

LIVE GREEN! MONTHLY

OCTOBER 2023



"RENEWAL IS NOT JUST INNOVATION AND CHANGE. IT IS ALSO THE PROCESS OF BRINGING THE RESULTS OF CHANGE INTO LINE WITH OUR PURPOSES."

- JOHN W. GARDNER

OCTOBER 2023 VOLUME 14 ISSUE 1

CAMPUS SUSTAINABILITY UPDATES

Welcome to the 2023-2024 Academic Year, Cyclones!

Such infectious energy and enthusiasm already rippling through campus and connections taking place. The year kicked off with Welcome Weekend, just last week the Local Food Festival brought deliciousness to Central Campus and career fairs are well underway. What a great



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year, already! Made especially great because this year Live Green! celebrates 15 years!

On behalf of the Live Green! Team, we are SO excited to officially kick-off a new year of newsletters, social media campaigns and events. What a great month to start with – October! October is Campus Sustainability Month. A month celebrating sustainability commitment and accomplishment by colleges and universities around the world. In recognition of Campus Sustainability Month, Live Green! offers three celebratory components.

First, the first issue of Live Green! Monthly. Our October issue, themed “Refresh, Renew, Rejuvenate”, celebrates the summer adventures and accomplishments of students, faculty and staff, both on campus and in communities and locations throughout the U.S. and across the globe, that bring refreshing perspectives, renewing visions and rejuvenating initiatives and involvement toward an outstanding green year! This month’s 3 R’s weave throughout the entirety of the newsletter – celebrating summer headline news, student internships in sustainability and the breadth and depth of sustainability commitment throughout every corner of campus and every facet of the Cyclone experience. “Green-It-Yourself” (GIY) opportunities, seasonal recipes and a variety of hands-in opportunities and events round out our October installment.

Second, the October social media campaign. Our second campaign of the year, themed “Celebrating Sustainability at Iowa State University”, aligns perfectly with Campus Sustainability Month in offering education, engagement and empowerment tidbits throughout the month that celebrate past and present and invigorate the future. Read this month’s [WordPress blog](#) for an overview of what is to come and follow us on [Facebook](#) and [Instagram](#) for weekly posts.

Third, our first Live Green! event – [Campus Sustainability Month Celebration \(CSMC\)](#). Coming up on October 23 on the South Library Lawn, CSMC features networking opportunities with student, campus and community organizations committed to a sustainable future through their missions, events, initiatives and get involved opportunities. This year’s theme, “Our Green Promise, Our Sustainable Future” reminds us that the future truly is in our hands and through our promises to each other, our community and the planet we call home we can ensure a sustainable future for generations that follow. Save the Date!

With fall in the air and across campus, may your October include an abundance of renewal, refreshment and rejuvenation! Enjoy, embrace, connect, share!



Olivia Miller

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Hi Cyclones!

We are already over a month into the semester!

I hope you all had as non-hectic a first few weeks of school as possible. I am your Director of Sustainability for the 2023-2024 school year. This means that I am the head of the Sustainability Committee within Student Government. This will be a monthly column in the monthly Live Green! newsletter where you can find campus sustainability information, information about green events on campus, and updates on Sustainability Committee projects.

The Sustainability Committee is now full with newly confirmed at-large members and senators. Our at-large members include İsmet B Açıkgöz, Abby Bergstrom, Brady Clausen, Isabelle Gillette, Jack Harris, Nick Michel, Kailee Quang, Maisie McTavish, Ken Thytakill and Emelia Traina. Our senators are Caden Klopfenstein (Engineering Senator), Josie Pursley (Sorority Senator) and Erik Rolwes (Design Senator).

We are beginning to brainstorm campus sustainability projects to focus on this semester; so if you have an idea for us, be sure to let us know or send in an application to the Green Initiatives Fund. Additionally, be sure to swing by our table



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Welcome to the new school year
Cyclones!

I am thrilled with this month's newsletter theme "Renew, Refresh, Rejuvenate." I find it a poignant reminder to live a sustainable lifestyle through wise choices and practices. So, let's look further at each of them.

Renew, the choice to begin something again - picking up where you left off.

Refresh, the act of changing something to make it look newer and better – to give something new life.

Rejuvenate, to make something feel full of energy.

So, let's talk trash. When you first arrive on the Iowa State campus, my hope is you experience a feeling of rejuvenation, and energy of excitement when seeing the solar compactors, an opportunity to practice waste reduction and minimization while walking across campus. Or perhaps feeling renewed when you see the new posters over trash and recycling bins in central campus buildings.

Why the new posters, you ask? This year, through a grant from the Iowa Department of Natural Resources, ISU Recycling Services is conducting a research study to determine what is the best visual "nudge" to help you ensure your correct

at the Campus Sustainability Month
Celebration on October 23rd.

Please don't hesitate to contact me with
ideas or questions at
osmiller@iastate.edu.

In Cardinal, Gold and Green,
Olivia Miller



placement of waste. Throughout campus
you will notice different signage in
different buildings. This is on purpose.
Throughout the school year, I will be
completing weekly observations and
collecting data. The results will determine
permanent signage for campus recycling.
It is a big study, with great outcomes.
Stay tuned for updates!!

I am excited about the year ahead, the
results of the study, and our collective
opportunity to reduce our waste
(remember... recycle clean!!). Team up
and join in! Together we can make such a
difference, by Renewing, Refreshing and
Rejuvenating our commitment to a
sustainable future.

Happy Recycling!
Steve

CAMPUS SUSTAINABILITY MONTH CELEBRATION



October is

CAMPUS SUSTAINABILITY MONTH

The Live Green! Team is excited to invite students, faculty and staff to join the 2023 Campus Sustainability Month Celebration, October 23, 10 a.m. - 2 p.m., on the South Library Lawn. With the theme, "Our Green Promise, Our Sustainable Future" this year we celebrate our collective sustainability contributions (individually, as a campus and community) and challenge ourselves to make our next commitment toward ensuring a sustainable future.

Event highlights include networking with student, campus and community organizations, supporting environmental, economic and social sustainability, music from KURE 88.5, sustainability-themed prizes and refreshments (including hot tea and apple cider).

STUDENTS LIVING CARDINAL, GOLD AND GREEN



A Sustainable Cyclone Summer

Students are back, and how exciting to renew our sustainability focus for the 2023-2024 academic year! Each summer Cyclones take part in diversity opportunities around the U.S. and globally that make such impressive and unique sustainable differences. This month, Students Living Cardinal Gold and Green features a few of these summer student endeavors toward ensuring a sustainable future.

[Explore Student Sustainability Impact](#)

NOW YOU KNOW | A Deeper Sustainable Dive



Celebrating 15 Years of Live Green! at Iowa State University

This year is special as we are celebrating 15 years of living cardinal, gold and green! In honor, this month's Now You Know presents an overview of Iowa State Sustainability including initiatives, achievements, and resources!

[Read Full Article](#)

SUMMER SUSTAINABILITY HIGHLIGHTS



Over the summer months, Iowa State students, faculty and staff stayed busy in seeking, discovering and furthering projects, opportunities and initiatives toward ensuring a sustainable future. Impressive collaboration, creativity, and innovation all came together for a rejuvenating and renewing summer.

[See All Green News](#)

LIVE GREEN! MONTHLY CHALLENGE

This month, the Live Green! team challenges our readers to use their "green eye" to spy all of the sustainability treasures Iowa State has to offer!



[Take the Monthly Challenge](#)



Upcycle Fall Yard Waste

Participate in two options to offer an upcycling opportunity for your fall yard waste. First, leaves are needed for cover use at the [Food at First Garden](#), 3626 Ontario St., at Trinity Christian Reformed Church. The garden is a project of the [Sustainable Agriculture Student Association](#) and fully volunteer-supported. Drop off bags of leaves (shredded (preferred) or whole) inside or outside the fence of the garden (in the southwest corner of the grounds). Contact Anne Carey (acarey@iastate.edu) for questions or additional information. Second, the City of Ames Fall No-Charge Yard Waste Days are set for October 21 and 28, 8 a.m. - 4 p.m. (leaves only) and also November 11 (leaves and brush) and 25 (leaves only). Drop-off is at Chamness/GreenRU, 400 Freel Drive. For more information or to request a single-use voucher for November 10, visit the [City of Ames website](#).

Carve Out Some Halloween Spirit

Help Reiman Gardens gear up for their annual Spirits in the Gardens event throughout the beginning of October. Every year, hundreds of jack o' lanterns are featured at this event and volunteers are vital in completing pumpkin stenciling and carving. Individuals and groups are welcome to volunteer. All supplies, including tracing materials, carving tools and pumpkins are provided. For more information and to sign up to volunteer, visit the [Reiman Gardens website](#).

Restore Household Fixables

Drop in for a Repair Café at the Ames Public Library, Saturday, October 7, 10 a.m. - 4 p.m.! Volunteers will be on hand to offer a no-charge service for repairing broken items and extending their life cycle (or help connect to local repair shops). The Repair Café will also include a seed giveaway/exchange! Free flower and vegetable seeds from Iowa State University Extension and Outreach – Story County will be available while supplies last. Visit the [Ames Public Library event website](#) for more information and a list of repairable items. Have a skill for repairing household items (clothing, jewelry, electronics, etc.)? Volunteer!! Email AmesRepairCafe@gmail.com to learn more and sign up.

OCTOBER GREEN EVENTS CALENDAR

October 1-23 | Main Street, Ames

[Ames Farmers' Market](#)

Support the local Ames community every Saturday through October 23 on Main Street. The Ames Farmers' Market provides a plethora of local growers and producers offering seasonal produce. The market also provides local entertainment for everyone and free children's activities each week. Keep updated on the entertainment and special events occurring at the market on the [Ames Main Street Farmers Market website](#).

October 8, 12 p.m. | Central Campus, Ames

[Jack Trice 100-Year Commemoration](#)

Commemorate Iowa State's first black athlete and a student in animal husbandry, Jack Trice. The 100-Year Commemoration concludes a year of programs that have honored and shared Trice's inspirational story about race, personal character and commitment to doing one's very best. This event is free and features a reading of Jack Trice's "I Will" letter, a memorial tribute by Jack Trice's fraternity and the presentation of a posthumous degree to Trice's family members. For more information, visit the [Iowa State University News Service website](#).

October 10, 11 a.m. - 2 p.m. | Great Hall, Memorial Union

[Fall Housing Fair](#)

Learn your rights as a tenant and find your home away from home in the Ames community at the Fall Housing Fair. Learn about housing options, meet local property managers and collect other resources for choosing your new home in Ames. For more information and to register for the event, visit the [Iowa State Student Engagement website](#).

October 12, 5 p.m. | Brunnier Art Museum, Scheman Building

[Artist Lecture: Exploring Climate Change in Glass – April Surgent](#)

Discover April Surgent's unique expression of environmental change through cameo engraved glass. Surgent will discuss the inspiration behind her new commission for the University Museum permanent collection and her experiences participating in several prestigious research fellowships. Find more information on the [Iowa State Lecture Series website](#).

October 19, 10:30 a.m. | 52166 260th St., Ames

[Alliant Energy Solar Farm Ribbon Cutting](#)

Celebrate the Alliant Energy Solar Farm at Iowa State University, the utility's first operational agrivoltaics project, at a ribbon cutting. The event highlights this collaborative partnership researching impacts on energy, horticulture crops and beekeeping production, alongside providing renewable energy. RSVPs are requested by completing an [online form](#). Visit the [Alliant Energy website](#) to learn more.

October 14, 9 a.m. - 12 p.m. | Fire Station No. 1, 1300 Burnett Ave., Ames

[Annual Fire Station Open House](#)

Participate in this year's annual Fire Station Open House with the Ames Fire Department during Fire Prevention Week. See Ames fire engines, meet Sparky the Fire Dog and Freddie the Fire Truck, tour the fire station and learn about fire safety. This year's Fire Prevention Week theme is "Cooking safety starts with YOU. Pay attention to fire prevention." More information is available on the [City of Ames website](#).

October 26, 7 p.m. | Great Hall, Memorial Union

[City Bird, Country Bird: How Human Activity Affects Predator-Prey Interactions – Dr. Amanda Rodewald](#)

Join Dr. Amanda Rodewald for an evening of learning all about her interdisciplinary research on conservation challenges in temperate and tropical landscapes. Her discussion will also include the impact of human activity on predator-prey interactions. Visit the [Iowa State Lecture Series website](#) for more information.

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)

Refresh, renew, and rejuvenate your October with these engaging and sustainably-inspired green-it-yourself crafts.



Upcycled Plant Hangers

Incorporate green into your space by renewing plastic bottles into brand new hanging planters.



Sock Pumpkins

Rejuvenate your old socks and upcycle them into sock pumpkins; perfect for the fall season.



Reuse Glass Jars

Refresh your old glass jars into decorative storage containers; so many options!

Refresh, renew, and rejuvenate with these fall festive recipes. If you are looking for a fun and seasonal challenge, consider using [homemade pumpkin puree](#) in your October recipes.



Creamy Skillet Tortellini

Cozy up this October and rejuvenate with this creamy pasta dish, perfect for those chilly fall nights.



Pumpkin Spice Syrup

Spice up your morning routine and practice economic sustainability by making your own homemade pumpkin spice syrup for your favorite beverage.



Pumpkin Cookies

Reward yourself this October with a seasonal treat of delicious pumpkin cheesecake cookies.

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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