

# LIVE GREEN! MONTHLY

In every day, there are  
1,440 minutes.  
That means we have  
**1,440**  
*daily opportunities*  
to make a positive impact.

- Les Brown

GREEN UP YOUR  
AUTUMN WITH CRAFTY  
DECOR AND ATTIRE

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POWERED BY THE  
SUN: TEAM PRISUM  
TAKES GOLD

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CAMPUS CELEBRATES  
NATIONAL  
SUSTAINABILITY MONTH

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GREEN!**

IOWA STATE  
UNIVERSITY

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PHOTO BY GRACE JIEUN LEE

Let's get socially sustainable!



The Live Green! newsletter is a monthly publication from the Office of Sustainability at Iowa State University.

We would love to highlight your sustainability efforts and accomplishments! Please contact us: [livegreen@iastate.edu](mailto:livegreen@iastate.edu).

Live Green! is Iowa State University's campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our campus, our operations and initiatives environmentally, economically and socially sustainable.



# DIRECTOR'S MESSAGE

Hello, Cyclones!

Welcome to the first issue of Live Green! Monthly for the 2015-16 academic year!

Our fantastic and very sustainability-minded Live Green! Team is excited and ready for a great, green year filled with a plethora of opportunities to learn more about sustainability, both on and off-campus, take part in sustainability events and activities and give back toward building a sustainable future for the many generations of cardinal and gold Cyclones that follow us! Every month, we will do our best to offer you a diversified overview of everything sustainable at Iowa State University, which is actually quite an intimidating, yet always exhilarating, challenge.

You will quickly find as you look through this first issue that sustainability really touches every corner of our campus and also every minute of your life. This is where the exhilarating part comes in... there are so many ways we are connected and offer connections to sustainability at ISU. From classes to research, to clubs, to events to composting, to wind energy -- it's all here to experience and explore. Therein lies the challenging part -- how to stay connected and informed.

That's the link we hope we can be for you, and the vision we have in putting each month's publication together. As you can see, not only do we try to offer a breadth and depth of sustainable information in Live Green! Monthly, we also provide a number of options (via social media and the Live Green! website) that allow you to connect to all the sustainable news, happenings and opportunities.

As Les Brown reminds us, each day we awaken with 1,440 minutes in front of us to accomplish, discover, solve, experience and embrace. The overarching goal of the Live Green! Initiative is to help every Iowa Stater find their own connection to sustainability and enhance these precious minutes. The unique thing about sustainability is that everyone has a connection to the future that we leave those who follow us. Every sustainable action, no matter what it is, makes a difference, causes a ripple and creates an impact. And every minute counts! Minutes become days, days become years, years become generations, whose futures were defined by choices made -- minute by minute.

Embrace your month of 44,640 opportunities!

Yours in **green**-ness,

Merry Rankin



PHOTO BY GRACE JIEUN LEE

MERRY RANKIN has served Iowa State University as Director of Sustainability for six years. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads teams of students in creating programs, events and social communications to help educate, engage, and empower our community to live toward a more sustainable future.



PHOTO BY GRACE JIEUN LEE



# MEET THE GREEN TEAM



## EBONI BROWN

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Smart Business Challenge Intern  
Senior, French

"I 'live green' by being mindful of my use of water and electricity. I also buy locally-produced products when possible/practical."

## CAITLIN DEAVER

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Marketing & Communications Intern  
Junior, Journalism

"I 'live green' by using a reusable water bottle, walking as often as possible and volunteering as much as my schedule allows."



## LAURELIN HAAS

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Campus & Community Engagement Intern  
Senior, Community & Regional Planning  
"I 'live green' by eating more vegetables and less processed foods, taking the bus and reusing older things in new ways."

## STEVE KOHTZ

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Sustainability Coordinator  
MFA Graphic Design

"I 'live green' by practicing recycling, switching off and reusing -- simple lifestyle changes to see my world change."



## GRACE JIEUN LEE

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Brand Marketing Coordinator  
MBA, MSIS

"I 'live green' by managing a small vegetable and flower garden. It brings me joy watching the changes of nature."





# 2015 - 2016

## KATHRYN LEIDAHL

STARS Coordinator  
Junior, Political Science, Economics  
"I 'live green' by always choosing to walk to class or work, constantly recycling and helping teach others in the community how to live green."



## ANDREW LOIACONO

Smart Business Challenge Intern  
Senior, Marketing, French,  
International Business  
"I 'live green' by avoiding using my car at all costs. I walk almost everywhere!"



## SINDHUJA RAM

Marketing & Communications Intern  
Senior, Advertising  
"I 'live green' by doing little things, as simple as using less plastic, that can make all the difference. Start small to make a big change!"



## MERRY RANKIN

Director of Sustainability  
"I live green by trying to be very aware of my 'inputs' I offer to each day, and the 'outputs' that will result from the choices I make, environmentally, financially and socially."



## MADISUN VANGUNDY

Campus & Community Engagement Intern  
Senior, Public Relations  
"I 'live green' by doing my best to conserve energy and eliminate waste by recycling, and encouraging others to do the same."



# SUSTAINABLE SUMMER IMPROVEMENTS

Over the summer months, Iowa State University continued to showcase its devotion to sustainability through various projects on campus. The projects ranged from reducing emissions of the ISU power plant to improvements within the Department of Residence (DOR) and more! Check out the highlights of each project and discover just how “green” Iowa State went this summer.

## CAMPUS ENERGIZES IN INNOVATIVE WAYS

Providing power to campus got a little greener over the summer. The stoker boiler replacement project, which will reduce emissions resulting from a portion of the power plant making the switch from coal to natural gas, was completed with the addition of natural gas boilers. These new boilers, as well as reducing coal use and emissions, are also designed to improve the power plant's overall efficiency, reducing energy costs and the amount of fuel needed to operate the plant.

In addition to greening our power plant, we also added a greener footprint to our campus energy portfolio. Two donated solar panels were also installed near the wind turbine this summer to add additional renewable energy to campus. As well as reducing electrical demand needed from the power plant, their energy production and performance will

be monitored and available for academic use and research applications across campus.



PHOTO BY CHRISTOPHER GANNON

## CURTISS HALL PROJECTS CLAIM LEED GOLD

A LEED (Leadership in Energy & Environmental Design) certification signifies a project committed to accomplishing sustainable stewardship.

The Curtiss Hall Monsanto Student Services Wing and Harl Commons both received their LEED Gold certifications over the summer. As Iowa State's first LEED certifications for interior renovations, these two projects result in a total of 11 total certified projects at Iowa State University.

More projects are expected to add to this total during the 2015-16 academic year. Two other completed projects are currently awaiting final certification, including the recently-

constructed Frederiksen Court apartment buildings, pursuing a LEED for Homes certification. In addition, five other projects are anticipated to be completed and ready to apply for certification, including the new Buchanan residence hall (which began construction over the summer), which will be the first ISU residence hall to pursue a LEED for New Construction certification.

## DOR “GREENS” COMMUNITIES

A summer of renovations led to a summer of giving back and greening for the Department of Residence (DOR).

Mattresses and curtains made a difference to communities across Iowa through donation connections made possible by a partnership with the Iowa Department of Natural Resources' Waste Exchange Program. Through this partnership, 258 mattresses were provided to an overnight education facility, specializing in residential summer camps for youth, ages 5-18. In addition, 500 wardrobe curtains were removed from Larch Hall and found forever homes as sunshades for a learning farm greenhouse, curtains for a community theater, educational resources for a community learning program and household curtains for needy families.

To further increase their sustainable footprint, Larch Hall also completed



PHOTO BY MERRY RANKIN

efficiency renovations, resulting in increased insulation for exterior walls and new LED lighting throughout all the residential floors.

New bike racks, which promote sustainable transportation, were also installed on the west and east sides of Richardson Court and Helser Hall, as well as near Linden Hall. In addition, tons of waste was kept out of the landfill through the recycling of over 1,200 mattresses not able to be donated.



## OSBORN STRATEGIZES FOR SAFETY (AND SUSTAINABILITY)

Members of the university community worked diligently to strategize viable options to address the safety and congestion concerns related to Osborn Drive over the summer. A vast pool of data was collected and considered, ranging from surveys to videos, with a focus

*... plans were strategized into four main areas: parking, access, cyclists and CyRide.*

on the overall goal of improving pedestrian safety and reducing traffic congestion toward a more pedestrian-friendly campus.

As a result, plans were strategized into four main areas: parking, access, cyclists and CyRide.

Parking that used to be available on Osborn during business hours is now only available during non-business hours. Not only does this assist in reducing congestion, it offers adequate lane space to accommodate the shared road functionality of Osborn for vehicle and bicycle traffic.

Access cards for entry to central campus are now necessary for anyone entering during business hours. Although there are some exceptions, “90 percent of activity now has a card,” said Cathy Brown, assistant director in Facilities Planning and Management (FP&M), “allowing for us to know who exactly is using it, when they are using it and what’s the purpose of their use.”

To encourage and accommodate sustainable transportation, while also ensuring a safe and enjoyable commute for walkers and bikers, a “Walk Your Wheels” program has also been implemented on Osborn Drive. This program designates

bicyclists to stay on Osborn and other campus streets when riding, making use of shared roadways and designated bicycle lanes. In the event a student needs to use a sidewalk, they are asked to dismount and “walk their wheels.”

To further assist with congestion and safety, CyRide bus routes were also modified. Removal of three high-traffic bus stops and a pilot project of widening sidewalks allows for drivers and pedestrians to have greater visibility and accessibility when getting on and off buses, as well as when they are waiting for buses to arrive.

Throughout the 2015-16 academic year, traffic flow, CyRide ridership and feedback from the campus community will be monitored toward further refining this initiative.



PHOTO BY SINDHUJA RAM

Read more headline news at:  
<http://www.livegreen.iastate.edu/>



# STUDENTS LIVING THE

# CARDINAL, GOLD and GREEN

**O**n a sunny day in Austin, Tex., a solar-powered car named Phaëton soared a full 106 miles ahead of the pack at the Formula Sun Grand Prix to claim a first place victory.

The Grand Prix is a solar competition open to student teams from all around the world, specifically to test the limits of its participants' solar powered vehicles by judging performance in braking, acceleration, handling curves and completing the most laps over a three-day racing period. Competing against 16 other solar-powered cars, Iowa State University's Team PrISUm captured their first Grand Prix win (after 25 years of racing), cementing their title as the Midwest's most prestigious solar vehicle team.

Matt Goode, project director for PrISUm, claims that the Grand Prix win was thanks to "a combination of both the design of the vehicle and also the strategy." At the race, a telemetry system was set in place to make sure all communications were crisp and clear between the driver and the team at the base station.



PHOTO COURTESY OF PRISUM



Team PrISUm is a multidisciplinary student organization that designs, builds and races solar powered electric vehicles.



PHOTO BY SINDHUJA RAM

Matt Goode holds Phaëton's driver's display that shows statistics from their Grand Prix victory!

This system allowed the team to see how exactly their car was operating. Information about the temperature of the car and the energy expenditure was found useful in tabulating a winning race strategy. Based on this, Team PrISUm developed the best possible strategies to push their car to a first-place finish.

Established in 1989, Team PrISUm has developed 12 award-winning solar cars throughout the years. The team has traveled all over North America, winning awards with their solar vehicles. Fully a collaborative team effort, Team PrISUm has grown in both recognition and ranks. Tallying up to almost 200 members, the largest it has been in school history, there is always something to do in this student organization.

"I relate ourselves to a Silicon Valley company," Goode said when describing the business-like structure of the team. With departments in electrical, business, mechanical, systems,

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marketing and PR, a day at PrISUm is a dynamic experience filled with a plethora of opportunities for which students can explore and engage. Students from all majors are encouraged to join the team to continue adding necessary breadth and depth of perspective and experience to their team.

Members of Team PrISUm have more on their minds than just winning. They have a vision of developing effective and practical renewable transportation by “challenging and motivating members, spearheading innovation and inspiring future generations.” Their next car is already in the works. Prepping to go for the World Solar Challenge in 2017, PrISUm has set some lofty goals. Designing a new ‘cruiser class’ style vehicle, the team hopes that this next car will become the new normal for transportation.



PHOTO BY SINDHUJA RAM

Goode sands down the exterior composite material at Team PrISUm’s shop. Students oversee all aspects of building a solar car (sans welding) from the initial design sketches to the last touches of paint.

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PHOTO COURTESY OF PRISUM

Taking a look under the hood, Team PrISUm is committed to outreach and education focused on the sustainable possibilities of solar transportation!

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Aside from making and racing solar cars, Team PrISUm is also committed to education and outreach, with a focus on offering a unique perspective to change and innovation to eager spectators and the next generation of racers and transportation geeks. Team members attend numerous education and outreach events throughout the year to allow the public to ask questions, interact with their cars and talk about sustainable transportation through solar energy.

“ This is really the future of transportation!” exclaims Goode.  
“We truly believe it is! ”

Just as these Cyclones imagine incredible innovations, the world is following in suit, as big-name companies like Tesla encourage electrical vehicle usage. It is a new movement, and Team PrISUm is racing toward the horizon of change with eager determination.

Want to learn more? Check out the PrISUm [website](#) / [twitter](#) / [facebook](#) / [flickr](#) / [youtube](#) / for more behind the scenes about this cardinal, gold and green-minded team.

# GREEN IT YOURSELF

## TAILGATE T-SHIRT FASHION

### SUPPLIES:

- ISU Game Day Shirt
- Cardinal and Gold Beads
- Scissors

### INSTRUCTIONS:

1. Lay the shirt on a flat surface.
2. Make vertical cuts 4 to 6 inches from the bottom of the shirt.
3. Be sure to make the cuts approximately 1/2 an inch apart.
4. String on 3 to 5 beads onto each cut strand.
5. Tie the bottom of each strand up in a knot. Ready for kickoff!



PHOTO BY KELSEY ZEISER

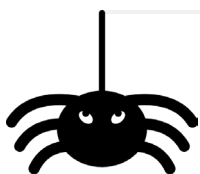
## CEREAL BOX FOLDERS & NOTEBOOKS

### SUPPLIES:

- Cereal Boxes
- Ruler / Scissors / Tape
- Decorative Paper / Buttons

### INSTRUCTIONS:

1. **TO MAKE A FOLDER**, unfold a cereal box on a flat surface.
  2. Cut 2 inches off the top & bottom of the box, removing the flaps.
  3. Fold box in half at center.
  4. On a second box, cut the front folds off and then in half again.
  5. Put cut halves of second cereal box onto either side of the first cereal box.
  6. Use tape to secure halves, creating a pocket folder.
1. **TO MAKE A NOTEBOOK**, place plain paper between folded first box and sew altogether to create a book.
  2. Attach decorative paper to the outside of the cereal box spine to create a binding, creating your very own upcycled school supplies!



## CARDBOARD SILHOUETTE DECORATIONS

### SUPPLIES:

- Scrap Cardboard
- Scissors / Tape
- Black Paint

### INSTRUCTIONS:

1. Collect cardboard scraps of various thickness and size.
2. Sketch or stencil out designs onto cardboard and cut out.
3. Paint cut-out designs.
4. Adhere painted side of cut-out designs to windows to trick your treaters!



## BEWARE...

Vampire energy loss! occurs when electronics are plugged in but not in use. Unplug to prevent extra energy and money from being sucked away. Boo!





# 3 FACETS OF SUSTAINABILITY



To truly gain connection to and appreciation for something, understanding it is vital. Sustainability, though referenced quite frequently in a number of different contexts, can be quite confusing to define. For many, being sustainable is being concerned about the environment. For others, sustainability involves finances, and the list goes on and on.

A general definition for sustainability, which has been adopted in some derivation internationally across the United States and even throughout Iowa, comes from the United Nations Bruntland Commission on Sustainable Development "... meeting the needs of the present without compromising the ability of the needs of the future."

A more overarching definition of sustainability is based upon the concept of the Triple Bottom Line. Most often connected to business, the triple bottom line notes a successful business being a product of a balance of "people, profit and planet." Sustainability is considered much in the same way... sometimes through a Venn diagram, as pictured, or the concept of a

"Three Legged Stool." The idea that to be truly sustainable, it is the intersection between three interdependent facets: economic sustainability, social sustainability and environmental sustainability.

## ECONOMIC

Everything in the world around us seems to be connected to and impacted by money. With that in mind, economic wellbeing becomes a critical component to functioning successfully in our society. Being savvy with our saving and spending habits allows us to take control of our financial futures and for there to be assurance there is money to invest in new research, products, services and education that support and further sustainability. "Going green" takes on new meaning as we implement equitable and fiscally sound practices for using money in an economically sustainable way.

## SOCIAL

The facet of social sustainability involves embracing the diversity of our world -- both globally and locally.

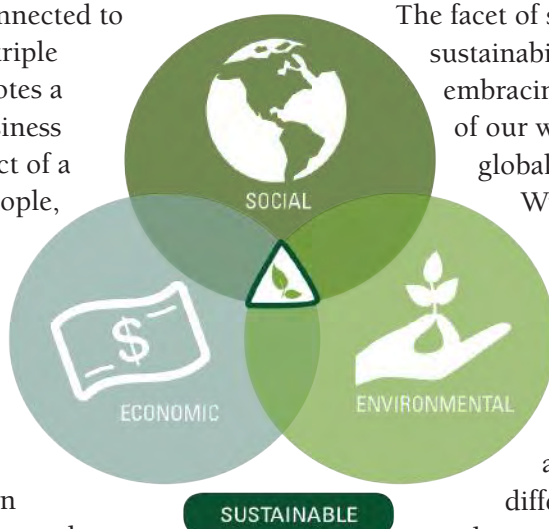
With a population of 7.3 billion people, it is vital and certainly within our best interest that we appreciate and embrace the different experiences and perspectives we can offer and share with each

other. Being socially sustainable can be achieved by embracing the diversity in our community, both on and off-campus, and wherever we may visit or live throughout our lives. Social sustainability is also about connecting to your community and giving back through volunteerism. Becoming socially aware and connected ensures our growth into global citizens -- acting in kindness and an interest in experiencing new adventures to all that you meet and greet along the way.

## ENVIRONMENTAL

What is to be considered the well-known and most often associated facet of sustainability is environmental sustainability. Just as we take care of our own needs, we must take care of our planet. Many initiatives are already in place to help you leave behind a greener footprint. From the 3Rs to turning off the lights, composting and taking shorter showers, this facet is what immediately comes to mind when "green" or "going green" is considered -- all of those things and behaviors that strive to ensure the natural ebb and flow of our ecosystem.

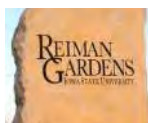
Although uniquely and importantly separate in terms of actions, decisions and considerations, collectively this trio merges seamlessly together to thread an inspiring and empowering tapestry of a sustainable future.



# GREEN OPPORTUNITIES

## Explore a Botanical Treasure

Reiman Gardens offers a diversity of “get outside” educational and give-back opportunities.



Tour the gardens, walk around the butterfly house, find a tucked away place to relax and recharge, attend classes and workshops, find unique gifts, or volunteer. A great getaway within walking distance of campus. Admission to the Gardens is free to Iowa State University students. More information about activities, opportunities and events can be found on the [Reiman Gardens website](#).

## Support Your Local Farmer

There's still time to visit one of Ames' local farmers' markets, pick up some fresh produce and support the local economy. The [Ames Main Street Farmers' Market](#) (9 a.m. to 12:30 p.m., Saturdays, on Main Street) and [North Grand Farmer's Market](#) (3-6 p.m., Wednesdays and 8 a.m. to noon, Saturdays, at North Grand Mall) remain open through the end of October.



## Give Back and Pay Forward

Be part of ISU's impressive and impactful volunteer team and take part in CyServe Day on Saturday, Oct. 24, 9 a.m. to 4 p.m. Choose from a variety of give-back and pay-it-forward opportunities with organizations, such as Youth and Shelter Services, Ballard Community Clothing Center and KHOI Radio, and help with many community projects and initiatives. Registration begins Monday, Oct. 12, and can be accessed through the [Volunteer Center of Story County website](#).



## Boost a Green Business

Have a favorite business you would like to see get the “green” credit they deserve? Encourage them to join the Smart Business Challenge, aimed at celebrating the sustainable impact Ames businesses are already making through their business practices, products and services, as well as offering assistance and resources to reach the next level of efficiency and effectiveness. A list of current Smart Business Challenge participants, as well as info on joining the Challenge, can be found on the [City of Ames Smart Business Challenge website](#).



## Bring Your Mug, Grab a Discount

The next time you're craving a beverage, be green and save some green by bringing your reusable mug. At all campus cafes and retail establishments, whenever you save a disposable cup from the waste stream, you'll receive a \$0.35 discount. Any mug will do! Need a new reusable mug? Come to [National Campus Sustainability Day](#) (NCSD), Oct 15, 11am-2pm. Learn more on page 14.



## Commit Yourself to Change

Interested in tackling the world's most pressing issues with other student leaders? More than 1,000 innovative students will focus on climate change and environment, education, human rights and peace, poverty alleviation and public health at the [2016 Clinton Global Initiative University](#), April 1-3, at the University of California, Berkeley. [Applications](#) are due Dec. 1. Apply by Oct. 16 for early admission and travel assistance.



## Participate in Fair Trade



October is [Fair Trade Month](#) and is focused on raising awareness of the impact and benefit of buying and using socially and commercially sustainable fair trade products in place of commodities -- which may harm the environment, the economy, communities and disadvantaged individuals. Fair trade supports farmers and craftspeople in developing countries who are socially and economically marginalized. These producers often face steep hurdles in finding markets and customers for their goods. Ask about fair trade products at your favorite store or explore a local fair trade store. In Ames, visit [Worldly Goods](#) on Main Street for a diversity of fair trade products from around the world.

## Give the Gift of Warmth

Join the Story County Coalition for Energy Efficiency on Oct. 24, and help learn more about and give back



to Story County by warming the community this winter. Volunteers are needed to assist in weatherizing homes for elderly, disabled and low-income individuals throughout Story County as part of the 9th annual Winter Weatherization Challenge. Volunteers will install plastic on windows, door sweeps, weather stripping around doors and windows and much more. Get more information and [register on the Volunteer Center of Story County website](#).

# OCTOBER 2015

# 13

## EVOLUTION OF THE OBESITY EPIDEMIC AND EFFORTS TO CONTAIN IT

*Lecture by Dr. William Dietz*

Dolezal Auditorium,  
127 Curtiss Hall, 7 PM

## VOLUNTEER OPPORTUNITY

*Winter Weatherization Kit Assembly*  
Volunteer Center for Story County  
110 Crystal Street, 6 PM

# 14

## ART WALK: A CELEBRATION OF THE LIVING MEMORIAL

The Workspace, MU, 12-1 PM

## FUTURE OF HEALTHY FAMILIES

*Lecture by Stephen Russell*  
2019 Morrill Hall, 4-5 PM

# 15

## NATIONAL CAMPUS SUSTAINABILITY DAY

Parks Library Lawn  
11 AM - 2 PM

## INTERNATIONAL AGREEMENT ON CLIMATE CHANGE

*Panel Discussion with Ryan Hobert*  
Iowa State's Challenge for Paris  
Sun Room, MU, 7 PM

## FOOD AND AGRICULTURE IN THE 21ST CENTURY

*Lecture by Louise Fresco.*  
1951 Food Sciences Building  
A reception precedes the talk, 11:30 AM -  
12 PM, Food Sciences Courtyard

# 17

## HABITAT FOR HUMANITY SALE

Ames Resource Recovery Plant  
402 E. Lincolnway, 9 AM - 3 PM

## COSTUME EXCHANGE

*Ames Tribune's 1st Annual Spooktacular  
Halloween Costume Exchange*  
Ames Tribune Office  
9 AM - 12 PM (Drop off any time at the Trib.  
Office, Hy-Vee or Fareway)

# 21

## IOWA NSF EPSCOR ENERGY POLICY SEMINAR SERIES

California's Innovative Policies  
to Fight Climate Change  
1344 Howe Hall, 12 PM

## NATIONAL BIOENERGY DAY

Biorenewables Complex,  
Sukup atrium, 12 PM - 4 PM

# 22

## THE EVOLUTION OF GOODNESS, JUSTICE AND EMPATHY

*Lecture by Lee Alan Dugatkin*  
Sun Room, MU, 7 PM

## CRAFT OF THE MONTH: DAY OF THE DEAD SKULLS

The Workspace, MU, 2-10 PM

# 23

## HOW TO AVOID AND OVERCOME FINANCIAL STRESS

*Lecture by Xavier Serbia*  
Great Hall, MU, 6:30 PM

## SPOKEN WORD PERFORMANCE: INTERSECTIONS OF IDENTITY

*Performed by Kai Davis*  
Sun Room, MU, 7 PM

# 29

## UPCYCLED SMASHED BUTTON NECKLACE CLASS

Continues on Thursdays for the next two  
weeks; please pre-register for classes  
The Workspace, MU, 6:30 PM

## COMING UP FOR

# NOVEMBER 2015

# 4

## GROWING THE MIDWEST GARDEN

*Series continues on Wednesdays for the next  
two weeks; please pre-register for workshops*  
Reiman Gardens, 6-8 PM

# 9

## HOW TO PARTICIPATE IN THE IOWA CAUCUSES WORKSHOP

*A candidate information resource fair will  
follow the training session*  
Sun Room, MU, 6-8 PM

For more sustainable events or to put your event  
on the calendar, contact the newsletter team!

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

Steve Kohtz | Sustainability Coordinator | [sakohtz@iastate.edu](mailto:sakohtz@iastate.edu)

Sindhuja Ram | Marketing & Communications Intern | [sram@iastate.edu](mailto:sram@iastate.edu)



NATIONAL  
CAMPUS  
SUSTAINABILITY  
MONTH

NATIONAL CAMPUS SUSTAINABILITY DAY  
CELEBRATES COLLEGE AND UNIVERSITY  
ACCOMPLISHMENTS AND SUCCESSES  
THROUGH COMMITMENT AND DEDICATION  
TO SUSTAINABILITY PROJECTS, INITIATIVES  
AND EVENTS.

- MEET CAMPUS AND COMMUNITY SUSTAINABILITY CLUBS, ORGANIZATIONS AND BUSINESSES
- BRING A FOOD DONATION FOR "THE SHOP" STUDENT FOOD PANTRY
- BRING YOUR REUSABLE MUG FOR SOME REFRESHMENTS
- GET A FREE TUNE-UP FOR YOUR BIKE, COURTESY OF OUTDOOR REC





# LIVE GREEN! MONTHLY

**"No matter how you  
define success, you will  
need to be resilient,  
empowered, authentic  
and limber to get there."**

**- Joanie Connell**

**GIVE THE GIFT OF  
GIVING THIS  
HOLIDAY SEASON**

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**CYCLONE MARCHING  
BAND TAKES  
ON THE GREEN**

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**A LOOK BACK AT  
A SUSTAINABLE  
SEMESTER**

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IOWA STATE  
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## Dec/Jan Calendar

Locations, dates and times for sustainable connections



*#Seasons  
Greenings*

GRAPHIC BY GRACE JIEUN LEE

Live Green! has launched a holiday campaign to celebrate Season's **GREENings**!

Let us know how you are making your holidays more sustainable! Share your green ideas using the hashtag [#seasonsgreenings](https://twitter.com/seasonsgreenings)!

## Sustainable Connections!



The Live Green! newsletter is a monthly publication from the Office of Sustainability at Iowa State University.

Live Green! is Iowa State University's campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our campus, our operations and initiatives environmentally, economically and socially sustainable.

We would love to highlight your sustainability efforts and accomplishments! Please contact us: [live.green@iastate.edu](mailto:live.green@iastate.edu)





# DIRECTOR'S MESSAGE

## *It's the most wonderful time of the year.*

This is a phrase often heard in conversations or song and written on or in greeting cards as the holiday season approaches. For many what immediately comes to mind is all that we have for which to be thankful and the true joy and pure bliss we feel in that reality. We reflect on people and places and experiences and emotions. We are appreciative of lessons learned and in anticipation of new opportunities. We acknowledge the journey that has gotten us there.

That is sometimes where the reflection ends. And yet, there is more – there is resiliency. While people and places, lessons and emotions may have given us experiences, resiliency assures us of new journeys with new experiences -- and new reflection on all for which we are thankful.

To be resilient is to be buoyant, flexible, limber and nimble. In being resilient we are able to regroup, renew and refocus when the unanticipated happens or the anticipated does not. With resiliency comes empowerment. With empowerment comes discovery, action and impact. A sustainable future is grounded solidly in resiliency.

This final issue of Live Green! Monthly for the 2015 fall semester highlights the impressive resilient nature of Iowa State University. From ensuring the resiliency of our operations to researching opportunities toward increasing the resiliency of systems (both ecosystems and mechanical systems) to supporting the resiliency of communities and livelihoods, it has most definitely been a semester of discovery, action and impact to reflect upon and for which to be thankful.

As well as reflecting, this issue offers new journeys and new opportunities that will call upon us to be resilient as we look toward a new semester and venture into a new calendar year. From resolutions to giving back to getting involved, a plethora of sustainability and resiliency awaits us in 2016.

We have so much to be proud of and look forward to at this most wonderful time of the year! Congratulations, Cyclones, on a great semester!

Yours in **green-ness**,  
Merry Rankin



PHOTO BY BILAWAL KHOSO

MERRY RANKIN has served Iowa State University as Director of Sustainability for six years. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads teams of students in creating programs, events and social communications to help educate, engage, and empower our community to live toward a more sustainable future.



PHOTO BY BILAWAL KHOSO

Please note: underlined text is hotlinked to offer additional information.



# FALL SEMESTER HIGHLIGHTS



## STUDENTS

Cyclone students have made copious strides in sustainability semester that deserve recognition and celebration.

### **FLAMINGO BRINGS SAVING**

A new money-saving app called Flamingo, created by alumni, offers students a network for buying and selling affordable textbooks.

### **DESIGNING LANDSCAPES FOR JUSTICE**

ISU Landscape Design students received a national award for their exceptional design of a "humane and restorative landscapes in a restrictive environment," such as a women's correctional facility.

### **NECA DEFENDS NATIONAL TITLE**

The ISU chapter of the National Electrical Contractors Association (NECA) won the 2015 Green Energy Challenge by proposing a resiliency plan for critical power needs.

### **INSPIRING HEALTHCARE DESIGN**

Design students in the Health, Healing and Wellness studio were awarded the 2015 Healthcare Environment award for their plan for home-like healthcare facilities.

### **CRAFTING UPCYCLED FASHION**

Apparel Design students upcycled thrifted clothing for the International Textiles and Apparel Association's annual conference, taking first place in scholarly activities.

### **FIGHTING TO END WORLD HUNGER**

The Global Food Challenge chose three ISU students to become emerging leaders with Land O'Lakes, taking on the crisis of world hunger with seven other university students around the country.

### **A RUN IN REMEMBRANCE**

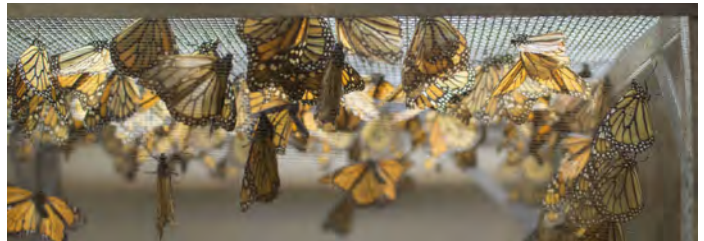
ROTC cadets took part in the Prisoner of War/ Missing in Action (POW/MIA) observance day by running a 35-mile trek to commemorate their comrades.

### **SPROUTING A NEW BEGINNING**

ISU introduced a new graduate program in gerontology, the study of old age and the process of aging.

### **SUSTAINABILITY AS A MISSION**

Joan Su, assistant professor in apparel, events and hospitality management, wanted to help her students live healthy and sustainable lifestyles through sustainable research, such as local food promotion and farm-to-table practices.



## RESEARCH

Iowa State remained steadfast in its search for knowledge in the realm of sustainability.

### **GREENING OUR STREETS**

Iowa State's new bio-polymer facility created polymers to make asphalt stronger by maintaining roads for years to come.

### **ISU ROBOTS POWERED BY SUN**

An aerospace engineering professor researched the usage of solar-powered robots in radioactive, war and natural disaster zones.

### **BIOCHAR IMPROVES SOIL**

Researchers received a \$2 million grant for biochar, an innovative fuel source that returns nutrients to the soil.

### **SAVING THE MONARCHS**

The Iowa Monarch Conservation Consortium continued to combat the decline in monarch butterflies by seeking ways to save their habitat.



## COMMUNITY

The fall semester provided many examples of the connection of town and how it has grown toward a collective Ames community.

### **FOOD CYCLE**

The semester kicked off with a 26.6-mile bike ride to meet local farmers and experience local foods with all proceeds going toward installing Ames community gardens.

### **LOCAL FOOD FESTIVAL**

The first annual Local Food Festival brought local food producers and products to campus, and offered the opportunity to sample and purchase local food while learning about incorporating them into meal plans.

### **INTERNATIONAL DAY OF PEACE**

The first annual Peace Walk offered opportunities to interact with a diversity of organizations representing world cultures.

### **NATIONAL CAMPUS SUSTAINABILITY DAY**

Local businesses and community organizations gathered with student and campus clubs to celebrate National Campus Sustainability Month, representing economic, social and environmental sustainability efforts on campus and in the Ames community.

### **CYSERVE DAY**

Cyclones continued their commitment to social sustainability by giving back through a variety of community volunteer opportunities, ranging from community beautification to assisting non-profit organizations with tasks and projects.

### **TRUNK OR TREAT**

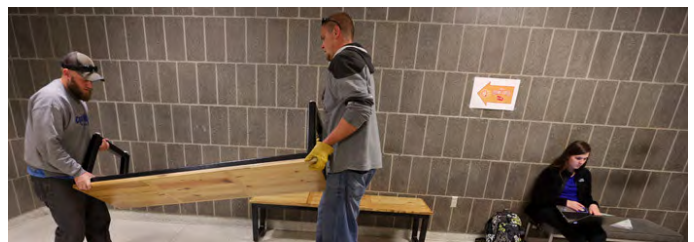
ISU's Leadership Studies Program brought a unique twist to the Halloween tradition of trick or treating for Ames youth through offering treats of games and activities instead of candy.

### **CYCLONE CADETS**

Helping to ensure physical connection to the community, ISU Army ROTC cadets joined forces with Facilities Planning and Management and the Iowa National Guard to complete reconstruction of the Pammel Woods bridge.

### **LECTURES**

Reflections of experience were shared through a variety of sustainability-related lectures hosted by the University during the semester on topics ranging from the future of food to Pope Francis' letter to world issues that connect us all.



## OPERATIONS

To ensure the most efficient and effective experience for students, faculty and staff, campus operations was an area of focus during the fall semester.

### **GREENING OUR CAMPUS**

From widening sidewalks to reducing traffic congestion on Osborne Drive, a number of changes to buildings and grounds targeted a more-connected ISU experience.

### **INTRODUCING CAFÉ RECYCLING**

Campus cafés added recycling to all of their operations, as well as to their customers.

### **RECYCLING MADE EASY**

Recycling on campus was simplified with single stream recycling, expanding recyclable items and eliminating sorting recyclables.

### **UPCYCLING HALLWAY SEATING**

To address increased capacity needs for interior seating, Facilities Planning and Management utilized recycled wood from a Department of Residence re-fencing project in University Village to provide new benches throughout campus buildings.



# STUDENTS LIVING THE CARDINAL, GOLD and GREEN

Playing the correct notes and rhythms while mastering footwork and choreography aren't the only talents of the Iowa State University marching band. The marching band also strives to be sustainable, on and off the field.

## HYDRATION

The ISUCF'V'MB (ISU College Football Varsity Marching Band) has 336 members. Up until 2014, the marching band would use 1-2 disposable plastic water bottles per member, per game, to stay hydrated.

In an attempt to put less plastic in the waste stream, to save money and to reduce the workload of the band's gameday staff in managing about 500 water bottles per game, the band made the switch to reusable water bottles. Each member is given two for the season.

"We are the pride of Iowa State," said Brandon Movall, mellophone

captain. "We are ambassadors of not only music, but of Iowa State itself. As role models for the university, even the small sustainable acts that we do can inspire an entire student body. Sustainability isn't just practiced by environmental science majors, it's practiced by all of us. Each and every one of us has a part in living the Cardinal, Gold and Green."

## COMMUNICATIONS

The marching band also tries to use as little paper as possible. Many of their forms, applications, music and drills are online. This year, all of their audition and leadership applications became paperless.

## UNIFORMS

Another effort in sustainability the band has made is finding reuse options for 1,000 old white uniforms.

After Iowa State changed its official logo in 2010, and the band had to update their uniforms to its current cardinal and gold colors, over a ton of uniforms were no longer needed. The uniforms could not be donated.

The old uniforms could not just sit in storage, either, as space was needed for the band's new uniforms. When alumni and

*"The band does everything it can to be as efficient and resource-friendly as possible..."*

veteran members wondered what would become of the old uniforms. The question of what would become of the old uniforms inspired some "green" research, and alumni and veteran members went to work.

The Inconvenient Bag Company, an eco-friendly company with the goal of minimizing the use of paper and plastic bags by "inconveniencing" customers with their own reusable, fashionable bag, was discovered.

After some discussions, an opportunity was identified to repurpose all of the old uniforms into bags.



PHOTO BY CHRIS DAVIDSON



PHOTO BY HANNAH FURFARO

Aside from a small piece of Velcro acting as a closure, the bags were made completely from the outdated uniforms -- the suspenders serving as straps and the overlays working as the front panels of the bags.

The bags were specifically sold to alumni of the marching band -- those who actually wore the uniforms when they attended Iowa State. The proceeds went back to the band for their future expenses.

"[The bags] were a pretty neat, 'green' and practical purchase that supports the band," said Rachel Hansen, administrative assistant to the ISUCF'V'MB.

### LIGHTING

The marching band is also looking into replacing the lighting on their practice field with more-efficient lighting. Rehearsal times have moved later into the evening to better accommodate students' schedules, causing more use of the lights, as well as a need for brighter lights.

More-efficient lighting would be cost-effective for the university, as they would last longer, be more durable and use less energy.

### FUTURE GOALS

The ISUCF'V'MB is always



PHOTO BY BRANDON MOVALL

looking for more ways to be sustainable, too.

The band would love to implement iPads in the future. Each band member would use an iPad for items such as drill, music and coordinate sheets.

Hansen said iPads would take the band's sustainability to a whole new level, as they would be eliminating almost all of their paper waste for a whole band season.

"Our primary goal for the future would be to follow in the footsteps of other bands who see the value in going green," Hansen said. "The band does everything it can to be as efficient and resource-friendly as possible, and we will continue to explore new options in the future."



PHOTO COURTESY OF ISUCF'V'MB



# GREEN OPPORTUNITIES

## Keep the Kids Healthy

The Boy's & Girl's Club of Story County is looking for a nutrition coordinator to aid in developing, planning and coordinating comprehensive nutrition and meals services, which will meet the needs of youth, ages 6-18. Email a resume and cover letter to [Johnny Willis](#) to apply.



## Be a Support System

For those who care deeply for others and want to be challenged every day, The Homestead is looking for autism associates who have the unique opportunity to inspire personal growth, teach self-care and help develop social skills, as well as be a support system for adults with autism. For more information and to apply, visit [The Homestead's website](#).



## Join "No Labels"

ISU students interested in encouraging compromise among all political leaders have the opportunity to join Iowa State's new No Labels chapter, which is currently recruiting members. No Labels is a national organization dedicated to bipartisanship. Contact [Brian Voss](#) or [Austin Thielmann](#) for more info or to join.



## Help the Forests

Do you have a love for the environment? Apply to the Harvard Forest Summer Research Program in Ecology, an opportunity for students to participate in 11 weeks of mentored, paid independent research this summer. Research will focus on the effects of natural and human disturbances on forest ecosystems, including global climate change, hurricanes, forest harvest, wildlife dynamics and species diversity. Apply [here](#) by Feb. 5, 2016. For more info, visit the [program's webpage](#).



## Empower the Next Generation

Enjoy sharing research? The Young Engineers and Scientists program is looking for a student research mentor for a paid, six-week internship this summer. The mentor will work directly with a group of 12-15 high school students, acting as both a positive role model and an educator in research practices, college prep and ISU resources. Ideal candidates have a major in STEM-related fields and have experience working in a collegiate research lab. Email a resume and cover letter to [Stacy Renfro](#) to apply. Applications will be accepted until Jan. 17.



## Build Science Awareness

The Council for Agricultural Science and Technology (CAST), a nonprofit in west Ames, is seeking an administrative assistant who will work closely with editorial and marketing staff members to help communicate credible, science-based information to a wide audience. This paid position begins Jan. 11, 2016, finishing at the end of the Fall 2016 semester. Email a resume and cover letter to [Melissa Sly](#) to apply.



## Get Recognized for Great, Green Ideas

Have an innovative idea that promotes sustainability and benefits society? Apply for the 2016 Odebrecht Award for Sustainable Development, where a total of \$70,000 will be distributed to the top three awardees based on their ideas. This award is open to students in all areas of engineering, architecture, construction, chemistry and any related STEM field. [Registration](#) opens Jan. 1, 2016, and application guidelines are available [here](#).



Odebrecht Award for Sustainable Development

## Be a TEDx Talker

Committed to being an active and engaged citizen? Have innovative and bold ideas? Share those ideas at the first-ever TEDxIowaStateUniversity event, which will showcase people who are excelling in their fields. Open to students, faculty or staff and Ames community members. Submit a [proposal](#) for your TEDx talk by Jan. 11, 2016, for the March 30 event.



## Celebrate Urban Ag

Join the celebration of the Agricultural Urbanism Toolkit, a program by the ISU Community Design Lab and funded by the Leopold Center of Sustainable Agriculture Marketing Food Systems Initiative, for its community accomplishments of local food projects in Iowa. This free event takes place 8:30 a.m. to 4 p.m. on Dec. 18, in Reiman Gardens, and is open to the public. Food will be provided. [Registration](#) due Dec. 11.



## Choose CarShare

Enjoy all the benefits of owning a car without the costs and hassles of ownership right on Iowa State's campus with its [CarShare program](#). For more info, contact CarShare's new brand ambassador intern, [Jacqueline Buzard](#).



## Touch a Life

Seize the opportunity to make a difference in the lives of those in the community. Rosedale Shelter, of Youth and Shelter Services, is seeking youth workers to assist full-time staff in supervising clients, ages 10-17, in a residential setting. Desired applicants have had college coursework in human services-related fields. To apply, complete an application on the [YSS website](#).





## Get Greenly Energized

Gain experience in the transportation and green energy areas by working with the U.S. Department of Energy Clean Cities University Workforce Development Program this summer. Applications due Jan. 18.



## "Green" Your StuGo

Student Government (StuGo) is looking for an ISU student to become its newest Director of Sustainability for spring 2016. The student will work on projects that sustainably benefit Iowa State. Email Parker Neid, the current director, for more info.



## Make Your Voice Heard

Share your comments and feedback with Iowa State as groups work on its next strategic plan. Share your thoughts on areas of focus for the university. Comments accepted through Feb. 2016.



## Give Back to Story County through Volunteering

There are also a number of great volunteer opportunities that support all facets of sustainability throughout the Ames community, both during and after the holidays. For more ways to give back, see Pages 10-11.

### THE SALVATION ARMY

Volunteering with the Salvation Army allows you to help everyone in the community, from children to elders.

Volunteer with the Salvation Army Red Kettle Campaign as a bell ringer through Dec. 24, at locations around Story County. Proceeds from the kettles support community needs.

In coordination with Toys for Tots, the Salvation Army is also looking for "elves" to help with toy distribution, Dec. 14-18.

Volunteers are also needed for the Salvation Army's Bill Payer Program, a service to assist low-income older adults and people with disabilities, as well.

### VOLUNTEER CENTER OF STORY COUNTY

Give back by giving others the motivation to volunteer through three unique opportunities.

Assist the Ames Repair and Care program by helping maintain the homes of people with disabilities or low financial resources.

Help others connect to volunteer opportunities by developing and maintaining a database for a volunteer referral program.

Use your communication skills to create a manual for agency policies, job descriptions and a training curriculum as an HR generalist.

### REIMAN GARDENS

Get out of the cold this holiday season and help spread warm, holiday cheer at Reiman Gardens.

Volunteer in the butterfly wing, helping visitors with the "dos and don'ts" of butterfly watching, while also helping to monitor the butterflies.

### OVERFLOW THRIFT STORE

Overflow Thrift Store makes it simple and easy to make a difference in the lives of children.

Become a pen pal to Ugandan children, supported by the work of Overflow Thrift Store. Both kids and adults are needed to send photos and write letters.

### AMES HISTORICAL SOCIETY

Helping the Ames Historical Society supports the wonderful roots of Ames.

Volunteer to greet patrons in person and on the phone, as well as assist them with research, donations and faculty tours.

### WORLDLY GOODS

Teaching community members about the importance, benefits and impact of fair trade items is a gift in itself.

Worldly Goods also needs volunteers to greet and inform customers about the fair trade items in the store, as well as the artisans who create them.

### COMMUNITY HOUSING INITIATIVES

The love of learning is a gift you can give to your community this holiday season.

Become a regular volunteer and help with reading sessions during the school year with Reading Avenue, a program incorporating literacy with reading games.

Help facilitate STEM-based (Science, Technology, Engineering and Math) activities that focus on subjects children are learning in school, and inspire in them a love of learning.

### KHOI COMMUNITY RADIO

Get connected with your community by helping out at the KHOI radio station.

Volunteers are needed to complete administrative and office management duties, which include general office assistance, as well as managing office traffic and developing office materials.

Help is also needed with fundraising, event planning and setup, desktop publishing, taking photos, taping and donor relations.

Volunteer assistance is also needed to offer outreach and help with public relations by sharing your marketing and promotional skills. Develop a membership database, phone banks and develop speaking engagements.



# GIVE BACK GIFTS

## MAKE A DIFFERENCE - DOUBLE THE CHEER - WITH THESE SUSTAINABLE IDEAS - THROUGHOUT THE YEAR!



### GIFT OF TIME

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Special memories consist of meaningful moments. This holiday season give the gift of moments by spending quality time with loved ones both family and friends. This can happen through experiences like a visit to the zoo, a day of making cookies, or going to a movie. Experiences like a visit to the zoo, a day of making cookies or going to a movie.

Another moment you can give is lending a helping hand. Give your parent the gift of a “to help you out” coupon book or token jar. These special tokens can offer services such as raking the leaves, cleaning the kitchen, updating computer software or other miscellaneous to do items.

Volunteering is a great and rewarding way to give the gift of time. To find opportunities in Story County and the Ames community visit Page 8. For opportunities near your hometown check out [volunteermatch.org](http://volunteermatch.org) for a national listings.



### FROM THE HEART

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This season spread some heartfelt cheer with gifts made from love and gratitude. Some of the best gifts to give someone come from your own kitchen. Spread comfort and joy with fresh baked and homemade goodies such as cookies, salsa, jam or your family’s famous fudge.

Giving the gift of a gratitude jar is another unique gift from the heart. Filling it with items that remind you of fun times together and life’s important events is a special gift time and time again. It could be little mementos that you collected on your vacation, pictures of great places you have visited together or pieces of paper containing a word or phrase. Gratitude can also be filled with random positive statements or quotes to start off and energize an otherwise mundane Monday.

During this most wonderful time of the year, a wonderful no-cost gift to offer is cheer. Smiling at strangers you pass, or taking time to give compliments. It could be that extra something to make someone’s day.

Don’t forget yourself! Show compassion and offer patience to yourself as well. Take time to compliment yourself as well as others.



**If you are in the gifting spirit consider purchasing gifts that give gifts in return.**

#### ENDANGERED SPECIES CHOCOLATE

A fair trade sweet treat that supports species conservation and habitat preservation to protect the diversity of life on our planet.

#### FAUCET FACED WATER BOTTLE

A classic staple to quench your thirst and help support clean water efforts in India.

#### LUSH COSMETICS

Get all your bath and body goods at this well-established shop known for its wide variety of fair-trade products.

#### FASHIONABLE

Beautiful handmade clothing made by local and global women who have overcome adversity.

#### CRAYOLA CRAYONS

Eco-friendly coloring staples that use reforested wood in their packaging.

#### SWAP SOCKS

Fun and funky this company intentionally sells mismatched socks to make a visual statement for ending preventable blindness that occurs in developing countries.

#### WORLD VISION

A hub for multitudes of give back gifting options, this website offers niche categories to help you find a cause you are most passionate in helping.

#### TOM'S COFFEE

More than just charitable shoes, this popular company launched a new coffee program to provide a weeks worth of clean water for every bag of coffee purchased.

#### RAVEN & LILY TRAVEL JOURNAL

Document your everyday adventures in this recycled product that donates a portion of proceeds to the cause of learning literacy around the world.

#### EMPTY BOWLS

Purchase one of these unique, hand-crafted bowls from local artisans and help end world hunger.

#### (RED)

An organization steadfast in efforts for AIDS relief around the world, find products in this blazing color to help the cause.

#### JUSTICE HOODIES

Outerwear that benefits survivors of human trafficking.

#### FROM BABIES WITH LOVE

Baby clothing that donates all profits to orphaned and abandoned children around the world.

#### KIVA

Gift certificates allow recipients to provide micro-finance loans to fledgling entrepreneurs around the world.

#### TIPS!

#### BEFORE YOU BUY...

- Read labels to find out more about what your product is made of and where it was created.
- Seek small startup brands, where you can find one-of-a-kind unique gifts.
- Choose quality over quantity.



# GREEN IT YOURSELF



**UPCYCLED SOCK SNOWMEN**

## SUPPLIES

Tube socks  
Tape roll  
Scissors  
Super glue  
Buttons  
Rice  
Pins  
Thread  
Scrap fabric

## INSTRUCTIONS

1. Cut off sock's toes, leaving a few inches before the heel.
2. Tightly wrap a thread around the top of the sock (ankle end) Tie the thread. Turn it back to the other side.
3. Take the roll of tape and pull the cuff of the sock through it. Stretch it over the tape's ring.
4. Pour the rice into the sock to achieve desired snowman girth.
5. Shape snowman's body and head before tying top.
6. Tightly tie the top with a thread, keeping it close to its body. Cut any leftover thread.
7. Shape the head by tying a piece of thread around the neck a few times.
8. Fold the toe part (which was cut in Step 1) of the sock 2-3 times to make its hat. Place the hat on the snowman's head.
9. Super glue buttons to its body, add three pins to make its face and wrap the scrap fabric around its neck for a scarf. Showcase your holiday cheer!

## INSTRUCTIONS

1. Spray bundt pan with cooking spray. Set spray aside.
2. In a measuring cup, dissolve the gelatin in the cool water and let sit for a minute.
3. Pour the boiling water into a medium bowl and whisk in the gelatin to combine. Warm coconut oil, grease or suet just enough to liquefy.
4. In a large mixing bowl, combine the seeds and nuts, stir in the grease and pour in the liquid gelatin. Mix well to be sure all the nuts and seeds are well-coated and all the liquid is absorbed.
5. Place the cranberries in rows in the bundt pan's indentations.
6. Spoon the seed mixture into the pan, pressing down with a spoon to pack it well.
7. Refrigerate overnight. Let warm to room temperature, invert the pan and gently tap pan to remove wreath.
8. Tie ribbon in a bow at top. Ready for outdoor dining!

## SUPPLIES

Cooking spray  
Bundt pan  
1/2c cool water  
3 envelopes unflavored gelatin  
1-1/2c boiling water  
1c coconut oil, bacon grease, suet or hamburger grease  
8c sunflower seeds, cracked corn, raisins, nuts or seeds  
20c fresh or frozen cranberries  
Ribbon



**SUSTAINABLE BIRD SEED WREATHS**

For more fun holiday GIY ideas, check out the Live Green! display case in the Memorial Union!



**UPCYCLED HEART HAND WARMERS**

## SUPPLIES

Old, thin wool sweater or scarf  
Rice  
Scissors  
Thread  
Printable pattern pieces

## INSTRUCTIONS

1. To make inserts: find printable pattern pieces [here](#) and cut as directed, or cut out two identical hearts by hand.
2. Layer two knit hearts on top of one another and sew with a 1/4-inch seam allowance, leaving a small opening.
3. Fill with rice by using a rolled up piece of paper as a funnel.
4. Stitch the opening closed to complete heart insert.
5. Repeat Steps 2-4 for a second set of heart inserts.
6. To make insert covers: fold the straight edge of each overlapping piece over 1/4 inch and stitch downward.
7. Lay the overlapping pieces over one another with the top piece in front, with right sides together, on top of the whole wool heart.
8. Stitch around all edges with a 3/8-inch seam allowance.
9. Flip right-side-out and squish in the rice-filled insert. Warm hands await you!

# GREEN RESOLUTIONS

It is that time of year again. With a new year comes a new sense of hope and renewal with resolutions, or goals, we set for ourselves. As we begin this journey, making a commitment to sustainability will help add a unique, pay-it-forward component this new year.

## Consider Local Options

Supporting the local economy can occur year-round. In the winter months, keep it local with holiday shopping. In the spring and summer, look for local options for food and plantings. Farmer's markets can be especially fun. Ames has two farmer's markets -- the [North Grand Mall Farmer's Market](#) and the [Ames Main Street Farmer's Market](#). You can also buy a share in [Community Supported Agriculture \(CSA\)](#).



## Eliminate Your "E-Waste"

"E-Waste" refers to unwanted electronics that end up in the garbage. When the time comes, choose to donate or recycle electronics responsibly. The City of Ames has a [list of community outlets](#).



## Make Smarter Purchases

Paying more now means paying less in the future for more replacements. Invest in high-quality, long-lasting products. Buying smaller items in bulk, such as food, can also save money and packaging from frequent purchasing. Purchasing from smaller, local businesses can also benefit your community's economy and offer unique items. Check out the list of Ames businesses on the [Ames Chamber of Commerce website](#).



## DIY Cleaning Supplies

Homemade, non-toxic and effective cleaning supplies is a cost-effective option that saves time and packaging. Making your own can be done with simple and inexpensive ingredients, such as vinegar, baking soda, and lemon.



## Bring Your Own Bag

Instead of collecting plastic bags, use reusable bags for shopping. If you are feeling crafty, you can make your own reusable shopping bag. If you do end up with disposable bags, recycle them. Recycle plastic bags at many locations throughout Ames.



## Check Your Tire Pressure

Lower the greenhouse gas emissions of your vehicle by improving your fuel economy by keeping your tires in good shape. The [Environmental Protection Agency \(EPA\)](#) recommends checking your tire pressure on a regular basis and keeping your tires inflated, which is usually free at any gas station.



## Reuse and Repurpose

Consider ways to get your unwanted, reusable items to individuals who need them. Before you purchase a new item that will take lots of energy and lots of resources to produce, check out [Freecycle](#), which is a website committed to reducing landfill waste by connecting people donating items with people in search of used items. Ames also has plenty of item swap and sell Facebook pages for ISU students and Ames residents to utilize. Free and for sale at ISU allows students to exchange, swap or sell any unwanted belongings, and the



[ISU Textbook Exchange](#) allows students to buy, sell and trade old textbooks. There are also community donation outlets such as [Salvation Army](#), [Goodwill](#) and [Overflow](#) thrift store to donate items. After cleaning out your closet this holiday season, you can also donate unwanted clothing by dropping them off at the Memorial Union on Jan. 28-29 and Feb. 25-26 for a clothing swap that will be featured at Sustainapalooza on March 1.

## De-clutter Your Space

Ease excess stress by de-cluttering your home. Affordable purchases of organizational supplies are fun, simple and easy Do-It-Yourself (DIY) options that can help de-clutter your space. Check out [these ideas](#) to affordably de-clutter your home.





# One World, Green World: Uniting Our Actions

SYMPOSIUM ON SUSTAINABILITY AND  
SUSTAINAPALOOZA

7:30 PM  
GREAT HALL  
MEMORIAL UNION

**David W. Orr**

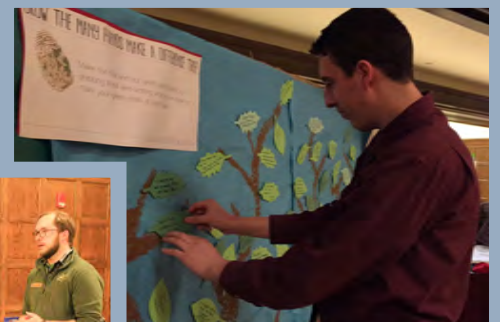
AUTHOR, PROFESSOR,  
SENIOR ADVISOR TO THE  
PRESIDENT - OBERLIN  
COLLEGE

The Symposium and Sustainapalooza, hosted by The Green Umbrella and Live Green!, are a celebration of sustainable initiatives in the Ames and ISU communities in the Memorial Union.

The Symposium offers a sustainability poster reception, as well as a keynote lecturer, David W. Orr. Sustainapalooza offers Green-It-Yourself (GIY) centers, a green carpet, sustainable future pledge wall, local food refreshments and "green" giveaways.

2016

February 29  
March 1



## GIY CENTERS

Exchange for Change - Swap your Old  
Wardrobe for a New One!

Repair, Restore and Recreate your  
Fashion Statement

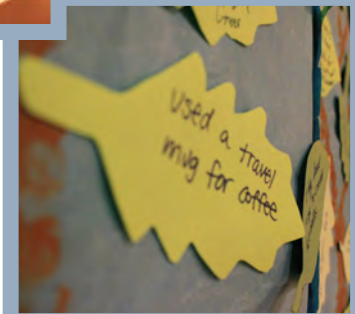
Oatmeal: Doing your Body Good One  
Jar at a Time

Clean and Green - Giving Laundry a  
Sustainable Twist



» DROP OFF DATES FOR «  
CLOTHING SWAP AT THE MU

THURSDAY, JAN 28TH  
FRIDAY, JAN 29TH  
THURSDAY, FEB 25TH  
FRIDAY, FEB 26TH



WATCH FOR MORE UPDATES  
IN THE FEBRUARY ISSUE OF  
LIVE GREEN! MONTHLY AND  
ON OUR WEBSITE.





# DECEMBER

15

## WORKSHOP: FLORAL DESIGN SERIES

Make "winter solstice arrangements" in celebration of the first day of winter and the longest night of the year with these wintry, one-of-a kind floral designs.

Reiman Gardens, 6:30-7:30 PM

16

## CENTRAL IOWA BICYCLE-PEDESTRIAN ROUNDTABLE

Help further the development of bicycle and pedestrian facilities in central Iowa.

Des Moines Area MPO Office, noon-1 PM

## BIORENEWABLES POSTER SYMPOSIUM

See graduate and undergraduate students present their research related to biorenewables.

Sukup Atrium, Biorenewables Complex, 2:15-4:15 PM

## VIRTUAL SUMMIT: STRATEGICALLY IMPROVING CAMPUS RACIAL CLIMATES

Learn strategies for assessing and addressing racial climate problems. Cost is \$25 for the module through the Center for Excellence in Learning and Teaching.

<https://t.co/mtZz4rPX00>, 3-5 PM

17

## GIFT SHOP STOCKING STUFFER NIGHT

Start your holiday shopping at the Reiman Gardens' Gift Shop Holiday Open House and take advantage of the holiday sales of our unique items for gifts and stocking stuffers.

Reiman Gardens, 4:30-8 PM

## CRAFTY NIGHT AT THE GARDENS

Celebrate environmental stewardship with local artists and organizations. Tonight's craft features "ornery ornaments," in which attendees can create unique holiday ornaments using natural materials.

Reiman Gardens, 6-7:30 PM

19

## HOLIDAY CRAFTATHON FOR TEENS

Visit the Library to make themed magnets, key chains and ornaments to give to friends and family as the holidays approach.

Ames Public Library, 2-3 PM

## LEGO League Program Meeting

First through fifth graders are invited to join a team, build and program LEGO robots, and tackle some real-world issues.

Ames Public Library, Rotary Room 4-6 PM

## FREDDY COURT FOOD DRIVE ENDS

The Frederiksen Court Community Adviser staff's is hosting a food drive for all unopened, non-perishable food items to be donated to the Bethesda Food pantry in Ames. Donation location is in the Frederiksen Court Community Center, just outside Room 1010.

Frederiksen Court, final collection at noon

## BUTTERFLY BLIZZARD

Come out of the cold to experience a butterfly blizzard at Reiman Gardens, in which attendees release their butterflies in a tropical, indoor garden. Cost depends on number of butterflies released.

Christina Reiman Butterfly Wing, Reiman Gardens, 8-9:30 AM

20

## GREAT BOOKS BOOK DISCUSSION

Group discusses literary classics using the Great Books Foundation, "Short Story Omnibus."

Ames Public Library, 2-3 PM

22

## HYPERREAL OCULUS OPENING RECEPTION

Support Ames artist Matt Coronas at his art exhibition exploring imagery that merges design ideas from multiple cultures, including Persian miniatures and Eastern complex geometry and patterning.

Design on Main Gallery, 203 Main St. in Ames, 5-8 PM

29

## ANIMALS IN WINTER

Visit the Library and watch an informative puppet show about the different ways animals get ready for the cold winter months. A craft will also be provided.

Attendance is free to everyone.

Ames Public Library, 10:30-11:30 AM

30

## FAMILY STORYTIME

Families with children are invited to build listening, language and literacy skills through music, movement and more.

Ames Public Library, 10:30-11 AM

Please note all calendar events are hotlinked for more information.

# JANUARY 2016

**01** QUINN'S QUEST HOCKEY BENEFIT  
Proceeds will go to the ISU Dance Marathon, as well as Children's Cancer Connection.  
Ames Ice Arena, Varsity game at 6:45 PM, JV game at 8:45 PM

**02** FAMILY MOVIES IN THE GARDENS  
Bring your kids to watch movies at the Gardens. A warm, cozy place to entertain kids for a few hours during the month of January. Cost: \$8 for adults, \$7 for seniors 65+, free for children under 18.  
Reiman Gardens, every Saturday in January, seating times at 10 AM and 1PM

**05** PROJECT LEA/RN  
Meaningful learning requires thinking!  
Hosted by ISU's Learning Enhancement Action/Resource Network this workshop shares new insights for facilitated learning.  
Lagomarcino Room 0680, 9 AM-4PM

INTROSPECTIVE WRITING  
Engage in writing about what resides within through quiet introspection and reflection.  
Reiman Gardens, 6-7:30 PM, recurs on Jan. 12, 19 & 26

**13** 2016 "WOMEN IMPACTING ISU" RECEPTION  
Join the celebration of unveiling the 10th anniversary edition of the calendar of 12 commendable women who have made an impact in the ISU community.  
The Sun Room, MU, 3:30-5 PM

ARTFUL YOGA  
Embrace an artistic perspective that will enrich your yoga experience.  
1017 Morrill Hall, 5:15-6:45 PM

**16** WILD TOTS  
Volunteer for this toddler nature program that has activities, crafts and snacks for children (ages 2-4) all while learning about the natural environment around them.  
Story Country Conservation 9:15 AM-noon

For more sustainable events or to put your event on the calendar, contact the newsletter team!

Caitlin Deaver | Marketing & Communications Intern | [cmdeaver@iastate.edu](mailto:cmdeaver@iastate.edu)  
Steve Kohtz | Sustainability Coordinator | [sakohtz@iastate.edu](mailto:sakohtz@iastate.edu)  
Sindhuja Ram | Marketing & Communications Intern | [sram@iastate.edu](mailto:sram@iastate.edu)

**18** AMES COMMUNITY CELEBRATION IN HONOR OF DR. MARTIN LUTHER KING JR.  
Join the Ames tradition and celebrate with song, story and birthday cake. After sharing birthday cake, the program starts at 6:30 PM.  
Ames Middle School, 5:30 PM

**19** THE U.S. FIGHT AGAINST CHILD ABUSE, TRAFFICKING AND SEXUAL ASSAULT  
Lecture by Ambassador Luis DeBacle detailing the efforts to combat human trafficking and modern-day forms of slavery.  
Sun Room, MU, 8 PM

**21** MLK LEGACY CONVOCATION  
Come celebrate the legacy of Dr. Martin Luther King, Jr. and learn how his global vision of equality for everyone continues to remain relevant today.  
Sun Room, MU, 3:30 PM

**25** SEARCH FOR A LIFE THAT MATTERS  
Lecture by Wes Moore detailing how social justice and public service guide those on the path for a "life that matters."  
Great Hall, MU, 8 PM

**27** ART + ISSUES  
This gallery talk will use art as a launching pad for a community discussion on campus issues, including a guided looking exercise and an open-ended dialogue.  
1017 Morrill Hall, 7-8 PM


**28** WOMEN WHO DON'T WAIT IN LINE  
Lecture by Reshma Saujani, CEO and founder of Girls Who Code, will talk about closing the gender gap in technology and being an advocate for a new model of female leadership.  
Great Hall, MU, 8 PM

**29** COOK UP A STORM BOOK SALE  
Stop by the Literary Grounds for great deals on cookbooks. Select books will be half price on Jan. 31.  
Ames Public Library Lobby, 9 AM-6 PM, runs through Jan. 31

MAIN STREET DOLLAR DAYS  
Find great deals in downtown Ames at various local businesses.  
Main Street Cultural District, 10 AM-5 PM, Jan. 29-Jan. 31.



# LIVE GREEN! MONTHLY



**“... a wonderful capacity to  
appreciate again and again,  
freshly and naively,  
the basic goods of life,  
with awe, pleasure,  
wonder and even ecstasy.”**

**- Abraham Maslow**

**EMBRACE THE LEGACY:  
SYMPOSIUM ON  
SUSTAINABILITY 2016**

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**AN EXTRA DAY:  
SPEND IT THE  
SUSTAINABLE WAY**

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**FEED THE SOUL:  
COLLECTING CANS  
FOR THE COMMUNITY**

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# WHAT'S INSIDE

**LIVE  
GREEN!**

IOWA STATE  
UNIVERSITY

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A detailed timeline of events to take place Feb. 29 - March 1.

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## Leap Day

Adding sustainability with an extra day in 2016.

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Adding a new twist of adoration and appreciation.

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## February Calendar

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## An Invitation from the SHOP

Celebrate five years of service with a weeklong food drive.

Please note: underlined text throughout this publication is hotlinked to offer additional information.



PICTURE BY SINDHUJA RAM

Live Green! Campus and Community Engagement Interns, Madi (left) and Laurelin (right) show off their trash collection bags in preparation for a weeklong Zero Waste Challenge.

They are planning for Earth Week. More information about living for a week without trash cans will be featured on [Live Green's blog](#).

## Sustainable Connections!



The Live Green! newsletter is a monthly publication from the Office of Sustainability at Iowa State University.

Live Green! is Iowa State University's campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our campus, our operations and initiatives environmentally, economically and socially sustainable.

Please contact us to highlight your sustainability efforts and accomplishments: [livegreen@iastate.edu](mailto:livegreen@iastate.edu)



# DIRECTOR'S MESSAGE

February is a month commonly associated with Valentine's Day, love and the giving of gifts. In this issue of Live Green! Monthly, we are introducing a new twist on what is normally thought of in relation to the month of February.

This month's issue focuses on facets of adoration. While adoration is defined in relation to love, it is also connected to respect. In the articles that follow, we offer this connection through many different lenses.

We celebrate the work of The SHOP student organization - showing adoration every day to fellow Cyclones who could use a helping hand. We offer opportunities to express adoration of our talents, skills and abilities we can share through giving back to others and ourselves. We also offer new thoughts and ideas related to adoration of our friends and loved ones in celebration of Valentine's Day.

Finally, this issue highlights Iowa State University's significant connection to adoration related to honoring the dedication of students, faculty and staff for our Live Green! Initiative, as well as their commitments toward a more sustainable future during our annual Symposium on Sustainability.

We hope this month's issue will encourage and empower a renewed, deepened and diversified sense of all we have to adore and those who adore us - in all shapes, forms, sizes and types.

With adoration and in **green-ness**,  
Merry Rankin



MERRY RANKIN has served Iowa State University as Director of Sustainability for seven years. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads and facilitates teams of students, faculty and staff in creating and enhancing programs, events and communication pieces to help educate, engage, and empower our community to live toward a more sustainable future.



**THANK YOU FROM THE LIVE GREEN! TEAM**

**Eboni Brown**

Smart Business Challenge Intern

Best wishes as you pursue new opportunities.



**WELCOME TO THE LIVE GREEN! TEAM**

**Michael Gubbels**

Smart Business Challenge Intern  
Senior, Supply Chain Management

The 2016 Symposium on Sustainability celebrates the eighth year of Iowa State Live Green! Initiative. Join us for this celebration of campus and community-wide sustainability involvement, accomplishment and success.

## SCHEDULE OF EVENTS

### MONDAY, FEB. 29:

**6:30-8 PM**  
South Ballroom

#### Poster Reception

Learn about the sustainable research and initiatives taking place at Iowa State and within the Ames community.

**8 PM**  
Great Hall

#### Keynote Speaker

**Lecture Name:** "Climate Change in the Long Emergency"

**Speaker:** David Orr, environmental studies professor and counselor to the president at Oberlin College. Orr is a leader in environmental literacy and ecological design, having organized the effort to design the first substantially green building on a U.S. college campus.

### TUESDAY, MARCH 1:

**5-8 PM**  
Sun Room

#### Poster Reception

**7:45-8 PM**  
Sun Room

#### Presentation of Live Green! Awards for Excellence in Sustainability

The Live Green! Award for Excellence in Sustainability recognizes ISU faculty, staff and students who are currently making impacts on the campus' sustainability efforts by generating awareness and interest through initiatives that focus on teaching, research, outreach and/or operations.

**5-8 PM**  
Sun Room, Great Hall,  
South Ballroom

#### Sustainapalooza

**Share your commitment:** Leave your pledge toward a more sustainable world in 2016 on the Wall of Cardinal, Gold and Green.

**GIY Centers:** Learn new and creative ways to be sustainable in your everyday actions.

**8 PM**  
Sun Room

#### Documentary Showing

View "Racing Extinction" and witness never-before-seen images that expose issues of endangered species and mass extinction in an inspiring affirmation to preserve life as we know it. A post-documentary discussion will be led by members of the Student Sustainability Network.



# ONE WORLD, GREEN WORLD:

## EMBRACING OUR COLLECTIVE CONNECTIONS TOWARD A LEGACY OF SUSTAINABILITY

Join The Green Umbrella for the fifth annual Sustainapalooza, an event within the 2016 Symposium on Sustainability. Sustainapalooza is focused on green and sustainable initiatives, accomplishments and opportunities in the Ames and ISU communities.

### SUSTAINAPALOOZA

Including a variety of engaging activities!

- Green-It-Yourself (GIY) Centers
- Sustainability poster session
- Wall of Cardinal, Gold and Green
- Local food refreshments
- Sustainable student art
- "Live Green!" carpet photo opps

Contact [Megan Koppenhafer](#), The Green Umbrella president, for more information.



WHERE: **Great Hall, MU** • WHEN: **Tuesday, March 1, 5-8 PM**

## GIY CENTERS

### ● EXCHANGE FOR CHANGE: Swap Your Old Wardrobe for a New One

Sustainapalooza is hosting the first-ever Sustainapalooza Clothing Swap. For every item of clothing you donate, you can swap and receive a "new-to-you" item at the event! Swapping clothing helps the environment, the economy and the community become more sustainable. All extra clothing items will be donated to non-profit organizations in the Ames community.

### ● MENDING: Repair, Restore and Recreate Your Style

Learn how to give your old clothes a new twist, as well as save money repairing old clothes rather than buying new ones. You will receive a free sewing kit and learn the basics of sewing and mending at this GIY Center.



### ● OATMEAL: Doing Your Body Good, One Jar at a Time

At this GIY Center, learn how to make healthy, eco-friendly breakfasts. Discover how to make delicious and nutritious refrigerator oatmeal using upcycled jars, and take some home to share with your family and friends.



### ● CLEAN AND GREEN: Giving Your Cleaning Products a Green Twist

Create green cleaning products from scratch with the Clean and Green GIY Center. Learn how to make your own personal green cleaning supplies using bulk materials, and save money.

# STUDENTS LIVING THE CARDINAL, GOLD and GREEN

**T**raditionally, when we think about hunger, it is easy to think about countries other than the United States. But hunger is a very real issue in our own community, and one ISU student organization is dedicated to combating this ever-growing problem.

Students Helping Our Peers (called the SHOP) is an on-campus, student-run (no questions asked) food pantry for students. The SHOP's mission is to increase food security and remove the stigma of food pantries.

"One of our goals is to continue de-shelving the food pantry stigma," said Heather Van Wyk,

president of the SHOP and senior in dietetics. "We want to make others more aware of this resource and help those who truly need it."

## 60-110

**ISU STUDENTS SERVED  
BY THE SHOP EACH  
MONTH IN 2015**

The SHOP started in early 2011 by a group of students in the Food Science and Human Nutrition (FSHN) transfer learning community, is celebrating its fifth year of service to ISU students in 2016.

In celebration, the SHOP will host a food drive with various

outreach events on campus. On Feb. 15, members will hand out treats and reusable bags outside Curtiss Hall. On Feb. 16-17, the SHOP will host 2016's first mobile distribution at the Memorial Union, along with the treat and bag giveaways. On Feb. 18, anyone can bring a canned food item to the SHOP between 3-6 p.m. and get a free SHOPT-shirt.

To continue the celebration, the SHOP has a goal for more outreach efforts throughout 2016.

Van Wyk hopes to look into a more-accessible location for the SHOP, as well as adding new elements to the pantry, such as a mini-fridge for fresh produce.



PICTURE BY CAITLIN DEAVER

## LOCATION AND HOURS:

**FOOD SCIENCES BUILDING  
ROOM 2616**

**TUESDAYS: 3-6 PM**

**WEDNESDAYS: 11 AM-6 PM**

**THURSDAYS: 3-6 PM**

### THE SHOP OFFERS AND ACCEPTS THE FOLLOWING NON-PERISHABLE ITEMS:

**BAKING ITEMS:** canned pumpkin, sweetened condensed milk, extracts (i.e. vanilla), pie fillings, etc.

**BEANS:** chili beans, pork and beans, black beans, pinto beans, butter beans, lima beans, refried beans, navy beans, etc.

**BOXED MIXES:** corn bread, cookie mix, muffin mix, stuffing, boxed potatoes, other varieties.

**BREAKFAST ITEMS:** oatmeal packets, whole oats, cereal varieties.

**CANNED FRUIT:** mixed fruit, mandarin oranges, apricots, cranberries, sliced peaches and pears, pineapple, etc.

**CANNED MEAT/FISH:** SPAM, potted meat, chunk light tuna, red/pink salmon, etc.

**CANNED SOUPS:** vegetable, tomato, chicken noodle, French onion, cream of celery, vegetable beef, cream of mushroom, etc.

**CANNED VEGETABLES:** beets, diced potatoes, sweet potatoes, asparagus,

corn, green beans, peas, tomatoes, etc.

**CONDIMENTS:** ketchup, mustard, mayonnaise, etc.

**NOODLES:** mac & cheese, Ramen noodles, pasta side dishes, egg noodles, spaghetti, noodle bowls, other boxed varieties.

**RICE:** rice side dishes (Zatarain's, Rice-a-Roni, Spanish rice, etc.).

**SAUCES/DRESSING:** pizza sauce, pasta sauce, sloppy joe sauce, BBQ sauce, hot sauce, other salad dressing varieties.

**HOUSEHOLD ITEMS:** dish liquid.

**PERSONAL CARE ITEMS:** floss, toothbrushes, toothpaste, bar soap, deodorant, mini bottles of shampoo, conditioner, lotion, etc.

**OTHER ITEMS:** peanut butter, pickles, tomato paste, jelly/jam, soup broth, syrup, Crystal Light flavor packets, canned chili, microwave popcorn, Jell-O, pudding, taco shells, snack foods, etc.





Madison Jacobsen, vice president of the SHOP and junior in computer engineering, hopes to expand the Mobile SHOP, an outreach event where SHOP volunteers go to different locations to hand out pre-packaged meals and spread awareness of the SHOP's services. One Mobile SHOP event occurred at the Schilleter-University Village (SUV) laundromat.

"College students don't have a lot of time to go out of their way to get food," Jacobsen said. "We make it easy when we can go to them."

The SHOP also hopes to host more donation drives, as they currently get most of their donations from other student clubs and outside donors.

Other than making a difference for their hungry peers, the SHOP is also taking steps to being more sustainable in their everyday operations. They have started using reusable bags (pictured below), and when a canned item is nearing its expiration date, the SHOP is making plans to donate those items to Food at First, an Ames Community food assistance program.



There are plenty of ways to support the SHOP's mission.

Van Wyk said volunteering with the SHOP is a great way to find leadership opportunities and create connections with others who are passionate about food insecurity. Volunteers are only required to work in the SHOP three hours a semester, with the option to attend monthly SHOP meetings.

Jacobsen also said anyone can drop off food items or cash donations to the donation box in the pantry.

The biggest way others can help, Van Wyk and Jacobsen said, is to get the word out about the SHOP

as a resource for students.

"We are students helping our fellow students," Van Wyk said. "For all we know, we're helping the person sitting beside us in class from going hungry."

Even when the SHOP is closed, students can still gain access to the pantry. They must go to the Main Office in the Food Sciences Building, Room 2312, for the key.

"I have a lot of friends who grew up in low-income families, often not having enough to eat," Jacobsen said. "I've seen hunger affect people I love, and I don't want to see others go through it, too."



PHOTOS BY CAITLIN DEAVER



# LEAP DAY

The year 2016 is special, as it offers us 366, not 365, days of the year. The concept of Leap Year was designed by Julius Caesar to help synchronize the calendar year with the solar year. A purely astronomical phenomena, leap year occurs every four years (as long as the year in question is divisible by 400) giving us an extra day in the month of February. How will you spend the gift of an extra 24 hours? Here, we offer some sustainable solutions to make the most of your Leap Day.



## MORNING

Start your day with a hearty and self-sustaining breakfast. Fill yourself with a nutritiously-fueled meal to power you through your extra day. Not sure what to make? Check out our [pinterest](#) page for a variety of healthy recipe options.

## AFTERNOON

Spend the afternoon giving back to your community. Volunteering is a rewarding experience to be had. Investigate your local networks to find the right opportunity for you. [Help feed the community or offer assistance to your neighbors in need.](#) Choose some work that resonates with you and lend your helping hand wherever you are needed.



## EVENING

Enjoy some quality time with your special friends, family and pets. Putting into perspective how we all have our more-than-busy-schedules and hectic routines, sometimes in the hustle and bustle of things one can lose sight of the things that matter most. Treat your dog to an extra walk, enjoy an opportunity to get crafty at [the Workspace](#) or gather together and enjoy an evening of games and movies.



## NIGHT

Before you tuck into bed, pause and reflect upon your day. Meditating and being mindful of one's actions can make way for a variety of healthful benefits such as reduced stress, improved concentration and increased happiness. Set aside a few minutes to sit in silence, light a candle and offer gratitude and appreciation for all the wonderful things in your life.



# NATIONAL CANNED FOOD MONTH

## FOOD BANKS IN AMES

Bethesda Lutheran Church  
Food At First  
Students Helping Our Peers (SHOP)  
Cavalry United Methodist Church  
First Evangelical Free Church  
Grand Avenue Baptist Church  
Good Neighbor Emergency Assistance  
Seventh Day Adventist Church  
The Serving Center  
Mid-Iowa Community Action

## HUNGER & BASIC NEEDS

STATISTICS ABOUT AMERICANS (FEEDING AMERICA 2015 REPORT)



**HAD TO CHOOSE  
BETWEEN FOOD  
AND MEDICAL CARE**



**HAD TO CHOOSE  
BETWEEN FOOD  
AND TRANSPORTATION**

## VOCABULARY

### **hunger**

*the uneasy or painful sensation caused by a recurrent or involuntary lack of food*

### **food insecurity**

*occurs whenever the availability of nutritionally adequate and safe food, or the ability to acquire acceptable foods in socially acceptable ways, is limited or uncertain*

### **quality of life**

*the standard of health, comfort and happiness experienced by a group or individuals*



**HAD TO CHOOSE  
BETWEEN FOOD  
AND EDUCATION**



**HAD TO CHOOSE  
BETWEEN FOOD  
AND UTILITIES**



**HAD TO CHOOSE  
BETWEEN FOOD  
AND HOUSING**

Canned food was originally invented to serve nutritious food that was non-perishable to Napoleon Bonaparte's army in the eighteenth century, as other methods of preserving foods were largely ineffective.

Canned Food Month is celebrated in February due to the lack of fresh fruits and vegetables in the winter months. Canned food is packed at the peak of harvest, meaning it is also packed at its nutrient peak. As foods age, nutrients begin to be lost. However, according to recent studies, the canning process may actually help to enhance the nutrient content of certain foods. Therefore, canned foods maintain nutrient quality, despite long shelf lives, making these foods an effective way to help combat food insecurity.

**Hunger** is not simply a worldwide issue. Each day, **food insecurity** is experienced in every community. It affects local economies and creates instability in education, income and health. If there is a lack of access

to adequate means of nutrition, **quality of life** is significantly diminished. Food insecurity also forces people to give up one basic need for another - they may need to choose between paying their bills for food.

According to an ISU Extension and Outreach report on poverty and hunger in Story County, about 13,630 individuals are food insecure, meaning 15.2 percent of Story County residents are struggling to

have enough food to eat each day.

To combat these numbers, there are several assistance programs, such as the state's Food Assistance Program. There is also a number of local food

banks (see local listing above) needing donations involving canned food. In recognition of Canned Food Month, grab an extra can or two during your next shopping trip and donate them to the SHOP or a local food bank.



## ACCORDING TO THE FOOD BANK OF IOWA:

**1 IN 8**

IOWANS STRUGGLE WITH  
FOOD INSECURITY, AND

**1 IN 5**

IOWA CHILDREN DO NOT  
HAVE ENOUGH TO EAT.



# GREEN IT YOURSELF



## HOMEMADE HERB GARDEN

### SUPPLIES

Watering can  
Mason jars or other glass jars  
Organic potting soil

### INSTRUCTIONS

1. Add soil halfway into the jars and incorporate crushed eggshells into the organic soil mixture.
2. Place herb plants and cover the roots with the remaining soil.
3. Make sure that each jar contains only one herb plant. Do not mix varieties of herbs into a single container.
4. Set the jars in a well-lit and warm area that provides natural sun light for at least six hours a day.
5. Keep soil moist, but do not over-water your new herbs.
6. Watch your herbs flourish over the next few weeks, and then enjoy picking off a leaf or two to add to any meal for a fresh taste.

Herb plants (the best to grow indoors include basil, sage, oregano, thyme, rosemary, chives and parsley)  
Crushed eggshells (1:3 ratio, eggshells to soil)



## SAVORY SOUPS

### SUPPLIES

1 oz dried, 3/4 cups sliced mushrooms  
4 tbsp butter  
6 fresh sage leaves  
1 small yellow onion, chopped  
2 medium leeks, thinly-sliced

### INSTRUCTIONS

1. Place dried mushrooms in a small mixing bowl and cover with two cups boiling water, set aside 20 mins.
2. Heat butter over medium-high heat. As it browns, add sage leaves, mushrooms and a generous pinch of salt and cook for 20 mins.
3. Sauté for one min to evaporate all liquid, add garlic.
4. Stir together, onion, leek and salt. Turn the heat to medium-low and cook, partially covered, for 10 mins.
5. Drain liquid from soaking mushrooms.
6. Add chicken stock and mushrooms, season with salt and pepper. Bring mixture to a boil, reduce to a simmer and cook another 20 mins.
7. Purée the soup in blender and finish with a squeeze of lemon juice before serving this savory treat!

4 garlic cloves, thinly-sliced  
2 cups chicken (or vegetable) stock  
Salt, pepper and lemon juice, to taste  
Covered sauté pan  
Blender



## HEALTHY NOODLE POT JARS

### SUPPLIES

6 tbsp quinoa, cooked  
1 clove garlic, minced  
1 zucchini, grated or spiralized  
3/4 cups tomato sauce

### INSTRUCTIONS

1. Combine all ingredients in a mason jar.
2. Boil the water and remove the basil leaves from the jar.
3. Cool boiled water for a minute before adding to jar, leaving a 1/2 inch gap at the top.
4. Stir, cover and let sit for five minutes.
5. Stir again, tear the basil leaves and add to the jar.
6. Keep refrigerated until ready to enjoy this Italian-style, gluten free noodle pot.

1/4 tsp dried oregano or thyme  
A pinch of chili flakes, salt and pepper  
1 tbsp parmesan cheese, grated  
Mason jar, quart size or higher  
1 handful basil leaves

CHECK OUT



FOR MORE GIY



# RETHINK YOUR VALENTINE'S DAY



When we think of Valentine's Day, we tend to think of those we love and appreciate and the ways in which we could show that appreciation.

Americans spend about \$20 billion each year (about \$130 per person) showing appreciation through buying gifts for Valentine's Day.

Whether you are spending the holiday with your significant other, your friends or your family, there are plenty of ways to show your appreciation without depleting financial resources.

Enjoy your time with the ones you love and share unique experiences that will become positive, lasting memories for years to come with these ideas to get you started.



## Reinvent your date.

Spend some quality time at home with your Valentine(s). Find a favorite recipe, purchase local ingredients and create a delicious meal to enjoy! If cooking is not your strong suit, you can hone your culinary skills and spend time together by trying a cooking class.



## Unplug your day.



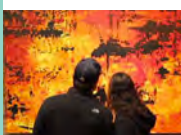
Put down the electronics and give the gift of focused, uninterrupted time. Participate in activities where you are completely focused on that other person, minus the distractions of your electronic devices. Go ice-skating, break out the board games, make some Do-It-Yourself crafts for your home or visit local attractions.

## Share your favorites.

Share some of your favorite things with others to learn more about each other. Share your favorite book or recipe with a loved one, and save them a trip to the bookstore and time in researching new menu items. The possibilities are limitless with this Valentine's Day gift alternative.



## Enrich your creative side.



Expand your cultural horizons this Valentine's Day. Support local artists by visiting art galleries, enjoying local music or visiting a nearby museum, such as those on Iowa State's campus. These options are affordable and help support the community.

## Embrace your town.

Explore your town, investigating its nooks and crannies for new places and spaces as well as revisit your favorite places.



## Donate your time.



Support your community through various acts of volunteering and service with those you appreciate. Make a difference by volunteering your time at local animal shelters, nursing homes, programs assisting children and families, food pantries and for other community causes. You can also schedule a time to donate blood and give the gift of life.

## Spread your smile.

Be the one to put the smile on the faces of those you appreciate by leaving little gifts for them in the shape of a smile. Even if it is just a banana and some apples or oranges, the gesture will be a symbol of your appreciation and wish for that person to have a great day.





# GREEN OPPORTUNITIES

## Make a Sustainable Difference with Green Iowa AmeriCorps

Green Iowa AmeriCorps is recruiting members to kick-off a new program in Storm Lake, as well as fill a number of positions for programs in Des Moines, Cedar Falls and Cedar Rapids.

### Logistics Team Leader

In this position, students will help manage the site office, schedule daily assignments and all weatherizations and blower door tests, as well as create quarterly performance reports. Students will be able to communicate regularly with other office team members, too.

### Energy Audit Team Leader

Train to become an energy auditor (take a certification test upon completion), perform all pre- and post-weatherization blower door tests, take inventory of tools and materials, communicate equipment needs to site supervisors and purchase needed tools and materials. Gain the opportunity to communicate with other sites for bulk material purchase options, attend certification courses together and share techniques and resources.

## Show Appreciation with Hand-crafted Gifts

Show your craftiness by creating a Valentine's Day pottery gift for that special someone on Feb. 5, from 5-8 p.m. in The Workspace. The Workspace's staff will show you the basics of painting your gift and will fire it within a week for you to come pick up. The studio fee is \$4 for ISU students, and \$5 for the public, plus the cost of the bisque you select.



### Education Team Leader

Identify community partners for which to perform educational programs, schedule educational workshops and presentations, develop educational activities, facilitate presentations, work with Outreach and Marketing Coordinators to magnify the impact of AmeriCorps events and keep presentation statistics updated.

### Outreach Coordinator

Identify existing community events and find ways to get involved, plan events for national days of service, maintain correspondence with local organizations, coordinate canvassing and table events for new projects and maintain an outreach log. Gain the ability to share contacts and co-plan events.

### Marketing/PR Coordinator

Develop a marketing scheme and identify target audiences, recruit AmeriCorps members and candidates for audits and weatherization, promote events, distribute press releases and flyers,

maintain social media accounts and website presence, coordinate canvassing and tabling efforts and work with team members on the monthly newsletter.

### Project Development Coordinator

Organize community blitz projects, maintain correspondence with local organizations, identify work opportunities for AmeriCorps members, work to connect Green Iowa AmeriCorps with projects and take the lead on fundraising projects. On-site collaboration includes national days of service planning and multi-site projects.



### Volunteer Coordinator

Organize and identify potential volunteers for AmeriCorps, facilitate volunteer training events, partner with community volunteer organizations and maintain correspondence with local organizations. Site collaboration opportunities include multi-site volunteer opportunities and communication regarding effective volunteer strategies.

## Intern in the Gardens this Summer

Reiman Gardens is offering several internship opportunities for this summer, including work in events, education, entomology, retail management, turfgrass and irrigation maintenance, plant collections and records, garden and landscape maintenance and glasshouse display and greenhouse production. Undergraduate students with an interest in public gardens or non-profit organizations is encouraged to apply on-line by Sunday, Feb. 14. Contact Aaron Steil with any questions.



## Lend a Hand on an Organic Farm



Wabi Sabi Farm, a USDA-certified organic farm in Granger, Iowa, is looking for seasonal farm help this summer to assist with CSAs (Community Supported Agriculture) and farmers' market, as well as general farm duties. Farm crew members learn the diverse operations of an organic farm by assisting with day-to-day activities at the farm, including: planting and harvesting crops and irrigation. Send a resume and cover letter to Ben Saunders to apply for this paid position.



# FEBRUARY

06

## ORCHID FEST

View exotic orchids that will be on display and available for purchase. The Central Iowa Orchid Society will also hold a Q&A about proper orchid care.

Reiman Gardens, 9 AM-4:30 PM

Continues on the 7th.

08

## LUNCH & LEARN: FINANCIAL WELLNESS

Join Brian Hood of Legacy Financial Group to learn about risk and choosing investments wisely with "Investing 101."

Pioneer Room, MU, noon-1 PM

## "MY HOLOCAUST STORY" LECTURE

Join Marion Blumenthal Lazan, Holocaust survivor, as she shares her inspirational story of her family's life in Germany, their imprisonment in concentration camps and life after their liberation in 1945.

Great Hall, MU, 7 PM

09

## VERITAS FORUM: MERCY AND INJUSTICE IN AMERICAN PRISONS

Join Alex Tuckness, co-author of "The Decline of Mercy in Public Life," to examine why mercy is rarely used as a justification for decisions in today's law and public policy.

Sun Room, MU, 6 PM

10

## POP-UP VALENTINE'S DAY ART SALE

Support local artists and give an original gift of art to your Valentine. Continues through Feb. 12.

Outside MU bookstore, 11 AM-2 PM

## FUTURE OF HEALTHY FAMILIES

Join Ronald Dahl, director of the Institute of Human Development at the University of California, Berkeley, to discuss how family is defined and how families can become healthier in the future.

2019 Morrill Hall, 4-5 PM

16

## LUNCH & LEARN: FINANCIAL WELLNESS

Join Brian Hood of Legacy Financial Group to learn about incorporating social security benefits into your retirement strategy.

Pioneer Room, MU, noon-1 PM

## PLANT PROTECTION PROGRAM

Learn to detect and diagnose "high-consequence" pests and pathogens like the emerald ash borer.

Reiman Gardens, 6-9 PM

24

## "ANDREA'S VOICE, SILENCED BY BULIMIA"

Learn about one family's harrowing experience with eating disorders. Lecture as part of Eating Disorder and Body Image Awareness Week.

Great Hall, MU, 7 PM

29

## 2016 SYMPOSIUM ON SUSTAINAPALOOZA

Join the Live Green! Initiative for the 2016 Symposium on Sustainability, a celebration of all the sustainable commitments, actions and initiatives within the ISU and Ames communities.

Great Hall, MU, see page 4 for times/events

## COMING UP FOR

# MARCH 2016

01

## SUSTAINAPALOOZA

Learn and practice sustainable living skills with different Green-It-Yourself centers. Part of the 2016 Symposium on Sustainability.

Great Hall, MU, 5-8 PM

02

## SPRING PRUNING WORKSHOP

Join Reiman Gardens for an informative and hands-on workshop designed to familiarize participants with the W's of spring pruning. Dress to work outdoors and bring a pair of gardening gloves.

Reiman Gardens, 1-3 PM

03

## INTRO TO PLANT PROPAGATION

Learn how to save money by growing your own plants from cuttings and seeds, and take home some plants to start your garden!

Reiman Gardens, 6-9 PM

For sustainable events or highlight your events, contact the newsletter team!

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

Steve Kohtz | Sustainability Coordinator | [sakohtz@iastate.edu](mailto:sakohtz@iastate.edu)

Sindhuja Ram | Marketing & Communications Intern | [sram@iastate.edu](mailto:sram@iastate.edu)

# Happy 5th Birthday to the SHOP!

**THE SHOP**  
STUDENTS HELPING OUR PEERS

**CELEBRATE FIVE YEARS OF FREE FOOD FOR STUDENTS  
AND FACULTY WITH THE SHOP FOOD PANTRY FEB. 15-18!**

• • • • • **MONDAY, FEB. 15** • • • • •

**FREEBIES NEAR CURTISS HALL**

• • • **TUESDAY-WEDNESDAY, FEB. 16-17** • • •

**VISIT THE SHOP IN THE MU**

• • • • • **THURSDAY, FEB. 18** • • • • •

**FOOD DRIVE FINALE**

**RECEIVE A FREE  
SHOP T-SHIRT WHEN  
YOU DONATE TWO  
CANNED FOOD ITEMS**



**WHERE: THE SHOP, IN  
2616 FOOD SCIENCES  
BUILDING.**

**WHEN: 3-6 PM**

**EARN A FREE, REUSABLE BAG BY LIKING OUR  
FACEBOOK PAGE OR FOLLOWING US ON TWITTER!**

# LIVE GREEN! MONTHLY

**"In fact, everyone should take time out once in a while to recharge and revitalize their energy. The key is to have a balanced life."**

**-- Michael Lee**

**NUTRITION MONTH:  
GREENING YOURSELF  
INSIDE AND OUT**

---

**CARBON FOOTPRINT:  
OFFSETTING YOUR  
SPRING BREAK**

---

**STUDENT SPOTLIGHT:  
SHARING INSIGHTS  
ON HEALTH**

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# WHAT'S INSIDE

**LIVE  
GREEN!**

IOWA STATE  
UNIVERSITY

04

## Symposium on Sustainability

Snapshots of the memorable moments of Feb. 29-March 1.

06

## Living Green, Inside and Out

Discovering wellness resources to connect mind and body.

09

## World Water Day

Addressing the consequences of our water usage habits.

10

## Living Cardinal, Gold and Green

Sharing students' stories about health and well-being.

12

## GIY (Green It Yourself)

Using paper, metal and plastic sustainably for National Craft Month.

13

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Exploring options to offset Spring Break getaways.

14

## Earth Hour

Taking 60 minutes out of the day to help our planet.

15

## Green Opportunities

Events and opportunities to inspire green connections.

16

## March Calendar

Locations, dates and times for sustainable connections.



Underlined text throughout this publication is hotlinked to offer additional information.



April is Earth Month and it's just around the corner!

Are you a part of or do you know of a club or organization that is hosting an event or activity in honor of Earth Month? If so, we would like to include it on our special edition Live Green! Earth Month Calendar, featured on the [Live Green! website](#), April 1.

Send event details to [livegreen@iastate.edu](mailto:livegreen@iastate.edu).

## Sustainable Connections!



The Live Green! newsletter is a monthly publication from the Office of Sustainability at Iowa State University.

Live Green! is Iowa State University's campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our campus, our operations and initiatives environmentally, economically and socially sustainable.

Please contact us to highlight your sustainability efforts and accomplishments: [livegreen@iastate.edu](mailto:livegreen@iastate.edu).



# DIRECTOR'S MESSAGE

We hear the word balance referred to fairly often. Understandably so, there is a need for balance every day and by everyone.

More frequently, however, balance is not thought of in the traditional sense of staying upright while walking or keeping loads from toppling during transport. Rather it is noted in the context of balancing tasks or schedules and accomplishing and handling everything, in hopes to avoid the tipping point when life begins to feel like a domino effect.

While the intent is always to stay evenly balanced, in our everyday life, the reality is that balance is often a delicate and finely-maneuvered dance of shifting focus and effort. We place so much effort in one direction that balance is only achieved through precise skill in teetering and sheer adrenaline that keeps you on course until you finally exhale. To offer a mental metaphor; remember walking and hitting a patch of ice, and performing a dance to stay upright? Yeah – kind of like that.

This issue of Live Green! Monthly focuses on the balance of life and living. It's not an issue chock-full of time saving tips on how to just pack more into life. Rather, it includes reminders to exhale, step back, do a full system check, complete the necessary tweaks (subtractions and additions), and then carry on. We do this continually for our projects, our research and all of the operational systems we depend upon. This month, we are reminding you to do the same for yourself, your most vital project (you) and the systems (physical, emotional and mental) that keep you in balance.

A sustainable future requires sustainability in individuals. As we sustain ourselves, we can fully and effectively engage in the journey to sustain our communities and collectively our world. It begins with each of us taking time and giving focus and priority to balance.

Seize (and embrace)  
your balance!

Yours in green-ness,



Merry Rankin



TEAM PICTURES BY GRACE JIEUN LEE

MERRY RANKIN has served Iowa State University as Director of Sustainability for seven years. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads and facilitates teams of students, faculty and staff in creating and enhancing programs, events and communication to help educate, engage, and empower our community to live toward a more sustainable future.

## LIVE GREEN! LEADERSHIP TEAM, SPRING 2016



MERRY RANKIN, SINDHUJA RAM, KATHRYN LEIDAHL, LAURELIN HAAS, CAITLIN DEAVER, MADISUN VANGUNDY, GRACE JIEUN LEE, ANDREW LOIACONO, MICHAEL GUBBELS, and STEVE KOHTZ



On February 29 and March 1, 2016, ISU students and faculty members, as well as Ames community members, filled the Memorial Union to attend the 2016 Symposium on Sustainability and Sustainapalooza. This annual event is a celebration of how the City of Ames, Iowa State University students, faculty and staff are all working together toward a more sustainable future.

## SUSTAINABILITY POSTER SESSION



The commitment to all facets through sustainability (environmental, financial and social) of student and campus organizations and community initiatives was showcased at the two-day Sustainability Poster Session.

PHOTOS BY GRACE JIEUN LEE

## KEYNOTE SPEAKER: "CLIMATE CHANGE IN THE LONG EMERGENCY"



Dr. David W. Orr, professor of environmental studies and counselor to the President at Oberlin College, spoke to Symposium attendees about climate change as a long emergency, offering the opportunity to unite, rather than divide. He also highlighted The Oberlin Project, a joint effort of the City of Oberlin, Ohio, Oberlin College and community partners, which is aimed at increasing energy efficiency and sustainable use of local resources, revitalizing the local economy and creating one of the first climate-positive cities in America.

OBERLIN PROJECT PROMO PHOTO  
PHOTOS BY LAURELIN HAAS and MADISUN VANGUNDY

## SUSTAINABILITY EXCELLENCE AWARD



Angadbir Singh Sabherwal, senior in mechanical engineering, was honored with a Live Green! Award for Excellence in Sustainability for his efforts in his proactive involvement in environmental awareness and conservation campaigns, volunteering activities, and educating communities at Iowa State University and around the world.

PHOTOS BY GRACE JIEUN LEE



# ONE WORLD, GREEN WORLD:

EMBRACING OUR COLLECTIVE CONNECTIONS TOWARD A LEGACY OF SUSTAINABILITY

## SUSTAINAPOOLZA



Sustainapalooza attendees visited Green-It-Yourself (GIY) Centers to swap their clothes for a new look, make healthy breakfasts, learn how to mend and renew clothes and create green cleaning products from scratch. Attendees also collected sustainably minded green giveaways, enjoyed locally resourced refreshments, offered their sustainable pledges, viewed student-made green art, walked the Green Carpet, as well as took photos on the Green "Cy-lebrity" Wall.

PHOTOS BY LAURELIN HAAS, ANDREW LOIACONO, MADISUN VANGUNDY, and GRACE JIEUN LEE (above and below)

## DOCUMENTARY SHOWING



Attendees watched "Racing Extinction," a documentary about artists and activists shedding light on the hidden world threatening extinction across the globe. Following the documentary, a discussion was led by members of The Green Umbrella student organization.

RACING EXTINCTION PROMO PHOTOS

# LIVING GREEN, INSIDE AND OUT!

## SAVOR THE FLAVOR OF EATING RIGHT

### NATIONAL NUTRITION MONTH® 2016

**N**ational Nutrition Month ® (often abbreviated NNM) is an annual educational nutrition campaign created by the Academy of Nutrition and Dietetics.

Directly from the Academy, "The theme for 2016 is "Savor the Flavor of Eating Right," which encourages everyone to take time to enjoy food traditions and appreciate the pleasures, great flavors and social experiences food can add to our lives.

How, when, why and where we eat is just as important as what we eat. Develop a mindful

eating pattern that includes nutritious and flavorful foods — that's the best way to savor the flavor of eating right!

To celebrate NNM, ISU Dining is hosting a two-part intuitive eating workshop with Alison St. Germain, certified intuitive eating counselor, MS, RD and LD. She is also an instructor and clinician with the ISU dietetic internship.

Intuitive eating is nutrition philosophy that emphasizes the importance of a healthy relationship with food. By paying attention to your own hunger and fullness signals, you can enjoy food without the guilt that so often accompanies the latest fad diet. See the next page for a few intuitive eating tips.

Additional programs that empower and educate students on healthy habits include Net Nutrition (an up-to-date nutrition reference for all food served on campus), a nutrition Tumblr blog and Twitter account, digital and print educational nutrition signage, a special diet kitchen for students with specific dietary needs and nutrition education events throughout the school year.



Join us in celebrating National Nutrition Month!

- Lisa Nolting, ISU Dining Registered Dietitian  
Live Green! Monthly Guest Contributing Author

#### References:

<http://www.eatright.org/resource/food/resources/national-nutrition-month/national-nutrition-month>

Tribole, E. and Resch, E. Intuitive eating: a revolutionary program that works. St. Martin's Press: New York, NY, 2012.



PHOTO COURTESY OF LISA NOLTING



## INTUITIVE EATING TIPS

- **Enjoy your food!** Put down your cell phone, turn off the TV and focus on your food. How does it smell and taste? What does the texture feel like? Is the food hot or cold? Salty or sweet? Focus on each bite to truly experience what you're eating.
- **Honor your hunger!** Don't wait until you're ravenous to eat. Keep your body fueled properly to prevent overeating.
- **Challenge the food police!** There are no "good" or "bad" foods, so don't let yourself fall into the trap of labeling food, or how you ate during the day as "good" or "bad." How you eat during your lifespan is what matters – not one particular food, meal or week.



# SAVOR THE FLAVOR OF EATING RIGHT

NATIONAL NUTRITION MONTH® 2016

**eat right.** Academy of Nutrition  
and Dietetics  
[www.eatright.org](http://www.eatright.org)

## EAT RIGHT HEALTH TIPS

Dedicate yourself to a healthy lifestyle with these following tips from the Academy of Nutrition and Dietetics.

- **Be active!** Regular physical activity has numerous health benefits. You don't have to always use the gym. Take a walk outside or play a game of catch with your friends and family.
- **Fix healthy snacks.** Sustain your energy levels between meals and integrate in a nutritious snack.
- **Consult an RDN.** Get your questions answered by an expert! Registered dietitian nutritionists can help provide you with sound, easy-to-follow and personalized nutritional advice.
- **Explore new foods and flavors!** Expand upon your range of food choices for an exciting way to add in new and improved nutritious eating options.



# LIVING GREEN, INSIDE AND OUT!

**N**utrition, fitness and sustainability go hand-in-hand when thinking about adopting a balanced and healthy lifestyle.

One easy way for students to get in-the-know about these topics is with Smart Eats!, a partnership program between ISU Fitness and Wellness and ISU Dining with the goal of providing students with the necessary resources for healthy eating.

Overseeing and supervising the various well-being and health programs at ISU Recreation Services is Nora Hudson, assistant director of fitness and wellness.

**"Just as exercise is cumulative, nutrition is cumulative, as well."**

As part of her comprehensive philosophy to fitness and wellness, Hudson had a vision to "build the skills of students to help educate in terms of fitness and wellness." Smart Eats! is the cumulation of this idea by becoming a program that integrates educational and interactive experiences of well-being.

Participants in the Smart Eats! program will be able to: 1. identify healthy food groups to improve or maintain a healthy body



composition, 2. demonstrate basic skills to identify and create healthy eating plans and 3. will be able to demonstrate new healthy habits that increase positive nutritional choices for enhanced health benefits.

Mindset being a concern, Hudson advises shifting in the way we think and use "self-awareness tools" to enhance our lifestyles.

"We are moving toward empowering students to make educated choices that have positive impact on their physiological effects in the longterm. Just as exercise is cumulative, nutrition is cumulative," Hudson said.

Smart Eats! is comprised of students studying areas focused in diet and nutrition. Also, many members of the team practice personal training, as 85 percent of people who seek training, Hudson said, are looking to lose weight.

Located within State Gym's fitness and wellness suite, Smart Eats! is a starting point for those seeking help with nutrition and wellness.

**Smart EATS!**



PHOTOS BY SINDHUJA RAM

## GETTING STARTED WITH SMART EATS!

1. Fill out a request form at [www.recservices.iastate.edu](http://www.recservices.iastate.edu).
2. Receive (and complete) a pre-survey from a Smart Eats! staff member.
3. Go to a Smart Eats! group orientation or a 30-minute Smart Eats! one-on-one session and get started toward a healthier you!

# WORLD WATER DAY

World Water Day, a day of focusing attention on the importance of advocating for the sustainable management of freshwater, is held annually on March 22, as designated by the United Nations in 1993. The need to conserve is an ever-growing issue. There are easy ways to cut down our individual water use and make a sustainable difference. Statistics sourced from [water.org](http://water.org)



## PRE-COOL H<sub>2</sub>O

Save water by chilling it in the fridge rather than waiting for the faucet run cold.

## CHOOSE TO SHOWER

Taking a full bath requires 36 gallons of water, an eight minute shower uses 17 gallons of water.

## SHORTEN SHOWERS

Reducing by two minutes can save up to 700 gallons of water each month.

## USE A FULL DISHWASHER

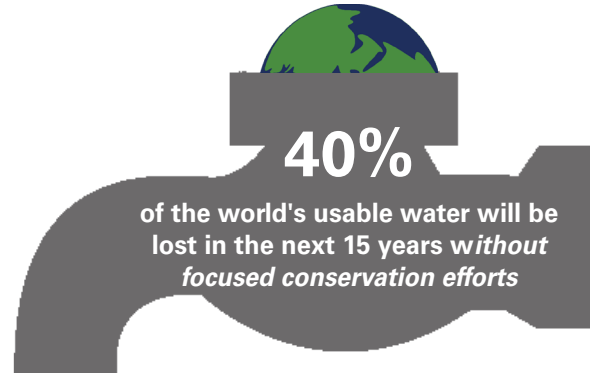
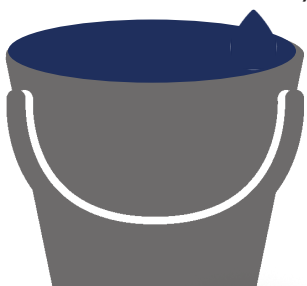
Washing dishes by hand uses 20 gallons of water, when a full dishwasher uses 9-12 gallons.

## TURN OFF THE FAUCET

Leaving water running each time you brush your teeth uses about five gallons of water.

## LOOK FOR LEAKS

One trillion gallons of water are lost annually by leaks.



**750** million  
people lack  
access to safe  
water

**1** child  
dies from a  
water-related  
illness each  
day

**1/3**  
of schools  
lack access to  
safe water and  
sanitation

**2,300** people  
die from a water-  
related illness  
each day

**140** million  
hours spent  
collecting  
fresh water  
each day

**82%**  
of people  
without access  
live in rural  
areas



# STUDENTS LIVING THE **CARDINAL, GOLD** and **GREEN**

Raising awareness of both mental and physical well-being, a vital component of ensuring and nurturing social sustainability, is the focus of a new, student-run health magazine called Happy Strong Healthy (HSH).

Kaili Meyer, junior in journalism and editor-in-chief of HSH, said being happy, strong and healthy means striving to achieve health in all areas of life on a daily basis, while maintaining balance and enjoying every day -- both the good and the bad parts.

Having struggled with an eating disorder throughout high school, Meyer, wanted

to create a magazine that could encourage and motivate students to live safer and healthier lifestyles, knowing she was not the only person who

could be struggling with the concept of what it means to be healthy.

"I wanted to start HSH because I saw a need in our ISU community for an outlet regarding all things health," Meyer said. "It was important to me to make health more 'full-circle,' encompassing nutrition, fitness and both mental and emotional well-being."

One of the biggest goals HSH strives to meet is combating the stigma behind mental illness.

"I think HSH will impact students to view health differently," Meyer said. "Instead of just thinking 'fitness,' I think it will help them to think 'balance.' Ultimately, I hope students learn how to better encompass emotional and mental health into their routines."

# HSH

*happy.strong.healthy*



PHOTO COURTESY OF KAILI MEYER

The first issue of HSH was released in Fall 2015. Meyer said she and her staff were thrilled with and proud of the outcome, as "a lot of talented students came together and created something beautiful and encouraging for the whole campus to enjoy."

**"One in four students have dealt with a diagnosable mental illness while in college."**

ACCORDING TO THE CDC

The publication includes students' stories about their struggles and successes with personal health, as well as providing recipes, campus resources regarding health, how-to guides about exercise and budgeting and more.

Much of the magazine's content is based on combining focus on both mental and physical health toward maximizing well-being.

**"Only 25 percent of people with a mental illness feel the general public are understanding of their illness."**

ACCORDING TO THE CDC

"You can look at someone's body and notice that they are toned, in shape or whatever else you want to call it, but what you can't

see is what's going on in their mind," Meyer said. "Are they positive toward themselves? Do they have body-image issues? Are they suffering from depression? You can't know."

HSH has had an impact on readers. After Lani Tons, featured on HSH's cover, shared her story of anorexia and how she has worked to overcome it, a lot of women reached out to her, to reflect on and share their own stories of success and struggle.

Some of those women even felt compelled to seek help for their eating disorders because they were so moved by Tons' story, which may have never been able to be put into words without HSH.

"I think having a strong, supportive community is extremely important, especially while in college," Meyer said.



PHOTO BY CAITLIN DEAVER

"Knowing you are surrounded by people who genuinely care about your health and well-being can encourage you to stay on the right track, get help or simply keep moving. I want HSH to do that for people and to always be that support system."





# GREEN IT YOURSELF

AN ORGANIZED LIFE CREATES A BALANCED LIFE



## RECYCLED MAGAZINE BASKETS

### SUPPLIES

- Unused magazine(s)
- Scissors
- Glue, stapler or double-sided tape

### INSTRUCTIONS

1. Open a magazine, lay it flat and cut through the middle to release pages from binding.
2. Cut each individual page in half (vertically). Use 20 pages to create 40 strips.
3. Fold each strip in half (vertically), repeating three times, so that each strip is folded into eighths (vertically).
4. Weave strips together, starting with a center point and weaving in strips on both sides to create the bottom of your basket. Use more or less strips depending upon the desired size for your basket. Secure with staples, glue or double stick tape.
5. Fold the ends of strips forming the bottom, upward at a 90 degree angle to create the sides of your basket.
6. Weave in additional strips (horizontally) to fill in the sides of your basket. When you reach the desired height for your basket, fold the remaining ends of the vertical strips (folded at a 90 degree angle) inward toward the inside of your basket and secure with staples, glue or double stick tape.
7. Start filling your basket and organizing your space!



## MILK JUG ORGANIZER

### SUPPLIES

- 1-gallon plastic jug (clean, dry, no label)
- Low-VOC spray paint
- X-acto knife
- Foam Board
- Washi Tape
- Ruler

### INSTRUCTIONS

1. Spray paint the outside of plastic jug with 2-3 light coats and let dry.
2. Using an X-acto knife, cut off the top portion of the jug, leaving the handle intact and attached to the bottom and side of the jug.
3. Cut off the remaining two sides (those not attached to the handle) so that they stand five inches high. Recycle any portions you cut off and cover the jagged edge of your organizer with Washi tape.
4. Cut a 5.5-inch square of foam board. Cut the square in half to get two rectangles.
5. On each rectangle, mark the midpoint of the long edge and cut a notch, 1 3/4-inch long and 1/4-inch deep.
6. Place one rectangle into jug so that it extends from the corner under the handle to the opposite corner, with the notch facing upward.
7. Fit the second rectangle into the first, notch down, interlocking the pieces and forming a four section divider.
8. Fill with supplies and enjoy finding items quickly and easily!



## UPCYCLED TIN CAN VASES

### SUPPLIES

- Empty tin can(s) (any size)
- Low-VOC spray paint
- Low-VOC acrylic paint
- Small paintbrush
- Flowers
- Twine

### INSTRUCTIONS

1. Remove paper or plastic labels and/or wrapping, as well as the metal lid from one end. Clean and dry the inside and outside of can.
2. Apply two light coats of spray paint to each tin can and let dry.
3. Adorn with acrylic paint to create small dots or other preferred designs and add twine tied into a bow, if desired.
4. Add flowers (from your garden, farmer's market or favorite florist) and some water to keep flowers fresh.
5. Enjoy the extra beauty and color you are adding to your newly-organized space!

### CHECK OUT





# CARBON FOOTPRINT

Spring break is finally here! Taking a break and finding balance in another space and place can also mean leaving a trail of carbon footprints along the way. Each year, the average American leaves a carbon footprint of about 44,982 pounds. This spring break, balance your environmental impact, as well as your body and mind, with these carbon offsetting activities. Not sure how much to offset? Calculate your personal carbon footprint and start planning your balancing strategy.

## SPRING BREAK ACTIVITIES

### Traveling via airplane:

*A round-trip flight from Des Moines to southern Florida creates 852 pounds of carbon dioxide.*

### Spending time on a boat:

*Using just one gallon of gas on a boat creates 20 pounds of carbon dioxide.*

### Hailing a taxi:

*Traveling just 25 miles in a taxi can create 13 pounds of carbon dioxide.*

### Booking a hotel:

*The hotel sector accounts for about one percent of global carbon emissions.*

### Taking a dip in the pool:

*Running a typical resort-size swimming pool emits about 44 pounds of carbon dioxide each day.*

### Hitting the gym:

*Taking a 45-minute jog on a treadmill in the hotel gym has a carbon footprint of about two pounds.*

### Jet Skiing for an afternoon:

*Spending three hours on a Jet Ski emits about 730 pounds of carbon dioxide.*

## OFFSETTING ACTIVITIES

### Stay close to home:

*By not traveling for a year, it is possible to save 2,200 pounds of carbon dioxide.*

### Monitor water consumption:

*Reduce your 10-minute shower by two minutes and save up to 15.3 pounds of carbon each month.*

### Go biking:

*Switching from a car ride to a bike ride can save three pounds of carbon (varies with distance).*

### Change out light bulbs:

*Making the switch to more-energy efficient light bulbs (like LEDs) saves 92 pounds of carbon a year.*

### Turn down the heat:

*By turning the thermostat down by one degree, you can save about six pounds of carbon each month.*

### Recycle more:

*Recycling 14 glass bottles saves two pounds of carbon, and recycling a newspaper saves eight.*

### Plant something:

*Planting a tree in your neighborhood can absorb as much as 48 pounds of carbon dioxide each year.*

## STILL PLANNING YOUR SPRING BREAK GETAWAY?

*Check out these carbon-minimizing vacation ideas!*

### ECO-FRIENDLY HOTELS



### STAYCATIONS



### GREEN TRANSPORT



### LOCAL ENTERTAINMENT



# EARTH HOUR

GO DARK:  
**EARTH  
HOUR** IS  
MARCH 19  
AT 8:30 PM



Did you know that electricity production is the leading cause of industrial air pollution in the United States? Forty percent of the nation's carbon emissions that contribute to global climate change is derived from the demand for electricity.

Celebrate worldwide commitment to sustainability as the world joins together for the tenth anniversary of Earth Hour, 8:30 p.m., on March 19. This annual event organized by the World Wide Fund for Nature (WWF) challenges individuals, communities, households and businesses to drop off the grid for one hour as a symbol for their commitment to the planet.

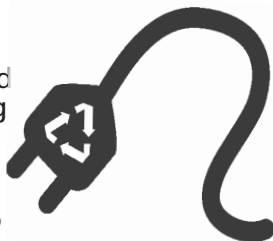
In celebration of Earth Hour, use your power to change the course of climate change.

## UNPLUG

Reduce your energy demand by making it a habit to unplug electronics when not in use.

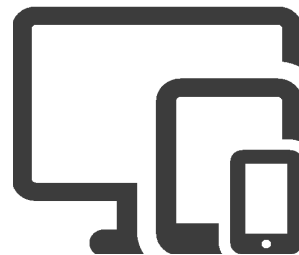
Unplug chargers and power off computers when not in use to eliminate your carbon footprint.

The simple act of unplugging is environmentally and financially sustainable. Eight billion dollars are lost annually due to electronics remaining plugged in and demanding energy.



## SHUT DOWN

By shutting your computer down and powering it back up, you do not waste additional energy as once believed. Energy used to shut down and start your computer actually is more than offset by the energy saved when your computer is shut down.



It's one of the easiest things you can do to save energy. It only takes a few seconds each day. The power required to run all one billion of the world's PCs for just one night is enough to power the Empire State Building inside and out for 30 years.

Make a sustainable difference by powering down your electronics nightly and when away from home.

## TURN OFF

The U.S. Energy Information Administration (EIA) estimates that in 2014, about 412 billion kilowatt hours (kWh) of electricity were used for lighting by the residential sector and the commercial sector in the United States, about 11 percent of total U.S. electricity consumption.



Residential lighting consumption accounts for about 150 billion kWh, or 14 percent of total residential electricity consumption.

The average U.S. home has at least 20 light bulbs. Choosing incandescent lighting costs ~\$.08/hr. per bulb or \$18/mo. based on eight hours of illumination per day. By comparison, choosing an energy efficient light bulb costs ~\$.01/hr. per bulb or \$2.24/mo. Purchase wisely and illuminate with purpose.

## RECYCLEMANIA



Our commitment to the planet continues throughout the month at ISU with Recyclemania, an eight-week, international recycling competition for colleges and universities. At Iowa State University, every residence hall on campus is highest per person recycling category. ISU's event is hosted by The GreenHouse Group (GHG) student organization, which focuses on sustainability opportunities for campus-housed residents through targeted efforts related to waste diversion, water conservation and energy efficiency. To learn more and connect with GHG, attend one of their meetings on Tuesdays at 7 p.m. in Curtiss 208, or follow them on Facebook and Twitter.



# GREEN OPPORTUNITIES

## FIGHTING WASTE, FEEDING PEOPLE



Lend a helping hand collecting food for the Food Recovery Network. This ISU chapter focuses on reducing the amount of food waste on college campuses by collecting and distributing goods to the local food pantry, Food at First. Volunteers are needed every Friday from 3-4:30 p.m. Contact Autumn Rudlong, [arudlong@iastate.edu](mailto:arudlong@iastate.edu), for more information.

## WORKING THE MONTANA LANDS

Hone your farming skills in Big Sky Country as a Farm Link Montana intern. Take this opportunity to work with mentors in the fields of farming and ranching. Apply by contacting Annie Heuscher, [annie.heuscher@gmail.com](mailto:annie.heuscher@gmail.com).



## COORDINATING LOCAL FOOD SUPPORT

Help create and maintain a regional identity that promotes the local food systems in Boone and Story Counties by becoming a local food coordinator for the joint efforts of Story County-ISU Extension and Outreach and Prairie Rivers of Iowa. To apply, send a cover letter, resume and three references to Alison Boelman, [aboelman@iastate.edu](mailto:aboelman@iastate.edu).



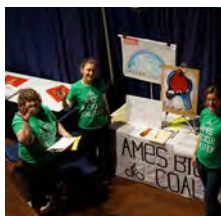
## LEADING IN SUSTAINABILITY



Optimize opportunities to create and execute campus-wide sustainability initiatives as a student leader. Attend a two-day workshop, April 8-9, at the Sustainability Leadership Institute to learn the optimal ways for creating and executing campus-wide sustainability initiatives. The event's keynote speaker is climate leader and global adventurer Eric Larsen. Contact Emily Neal, [nealem01@luther.edu](mailto:nealem01@luther.edu), to register by March 15.

## DISCOVERING THE ECO FAIR

Learn about conservation, electrical efficiency, low impact landscaping and other community sustainability efforts and opportunities at the City of Ames 2016 Eco Fair. This annual event will be held from 10 a.m. to 2 p.m. on April 2 at the Ames Community Center Gymnasium.



## RESEARCHING IN THE SUMMER

ISU Research and Demonstration Farms is accepting applications for the summer intern at the Muscatine Island Research Farm. Activities will include planting, weeding, harvesting and other tasks with a variety of crops. Contact Brandyn Chapman, [bchapman@iastate.edu](mailto:bchapman@iastate.edu), for more information.



## EMPOWERING ENTREPRENEURSHIP

Sharpen your leadership skills this summer as a volunteer field representative at Saha Global. A three-week Global Leadership Program helps women in the rural communities of Ghana, West Africa launch profitable social enterprises in the areas of clean water and electricity. Apply by April 13 for the program, which starts in June. For more information, contact Kate Cincotta at [kate@sahaleadership.org](mailto:kate@sahaleadership.org).



## PROMOTING NUTRITION

Help coordinate dietetic needs to children at the Boys and Girls Club by planning, developing and coordinating comprehensive nutrition and meal services. Work under the supervision of the director of operations and gain experience in problem solving. For more information, contact Johnny Willis at [jwillis@bgcstorycounty.org](mailto:jwillis@bgcstorycounty.org).



## INTERNING FOR FAIR FOOD NATION

Ever thought about living and working in the community to help promote food sustainability? Apply to be a summer intern with the Alliance for Fair Food and help coordinate their national Campaign for Fair Food. If interested, email Claire Comiskey at [organize@allianceforfairfood.org](mailto:organize@allianceforfairfood.org), or call at 239-313-1081 before the April 6 application deadline.



## INTEGRATING ART AND AG

Love agriculture and the arts? Local Wonders is awarding grants (\$250- \$500) for exploring projects focused on integrated agriculture and the arts. Submit your grant proposal by April 1 to the AgArts President Adam Wright, [abwright@iastate.edu](mailto:abwright@iastate.edu).



# MARCH

10

## PLANT PROPAGATION FOR KIDS

Sprout your child's inner budding horticulturist with this fun class that teaches them how to grow their own plants.

Reiman Gardens, 6-7 PM

21

## DIVERSITY AND EVOLUTION OF LANGUAGE

Join linguist Asya Pereltsvaig to learn how world languages evolve, their common differences and what they tell us about our human past.

Sun Room, MU, 8 PM

23

## IOWA'S WATER STORY

Join in celebration of the 10th Annual Iowa Water Conference in a performance and discussion about "Body of Water"

Stephens Auditorium, 7 PM

24

## IMPORTANCE OF DIGITAL HUMANITY

Expand upon the importance of digital humanity and how you, as a humanist, can put it to use with this workshop.

Parks Library, 3-4:30 PM

25

## GEOLOGICAL AND ATMOSPHERIC SCIENCES

Join Dr. Brian Huber, from the Smithsonian Museum of Natural History, for his lecture on fossil and chemical evidence and predictions for the future.

0102 Science I Building, 4:10-5:15 PM

## BRUNNIER IN BLOOM

Stop and smell the roses at the opening night of University Museum's annual showcase of floral designs.

Brunnier Art Museum, Iowa State Center, 6-8 PM

26

## SPRING EGG HUNT

Go on an egg hunt, enjoy the gardens and have fun at craft and activity stations for children.

Reiman Gardens, 9-10 AM

For sustainable events or highlight your events, contact the newsletter team!

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

Steve Kohtz | Sustainability Coordinator | [sakohtz@iastate.edu](mailto:sakohtz@iastate.edu)

Sindhuj Ram | Marketing & Communications Intern | [sram@iastate.edu](mailto:sram@iastate.edu)

## GEOCACHE EGG HUNT

Join Jess Lancial, naturalist, to learn how to use a GPS, and then go search the woods for the Conservation Bunny's nests of hidden treasures. Register by 4 p.m. on March 21.

Conservation Center, McFarland Park, 9:30-11:30 AM

29

## EXPLORING AG THROUGH PERFORMANCE

Join Cherie Sampson, visual artist and dancer, and her discussion of her current project, "Hands to Earth," an exploration of Midwestern, small-scale agriculture through filmed dance performances in fields and orchards.

Sun Room, MU, 7 PM

## COMING UP FOR

## APRIL 2016

01

## GLOBAL GALA

Honor all the many cultural organizations represented at ISU by experiencing the customs and traditions of our diverse population in Ames through performance, costume and food.

Great Hall and South Ballroom, MU, 6 PM

04

## CLIMATE CHANGE AND URBANIZATION

Join Albert Pope, professor of architecture at Rice university, to learn about the topic of "What is Urban?" and the urban implications of climate change.

Benton Auditorium, Scheman Building, 5 PM

05

## IOWA FARMERS ON SUSTAINABILITY

Listen to a panel discussion with three Iowa farmers on their practical solutions and personal experiences with conversation and sustainable agriculture practices.

Sun Room, MU, 7 PM

06

## BEAL LECTURE IN RURAL SOCIOLOGY

Join Linda Labao, professor from Ohio State, for her speech on how changes in industry, agriculture and government have an impact on communities.

Dolezal Auditorium, 127 Curtiss Hall, 7 PM





# LIVE GREEN! MONTHLY

*"You cannot get through a single day without having an impact on the world.... you have to decide what kind of difference you want to make."*

**- Jane Goodall**



**EARTH MONTH:  
UNITING TO HELP  
SUSTAIN OUR PLANET**

**GREEN MOVE OUT:  
MAKING SUSTAINABLE  
CHOICES FOR SUMMER**

**STUDENT SPOTLIGHT:  
GETTING GREEN WITH  
THE UMBRELLA TEAM**



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**LIVE  
GREEN!**

IOWA STATE  
UNIVERSITY

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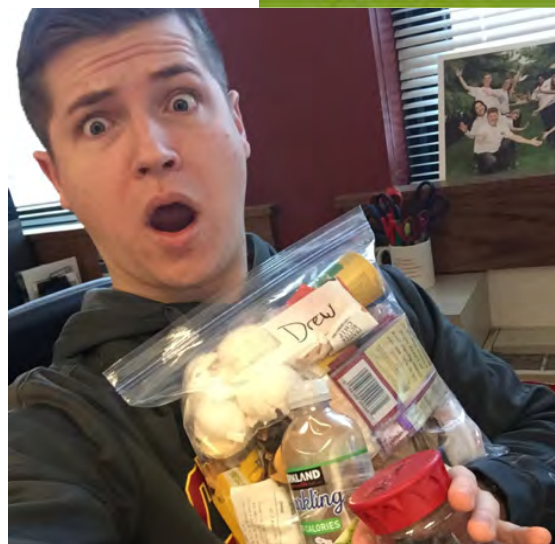
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## April Calendar

Locations, dates and times for sustainable connections.



Underlined text throughout this publication is hotlinked to offer additional information.



Woah! Did you know the average person produces 4.3 pounds of waste in a day? Being more conscientious of your trash output can help you change old habits and live more sustainable.

Take the Zero Waste Week Challenge at Iowa State University and commit to producing as little waste as possible for an entire week from April 18-22.

## Sustainable Connections!



The Live Green! newsletter is a monthly publication from the Office of Sustainability at Iowa State University.

Live Green! is Iowa State University's campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our campus, our operations and initiatives environmentally, economically and socially sustainable.

Please contact us to highlight your sustainability efforts and accomplishments: [livegreen@iastate.edu](mailto:livegreen@iastate.edu)



# DIRECTOR'S MESSAGE

Happy Earth Month, Cyclones!

As I consider Earth Month each year, two very distinct and equally intense feelings emerge.

First is joy – joy in celebrating our planet and all of the incredible bounty that is provided to us by this little and mighty “blue marble.” Second is urgency – urgency to look beyond the might and grandeur of our blue marble and ensure we are doing everything possible to nurture and protect it. After all, it is the only planet home we have.

It's sort of the same feelings that we have when celebrating the birthday of a friend or a family member, or when we gather with friends and family for holidays or special occasions – the feelings of pure gratitude, joy and bliss. It is also those feelings of concern, panic and urgency in wanting to ensure these times can happen again and again, wanting to do everything possible to nurture and protect these times and these people.

In these times, knowing we cannot possibly do everything, we move into the mode of evaluating what one thing we can do, what one thing we can start with to protect these moments. Just as we all have a different connection with people and moments, our one thing we choose to start with will also be different.

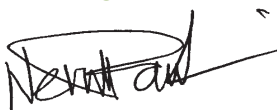
The journey of protecting our little blue marble is approached similarly. Each of us is motivated in a different way to ensure and instill the protection of our home. We all find our personal connection and, as a result, we all make a collective difference through individual commitment.

It seems only fitting then, that the theme of this year's Earth Month celebration at Iowa State University is, “It Starts With 1.” Understanding that each and every “1” thing we decide and commit to doing makes a difference, and honoring that there is no “one size fits all” when it comes to determining the “1.”

The April issue of Live Green! Monthly, which includes an accompanying [online Earth Month calendar](#), honors this individuality. This month's issue includes decisive opportunities on every page for new experiences, new skills, new starting points and new journeys toward the collective impact of making that decision to “start with 1.”

Enjoy and embrace the multitude of “1s” that surround you this month.

Yours in green-ness,



Merry Rankin



TEAM PICTURES BY GRACE JIEUN LEE

MERRY RANKIN has served Iowa State University as Director of Sustainability for seven years. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads and facilitates teams of students, faculty and staff in creating and enhancing programs, events and communication pieces to help educate, engage, and empower our community to live toward a more sustainable future.

## LIVE GREEN! LEADERSHIP TEAM



MERRY RANKIN, SINDHUJA RAM, KATHRYN LEIDAHN, LAURELIN HAAS, CAITLIN DEEVER, MADISUN VANGUNDY, GRACE JIEUN LEE, ANDREW LOIACONO, MICHAEL GUBBELS, and STEVE KOHTZ



# EARTH MONTH

Iowa State University and the Ames community are celebrating sustainability throughout the entire month of April with campus- and community-wide events. These Earth Month events focus on engaging students, faculty, staff and Ames residents in opportunities to celebrate, embrace and discuss our collective commitment and dedication to and vision of a sustainable future and are a sampling of the many events and activities from which to choose. For a full and detailed listing of Earth Month events, visit the [Live Green! website](#).

## ON-CAMPUS EVENTS

### LECTURES

- **April 20:** "Food Regimes, Food Sovereignty & Agroecology" by Food First's Eric Holt-Giménez at 7 p.m. in the MU Sun Room
- **April 21:** "The Future of Water: Assessing Sustainability from Space" by Bridget Scanlon of the University of Texas at 8 p.m. in the MU Great Hall



### VOLUNTEERISM

- **April 20:** Lake LaVerne Cleanup from 10 a.m. to 4 p.m. at Lake LaVerne
- **April 21:** Plant O2 (tree planting) event from noon to 3 p.m. behind Ross Hall
- **April 22:** Campus Beautiful Cleanup from 2-3 p.m. in the Anderson Sculpture Garden

### WORKSHOPS

- **April 16:** Mask- and Puppet-Making from 10 a.m. to 4 p.m. in the MU Workspace for the upcoming All Species Parade
- **April 22:** Paint-Your-Own-Pottery Flower Pots and Yard Art from 5-8 p.m. in the MU Workspace



### CELEBRATIONS

- **April 19:** Arbor Day Planting from noon to 5 p.m. between Horticulture Hall and Osborn Drive
- **April 22:** Earth Day Celebration from 11 a.m. to 2 p.m. in front of Parks Library
- **April 22:** Biorenewables Art Competition from 4-5:30 p.m. at the Biorenewables Research Lab



## COMMUNITY EVENTS

### VOLUNTEERISM

- **April 16:** CyServe Day from 9 a.m. to 3 p.m. at various locations on campus and around Ames
- **April 30:** Stash the Trash at 8:30 a.m. to 2 p.m. at various Ames locations and homes



### LOCAL SUPPORT

- **April 16:** Meet and Greet with the Ames Animal Shelter from 10 a.m. to noon at 216 Main Street
- **April 27:** North Grand Mall Farmer's Market during mall hours (8:30 a.m. to 5 p.m.) on all Fridays, Saturdays and Sundays in April

### RUNNING EVENTS

- **April 16:** Delts Dash for Diabetes 5K from 9 a.m. to 1 p.m. at 2121 Sunset Drive, Ames
- **April 22:** Nearly Naked Mile from 8-8:45 p.m. at the ISU Alumni Center, Ames
- **April 23:** Run for the Trees 5K from 8-10 a.m. in the Iowa Arboretum



### WORKSHOPS

- **April 19:** Beginner Bike Repair from 6:30-8 p.m. at Wheatsfield Cooperative, Ames
- **April 21:** Composting With Worms at 7 p.m. at Wheatsfield Cooperative, Ames

### CELEBRATIONS

- **April 17:** Ecosystems Event from noon to 3 p.m. at Bandshell Park, Ames
- **April 23:** All Species Parade at 3 p.m. in Bandshell Park, Ames



### GARDENING

- **April 15:** Vegetable Gardening Best Practices from 6-8 p.m. at Reiman Gardens, Ames
- **April 16:** Gardening Basics from 10 a.m. to noon at Reiman Gardens, Ames
- **April 17:** Planting event from 1-4 p.m. at the Mustard Seed Community Farm

# EARTH WEEK SCHEDULE

In celebration of Earth Month, The Green Umbrella student organization, ISU Sustainability Network and the Office of Sustainability are hosting a week-long celebration during Earth Week, April 17-23. Throughout Earth Week, students, faculty and staff, as well as the Ames community, will have the opportunity to participate in numerous events celebrating our planet, encompassing environmental, economic and social sustainability. A detailed 2016 Earth Week schedule of all events happening on campus and throughout the community is available on the [Live Green! website](#).

## APRIL 17 SUNDAY

### ECOSYSTEM EVENT

**Brookside Park, noon - 3 p.m.**

Build wooden bee hotels and make "seed bombs" (balls of soil and native prairie seeds).

## APRIL 20 WEDNESDAY

### LAKE LAVERNE CLEANUP

**Lake LaVerne, 10 a.m. - 4 p.m.**

Join Greeks Go Green for Iowa State's annual Lake LaVerne Cleanup. Trash bags and gloves will be provided.

### PUBLIC LECTURE

**Sun Room, MU, 7 p.m.**

Join Food First's executive director Eric Holt-Gimenez for his lecture on food regimes, food sovereignty and agroecology.

## APRIL 18 MONDAY

### DOCUMENTARY SCREENING

**Curtiss Hall Auditorium, 7 p.m.**

Watch "Jumbo Wild," a film focusing on the preservation of the British Columbia wilderness.



## APRIL 22 FRIDAY

### EARTH DAY CELEBRATION

**Parks Library Lawn, 11 a.m. - 2 p.m.**

Celebrate the diversity of Earth Day at Iowa State and in the Ames community.

### EARTH DAY READING

**Pioneer Room, MU, 7 p.m.**

Attend a reading of "All the Land to Hold Us" by Rick Bass, writer and environmentalist.

### DOCUMENTARY SCREENING

**Great Hall, MU, 8:30 p.m.**

Join the Sustainability Network for a screening of "An Inconvenient Truth."

*For more details, see page 7.*

## APRIL 19 TUESDAY

### OUTDOOR ACTIVITIES

**Central Campus, 11 a.m. - 1 p.m.**

Join the Environmental Science Club and GreenHouse Group for various outdoor games and activities.

## APRIL 21 THURSDAY

### PLANT O2 EVENT

**Behind Ross Hall, noon - 3 p.m.**

Bring a bag lunch, play frisbee and celebrate with the ISU Sustainability Network as they plant five new river birch trees in collaboration with Facilities Planning and Management.

### PUBLIC LECTURE

**Great Hall, MU, 8 p.m.**

Join Bridget Scanlon, leader of the Sustainable Water Resources Program for her lecture, "The Future of Water: Assessing Sustainability from Space."

## APRIL 23 SATURDAY

### BIKE SHOW & RODEO

**Brookside Park, 1-3 p.m.**

Join the TGU Sustainability Network for a bike show and rodeo. The event will feature games and a community bike ride in collaboration with the city.



**Sustainability  
Network**



# EARTH DAY

## THE HISTORY

Earth Day, a day of education, awareness and engagement pertaining to the health, well-being and sustainability of 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.

## CELEBRATING EARTH DAY AT IOWA STATE UNIVERSITY

**APRIL 22, 2016**

**WHAT:** Earth Day Celebration

**WHEN:** 11 a.m. - 2 p.m.

**WHERE:** Parks Library Lawn

Join The Green Umbrella, the Office of Sustainability and more than 35 student and community organizations dedicated to sustainability through initiatives, events, services and practices. Learn about opportunities to get involved, get a free bike tune-up, bring your own water bottle and fill-up with fruit-infused water, earn green giveaways and celebrate the bounty of our planet!

**WHAT:** "All the Land to Hold Us"

**WHEN:** 7 p.m.

**WHERE:** Pioneer Room, MU

"All the Land to Hold Us" will be read by Rick Bass, critically-acclaimed author, environmentalist and former gas and oil geologist.

.....

**WHAT:** "An Inconvenient Truth"

**WHEN:** 8:30 p.m.

**WHERE:** Great Hall, MU

View a screening of "An Inconvenient Truth," a film about the crusade to halt the rapid progress of climate change.



PHOTO COURTESY OF THE GREEN UMBRELLA

## TEN TIPS TO ENSURE EARTH DAY IS EVERY DAY

**Use a reusable bottle:** 1/4 the volume of a plastic water bottle equals the amount of oil needed to produce it.

**Air dry your clothes:** 4 loads of laundry air-dried per week saves about 58 gallons of gasoline each year.

**Recycle your newspaper:** 500,000 trees are needed to provide each week's Sunday paper in the U.S.

**Shop local:** 70% more economic activity is generated per sq. ft. by locally-owned businesses compared to big box stores.

**Plant something:** 260 pounds of O<sub>2</sub> is added to the atmosphere by planting one tree.

**Grow food:** 5-17 times more CO<sub>2</sub> is put in the atmosphere by eating non-local produce. See pages 12-13 for How-Tos about gardening.

**Unplug unused electronics:** 10% of utility bills can be attributed to providing "stand-by" electricity.

**Compost:** 20 pounds of food is wasted, on average, per person per month in the U.S.

**Buy used clothes:** 10.5 million tons of clothing are landfilled each year in the United States.

**Choose a reusable bag:** 14 million trees are cut down annually to produce the paper bags demanded in the U.S.

**40  
MORE TIPS!**



# STUDENTS LIVING THE CARDINAL, GOLD and GREEN

## THE GREEN UMBRELLA

Students going green at Iowa State University have taken on a whole new meaning thanks to the vision, efforts and commitment of one sustainable student organization.

The Green Umbrella (TGU) did not have a beginning like many clubs at Iowa State. Instead of simply being a club in the traditional sense, they had visions of serving as an overarching connection and resource for a number of clubs – as their name implies, an umbrella. TGU took that vision to heart and since their founding in 2009, has taken the initiative to develop a platform where all sustainably-minded clubs (environmental, economic and social) could come together and address (through education and awareness) topics of sustainability at Iowa State.

Alumni Chandra Peterson (2012), TGU co-founder, along with Clayton Severson (2011), is proud of and awed by the club's achievements.

"I remember logging onto TGU's Facebook page a few years ago and seeing a picture from the first club meeting of the year with something like 50 people in the room,"

Peterson said. "My jaw dropped to the ground. They have come so far from the first meeting of five people, which included our adviser. The fact that new students have made TGU

their own and accomplished things I never would have imagined, makes me so proud to be an alumna of Iowa State University."

Megan Koppenhafer, junior in environmental science and community and regional planning and current TGU president, steadfastly continues the vision of Peterson and Severson to make sustainable initiatives more known and prevalent within the ISU student population. She has been instrumental in building upon the efforts and triumphs of each successive president since 2009.



increasingly expanded and diversified the scope of their events to include community organizations, as well as businesses, committed to sustainability. Ensuring their peers have the opportunity to experience an overarching perspective and consideration of sustainability, both on-and-off-campus, is of vital importance to members of TGU.

*"The fact that new students have made TGU their own and accomplished things I never would have imagined, makes me so proud..."*

Those triumphs embody themselves in the development and delivery of three annual campus-wide sustainability events, each engaging hundreds of ISU students. The engagement is two-fold, engaging student organizations to have informative and interactive displays at their events and engaging individual students to attend their events.

Though beginning with a focus on campus organizations, TGU has

National Campus Sustainability Day is celebrated each fall semester with a tabling event for sustainably-minded clubs, campus departments and organizations to showcase their commitments to environmental, social and economic sustainability at Iowa State, as well as what they will be working on during the academic year. The event also serves as a recruiting opportunity for new members and volunteers.



During the spring semester, TGU hosts two events – Sustainapalooza and Earth Day. Sustainapalooza is focused on celebrating each Cyclone's individual commitment to a more sustainable future, as well as offering opportunities to challenge and empower an even deeper connection and commitment.

*"TGU has shown me that a lot of students at ISU truly care about their impact, so TGU, to me, is an agent of change and hope!"*

- Josh Marlin

TGU Student Organization Liaison  
Senior, Environmental Engineering

In achieving that, Sustainapalooza offers four primary components: hands-on GIY (Green-It-Yourself) Centers, offering new skills and on-the-spot crafted items focused

on sustainable living; a poster and tabling session featuring campus and community sustainability initiatives and opportunities; a pledge wall allowing attendees to consider their own interests and impacts while making personal pledges for the remainder of the academic year; and a keynote lecture or documentary screening. Sustainapalooza also features local food refreshments and sustainably-purposed giveaway items.

Every April 22, TGU celebrates Earth Day with a tabling event, much like National Campus Sustainability Day. Recently, Earth Day has expanded into Earth Week to offer a week-long celebration. This has occurred through one of TGU's focused club initiatives – the creation of a

Sustainability Network. While TGU is founded upon acting as an umbrella organization supporting all clubs and universities connected to sustainability, the goal of the Network is to bring all sustainability clubs together in discussions and strategic planning toward collective and unified action and accomplishment.

*"TGU empowers me to work collaboratively towards a better future."*

- Katrina Betz

TGU Director of Design  
Sophomore, Global Resource Systems

Currently more than 20 clubs are actively engaged in the Network and a full week of events is confirmed for Earth Week (April 17-23), including documentary screenings, keynote lectures, a bee hotel and prairie seed bomb event, a bike rodeo, a tree planting event, the annual Lake Laverne cleanup and the Earth Day tabling event. [See page 7](#) for a detailed listing of events during Earth Week.

"It is both exhilarating and humbling to be a part of TGU," Koppenhafer noted. "Not only do we get to connect Cyclones to sustainability during our time here, but we are setting a precedent for future Cyclones to be a part of this culture of sustainability. That is the most rewarding part."

To get involved with The Green Umbrella, join their list-serv or attend a club meeting (Mondays at 8 p.m. in 108 Curtiss Hall).



## TGU ORGANIZATION GOALS

- Create an open forum for discussion about Green Initiatives at ISU.
- Act as one voice to ISU administration about student sustainability issues.
- Brainstorm ways to teach students ...to live more sustainable, participate in Go Green efforts, and voice their opinions on sustainable issues.

PHOTOS COURTESY OF THE GREEN UMBRELLA



# FINANCIAL LITERACY:

## KEEP YOUR BUDGET IN THE GREEN

Plan on renting an apartment, getting a job this summer or making your first big post-graduation purchase?

Exciting events make us more cognizant of the importance of having good habits in budgeting, saving, spending and ensuring financial well-being. Financial well-being is defined as the “satisfaction with one’s overall standard of living....our ability to effectively manage our economic lives....our financial security.”



Financial well-being means we are financially-literate, being knowledgeable of financial tactics necessary to obtain optimal financial well-being. However, knowing the ins and outs of finance can be a daunting task. Learning what and how your finances work can be accomplished

by many resources, which are readily-available.

**THE FIRST STEP** toward a brighter financial future is utilizing these resources. Iowa State hosts a plethora of opportunities to increase financial literacy through workshops and programs with the ISU Financial Counseling Clinic (FCC), ISU Extension and Outreach and the Student Loan Education Office. Another source for financial resources is with Teachers Insurance and Annuity Association of America (TIAA), a leading non-profit financial services provider, available for anyone to use.

**THE NEXT STEP** toward being more-educated on finance is through consultation with a financial adviser. In a study by HSBC, The Future of Retirement, those with financial plans accumulated nearly 250 percent more retirement savings than those without a financial plan in place. It can be difficult to discuss personal finances, but meeting with a financial adviser keeps you accountable of your finances, and also connects you with a person who has no outside agenda other than to make sure you are a financial success.



The ISU Financial Counseling Clinic offers appointments with financial advisers that are available for students and members of the community to seek help in matters related to student loans, credit and credit cards, budgeting, debt management, financial planning, home ownership and investing. Go to their website to schedule an appointment or explore their many resources.

**THE FINAL STEP** in financial well-being is planning your spending. Planning your spending begins with budgeting. A helpful tool to use for budget planning is the 50-20-30 rule. Allotting 50 percent of income toward fixed costs (mortgage, rent, utilities, loans), 20 percent toward savings and 30 percent toward flexible expenditures (groceries, gas, entertainment). This allows you to know exactly how much of your money is going where and provides a constant and consistent guideline.



Financial advisers will stress the importance of starting retirement savings from your first paycheck. The longer your money has to grow, the more money you will have at retirement. While the temptation is to put off retirement savings until after they pay off student loans, it is very difficult to make up for the lost years. Loan forgiveness programs can help tackle student debt. These programs allow monthly repayment plans toward loans while working for an employer within any level of government or not-for-profit organizations.

*“...these three behaviors are practiced by people who are most successful in their financial lives...”*

- Meeting with a financial adviser and having a financial plan with long-term goals;
- Living within their means and saving up ‘luxury money’; and
- Having a cash reserve, so unexpected expenses do not result in unplanned debt.”

— ANN DOTY  
ISU Retirement Information Consultant

Of special importance to your finances is the building of a cash reserve, setting aside a pool of money that will be readily-available to meet the needs of any urgent financial emergency. Known as a contingency or reserve fund, a cash reserve is the most important thing you can do as an adult to stay out of debt. Many people experiencing credit card debt use their credit cards to pay the unexpected or infrequent bills that always occur, but so often take us by surprise. By having the resources set aside to pay for unexpected bills means credit cards that don’t have to be used can be paid off and don’t become an anchor on our futures.

Financial literacy is a vital skill in ensuring a sustainable present and future – empowering our economic sustainability and setting course for financial well-being.

# GREEN MOVE OUT

The end of the semester is drawing near, and other than finals and graduation (congratulations!), move out is next on the agenda. A study by Tufts University revealed the average college student produces 640 pounds of solid waste each year, most of which accumulates during move out. Listed below are researched resources and opportunities from Live Green! freshman honors research student, Lauren Young (open option), based on considering her own move out. For a full account of her methodology and findings in her quest of moving out green, check out her blog entry on the [Live Green! blog](#).

## DONATE/REUSE

A few of the many local options to PAY (gently used items) FORWARD

### Furniture and Household Items

- [Salvation Army](#) (Pick-Up Available)
- [Emergency Residence Project](#)

### Textbooks

- [Parks Library or Ames Public Library](#)
- [Raising Readers](#)
- [ISU Bookstore](#)
- [ISU Free and For Sale](#)

### Non-perishable Food

- [The SHOP](#) (Students Helping Our Peers)
- [Food at First](#)
- [ACCESS](#) (Assault Care Center Extending Shelter and Support)

### Cleaning Supplies

- [Ames Animal Shelter](#)
- [Youth and Shelter Services](#)

### Clothing

- [Clothing That Works](#)
- [Goodwill](#)

### School and Office Supplies

- [ISU Workspace](#)
- [ISU Postal and Parcel Services](#)
- [Octagon Center for the Arts](#)

### Appliances

- [Best Buy \(Recycling Option\)](#)
- [Habitat for Humanity](#)

## REPURPOSE

Opportunities to offer new purpose to items having fulfilled their intended use



BOOT TRAY



CREAMER CONTAINER



BATH TOWELS



SHOWER CADDY



CLOSET HANGERS



BED SHEETS

## SAVE



### Simple Act Vital Effect

Another way to donate your unwanted items and food is through [SAVE](#), an on-campus program by the Department of Residence and Central Stores aimed to help collect donation items for distribution into the community during this pivotal time of waste production.

The [SAVE](#) program offers collection opportunities from April 21 to May 11. [Drop-off locations](#) are available throughout the Department of Residence and include the following: Maple, Room M01; Willow, Main Lounge; Larch, Main Lounge; Birch-Welch-Roberts and Barton-Lyon-Freeman, Cornerstone; Linden, Room A149; Oak-Elm, Room 2122; Elm, Parlor; Helser Room A293; Schilleter and University Village, Laundromat or Community Center; Wallace/Wilson, Room C1201; Buchanan, Room 2012; Friley, Room 2414; Martin, Room 2109; and Eaton, Room 1132.



# NATIONAL GARDENING MONTH

## THE HISTORY

National Gardening Month is a celebration of environmental, social and economic stewardship during the month of April, as well as the kickstart of the gardening season. During the growing season, we care for: the environment as we tend plants, for each other as we help feed our neighbors and our communities when we buy locally.

Coined by the National Gardening Association, National Gardening Month (which coincides with Earth Month) celebrates many health and community benefits of gardening, as well as the connection between gardening, caring for and nurturing the earth.

Several facets of gardening and gardens are highlighted to help in the reaping and sowing this spring!



### Garden Types

Depending on how much space you can commit to gardening, you can choose to plant many different types of gardens – indoors or outdoors, vegetable, herb or aesthetic. Each type has various options to add fun and vibrant colors and aromas to your life. Begin planning your new garden by keeping these nine tips in mind.



### Native Plants

Explore the use of native Iowa plants and pollinators. Native plants are well-adapted to local weather conditions, require little irrigation or fertilizer and are resistant to most insect pests and diseases. In addition, planting native pollinators helps maintain a healthy ecosystem for a diversity of pollinating species. Decide what natives to plant with this guide.



### Hardiness Zones

Determine which plants are likely to thrive in a location based on its hardiness zone. The zone map, found on the USDA's website, is based on the average annual minimum winter temperature, divided into zones. For Iowa, the average temperature minimums range from -25 to -10 degrees. Ames is located in Zone 5a, -20 to -15 degrees.



### Sowing Seeds

Look for seeds, available to purchase locally from farmers and shops and support your local community and economy. Many farmers from the Ames area offer both non- and organic vegetable seeds at farmer's markets or at their farms. You can also purchase seeds from shops in Ames, such as Wheatsfield Cooperative and gardening stores.



### Sustainable Potting

Before throwing something away, give it a second look. It could become a creative garden pot! Use egg shells as seed starters or buy biodegradable pots and seed starters, craft used bottles as hanging planters and reuse floppy disks and empty paint cans as ground planters.



## Watering Strategies

## Garden Pests

## Ames Resources

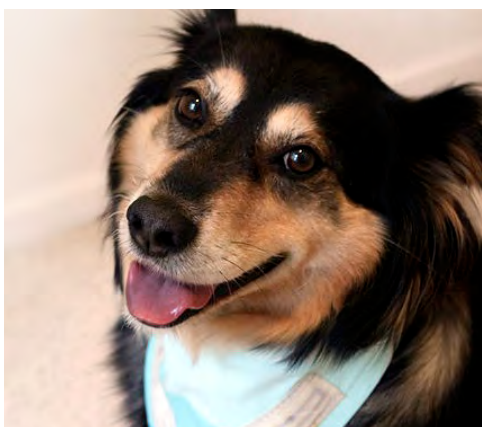
## Campus Opportunities

## JOIN THE MASTERS

- ISU Live Green! Monthly © 2016



# GREEN IT YOURSELF



**REFLECTIVE  
DOG BANDANA**

## SUPPLIES

- Stiff or interfacing fabric ● Reflector band and tape ● Iron ● Fabric pins
- Thread ● Scissors ● Webbing strap and buckle ● Sewing machine ● Sewing needle

## INSTRUCTIONS

1. Fold fabric in half and cut a large triangle, using the folded over fabric end to make the triangle base. Ensure the bottom of your triangle is long enough to provide ample ends to tie together (~1.5–2 inches of extra length).
2. Pull apart the reflector band by separating the Velcro and the backing.
3. Iron the fabric seams (triangle sides). Stitch seams together creating a bandana.
4. Lay the webbing strap on long side (triangle base) of the bandana and fold fabric over to cover strap. Pin it in place.
5. Stitch the webbing strap onto the bandana fabric.
6. Flip the bandana over. Cut the reflector tape in half and position the two halves on each triangle side of the bandana, making a “V.” Pin the reflector tape in place.
7. Stitch around all the edges of the reflector tape.
8. Take your dog for an illuminating walk!



**CYCLING  
ANKLE STRAPS**

## SUPPLIES

- Cotton webbing (1-inch size, 1/2 yard) ● Woven Jacquard ribbon (5/8–7/8-inch wide, 1/2 yard) ● Rickrack (1/8-inch wide, 1 yard) ● Fabric glue ● Parachute or quick-release buckle (1-inch size) ● Bar slide buckle (1-inch size) ● Coordinating thread ● Sewing machine ● Sewing needle

## INSTRUCTIONS

1. Cut two pieces of rickrack 18 inches each. Spread a thin bead of glue on the wrong side of the ribbon, along the edges. Glue a piece of rickrack along each edge.
2. Center and glue the ribbon right side up on the webbing. Sew the edges of the ribbon to the webbing. Zigzag the ends of the ribbon and webbing.
3. Thread one end of the webbing through the bar slide buckle. Fold the end over 1-1/2 inches with wrong sides together. Sew the end to the webbing along the edge.
4. Thread the webbing through the pronged side of the parachute buckle with the prongs facing the bar slide buckle. Thread webbing back through the bar slide buckle then through the remaining side of the parachute buckle.
5. Fold 1-1/2 inches of the webbing over with the end of the unfinished sides and facing together, sewing together.
6. Adjust the ankle strap to fit over your pant leg and around our ankle.
7. Enjoy a safe ride, day or night!



**ALL NATURAL  
BUG REPELLENT**

## SUPPLIES

- 1/4-cup witch hazel ● 1/2-teaspoon liquid vegetable glycerin ● 1/4-cup water
- Glass spray bottle ● Five drops each essential oils: rosemary, citronella, lavender, clove, peppermint and eucalyptus

## INSTRUCTIONS

1. Mix together the witch hazel, liquid vegetable glycerin and each of the listed essential oils.
2. Add in water and pour into glass spray bottle. Shake well.
3. Spray liberally on your skin before going outside.
4. Distract those pesky bugs!

FOR MORE GIY



# GREEN OPPORTUNITIES

## STASH OUR TRASH



Participate in Stash the Trash, an annual volunteer effort that brings campus and community members together to help clean up the Ames community and assist homeowners with yard work on April 30, 8:30 a.m. to 2 p.m. Trash bags and gloves

will be provided, as well as a free lunch and admission to Reiman Gardens. Volunteer by yourself, with a group or with an organization for a convenient time period and location. For more information and to register, go to the [Volunteer Center of Story County's website](#).

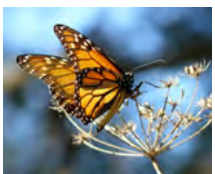
## IMPROVE AMES TRAVEL



Help Ames and Iowa State make travel safer and more enjoyable for everyone by taking three short online surveys. To assist with traffic flow on Lincoln Way and in the Campustown area, take this [survey](#). To increase usage

and usability of Ames' community's shared-use trail system, take this [survey](#). To offer perspectives about biking, take this [survey](#).

## HELP THE MONARCHS



Join the ISU Monarch Workgroup as a summer research intern. Interns will assist researchers with field and lab activities, such as milkweed demonstrations, edge-of-field conservation practices to examine butterflies' ecological responses and plant and monarch rearing. Email a resume, cover letter and three references to [Dana Schweitzer](#) to apply.

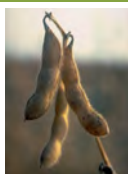
## TAKE THE PLEDGE



Support National Sexual Assault Awareness Month by becoming an active participant in the [It's On Us campaign](#), a commitment to end sexual assault at Iowa State. Take the [pledge](#) to not be a bystander, and visit the [Live Green! blog](#) to learn more about Iowa State's dedication.

## AID IN SOYBEAN RESEARCH

Intern this summer with Iowa State's plant pathology and microbiology department and aid the ISU Integrated Pest Management Program's soybean research. Interns will package soybean seeds for planting, assess and note soybean diseases and assist in data collection at research and demonstration farms. Email a resume to [Stith Wiggs](#) to apply.



## SERVE DURING CYSERVE DAY

Help keep Iowa State University beautiful by participating in this year's CyServe Day, an annual, volunteer campus clean-up day. Held on April 16 from 9 a.m. to 3 p.m., volunteers can choose a 1.5-hour shift to beautify Iowa State by picking up trash or other items that have accumulated on campus, as well as assist community organizations in various give-back opportunities. To sign up for a shift, visit the [Volunteer Center's website](#).



## TAKE RESEARCH OUTDOORS

Utilize skills in problem-solving, independent thinking and outdoor physical labor as a field research assistant for Iowa State's department of agricultural and biosystems engineering. Interns will collect in-field data, scout fields for corn and soybeans, sample soil and document data and observations. To apply, email a resume to [Kristine Kohlhaas](#).



## ASSIST IN SEED CONDITIONING

Provide assistance for seed conditioning research operations and training programs this summer with Iowa State's Seed Science Center. Interns will operate and maintain seed cleaning equipment, handle materials and participate in group presentations, design equipment and assist with fabrication. To apply, email a resume to [Alan Gaul](#).



## PUT CARING INTO ACTION

Recognize National Autism Awareness Month, and do something meaningful by becoming a part-time autism associate for [The Homestead](#). Complete an [online application](#) to apply. Also, check out the [Live Green! blog](#) to learn the perspective of what it's like caring for and loving someone with autism.



## NURTURE LEARNING BY VOLUNTEERING



Ames' Community Housing Initiatives is in need of several volunteers for its various education programs for kids. These programs include Brain Boosters, Reading Avenue, Science Science! and Story Time. Apply online and email [Shara Bradley](#) with any questions.



# APRIL

14

## VEGETABLE GARDENING BEST PRACTICES

Get a head start on a summer vegetable garden with a discussion on best practices by Horticulturist Sharon Rink.

Reiman Gardens, 6-8 PM

16

## GARDENING BASICS

Learn the basics that every homeowner should know to ensure success in starting a home garden.

Reiman Gardens, 10 AM-noon

18

## BROWSING LIBRARY OPEN HOUSE

Pick up a recycled magazine and enjoy free upcycled, walk-in crafts that support Earth Day, and win door prizes. Open house takes place 8 AM-8 PM, Monday through Thursday, and 8 AM-5 PM on Friday.

Browsing Library, MU, various times

20

## FOOD REGIMES, FOOD SOVEREIGNTY AND AGROECOLOGY LECTURE

Join Eric Holt-Gimenez, executive director of Food First, for a discussion about access to healthy, ecologically-produced food.

Sun Room, MU, 7 PM

21

## WATER CHALLENGES & SOLUTIONS LECTURE

Join Glen Daigger, president and founder of Water Solutions, LLC, to discuss water management practices and policies to promote greater water and resource use efficiency.

Room 322, Town Engineering Building, 1:10 PM

## UTILITY SERVICE'S 125TH ANNIVERSARY

Stop by Utilities Service's open house to celebrate 125 years of operating a co-generation power plant. Refreshments, tours and presentations are scheduled.

ISU Power Plant, 616 Beach Road, 1-4 PM

22

## EARTH DAY CELEBRATION

Celebrate Earth Day by learning about various campus and community organizations' commitment to sustainability.

Parks Library Lawn, 11 AM-2 PM

For sustainable events or highlight your events, contact the newsletter team!

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

Steve Kohtz | Sustainability Coordinator | [sakohtz@iastate.edu](mailto:sakohtz@iastate.edu)

Sindhuja Ram | Marketing & Communications Intern | [sram@iastate.edu](mailto:sram@iastate.edu)

23

## ALL SPECIES PARADE

Take part in the celebration of biodiversity with the melding of art, science and human ingenuity for the natural world. Make an animal mask and join the parade, watch artistic performances and learn from presentations and educational exhibits. Live animal exhibits will be held at the Ames Public Library, 1-2:30 PM.

Bandshell Park, 3 PM

30

## STASH THE TRASH

Volunteer to clean up the Ames community and assist homeowners with yard work.

Trash bags, gloves, lunch and Gardens admission provided to all volunteers.

Reiman Gardens, 8:30 AM-2 PM

## COMING UP FOR

## MAY 2016

04

## ART WALK

Join University Museums for a tour of select public art and sites of recent and ongoing art conservation projects.

Fountain of the Four Seasons, MU, noon-12:50 PM

05

## ART MART

Purchase pottery, jewelry, prints and accessories created by Ames and ISU artists. Continues on May 6, 10 AM-5 PM, and May 7, 10 AM-1 PM.

Trophy Tavern, MU, 11 AM-6 PM

06

## NATIONAL PUBLIC GARDENS DAY

Celebrate the role of America's public gardens in promoting environmental stewardship and awareness. Free admission to all ISU students.

Reiman Gardens, 9 AM-4:30 PM

## PLANT SALE EXTRAVAGANZA

Stock up on plants for the home, offered for sale by community and ISU organizations.

Reiman Gardens Parking Lot, 8 AM-5 PM

11

## FAMILY YOGA IN THE GARDENS

Relax and enjoy yoga in the Gardens with your youngsters! Class is geared toward adults with children, ages 3+, and is taught by Nan Bonfils of the Yoga Center of Boone.

Reiman Gardens, 10-11 AM



# LIVE GREEN! MONTHLY

A close-up photograph of many hands of various skin tones reaching up from the bottom and sides, holding a central branch of a flowering tree. The branch is covered in small, vibrant pink cherry blossoms. The background is a soft-focus green, suggesting an outdoor setting. The overall composition conveys a sense of unity and environmental stewardship.

**"Coming together is a beginning.  
Keeping together is progress.  
Working together is success."**  
- Henry Ford

**ASPIRING TO INSPIRE:  
HOW ONE STUDENT IS  
GREENING THE GLOBE**

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**REINVENTING SUMMER:  
MAKING FUN IN THE SUN  
MORE ECO-FRIENDLY**

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**LOOKING BACK:  
OUR SUSTAINABLE  
SPRING SEMESTER**

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**LIVE  
GREEN!**

IOWA STATE  
UNIVERSITY

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Locations, dates and times for sustainable events over the summer.

>>>

Underlined text throughout this publication is hotlinked to offer additional information.



Iowa State University students, faculty and staff were invited to take the Zero Waste Challenge to be more conscientious of their trash outputs by changing old habits and living more sustainably during April 18-22.

Over 40 individual participants accepted the challenge and those who completed the challenge celebrated their success at ISU's Earth Day Celebration!

Stay plugged in with our  
Sustainable Connections!



The Live Green! newsletter is a monthly publication from the Office of Sustainability at Iowa State University.

Live Green! is Iowa State University's campus-wide sustainability initiative, encouraging all students, faculty and staff to be fully committed to and engaged in making our campus, our operations and initiatives environmentally, economically and socially sustainable.

Please contact us to highlight your sustainability efforts and accomplishments:  
[livegreen@iastate.edu](mailto:livegreen@iastate.edu)



# DIRECTOR'S MESSAGE

At Iowa State University, each May, synergy is most definitely in the air. The awe-inspiring, collective effect of individuals coming together toward a common vision is one of the most powerful experiences to be a part of at ISU.

Synergy presents itself in a multitude of ways. In the green space of campus, synergy abounds in blooms and buds and plantings. In campus laboratories, synergy pulsates in the culmination of months of experiments, measurements and trial and error attempts and reattempts. In classrooms, synergy exhibits vibrantly through the plethora of final projects, reports and portfolios.

By far, for me, the most intoxicating synergy to witness is the synergy within our students. Each fall, individuals begin the school year, each May colleagues, teammates and friends finish. Every year the synergy expands, enhances and diversifies, and is exhibited through the professionals, leaders and visionaries that emerge as graduates and embark on the next adventure life has to offer.

In my position, I have the true honor and joy in witnessing all these synergistic moments – most notably those which engage and empower our students. I work with students through collaborating on class projects, advising student organizations and mentoring independent studies and research.

I also have the absolute privilege to be surrounded by student-derived synergy through daily interaction with my Live Green! team. Through the coming together of their hands (actually pictured on this month's cover), heads, hearts, passion and vision, the most impressive and multi-faceted synergy has emerged.

This last issue of Live Green! Monthly for the 2015-2016 academic year focuses on taking us all on a reflective journey of our collective work, dedication, commitment and accomplishment and the brilliant synergy that has resulted as well as a look forward at the opportunities that still await us. Before you embark for your next adventure (as a new graduate or a returning student, faculty or staff member), I encourage you to take a few moments to “thumb” through this newsletter and witness firsthand our amazing and impressive synergistic journey.

Thank you for an outstanding year of living the cardinal, gold and green!  
I look forward to all the green places we will go in 2016-2017!

Yours in green-ness,



Merry Rankin



TEAM PICTURES BY GRACE JIEUN LEE

MERRY RANKIN has served Iowa State University as Director of Sustainability for seven years. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads and facilitates teams of students, faculty and staff in creating and enhancing programs, events and communication pieces to help educate, engage, and empower our community to live toward a more sustainable future.

## LIVE GREEN! LEADERSHIP TEAM



MERRY RANKIN, SINDHUJA RAM, KATHRYN LEIDAHL, LAURELIN HAAS, CAITLIN DEAVER, MADISUN VANGUNDY, GRACE JIEUN LEE, ANDREW LOIACONO, MICHAEL GUBBELS, and STEVE KOHTZ



# EARTH MONTH RECAP

Throughout April, otherwise known as Earth Month, Iowa State and the Ames community celebrated the planet and all its multi-faceted (environmental, economic and social) splendor through various sustainably-minded events. Some of the many celebrations are included below. More images can be found in our [Earth Month photo gallery](#).



**ARBOR DAY**

PHOTOS BY CAITLIN DEAVER AND CHRISTOPHER GANNON

On April 19, ISU students and staff celebrated Arbor Day by planting trees and tulip bulbs around campus.



**CYCLONE MARKET**

PHOTOS COURTESY OF THE IOWA STATE DAILY AND BY LAUREN YOUNG

On April 16, student organizations sold food and other goods to increase their economic sustainability for the upcoming year during Cyclone Market.



**ALL SPECIES PARADE**

PHOTOS COURTESY OF THE AMES TRIBUNE

On April 23, the Ames community celebrated the planet's diversity with the Iowa Wildlife Center. Conservation-focused exhibits and information were also available to attendees.



**ECOSYSTEMS WORKSHOP**

PHOTOS COURTESY OF THE GREEN UMBRELLA

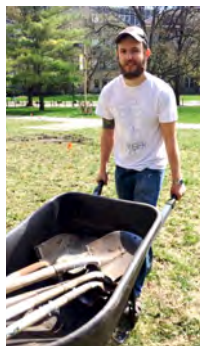
On April 17, The Green Umbrella and ISU Sustainability Network held an Ecosystems Workshop. Participants made bee hotels, prairie seed bombs and birdhouses.



**PLANT O<sub>2</sub> EVENT**

PHOTOS COURTESY OF MERRY RANKIN AND THE GREEN UMBRELLA

On April 21, The Green Umbrella and Sigma Lambda Beta assisted Campus Services in planting five river birch trees (as well as oxygen (O<sub>2</sub>)) south of Ross Hall to celebrate Earth Week.



**AFRICAN NIGHT**

PHOTOS COURTESY OF THE IOWA STATE DAILY

On April 16, ISU students and the Ames community came together to celebrate the 2016 African Night. Attendees experienced African culture through food, music, fashion and dance.





# EARTH DAY RECAP

On April 22, 40 campus and community organizations and Ames businesses helped Iowa State University celebrate the 46th annual Earth Day, highlighted by free bike tune-ups, interactive exhibits and sustainably-minded giveaways.



Attendees took home various green giveaways, such as Earth Week buttons, reusable water bottles and more. They also enjoyed delicious and unique cookies made out of cricket flour!



ISU students celebrated Earth Day by making pledges to take care of the planet on Earth Day and every day.



A myriad of sustainable student organizations met attendees and showcased how their group is greening the experiences of students at Iowa State.



Attendees had the opportunity to become plant parents! From sustainably-potted seeds to fully-grown succulents, there was a variety of plant life to adopt.



Various community organizations and businesses showcased how they are accomplishing to be sustainable in their everyday programs and practices.

Those who brought their bicycles got a free bike tune-up by Skunk River Cycles and ISU Outdoor Recreation Services.

PHOTOS BY GRACE JIEUN LEE AND SINDHUJA RAM



# STUDENTS LIVING THE **CARDINAL, GOLD** and **GREEN**

Angadbir Singh Sabherwal said that to understand his story about his life-long commitment to sustainability, you have to start at the beginning.



In his childhood, two pivotal events shaped him into the sustainability-minded leader he is today.

First, at age 4, he was in the car with his mother at a traffic stoplight. Through the window, he saw his city of Chandigarh, India and the beggars and paupers surrounding them. As a young child, Sabherwal was deeply moved by this and cried for these people.

Secondly, at age 7, he and his parents went out one day to help distribute blankets to the needy.

"I was just moved," he said. "I saw people without clothes, people running after us because we had blankets...I thought that it was extreme poverty, and I couldn't do it and I started crying."

Sabherwal still remembers these events and it still sends chills down his spine, for these were the moments when he realized the partialities of life, of extreme poverty, environmental climate change and sustainability within his surroundings.

Sabherwal grew up with very supportive parents, who naturally

encouraged him to go do activities and learn things like music, French and calligraphy. He garnered a respect for sustainability and climate change at 12 years old when he could make better sense of the bigger picture. This was due to his extensive practice of reading.

"My father was an avid reader, we had a extensive library in the house and I just read books about all these topics and that's where the process really started," Sabherwal said.

Sabherwal attended an international school in Chandigarh that continued to foster his sustainable mindset. He fondly remembers how, in elementary school, they would give plants away for Earth Day. He would then participate in a gardening competition, in which you would receive a sapling and you plant it and at the end of the year, one would get a prize for biggest growth.

He also learned how to take care of the planet in other ways. Sabherwal was extensively involved in a recycling program called Paper Maiche, where he would stay after school to make recycled paper.

The impact of the recycled pages was not just at the environmental level. Any funds raised from selling the paper went toward treating cancer patients.

"So not only did I learn the act of the paper making, but I saw the impact of the full effort " Sabherwal said.

***"Being involved keeps your eyes open."***

Sabherwal continued doing great things in sustainability leadership throughout high school.

He attended various exemplary programs and conferences. With The Energy Resources Institute (TERI) he learned about sustainable engineering working with a project involving green architecture that would benefit the environment.

He attended the Asian Regional Round Square Conference, where he learned about the six pillars of values, titled IDEALS - internationalism, democracy, environmentalism, adventure, leadership and service. Took his first international opportunity by traveling to Germany and taking part in a language and cultural program,



PHOTOS COURTESY OF ANGADBIR SINGH SABHERWAL

offered to only 200 high school students from around the world.

This experience offered him the chance to open up his mind about international perspectives and facets of social sustainability.

Similarly during his sophomore year in college, Sabherwal went on a study abroad trip to China and learned the importance of being aware of his surroundings, appreciating a place and its culture.

At Iowa State University, he continues to learn about the world and sustainability by being an active and engaged individual within the academic and social community. Sabherwal spends his time engaging with campus organizations such as Tau Beta Pi and ASME (American Society of Mechanical Engineers).

For his proactive involvement in environmental awareness and conservation campaigns, volunteering activities, and educating communities at Iowa State University and around the world he was awarded the Live Green! Award for Excellence in Sustainability this past fall.

Alongside his voluntarism, Sabherwal working at multiple internships over the years at companies such as USG Corporation in Kansas, City and Van Gorp Corporation in Pella, Iowa, and having all of these other experiences in his life, Sabherwal has decided that his future plans are very clear.

"I want to go into social entrepreneurship," Sabherwal said. To achieve that, he is working on various projects in the realm of social sustainability.

One project includes a book titled 18-25. It is about the stories of 25 inspiring individuals doing phenomenal things around the world. Included within this book will be friends Sabherwal has made through all his travels, school and work.

Another pilot project Sabherwal seeks to finish is directly connected to Iowa State. A website titled backtoisu.com will be a place for alumni to share their stories to inspire future students.

A final project he is actively working on is a website that he plans to develop himself for the cause of distribution of relief aid.

"The idea is to combine the funds together from various aid organizations into one single place that will put all these cumulative funds out to one destination for relief within 12 hours," he said. "Imagine the impact it could make! That is my dream project."



Sabherwal will be walking the stage at Jack Trice Stadium on May 7 to receive his bachelor's degree in mechanical engineering. He plans to stay just as

***"Sustainability is not just a word or a concept, it's a way of living."***

engaged and involved after leaving Iowa State University.

"I don't want to limit myself," he said. "Being involved keeps your eyes open."

Throughout it all, Sabherwal hopes to inspire everyone he meets and communicate that "sustainability is not just a word or a concept, it's a way of living."

To Sabherwal, sustainability is a process of continuous improvement in any single industry, in any single field, in any single person, no matter who they are.

"I have to be that person who embodies the consistent passion to improve and to keep on improving and to engulf and involve other people and to go on and share my vision," he said. "The vision can apply to anything, but there has to be consistent effort, a cohesive effort, a collaborative effort, into looking at how you can make an impact."

He said that to keep that sustained vision, we must learn from others and work to create together.

"[Sustainability means] beyond the border, beyond geographical boundaries, beyond culture, it is a word that means a consistency toward passion and change for the better."



# SAVING OUR SPECIES



## NATIONAL ENDANGERED - MAY 20 - SPECIES DAY



A day devoted to the cause of endangered species is coming up May 20. And focused on bringing awareness to the preservation of our planet's animal and plant species.

The approval of the Endangered Species Act of 1973 by President Nixon initiating the fight against extinction. With this act came the ability of the U.S. government to complete necessary steps to protecting the nation's native plants and animals. This act includes three classifications which the government has responsibility to protect.

**Endangered Species** - species that are likely to become extinct throughout all or a large portion of their range.

**Threatened Species** - species that are likely to become endangered in the near future.

**Critical habitat** - vital to the survival of endangered or threatened species.

Plants and animals can be classified including reasons such pollution, disease, animal trade and the most prominent cause, habitat loss and all that is lost with it - food, clean water, and shelter. According to the International Union for Conservation of Nature (IUCN), species are going extinct at an accelerated and dangerous rate. Twenty-nine percent of all amphibians, "21 percent of all mammals and 12 percent of all birds" are currently being threatened.

Endangered Species Day, started in 2006. Every year on the third Friday in May, and throughout the month, zoos, aquariums, parks, botanical gardens, wildlife refuges, museums, schools, community centers, conservation groups and other organizations offer tours, speaker presentations, exhibits, children's activities to commemorate our endangered and threatened species. Being "a celebration of wildlife and wild places", the focus of this annually-recognized day is to instill an awareness and appreciation related to the importance of protecting our threatened and endangered species (here in Iowa as well as across the world) and everyday actions we can take to make a difference to these species.

**SAVING OUR SPECIES IS EVERYONE'S RESPONSIBILITY  
AND EVERY INDIVIDUAL ACT MAKES A DIFFERENCE.  
BELOW ARE SOME (OF MANY) DIFFERENCE-MAKING OPPORTUNITIES.**

1. Choose sustainable goods and services that strive to make a minimal impact on species and habitats.
2. Appreciate nature by getting outside to explore and experience the natural diversity of our planet.
3. Protect and preserve wildlife habitats. Our actions today determine the tomorrows we leave for future generations.
4. Attend an Endangered Species Day event near you to learn more about how to get involved and make a difference in your community.

# NATIONAL BIKE MONTH

May is National Bike Month, which celebrates the many benefits of cycling while encouraging people to bike more frequently. National Bike Month was established in 1956, and is sponsored by the League of American Bicyclists. Whether you bike to save money or time, to preserve the environment or your health or to explore your community, there are many opportunities to celebrate the unique power of the bicycle this month!



## BIKE-TO-WORK WEEK IN AMES

During National Bike Month, Ames celebrates Bike-to-Work Week May 16-20. The Ames Bicycle Coalition is rewarding commuters for biking to work with free breakfasts from 7-9 a.m. Bike to breakfast at the following locations:

**Monday, May 16:**  
**Ames City Hall**

**Tuesday, May 17:**  
**ISU Research Park**

**Wednesday, May 18:**  
**Brookside Park**

**Thursday, May 19:**  
**JAX Outdoor Gear**

**Friday, May 20:**  
**Skunk River Cycles**

## EXPLORE AMES TRAILS

There are many great, local places to ride during National Bike Month, including shared use paths, on-street bike lanes and bicycle-friendly streets:

- Ames (on and off-campus)
- Seven Oaks Recreation in Boone
- McFarland Park north of Ames
- Peterson Pits north of Ames
- Skunk River Greenbelt
- Iowa Natural Heritage Foundation

While you are out exploring and stop by your favorite restaurant or retailer, ask about any discounts you can earn for using sustainable transportation. Wheatsfield Co-op, for example, offers a punch card discount program for shoppers that choose to leave a greener transportation "footprint"

## BICYCLE SAFETY

With more cyclists out and about during National Bike Month, it is important for all travelers (whether by bike or car or foot) to be especially aware of and mindful toward safety concerns and precautions. The city of Ames' BikeWalk Drive SMART program hopes to keep everyone safe, no matter how they are traveling. The Bike SMART website offers tips specifically focused on increasing safety and respect for those sharing roadways, such as signaling to others, making eye contact, emphasizing visibility and more.



## BIKE-FRIENDLY CAMPUS

With more people choosing to ride their bicycles, Iowa State University has taken multiple steps to create a safe biking environment.

In recognition of these efforts, the university recently received the title of Honorable Mention in bike-friendliness from The League of American Bicyclists in 2016. While there are still items to accomplish, this honor recognizes Iowa State's work to be more bike-friendly, including accomplishments such



as adding bike lanes to shared community- and campus-roads and conducting safety studies to alleviate congestion between all types of transportation on campus.

## STAY INFORMED

Stay connected to bike-related opportunities and events over the summer and year-round through these resources:

- Ames Bicycle Coalition
- City of Ames
- Outdoor Recreation Services



# SPRING SEMESTER HIGHLIGHTS



## STUDENTS

Cyclone students have made copious strides in sustainability during the spring semester that deserve recognition and celebration.

### **CONNECTING ART, HISTORY**

ISU Museums created eMuseums, an online database for students to explore campus' various art history collections.

### **DANCING ALL NIGHT FOR THE KIDS**

The nineteenth annual Dance Marathon raised \$362,854.19 for the University of Iowa's Children's Hospitals.

### **SENDING HELP TO FLINT**

Hy-Vee, along with Cyclone basketball junior point guard Monté Morris, donated 11 trucks of bottled water to his hometown of Flint, Mich.

### **BUILDING BUSINESSES**

A new 10-week program called CyStarter provided students the chance to build their businesses from the ground up and solve world problems.

### **FINDING UNITY IN DIVERSITY**

More than 800 ISU students, faculty, staff and guests addressed the campus issues of diversity and inclusion at the Iowa State Conference on Race and Ethnicity (ISCORE).

### **UNITING FASHION WITH TRASH**

Twenty-four ISU student-created garments were displayed at the North Grand Mall Fashion Show to increase awareness for environmental issues.

### **DESIGNING FOR A CAUSE**

ISU graphic design students helped produce designs for the Iowa Race for the Cure.

### **ADDRESSING MENTAL HEALTH STIGMA**

A new social sustainability organization, To Write Love On Her Arms (focused on opening dialogue about mental health), was offered to students at Iowa State University.



## RESEARCH

This spring, Iowa State remained steadfast in its search for knowledge in the realm of sustainability.

### **ATHENA LAB MAKES LIFE EASIER**

Iowa State became home to North America's first augmented human laboratory focused on life improvement opportunities.

### **DIVERSIFYING IOWA CROPS**

Researchers planned to diversify unprofitable cropland to improve farmers' yields.

### **CUTTING CARBON EMISSIONS**

Iowa State's Wind Energy Initiative worked to promote affordable and accessible wind energy throughout Iowa.

### **FINDING HELPFUL SIMILARITIES**

An ISU research team linked heart valves and wind turbines while looking to improve the durability of current heart valves.

### **ENGAGING KIDS WITH STEM SUBJECTS**

Iowa State and Des Moines Public Schools introduced the STEM-C Trinet Project to get elementary-aged kids interested in STEM fields.



## COMMUNITY

The spring semester provided many examples of the connection of town and gown toward collective community impact and accomplishment.

### **MINIMIZING BUSINESS INEFFICIENCIES**

The Smart Business Challenge helped Ames businesses save money, help the environment and strengthen their community.

### **IMPROVING IOWA COMMUNITIES**

Retail Scapes, an interdisciplinary studio for College of Design students, helped small communities seeking design assistance.

### **GETTING GREEN WITH SUSTAINAPALOOZA**

Ames residents and ISU students, faculty and staff learned about the importance of pledging to a greener lifestyle at Sustainapalooza 2016.

### **CREATING DRESSES FOR AFRICA**

Volunteers created about 100 dresses from pillowcases for little girls in Africa during Little Dresses for Africa workshops.

### **SAVING LIVES WITH THE ISU BLOOD DRIVE**

ISU students and the Ames community joined together to save lives at the Iowa State Blood Drive in March.

### **STASHING AMES' TRASH**

The 15th annual Stash the Trash provided the opportunity for students and Ames residents to come together for a city-wide cleanup effort.

### **CELEBRATING EARTH DAY**

Student clubs and Ames businesses helped Iowa State celebrate Earth Day on April 22.



## OPERATIONS

To ensure the most efficient and effective experience for students, faculty and staff, campus operations was an area of focus during the spring semester.

### **CELEBRATING CO-GENERATION POWER**

Facilities, Planning and Management's Utility Services department celebrated 125 years of a co-generation power plant.

### **OFFERING INFORMAL COUNSELING**

The new Let's Talk program allowed free walk-in counseling sessions for students.

### **HONORING ARBOR DAY**

ISU's Tree Campus USA planted more than 75 "scarce-on-campus" shrubs and trees for teaching purposes and to provide color throughout the seasons.

### **GIVING NEW LIFE TO CAMPUS TREES**

Facilities Planning & Management installed hundreds of new benches, made from repurposed TreeCycle wood, throughout campus buildings

### **BEAUTIFYING CAMPUS**

Eight thousand, seven hundred bulbs were planted throughout campus this spring as another piece of President Steven Leath's beautification initiative.

PHOTOS COURTESY OF THE IOWA STATE DAILY, INSIDE IOWA STATE, AND LEOPOLD CENTER

More semester highlights can be found by visiting the Live Green! news archive.



# LIVE GREEN! GRADUATES



## MICHAEL GUBBELS

*Smart Business Challenge Intern  
Senior in Supply Chain Management*

After graduation, Michael will be moving to the Chicago area and begin working at DSC Logistics and Supply Chain Management in the SCIL Program.

"I will strive to increase the sustainable efforts at the distribution center I am working at, and will create standards of sustainability for whom we use for our transportation."

## LAURELIN HAAS

*Campus and Community Engagement Intern  
Senior in Environmental Studies and Community & Regional Planning*

In the future, Laurelin hopes to be working in either the public or nonprofit sector to help make cities around the world more sustainable.

After graduation next fall, she wants to incorporate the skills she's gained this year into her daily life. "I've learned a lot about engaging the community in sustainability and integrating sustainability practices into my own daily routine, and I'm excited to see how these lessons can help me in my future career!"



## GRACE JIEUN LEE

*Brand Marketing Coordinator  
MBA, MSIS*

Grace will begin her career in product marketing at Emerson Process Management in Marshalltown, IA after graduation.

Her two years on the Live Green! team taught her how to think more long-term, leading life more sustainably. "Being sustainable could start from saving resources, but is also about planning to sustain longer and satisfy the larger population."

### ANDREW LOIACONO

*Smart Business Challenge Intern  
Senior in Marketing, French and International Business*

Drew will be moving to Kansas City to work as a consulting analyst for Cerner after graduating this May.

Due to the nature of his future job, Drew said he will be travelling frequently. To combat his potential rising carbon footprint, he, “will always do [his] best to use public transit and low emission options to get around in new cities.”



### SINDHUJA RAM

*Marketing and Communications Intern  
Senior in Advertising*

Next fall, Sindhuja will be graduating from Iowa State. She plans to pursue a career in creative advertising.

“Live Green! has been pivotal in expanding my horizons to the facets of sustainability. The things I have learned in this internship have made me greatly aware of all the opportunities to be ‘green,’ and I hope to keep acting sustainably throughout my life with these skills and lessons I have learned at Iowa State.”



### MADISUN VANGUNDY

*Campus and Community Engagement Intern  
Senior in Public Relations*

After graduation, Madi hopes to find a job in the Midwest. Until then, she plans on going with the flow and enjoying life.

Her Live Green! experience has taught her about living more sustainably on a daily basis. “I have already changed my little habits (unplugging appliances and turning off lights). I also recycle now more than I used to. I have a separate garbage for glass and aluminum cans, and I even have a bin for recycled paper. I also hope to get a composter and start my own garden!”





# GREEN IT YOURSELF

## Graduation



**PHOTO  
PARTY PIÑATA**

### SUPPLIES

● White card stock ● Crepe paper ● Masking tape ● Double-sided tape  
● Ruler ● Pencil ● Scissors ● Fair trade chocolate ● Recycled paper confetti scraps to fill your box ● Photo as large as the front of your box

### INSTRUCTIONS

1. Measure and cut two 8-inch squares and four 3-by-8-inch rectangles out of the white card stock.
2. Lay one of the square pieces of card stock down and tape the four smaller rectangles to its sides to make a cross.
3. Fold each side up to make a box and tape corners.
4. Put candy and confetti into the box, enough to fill.
5. Tape the remaining square to the top of the box as a lid to form a box piñata.
6. Trim photo to the same size as the front of the piñata (8-by-8-inch) and cut it horizontally into even 1-inch strips.
7. Adhere a strip of double-sided tape along the back top edge of each photo strip. Tape photo strips to one side of the box to re-create the full photo.

8. Cut crepe paper into 1 inch strips, enough to cover the remaining three sides of the box. Adhere a piece of double-sided tape along the back top edge of each crepe paper strip. Tape crepe paper strips to each side of the box to fully cover the box.
9. From the bottom of each crepe paper strip make small cuts to create a fringed edge.
10. Let the piñata party begin!



**MINI MILK  
CARTON GIFT BOXES**

### SUPPLIES

● Scrap book paper or card stock ● Scissors ● Double-sided tape ● Mini clothes pins or binder clips ● Ruler

### INSTRUCTIONS

1. Using a ruler score lines at 2.5, 5, 7.5, 10 and 10.5 inches on a piece of scrapbook paper on card stock (Patterned or plain).
2. Turn paper 90 degrees and score again at 2.5, 5, 6.5 and 7 inches.
3. Trim paper to size to measure 10.5 inches wide and 7 inches long.
4. Fold and crease all scored lines.
5. Cut up from the base of the paper (the long side without a scored folded edge) to the 2.5 mark to make the flaps of the box bottom. Cut away the narrow side tab.
6. Fold paper and tape the side (tab down) to make an rectangular open-ended tube.  
\*Please note if using pattern paper the paper should be on the outside of the box.
7. Fold bottom flaps on top of each other and tap in place to form the base of the box.

8. Gently pinch in the sides to form the box top.
9. Place your gifting goodies inside and close with a mini clothes pin or binder clip.
10. Ready for gifting!



**GLASS  
JAR FRAMES**

### SUPPLIES

● Clean, clear glass jar (free of labels) ● Photos ● Ruler ● X-acto knife or scissors

### INSTRUCTIONS

1. Measure the jar's height. If needed, trim the photo to ensure it will fit inside the jar.
2. Slide the photo into the jar so that the photo will be right-side-up when the jar is upside-down.
3. Turn the jar upside down show off your cool frame!
4. To turn your frame into a bookend, fill the jar with marbles, rocks, shells or other items to weigh it down and add jar lid to secure contents.
5. Enjoy your up-cycled memory!

FOR MORE DIY



# GREEN IT YOURSELF Summer



**T-SHIRT  
PRODUCE BAG**

## SUPPLIES

● Old T-shirt ● Sewing machine ● Sewing needle ● Thread ● Scissors ● Pen or marker

## INSTRUCTIONS

1. Turn an old T-shirt inside out and draw a bag shape on it as small or large as you want.
2. Cut through both layers so you have two identical pieces. You can leave the shirt's hem intact or snip it off.
3. Stitch the two pieces together all the way around, leaving the bag's opening untouched.
4. To prevent fraying, apply a narrow zigzag stitch to the edge.
5. Use a ruler and pen to draw dashes across the fabric.  
Important: Leave room (four inches from the top) for your handle.
6. Using scissors or a rotary cutter, snip along the lines, making sure to stagger your cuts. Cut a longer slit (two inches from the top) for a handle, and shape the sides if desired.
7. You are all ready for this summer's farmers' markets!



**FRESH FROZEN  
FRUIT ICE CUBES**

## SUPPLIES

● Various fruits or vegetables (the juicier the better!) ● Small bowls ● Muddler or Masher ● Spoon ● Ice cube trays

## INSTRUCTIONS

1. Fill bowls with your favorite fruits.
2. Use a muddler or a masher to mash the fruit until there is plenty of juice in the bowl.
3. Spoon a small amount of juice into each ice cube compartment. Fill only one-fourth or one-third full. Place the tray into the freezer for about an hour.
4. Repeat Step 3 to achieve the desired number of layers, alternating colors and fruits.
5. For best results, allow the final ice cube layer to freeze overnight.
6. Enjoy in water for a refreshing, fruit-infused summer beverage!



**BRAIDED  
SNEAKER SHOELACES**

## SUPPLIES

● Fabric pieces (30-60 inches in length - depending on the number of sneaker eyelets) ● Sneakers

## INSTRUCTIONS

1. Cut or rip 3/8-inch wide strips of fabric, selvage to selvage.
2. Knot ends, and tape to a tabletop so you can pull the strands taut as you braid.
3. Braid them to a desired length.
4. Lace the unknotted end through the shoe's grommets, then knot. (If you have trouble getting the lace through the grommet, wrap clear tape around the ends or wet them.)
5. Behold your "new" shoes to rock the summer!

FOR MORE GIY





# GREEN OPPORTUNITIES

## Join Project Smyles



**Ames**  
PUBLIC LIBRARY

The Ames Public Library is looking for a Project Smyles presenter.

This presenter will promote early literacy skills by providing programs to children, their teachers and caregivers, as well as parents, at preschools, daycare settings and in the Library service area. For more information, visit the Library's job board. To apply, submit a City of Ames Employment Application, cover letter and three references to [janderson@amespubliclibrary.org](mailto:janderson@amespubliclibrary.org).

## Build Energy Efficiency

The ISU Iowa Energy Center is seeking a research assistant to assist staff in various projects pertaining to Heating Ventilating and Air-Conditioning (HVAC) at the Energy Resource Station facility in Ankeny. The assistant will gain hands-on experience and knowledge in the area of HVAC and building energy efficiency. To apply, email a resume to Xiaohui Zhou at [xhzhou@iastate.edu](mailto:xhzhou@iastate.edu).



## Share Natural Products



AmeriHerb, a natural products wholesaler that has sold bulk herbs and spices throughout the U.S. and abroad for more than 20 years, is looking to fill its operations team. All members of

the team will work in accounting, production, pulling orders, warehousing and shipping. To apply, call Doug Borud and Jim Croxdale at (515) 232-8614.

## Bridge the Language Gap

The Lutheran Services in Iowa (LSI) is seeking interpreters to work in Des Moines' Refugee Community Services. Desired languages include Karenni, Kayah, Chin languages, Kunama and Tigrinya, as well as fluency in English. For more information or to apply to become an interpreter, visit the LSI website.



## Care for the Butterflies



Reiman Gardens is looking for an entomology assistant. This job provides the opportunity to work directly with all life stages of both tropical and native butterfly

species. Primary responsibilities include assisting in the development and maintenance of butterfly cultures for release in the Butterfly Wing, working in a USDA-regulated lab and preparing artificial diets for the butterflies. To apply, visit Reiman Gardens' website.

## Help at the Farm

White Barn Farms in Ames is looking for a few farm and garden groundskeepers. These groundskeepers will do general farm maintenance, including splitting wood, building fences, painting barns, hauling brush, weeding and gardening. They will also have the opportunity to raise their own garden. To apply, call Andrea Shaw at (515) 203-7568.



## Assist in the Fields



Syngenta Seeds, Inc. is looking for entomology interns at its Slater site. In this position, interns will work in small groups to take plant samples, label plants, inoculate

plant diseases, maintain plots and dig and wash corn roots for evaluation in corn fields. To apply, email a resume to Mitch Meehan at [mitch.meehan@syngenta.com](mailto:mitch.meehan@syngenta.com).

## Take Action on the Climate Crisis

The Climate Reality Project Campus Corps is looking for ISU students to join its renewable energy campaign on all college campuses. Responsibilities will include assisting with volunteer recruitment efforts, media engagement, grassroots coordination, petitioning and phone banking interested students on campus, as well as recruiting and building a team of dedicated student volunteers. To apply, email a resume and cover letter to [vasily.kisunko@climatereality.com](mailto:vasily.kisunko@climatereality.com).



# MAY CALENDAR

07

## PLANT SALE EXTRAVAGANZA

Get your green on (rain or shine), as many local organizations come together to offer a huge selection of plants for purchase.

Reiman Gardens, 9-6 PM, May 8th 10-3 PM

## MAIN STREET FARMERS' MARKET

Join the kick-off of the 2016 Downtown Farmer's Market season that features the "Grub for Good" Food Truck Showdown.

Main Street, Ames 8-12:30 PM

16

## BIKE TO WORK WEEK BREAKFAST

Join the Ames City Council and City of Ames staff for breakfast to kick off National Bike to Work Week.

City Hall, 7-9 AM

## DIGITAL ARCHITECTURE

Engage in interactive discussions and meetings about agriculture and its challenges in the age of Big Data with the Midwest Big Data Hub.

Scheman Building, 8 AM-8 PM

10

## MONEY FOR LIFE

Attend the Professional and Scientific Council's seminar, and learn how to put your money where it will best improve your life.

Gallery, MU, 2-3 PM

17

## FLORAL DESIGN WORKSHOP

Learn the basics of floral design with tips and skills used by professionals and create your own one-of-a-kind floral designs and beautiful arrangements to take home.

Reiman Gardens, 6-7:30 PM

11

## PROJECT LEA/RN

Learn how to better facilitate learning-centered classes and meetings. Lunch is provided May 11-12.

0760 Lagomarcino Hall, 9 AM-4 PM

## YOUTH PROGRAM LEADERS

Learn about the various youth-related policies, procedures and forms for successfully conducting youth programs at Iowa State University.

1020 Extension 4-H Youth Building, 1-3 PM

## FAMILY YOGA IN THE GARDENS

Participate in a six-week family yoga program that is light-hearted and focused on kids ages 3 years and older.

Reiman Gardens, 10-11 AM

18

## BUTTERFLY WING PLANTS

Learn from Assistant Butterfly Wing Curator Anita Westphal about the wide variety of plants selected for display in the Butterfly Wing with a mini-tour filled with interesting facts about the feature.

Reiman Gardens, 11-noon

19

## HEALTHIEST STATE CONFERENCE

Step it up Iowa! Spend the day at sessions with distinguished speakers such as Rear Admiral Jose Belardo, U.S. Public Health Service; Ann Mansfield, Northeast Iowa Food and Fitness Initiative; and Pamela White, College of Human Sciences.

Scheman Building, 9 AM-4 PM

14

## SPRING YARD WASTE FREE DAY

Gather up trash, as well as brush! Follow Chamness Technology's rules for proper yard waste disposal practices.

26107 530th Ave, Ames, 8 AM-4 PM

## BAG-O-BULBS SALE

Purchase Reiman Gardens' beautiful tulip bulbs to replant in your own yard for the summer.

Reiman Gardens, 8 AM-noon

## IOWA ABLE RUN

More than a run! It's a family event to help empower Iowans with disabilities and their families. Join us for a 5K, prizes and awards.

Hayden Park, Ames, 8 AM

28

## AMES HISTORY AND ARCHITECTURE

Discover a new view of Ames in this walking tour. Grab a route brochure at Tom Evans park and/or the Ames Public Library. Costumed characters will meet you at each marked location.

Main Street, Ames, 10 AM-noon

30

## PHOTO RECIPES

Take a photography class with professional photographer Mark Stoltenberg and learn how to capture memories of fireworks, foggy days and vacation settings through a camera lens.

Reiman Gardens, 6-8:30 PM



# SUSTAINABLE SUMMER

Ways to green up your summer is easier than you think, take a look at all these ways to make your summertime more sustainable!

**1** lb of CO<sub>2</sub> saved  
per mile biked



## ECO-FRIENDLY FUN

Start by incorporating more low impact activities by enjoying the outdoors via sustainable transportation choices. Choosing to savor the warm weather by walking, running or biking to work or school allows you to feel the summer breeze while helping the planet helping the planet. Attend local activities and visit local water attractions instead of traveling distances. Even landlocked Iowa has beaches to enjoy! Be sure to pack your eco-friendly swimwear, and stay safe in the sun by using proper and effective sunscreen, low in hazard, yet high in protection. You can also create your own homemade sunscreen with all natural ingredients.

## GREEN COOLDOWN

Back at home, go easy on the air conditioning. On average, about two tons of carbon dioxide is used by an air-conditioned home. Choose fans instead and save energy. A ceiling fan can lower the feel of a room's temperature by eight degrees, saving a lot on air conditioning bills. If you need to add a little warmth, open blinds or curtains and let the sunshine do the work. What about cooling down with a run through the sprinkler? Think again. Watering over the summer can be calculated to obtain the best methods to usage of water. This is important both for your expenses and our environment.

**8**

percent saved  
in cooling costs  
for every degree  
the thermostat  
is raised above  
seventy-eight degrees



**24** hours  
lead time needed  
to pick and  
deliver locally-  
grown produce

## SUSTAINABLE FOODING

Host a gathering around summer foods. Summer is the time of fresh pickings at your local farmers market. Stock up on foods that provide a diversity of fresh options for you and support to your community's local producers, through buying local. You can also supply your own local produce by gardening. If BBQ is a favorite summer food adventure, consider some eco-friendly grilling options. Challenge yourself to make your meals zero waste by stocking up on reusable plates and silverware for your guests to use. Finally, if you dine in a park or public area, remember to "leave-no-trace" and carry out all that you have carried in.

# SUMMER OPPORTUNITIES

## Volunteer With Food at First

The Sustainable Agriculture Student Association (SASA) is looking for volunteers to garden this summer. Volunteers can take leadership roles as garden co-leaders, as well as be garden workers and educators. SASA meets 2-3 times a week for its garden workdays, lasting two hours each. For more information, to sign up for the email list or to sign up for leadership and volunteer opportunities, email [foodatfirstgarden@gmail.com](mailto:foodatfirstgarden@gmail.com) or Garden Coordinator Hannah Dankbar at [hdankbar@iastate.edu](mailto:hdankbar@iastate.edu).



## Work for the City



The City of Ames' Public Works, Water and Pollution Control, as well as its Parks and Recreation department are looking to fill

several positions this summer. These positions range from general maintenance, field maintenance and mowing at various parks and locations throughout Ames. For more information about specific positions and to apply, visit the [City of Ames' job board](#).

## Discover Ames History

The Ames Historical Society, the Main Street Cultural District and the Ames Public Library are hosting a self-guided tour of historic buildings, which are marked with plaques, on May 28, 10 a.m. to noon. During the tour, participants will see costumed actors in historic clothing and receive free popcorn and flower seeds. A map and informational brochure are available at Tom Evans Park and the Ames Public Library. A reception also follows at the Library.



## Green the Des Moines Arts Festival



The Des Moines Arts Festival, which takes place June 24-26, is looking for sustainably-minded volunteers to join its Environmental Impact Team. These volunteers will not only pick up trash, but will help educate the public about recycling and composting practices, in addition to helping festival attendees know where to put their compostables and recyclables. Visit the [Des Moines Arts Festival website](#) to register as a volunteer. All volunteers receive a free T-shirt!

## Stay Active With the Gardens

Over the summer, Reiman Gardens is offering a plethora of classes, workshops and events about gardening and the environment, including, but not limited to:

### May 14

**Bag-O-Bulbs Sale:** Purchase Reiman Gardens' tulip bulbs to replant in your own yard.

**Photography for Scouting and Reporting:** Learn how to use your camera for identifying and diagnosing various plants and insects.

### May 19

**Container Gardening Workshop:** Get hands-on practice in outdoor container gardening.

**Vermiculture:** Bring the kids to learn a variety of gardening and growing techniques. This month, build a worm composting bin and learn what kinds of food scraps worms enjoy!

### June 8

**Integrated Pest Management:** Learn holistic approaches to addressing the problems that affect plants, and apply what you've learned to any growing situation.

### June 13

**Backyard Gourmet:** Explore the many pestilent plants we normally disregard, such as dandelions, chickweed and stinging nettles, and learn how to prepare a meal from them.

### June 20

**Herb Gardening 101:** Visit an introduction to herb gardening, including the various uses of herbs that are easy to grow, harvest and store.



### June 23

**A Flutter of Color:** Learn how colors and patterns on moths and butterflies play a key role in their day-to-day activities.

### June 25

**Iowa Regional Lily Show:** Attend the Iowa Regional Lily Society's annual show to see a large selection of lily colors, shapes and design.

**Pollinator Fest:** Celebrate National Pollinator Week by learning about pollinating insect species with the ISU Insect Zoo, the ISU Pollinator Working Group and others!



# SUMMER CALENDAR

## JUNE

03

### ART WALK

Discover the artwork of painters, jewelry makers, photographers, woodworkers, potters, sculptors and much more downtown! Main Street, Ames

04

### MAIN STREET'S FARMERS MARKET

Visit local Iowa producers offering seasonal fresh fruit, vegetables, meats, cheeses, arts, crafts, fresh flowers, plants along with live local entertainment.

300-400 Main Street, Ames, 8-12:30 PM  
Continues through Oct. 29, 2016.

### SUMMER FEST

Attend the City of Ames' annual event celebrating the 4th of July and the diversity that makes our community a great place to live. Campustown, 3-9 PM

05

### A WALK ON THE WILD SIDE

Catch the last tour of Gwynn Murrill's animal sculptures to discuss her career as an artist and her unique artistic style. Anderson Sculpture Garden, 2-3 PM

18

### HOPE RUN FOR HOSPICE

Join Mary Greeley Medical Center for a 5K run and 3K run/walk. All registration proceeds support Mary Greeley Hospice. Ames Middle School, 6:45-9:15 AM

### ROSE FEST

Enjoy the extensive collection of Griffith Buck hardy roses, antique roses as well as view the innovative and sustainable design of the Helen Latch Jones Rose Garden. Reiman Gardens, 9 AM-4:30 PM

20

### HERB GARDENING 101

Join Certified Master Herbalist Gayle Curtis for an introduction to herb gardening, and the various uses of a myriad of herbs that are easy to grow, harvest and store. Reiman Gardens, 6-8 PM

## JULY

04

### INDEPENDENCE DAY PARADE

See one of the largest events of the summer, as well as the great connection between Main Street and the city of Ames! Main Street, 9-11 AM

09

### MIDNIGHT MADNESS ROAD RACE

Run through downtown Ames then celebrate afterwards with this annual Ames tradition! Downtown Ames, 7:30 PM

17

### GARDEN ART FAIR

Enjoy browsing dozens of eclectic booths, and buy products including jewelry, watercolor, pottery, woodwork, glass, and more. Reiman Gardens, 9 AM-4 PM

28

### SUMMER SIDEWALK SALES

Take a stroll in Downtown Ames and check out discounts, promotions, sales and many other good deals from local businesses! Main Street, All Day  
Continues through May 31.

## AUGUST

22

### GREAT PLANTS OF IOWA

Develop knowledge of the wide variety of garden plants that grow well in Central Iowa with this session! Reiman Gardens, 6-8:30 PM

For sustainable events or highlight your events, contact the newsletter team!

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

Steve Kohtz | Sustainability Coordinator | [sakohtz@iastate.edu](mailto:sakohtz@iastate.edu)

Sindhuja Ram | Marketing & Communications Intern | [sram@iastate.edu](mailto:sram@iastate.edu)

