

LIVE GREEN! MONTHLY

"HOW WONDERFUL
IT IS THAT NOBODY
NEED WAIT A SINGLE
MOMENT BEFORE
STARTING TO IMPROVE
THE WORLD."
-ANNE FRANK



Live Green! Monthly is a monthly publication from the Office of Sustainability at Iowa State University. Live Green! is Iowa State University's campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our projects and initiatives, our operations and our campus environmentally, economically and socially sustainable.

CAMPUS SUSTAINABILITY UPDATES

Happy October, Cyclones!!

Fall is in the air!! And, how exciting to see campus bustling with events, activity and school



Merry Rankin

Director of Sustainability

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spirit!!

Speaking of spirit, welcome to the first issue of Live Green! Monthly – your connection to all things sustainable at ISU! Each month's issue focuses on an overarching theme that also connects to our monthly social media campaign and interweaves with upcoming events and engagement opportunities. The theme to kick-off the 2022-2023 academic year is optimism – in all that we are anticipating and envisioning for the months ahead.

From the standpoint of the Live Green! Team, our optimism is focused on opportunities to help our readers make new connections to sustainability resources, opportunities, events and experiences – on-campus, within the community and in individual day-to-day options and decisions. We are SO excited to welcome SO many new faces to this year's team and incorporate new ideas and perspectives into our deliverables to you. Although we are BURSTING with so many possibilities, we always invite your ideas, feedback and thoughts. The most successful outcomes always include a collective team effort. So PLEASE do not hesitate to reach out! We are excited to hear from you!!

Awaiting you in the October issue are feature articles highlighting ISU's Innovate at Iowa State Start Something network in the College of Agriculture and Life Sciences; presenting your Sustainability 101 Guide to become acquainted, informed and empowered related to green opportunities in class, around campus and after class and a review of all things happening sustainable, over the summer semester. We also have some great fall recipes and GIY (Green-It-Yourself) projects to try; a vision board monthly challenge and a diversified collection of sustainability-related events and opportunities on campus (and in the Ames community) offering connection to and experiences in all facets of sustainability (environmental, social and economic).

To add to your month of optimistic empowerment, do not miss our October social media campaign, "[Sustainability on Campus](#)" - a historical look at Live Green! and ISU's sustainability journey to today.

May your month burst with possibilities, discoveries and optimism!!

Yours in green-ness,
Merry



Blake Van Der Kamp

Sustainability Director, ISU Student Government
blakevdk@iastate.edu

Happy Fall Everyone,

I hope you are kicking off the 2022-2023 academic year just as strong as all the sustainability-related efforts at Iowa State! Specifically, the Sustainability Committee within Student Government is nearly filled with its at-large members and senators. We have also begun to identify some projects for the legislative session, including but not limited to the promotion of the Green Initiatives Fund (GIF), expansion of composting on campus and reduction of waste in dining centers.

In addition to recruiting the Iowa State University Student Government Sustainability Committee, I have also had the pleasure of attending the United States Farmers and Ranchers in Action's (USFRA) Honor the Harvest event this fall. This experience presented me with the opportunity to interact with CEOs from across the nation (and even a representative of the United Nations) on topics related to sustainability. Following my attendance, I hope to continue networking with these business leaders on projects aimed at making Iowa State University more sustainable.

To learn more about how the next generation of leaders is dedicated to a greener world, follow [@isusustainability on Instagram](https://www.instagram.com/isusustainability). You can also look for more updates to come in my Live Green! Monthly column! And don't hesitate to contact me directly with your thoughts,



Steven Kohtz

Recycling and Special Events Coordinator
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Walking around campus always makes me aware of the beauty at Iowa State. The splendor that grows here is spectacular. Plants of all shapes and sizes, wide and wonderfully wistful trees swaying in the breeze, colors changing, and vibrant events dancing through the campus. It is in French, de grande tenue, (a grand affair).

Starting in June as the Recycling Services and Special Events Coordinator, I find myself anxious to offer you the official zero-waste event toolkit. This toolkit is one that will help you step through and check off as you are planning for a waste-free (no trash sent to the landfill) event. There will be recognition and prizes offered to the top 3 events that are zero waste at Sustainapalooza in February. The official toolkit will be ready for student use in the middle of October.

Be on the lookout for the new recycling campaign "BOSS YOUR TOSS" across campus. Our goal is to help students, faculty and staff know where to throw their waste. Remember contamination is the challenge to recycling. No Food or Liquids in the single stream (blue bins). Finally, be ready for some fun on November 15 as we celebrate America Recycles Day. The event will offer recycling education opportunities as well as information about the "BOSS YOUR TOSS" campaign.

Stay connected by visiting our [Instagram](https://www.instagram.com/isusustainability)

ideas and feedback –
blakevdk@iastate.edu.

In Cardinal, Gold, and Green,
Blake Van Der Kamp

[page @keep isu beautiful.](#)
For now, enjoy the fresh scents of fall!

Happy Recycling!
Steve

MEET THE 2022 2023 LIVE GREEN! LEADERSHIP TEAM



We are excited to welcome this year's Live Green! Leadership Team! Read what our members are excited about and planning for the upcoming year!

[See the Live Green! Blog Post](#)

STUDENTS LIVING CARDINAL, GOLD AND GREEN



Start Something CALS

Bringing out the innovator in every Cyclone, the Start Something Network provides academic opportunities specifically tailored to students in each of Iowa State University's colleges. This month, the Start Something Program in the College of Agriculture and Life Sciences is celebrated.

[Explore Student Sustainability Impact](#)

NOW YOU KNOW | A Deeper Sustainable Dive



Sustainability 101

Sustainability is a broad topic and can be understandably intimidating. This month's Now You Know introduces (and reintroduces) sustainability to students, faculty and staff - old and new!

[Read the Full Article](#)

SUMMER SUSTAINABILITY HIGHLIGHTS



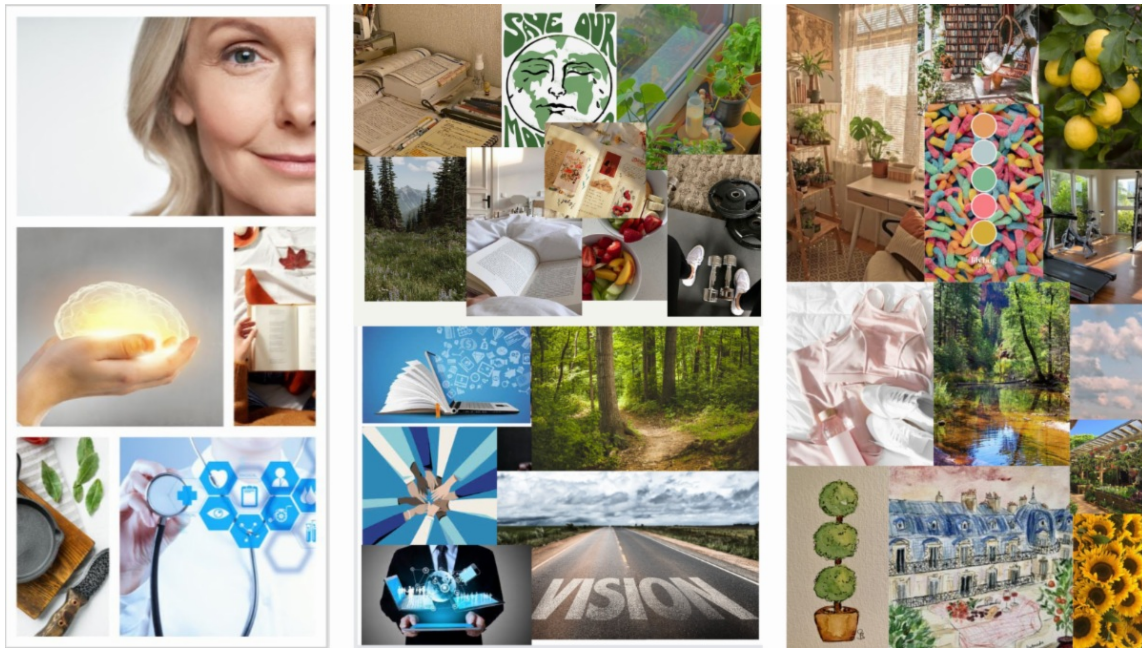
Over the summer months, Iowa State University students, faculty and staff were staying busy seeking, discovering and furthering projects and initiatives toward ensuring a sustainable future.

[Read all the Green News](#)

LIVE GREEN! MONTHLY CHALLENGE

This month, the Live Green! Team challenges our readers to look toward the possibilities

that a new academic year offers and create a vision board.



Take the Monthly Challenge

GREEN ENGAGEMENT OPPORTUNITIES



Connect with Community About Mental Health

October 4, 6 p.m. - 8 p.m., Ames Public Library

Join in the first of a series of mental health community conversations with representatives from the Ames Police Department, Iowa State University Department of Public Safety, Ames Community School District, Mary Greeley Medical Center, YSS and National Alliance on Mental Illness. All discussions focus on raising awareness about local mental health concerns and providing connections and resources. The first conversation centers around suicide. This series is free and open to the public. [Visit the Ames Public Library website for more information.](#)

Craft Your Pitch

October 4, 4 p.m. - 5 p.m., Student Innovation Center Launch Pad

Build your 90-second innovation pitch for this upcoming pitch competitions at Iowa State (and beyond) at a pitch workshop! Throughout the opportunity, you will learn how to

quickly and effectively share your vision to any audience. In anticipation of applying your new pitch, why not register for the upcoming [Fall Startup Pitch Competition on October 10-11](#)? Registration is required for both events and attendance is limited to Iowa State students. For more information and to register visit the [Pappajohn Center for Entrepreneurship website](#).

Extend Product Life Cycle

October 8, 10 a.m. - 4 p.m., Ames Public Library

Have items at home that used to work, but need a little repair? Drop by the Ames Repair Cafe and get them working again! Repair assistance (and instruction) will be available for items including clothing, jewelry, musical instruments, laptops and computers. If your item is unable to be repaired, or additional parts are required, connections will be provided for that assistance. There is no charge to attend the event or for repairs provided. A complete list of accepted repair items can be found on the [event page on the Ames Public Library website](#). For additional information about the event, as well as opportunities to volunteer, email AmesRepairCafe@gmail.com.

Foodie Shop Local

October 1, 8 and 15, 9 a.m.-12:30 p.m., Main Street Ames

Support local producers and economic sustainability at the Ames Main Street Farmers' Market. Explore the variety of locally grown produce, delicious baked goods and beautifully handcrafted items available for sale. When the outdoor market finishes on Main Street, the opportunity to enjoy local products continues year-round at the North Grand Indoor Farmers' Market at North Grand Mall - Fridays and Saturdays 11 a.m. - 7 p.m.; Sundays 12 - 5 p.m.. Find more information on the [Downtown Ames](#) and [North Grand Mall](#) websites.

Step Into Mindfulness

October 11, 12:10 - 12:30 pm, virtual

Take a walk on the mindful side with the Center for Excellence in Learning and Teaching (CELT). Through a series of sessions (in collaboration with Student Health and Wellness and ISU WellBeing) students, faculty and staff will have the opportunity to access and practice some centuries-old mindfulness practices through the Therapy Assistance Online mental health app. Free and available to all members of the Iowa State University community. Register on the [CELT website event page](#) to obtain the webinar link and for more information on this and other mindfulness opportunities.

Give Back, Get Creative

October 31-November 5, The Memorial Union Workspace, Monday through Friday 2 - 9 p.m and Saturday 10 a.m. - 4 p.m.

Paint pottery and combat food insecurity on campus at the same time! Bring in a non-perishable food donation in exchange and receive \$5 off pottery painting. All donations will be delivered to The SHOP (Students Helping our Peers), a student-run, on-campus food pantry - prioritizing [engaging](#) with anti-hunger, advocating and serving the student population by increasing hunger awareness and food security. Learn more about The SHOP and additional opportunities to support their work on the [Students Helping Our Peers website](#). Find additional information about Workspace opportunities on the [Arts and the Workspace webpage](#) on the Iowa State University Student Engagement website.

OCTOBER MONTHLY CALENDAR

Campus Sustainability Month Celebration

The Live Green! Team is excited to invite students, faculty and staff to join the 2022 Campus Sustainability Month Celebration, October 25, 10 a.m. - 2 p.m., on the South Library Lawn. With the theme, "The Urgency is NOW", this year's celebration focuses on reminding us that now is the time to educate



and empower ourselves to take action toward ensuring a just, healthy and sustainable future. Event highlights include networking with student, campus and community organizations supporting environmental, economic and social sustainability; free bike tune-ups, music from KURE 88.5, sustainability-themed prizes and refreshments.

Visit the Facebook Event
Page

October 9, 10 a.m. - 4:30 p.m. | Reiman Gardens

[Last Day for "Lewis and Art" Sculptures](#)

Enjoy free admission to Reiman Gardens on the last day of the sculpture exhibit "Lewis and Art Exhibition". After leaving a career as an electrical technician and machinist, Minnesota artist Dale Lewis embarked on a new journey re-imagining scrap as art. Learn more on the Reiman Gardens Event Calendar website.

October 13, 7 p.m. | Memorial Union Great Hall

[2022 Paul Errington Lecture - Urban Coyote Behavior](#)

Dr. Christopher Schell will share his lab's work, which focuses on how wildlife (mainly mammalian carnivores) are rapidly adapting to life in cities and the contributions to human-carnivore conflict. This event is free and open to the public. More information and a lecture recording can be found on the Iowa State University Lectures Series website.

October 21-23, varies | Reiman Gardens

[Spirits in the Gardens](#)

Embrace the Halloween season at Reiman Gardens! View over 1,000 hand-carved Jack O'Lanterns on display throughout the gardens. October 22-23 will also feature snacks and additional entertainment. Admission through online ticket purchase (\$13 members and ISU students, \$7 youth (2-12), \$15 general public, youth (under 2) free). Visit the Spirits in the Garden webpage on the Reiman Gardens website for additional information and to purchase tickets.

October 17, 8 p.m. | Memorial Union Great Hall

[2022 Norman Borlaug Lecture - Food Systems and Climate Change](#)

Hear 2022 World Food Prize Laureate, Dr. Cynthia Rosenzweig, discuss her seminal contributions to understanding and predicting the impacts of the interaction between climate and food systems, through collaborative observational and modeling in more than 90 countries. This event is free and open to the public. More information and a recording of the lecture can be found on the Iowa State University Lectures Series website.

Explore All Live Green! Calendar Events

Have a green event, initiative or accomplishment that you would like to have featured? Share it with us via email at livegreen@iastate.edu.

RECIPES AND GREEN-IT-YOURSELF (GIY)

Chart the course for an optimistic October (and beyond) with these engaging and

sustainably-inspired recipes and trendy ideas that provide perfect opportunities to gather, enjoy and create with friends and family!



DIY Citrus Candles

Add sustainability and illumination to your day with these upcycled citrus peel candles!



Upcycled Can Planters

Unleash your creativity and envisioning skills, creating these one-of-a-kind planters!



Upcycled Blue Jean Rug

Green up your space with this sustainable and stylish upcycled home decor staple - a project perfect for roomies!



Creamy Tortilla Soup

Cozy up with this nourishing soup containing a bounty of comfort food ingredients.



Spooky Halloween Chips

Get festive with this flavorful chip and dip - perfect for Halloween and Iowa State's next tailgate!



Baked Apple Spice Muffins

Spice up your morning or snack time with these energizing bites.

Find More Recipes and GIYs on the Live Green! Pinterest Page

STAY CONNECTED TO LIVE GREEN!

livegreen.iastate.edu



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OCTOBER 2022 VOLUME 13 ISSUE 1

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LIVE GREEN! MONTHLY

NOVEMBER 2022



"AT TIMES, OUR OWN LIGHT GOES OUT AND IS REKINDLED BY A SPARK FROM ANOTHER PERSON. EACH OF US HAS CAUSED TO THINK WITH DEEP GRATITUDE OF THOSE WHO HAVE LIGHTED THE FLAME WITHIN US."
—ALBERT SCHWEITZER

NOVEMBER 2022 VOLUME 13 ISSUE 2

In consideration for this month's theme of *Gratitude*, the Live Green! team was asked to share words and images that depict their gratefulness. We encourage our readers to reflect on what brings them gratitude!

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CAMPUS SUSTAINABILITY UPDATES

Happy November!



Merry Rankin

Director of Sustainability
mrankin@iastate.edu

The season of gratitude surrounds us. As leaves fall and nature begins to tuck-in for a much-deserved rest, we reflect on the gratitude of the gifts and bounty of warmer months – fresh produce, beautiful flowers and outdoor gatherings and recreation. As we look forward we anticipate countless moments of gratitude in holiday time with family and friends.

Although often considered a state of feeling, gratitude also is expressed through actions, consideration, planning and follow-up. This month's issue of Live Green! Monthly, touches on all these representations - innovation and entrepreneurship toward new products and services through Start Something College of Engineering; strategizing, evaluation and restructuring policies, priorities and opportunities to leave a lighter wastepprint on and off-campus; reinventing scraps and leftovers into upcycled and elevated experiences and countless opportunities to hear, give and resonate moments of gratitude through education, engagement and empowerment. This month's issue also reminds us that, although having seasons and holidays dedicated to exhibiting and embracing gratitude, moments of gratefulness surround us each and every day.

In gratitude we find, and we give, connection, relevance and dedication in our collective (and individual) journey, toward a sustainable future. Wishing you a month of feeling, giving and embracing gratitude – that carries forward infinitely.

Yours in green-ness,
Merry



Blake Van Der Kamp

Sustainability Director, ISU Student Government
blakevdk@iastate.edu

Hello Everyone,

It is hard to believe that we are already into November! The Sustainability Committee has been working non-stop on projects and has begun approving some Green Initiatives Fund applications. Some important project highlights include the return of Town Halls with one event in the works for early February of 2023, right before [Sustainaplooza](#), on February 21. The committee has also been in communication with the Memorial Union and other entities on campus to investigate how we can be more sustainable in our practices.

More recently, the Sustainability Committee had the opportunity to table at the Campus Sustainability Month Celebration, on October 25.

At the event, attendees had the opportunity to learn more about the Student Government, the goals and initiatives of the Sustainability Committee and how to get involved. Members of the committee, taking part in tabling at the event, also had the opportunity to gather ideas and feedback from attendees to assist the committee with future planning and engagement. If you are interested in learning more about how you can work alongside the Iowa State University Student Government's Sustainability Committee, feel free to contact me via my email, blakevdk@iastate.edu

And to stay in the loop about our upcoming projects and events, follow @isusustainability on Instagram. You can also find more updates to come in this month's Live Green! Monthly newsletter!

In Cardinal, Gold and Green,
Blake Van Der Kamp



Steven Kohtz

Recycling and Special Events Coordinator

sakohtz@iastate.edu

Welcome to November – the month when America celebrates recycling! Here's what we are celebrating at ISU.

BOSS YOUR TOSS is the recycling campaign for the 2022-2023 school year. The focus of the campaign is to help students, faculty and staff understand they are the choice makers of where their waste goes - landfill or recycling.

BOSS YOUR TOSS is helping to educate the ISU community on what can and can not be put into single-stream recycling bins. Single-stream recycling means that all recyclable materials can go into one recycling bin. Items that can be single-stream recycled are paper, paper board (but not corrugated cardboard) metal bottles and cans, glass and "twist lid" and "tub" plastics.

As well as knowing what to throw, knowing how to throw is vital in successful recycling. Be mindful that poor choices can lead to damaging costs. If, for example, you choose to throw a half-sipped cup of coffee into recycling bin (causing coffee to spill onto everything), everything in the bin is considered "contaminated" and headed to the landfill instead of being recycled. Food-stained items are also considered contaminants - like a pizza box with oils on the box or stuck-on cheese remnants. So please NO FOOD, FOOD STAINS OR LIQUIDS IN THE RECYCLING BINS!

As well as a campaign, there is also a celebration! Join us - Tuesday, November 15

from 10 a.m. – 2 p.m. on the South Library Lawn to learn more about BOSS YOUR TOSS, test your recycling skills and be a part of a “I BOSS MY TOSS” promotional rap video. At 11:30 a.m., star in the “Recycling Shuffle;” viral line dancing video. Find more information about Boss Your Toss and the upcoming celebration on the [ISU Recycling Services website](#) and event [Twitter post](#).

Happy Recycling!
Steve

STUDENTS LIVING CARDINAL, GOLD AND GREEN



Start Something College of Engineering

Bringing out the innovator in every Cyclone, the Start Something Network provides academic opportunities specifically tailored to students in each of Iowa State University's colleges. This month, the Start Something Program in the College of Engineering is celebrated.

[Explore Student Sustainability Impact](#)

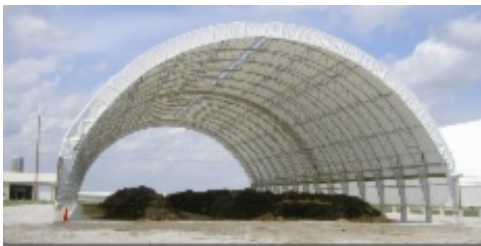
AMES SMART BUSINESS CHALLENGE SPOTLIGHT

Ames is excited to continue the Smart Business Challenge again this year! This program assists businesses in gaining more knowledge toward ensuring a sustainable future, both as a business and within a community. Through a checklist reporting process, businesses can receive bronze, silver, gold or platinum certification for their sustainable commitment. Thirty-eight businesses are currently participating in the Challenge, and new businesses are encouraged to join! To learn more and sign-up, visit the [Smart Business Challenge page](#)!



[Learn More](#)

NOW YOU KNOW | A Deeper Sustainable Dive



What's the Deal with Waste?

Through reuse, recycling and food waste (landfill) diversion, this month's Now You Know article celebrates waste initiatives at Iowa State University and offers readers opportunities to reduce their own waste.

CAMPUS SUSTAINABILITY MONTH CELEBRATION



The Office of Sustainability celebrated Campus Sustainability Month, October 25, on the South Library Lawn and featured campus and community organizations showcasing their commitment to environmental, economic and social sustainability through tabling and activities. Over 350 students, faculty and staff were in attendance during the four-hour celebration event.

[Read the Event Blog](#)

LIVE GREEN! MONTHLY CHALLENGE

Start the holiday season strong by challenging your waste footprint! Embark on a month-long journey of waste reduction by challenging yourself to easy and effective opportunities that can help our campus and community.



Take the Monthly Challenge

GREEN ENGAGEMENT OPPORTUNITIES



Pursue Your Entrepreneurial Adventure

November 12, 9 a.m. - 4 p.m., ISU Research Park Core Facility Training Room
Join in discussion topics essential to starting a small business including (but not limited to) insurance, managing finances and business organization. Attendees will also be able to ask questions of local businesses. Attendance is free but registration is required; to sign up, visit the [Workshop: Smart Start Small Business page](#) on the Iowa State University Event Calendar.

Feed Your Inner Bookworm

November 17-20, Ames Public Library, Thursday 5:30 - 8:30 p.m., Friday and Saturday 9 a.m. - 6 p.m. and Sunday 12 - 5 p.m.

Grow your home library and find some great bargains at the public library's book sale! Admission is \$2 on Thursday and free on Friday and Saturday. On Sunday, admission is \$1 and everything located in the library's auditorium is free.

Support Small Businesses by Shopping Local

November 12 and 26, varied hours and businesses

Support local businesses and nonprofits by taking a trip downtown on November 12 for the annual [Shop for a Cause](#) event! Select downtown businesses will be partnering with local nonprofits to raise awareness and support their missions. Parking is free all day for this event. On November 26, [Small Business Saturday](#), complete your holiday shopping locally in downtown Ames.

Get in the Know on the Ames Climate Action Plan

Nov. 15, City Hall Council Chambers, 6 p.m. and viewable on Facebook Live, YouTube Live and streaming from www.CityOfAmes.org

Learn more about our community's sustainable future at the November Ames City Council Workshop. The City's Climate Action Plan (CAP) project team, with support from consultants Sustainability Solutions Group, will provide CAP updates. The presentation will include a review of the "Six Big Moves" and 29 action steps necessary to achieving the Council's aspirational carbon reduction goal of 83 percent by 2030 and net zero by 2050. The project team has been analyzing each of the 29 action steps through the lens of feasibility, legal authority, cost, emissions reduction potential, and equity. Attend in person or view online. Information about the CAP process, including past workshop documents, can be found on the [City of Ames Climate Action Plan website](#).

Monthly Calendar

November 2, 6 p.m. | Stephens Auditorium

[A Conversation about the 1619 Project](#)

Iowa native and Pulitzer Prize winner Nikole Hannah-Jones discusses founding the 1619 Project – an endeavor toward reframing American history to bring the consequences of slavery and the contributions of black Americans at the very center of the story we tell ourselves about who we are as a country. The event will not be live-streamed or recorded. More information is available on the Iowa State University Lecture Series website.

November 3, 7 p.m. | Sun Room, Memorial Union

[Cities and Storms: Challenges and Solutions](#)

Jennifer Cherrier, PhD and professor at Brooklyn College-The City University of New York, shares her research work and expertise related water resource sustainability and nature-based approaches for offsetting urban flooding, as well as human impacts on marine and freshwater systems. Find more information and the event recording, available for two weeks, on the [Iowa State University Lectures Series website](#).

November 11, 7:30 - 9:30 p.m. | Stephens Auditorium

[Band Extravaganza](#)

The Iowa State University Wind Ensemble, jazzONE, State Storm and Varsity Marching Band come together for an evening of music. Admission is \$10 for adults and \$5 for youth and 65+. More information is available on the Iowa State University Department of Music and Theatre website.

November 17, 5:30 - 6:30 p.m. | Christian Petersen Art Museum, 1017 Morrill Hall

[Figural Expression through Motion: An Evening of Dance and Art](#)

A celebration of movement in dance and art, the evening features performances of original compositions from dance students and Orchesis I dancers - inspired by their close investigations of the Double Take: Insights on Figural Expression exhibition. Registration is encouraged but not required and can be completed via the [Figural Expression](#) event page. For more information, visit the Iowa State University Museums website.

November 30, 10 a.m.- 1 p.m. | University Library Lobby

[Art Walk: Prints in the Art on Campus Collection](#)

In connection with the Brunnier Art Museum exhibition, [John Buck: Prints and Sculpture from the collections of Jordan D. Schnitzer and His Family Foundation](#), this Art Walk explores the art of printmaking through the many examples in the [Art on Campus Collection & Program](#). Learn more on the Iowa State University Museums website.

Explore All Live Green! Calendar Events

Have a green event, initiative or accomplishment that you would like to have featured?
Share it with us via email at livegreen@iastate.edu.

Set the course for a gratitude-filled November with chic, appealing and sustainably-inspired dishes and upcycles, perfectly suited for occasions to get together, enjoy and create with friends and family!



DIY Recycled Crayons

Create fun and new color combo crayons from used coloring bits!



Reclaimed Candles

Design new candles from old and experiment with making custom scents!



Rejuvenated Soap Scraps

Make your suds last by turning soap scraps into new one-of-a-kind bars!



Sauteed Lettuce

Transform leftover lettuce or other greens into a unique and healthy side dish!



Jam from Leftover Fruit

Rescue the last bits of fruit from your fridge and “jam them up” instead of tossing them out!



Fried Mashed Potato Cakes

Reinvent leftover mashed potatoes into potato cakes- all you need is 20 minutes!

Find More Recipes and GIYs on the Live Green! Pinterest Page

STAY CONNECTED TO LIVE GREEN!

livegreen.iastate.edu



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LIVE GREEN! MONTHLY

DECEMBER 2022 / JANUARY 2023



"Don't wait for extraordinary opportunities; seize common occasions and make them great."

Orison Swett Marden



DECEMBER 2022 / JANUARY 2023 VOLUME 13 ISSUE 3

Live Green! Monthly is a monthly publication from the Office of Sustainability at Iowa State University. Live Green! is Iowa State University's campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our projects and initiatives, our operations and our campus environmentally, economically and socially sustainable.

CAMPUS SUSTAINABILITY UPDATES

Congratulations, Cyclones!

In the quickest blink of an eye, fall semester is nearly complete.

Such an important "check box" at the end of



Merry Rankin

Director of Sustainability

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each pivotal moment of life, is time to pause and reflect. Reflect on the events, the people and the places. Reflect on the skills, the challenges and the moments. And... reflect on the triumphs.

That is exactly what we have wrapped up in the December issue of Live Green! Monthly.

This month we feature the triumphant student, faculty and staff champions who have connected to the community, researched in and outside of the laboratory, operated campus and enhanced student experiences – throughout the fall semester. We also showcase the commitment of Start Something College of Human Sciences in ensuring connections, experiences and resources for countless student triumphs in innovation and entrepreneurship. Finally, we offer opportunities, ideas and resources through our monthly challenge, recipes, GIYs and deeper dive “Now You Know” feature, to plan and make room for moments of triumph in anticipating the new year that awaits us.

Not to be confused with simply being victorious, triumph is prevailing over rivals, challenges and obstacles. Triumph looks differently for all of us - we chart our own course and determine our milestones. Triumph requires commitment, instills perseverance, builds resiliency and fuels a sustainable future. Wishing you the gift of triumph – both in reflecting on 2022 and anticipating 2023.

All the best in finishing the fall 2022 semester, safe travels and may you have a most renewing and replenishing break!

Yours in Green-ness,
Merry



Blake Van Der Kamp

Sustainability Director, ISU Student Government
blakevdk@iastate.edu

Hello Everyone,

We have made it to the end of the Fall 2022 Semester! As we head into Prep Week and Finals, the Sustainability Committee looks to the horizon on some upcoming projects. Specifically, in February, we will see the first ever George Washington Carver Day Celebration, the return of Green Town Halls, and finally, Sustainaplooza on February 21st.

Also... a reminder to apply NOW to fund your sustainability projects and events! The Green Initiatives Fund (GIF) is a fund in which Iowa State University student-led organizations and initiatives can apply to receive money for their projects, events, and initiatives that promote environmental, economic, or social sustainability. A total of \$30,000 is currently allocated to the GIF. Apply by visiting [this link](#). Contact me via my email, blakevdk@iastate.edu, with any questions.

Coming Fall 2023! In a new consideration of student sustainability impact - Student Government will be redistributing GIF allocations between two sustainability-related funds: one for environmental and economic sustainability and one centered around Diversity, Equity, and Inclusion. The GIF application will also be updated to align more closely with the United Nations Sustainable Development Goals.

Stay in the loop about our upcoming projects, events, and GIF changes, [follow @isusustainability on Instagram](#). You can also find more updates to come in this month's Live Green! Monthly newsletter!

In Cardinal, Gold and Green,
Blake

Steven Kohtz

Recycling and Special Events Coordinator
sakohtz@iastate.edu

Hey Cyclones!

It's Steve, the "Recycling Guy", wishing you a successful end to the year and the semester! As we wrap up the 2022 calendar year, a couple of reminders. First - Check out the Recycling Services Newsletter winter edition, a great resource for all things recycling at Iowa State. Second - Recycling (as you know) is about the "Three R's," Reduce, Reuse, and Recycle. As we dive into the holiday season, I have a great Reuse opportunity to offer you, related to a long-held holiday tradition – greeting cards. Greeting cards were introduced in the late 1840's. The gift of a greeting card was a luxury, as cards (handcrafted of course) were expensive and often reserved for special occasions. In 1875 a German Printer by the name of Louise Prang started mass producing holiday cards... and a tradition was born.

With traditions come impact and the impact of greeting cards is what to do with them after "greeting" you. Choose reuse! It's easy at ISU. From December 15-January 15, Recycling Services and the Office of Sustainability are partnering to collect your greeting cards for reuse in the [St. Jude's Ranch for Children's Recycled Card Program](#). Cards can be donated in two ways – drop them in collection boxes at the General Services Building (first floor, by the key/information desk) or send them in campus mail to Steve Kohtz (152 General Services Building) or Merry Rankin (108 General Services). A couple of reminders... ALL greeting cards (from any occasion) can be donated; only your card fronts are needed (please recycle the backs); cards from Disney, American Greetings and Hallmark are not able to be used by the program (please recycle the front and back).

Prosperous and warm wishes to you Cyclones. Thank you for your ongoing support!

Happy Recycling!
Steve

SAVE THE DATES!

The Office of Sustainability is hosting the 14th annual Symposium on Sustainability, "Persistent Commitment Toward a Sustainable Future", **February 20-21, 2023**. This annual event embodies all things sustainable at ISU and provides an education, engagement and empowerment opportunity, both in celebrating the achievements of the past year and envisioning the year ahead. This year's event will include the companion event, Sustainapalooza - featuring: "Green-It-Yourself" Centers, a clothing swap (start your donation collection today!), sustainable giveaways and local food refreshments. Stay tuned to the [2023 Symposium on Sustainability](#) webpage on the Live Green! website, and the [Sustainapalooza Facebook Event](#) for updates and details.



SUSTAINAPALOOZA 2023

February 21, 5-8 p.m | Memorial Union, Great Hall

SEMESTER HIGHLIGHTS



Students, faculty and staff proved themselves to be triumphant sustainability champions through their connections to the community, research in and outside of the laboratory, campus operations and student experiences during Fall semester.

[Read Full Article](#)

STUDENTS LIVING CARDINAL, GOLD AND GREEN



Start Something College of Human Sciences

Bringing out the innovator in every Cyclone, the Start Something Network provides academic opportunities specifically tailored to students in each of Iowa State University's colleges. This month, the Start Something Program in the College of Human Sciences is celebrated.

[Explore Student Sustainability Impact](#)

NOW YOU KNOW | A Deeper Sustainable Dive



Thoughtful Consumption for the Holidays and Beyond

As the holiday season approaches, we find ourselves surrounded by gifting suggestions and countless opportunities to be consumers. Advertisements encourage us to celebrate all that we have achieved and all that is meaningful to us through the perfect gift. This is where our opportunity lies. This month, we have an especially relevant opportunity to consume more thoughtfully and strategically - triumphing in the present and for the future.

[Read Full Article](#)

LIVE GREEN! MONTHLY CHALLENGE

In the midst of the holiday season, we challenge our readers to consider how to integrate sustainability into gifting. This month's challenge offers resources, options and ideas on what to gift, where to find sustainable gifts and how to wrap them "green".

EXPERIENCE



Give the gift of an experience, like a favorite activity or quality time spent together! This is a great way to create long-lasting memories.

DURABILITY



Give the gift of durability by purchasing items built to last like stainless steel cooking tools or durable clothing!

LOCAL



Give the gift of local by visiting small businesses first and ensuring your money stays closer to home while you do your

LOW IMPACT



While not all gifts need to be wrapped, some might. Consider choosing sustainable wrapping options

Learn More about Sustainable Gifting

GREEN ENGAGEMENT OPPORTUNITIES



Support Local Artists and Art Organizations

Take a trip to the annual [Art Mart Holiday Sale](#), December 2-3, from 10 a.m. - 4 p.m. and support local art and artists. The event, taking place at the Memorial Union Art Gallery, features a variety of one-of-a-kind, handcrafted gifts. Most items sell for \$8-\$20. Find more

information on the Iowa State University Events Calendar webpage.

Celebrate the Winter Season

Commemorate the holidays and celebrate the winter season at [WinterFest](#), December 2, 12 p.m. - midnight. Winterfest provides a unique combination of winter-themed events, activities, displays, treats and traditions, taking place at various locations in the Ames community and across the Iowa State University campus. Visit the Iowa State University Student Engagement website for the full WinterFest 2022 schedule.

Embrace the Holiday Yuletide Spirit

Celebrate the holiday season with a [Yuletide Evening at the Farm House Museum](#), December 2-3, 5 p.m. - 8 p.m.. Take part in Victorian yuletide-themed activities and crafts while enjoying seasonal-celebratory treats. The event is free and open to the public. Learn more and register online (encouraged, but not required) on the Iowa State University Events Calendar webpage.

Pet to Destress

Reenergize and rejuvenate before finals with certified therapy dogs, December 5-9, 12 p.m. - 3 p.m., during the semi-annual [Barks at Parks Event](#) at Parks Library. Along with the opportunity to pet, snuggle and ear scratch some adorable canines, chair massages, coloring pages, puzzles and games, will also be offered - all courtesy of ISU Student Wellness. More information is available on the Iowa State University Library website.

Research Toward a Sustainable Future

Spend your summer gaining research experience in renewable energy, biomass production, water purification and soil amendment, alongside national and international recognized researchers, through a Food, Energy and Water Security REU at Mississippi State University. Participants taking part in the 10-week opportunity, May 30-August, will receive a \$6000 stipend and be provided housing, meals and travel. Apply online by March 1, and find more information on the [Mississippi State University Summer 2023 REU website](#).

Sail and Teach the Caribbean

Hone your sailing skills while living and teaching aboard a sailing vessel and visiting different areas of the Caribbean, as part of the Common Tides Internship Expedition. Interns assist in meeting the mission of Common Tides to "... inspire passion through ocean education and stewardship to create positive change," by volunteering their time to learn more and serve as ambassadors. No experience in marine biology, sailing or teaching is required, only a strong willingness to learn and excitement for teaching local children. Applications must be submitted and approved, along with a program down payment by February 22. For more information and to apply, visit the [Common Tides website](#).

Monthly Calendar

December 1, 7 p.m. | Great Hall, Memorial Union

[Physical Activity is an Underused Resource for COVID-19 Pandemic](#)

Join Dr. James F. Sails, Distinguished Professor Emeritus in the Herbert Wertheim School of Public Health at University of California San Diego, as he discusses his current research interests- promoting physical activity and understanding policy and environmental influences on physical activity, nutrition, and obesity. More information is available on the Iowa State University Lecture Series website.

December 2, 5 p.m. | Downtown Ames

[Snow Magic Kickoff in Downtown Ames](#)

Celebrate a night of fun holiday-themed activities to kick-off the holiday season in downtown Ames, including live sculpting, horse carriage rides, a visit from Santa and a tree lighting at Tom Evans Park at 6 p.m. Find more information at amesdowntown.org.

December 13 & January 31, 12 p.m. | Student Innovation Center, 3231 SICTR

[Lunch and Learn: Start Something at Iowa State](#)

Learn more about commercialization, entrepreneurship, and startups during a lunch hour at Iowa State's Student Innovation Center. Attendees will learn how to advance their technology and get connected to available resources. Iowa State is also providing a short informational session for students to learn about all the entrepreneurship resources that are offered to Iowa State Students on January 31. For more information, and to register for the Lunch and Learn on December 13, visit the [Pappajohn Center for Entrepreneurship](#) website.

December 20, 6 p.m. | Reiman Gardens

[Floral Design: Holiday Door Swags and Soup Can Bouquets](#)

Create floral holiday decor, including door swags and tabletop soup can bouquets, from seasonal greenery and materials cut fresh from Reiman Gardens. Event cost is \$40.80 for ISU students with student ID, \$48 for members and \$60 for the general public. Preregistration and prepayment is required by Sunday, December 18. Register and prepay online and find more information on the Reiman Gardens Event Calendar website.

January 14, 10 a.m. 0 4 p.m. | Ames Public Library Auditorium & Dan Foss Room

[Ames Repair Cafe Event](#)

Join the "repair, not discard" movement and take part in the Ames Repair Cafe. The second cafe event of the year, the Repair Cafe offers hands-on repair skills instruction and training (toward empowering future repairs) for various day-to-day household items, including computers and laptops, clothing, musical instruments and TVs and audio equipment. The event is free and open to the public. Residents are invited to bring non-working items to the event and be an active participant in its repair. More information about the event can be found on the Ames Public Library Event Calendar website. If interested in signing up to help volunteer for the event, register at this link: [Ames Repair Cafe Volunteer Signup](#).

January 30, 6 p.m. | Great Hall, Memorial Union

[Martin Luther King, Jr. Keynote 2023: Tearing Hatred From the Sky](#)

Attend the keynote lecture by Bree Newsome, contemporary civil rights icon, as she discusses racial equality and illustrates how ordinary people can make an extraordinary difference - through leadership and social movements. Learn more about the 2023 Keynote on the Iowa State University Lecture Series website.

Explore All Live Green! Calendar Events

Have a green event, initiative or accomplishment that you would like to have featured?
Share it with us via email at livegreen@iastate.edu.

RECIPES AND GREEN-IT-YOURSELF (GIY)

Triumph simple ingredients this holiday season with these versatile, yet unique and sustainably-inspired recipe ideas and upcycles - all focused on getting the most from everyday ingredients and items. A perfect way to give back this holiday season, and to start the new year - through thoughtful consumption.



Adaptable Oat-Filled Recipes

Modify your daily meal or snack (just the way you like) with these resourceful oat recipes, perfect for any time of the day!



Zero-Waste Gift Wrap

Reframe traditional gift wrapping to zero waste with reusable, recycled, repurposed, and compostable materials found right in your own home.

Versatile Rice Recipes

Add versatility to your kitchen with these rice recipes that hold no limits, - perfect for side dishes, main course, dessert, snacks... you name it!

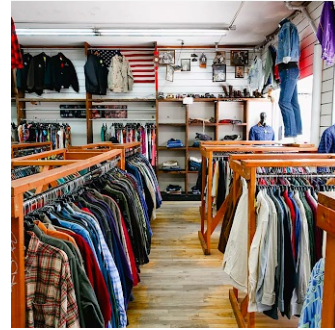


Freezing Leftovers How To's

Reinvent holiday leftovers into a menagerie of new dishes into the new year with help from this ultimate freezing guide.

Corn Flake Recipes

Explore new culinary horizons with these "not just for breakfast" cornflake recipes - a delightful crunch for every meal!



Ultimate Guide to Thrifting

Become the ultimate treasure-finder - discovering the best hidden thrifting gems and giving the most unique gifts!

Find More Recipes and GIYs on the Live Green! Pinterest Page

STAY CONNECTED TO LIVE GREEN!

livegreen.iastate.edu



Live Green! Monthly is a monthly publication from the Office of Sustainability at Iowa State University. Live Green! is Iowa State University's campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our projects and initiatives, our operations and our campus environmentally, economically and socially sustainable.

DECEMBER 2022 / JANUARY 2023 VOLUME 13 ISSUE 3

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LIVE GREEN! MONTHLY

FEBRUARY 2023

"TO DO GOOD, YOU ACTUALLY
HAVE TO DO SOMETHING."
-YVON CHOUINARD

CYCLONES COLLECTIVELY IMPACTING THE WORLD



About the Cover

This month, the team honors everyone on campus making a collective, positive impact on their surrounding environment, and the world! These are just a few of the many students, faculty and staff engaged in impact all over the globe in locations including: Argentina, Antarctica, Bhutan, the Caribbean, Costa Rica, France, Kenya, Montana, Panama, Rome, Sweden, Uganda and the U.S. Virgin Islands.



Merry Rankin

Director of Sustainability
mrarkin@iastate.edu

Happy February!

What a month in front of us!! SO many education, engagement and empowerment opportunities this month - featuring the [2023 Symposium on Sustainability](#) – “Persistent Commitment Toward a Sustainable Future”.

This year's theme reminds us of the urgency before us in ensuring a sustainable future and also celebrating Iowa State University's ongoing persistent efforts – reflecting back and visioning forward... relentlessly, tenaciously and persistently. Read more about this year's event, February 20, 21 and 23, in the Symposium feature (in this month's newsletter) and on the [2023 Symposium on Sustainability webpage](#).

Speaking of persistent commitment, it brings me SO much pride to update you all on a sustainability honor received by Iowa State University (and earned by all students, faculty and staff) during semester break. In January, ISU was awarded a fourth consecutive gold certification, for collective commitment to and achievement in sustainability from the Association for the Advancement of Sustainability in Higher Education, Sustainability Tracking, Assessment & Rating System (AASHE STARS).

STARS is an international certification specifically targeting colleges and universities. Certification levels (bronze through platinum) are achieved through awarded points within seventeen areas of performance and 63 specific strategy areas, encompassing environmental, economic and social sustainability. Gathering and submitting information required for this three-year recertification takes nearly two years and involves experts and expertise from across campus, toward ensuring full representation of sustainability efforts, accomplishment and dedication. [Our 2022 submission](#), as well as all of our previous gold certifications, can be viewed on the [STARS website](#). Work toward continuous and persistent improvement is already underway for our 2026 submission. For now... Bask in the gold, Cyclones!

The consideration of persistent commitment is also woven throughout this month's [social media campaign](#) and issue of Live Green! Monthly. With a focus on collective impact, the February newsletter highlights and celebrates the dedication

and dedicated efforts required to achieve a sustainable future. Through the Start Something Program in the College of Liberal Arts and Sciences, sustainability champions before us and among us, Cyclone impact around the world and the diversity of sustainability events, opportunities and resources across campus and throughout our community - dedicated persistence abounds.

Wishing you an outstanding month ahead, sustained by boundless dedication and persistence - it truly makes gold!

Yours in green-ness,
Merry



Blake Van Der Kamp

Sustainability Director, ISU Student Government
blakevdk@iastate.edu

Happy Spring Semester, Everyone!

And wow, is sustainability growing all over campus! We have several notable events happening this month, including the George Washington Carver (GWC) Day Celebration and Sustainaplooza.

At the GWC Day Celebration, you can learn about the historic trailblazer George Washington Carver, an avid advocate for sustainability. This event will feature keynote speeches, poetry, snacks, and more from individuals across campus, including Dean Robison, President Wintersteen, CALS Council, and Student Government. To learn more about the event and Carver, you can visit www.cals.iastate.edu/george-washington-carver-day.



Steven Kohtz

Recycling and Special Events Coordinator
sakohtz@iastate.edu

Welcome back Cyclones and best wishes on your semester ahead!

Starting January 29, Iowa State will be participating for the fourth year, in the "Campus Race to Zero Waste" - a competition focused on how well colleges and universities recycle vs. how much waste is sent to the landfill.

In the past Iowa State has performed mid to average and sits about 49 out of 150 competing schools. While a competition is always exciting, we really focus on this annual opportunity as somewhat of a case study to help us observe and understand the practice and success of recycling on campus.

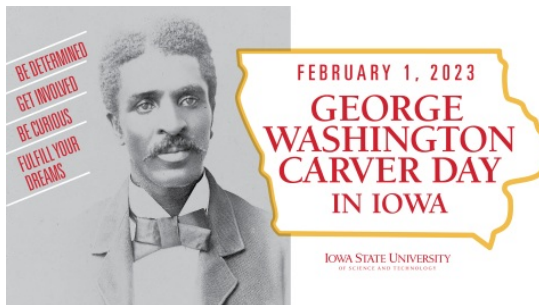
When it comes to Iowa State's practice of

In addition, the Sustainability Committee will be tabling at Sustainapalooza on February 21. Stay tuned about Sustainapalooza on the Facebook event page .

Finally, as a representative on the University Sustainability Committee, I want to inform of several opportunities for students to get involved. Specifically, related to two vacant student seats that the Committee is excited to fill with passionate individuals dedicated to promoting sustainability at Iowa State University and representing all undergraduate and graduate student voices. If you or someone you know is interested in this endeavor, please get in touch with me via email: blakevdk@iastate.edu.

I hope to see you all at our multiple-sustainable events this month!

In Cardinal, Gold, & Green,
Blake



recycling, unfortunately past years' gathering of information has revealed a good portion of our recycling is contaminated. Contamination happens when non-recyclables are put into the recycling bin. The biggest contamination challenge for us ... when food, liquid or food-stained items are found within the recycling bin. If contamination is prominent in the bin, sadly, all contents (including recyclables) are sent to the landfill.

Say NO to contamination!! Please make sure that your recycling is clean. If you have leftover food, PLEASE place it in a waste/trash bin or compost bin. If there is a swallow or more of liquid in your bottle, can or cup, PLEASE dump it out before you recycle. If your pizza box has oil stains on it, throw away the stained parts before recycling. The oil breaks down fibers, negatively impacting sturdiness capabilities for new paper products.

Remember - BOSS YOUR TOSS. Our success lies in all of us tossing correctly. Thank you for your help and commitment in ensuring a clean and "green" recycling stream.

If you have questions or concerns about recycling please email recycling@iastate.edu.

Happy Recycling!
Steve

SAVE THE DATE!

SYMPOSIUM ON SUSTAINABILITY 2023

February 20 - 21 | Memorial Union, Great Hall

SAVE THE DATES for the 2023 Symposium on Sustainability and accompanying Sustainapalooza event. This year's events will be held February 20, 21 and 23 in the Memorial Union. We are excited to welcome Bernardo del Campo on February 20, as this year's opening speaker for the Symposium. An Iowa State University alumnus, Dr. del Campo is founder and CEO of ARTi – Pyrolysis Reactors & Biochar Solutions, focused on the connection of atmospheric carbon sequestration and healthy, productive soils. As an extra bonus, we are also partnering with the College of Engineering, as part of Engineering Week, to welcome keynote speaker Christine Ervin on February 23. Ms. Ervin has served as the first president and CEO for the U.S. Green Building Council and as U.S. Assistant Secretary of Energy.

On February 21, Sustainapalooza 2023: "The Urgency is Now" happens! Sustainapalooza offers multiple opportunities for education, engagement, and empowerment through a wide variety of activities, including a clothing swap, as well as poster, artwork and tabling displays. Additionally, attendees can "create sustainably" at four Green-It-Yourself (GIY) Centers (including Mason jar recipes, "give back" first aid kits, green cleaning and clothing repair and sewing basics). Come to enjoy food and refreshments made from local ingredients, win sustainability-focused prizes, and write a "Challenge for Urgency" postcard as part of the interactive Green Wall!

Interested in a sustainability leadership opportunity? Volunteer at Sustainapalooza! The events team is offering a wide variety of hands-on opportunities, during the event and behind the scenes in event set-up and tear down. EVERY skill level is needed! Fill out this [Signup Genius](#) survey to sign up!

For more information, visit the [Sustainapalooza Facebook event page](#) or email the Live Green! Event Team, Haylie Moore at hxmoore@iastate.edu and Haley Wegener at hwegener@iastate.edu.

STUDENTS LIVING CARDINAL, GOLD AND GREEN

start something
College of Liberal Arts and Sciences

Start Something College of
Liberal Arts and Sciences

Bringing out the innovator in every

Explore Student Sustainability Impact

Cyclone, the Start Something Network provides academic opportunities specifically tailored to students in each of Iowa State University's colleges. This month, the Start Something Program in the College of Liberal Arts and Sciences is celebrated.

NOW YOU KNOW | Looking Back to Move Forward



As we look ahead at new opportunities toward a sustainable future, it is important to reflect back on the champions, leaders and activists that have helped shape and influence the sustainable state of our world. Through ideas and innovations, their efforts emphasize how, through even the smallest of changes in our daily lives, we can collectively provide the sustainability efforts to ensure a sustainable future for present-day living and beyond.

[Read Full Article](#)

LIVE GREEN! MONTHLY CHALLENGE

Charge into the spring semester by challenging yourself to incorporate sustainability into your daily life with this Iowa State-themed board game! Each day embarks on a small step forward toward being more sustainable.



[Take the Monthly Challenge](#)

GREEN ENGAGEMENT OPPORTUNITIES



Boss Your Toss for Zero Waste

ISU is joining hundreds of schools around the U.S. in showing off our recycling skills! During this 8-week competition, January 29 – March 25, ISU will be gathering and submitting weights of recycling and waste collected each week – with the goal of recycling instead of trashing. ISU will be competing in three areas – Total Waste, Computer Waste and Food Waste. PLEASE spread the word and do YOUR part to recycle (properly and whenever possible)! Contact ISU Recycling Coordinator Steve Kohtz at sakohtz@iastate.edu for more information and any questions.

Provide Your Climate Action Insight

Toward finalizing the City of Ames' first Climate Action Plan, all residents (18 and older) are asked to share their perspectives and thoughts specifically related to barriers in achieving their own conservation efforts and reducing their personal carbon footprint. The 10-question survey is available on the [City of Ames website](#). The survey closes on February 6.

Pitch Your Business or Product Idea

This month, Students Living Cardinal, Gold and Green highlights the Start Something program in the College of Liberal Arts and Sciences. The College-by-College Pitch-Off takes place throughout the month of February; students in the College of Liberal Arts and Sciences Pitch-Off is February 21 from 3 - 5 p.m. Students in all colleges will have 90 seconds to pitch their existing business or product or an idea they are working to get off the ground. To learn more about the event and register, visit the [event page on the ISU Pappajohn Center website](#). Students can find the pitch-off date for their college on the [main events page](#).

Submit Your Best Nature Photos

Each year, Story County Conservation puts on a photo contest. Submissions are accepted from February 1 - March 20, and both adult and youth categories are available. To learn more about the contest rules and how to enter, visit the [Story County Conservation website](#). Each photographer may submit up to three digital entries. Photographers do not have to live in Story County to participate.

Monthly Calendar

February 3, 1 p.m. | Ames Public Library

[Celebrate the Combination of Creative Writing and Environment](#)

Join alumni of Iowa State University's Creative Writing and Environment Masters of Fine Arts program in Creative Writing and Environment in sharing their work at the [MFA Home Voices Festival](#) on February 3 from 1 - 4:30 p.m. This event, hosted at the Ames Public Library, will include alumni readings, a panel and light refreshments. Dog Eared Books will be holding a book signing and reception after the event.

February 9, 12 p.m. | Christian Petersen Art Museum: 1017 Morrill Hall

[Sketching on Napkins Take 2 | The Jack Trice Tribute Story: "Breaking Barriers"](#)

Explore the recent sculpture by public artist Ivan Toth Depeña that honors, commemorates and memorializes Trice's campus legacy through artwork. This event is one of many ways Iowa State is honoring Jack Trice's legacy. The exhibit ["Through the Photographic Lens of King Au: Honoring Jack Trice"](#), another aspect of the celebration, will be in the Christian Petersen Art Museum until October 6, 2023.

February 15, 6 p.m. | Room 3560, Memorial Union

[A History of the World in Seven Cheap Things](#)

Learn from Raj Patel as he describes the cost it takes to make the world cheap and safe for capitalism through seven things: nature, money, work, care, food, energy and lives. Patel will describe how these seven things have shaped our world thus far and will continue to do so as we move toward the future.

February 16, 6 p.m. | Great Hall, Memorial Union

[Karagöz Performance of "Forest of the Witch"](#)

Experience traditional Turkish shadow theater through The Forest of the Witch, a modern retelling of an Anatolian shadow play. Ayhan Hulagu is one of only a few artists in the

world that have been trained in the art form. This event is free, and a recording will be available for two weeks on the Lectures website to those with an Iowa State login at <https://www.lectures.iastate.edu/recordings/available-recordings>.

February 19, 2 - 3 p.m. | Brunnier Art Museum, Scheman Building

[Leave it in the Ground: Poems and Drawings](#)

Consider the true cost of oil extraction on North Dakota and the world as you listen to Debra Marquart read from her in-progress book-length poem *Leave it in the Ground*. The poem is a collaboration with Tom Rice, who has created large-scale drawings to bring her words to life. Registration is not required, but can be completed at <https://www.museums.iastate.edu/calendar/leave-ground/>

February 23, 7 p.m. | Great Hall, Memorial Union

[Leveraging Crisis Into Opportunity](#)

Join the 2023 Symposium on Sustainability's keynote speaker Christine Ervin, as she discusses the roles of public, private and nonprofit leaders in fostering green markets and a healthy climate. The lecture will be recorded and available for two weeks on the Lectures website: <https://www.lectures.iastate.edu/recordings/available-recordings>.

Explore All Live Green! Calendar Events

Have a green event, initiative or accomplishment that you would like to have featured?
Share it with us via email at livegreen@iastate.edu.

RECIPES AND GREEN-IT-YOURSELF (GIY)

Challenge yourself toward addressing areas of collective urgency, through personal decisions, with these opportunities supporting environmental and economic sustainability.



[Recycled Notepads](#)

Reuse scrap paper to make your own sustainable notepad - perfect for to-do lists or jotting down ideas.



[DIY Dishwasher Tabs](#)

Save money and minimize your impact on waterways while doing your dishes- add your favorite essential oil to personalize the scent.



[DIY laundry detergent](#)

Reduce plastic waste and unneeded chemicals by making your own laundry detergent with only a few simple ingredients.



Popcorn

Pop out this recipe for DIY popcorn for your next movie night, right in your dorm.



Homemade Ice Cream

Satisfy your sweet tooth - in the perfect amount - through single serving homemade ice cream.



Granola

Create tasty and healthy granola, at a fraction of pre-made cost, for breakfast or a snack between classes.

Find More Recipes and GIYs on the Live Green! Pinterest Page

STAY CONNECTED TO LIVE GREEN!

livegreen.iastate.edu



Live Green! Monthly is a monthly publication from the Office of Sustainability at Iowa State University. Live Green! is Iowa State University's campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our projects and initiatives, our operations and our campus environmentally, economically and socially sustainable.

FEBRUARY 2023 VOLUME 13 ISSUE 4

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LIVE GREEN! MONTHLY



"A drop of water, if it could write out its own history, would explain the universe to us."
Lucy Lacrom

CAMPUS SUSTAINABILITY UPDATES

It's nearly spring, Cyclones!

The time of the year is settling in when all things natural start to awaken and stretch after a winter's respite. A crucial component of the awakening is nourishment – through food and water. Each March, World Water Day is celebrated, with this year's event happening March 22.

The intent of this celebration is not simply a joyful recognition – rather it focuses on the



Merry Rankin

Director of Sustainability

mrain@iastate.edu

urgency in accelerating change to solve the world water and sanitation crisis. The urgency so dire that not only will World Water Day be recognized, it will also kick-off the United Nations 2023 World Conference – the first event in nearly 50 years focused on the urgency surrounding world water. It is coined as a “once-in-a-generation movement for the world to unite around water”. If you think about that for a moment, the reality sinks in deeply.

I understand it is difficult to fathom a water crisis, as the taps run freely and cleanly throughout campus and in our homes, whenever we beckon them – for washing, cooking, cleaning, drinking and watering. However, there is a crisis, and time dwindles daily from being on our side.

The March issue of Live Green! Monthly (and accompanying social media campaign and blog) is focused on water – its history, vitalness, allies and “in our hands” future. We also continue our celebration of innovation and entrepreneurship embraced by ISU’s six colleges and feature the College of Design’s Start Something Program. As always, opportunities for education, engagement and empowerment are featured – with a specific nod to water and making every drop count.

As we embark on spring break, no doubt, many of us are headed to find relaxation and revitalization near water. Water is our salvation in countless ways. I encourage us all to find a moment to pause as we engage with water this month and challenge ourselves in ensuring every drop counts.

Yours in Green-ness,
Merry



Blake Van Der Kamp

Sustainability Director, ISU Student Government
blakevdk@iastate.edu

Hello Iowa Staters!

I hope you had the opportunity to attend this year's George Washington Carver Day and Sustainaplooza events, as well as witness the amazing things individuals are doing to create and recognize the "Urgency is Now!"

The Sustainability Committee is staying busy working to wrap up projects before our Student Government Elections take place this month. One of these projects that I am personally excited about is that Iowa State University Student Government is currently voting on a bill to fund 10 additional solar-powered recycling compactors for our campus. Additionally, we have had numerous students and student organizations discuss that they are interested in applying for the Green Initiatives Fund. If you or someone you know is interested in applying, I recommend you fill out the application as soon as possible (and encourage those you know to do the same).

For more information on the Green Initiatives Fund and to access the application form, visit www.livegreen.iastate.edu/funding/green-initiatives-fund or contact me via my email: blakevdk@iastate.edu!

Finally, we have already begun our search for more individuals to take charge in leading sustainable initiatives at Iowa State University in Student Government. If you or someone you know is interested in getting involved in the student government's sustainability, please reach out to me for more information. Additional details will also be included in the upcoming Live Green! Monthly March and April Newsletters!

In Cardinal, Gold and Green,
Blake



Steven Kohtz

Recycling and Special Events Coordinator
sakohtz@iastate.edu

Happy Spring Cyclones!

As we begin to look to the end of the Semester and plan our Spring Breaks let's consider the 5 R's to think about how we BOSS YOUR TOSS on and off-campus.

Although recycling is often thought of as a single act, it is actually third place (out of five) in the Zero Waste Network's waste hierarchy. To succeed in a journey toward minimal waste, steps one and two have to be a priority.

Step One: reduce. Consider your purchases - is it something you really need to buy, or could you borrow it from someone?

Step Two: reuse. Finding ways to reuse items, instead of throwing them away once their initial use is complete. GREAT EXAMPLE! I have an office mate who created an aquaponic garden in his basement from old plastic coffee cans and lids – and enjoys fresh salad all year!

Step Three: recycling (and composting). Still vital, but as a third option.

Step Four: recovery. Done by the Ames Resource Recovery Plant - combining processed burnable garbage with natural gas to provide electricity for the Ames community. This step offers a final option before landfilling (basically a storage repository), which is step five.

The challenge lies in our hands. Only we decide what happens to the waste that we produce. We can skip the first four steps and send everything to the landfill, or we can BOSS YOUR TOSS for an option that keeps items out of the landfill. As you have a waste decision - pause, remember and choose wisely your options: reduce, reuse, recycle, recovery or repository. Have a great spring break and stay the course - BOSS YOUR TOSS no matter where you are. Be safe, relax - and reduce, reuse, recycle!

Happy Recycling!
Steve

2023 SUSTAINAPALOOZA RECAP



Campus and community members came together on February 21 to triumph and "persistently commit themselves to a sustainable future" at Sustainapalooza 2023: "The Urgency is Now".

[Read Full Article](#)

STUDENTS LIVING CARDINAL, GOLD AND GREEN



Start Something College of Design

Bringing out the innovator in every Cyclone, the Start Something Network goes above and beyond to provide students with endless academic opportunities and experiences in each of Iowa State University's colleges. This month, we commemorate the Start Something Program in the College of Design.

[Explore Student Sustainability Impact](#)

NOW YOU KNOW | A Deeper Sustainable Dive



Now You Know

This month's Now You Know article focuses on not only the issues our waterways face, but the numerous ways that people are working to protect them - nationally and internationally. Explore a variety of initiatives related to water conservation, quality and health in this month's deep dive.

[Read Full Article](#)

LIVE GREEN! MONTHLY CHALLENGE

Our sustainable future is created one person, one action at a time. It is through the uniting of individual efforts that we can make great strides toward a sustainable future! This monthly challenge helps you kickstart your sustainable journey to ensure clean, healthy and accessible water for all.

[Take the Monthly Challenge](#)

GREEN ENGAGEMENT OPPORTUNITIES



Get Your Rec On

Jump into spring with recreation! Iowa State Recreation Services offers a wide range of classes with something for everyone to enjoy. Classes offered include strength, cycling, yoga, barre, pilates, kickboxing, cross training, aqua, cardio, dance, and HIIT classes. Classes go anytime from 6:30 a.m. to 8:20 p.m. every day of the week. To view the spring 2023 fitness class schedule, visit the [Iowa State Recreation Services website](#).

Find Your Summer Job

Pop out to the Ames Parks and Recreation Summer Job Tailgate - showcasing all their summer employment opportunities. The Tailgate Event takes place from 10 a.m. to 2 p.m. on Saturday, March 4 at the Homewood Golf Course Clubhouse. Parks and Recreation Staff will also be available to answer questions about current and summer job opportunities. Visit the [City of Ames website](#) for more information.

Take on a Conservation Fellowship

Seek out an inspiring two-year fellowship opportunity and gain conservation professional development. The RAY Fellowship Program aims to increase and facilitate conservation, energy efficiency, and renewable energy-related career pathways for emerging leaders of color. The program offers a paid fellowship designed to equip recent college graduates with the roles and experiences needed to become leaders in conservation. Visit the [Ray Diversity Fellowship website](#) for more information on the program. Applications for the 2023-2025 Fellowship must be submitted no later than Monday, March 27.

Celebrate Women

Commemorate International Women's Day by honoring the social, economic, cultural, and political achievements of women at a celebratory dinner, March 8, 5-7 p.m. in the Memorial Union Gold Room. This event focuses on bringing women together for a night of learning and reflecting as incredible women leaders from across campus share their insights. To secure your spot, complete the registration link on the [LAS International Student Network: Women's Day Dinner event webpage](#).

Join the Global Celebration

Explore the various cultures present on Iowa State's Campus at the Global Gala held on March 24 at 6 p.m. in the Great Hall of the Memorial Union. The gala student organizations to showcase their cultural heritage through dance, music and fashion to promote diversity and celebrate cultures across campus. For more information, visit the [Iowa State Memorial Union Calendar website](#).

March 7, 6:30-8:30 p.m. | Farwell T. Brown Auditorium, Ames Public Library

[Community Conversations About Mental Health](#)

Explore the connections between substance abuse and its impact on mental health, hosted by the Ames Community School District, the City of Ames and Iowa State University Student Wellness. Personal stories will be shared along with presentations from representatives from the Ames Community in a panel discussion followed by a question-answer session. For more information, visit the [Ames Public Library Calendar of Events](#).

March 18, 9-11 a.m. | Reiman Gardens

[Reiman Gardens Gardening Class](#)

Develop and enhance your gardening skills as Jessie Liebenguth, Production and Glasshouse Horticulturist, discusses early garden prep and offers hands-on guidance for plant propagation. Attendees will also receive access to Director Ed Lyon's recorded lecture on Basic Soil Science and Sustainability. Tickets for ISU students are \$17, members \$20 and \$27 for the general public. For more information and to buy tickets, visit the [Reiman Gardens Upcoming Events & Education webpage](#).

March 19, 2-4 p.m. | Farwell T. Brown Auditorium, Ames Public Library

[Ames Reads Leopold](#)

Join guest speakers and explore the conservation and land ethic writings of Aldo Leopold. Readers will share essays from Leopold's most famous work, *A Sand County Almanac*, along with essays from other like-minded writers. For more information on the event, visit the [Story County Events Calendar](#).

March 22, 7 p.m. | Sun Room, Memorial Union

[The Nutmeg's Curse: Parables for a Planet in Crisis](#)

Explore the powerful work of history, essay, testimony, and polemic, as award-winning author, environmentalist, and climate advocate Amitav Ghosh reads and discusses *The Nutmeg's Curse* and offers further insight on the environmental crisis. For more information, visit the [Iowa State University Lecture Series website](#).

March 27, 8 p.m. | Great Hall, Memorial Union

[Women in Innovation Keynote](#)

Triumph with Allyson Felix, an 11-time Olympic medalist, mom and business owner, as she shares her stories of adversity through her extended question-and-answer discussion. Felix will also participate in a limited meet and greet with photos immediately following the lecture in the Great Hall. For more information, visit the [Iowa State University Lecture Series website](#).

Explore All Live Green! Calendar Events

Have a green event, initiative or accomplishment that you would like to have featured?
Share it with us via email at livegreen@iastate.edu.

RECIPES AND GREEN-IT-YOURSELF (GIY)

Fuel your spring season with these rejuvenating and nourishing recipes and GIYs - all focused on staying hydrated and ensuring clean, safe and healthy water!



Waterway-Friendly Soaps

Protect clean waterways, one bar at a time, with these versatile soap recipes.



Habitat-Friendly Cleaning

Create these simple and effective homemade cleaning solutions that also ensure safe and healthy habitats - air, water and earth.



Nutrifying Plant Foods

Replenish houseplant soil nutrients with these easy, inexpensive and sustainable fuel source options.



Broth-Based Soups

Nourish yourself with these homemade broth soup recipes - a satisfying yet flavorful way to stay hydrated and sustained.



Rosemary Infused Water

Hydrate yourself with this rejuvenating beverage option perfect for a post-workout or afternoon revitalization.



Homemade Applesauce

Satisfy your sweet tooth, fuel and hydrate, with this tasty and healthy homemade snack (or dessert) option.

Find More Recipes and GIYs on the Live Green! Pinterest Page

STAY CONNECTED TO LIVE GREEN!

livegreen.iastate.edu



Live Green! Monthly is a monthly publication from the Office of Sustainability at Iowa State University. Live Green! is Iowa State University's campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our projects and initiatives, our operations and our campus environmentally, economically and socially sustainable.



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LIVE GREEN! MONTHLY

APRIL 2023



"YOUR MIND HAS THE INTELLECT TO LIFT THE WORLD, YOUR HEART HAS THE WISDOM TO BETTER THE WORLD, AND YOUR SOUL HAS THE GENIUS TO ELEVATE THE WORLD."
- MATSHONA DHILWAYO



APRIL 2023 VOLUME 13 ISSUE 6

CAMPUS SUSTAINABILITY UPDATES

Welcome to Earth Month, Cyclones!

Earth Month is upon us and April 22, will mark the 53rd celebration of Earth Day.

I was only in single digits for the first Earth Day in 1970, and completely unaware of the monumental event taking place that would have such significance for me 53 years later. While



Merry Rankin

Director of Sustainability

mrarkin@iastate.edu

not at that first occasion, I have listened to the words of Senator Gaylord Nelson, who was there, often. If you have read this month's [Live Green! Blog – Earth Day Every Day](#), you would know Senator Nelson's significance to this now international holiday. If you have not had a chance yet, I highly recommend it.

His words on that first Earth Day in 1970 still resonate profoundly in 2023.

"Our goal is not just an environment of clean air and water and scenic beauty. The objective is an environment of decency, quality and mutual respect for all other human beings and all other living creatures."

Each year, at this time, I take time to reflect on the pathway the world has traveled, and I have traveled myself – and account the challenges and victories. The challenges certainly abound, shift, intensify and continue to stare directly into our eyes and hearts. However, what always gives me grounding are the victories. When I really take a moment to focus, they too abound.

This month's issue of Live Green! Monthly celebrates the pathway that nurtures and ensures these victories. With the theme "Make Your Green Mark," April's newsletter highlights resources, connections, initiatives and opportunities (on and off-campus) allowing each of us to meet the challenge of which Senator Gaylord spoke. We also continue our celebration of innovation and entrepreneurship embraced by ISU's six colleges and feature the Ivy College of Business' Start Something Program.

Fifty-three years later, our urgency toward a sustainable future continues – as does our creativity and agility toward a future that is resilient. It is so easy to fixate on the journey ahead and overlook that impressive pathway already traveled. This Earth Month, take a moment to be reminded of the victories of the past year. No doubt there are still mountains ahead. For now, celebrate those summited.

Yours in Green-ness,
Merry



Blake Van Der Kamp

Sustainability Director, ISU Student Government
blakevdk@iastate.edu

Happy April, Everyone!

It's Earth Month! It's spring! Sustainability opportunities abound!

I am excited to announce that the 2023-2024 Student Government President-elect, Emily Roberts, and Vice President-elect, Jennifer Holiday, are beginning to fill next year's Executive Cabinet. They want YOU!!

For more information on open positions within the executive branch of Student Government, visit the Iowa State University Student Government Executive Branch website. Among the open Cabinet positions is the Director of Sustainability, that I personally (and highly) recommend. Applications can be completed online, for all the positions. Click on the "Apply" link on Iowa State University Student Government Executive Branch website. If you have any questions or challenges in applying, please don't hesitate to reach out to Emily Roberts, 2022-2023 Student Government Chief of Staff, at robe2007@iastate.edu.

You are also very welcome to contact me for any questions about the Sustainability Director position or being involved with the Student Government Sustainability Committee as an At-Large or Senator for the 2023-2024 academic year. Please reach out to me via email, blakevdk@iastate.edu.

Lastly, SAVE THE DATE for the



Steven Kohtz

Recycling and Special Events Coordinator
sakohtz@iastate.edu

Happy Earth Month, Cyclones!

As we begin a month of recognizing the resources and life-sustaining opportunities the earth provides us, what a good time to look at how we impact the earth's sustainability. This month I am suggesting that you take time to do a personal waste audit. Look at what goes into your waste stream (the zipper baggies, the chip bags and candy wrappers, the soda cans and single-use plastic items), make note and contemplate what could be recycled, reused, or refused (did you really need it in the first place?).

A personal waste audit also offers the opportunity to recognize all the items we use out of convenience, like a plastic fork at a picnic or gathering. Even for something that seems SO tiny and insignificant, it is estimated to take about 200 years to photodegrade (according to Rob Wreglesworth; Innovate-eco.com). We use the fork for 10 minutes; but it is in the landfill for over six generations!! Hardly seems convenient at all, does it?

Three generations back, your parents' grandparents lived through one of the most difficult times in American history, The Great Depression. During that time, Americans were challenged to use everything they had, repeatedly. I have been told by that generation, how children, they were given the task of unraveling old sweaters, no longer suitable for clothing, into yarn to be made

upcoming Earth Day Celebration on April 18. For more information, check out the calendar event page and the “sneak peek” in this month’s Live Green! Monthly newsletter.

It’s been a great year, of Cardinal, Gold and Green!
Blake



into a new sweater. I remember vividly watching my grandmother not letting one whipped topping container, glass jar or plastic zipper bag be thrown away – they were much too useful. How alarmed she would be now.

Remember, our goals at ISU... not to fill the garbage repository (landfill), but “boss our toss” and choose a more sustainable pathway for our waste. Even though my title is Recycling Coordinator, I hope recycling is actually everyone’s third choice when you “Boss Your Toss”. 1. Reduce, 2. Reuse, 3. Recycle. Being the best boss we can be, is a journey of small, but vital, steps. Let’s make our grandmas (and our greats) proud! We got this, Cyclones!

Happy Recycling!
Steve

EARTH DAY CELEBRATION

Tuesday, April 18, 2023 | 10:00 a.m. - 2:00 p.m. | Parks Library, South Library Lawn



Join us in celebrating Earth Day with Iowa State University and the greater Ames community! The theme of this year’s event, “The Urgency is NOW! The Opportunity is NOW!” reminds us of the importance of taking sustainable actions today to ensure a healthy, just and equitable future for all. The theme also focuses on educating and engaging attendees about how they can take advantage of opportunities to explore, practice and further sustainability in their communities and beyond.

ISU’s Earth Day celebration offers opportunities to “create sustainably”, win various sustainability-themed prizes and network with campus and community organizations whose missions, goals and initiatives are dedicated to achieving environmental, social, and economic sustainability. Attendees can receive a free bike tune-up from ISU Recreation Services, listen to tunes from KURE 88.5 FM, and enjoy free refreshments from ISU Dining and Insomnia Cookies!

Interested in a sustainability leadership opportunity? Volunteer at Earth Day! A variety of tasks and assignments are available for any student, faculty or staff, and we would love to have you join us! Complete the [Google Form](#) survey to sign up!

For more information, visit the [Earth Day Facebook event page](#), the [Office of Sustainability's Earth Day webpage](#) or email the Live Green! Event Team, Haylie Moore at hxmoore@iastate.edu and Haley Wegener at hwegener@iastate.edu. Looking forward to seeing you on the 18th!

[Visit the Event Page](#)

STUDENTS LIVING CARDINAL, GOLD AND GREEN

Start Something Ivy College of Business

Bringing out the innovator in every Cyclone, the Start Something Network provides academic opportunities specifically tailored to students in each of Iowa State University's colleges. This month, the Start Something Program in the Ivy College of Business is celebrated.

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[Explore Student Sustainability Impact](#)

NOW YOU KNOW | A Deeper Sustainable Dive

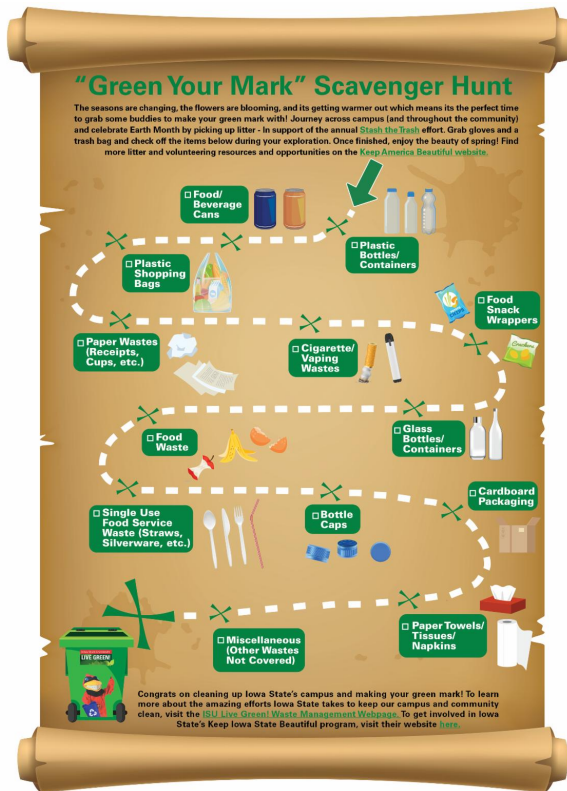


Making Your Green Mark - Earth Day, Every Day

This month's Now You Know article empowers readers to make their own green mark on this 53rd anniversary of Earth Day. There are a variety of ways to contribute to a positive future for those that share our planet, through participating in events, connecting to initiatives and committing to sustainable actions at work, home and in everyday life.

[Read Full Article](#)

LIVE GREEN! MONTHLY CHALLENGE



The seasons are changing, the flowers are blooming, and it's getting warmer out which means it's the perfect time to grab some buddies and make a green mark! Journey across campus (and throughout the community) to celebrate Earth Month by picking up litter and supporting of the annual Stash the Trash effort.

Grab gloves and a trash bag and check off the scavenger hunt items during your trek. Once finished, enjoy the beauty of spring!

Take the Monthly Challenge

2023 Earth Month Calendar of Events

In celebration of Earth Month 2023, the Office of Sustainability has compiled a number of opportunities to be sustainably engaged (environmentally, economically and socially) in the Ames community and beyond during the entire month of April. Something for everyone!

2023 Live Green! Earth Month Calendar of Events



Explore Earth Month Opportunities



Embrace Your (Inner) Maker

Throughout the month of April, the Student Innovation Center is hosting a variety of [Making 101](#) workshops that will teach students how to make the most of the resources and tools available. Workshops include Embroidery 101, VR Demo, 3D Printing 101 and so many more! The workshops are free for all students, but registration is required. To learn more about when the workshops take place, as well as how to sign up, visit the Student Innovation Center [Making 101 webpage](#).

Add Some Green to Your Financial Aid Package

Two opportunities for students (undergraduates through PhD candidates!) interested in recycling and compost to increase their economic sustainability. Students with a research focus on composting can apply for the Compost Research College Scholarship - offering funding toward tuition and an invitation to present at a US Composting Council Annual Conference, with travel expenses included. To learn more and access the application (due April 15), visit the [Compost Research & Education Foundation scholarship page](#). Undergraduate students with an academic interest in environmental action (with focus on waste reduction and recycling) can apply for a scholarship to assist in funding their degree! The Iowa Recycling Association scholarship application is due May 31. Visit the [Iowa Recycling Association Diane Albertson Memorial Scholarship webpage](#) for more information and to apply.

Take a Water Quality Tour

Ames community members are invited to tour the recently renovated, high-performing water treatment plant, located at 56797 280th Street, on April 22 from 10 a.m. - 2 p.m. At the open house, there will be opportunities to learn about how the plant operates and how it is supporting [Iowa's Nutrient Reduction Strategy](#). There will also be several groups and organizations tabling at the event with opportunities to learn about their missions and how to get involved. Visit the [City of Ames Calendar Event webpage](#) for more information.

Repair Your Usables

Stop by the Ames Public Library, on April 22, from 10 a.m. - 2 p.m., for the third Ames Repair Cafe. Bring your button-missing shirts, tangled necklaces, unworking appliances and other unusable usable items for repair, while also empowering yourself with basic maintenance skills - at no cost. The event will also feature free flower and vegetable seeds provided by Iowa State University Extension and Outreach – Story County and native tree seedlings from the City of Ames - while they last. To learn more, visit the [event page on the Ames Public Library website](#). Volunteers are also needed to support this event. To learn more and sign up to volunteer, contact Vikram at amesrepaircafe@gmail.com.

Spring Clean for the Community

Choose an area of Ames to beautify through litter pick-up as part of the annual Stash the

Trash event dedicated to creating a greener, cleaner community! Beginning April 17, clean-up supplies (bags and gloves) will be available for pick-up from the Ames Community Center at City Hall or at the Resource Recovery Plant at 420 E. 2nd Street. Individuals, families and groups can choose a time to pick-up trash, at your convenience, the week before and the week after April 29. To learn more, including litter disposal options, visit the [Iowa State University Calendar Event page](#).

Monthly Calendar

April 2, 2 - 4 p.m. | Brunnier Art Museum, Scheman Building

[Composition and Production of Glass Through the Ages](#)

Discover how glass making has evolved throughout history, including the chemicals and methods that are used today to enhance the properties of glass for use in art and other sectors. The presentation will conclude with an explanation of the newest ways that glass is being used to improve battery function for digital devices, and there will be a reception following the event. More information is available on the [Iowa State University Events Calendar webpage](#).

April 6, 5:30 p.m. | 3580 Memorial Union

[Mini-Forest Revolution: Using the Miyawaki Method to Rapidly Rewild Our Communities](#)

Join Hannah Lewis as she discusses her book about the Miyawaki Method, a unique approach to reforestation devised by Japanese botanist Akira Miyawaki. Underutilized areas like empty lots, backyards and degraded land can be transformed into mini forests, bolstering biodiversity and addressing the climate crisis. Learn more on the [Iowa State University Lecture Series website](#).

April 18, 6 p.m. | Sun Room, Memorial Union

[Leveling the Playing Field in Digital Clinical Trials](#)

Learn more about the work of Dr. Ed Ramos, focused on public health, understanding biological processes and investigating what contributes to differences observed at the social level. This lecture will discuss the importance of meeting clinical trial participants where they are in to address diversity, equity, and inclusion in clinical trials and clinical research. Find more information on the [Iowa State University Lecture Series website](#).

April 22, 9 a.m. - 2 p.m. | KHOI-FM Community Radio at 89.1

[Earth Day on the Airwaves](#)

Tune in to the third annual “Earth Day on the Airwaves” broadcast, a collaboration between the City of Ames and KHOI Community Radio. The program features campus and community voices representing commitment to sustainability projects and initiatives happening in and around the community and encompassing environmental, economic and social sustainability. Listeners can join by tuning into KHOI-FM Community Radio at 89.1 FM or through livestream. For more information visit www.KHOIFM.org.

April 27, 5 - 8 p.m. | Downtown Ames

[Music Walk](#)

Ring in the spring season with a melodic stroll. This free, family-friendly event showcases local musicians as well as businesses in Downtown Ames. View a list of businesses and musicians and learn more on the [Ames Downtown event webpage](#).

Explore All Live Green! Calendar Events

Have a green event, initiative or accomplishment that you would like to have featured?
Share it with us via email at livegreen@iastate.edu.

RECIPES AND GREEN-IT-YOURSELF (GIY)

Leaving a “greener” mark applies to all of life’s decisions and opportunities. Use this month’s GIYs and recipes to kick-start making your green mark in your everyday routine, for Earth Day and every day!



Seed Sphere

Rewild unused spaces with native seeds- perfect for the upcoming spring!



DIY Swiffer Cover

Save the planet and your money by upcycling old towels into a cover for your Swiffer cleaner!



Upcycled T-Shirt Napkins

"Green up" too-small or too-worn t-shirts into reusable, durable napkins!



Healthy Cold Lunches

Reduce food waste and tempt your tastebuds by layering original and healthy cold lunches ideas.



Mac and Cheese Bar

Share a classic comfort food and add a creative twist of fun, unique toppings!



Power Bowls

Customize these protein-filled power bowls to fuel yourself for your busiest "end of the semester" days!

Find More Recipes and GIYs on the Live Green! Pinterest Page

STAY CONNECTED TO LIVE GREEN!

livegreen.iastate.edu



Live Green! Monthly is a monthly publication from the Office of Sustainability at Iowa State University. Live Green! is Iowa State University's campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our projects and initiatives, our operations and our campus environmentally, economically and socially sustainable.



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LIVE GREEN! MONTHLY

MAY 2023



*"Every day is a good day.
There is something to learn, care and celebrate."
- Amit Ray*

MAY 2023 VOLUME 13 ISSUE 7

Live Green! Monthly is a monthly publication from the Office of Sustainability at Iowa State University. Live Green! is Iowa State University's campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our projects and initiatives, our operations and our campus environmentally, economically and socially sustainable.

CAMPUS SUSTAINABILITY UPDATES

Kudos to you, Cyclones!

The 2022-2023 academic year is wrapping up and what a brilliant green bow we can put around it!



Merry Rankin

Director of Sustainability
mrarkin@iastate.edu

Such an impressive year of sustainability dedication, creativity and innovation (environmentally, economically and socially) to reflect on. What fun featuring each of ISU's colleges' Start Something Programs in Live Green! Monthly - such unique application and implementation through entrepreneurial student vision. What exhilaration to engage with the campus community through three campus wide sustainability events – Campus Sustainability Month, Sustainapalooza and Earth Day, and monthly sustainability-focused social media campaigns. What an honor to feature the collective commitment toward a sustainable future by students, faculty and staff through ISU's receipt of a 4th consecutive international gold STARS certification for sustainability among colleges and universities.

This last issue of Live Green! Monthly, for the 2022-2023 academic year, takes dedicated time for celebration and commemoration. We finish the year's spotlight on each college's committed focus and accomplishment through their unique Start Something Programs by featuring the College of Veterinary Medicine. A culmination of sustainability highlights by students, faculty and staff is also celebrated in the Semester Highlights feature article. Finally, with summer adventures JUST around the corner, this month's newsletter offers events, opportunities, recipes, GIY (Green-It-Yourself) projects and all sorts of tips, ideas and resources to ensure a great, GREEN summer!

Just a reminder!! If you are graduating or taking on a new adventure beyond Iowa State for the 2023-2024 academic year and would still like to stay connected to all things sustainable at ISU, make sure to send your name and an updated email address to livegreen@iastate.edu.

As with each year in our ongoing journey toward a sustainable future, this year was only made possible by all of you! Each of you ensured a "piece of the fabric" of the green bow adorning a year well-accomplished. This year's bow, certainly does not signify the last bow to tie or even the next to last. Sustainability is an ongoing journey – never really leading to a final destination, but certainly populated by scenic views, surmounted challenges, monumental milestones and unbridled pride. Opportunities definitely deserving of a bow. Before you venture into summer, steal a moment to embrace each and every piece of our bow you made possible this year!

May your summer be the perfect amount of fun, challenge and awe-inspiration! See you in the fall!

Yours in Green-ness,



Blake Van Der Kamp

Sustainability Director, ISU Student Government
blakevdk@iastate.edu

Hello Iowa Staters!

We have officially reached the end of the semester, and we've done a lot along the way!

The Student Government Sustainability Committee has assisted in funding over \$53,000 for Solar Trash Compactors on campus and provided over \$10,000 through the Green Initiative Fund to various projects. We've tabled with the Office of Sustainability, represented Student Government at the Inaugural George Washington Carver Day Celebration, and so much more.

As Director of Sustainability, it has been a privilege to have gotten to serve the Student Government and Student Body this past year. However, the best part of my role is passing my torch on to the next Director of Sustainability, Olivia Miller, who will continue promoting economic, environmental, and social sustainability on Iowa State University's campus.

Finally, I encourage all individuals to apply to join the Student Government's Sustainability Committee and apply for the Green Initiatives Fund for your sustainable projects with our new, simpler application coming in the fall!

For the final time in Cardinal, Gold, & Green,



Steven Kohtz

Recycling and Special Events Coordinator
sakohtz@iastate.edu

Congratulations Cyclones!

You made it through the year; a short eight months which flew by in record time.

In May we find ourselves at commencement. In college, commencement often feels like the end of school; but in reality (and by definition) it is the beginning of new possibilities. As you venture off to new experiences whether they be for the summer or for a new career path, I hope the commencement of recycling will follow with you.

Remember as you relocate back home, off to an internship, over to study abroad, or on your own as a resident in a new community, check your local municipalities rules, regulations and opportunities for recycling. While at Iowa State we single stream, some communities may ask you to divide up your recycling, singling out glass, metal, plastics and paper. Some communities may not recycle plastics, others may not recycle at all. Find out what your new location does and "Boss Your Toss" accordingly.

Remember recycling and diversion are vital in keeping re-purposeful items out of the landfill. As you jump into your summer adventures, no matter your location, seek

Blake



Hi everyone!

My name is Olivia Miller, and I am so excited to be the new Director of Sustainability for the Iowa State Student Government. I am also currently a sophomore double majoring in Environmental Science and Animal Ecology. I look forward to meeting different people in my new role so we can all work together to make Iowa State a more sustainable place.

Good luck on finals and be sure to apply to join the Sustainability Committee next semester!

Olivia

out every opportunity to implement the three steps to effectively “Boss Your Toss”: Reduce - swap or borrow instead of purchasing new. Reuse - what you might consider waste with new ideas and options. (Pinterest has many ideas and there are a large variety of creative thought out there on reusing the simplest of items.) Recycle – learn what can be recycled (and how) in your location and take full advantage. Best practices matter everywhere and to everyone!

Cheers to commencing your recycling efforts!

Steve, the Recycling Guy



EARTH DAY RECAP



ISU celebrated the 53rd anniversary of Earth Day with the theme of, “The Opportunity is NOW! The Urgency is NOW!” This year, more than 400 students, faculty and staff members of the ISU’s Earth Day Celebration, for a morning and afternoon of interacting with, and learning from, over campus and community tabling organizations!

[Read the Earth Day Celebration Blog](#)

STUDENTS LIVING CARDINAL, GOLD AND GREEN



Bringing out the innovator in every Cyclone, the Start Something Network provides academic opportunities specifically tailored to students in each of Iowa State University's colleges. This month, the Start Something Program in the College of Veterinary Medicine is celebrated.

[Explore Student Sustainability Impact](#)

NOW YOU KNOW | A Deeper Sustainable Dive

Having a Sustainably-Filled Summer



As the school year comes to an end, ISU students, faculty and staff owe themselves the opportunity to reflect on all of the hard work they have achieved throughout the school year, including all of the sustainability tips and tricks learned along the way! This month's Now You Know article is all about how to celebrate and enjoy all of the summer fun while still living a sustainable lifestyle!

[Read Full Article](#)

SEMESTER SUSTAINABILITY HIGHLIGHTS



So much innovation and impact has happened this semester at Iowa State; students, faculty and staff around campus dedicated their time, knowledge and energy to countless projects that enhanced our campus and the wider community. Join us in commemorating a few of the many impressive and noteworthy achievements campus saw this spring!

[See All Green News](#)

LIVE GREEN! MONTHLY CHALLENGE

Our sustainable future is created one person, one action at a time. It is through the uniting of individual efforts that we can make great strides toward a sustainable society! This monthly challenge allows you start your sustainable journey wherever you are and work toward building connections in your community.



Take the Monthly Challenge

GREEN ENGAGEMENT OPPORTUNITIES



Apply to "Green Iowa"

Spend your summer making a sustainable difference at sites around the state with Green Iowa AmeriCorps this summer! During your three-month service term, you will focus on one of three branches: Energy & Community, Land & Water Stewards or Sustainable Schools. Service members will receive a monthly living stipend and, upon successful completion of their term, a Segal Education Award. To learn more about the host sites and position duties, visit the ["Open Positions" page](#) on the [Green Iowa AmeriCorps website](#).

Partake in Gardening Volunteerism

Sign up to assist Reiman Gardens horticulture staff and regular volunteers in the massive undertaking of [spring & summer gardening](#). From May 15-19, volunteers are needed to remove spring bulbs from gardening beds and May 22-26, to transplant summer annuals into gardening beds. No prior gardening experience needed! All tools and instructions will be provided. For more information and to register to volunteer visit the [Reiman](#)

[Gardens event webpage.](#)

Bike Ames

Join Ames Mayor John Haila and members of the Ames City Council for a [family-friendly bike ride](#) around Ames. The ride begins and ends at Ames City Hall, starting at 9 a.m. on Saturday, May 20, in the west parking lot. Bicyclists of all ages and experience levels are welcome to join the ride. The event is free and no pre-registration is required. More information is available on the [City of Ames calendar of events webpage](#).

Intern at the Gardens

Apply to become a [Reiman Gardens Event Management Intern](#) for the 2023 fall semester. Interns will assist with the creation and implementation of special events and rentals at Reiman Gardens throughout the fall and winter including Spirits in the Gardens and Winter Wonderscape. The part-time position (12-20 hours/week) starts on August 21, 2023, and runs through the end of December. Visit the [Reiman Gardens Event Management Intern webpage](#) for additional information and application instructions.

Stroll on the Prairie

Join Dr. Thomas Rosburg for an [Evening Walk on the Prairie](#) on the largest prairie remnant in Story County. During exploration, see rare and common prairie flora and learn about the history and ecology of central Iowa prairies. The evening walk is on Tuesday, May 16 at 4 p.m. For more information and to register, visit the [Story County County Parks website](#).

Monthly Calendar

MAY

May 7, 11 a.m. | Downtown Fareway parking lot

[Beautiful Land Market](#)

Connect with 50 unique local vendors to refresh your home with handmade and curated one-of-a-kind goods. The Beautiful Land Market will feature local food trucks, live music and a diversity of crafters and artisans. Watch for more market dates throughout the summer. Learn more on the [discoverames.com events calendar](#).

May 9-12, various times | Art Gallery, Memorial Union

[Art Mart Spring Sale](#)

Support talented ISU local artists, makers, and crafters at the Memorial Union's Spring Art Mart. Offering something for everyone - including pottery, blown glass, jewelry, accessories and prints. Giving back to the community through beautifully unique art. Find more information on the [Iowa State University calendar event page](#).

May 12-14, various times | Reiman Gardens

[Plant Sale Extravaganza](#)

Shop for all of your indoor and outdoor plant needs, including perennials for sun and shade, herbs and vegetables, woody plants including trees & shrubs, succulents, hanging baskets and SO much more! Early access, for members only, on Friday, May 12, 3 - 7 p.m. and public sales on Saturday, May 13, 9 a.m. - 6 p.m. and Sunday, May 14, 10 a.m. - 3 p.m. Sales benefit student and community organization growers. Additional details can be found on the [Reiman Gardens Event Calendar webpage](#).

May 14, 10 a.m. | Reiman Gardens

[Celebrate Mother's Day at Reiman Gardens](#)

Commemorate Mother's Day at Reiman Gardens and enjoy free admission for all mothers. Discover butterflies around the globe at the Christina Reiman Butterfly Wing and explore the tropical Hughes Conservatory and the beautiful Glass in Flight exhibit throughout the Gardens. Mark the date for Father's Day too, and treat Dad to a free day at the Gardens on June 18. Learn more on the [Reiman Gardens Event Calendar webpage](#).

May 6, 8 a.m. | Main Street

[Ames Main Street Farmers Market](#)

Celebrate the beginning of summer as the Ames Farmers Market kicks off their 13th

annual community event - Saturdays through October 23. The market provides a plethora of local growers and producers offering seasonal fresh fruit, vegetables, cheeses, crafts, meats, fresh flowers and plants, and so much more. The market also provides local entertainment and free children's activities each week. In addition to the Ames Main Street Farmers Market, the North Grand Farmers Market also takes place year-round with a storefront in North Grand Mall. Keep updated on each market on the [Ames Main Street Farmers Market](#) website and the [Ames North Grand Mall Farmers Market](#) website.

SUMMER

April 15-October 8, various times | Reiman Gardens

Art Exhibit: Glass in Flight

Spend time connecting with nature and in intentional reflection as you stroll through the newest Reiman Gardens exhibit: Glass in Flight! Sculptures of beneficial insects and pollinators made from steel and dalle de verre glass highlight the life-sustaining connections between light and plants, insects, the environment and humans. To learn more about the exhibit and dalle de verre glass, visit the [Exhibition webpage](#) on the Reiman Gardens website.

June 3-5 | Your Favorite Iowa Fishing Location

DNR Free Fishing Weekend

Try out fishing without buying a fishing license during Free Fishing Weekend! A great opportunity to learn about and experience fishing or inviting someone to fish with you and get them "hooked". A list of stocked lakes and ponds can be found on the [Iowa DNR website](#).

June 9, 10 a.m. | Reiman Gardens

Teacher Appreciation Day

Appreciate teachers at Reiman Gardens during Teacher Appreciation Day. Free admission applies to all current local school district employees. Gardens visitors can also show their appreciation for teachers, schools and students by bringing school supplies and backpack donations. For more information, visit the [Reiman Gardens Calendar of Events](#).

June 24, 10 a.m. | ISU Forker Building parking lot

College Creek Cleanup

Commemorate National Rivers Month with Live Green! and Keep Iowa State Beautiful at the 14th annual College Creek Cleanup event! Volunteers will walk through designated sections of the creek and along the banks and pick up trash. Volunteers are welcome to come as their schedules allow. For more information about the event, and to register, visit the [Iowa State Events Calendar webpage](#).

June 25, activities starting at 7:30 a.m. | Ada Hayden Park

Ames Triathlon

Join swim, bike and run enthusiasts at Ada Hayden Park for the Ames Triathlon. Offering an opportunity for all abilities. The Ames Triathlon is sanctioned by USA Triathlon, chip timed, para triathlon friendly and a member of the Heart of America Triathlon Series. Visit the [Ames Triathlon website](#) for more information about opportunities to participate - as an athlete or volunteer.

June 30, 1 p.m. | Reiman Gardens

Native Bees Talk & Tour

Learn about the 300 species of native bees living in Iowa, nesting in places like plants, wood and the ground under our feet. Reiman Gardens Entomology staff will provide a short program on native bees and then lead a walk through the gardens to look for some onsite locations. The event is \$15 for members, \$20 for the general public, and \$12.75 for ISU students. Find more information on the [Reiman Gardens Event Calendar](#).

July 4, 11 a.m. | Ames Downtown

4th of July Parade

Enjoy celebrating the 4th of July holiday at the annual community parade event. Featuring a diversity of groups, organizations and initiatives that make Ames a great place to live, work and play. More information is available on the [City of Ames Events Calendar webpage](#).

July 8, activities starting at 2 p.m. | Ames

Midnight Madness

Take part in a 51-year tradition noted as "...the best way to celebrate Iowa running on an often hot, humid night in the comfortable confines of Ames and Iowa State". Including an afternoon and evening of activities, the event features 5K and 10K races, a kid's fun run and a post-race food and music celebration. Visit amesmidnightmadness.org for more information and to register.

July 28-August 5, various times | Intermodal Parking Facility, Ames

Rummage RAMPage

Rehome your gently used furniture and household items, or furnish your new apartment, at the annual Rummage RAMPage event hosted by the City of Ames and ISU Office of Sustainability! All proceeds benefit the non-profit volunteer groups that help the event run smoothly. To find exact event hours, learn what groups are volunteering and review what can or cannot be donated, visit the [Rummage RAMPage webpage on the City of Ames website.](#)

July 6-9, various times | Farwell T. Brown Auditorium, Ames

Ames Public Library Book Sale

Visit the Ames Public Library and shop thousands of used books, movies, music and more during this four-day event. Presented by the Ames Public Library Friends Foundation. Proceeds from the sale are used to enhance Library programs and services. For event times and details, visit the [Ames Public Library Calendar Event webpage.](#)

Explore All Live Green! Calendar Events

Have a green event, initiative or accomplishment that you would like to have featured?
Share it with us via email at livegreen@iastate.edu.

RECIPES AND GREEN-IT-YOURSELF (GIY)

Summer brings the perfect opportunity to commemorate our sustainable accomplishments in living green during the school year, and offers summer opportunities to think creatively and act sustainably - especially for gatherings and celebrations.



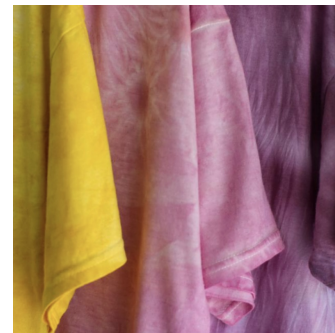
DIY Biodegradable Confetti

Repurpose summer's dropped leaves and blossoms and create beautiful biodegradable confetti for your celebrations.



DIY Seed Paper Cards

Upcycle shredded paper and add wildflower seeds to create a one-of-a-kind thank you note and sustainably commemorate your friends and classmates.



Eco-Friendly Tie Dying

Naturally refresh your clothing with eco-friendly tie-dye options and create your new statement pieces.



[Cheesy Zucchini Breadsticks](#)

Rethink vegetables past their prime with this twist on a staple appetizer - featuring zucchini.



[Apple Peel & Core Tea](#)

Add this hydrating and refreshing tea to your summer drink menu - featuring apple cores and peels.



[Overripe Banana Ice Cream](#)

Satisfy your sweet tooth and say NO to food waste by using overripe bananas for the perfect summer treat.

Find More Recipes and GIYs on the Live Green! Pinterest Page

STAY CONNECTED TO LIVE GREEN!

livegreen.iastate.edu



Live Green! Monthly is a monthly publication from the Office of Sustainability at Iowa State University. Live Green! is Iowa State University's campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our projects and initiatives, our operations and our campus environmentally, economically and socially sustainable.

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