

# LIVE GREEN! MONTHLY

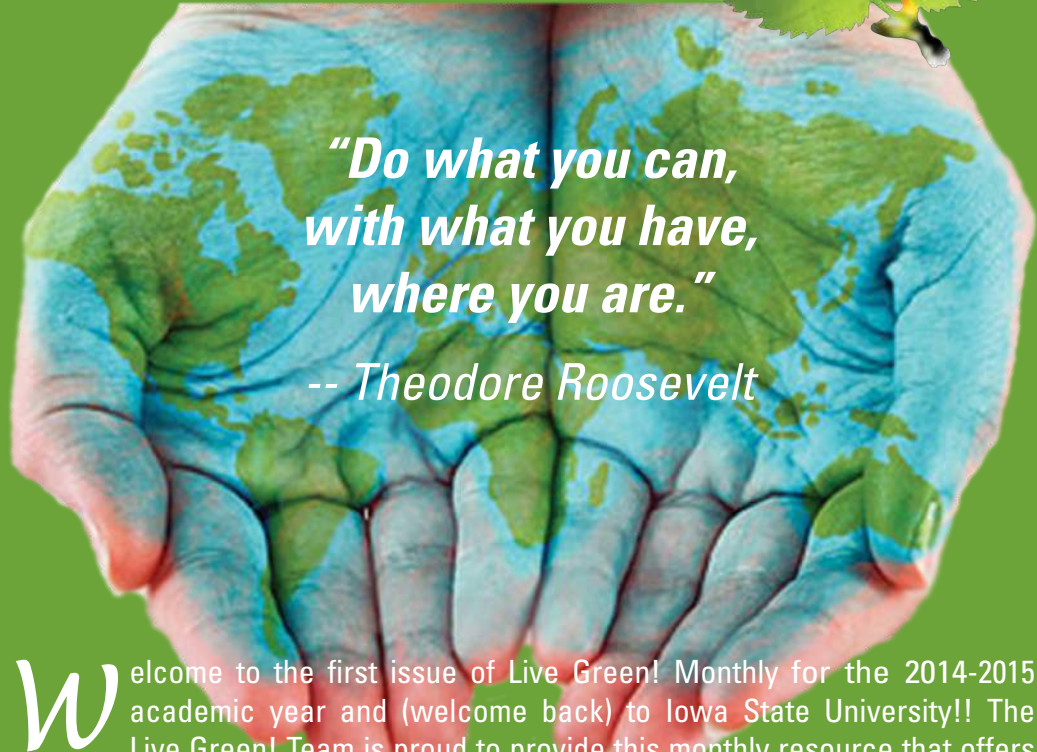
## 3 THINGS YOU'LL LEARN

1. Iowa State shares a sustainability honor roll position with Harvard College and Cornell University.
2. A team of ISU students founded their own company focused on sources of biorenewable energy.
3. Iowa State earned its eighth LEED certification and fourth Gold LEED title over the summer.

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**LIVE GREEN!**



*"Do what you can,  
with what you have,  
where you are."*

*-- Theodore Roosevelt*

Welcome to the first issue of Live Green! Monthly for the 2014-2015 academic year and (welcome back) to Iowa State University!! The Live Green! Team is proud to provide this monthly resource that offers updates on green and sustainable happenings at Iowa State University, as well as opportunities to make a difference and be involved in charting our collective path toward a sustainable future.

As you look through our October issue, a few things will be immediately apparent: a lot of "green" took place over the summer and is already in progress; there is a diversity of campus and community events and opportunities to get involved in, and Iowa State has an impressive and dedicated team made up of students, faculty and staff, committed to the Live Green! Initiative and excellence in sustainability.

It should also be obvious that each and every Cyclone has a number of opportunities to make a difference and be the difference, regardless of major, degree or job responsibilities...doing what you can, with what you have, where you are -- leaving the world that much better for all who do and will call it home.

I look forward to working and journeying together!!

Yours in greenness,

Merry Rankin

Director of Sustainability

### Save the Date!

See you at National Campus Sustainability Day on Oct. 22, from 11am-2pm in front of Parks Library!



# Meet the GREEN Team



## Kayla Hasper

Campus and Community Engagement Intern

**Year/Major:** Junior, Animal Ecology and Environmental Studies

**Hometown:** Montrose, IA

"I live green by sharing my conservation efforts with others in hopes they will do the same. My vision for our world is that all people will think about 'Reduce, Recycle, Reuse' on a daily basis."

**Contact me:** [krhasper@iastate.edu](mailto:krhasper@iastate.edu)



## Tony Behnke

Campus and Community Engagement Intern

**Year/Major:** Junior, Agricultural Communications  
**Hometown:** Ivanhoe, MN

"I love to live green by volunteering my time with organizations within Iowa

State and also in the community of Ames. I love the social aspect of living green and making a socially sustainable impact on the lives around me!"

**Contact me:** [abbehnke@iastate.edu](mailto:abbehnke@iastate.edu)



## Lauren Garin

Marketing and Communications Intern

**Year/Major:** Junior, Advertising  
**Hometown:** Anover, MN

"I live green by sharing my enthusiasm for sustainability with others and relating the information to students. Choosing

to live a greener life in any and all aspects of life can only benefit us all, so why not try it?"

**Contact me:** [lgarin@iastate.edu](mailto:lgarin@iastate.edu)



## Caitlin Deaver

Marketing and Communications Intern

**Year/Major:** Sophomore, Journalism and Mass Communications  
**Hometown:** Knoxville, IA

"I try to live green by being conscious of my actions. Others

need to realize that sustainability-environmental, social, financial- are all part of our daily lives. If we plant the seed of thought to try to live sustainably, then one day the world and our individual lives will reap the benefits."

**Contact me:** [cmdeaver@iastate.edu](mailto:cmdeaver@iastate.edu)



# Meet the GREEN Team



## Merry Rankin

Director of Sustainability

**Hometown:** Attica, IA

"Considering the impact of my day-to-day actions and decisions and looking for opportunities to make them more sustainable is how I strive

to live green -- and greener. This can impact everything from lawn care to cleaning supplies to investing to gift purchases for me. The exciting thing about living green is everyone can do something right now (immediately) without waiting for anyone or anything -- and every action makes an impact."

**Contact me:** [mrankin@iastate.edu](mailto:mrankin@iastate.edu)



## Liana LaMastra

Sustainability Coordinator

*Current ISU graduate student in Master's program for Architecture*

**Hometown:** Tenaflly, NJ

"I live green by sharing my knowledge about sustainability, continuing to learn from experts in the field, and by promoting the 3 E's (economy, ecology, and equity) of sustainability. My goal is to help others create everyday habits that will lead to a more sustainable future."

**Contact me:** [lamastra@iastate.edu](mailto:lamastra@iastate.edu)

## Grace Jieun Lee

Brand Marketing Coordinator

*Graduate Student Masters of Business Management*

**Hometown:** Gyeongju, Korea

"I live green by enjoying the farmer's market every weekend. It is full of wonders and a great opportunity to catch changes of nature. Live Green! is discovering values of life. I hope others find the values that I see."

**Contact me:** [jieunlee@iastate.edu](mailto:jieunlee@iastate.edu)



## Rachelle Rowe

Sustainability Initiatives Assistant

*Recent ISU graduate of English-Rhetoric*

**Hometown:** Cedar Rapids, IA

"I live green by composting everything in my worm bin. It's important for everyone to make green changes because we only have one world and limited resources. We need to be healthy in our actions to prolong the life of our planet."

**Contact me:** [rtrowe@iastate.edu](mailto:rtrowe@iastate.edu)



# SUMMER HIGHLIGHTS

## & FALL INITIATIVES



Iowa State University made many green changes to its campus over the summer, and is making strides to begin and complete many more sustainability projects throughout the 2014-15 year. Green highlights related to dining, buildings and transportation are featured on pages 4 and 5.

### Efficiency and Power

- As part of the renovation of ISU's power plant, construction began on a new addition, which will house three natural gas-fired boilers scheduled to arrive in January.
- To support the boiler project, a new natural gas pipeline from Story City to Ames is being built to increase the natural gas supply to Ames. Its expected completion is late 2014.
- To increase the capacity and reliability of the electrical system and reduce the cost of transporting electricity to Ames and Iowa State, construction was completed on a new 161,000-volt transmission line from Ames to Ankeny along I-35. This project was a joint effort between ISU and the City of Ames.
- To provide a more reliable connection to the electrical grid and increase the electrical capacity needed to support new campus buildings like Hach Hall, completion of the Northwest Campus Substation is nearly finished. The expansion of the Haber Road Substation is nearing completion, too.
- Contact Jeff Witt, Assistant Director of Utilities, to learn more.



### Greener and Brighter Central Campus



- New LED lights were installed on campus over the summer and are still being implemented. The existing high pressure sodium light fixtures were replaced with 53 new LED retrofit kits.
- The LEDs were installed on all central campus sidewalks, giving brighter and more efficient illumination on walkways from MacKay Hall to the Memorial Union.
- With these new lights in place, 60-75 percent less energy will be used than the high pressure sodium lights. With these savings and maintenance savings due to an increased lifespan of about 23 years, the lights should pay for themselves in four to five years.
- Contact Michael Olson, electrical engineer, for more information.



### An Eco-Built ISU

- Facilities Planning and Management is currently working on its third LEED Commercial Interiors project with renovations to Lagomarcino Hall. Commercial Interiors is an undertaking where indoor spaces are developed to be more environmentally friendly. The first phase of the project was completed over the summer, and the second phase will be finished by the end of the Fall 2014 semester.
- The planning phase for a new dorm near Buchanan Hall has commenced. It will be completed by early 2017, with the goal of achieving a LEED Gold certification.
- Renovations to Marston Hall began this summer and are expected to be completed in Spring 2016, with a goal of obtaining a LEED Gold certification.
- Troxel Hall achieved a Gold LEED certification, becoming the eighth building to be certified. Read more about Troxel on page 10.
- Contact Kerry Dixon, Coordinator for Sustainable Design and Construction, for additional information.





# SUMMER HIGHLIGHTS

## & FALL INITIATIVES



### Offering a Greener Dining Experience



- ISU Dining partnered with the Student Organic Farm to harvest and use fresh squash and basil from the farm in student meals. The basil has also been used to make pesto sauce, which was frozen for future use in dining centers.
- Plans are in place to open "Simple Plate" at the Union Drive Marketplace in January 2015. The venue will bring a new concept of healthy dining to ISU Dining by offering students healthier and, literally, greener options.
- ISU Dining's partnership with Food at First in Ames has diversified with the addition of donating leftovers after catered ISU events. The first time ISU Dining implemented this new strategy was at this year's first home football game. Currently, all retail locations of ISU Dining donate leftovers to Food at First.
- Contact [Nancy Keller](#), Director of Campus Dining Services, for more information.

### Tuning Two-Wheeled Transportation



- Building on the work of students in 2014, efforts are continuing toward addressing the congestion challenges on campus and the feasibility of a bikeshare program for ISU.
- Community and regional planning students are studying current on- and off-campus bicycling patterns and infrastructure options for bikesharing.
- Electrical, mechanical and industrial engineering students are designing and manufacturing different models of bikes and creating functional and durable prototypes, locking mechanisms and docking stations.
- Software engineering students are creating the software necessary to rent and track each bike, and are looking into creating a phone app.
- Design students will work on designing and branding for bikeshare docking locations and bikes shelters, as well as signage and educational materials.
- Contact [Mark Kargol](#), Graduate Assistant in Industrial Design, to learn more.

### Greening Up Your Cyclone Home



- Water bottle filling stations should be available at all drinking fountains in residence halls by the end of October. As well as refilling, these stations track how many disposable water bottles are being kept out of the waste stream.
- Over the summer, Willow Hall's fluorescent lighting was replaced with LEDs. Its exterior walls were also insulated on the inside surface of the wall to help conserve energy with heating costs during the winter months. Next summer, Larch Hall is expected to make these same changes.
- A pilot program to replace all fencing throughout University Village is being implemented. The old cypress fence boards will be reused to make tables for student study rooms.
- Frederiksen Court added a new "do-it-yourself" bike pump and repair station near the southwest entrance of the Community Center.
- Contact [Roger Graden](#), Associate Director of Residence, for additional information.



# Choose Your Green Adventure

Choosing your adventure at Iowa State University can include some great green and sustainable options when looking for opportunities to get involved. Iowa State offers more than 800 student organizations to join with a variety having a connection to sustainability.

A few of the numerous and diverse “green” choices are highlighted on pages 6 and 7. Click on a club to learn more and make contact or visit the starred (\*) clubs at National Campus Sustainability Day for an in-person connection.



Promote sustainability in fashion and retail, as well as educate people regarding these issues.



Pursue making biodiesel from reclaimed vegetable oil from ISU Dining.\*



Help ISU students in need of food assistance, from students to students.\*



**Design Across Boundaries**

Improve the quality of life for people in need through sustainable and innovative design.



Make ISU a more healthy environment through green initiatives on campus.\*

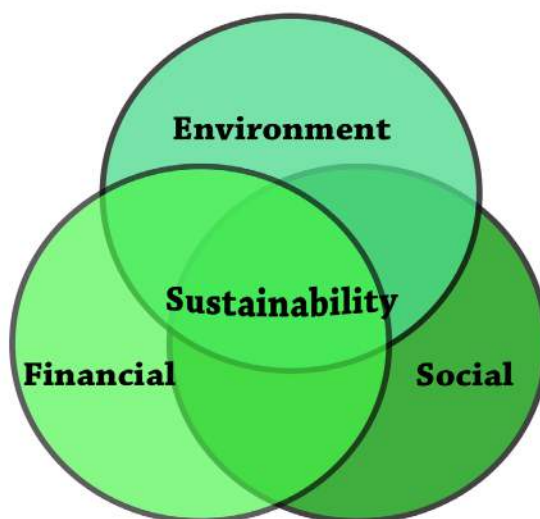


Give the opportunity of quality education to young children in Kenya.



Help with construction of homes for people in need.

Achieving sustainability includes the overlap of environment, financial and social initiatives and involvement. A diversity of student clubs are offered at ISU that focus on each facet of sustainability.



**The Water Environment Federation**

Create a higher availability of valuable water sources.

**AgArts**

Explore the intersection of agriculture and art.

**EnTech**

Further your interest in environmentally friendly technologies.



Focus on building green initiatives within the Greek Community and other groups on Iowa State's campus.\*



**The Green Umbrella**

Make ISU students aware of various green efforts and initiatives surrounding them.\*



Free families from constraints of poverty by empowering them to live healthier lives.



**EnActus**

Create a better, more sustainable world through the positive power of business.\*



# Choose Your Green Adventure



Fundraise for mammograms and cervical cancer testing for women who are unable to cover these costs.\*



Ensure and enhance communications and cooperation between the ISU, Ames and International communities.

## IOWA STATE UNIVERSITY GOVERNMENT OF THE STUDENT BODY

Legislate and administer student policy and provide services necessary to meet the needs of students.\*



Inspire leadership and excellence to advance heritage interpretation as a profession.\*

### Sustainable Agriculture Student Association

Promote sustainable agriculture, consumer education, outreach and improvement of the current agricultural paradigm.\*



Enhance the lives of people with intellectual disabilities by providing opportunities for one-on-one friendships through volunteerism.



Seek to act politically to avert climate disaster and preserve American prosperity.\*

Strive to raise awareness and funds to grant the wishes of local Iowa children with life-threatening medical conditions.

### Wishmakers on Campus



Promote soil and water education and conservation.\*

### Conservation Club

Help balance our Iowa ecosystems by promoting constructive uses of our natural resources.\*



### United Nations Children's Fund

Provide education and basic rights to children around the world through education, advocacy and fundraising efforts.



Bring out the best in kids by providing opportunities and assistance to less fortunate youth.

Gain hands-on experiences with wildlife and conservation efforts through activities like owling, hiking, camping and birding.

### Fisheries and Wildlife Biology Club



Simulate the real United Nations by discussing and building awareness of current issues.



Help raise awareness and support for the St. Jude Children's Research Hospital.\*



### Student Organic Farms

Run a small organic food production operation on campus.\*



Design, build and race solar-powered electric vehicles.\*

Students Helping Rescue Animals



Help local homeless animals through fundraising, volunteering, and education.

Interested in more options? Visit the [student clubs and organizations webpage](#) for a full listing of opportunities and adventures to pursue at Iowa State.



# Students Living the Cardinal, Gold and GREEN!

A team of ISU students did something amazing last May: They founded their own company dedicated to producing, developing and implementing biorenewable technologies.

Del Campo is president of ARTi (Advanced Renewable Technologies International, Inc.), the new company that is attracting worldwide attention for its focus on bioenergy for heating and power generation, while producing a soil amendment to improve soil quality and crop growth, as well as increasing carbon sequestration. Their focal product biochar (activated carbon or charcoal), filters water and purifies air, and also serves as a source of renewable energy.

The company is primarily comprised of ISU students -- like its founding members del Campo, Juan Proano and Matthew Kieffer -- but also involves students from Purdue University and del Campo's home country of Uruguay.

Del Campo, a graduate research assistant in mechanical engineering, said he first became interested in alternative

*"It was craziness, but it was amazing."*

energy sources when he saw a tractor running on biorenewable energy in Uruguay. He said that experience opened his mind to how biorenewables can feasibly be implemented into agricultural work. In addition, he's a biochar scientist and is especially excited about his company's biochar product, ARTichar.

One of ARTi's recent achievements was when the team went to Canada this September to install one of their biochar reactors in the privately-owned Haliburton Forest and Wildlife Reserve in central Ontario. Del Campo was one of the Team ARTi members involved with training Haliburton's staff on how to use the reactor, the device responsible for implementing the biochar.

"Wow, what an adventure it [going to Canada] was," del Campo said. "Nights working there, meeting all these people...it was craziness, but it was amazing. It was like, 'Well, we made it, you know?'"

One of the goals ARTi has in the future is to create a small reactor made of activated charcoal. This reactor, del Campo hopes, will act as an environmentally-friendly fertilizer and



natural water filter for water sources around the world.

"Especially with Iowa farmland, there's a problem with all the nitrates from fertilizers running off [into nearby water supplies]," del Campo said. "We're hoping we're efficient in capturing those [nitrates], and we're hoping to develop that soon."

The company also plans on selling small bags of biochar for use in private gardens or house plants through ARTi's online store.

In the future, del Campo thinks ARTi could become a biorenewables consulting company. When projects come in, he said, the company would delegate it to whomever specializes in that area, like bioenergy or greenhouse gas emissions.

"Anything related to biorenewables, that's what we want to do," he said. "Sustainability is a huge piece of our plan."

ARTi has been recognized for its emerging contributions to both entrepreneurship and sustainability with awards, grants from the Department of Energy and motivated students looking to make an impact in the world of biorenewables.

"We've just made some great progress," del Campo said. "There are lots of students involved, both directly with the company and indirectly. We're just doing so many things and it's really cool."





# GREEN ACHIEVEMENTS

Check out how ISU began the year with multiple sustainable achievements, including new, prestigious titles, as well as green-minded students and a new LEED certification.

## Greenest Iowa College

Iowa State is making headlines for its sustainability efforts and its students committed to living green.

CollegeProwler ranked each college in the U.S. on a 1-to-10 scale of overall sustainability, and ISU scored a 9.19, achieving the title of Iowa's Greenest College.

This high rating is most likely due to Iowa State's high number of LEED-certified buildings on campus, as well as the university's sustainability initiatives. These elements come together to promote a more eco-friendly future.

Iowa State currently has two Silver, four Gold and two Platinum LEED (Leadership in Energy and Environmental Design) certifications among its buildings for sustainable design and construction practices. See page 10 to learn more about LEED projects.

Iowa State, as a university, also received a Gold certification for its "green" efforts from the STARS



program of the Association for the Advancement for Sustainability in Higher Education last year.

More recycling around campus, student efforts to develop a bikeshare program and sustainable practices on the behalf of ISU Dining, among others, all contributed to Iowa State's high rating for the state's greenest college.



## The "Green Honor Roll"

ISU recently rubbed shoulders with Ivy League schools like Harvard College and Cornell University by being featured with 23 other schools that were listed in The Princeton Review's "2015 Green Honor Roll." The Green Honor Roll, said Robert Franek, Princeton Review Senior Vice President and Publisher, has schools that "demonstrated truly exceptional commitments to sustainability across key issues we looked at from course

offerings and recycling programs, to plans for reducing greenhouse emissions." The specific commitments the scores were based on included:

1. Percentage of food expenditures that goes toward local or eco-friendly foods
2. If school offers mass transit programs, car sharing, local housing, among others
3. If school has formal committee with student participants who are devoted to advancing campus sustainability
4. If new or renovated buildings in the last three years were LEED certified
5. School's overall waste diversion rate
6. If school has an environmental studies major, minor or concentration
7. If sustainability is a learning outcome
8. If school has formal plan to mitigate its greenhouse gas emissions
9. Percentage of the school's energy consumption that's derived from renewable resources
10. If school employs a full-time sustainability officer







# GREEN ACHIEVEMENTS

## Sustainability on the “Green” Screen

Communicating the under-appreciated issues relating to sustainability through a two-minute film presentation was the goal of the Pesek-Pierre sustainability video contest. Four ISU students met that goal when they entered their short film, “Litter,” in the competition.

Their film, which won first place in the contest and a \$300 prize, focused on how college students didn’t seem to care about recycling as they went about their busy schedules. It featured a student tirelessly trying to recycle all the bottles being thrown on the ground by other students.

The team was trying to call attention to carelessness with recycling and how that can not only affect students and their campus, but how they treat the planet after they leave college, determining their attitudes toward sustainability.

The team was comprised of Alex Wenning, sophomore in pre-computer science; Hannah Hoolihan, freshman in journalism; Kevin Hansen, freshman in open option; and Richard Martinez, sophomore in journalism (pictured). All of them are members

of the student organization ISU Film Producers.

Martinez directed the film and was excited about the idea behind it.

“This was our club’s first opportunity to be serious and make a film in the educational vector for someone on campus,” he said. “This was our chance to take on a serious role and communicate some sort of issue that means a lot to all of us on a daily basis.”



**Check out the winning film “Litter” on [RichyD124’s YouTube channel](#).**

## Troxel Hall Takes Gold

Adding to the list of Iowa State’s many eco-friendly accomplishments, Troxel Hall was recently awarded LEED Gold certification, the eighth certification for the university.

A LEED (Leadership in Energy and Environmental Design) certification is awarded by the [U.S. Green Building Council](#) to measure environmentally sensitive building design, construction, operations and maintenance.



The Troxel project received a Gold certification for multiple reasons of nine categories, including materials and resources, water efficiency, etc. For example, the building’s water consumption is 36 percent lower than a non-LEED designed building due to low-flow urinals and sink aerators. In addition, a green roof (planted with vegetation) reduces the heating effect of a non-vegetated roof, thus minimizing the use of air conditioning.

“This was a difficult project because it’s a teaching auditorium with some very specific technologies for the teaching of chemistry, so it led to challenges that the design team needed to overcome,” said Kerry Dixon, FPM project manager.

Dixon also said she’s proud the project benefited multiple students and she can see that impact on a daily basis.

“Every time I walk by the building, I’m excited to see the lounge area populated with students between classes,” she said.

More green details about Troxel Hall can be found in this [Inside Iowa State article](#).

# “Green It Yourself” Halloween



With temperatures dropping and the leaves beginning to change, Halloween must be right around the corner! But before you hop into the fall festivities, take a look at some easy, fun and economically sustainable ways to get the most out of your holiday. These “Green It Yourself” Halloween preparations are sure to make your holiday a memorable -- and sustainable -- one!

## High Impression, Low Impact GIY Costumes

Creating your own costume can be both economically and environmentally sustainable. Rather than buying something expensive and disposable from the store, hit the Internet and check out some unique costume ideas that are sure to turn heads while keeping your money “in the green.” So why not turn an old white shirt into a skeleton, or glue pom-poms and an old top into a gumball machine? The more creative, the more award-winning your costume!

Check out [websites like Pinterest](#) to get inspired this Halloween, and pick up inexpensive supplies at [local stores like Goodwill or Random Goods](#) in Ames, or even your own closet. Don't be afraid to bewitch your friends with your creativity and sustainable responsibility this year!



## Festively Fun GIY Decorations



What's a party without decorations? Halloween offers some great options for unique and sustainable choices. Decorations could be as easy as going to the [local pumpkin patch](#) and carving a pumpkin, or if you're looking for a decoration with a bit more staying power, a [dried putka pod Halloween wreath](#). The dried seed pods look like mini pumpkins and don't deteriorate, so the wreath is reusable year after year, and can be picked up at the [local farmer's market](#).

Some other Halloween decorating ideas that are both affordable and festive could include using [Indian corn](#) for centerpieces and garlands, and creating [dried gourds](#) to be used as birdhouses or lanterns, among others. Both can be purchased at farmer's markets, which also support local producers.

## Serve Up Spooky (and Healthy) GIY Treats

Satisfy sweet tooth cravings with some healthy and unique Halloween goodies this year! Before buying treats for parties or trick-or-treating, break out your inner creative spirit and create some festive treats. Not only can you make a lot more candies at a lower price, you can be assured no ingredients are hiding in your treats for your guests who have food allergies or dietary preferences.

Some fun treats to try include: Pizza Mummies, “Buggy” Nacho Dip, Freaky Franks Gravestone Brownies and Banana Ghosts and Tangerine Pumpkins (pictured). For more healthy goodies, check out these [simple recipes](#)!



**Banana Ghosts & Tangerine Pumpkins**





# GREEN OPPORTUNITIES

## Welcome the New Butterflies

Reiman Gardens recently welcomed some new editions to its butterfly exhibit! The Minnesota Zoo closed its butterfly exhibit and chose Reiman Gardens to receive its 91 adult butterflies and 61 pupae (immature butterflies). Most of the butterflies are Mexican Bluewings, which have shimmering blue wing tops marked across with bold, black stripes. Visit the Christina Reiman Butterfly Wing of Reiman Gardens to welcome the new additions! ISU students can visit the Gardens free of charge to be educated and inspired to appreciate the natural world.



## Recycle with Purpose



Would you like to see more recycling containers in the buildings around campus? Parker Neid, Assistant Director of Sustainability for the Government of the Student Body (GSB) is looking for volunteers to help empty recycling containers in Parks Library. GSB is also interested in expanding their recycling program to other campus buildings for students, faculty and staff to utilize. Email Parker Neid for ways to get involved.

## Make a Difference During Break

Would you give your spring break to make a difference in someone else's life? ISU Alternative Breaks is a week-long experience where student volunteers travel to different locations in the United State to learn about social issues, hear diverse perspectives and have fun while helping others. Spring 2015 will be focused on social issues, including work with substance abuse and rehabilitation, environmental trail restoration and animal care and welfare. Applications for Alternative Breaks are due on Oct. 17th.



## Fashion on a Fair Trade Catwalk

**WORLDLY  
GOODS**



Drop by Worldly Goods in Ames to see their Fair Trade Fall & Winter Fashion Show and check out the eco-friendly designs and styles. The show is at 1 p.m. on Oct. 19, and will be held right next door in the American Legion Community Room. Fashion show tickets can be purchased at Worldly Goods for \$10 at 223 Main Street in Ames, along with other fair trade goods that benefit not only you, but artisans in more than 50 different countries.

## Serve During CyServe Week

Are you looking for a fun and meaningful way to give back to the Ames community? During Oct. 20-25, students and Ames residents will be volunteering for the collective betterment of Ames and Iowa State University during CyServe Week. Volunteers will help run a food drive and help Ames residents prepare for winter with Winter Weatherization prep, among many other projects and opportunities. If interested in volunteering, contact Tony Behnke, CyServe co-president. Volunteers are encouraged to sign up for four or more hour-long time slots to ensure a chance to give back.



## Be an Advocate for Nutrition

Improve the health of those in Story, Boone and Hardin Counties by becoming a garden coordinator with Prairie Rivers of Iowa, a community-based organization hoping to improve the quality of life for its citizens. You could have the opportunity to establish food gardens for school-age children, conduct workshops on gardening and healthy eating, and advocate awareness of nutrition with this work-study position. If interested, submit a resume and cover letter to Ruth Powell-Hulstrom, Central Iowa Local Foods Coordinator.





# OCTOBER

Click on an event for more information!

19

2014 Winter  
Weatherization  
Registration  
Due

Celebrating 19

Campus  
Beautiful  
2-3pm  
Farm House  
Museum

19

Worldly Goods  
Fashion Show  
1pm  
American Legion  
Community Room

20

Re-Upholstery  
Workshop  
6:30-9pm  
Workspace  
MU

21

Active  
Social  
Architecture  
Lecture  
5-6:30pm  
130 CoD

21

Operation  
Beautiful:  
Caitlin Boyle  
7pm  
Great Hall,  
MU

21

Floral  
Design  
Series  
6:30-7:30pm  
Reiman  
Gardens

22

National  
Campus  
Sustainability Day  
11am-2pm  
Free Speech  
Zone in front of  
Parks Library

22

Patricia  
Beneke: UN  
Call to Action on  
Climate Change  
Lecture  
8pm  
Sun Room, MU

23

Research  
Summit  
9am-noon  
302 Catt Hall

23

Planet  
Money  
Live! economics  
lecture  
8pm  
Great Hall, MU

24

National  
Food Day  
All day  
Attend events  
in your  
community

24

Sustainable  
Agriculture  
Student Association's  
"Growing Cities" movie  
public showing  
7pm  
0001 Carver Hall

25

Improve  
County  
Trails  
9:30am-2pm  
Story County  
Conservation

25

CyServe  
Day  
All day  
Various  
locations in  
Ames

25

2014 Winter  
Weatherization  
8:30am-3:30pm  
Story County

25  
26

Spirits  
in the  
Gardens  
4-7pm  
Reiman  
Gardens

26

SOAR  
Crafts  
1-4pm  
Workspace

29

Paint the  
Campus  
Green  
12-1pm  
Biorenewables  
Complex

31

Happy  
Halloween!

## Contact the Live Green! Monthly Team!

Merry Rankin, Director of Sustainability [mrankin@iastate.edu](mailto:mrankin@iastate.edu)

Liana LaMastra, Sustainability Coordinator, [lamastra@iastate.edu](mailto:lamastra@iastate.edu)

Caitlin Deaver, Marketing & Communications Intern, [cmdeaver@iastate.edu](mailto:cmdeaver@iastate.edu)

Lauren Garin, Marketing & Communications Intern, [lgarin@iastate.edu](mailto:lgarin@iastate.edu)



# JOIN US FOR NATIONAL CAMPUS SUSTAINABILITY DAY!

**WHEN: OCT. 22, 11AM-2PM**  
**WHERE: FREE SPEECH ZONE  
IN FRONT OF PARKS  
LIBRARY**

Come learn about the many outstanding things student organizations from Iowa State and various Ames community organizations are doing to promote a sustainable community.

There will be many activities, including free bike tune-ups, free refreshments (bring your reusable mug!) and a chance to earn "green" prizes!

Don't forget to bring a non-perishable food donation for the SHOP student food bank.





# LIVE GREEN! MONTHLY

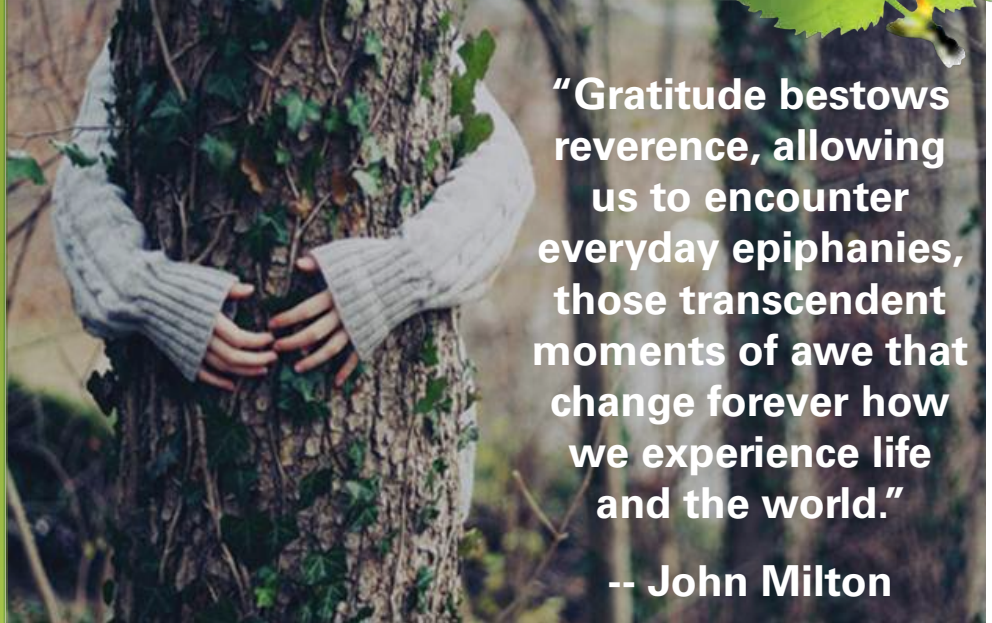
## 3 THINGS YOU'LL LEARN

1. Iowa State University donated 45 dressers to benefit communities across central Iowa.
2. National Campus Sustainability Day promoted a sustainable future to ISU students and the Ames community.
3. America Recycles Day is a unique opportunity to challenge yourself in reducing your wasteprint.

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**LIVE GREEN!**



**"Gratitude bestows reverence, allowing us to encounter everyday epiphanies, those transcendent moments of awe that change forever how we experience life and the world."**

**-- John Milton**

**G**RATITUDE tends to be one of those things that we all know and experience but do not always express. We have all been there. Someone offers us help, makes our world that much brighter, our day that much lighter and we think, "Oh, that was so nice of them." But then life gets busy and we never get around to expressing that gratitude. And yet, taking the time to make the effort makes such a difference.

This month's issue of Live Green! Monthly reminds us all to pause, "give thanks" and take some time to express gratitude. As I looked through these pages for a final read, I was so humbled by the help and kindness that is extended by our students, faculty and staff at Iowa State University toward engaging individuals, empowering communities and working toward a sustainable future. In something as small as a pair of sunglasses,

as worn as an old dresser and as repetitive as raking leaves, so many are so deeply grateful.

As we quickly approach the holiday season, I encourage you to take some time and think about all for which you are thankful – and then... take a minute or two to express your gratitude. Consider all the little things, too, which just might include cleared sidewalks, warm food and beverages, fuzzy mittens or even that one, amazing tree.

A sustainable community is one in which its citizens willingly and plentifully extend respect, kindness and gratitude.

Yours in green-ness and gratitude,

Merry Rankin  
Director of Sustainability





# National Campus Sustainability Day

**CAMPUSES** across the United States celebrated National Campus Sustainability Day on Oct. 22, an event recognizing sustainability in higher education. Hosted by Live Green! and The Green Umbrella, 30 community, campus and ISU student organizations shared and celebrated sustainable achievements and initiatives with ISU students, faculty and staff. ISU's event specifically showcased how Iowa State University and the Ames community are working together toward a more sustainable future.



"The Green Umbrella (TGU) achieved its goal of promoting sustainability by hosting an event with a deep level of opportunity to learn about who local sustainability clubs and organizations are and what they do."

-- Jordan Muell,  
*co-president of TGU*



Attendees could also win sustainability-minded prizes by visiting 20 organizations and making a sustainability pledge. The prizes were donated by Dogtown University and the University Bookstore.

Congratulations to our prize winners:  
Freya Greene Isaac Crenshaw Hassan Deer  
Kelsey Schilling Toshia Albright Jeff Carley



"NCSd is a wonderful event for students to learn about the resources not only on campus, but also around Ames. They also get to learn what sustainability is, the importance of it and why so many people support it."

-- Kirsten Mancosky,  
*president of The SHOP*







# CYSERVING THE COMMUNITY



**D**URING the week of Oct. 20-25, the Greek community paired with CyServe Council for a mass act of philanthropy throughout the Iowa State and Ames communities during the annual CyServe Week. ISU students volunteered to collect donated food and non-perishable items throughout Ames, cleaned up Lake LaVerne and helped Ames residents prepare for winter with Winter Weatherization, among many other volunteer opportunities throughout the week. About 300 students volunteered for this year's CyServe Week to give back to the surrounding communities.



Collecting Leaves



Doing Yard Work



Food Donation Collection



Preparing for Food Donation Drive



Making Relay for Life Ribbons



# Students Living the **Cardinal**, **Gold** and **GREEN!**



**Ryan Zumbach**

**Wicitra Mahotama**

*“We wanted to create something based on values.”*

**JUGGLING** academics and life as a fraternity brother isn't easy. Add a small business startup to the list and you have the daily lives of ISU students, fraternity brothers and Divine Eyewear CEOs Ryan Zumbach, sophomore in industrial engineering, and Wicitra Mahotama, senior in environmental science.

The idea to start an eyewear company happened on a mountain in Indonesia.

“One day, I decided to take a hike up a mountain,” Mahotama said, referring to a visit over the summer. “Because I’m an environmental science major, I notice soil erosion. That’s when the idea of bamboo came to mind.”

Mahotama added that bamboo is a type of grass that holds soil in place, grows quickly and has a lot of biomass.

“It turns out there isn't much value in bamboo in Indonesia because there isn't an industry for it,” Mahotama said. “That’s where we got the idea for sunglasses because if you want to create an industry, you need a product.”

When Mahotama returned to

Iowa State, his first thought was to develop a logo for his business idea with the help of his fraternity brother, Zumbach, and Divine Eyewear was off the ground.

“We started talking about company values and what kind of business it would be, and made a logo based on that conversation,” Zumbach said.

[Continue this story on page 5.](#)



# Students Living the Cardinal, Gold and GREEN!

Mahotama said sustainability is the core value of Divine Eyewear.

"We understand, that in order to be sustainable, we need to focus on three different channels: the environmental aspect, the social aspect and the economic aspect," he noted.

The logo's triangle and its three points represent each channel.

The idea first began with a desire to protect the environment, Mahotama said. But the duo soon realized that creating a bamboo industry would have a larger impact.

Mahotama also mentioned that along with an environmental effect, there would be an economic and social impact for the Indonesian farmers growing the bamboo, as they'll earn wages that, in turn, provide for a better and healthier life.

Divine Eyewear hopes to protect soil and water quality while also creating opportunities in a new industry, and is ultimately dedicated to economic and social development, preservation of the environment and sustainable style.

Divine Eyewear began with only \$500, half of a scholarship amount Mahotama received from his fraternity. Zumbach and Mahotama then began buying wholesale bamboo sunglasses from China to test the market and

gauge the interests of potential customers.

Zumbach said they want to raise awareness for what they want to accomplish with Divine Eyewear, while also gaining capital so they can continue achieving their business goals.

"One thing that makes us a step ahead of [our competitors] is that we have our values," Mahotama said.

One of their goals is to have a factory in Indonesia for Divine Eyewear products in the near future.

"Though we have big plans, we've learned that it's okay to go slow," Zumbach said. "There's no need to rush into things...It's okay to take baby steps and grow slowly."

With their goal of having a factory in Indonesia, the duo also hopes to expand their product line. That expansion could include anything from bamboo cases, frames, lenses, cloths and more, as bamboo is a versatile resource. They said they wanted to streamline the possibilities to staying focused on eyewear for now.

"It started off as, 'Let's just do it and see what happens,'" Mahotama noted. "But from the support we've gotten so far, it's becoming bigger than we ever could have realized."

That support has come from ISU students and professors, and has even reached a more dynamic level with pitch competitions and entrepreneurial conferences around the world. The duo recently returned from a trip to Orlando, Fla., where they attended the Collegiate Entrepreneurs' Organization's national conference.

"The fact is we're not doing it to just sell stuff," Zumbach said. "We're selling these products to actually try and make a difference in the world."

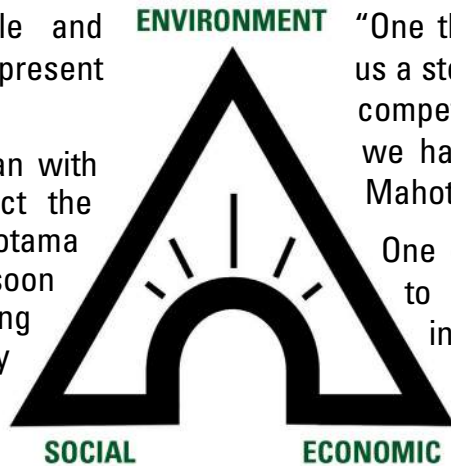
Making a difference is not only a value of Divine Eyewear, but also of the millennial generation, Zumbach added. Millennials are more likely to buy products that make an impact, rather than buying something just because they need a pair of sunglasses.

"Often times, people will measure how successful you are by how much money you make," Zumbach said. "But to us, being successful is measured by the impact you make on the world and each other's lives."

If you have any suggestions or ideas for Divine Eyewear, Zumbach and Mahotama would love to hear from you.

"We're not selling a product," Mahotama said. "We're creating a lifestyle."

Check out Divine Eyewear's site and Facebook page to learn how you can support the duo, as well as Indonesian farmers.







# GREEN ACHIEVEMENTS

## Making a Difference with Dressers

**F**AMILIES across central Iowa recently received a place for their belongings to call home.

In late October, 45 dressers from Friley Hall renovation efforts were deemed unsalable by ISU Surplus. Instead of landfilling them, the Department of Residence contacted Shelly Codner with the Iowa Department of Natural Resources' Iowa Waste Exchange Program.



Through the collaboration between the DOR and the Iowa DNR, four nonprofit service groups -- La Luz Hispana Ministries, St. Anthony's School Spanish Immersion Program, St. Joseph Emergency Family Shelter and the Bridge of Hope -- received deliveries of hope through dressers.

"[It was] such wonderful support that had been offered to Iowa communities through commitment and efforts by the DOR and through the partnership with the Iowa DNR and Iowa Waste Exchange," said Merry Rankin, Director of Sustainability.

With a donation of transportation from a local business, Two Men and a Truck, and moving assistance from members of The Green Umbrella student organization (pictured right and below) Win Cowger (senior in environmental science) and Megan Koppenhafer (sophomore in environmental science), ISU alums (pictured left), this was all made possible.

"Through the extra commitment and time the Department of Residence took to make this project happen and repurpose these dressers, so many families have benefitted," Codner said.

St. Anthony's School assists instructors from Spanish-speaking countries to relocate to Des Moines and teach English-speaking children to speak, read, write and learn in Spanish. Their dressers will support newly-relocated instructors with limited home furnishings.

La Luz Hispana provides educational support and opportunities to members of the Hispanic community. Their dressers will be used for



qualifying residents in need.

St. Joseph's Emergency Family Shelter is the only shelter in Polk County where entire families can stay together when facing homelessness. Their dressers are intended to support residents transitioning from the shelter to permanent housing.

The Bridge of Hope mentors and empowers single women toward combatting homelessness. Their dressers will be used to help single mothers establish permanent households.

"Environmental, economic and social sustainability all touched through one trailer load of dressers," Rankin said.





# GREEN OPPORTUNITIES

## Celebrate the Chasing Arrows

Give trash a second chance by taking the pledge to recycle. On Nov. 15, events are in place nationwide for America Recycles Day. At ISU, the residence halls are engaged in a week-long competition, with prizes awarded to the champion waste diverters! Contact the Greenhouse Group student organization representatives Megan Koppenhafer or Abbie Romano for more information. Not taking part in ISU's challenge? There's an opportunity for that! You can personally take an online pledge (<http://americarecyclesday.org/>) and challenge yourself to reduce your wastepprint and "think before you throw."



## Empower Yourself as a Land Steward

We all have an opportunity to care for the land. Iowa's Annual Organic Conference offers an opportunity to enhance your knowledge about land and stewardship. Iowa State University and University of Iowa will be hosting this 13th annual conference at the UI Memorial Union on Nov. 17th and 18th. The event will include film viewings, a trade-show, several breakout informational sessions and headlining keynote speaker, Bob Quinn, and focus on science-based research in organic agriculture, as well as applications for personal farming systems. To register and learn more about the events and speakers, head to the conference site for more information.



## Energize Your Resume

Looking for an internship opportunity that builds your resume and supports a sustainable future? The Energy Group of Des Moines is looking for an intern for Spring semester. This position would assist The Energy Group in performing residential energy audits at homes in Ames. Candidates who are comfortable communicating with people and have an interest in energy efficient design are encouraged to apply. For more information about this position and submitting an application please contact Emily Rice at [emilyrice@theenergygroup.biz](mailto:emilyrice@theenergygroup.biz).



## Food For All

Give thanks and pay it forward! Help your community by supporting these two groups this holiday season! Students Helping Our Peers (The SHOP), on the ISU campus, is a student food pantry that is always looking for non-perishable food donations. Donations can be dropped off at the Food Sciences Building, Room 2312, Monday-Friday 8 a.m. to 5 p.m. Food at First is a community food assistance program in Ames. They will be hosting a Thanksgiving meal from 11 a.m. to 1 p.m. on Nov. 27, at First Christian Church, and they are looking for volunteers to help with this thankful event.



## Join the Local Force

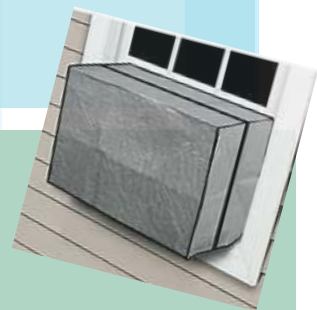
Job Hunting? The Ames Economic Development Commission offers a helpful online resource for locating job opportunities in the Story County area [www.WorkInAmes.com](http://www.WorkInAmes.com). The site features a vast range and variety of career opportunities including full-time, part-time, or internship positions. A great resource that supports a healthy local economy and economic sustainability.



# WEATHERIZATION TIPS FOR THE “UN-HANDY”



**A**DVANCED home improvement skills are not needed to live a more sustainable winter, just a few habit modifications. As the temperatures begin to drop, don't forget to take advantage of these helpful tips that can help keep you warm and save some cash all winter long. It does not stop here! Head to [www.dosomething.org](http://www.dosomething.org) for more weatherization tips and tricks.



## 1 Doors

Adorn your doors and save some money!

- Sew or hot glue old t-shirts into a tube shaped pillow to go under the door to stop that drafty cold air. Your favorite t-shirt can last forever!
- Another option is to roll up old towels to block the space for a similar effect!
- Feeling more advanced? Try making some “draft socks” that use popcorn kernals, fuzzy socks and quilt batting!



## 2 Windows

Keep your kilowatts inside this winter!

- Use recycled materials such as newspaper, magazines, and tissue paper to fit into the nooks and crannies where air might leak in. Add some pictures and festive colored paper around your windows to make a unique window display that is also efficient.
- Remove your window air conditioner to prevent cold air leaks or cover it up!
- Open shades and curtains during the day to let the sun and heat in and close them during the evening to preserve that heat. Let Mother Nature help you with the heating expenses!



## 3 More Opportunities

Weatherization in the flip of a switch!

- Check your ceiling fan for a reverse button or flip the fan blades to circulate warm air lower in the room to help you feel warmer and keep your thermostat on lower settings. Ceiling fans aren't just for warm weather!
- Keep water warm, but not tropical by turning down the temperature on your water heater by about 20 degrees. This (flip switch) could save you up to 10% on your monthly heating costs.
- Reduce your thermostat a few degrees when you leave your house or apartment for the day and when you snuggle in at night (Save ~3% for every 1 degree decrease). Just make sure not to go below 65 degrees to ensure water pipes are not damaged.



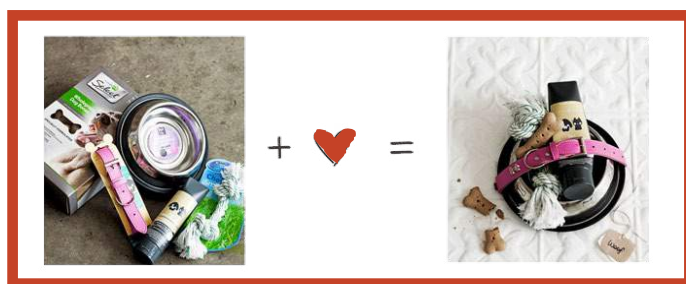
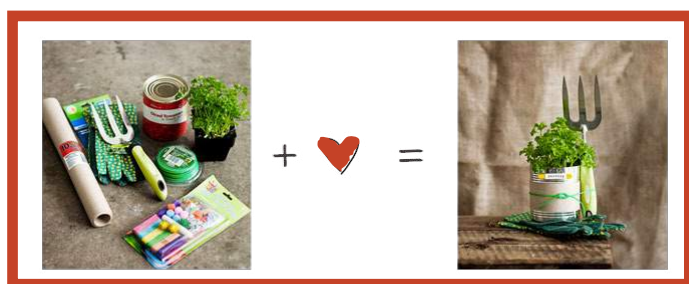


# G.I.Y. INSPIRATIONS

**ALTHOUGH** it may not look so green outside, keep your “green on” inside with some fun and festive Green It Yourself projects. With the holidays quickly approaching now is a great time to get prepared for your festive gatherings, impress your friends and family and support a greener holiday season!

## Party Favors

No need to show up to a holiday gathering without the perfect green and personalized gift for the host or hostess. Dirt digger? Prepare a gardener’s gift basket by putting together a small plant or herb with a gardening tool and some gloves. Pet lover? Make a party favor for their loyal companion with a chew toy, treats, collar, and bathing supplies! Foodie fan? Combine fun, local foods and beverages or ingredients to make a special treat and tie it up with a colorful kitchen towel or fabric scrap bow.



To create your personalized party favors, look for unique options at local stores, such as Salvation Army, Great Stuff and Overflow thrift store, for interesting containers and supplies that you can give a second chance! If you are not able to find the right used supplies, check out Worldy Goods, the Octagon Center for the Arts, Reiman Gardens or your favorite local shop for some unique and sustainably-minded new items. You can also create your own party favor “ingredients” by baking bread, making homemade dog treats and shampoo or starting herb plants from seeds.

## Caramel Apple Energy Bites

Get your taste buds and energy levels going during one of the busiest times of the year with these easy no-bake bites. They are tasty and healthy, and can be a dessert or an appetizer that’s easily transportable! With just a few simple ingredients, you will create a snack fit for the entire party.

### Ingredients:

- ½ c. pitted dates
- 1 c. dried apples
- ½ c. oats
- ½ tsp cinnamon

### Instructions:

Combine in a food processor or blender until a thick paste is formed. Roll into balls and serve at room temperature.



Serve energy bites in holiday-themed reusable containers. Give as a gift, too!



# NOVEMBER

Click on an event for more information!

Shop Worldly Goods to support fair trade vendors and assist local nonprofits throughout the month of November ~

Women, Food & Ag Network 2014 Annual Conference thru Nov. 15th  
Fairfield Arts and Convention Center, Fairfield, IA

14

Puerto Rican Cultural Night  
7pm  
Sun Room, MU

15

Little Dresses for Africa Work Weekend  
10am-4pm thru Nov. 16th  
1-4pm  
Workspace

15

America Recycles Day

15

Holiday Craft Crawl: "Make" Your Way Across Ames  
1-4pm  
The Workspace, MU

16

Lecture: The Making of a Scientist  
8pm  
Stephens Auditorium, Iowa State Center

17

Holiday Centerpiece Workshop  
6:30-7:30pm  
Reiman Gardens

18

Registration due for Black Light Butterfly Roosting at Reiman Gardens

18

Agronomy Seminar: Biofuel Production  
4-5:30pm  
2050 Agronomy Hall

20

Black Light Butterfly Roosting  
4:40-5:40pm  
Reiman Gardens

20

International Night  
6-10pm  
Great Hall, MU

20

Final Day to Donate Winter Clothing and Blankets to Operation Blanket at Drop Points in MU, Gerdin and Armory

24

Prairie Rivers of Iowa Open House  
2-7pm  
2402 S. Duff Ave. Ames, IA

25

Community-Wide Thanksgiving Meal by Food at First  
11am-1pm  
First Christian Church, 6th and Clark

27

Art Walk: A Celebration of the Seasons  
12-1pm  
Dean's Gallery, 2nd floor, Curtiss Hall

03

Art Mart: Holiday Sale  
11am-6pm  
Campanile Room, MU

04

Iowa NSF EPSCoR Energy Policy Seminar Series on Biofuels  
3:40-5pm  
1306 Elings Hall

04

Wreath-Making Workshop  
6-9pm  
Reiman Gardens

04

Winterfest: Free Crafts at the Workspace  
5-8pm  
The Workspace, MU

05

For more sustainable events, or to put your event on the calendar go to the:

## Live Green! Calendar

### Contact us!

Merry Rankin, Director of Sustainability [mrarkin@iastate.edu](mailto:mrarkin@iastate.edu)

Caitlin Deaver, Marketing & Communications Intern, [cmdeaver@iastate.edu](mailto:cmdeaver@iastate.edu)

Lauren Garin, Marketing & Communications Intern, [lgarin@iastate.edu](mailto:lgarin@iastate.edu)

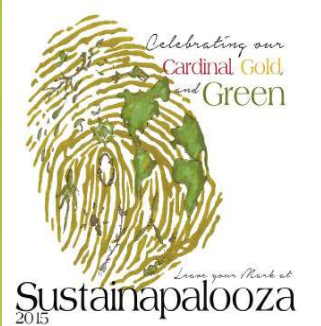
Liana LaMastra, Sustainability Coordinator, [lamastra@iastate.edu](mailto:lamastra@iastate.edu)



# LIVE GREEN! MONTHLY

**SAVE THE DATES:**  
2/23 & 2/24

**2015** SYM  
POS  
IUM



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**LIVE GREEN!**



**"We rise by  
lifting others."**

**-- Robert Ingersoll**

**C**OMMITTING to a single, simple act is so powerful. It can build awareness, create momentum, be the impetus for change and the component that sustains.

During the holiday season, it's easy to get caught up in the whirlwind of food, travel, celebrations and gifts. The ability of a simple act to achieve the goals at hand certainly can seem woefully inadequate.

The December issue of Live Green! Monthly reflects on a semester filled with a multitude of single, simple acts and the impressive impacts and change that have resulted.

In a dress made from an old pillowcase; a field of row crops interspersed with prairie plantings; empty chairs lining campus sidewalks; and a message of positivity written on a restroom mirror -- awareness has been built, momentum created, change put into motion, and

sustainability envisioned.

This month's issue also highlights a number of simple acts for us all to consider taking this holiday season and in the new year: a simple act of gifting talents and not things, giving forward, needing less and lifting more.

Through simple acts, we rise exponentially. Have a wonderful and renewing break!

Yours in greenness,

Merry Rankin  
Director of Sustainability





# GREEN HIGHLIGHTS

## FALL 2014

**W**ITH 2014 wrapping up and a new year about to begin, we wanted to take a look back at the many green celebrations that took place on Iowa State's campus this semester. Here are some of the highlights that encompass all facets of sustainability -- financial, environmental and social -- that collectively support Iowa State University's journey toward a sustainable future.

### LEADING IN THE GREEN



Two ISU leaders in agriculture received recognition for their efforts related to sustainability. John Pesek (pictured left), ISU Distinguished Professor Emeritus of Agronomy, was awarded the American Society of Agronomy's first Presidential Award, and Fred Kirschenmann (pictured right), Distinguished Fellow at the Leopold Center for Sustainable Agriculture at Iowa State, was awarded the One World Award for Lifetime Achievement.

### CELEBRATING A SUSTAINABLE CAMPUS



Hosted by The Green Umbrella and Live Green!, this year's National Campus Sustainability Day invited more than 30 local businesses and student organizations to Iowa State's campus to showcase campus and community projects and initiatives, as well as opportunities to get involved.

### BUILDING SUSTAINABLE TRANSPORTATION



ISU students from multiple disciplines, including industrial and software engineering, design and community and regional planning majors, continued their work on a future bikeshare program at Iowa State. As well as being a student-run initiative, students are excited to offer a sustainable way to navigate campus.

### AVOIDING THE WASTE STREAM



Iowa State University's Department of Residence completed the replacement of all drinking fountains in residence halls with water bottle-filling stations. These stations encourage reusing bottles for water, rather than disposable ones and keeps a running total of plastic bottles kept out of the waste stream.

### OFFERING A GREENER DINING EXPERIENCE



ISU Dining paired with the Student Organic Farm to bring fresh squash and basil for pesto sauce to students eating in the campus' dining centers. ISU Dining also reduced food waste and paid it forward by donating ISU catering leftovers to Food at First.



# GREEN HIGHLIGHTS

## FALL 2014

### "LEED"ING IN EFFICIENCY



With a LEED (Leadership in Energy and Environmental Design) Gold certification achieved by Troxel Hall, Iowa State now has eight LEED-certified buildings. Two buildings are ranked Silver, four are Gold and two are Platinum (the highest certification). Unique features of Troxel Hall include stormwater retention plantings and a green roof.

### CYSERVING THE AMES & ISU COMMUNITIES



CyServe Council and the ISU Greek community paired during CyServe Week in October to volunteer in the Ames and ISU communities. More than 300 volunteers raked leaves around Ames (pictured left), made Relay for Life ribbons (pictured right), held a food drive and helped with multiple community projects and initiatives.

### INSPIRING HOPE FOR GIRLS



In November, The Workspace hosted the Little Dresses for Africa workshop in Iowa State's Memorial Union. At the event, residents from the Ames and ISU communities came together to support social sustainability and help communities by sewing dresses from old pillowcases. These dresses were provided to girls in Africa and to other countries of need.

### PLEDGING "IT'S ON US" TO END SEXUAL ASSAULT



In November, ISU's Government of the Student Body brought a national campaign to end sexual assault, "It's On Us," to campus. The campaign's goal is to not only stop sexual assault, but to make the topic of sexual assault one without its stigma, toward sustaining a supportive and caring campus community. Join the campaign and take the pledge to end sexual assault.

### BATTLING THE CLIMATE'S EFFECT ON CROPS



The STRIPS (Science-based Trials of Row crops Integrated with Prairie Strips) project at Iowa State is combatting the changing climate's effect on crops with the leadership of two ISU professors, Matt Helmers, of agricultural and biosystems engineering, and Lisa Schulte-Moore, of natural resource ecology and management. The project takes small patches of prairie and integrates them into row crop fields to help create more resistant and productive agriculture.



# GREEN HIGHLIGHTS

## FALL 2014

### BUILDING AWARENESS OF DOMESTIC VIOLENCE

"An empty chair at the table" was the focus of a demonstration of 200 chairs lined along campus sidewalks during the annual National Domestic Violence Week. Each empty chair represented a death caused by domestic violence.



### CROSSING BORDERS TO RAISE AWARENESS

At a poverty awareness event hosted by the student club Engineers Without Borders, ISU students walked in the shoes of those less fortunate and learned about water scarcity. Students also participated in a unique opportunity to offer assistance to impoverished communities in Uganda through a student-led garden program. In this program, students battled malnutrition by teaching children how to raise crops and grow a healthier school lunch.



### CELEBRATING OUR COMMUNITY'S HISTORY



The City of Ames Dinke Day celebration brought together hundreds of ISU students and Ames residents to celebrate the 150th anniversary of the city's founding and the rich and diverse community we have become. The event was named after the Dinke train that shuttled students from Ames to campus from 1891 to 1907.

### DIVING INTO THE DIVERSITY OF IOWA STATE

The international community came together to raise awareness of the many cultures of the university community through dance, food and music during International Week. Activities included Diwali Night, celebrating light over darkness, Teach Me How to Desi Night to fund women's health care in India and the International Bazaar to share cultural customs and artwork.



### SPREADING SMILES, BRIGHTENING DAYS

Encouraging positivity and building the self esteem were the goals of a student club, Smile Ninja (Sninja), and a national campus campaign, Operation Beautiful. Throughout the semester, Sninja brightened days by performing small acts of kindness, and Operation Beautiful encouraged positive body image through kind messages written on restroom mirrors.





# GREEN HIGHLIGHTS

## FALL 2014

### STAYING "UP 'TIL DAWN" TO FIGHT CANCER



**\$58,200  
raised  
in  
6.5  
hours**

ISU students gathered together in State Gym to stay "up 'til dawn" and raise money for St. Jude's Children's Research Hospital. Throughout the 6.5-hour event, students danced, made crafts, watched club demonstrations and heard stories from cancer survivors.

### PREVENTING PUDDLES WITH PERMEABLE PAVERS

To reduce the runoff of excess rainwater, Sukup, Elings and the Biorenewables Building incorporated permeable pavers into their outdoor walkway areas. The pavers, made of recycled tires and plastic containers, help rainwater soak into the ground rather than run into the storm sewers, and can be recycled into new pavers when they need replaced.



### TAKING SOIL FROM FIELD TO SILVER SCREEN

Filmmaker Deborah Koons Garcia and professor Kate Scow made an effort to educate and excite people about soil science by creating, "Symphony of the Soil," a film to promote sustainability and the relationship people have with the soil. They also awarded the video, "Litter," created by ISU Film Producers student organization as the winner of the Pesek-Pierre student sustainability film contest.



### EMPOWERING FINANCIAL SUSTAINABILITY

ISU's Financial Counseling Clinic integrated its counseling services into the classroom to increase student awareness and skills in financial literacy. The clinic currently offers two classes, HD FS 183: Personal Finance in Early Adulthood, and HD FS 283: Personal and Family Finance to ISU students.



### GAINING DIFFERENT PERSPECTIVES AT ISU

To build a foundation of understanding among all students, faculty and staff members and to shed light on the obstacles people with disabilities face each day within the ISU community a new student club, the Alliance for Disability Awareness, formed. Students also gained new perspectives of living with a disability during the Step Into My World event as a part of Disability Awareness Week.





# Students Living the Cardinal, Gold and GREEN!



**T**HE holiday season is often pictured as a time to gather with friends and family around a table filled with traditional family dishes and treats.

Unfortunately, this is not the reality for many lowans. However, one ISU student organization is committed to doing what they can to make a sustainable difference for those lowans in need.

The Sustainable Agriculture Student Association (SASA) strives to create food security awareness amongst lowans, and is committed to a mission based on the foundation of acting locally and thinking globally.

"Our main goals are social justice and sustainability," said Jackie Nester, SASA president and graduate student in community and regional planning. "We like to encourage and plan events that challenge the

current status quo of agriculture and energy extraction and consumption. Our members are committed to the values SASA represents, and they go the extra step in pushing toward [increased] awareness and social change."

**"We want to combat the 'Iowa is feeding the world' notion with the reality. At the end of the day, we believe all people have a right to healthy food."**

One way the group promotes this awareness is through partnering with Food at First, a free meal program and perishable food pantry for those who are in need in the Ames area. Food at First serves seven meals each week and is open to anyone, no questions asked.

"What SASA would love to see is if everyone started a garden in Ames and donated [to Food at First]," Nester noted. "Though this would not immediately address the wider picture of a broken food system, we would be building our community, and soon everyone would begin to demand for a more just system for all."

SASA began its partnership with Food at First in 2012. Since then, the group has taken the leadership of preparing and serving meals on the first Friday of each month, making a sustainable difference in the lives of those they serve within the community (pictured above).

SASA will also help Food at First distribute their community-wide meal on Dec. 25 at First United Methodist Church on Kellogg Avenue.

**Continue this story on page 7.**



# Students Living the Cardinal, Gold and GREEN!

"Our experience with Food at First has been humbling because making fresh, healthy food accessible for all in our current food system is not easy," Nester said.

However, SASA recently received a \$3,400 grant to help in their endeavors related to sustainability.

Nester said the grant will go toward a new irrigation system, rain barrels and a solar power pump for pumping the rain barrel water for the Food at First garden.

"I am so thankful for the sustainable agriculture community and for the opportunity to have such a strong relationship with Food at First," Nester said. "I can easily say that my time with Food at First has given me a well-rounded understanding of the work and commitment needed to make healthy food accessible to everyone."

With a new year quickly approaching, SASA is also setting its resolutions and goals for 2015.

Creating awareness of the lack of food security in Iowa is SASA's main goal. The impact they strive to achieve extends beyond university efforts and the campus community, hitting home in the hearts and minds of everyone aware of SASA.

"An ISU faculty member came up to me in front of her family and said, 'I think we need to be more like the folks in SASA. Our family should start volunteering at



Food at First.' For me, this was something really spectacular, the fact that our impact is so much more than our individual actions, like leading a garden tour and preparing meals each month -- rather, our ideas and actions are contagious," she said.

In addition to serving community members in need with Food at First, SASA offers education and awareness opportunities through various outreach and engagement events.

These opportunities include public events (pictured below left) and film screenings focused on food systems; local food eat-in events where ISU students can experience a variety of locally-grown foods; urban garden tours to increase awareness of and engagement in growing food in urban

areas (pictured above); as well as volunteerism with planting, maintaining and harvesting a community garden (pictured below center) that provides hundreds of pounds of fresh produce to the community with the efforts of Food at First.

SASA's commitment to a sustainable food future and contributions to Iowa State's Live Green! initiative, was recognized with the receipt of a 2013 Live Green! Award (pictured below right).

"We are active because we are optimistic of social change and believe that all people have a right to healthy, affordable and culturally-acceptable food," Nester said. "We want to combat the 'Iowa is feeding the world' notion with the reality. At the end of the day, we believe all people have a right to healthy food."





# SUSTAINABLE 2015

## RESOLUTIONS

**P**LANNING your New Year's resolutions? Why not add some green to your goals? Begin the new year with a sustainable approach by being good to yourself, the environment and your community. Check out these simple and sustainably-minded goals, and try adding a few of them to your personal list of resolutions.

### ✓ REUSE YOUR REUSABLES

Lower your carbon footprint and keep non-biodegradable materials out of the waste stream by using and reusing reusables, like shopping bags. If you're going out, opt for reusable containers and mugs. Purchasing a reusable water bottle instead of a disposable bottle can help reduce the number of disposable water bottles that Americans throw away each year.



### ✓ BE MINDFUL OF YOUR DISPOSABLES

Paper and paperboard products, like paper towels, plates and napkins, represent the largest portion of our solid waste stream at about 69 million tons (or 27 percent) of all materials in the stream. Instead of heading for the trash can, reuse. Replace disposables with reusables, like washable, cloth rags instead of paper towels. Choose cloth instead of paper napkins (it takes 31.5 million gallons of water to make the napkins used in a day).



### ✓ EMBRACE A GREEN CLEAN

Greener cleaning is as easy as opening your cupboard. Many of the ingredients for non-toxic, homemade cleaners are products like olive oil and white vinegar. Check out these recipes to green clean the entire home, including homemade laundry detergent. If you aren't ready to make your own yet, look into some eco-friendly brands.



### ✓ STAY LOCAL

Keeping your purchases local helps support and sustain a vibrant, local economy. Challenge yourself to the 10 percent challenge and spend 10 percent of your existing food dollars at local businesses. Also, the 100-mile diet challenge reduces your "foodprint" by targeting local, seasonal food purchases from farmers' markets and Community Supported Agriculture (CSAs).



### ✓ SHARE YOUR TIME AND TALENTS

Strengthen and support your community by volunteering your time and talents. The Volunteer Center of Story County offers many volunteer opportunities throughout the Ames community and updates activities frequently. You can also contact your favorite charity to find community events or projects in need of assistance.



### ✓ LIGHTEN YOUR LOAD

Save money and resources by reducing your energy demand load. Switch incandescent bulbs to a CFL bulb and use up to 75 percent less energy, or change to LED bulbs, and reduce energy costs to as low as 96 cents a year. Unplug appliances when you're not using them and save 5-10 percent of your monthly electricity usage. Find out just how much energy your home is using and take an online energy audit or call a professional to audit your home.





# GIY THE HOLIDAYS

**Y**OU don't have to look much past your closet or kitchen to make your very own personalized gifts this holiday season! Make new memories from your old goods -- the gift of upcycling. Reuse, recycle, renew with these fun, unique and useful gift ideas!

Another way to give a GIY gift is to give the gift of your talents! Good with technology? Help your neighbors fix their computer! Amazing baker? A simple gift of sharing your time and talent is priceless and needs no wrapping.

## Recycled Bottle Tray



Reuse old glass bottles for an alternative and useful gift! You will need: a clean glass bottle, toaster oven and a baking tray. Start by setting the toaster oven to 200 degrees and let the bottle sit for two hours. After this time, turn the heat up all the way and let sit for 10 hours. The bottle will melt into itself!

Find more upcycled gift ideas!

## Coffee Scrub



Create your own natural beauty products right from your own coffee pot! You will need: 1T sugar, 3T finely ground coffee and 2T olive oil. Mix together and store in a reusable container!

## Bird Seed Wreath



Craft a treat for the birds! You will need: 1 pkg Knox gelatin, 1/2c. warm water, 3T light corn syrup, 3/4c. flour, 4c. bird seed and a bundt cake pan. Oil the pan with spray. Stir gelatin, warm water, corn syrup and flour into a paste and add seeds. Press into pan and let sit for 48 hours.

## Marker Mug



Decorate a mug with paint markers for a fun, personalized gift! After you've designed your masterpiece, bake the mug in the oven and set to 450 degrees for 45 minutes, and then let sit for 24 hours. Hand wash only!

## Festive Centerpiece



Don't throw away old holiday decorations! Combine them in an empty container to create your own new festive centerpiece!

## Boot Cuffs



Recycle old holiday sweaters by cutting off the arms and making your own unique boot cuffs!



# GIVE BACK GIFTS

**W**HILE out shopping for your holiday gifts, try a new type of present that gives back! There are many gifts that give to organizations supporting a diversity of needs and causes. Check out some unique give back gifts below or visit [charitynavigator.org](http://charitynavigator.org). Give back gifts can also be given by supporting a favorite local, non-profit organization with a donation in someone's name or through a gift certificate to a favorite family activity such as the zoo, botanical gardens, science center, art center or a recreational event.



Purchase a pair of eco-designed headphones and provide hearing aids to a person in need through the Starkey Hearing Foundation.



World Vision

Choose from a variety of gifts to donate in your name or a friend's, such as food supplies, water supplies and education to help children worldwide in need.



Buy specially-selected skin, body or cosmetic gifts and give the gift of educational lessons to youth in war-torn areas.



Choose from a variety of training opportunities and agricultural resources to donate in your name or a friend's toward becoming self-reliant and ending world hunger.



For every outdoor apparel product sold, funding is provided to remove one pound of trash from our world's oceans and waterways.



With any purchase of glasses, shoes or coffee, the company will donate to a community in need from around the globe with its "One for One" program.



For every designer bottle set sold, 100 percent of proceeds will benefit Free Arts NYC, a charity to improve youth access to arts education.



Shop online and choose an organization (including the ISU student organization Hopeful Africa) to donate a percentage of the proceeds of your purchases at no cost to you!

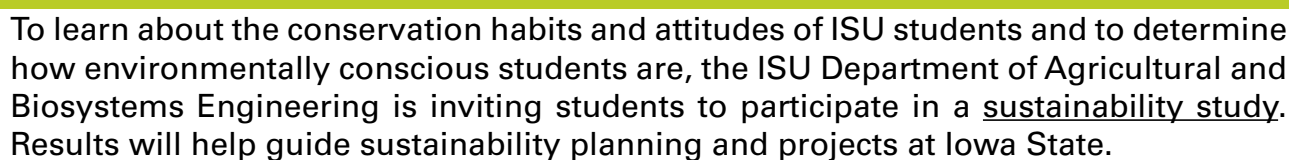


Buy Apple (Product) Red merchandise and Apple will give a portion of its proceeds to support Global Funds to fight AIDs in Africa.

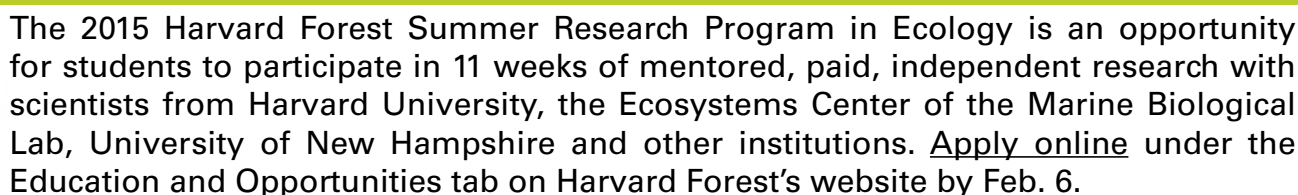




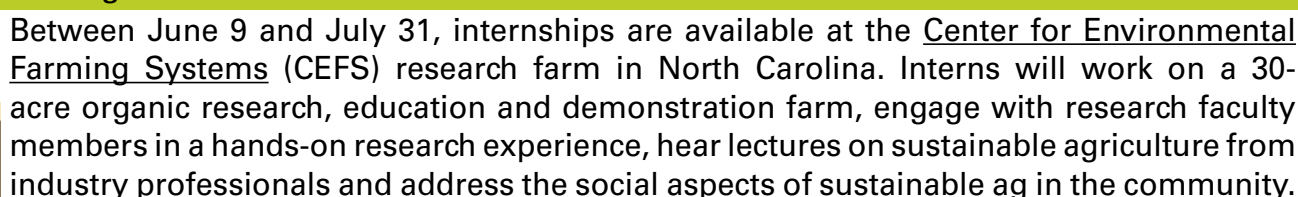
Sticking around Ames this summer? Check out the chance to intern with Reiman Gardens in one of their nine open positions, including: education, events, garden and landscape maintenance, entomology, graphic design and communications, turfgrass and irrigation maintenance, retail management, plant collections and records and greenhouse display and production. [Online applications](#) are being accepted until Feb. 13, and will give students hands-on experience in the Gardens.



Do you want to show your Cyclone pride, develop leadership skills, be part of a team, meet new ISU students and earn up \$250? If so, apply to be a student team leader for Destination Iowa State, Aug. 20-22, 2015. Each team leader mentors a group of 12-15 students, helping them explore firsthand what they can experience during their adventure at Iowa State. Online applications are due Friday, Feb. 6, and more information can be accessed on the ISU Admissions website.



With the Pathways Internship Program provided by USA Jobs, current students and recent graduates can find federal careers and internships in all 50 U.S. states. Through their website, a list of internships and deadlines can be accessed. New job opportunities are posted on an ongoing basis, and it's encouraged to check back often to find that one, dream job.



Interested in educating food system control or developing sustainable local farms and farming practices? The Meskwaki Food Sovereignty Initiative is currently accepting applications until Feb. 25, for three AmeriCorps VISTA members to fill positions of Food Systems Communications Coordinator, Food and Culture Education Coordinator and School Engagement Coordinator. To apply and learn more about each position, visit AmeriCorps' website.







# GREEN OPPORTUNITIES

## Make a Positive Impact

The 2015 National Conference on Race and Ethnicity (NCORE) in Washington, D.C., offers ISU students the chance to develop leadership skills, make a positive impact on the ISU community, network with students and professionals from around the nation and build positive mentoring and peer relationships at the May conference. Completed applications should be submitted by Feb. 6, in the Multicultural Student Affairs Office in 2080 Student Services Building.



## Promote Social Justice



The Reproductive Rights Activist Service Corps (RRASC) is a 10-week, paid internship program sponsored by the Civil Liberties and Public Policy Program. Interns will work with reproductive rights and social justice organizations around the country, working on issues ranging from reproductive health, economic justice, public policy, LGBTQ rights and more. Complete the online application by Jan. 15.

## Get Empowered

Participate in the Iowa N.E.W. Leadership Institute, a program designed to empower women across the political spectrum and increase the participation of underrepresented groups in the public sector, this upcoming May. Students will develop self-awareness and knowledge and skills in key areas, like policy analysis, negotiation, philanthropy, professional sustainability, strategic communication and community development. Online applications for the five-day institute are due Feb. 20.



## Support Others by Being a Tutor



Becoming a spring semester tutor in the Academic Success Center allows a unique opportunity to build communication skills, help fellow students and keep skills and knowledge honed and updated. Undergraduate tutors can earn \$9.50 an hour for up to 20 hours each week. Workshops are offered throughout the semester to learn ways to assist tutors in developing and refining teaching skills.

## Discover Exciting Research Opportunities

Pathways to Science, an online project of the Institute for Broadening Participation, supports student connections to science, technology, engineering and mathematics (STEM) fields by offering hands-on, professional experiences, including undergraduate summer research opportunities, graduate fellowships and postdoctoral positions. Pathways to Science places a particular emphasis on connecting underrepresented groups with STEM programs, as well as funding, mentoring and resources.



## Preserve Iowa's Natural Resources



The Iowa Natural Heritage Foundation is offering 8-10 paid summer internships for college students looking to help restore and protect Iowa's natural resources. Ideal candidates are pursuing study within environmental fields, and will have the opportunity to work alongside experts, gain hands-on experience in natural land management, learn about Iowa's natural flora and fauna, work in a team environment and enjoy the outdoors. Online applications should be completed by Jan. 25.



# DECEMBER/JANUARY

Click on an event for more information!

SASA's Christmas  
Day Meal  
11am-1pm  
First United  
Methodist Church in  
Ames

25

Conversations and  
Coffee  
English as a Second  
Language  
12:30pm  
Forest Avenue Library  
in Des Moines

30

Tree of Life Display  
thru Dec. 31st  
Animal Rescue League  
in all Des Moines  
locations  
All Day

31

Free Meditation  
Classes  
thru Dec. 27th  
3pm  
Various locations in  
Des Moines

31

Jolly Holiday Lights  
for Make A Wish  
Foundation  
thru Jan. 1st  
5:30-10pm daily  
Waterworks Park in  
Des Moines

01

Agricultural  
Urbanism Toolkit  
Workshop  
9am-4pm  
Design on Main, 203  
Main St.  
in Ames

09

Snow Day! with  
Naturalist Rebekah  
Beall  
McFarland Park in  
Ames  
Registration Due  
by 4pm

14

Reproductive Rights  
Activist Service  
Corps Internship  
Applications Due  
11:59pm  
Online

15

University Museums'  
40th Anniversary  
Kick-Off  
12-6:30pm  
Farm House Museum

15

FIRST LEGO League  
Championship Event  
All day  
Various locations  
on ISU campus

17

Snow Day! with  
Naturalist Rebekah  
Beall  
2:30-4pm  
McFarland Park in  
Ames

17

Snow Day! with  
Naturalist Rebekah  
Beall  
2:30-4pm  
McFarland Park in  
Ames

17

Ciccotti Art Glass  
Workshop  
10am-5pm  
Ciccotti Art Glass in  
Ames  
2306 258th St.

17

Ames Community  
Celebration in Honor  
of Dr. Martin Luther  
King, Jr.  
6pm  
Ames Middle  
School

19

Ames Poverty  
Simulation  
1-4pm  
Various Locations  
TBD

19

Sustainable Cooking  
Demonstration  
6-8pm  
Cooks' Emporium,  
313 Main St. in Ames

21

Zoologies: On  
Animals and the  
Human Spirit  
Lecture  
7pm  
Campanile Room,  
MU

22

Practical Farmers  
of Iowa Annual  
Conference  
thru Jan. 24th  
Scheman  
Building

23

History of Perfume  
Program with  
Natural Perfumer  
Amanda Feeley  
1-3pm  
Reiman  
Gardens

24

Iowa Fruit &  
Vegetable Growers  
Association Annual  
Conference  
1-5pm  
FFA Enrichment  
Center in  
Ankeny, IA

29

For more sustainable events, or to put your event on the calendar go to the:

## Live Green! Calendar

### Contact us!

Merry Rankin, Director of Sustainability [mrankin@iastate.edu](mailto:mrankin@iastate.edu)

Caitlin Deaver, Marketing & Communications Intern, [cmdeaver@iastate.edu](mailto:cmdeaver@iastate.edu)

Lauren Garin, Marketing & Communications Intern, [lgarin@iastate.edu](mailto:lgarin@iastate.edu)

Liana LaMastra, Sustainability Coordinator, [lamastra@iastate.edu](mailto:lamastra@iastate.edu)



# SAVE THE DATES

## Feb. 23 - Feb. 24

# 2015 SYMPOSIUM

The 2015 Symposium on Sustainability celebrates the seventh year of Iowa State University's Live Green! initiative and the call to action given to all students, faculty and staff to be fully committed to and engaged in ensuring a sustainable future through our actions and decisions regarding our campus, its operations and initiatives.

The Symposium will kick off on Feb. 23, in the Memorial Union Great Hall, with keynote speaker John Warner, co-founder of the Warner Babcock Institute for Green Chemistry. The keynote is preceded by a poster session and public reception in the South Ballroom of the Memorial Union. Attendees can learn more about sustainability at ISU and in Ames, including initiatives and campus and community projects and events.

The following day, the poster session reconvenes in conjunction with Sustainapalooza. Hosted by The Green Umbrella student organization, Sustainapalooza offers interactive activities geared toward increasing awareness and engagement in sustainability initiatives, events and opportunities on campus and in the Ames community.

As well as walking the Live Green! carpet and pledging green resolutions, attendees can hone their sustainability skills and knowledge at four "Green It Yourself" centers focused on green cleaning, upcycling, local foods and survival skills. For more information, [visit the Live Green! website](#).

The Symposium concludes with keynote speaker Tim Lindsey, Global Director of Sustainable Development for Caterpillar.

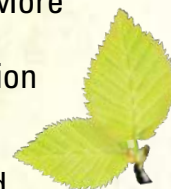
## Schedule of Events

### Monday, Feb. 23

- 7 p.m.** Sustainability posters and reception  
South Ballroom, Memorial Union
- 8 p.m.** John Warner - Green Chemistry:  
Helping Create a Safer, More  
Sustainable Future  
Great Hall, Memorial Union

### Tuesday, Feb. 24

- 5 p.m.** Welcoming Remarks and  
Presentation of the 2014 Live Green!  
Awards *until 5:30 p.m.* Sun Room,  
Memorial Union
- Poster session and  
Sustainapalooza *until 8 p.m.*  
Great Hall, Memorial Union
- 8 p.m.** Tim Lindsey - Caterpillar: Corporate  
Perspectives on Sustainability  
Sun Room, Memorial Union



## Celebrate Our Live Green! Journey!



Poster Session



Live Green! Awards



Walking the Live Green! Carpet



Living the Cardinal, Gold and Green Wall



"Green It Yourself" Centers



Public Lectures



# LIVE GREEN! MONTHLY

## JOIN US

Feb. 23-24 for the  
Symposium on  
Sustainability &  
Sustainapalooza!

20 **SYM  
POS  
IUM** 15

*Green your Mark this year at*  
sustainapalooza

## What's INSIDE

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**"Where there is love, there is life."  
-- Mahatma Gandhi**

**L**OVE, as noted on-screen, in quote and song, is a many splendored thing, and February is the month widely thought of and marketed as one having a specific connection and affiliation with love.

Although, often times it is easy to be drawn toward the premise of love being primarily reserved for a special someone, the emotion embraced in its fullest potential encompasses all of those things to which we attach and have affection, human or otherwise.

Within this consideration, love is literally all around us -- in the food we eat, places we enjoy and discover, colors of the changing seasons, sunrise and sunset, the adventure map of the nighttime sky...and those who share these experiences with us.

In discovery, there is experience. In that experience, there is then appreciation. In appreciation, there is connection. In connection, there is commitment. In commitment, there is sustainability.

This issue of Live Green! Monthly includes a splendor of ways to celebrate February and embrace all that you love -- from gifts that exude affection to experiences that bring new appreciation to opportunities to cultivate connection.

Embrace your February and all in life that brings you love!

Yours in green-ness,

Merry Rankin  
Director of Sustainability



# Doing Our Part, Greening Our Mark, Making a Difference

20 **SYM** 15  
**POS**  
**IUM**

**T**HE 2015 Symposium on Sustainability celebrates the seventh year of Iowa State University's Live Green! Initiative and the call to action given to all students, faculty and staff to be fully committed to and engaged in ensuring a sustainable future through our actions and decisions regarding our campus, its operations and initiatives. Join us for this celebration of sustainability involvement, accomplishment and success.

## Schedule of Events

**Monday, Feb. 23**  
**Poster Reception,**  
**Keynote Speaker**

**6-8pm**  
South  
Ballroom

### Poster Reception

Enjoy local foods and refreshments made with locally sourced ingredients, socialize with green experts from the Iowa state and Ames community.

**8pm**  
Great Hall

### Opening Keynote Address

"Green Chemistry: Helping Create a Safer, More Sustainable Future," John Warner, co-founder of Green Chemistry and the Warner Babcock Institute for Green Chemistry.

### Celebrate Sustainability Efforts & Achievements!

To showcase the projects and initiatives you are involved with that support and enhance environmental, economic or social sustainability.

- Exhibit at the Sustainability Poster Reception
- Nominate your organization, team, college or department for a Live Green! Excellence Award

Learn more: [livegreen.iastate.edu](http://livegreen.iastate.edu) or [mrankin@iastate.edu](mailto:mrankin@iastate.edu).

**Tuesday, Feb. 24**  
**Live Green! Awards, Sustainapalooza,**  
**Poster Reception, Keynote Speaker**

**5pm**  
Sun Room

**Welcoming Remarks,**  
**Live Green! Excellence Awards**

**5-8pm**  
South  
Ballroom

### Sustainapalooza

Featuring hands on GIY (Green It Yourself Centers) and activities to get down and green. Come learn simple tips and tricks for all college students to save money and help out the earth a bit!

Great Hall

**Poster Reception**

**8pm**  
Sun Room

### Closing Keynote Address

"Caterpillar's Journey to Sustainability," Tim Lindsey, Director of Sustainability for Caterpillar.



**JOIN US!**  
**NO REGISTRATION REQUIRED.**



**J**OIN the Green Umbrella, Live Green! and the Council on Sustainability for the fourth annual Sustainapalooza, an event focused on green and sustainable initiatives, accomplishments and opportunities at Iowa State and in the Ames community. Explore the Green It Yourself Centers that feature a variety of activities to add some green flair to your life, as well as lives throughout our community. Take a walk down the Green Carpet, make a pledge on the Greening Your Mark Wall, enjoy local food refreshments and receive “green” giveaways.

**Tuesday, Feb. 24th, 5-8pm  
Memorial Union Great Hall**

## Outdoor Adventure & Survival Skills

**JAX Outdoor Gear**  
Morgan Dowdall, Camping Department  
Manager

Learn about “leave no trace” principles as well as minimizing your foot print during outdoor adventures by stopping by the GIY center! JAX Outdoor Gear will be there doing demonstrations on water filtration, backpacking meals, and dressing for survival!

## Green Personal Care

**The Workspace**  
Letitia Kenemer, Fine Arts Coordinator

Could your lips use a little TLC in this February weather? Need something to bring a little freshness to your car or apartment? Stop by and make homemade lip balm and a unique case as well as your very own natural freshener out of pine cones at this GIY center.

## Upcycling

**Iowa IDNR**  
Shelene Codner, Iowa Waste Exchange

You’ve heard about recycling but what about upcycling? Learn more at the upcycling GIY center and help support Dance Marathon and their work with the Children’s Miracle Network. Folders and bookmarks will also be upcycled from old athletic posters and shared with children in the Ames community.

## Green Your Plate

**ISU Dining**  
Lisa Nolting, Dietitian

Learn how to make easy to prepare healthy snacks on a limited budget by stopping by the Green Your Plate GIY center. ISU dining will be demonstrating and offering samples of a few healthy snacks as well as providing recipe cards with other ideas.



# GIY VALENTINE'S GIFTS

**M**AKING a Green It Yourself gift that comes from the heart will come easier this year with some ideas from Live Green! Feb. 14th is a day to celebrate those who bring you joy, but that does not mean you have to dilute your joy and your funds trying to find that perfect gift. Try some unique, green and customizable gifts to bring personalized joy to all those special someones, as well as you.



## Delicious Bouquet

Turn local food favorites into original, edible art!

**Supplies:** Bacon (strawberries or favorite fruit), broiler pan, artificial flowers with stems, vase.

**Directions:** Roll bacon strips one at a time to form tight rolls. Place rolls on broiler pan and bake in oven at 375 degrees for 30-40 minutes. Remove flower heads from green stems, but keep green base. Place cooked bacon rolls on stems and present in a vase. You can also carve strawberries into the perfect rose for a fruitier palate. Save excess flower heads for other GIY gifts!



## Just Because Message Board

A fun way to leave little sentiments. Reuse artificial flower heads for an added gift!

**Supplies:** hot glue gun, flower heads, picture frame with glass and background image, dry erase marker.

**Directions:** Hot glue artificial flower heads to edge of picture frame and let dry. Use as a frame or decorative dry erase message board.



## Caring Cards

A fun, simple, and loving gift for all!

**Supplies:** Deck of playing cards, permanent marker, album rings, hole puncher, other small decorations.

**Directions:** Punch two holes in one card and use as template to hole punch the other 51 cards. Write one of your "reasons" on each card and decorate as you desire. Finish by threading cards on album rings.



## Jar Full of Favorites

A customizable gift for any Valentine!

**Supplies:** Spa Day in a Jar- Nail clippers, nail polish, scented lotion, foot scrub, cotton balls, nail file. Manly Grooming in a Jar- Shaving cream, razor, razor blades, sample cologne or aftershave, mouthwash.

**Directions:** Gather the desired small items and assemble in mason jar or other reusable container of your choice. Decorate jar with ribbon and tags for more added fun!

# GREEN YOUR VALENTINE'S DAY

**FEB.** 14th comes with a lot of fun opportunities and questions! What should I give for a gift? What should we do for dinner? Live Green! has got you covered with a few "green" ideas to help make your Valentine's Day creative, unique and just as special as the ones you spend it with.

## Inner Artist



Explore your artistic side by trying out something local and fun for all skill levels! Try out an art class at the Memorial Union's Workspace with your loved one on February 13th for a special Paint Your Own Pottery: 2 for 1 user fees event! Another way to get out you inner Picasso is to attend one of Creative Spirits wine and paint classes in West Ames. Classes are held frequently and there are a variety of events to choose from! Not quite ready to do the crafting yourself? Take a tour of the Octagon Center for the Arts right here in Ames to get your artistic fix with your sweetheart.

## Active Adventures



Interested in trying something different and embracing the great Iowa weather? Then why not try your own mini adventure without leaving Ames? Free skating at the Ames Ice Arena every Wednesday and a special 2 for 1 admission deal on the 15th! Explore the Outdoor Recreation Program trips and activities like cross country skiing at Mystery Cave State Park in Minnesota Feb. 14-15th or rent equipment yourself and enjoy the local parks! Discover more of Ames, by trying out geocaching and enjoy the weather while seaching for treause!

## Local Foodie



This Valentine's Day think local for dinner! Try out an Ames original such as Olde Main Brewing Company, Aunt Maude's, The Cafe, or Cafe Beaudelaire! Or instead of going out to dinner, cook a special meal of soy-glazed pineapple salmon, ricotta mashed potatoes, and red velvet cupcakes for dessert! Keep your ingredients local by checking out Wheatsfield or your favorite grocer for your dinner needs. Make your meal and then pack it into mason jars or reusable containers and set out for a picnic, whether it be to the local park or even in your own home.



# Students Living the Cardinal, Gold and GREEN!



**T**WO ISU students are going from business to business throughout the Ames community to share green opportunities and celebrate accomplishments.

Kyle McNab, senior in mechanical engineering, and Lauren Ferezy, senior in supply chain management, are taking on the Smart Business Challenge, an initiative with the City of Ames devoted to making Ames businesses more aware of sustainable opportunities related to businesses' procedures and practices, in addition to celebrating achievements.

The Challenge, initially known as the Smart 150 Challenge, began to celebrate the 150th anniversary of Ames, and all the sustainable progress that has been achieved in the community since and is still continuing.

The City, Ferezy and McNab invite businesses to take advantage of greener, smarter opportunities that include helping Ames reach its goal of a sustainable future.

Businesses participate in the Challenge by completing its checklist, which shows what the company is doing to be more sustainable,

as well as what they could be improving.

"We want to make sure these businesses are getting credit for everything they should be getting credit for," McNab said.

Businesses that participate are recognized on the City of Ames' website, and will be given a window decal that lets customers know they value sustainable practices and are taking part in the Challenge.

Recognition of a tier status (ranging from bronze to platinum) is offered to businesses throughout the checklist.

The bronze level focuses on education, making sure everyone is aware of opportunities for conservation. The silver level focuses on implementation, making sure sustainable practices and procedures, such as efficient lighting, are recognized throughout the various sections on the checklist. The gold level focuses on policy, recognizing formalized guidance related to sustainability.

**"We try to help them be as cost-effective as possible. We designed the checklist so any business can do it without breaking the bank."**

Ferezy noted that there are 10 different areas of focus (tiers) to receive these recognition levels.

These 10 tiers include: policy and planning, energy conservation of lighting and equipment, indoor/outdoor water conservation, transportation, indoor/outdoor environment, purchasing, waste diversion and responsible waste management, carbon footprint, customer relations and community relations.

"We go through the checklist with each business and look for current accomplishments and things they can start improving upon," she said. "It's all completely voluntary."

**Continue this story on page 7.**

# Students Living the Cardinal, Gold and GREEN!

McNab and Ferezy said the Smart 150 Challenge is about a month-long process.

"Basically, we go meet with businesses and discuss what they're doing," McNab said. "We discuss what they are doing well, as well as opportunities for improvement."

McNab also said the team shares information with businesses about rebates. While some sustainable improvements are cost-free, others can be more expensive.

"We try to help them be as cost-effective as possible," McNab said. "We designed the checklist so any business can make a difference without breaking the bank."

Ferezy said there are many inexpensive ways to become more sustainable.

"Just having a sign that says to remember to shut off the lights before closing can make a sustainable difference," she said.

Visit the [Smart Business Challenge's website](#) to learn more about the Challenge, access various resources that increase and enhance sustainability efforts, get your favorite business involved or complete the checklist. McNab and Ferezy can also be contacted at [mcnab@iastate.edu](mailto:mcnab@iastate.edu) and [lferezy@iastate.edu](mailto:lferezy@iastate.edu), for more information.

Kyle noted that he thinks it is exciting to see the efforts the city is making to continue progressing toward a sustainable future, especially through engaging businesses.

"I think it's really cool to see businesses become more aware," McNab said.

## BUSINESSES TAKING PART IN THE CHALLENGE



TO EACH THEIR OWN.





# GREEN OPPORTUNITIES

## Give the Gift of Blooms

The ISU Horticulture Club is offering gifts of blooms and bouquets this Valentine's Day with their annual rose sale. Pre-order bouquets, bunches or single roses with a printable form and drop it off at 107 Horticulture Hall for pick-up from 11 a.m. to 4 p.m. on Feb. 13. Forgot to pre-order? Roses can also be purchased in the Memorial Union between 11 a.m. and 4 p.m. on Feb. 13. Look for the club's booth on the first floor. Email [roses@iastate.edu](mailto:roses@iastate.edu) with any questions or for more information.



## Be a Social Sustainability Change Agent



Interested in making a sustainable difference at Iowa State? Embracing diversity, sharing experiences and discussing opportunities to increase awareness and dialogue related to social systems of power, privilege and oppression will be the focus of the 2015 Social Justice Summit. The day-and-a-half workshop takes place on campus on Feb. 20-21, and is designed to help students develop action plans to lead changes they envision for our campus. Priority registration is Feb. 12, through the Student Activities Center's website.

## Volunteer a Hand (or Foot)

Needing some active diversion to break up the last of the winter months? The ISU Athletics Department is looking for volunteers for the 2015 Big 12 Track and Field Indoor Championships, Feb. 27-28 at Lied Recreation Center. Check out the Ames Convention and Visitors Bureau's website to complete a volunteer position. All volunteers receive a free event T-shirt. Questions can be directed to Megan Main, Sales and Services Coordinator for the Ames Convention and Visitors Bureau, at [meganm@amescvb.com](mailto:meganm@amescvb.com).



## Share Your Green Thumb



Passionate about improving the health and wellbeing of people and the planet through organic leadership? The Rodale Institute is looking for interns to work alongside its expert staff at the nation's leading independent organic research farm. Opportunities include positions in farming, gardening, livestock and working with Rodale's research team. All internship opportunities can be found on Rodale's website.

## Celebrate Your Innovative Dedication

Odebrecht USA, a diversified business leader laying the groundwork for positive sustainable change, is looking to reward and recognize students, professors and universities that inspire sustainable innovation and drive positive change with the Odebrecht Award for Sustainable Development. The award will be given to those with ideas that push boundaries and employ sustainability principles to create value, improve quality of life, generate opportunities and promote sustainable progress.



**ODEBRECHT**

## Build a Greener Package



Interested in sustainability and continuous improvement in manufacturing? The American Packaging Corporation is looking for a motivated intern for the summer of 2015 to work on environmental management projects and conduct cost/benefit analyses with the Corporation's continuous improvement efforts. The intern will also work to identify, research, gain approval and implement projects throughout the facility. To apply for the position or to request a formal job description, email a cover letter and resume to [hr@ampkcorp.com](mailto:hr@ampkcorp.com).



# A SUSTAINABLE SPRING BREAK



**S**TILL finalizing spring break plans or have room for a little something more? Check out these opportunities that offer adventures, challenges and a unique look at leaving a greener, more sustainable footprint wherever spring break takes you.

## Give Back with a Service Trip

The Ames community offers ISU students and community members the chance to explore and appreciate the earth with periodic service trips around Iowa, the nation and different countries.



Living Lands and Waters (LL&W) is offering students the chance to clean up the Mississippi River in Tennessee with their Alternative Spring Break Program.

Explore the world with the Green Program, an international program that empowers its students to become more sustainable leaders.

Join the ISU Pay It Forward Tour and carry out service projects in six cities around the nation.

## How To Green Your Spring Break

An eco-friendly vacation can ease your impact on the environment and your finances. There are many ways to turn your spring break into a green one.



Choose an eco-friendly spring break destination. This could include using eco-friendly transportation, choosing green housing and taking part in low-impact activities, as well as supporting local artisans and businesses.

Explore new places on a whim. Offset your carbon footprint by packing your favorite snacks into a rented, hybrid car.

Try your bike on the go. Choose a destination and spend the week learning the new area.

For more green tips and ideas, check out these other green resources and excursion plans.

## Get Outdoors with Recreation Services

Get active and sustainable on an excursion with Outdoor Recreation Services. Through weekend and extended stay opportunities, all incorporating great adventures and Leave No Trace principles, Outdoor Recreation Services offers a variety of low impact, high intensity spring break opportunities.



**Arizona Canyoneering**  
Register by March 6.

**North Carolina Rock Climbing**  
Register b March 6.

**Florida Kayaking, Snorkeling and Paddle Boarding**  
Register by March 6.

**Info about trips can be found on Recreation Services site.**



# FEBRUARY

Food at First  
Garden Potluck  
Trinity Christian  
Reformed Church  
6-8 p.m.

12

Etched Glass  
Wine Bottles  
Craft  
Workspace  
6-9 p.m.

12

Craft Seed Hearts  
for the Birds  
Reiman Gardens  
6-7:30 p.m.

12

Geo Club Jewelry  
and Rock Sale  
Science I  
Building  
9 a.m. - 5 p.m.

12-13

ISU Dance Marathon  
2016 Team Director  
Applications  
Due  
by 5 p.m.

13

Vagina Monologues  
Campanile Room,  
MU  
6-7:30 p.m.

13

Spring Festival  
Gala  
Great Hall, MU  
6:30 p.m.

15

Environmental  
Lobby Day  
Iowa State  
Capitol  
9 a.m.

17

Sentinel Plant  
Network First  
Detector Training  
Reiman Gardens  
6-8:30  
p.m.

17

Iowa Cover  
Crops Conference  
Sheraton Hotel in  
West Des Moines  
11 a.m.

17-18

"The Challenge of  
Creating a Low-  
Carbon Economy"  
Howe Hall  
12:30-1:30  
p.m.

19

"Green Chemistry:  
Helping Create a  
Safer, More  
Sustainable Future"  
Great Hall, MU  
8 p.m.

23

Symposium on  
Sustainability  
South Ballroom &  
Great Hall, MU  
7 p.m. &  
5 p.m.

23-24

"Corporate  
Perspective on  
Sustainability"  
Lecture  
Sun Room, MU  
8 p.m.

24

Sustainapalooza  
2015  
Great Hall, MU  
5-8 p.m.

24

National Eating  
Disorders  
Awareness Week:  
Rock Your Body  
State Gym  
2-5 p.m.

25

National Eating  
Disorders  
Awareness Week:  
Athletic Image  
60 Hixson  
7 p.m.

26

Planting the Seeds  
of Generosity  
Reiman Gardens  
10-11 a.m.

26

National Security  
& Human Rights  
Lecture  
Sun Room, MU  
7 p.m.

26

National Eating  
Disorders  
Awareness Week:  
Mindful Eating  
2021 HNSB  
Noon

27

**For more sustainable events, or to put your event on the calendar go to the:**

## **Live Green! Calendar**

### **Contact us!**

**Merry Rankin, Director of Sustainability [mrarkin@iastate.edu](mailto:mrarkin@iastate.edu)**

**Caitlin Deaver, Marketing & Communications Intern, [cmdeaver@iastate.edu](mailto:cmdeaver@iastate.edu)**

**Lauren Garin, Marketing & Communications Intern, [lgarin@iastate.edu](mailto:lgarin@iastate.edu)**

**Liana LaMastra, Sustainability Coordinator, [lamastra@iastate.edu](mailto:lamastra@iastate.edu)**

# LIVE GREEN! MONTHLY

**"EARTH HOUR"**

Sat. Mar 28



## What's INSIDE

Symposium on Sustainability 2	Recap
Students Living the Cardinal, 5	Gold and Green
Green Opportunities	7
World Water Day	8
Spring GIY Inspirations	9
Events Calendar	10

Did You Know?

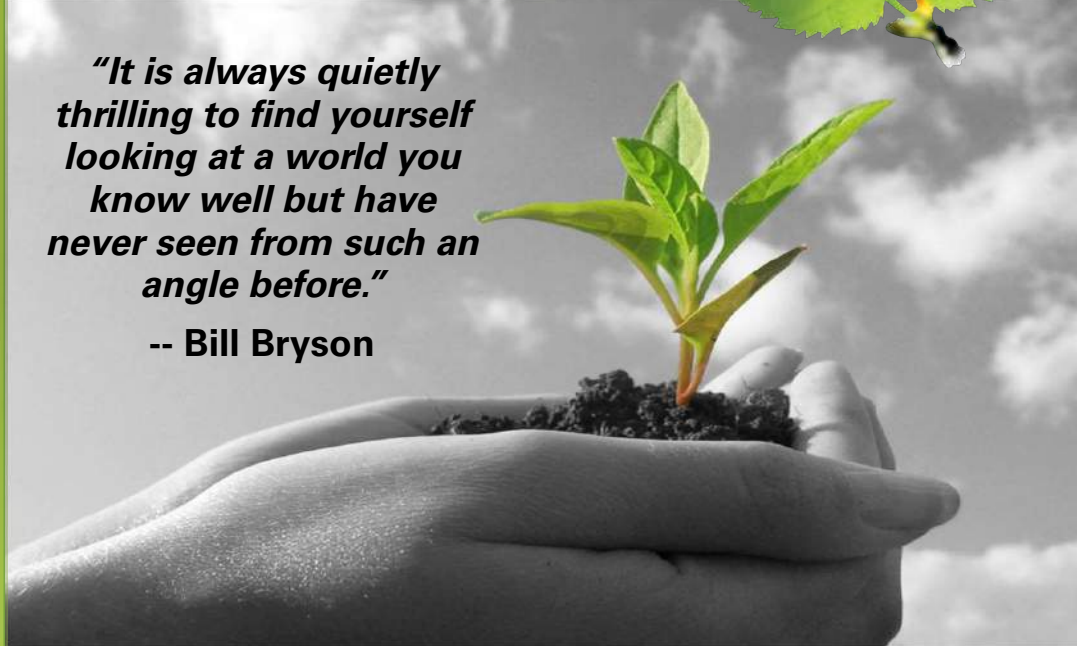
**March is  
NATIONAL  
NUTRITION  
MONTH**



**LIVE GREEN!**

*"It is always quietly  
thrilling to find yourself  
looking at a world you  
know well but have  
never seen from such an  
angle before."*

-- Bill Bryson



**A** UNIQUE phenomenon happens each year during the month of March -- spring. Although first thoughts of spring bring to mind plants sprouting, trees blooming, the birds returning and outside activities, collectively, spring brings renewal.

To be renewed means to be restored and replenished, revived and reestablished and to be made effective for an additional period.

This is the wonderful treat we are all served every March...no charge, within walking distance and most definitely offering something for everyone. Every year, this treat of renewal is a little different, even though it happens in the very same place and touches all components of sustainability (environmental, social and economic).

Environmentally, are the traditional spring indicators -- warmer temperatures and the smells, colors and sounds. Socially, are all of the warm weather activities to

do recreationally and in paying forward. Economically, are all of the cost-effective and economy-supporting opportunities encompassing natural ventilation, low carbon footprint transportation modes and farmers markets.

This issue of Live Green! Monthly reminds us of some of the many facets of renewal that are available to us this month through nature, opportunities at ISU and in the Ames community and everyday items around our offices and homes.

Sustainability requires renewal. In ensuring our renewal, we sustain ourselves and our community. In sustaining ourselves and our community, we sustain our future.

Have a wonderfully renewing month!

Yours in greenness,

Merry Rankin  
Director of Sustainability



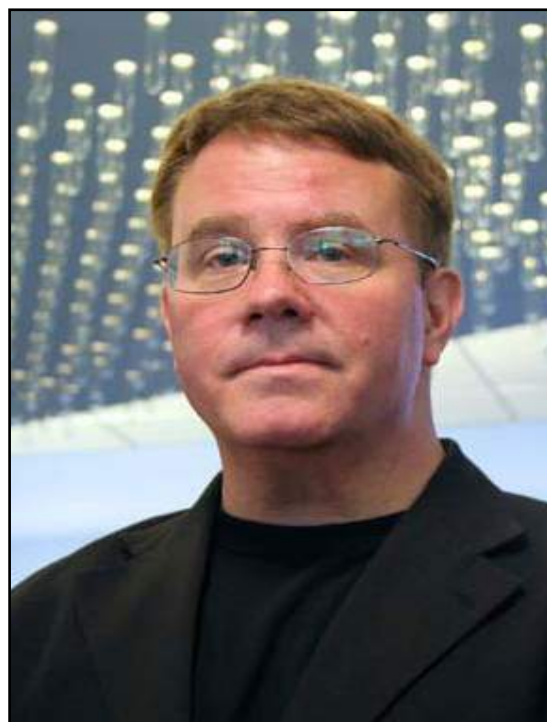
# SYMPOSIUM ON SUSTAINABILITY

## DOING OUR PART, GREENING OUR MARK, MAKING A DIFFERENCE

# RECAP



**T**HE 2015 Symposium on Sustainability kicked off on Feb. 23, with a sustainability poster reception showcasing the projects and initiatives (that support and enhance environmental, economic and social sustainability) in the Ames and Iowa State University communities.



The evening continued with a lecture by John Warner, co-founder of Green Chemistry and the Warner Babcock Institute for Green Chemistry, entitled, "Green Chemistry: Helping Create a Safer, More Sustainable Future."

"Chemistry is the solution," Warner said. "There's no path to a sustainable future without chemistry. That's an illusion."

Students and community members filled the Great Hall to hear Warner speak about the concept of green chemistry -- chemistry that performs better, is more economical and is more environmentally benign than alternative types of chemistry. Warner also emphasized the importance of chemists understanding the toxicity of the compounds they create and the overreaching effect it will have on people and the environment.

"We need to embrace that we don't know everything and accept that because of that lack of full knowledge, we don't know the downstream impacts of what we're doing and we should approach it with a bit more humanity," Warner said.



# SYMPOSIUM ON SUSTAINABILITY

## DOING OUR PART, GREENING OUR MARK, MAKING A DIFFERENCE

# RECAP



The second day of the Symposium, Feb. 24, began with the Live Green! Excellence Awards ceremony. Organizations, teams, colleges, individuals and departments were nominated for their involvement with and dedication to supporting a sustainable future.

The Live Green! Excellence Awards are awarded based on cultural impact (potential to bring about change in attitudes and behaviors), impact on natural resources (potential to motivate resource conservation), economic impact (potential to create savings opportunities), transferability (potential to be applicable to other on- and off-campus projects) and the Legacy to the Live Green! Initiative and

Sustainability (potential to increase awareness about sustainability and the Live Green! Initiative).

The 2015 Live Green! Excellence Award winners included the ISU BikeShare Project (pictured above) and ISU Extension and Outreach Human Sciences Program (pictured right).

The BikeShare Project, a collaborative project from the College of Design, involves ISU students, faculty and staff from several departments, and is a venture to improve sustainable transportation options, relieve congestion of the CyRide system and increase the availability of health-oriented transportation that also leaves a smaller carbon footprint.

The ISU Extension and Outreach Human Sciences Program recognized the opportunity to provide education to statewide childcare providers and administrators on the topic of "greener" alternatives in their early childhood programs and developed the [EcoHealthy ChildCare online educational series](#).



The Symposium concluded with a lecture by Tim Lindsey, Director of Sustainability for Caterpillar, entitled, "[Caterpillar's Journey to Sustainability](#)."

Attendees gathered in the Sun Room to hear Lindsey discuss the addition of sustainability to Caterpillar's core values and what that means for the company, such as making energy reduction improvements on the machinery they manufacture.

"Sustainability goes beyond the traditional news of quality... It also includes quality of life, quality of communities and quality of environment," Lindsey noted during the lecture.



# SYMPOSIUM ON SUSTAINABILITY

## DOING OUR PART, GREENING OUR MARK, MAKING A DIFFERENCE

# RECAP



1. Athletic posters were upcycled into folders and bookmarks for donation to Ames school children.
2. Fruit-infused water, made with locally-sourced apples, was one of the healthier refreshment options offered at the event.
3. Old T-shirts were upcycled into hats to support the work of the Children's Miracle Network.
4. Attendees added ways they act sustainably at ISU to the Greening Your Mark Wall.
5. JAX Outdoor Gear taught attendees about "leave no trace" principles to minimize their outdoor carbon footprint.
6. A walk down the Live Green! Green Carpet welcomed attendees to Sustainapalooza.
7. ISU Dining taught attendees how to "green their plate" with healthy, easily prepared and inexpensive snacks.
8. Students got their photos taken as they pledged to "green their mark" with Cy.
9. Students crafted natural air fresheners out of pine cones.
10. A bicycle-powered ice cream maker created a "green" treat for event goers to enjoy.
11. Attendees upcycled soda bottles to make containers for homemade lip balm.





# Students Living the Cardinal, Gold and GREEN!



A student organization is hoping to once again represent Iowa State as a top competitor in green energy both on a national and local level. Their efforts have not gone unnoticed.

The student NECA (National Electrical Contractors Association) chapter at Iowa State University is part of a nationwide organization that focuses on efficiency opportunities in electrical contracting including: design, proposals, audits, maintenance, and installation of electrical systems.

NECA's overall goal is for the club to grow. Currently there are over 300 construction engineering (ConE) students and only 11 are electrical emphasis. To achieve this goal NECA offers students a number of opportunities in increasing awareness and engagement in the electrical design and construction industry efficiency opportunities. While NECA is the premiere organization for undergraduates in the ConE electrical emphasis, students in the other ConE emphasis areas (building, mechanical, and heavy/highway) and majors across campus are welcome to join. One primary area of focus is the Green Energy Challenge.

The Green Energy Challenge is a nationwide collegiate competition for the student chapters of the National Electrical Contractors Association. The participating teams are asked to create a retrofit plan and perform an energy audit for a campus building. Students

then must critique a pre-existing building's energy use, lighting, and consumption to confirm the building's current condition. After the teams have analyzed a building, they go to work with creating a design that will help improve the building's energy efficiency. The guidelines for the competition change ever so slightly each year with a new rule being implemented.

From the findings of each team's building, they move forward by writing a proposal for a panel of industry leaders to review. The top three teams are then chosen from the written proportion and will go on to the finals at the national NECA convention for the presenting of their projects.

The 2014 NECA team took the title of first place at last year's competition in Chicago and they hope to once again bring home the gold at the 2015 competition! One of the group's goals, beyond top honors at the competition, is to execute a building proposal that Iowa State could potentially put into action.

**"The better understanding you have, the more that you can help your clients in being sustainable."**

"Buildings consume the most energy in the United States, said NECA's president, Joe Hahn. "If we can create awareness of this fact, we can help reduce energy consumption and

celebrate our successes. Through our projects, ISU students, faculty and staff will realize the benefits and become green thinkers, too."

**Continue this story on page 6.**



# Students Living the Cardinal, Gold and GREEN!



Another part of the competition requires each team to initiate outreach events on their campuses.

In previous years, the Iowa State NECA team has constructed energy challenges for campus residents and has also provided students with tips on how to use energy efficiently. The 2015 team is planning to engage with a local elementary school and sponsor an energy challenge for an apartment complex in Ames.

With such a multi-faceted project, NECA members find the biggest challenge in getting busy and involved team members together to work on and complete all challenge components. Members put in about 15 hours of work each week to build a strong proposal.

Joe Hahn spoke about the amount of time NECA members put into their projects. "When deadlines get closer, the team will meet for long hours during the weekend to make a product they are proud to call their own."

Throughout the competition, students learn about how to perform project estimates and schedules, make design decisions, how to finance a project, and how to write a response to a Request for Proposal (RFP).

One of NECA's advisors, Jenny Baker, explained more about the importance of the skills the students learn, "As you go to work in the building and construction industry you'll work with clients who may be interested in going green and some clients that are shy about it, but the more you know, the more you can talk about it. The better understanding you have the more that you can help your clients in being sustainable."

Although multi-faceted, fully engaging and time

intensive, NECA does more than compete in the Green Energy Challenge, they also interact and engage with students of all ages. Another goal of NECA is to educate students so they become more conscious of ways to be more energy efficient in their everyday lives.

Dylan Busby, a senior in construction engineering, commented on what it feels like to take part in an organization that greatly impacts the Ames' community. "It feels pretty awesome to be part of NECA because everybody is trying to go green, and with our outreach program, helping bring that to attention to the younger students and generations as they grow up, you know we'll have a bigger impact on how they view things and how we view things."

This year, NECA is fulfilling that goal by attending Sawyer Elementary school and teaching students about living a greener lifestyle. Members are developing lesson plans to ensure the students will be able to engage in a variety of interactive activities all while learning about sustainability and being energy efficient in their day-to-day routines. NECA also takes advantage of opportunities on campus to engage students in sustainability through participating in events such as Sustainapalooza.

The members of NECA also extend their green efforts into their everyday lives. The team all brings reusable containers for lunch, and they all use reusable water bottles and reusable shopping bags to lessen the impact on the earth. At home, they are proactive in turning off excess lights and adjusting the thermostat when they are away. The NECA group has also started a voluntary weight loss challenge amongst the members to encourage living a healthier lifestyle. The group's goal is to lose 100 lbs. by the end of the semester, and so far they are down a collective 37.8 lbs.

**NECA's Green Energy Challenge projects have included plans for:**

**Memorial Union (pictured above), Hilton Coliseum & Helser Hall**



# GREEN OPPORTUNITIES

## Empower Discovery

Have the desire to share your knowledge, expertise and experience related to science, engineering and/or technology? The State Science and Technology Fair of Iowa (SSTFI) is looking for volunteer judges to help with both their Iowa FFA Agriscience Fair, held March 26, and their Junior High Event, held March 27, all day in Hilton Coliseum. Volunteers will gain a rewarding experience by serving as both educators and mentors to students wanting to become better researchers. Interested volunteers can [apply online](#).



## Make a Difference for Future Generations

### Kids Run for Kids



Interested in making a difference that supports both the Ames community and communities around the world? The “Kids Run for Kids” event, sponsored by the Ames Morning Rotary Club needs volunteers to help with registration, race logistics and help with post-race activities. Volunteers will receive a free event T-shirt. Proceeds will benefit the Boys and Girls Club of Story County and the worldwide eradication of polio. Contact Bob Anderson of Ames Morning Rotary at [BAnderAmes@aol.com](mailto:BAnderAmes@aol.com) to volunteer or learn more.

## Keep Iowa State Beautiful

Help keep campus beautiful by joining the Adopt Campus Program, a monthly enrichment of ISU facilities and grounds. Volunteers (individuals, groups and organizations) commit to picking up litter in their area of adoption (inside and outside areas available). Email Bob Currie of Keep Iowa State Beautiful to choose your area to adopt.



## Thank Your Favorite Moms and Pops



Discover the smaller movers and shakers in the Ames business district. These small, unique establishments, often referred to as “mom and pop” establishments, offer an important and sustainable boost to the local economy. Explore these establishments on March 29, otherwise known as National Mom and Pop Business Owners Day. This day officially celebrates their contributions and impact on and engagement related to sustainability. A full listing of these businesses in Ames can be accessed on the Ames Chamber of Commerce website.

## Advocate for Climate Change

Help add diversity to conversations on climate change this summer. The Advocacy Corps is looking for “creative, passionate people” to connect locally, and, in turn, with members of Congress to affect long-term change in policies and initiatives related to climate. Advocacy Corps members will recruit and assist with local volunteers, meet with members of Congress, write letters to the editor regarding climate change in newspapers, mobilize people to come to Washington D.C. and organize others to meet with members of Congress and their staff. Applications for the 2015-16 Advocacy Corps are being accepted until April 1.





# WORLD WATER DAY

## SUNDAY, MARCH 22

**W**ATER is at the core of building a sustainable future. World Water Day, March 22, is an annual day designated by the United Nations to celebrate water and raise awareness of the members of the global population who are impacted by water-related issues and consider opportunities for managing water in the future. This year's World Water Day theme focuses on building sustainable communities with water.



### WHAT IS WATER?

#### Water is **HEALTH**.

About 748 million people do not have access to a clean source of drinking water.

#### Water is **NATURE**.

About 70 percent of the earth's surface is composed of water.

#### Water is **URBANIZATION**.

One million people move into cities every week and impact pipeline infrastructure.

#### Water is **INDUSTRY**.

It takes approximately 39,090 gallons of water to manufacture a single car.

#### Water is **ENERGY**.

Hydropower accounts for 16 percent of global electricity production.

#### Water is **FOOD**.

Each American uses about 2,000 gallons of water per day for food.

#### Water is **SURVIVAL**.

Every day, women around the world spend 200 million hours carrying water instead of going to work or attending school.

### CELEBRATE WORLD WATER DAY EVERY DAY!

Choose recycled paper products (3.5 gallons to produce) to cut water needs nearly in half compared to new paper (7 gallons to produce).



Opt for a front-loading washing machine and cut your water use in half. A front-loading machine uses 20 gallons of water, compared to a top-loading machine, which uses about 40 gallons.



Lower your shower flow with a low flow showerhead and save a minimum of 15 gallons of water per shower. Taking a shower instead of a bath also saves water, as it takes 70 gallons to fill.

Shop locally and save water through reduced travel. To produce a gallon of gasoline, 13 gallons of water is needed. Every mile counts for water saved and carbon emissions reduced.

**SHOP LOCAL**

Report any leaky pipes, drippy faucets or running toilets to business owners, managers or landlords. At ISU, contact 515-294-5100.



Collect all the water you use to wash fruits and veggies; reuse it to water your plants.





# SPRING GIY INSPIRATIONS

**T**HERE may still be snow on the ground, but that does not mean spring cannot start indoors! Spring brings thoughts of renewal and time for some change. Live Green! has some fun Green It Yourself up-cycle and update projects that will help kickstart spring colors and cleaning! With a few basic elements from around your home, apartment, or residence hall, you can create a unique and “green” project or offer a fun “spring is nearly here” gift.



## UMBRELLA REVAMP

Give your older (but dependable) umbrella new life with this simple revamp idea!

**Need:** Fabric paints (as many colors as you'd like), paint brush, solid colored umbrella (although any will work), stencils-designed, purchased or made (optional).

**Directions:** Stencil or free hand desired design or pattern onto inside of umbrella with fabric paint. Paint two coats over your designs and let dry for one hour.



## FESTIVE PLANTERS

Create an indoor garden with these colorful fabric containers!

**Need:** Clay or plastic flower pot container of your choosing, assorted fabric scraps, Mod Podge (clear glue finish), paint brush.

**Directions:** Cut fabric so the pieces will wrap around container. Coat section of container with Mod Podge and stick fabric to it, coating fabric thoroughly with Mod Podge. Let dry for 2 hours.



## UPCYCLED SCENTS

Favorite scents brought to your home with this upcycled GIY reed diffuser!

**Need:** Small container (can be any container of style or shape recycled or reused), baby oil, favorite essential oil (made or purchased) or favorite perfume, bamboo skewers, and decorating items (ribbon, glitter, yarn, etc.).

**Directions:** Fill container with desired amount of essential oil or perfume, fill remainder of container with baby oil. Place skewers in container and decorate.



## BATHROOM FIZZIES

Make cleaning the toilet bowl easy and effective with these homemade fizzies!

**Need:** 1 1/3 cup baking soda, 1/2 cup citric acid, 90 drops essential oil, mixing bowl, whisk, and small sized baking molds.

**Directions:** Whisk baking soda and citric acid in mixing bowl. Slowly whisk essential oils into baking soda mixture. Place mix in mold and let sit 6 hours. Remove from mold and place in sealed container. To use: throw one fizzy in toilet bowl and let dissolve.



# MARCH

Recyclemania  
continues through  
March 28

1

"The Student  
Experience with  
Service-Learning"  
2030 Morrill Hall  
12:10-1pm

10

Class: Spring  
Pruning  
Reiman Gardens  
1-3pm

10

Artful Yoga  
1017 Morrill Hall  
5:30-6:30pm

11

"The Future of  
Food" lecture  
Great Hall, MU  
Vandana Shiva  
7pm

11

"Celebration  
of Art in State  
Buildings"  
Black  
Engineering  
12-1pm

11

National Plant a  
Flower Day

12

Workshop:  
"Fundraising for  
Success"  
Pioneer Room  
2-5pm

13

Spring Equinox  
5:45 am

20

World Water  
Day

22

Sock Monkey  
Craft  
Workspace  
6-8pm

23

National  
Agriculture Day

25

"GMO Technology  
& the Future of  
Food"  
127 Curtiss  
7pm

25

Walk-In Craft:  
Boho Denim  
Embellishment  
Workspace  
6-9pm

26

Global Gala  
Event  
Great Hall  
6pm

27

Planetarium  
Show  
ISU Planetarium  
6:30pm

27

International  
Earth Hour  
8:30-9:30pm

28

"Progressive  
Historic  
Preservation  
Movement"  
Sun Room  
7pm

30

Take a Walk  
in the Park  
Day

30

Margaret Sloss  
Gender Equity  
Awards Reception  
Hach Hall Atrium  
2-4pm

31

For more sustainable events, or to put your event on the calendar go to the:

## Live Green! Calendar

### Contact the Newsletter Team!

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# LIVE GREEN! MONTHLY

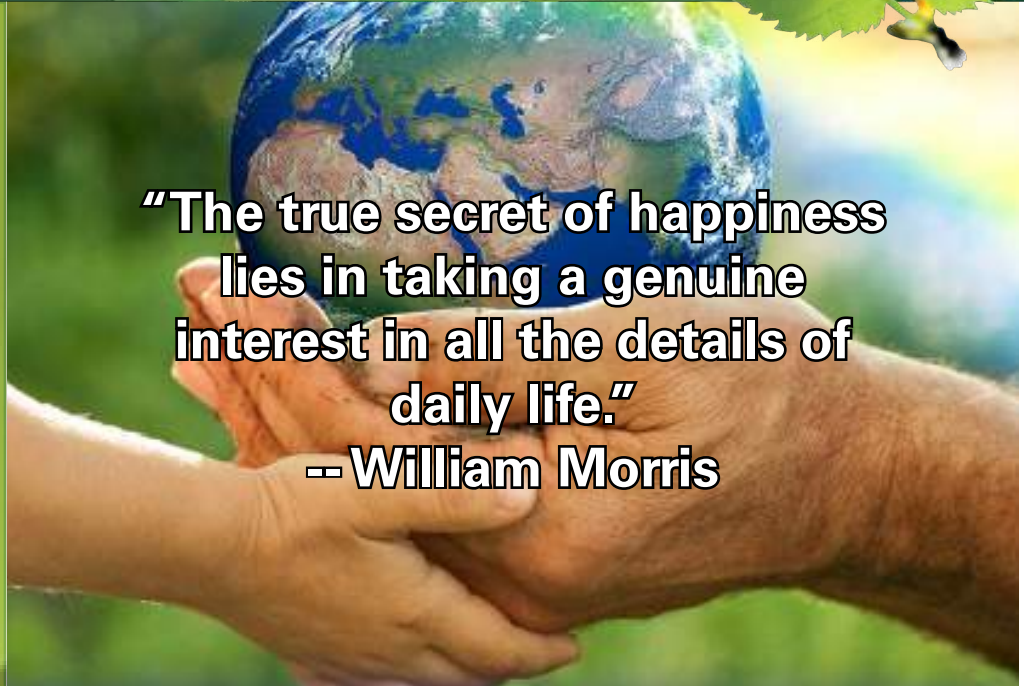


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**LIVE GREEN!**



**"The true secret of happiness lies in taking a genuine interest in all the details of daily life."**

**-- William Morris**

**I**n Iowa, the time between winter and spring can feel like an eternity, seemingly an unending toggle between white and brown as far as the eye can see; until finally in April, a most wonderful occurrence takes place... life awakened. Little sprouts of green start emerging from the ground and on trees and bushes; insects, birds, and animals are out and about again and, in general, just the feeling of life bursting at the seams.

It is certainly not as though life just starts to happen in April -- there is just something about this one particular month when all of the details of life seem to unfold virtually simultaneously. In all these details is unique and awe-inspiring connection -- connecting us to each other, our community and the multiple and diverse facets of the natural world around us. The effect is circular and continuous, as every day in April offers

new details of daily life and living to be discovered and embraced.

It seems only fitting then, that April is Earth Month. A designated recognition and celebration of all of the details of life that are nurtured, provided and sustained by this planet we call home.

This month's issue of Live Green! Monthly is a celebration of our home and all the many ways each of us can connect to, experience and celebrate the details of life and living that is provided to us so plentifully. The key to a sustainable future is most definitely "in the details."

Have a wonderfully detailed Earth Month!

Yours in greenness,

Merry Rankin  
Director of Sustainability



# EARTH DAY

**T**he 45th annual Earth Day, a day of education about issues pertaining to the environment, takes place every April 22. Earth Day was founded in 1970, by Sen. Gaylord Nelson, an American politician expressly concerned with conservation issues facing the world. In 1990, Earth Day became an internationally-recognized event, and is now celebrated in more than 192 countries, including the United States. At ISU, we celebrate Earth Day and all of Earth Month across campus and throughout our community, but Earth Day can be celebrated every day by small, sustainable acts.

## Celebrate Earth Day and show your green spirit with these sustainable tips!



**Embrace the opportunity to reuse.** Rather than accumulating plastic and paper bags after every trip to the store, choose a reusable option. It is easy by purchasing a reusable bag, like the Chico Vita Style bag, or crafting your own.

**Repurpose something.** While spring cleaning, take that old coffee table out of the trash and give it a new look and new life with a new coat of paint. Lighten your footprint on the environment, as well as your finances.



**Knock out your junkmail.** Remove those magazines clogging your mailbox by unsubscribing from unwanted reading material or by signing up to receive electronic mail, as well as by registering at a free organization that can remove your name from widely distributed mailing lists.

**Conserve precious water.** Because an estimated 50 percent of all household water usage is wasted, it is important to conserve water. Instead of throwing that dropped ice cube in the sink, use it to water a houseplant. Even taking a 3-5 minute shower saves about four times the amount of water used in taking a bath.



**Green your drive.** Embrace the health and financial benefits of investing in eco-transportation. Bicycling, walking, carpooling or riding the bus are some of the great options that allow you to commute sustainably. Save gas money and decrease your carbon footprint. If you do need to drive, opt for carpooling or ridesharing, and make sure your own car is maintained regularly to ensure peak and efficient performance.

## Check out these additional tips!



# EARTH MONTH

Iowa State University and the Ames community are celebrating sustainability throughout the entire month of April with campus-wide and community events. These events will focus on engaging students, faculty, staff and Ames residents and shedding light on how Ames, as a whole, can continue working toward a sustainable future.

The events below are a sampling of what to expect for Earth Month. Follow the link at the bottom of the page to find a new event for each day in April with the Earth Month Calendar!

## RUN FOR THE TREES ON ARBOR DAY

Join the Iowa Arboretum and the Boone County Historical Society for a scenic 5K or one-mile walk/run on well-maintained trails on **April 25** in and around Madrid. Enjoy the outdoors with the entire family, and celebrate Arbor Day, the annual celebration of trees and promoting of tree-planting and care, all at the same time. Preregister on the [Iowa Arboretum's website](#).



## STASH THE TRASH AROUND AMES

On **April 18**, take part in Stash the Trash, the annual volunteer effort that brings students and Ames community members together to help clean up the city, and with the help of the [Ames Repair and Care program](#) and CyServe Council, assist homeowners with other needs. There are many volunteer projects still available. Participants can [register](#) on their own or with a group or organization. Trash bags, gloves and lunch will be provided.



## CELEBRATE EARTH WEEK ON CAMPUS

[Eco Week](#) will be celebrated **April 20-26** with a diversity of events offered by sustainability student organizations. Join The Green Umbrella on [Earth Day](#), **April 22**, at 11 a.m. in the Free Speech Zone by the library to celebrate Earth Day with campus and community organizations' displays, free bike tuneups and green giveaways. This celebration is an opportunity for ISU students to learn more about student, campus and community groups and their efforts in the realm of sustainability.



## DISCOVER IOWA'S NATIVE PLANTS

On **April 27**, learn about the wide variety of garden plants that grow well in central Iowa during the spring and summer months in Reiman Gardens' "Great Plants for Iowa" class. Attendees can expect to learn about the identification of these plants, as well as their uses in the garden and the landscape.



This class is perfect for plant enthusiasts and aspiring horticulturists. Preregister for this class [here](#), and discover the diversity of plants in Iowa gardens.

Discover more events on the complete Earth Month Calendar.



# EARTH MONTH

## BREATHE LIFE INTO SOMETHING OLD

Celebrate Earth Week by finding a new purpose for old magazines at the Used Magazine Sale. On **April 20-24**, 8 a.m. to 4 p.m., drop by the Browsing Library in the Memorial Union to pick up a used magazine for only 25 cents. Reusing magazines can lead to fun projects, such as DIY notebooks, clocks, wallpaper, art and more.



## GET SCHOOLED ON BIKE REPAIR

Learn some new tips and tricks on how to keep your bicycle in top shape and keep maintenance expenses low. Join Ronn Ritz, Skunk River Cycles owner, on **April 25**, to learn some basics about bike repair, such as how to fix a flat tire, oil your chain and other preventative maintenance tricks to keep your

bike working in top form, in one of his classes. These classes are held at Wheatsfield Co-op from 9-10:30 a.m.



## COMBAT THE GLOBAL ENERGY CRISIS

Join Marilyn Ann Brown, Brook Byers Chaired Professor of Sustainable Systems, at the Georgia Institute of Technology, on **April 16**, for a lecture about energy, entitled "Green Savings: How Policies and Markets Drive Energy Efficiency." Topics will include fresh perspectives on energy production, new technology, policymaking, user behavior and how these features all play critical roles in determining the best plan of action to overcome the global energy crisis. The lecture will take place at 11 a.m. in the Cardinal Room of the Memorial Union.



## CELEBRATE BIODIVERSITY IN AMES

On **April 25**, embrace the world's biodiversity in a unique celebration in downtown Ames at 2 p.m., called the "All Species, One Earth" event. This fun and educational moving exhibition will begin with an "All Species Parade," which will showcase the artistic interpretations of animals through costumes and masks. Educational exhibits at the Ames Public Library and a concert by Douglas Wood will follow.



Discover more events on the complete Earth Month Calendar.



# Students Living the Cardinal, Gold and GREEN!



Photo by Blake Lanser

One student at Iowa State University is taking her “green” vision from textbook to the fashion world! Andrea Tate is a senior in Apparel, Merchandising, and Design that has created her own on-line store of custom up-cycled fashion pieces and collections for her brand Ohtatie.

Fashion has always been an interest of Andrea’s, but it was not until she entered her first fashion design contest that she realized her potential. She had always been a crafty person, but she was focusing on pursuing a career in medicine when she was younger. It was when she won judge’s choice at that first show that she decided to continue exploring a more serious career in fashion.

Her inspiration was ignited after taking the class Apparel, Merchandising and Design 204 Textile Science. As Andrea explains, [the class] “Taught us quite a bit about the chemicals and the pollution that clothing production causes on the environment. Other classes did expand on that throughout the next year, but I did not really see a movement in the Iowa area while there was a huge trend going on in California. I figured that I could start something in Iowa and see where it would go.”

Starting your own brand and clothing line is ambitious for a young student. Andrea has taken this impressive accomplishment one step further by ensuring her brand radiates her passion for lessening the fashion world’s impact on our Earth.

Andrea’s clothing line features all up-cycled designs, fashions made from existing fashion pieces. She finds most of her materials at local thrift stores and garage sales, which she then redesigns (up-cycles) into unique fashion pieces.

Finding an old pair of jeans at a thrift store and being able to see the potential in the design is part of what Andrea loves so much about her line. She enjoys giving new life to

a piece of clothing that someone decided to give away, and also making it something sell-able and creative through her apparel design skills.

Her pieces are more than unique, they contribute to a sustainable way of life and beyond today, for future generations. “Sustainability is very important because at one point, I will have children and I do not think it is fair that they will have more problems due to the generations before them being careless. Our world is so beautiful, and clothing companies -- unfortunately -- usually do leave such a negative impact.”

With any business comes challenges and Andrea has faced many stigmas about up-cycled clothing. “Some people want that “new” never used product” Andrea explains. Her pieces are used, but after she is finished with them they are definitely not the same!

A name of a brand says a lot about the designer and their work. Andrea’s brand, Ohtatie, comes with a personal connection. As Andrea said, “Ohtatie is a nickname evolved over time. My last name is Tate and people would call me “Tatie,” and then it evolved to Ohtatie.” Naming her brand after her nickname, allows Andrea a way to acknowledge all of the people who have supported her through the creation and development of her line.

Andrea has big plans for after graduation as she is ready to head to California to continue with fashion. She plans to work with evening gowns, but wants her green line, Ohtatie, to continue, and hopes to even one day open up a boutique along with the online store!







# GREEN OPPORTUNITIES

## Inspire Growth at the Gardens

With the weather getting more spring-like, the gardens are coming into full bloom! Reiman Gardens is currently looking for six outdoor gardeners to help with the upkeep of their plants and displays over the summer. These positions work closely with the gardens' horticulturalist in maintaining the gardens and interacting with the gardens' guests. Apply at the [Reiman Gardens website](#).



## Make Ames Artfully Eventful



The Octagon Center for the Arts is looking for an events intern. This volunteer position will assist in planning and coordinating events for the Center, as well as helping out with day-to-day operations. The intern will get to work on at least three large scale projects, including the Festival of Trees and The Octagon Arts Festival. As well as a great opportunity to plan events for the Ames community, the intern will also gain valuable networking skills through communicating and collaborating with community leaders and art professionals from across the nation. Email a resume to [membership@octagonarts.org](mailto:membership@octagonarts.org) to apply.

## Get Dirt Under Your Fingernails

Take advantage of an opportunity to be outdoors this summer by becoming an organic farm seasonal worker at the Small Potatoes Farm in Minburn, Iowa. This paid, part-time position includes field management tasks and washing, weighing and packaging harvested vegetables. Contact Rick Hartmann at (515) 677-2438 for more info and to apply.



## Grow Healthy Lifestyles



Interested in adding the quality of healthy eating to residents in Boone, Story and Hardin Counties? [Prairie Rivers of Iowa](#) is seeking a Garden Coordinator to assist with implementation of its Central Iowa Garden project, a collaborative effort around establishing food gardens at local schools and workplaces, as well as creating workshops focused on gardening and healthy eating. This part-time position is paid, has flexible hours and may be used by students for course credit. Interested applicants can submit a resume and cover letter to Executive Director Penny Brown-Huber at [pbrownhuber@prrcd.org](mailto:pbrownhuber@prrcd.org).

## Gain Research Experience Around Iowa

Get hands-on experience by becoming a field research assistant this summer for ISU's Department of Plant Pathology and Microbiology. Research assistants will collect data from field research plots in central Iowa, mow and weed research plots and clean and maintain research facilities. This paid position may also be renewed for the fall semester. Email Warren Pierson at [wpierson@iastate.edu](mailto:wpierson@iastate.edu) to apply.



## Kick Off Ames' Healthy Streets Event



Get out your walking shoes and volunteer to help Ames residents discover fun ways they can be healthy at Ames' first Healthy Streets Event May 3, from 1-4 p.m. The event will close part of Main Street to automobile traffic and open the area for healthy activities, such as walking, biking and dancing. Volunteers will help assist with various planned activities throughout the event. Sign up as a volunteer at the [Volunteer Center of Story County's website](#). Applications are also being accepted for interns to assist with design and planning needs related to other Healthiest Ames events and initiatives. Visit the [Healthiest Ames website](#) for more information.





# GREEN OPPORTUNITIES

## Giving Back: The Cardinal & Gold Way

Keep your love for Iowa State going by taking part in Cy's Day of Service! Unite with ISU alumni from across the nation to volunteer and give back to your local community. Events are organized by the Iowa State Alumni Association (ISAA) and all alumni and their friends and family are welcome to join in on the festivities throughout the month of April by registering online! Organizations that ISAA will be volunteering with include: Ronald McDonald House, Feed My Starving Children, Northeast Iowa Food Bank and Westside Cares.



## Community Spring Cleaning



Help give the Ames community a good spring cleaning and fix-up by volunteering for the Ames Stash The Trash and Repair and Care Event on April 18th! Everyone is welcome to help out across the Ames community in areas including parks, parking lots, residential areas and roadways. Grab a group of friends, an organization, or just yourself and head to volunteer.trust.com to pre-register and sign-up for a clean-up area or the day of the event at Reiman Gardens. The event is from 8:30am-2pm and includes lunch and free admission to Reiman Gardens.

## Energy Saving Internship

In search of a summer internship? The Clean Cities Coalition, focused on increasing energy efficiency and use needs you! The Coalition is looking for junior and senior college students to take part in their workforce development program, and is specifically focused on reducing the amount of petroleum that is consumed by the transportation industries across the nation through public policy, education and activation of energy reduction strategies. The 10-week, paid internship, takes place at one of the various Clean Cities locations throughout the United States. Students interested in energy and transportation are encouraged to apply by April 24th.



## Aspiring Event Planners Wanted



4-H is the nation's largest youth development and mentoring organization, reaching over 6 million young people. Now you have an opportunity to join their efforts. Extension Youth and 4-H in Hamilton County, is offering a 9-week, paid summer internship to gain experience working with a variety of people, volunteers and children in both group and individual settings. This intern position will assist with planning and executing local events with the 4-H chapter such as; county fair, Clover Kids Day Camp and other special events. Applications will be accepted until the internship is filled.

## Impacting the Next Generation

Interested in pursuing a career in HR or Volunteer Coordinator positions in the future? Apply to be a volunteer services intern with Youth & Shelter Services, Inc. of Ames. There are summer and fall positions available for those who are looking to get involved with an organization that gives back to the community through work with youth. This position is flexible to work with school schedules, but must be able to work a minimum of eight hours per week. The intern will check other volunteers' references, conduct orientation seminars for volunteers, as well as help with recognition events. Applications are accepted on an ongoing basis until positions are filled!





# GIY SPRING CLEANING

It is April in Iowa and that means it is time for some Spring cleaning! These simple Green It Yourself projects will help your cleaning process go simpler, greener and less cost intensive! The Live Green! team has selected a specific array of products to specifically match the most challenging and most frequent cleaning needs. The ingredients for these GIY cleaners and projects can all be found at your local superstore.



## Perfect Eraser

Make dirt disappear with your own homemade eraser!

**Need:** Sponge, 1 tsp. baking soda, 1 tsp. Castile soap (grated bar soap or liquid), warm water, spray bottle, food grater (optional).

**Directions:** Mix Castile soap with warm water and baking soda in spray bottle until dissolved. Spray mixture directly to desired cleaning surface or onto sponge. Scrub surface clean.



## Stain Remover

No need to spend money on those fancy stain removers when you can create a homemade solution.

**Need:** 1 Tbsp. hydrogen peroxide, 1 Tbsp. dishwashing liquid, 1 Tbsp. baking soda, 3oz. reusable (travel sized) container.

**Directions:** Mix together all ingredients in reusable container until a paste is created. Use a toothbrush or cleaning brush to apply mixture to stain and scrub into stain



## All In One

Take care of all of your spring cleaning needs with this GIY!

**Need:** 1/2 C. vinegar, 1 Tbsp. Borax, 1 Tbsp. hydrogen peroxide, 2 C. hot water, 2 Tbsp. lemon juice, mixing bowl, whisk, 16oz. spray bottle, funnel (optional).

**Directions:** Add Borax to mixing bowl and add hot water, whisk until blended. Add hydrogen peroxide, lemon juice, and vinegar to bowl and stir. Pour mixture into spray bottle with funnel and use on surfaces as needed.



## Easy Febreze

Keep your spaces fresh with a scent spray of your own!

**Need:** 8oz. spray bottle, 2 Tbsp. fabric softener, 2 Tbsp. baking soda, 3 C. hot water, essential oils.

**Directions:** Add fabric softener and baking soda to spray bottle then fill rest of bottle with hot water. Shake mixture to blend and add essential oils for scent as desired. Spray directly on linens and furniture for fresh scents.



# GREEN YOUR MOVE OUT

April 23 - May 13

With the weather changing and the semester winding down, there are only a few more weeks until students will be moving out of residence halls and apartments to head off on their summer adventures.

At Iowa State, the Department of Residence (DOR) noticed that after every spring semester moveout, piles and piles of unwanted items, which were mostly gently used or in working condition, were ending up in and around dumpsters or by the curbs.

To combat this issue, the DOR partnered with The GreenHouse Group, a student club dedicated to

sustainable projects, Central Stores and Facilities Planning & Management to institute a new program called Simple Action Vital Effect (SAVE).



Simple Act Vital Effect

The SAVE program encourages students to donate their unwanted (but useable) items in collection locations set up throughout university housing

areas. DOR staff distributes the donations to Goodwill and the Salvation Army, along with other charitable organizations in the community. Local food pantries are also benefited by this program because students are also encouraged to donate unopened, non-perishable food items to help Ames community members in need.



## **Items collected for donation include:**

Clean, gently used clothing and shoes  
Small household items in good condition  
Furniture in good condition  
Small appliances/electronics in working order  
Unopened, non-perishable food items



## **Drop-Off Locations for Non-Food Items:**

- Maple Room M01
- Willow Main Lounge, along the projector wall
- Larch Main Lounge, along projector wall, west end
- BWR Cornerstone
- Linden Room A149
- Oak-Elm 2122 Elm Parlor
- Helser Room A293 (in front of the Hall Director's office)
- SUV Laundromat or Community Center
- Wallace/Wilson Room C1201
- Buchanan Room 2012
- Friley Room 2414 (north of Hall Desk)
- Martin Room 2109
- Eaton Room 1132
- BLF Freeman 154 (Pool Table Room First Floor)
- Frederiksen Court Office in Community Center

## **Food Collection Locations:**

- Friley Hall Desk
- Martin Hall Desk
- Eaton Hall Desk
- Helser Hall Desk
- Wallace/Wilson Hall Desk
- Buchanan Hall Desk
- Frederiksen Court Office in Community Center
- Maricopa Hall Desk - Building 4020, Apt. 103
- Maple Room M01
- Willow Main Lounge, along the projector wall
- Larch Main Lounge, along the projector wall, west end
- Linden Hall Desk
- Oak-Elm Hall Desk
- BWR Cornerstone Area
- SUV Community Center
- Legacy Tower Room 201





# APRIL

Green Savings  
Lecture  
Cardinal Room,  
MU  
11 a.m. - noon

16

Papermaking  
Workshop  
Reiman Gardens  
6-8:30 p.m.

16

Farmers Market  
North Grand Mall  
10 a.m. - 9 p.m.

17

Library Spring  
Book Sale  
Ames Public  
Library  
5:30-8:30 p.m.

17

Habitat for  
Humanity  
Warehouse Sale  
928 N. 4th Street  
9 a.m. - 1 p.m.

18

Stash the Trash  
Reiman Gardens  
& Ames  
8:30 a.m. - 2 p.m.

18

International  
Food Fair  
Great Hall, MU  
11:30 a.m. -  
2:30 p.m.

18

CyServe Day  
Ames  
8:30 a.m. - 2 p.m.

18

Willow Trellis  
Creation  
Workshop  
Reiman Gardens  
9:30 a.m. to  
1:30 p.m.

18

First Amendment  
in the 21st  
Century Lecture  
127 Curtiss  
7 p.m.

20

Used Magazine  
Sale  
Browsing  
Library, MU  
8 a.m. - 9 p.m.

20-24

Connecting  
Global Change  
to Local Impacts  
Lecture  
1306 Elings Hall  
3:40-5 p.m.

21

Biorenewables  
Art Competition  
Biorenewables  
Research Lab  
Lobby  
4-5:30 p.m.

22

Vegetable  
Gardening Best  
Practices Class  
Reiman Gardens  
6-8 p.m.

22

Climate Urgency  
Lecture  
Great Hall, MU  
7 p.m.

22

Global Fight to  
Stop Human  
Trafficking  
Lecture  
Great Hall, MU  
8 p.m.

23

Butterfly Survey  
Network Training  
Reiman Gardens  
9-11:30 a.m.

25

"All Species, One  
Earth" Event  
Downtown Ames  
2 p.m.

25

Great Plants for  
Iowa Class  
Reiman Gardens  
6-8:30 p.m.

27

Recycled  
Bookmaking  
Workshop  
Reiman Gardens  
6-8:30 p.m.

30

**Discover more events on the complete Earth Month Calendar.**

**For more sustainable events or to put your event on the calendar, go to the:**

**Live Green! Calendar**

**Contact the Newsletter Team!**

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# LIVE GREEN! MONTHLY

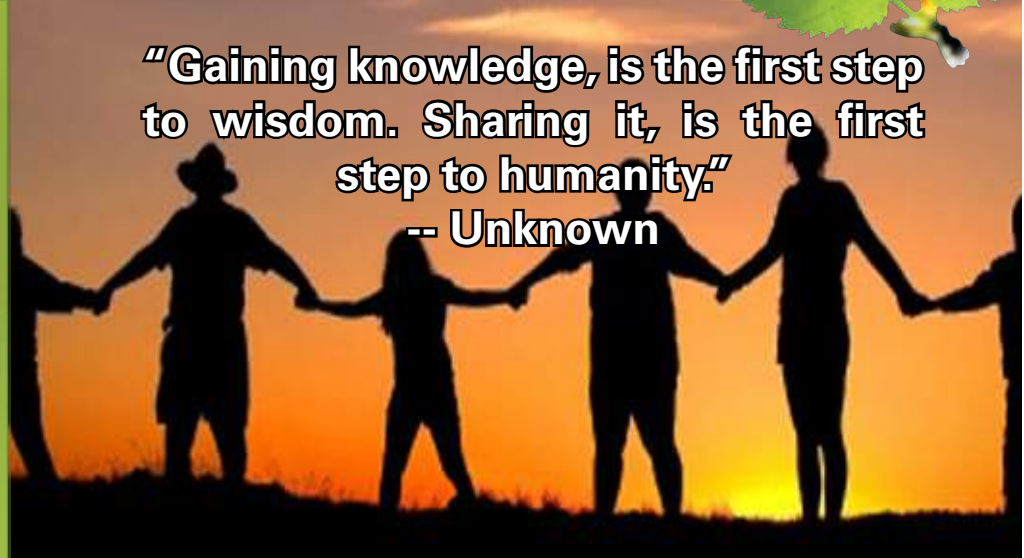


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**LIVE GREEN!**



**O**NE of the most rewarding acts to commit as a human is that of sharing. The opportunities to share are diverse and plentiful. Sharing can take place with knowledge, experiences and tangible things such as food, shelter and goods. Sharing can be verbal, tactile or experiential. Sharing can occur between all living things and within all living systems.

In reflecting on another great year of green-ness at Iowa State University, my mind (and certainly my inbox) is flooded with the myriad of sharing that has taken place within and around sustainability -- sharing through projects, lectures, documentaries, events and volunteering; sharing in classes, meetings, organizations and committees; sharing on campus, in the Ames community, across Iowa, throughout Iowa and around the world.

Now summer is here, and as we venture toward new opportunities and challenges,

for a few months or a career, we all have the opportunity to reward ourselves and share the green-ness that was shared with us -- sharing with the companies for whom we work, the organizations for whom we will volunteer, the communities within which we will live and all of the people (young, old and from all walks of life) with whom we will interact.

Sharing is reassuring, gratifying and empowering. Sharing touches and engages all areas of sustainability – environmental, economic and social. Sharing is within the foundation of a sustainable future.

Thank you for sharing another green year!

Yours in green-ness,

Merry Rankin  
Director of Sustainability

### **AS YOU ARE CLEANING OUT, DON'T FORGET:**

Postal and Parcel Services reuses campus envelopes and paperclips throughout university departments. Send your gently used campus envelopes and paperclips to 184 General Services via campus mail or dropoff during operational hours.

# SPRING HIGHLIGHTS

**W**ITH the spring semester wrapping up, we wanted to take a look back at the many green celebrations that took place on Iowa State's campus this semester. Here are some of the highlights that encompass all facets of sustainability -- financial, environmental and social -- that collectively support Iowa State University's journey toward a sustainable future.

## Helping the Monarch



Established through the collaborative leadership and vision of the College of Agriculture and Life Sciences, the Iowa Department of Ag and Land Stewardship and the Iowa Department of Natural Resources, the Iowa Monarch Conservation Consortium has brought together researchers, farmers, scientists, educators, conservation organizations and communities across the state to support a sustainable future for Monarch butterflies in Iowa. In observing the population of Monarchs greatly declining over the last two decades, the Consortium will focus on enhancing Monarch butterfly reproduction and assisting community-led implementation efforts through research, education and extension and outreach initiatives. Efforts of focus include: increasing and sustaining milkweed populations, refining survey and monitoring methods and offering educational programs and resources for farmers and the general public.

## Connecting Elementary Students to a Sustainable Future

President Leath offered a unique and exciting opportunity to students at King Elementary School and Moulton Extended Learning Center free tuition to Iowa State. In the spirit of a land grant university, ISU is enhancing its commitment to offer and expand accessible educational experience and opportunity



through reaching out to the communities. The students will have to meet a set amount of requirements, such as attendance, ACT scores, good behavioral status and remain within the Des Moines area schools. Both King and Moulton also have only-ISU

student teachers and practicum students in their classrooms, benefiting current Education majors at Iowa State University.

For all the green highlights of 2014-15, check out the Live Green! headline news.

## Balloons Drop to Raise Student Debt Awareness

The College of Design's Students of the Toys 2015 Studio constructed a unique event toward increasing awareness of connection to economic sustainability. As a result, 2,500 balloons were released from the ceiling of the College of Design, bringing awareness to the average \$30,000 student loan debt Iowa State students will face after graduation. The balloons were filled with student loan debt facts. Assigned to create an experience through play or wonderment, students chose to use the opportunity to bring a serious topic to light; they felt no one was talking about it, yet would affect their graduating classmates. The event was a larger success than had been expected, and many were excited to learn more about it.



## Greek Community Turns Blue for Autism Awareness



In support of their philanthropic cause, autism, Theta Delta Chi engaged ISU's Greek community in lighting their houses blue to support autism awareness. Autism Speaks, an organization committed to increasing awareness of autism spectrum disorder around the world, received the proceeds from the community's efforts.



# SPRING HIGHLIGHTS

## Students Present at Energy Investment Challenge

A team of ISU students were one of five teams selected to present their clean energy product at The Clean Energy Challenge in Chicago, Illinois. This annual competition awards investment funding for clean energy and technology in the Midwest. Team ARTiChar presented their biochar product created from renewable biomass and used for water filtration.

**ARTiCHAR**



## Global Gala Embraces Social Sustainability

The Global Gala celebrated a decade of annual celebrations at ISU this year. The event brings together a variety of artistic performances and cultural celebrations from seven different clubs and organizations. There were performances by Motion Sickness, Tap Dance Iowa State, Sucka Punch, Bollywood Dance Crew and the Celtic Dance Society. Focused on showcasing and celebrating Iowa State University's vibrant cultural diversity, this annual event also highlights our collective engagement and commitment to social sustainability.



## Students Bring the Gift of Art to ISU and Water to Ghana

ISU students from the College of Design joined with students from the ISU chapter of Engineers without Borders to enhance and support social, economic and environmental sustainability. Having traveled to Ghana, Africa, the students witnessed firsthand a need for supporting environmental sustainability through ensuring clean and available water. The students worked with an artist from Ghana to create and build a fantasy coffin, shaped like an ear of corn. Fantasy coffins are specific to the village in Ghana, and the students were excited to give back to the community there. At release time, the coffin is currently being auctioned, and will provide funding toward building a dam for the village.

## Alternative Breaks Program Achieves Record Enrollment

During the 2014-2015 academic year a total of 86 students, 77 during spring break, chose a give-back option for their academic breaks and made a sustainable difference to communities nationwide. Students took part in opportunities to work with a humane society in Kansas, a domestic violence safe house in Texas, rehabilitation center in Colorado, homeless shelter in Michigan and a state park in Georgia.



## Hansen Awarded LEED Gold Certification

The Jeff and Deb Hansen Agriculture Student Learning Center became Iowa State University's ninth building to be recognized with a LEED certification, receiving LEED Gold. Leadership in Environmental and Energy Design (LEED) buildings are designed with a focus on environmental and economic sustainability, such as water consumption, materials, how the materials are distributed to the site, where the materials are sourced from, recycling potential and heating and cooling systems. Hansen is ISU's fifth LEED Gold building.

# CONGRATULATIONS TO OUR GRADUATES

It was a great, green year at Iowa State University, and it would not have been possible without the talent, enthusiasm and enduring commitment of this year's amazing Live Green! Team! We are thrilled to celebrate the graduations of three of our team members and wish them the very best as they pursue their future careers and their sustainable journeys we know they will embark upon!



## **Lauren Ferezy**

City of Ames Smart Business Challenge Coordinator Intern

**Graduating Major:** Supply Chain Management with logistics and operations emphasis

**Future Plans:** Working for Ruan Transportation in Des Moines as an Associate Business Analyst



## **Liana LaMastra**

Sustainability Coordinator

**Graduating Major:** Master's program for Architecture

**Future Plans:** Pursuing career opportunities in the architectural field, as well as opportunities to help others embrace sustainability



## **Lauren Garin**

Marketing & Communications Intern

**Graduating Major:** Advertising with creative emphasis

**Future Plans:** Returning to Minnesota to pursue future career opportunities in the Twin Cities with advertising agencies

Although not graduating from Iowa State, some of our team members are bidding us farewell as they take on new experiences and opportunities in their fields of study. Their vision, creativity and passion for sustainability has added significantly to the Live Green! Initiative! We wish them great success and never ending adventure.



## **Kayla Haspar & Tony Behnke**

*Campus and Community  
Engagement Interns*



## **Kyle McNab**

*City of Ames Smart  
Business Challenge  
Coordinator Intern*



# Students Living the Cardinal, Gold and GREEN!



**W**ITH a projected population of 9.6 billion people by 2050, the challenge to feed a hungry world is a real one. To meet this need for current resources, global food production would have to increase by 70 percent.

Two students at Iowa State are embarking on a unique adventure to address global food security through taking part in the Land O'Lakes Inc. Global Food Challenge Emerging Leaders for Food Security fellowship. Trey Forsyth, sophomore in ag business and agriculture and society, and Olivia Reicks, junior in supply chain management and business economics, are taking on this daunting task.

The Global Food Challenge is a unique development program made available to 10 students from five universities -- Iowa State University, Purdue University, George Washington University, Northwestern University and the University of Minnesota.

After committing themselves to a competitive application process by submitting a video describing their approaches to solving world hunger, a resume and essay, students were interviewed by Land O'Lakes executives and program leaders. Students were then paired with university professors who

help guide the research they conduct.

Forsyth and Reicks have different, yet complementary, approaches to achieving food security.

Forsyth believes feeding the world starts with banding farming communities together through local processing operations.

"It really is all about collaboration," Forsyth said. "Smallholder farmers are going to be the ones growing food across the world to feed their own families, so helping them find the resources they need to do that successfully is crucial. It is bringing the right people together to be innovative thinkers that will help us achieve food security."

Reicks' idea includes designing an educational program to help developing countries improve their supply chains to reduce food waste.

"I want to improve the distribution of food for smallholder farmers in developing countries to reduce [food] waste," she said. "My plan is to promote competitive, third-party logistics providers that will expand the current geographic constraints. This will enable the smallholder farmers to keep a larger percentage of profit and improve technology access to rural areas."



# Students Living the Cardinal, Gold and GREEN!



She said it is important to teach food preservation techniques -- such as dehydration, vacuum packing and natural preservatives -- to reduce food spoilage. The key will be helping developing countries understand and gain access to these technologies.

The problem of world hunger has been on the minds of both Forsyth and Reicks from an early age, as both undergraduates grew up with agriculture.

"Finding ways to be both sustainable and efficient [in feeding the world] will be the most important thing for my generation," Forsyth noted. "My grandpa is a third generation farmer in Northern Iowa and taught me the importance of coming from a farm and feeding people. This issue is important to me because I want to continue on the family tradition of feeding the world and making an impact by helping those in need through agriculture."

Reicks grew up on a small farm in northeast Iowa, and her interest in world hunger was sparked after she job-shadowed the director of the Northeast Iowa food bank.

"I realized the time for action is now, and it is my turn to help those who do not have the same access to food as I do," she noted.

The Global Food Challenge presents many other opportunities to Forsyth, Reicks and their eight fellowship teammates.

Throughout this school year, Forsyth said he and the other students participated in a number of assignments focused on working with their ideas on achieving food security. This included research with their matched faculty member, monthly Skype sessions with all 10 Emerging Leaders and their mentors, as well as opportunities to attend

the World Food Prize in Des Moines and the Feeding the Planet Summit in Washington, D.C.

Over the summer, the students will complete an 11-week internship at the Land O'Lakes headquarters in Minneapolis. As a part of the internship, they will travel to various Land O'Lakes facilities throughout the United States for two weeks, take a trip to Africa to see Land O'Lakes' International Development Division in action and spend a week in Washington, D.C. learning about agricultural policy.

The fellowship will complete at the Global Food Challenge Summit in August 2015, where all 10 Emerging Leaders will share their research.

"I'm excited to share my experiences and what I've learned throughout this year and make a difference in global food security," Forsyth said.



Forsyth, who has been involved in Future Farmers of America (FFA) and the World Food Prize Global Youth Institute, intends to keep agriculture at the forefront of his life after graduating from Iowa State University, and pursue a law degree, and a career in international agricultural development and agricultural policy. He also said he wants to stay active in the agricultural industry and continue connecting consumers to food systems.

Reicks said she wants to continue gaining experiences and broadening her knowledge after graduation, as well as find ways to help people in any way she can.

To learn more about Forsyth's and Reicks' research, visit the Land O'Lakes Global Food Challenge Emerging Leaders Fellowship website.

"In my eyes, feeding the world is the most important issue our generation will face," Forsyth said. "The most basic need we as human beings have is food."





# GIY SUMMER

**S**UMMER break is almost here for Iowa State University, and that means warm weather, farmers' markets and good times spent outside with friends and family! The Live Green! team has come up with a few Green It Yourself projects and recipes that will keep you refreshed and sustainable all summer long! The fun doesn't stop here! Keep up with the latest GIY projects over the summer by following us on Pinterest!



## Healthy Cubes

Try adding a little zest to your summer drinks with this fun, fruity and festive idea!

**Need:** Watermelon (or melon of your choice), your favorite summer beverage, baking sheet, freezer.

**Directions:** Slice the watermelon into small 1" cubes and place on baking sheet. Place baking sheet in freezer for 3 hours and then cubes are ready to be served in your favorite drink!



## Upcycled Plate Feeder

Bring the butterflies to your outdoor space this summer with a few ingredients!

**Need:** Plate, 10-14" wire plate holder, string, 1/2" metal washer, sponge, water, sugar.

**Directions:** Attach wire plate holder to plate. Cut four pieces of string 24" long and attach to all four ends of plate holder. Gather four strings and tie each to metal washer, creating a hanging plate. Mix 10 parts water and 1 part sugar together and pour mix on sponge. Place sponge on plate and hang outside. Sponge can be replaced with fruit.



## Outdoor Candles

Keep your outdoor gatherings free of insects and uniquely accessorized with these fresh, natural candles!

**Need:** 32oz. Mason jar or other 32oz. glass container, floating candle, 1 sliced lemon, 1 sliced lime, citronella essential oil, fresh herbs, water.

**Directions:** Place herbs in jar, and fill half way with water. Add 10 drops of citronella oil and lemon and lime slices. Fill jar with water to the top and add floating candle.



## Farmers' Market Fruit Pops

Put a new twist on summer popsicles with these local farmers' market fruits!

**Need:** 2 C. favorite fresh fruit chopped, 1 1/2 C. Greek yogurt, 1/2 C. milk, 2 Tbsp. sugar, 1 pinch ground cardamom, 1 pinch salt, blender, popsicle mold.

**Directions:** Combine ingredients in blender and blend until smooth. Pour mixture into popsicle mold and leave in freezer overnight. Remove from mold and enjoy!



# GREEN OPPORTUNITIES

## Kick the Four Wheel Habit

May is National Bike to Work Month! Get involved by participating in the many "ride in" opportunities organized by the Ames Bicycle Coalition. Founded by the League of American Bicyclists, Bike to Work Month promotes a healthier and greener life for communities. People of all ages can also participate throughout the month by signing up for the Ames Bike Commuter Challenge.



## Weatherize Your Storytelling

# PWM

Have interest in public history or severe weather events? The Peoples' Weather Map, a digital weather map of Iowa that will provide historical and recent severe weather stories for all 99 counties, is offering a paid internship. Interns will research and write severe weather stories for Story and Polk counties. To apply, send a brief statement of your interests and qualifications, along with a resume, to Prof. Jean Goodwin at [goodwin@iastate.edu](mailto:goodwin@iastate.edu).

## Feast on Local Foods

Support local agriculture and the local economy by attending the Ames Farmers' Market held every Saturday from 8am-12:30pm. There are two options available for purchasing these fresh goodies at the North Grand Mall Farmers' Market (also held on Wednesdays from 3-6pm) and the Downtown Ames Farmers' Market. Both showcase local vendors who feature a wide range of items from farm fresh fruits and vegetables, to handmade gifts and clothing.



## Celebrate Summer in Campustown



A root beer float garden and a craft market will fill Campustown on June 6, in celebration of Summerfest. Sponsored by Campustown Action Association and Kingland Systems, the event will also feature live music performances, family activities and bingo from 3-9 p.m. at the 200 block of Welch Avenue. Volunteers are currently being recruited for the event and will receive a free T-shirt.

## Add Some Bloom

Just in time for Mother's Day, Reiman Gardens is hosting a Plant Sale Extravaganza on Saturday, May 9, with times through Sunday, May 10. An extensive variety of plants, trees, shrubs, herbs and vegetables will be available for purchase with all proceeds benefiting local horticulture organizations including the Story County Master Gardener Association, ISU Horticulture Club and the Graduate Student Horticulture Society.



In Ames, with summer comes athletes -- and the Iowa Special Olympics needs you! The 2015 annual Summer Games take place May 21-23, and provide a competitive fun and supportive opportunity for athletes throughout Iowa with intellectual disabilities. Volunteer positions are available for coaches, fundraising and general event duties. Volunteers can sign up now through May 18.



# LIVING GREEN IN 2015-16

**W**ITH the year coming to a close, we reflect on Iowa State's numerous green accomplishments, as well as look forward to the new sustainable goals and initiatives being planned for the 2015-16 school year. Over this summer, these unique, sustainability- and diversity-minded projects and initiatives will make an impact on Iowa State University's campus, as well as foster the collective vision of ISU and the city of Ames for a sustainable future.



## Take a Sustainable Seat

Record student enrollment numbers also means a record number of students waiting for their next class in building hallways -- often times, on the floor. As a result, more seats are needing to be utilized.

In an attempt to address this challenge, Facilities Planning and Management (FPM) has spearheaded the Campus Classroom Bench Project, an initiative that would furnish and install benches throughout university classroom buildings. Through supporting social sustainability by offering a service to the campus community, FP&M has partnered with the Department of Residence to make this project one that also supports environmental and economic sustainability. The wooden part of the benches (pictured left) is made from reused cyprus wood recycled from the recently-replaced Schilleter and University Village (SUV) Apartment patio fences, offering a beneficial use for a waste material, as well as utilizing a cost-effective product.

## Wind Energy Student Organization

A new sustainable student club has recently joined campus! The Wind Energy Student Organization, otherwise known as WESO, is a campus group focused on promoting wind energy education and research at both the university and K-12 level. WESO's efforts will include outreach with local elementary and high schools, a monthly lecture series and research collaboration within WESO and with other sustainability-minded student groups.

Although they have taken part in a few events this spring, including the Earth Day celebration on April 22, they look forward to really energizing during the 2015-16 academic year.





# LIVING GREEN IN 2015-16



## **Increasing Efficiencies and Adding Renewables**

There are many changes happening to campus energy this summer. When the fall semester begins, a 60KW solar array, near the campus wind turbine, will increase our renewable energy use. Through the summer, construction will also continue on the power plant's stoker boiler replacement project, completing the conversion of a major portion of the ISU power plant from coal to natural gas by Fall 2015. The replacement will result in reduced carbon dioxide emissions and increased efficiency of the power plant, producing less energy while still serving campus energy needs.

## **Greening the Residential Experience**

The Department of Residence (DOR) is making a number of sustainable changes over summer. Renovations of Larch Hall will include LED lighting and increased insulation. Room furnishings will also get an enhancement, resulting in the donation of mattresses and closet curtains to local nonprofits for reuse. Work will also begin on the new residence hall near Buchanan, which the DOR has targeted to achieve LEED Gold certification, making it the tenth building at Iowa State to be recognized for its sustainable design and construction.



## **Enhancing Bikeability**

Campustown and the City of Ames are partnering to introduce new bike lanes on a number of major campus streets this summer, including Lincoln Way, Welch Avenue, Chamberlain Street and 13th Street. These additions are focused on resolving congestion between cyclists and motorists, alleviating the traffic density and offering cyclists a specified place to ride on the major streets of Ames. Along with the lane additions, Campustown is exploring improved street crossings and designated dismount zones for cyclists. These efforts complement bikeability initiatives at ISU, including the ISU Bikeshare project and studies of traffic flow.



# APPLYING GREENNESS: REFLECTING ON WHAT WE'VE LEARNED

**A**s Iowa State University winds down the 2014-15 academic year, we all have the opportunity to reflect on how we have learned to incorporate sustainability into our daily activities and consider the opportunities we will have this summer to make a sustainable difference. In order to effectively put our newfound knowledge and skills to use, here is a little refresher on our core mission -- sustainability and the three components it encompasses -- environmental, economic and social sustainability.



## ENVIRONMENTAL

Taking care of the earth is an important factor in promoting a sustainable future. We cannot enjoy our adventures in nature without a healthy planet. With the desire to get outside and enjoy summer growing near, we must take steps to ensure we are taking care of the environment.

While hiking and vacationing this summer, try to utilize Leave No Trace principles, which promote recreational practices that are environmentally responsible. You can also use your green thumb and take advantage of some unique and clever gardening tricks to spice up (or begin) your own garden.

Taking care of the environment can be done within the home, too. Try "green cleaning" your home with non-chemical cleaners that you can create yourself, as well as some sustainable ways to save energy.



## ECONOMIC

For ISU students, especially with summer and graduation near, it is important to understand how to pay back college loans, how to save money from a summer job and how to begin planning for a secure, financial future.

Some of the resources available to students include the Office of Financial Aid (call 515-294-4111 to schedule an appointment to learn about how to acquire aid for both the summer and upcoming sessions), the ISU Financial Counseling Clinic (trained financial counselors offer services related to student loans, budgeting, debt management and dealing with credit and credit cards) and the Student Loan Education Office (trained financial counselors offer counseling on entering and exiting student loans, personal finance budgeting and more).

To discover more resources on financial sustainability, check out these tools for success.



## SOCIAL

Embracing the diversity of your community and understanding the variety of rich and colorful cultures of the world that foster social sustainability. There are many great opportunities to experience the world's diversity. Visit the ISU Study Abroad Center to learn about opportunities to immerse yourself in different cultures while planning future course schedules.

Summer break is also a great time to get involved with the community, no matter where you are. Take advantage of farmers' markets around Iowa to purchase fresh fruits and vegetables, as well as support local farmers. Take a walk down your town's business district and explore new businesses and organizations. Another way to be active in your community is volunteering. For volunteering opportunities, check with your local city hall, or if you are in Iowa, find ways to help out with [www.volunteeriowa.org](http://www.volunteeriowa.org).





# SUMMER

Ames Downtown  
Farmers' Market  
Main Street  
8am-12:30pm

Saturdays

Art Mart Sale  
The Workspace,  
MU  
10am- 3pm

May 9

Plant Sale  
Extravaganza  
Reiman Gardens  
10am-3pm

May 9-10

North Grand  
Farmers' Market  
North Grand Mall  
3-6pm & 8am-noon

Wednesdays & Saturdays

Bike to Work  
Week Kickoff  
Ames City Hall  
7-9am

May 11

Unified Butterfly  
Recorder App  
Tutorial  
Reiman Gardens  
10-11:30am

May 13

Shelter Shindig 2015  
C&K Heating, Cooling  
and Plumbing  
10am-2pm

May 16

Plant Pals  
Reiman Gardens  
10-11am

May 21

Special Olympics  
Iowa Summer  
Games  
Various ISU  
Locations & Times

May 21-23

Family Bike Ride  
Bandshell Park  
3-4pm

May 31

Sentinel Plant  
Network First  
Detector Training  
Reiman Gardens  
9:30am-noon

June 1

Make  
Campustown  
Shine  
Campustown  
9am-noon

June 6

Summerfest  
Campustown  
3-9:30pm

June 6

Gardening for  
Pollinators Class  
Reiman Gardens  
6:30-7:30pm

June 15

College Creek  
Cleanup  
Forker Building  
Parking Lot  
10am-2pm

June 20

Herb Gardening  
101 Class  
Reiman Gardens  
6-8pm

June 22

Great Plants for  
Iowa Series  
Reiman Gardens  
6-8:30pm

June 29

Farm House  
Independence Day  
Farm House  
Museum  
noon-4pm

July 4

Garden Art Fair  
Reiman Gardens  
9am-4pm

July 12

2015 Summer  
Iowa Games  
Various ISU  
Locations &  
Times

July 17

For more sustainable events or to put your event on the calendar, go to the:

**Live Green! Calendar**

**Contact the Newsletter Team!**

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