

LIVE GREEN! MONTHLY



**“NO MATTER
WHAT PEOPLE
TELL YOU, WORDS
AND IDEAS CAN
CHANGE
THE WORLD.”
- ROBIN WILLIAMS**

**ISU STUDENTS
ENVISIONING A
SUSTAINABLE
FUTURE**

**NOW YOU KNOW:
GREEN EDUCATION,
CONSUMPTION AND
CLIMATE ACTION**

**ENVISIONING A
GREENER
WORLD THIS
EARTH MONTH**

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IOWA STATE UNIVERSITY

LIVE GREEN!

2008-2018 CELEBRATING 10 YEARS



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Graphic by Hannah Bartel

Welcome back from spring break and Happy Earth Month! Although classes are online and many of us are working virtually, this month is still abundant with sustainable opportunities, ranging from taking care of the community by practicing social distancing, getting involved in virtual events and volunteer opportunities, fostering relationships by scheduling intentional FaceTimes and phone calls, and enjoying nature virtually or in-person.

While our Earth Day and Month festivities may no longer be in-person, they have been transitioned online. Explore this month’s newsletter as well as our annual Live Green! Earth Month Calendar for some unique local, national and worldwide opportunities.

This month’s cover image, featuring photos of Martin Luther King Jr., Greta Thunberg and Rachel Carson — all innovative pioneers in their fight for global change — showcases the creative and determined spirit we all can harness and embrace in making a difference and being the difference.



Follow Us!



Envisioning Green and want to share your progress? Tag @isu_livegreen on social media — we would love to see your ideas, thoughts and creations.

Cover images courtesy of the Bay State Banner, TIME Magazine and Smithsonian Magazine



DIRECTOR'S MESSAGE

Happy Earth Month, Cyclones!

Well, it certainly is not the kick-off to this celebratory month the Live Green! Team had anticipated, nor the month that student, campus and community organizations had planned. However, our earthly home still provides much to be grateful for and continues to blossom into a season that beckons us to get outside and drink in all the gifts available to us each and every day. And while this year's celebration of Earth Day, in fact the 50th anniversary, won't allow us to gather physically, virtual connections abound and actually offer connections to new places and experiences that aren't usually available.

To assist you in navigating the options available to connect and celebrate all things sustainable through the entire month of April, the annual Live Green! Earth Month Calendar is now available on the [Live Green! website](#). From touring museums in Paris and enjoying foreign films to fitness classes and cheese tastings, as well as daily eco challenges and a variety of webinars, it is filled with many unique opportunities to experience individually or through a connected group gathering.

There's also a fantastic opportunity to connect with fellow Cyclones in a little friendly Eco Competition – join the [Live Green! Earth Month Challenge](#) at Iowa State University. Kicking off TODAY and completing on April 30, the Challenge offers opportunities to make a sustainable difference and earn points in seven areas that support a sustainable future. The top 10 point earners, on April 30, will win gift boxes (mailed or for pick up, summer or fall) filled with green goods supporting sustainable living and local businesses.

In this April issue, we also give focus to our continued consideration of the United Nations Sustainable Development Goals. This month, we "Envision Green" through [Goals 4](#) (Quality Education), [12](#) (Responsible Consumption & Production) and [13](#) (Climate Action), all such vital facets of a just and sustainable future. Student organizations protecting and supporting both natural resources and rescue animals are featured in this month's issue along with a number of ways to ensure the future we envision through volunteering, internships and personal growth challenges and resources.

Wishing you a month of celebration, virtual embrace and health and well-being. Take very good care!

Yours in green-ness, 

As this unconventional school year at Iowa State comes to a close, I want to say thank you to the sustainability community for letting me be your Student Government Director of Sustainability.

This year, my committee and I were able to accomplish so much but only through the support of sustainability activists on campus and the Live Green! team. Some of the things we accomplished include: declaring a Climate Emergency for Iowa State, working on recycling at Parks Library, collaborating with Greeks Go Green on a recycling proposal and so much more. We were also able to fund composting in Frederiksen Court as well as solar lights throughout campus.

Just a reminder that you can still submit applications to the [Green Initiatives Fund](#) this semester! They will just not be reviewed until next school year.

Have a great rest of the semester!



Email Izzy with ideas or questions, iswilde@iastate.edu.
Follow the Sustainability Committee's Instagram, [@isusustainability](#).



Photo by Krishnaun Burns

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

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

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

DIRECTOR'S UPDATE



Photo Courtesy of Izzy Wilde

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

EARTH MONTH 2020

CELEBRATE 50 YEARS OF EARTH DAY VIRTUALLY



PARTICIPATE IN THE LIVE GREEN! EARTH MONTH CHALLENGE

Challenge yourself to be as sustainably-minded as possible this month and join the Office of Sustainability for a friendly eco challenge. Sign up to participate and learn more on the [Earth Month Challenge Facebook page](#).



LEARN MORE ABOUT THE HISTORY OF EARTH DAY

In 1970, one billion people from 190+ countries mobilized to celebrate our Earth. Fifty years later, Earth Day is one of the largest celebrations around the world. Learn about the last 50 years on the [Earth Day website](#) to learn more at this holiday.



CELEBRATE WITH THE WORLD

Go digital with Earth Day and follow the global conversations happening under the hashtag #EarthDay2020 and #EarthRise. You can also follow Earth Day Network's social media accounts (@earthdaynetwork) for live coverage.



BROWSE EVENTS ON THE NEW SOCIAL DISTANCING FESTIVAL WEBSITE

Celebrate art all over the world with other art lovers at the virtual [Social Distancing Festival](#). Watch live streams of music, dance, visual art, theater, and spoken word performances and meet new people in the chatroom.



KEEP ACTIVE WHILE SOCIAL DISTANCING

Keep moving with Iowa State by participating in live workout classes taught by ISU fitness instructors via Instagram (@ISURECS). Find the class schedule on the ISU [Recreation Services website](#). Classes will remain available to view on Instagram for 24 hours.





EXPLORE THE LIVE GREEN! EARTH MONTH CALENDAR

Discover all things green you can connect to this April on the Live Green! Earth Month Calendar. Featuring a variety of virtual opportunities, local and worldwide, it offers something for everyone! Find the calendar on the [Live Green! website](#).



PARTICIPATE IN #CLIMATESTRIKEONLINE

Join Greta Thunberg and [strike for climate justice](#). Take a picture of yourself holding a climate strike sign and post it to any social media channel using the hashtag [#ClimateStrikeOnline](#).



TAKE A VIRTUAL TREK IN A NATIONAL PARK

[Improve your mental health](#) and enjoy the bright skies and nature of at least 32 U.S. parks using the virtual experience created by [Google Arts & Culture](#) and [Google Earth](#).



THANK A FIRST RESPONDER

Take a moment to thank first responders (police officers, emergency medical personnel, caregivers, troops and more) by writing them a letter or joining the [#OG2020Challenge](#). Find more information on [Operation Gratitude](#).



SPREAD JOY AND SHARE HAPPINESS

Maintaining joy and optimism is vital during this unique time around the world. Use the [Action for Happiness Coping Calendar](#) to find suggested activities you can do to lift yourself and those in your life.



STUDENTS LIVING **CARDINAL, GOLD & GREEN**

STUDENTS ENVISIONING A SUSTAINABLE COMMUNITY AND WORLD

Iowa State currently offers 850+ student and campus organizations for students to join. Of those, more than 200 are related to economic, environmental and social sustainability, all with the vision of a more sustainable campus, community and world.

Two organizations featured in this month's newsletter that put a lot of effort into achieving this vision are Iowa Women in Natural Resources Collegiate Chapter and Students Helping Rescue Animals. Both organizations prioritize volunteerism and community engagement to achieve their goals.

IOWA WOMEN IN NATURAL RESOURCES COLLEGIATE CHAPTER

Iowa Women in Natural Resources is a professional organization that empowers women in the natural resources field. The collegiate chapter at Iowa State University was created to further that mission among college students.

According to the organization's president, Alexandra Walton, empowering women at younger ages to join the natural resources field is crucial because the field is still very male-dominated.

"It's kind of intimidating to be in a male-dominated field. [That makes it] important to get girls involved because we need female influences in the field. We can do it — we just need to be taught that growing up," said Walton.

While Iowa Women in Natural Resources Collegiate Chapter mainly focuses on connecting and educating women about the industry, they also encourage everyone to practice conservation.

"It's important to conserve what we have here in Iowa," said Walton.

She believes conservation not only provides future generations the chance to



Photo courtesy of Alexandra Walton

experience the world as we do currently, but also ensures that people continue to have and use natural resources for some of their favorite social activities, like going for a run in the park or kayaking in a lake.

"Maintaining happiness by taking care of our environment is important," said Walton.

Iowa Women in Natural Resources does more than educate and empower others to conserve. They also engage the community by volunteering.

Despite only being established as a student organization in Fall 2019, the club has committed to complete one to three service projects every semester.

This semester, the organization planned to make birdhouses and bat boxes for groups such as ISU Horticulture Farm and Story County Conservation, do invasive species removal with Story County Conservation and clean up the prairie next to Science Hall II.

"We focus on helping not only the Iowa State community, but also the Ames

ALEXANDRA WALTON

PRESIDENT OF IOWA WOMEN IN NATURAL RESOURCES

For more information about IWINR, email Alexandra at alwal@iastate.edu.

community, in an effort to keep us all conservation aware," said Walton.

While the club is unable to complete their service projects this semester due to social distancing, Walton believes conservation does not have to stop.

Walton encouraged people to practice conservation at home and in their own neighborhoods. A few suggestions she offered are volunteering, enjoying virtual tours of national parks, removing invasive species from your yard and recycling.

Social media is also a powerful tool to practice conservation, said Walton.

Reminding others to be sustainable and conserve at home, such as turning off lights, limiting shower lengths and not using more than they need, are some options Walton suggested.

Walton also shared that one of the top ways to always practice conservation is to be conscientious.

"Be conscious of your daily actions and of what you are doing and how it affects



Photo courtesy of Grace Wilkinson

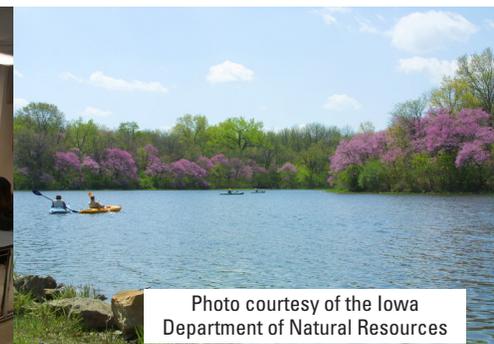


Photo courtesy of the Iowa Department of Natural Resources

JAELYN MULLIGAN

PRESIDENT OF STUDENTS HELPING RESCUE ANIMALS

For more information about SHRA,
email Jaelyn at jaelynm@iastate.edu.



Photo courtesy of Jaelyn Mulligan

the world, the environment around us," said Walton.

Knowing your impact will make practicing conservation and sustainability during and post-social distancing a little easier.

"If organizations like ours continue, and [people] add more emphasis on green and sustainable living, our future would be very bright," said Walton.

STUDENTS HELPING RESCUE ANIMALS

Students Helping Rescue Animals focuses on engaging the local community toward a vision of a sustainable world — for both people and animals.

According to Jaelyn Mulligan, president of the club, "Students Helping Rescue Animals is all about making a difference — having a positive impact, and potentially life changing effect, on animals."

In addition, the club was also created to help people who are passionate about animals and animal health get involved.

One of the main involvement opportunities is volunteering at local animal shelters — primarily Ames Animal Shelter and Story County Animal Shelter. There, they help out with any basic shelter needs, socialize with animals and help clean.

Volunteering is one of the top ways to get involved with the club for two reasons. The first, according to Mulligan, is because volunteering is a free way to get involved in the environment and community, as well as make a positive difference.

The second reason is the significant impact volunteering has on everyone, and every animal, they encounter.

"It makes the members happy. It helps out with staff, who are very appreciative to get a little bit of our time to help them. And, you can definitely see the change in the animals — how loving they are and how much they love to get attention and have just a bit of our time given to them," said Mulligan.

In addition to volunteering at shelters, Students Helping Rescue Animals also

hosts fundraisers; offers educational booths to discuss animal health topics; invite guest speakers to meetings; and maintain a Vitae Fund to support those in need of help to care for their animals.

Unfortunately, some of these initiatives have been put on pause because of social distancing. Nonetheless, Students Helping Rescue Animals recognizes shelter animals continue to need help and love.

"Pets are always so loving and they give all of themselves to people, so we should care about them, especially in these times of need, when they just need that little bit of extra love," said Mulligan.

This has encouraged members of the organization to remotely continue their hard work — work that non-members are also able to join in on.

"Something as simple as sharing a post about an educational topic related to animals can be so beneficial, or making donations, whether that's small amounts of money, food, or anything that helps shelters," said Mulligan.

Fostering is also a good option to help shelters during their times of need. However, this is only a good option for those who are prepared for the commitment and responsibility.

"Even though times are changing and things are a little rough right now, there are always ways to stay involved, be positive, stay connected with your interests, hobbies, and passions and be aware that you're not alone," said Mulligan.

Certainly a piece of advice to keep in mind as you work to meet your vision of a sustainable Earth — no matter if the vision is of thriving natural resources, like Iowa Women in Natural Resources focuses on, or of healthy, loved animals, like Students Helping Rescue Animals prioritizes.



Photo courtesy of Jaelyn Mulligan



Photo courtesy of Jaelyn Mulligan

NOW YOU KNOW

ENVISIONING GREEN THROUGH: EDUCATION, CONSUMPTION, ACTION

With many uncertainties on the world community's horizon, like the end of the COVID-19 pandemic or how our changing climate will continue to alter our economies and societies, it is becoming increasingly important for all people to envision long-term, sustainable goals related to their daily impacts.

The United Nations offers tools and identifies opportunities for promoting long term success and the envisioning of a sustainable future through their Sustainable Development Goals 4 (Quality Education), 12 (Responsible Consumption) and 13 (Climate Action).

These goals, in being structured and achieved through community and individual actions, are key to making a more resilient and sustainable future.



GOAL 4: Quality Education

Although today's world is technologically advanced in many regions, worldwide 262 million children ages 6-17 were not in school in 2017, according to the United Nations Sustainable Development Goals' [website](#).

Of these children, 103 million lacked basic literacy skills and more than 60% were women and girls, according to [undp.org](#).

As a result, some 750 million adults in the world remain illiterate, as noted on the United Nations [website](#).

Knowing these figures and the connections between quality education and a healthy, productive and sustainable future, the United Nations created Goal 4 of their Sustainable Development Goals: to provide quality education to all, according to the United Nations Development Programme [website](#).

Goal 4 promotes various targets that governments and communities may use as a guide in improving quality education.

These targets, found on the United Nations [website](#), consist of goals scheduled to be met by 2030 (the same time frame for all 17 of the United Nations Sustainable Development Goals).

Many of the targets emphasize increasing education accessibility, equality and quality for all people and quality information and training for all teachers.

Nations and organizations implementing these target goals have already achieved progress toward accomplishing Goal 4.

For example, student scholarships are increasing, with \$1.3 billion given by the United Nations

in 2017, up from the \$1 billion given in 2015, according to [ssrc.org](#) and [sustainabledevelopment.un.org](#).

The global illiteracy rate has also fallen approximately 10% since 2016, the United Nations Educational, Scientific and Cultural Organization notes in their Fact Sheet No. 45 on literacy rates.

Despite progress, more work remains to be done. Even in what is considered to be more developed areas of the world.

In the United States for example, there are 43 million adults (12% of Americans) who possess little to no literacy skills, according to an article on the National Center for Education Statistics [website](#).

Those who want to get involved in promoting Goal 4 in their communities are encouraged to vote for and voice beliefs that support quality and inclusive education systems.

Time and money can also be donated to local chapters of organizations promoting global literacy, like [Raising Readers](#) or [Reach Out and Read](#).

Learn more about these organizations on their websites and see [bustle.com](#) to find additional organizations promoting global literacy.

Another easy and everyday action opportunity is to adopt an attitude that shows patience, understanding and helpfulness to those who

show they struggle with literacy (reading/writing/basic math), as suggested on the Literacy Foundation's [website](#)



GOAL 12: Responsible Consumption & Production

Worldwide, human consumption of materials has been rising alarmingly.

In 2017, annual material consumption reached 92.1 billion tons (equal to 13.2 billion elephants) of materials.

That is a 254% increase from 1970 and a continued acceleration of consumption that has been documented since 2000, according to the Sustainable Development Goals [website](#).

This exponential increase is expected to double to 190 billion tons by 2060 and is projected to drain world resources faster than they can replenish themselves, according to [unenvironment.org](#).

For example, 21 of the planet's 37 aquifers are already on the verge of collapse according to the

California Institute of Technology [website](#).

Raw aluminum is also predicted to be unavailable in about 80 years and forests will diminish 10% by 2060 according to [bbc.com](#) and [unenvironment.org](#).

While resources deplete, municipal solid waste in the world is expected to increase from the current annual 2.01 billion tons being tossed (300 million elephants worth of trash every year) according to [worldbank.org](#).

With trash stacking up, it makes sense that the world is going to face more issues relating to waste pollution and management.

The increased extraction and processing of raw materials for production is expected to raise greenhouse gas pollution, causing further, faster changes in global climates; impacting food production, human safety and the economy, according to [unenvironment.org](#).

Goal 12 of the United Nations Sustainable Development Goals aims to offer targets that can prevent or slow these harmful effects of irresponsible consumption.

These targets are listed on the United Nations [website](#), and emphasize energy and resource efficiency through sustainable lifestyle education and national policies supporting responsible consumption.

Improving resource education and accessibility,

developing social/economic support for sustainable consumption, changing wasteful consumer culture and increasing transparent monitoring of resource use and production practices are a few of the 11 targets of Goal 12.

People looking to promote Goal 12 in their lives and communities can do so easily.

Reducing water, land, food, financial, material and energy waste are immediate ways to make large impacts.

For example, taking a five minute shower instead of a 30 minute shower can save 60-150 gallons of clean water (every five minutes uses 10-25 gallons) according to the Stanford Magazine [website](#).

Turning off lights when not in use is a practice that can also save resources and reduce fuel and electricity costs.

Avoiding single-used items, being mindful of where tossed items are going and aiming to send less trash to landfills are additional practices that can reduce material demands and waste-related issues.

Thrift shopping, upcycling old items, making less impulse purchases, meal planning and budgeting are also impactful waste-reduction practices.

To encourage responsible consumption habits in your community, share these and other "green" lifestyle choices online and with friends and family.



Goal 13: Climate Action

The scientific community has long been decided. The world's climate is warming and human activities relating to increasing greenhouse gas emissions (like carbon dioxide) are largely the cause of its geologically rapid increase in temperature, as summarized on [climate.nasa.gov](#).

It is also known that the world's environments, economies and societies are also changing as a result of climate change.

Currently, the average global temperature increase has been around 2 degrees Fahrenheit since 1880, according to [NASA](#).

This warming has caused ice sheets and glaciers to melt and sea level to rise 19 centimeters from 1901-2010, according to the United Nations [website](#).

As the ocean, a leading player in Earth's climate and weather, changes, an increase in destructive, expensive and deadly weather events like flooding

and droughts will also increase, according to [climate.gov](#).

As temperatures continue to rise and the Earth's systems continue to change, we can expect to experience more negative outcomes of human-caused (anthropogenic) climate change.

However.

It is still possible to create Climate Action and change in consumer behavior through Goal 13 of the United Nation's Sustainable Development Goals.

Similar to Goals 4 and 12, the targets of Goal 13 endorse: responsible consumer practices that lower greenhouse gas emissions and support toward responsible resource use through the implementation of quality education practices and government policies.

Developing and furthering research related to climate change and greenhouse gas emission reduction are also recommendations for identifying solutions that will decrease climate-events, according to the targets of Goal 13, which can be read in full on the United Nations [website](#).

Purposeful living with goals 4, 12 and 13 in mind offers everyone opportunities to make a difference toward envisioning a better educated, resource-plentiful, safe, resilient and sustainable future.

GREEN-IT-YOURSELF

BE PROACTIVE & STAY HEALTHY WITH THESE CREATIONS

GLASS HERB JARS

Supplies: clean jars, all-purpose potting soil, clean pebbles, perlite (optional), rooted herbs (or seeds)

Instructions:

1. Place 1/2 - 1 inch of pebbles along bottom of jars.
2. (Optional) Add 1/2 - 1 inch of perlite.
3. If planting rooted herbs, fill the rest of jar part way with soil. Add in herbs, filling in soil around the roots, gently pressing the soil at the base of the plant. Water until a small bit of water collects at the bottom of the jar.
4. If planting seeds, fill jar nearly to the top with soil. Place 3-4 seeds of an herb 1/2 inch apart). Cover with a thin layer of soil (check seed packet for additional details). Water until soil is damp.
5. Place jars in sunny window and water when soil is dry or when there is no water in the bottom of the jar.



HAND SANITIZER

Supplies: 3/4 C. isopropyl or rubbing alcohol (99%), 1/4 C. Aloe Vera gel (to contrast harshness of alcohol), 10 drops essential oil (lavender) or lemon juice, measuring cup, whisk, empty bottle, tape, paper, pen.

Instructions:

1. Pour all ingredients into glass measuring cup (preferably one with a spout).
2. Beat together with a whisk to turn the mixture into a gel.
3. Pour the ingredients into an empty sanitizer bottle.
4. Using the pen, paper and tape, label the container as "hand sanitizer."
5. Use when the option to wash with soap and water is unavailable.
6. Place approximately 1Tbsp onto hands and rub hands together until dry.



For more information on how to grow veggies from cuttings, visit gardentech.com.



GROW VEGGIES FROM CUTTINGS

Supplies: Favorite veggies, small containers filled 2/3 way with clean water, sharp knife or sharp and sanitized kitchen scissors

Instructions:

1. Basil, cilantro: place stems in water (like flowers). Change water every few days. Wait for roots to develop and then transplant into soil. Water when soil dries. Harvest when new leaves mature.
2. Celery, green onions, fennel, lettuce: cut the base of the plant (you may see evidence of prior roots) and place in a container with water, leaving 2/3 of base out of the water. Replace water every few days. Plant when roots develop. Water when soil dries. Harvest when new shoots/leaves are mature.
3. Find opportunities to reduce food waste on [Live Green!'s Pinterest](#).



Copy and layout by Paige Anson



RECIPES

ENJOYING VARIETY WITH LONG SHELF-LIFE PANTRY ITEMS



CHIA PUDDING

Ingredients and Supplies: 1 can coconut milk (13.5 oz), 1/4 C. chia seeds, 1 Tbsp honey, 1 Tsp. vanilla (optional), two small mason jars with lids

Servings: 2 servings | lasts for 3-5 days, refrigerated

Directions:

1. Pour coconut milk into jar. Add chia seeds, honey, vanilla into jar.
2. Mix ingredients together until thoroughly combined.
3. Screw on the mason jar lids.
4. Keep in fridge overnight.
5. Uncap mason jars when ready to eat. Add your favorite frozen fruits or your favorite jams for added flavor.

Find other self-quarantining recipes on [ISU's Spend Smart. Eat Smart website](#) and the [New York Times website](#). Also find ways to reduce food waste on [Live Green!'s Pinterest](#).



BLACK BEAN SOUP

Ingredients: 1 Tbsp olive oil, 1 chopped yellow onion, 1 large chopped carrot, 1 chopped celery stick, 1 chopped red bell pepper, 2 Tbsp minced garlic, 60 oz. rinsed black beans, 32 oz vegetable broth, 1 Tbsp cumin, salt and pepper to taste, 1/4 C. chopped cilantro, garnish items (e.g. avocado, shredded cheese, sour cream)

Servings: 6 servings | lasts for 3-5 days, refrigerated

Directions:

1. In a large pot, heat the olive oil over medium high heat. Add the onion, carrot, celery, and red pepper. Cook tender, stirring occasionally, about 5 minutes. Add garlic, cook for 2 minutes.
2. Stir in black beans, vegetable broth, cumin, salt, and pepper. Turn the soup to low and let simmer for 25 minutes.
3. (Optional) Let soup cool, then puree in blender. Stir pureed soup back into the pot.
4. Stir in the cilantro. Ladle the soup into bowls and serve warm with desired toppings.



GREEN SMOOTHIE

Ingredients: 1/2 C. frozen kale, 1/2 C. frozen pineapple, 1/2 C. plain kefir or pourable plain yogurt, 1/4 C. water

Servings: 2 servings | drink immediately or put in fridge for a morning juice (shake before drinking)

Directions:

1. Place frozen kale into blender. Layer on top the pineapple, kefir or yogurt.
2. Top off with the water.
3. Blend until smooth.
4. Blend in a scoop of protein powder for added flavor and nutrients. Garnish with an unfrozen pineapple chunk. Enjoy with your favorite reusable straw.

SCHOOLING SUSTAINABLY FROM HOME

TIPS FOR WRAPPING UP THE SEMESTER SUSTAINABLY



ON SCHEDULE

Create a daily schedule. Having set times for school, work, meals and other tasks will help you stay focused on achieving them. Set reminders for your schedule by using [planner applications](#).



STAY ACTIVE

Move well to feel well. Try following [ISU Recreation Services](#) exercise and wellness videos on their [website](#), taking walks or jogs, playing sports, or even dancing. All are great ways to keep your body active and healthy.



TAKE BREAKS

That's right. Take a break. A 5-minute walk every hour can improve health, realign focus and reduce stress. Brief breaks can also help with "decision fatigue," says [Psychology Today](#).



CONNECT

Stay in touch with family and friends. Doing so can help you manage your stress. The youngest and oldest connections especially can benefit from a call/video chat or a text, according to Cleveland Clinic's [website](#).



STAY IN TOUCH

Not being in physical classes doesn't mean you should stop asking questions or connecting with your classmates. Use email, text, free video conferences or phone applications like [GroupMe](#).



TAKE TIME FOR YOU

Don't let school take over your entire day. Ensure you make time not only to be active, eat healthy and connect. Take time to do what you love. Find fun opportunities on pages [10](#), [11](#), [13-16](#).



EAT HEALTHY

Fuel your mind and body with nutritious foods that will help you stay focused and functional. Find other delicious and easy recipes on [page 11](#) or check out Live Green!'s [Pinterest page](#).



SLEEP WELL

A good night's sleep (7-10 hours) is just as important as eating healthy and exercising. It also boosts your productivity, reduces stress and helps manage a healthy weight. Learn more about sleep on [healthline.com](#).

Stay informed and find more ISU resources during online classes. Visit Iowa State University's Student Wellness [webpage](#) for resources and information. Faculty and staff can find personal health and well-being options on [wellbeing.iastate.edu/adventure2](#).



MONTHLY CHALLENGE

ENVISION HEALTH, PRODUCTIVITY AND GREEN THIS SPRING

ORGANIZE AND PLAN



Declutter your files, organize your folders and back up everything that is important to you. Don't know where to start? Learn computer cleaning tips on bustle.com.



Organize physical spaces. A neat working environment can boost focus, information processing and overall productivity ([Harvard Business Review](#)).



Write out long-term plans for the month. Health, work, personal life goals. All are 42% more likely to be achieved once written, says huffpost.com.



Create a daily schedule or journal. Write down activities and work goals. Check off each task once it is completed. View examples at littlecoffeefox.com

CREATE HEALTHY SYSTEMS AND SPACES



No gym? No problem. Raise your heart-rate and get motivated with at-home workouts. Find free workouts on [Pinterest](#) and other social media.



Start healthy routines. Going to bed, waking up and working at routine times can help build productivity and long-term habits. Learn more at skilledatlife.com



Disinfect your living spaces and favorite objects (cell phones, computers, door handles, etc.). Learn cheap cleaning recipes on howstuffworks.com



Fuel your body with nutritious, refreshing foods for all meals. Find recipes ideas on page 11. Share what you are having on social media.

EXHALE AND ENGAGE



Play a board game and relax your mind. No board games? No problem. Create games through [Pinterest](#) tutorials or download free console games. Find ideas on gamesradar.com.



Engage through new materials. Read a book on free-ebooks.net, listen to a podcast (ideas on esquire.com) or watch a documentary on: [YouTube](#), [Netflix](#), [ISU's Stream Library](#).



Take time to decompress with music, a movie or even something as simple as a cup of tea. Learn the physical and mental benefits of different tea types on webmd.com



Stay connected with your family and friends. Call them, or better yet, video chat with them. Also stay in touch by playing online cooperative phone/computer games.

EXPLORE AND DISCOVER



Being stuck indoors can strain mental and physical health. Improve wellness by getting outside this month. Dress in layers, pack water and visit your local parks (NPS.gov).



A brisk walk outside can help you maintain a healthy weight, prevent disease and improve mood. Learn to maximize walks on [Harvard Health Publishing's website](#).



Have a bike? Use it! Look for trails near you using the [U.S. Bicycle Route System](#). Over 14,000 miles are currently established in 27 states. Share your travels online.



Grab your camera, phone or even your pencil and paper and head outdoors to capture the beauty of nature and its many creatures. Share your captures on social media.

Show us how you are envisioning green this month on social media by using the hashtag #EnvisionGreen.



GREEN OPPORTUNITIES

LEND YOUR SKILLS TO NONPROFITS



Use your skills to virtually assist nonprofits affected by COVID-19. First, learn more about the impact the pandemic is having on the nonprofit sector on the [Catchfire blog](#). Then, explore the variety of opportunities available to assist with on the [Catchfire main page](#). Currently, opportunities are available in business strategy, data and analytics, design and media, finance, human resources, management, marketing and software and IT. Nonprofits in need of help can also [post a project](#) or request a [quick call](#) for assistance.

ASSIST YOUR LOCAL FARMERS



Assist local Iowa farmers as a part-time [Office Assistant for Practical Farmers of Iowa](#), located in Ames. The position begins in May and requires a three-month commitment, with preference given to those who can work in the fall. The position is also flexible with work times, asking for only 20-hours per week with a pay of \$10 per hour. Training will be provided. Preferred experience includes Microsoft Office, member/donor database, Survey Monkey and customer service. To apply, send a cover letter and resume to Steve Carlson at steve@practicalfarmers.org by April 6, 2020.

EMBRACE THE MUSICAL ARTS



Watch more than 300 theater productions from Broadway, the West End and other elite venues around the world on the theater-streaming service, BroadwayHD. A free seven-day trial (monthly, \$8.99) is being offered, to view performances like "Cats," "The King and I," and "The Sound of Music." This is in addition to its newly curated playlists for Women's History Month and theater legends Stephen Sondheim and Andrew Lloyd Webber's 90th and 72nd birthdays. For sign up, visit [BroadwayHD](#).

SEND A VIRTUAL TIP



Help a local or state service worker who has been unable to work or who has been working extra hard due to the pandemic by sending them a virtual tip. Or, if you are a bartender, chef, grocery store worker, truck driver, server, janitor, hairstylist, nail tech, barista or other industry member, add your name to the list to receive a tip via Venmo or Paypal. Visit the [Service Industry Iowa website](#) to [tip](#) or [register](#).

TOUR MUSEUMS AROUND THE WORLD



Get a little culture and education as you practice social distancing by touring famous world museums, such as the [Guggenheim Museum](#) in New York, [National Gallery of Art](#) in D.C., [National Museum of Modern and Contemporary Art](#) in Seoul, [Pergamon Museum](#) in Berlin, [Van Gogh Museum](#) in Amsterdam, [Musée d'Orsay](#) and [Louvre](#) in Paris, [Uffizi Gallery](#) in Florence, [MASP](#) in Sao Paulo, and [National Museum of Anthropology](#) in Mexico City. For 500+ more virtual tours, visit the [Google Arts and Culture website](#).

MANAGE NATURAL AREAS IN IOWA



Help the City of Honey Creek, Iowa, take care of their natural resources this summer as a paid Natural Areas Management Intern. Assist with the management of county parks, facilities construction and improvement, road and trail maintenance and more. Anyone age 18+ who is planning to attend or currently attends college to join the conservation/natural resource field is eligible to apply. Preference is given to those studying environmental science, biology, ecology or a related field. Apply on [Government Jobs](#). The application will remain open until the position is filled, with a start date in May.

SURVEY WASTEWATER IN IOWA



Work outdoors this summer with the Iowa Department of Natural Resources. Be trained by Iowa DNR engineers to conduct technical reviews of wastewater projects, prepare technical reports and update the wastewater database. Applicants should be in their sophomore year or higher and have completed, or will be taking, courses Chemical Engineering 372 or 326. Pay for the position is \$12.31 per hour, for up to 40 hours per week. To apply, email your resume to Professor Say Kee Ong at skong@iastate.edu.

WIN A SUSTAINABILITY SCHOLARSHIP



Apply for the U.S. Green Building Council and Center for Green School's [Living Standard Storytelling scholarship](#) for 2020-21. Submit a 60-120 second video about how you are making a positive impact in your school or community by leading in sustainability. High school seniors and college students are eligible to apply. First place winners will receive \$2,500 and second place winners, \$1,000. Read the contest rules and apply by April 12 on the [Living Standard application website](#).

ATTEND VIRTUAL CLIMATE TEACH-IN



Join thousands of university and high school students and faith and community groups on April 7 as they tune into 52 simultaneous, university-hosted state-wide webinars on climate solutions and justice. Each webinar will focus on actionable items that can solve climate change by 2030. Following the webinars, engage with others during virtual community conversations. Find your state's webinar on the [Bard College event website](#). Learn more about the discussions and find additional resources on the [Solve Climate by 2030 website](#).

CREATE EQUITABLE PUBLIC SPACES

DESIGN TRUST FOR PUBLIC SPACE

Help develop equitable ways for New Yorkers to live, work and play as one of two fellows for the 2020-2021 Design Trust Equitable Public Space Fellowship Program. This paid one-year opportunity begins June 2020 and ends in July 2021. Fellows will work in program development and implementation and non-profit management and organizational development, as well as complete a self-guided research project. To apply, send your complete application to fellowship@designtrust.org by April 17. Application materials and requirements can be found on the [Design Trust website](#).

SURVEY STUDENTS ON SUSTAINABILITY



Help distribute the world's biggest student survey on sustainability to your university, college or student organization this month. [Students Organizing for Sustainability International](#) is looking for help to distribute their survey to 300 universities and colleges around the world in order to receive 50,000 individual student responses between April 1 and 30. Sign up to distribute the survey to on the [Students Organizing for Sustainability International website](#). The survey is available in nine languages.

JOIN THE LIVE GREEN! TEAM



IOWA STATE UNIVERSITY

Help educate, engage and empower the Iowa State and the Ames community as a member of the 2020-2021 Live Green! Leadership Team. Apply to be a part of the [Campus and Community Engagement](#), [Marketing and Communications](#), [SMART Business Challenge](#) or (new!) [Social Media Engagement](#) team. All positions are paid. For more information, visit the [Live Green! website](#) or email the team at livegreen@iastate.edu. Applications, including a cover letter, resume and references, are due by May 11. Copy and layout by Krishaun Burns

WIN A SCHOLARSHIP FOR RECYCLING



Earn a scholarship for your dedication to environmental action, especially recycling and waste reduction, by applying for the Diane Albertson Memorial Scholarship, offered by the Iowa Recycling Association. The scholarship is open to Iowa high school seniors or graduates who have enrolled as a full-time undergraduate for the 2020-21 school year. One or more \$500 scholarships may be awarded. For more information and to apply by the extended deadline of June 1, visit the [Iowa Recycling Association scholarship website](#).

VOLUNTEER TO HELP THE COMMUNITY



Celebrate [Global Volunteer Month](#) and help your neighbors, family and friends affected by COVID-19. Assist in packaging foods in bags and boxes that will be distributed to mobile pantries; become a pen pal for older residents; help sew face masks; donate whole blood and platelets and more. For available opportunities in Iowa, visit the [Volunteer Iowa website](#). For opportunities around the nation, visit the [Volunteer Match website](#). If you are unable to assist in person, visit the [Good Morning America website](#) to explore different remote volunteer opportunities.

BUY-IN AMES AND STORY COUNTY



Support local businesses and help keep the economy strong by purchasing gift cards. Pay \$20 and receive a \$30 gift card for any participating business within Story County from the Ames Chamber of Commerce. The Chamber will cover the remaining \$10. Customers are able to purchase 5 gift cards per daily flash sale, with a maximum of 1,000 available daily, and a unique promo code gift certificate will be emailed within seven days of purchase for use at a later date. Purchase gift cards on the [Ames Chamber of Commerce website](#).

BECOME A CLEAN ENERGY INTERN



Be a Clean Energy Intern for the National Resources Defense Council this summer in Chicago. This full-time, paid internship will run June-August. College juniors, seniors and graduate students are eligible to apply, with a preference for those interested in environmental conservation, business and advocacy. Apply by April 10 with a cover letter and resume on the [National Resources Defense Council website](#).

APRIL CALENDAR

01

Earth Month Challenge Kick Off **Facebook | April 1 - 30**

Join the Live Green! Earth Month Challenge. Engage in various sustainable challenges supporting social, economic and environmental sustainability for a chance to win 1/10 grand prizes. Learn more and sign up on the [Challenge Facebook page](#). Cost: free.

Take The Challenge Home Program **Your Home | March 30 - May 10**

Stay healthy and active this month by joining Ames Parks & Recreation's "Take The Challenge Home Incentive Program." Register for a weekly challenge by emailing Nancy Shaw at nshaw@cityofames.org. Track your points and win a prize at the end of the six-week challenge. Cost: free.

02

Ignite Yoga Morning Class **Zoom | April 2, 3 and 4**

Relax your mind and stretch your muscles during Ignite Yoga's free yoga sessions April 2 (7 a.m.), 3 (9 a.m.) and 4 (9:15 a.m.). All are welcome and can attend the lessons on the video conferencing application, [Zoom](#) (meeting id: 579-915-7002). View the lesson after the class by visiting Ignite Yoga's YouTube [channel](#). Cost: free.

Money Talk: Negotiating A Salary **WebEx | 4-4:30 p.m.**

Join ISU LAS Career Services for an online webinar to discuss tactics for negotiating a fair salary. Can't make it? Register on the [iastate.webex](#) website and receive a link to the presentation. Cost: free.

Vote For Your Favorite ISU Campus Art **ISU Museums Website | April 2- 3**

Vote for your favorite campus art during University Museums' "Art Madness Tournament." Vote on their [website](#) by Feb 3 at 5 p.m. A random voter will win a Campus Beautiful book. Cost: free.

03

Stash The Trash **Anywhere in Ames | April 3-5**

Explore Ames during this annual clean-up event. Bring your own bags and gloves for picking up trash. Trash and recyclables can be brought to bins in Reiman Gardens' parking lot. After, call 515-268-5323 or email director@vcstory.org to leave a message regarding bags collected, number of participants, clean-up location and total time served. For large item pick-up, call 515-450-2946. Don't forget to use a #TrashTag when posting your clean-up! Cost: free.

06

COMEDY: "Closet Cases" Live Stream **closetcasesshow.com | 7 p.m. EST**

Hear the coming out and transitioning experiences of LGBTQ+ members who care to look back on tough moments through a comedic lens. Cost: free.

11

Fred Hersch Virtual Performance **Facebook Live | 1 p.m. EST**

Sign in to Facebook for a live virtual performance by jazz musician and educator Fred Hersch, a 12-time Grammy Award nominee residing in New York. Cost: free.

16

Bayerische Staatsoper Monday Concerts **www.staatsoper.com | 8:15 p.m. CEST**

Tune in for the Bavarian State Opera's Monday Concert series to hear instrumentalists, chamber music and dance performances. This opera is located in Munich, Germany and the series will continue streaming every Monday until social distancing advisories are dismissed. Learn more on the Opera's [website](#). Cost: free.

18

Virtual Ecofair Scavenger Hunt **Ames, Iowa | May 18 - 25**

Get on your devices and prepare for online and offline experiences as part of a virtual scavenger hunt, planned to be part of the 10th Annual EcoFair (cancelled due to COVID-19). Take part from 8 a.m., May 18, until 12 p.m., May 25. For more information and instructions for participation, stay tuned to the [City of Ames website](#). Cost: free

50TH EARTH DAY 22 HAPPY EARTH DAY!

Celebrate individually, virtually or connected with others. Take on a new challenge on the [Iowa State Earth Month Challenge](#) or jump into a green opportunity through volunteering ([page 15](#)), crafting ([page 10](#)) or cooking ([page 11](#)).

Best Natural History Programming **National Geographic | 9 a.m. - 10p.m. CT**

Enjoy any one of the many scheduled nature programs and features this Earth Day on National Geographic's channels. View them on National Geographic Wild, Mundo and its self-titled channel, or on their [website](#). Learn more about specific programs scheduled to air on [businesswire.com](#). Cost: varies by subscription.

Born Wild: Earth Day LIVE **National Geographic | 8/7p.m. CT**

Celebrate our planet and view amazing animals from around the world during this one-hour broadcast event honoring the 50th anniversary of Earth Day. View the simulcast on National Geographic channels (Wild, Mundo and National Geographic), [website](#) or on Disney+. Cost: varies by subscription.

Jane Goodall: The Hope **National Geographic | 9/8 CT**

Witness conservationist and wildlife advocate Jane Goodall's life's work during this documentary screening on Earth Day. View the simulcast on National Geographic channels (Wild, Mundo and National Geographic), [website](#) or on Disney+. Cost: varies by subscription.

For more upcoming events in April, check out the Earth Month Calendar on the [Live Green! website](#).

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

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