

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

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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
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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
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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@uww.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!

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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