

LIVE GREEN! MONTHLY

MARCH 2024



"WITHOUT CONTINUAL GROWTH AND PROGRESS, SUCH WORDS AS IMPROVEMENT, ACHIEVEMENT AND AND SUCCESS HAVE NO MEANING." - BENJAMIN FRANKLIN

MARCH 2024 VOLUME 14 ISSUE 5

CAMPUS SUSTAINABILITY UPDATES

Happy March, Cyclones!

This is the month that we anticipate as soon as cold weather starts settling in and all our ecosystem species start tucking in. Fabulous, wonderful March! The month that reminds us that winter does only last for a finite amount of time and underneath all that has frozen over and died down is life just awaiting the opportunity to



Merry Rankin

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emerge and GROW!

How fitting that the newsletter team focused this month's issue on the theme of growth. Similarly, as our natural world is ready to burst forth after the months of winter, so are we – growing our activities beyond indoor ones, growing our connections to new sounds, sights and smells of the changing season and growing our motivation and enthusiasm to be more and more fully immersed in the awe-inspiring playground (yoga studio, reflection spot, workout facility, etc. and so on) of nature.

When growth occurs – two things are happening. Within the world surrounding us a process takes place of increasing – in amount, value and importance. Within us, a process also occurs of development and maturing – physically, mentally and spiritually. Growth is essential. In its absence, vision is stagnant, change is unachievable and progress is impossible. In its absence, learning wanes, inquiry dissolves and innovation ceases. In its absence, sustainability does not have a future to work toward.

Featuring highlights from the [2024 Symposium on Sustainability](#), a [social media campaign](#) dedicated to embracing water quality and protection, new student organizations uniquely committed to sustainability and the numerous opportunities to connect to and get involved with sustainability events, volunteering and experiential opportunities, this month's issue of Live Green! Monthly celebrates the vibrancy of growth embraced at Iowa State University that ensures and supports our ongoing and collective work toward a sustainable future.

Growth, as sustainability, is not about everyone doing the same thing and having the same experience – rather it's about finding what is relevant for you and to you and growing from that foundation.

Wishing you a most fabulous growth spurt this month, Cyclones – and a restorative spring break!

Yours in green-ness,
Merry



Olivia Miller

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I can't believe we are almost halfway through the semester already! I hope everyone had a great time at Sustainapalooza!

The Sustainability Committee has had plenty of updates in the past month!

First, the long-awaited bike stations were partially installed on February 8th. The one by the Memorial Union is currently functioning and you can go check it out on your next bike ride. The other station will be installed later in the semester in a location behind The Hub, following the completion of a construction project in the same area.

Second, the One Sustainable Iowa Conference registration opens officially March 1! You can find the registration link at <https://www.onesustainableiowa.com/>. This conference will gather students and sustainability leaders from all the institutions of higher learning across Iowa. This will be a fun day to meet new people and learn about sustainability initiatives on other campuses. I am excited to announce that the keynote speaker for this year's conference will be Benjamin Jealous, the current Executive Director of the Sierra Club and former president and CEO of the NAACP. Early-bird registration runs until March 29th, costing \$10 for students and \$25 for faculty and staff. As part of the conference, we will display artwork and research posters related to sustainability. Accepted exhibitors will receive free conference registration. Links to apply can be found on the website and registration link.



Steven Kohtz

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Happy March Cyclones!

It's hard to believe that in three short months we will be preparing for Summer. This year has seemed to fly by and be filled with many events, adventures and growth. For March, two updates to share.

First, in August, I began a research project about recycling signage – evaluating the effectiveness of different signage information within sectors across campus. Five months in, in the study I have definitely noticed that the slight “nudges” provided by additional and descriptive signage has helped curb contamination in recycling bins – what causes recycling to become garbage. For example, when my project started, University Library recycling bins were contaminated about 68% of the time. And now... contamination has dropped to about 18%. Carver and Gilman Halls have also shown an impressive reduction. Thanks SO much for the great work. Seeing our grassroots efforts making a difference one recycling decision at a time is exciting. Stay tuned for more updates.

Second, I wanted to talk about the Campus Race to Zero Waste competition Iowa State University is currently taking part in- along with over 1,000 universities across the United States and Canada. For this event, we report recycling and waste numbers with the goal of high recycling and low waste numbers. I am EXCITED to report that, so far, our recycling numbers are up from last year – and by a good percentage. Let's keep it going! Remember reduce, reuse and recycle BEFORE trashing! For more

Enjoy your spring break, and good luck on midterms!

In Cardinal, Green, and Gold,
Olivia Miller



information about the event, visit the [Campus Waste to Zero Waste competition website](#).

Despite these great updates, I know it can be a bit overwhelming to consider the waste challenges and opportunities still before us. Our efforts at ISU may not achieve zero waste for the planet, but we can make a difference for our community. As we leave Iowa State to pursue new opportunities, we can also share this difference in new communities, workplaces and leadership roles. In essence, creating a butterfly effect to inspire a planet. Never underestimate the impact of small efforts, they are building blocks for large emphasis.

Cyclones, your efforts are doing just that! Congratulations!

Happy Recycling!
Steve

SUSTAINAPALOOZA RECAP



Campus and community members came together on February 27 to make green promises at Sustainapalooza 2024: "Our Green Promise, Our Green Future".

[Read Event Blog](#)

STUDENTS LIVING CARDINAL, GOLD AND GREEN

Students Emerging Cardinal, Gold



and Green

At Iowa State University, the spirit of innovation and community engagement thrives through the emergence of new and growing student organizations. As the campus community continues to grow, enhance and evolve, so do the interests and passions of a diverse student body.

[Explore Student Sustainability Impact](#)

NOW YOU KNOW | A Deeper Sustainable Dive



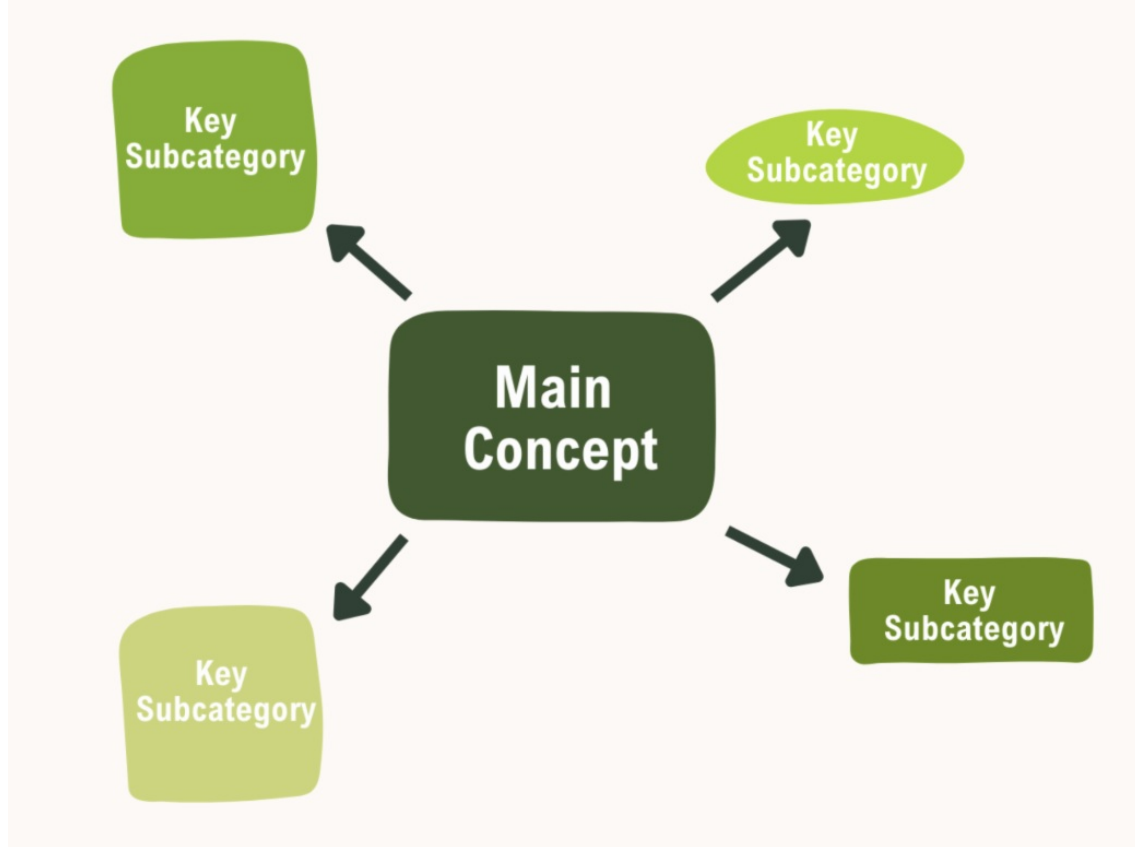
Growing Through Emotional Intelligence

This month's Now You Know article explores the significance of emotional intelligence across different domains, from workplace performance to mental health and relationships.

[Read Full Article](#)

LIVE GREEN! MONTHLY CHALLENGE

Creating your own mind map is a powerful way to visually organize your thoughts, ideas, and information. Whether you're brainstorming for a project, outlining a presentation, or simply trying to clarify your thoughts, a mind map can help you see connections and relationships between different concepts.



Take the Monthly Challenge

GREEN ENGAGEMENT OPPORTUNITIES



Recreate in Nature, with Nature

Participate in a day of outdoor recreation and fun at McFarland Park 10:30 a.m. - 2 p.m. Discover spiders in an outing to search for spiders and webs 10:30 - 11:30 a.m., create pie iron creations over a campfire 11:30 a.m. - 1 p.m. and meet and greet various reptiles and amphibians followed by a Q and A 1 – 2 p.m. All events, except the Pie Iron Creations, are free and no registration is required. Register by March 11 for the campfire activity. To register and for information about all of the day's activities, visit the [Story County Calendar website](#).

Ignite your Strength and Balance through Yoga

Join Yoga instructor Corrine and fellow plant enthusiasts for a restorative and balanced session of [Yoga in the Gardens](#). The class is held throughout March and April 12:05 – 12:50 p.m. and involves moves for strength, balance and honoring compassion for one's body through a full body flow. Everyone is welcome to join regardless of past yoga experience or physical ability. Registration is \$48 for ISU students, \$60 for members, and \$120 for the general public. For more information and to register, visit the [Reiman Gardens website](#).

Explore All Things Insects

Mark your calendar to celebrate the annual [Day of Insects](#) at Reiman Gardens. The day will be filled with presentations from professionals, advocates and enthusiasts. Register for the event by March 15. To learn more about the Day of Insects and to view the full schedule of presenters, visit the [Reiman Gardens website](#).

Decorate Your Own Pottery

Drop-in Monday-Saturday throughout the month of March to participate in two different opportunities to [Paint Your Own Pottery at the Workspace](#). March 18 – 24, find and decorate the perfect [container or canister](#) for loose change, pens, plants, etc for \$10. March 25 – 31, stop in the Workspace to [paint your own reusable mug](#) for \$10. Both opportunities offer to-go kits for an on-the-go craft for students as well. For more information on the two pottery activities, visit the [ISU Student Engagement website](#).

MARCH GREEN EVENTS CALENDAR

March 4, 6 p.m. | Memorial Union

[Eight Flavors: The Untold Story of American Cuisine](#)

Experience the culturally and ethnically diverse population that enhances a culinary landscape as Sarah Lohman discusses how American food is united by “Eight Flavors: black pepper, vanilla, curry powder, chili powder, soy sauce, garlic, MSG and sriracha. For more information, visit the [ISU Lecture Series website](#).

March 5, 6 p.m. | Memorial Union

[A History of Activism Through Cookbooks](#)

Explore the origins of the link between food and activism with Sarah Lohman and learn about the abolitionist food writers of the Civil War, unpack suffrage cookbooks from the 20th century, look through LGBTQ cooking pamphlets from the 1960s and discuss how food is still used to connect and advocate today. For more information, visit the [ISU Lecture Series website](#).

March 21, 6 – 9 p.m. | Workspace, Memorial Union

[Intermediate Glass Beads Workshop with Rhonda Scott](#)

Become skilled in working with glass beads by learning several ways to add fine silver wire and silver fil to glass beads to create tiny masterpieces that you can wear. The class is open to ages 18+ who have completed a beginning glass beads class. For more information and to register, visit the [ISU Student Engagement website](#).

March 21, 7 p.m. | Stephens Auditorium

[Swan Lake Ballet](#)

Immerse yourself in the new production of Swan Lake, choreographed by Nadezhda Kalinina. This new production retouches on Marius Petipa's version and features over 150 hand-sewn costumes and hand-crafted sets and is comprised of renowned professional dancers, creating a beautiful production of a timeless ballet classic. For more information, visit the [Iowa State Center website](#).

March 26, 7 p.m. | Curtiss Hall, Room 0127

[Integrating Gender Equity in International Agriculture Research](#)

Learn about Dr. Maria Elisa Christie's experience integrating gender in international agricultural research-for-development projects. Dr. Christie will be highlighting how gender relations are key to innovation in agriculture and ongoing discussions of gender-based constraints and opportunities in sustainable agricultural development. For more information, visit the [ISU Lecture Series website](#).

March 27, 7 p.m. | Great Hall, Memorial Union

[Socially Responsible Innovation](#)

Join two-term former Ohio Governor and a New York Times best-selling author, John Kasich as he examines key issues that will define the next decade of American public policy. The lecture will be delivered as a fireside chat format with Dr. Karen Kedrowsli, Director of the Carrie Chapman Catt Center for Women and Politics and Professor of Political Science at ISU. For more information, visit the [ISU 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)

As March ushers in spring, embrace growth and renewal in every aspect of your life. Explore seasonal recipes and GIY projects that inspire creativity and connection, inviting you to thrive and flourish as the world around you blooms with possibility.



[Light Bulb Vases](#)

Elevate home decor and grow sustainably and stylishly with these captivating flower vases crafted from a repurposed light bulb.



[Citrus Room Spray](#)

Transform surroundings and grow them into a citrus-infused oasis with this simple ingredients room freshener spray.



[Tin Can Candles](#)

Grow possibilities for repurposed tin cans into your favorite scented candle, reducing waste and maximizing ambience.



[Charcuterie Salad Board](#)

Indulge in charcuterie salad boards, where your favorite proteins and freshly grown produce combine to create a symphony of flavors and textures that entice the taste



[Lemon Spinach Spaghetti](#)

Grow your palate with the intertwining of lemon and spinach in this fresh and flavorful pasta dish.



[Roasted Kohlrabi](#)

Dive in to a new twist on kohlrabi - roasted, sweet and crispy, and grow your "go to" list of recipes.

buds.

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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