

# 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*  
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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](mailto: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*  
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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 14<sup>th</sup> 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

Powered by

**INNOVATE** at  
Iowa  
State

## 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



### DURABILITY



### LOCAL



### LOW IMPACT



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](mailto: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](http://livegreen.iastate.edu)



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