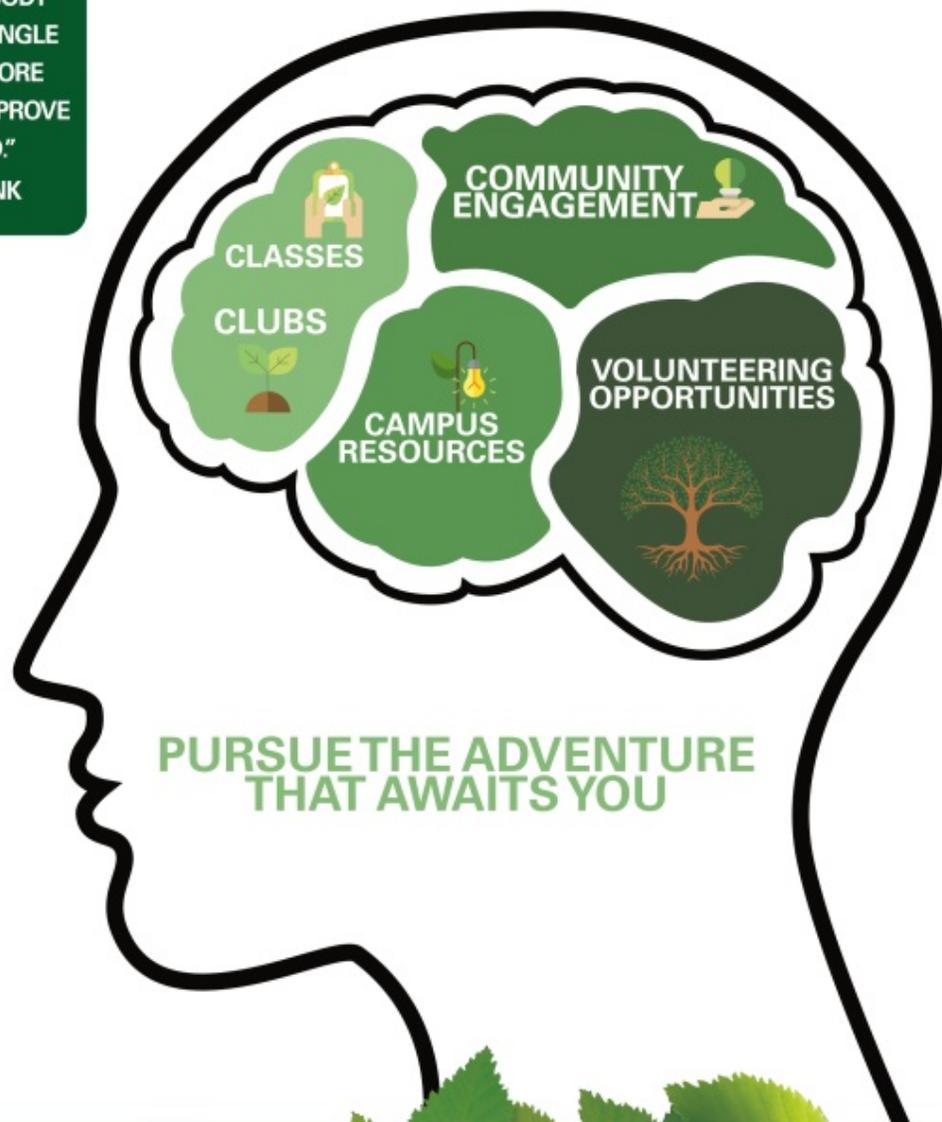


LIVE GREEN! MONTHLY

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



PURSUE THE ADVENTURE
THAT AWAITS YOU

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
mrankin@iastate.edu

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
sakohtz@iastate.edu

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](#)

ideas and feedback –
blakevdk@iastate.edu.

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

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

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

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

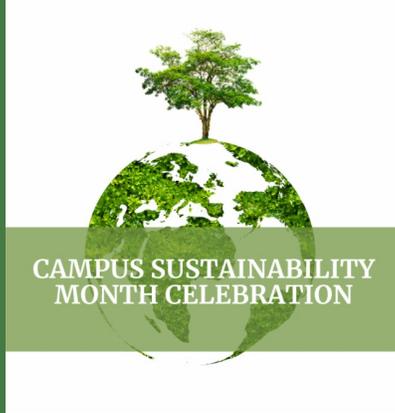
October 31-November 5, The Memorial Union Workspace, Monday through Friday 2 - 9 p.m and Saturday 10 a.m. - 4 p.m.

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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