

LIVE GREEN! MONTHLY

**ISU STUDENTS
CULTIVATING
A FUTURE OF
SUSTAINABILITY**

**NOW YOU KNOW:
CELEBRATING
THE COLLEGE OF
AGRICULTURE AND
LIFE SCIENCES**

**CHALLENGING
YOURSELF AND
SUPPORTING
CYCLONES CARE**

**"CONSERVATION
IS A STATE OF
HARMONY
BETWEEN MEN
AND LAND."**

- ALDO LEOPOLD

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IOWA STATE UNIVERSITY

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Living Cardinal, Gold and GREEN!

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Photo by Hannah Bartel

Happy October and welcome back to the 2020-2021 school year, from the Live Green! Leadership Team. Though this school year certainly looks different, we strive to continue to share the stories and opportunities related to sustainability right here at Iowa State University.

MIDWEST CLIMATE SUMMIT

Take part in Midwest Climate Action!

Iowa State University students, staff and faculty are invited

to attend the (free and virtual) Midwest Climate Summit during the months of October and November.

Find speaker information and register on the [Midwest Climate Summit website](#) for the October 2 kick-off, as well as four additional virtual climate summit workshop sessions, 10/9, 10/23, 11/6, and 11/20 (all 10 a.m. - 12:30 p.m.), featuring speakers and panel discussions within subject tracks of climate action, science and research, teaching and education and outreach and engagement. Recordings of all sessions, for post-event viewing are available to all registered attendees

Working
Toward a
Sustainable
Future

Iowa State University has unveiled its [2021-2025 Strategic Plan for Sustainability in Operations](#). Focused on areas of energy, building operations and maintenance, waste, water and landscape management, the plan commits to building on current initiatives and success. Learn more on the [Live Green! website](#).

Cover image by Stories in Agriculture and Life Sciences

Follow Us!



Have a CALS green event, initiative or accomplishment to supplement what we have featured? Please share it! Tag @ISU_LiveGreen and #ISUCALSGREEN



DIRECTOR'S MESSAGE

Welcome to the 2020-2021 academic year at ISU, Cyclones!! While the start of the year is certainly different than past ones, the excitement of welcoming you all to (and back to) campus is no different! In addition to all of you, our team is also welcoming many new faces this year. I encourage you to meet this year's team on page 6 and contact them, throughout the year, with your ideas for everything green and sustainable. Our focus is YOU and ensuring you have the most relevant Live Green! adventure possible while at Iowa State.

Speaking of green and sustainable adventuring, it is only possible because of the dedication and commitment given by our collective campus community, including our colleges - framing the inspiration of this year's newsletter theme - "The Colleges of Iowa State University - Celebrating Leaders and Leadership for a Sustainable Future." Each month a different college and the impact of their research, classes and students to ISU, the state, and the world, will be highlighted. We kick-off our first newsletter of the year, highlighting the College of Agriculture and Life Sciences (CALs). While we could certainly spend a year of newsletters on each college and their support of a sustainable future, our focus is to offer an intriguing and awe-inspiring peek at some unique endeavors and components supporting environmental, economic and social sustainability within each college toward inspiring your own adventure to learn more and connect further.

In addition to the impressive work and dedication of CALs students, faculty and staff, this month's newsletter features opportunities to give back on campus and in the community, seasonally local food recipes, green-minded "GIY" projects and a Cyclones Care-inspired monthly challenge. Also a new section, "Sustainability Holidays" - to mix-in green celebrations throughout the year. Of special note for this month!! Attend (virtually) the Midwest Climate Summit (page 2) and celebrate (virtually and in-person) National Campus Sustainability Month (page 15).

So many options to make your October outstandingly sustainable! Enjoy and embrace!!



Photo by Hannah Bartel

MERY 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.

Hello everyone!

I am incredibly excited to represent the student body this year by serving as your Student Government Sustainability Coordinator and leading the Student Sustainability Committee. Over the 2020-2021 academic year, I look forward to engaging students in focus areas including increasing and enhancing sustainability education and outreach at ISU and within the Ames community, implementing recycling and composting initiatives, advocating for climate action on campus and increasing awareness of and applications to the [Green Initiatives Fund](#) (specifically funding student-led sustainability projects!).

During my first few months as Director, I have joined other ISU students, faculty and staff in assisting in the planning of the [Midwest Climate Summit](#) - a series of FREE workshop sessions (including specific student-focused components), taking place in October and November. I served specifically on the Student Representative Committee, providing recommendations for session content and planning student-based projects associated with the summit, including a climate art competition, climate stories project and climate action job fair. I encourage you to learn more about this unique opportunity and sign-up!!



Email Jennifer with ideas or questions, jbseth@iastate.edu. Follow the Sustainability Committee's Instagram, [@isusustainability](https://www.instagram.com/isusustainability).

DIRECTOR'S UPDATE

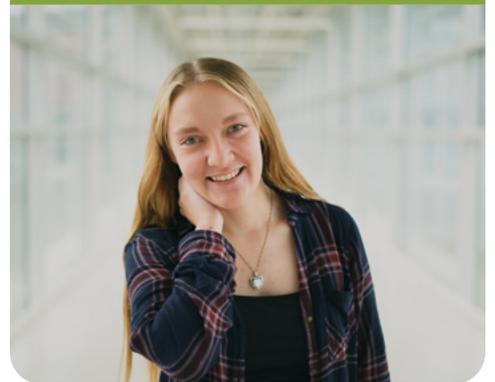


Photo courtesy of Jennifer Seth

JENNIFER SETH is Iowa State University's 2020-2021 Student Government Sustainability Director. She is a junior majoring in Environmental Science.

SUSTAINABLE SUMMER HIGHLIGHTS

COLLABORATION, COMMITMENT, CHANGE



Although summer offered many new challenges in addressing and planning for considerations and precautions related to COVID-19, impressive creativity, collaboration, innovation and support resonated across campus, throughout the Ames community and within the student initiatives.

CAMPUS INITIATIVES



Connecting to Art

In response to COVID-19 and a full roster of scheduled fall art offerings, Iowa State University Museums announced hybrid options (including in-person and virtual) to ensure and maintain accessible and no cost connection to the arts.

Dining with Care

In consideration of new social and physical distancing requirements for Fall 2020, ISU Dining added new and enhanced dining options including Anytime Meal Plans, additional Get & Go offerings and locations and contactless payment options.



Adventuring Safely

In ensuring a healthy and safe environment for all students, faculty and staff, Facilities Planning and Management teams spent the summer prioritizing new capacity guidelines and implementing infrastructure zoning, spacing and signage requirements throughout all campus buildings.

COMMUNITY CONNECTION

Inventorying GHG Emissions

Final reports were presented to the Ames City Council over the summer related to establishing a baseline inventory of greenhouse gas emissions for the collective Ames community and evaluating climate vulnerability and solar potentials in preparation to begin climate action planning.



Amplifying Through Art

Toward supporting and amplifying the work of Black artists (including ISU students and alum) in expressing their hope, pain, frustration, and authentic self in the midst of staggering times the Octagon Center for the Arts connected community through the Outrage to Change Project.

Welcoming Birds

One of only six communities and two counties in the state, the City of Ames and Story County received Bird Friendly Iowa designations in establishing commitment and achievement related to bird populations through protection, restoration and enhancement of habitat, reduction of threats and education and engagement of the community in conservation.



RESEARCH ADVANCEMENTS



Reinventing Livelihoods

With safety and distancing requirements to navigate, colleges and departments across campus reinvented business as usual in offering a much expanded consideration of customer service. This resulted in the creation of “ear savers” for hospital worker masks by the College of Design’s Output Center, masks for east and west coast medical professionals by the Musical and Theatre Department’s Costume Shop and online learning communities and “grab and go” materials and curricula for families by ISU Extension and Outreach and the School of Education.



Enhancing Testing

Research supporting testing sensitivity and efficiency for COVID-19, through chemistry work with electrokinetics and paper-strip urine testing, and chemical and biological engineering work with toehold technology and at-home diagnostic testing, was awarded National Science Foundation and Research Corporation for Science Advancement funding.



Addressing Societal Issues

In addressing emerging societal issues related to safety and learning, two 2020 Presidential Interdisciplinary Research Initiative awardees were named related to work focused on utilizing gaming to improve STEM competencies and performance by multiple collaborators of the Game2Work team, and spurring nationwide innovations in personal protective equipment engineering and design by the 29 person NextGenPPE research team.

Fueling with Biomass

Five year funding from the U.S. Department of Agriculture’s National Institute for Food and Agriculture was awarded to support the Consortium for Cultivating Human and Natural reGenerative Enterprise research team in efforts focused on transitioning ag lands for renewable energy production.



STUDENT IMPACT



Treating Community

Campus and community members were treated to ISU-created ice cream through the donation of over 2000 cups (125 gallons) of ice cream to both the SHOP and Food at First campus and community food pantries. While normally used for spring semester fundraising by the Dairy Science Club, due to COVID restrictions and cautions, the club embraced social sustainability and supporting community.

Increasing Sanitation Capacity

ISU students added innovation, entrepreneurship and community to their resumes through assisting in the transitioning of their family’s business from distillery to sanitizing and provided over 100,000 gallons of hand sanitizer to health care facilities and frontline workers, as well as consumers.



Empowering Sustainability

Combining creativity with community-building, an ISU student and Cystarter participant launched Rachel Reloaded – a business with goals focused on personal branding and expression through art and fashion that offers empowerment workshops, as well as products for purchase.

MEET THE 2020-2021 LIVE GREEN! TEAM



SUSTAINABILITY COORDINATOR



Name: Hannah Bartel
Hometown: Iowa, City, IA
Contact: hrbartel@iastate.edu
Major: Graduate Student in Architecture
Favorite Sustainability Quote:
"A rose started off a bud, a bird started off an egg, and a forest started off a seed."
-Matshona Dhiwayo

CAMPUS & COMMUNITY ENGAGEMENT



Name: Caitlin Tipping
Hometown: Urbandale, IA
Contact: ctipping@iastate.edu
Major: Senior in Global Resource Systems, Environmental Studies & Sociology
Favorite Sustainability Quote:
"He that plants trees loves others besides himself."
- Thomas Fuller

MARKETING AND COMMUNICATIONS



Name: McKenzie Davison
Hometown: Geneseo, IL
Contact: davisonm@iastate.edu
Major: Junior in Agriculture Studies
Favorite Sustainability Quote:
"The secret to change is to focus all of your energy, not on fighting the old, but on building the new."
- Socrates

DIRECTOR OF SUSTAINABILITY



Name: Merry Rankin
Hometown: Attica, IA
Contact: mrankin@iastate.edu
Favorite Sustainability Quote:
"If they don't give you a seat at the table, bring a folding chair." - Shirley Chisholm

SOCIAL MEDIA ENGAGEMENT



Name: Pedro Vieira-Marasciulo
Hometown: Rio de Janeiro, Brazil
Contact: pedro98@iastate.edu
Major: Senior in Marketing and Economics
Favorite Sustainability Quote:
"As consumers, we have so much power to change the world by just being careful in what we buy." - Emma Watson

SMART BUSINESS CHALLENGE



Name: Edgar Guillen
Hometown: Plano, IL
Contact: eguillen@iastate.edu
Major: Senior in Marketing and Management
Favorite Sustainability Quote:
"Just because the sky goes dark, doesn't mean you have to stop your journey."
- Hijeneo Guillen

Name: Amanda Fortman
Hometown: Manchester, IA
Contact: afortman@iastate.edu
Major: Senior in Agriculture Communications & Global Resource Systems
Favorite Sustainability Quote:
"Let's make planet Earth our church and protecting it our religion." - Larry & Emily Gottschamer

Copy and layout by Amanda Fortman

MONTHLY CHALLENGE

REUSABLE MASK MOVEMENT

The COVID-19 pandemic has resulted in a number of challenges, as well as creative opportunities in addressing those challenges. While need warrants the increased use of personal protective equipment (PPE), the exploding quantities of waste (on track to increase 30% from 2019-2020) generated by disposable PPE, as well as single-use paper and plastic products, can be avoided.

This month's challenge offers a sustainable option to support health and well-being for people and planet.

CYCLONES CARE



Looking for other opportunities to embrace Cyclones Care while supporting a safe and sustainable future? Consider these easy, no (or low) cost options.

Determine Needs Versus Wants

In only buying what is necessary, we only have to make decisions about waste that is necessary.

Say NO to Single Use Products

Purchasing carryout supports local businesses, taking disposable utensils, napkins and all those little condiment packets does not. Save your waste and their budgets, by opting out of the single use products.

LIVE GREEN! REUSABLE MASK MOVEMENT

Join fellow Cyclones in protecting each other and the environment.

Take this month's mask challenge by making your own mask with materials you can find at home!

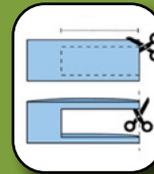
STEP 1



Measure and mark 7-8 inches from bottom of your t-shirt. Cut along the line through both the front and back of the t-shirt.

STEP 2

Cut a rectangle shape 6-7 inches long. Cut the remaining tie strings.



STEP 3

Tie the strings around your neck, and then over the top of your head. Adjust as needed.



Photos courtesy of Center for Disease Control and Prevention

Buy Cleaning Supplies in Bulk or Make Your Own

Clean and sanitized surfaces are imperative for staying healthy and protecting others. When you have the opportunity to purchase a larger size of cleaner or disinfectant to refill smaller containers and save packaging waste, take it. You might also have cleaning ingredients already among your household supplies that can serve multiple functions and save money and resources. See page 12 to make your own reusable wipes.

CALS COVID -19 EFFORTS



While CALS is being creative and proactive in addressing COVID-19 considerations and precautions through campus initiatives and statewide collaborations, their reach also extends across the world. (new paragraph) Through resourceful thinking of the Center for Sustainable Livelihoods sewing machines donated to the ISU-Uganda Program, initially to make washable sanitary pads and help keep older girls in school, are being repurposed as a public health asset tool in creating facemasks required in public spaces across the country for all citizens over six years old. As well as being provided to low-income households at no cost, some masks are also being sold with proceeds being used to help defray families' school fees, as well as support a Youth Entrepreneurship Program.

In addition to mask, a soap-making project has also been launched in Uganda. In attempt to ensure a reliable and available hygiene source, laundry soap and hand soap are being locally produced, distributed and sold.

STUDENTS LIVING **CARDINAL**, **GOLD** & **GREEN**

The College of Agriculture and Life Sciences (CALs) houses and supports a diversity of organizations that support students in pursuing sustainability opportunities, connections and professions. Two, of the many, organizations are highlighted in this month's Students Living Cardinal, Gold and Green.

CULTIVATING A BETTER WORLD

Iowa State University, is recognized among the nation's most student-centered public research universities. In addition to outstanding educational programming, ISU is acknowledged for its endless global outreach and personal growth opportunities beyond the classroom, including over 100 student clubs. As highlighted through Center for Sustainable Rural Livelihoods (CSRL) and Minorities In Ag, Natural Resources & Related Sciences (MANRRS), the College of Agriculture and Life Sciences does not fall short in offering and supporting student experiences that are multi-faceted and student-centered.

Center for Sustainable Rural Livelihoods

With a focus on works improving the livelihoods of rural people and alleviating food insecurity and poverty, the Center for Sustainable Rural Livelihoods (CSRL) began working with Kamuli District residents in

Uganda's eastern region in 2003, establishing the ISU-Uganda Program. With a goal to provide sustainable solutions for the needs of the Kamuli community, the program started with an agricultural focus and has developed into mentoring and empowering sustainable living and livelihoods through education, health, nutrition and youth entrepreneurship programs.

Marit Hovey, a senior in Global Resource Systems and Environmental Science, participated in the Uganda Program through a six-week service learning program in the summer of 2019. During this experience, she worked directly with the Kamuli District people to identify and implement sustainable solutions for challenges faced by the community.

Each student enrolled in the program, takes on a specific role. Hovey spent the majority of her summer teaching P6 mathematics and working on a

bi-national beekeeping team project at a local high school, as well as helping in the school gardens in between classes. Within the focus of her beekeeping work was ensuring the health of the school's apiary, as well as providing education and engagement opportunities to the community.

"The program directly affects the communities in the Kumil District daily and in many ways. For some farmers, it's their ability to utilize the training they received to increase their crops' productivity and earn more money. Installing a borehole (similar to a well) gives a whole community access to clean water. The Nutrition Education Centers helps mothers to get the nutrients and education they need to raise healthy children. The Uganda Program has a daily impact within the Kamuli District", Hovey said.

In showcasing learning and solution through service, the ISU-Uganda Program connects students to

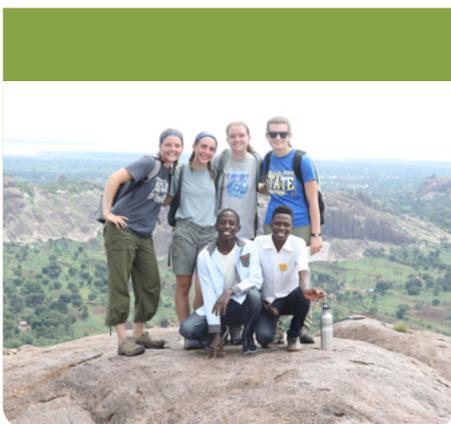


Photo courtesy of Marit Hovey



Photo courtesy of Marit Hovey



Photo courtesy of Marit Hovey



Photo courtesy of MANRRS

environmental, economic and social sustainability opportunities within rural livelihoods that are transferable well beyond their CSRL experience.

“Through setting this example, the [ISU] Uganda Program has the opportunity to inspire other programs like these to be created in other parts of the world to promote the benefits of sustainable agriculture for small farmers,” Hovey noted.

For information about CALS study abroad and service learning opportunities, including those offered through CSRL, visit the [CALS Study Abroad website](#).

Minorities In Ag, Natural Resources & Related Sciences

MANRRS is a national student organization that encourages academic and professional development by empowering multicultural students in agriculture. In accomplishing this mission, MANRRS focuses specifically on providing opportunities for students to create a supportive network, build their professional skills, and achieve excellence in their careers.

Through opportunities, including hosting bi-weekly meeting guest



Photo courtesy of MANRRS

speakers from agriculture and science industries (including Elanco, Land O’ Lakes, USDA and Nationwide) and attending regional and national conferences, MANRRS members can engage in changing the face of agriculture through becoming active members of the agriculture community.

“In [attending] conferences, our members network with students and faculty outside of ISU, interact with national companies seeking undergraduate and graduate interns, part-time and full-time employees, and bond with fellow club members outside of the ordinary meetings,” MANRRS President, Javelis Marin Castro, noted.

In addition to the opportunities that MANRRS offers it is also a support system for members. In today’s unprecedented times, MANRRS has played an important role in the lives of multicultural agriculture students.

“When we are here for each other, and we support everyone’s success, we feel lifted and capable of changing the world no matter the challenges we face.”

-Javelis Marin Castro



Photo courtesy of MANRRS

“MANRRS is offering support and resources to our members during the civil unrest that we have been experiencing in the year 2020. We are going through tough times, and we understand that. Empathy, caring, and kindness are the best tools that we have these days to be there for each other and grow through the challenges,” Castro shared.

Members of MANRRS also play a significant part in the present and future of sustainable agriculture.

“Now that our world is changing so much and so many ways, we feel more empowered to raise our voices and advocate for sustainability. The hardships that underrepresented communities have experienced really speak to them [our members] and inspire them to build, create, and change sustainability in the most innovative ways. When we are here for each other, and we support everyone’s success, we feel lifted and capable of changing the world no matter the challenges we face,” Castro noted.

For more information and to connect to MANRRS, visit their club page on the [Iowa State University Student Organizations website](#).

NOW YOU KNOW

CELEBRATING THE COLLEGE OF AGRICULTURE AND LIFE SCIENCES

The College of Agriculture and Life Sciences (CAL S) at Iowa State University, has been providing students with sustainability opportunities more than 160 years. Ranking in the top 4% of agricultural programs worldwide, CAL S is a global leader in research, education, and student success. Today, there are over 5,000 enrolled in the College of Agriculture and Life Sciences, all of whom will graduate having achieved sustainability-focused learning outcomes.

SUSTAINED EDUCATION

The College of Agriculture and Life Sciences provides students with a vast and diverse curriculum. With over 400 undergraduate courses related to or focused on sustainability and 28 majors blending both agriculture, food, people, and sustainability, CAL S students have multiple resources and opportunities to infuse sustainability into their degree programs.

One example, founded on creating a sustainable future for all, is the Global Resource Systems major (GRS). Fusing people, resources, sustainability and culture, GRS provides students with a worldwide view to address some of the biggest challenges of today and the future. Students in this program are given the unique opportunity to fuse a technical specialty area and language into their studies.

As a requirement of the GRS curriculum, students must complete an international internship, giving each student the opportunity to gain uniquely immersive hands-on experience. Past internships have included nutrition education in Uganda, water quality in India, dairy genetics in Ireland, and crop diversity in Peru. This combination of experiential opportunities, creates a strong foundation for GRS students to apply their educational experience directly to solving real world issues through systems thinking and setting sustainable goals.

Additionally, through a minor and master's degree in Sustainable Agriculture, students are offered the opportunity to more fully investigate

sustainable agriculture applications, both in Iowa and around the world, through innovative research and coursework. The programs allow students to investigate through research, to apply more sustainable agriculture practices.

CAL S not only provides sustainable opportunities for students through their education but provides them with a sustainable environment to work and learn in. Four CAL S buildings have received LEED (Leadership in Energy and Environmental Design) gold certification (Hanson Agriculture Student Learning Center (2015), Curtiss Hall Student Services Mall (2015), Curtiss Hall Commons (2015), and Sukup & Elings Halls (2017)), through the U.S. Green Building Council. These certifications are based on all aspects of a building's construction or major renovations including human and environmental health, operations efficiency and materials sourcing.

While CAL S provides many sustainability- focused opportunities within the classroom, students across the college are also independently pursuing co-curricular experiences. From clubs to research, students are stepping forward and becoming the change leaders of tomorrow.

CHANGE LEADERS

As well as establishing its own CAL S Sustainability Task Force, the college has many clubs available for students with varying interest areas. For example, students involved in the International Agriculture Club or



Photo courtesy of ISU Global Resource Systems Department

International Association of Students in Agriculture and Related Sciences (IAAS), as it is known worldwide, are getting directly involved with international projects focused on a greener future. Projects that IAAS works on around the world include, zero food waste, promoting women in agriculture, and more.

Nolan Monaghan, an ISU senior in Global Resource Systems and National Director of IAAS USA shared, "IAAS is dedicated to making global agriculture more sustainable and environmentally friendly. Our members are working towards solutions to save resources for our future." This global community helps students not only think about their local impact but take action on a global scale.

Additionally, clubs such as the Good Earth Student Farm, Conservation Club, Environmental Science Club, and Sustainable Agriculture Student



Photo courtesy of ISU Animal Science Department



Photo courtesy of ISU Horticulture Department



Photo courtesy of ISU Agronomy Department

Association, provide students the experience of aligning their interest in agriculture and sustainability, outside of the classroom. More information about CALS clubs can be found on the [Iowa State University's Student Organization website](#).

Some students interested in getting a more hands-on approach to learning, look to the ISU teaching and research farms. These 11 farms provide opportunities for students to gain real life experience related to animals, plants, and crops. Currently 130 Iowa State faculty members use the College of Agriculture and Life Sciences' farms for teaching, research and extension, giving about 2,000 students each year the opportunity to get involved on the teaching farms.

Current projects on the farms include animal reproduction, animal nutrition, herd management, biomass production and process and composting. A full listing of teaching and research farm projects, and available opportunities, can be found on the Department of [Animal Science Farms website](#).

An especially unique co-curricular experience offered to students through research farm opportunities, involves operational consideration and focus given to the resourceful use of animals, environment, land, energy and water to meet sustainability goals.

GREEN REACH

Throughout all facets of education, connection and research, CALS ensures instilling relevancy and transferability beyond the classroom. For example, organic waste from teaching farms is taken to the University Compost Facility for processing and then used to assist a variety of university needs.

In addition, recent reconsideration of alternatives for cardboard waste beyond recycling resulted in a unique collaboration with the [ISU Beef Research Farm](#), with reach opportunities well beyond ISU. Shredded campus cardboard waste (averaging 100 tons a month) is currently being piloted as a lower cost animal bedding option.

A unique collaboration involving entrepreneur connection and food security is spearheaded through the [ISU Horticulture Research Station](#).

Through the offering of an entrepreneur internship and partnerships with campus departments and community organizations, produce grown at the facility is not only sold on campus, but is donated to local community organizations and utilized in ISU dining centers. Creating an easier and greener path to local produced goods.

Connecting campus to the world through alternative energy is a most recent green reach focus area with the award of \$10 million grant to CALS, in partnership with Penn State and Roeslein Alternative Energy.

Aimed on creating new ways to offer more sustainable options for rural areas, this project focuses on creating renewable gas from biomass and manure and offers transferability to farms across Iowa and throughout the United States to around the world. More detailed information about these (and so many more) impressive green reaching projects and initiatives, can be found on the [Stories in Agriculture and Life Sciences publication website](#).

From classes to majors, from to research to clubs, the College of Agriculture and Life Sciences provides countless opportunities for students to connect to and get involved in ensuring a more sustainable campus, community and world.



GREEN-IT-YOURSELF

CELEBRATE THE SEASON WITH THESE NOURISHING CREATIONS

FALL SCENTED SOY CANDLES

Supplies: 1 lb. soy wax, six candle wicks, 6 four ounce mason jars, hot glue gun, candy thermometer, clothespins, double broiler, 2 ounces of fall scent.

Instructions:

1. Using a hot glue gun, glue the metal part of the wick to the inside bottom of your jars. Lay a clothespin horizontally over the rim of the jar and clip the clothespin to the wick to keep the wicks upright. Set aside.
2. Fill bottom pan of double boiler halfway with water and add top pan. Heat water to a simmer on low heat. Add soy wax to top pan and stir frequently until wax is melted.
3. Heat the wax to 175-180 degrees F, using the candy thermometer to monitor. Remove from stove and allow wax to cool to 130 degrees Fahrenheit.
4. Stir in candle scent or essential oil. Pour the wax into mason jars leaving 1/4 inch of space from the top. Allow wax to cool. Cut wicks to desired height.



NO SEW REUSABLE SNACK BAGS

Supplies: Small piece of cotton fabric, small piece of vinyl fabric, ruler, fabric glue, scissors or rotary cutter, velcro, binder clips

Instructions:

1. Cut the cotton fabric into a small rectangle. ex: 9x6 inch.
2. Cut a rectangle from the vinyl fabric, 1/5 of an inch smaller in length and width than the cotton fabric rectangle.
3. Glue the unfinished sides of the cotton and vinyl fabric rectangles together, making sure to center the vinyl rectangle inside of the cotton rectangle. Let set. Squeeze a thin line of glue along the top of the cotton fabric and fold down to secure glued edges. Let dry.
4. Fold up the bottom of the rectangle, approximately 3 inches, to form a pouch. Glue and secure both sides. Clip the sides together with binder clips and let dry overnight.
5. Add Velcro to top flap and outside of bag in desired location and secure.
6. Fill snack bag with desired contents, wipe clean after use - reuse again and again.



REUSABLE DISINFECTING WIPES

Supplies: 2 cups of water, one cup of 70% rubbing alcohol, 5 drops of lavender, tea tree oil, cinnamon, and thyme

Instructions:

1. Add water, alcohol and essential oils to container
2. Pour all of the ingredients into your jar. Stir to combine.
3. Press wipes into solution to saturate.
4. Use for cleaning and disinfecting as needed. As wipes are used launder and set aside until last wipe is used.
5. Repeat steps 1 and 2 to reuse wipes multiple times.



Copy and layout by McKenzie Davison

RECIPES

ENJOY THESE SEASONAL, FALL FLAVORS



SPICED APPLE PANCAKES

Ingredients: 1 1/3 C. all-purpose flour, 1 1/2 tsp. baking powder, 1 1/2 tsp. cinnamon, 1 Tbsp. sugar, 1/2 tsp. salt, 4 Tbsp. butter, 1 large egg (separated), 1 tsp. vanilla, 1 1/4 C. milk, 5-6 C. large apples, peeled, cored and finely chopped, 1/2 C. brown sugar

Directions:

1. Mix flour, baking powder, 1 tsp. cinnamon, sugar, and salt. Next, melt 2 Tbsp. butter in microwave safe bowl. In a large bowl whisk egg yolk, vanilla, milk & melted butter. Fold dry and wet ingredients until combined, fold in 1 1/2 C. apples.
2. In another bowl, use a hand mixer to beat egg whites until peaks form. Fold into batter, from step 1, until combined.
3. For apple topping: in a small saucepan melt remaining butter. Add remaining ingredients. Cook, stirring occasionally, for about 10-15 minutes or until apples are soft and the mixture is jammy. Remove from heat and set aside.
4. In a skillet, melt 1 Tbsp. butter over medium heat. Pour 1/4 C. of batter into skillet, and cook until lightly golden. Flip to cook on both sides. Top with apple topping and enjoy.



HARVEST BOWLS

Dressing Ingredients: 1/4 C. apple cider, 1/4 C. apple cider vinegar, 2/3 C. olive oil, 1/2 shallot (minced), 1 Tbsp. Dijon mustard, 1 tsp. honey, kosher salt, black pepper

Bowl Ingredients: 1 lb. brussel sprouts (trimmed and halved), 1 red onion (sliced), 2 sweet potatoes (cubed), 2 Tbsp. olive oil, 1 tsp. dried thyme, salt, black pepper, 3 C. sliced grilled chicken (or substitute favorite protein), 2 C. kale, 1/2 C. dried cranberries, 1/2 C. sliced almonds, 1/4 C. shaved parmesan, 3 C. cooked brown rice

Directions:

1. Preheat oven to 425 degrees F. On a 24" x 18" baking sheet, lined with parchment paper, place brussel sprouts, onions, and sweet potatoes, drizzle with 1 Tbsp. olive oil and season with salt, pepper, and thyme. Bake until tender (25-30 min).
2. In a large bowl mix together dressing ingredients, season with salt and pepper.
3. In a medium bowl mix kale with cranberries and almonds.
4. Assemble bowls: 1 C. rice, 1 C. roasted vegetables, 1/2 C. kale mixture (from Step 3), and 1 C. chicken (or other protein). Top with dressing and enjoy!



PUMPKIN PIE SEEDS

Ingredients: 2 Tbsp. butter, 2 C. pumpkin seeds from Jack-o-lantern carving, 3 Tbsp. brown sugar, 1 1/2 tsp. pumpkin pie spice

Directions:

1. Preheat oven to 350 degrees F. In a microwave safe container, microwave butter in 20 second intervals until melted.
2. In a medium bowl, mix together butter, brown sugar and pumpkin spice. Add pumpkin seeds and toss until seeds are well coated with mixture. Spread evenly on a 26" x 18" baking sheet, lined with parchment paper, and bake for 30 minutes. Store in airtight container.
3. Interested in finding other ways to use your seeds from pumpkin carvings? Visit the [Farm Flavor website](#) for instructions on saving and storing pumpkin seeds for use throughout the year.

GREEN OPPORTUNITIES

CHALLENGE YOURSELF TO READ MORE



Challenge yourself to read and learn more this month. Join Ames Public Library in the Read the World Bingo Challenge (Sept. 15 - Nov. 15). Bingo cards (available at the Ames Public Library) encourage readers to step outside their reading comfort zones. Prizes are offered for the completion of two bingos. For reading picks chosen just for you try the Library's new Personalized Picks service. Complete a personalized picks form, on the Ames Public Library website and a librarian will create your personalized reading list.

SUPPORT PRAIRIE CONSERVATION



Join Story County Conservation collecting prairie seed at the Doolittle Prairie State Preserve on Thursday, October 1 from 4:30 p.m. - 6:30 p.m. This volunteer activity is a great opportunity to learn about prairie plants and explore Doolittle Prairie, while giving back. Registration for the event can be found on the Story County Conservation Facebook Page. Make sure to wear long pants, closed toe shoes, and a face covering to stay safe and healthy during this event. For more information about volunteer activities check out the Story County Conservation Facebook Page.

STAY SAFE AT IOWA STATE



Take advantage of two safety apps offered for Iowa State students, faculty and staff, Guardian and Safe Ride. Guardian offers the option to share your GPS location (on or off campus) with two individuals (guardians) of your choice, as you are traveling, and set a timer for your expected arrival at your destination. Safe Ride allows you to request a ride across campus (from 6 p.m. - 5:30 a.m.), through the app or by dialing 515-294-4444, if you do not feel safe. Download the apps from the Apple App Store or Google Play.

BECOME A UN VOLUNTEER



Support the United Nations' mission through online volunteering. Change the world right from your laptop or smartphone. There are many volunteer opportunities to choose from including event organization, teaching and research. New opportunities are being added on an ongoing basis. Go to onlinevolunteering.org to learn more about current opportunities and register for a volunteering opportunity through the United Nations Volunteers Program.

CLEAN UP FOR DISASTER RELIEF



Help to clean up debris from the August 10th, derecho storm. Volunteers are currently being coordinated out of the Volunteer Reception Center at Gates Hall in Nevada, Iowa. Sign up as an individual or work together with a team to make a difference in communities across Story County. Interested volunteers can register, on an ongoing basis, on the Volunteer Center of Story County website. Coordinators will reach out to all registered volunteers with volunteering details.

VOLUNTEER AT THE GARDENS



Engage in the fall fun at Reiman Gardens through three volunteer opportunities in preparation for the Spirits in the Gardens event, Oct. 23 - 25, 30 - 31 and Nov. 1. On Oct. 2, 8 - 9 and 16 - 17, help stencil pumpkins for carving. On Oct. 21 - 23 and 28 - 30, help carve pumpkins. Before Oct. 19, design and create a scarecrow at home and drop-off for the event. Register to volunteer, at least 48 hours before your desired date for stenciling or carving, on the Reiman Gardens website, and by Oct. 16, by emailing Taylor Woodcock (woodcock@iastate.edu), to provide a scarecrow.

EDUCATE FOR THE 2020 ELECTION



Become a partner or creative for National Voters Education Week, Oct. 5th - 9th. Help voters in your community get prepped and educated for the 2020 election. Join as a partner to help educate about the election and provide access to education material. Are you an artist or storyteller? Sign up to become a creative for the week. Engage the public through social media, photography, videos, information sheets, and more! To sign-up and learn more go to the National Voters Education Week website.

EXPLORE FALL AT THE GARDENS



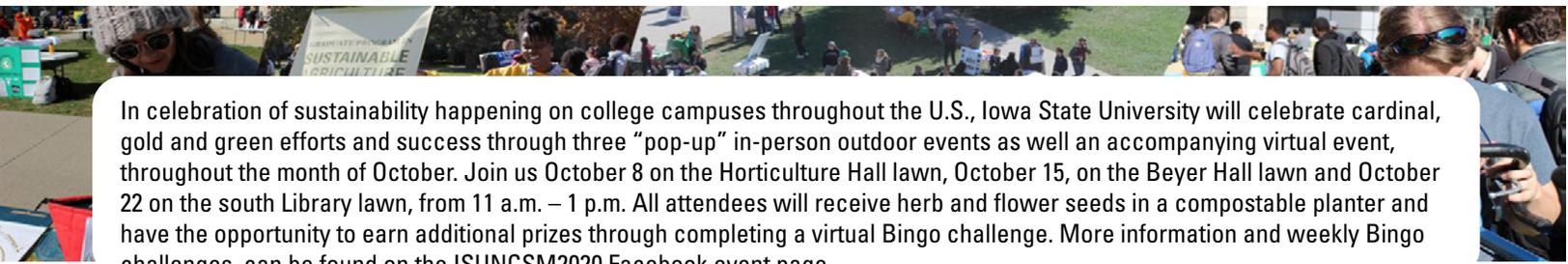
Engage and create with fall classes at Reiman Gardens. Choose from two painting classes on Oct. 4, from 1 - 4 p.m., needle-felted wool painting and French plein air painting, and a fall color plant walk on Oct. 15, led by Reiman Gardens' Plant Collections Curator. Preregister by Oct. 1, for the painting classes and by Oct. 13, for the plant walk on the Reiman Gardens' website.

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OCTOBER SUSTAINABILITY HOLIDAYS

NATIONAL CAMPUS SUSTAINABILITY MONTH



In celebration of sustainability happening on college campuses throughout the U.S., Iowa State University will celebrate cardinal, gold and green efforts and success through three “pop-up” in-person outdoor events as well as an accompanying virtual event, throughout the month of October. Join us October 8 on the Horticulture Hall lawn, October 15, on the Beyer Hall lawn and October 22 on the south Library lawn, from 11 a.m. – 1 p.m. All attendees will receive herb and flower seeds in a compostable planter and have the opportunity to earn additional prizes through completing a virtual Bingo challenge. More information and weekly Bingo challenges, can be found on the ISUNCSM2020 Facebook event page.



Earth Day 50.5 Oct. 22

Earth Day 50.5 occurs on October 22 and is especially significant since COVID-19 considerations halted Earth Day 50 celebrations in April 2020. Recognized as the largest civic event in the world, Earth Day focuses specifically on inspiring action and advocacy toward protecting the environment and sustaining our home. Earth Day 50.5 will be celebrated on October 22 on the south Library lawn, as one of the Office of Sustainability's three pop-up events celebrating National Campus Sustainability Month.

Disaster Risk Reduction Oct. 13

International Day for Disaster Risk Reduction was founded in 1989 by the United Nations General Assembly as a day to promote a global culture of risk-awareness and disaster reduction. With a goal of reducing exposure to disasters, this day celebrates communities around the world raising awareness and making concerted disaster risk reduction efforts.



Energy Efficiency Day Oct. 7

In a collaborative effort to showcase the benefits of energy efficiency through saving money, cutting pollution and creating jobs, a network of universities, corporations, government agencies and utilities annually joins together the first Wednesday in October to increase awareness of the untapped climate impact from more efficiently demanding and consuming energy. Energy Efficiency Day will be celebrated on October 8 on the Horticulture Hall lawn, as one of the Office of Sustainability's three pop-up events celebrating National Campus Sustainability Month.



Clean Air Day Oct. 8

With the goal of increasing awareness about public air pollution and its effect on health and well-being, Clean Air Day brings together communities, businesses, schools and health care organizations to encourage and empower day-to-day actions and decisions supporting clean air across the United Kingdom and the world.

World Habitat Day Oct. 5

The United Nations designated the first Monday of October as World Habitat Day, focused on the basic right of adequate shelter to all the world's citizens and inhabitants. The day reminds us that we all have the power and responsibility to provide and ensure habitat for current and future generations. It is also intended to remind the world that we all have the power and the responsibility to shape the future of our cities and towns.



World Food Day Oct. 16

Celebrated in over 150 countries, World Food Day promotes worldwide awareness action for those facing food insecurity and access to healthy food. Events throughout the world bring together governments, businesses, NGOs, citizens and the media in raising awareness. With added challenges related to COVID-19, this year's event is especially relevant. World Food Day will be celebrated on October 15 on the Beyer Hall lawn, as one of the Office of Sustainability's three pop-up events celebrating National Campus Sustainability Month.

OCTOBER CALENDAR

07

Ames Crop Hunger Walk **Virtual | Flexible**

Help bring hunger to an end in the Ames community. Walk with a team or by yourself to raise funds for the hungry. This year walk anytime between Oct. 1 - 15. Register for and donate to the event on the [Ames Area Crop Hunger Walk Facebook page](#).

10

Walk to End Alzheimer's **Virtual | Flexible**

Join this virtual walk to support Alzheimer's research. Walk in your community, anytime on October 10. Register, donate and take part on the interactive virtual walk day experience on the [Walk to End Alzheimer's website](#).

Wild Women of the Woods

Hickory Grove Park | 7:30 a.m. - 5:30 p.m.

Enjoy nature and connect with like-minded women on this day of outdoor adventure. Participants will enjoy four different sessions throughout the day. Register and find more information on the [Story County Iowa website](#). Cost: \$30, Partner members: \$27

2020 Ames Artists' Studio Tour

Various Locations | 10 a.m. - 4 p.m.

Celebrate and purchase art from local Ames artists. Take the self-guided tour on Oct. 10 from 10 a.m. - 4 p.m. and Oct. 11 from noon - 4 p.m. Artwork includes paintings, pottery, glasswork, and more. More information at the [Ames Art website](#). Cost: Free

16

Innovation and Inclusion Lecture **Virtual | 12 - 1:30 p.m.**

Listen to speaker Alaina Money-Garman, homebuilder, speaker, writer, and award winner, share her personal story of struggles and triumphs during this lecture presented by the Student Innovation Center. Watch this lecture on the [online lecture room](#) via WebEx. Cost: Free

22

Coloring the Conservation Conversation **Virtual | 7 - 9 p.m.**

Attend this lecture presented by speaker Dr. Drew Lanham. Dr. Lanham will discuss the blending of the natural world and the importance of diversity in this lecture series. Access this event on the [Iowa State Lecture Series website](#). Cost: Free

23

Evening Exploration **McFarland Park | 6:30 - 8 p.m.**

Embrace nature at night while taking an exploratory hike through the park. Search for owls through the use of your senses. Hike begins at the Conservation Center at McFarland Park. Register on [My County Parks Website](#) by Oct. 21. Cost: Free

Spirits in the Gardens **Reiman Gardens | Multiple**

Explore Reiman during their annual Spirits in the Garden. Stroll through jack-o-lanterns and scarecrows and enjoy some fun activities. Tickets must be purchased ahead of time online at [Reiman Gardens website](#). Dates include Oct 23 & 30 (7 - 10 p.m.), 24, 25, 31 & 1 (5 - 10 p.m.) Activities can be enjoyed from 5 - 7 p.m. before the event. Cost: \$7, Members and ISU student: \$5

24

Ames Pridefest 2020 Storytelling Event **Virtual | 6 - 7 p.m.**

Celebrate Pridefest through this storytelling project. Through October and November stories will be shared through social media, as well as other programming as the storyteller wants to do. Check [Ames Pride website](#) for more information about monthly programming. Cost: Free

29

Fall Foliage Walk

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

Stroll through Iowa's fall landscape on this fall color hike through Soper's Mill. Bring something to share for the picnic that concludes the hike. To register visit [Story County Conservation Facebook page](#) before Oct. 28. Face coverings required while indoors and when social distancing is not possible. Cost: Free

30

Innovation in Agriculture

Virtual | 12 p.m. - 1:30 p.m.

Join this lecture presented by Dr. Bill Christiansen, the current Chief Operating Officer for PIC, a world leading pig genetics operation. Dr. Christiansen shares about the innovations within the agriculture industry. Access the lecture at the [online lecture room](#) via WebEx. Cost: Free

Night Eyes Geocaching

McFarland Park | 7 - 9 p.m.

Look for nocturnal animals during this family friendly, night time hike. The event is designed for ages 5 and up and registration is available, until Oct 26, on the [Story County Conservation Facebook page](#), groups to include up to 5 people, including one adult. Face coverings required while indoors and when social distancing is not possible. Cost: \$10 fee/group

View more GREEN events at livegreen.iastate.edu

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

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