

LIVE GREEN! MONTHLY

FEBRUARY 2024



"THE BRANCHES OF A TREE MAY GROW IN DIFFERENT DIRECTIONS, BUT THEY ALL DRAW NOURISHMENT FROM THE SAME ROOT." - WALD WASSERMANN

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CAMPUS SUSTAINABILITY UPDATES

"Good for the body and the soul." A phrase often heard and often used. In essence, that which is nourishing and provides collective nourishment.

We rely on this collective nourishment daily. First, for fuel – from food, drink, sleep. Then for well-being – through safety, security, health. And also, for connection – through conversation, relationships, experiences. A nourished



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individual, in turn nourishes others that nourish a community. A nourished community is empowered to embrace both opportunities and challenges together and collectively. A nourished community visualizes beyond present to future, while being mindful of the past. Nourishment enables an expansive ripple effect and is crucial in ensuring a sustainable future for one and for all.

This month's issue of Live Green! Monthly focuses on the overarching consideration of nourishment. We take a deeper look at an often-overlooked component of nourishment within sustainability – social sustainability. We celebrate the commitment and dedication of Iowa State University student organizations whose missions focus on unique, uplifting and life-ensuring considerations of nourishment. We offer opportunities to explore nourishment in all its many facets – through food, creating, interning, volunteering and attending lectures, events and gatherings.

One “opportunity for nourishment” gathering, sponsored by the Office of Sustainability, is happening this month. MARK YOUR CALENDAR for February 26 and 27 and join us for the 2024 Symposium on Sustainability and Sustainapalooza. Read more in the newsletter call-out below and by visiting the [2024 Symposium on Sustainability webpage](#) on the Live Green! website. This year's symposium theme, “Past, Present and Future Commitment Toward a Sustainable Future - Celebrating 15 Years of Living Cardinal, Gold and Green!”, celebrates the extensive, dedicated and visionary sustainability commitment of students, faculty and staff since the inception of the Live Green! Initiative, and challenges us individually and collectively to vision forward. This month's social media campaign further complements our diversity of commitment over the past 15 years. Read the campaign blog post on our [Live Green! Wordpress](#), and follow us throughout the month on our [Facebook](#) and [Instagram](#) platforms.

May this month be one of nourishment - both for you and for you to extend to others.

Yours in Green-ness,
Merry



Olivia Miller

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Hi Everyone!

The Sustainability Committee has been busier than ever. We are excited to announce that Iowa State will host the 5th annual One Sustainable Iowa conference on April 26th! This conference will gather students, faculty, and staff from all the colleges and universities of Iowa. It is a time to network and share sustainability ideas between campuses. I will share more details about the event next month, along with a sign-up link. Until then, just know the Sustainability Committee has many exciting things planned. As a sneak peek about the history of this conference, first started by Iowa State University, visit the [One Sustainable Iowa website](#), and sign up to join the [One Sustainable Iowa Facebook group](#).

The bike maintenance stations mentioned in the last newsletter, have finally arrived! They are going to be installed very soon, so be sure to keep an eye out for them. Another exciting thing to look forward to this month is Sustainapalooza on February 27th, from 5 to 8 p.m. in the Great Hall of the MU. The Sustainability Committee will be tabling at this event to spread the word about the One Sustainable Iowa conference, so be sure to come talk to us.

Last week, we passed a Green Initiatives Fund (GIF) application for the ISU Print and Design Club to run a screen-printing station at some of their Repair Cafés this semester, the next one of which is also on February 27th, coinciding with Sustainapalooza. We have many more GIF applications we are working on, so I



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Welcome back Cyclones and best wishes on your semester ahead!

Starting January 29, Iowa State will be participating for the fourth year, in a competition called “Campus Race to Zero Waste” (CRZW). The competition is focusing on how well colleges and universities recycle. It measures waste recycled versus landfilled, as its competitive measure.

At ISU, we utilize the competition also as research study is more to help us observe and understanding the practice of recycling on campus and any challenge areas or gaps. In past years Iowa State has performed mid to average and sits about 49 out of 150 schools. For this year's CRZW we will be observing weights received at the MRF ((Materials Recycling Facility) – located in Ankeny), where we take our recyclables, vs. weights from the Ames Resource Recovery Plant and Boone County Landfill.

THE KEY - Please make sure that your recycling is clean! If contamination is prominent in the bin, sadly, the recycling effort has been wasted and all the bin contents will be added to the trash. If you have left over food, place it in a waste/trash bin - or compost bin, if you are in Frederiksen Court. If there is any liquid left in your recyclable beverage container, PLEASE dump it out before you recycle. If your pizza box has oil stains on it, tear off the stained part and throw it away and recycle the rest. Everyone's help is needed in keeping our recycling clean. Think before you throw!

will be able to share even more updates next month!

For now, enjoy the spring-like weather and get excited for Sustainapalooza!

In Cardinal, Gold, and Green,
Olivia Miller



Cyclones, this semester we are focusing especially intensely on how to BOSS YOUR TOSS to end the academic year impressively and sustainably! The final numbers... are a tally of your choice. Will you choose recycling and repurposing for additional uses or will you choose one use via the trash can?

As always, if you have questions or concerns about recycling please email recycling@iastate.edu, you will get a response and information on what you are seeking. I promise! Thank you for all you do to support a waste-free future.

Happy Recycling!
Steve

SAVE THE DATE!

SYMPOSIUM ON SUSTAINABILITY 2024

February 26 - 27 | Memorial Union, Great Hall

SAVE THE DATES for the 2024 Symposium on Sustainability and accompanying Sustainapalooza event. This year's events will be held February 26-27 in the Memorial Union.

On February 26, we are excited to welcome keynote speaker Christine Ervin. 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 27, Sustainapalooza 2024: "Our Green Promise, Our Sustainable Future" 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, health and wellness and upcycling and sewing basics). Come to enjoy food and refreshments made from local ingredients, win sustainability-focused prizes and write a “Green Promise” postcard as part of the interactive Green Wall! NEW ADDITION to this year’s event – ISU Repair Café! The opportunity to bring non-working small electronics, as well as clothing, soft goods, accessories and jewelry in need of repair.

Interested in a sustainability leadership opportunity? Volunteer at Sustainapalooza! The events team offers a wide variety of hands-on opportunities, during the event and behind the scenes in event set-up and teardown. EVERY skill level is needed! Fill out this [survey](#) to sign up! For more information, visit the [Sustainapalooza calendar event page](#) or email the Live Green! Event Team, Grayson Adickes (adickes@iastate.edu) and Saumya Balaji (sbalaji@iastate.edu).

ISU REPAIR CAFÉ AT SUSTAINAPALOOZA

FEB. 27 | 5-8PM | MEMORIAL UNION

Volunteers will help repair your broken items for **free!**

University Library, Department of Industrial Design,
Department of Art and Visual Culture, and the Office of Sustainability

WHAT CAN YOU BRING FOR REPAIRS?

- Clothing/soft goods
- Jewelry
- Accessories
- Small electronics



[Find More Information](#)

STUDENTS LIVING CARDINAL, GOLD AND GREEN



Iowa State Organizations Practicing Sustainability Through Nourishment

Iowa State University has a vibrant community of clubs and organizations that go beyond conventional boundaries, channeling their passion into meaningful actions, particularly in the realm of nourishment. This month, Live Green! highlights a few of the many student organizations that practice sustainability through nourishment.

[Explore Student Sustainability Impact](#)

NOW YOU KNOW | A Deeper Sustainable Dive



Social Sustainability 101

Through nourishing ourselves and implementing socially minded awareness and considerations into our daily lives, we can sustain ourselves and our communities. This month's Now You Know article focuses on the key elements of one of the three pillars of sustainability: Social Sustainability.

[Read Full Article](#)

SMART BUSINESS CHALLENGE RECOGNITION RECAP



Recognizing Sustainability Leaders in the Ames Business Community

Ames celebrates ten years of the Smart Business Challenge this year! With the focus of assisting businesses in celebrating their sustainability achievements, as well as increasing and enhancing their commitment toward ensuring a sustainable future, taking part in the Challenge offers overarching community benefit. The City of Ames hosted the annual Smart Business Challenge Recognition Luncheon recently, highlighting the dedication of Ames businesses to all facets of sustainability.

[Read the Highlights](#)

LIVE GREEN! MONTHLY CHALLENGE

Grab colorful pens and markers, it is the perfect time of year to write letters of love! This monthly challenge will walk through the creative process of writing these letters and show just how easy anyone can spread love and nourishment this season. Whether choosing to

create unique letters independently or with the company of friends and family, the joy of making these letters highlights how even the smallest acts of kindness have the power to transform lives.

WRITE YOUR OWN

Letter of Love

Take the Monthly Challenge

GREEN ENGAGEMENT OPPORTUNITIES



Empower Your Climate Future Through Fellowships and Internships

Connect with the [Citizens' Climate Lobby](#) for fellowship and internship opportunities, offering educational and collaborative experiences with experts and leaders related to graduate studies or careers in environmental, political, or nonprofit fields. Applications are being accepted for both opportunities. Fellowship are accepted on an ongoing basis, until positions are filled. Summer internships applications are due February 15. For more information, and how to apply, visit the [Citizens' Climate Higher Education website](#).

Ignite Your Entrepreneurial Journey

Embark on the ultimate student pitch competition and transform your startup concept into reality. The [Hult Prize](#) 2024 program cycle, for the \$1M global competition, is now underway. Engage with a worldwide community of passionate peers, benefit from mentorship by industry experts, and contribute to shaping the future through innovation. The deadline to apply is February 15. Visit the [Hult Prize website](#) for more information.

Connect Through Diversity and Inclusion

Attend the [Iowa State Conference on Race and Ethnicity](#), where issues of race and ethnicity locally and beyond are addressed, mirroring the influential National Conference on Race and Ethnicity in Higher Education. ISCORE convenes experts to explore complexities in higher education related to race and ethnicity, aiding institutions in creating

inclusive environments and improving relations. The conference will take place February 28-29 at the Memorial Union. Registration is now open. For more information on this conference, visit the [Iowa State NCORE Office website](#).

Cultivate Your Passion Through Agricultural Internship

Join the [Mustard Seed Community Farm](#) as they invite passionate and skilled individuals to join them as Agroecology Interns for the upcoming 2024 growing season. The Agroecology Intern position at Mustard Seed Community Farm is multifaceted. Interns will obtain valuable horticultural knowledge through hands-on activities and gain leadership experience working alongside, training and managing volunteers from the local community. Applications for summer internships will close on March 15. Visit the [Mustard Seed Community Farm website](#) for more information.

Build Land Stewardship Skillsets and Experience

Explore internship opportunities with the [Iowa Natural Heritage Foundation](#) for Summer 2024! Iowa Natural Heritage Foundation interns have made huge contributions to INHF's land restoration, communications, policy and trail programs. Opportunities are offered in three areas - Communications (deadline: March 8), Conservation (deadline: February 16) and Land Stewardship (deadline: February 15). For more information on these internship opportunities, visit the [Iowa Natural Heritage Foundation website](#).

Create Valentine Memories

Stop by the Memorial Union this month for a variety of Valentine-themed crafts. On February 5 - 10, [paint a special container](#) for all types of sweet treats – a candy dish, mug for hot chocolate, cookie tray or a cupcake dish. Hours are Monday through Friday from 2-9 p.m. and Saturday from 10 a.m. - 4 p.m. On February 1 - 14, [paint a wood heart cutout](#) to show all the love to your friends and family, or to decorate your own space. For more creative opportunities like these, visit the [Iowa State Arts & Workspace website](#).

FEBRUARY GREEN EVENTS CALENDAR

February 2, 8:15 a.m. - 3:30 p.m. | Memorial Union

[Health and Wellness Symposium](#)

Participate in the 2024 Health and Wellness Symposium hosted by Iowa State Student Health and Wellness. Renowned keynote speaker, Shawnté Elbert, will delve into the crucial topic of wellbeing within the realm of higher education. Dr. Elbert has devoted 18 years to enhancing student well-being and success. Commencing her journey as a health educator, she ascended to senior administration, imprinting a lasting legacy on higher education. Prior registration recommended, but not required. To learn more about Dr. Elbert and the Health and Wellness Symposium, visit the [Iowa State Student Health and Wellness website](#).

February 10, 10 a.m. - 9 p.m. | Memorial Union

[Dance Marathon](#)

Support the kiddos and families at the University of Iowa Stead Family Children's Hospital and beyond. Dance Marathon at Iowa State University has been helping children with life threatening illnesses for 25 years, giving financial and emotional support to hundreds of families across Iowa. All of the money raised through the event is given directly to University of Iowa Stead Family Children's Hospital through Children's Miracle Network. Join Dance Marathon in the fight for more birthdays, more graduations, more miracles, and for better tomorrows. The big event will be held on February 10 from 10:00 a.m. until 9:00 p.m. To join Dance Marathon, text ISUDM24 to 51555 to get registered. To learn more about Dance Marathon, visit the [Iowa State Dance Marathon website](#).

February 23, 9 p.m. - 1 a.m. | Memorial Union

[ISU After Dark](#)

Join fellow ISU students at the Memorial Union for an array of complimentary self sustaining activities, featuring bingo, entertainment, karaoke, crafts, esports gaming and poster sale. Additionally, the event is completely free! For more information on ISU After Dark, visit the [Iowa State Student Engagement website](#).

February 29, 6 p.m. | Great Hall, Memorial Union

Fatphobia and Capitalism

Explore the dynamic world of Ragen Chastain, a renowned speaker, writer, and health advocate. With a unique blend of humor and expertise, Ragen engages diverse audiences, from corporate settings to conferences and renowned institutions. As a national dance champion, triathlete, and Guinness World Record holder, she brings a captivating and inspiring perspective to her work and life in LA. Ragen's lecture will discuss how to uncover the fatphobic beliefs from society, understand how they are affecting us, apply practical options for dealing with them and learn how to make sure we don't internalize new fatphobia in the future. To learn more about Ragen Chastain and her upcoming lecture, visit the [Iowa State 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)

Engage in opportunities that offer comfort, nourishment and bliss, while also rethinking and embracing sustainable practices.



All Natural Lip Balm

Engage in making a moisturizing all-natural lip balm that will leave your lips feeling well-nourished and hydrated.



Recycled Newspaper Roses

Repurpose recycled paper to create a beautiful rose, perfect for decoration and nourishing friends, family and valentines through showing gratitude.



DIY Lotion Bars

Craft hydrating and moisturizing DIY lotion bars into fun shapes and sizes of your choosing – a perfect nourishment gift during cold, winter months.



Creamy Wild Rice Soup

Create a comforting homemade soup using



Cottage Cheese Breadsticks

Indulge in a healthy take on classic comfort food with a



Chocolate Energy Bites

Satisfy a sweet tooth and health-focused resolution

nourishing ingredients, along with your favorite “flavor and flare” additions.

two-ingredient breadstick, a perfect pairing with soup.

with these bites - perfect for snacking as well as a new twist on gifting chocolate for Valentine's Day.

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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