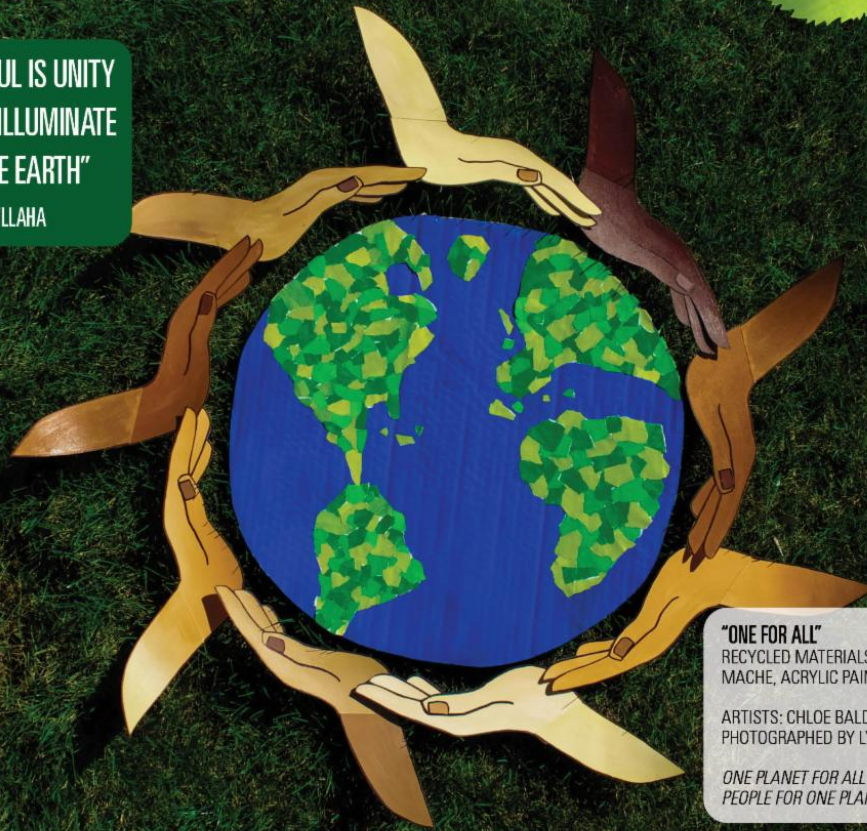


LIVE GREEN! MONTHLY

OCTOBER 2021

"SO POWERFUL IS UNITY
THAT IT CAN ILLUMINATE
THE WHOLE EARTH"

- BAHÁ'U'LLÁH



"ONE FOR ALL"

RECYCLED MATERIALS, PAPER
MACHE, ACRYLIC PAINT

ARTISTS: CHLOE BALD, LYNDSEY FAY
PHOTOGRAPHED BY LYNDSEY FAY

ONE PLANET FOR ALL PEOPLE; ALL
PEOPLE FOR ONE PLANET.

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.

CAMPUS SUSTAINABILITY UPDATES

Hello Cyclones!

How exciting to kick-off another year of sustainability at Iowa State University! The 2021-2022 Live Green! Team is already busy with projects – including this first issue of Live Green! Monthly, taking on a new format this year. In our ongoing consideration of offering our readers the most beneficial and relevant connection to sustainability, we are doing a test run with a more concisely received, but still information and opportunity-packed, publication. Please let us know what you think.

This month's newsletter celebrates the opportunity to reunite again – on campus and



Merry Rankin

Director of Sustainability
mrankin@iastate.edu

within the community. So many opportunities – including ISU's Campus Sustainability Month celebration, October 27 (highlighted below).

May your October be bursting with cardinal, gold *and green* connections!
Merry



Elizabeth Smith

Sustainability Director, ISU Student Government
edsmith1@iastate.edu

Hello Cyclones!

I hope you're having a great semester so far and are enjoying this beautiful fall weather! The Sustainability Committee is off to a great start this semester- I'm so excited to work with a great group of students. Right now, we're in the process of finalizing our subcommittees, which will guide the projects we work on! Some projects that people have been interested in so far include composting in the Greek community, supporting native pollinators, and increasing the number of recycling



Ayodeji Oluwalana

Recycling and Special Events Coordinator
aoluwala@iastate.edu

Welcome back to campus!

The 2021-2022 year is already a busy one for recycling at ISU! So many projects in the works, but three updates I am excited to highlight this month. First, a new look for some of the solar recycling and trash compactors around campus - focused on a pilot test to reduce the contamination of recycling. Second, an exciting new project focused on shredding waste textile scraps for use as animal bedding. Third, a new look for recycling and waste stations in a few campus

bins in SUV. If *you* have a project you'd like to see, send me an email! Visit the [Sustainability Committee page](#) on the Student Government website, or follow us on [Instagram](#), to learn more about the work that we do and get involved!

Sustainably,
Elizabeth

buildings – focused on increasing recycling and waste diversion inside, as well as outside. Learn more (and see pictures) in my full [October Recycling Update](#) on the ISU Recycling Services website.

Happy Recycling!
Ayo

MEET THE 2021 2022 LIVE GREEN! LEADERSHIP TEAM



We are excited to welcome this year's Live Green! Leadership Team! Read about what our members are excited for in the upcoming year and get a sneak peak of our projects and initiatives.

See the Live Green!
Blog Post

NOW YOU KNOW | A Deeper Sustainable Dive

The Every Day Sustainable Difference

Each day individuals are faced with the opportunity to make choices that contribute to the collective effort of living sustainably.

In honor of Campus Sustainability Month, we revisit the work of our 2016-2017 Marketing and Communications Team of Caitlin Deaver and Rebekah Mallete. In this article, the team

explored sustainability in three categories:
social, environmental and economic.



[Read Full Article](#)

SUMMER SUSTAINABILITY HIGHLIGHTS

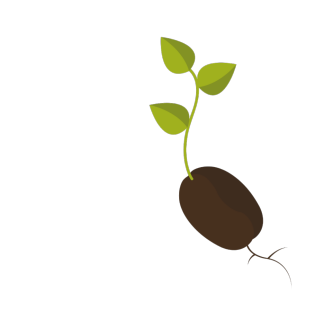


Over the summer months, Iowa State University stayed busy finding new ways to support the students, faculty, and community through various projects and initiatives. These are some of the highlights of those efforts:

[Learn About the Summer Sustainability Highlights](#)

LIVE GREEN! MONTHLY CHALLENGE

Our sustainable future is created one person, one action at a time. It is through the uniting of individual efforts that we can make great strides towards a sustainable society! This monthly challenge allows you start your sustainable journey where you are and work towards building connections in your community.



Take the Monthly Challenge

RECIPES AND GREEN IT YOURSELF (GIY)

As you begin to reunite on campus and in the community this month, here are ideas for sharing, creating, and connecting.



Creamy Potato Soup

Invite friends to bring their spoons and bowls to enjoy a dish that warms the soul. Perfect for a Soup Group!



Pumpkins and Ghosts

Create a simple, spooky platter with nature's candy that is sure to be a hit at the next Halloween celebration.



Seven Layer Dip

Celebrate Iowa State's next win at a tailgate with friends while snacking on this dip made for sharing.



Go Geocaching

Join friends on an outdoor, treasure hunt adventure. Be a part of the geocaching community by logging finds or creating geocaches!



Yarn Pumpkin Garland

Repurpose leftover yarn to create a festive decoration for holiday gatherings. These pumpkins are also great gifts for friends and loved ones!



Paint Rocks for Positivity

Collect some rocks and paints and get creative with some words of kindness. Scatter them throughout the community to spread smiles!

GREEN ENGAGEMENT OPPORTUNITIES



Volunteer to Support Food Security

Support the campus food pantry with increasing hunger awareness and food security. The SHOP (Students Helping Our Peers) has openings for volunteer assistance during the fall semester. Learn more and sign up on the [SHOP student organization](#) website.

Support Community Families

Walk, run, or volunteer in the second annual Fletcher's 5k on October 16 to support the Mary Greeley Medical Center's Birthways unit. Visit the Fletcher Foundation website to explore involvement opportunities and to register.

Harvest Vegetables for the Community

Aid Mustard Seed Farms in providing fresh produce to community organizations and families in need. Sign up for volunteering through the Volunteer Center of Story County webpage or email mustardseedbee@gmail.com for more information.

Carve Pumpkins for Spirits in the Garden

Engage in the fall fun with Remain Gardens to carve pumpkins for their grand Jack-O-Lantern display at Spirits in the Gardens event. Explore the [event volunteer webpage](#) for more details and to reserve a spot.

Help Restore Natural Ecosystems

Lend a hand to Story County Conservation to improve local conservation areas! Every Wednesday in October gather with volunteers to cut invasive plants in our city parks. Tools and gloves are provided! Visit the Story County Conservation webpage for more details.

Become a Mentor and Change a Child's Life

Create meaningful, impactful relationships with kids in the community. YSS is looking for applicants to be a supportive, caring role model to kids in the program. Find out more information and submit an application through the YSS Mentoring Program webpage.

OCTOBER GREEN EVENTS CALENDAR



Campus Sustainability Month Celebration

Live Green! is Reuniting Campus and Community for a Sustainable Future at this year's Campus Sustainability Month Celebration! Along with other colleges worldwide, we will be uniting as a campus to honor our sustainability journey with the clubs and organizations that make it possible. Participants will have the opportunity to engage with student organizations, local businesses, and university departments to learn about sustainable initiatives throughout Ames.

Visit the Facebook Event
Page

This year, our celebration will be held on Wednesday, October 27, 10 a.m. - 2 p.m. on the South Campanile Lawn.

October 3, 3 p.m. | Ames Public Library

Climate Change Theatre Action

Enjoy a series of performances and events focused on bringing community members together to imagine and plan a more sustainable future. This event is free and open to all, for more information visit the ISU Department of Music and Theatre event webpage.

October 12, 7 p.m. | Memorial Union Great Hall

Energy Democracy: Driving Clean Energy Through Local Action

Join Jon Carson, founder of Trajectory Energy Partners, in his lecture about creating a more sustainable future through community action. More information can be found in the Iowa State Conference on Civility and Deliberative Democracy event page.

October 16, 8 a.m. | CPMI Event Center

Walk to End Alzheimer's

Support The Alzheimer's Association by joining them in a walk of flowers to unite for a breakthrough in the ongoing battle of Alzheimer's and other forms of dementia. Explore the Ames Walk to End Alzheimer's webpage to register and find different ways to get involved.

October 21, 11 a.m. | Reiman Gardens

Plant Walk: Fall Color

Get to know the living works of art that make up Reiman Gardens with plants collections curator Lindsey Smith. Connect with other plant lovers and enjoy the wonderful autumn hues before they are gone! Tickets can be purchased through the Reiman Gardens 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.

STAY CONNECTED TO LIVE GREEN!

livegreen.iastate.edu



October 2021 | Volume 12 Issue 1

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LIVE GREEN! MONTHLY

NOVEMBER 2021



"WATER YOUR OWN HEART,
MIND, AND SOUL DAILY;
SO THAT YOU CAN DO, BE,
AND GIVE FROM A MORE
NOURISHED AND MUCH
FULLER PLACE"

- LALAH DELIA

Cover Images provided by Chloe Bald and the Sustainable Agriculture Student Association.

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.

CAMPUS SUSTAINABILITY UPDATES

Happy November!

With the holidays quickly approaching, this month's focus turns to nourishment – environmentally, economically and socially. This time of the year, especially, the planning begins related to holiday gatherings – meals, schedules and connections, and the balance of embracing and prioritizing.

The theme of this month's issue – Nourish to Flourish – reminds us of the opportunities to infuse sustainable consideration during this busy season, not to complicate... but to enhance, and



Merry Rankin

Director of Sustainability
mrankin@iastate.edu

flourish. Through strategizing menus, distributing gatherings (virtual or in person) over a few weeks (rather than packed into one) and maintaining consistent moments of downtime, we ensure a more sustainable (and flourishing) holiday season.

Along with a newsletter filled with ideas, opportunities and connections to flourish, this month's social media campaign, "[Food for Thought: Give Thought to Food](#)," offers complementary and unique consideration of our relationship with nourishment through food. Add in the [Campus Sustainability Month \(rescheduled\) Celebration](#) event on November 3, offering campus and community connections for physical and mental nourishment, and you have the perfect blend to ensure a month (and beyond) of flourishing.

Yours in green-ness!
 Merry



Elizabeth Smith

Sustainability Director, ISU Student Government
edsmith1@iastate.edu

Happy November, Cyclones!

Fall is officially in the air! I will be at Campus Sustainability Day sharing information about the Committee's projects, including working with a student organization interested in installing some [bee hotels](#) on campus, the return of the [Kill-A-Watt](#) Challenge, signage related to the impact of water bottle refillors, and [Trick or Trash](#).

Trick or Trash is a project is courtesy of [Rubicon](#), a waste and recycling



Ayodeji Oluwalana

Recycling and Special Events Coordinator
aoluwala@iastate.edu

Welcome to November!

The semester continues to be busy related to recycling and waste reduction. This month – I am excited to highlight three areas.

First, an update. In July 2021, a recycling pilot project on the 3rd floor of Parks Library, in conjunction with the Student Government Sustainability Committee, paired recycling bins with trash bins to increase recycling presence in Parks Library. A waste audit was recently completed and showed a 14% diversion rate of recyclable items kept out of the waste stream. Focus now moves to

company. They are able to RECYCLE candy wrapped collected by schools and businesses using specialized infrastructure. On-campus residents should keep their eyes out for the box at their hall Halloween events. We are so excited to partner with Inter-Residence Hall Association to reduce the number of candy wrappers that make their way to the landfill!

Did you know that the City of Ames is writing a [Climate Action Plan](#)? Student input is a really important part of the plan, as make up a substantial portion of the Ames population! If you have any questions that are not answered by the Climate Action Plan website (linked above), feel free to reach out to anybody at the [ISU Office of Sustainability](#), the [Ames City Council](#), or me!

Sustainably,
Elizabeth

identifying opportunities for continued improvement.

Second, a Save the Date! November 15 marks the annual observance of America Recycles Day and planning is happening RIGHT now to confirm all the details for ISU's celebration. Stay tuned!

Third, a reminder to think ahead and include waste reduction tips in your Thanksgiving (and all holiday) celebration plans. When putting all the details together regarding delicious food and all the little extras that make gatherings with family and friends so memorable, taking a little time for planning can make such a sustainable impact – before, during and after your celebrations.

Find more details (and pictures) in my full [November Recycling Update](#) on the ISU Recycling Services website.

Happy Recycling!
Ayo

STUDENTS LIVING CARDINAL, GOLD AND GREEN



Photo courtesy of The SHOP

Nourishment is defined as the substances needed for growth, health, and good condition. A large part of our nourishment comes from our food, but taking care of ourselves goes beyond what we eat.

From fighting food insecurity by providing nutritious food to those in need to providing resources to connect with others and take care of ourselves - this issue highlights a few organizations committed to our campus and community flourishing!

[Explore Student Sustainability Impact](#)

NOW YOU KNOW | A Deeper Sustainable Dive

Working Toward a Nourishing Future

Physical health, mental health, and feelings of stability are universal life goals dependent on access to livable income and nourishing food. Despite their importance to our ability to flourish, millions worldwide live in poverty without access to nutritious meals.

**1 NO
POVERTY**



For this month, we are revisiting the work of Paige Anson and Krishaun Burns, our 2019 Marketing and Communications Team. In this article, the team discussed two of the 17 United Nations' Sustainable Development Goals with a specific focus on poverty and eliminating hunger.

[Read Full Article](#)

**2 ZERO
HUNGER**



LIVE GREEN! MONTHLY CHALLENGE

This month's challenge begins with creating a self-care routine. When we take the time to recharge and nourish ourselves, we can care for others and share our gifts to create a well and flourishing community.



Nourish

- Prepare a [warm meal](#) for yourself
- Write in a [journal](#)
- Meditate for [15 minutes](#)
- Enjoy a [cup of tea](#)
- [Take a walk](#) in nature
- Enjoy your [favorite book or movie](#)

Flourish

- Arrange a "[Friendsgiving](#)" meal
- Write a [letter to a loved one](#)
- Get moving with a [yoga flow](#)
- [Create a tea blend](#) for sharing
- Organize a [walking group](#)
- Host a [movie night](#) or [book club](#)

GREEN ENGAGEMENT OPPORTUNITIES



Support a Biodiverse Future

Attend the Iowa Organics Conference Nov. 28-29, in Iowa City, to learn more about preserving biodiversity and ecosystems through strategic, organic farming. Contact kdelate@iastate.edu for registration details and scholarship opportunities!

Compost at Frederiksen Court

Reduce food waste by opting into the Frederiksen Court Composting Program, spearheaded by Engineers for a Sustainable World (ESA). Any questions about the program can be e-mailed to Andrew Frank, at akfrank@iastate.edu or visit the [ESA student organization webpage](#) for more information and to sign up.

Live Low-Waste

Join a panel of local experts to learn about low-waste practices and sustainability in the community, as well as some of the current community waste reduction efforts! Join the virtual discussion on Nov. 4 at 7 p.m.. More information and instructions for streaming is available on the Ames Public Library website.

Help Ames Youth Get Moving

Volunteer with ExerCyse is Medicine every Friday this winter to help kids in the Ames community get active. Motivate good health by leading warm-ups, games, and cool-downs with children. Sign up on the [ExerCyse is Medicine GivePulse webpage](#).

Take a Hike on National Hiking Day

Explore the Skunk River Greenbelt with Story County Conservation on Nov. 17. Register by Nov. 15 at 4 p.m. to take part in this two-mile event. Visit the [Story County Conservation webpage](#) for more details and to register!

Join the Sustainapalooza Fun

Support Live Green! and sustainability at ISU by joining the planning committee for the year's largest sustainability event. Assist with planning, organizing and implementing Sustainapalooza 2022 (Feb. 22), including upcycling activities, clothing swap, organizational tabling and green giveaways. Contact natalied@iastate.edu or akleve@iastate.edu for more information and to join the team!

NOVEMBER CALENDAR

Campus Sustainability Month Celebration

Live Green! is Reuniting Campus and Community for a Sustainable Future at this



year's Campus Sustainability Month Celebration! Along with other colleges worldwide, we will unite as a campus to honor our sustainability journey with the clubs and organizations that make it possible. Participants will have the opportunity to engage with student organizations, local businesses, and university departments to learn about sustainable initiatives throughout Ames.

Our celebration has been RESCHEDULED for Wednesday, November 3, 10 a.m. - 2 p.m. on the South Campanile Lawn.

Visit the Facebook Event
Page

1 November, Varies | Octagon Center for the Arts

[The Art of Climate Planning Exhibit](#)

Get inspired by the work of Ames artists and EcoTheatre Lab. This project was created by seven local artists to encourage community involvement in the process of the City of Ames' development of a climate action plan. Catch this display before it is gone on Nov. 6.

11 November, 10:30 a.m. | Reiman Gardens

[World Origami Day](#)

Take part in folding one thousand cranes for peace, watch film showings, and attend an artist talk with origami folder Pam Douglas to learn about the history and significance of origami. All events are free to the public and no registration is required.

18 November, 2:10 p.m. | Campanile Room, Memorial Union

[ISU Lecture: Soil Erosion in Biochemical Cycling of Essential Elements](#)

Join Asmeret Berhe, head of the Department of Energy's Office of Science, in discussing the role of soil erosion in climate change. Dr. Berhe will present what is known about soil, its potentials and its limitations.

27 November, 9 a.m. | Downtown Ames

[Small Business Saturday](#)

Visit Downtown Ames and support your local small businesses on Small Business Saturday. Take the day to share the joy of supporting the local economy by shopping small, no matter where you are.

See 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)

Explore these nourishing creations focused on taking care of your body, mind, and spirit through nutrition, relaxation, and reflection.



Butternut Squash Soup

Cozy up with a warm bowl full of fall flavors with this simple, wholesome soup!



Leftover Tacos

Shake up your holiday meal leftovers by combining them in a tasty, toasted shell!



Build a Nourish Bowl

Explore how to build a nutrient-packed bowl using common pantry ingredients!



Gratitude Jar

Fill an upcycled jar with colorful reminders and reflections of thankfulness!



Candle Wax Melts

Relax and soothe with aromatherapy using these simple, natural wax melts!



Affirmation Cards

Create a deck of positive affirmations using recycled paper or old paint swatches!

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

STAY CONNECTED TO LIVE GREEN!

livegreen.iastate.edu



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LIVE GREEN! MONTHLY

DECEMBER 2021 / JANUARY 2022

"AS WE EXPRESS
OUR GRATITUDE, WE
MUST NEVER FORGET
THAT THE HIGHEST
APPRECIATION IS NOT
TO UTTER THE WORDS,
BUT TO LIVE BY THEM."

- JOHN F. KENNEDY



"TEAM REFLECTIONS OF GRATITUDE"

PHOTOS PROVIDED BY (CLOCKWISE FROM BOW) ASHLEY KLEVE, ELIZABETH SMITH, MERRY RANKIN, HANNAH RANDALL, NATALIE DOMBROWSKI, LYDIA YOUNGQUIST, LUCIA RIZZO, ISABELLE LEGAN AND CHLOE BALD.

CAMPUS SUSTAINABILITY UPDATES



Merry Rankin

Director of Sustainability
mrain@iastate.edu

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 "gifts" 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



Elizabeth Smith

Sustainability Director, ISU Student Government
edsmith1@iastate.edu

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



Ayodeji Oluwalana

Recycling and Special Events Coordinator
aoluwala@iastate.edu

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.

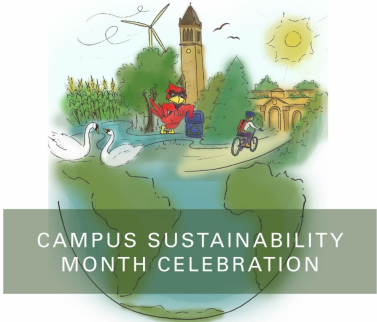
Find more details (including research scholar application information) in my full [December Recycling Update](#) on the ISU Recycling Services website.

Happy Recycling!
Ayo

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.

[Read the Live Green! Blog Post](#)

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.

[Read all CSMC Highlights](#)

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.

[Explore Student Sustainability Impact](#)

NOW YOU KNOW | A Deeper Sustainable Dive



[Read Full Article](#)

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.

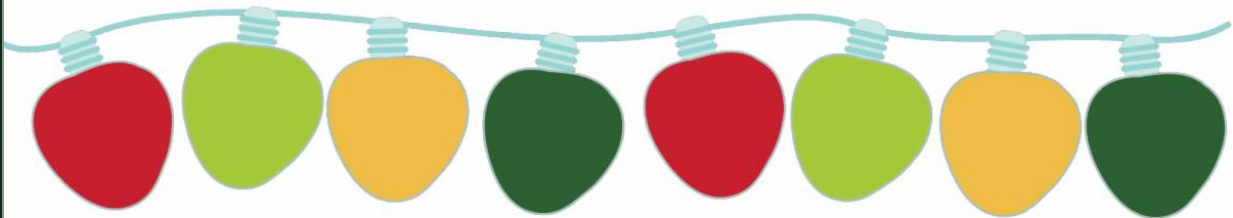
FALL SEMESTER SUSTAINABILITY HIGHLIGHTS



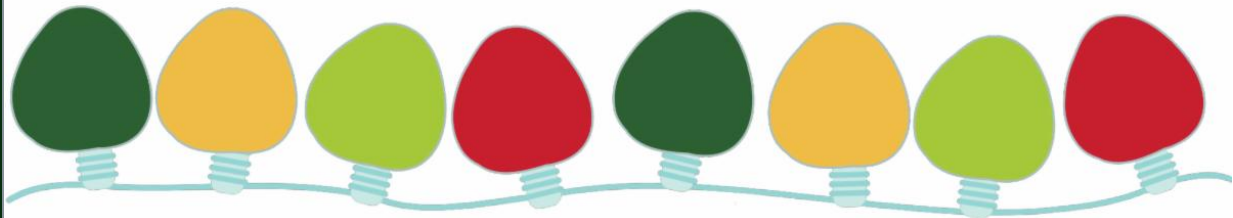
Fall semester brimmed with committed effort to instill sustainability through all facets of the Iowa State University experience. Impressive strides were made, and achievements completed through research and learning opportunities, connecting students and faculty to the community at large and creating 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](tel: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](#).

DECEMBER/JANUARY GREEN EVENTS CALENDAR

SUSTAINAPALOOZA

SAVE THE DATES! Feb. 21-22, 2022

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), sustainably-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](#)

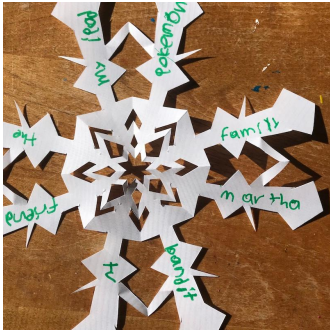
Join Yusef Salaam, keynote speaker for the Martin Luther King Jr. celebration and author of Better, Not Bitter: Living on Purpose in the Pursuit of Racial Justice in advocating and educating people on the issues of false confessions, police brutality and misconduct, press ethics and bias, race and law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

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.

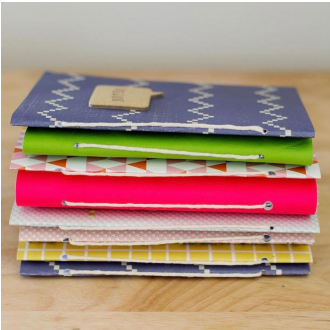
RECIPES AND GREEN-IT-YOURSELF (GIY)

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

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 imitative, 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.

LIVE GREEN! MONTHLY

FEBRUARY 2022

"GREAT THINGS ARE
DONE BY A SERIES
OF SMALL THINGS
BROUGHT TOGETHER."

- VINCENT VAN GOGH



CAMPUS SUSTAINABILITY UPDATES



Merry Rankin

Director of Sustainability
mrarkin@iastate.edu

Happy Spring Semester 2022!

Welcome back to campus, everyone! Here's hoping your break was filled with fond memories and lots of restorative rest and relaxation!

Now... a fabulous green-filled semester awaits and the Live Green! Team is so excited to kick it off in GRAND style this month with the [2022 Symposium on Sustainability](#) and [Sustainapalooza](#) events, February 21-22. Stay tuned to the [Sustainapalooza Facebook event page](#), Live Green! website and our social media platforms for all the news and updates – and check out the sneak peek look in this month's newsletter!!

The theme of this month's issue – "Small Acts, Big Impact", reminds us of the importance of each decision in every day that we make as individuals. While seemingly insignificant within our own space, collectively the opportunity to shift change and create impact is breathtaking. This month's theme interweaves directly with the focus and theme of this year's Symposium, "Collective Commitment Toward a Sustainable Future". A month brimming with unlimited possibilities of individual discovery and infinite impact.

We look so forward to the impactful month ahead!

Yours in green-ness, Merry



Elizabeth Smith

Sustainability Director, ISU Student Government
edsmith1@iastate.edu

Welcome back, Cyclones!

I hope you had a restful break- I know I sure did! This month, in preparation for Sustainapalooza, the focus all about small acts. Sustainability is a big concept, and it can be easy to feel intimidated. My advice: focus on taking one step at a time. There is no need to try to make every possible step all at once! Just keep moving forward!

Related to small acts opportunities, the Student Government Sustainability Committee will be tabling at Sustainapalooza on February 22 at the MU, from 5-8 p.m., and we'd love to help you find small acts connections.

SAVE THE DATE! The Ames Climate Action Plan ISU student representatives are hosting a town hall meeting to answer questions and gather feedback on February 7, from 6-8 p.m. in the MU Cardinal Room.

For more information and to stay updated, follow us on Instagram @isusustainability.

Sustainably,
Elizabeth



Ayodeji Oluwalana

Recycling and Special Events Coordinator
aoluwala@iastate.edu

Welcome to 2022!

Thank you for your tremendous support for the recycling program last year and we hope you will continue to support our waste reduction and diversion efforts in the new year. Here are the first newsletter for the year 2022! highlights.

First, we are set for our annual recycling competition "Campus Race to Zero Waste Competition" (formerly Recyclemania) which started on Jan 30. It is a competition Iowa State have participated in for three consecutively years efforts to advance campus recycling and waste reduction efforts.

Second, our goal this year is to encourage everyone on campus to cultivate simple and daily acts of waste reduction and have provided few ways to do so.

Read full details in the February Recycling Update on the [ISU Recycling Services website](#).

Happy Recycling!
Ayo

LIVE GREEN! LEADERSHIP TEAM FAREWELLS AND WELCOMES

A lot of excitement has happened over semester break for the team. Two members were offered dream opportunities and we bid them all the very best, gratitude for all they added to Live Green! and a fond farewell. Three new members joined the team, enthusiastic for a green-filled semester and we are excited to welcome them!

Farewell Chloe and Natalie!



Welcome Valentine, Reese and Nicole!



Valentine Chenus

Campus and Community
Engagement (Spring 2022)



Reese Cox

Marketing and Communications
(Spring 2022)



Nicole Haverback

Marketing and Communications
(Spring 2022)

[Read the Full Team Update](#)

STUDENTS LIVING CARDINAL, GOLD AND GREEN

Eight Years of Smart Businesses

A committed student effort has been in place since 2014, related to educating, engaging and empowering the business community in opportunities toward a sustainable future.

The City of Ames Smart Business Challenge celebrates its eight year in 2022 and the dedicated teams of interns that have increased and enhanced its relevancy, applicability and impact to a diversity of community businesses.



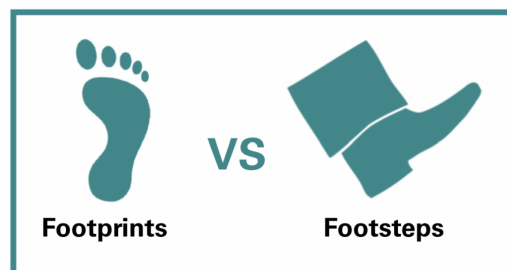
[Explore Student Sustainability Impact](#)

NOW YOU KNOW | A Deeper Sustainable Dive

The Everyday Sustainable Difference

Every day, we experience multiple opportunities to make decisions that impact our lives and the lives around us. These decisions range from simple to complex.

This month's Now You Know reading comes from the October 2016 issue of Live Green! Monthly. Written by former Marketing and Communications interns Caitlin Deaver and Rebekah Mallette, the article offers a deeper dive into taking footsteps instead of leaving footprints.



[Read the Full Article](#)

SYMPOSIUM ON SUSTAINABILITY | February 21-22

SYMPOSIUM ON SUSTAINABILITY 2022

COLLECTIVE COMMITMENT TOWARD A SUSTAINABLE FUTURE

SAVE THE DATES!

KEYNOTE SPEAKER

FEBRUARY 21, 2022 | 7 p.m. via Webex

SUSTAINAPALOOZA

FEBRUARY 22, 2022 | 5-8 p.m. @ Memorial Union

Collective Commitment Toward a Sustainable Future

The [Symposium on Sustainability](#) is an annual event dedicated to the celebration and showcasing of ISU student, faculty and staff sustainability commitment, initiatives and accomplishments. The event features a keynote speaker highlighting excellence nationally and/or internationally in environmental, economic or social sustainability.

Accompanying the Symposium is the annual [Sustainapalooza](#) event, which offers interactive GIY "Green-It-Yourself" Centers, opportunities to explore and pledge individual sustainability commitment, a clothing swap, sustainable art, tabling by campus and community sustainability organizations, sustainably-minded giveaways, as well as local food and food ingredient refreshments.

Join us for the [2022 Symposium on Sustainability](#) and [Sustainapalooza](#) to explore how small acts can add up to a great sustainable impact as we consider a "Collective Commitment Toward a Sustainable Future" at Iowa State University.

[Read More About the Event](#)

LIVE GREEN! MONTHLY CHALLENGE

Our sustainable future is created one person, one action at a time. It is through the uniting of individual efforts that we can make great strides toward a sustainable society! This monthly challenge allows you start your sustainable journey where you are by finding new uses for items around your home that may otherwise be deemed waste. The Live Green! Leadership Team has shared some ideas to get you started. Start this month's challenge and learn all about them.



[Take the Monthly Challenge](#)

GREEN ENGAGEMENT OPPORTUNITIES



Make Big Waves in the U.S. Virgin Islands

Live and learn in the U.S. Virgin Islands this summer through the Common Tides environmental education and leadership expeditions. Applications for all programs are due February 23. Full trip information and application requirements can be found at the [Common Tides website](#).

Design Public Art

Submit a proposal to the City of Ames Public Art Commission to design electrical transformer box wraps or storm drain covers in an effort to beautify public infrastructure. Artists must submit their designs by Tuesday, Feb. 15. Requirements, templates and details can be found on the [City of Ames website](#).

Gain Gardening Expertise

Explore the world of cultivation through the upcoming gardening series at Reiman Gardens, Saturdays February through September. Sign up for individual classes, or register for the series to receive a discount, the full set of tools (and more) for free. Full details can be found on the [Reiman Gardens event webpage](#).

Research Chemistry in Mississippi

Participate in research with a faculty mentor through the Ole Miss Chemistry Department this summer. Underrepresented groups in science are encouraged to apply, including minorities, women, and first-generation college students. Submit applications by March 7, details can be found on the [Ole Miss Summer Chemistry Research Program website](#).

Give a Food Swipe to Fellow Students

Donate Flex Meals or Dining Dollars to fellow students facing food insecurity through ISU's Give a Swipe Program. Any student with a meal plan can donate swipes during this semester's donation period, February 7-11. As well as donating, student assistance is also needed to assist with tabling opportunities across campus. More information is available on the [ISU Dining website](#). Sign up to volunteer, through the [SignUpGenius link](#).

Advocate for Green Building

Become a US Green Building Council (USGBC) Community Member Ambassador to increase awareness and understanding of the power and value that USGBC brings to communities. Interested individuals can sign up through February, with orientation and the first monthly meeting taking place in March. Visit the [USGBC Ambassador Program webpage](#) for details.

FEBRUARY GREEN EVENTS CALENDAR

1-14 February, Varies | The Workshop

Wood You Be My Valentine? Walk-In Craft

Handmake a unique gift for your valentine at the Workspace! Paint or decoupage a flat wood heart cutout to spread the love in a way that is uniquely yours. Drop in February 1-14, \$8-\$10 in studio/ \$10-\$12 to go. Open to all ages if accompanied by an adult, visit the [ISU Student Engagement Webpage](#) for hours and full details.

4, 5 February, 7:30-9 p.m.| Fisher Theater

Project Earth: Barjché 2022

Watch Orchesis I Dance Company, from Iowa State University, present Project Earth, a program of dances inspired by themes of Sustainability and Climate Change, for their annual modern dance performance Barjche'. Admission is \$10 students; \$12 general admission. Tickets can be purchased via the [Iowa State Ticket Office](#).

9 February, 4:30-6:30 p.m. | Christian Petersen Art Museum & Morrill Hall Auditorium

Julie W Chang: Vibrant Matter Opening and Artist Lecture

Hear from Julie W. Chang about her work as both a public and studio artist in a lecture following the opening reception for her exhibition "Vibrant Matter" in the Christian Petersen Art Museum. This event is open and free to the public. Event details can be found on the [ISU University Museums event webpage](#).

23 February, 7 p.m. | Farwell T. Brown Auditorium

[Land Protection in a Changing Climate](#)

Join Ames Public Library, Outdoor Alliance of Story County and Joe McGovern, President of the Iowa Natural Heritage Foundation, to explore the opportunities and challenges in permanently protecting large blocks of wildlife habitat in central Iowa. This event is free to the public. More information can be found on the [Ames Public Library event webpage](#).

24 February, 6 p.m. | Farwell T. Brown Auditorium

[EcoChats: Ames Climate Action Plan Updates](#)

Get updated about the City of Ames Climate Action Plan progress. Project team members will present about the plan's timeline, current status and opportunities to offer input and get involved. The event is free and open to the public. More information can be found on the [Ames Public Library event webpage](#).

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)

Demonstrate love for the environment, yourself and others this month through small actions and projects that can culminate into a more sustainable future. For more ideas on how to take small steps toward a greater sustainable impact, attend the [2022 Sustainapalooza](#) on February 22!



[Fabric Flowers](#)

Express long-lasting love this Valentine's Day with a bouquet of t-shirt flowers.



[Snuffle Mat for Pets](#)

Ignite the primal foraging senses of your pet using a homemade snuffle mat.



[Reusable Tea Bags](#)

Cut back on waste from your daily cup of tea by stitching up a reusable tea bag.



[Chocolate Stirring Spoons](#)

Add some extra sweetness to a warm beverage with these unique stirring spoons!



[No-Bake Granola](#)

Nourish yourself with a sustaining breakfast or snack - no oven necessary!



[Heart Cinnamon Roll](#)

Bake a festively-shaped pastry to tell your valentine how sweet they are.

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.

Feb. 2022 | Volume 12 Issue 4

Iowa State University Facilities Planning and Management | 108 General Services Building, 700
Wallace Road, Ames, IA 50011

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LIVE GREEN! MONTHLY

MARCH 2022



"THERE IS NO SUCH THING AS 'THROW AWAY'. WHEN WE THROW ANYTHING AWAY IT MUST GO SOMEWHERE."
- ANNIE LEONARD



CAMPUS SUSTAINABILITY UPDATES



Merry Rankin

Director of Sustainability
mrarkin@iastate.edu

Happy March, Cyclones!

The month promising that warmer weather is in the not so distant future – bringing spring colors, smells, activities - and spring break!!

But, before getting too far into all the fabulous sustainability opportunities of March, let's reflect on an absolutely fantastic February, that featured the 2022 Symposium on Sustainability and Sustainpalooza.

The kick-off for this year's event, Chris Jordan's keynote, captured so well the vital impact we all have in even the smallest of choices we make and steps we take every day toward a sustainable tomorrow. If you were not able to listen live, I encourage you to treat yourself and view the recording, currently available on the [ISU Lectures Program website](#).

Also... an abundance of kudos to the Campus and Community Engagement Team (and the numerous volunteers) for SO much work in making this year's [Sustainpalooza](#) event an outstanding success. GIY centers, a clothing swap, tabling, art and SUCH delicious (and local) food! If you were not able to join us, you can still catch all the highlights and make all the

connections through the Sustainapalooza 2022 feature later in the newsletter.

And now to March!! This month for the Live Green! Team is all about the eradication of waste – through both diversion (directing waste to beneficial use instead of being landfilled) and reduction (not creating waste to manage). This month’s newsletter offers a multi-faceted consideration of how we all can embark on our own personally-directed journeys toward a zero waste future. Alongside the March issue of Live Green! Monthly is our accompanying [social media campaign](#) – also focused on lightening our wasteprints – bursting with tips, waste trivia and a diversity of resources to ensure a multitude of “whoa” moments.

It is also in this month that we sadly bid farewell to a person whose name automatically comes up in any conversation at Iowa State University regarding this month’s theme. Ayodeji Oluwalana arrived at ISU in 2018, becoming Iowa State University’s very first full-time recycling coordinator. In less than four years, he has absolutely embraced his time as a Cyclone with the fullest and most robust passion, dedication and vision. He has spearheaded connections and forged impact across the entirety of the campus community - educating, engaging and empowering students, faculty and staff toward an enhanced and expanded personal and collective consideration of and relationship to waste. I hope you’ll take a moment... drop him a note, give him a call or stop by his office to share a memory and wish him well in his new adventure. And starting this month - commit to one new personal waste-free challenge... for Ayo.

Yours in green-ness,
Merry



Elizabeth Smith

Sustainability Director, ISU Student Government
edsmith1@iastate.edu

Happy Spring, Cyclones!

Spring break is getting closer and closer; I know that I’m for sure counting down the days because I’ll be studying abroad in Uganda, working with school gardens and nurseries! If you plan on traveling during break, be sure to check out [this month’s Live Green! social media campaign](#), “Gone with the Waste”, (and the rest of the Live Green! newsletter) for ways to reduce your waste and have a more sustainable experience!



Ayodeji Oluwalana

Recycling and Special Events Coordinator
aoluwala@iastate.edu

Welcome to March 2022!

Thank you for your tremendous support for the recycling program. Here are the latest updates for March.

First, I wanted to make note of reported incidents of contamination across campus in the recycling collection bins (single stream and cardboard specifically) over the last few weeks. Contamination has ranged from trash bags found in the cardboard dumpsters to food and drink contaminants in single-stream recycling.

This semester, the Sustainability Committee is exploring “sustainable living tips” magnets to be distributed to on-campus residents, a waste-themed social media challenge in collaboration with IRHA, signage showing how to reduce your energy consumption, and bat boxes! If you’re interested in staying updated with your projects, follow us on Instagram [@isusustainability](#).

Don’t forget!! If your club or organization needs funding for a sustainability-focused (environmental, economic or social) project, consider applying for the Green Initiatives Fund. Any recognized organization is welcome to apply. To learn more about the Green Initiatives Fund, visit the [Student Government Sustainability Committee website](#) or the funding webpage on the [Live Green! website](#).

Sustainably,
Elizabeth

When contamination occurs within a recycling bin, sadly, the bin contents (even those properly recycled) have to be disposed of as trash. Please assist in doing your part to ensure a “clean”, contamination-free recycling stream.

Second, we are in the fourth week of the annual recycling competition “Campus Race to Zero Waste Competition” (formerly Recyclemania) which started on January 30. Find out Iowa State’s ranking (at the end of week three) under the "per capita" category on the [Campus Race to Zero Waste Competition scoreboard webpage](#).

Third, a unique opportunity for graduate student fellowships with the [National Wildlife Federation](#). Please share!!

Lastly, on an emotional note, this will be my last newsletter to you as I will be leaving Iowa State to pursue a new adventure on the east coast and to be closer to family.

Read full details, about all of these highlights, in the March Recycling Update on the [ISU Recycling Services website](#).

I will miss you all!
Ayo

SUSTAINAPALOOZA RECAP



Campus and community members came together on February 22 to “Take Small Actions Today for a Sustainable Tomorrow” at Sustainapalooza 2022. Read about the event on the Live Green! blog!

[Read Full Article](#)

STUDENTS LIVING CARDINAL, GOLD AND GREEN

Toward a Waste-Free Future

Reducing waste can be accomplished in many ways. This month's contribution to Students



Living Cardinal, Gold and Green highlights some unique opportunities offered to students, faculty and staff, through two student-empowered organizations: the Student Government Sustainability Committee and the Zero Waste Team.

[Explore Student Sustainability Impact](#)

NOW YOU KNOW | A Deeper Sustainable Dive



Buying Green: Tips to Sustain Your Shopping Trip

Sustainable living does not require dropping your shopping game. Buying “green,” or having sustainable shopping habits, is all about considering how to best make your purchases benefit you and the world around you.

This month's Now You Know reading comes from the October 2018 issue of Live Green! Monthly. Revisiting the work of former Marketing and Communications interns Paige Anson and Krishaun Burns, this month's article offers some tips to empower your next green shopping trip.

[Read Full Article](#)

LIVE GREEN! MONTHLY CHALLENGE

In order to reduce your waste, it is important to understand what you are throwing away as waste. This month’s challenge guides you through completing a waste audit and offers resources to start tackling waste throughout various components of life and living.

HOW TO complete a waste audit:



[Take the Monthly Challenge](#)

Resources for Reducing Waste

[Food Waste](#)

[Clothes Shopping Waste](#)

[Travel Waste](#)

[Health and Beauty Waste](#)

[Home Waste](#)

[Outdoor Recreation Waste](#)

[Daily Life Waste](#)



Adopting for a Green Campus

Engage in creating a culture of beautification at ISU, through adopting a part of campus to keep "clean and green." The Adopt-a-Campus program offers students, faculty and staff - as individuals or in teams - the opportunity to offer support in ensuring a designated area of the ISU campus is litter-free. For more information and to sign up, email kisb@iastate.edu.

Harvest Vegetables for the Community

Join the Mustard Seed Farm team and learn about organic farming and what life is like on an organic vegetable farm. Skilled and enthusiastic individuals are sought to fill agroecology intern positions for the 2022 "growing season." Internships occur between May 1 and October 15, with a minimum term of 8 weeks. Applications are due by March 15. For more information and to submit application materials, [email Mustard Seed Farm](#).

Share Your Photographic Talent

Participate in Story County Conservation's annual photography contest. Submitted images may show animal behavior, portraits of wildlife, plant life, natural landscapes or people interacting with nature. Photo entries can be submitted from March 1-22. For more information about the contest and instructions for photo submission, visit the [Story Country Conservation website](#).

Cultivate Your Environmental Leadership

Apply to be a part of the 2022-2024 Roger Arliner Young (RAY) Diversity Fellowship. Applicants must be persons of color who demonstrate a commitment to equity, environmental justice, social change and must be less than one year out of college. Applications must be completed and submitted to the [RAY Diversity Fellowship website](#) by March 27. For more information email mariaj@elpnet.org.

Strategize With Iowa College Students About Sustainability

Attend the One Sustainable Iowa Student Conference, April 9 - this year hosted at the University of Iowa campus. The event, originating at ISU, offers a day of all-Iowa student sustainability networking. Visit the [One Sustainable Iowa Student Conference website](#) for more information and to register. Contact livegreen@iastate.edu about carpooling.

Join the Live Green! Team

Live Green! needs YOU! Applications are now open for 2022-2023 internship positions with the Office of Sustainability. Positions are available related to marketing and communications, social media engagement, events planning and management and coordination of the City of Ames Smart Business Challenge. Learn more about the opportunities and find applications instructions on the [Live Green! website](#).

Pitch Your Carbon Negative Idea

Through a collaboration between The Green Umbrella student organization and the Consortium for Advanced Bioeconomy Leadership Education (CABLE), a carbon-negative lifestyle pitch competition will take place April 11, 3 – 5 p.m. in 3204 Student Innovation Center. Competitors must pre-register and send their pitch slides by April 4, 2022. Pitches will be judged and prizes awarded to the top three ideas (gift card prizes of \$300, \$200, \$100). Email muddin@iastate.edu for additional information. Register via the [event registration Qualtrics form](#).

MARCH GREEN EVENTS CALENDAR

10 March, 12 - 1 p.m. | Reiman Gardens

[Nature at Noon: Expanding Environmental Justice Beyond the Human](#)

Join Reiman Gardens and Brianna Burke, Associate Professor of Environmental Humanities and American Indian Studies in the English Department at Iowa State University, for an open talk about environmental justice and what it means to take that

discussion beyond humans. No pre-registration is required. Free for members and ISU students. Free (with paid admission) for non-members. More information on the [Reiman Gardens event page](#).

17 March, 6 - 8 p.m. | Reiman Gardens

[Dorm Plant Basics: Choosing the Right Plant for You!](#)

Make your dorm room healthier and greener. Join Reiman Gardens' Education Assistant, Logan Metzger, for a series of classes about caring for houseplants in small spaces and setting yourself on the right path to win plant parent of the year. Preregistration and prepayment required by Tuesday, March 15. For a full list of events in the series and cost information visit the [Reiman Gardens event page](#).

23 March, 6 p.m. | via WebEx

[George Washington Carver and the Liberatory History of Black Agriculture](#)

Learn from Dr. Monica White as she discusses the Freedom Farmers, revises the historical narrative of African American resistance, and breaks new ground by including the work, roles, and contributions of southern Black farmers and the organizations they formed. The event [WebEx link](#) can be found on the ISU Lectures Series website.

Varies | City of Ames Facilities and Virtual

[City of Ames Musical Performances](#)

Explore opportunities to listen to a variety of musical performances throughout the month, made possible by the City of Ames. Performances begin with Hip Hop 101: The History of Hip Hop Culture (March 1, 7 p.m., in the MU Great Hall) and complete with Nostalgia in Reverse with Nova Labs (March 26, 6 p.m., at the Ames City Auditorium) with additional events in between - virtually and in-person. Find full details for all events on the Ames City Auditorium and Durham Bandshell Facebook Page [@amesauditorium](#).

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)

Demonstrate ways to reduce waste for the environment, yourself and others this month through recipes and GIYs that can culminate into a more sustainable planet.



[Leftover Fruit Smoothie](#)

Divert over-ripened fruit from the composter to the blender for a sweet treat.



[Stuffing Stuffed Peppers](#)

Upcycle staling bread into a delicious and nutritious dinner main dish.



[Excess Carrot Bread](#)

Turn extra carrots into a unique and healthy quick bread variation.



[Use Again Makeup Pads](#)

Wipe away makeup and makeup waste with this reusable option.



[Reusable Dryer Sheets](#)

Adopt a zero waste clothes drying strategy with this "use again" product.



[Make-at-Home Deodorant](#)

Save money and eliminate excess packaging with this beauty solution.

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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LIVE GREEN! MONTHLY

APRIL 2022



"CREATIVITY IS THINKING UP
NEW THINGS. INNOVATION IS
DOING NEW THINGS."

- THEODORE LEVITT

ABOUT THE COVER

For our Earth Month issue, the Live Green! Team was asked to share a photo depicting a place they felt closest to nature and why. We encourage our readers to reflect on where you have felt especially exhilarated by our natural world.

(Listed clockwise from top left)

Lydia Youngquist, Ames, Iowa

"My favorite nature spot in Ames is the ISU Disc Golf Course. This spot is full of huge older trees, which I love to admire. It's such a beautiful place to take a hike while enjoying a classic game of disc golf with your friends!"

Elizabeth Smith, Amnicon Falls, Wisconsin

"I felt close to nature because all of my senses were affected, except taste: I could see, hear and smell the waterfall. I felt the breeze and the mist while listening to the birds! It

was beautiful and I can't wait to go back next summer."

Ashley Kleve, Ocoyoacac, Mexico

"Hiking through these mountains and simply just being in their presence brought me so much peace."

Lucia Rizzo, Rincon, Puerto Rico

"It is a sunset out over the ocean! I love the colors of the sunset in contrast with the dark water right before the sun sets, it is very calming!"

Isabelle Legan, Cinnamon Bay, St. John U.S. Virgin Islands

"I love seeing all the beautiful marine life, especially sea turtles, in the clear ocean water!"

Hannah Randall, Belford Peak, Colorado

"I feel most connected to nature in the mountains - hiking to the peak always reminds me how big and diverse the natural world is."

Merry Rankin, Muir Woods National Monument, Marin County, California

"Established in 1908, this old growth forest is home to species over 100 years old. Being surrounded by nature that had experienced more than a century of history is absolutely exhilarating."

Valentine Chenus, Lake Superior

"I felt really connected to nature in this photo because I love being by big bodies of water. I always can feel the power and peace that they bring."

Reese Cox, Monticello, Iowa

"I love this image because it is a field in my hometown near my running route. It is a sunrise and it makes me feel safe and at home while connecting to nature."

Nicole Haverback, Johnson Salk Trail Park Kewanee, Illinois

"I felt connected with nature with this picture because it reminds me of all of the memories I have of camping and fishing in this state park when I was a kid, now I frequently go on hikes there with my sister and her dog."

CAMPUS SUSTAINABILITY UPDATES



Merry Rankin

Director of Sustainability
mraink@iastate.edu

Happy Earth Month!

It's April! Such a pivotal month – for activities (recreational, agricultural, horticultural), so many new sights, sounds and smells of nature, and the anticipation of new adventures awaiting in the warming months ahead.

April also celebrates Earth Month and hosts the holiday Earth Day – the opportunity (much like holidays do) to offer a specific calendar prompt to take a moment, reflect and give thanks. Earth Day is the holiday that prompts the reflecting opportunity of the gratitude for a home that supports each of our lives and living them.

As with every April, campus and the collective Ames community is bursting with opportunities to connect to spring and celebrate Earth Month. Officially, campus will celebrate Earth Day on April 22, from 10 a.m. – 2 p.m. on the South Library Lawn. We hope you will join the Live Green! Team and campus and community

organizations embracing environmental, social and economic sustainability for networking, earning green-minded prizes, enjoying music and yard games (and nibbles) and paying forward by bringing a donation for The SHOP food pantry.

Although this is a celebration “not to miss” – make sure to also visit the official [2022 Live Green! Earth Month Calendar of Events](#). This year’s calendar scrolls over 50 pages (but is easily searchable) and includes a diversity of opportunities including community clean-up events, art exhibits, performances, lectures, how-to classes (gardening, cooking, hiking and even syrup tapping), recreational events (runs, walks, bike rides) and SO many more – “get out and celebrate YOUR way” options in so many fun (and unique) spaces and places.

In reading through this month’s issue of Live Green! Monthly, it’s likely no surprise to learn that our theme is, “Celebrate, Exhilarate, Innovate”. In reflecting on our collective sustainability achievements (as well as goals still in front of us), exploring this month’s challenge, trying out a new GIY and recipe, and taking part of Earth Month events, we think you’ll find these verbs just seem to resonate – spontaneously.

Happy Celebrating!

Yours in green-ness!
Merry



Elizabeth Smith

Sustainability Director, ISU Student Government
edsmith1@iastate.edu

Happy Spring, Cyclones!

This newsletter officially marks the start of my favorite month of the year: April, aka Earth Month! And - Earth Day is April 22, so mark your calendars for ISU’s Earth Day Celebration on the Parks Library South Lawn! Read more about Earth Day 2022 later in this month’s newsletter.

This is also my last official newsletter as the Director of Sustainability- next month I’ll introduce the new Director! This year has flown by so quickly and I’m incredibly grateful for the doors this position has opened for me. I’ve met some really fun people through Student Government, I’ve learned SO MUCH about effective peer leadership and project management, and I’ve been involved with the Ames Climate Action Plan.

If you want to be the next Director of Sustainability (or are interested in applying for any Executive Cabinet position in Student Government), you can find a description of the positions on the [Student](#)

[Government website](#). Applications can be completed online via the [Executive Cabinet Application google doc link](#). If you have questions about the application or any of the roles, feel free to reach out! I would love to support you.

We've almost made it through another year, Cyclones! Let's make these next six weeks the most sustainable ones yet!

Sustainably,
Elizabeth

STUDENTS LIVING CARDINAL, GOLD AND GREEN



2022 College-By-College Pitch Off

Iowa State University Students had the opportunity to use their skills, extra curricular activities and majors to innovate, create and exhilarate ideas for the 2022 College-by-College Pitch Off.

Seven colleges participated in this event with students pitching their ideas and business models in 90 seconds to a panel of judges for cash prizes. Five candidates in the 2022 College-By-College Pitch Off presented innovative business models and ideas with connection to social, economic and environmental sustainability.

[Explore Student Sustainability Impact](#)

NOW YOU KNOW | A Deeper Sustainable Dive

7 AFFORDABLE AND CLEAN ENERGY



Innovating Today, Innovation Tomorrow!

In the midst of climate change and other global challenges such as food insecurity and job security, many individuals and organizations are adopting more sustainable practices. Innovation enables and empowers through research, education and sustainable technologies related to energy, water and each and every component of life living.

This month's Now You Know reading comes from the October 2019 issue of Live Green! Monthly. Revisiting the work of former Marketing and Communications interns, Paige Anson and Krishaun Burns, this month's article highlights

8 DECENT WORK AND ECONOMIC GROWTH



9 INDUSTRY, INNOVATION AND INFRASTRUCTURE



three of the United Nations Sustainable Development Goals that serve as a foundation for sustainable innovation.

[Read Full Article](#)

LIVE GREEN! MONTHLY CHALLENGE

Our sustainable future is created one person, one action at a time. It is through the uniting of individual efforts that we can make great strides toward a sustainable society! This month's challenge allows you start your sustainable journey where you are and work toward building connections in your community.



[Take the Monthly Challenge](#)

GREEN ENGAGEMENT OPPORTUNITIES



Implement Change in Your Community

Create and execute projects to impact your community with Green Iowa AmeriCorps in conjunction with city officials, nonprofit leaders and school districts. The program recruits passionate and motivated individuals for a three-month service experience at one of 20+ service locations throughout Iowa. Terms range from May 23 - August 19, 2022 or June 1 - August 31, 2022 with interviews taking place on a rolling basis until positions are filled; contact GIArecruitment@gmail.com or apply on the [Green Iowa AmeriCorps website](#).

Secure a Sustainability Scholarship

Apply for the \$1,000 Diane Albertson Memorial Scholarship awarded each spring to one or more students with a demonstrated interest in environmental action, especially related to recycling and waste reduction. Applicants must be a senior or graduate of an Iowa high school and be accepted for enrollment as a full-time undergraduate for the 2022-2023 school year. Applications are due May 31, 2022. For more information and to apply, visit the [Iowa Recycling Association website](#).

Pitch Your Carbon Negative Idea

Compete in a carbon-negative lifestyle pitch competition, sponsored by The Green Umbrella student organization and the Consortium for Advanced Bioeconomy Leadership Education (CABLE), on April 11 from 3 – 5 p.m. Pitches will be judged and prizes awarded to the top three ideas (gift card prizes of \$300, \$200, \$100). Competitors must pre-register and send their pitch slides by April 6, 2022. Register via the [event registration Qualtrics form](#), for more information email Md-Mosleh Uddin at muddin@iastate.edu.

Join the Live Green! Team

Live Green! needs YOU! Applications are now open for 2022-2023 internship positions with the Office of Sustainability. Positions are available related to marketing and communications, social media engagement, events planning and management, and coordination of the City of Ames Smart Business Challenge. Applications are due by April 8 at 5 p.m. To learn more about the opportunities and find application instructions, visit the [Live Green! website](#).

Welcome Spring at Reiman Gardens

Celebrate the arrival of spring throughout the month of April at Reiman Gardens! As spring flowers begin to bloom, go on a scavenger hunt, encompassing 17 acres, to find dozens of whimsical fairy doors waiting to be discovered. Also in April, enjoy an amazing bulb display featuring thousands of tulips, hyacinths, and other bulbs. Take advantage of extended visiting hours until 8 p.m. while the tulips are in their prime, April 21-23 and 28-30. For more information visit the [Reiman Gardens website](#).

Clean-Up Local Neighborhood Spaces

Volunteer in a spring community clean-up program engaging community members to clean-up parks, neighborhoods, public spaces and local waterways. Stash the Trash is planned for Friday, April 29 and Saturday, April 30, and is an at-your-own-pace format. For more information [visit the City of Ames website](#). The loway Creek Clean-Up will be

APRIL GREEN EVENTS CALENDAR



Earth Day Celebration

22 April, 10 a.m. - 2 p.m. | South Library Lawn

Celebrate Earth Day with ISU and the Ames community. This year's theme, "I'm With Her: Our Planet. Our Home. Everyone Needed", aligns with that of the Earth Day Network in reminding of the committed investment needed from us all toward a sustainable future. ISU's celebration will feature interactive "Stay and Create" or "Take and Create" activities, the opportunity to earn sustainably-minded, greener-living prizes, Insomnia cookies and fruit-infused water, music from KURE, yard games from Outdoor Recreation, and the opportunity to learn from and network with representatives from campus and community organizations - committed to environmental, economic and social sustainability through missions, goals and initiatives.

[Visit the Earth Day Celebration Event Page](#)



number of opportunities to be sustainably engaged in the Ames community during the entire month of April. These opportunities cover the three facets of sustainability - environmental, economic and social.

Explore the 2022 Live Green! Earth Month
Calendar of 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)

Innovation does not have to be groundbreaking, it can be simple steps and considerations toward rethinking everyday objects. Explore recipes and GIYs that support innovation, creation and exhilaration in your daily routine.



Mason Jar All-In-Ones

Generate ingenious recipes all contained in a mason jar.



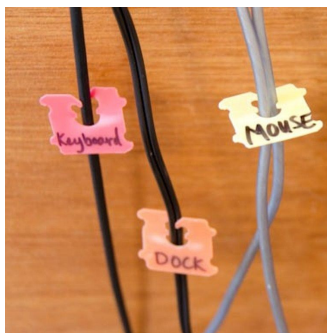
Crispy Veggie Chips

Transform root vegetables into a delicious crispy snack.



Waffle Maker Snacks

Innovate your waffle maker and go beyond breakfast.



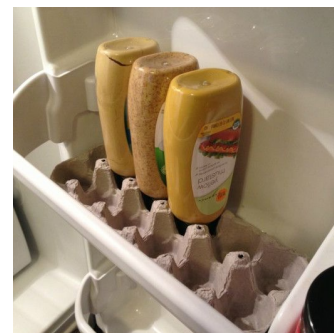
Bread Clip Redux

Organize your life - courtesy of old bread ties.



Toilet Paper Roll Reuses

Create innovative moments, one roll at a time.



Egg-cellent Uses for Cartons

Convert cartons into a variety of sorting solutions.

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

STAY CONNECTED TO LIVE GREEN!

livegreen.iastate.edu



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LIVE GREEN! MONTHLY

MAY 2022



Live Green! *"Being the difference"* 2021 - 2022



"THE FUTURE IS COMPLETELY
OPEN AND WE ARE WRITING IT
MOMENT TO MOMENT."

- PEMA CHÖDRÖN

Learn About the Team's Summer and Post-Grad Plans!

CAMPUS SUSTAINABILITY UPDATES

It's Time to Celebrate Cyclones!

This is it! The last issue of Live Green! Monthly
for the 2021-2022 academic year - which means



Merry Rankin

Director of Sustainability

mrain@iastate.edu

spring semester is nearly over, graduation is just around the corner and summer plans and adventures anxiously await.

In team discussions about the theme for this last newsletter, what immediately came to mind was this past year really being “the journey back”. Back from times of only connecting to teammates, classmates and colleagues virtually; no travel for research, conferences or club events; abbreviated collaboration and networking opportunities; and generally the ongoing quest of how to make a difference within it all. As we reflected, what resonated for us about this year were all the impressive and profound examples of Cyclones “being the difference”.

And the May newsletter started falling into place. Our theme starts on the cover – offering thanks to this year’s fabulous Live Green! Team – ensuring a year of “being the difference” opportunities on campus and beyond; through education, engagement and empowerment. Semester highlights further exemplify “being the difference” through outstanding vision, dedication and creativity related to research, campus commitment and connection to community. May’s monthly installment of Students Living Cardinal, Gold and Green absolutely showcases the unshakeable resilience of ISU students “being the difference” for the change they want to see in the world. As always this month’s issue also tucks in plenty of initiatives to be a part of, events to attend, and experiences to dive into – enough for a summer of difference-making opportunities.

On behalf of this year’s Live Green! Team, thank you, Cyclones – for this year of “being the difference”! Thank you for taking part, asking questions, wanting answers, showing up, offering assistance and caring. It truly has made all the difference!

Wishing you a summer brimming with differences! Looking forward to greening together in 2022-2023!

Yours in green-ness,
Merry



Elizabeth Smith

Sustainability Director, ISU Student Government
edsmith1@iastate.edu

Dear Cyclones,

What a great year it's been serving as your Student Government Sustainability Director. As I mentioned last month, my term is now complete and I thank you all for your support and commitment to sustainability.

As we look toward the 2022-2023 academic year, it is my pleasure to introduce your new Student Government Director of Sustainability: Blake Van Der Kamp! Blake and I were both on the Student Government Sustainability Committee during the 2020-2021 academic year. I have seen Blake's incredible work firsthand and know I am passing the sustainability torch to talented and competent hands!

Just a reminder - to stay updated with the committee (and learn when applications are open), follow our Instagram account [@isusustainability!](https://www.instagram.com/isusustainability/) I also encourage you to check out how to stay connected with sustainability resources and events through the [Live Green! Website](#), and bookmark the [City of Ames' Climate Action Plan website](#) to stay updated on the Plan's progress over the summer!

I am so grateful for the opportunity to serve as your Student Government Sustainability Director and for everything I have learned and been a part of during my tenure. Thank you for your support and enthusiasm!

Wishing everyone all the best in tying up



Blake Van Der Kamp

Incoming Sustainability Director, ISU Student Government
blakevdk@iastate.edu

Hello Everyone!

My name is Blake Van Der Kamp, and I am the new Director of Sustainability for the Iowa State University Student Government! I am also currently a sophomore majoring in Agriculture Education, International Agriculture, and Public Relations. I am super excited to bring awareness to multifaceted sustainability on campus and can't wait to work with all the amazing individuals who make up our university.

In the meantime, feel free to follow our Sustainability Committee on Instagram ([@isusustainability](https://www.instagram.com/isusustainability/)) as well as keep an eye on the Live Green Newsletter. In the fall, we will be opening up applications for the committee, and I would love to have you as a part of it!"

Kind Regards,
Blake

the end of spring semester, and a wonderful, sustainable summer!

Sustainably,
Elizabeth

EARTH DAY CELEBRATION RECAP



Campus and community members came together on April 22 for the 2022 Earth Day Celebration, themed "I'm With Her: Our Planet, Our Home, Everyone Needed." Read about the event on the Live Green! blog!

[Read Full Article](#)

STUDENTS LIVING CARDINAL, GOLD AND GREEN



"Being the Difference" at Iowa State

Some of the most impressive moments of "being the difference" at ISU are captured through student visioning, action and innovation. This month's Students Living Cardinal, Gold and Green spotlights three student organizations especially committed, through goals, achievements and ongoing

perseverance, to “being the difference” through “making the difference” in areas of food security, transportation and community empowerment.

[Explore Student Sustainability Impact](#)

NOW YOU KNOW | A Deeper Sustainable Dive



How to Live a More Minimalist Lifestyle

The summer months are a great time to integrate some minimizing options into our daily life. Whether starting a new job, internship or just staycationing, Diving in and adopting lifestyle changes is the first step.

This month's Now You Know reading comes from the May 2018 issue of Live Green! Monthly. Revisiting the work of former Marketing and Communications interns, Morgan Thompson and McClane Gill, this month's article highlights strategies regarding how to live a more minimalist lifestyle.

[Read Full Article](#)

SUSTAINABILITY HIGHLIGHTS



Spring semester was highlighted by an impressive and diversified commitment to sustainability and a sustainable future through research, campus innovation and community vision. These are just a few of the highlights of Iowa State University's spring

semester of living cardinal, gold and green.

[See All Green News](#)

LIVE GREEN! MONTHLY CHALLENGE

Our sustainable future is created one person, one action at a time. It is through the uniting of individual efforts that we can make great strides towards a sustainable society! This monthly challenge allows you start your sustainable journey where you are and work towards building connections in your community.

Never Have I Ever

"BEING THE DIFFERENCE"

MONTHLY CHALLENGE

I've never ...

- ☐ Shopped at a farmers market
- ☐ Completed a personal waste audit
- ☐ Completed a personal clothing audit
- ☐ Completed a refrigerator and cupboard inventory before going grocery shopping
- ☐ Air-dried my clothing
- ☐ Brought my own containers for leftovers when going out to eat
- ☐ Opted for an email receipt instead of a printed one
- ☐ Used shampoo or soap bars to reduce packaging
- ☐ Opted for digital textbooks, instead of hardbound ones
- ☐ Packed my own silverware for a picnic or event, instead of using disposable cutlery
- ☐ Used compostable doggie "pick-up" bags
- ☐ Purchased a house plant
- ☐ Used beeswax instead of plastic wrap
- ☐ Purchased an entire outfit (minus underwear and socks) second hand
- ☐ Created a GIY or recipe from Live Green! Monthly

Check off activities you have never completed, and challenge yourself to "Be the Difference" to complete them over the summer!

Take the Monthly Challenge

GREEN ENGAGEMENT OPPORTUNITIES



Be a Changemaker

Ignite your inner entrepreneurial spark at Camp 2030, a six-day innovation lab (Sept. 12 - 18) focused on the United Nations' Sustainable Development Goals. During camp, changemakers from over 50 countries gather in Adirondack National Park to connect with like-minded peers, trailblazers, and influencers; develop global competence and critical skills; and transform their vision for a better future into action, and create solutions to the world's most pressing challenges. [Submit your application via the Camp 2030](#) website by May 15 at 11:59 p.m..

Trek the Trails

Join Environmental Education Coordinator Jerry Keys on the trails in local county parks. The walk series is a great opportunity to explore new places, meet new hiking pals, and have the opportunity to ask nature or park-related questions. These hikes take place on May 3, 10 and 17 from 9 - 11 a.m. at Robison Wildlife Acres. Register prior to each walking event via the [My County Parks website](#).

Share Your Artistic Talent

Apply for the 2022 Water Treatment Plant Public Art Contest and Exhibition. Each year, this exhibit is used to obtain public art for the water treatment plant with the theme, "The Future of Water." Entries may be submitted beginning Monday, April 18. Submission deadline is 5 p.m. on Friday, Sept. 9. For more information, email ArtContest@CityofAmes.org or call 515-239-5150.

Simulate Wind Turbines

Complete an asynchronous and fully remote wind turbine simulation course consisting of lectures, seven homework assignments and a final project developed by the National Renewable Energy Laboratory to learn how to use the FAST code to simulate wind turbines. Available to all, course dates are May 19 - July 1, enroll via the [UMass website](#) by May 25. For more information email regoff@uwww.umass.edu or call 413-545-3653.

Showcase Your Writing Skills

Participate in the Association for the Advancement of Sustainability in Higher Education (AASHE) writing contest by submitting essays that show how racial equity, social justice, diversity, and inclusion are components to sustainability. AASHE is seeking individuals in higher education to share their perspectives and experiences. Submissions are due by May 6 and final essays must be turned in by July 8. Apply via the [2022 Racial Equity & Social Justice \(RESJ\) Essay Submission Form](#), any questions can be emailed to resj@aashe.org.

Apply Yourself to Market Research and Development

Support market development for the U.S. Green Building Council (USGBC) as a TRUE certification intern. TRUE is a certification program focusing on zero waste achievements for facilities, events and construction projects. To apply and for more information visit the

MAY GREEN EVENTS CALENDAR

MAY

7 - 8 May, Varies | Reiman Gardens

2022 Plant Sale Extravaganza

Participate in the Reiman Gardens 2022 Plant Sale Extravaganza to celebrate Mother's Day! A variety of plants will be on sale at the Reiman Gardens parking lot. All plant purchases support different organizations, clubs and departments on campus! For more information visit the [2022 Reiman Gardens Plant Sale Extravaganza page](#).

Varies | Ames Main Street and North Grand

Ames Main Street & North Grand Farmers' Markets

Shop locally at the opening weekends for the Ames Main Street Farmers' Market and the North Grand Farmers Market. The Ames Main Street Farmers' Market is open every Saturday from 8 a.m. - 12:30 p.m., May until September, and the North Grand Farmers' Market is held each Wednesday from 3 - 6 p.m. and Saturday from 8 a.m. - 12:30 p.m.. To find out about all vendors and dates, visit the [Ames Main Street website](#) and the [North Grand Farmers' Market Facebook page](#).

Varies | Ames, IA

Bike Week, Mayor and City Council Bike Ride

Pedal through Bike Week with multiple events including a free Bike Commuter Continental Breakfast, May 16 from 7 - 9 a.m. in front of City Hall, 515 Clark Ave. Also join the Mayor and City Council Bike Ride, Saturday May, 21st at 9 a.m. for a family-friendly bike ride that starts at the City Hall. Visit the [City of Ames website](#) for more information.

SUMMER

10 July, 10 a.m. - 4 p.m. | Reiman Gardens

2021 Garden Art Fair

Enjoy the work of new and returning artists displaying and selling their garden and nature-inspired art, including jewelry, paintings, pottery, woodwork, glass, home décor, photography, sculptures, fabric arts and more. For more information, visit the [Reiman Gardens Website](#).

20 June, 8 - 9:30 p.m. | McFarland Park

Summer Solstice Celebration

Walk through the woods at sunset with friends and family while learning about the animals that wake up when the sun goes down. Register by June 17 at 4 p.m. on the [My County Parks website](#). For more information, visit the [Story County Conservation website](#).

18 June, 10 a.m. - 2 p.m. | Forker Building parking lot

College Creek Clean Up

Give College Creek a good cleaning by volunteering to walk through designated sections of the creek along the banks to pick up trash in recognition of National Rivers Month. For more information visit the [Iowa State events page](#).

9 July, 10 - 11 a.m. | Tedesco Environmental Learning Center

Lost Ladybug Project

Become an insect scientist by locating ladybugs in the Tedesco Environmental Learning Center and contribute to a nationwide science project. For more information and to register, visit the [Story County Conservation Website](#).

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)

"Being the Difference" does not have to be an extravagant world-changing action. It can be done by small accomplishments in your daily routine to add up to a larger impact. These recipes and GIYs are some of the many little actions that can help you be the difference!



Enjoy Carrot Arugula Pesto

Repurpose your carrot tops for vibrant pesto to be paired with roasted vegetables.



Repurpose Potato skins

Give your potato skins a new life with this delightful and delicious side dish.



Jam With Watermelons

Satisfy your sweet tooth with this mouthwatering watermelon rim jam.



Rethink Leftovers

Save money and reduce food waste with these creative leftover solutions.



Keep Bugs at Bay

Use environmentally-friendly remedies to repel insects from you, and your home.



Fire up Summer Gatherings

Upcycle pine cones, candle wax and egg cartons for an eco-friendly fire.

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

STAY CONNECTED TO LIVE GREEN!

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