

LIVE GREEN! MONTHLY

NOVEMBER 2023



"ENJOY THE LITTLE THINGS, FOR ONE DAY YOU MAY LOOK BACK AND REALIZE THEY WERE THE BIG THINGS"

- ROBERT BRAULT

NOVEMBER 2023 VOLUME 14 ISSUE 2

CAMPUS SUSTAINABILITY UPDATES

Happy November, Cyclones!

As we move into the holiday season, the sentiment is often heard, "It's the little things in life." The holidays bring about the opportunity to pause, reflect and remind of all the bits and pieces that are so vital and so precious, yet so easily taken for granted. The bits and pieces that are our constants in life, that emit feelings of



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comfort, joy and bliss - the people, places or things; sights, sounds or smells. The bits and pieces that make all the difference in sustaining us, so that we can sustain beyond ourselves. The bits and pieces collectively coalescing into appreciation.

This month's issue of Live Green! Monthly celebrates the diversity of these appreciation bits and pieces offered in the day-to-day Cyclone experience. From the daily amenities we rely upon in completing our work as students, faculty and staff, and the spaces and places where we find respite, pause and connection, to the opportunities to make a difference on campus and throughout communities local, national and international.

This month, I challenge you to commit to grabbing a random moment to pause and take inventory of the bits and pieces that sustain you and coalesce into your appreciation.

As I take pause, at this mid-semester juncture, two items of note come vividly to mind.

First, [my outstanding Live Green! Leadership Team](#). Each year's team brings new skills, perspectives, experiences and enthusiasm that adds so impressively to the framework of sustainability resources, connections and opportunities established by the team before them. Each and every year, I am so inspired, motivated and infused by my team – and this year certainly follows suit. To date this team has completed [two newsletters](#), three social media campaigns (encompassing [Wordpress](#), [Instagram](#) and [Facebook](#)) and [one campus-wide sustainability event](#), as well as extensive sustainability outreach to and connection with community businesses through the [Smart Business Challenge](#).

Second, our collective campus commitment to sustainability and a sustainable future. As I am out and about around campus, I am so intensely immersed in appreciation of our campus-wide dedication. Walking in and amongst [LEED certified buildings](#) and across our [Tree Campus USA](#) greenspaces; traveling through buildings equipped with LED lighting, [recycling opportunities](#) and water bottle refill stations, and cleaned with [green certified products](#); enjoying [local food in our dining centers and campus cafes](#); and seeing students discovering their sustainability “relevancy connections and opportunities” toward ensuring a sustainable future through [courses](#), [clubs](#), employment, volunteerism and personal goals and commitments.

May your November be a month of immense and intense appreciation of all that encompasses your bits and pieces.

Yours in green-ness,
Merry



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Hi Cyclones!

It's officially fall! I hope you are all enjoying the nice weather and beautiful foliage as much as I am.

Some updates from Student Government Sustainability:

First, what a great way to wrap up October with the Campus Sustainability Month Celebration Event on October 23! Definitely a huge success for the Student Government Sustainability Committee to take part! We collected a lot of great ideas, feedback and volunteers. Thank you to everyone for coming out on such a beautiful day!

Second, the Sustainability Committee is now officially off and rolling. We have many projects we are working on this semester, from replacing the bike maintenance stations to partnering with IRHA to help spread information about how to recycle on campus. And, there have been several additions to the Sustainability Committee. Two more Senators, Ismet Acikgoz (Engineering) and Muhammad Azhan (LAS), have been seated and Kit O'Driscoll has joined as an at-large. Congratulations to our new members! Stay tuned for our end-of-semester project status updates, coming next month!

As always, please email me if you have



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Let's talk waste appreciation, Cyclones!

In my opinion, if there is "a rate of positive change," lacking in many areas it might be appreciation. Too often it seems we are quick to focus on the negative (depreciation) side of things, pointing out the faults and landing on the failures. With appreciation as our chosen default – oh the difference we can make. For example, let's consider waste minimization and diversion.

I was speaking to a custodian recently who works with a tradesperson in East Africa. The custodian mentioned this colleague never considers waste as immediately negative and landfill bound, but rather looks for the appreciation opportunity. For example, a small plastic disposable bag that would appear as garbage to some, the tradesperson sees as a resource to pull apart and weave into a plastic rope. Appreciation.

Sadly, I have found in my own life that the items I am often tossing out still have life in them, but their usefulness to me has been over extended. In changing my own default to appreciation, I could further extend the usefulness of the item. Maybe offer it to someone who could reuse it. Maybe upcycle it into another form, like a plastic rope, and discover new appreciation. Maybe remind myself of all of the resources I am throwing away that it took to create the item and challenge

any questions or have an idea you want the committee to work on.

In Cardinal, Gold and Green,
Olivia Miller



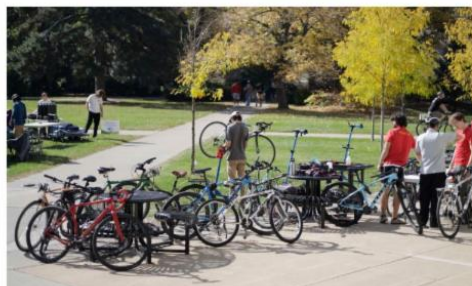
myself to default to appreciation when considering future purchases of the item. Is it something I really need? Can I borrow it, instead of buying it? Is there something more functional I can purchase that has many uses and not just one? Appreciation.

I challenge you this month to find one small item you normally toss into the trash and take a moment to focus on the appreciation qualities and opportunities of your item. See what you come up with. I have no doubt you will be amazed. Keep Bossing (with appreciation) Your Toss, Cyclones!

ALSO... SAVE THE DATE and celebrate [America Recycles Day](#), November 15. Read more in this month's newsletter and [Wordpress blog](#).

Happy Recycling!
Steve

CAMPUS SUSTAINABILITY MONTH CELEBRATION RECAP



The Office of Sustainability celebrated Campus Sustainability Month, October 23, on the South Library Lawn and featured campus and community organizations showcasing their commitment to environmental, economic and social sustainability

through tabling and activities. Over 350 students, faculty and staff participated in the four-hour celebration event.

[Read the Event Blog Post](#)

NOW YOU KNOW | A Deeper Sustainable Dive



Holiday Food: To Nourish, Not Waste

As the leaves begin to change and the weather gets colder, now is the perfect opportunity to prepare for the holiday season and what nourishes the body and the soul during every holiday gathering? Food of course! This holiday season, give some extra consideration in strategizing and planning related to meals and food preparation toward ensuring a sustainable holiday eating season.

[Read Full Article](#)

STUDENTS LIVING CARDINAL, GOLD AND GREEN



Embracing Appreciation through Philanthropic Commitments

At ISU, sororities and fraternities come together to support community and embrace social sustainability through many philanthropic endeavors. This month, Students Living Cardinal Gold and Green will feature philanthropic commitment and impact of sororities and fraternities at Iowa State University through connections with Alpha Chi Omega, Kappa Delta, Sigma Kappa, Alpha Gamma Rho, Alpha Phi and Delta Delta Delta.

[Explore Student Sustainability Impact](#)

LIVE GREEN! MONTHLY CHALLENGE

This month's appreciation-themed challenge cultivates gratitude and mindfulness - from simple pleasures like a warm bowl of soup from Friley Windows to the larger appreciation of ISU Police keeping us safe. This engaging challenge encourages individuals to slow

down, reflect on their surroundings and develop a greater appreciation for the often overlooked details that make life rich and fulfilling.



Take the Monthly Challenge

GREEN ENGAGEMENT OPPORTUNITIES



Embark on a Sunset Hike

Embrace National Hiking Day with a guided sunset hike through the enchanting woods of Hickory Grove Park, November 17 from 5 - 6 p.m. Join a leisurely stroll along the gentle, nature-hugging trails, and absorb all the breathtaking views the park has to offer. Hikers will convene at the Oriole Ridge Lodge. Secure your spot by registering online on the [Story County website](#) before November 15.

Provide Meals for Thanksgiving Dinner

Join Food at First to celebrate Thanksgiving and provide preparation and cleanup for over 800 dine-in, take-out or delivery meals, 11:30 a.m. - 1 p.m. Volunteer shifts are available on Wednesday, November 22, 2023 (the day before Thanksgiving) and Thursday, November 23, 2023, the day of the grand Thanksgiving event! For more information and to sign up to volunteer, visit the [Food at First website](#).

Support Small Businesses and Community Non-Profits

Visit Downtown Ames and Shop for a Cause on Saturday, November 11. Select Downtown businesses will be partnering with local non-profits to raise awareness and support their causes! Additionally, visit Downtown Ames, Campustown and other Ames destinations and support local small businesses all day on Saturday, November 25, for [Small Business Saturday](#). For more information on how to support Small Business Saturday and Shop for a Cause, visit the Events Calendar on the [Discover Ames website](#).

Enhance Your Knowledge in Organic Agriculture

Take part in the Iowa State University Organic Agriculture Program's 21st Annual Organic Conference on Sunday, November 26 and Monday, November 27, in the Iowa Memorial Union at the University of Iowa. A joint effort between Iowa State University and the University of Iowa, the conference offers the opportunity to hear from producers and experts from across the country and share tips for transitioning into organic production and methods to enhance organic operations. This year's theme is "Organic Farming: Healthy Soils, Clean Water: Seeking Integrity in Every Practice" and features keynote speaker Jenny Tucker, speaking on new organic initiatives and the National Organic Program's Strengthening Organic Enforcement to ensure organic integrity. For more information on the conference, and to register, visit the [Iowa Iowa State University Extension website](#).

Embrace Your Holiday Spirit Through Horticulture

Learn how to assemble a holiday wreath with Reiman Gardens Horticulturist, Ed Moran on Monday, November 27, 6 - 9 p.m.. Ed will guide attendees through the steps to use evergreens, specialty greens, and other materials to create a seasonal decoration for home, office or gift giving – he will also offer tips in making the perfect bow! All materials are included in the workshop. Registration with prepayment is required by Thursday, November 16. For more information on the workshop, visit the [Reiman Gardens website](#).

NOVEMBER GREEN EVENTS CALENDAR



Celebrate America Recycles Day

November 15, 1 - 3 p.m. | University Library Overhang

ISU Recycling Services is excited to celebrate America Recycles Day, the only nationally recognized day dedicated to promoting and celebrating recycling in the United States. Stop by the University Library to talk trash, discuss recycling and learn all about efforts toward a zero-waste campus at Iowa State University. Throughout the day, take part in social media challenges and be entered into prize drawings. Learn more about all of the day's festivities on the [ISU Recycling Services website](#).

November 5, 2 - 3 p.m. | Brunnier Art Museum

[Glaciers in a Warming World](#)

Engage with University Museums for a captivating lecture featuring Dr. Neal Iverson, distinguished Professor in Geological and Atmospheric Sciences. Dive into the fascinating world of glaciers and ice sheets, whether they exist today in remote high latitudes and elevations or harken back to the last ice age in Iowa. Discover how these icy giants respond to climate warming in ways that are both expected and astonishing. For more information on this lecture, visit the [Iowa State University Museums website](#).

November 6, 7 p.m. | Sun Room, Memorial Union

[Methane Reduction: The Fastest Way to Reduce Global Warming](#)

Meet Marcelo Mena-Carrasco for a lecture on global warming reduction methods. Marcelo Mena-Carrasco heads the Global Methane Hub, a team of people from different countries

working together to find ways to reduce the world's methane gas. In 2021, Mena-Carrasco started the Global Methane Pledge, resulting in over 110 countries, including the United States, agreeing to work on reducing their methane emissions by more than 30% by the year 2030. To learn more about Marcelo Mena-Carrasco's lecture, visit the [Iowa State Lecture Series website](#).

November 7, 9 a.m. - 4 p.m. | Memorial Union

[Research & Innovation Roundtable: Energy Solutions for Iowa and Beyond](#)

Attend the Research & Innovation Roundtable (RIR) set for Tuesday, November 7, 2023. This event is specially designed to facilitate collaborative team building, focusing on the theme of "Energy Solutions for Iowa and Beyond." This RIR encompasses a wide range of potential topics, including next-generation battery technology, energy-efficient building design, policy considerations, gamification for preparedness, human behavior studies, biofuels, green natural gas innovations, advancements in the electric power grid, wind and solar energy, transportation solutions, autonomous vehicles, upcycling for energy efficiency and the intriguing concept of circular economies. For more information on this roundtable, visit the [Iowa State Research website](#).

November 7, 6 p.m. | Great Hall, Memorial Union

[What Midwestern Lakes Tell Us About Early Earth and Mars](#)

Listen in on Betsy Swanner's research about studying lakes in the Midwest that share some key features with ancient Martian lakes and Earth's oceans. These lakes are special because they do not mix their water throughout the year and their deep parts have no oxygen. Swanner will discuss how some minerals form, and how their presence in ancient Earth sediments or old Martian lakebeds can tell us about past microbial life on Earth, or possibly Mars. To learn more about Betsy Swanner's research and lecture, visit the [Iowa State Lecture Series website](#).

November 9, 6 p.m. | 2630 Memorial Union

[Elemental: How Five Elements Changed Earth's Past and Will Shape Our Future](#)

Learn about the profound transformation Earth due to microbes, plants and people from Stephen Porder, associate provost for sustainability and professor of ecology, evolution and organismal biology at Brown University. Porder will discuss how these three organisms utilized building blocks of life to alter the climate, although it is rare for life to change Earth. For more information visit the [Iowa State 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)

Harvest from the autumn outdoors and enjoy a perfect opportunity to get together with friends and family and create these unique, functional and sustainable season-festive items.



Natural Fall Wreaths

Create a beautiful fall wreath by gathering seasonal supplies from your yard or favorite wild place including vines, seed pods, leaves and flowers.

Pine Cone Bird Feeders

Reinvent pine tree discards and create the perfect bird feeder using pine cones – a perfect fall treat for feathered friends.

Autumn Leaf Snow Globes

Gather small branches, pine cones and pebbles to design your own beautiful autumn scene in an upcycled jar snow globe.

Grab your friends and family and set the course toward a gratitude gathering of spending time together and enjoying seasonal dishes, as well as appreciation for sustainability through recipes easily shared and stored.



Spinach Pumpkin Lasagna

Incorporate a fall twist into a classic comfort food using pumpkin puree for a nourishing sweet and savory dish!



Butternut Squash Muffins

Enjoy a nutritious muffin full of flavorful autumn ingredients and spices—perfect for breakfast or a snack!



Autumn Harvest Soup

Appreciate a cozy day in or a cup of goodness in your lunch with this collection of harvest season ingredients made into a nourishing soup.

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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