world. When you are mindful, you broaden your perspective and develop an attitude of gratefulness and appreciation. Setting aside your cell phone when you are with others, journaling and practicing yoga are simple ways to become more present. Being present sustains others as well as yourself.

## Empower

Empower your experiences and perspectives by immersing yourself and connecting with different cultures, ideas and activities this month. Join a new club or organization (ISU has more than 850 clubs and Ames has a variety of community organizations), take up a new hobby or expand your social and professional networks. Participating in new experiences increases productivity, adaptability and creativity. (Read more on pages 6 and 7.)

# GREEN-IT-YOURSELF

CREATE THESE ITEMS TO EXPRESS YOUR LANGUAGES OF LOVE



## THOUGHTFUL JENGA

**Supplies:** Jenga, pink (or your favorite color) paint, paint tray, paint brush, fine-point pen, pencil or marker

**Directions:**

1. Write on your Jenga blocks (adjectives, quotes, thoughtful sayings, words of appreciation, compliments, etc.)
2. Stack the blocks and choose the ones you want to paint. To create a pattern, mark the blocks you need to paint to achieve your design.
3. Paint the blocks according to your desired design and let them dry fully. Draw hearts on the ends.
4. Use as a game or unique art piece.



## ROLLED PAPER ROSES

**Supplies:** paper (card stock, newspaper, etc.), scissors, hot glue gun, pencil, stem options (toothpicks, wooden skewers, chopsticks, pencils, etc.)

**Directions:**

1. Cut a sheet of paper to a 6" x 6" square. (Optional) Write a note, favorite poem or song on one or both sides.
2. Draw a spiral on one side with a pencil. Cut along the pencil lines to cut out a spiral.
3. Roll the cut-out spiral around a pencil.
4. When the spiral is rolled all the way, allow it to loosen a bit to form a rose shape.
5. Add a generous amount of glue to the end of the spiral and attach to the bottom of the spiral to form a base. Hold until it's dry.
6. Glue the stem to the bottom of the paper rose and hold it upside down until dry.

**Additions:** Mix and match colors and types of paper to get a colorful array of roses.



## FOLDING HEART ENVELOPES

**Supplies:** thin paper (wrapping paper, newspaper, construction paper, etc.), scissors

**Directions:**

1. Cut a big heart from a sheet of paper.
2. Write your Valentine on the blank side.
3. Lay the heart with the patterned side down and fold the outer edges 1/3 of the way in.
4. Rotate the heart so the pointed flap is at the top and fold the bottom of the heart up to the middle.
5. Fold the flap down to finish the envelope.
6. When your recipient opens the envelope, they will discover their heart-shaped note.

**Additions:** Seal the envelope with a sticker.



# GREEN OPPORTUNITIES

## DISCOVER VICTORIAN LOVE



Learn about love in the Victorian Era (1837-1901) by attending the Farm House Museum's newest exhibition: "Timeless: Love and Romance in the Victorian Era." An era before online dating sites and social media, Victorian-era love consisted of different methods for finding and expressing affection. Those wishing to visit this installation can access Farm House Museum weekdays (M-F) from noon to 4 p.m. Admission is free. More information about this and other exhibits is available on the Farm House Museum [website](#).

## TAKE CHAARG

### CHAARG

at Iowa State University

Develop friendships and explore new self-wellness practices through ISU's Changing Health, Attitude + Actions to Recreate Girls (CHAARG) chapter, a new student organization at ISU that helps college women explore new ways to live a happier, healthier life. The CHAARG community (on over [50 college campuses](#)) creates social events and workouts that aim to inspire women to get off of the elliptical and get involved with more fun, engaging exercise activities. To engage with CHAARG at ISU, visit the ISU chapter [web page](#).

## SUPPORT RECYCLING



Looking for a scholarship that rewards you for sustainable actions? Apply for the Iowa Recycling Association's \$500 scholarship for the 2019-2020 spring school year. The scholarship will be awarded to a student who demonstrates interest in environmental action, especially related to recycling and waste reduction. The application deadline is April 1. Interested students can find more information and the application for the scholarship on the Iowa Recycling Association's [website](#).

## SUSTAIN AN ORGANIC FARM



Make memories and friends this summer as a [Mustard Seed Farm](#) agro-ecology intern. Mustard Seed Farm is an organic vegetable farm that also raises poultry for eggs and keeps bees for honey. Share meals, contribute to community engagement and learn a variety of skills, ranging from farming to carpentry, food preservation and candlemaking. Interested students can learn more on the [application](#) and can apply by sending a cover letter, resume, two references and internship-related goals to [mustardseedbee@gmail.com](mailto:mustardseedbee@gmail.com).

## "GREEN" OUR SUMMER



Help sustain the local environment and your economic sustainability this summer as a Story County seasonal employee. Open positions include [Park Ranger Aide](#), a [Vegetation Management Aide](#), a [Summer Naturalist](#) and a [Conservation Aide](#). Duties vary for each position, though all applicants must be 18 years old and have a valid driver's license. All positions begin May 20, 2019 and last throughout most of the summer months. For more information on the positions and how to apply (also linked above), visit the Story County [website](#).

## TRAIN TO SUSTAIN



Apply to become a GREEN CORPS student and have a chance at participating in a paid, year-long program that engages students in training to become environmental organizers. Training is conducted by environmental advocates and leaders from a range of organizations and campaigns: including 350.org, The Wilderness Society, Oceana and Mighty Earth. The also include competitive benefit packages, campaign training and access to future job opportunities. To learn more, and apply for the program, visit the [GREEN CORPS website](#).

## HIGHLIGHT GREEN WITH UNH



Apply to be a University of New Hampshire Sustainability Fellow and work to create videos, photos and podcasts documenting an initiative to advance sustainable food systems in New England. This fellowship is 10 weeks long (June 3 - Aug. 16), takes place in New England (with available travel scholarships) and is paid. Graduate, undergraduate and recently graduated students with exceptional content-creating skills are encouraged to apply by Feb. 7. Learn more on UNH's [online call out](#).

## READY FOR RUNNING



Train to become a woman leader in politics by participating in a nonpartisan campaign training program, "Ready To Run," offered by ISU's Catt Center. The program addresses topics unique to women while teaching how to organize, fund, gain support for and launch political campaigns. The first training session, including lunch, costs \$25 and will take place Feb. 15, 9 a.m. to noon in the South Ballroom of the Memorial Union. To learn more and register, visit the [program's website](#).

# FEBRUARY CALENDAR

06

## **1 Million Cups Ames**

**The M-Shop, MU | 7:30 - 9 a.m.**

Attend the inaugural meeting of 1 Million Cups Ames, a program designed to educate, engage and inspire entrepreneurs, for a morning of coffee and networking. Magic Tees will also be hosting a Q&A session. Open to anyone. Cost: free

## **Green Architecture for Ames/Story County Design Hall, Room 116 | 6:30 - 8 p.m.**

Learn about opportunities for innovative, green and affordable housing in Ames and Story County from Mark Clipsham, owner of Architecture by Synthesis. Open to everyone. Cost: free.

07

## **Winter Hike with Outdoor Alliance**

**Soper's Mill South | 1:30 - 3:30 p.m.**

Explore a local Story County park with other outdoor enthusiasts for the last time this winter with Outdoor Alliance. Cost: free, no registration required.

08

## **Paint Your Own Pottery: Valentine's Day Gifts Workspace, Memorial Union | 4 - 8:00 p.m.**

Walk in and paint your own Valentine's Day pottery for your best friend, significant other or yourself. All ages are welcome. Cost: \$4 for ISU students, staff and faculty, \$5 for the public; cost of bisque not included.

10

## **Food at First**

**320 South 17th St. Ames, IA | 3:30 - 7:30 p.m.**

Volunteer to serve a free community meal on the second Sunday of February. Help set up and cook from 3:30-5:30 p.m. or serve and clean up from 5:30-7:30 p.m. E-mail [philpampen@gmail.com](mailto:philpampen@gmail.com) to sign up. Other volunteer opportunities are also available, [sign up here](#).

12

## **Horticulture Club's Annual Rose Sale**

**West Spiral Staircase, MU | 10 a.m. - 4 p.m.**

Create your own bouquet using roses (\$5), carnations (\$2.50) and alstroemeria (\$2.50) from the Horticulture Club's Annual Rose Sale. The sale will be Feb. 12-14. Complimentary greens will be provided to help complete the bouquet.

13

## **Coffee and Conversations: Embracing Green Parks Library, Room 198 | 3:30 - 5:30 p.m.**

Take a break from studying and chat with sustainability experts about topics affecting and being addressed by the Iowa State community. Free coffee and Insomnia Cookies will be provided. Bring your own cup. Cost: free.

16

## **Nature of Light**

**McFarland Park | 7:00 p.m.**

Gaze through telescopes and binoculars as you listen to the president of the Ames Area Amateur Astronomers, Charlotte Bronson, talk about the Nature of Light as related to astronomy and life on earth. Cost: free

## **Ames Home + Garden Show**

**Hansen Agriculture Center | 10 a.m. - 4 p.m.**

Be inspired to improve your space at the two-day (Feb. 16-17) Home + Garden Show. Chat with local professionals, participate in adult and kid-friendly activities and enjoy the food and beverage trucks. Cost: free

18

## **2019 Symposium on Sustainability**

**Iowa State University**

Join the Office of Sustainability on Feb. 18 and 19 to learn more about sustainability at

### **Day One - Stephens Auditorium**

5:30 PM - Poster Session and Art Show

7:00 PM - Keynote Speaker, Capt. Scott Kelly

### **Day Two - Memorial Union**

5:00 PM - Clothing Swap, Sustainable Organization Tabling and GIY

7:30 PM - Live Green Awards Presentation and Sustainable Decade Panel

23

## **Cross Country Ski in Ames**

**Meet at State Gym | 1 - 4 p.m.**

Enjoy some fresh air with the Cyclones this month during a ski trip hosted by the ISU Outdoor Recreation program. Cost: \$14 for non-pass holders; \$8 for pass-holders. Register by Feb. 18.

25

## **Climate Crisis: Facts to Action**

**Ames Public Library | 6:30 - 8:30 p.m.**

Gather with community members to learn about using legal action to fight climate change. There will be a film shown and a lecture from Attorney Channing Dutton. Bagels will be provided. Cost: free.

26

## **Student Government Presidential Debate**

**Campanile Room, MU | 7 - 9 p.m.**

Learn more about candidates for the 2019-2020 ISU Student Government and get to know their platforms during the campus-wide debate.

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