IOWA STATE UNIVERSITY

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
mrankin@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 months 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.

Monthly Calendar

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.

Iowa State University Facilities Planning and Management | 108 General Services Building, 700 Wallace Road, Ames, IA 50011

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