Happy Fall Semester Finish!

Wow! Congratulations everyone! Fall semester 2021 is nearly in the books! In reflecting back – what a whirlwind of sustainability initiatives, connections and dedication from students, faculty and staff. The holiday season of gathering and gifting awaits us.

The theme of this month’s issue – Gratitude and Gifting – reflects on a semester of gratifying experiences and accomplishments and reminds us of the opportunities (this month and throughout the year) to express gratitude in moments, not stuff and gift through creativity, support and mindfulness. Alongside the December newsletter, this month’s social media campaign, “Giving the Gift of Green” – offers additional sustainable gift-giving considerations and options, whether through presents, or choices that “gift” our community, natural world and collective future.

In looking ahead at 2022, a couple of notable items. First, SAVE THE DATE for the 2022 Symposium on Sustainability - and accompanying Sustainapalooza event – Feb. 21-22. Stay connected to the Live Green! website and social media platforms for upcoming details. Second, bookmark the Ames Climate Action Plan website. Collective and ongoing input and feedback from students, faculty and staff is needed to ensure the plan is representative and relevant. If you have not taken the current feedback survey related to emissions reduction goals, please take a few minutes to add your voice and encourage others to add theirs.

Yours in green-ness,
Merry
Happy December, Cyclones!

It's hard to believe that we are already halfway through the school year! The student government Sustainability Committee had a fantastic semester, and if you're interested in joining the fun, now is your chance: we will have some open seats for the upcoming semester! There will be five seats for Student Government Senators as well as three open seats for the general student population. If you're interested in applying, fill out the Sustainability Committee application. Applications will close on Jan. 7 at 11:59 p.m., and interviews will take place the week of Jan. 9-15.

The Ames Climate Action Plan is progressing nicely. The community target setting survey (where the public can voice their opinions on what target the Climate Action Plan should strive for) is open now through December 10. Visit the Climate Action Plan website to access the survey, past documents, and more information about the plan itself!

I hope you have a fantastic end to the semester and a very restful, relaxing break: you've earned it!

Sustainably,
Elizabeth

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Welcome to December!

It is hard to believe all that has been packed into fall semester related to recycling and waste reduction. Here are the December highlights.

First, wishing everyone a belated happy Iowa Recycles Day. On Nov. 10, Governor Kim Reynolds held a proclamation signing for the 2021 declaration of Nov. 15 being Iowa Recycles Day, alongside America Recycles Day.

Second, the Environmental Protection Agency (EPA) recently released a National Recycling Strategy, the first in a series of strategies to build a collective circular economy; and a unique opportunity for students to assist the implementation process through serving as research scholars.

Third, a reminder to think ahead and include waste reduction in all your holiday season considerations. The impacts of choosing “less stuff” (eco-conscious or otherwise) makes a sustainable difference – environmentally, socially and economically. Every choice is significant.

Find more details (including research scholar application information) in my full December Recycling Update on the ISU Recycling Services website.

Happy Recycling!
Ayo

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**LIVE GREEN! TEAM UPDATES**

**Sustainable Holiday Shopping with Ames Smart Businesses**

**Campus Sustainability Month Celebration Recap**
As the holiday season approaches, Smart Business Challenge Team interns, Lucia Rizzo and Lydia Youngquist, highlight some of the Challenge members that offer especially relevant and timely options when it comes to finding gifts with a sustainability connection.

This year, the Live Green! Team and Office of Sustainability hosted the 11th annual Campus Sustainability Month Celebration (CSMC) on Wednesday, Nov. 3, 2021. This year, more than 150 students, faculty, and staff connected with campus and community organizations to celebrate sustainability at ISU and promote a sustainable future.

STUDENTS LIVING CARDINAL, GOLD AND GREEN

In this season so closely connected to gratitude and giving, this month’s contribution to Students Living Cardinal, Gold and Green celebrates the commitment and dedication by student organizations at Iowa State University in giving back and paying forward. Two organizations, Best Buddies and Pay it Forward, are highlighted this month – each offering a unique and significant approach to nurturing support and cultivating gratitude.

NOW YOU KNOW | A Deeper Sustainable Dive

Cultivating Gratitude

It has been proven that practicing gratitude has lasting impacts on our lives. By noticing and relishing life’s wins, no matter the size, we are able to create a positive outlook on life, savor good experiences, overcome adversity and create strong, healthy relationships with our friends, family and community.

For this issue, we are revisiting the work of Paige Anson and Krishaun Burns, our 2019 Marketing and Communications Team. In this article, the team discussed different ways to practice gratitude and the benefits of expressing gratitude for ourselves and our communities.

FALL SEMESTER SUSTAINABILITY HIGHLIGHTS
Fall semester brimmed with committed effort to instill sustainability through all facets of the Iowa State University experience. Impressive strides were made, and achievements completed through research and learning opportunities, connecting students and faculty to the community at large and creating new, innovative solutions to improve overall campus operations.

Learn About the Fall Semester Sustainability Highlights

LIVE GREEN! MONTHLY CHALLENGE

1. Hold the door for someone
2. Send a letter to a friend you miss
3. Recycle something you normally wouldn’t
4. Rescue a spider that enters your home
5. Compliment someone you don’t know
6. Contribute food to a local food pantry
7. Get active and participate in a run or walk
8. Assist someone who could use a hand
9. Turn off unneeded lights
10. Offer someone to go before you in line
11. Be polite on the road
12. Buy a coffee for someone
13. Say something nice about someone
14. Donate used clothes to a charity
15. Cook dinner for a family member
16. Leave a letter of encouragement
17. Shovel a neighbor’s driveway this winter
18. Visit a senior in a nursing home
19. Gift a care package to an essential worker
20. Pass along a book
21. Appreciate the sunrise or sunset
22. Volunteer to support food security at ISU
23. Treat your server
24. Bake an extra batch of cookies to share
25. Make a list of things you like about yourself
26. Feed the birds over winter
27. Help someone deice a windshield
28. Post uplifting comments on social media
29. Share a smile
30. Mail a postcard to a family member
31. Create your own giving calendar for the new year

Spread kindness throughout your community this holiday season by participating in this month’s challenge. This issue includes a December of activities to spread gratitude leading up to the new year. From small acts of kindness and day brighteners, to building connections - take the opportunity to spread cheer in your life and share it with others!

Take the Monthly Challenge

GREEN ENGAGEMENT OPPORTUNITIES
**Fight Food Insecurity During the Holiday Season**
Assist Students Helping Our Peers (SHOP), the campus food pantry, by volunteering during prep week, finals week and over winter break to help keep the pantry open on Tuesdays, Wednesdays and Fridays for students who remain in Ames. The SHOP, located in 1306 Beyer, will not be open on university holidays. Volunteers may select their shifts via the [student organization webpage](#), and more information is sent automatically in an email. Questions may be directed to the SHOP advisor Breanna Wetzler at 515-294-4875.

**Celebrate Civil Rights**
Commemorate the life and achievements of civil rights leader Reverend Dr. Martin Luther King Jr. by celebrating with the Ames/Story County community on Jan. 17, 2022. Visit the [City of Ames MLK Day Celebration Event webpage](#) for more information and a schedule of opportunities and activities.

**Give the Gift of Local Artisan Treasures**
Find unique, handcrafted gifts at various art sales across the community this holiday season. The Workspace is partnering with the ISU Gaffer’s Guild Dec. 1-4 to put on their bi-annual "Art Mart" at the newly opened Memorial Union Art Gallery on the first floor. Stop in Wednesday 4-7 p.m., Thursday 10 a.m-4 p.m., Friday noon-8 p.m. and Saturday 10 a.m.-1 p.m. to find the perfect, one-of-a-kind gift. The [Creative Artists Studios of Ames](#) is also bringing back their holiday sale at their studio on Dec. 11, from 10 a.m.-5 p.m.

**Deck Your Halls the Sustainable Way**
There are plenty of ways to sustainably up your holiday décor game this year. ISU Horticulture Club is hosting their annual Poinsettia Sale December 1-4 p.m. at various locations around Ames. Visit the [Horticulture Club student organization webpage](#) for specific times and locations. The ISU Forestry Club's holiday tree sales will take place the first three weekends in December. For more information about pricing and location, check out the [Forestry Club Christmas Tree Sales flyer](#) or email jmerry@iastate.edu.

**Ring in the New Year at Local Parks**
Join Story County Conservation (SCC) and take the Polar Play challenge to get out of the house and into the county parks. Registration opens Dec. 15 and the challenge begins Jan. 1 with new missions posted every Friday through Feb. 6. SCC will also host a free outdoor hike every Thursday in January. Register by 4 p.m. the Tuesday prior to each hike. If you prefer to explore nature cozied up with a good book, be sure to attend the [Environmental Literature Club](#) on Jan. 25 at 7 p.m. For more details on these events and to register, visit the [SCC calendar webpage](#).

**Create a Resilient Agricultural Future**
Take part in learning about the future of sustainable agricultural with 50+ sessions, hundreds of attendees, 80+ exhibitors and plenty of networking opportunities at the Practical Farmers of Iowa (PFI) Conference. This year's theme is Facing the Horizon, focused on charting the course to create a more resilient, agricultural future. This conference will take place on Jan. 21-22 in Scheman Building at ISU. For more information about registration, student discounts and scholarships, visit the PFI [annual conference webpage](#).
The Office of Sustainability and Live Green! Team will host Sustainapalooza 2022, “Taking Small Steps Today for a Sustainable Tomorrow”, as a companion to the annual Symposium on Sustainability. This event offers a multi-faceted sustainability education, engagement and empowerment experience featuring: “Green-It-Yourself” Centers, a clothing swap (start your donation collection today), sustainability-focused giveaways and local food and food ingredient refreshments. Stay tuned to the Sustainapalooza webpage on the Live Green! website for updates and details.

Interested in helping plan this year's event? Join the Sustainapalooza 2022 planning committee! Email the Live Green! Events Team – Natalie Dombrowski or Ashley Kleve for more information and to sign up!

Throughout December 5-8 p.m. | Reiman Gardens
Winter Wonderscape
Wander through Reiman Gardens 2nd annual Winter Wonderscape Holiday Light Show on Thursday, Friday and Saturday evenings in December and on Jan. 1. This outdoor, self-paced holiday light show features a variety of immersive light displays, as well as live music performances from local musicians! Tickets are available online ($10 non-members, $8 ISU students and members and $5 for children 2-12). For more information visit the Reiman Gardens events webpage.

4, December 3 p.m. | Stephens Auditorium
TUBACHRISTMAS
Hear Christmas music like never before at Ames TUBACHRISTMAS – a free event fun for all ages! Musicians are encouraged to bring their tubas, euphoniums, baritones and sousaphones adorn with festive decorations to Stephens Auditorium by 1 p.m. for registration on Dec. 4. Doors open at 2:30 p.m. for audience members.

17, December 6:30 p.m. | McFarland Park
Luminary Walk
Celebrate the changing of seasons by taking a special stroll at McFarland Park. Luminaries will light the way around McFarland Lake for this self guided circuit. The fee for this event is $5 and the registration deadline is at 12 p.m. on Friday Dec. 10. For more information and to sign up, visit the Story County Conservation Calendar of Events.

27, January 7 p.m. | Great Hall, Memorial Union
Better, Not Bitter: Living on Purpose in the Pursuit of Racial Justice
Join Yusel Salaam, keynote speaker for the Martin Luther King Jr. celebration and author of Better, Not Bitter: Living on Purpose in the Pursuit of Racial Justice in advocating and educating people on the issues of false confessions, police brutality and misconduct, press ethics and bias, race and law and disparities in America’s criminal justice system.

RECIPES AND GREEN-IT-YOURSELF (GIY)

Give the gift of green to friends, family, and the community this holiday season with these one of a kind creations.

Gratitude Garland
Gather some recycled paper and create a custom garland to spread thankfulness and celebrate the holiday spirit

Homemade Journal
Assemble this booklet with recycled materials for a low waste gift for loved ones or use as a gratitude journal!

Reverse Advent Calendar
Give back to community members in need by packing a reverse advent calendar box full of pantry necessities.
Hand Pies with Gratitude
Serve up these caramel apple hand pies for the loved ones you are thankful for.

Gratitude Rolls
Add a personal touch to the dinner table with hand written notes in your rolls!

Homemade Soup Mixes
Create a thoughtful, loving, affordable gift for loved ones with these cozy soups!

Find More Recipes and GIYs on the Live Green! Pinterest Page