

# LIVE GREEN! MONTHLY

DECEMBER 2023 / JANUARY 2024



"LIVE WITH INTENTION. WALK TO THE EDGE. LISTEN HARD. PRACTICE WELLNESS. PLAY WITH ABANDON. LAUGH. CHOSE WITHOUT REGRET. APPRECIATE YOUR FRIENDS. CONTINUE TO LEARN. DO WHAT YOU LOVE. LIVE AS IF THIS IS ALL THERE IS." — MARY ANN RADMACHER

DECEMBER 2023 / JANUARY 2024 VOLUME 14 ISSUE 3

## CAMPUS SUSTAINABILITY UPDATES

Welcome to December!

The last month of the year, a time of reflection and intention.

Intention is that moment when we commit to a specific course of action. Through intention we initiate, coordinate and terminate. Our intentions set goals, pursue actions and facilitate impact.



**Merry Rankin**

*Director of Sustainability*  
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Our intentions determine the present and chart the future. Our intentions make all the difference.

This month's issue of Live Green! Monthly showcases a plethora of sustainable differences resulting from intention. We reflect on a semester of sustainability intentions through student commitment, research innovation, campus impacts and community connections. We highlight the humbling intention of Iowa State student organizations in envisioning a sustainable future and pursuing that vision through giving back and paying forward to initiatives supporting children, biofuels, housing and rescue animals. We explore intentional opportunities for the holidays in decorating, gifting, dressing and hosting. We share ideas, connections and experiences toward setting personal intentions related to recipes, upcycling, volunteering and events to attend.

SO many possibilities as we complete 2023 and embark upon 2024. A perfect time to envision our intentions for the year to come.

For the Live Green! Team our intentions remain steadfast in new opportunities for education, engagement and empowerment. Toward fulfilling these intentions, we are excited to share our December social media campaign and [blog post](#), "[Volunteering: The Gift that Keeps on Giving](#)" as a companion to the December/January newsletter. Moving into spring semester, our intentions culminate in two events within the first few weeks of classes, the [Smart Business Challenge Recognition Luncheon](#), January 18 and the [Symposium on Sustainability](#), February 26-27 – encompassing companion events [Sustainapalooza](#) (Start collecting your clothing swap donations now!!) and [ISU Repair Café](#). And our course is charted with [newsletters](#), social media campaigns ([WordPress](#), [Facebook](#) and [Instagram](#)) and [Earth Day](#) to round out the completion of the 2023-2024 academic year. We cannot wait to "green" with you in 2024!

Congratulations on wrapping up fall semester, Cyclones! Wishing you wonderful holidays and a year ahead sprinkled throughout with the intentions that ensure you make your difference.

Yours in green-ness,  
Merry





## Olivia Miller

*Sustainability Director, ISU Student Government*  
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Hi Cyclones,

Welcome back from break, and to December, everyone!

The Sustainability Committee has officially approved its first Green Initiatives Fund application of the school year! This bill will fund the replacement of the two broken bike maintenance stations on campus, currently located on the western side of the Memorial Union and outside the Hub. You can expect to see the new stations starting next semester, snow or no snow.



As always, if there is something related to sustainability you would like to see implemented on campus, please send me an email at [osmiller@iastate.edu](mailto:osmiller@iastate.edu).

Best of luck on these last few weeks of school.

In Cardinal, Gold, and Green,  
Olivia



## Steven Kohtz

*Recycling and Special Events Coordinator*  
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Happy December Cyclones!

December to me is Celebration Month! The Holidays of all shapes and sizes always remind me to recall the past (with traditions and respect), but also look toward the future while being grounded in the present. So, I want to end the year 2023 looking at the past, the future and the present!

As for the past, I would like to recall November 15, America Recycles Day! What a pleasure it was to connect with so many of you at Parks Library! Playing "What Recycles," and discussing how and where to recycle always brings a smile to my face. I so enjoy "talking trash" and learn something new with each conversation. Thank you for participating in the fun!

Looking to the future...during our discussions on November 15, some of you had questions about recycling in the City of Ames, as well as on-campus. I have news!!! Ames Resource Recovery Superintendent, Bill Schmitt, and Assistant Superintendent, Mark Peebler, are excited to share that starting December 1 the City of Ames will offer drop-off recycling at the Ames Resource Recovery Center (with more to come this spring)! Recycling bins will be available 24/7, 365 to drop off your **plastics** (#1-2 with twist-off tops... water bottles, plastic jars, detergent jugs, etc. - leave the lid on); **mixed paper** (newspaper, magazines, phone books, junk mail, color paper, cereal boxes, etc.); **corrugated cardboard and metal** (aluminum and tin food and beverage cans). These



additional recycling bins will be located alongside the current **glass recycling and food waste** drop-off bins, located on the northeast corner of the Center, located at 420 East Second Street.

Now... back to the present! Remember Cyclones, our goal is the Four R's (Rethink, Reduce, Reuse and Recycle) in minimizing our waste and maximizing our diversion from landfilling. Specifically related to recycling, bravo! Remember the recycling signage research project I mentioned in earlier newsletters this year? My initial research is showing great results to assist me in implementing campus wide messaging toward ensuring a successful "trash diet" in 2024!! Stay tuned!

Happy Winter Break! I look forward to next semester and our continued "trashy" work together.

Happy Recycling!  
Steve

## SAVE THE DATES!



**SUSTAINAPALOOZA 2024**  
February 27, 2024 | Memorial Union

### 2024 Symposium on Sustainability Feb 26 - 27 | Memorial Union

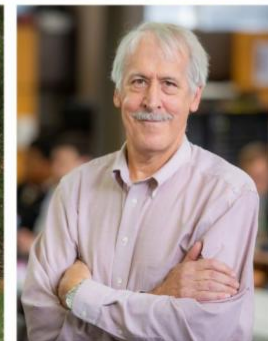
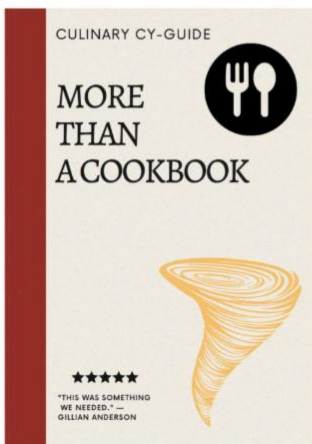
The 2024 Symposium on Sustainability – "Past, Present and Future Commitment Toward a Sustainable Future - Celebrating 15 Years of Living Cardinal, Gold and Green!" celebrates the diversity of sustainability efforts and initiatives taking place within our campus community, throughout the Ames community and in communities across the state and throughout the world. Features of this year's event include keynote speaker, [Christine Ervin](#), sustainability tabling, research and art exhibits and the accompanying multi-faceted, interactive event, [Sustainapalooza](#) (offering Green-It-Yourself centers, green living giveaways and a clothing swap). New this year [ISU Repair Café at Sustainapalooza!](#)

Applications are being accepted for [research and art exhibiting](#). Nominations are also being accepted for the 2024 [Live Green! Awards for Excellence in Sustainability](#). Nominate a sustainability champion (individual, team, project, college, department, etc.)!



[See Event Details](#)

## SEMESTER HIGHLIGHTS



Throughout the fall semester, students, faculty and staff demonstrated their intentional commitment to sustainability by actively engaging with the community, conducting research both inside and outside the laboratory, contributing to campus operations and enhancing student experiences.

[See All Green News](#)

## STUDENTS LIVING CARDINAL, GOLD AND GREEN



### Intentions Toward a Sustainable Future

With the intention of bringing our campus community together and making a sustainable difference, Iowa State student organizations continue to raise the bar through volunteering, fundraising, education and beyond. This month, Live Green! highlights a few of many student organizations that pursue intentions (environmental, economic and social) toward a sustainable future.

## NOW YOU KNOW | A Deeper Sustainable Dive



### Sustainable Holiday Activities

As the holiday season approaches, many of us eagerly anticipate the festivities, the warmth of family gatherings and the joy of giving and receiving gifts. This month's Now You Know explores a more conscious approach to the holiday season, focusing on sustainable holiday activities that not only celebrate the spirit of the season but also minimize post-holiday impacts.

[Read Full Article](#)

## LIVE GREEN! MONTHLY CHALLENGE

Our sustainable future is created by one person, one action at a time, and starts where we are and expands beyond. Understanding the sustainability impact that surrounds us and taking advantage of opportunities to get involved cultivates connection and empowerment for the next action in the next place. This month's challenge dares readers to explore and engage in sustainability accomplishment and commitment across the Iowa State University campus, priming interest for your next discovery destination.



## LIVE GREEN! TRUTH OR DARE

[Take the Monthly Challenge](#)

## GREEN ENGAGEMENT OPPORTUNITIES





## Drop-off and Go Recycling

Celebrate a new recycling opportunity in the Ames community, starting in December – multi-commodity recyclables drop-off! This addition to waste diversion supports the community's ongoing efforts in keeping waste from landfills, as well as reducing waste that needs managed. "We are excited to expand our program to offer more opportunities in recycling. We encourage the Ames citizens to consider generating less waste (Reduce), consider reusing items that might seem like waste (Reuse); and most certainly recycle what can be recycled," Bill Schmitt, Ames Resource Recovery Facility Superintendent. Visit the [City of Ames website](#) and [Facebook](#) for information and updates.

Stay Updated



## Recycle Your Unique Recyclables

Lighten your wastepprint through an additional recycling opportunity at ISU! Greenlee School of Journalism and Communication is offering a drop-off recycling opportunity for air care and personal care product containers and no longer needed socks. Rinsed/laundered items can be deposited into recycling bins, located in the Greenlee School main office, Hamilton Hall Room 101D, during business hours. Find more information about how to prepare recyclables and what is accepted and not accepted in the [PDF flyer](#).

Learn More



## Innovate for the Next Generation

Embark on a semester-long internship through a unique sustainability opportunity made possible by America's Cultivation Corridor. The Next Gen Innovation Impact Study program consists of two main parts: identifying agricultural innovations and communicating research findings to the general public. One intern team, Haylie Moore and Adele Hogan, share their experiences from the 2023 fall semester and offer information on how to apply.

Discover More

### Decorate for the Winter Wonderscape

Grab some friends and help volunteer for the [Winter Wonderscape](#), December weekends, 4:30 - 7 p.m. and 6:30 - 9:15 p.m. Volunteers will help greet visitors at the entrance, act as way-finders throughout the gardens, take photos of visitors and help create a cozy, inviting and inclusive experience for all guests. The Winter Wonderscape is held Thursdays-Saturdays throughout the month of December. For more information and to sign up to volunteer, visit the [Reiman Gardens Event Calendar website](#).

### Commemorate the Holiday Season

Celebrate the holidays and winter season at [WinterFest](#), December 1, 11 a.m. - 10:30 p.m. Winterfest provides the Ames community with a combination of winter-themed events, activities, displays, and celebratory traditions that take place at various locations in the Ames community and across the Iowa State University campus. Visit the [Iowa State Student Engagement website](#) for the full WinterFest 2023 schedule of events.

### Embark on a Yuletide-Themed Afternoon

Participate in Victorian yuletide-themed activities and crafts at [Yuletide at the Farm House Museum](#), December 3, 1 - 4 p.m. Holiday treats and tours of the historic home in full decoration will be offered throughout the afternoon. The event is free and open to the public. Visit the [Iowa State University Museums website](#) for more information.

### Celebrate Martin Luther King Jr.

Commemorate the life and achievements of Dr. Martin Luther King Jr. at the [MLK Day Celebration](#), January 15, 6:30 p.m. at the Ames City Auditorium. The Ames-Story County MLK Day Celebration Committee is hosting its 4th Annual Essay Writing Contest to celebrate the influential American civil rights leader. Essay prizes will be awarded and birthday cookies will be served. For more information on the contest and the event, visit the [City of Ames website](#).

### Attain Insight on Health and Wellbeing

Gain knowledge on the importance of student health and well-being at the [Health and Wellbeing Symposium](#), February 2, 9 a.m. - 3 p.m. at the Memorial Union. Keynote speaker, Dr. Shawnté Elbert, will be discussing well-being in higher education and students, faculty and staff will be able to select up to three breakout sessions to attend throughout the day. To register and learn more about the Symposium, visit the [Student Health and Wellness website](#).

## DECEMBER AND JANUARY GREEN EVENTS CALENDAR

### Ames Smart Business Challenge Recognition Luncheon

January 18, 11 a.m - 1 p.m. | Reiman Gardens





Save the date for the 2024 Smart Business Challenge Recognition Luncheon. This year's event celebrates 10 years of the City of Ames Smart Business Challenge - recognizing environmental, economic and social sustainability achievement of community businesses, as well as making connections toward increased and enhanced commitment and accomplishment toward a sustainable future. Features of the event include a sustainability resource fair, platinum-certified businesses and keynote speaker, Shelene Codner, with the Iowa Department of Natural Resources' Iowa Waste Exchange Program. Visit the Smart Business Challenge website for more information and to RSVP.

[Register Now](#)

**Thursdays, Fridays and Saturdays throughout December 5 - 9 p.m. | Reiman Gardens**

[Winter Wonderscape](#)

Experience the holiday spirit through a dazzling holiday light walkthrough at the Winter Wonderscape Holiday Light Show. Captivating tunnels will surround you with color, dynamic light strands dance across a frozen lake and more. Tickets are required to attend – \$15 for adult general public, \$13 for members and ISU students with a student ID, \$7 for youth 2-12 and free for youth under 2. To register, prepay online (for the timed entry event) and find more information, visit the [Reiman Gardens Event Calendar website](#).

**Fridays (6 - 7 p.m.), Saturdays (10:30 a.m. - 7 p.m.) and Sundays (10:30 a.m. - 4:30 p.m.) throughout December | Boone & Scenic Valley Railroad**

[Santa Express](#)

Take part in an expedition that will take you from Boone, to the North Pole and back on the Boone and Scenic Valley Railroad's Santa Express. The ride, lasting about an hour and 15 minutes, crosses the 156' tall Bass Point Creek High Bridge. Tickets are \$25 for Classic Coach Class and \$50 for First Class Coach. For more information and to buy tickets, visit the [Boone and Scenic Valley Railroad website](#).

**December 1-3 and 8-10, various times | Reiman Gardens Parking Lot**

[Forestry Club Holiday Tree Sale](#)

Support the Iowa State Forestry Club and find the perfect tree for the 2023 holiday season. Trees will be sold the weekends of December 1-3 and 8-10, while supplies last. Birdhouses and popcorn will also be available for purchase from the Wildlife Biology Club and the Conservation Club. For more information, visit the [Reiman Gardens Facebook page](#).

**December 4-8, 12 - 3 p.m. | Parks Library**

[Barks at Parks](#)

Destress from studying for finals week with some furry friends. Certified therapy dogs will be available for pets at the Parks Library Rotunda, located on the 2nd floor. Short chair massages, and wellness activities including coloring pages, puzzles and games will also be available. To learn more about the event, visit the [Iowa State Library Events website](#).

**December 5, 5:30 - 8:30 p.m. | Atrium, ISU Research Park Core Facility**

[Demo Day: Startup Factory](#)

Hear from ISU Startup Factory Cohort XIII during founder presentations and stick around for a fun networking reception with drinks and appetizers. Connect with founders and mentors and learn more about the ISU Startup Factory programs. Registration is free and encouraged but not required. For more information and to register, visit the [Iowa State Events Calendar website](#).

**January 24, 11 a.m. - 4 p.m. | Durham Great Hall, Memorial Union**

### ClubFest

Network with Iowa State student clubs and organizations and connect with other students about how to get involved on campus. While not all 800+ student organizations are able to be in attendance, a great representation will be available to highlight initiatives and opportunities to get involved. For more information on the event and the student organizations that will be attending, visit the [Iowa State Events Calendar website](#).

### **January 25, 6 p.m. | Sun Room, Memorial Union**

#### A Conversation with Sherrilyn Ifill

Learn and discuss with civil rights lawyer and scholar Sherrilyn Ifill, and engage in a meaningful conversation about cutting-edge and urgent civil rights issues. For more information on the event, visit the [Iowa State Events Calendar 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)**

As the year winds down and the winter season begins, opportunities to gather, share and embrace comfort and joy perfectly align with the intentions of December and January. These months mark a time of celebration, reflection and renewal. Whether you are preparing for festive gatherings with loved ones, enjoying time for reflection on a frosty evening or making resolutions for a healthier and more sustainable year, utilize these curated recipes and GIYs to capture your intentional essence for the new year.



#### Vintage Bells

Craft your very own charming vintage bells by reusing soda cans, ideal for adding a touch of nostalgia and unique melody to holiday festivities.



#### Christmas Ornaments

Elevate holiday decorations this season by giving new intention to old ornaments with a sustainable makeover from recycled “found around the house” materials.



#### Upcycled Basket

Give new life to well-used or no longer needed kitchen pots, pans or bowls through transformation into a stylish basket, perfect for storage or a unique holiday gift box.





### Creamy Ham Potato Soup

Savor this luscious, homemade ham and potato soup that offers new intention for your leftover ham to transform into a creamy delight, brimming with tender potatoes, carrots, celery, onion and garlic.



### Green Bean Grilled Cheese

Indulge in this new twist on grilled cheese, an inventively delicious way to reintroduce leftovers in a mouthwatering symphony of flavors, grilled perfectly to decadent and cheesy perfection.



### French Toast Casserole

Rethink leftover rolls or bread by upcycling them into a French toast casserole, featuring a mouthwatering cinnamon strudel topping.

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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