

# LIVE GREEN! MONTHLY

"The journey of a  
thousand miles  
begins with a  
single step."

— Lao Tzu

**ASPIRING TO "GREEN"  
AND RENEW THE  
FASHION INDUSTRY**

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**ADDING FOOTSTEPS  
TO YOUR JOURNEY IN  
SUSTAINABILITY**

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**CELEBRATING OUR  
ACCOMPLISHMENTS IN  
SUMMER GREENING**

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# WHAT'S INSIDE

**LIVE  
GREEN!**

IOWA STATE  
UNIVERSITY

04

## Meet the Live Green! Team

Welcome to the new leadership team for 2016-17!

06

## Sustainable Summer Highlights

Learn about the green-ness added to campus and the Ames community.

08

## The Everyday Sustainable Difference

Remember these three facets to green your everyday adventure.

09

## Now You Know

Learn how to fill your day with more footsteps and make less footprints.

10

## Living the Cardinal, Gold & Green

Meet an ISU student aspiring to renew the fashion industry.

12

## Green-It-Yourself

Get creative with these upcycled back-to-school crafts!

13

## Fall Thrifting

Explore Ames' options to save some green as you renew your fall season.

14

## Green Opportunities

Events and opportunities to inspire green connections.

15

## October Calendar

Locations, dates and times for sustainable opportunities.

16

## National Campus Sustainability Day

Mark your calendar for the first Live Green! event this year.



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



PHOTO BY MERRY RANKIN

This year's Live Green! Team is excited to share our passion for sustainability through a variety of campus and community outreach efforts, as well as engaging events.

Check out Page 4 to meet each member of the team and see how we "live green"!

## 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 projects and initiatives, our operations and our campus environmentally, economically and socially sustainable.

Contact us to highlight your sustainability efforts and accomplishments:

[livegreen@iastate.edu](mailto:livegreen@iastate.edu)





# DIRECTOR'S MESSAGE

Welcome to the 2016 fall semester at Iowa State University!

Congratulations to all of our new and returning students, faculty and staff, as you are all uniquely a piece of the legacy that generations of Cyclones will read about and benefit from. The challenges we take on, the progress we make and the accomplishments we achieve this year will all contribute to our collective journey toward a sustainable future.

As we embark upon the 2016-17 leg of our journey, a vital ritual commences for all of us – renewal. While often times the start of something new – new classes, new projects, new challenges and new goals and aspirations – renewal is considered more as discovery and adventure. It is also a moment to prepare for all the opportunities that abound.

In looking around campus, renewal for the new year is certainly apparent – the addition of new outdoor tables and seating areas, solar trash compactors and plantings; the completion of building improvements and renovations just in time for classes; new menu choices in our dining centers and campus cafes; as well as all the university events that offer support for countless new adventures ready to be taken. These are all testament to a renewed ISU.

The first issue of Live Green! Monthly for the 2016-17 academic year focuses on the many components of renewal that welcome us back and invigorate us forward as we kick-off the fall semester and anticipate all that awaits us in this new year. From summer campus projects and community endeavors, to a diversity of new opportunities to jump into, as well as highlighting the renewing adventure of one ISU student over the summer and the renewed Live Green! Leadership Team of 2016-17 – all of this awaits you in this issue.

Sustainability requires renewal, and a sustainable future relies on the collective of many renewing journeys. Enjoy the many facets of your renewed adventure this month, Cyclones!

Yours in Green-ness,  
Merry Rankin



TEAM PHOTOS BY BILAWAL KHOSO (BK)

**MERRY RANKIN** is Iowa State University's Director of Sustainability and the City of Ames Sustainability Coordinator. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads and assists teams on campus and in the community in creating and enhancing programs, events and communication pieces to help educate, engage, and empower our collective journey toward a more sustainable future.

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## ON THE COVER: McFarland Park

PHOTO BY BILAWAL KHOSO (BK)

*McFarland Park is located in Ames, Iowa, northeast of the ISU campus. McFarland Park offers a variety of outdoor and recreational amenities including a lake, bike and hiking trails through forest and prairie, camping, picnic tables, grills and beautiful fall colors. For more information about the park, please visit the [McFarland Park website](#).*



# MEET THE LIVE GREEN! TEAM

*Introducing the 2016-2017 Live Green! Leadership Team! We are committed to providing education, engagement and empowerment opportunities toward making Iowa State University as "green" and sustainable as possible. Please contact us with your ideas and questions. We look forward to our work together!*

Director of Sustainability



**MERRY RANKIN** // Alumna  
Class of 1987 and 1998  
Hometown: Attica, IA  
Email: mrankin@iastate.edu

"I **live green** by giving "sustainable consideration" to all the decisions I have before me each day – decisions such as what I purchase, what I put into my garbage can and volunteering my time to give back and pay forward."

Sustainability Coordinator



**STEVE KOHTZ** // Graduate Student  
Hometown: West Des Moines, IA  
Studies: Graphic Design  
Email: sakohtz@iastate.edu

"I **live green** by being mindful of my actions; what I do today effects everyone's tomorrows."

Promotions & Branding Coordinator



**ADAM WRIGHT** // Graduate Student  
Hometown: Asheville, NC  
Studies: Sustainable Agriculture  
Email: abwright@iastate.edu

"I **live green** by growing my own food and shopping local foods. I take part in a workshare CSA with the Student Organic Farm, cook meals for needy individuals at Food at First, and have my own backyard garden."

Marketing & Communications Intern



**CAITLIN DEAVER** // Senior  
Hometown: Knoxville, IA  
Studies: Public Relations, Marketing  
Email: cmdeaver@iastate.edu

"I **live green** by developing my green thumb. I am absolutely obsessed with plants. They're my stepping stone to, hopefully, growing my own produce garden someday!"

Marketing & Communications Intern



**REBEKAH MALLETTE** // Senior  
Hometown: North Aurora, IL  
Studies: Marketing, Public Relations  
Email: rebekahm@iastate.edu

"I **live green** by making an effort to recycle whenever possible. I also use public transportation or walk to work and school."

Smart Business Challenge Intern



**KATHRYN LEIDAH** // Senior  
Hometown: Davenport, IA  
Studies: Political Science, Economics, Business Management  
Email: kleidahl@iastate.edu

"I **live green** by doing a lot of little stuff everyday. I bring my own water bottle and coffee mug to campus, I always use reusable bags when I am at the grocery store, I try to recycle as much as I can on my own."





**BILAWAL KHOSO (BK)** // Graduate Student  
Hometown: Karachi, Pakistan  
Studies: Graphic Design  
Email: bilawal@iastate.edu

"I **live green** by eating green and avoiding food waste."



**MOLLY BREEN** // Sophomore  
Hometown: Lakeville, MN  
Studies: Finance, Accounting  
Email: mkbreen@iastate.edu

"I **live green** by making conscious choices to live in a more sustainable way."



**PAIGE VANDERLEEST** // Junior  
Hometown: Shawnee, KS  
Studies: Public Relations, International Studies  
Email: paigev@iastate.edu

"I **live green** by encouraging those around me to also implement simple sustainable practices into their everyday lives."



**TIM MCKEAGUE** // Senior  
Hometown: Bartlett, IL  
Studies: Supply Chain Management  
Email: mckeague@iastate.edu

"I **live green** by recycling every day, using reusable cups, and being joyful for a better future."



**LAURELIN HAAS** // Senior  
Hometown: Muscatine, IA  
Studies: Community & Regional Planning, Environmental Studies  
Email: lehaas@iastate.edu

"I **live green** by composting food waste in my apartment using my Bokashi compost system, and I try to purchase local or secondhand whenever possible!"



**SINDHUJA RAM** // Senior  
Hometown: Lake Jackson, TX  
Studies: Advertising  
Email: sram@iastate.edu

"I **live green** by incorporating more mindfulness of my day-to-day actions and acknowledging how small sustainable changes can be made in all aspects of life."



# SUSTAINABLE SUMMER HIGHLIGHTS

Over the summer months, Iowa State University and the Ames community continued to showcase its devotion to sustainability through various projects and initiatives that renewed and revitalized campus and the community in preparation for the 2016-17 academic year. Check out some of the highlights of this summer's many accomplishments.

## Revitalizing Marston Hall

In July, the two-year project of renewing Marston Hall was completed. The building was given new life by updating the infrastructure and its physical components, as well as increasing and upgrading the amount of space for classrooms, including a 172-seat auditorium. Additional instructional support areas enhance student-teacher interactions and provide informal gathering spaces. The addition of more natural lighting is also one of the many environmentally-sustainable components from the revitalization, providing countless natural views.



PHOTO COURTESY OF CHRISTOPHER GANNON

The project is currently pursuing a Leadership in Energy and Environmental Design (LEED) Gold certification, illustrating the commitment given to sustainability and sustainable design and construction.

Marston Hall will become Iowa State's eighth LEED Gold building and twelfth LEED-certified building.

## Furnishing Ames' Homes

At the end of July, right in time for apartment move-in and move-out, the City of Ames gave renewed life to more than 22 tons of unwanted furniture and household items during the first annual Rummage Rampage event. This community rummage sale offered hundreds of sofas, chairs, tables (keeping them out of the landfill), provided more than \$5,000 to local non-profits and furnished community homes affordably.



PHOTO BY MERRY RANKIN

## Bringing SafeRide to Campus

Students, faculty and staff who have late classes and campus activities have a new, safe option to get home. SafeRide, an app for Android phones (one for Apple devices is coming soon) allows users to sign in with an ISU Net-ID and receive a ride with ISU students working with ISU Police. Through the app, users will receive the pickup time, real-time tracking of their ride, as well as the vehicle description and license plate (as the officers will use their personal vehicles, much like an Uber service). The app replaces

the safety escort program, ensuring a more-efficient service for riders and allowing campus dispatchers to focus on other campus requests.



PHOTO COURTESY OF INSIDE IOWA STATE

## Enhancing the Outdoor Student Experience

Gathering around campus now offers new outdoor options. Through funding provided by Student Government, 26 new outdoor tables offer campus-goers some extra seating. Tables were placed in areas near food vendors, near building entrances and done so to re-purpose ISU's footprint through re-using pre-paved spaces (no new concrete was poured), and to still maintain campus green space. This project includes three types of tables – four oval, picnic-style tables were added between Carver and



PHOTO COURTESY OF RHONDA MARTIN

Beardshear, and five umbrella-style tables were added south and west of Parks Library, with both locations close to food vendors on campus.



Seventeen smaller tables are distributed throughout campus for general seating near buildings. This project assists in increasing and enhancing social engagement opportunities across campus. Facilities Planning and Management leads the project, and is currently researching cost-effective options for adding two or three solar-charging tables in the near future.

## Creating New Student Homes

In response to the high demand for on-campus housing, the Department of Residence is offering unique student homes in the Memorial Union. Rooms, previously used as a hotel, have been converted to student use and offers the quickest campus commute anywhere in Ames.



PHOTO COURTESY OF CHRISTOPHER GANNON

To prepare for the conversion, ISU Surplus conducted a public sale, offering affordable furnishings and keeping useful items out of the landfill.

## Offering New Dining Options

ISU Dining kicked off the fall semester with new, exciting and sustainable options. More vegan, vegetarian and Halal options are available in dining halls through a wider variety of authentic,

ethnic foods. ISU Dining is embracing a renewed "all-scratch" tradition for bakery items, allowing more of an investment in higher quality ingredients and products for students, as well as adding additional employment



PHOTO BY CAITLIN DEAVER

opportunities for students. All-scratch baking also offers a tasty opportunity to include an enhanced variety of seasonal treats.

## Compacting Our "Trash-Print"

Forty-five additional BigBelly solar trash compactors were added to campus over the summer with the financial support of Student Government. The project received additional student support through Office of Sustainability interns completing all of the new designs for the compactors. Solar compacting makes a significant sustainable impact through reducing the number of trash pickups, saving fuel, garbage bags and labor.



PHOTO COURTESY OF BOB ELBERT

## Cleaning Up College Creek

In June, the campus and community worked together to clean up College Creek, which runs through the ISU campus. This summer, Roy J. Carver Scholars from the College of Agriculture and Life Sciences joined in to enable the cleanup effort to extend through Campustown and the Arboretum. More than 300 pounds of garbage was collected and 125 hours of volunteer service was provided in greening our community.



PHOTO BY LIVE GREEN!

## Receiving Bicycle-Friendly City Recognition

The City of Ames received bronze recognition by the League of American Bicyclists for its commitment to becoming a bicycle-friendly community over the summer. The League evaluates consideration given to bicyclists when engineering roadways and paths, educating about road safety, encouraging community activities, enforcing roadway safety and evaluating how to keep and better plan programs in the community in this recognition.





# THE EVERYDAY SUSTAINABLE DIFFERENCE

Every day, we experience multiple opportunities to make decisions that impact our lives and the lives around us. These decisions range from simple to complex. When making a decision, there are different factors to consider. Some factors are subconsciously considered, while other factors require active thought.

Though some decisions may not immediately appear to be ones of great impact, when considering the collective sustainability impact, every decision counts. According to the World Commission on Environment and Development, a broad, generally accepted definition for sustainability is "... meeting the needs of the present without compromising the ability of future generations to meet their own needs." With this in mind, each individual effort is instrumental in the future we shape with those who follow us.

To further consider the sustainable impact and opportunities of our daily decisions, sustainability can be further defined within three categories: social, environmental and economic. Similar to the Triple Bottom Line business model, this consideration provides a framework for evaluating performance and defines that to be truly sustainable, social, environmental and economic sustainability must be balanced. Additionally, this definition illustrates that sustainability is not applicable just to one effort by one person, but rather the continuous, collective effort propelled by every individual actively renewing their everyday decisions with each facet of sustainability in mind.

## Social

Social sustainability focuses on recognizing, embracing and nurturing every societal aspect of our community and world. For example, appreciating and understanding the diversity of people and places allows us to explore perspectives and discover new ideas that are nurtured and sustained through the collective experiences and growth of each individual. Being socially sustainable also means engaging with and supporting our communities by utilizing our time, experiences, knowledge and other resources to volunteer, give back and pay forward in the most beneficial ways we can.

## Environmental

Environmental sustainability focuses on being mindful of the natural resources that are necessary to support life -- water, air, energy sources, wildlife, etc. While the environmental aspect of sustainability is often discussed in an overarching policy and regulatory manner; sustaining the environment is the responsibility of each and every individual. For example, the impact of each of us renewing our daily habits by turning off lights when not in use, shortening showers and using reusable coffee cups and water bottles, is substantial to the sustainability of the collective environment we share.

## Economic

Economic sustainability focuses on being efficient and effective with our financial resources toward ensuring a strong and healthy economy. A strong economy supports funding for education, research, public and private projects and initiatives that support awareness and engagement in sustainability.

Each facet of sustainability begins with us, as single individuals. The seemingly small steps we take in renewing our daily routines are collectively crucial components in our shared journey toward a sustainable future.





# NOW YOU KNOW: *Less Footprints, More Footsteps*

This year, we have added a new monthly feature, "Now You Know." This feature offers the opportunity to take a more in-depth look into specific topics of sustainability and learn about the social, economic and environmental challenges and opportunities it offers. This month we look further into taking footsteps instead of leaving footprints.

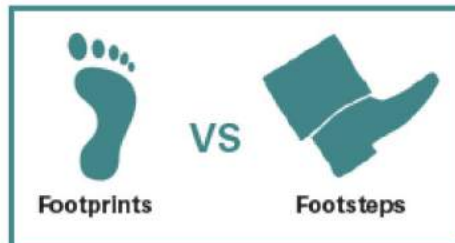
## The Challenge

Every day, we all travel from one place to another. In Ames, just considering ISU students, 36,660 people are traveling each day. Add on faculty and staff, Ames community members and visitors from out of town and the total can easily become more than 50,000 daily travelers. With the rapid expansion of the Ames community, the impact of everyday transportation decisions can be extensive. According to The Nature Conservancy, if 36,660 individuals each drove 10 miles per day in a mid-size car, the impact would be the addition of 95,316 tons of carbon dioxide per year, requiring 2,000 mature trees to offset the impact.

By considering each facet of sustainability -- environmental, social and economic -- we can assess our transportation choices and proactively navigate their overarching impacts.

## The Opportunities

Understanding the differences between "footprints" and "footsteps" is the first step toward embracing the everyday



opportunities we have to make a difference. *A "footprint" is our impact on the world left behind by our daily decisions.* An example of a "footprint" is the lasting impact of the decision to drive, such as the amount of carbon dioxide released into the atmosphere. *A "footstep" is the collection of sustainable decisions to make a step toward a more sustainable future.* An example of a "footstep" is the decision to walk, carpool or take the bus rather than driving, resulting in less carbon dioxide released and a more sustainable impact.

## Environmental Sustainability

There is good news! Instead of leaving a carbon footprint behind, we can take footsteps towards a sustainable future by walking to school or work. Biking, skateboarding and taking the bus are also excellent alternatives to driving. If you need to drive, one way you can reduce your footprint is by carpooling. Carpooling with

one person could cut your carbon emissions up to 50 percent. Add more people to your carpool and save even more!

## Social Sustainability

Choosing to walk to school or work allows you to explore new areas of your town that are not accessible in the same manner by car or bus -- unique paths through nature, local shops and neighborhoods. Social sustainability also means being sustainable to yourself. Through walking or biking, you explore a healthier you.

## Economic Sustainability

Through choosing to reduce your travel footprint, you also make sustainable economic footsteps -- even saving money on fuel, maintenance, insurance and even gym memberships.

With the school year now in full swing, it is the perfect opportunity to renew your transportation habits by choosing a more sustainable alternative for your travels. Reduce your footprints by joining this month's Live Green Challenge and continue taking more footsteps throughout the year, beginning Oct. 5 for National Walk to School or Work Day!



LIVE  
**GREEN**  
CHALLENGE

1. Choose a more sustainable footstep this month
2. Capture the moment with a photograph
3. Share your commitment on social media using: #LiveGreenChallenge



# STUDENTS LIVING THE CARDINAL, GOLD and GREEN

When considering one's hopes, goals and dreams, the "future" has a different meaning for everyone. For this Iowa State University student, her bright future is the passionate pursuit of becoming a leader in sustainable fashion.

Apparel, merchandising and design senior, Caitlyn Baagoe, had the opportunity to follow her passion for sustainability and fashion. Over the summer Baagoe interned for Groceries Apparel in Los Angeles, specializing in 100 percent organic and 100 percent recyclable clothing.



PHOTO BY BILAWAL KHOSO (BK)

In addition to their organic and recyclable content commitment, Groceries Apparel also manufactures all of their clothing locally in Los Angeles where they have their own vegetable-dye studio. By keeping manufacturing in-house, Groceries Apparel is able to maximize "quality, efficiency and employee pay" while minimizing their carbon footprint and waste, making an environmental, economic and social difference.

**GROCERIES APPAREL**

PHOTO COURTESY OF [GROCERIES APPAREL FACEBOOK PAGE](#)

Baagoe was interested in interning for Groceries Apparel because she knew she wanted to pursue a career in sustainable fashion and she believes in the company's values and vision related to producing clothing.

Prior to her internship, Baagoe learned a lot about fashion through her courses in the College of Human Sciences' apparel, merchandising and design program here at Iowa State that offers a number of sustainability courses.

During her internship, she experienced first-hand all of the components that go into a sustainable fashion brand. As she prepares to enter the apparel industry, Baagoe hopes to do her part to inspire the fashion industry to more sustainable and ethical practices.

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## "The future is bright..."

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Baagoe said that fashion fits into all three aspects of sustainability -- economic, social and environmental.

"Environmentally, we have opportunities to leave less impact related to waste and water quality through the use of recycled packaging, nontoxic dyes and recycled fabrics," she said.

During her internship, one of the projects Baagoe completed was developing colors using non-toxic dyes (as shown on Page 11).

According to the World Wildlife Foundation, a single cotton shirt can take up to 2,700 liters of water to produce. The amount of water used to make less than 1,000 t-shirts is enough to fill an entire Olympic-sized swimming pool. Comparatively, Groceries Apparel uses USA sourced recycled cotton drastically reducing water consumption, as well as improving water quality through eliminating the need for fertilizers, herbicides and insecticides.



The social and economic facets of sustainability play are evident in the apparel industry as well. Socially, Baagoe noted that considerations of pay and benefits through increased public awareness is one way the fashion industry has made a sustainable difference.

For Groceries Apparel, that difference comes from manufacturing their own clothing in the United States, avoiding the uncertainties of outsourcing and ensuring their workers receive a living wage needed to maintain a normal standard of living. Creating a sustainable future through ensuring living wages allows individuals to sustain themselves in the present in order to plan, strategize and prepare for the future.



PHOTO COURTESY OF CAITLYN BAAGOE

This consideration is juxtaposed by another phenomenon in the clothing industry, “fast fashion” -- buying new styles for less money allowing “fast” accessibility to fashion trends. Unfortunately, low prices, often associate with lower quality, resulting in clothing ending up in the back of a closet or in the trash, making a substantial environmental impact. Economically, fashionistas can save money on clothing and waste less resources by investing in clothing that lasts longer and is more durable. Additionally, support is given to the fashion industry, workers and their families through investing in quality, durable clothing.

Through her internship and educational experiences, Baagoe hopes to influence and lead



PHOTO COURTESY OF [GROCERIES APPAREL FACEBOOK PAGE](#)

others to become more sustainable as both leaders in the fashion industry and consumers of apparel.

“I think educating is key. The more you know, the more you can make educated consumer decisions,” said Baagoe. “There are many ways for consumers to shop ethically, save money and keep clothing longer.”

Personally, Baagoe practices sustainability in fashion as an industry professional, but also as a consumer -- highlighted in the tips below.

### Caitlyn's Sustainable Shopping Tips:

-  Keep your clothes until they are completely worn out.
-  Shop secondhand to rescue unused clothing.
-  Bring your own shopping bags to avoid wasting plastic or paper.
-  Support brands that are conscious of sustainability in their decisions.

“We are already seeing so many clothing brands shift even in little changes,” said Baagoe. “The future is bright.”



# GREEN-IT-YOURSELF

*Giving new life to something through upcycling allows us to renew its purpose.*



**UPCYCLED FABRIC  
COFFEE SLEEVE**

## SUPPLIES

● Coffee sleeve template ● 5x11-inch outer fabric ● 5x11-inch inner fabric ● 5x11-inch fabric interfacing ● Button ● 4.5-inch diameter elastic (hair rubberband) ● Thread ● Needle ● Pins

## INSTRUCTIONS

1. Cut front and back fabric out using the [Coffee Sleeve Template](#).
  2. Iron interfacing onto back side of back fabric. Lay front and back fabric right sides together.
  3. Fold elastic in half and slide the looped side between the two pieces of fabric. Center it along the short side.
  4. Pin elastic in place. Pin both layers of fabric together.
  5. Hand-sew around the two layers of fabric, leaving 1/4-inch before the edge of the fabric. Leave about a 2-inch gap on one side of the fabric to turn the fabric right side out.
  6. Turn right side out and iron flat. Pin the gap closed.
  7. Top stitch around the coffee sleeve with a 1/8-inch seam allowance.
  8. Fold the edge with the elastic 1/2-inch over the non-elastic edge.
9. Using a pencil, mark where the inside of the elastic is. Do not stretch the elastic as you mark where the button will go. Sew the button onto the mark you just made. Loop the elastic around the button.
9. Keep your coffee, tea or hot cocoa warm as the temperature begins to drop!



**CARDBOARD TUBE  
PENCIL CASE**

## SUPPLIES

● Cardboard tube ● Cloth ● Zipper (to fit length of tube) ● Hot glue ● Pencil ● Scissors

## INSTRUCTIONS

1. Cut cardboard tube, bottom to top.
  2. Put hot glue on the underside of the long side of the zipper. Glue the zipper to one long side of the cardboard tube. Put hot glue on the other long side of the cardboard, gluing the opposite underside of the zipper, making a cylinder that can zip up.
  3. Stand the cylinder upright on a piece of cloth, and use a pencil to trace the circular bottom on it. Do this twice, leaving about 1/2-inch around each circle, and cut them out.
  4. On one of the circles, make small cuts from the edge of the fabric to the edge of the drawn circle. Make multiple cuts, roughly 1/4-inch apart.
5. Hot glue one bottom of the cylinder. Place the hot glued cylinder on top the cut-drawn circle. Secure the circle with more glue. Repeat Steps 4 and 5 for the other end. Take another piece of cloth, about the length of the cylinder, big enough to wrap around the cylinder from one side of the zipper to the other. Be sure the cloth is big enough to have three of the edges folded inward (on the underside) 1/4-inch and glued.
6. Glue unfolded edge of cloth just below one side of the zipper. Put glue on the folded edges. Roll the tube, adhering it to the glued cloth.
7. Smaller cases for smaller supplies and larger cases for larger supplies can also be made by varying the sizes of the cardboard tube and zipper.
8. Get organized with your new creation!



**REUSED MAGAZINE  
NOTEBOOK COVER**

## SUPPLIES

● Old/Unused magazine pages ● Recycled content paper (any size) ● Embroidery thread ● Needle ● Scissors ● Washi tape

## INSTRUCTIONS

1. Trim pages to the size of your choosing, based on the size of recycled content paper to cover (remember they will be folded in half). Add as many or as few pages as you wish.
2. Cut a magazine page to size (slightly larger than pages to cover) to create the cover.
3. Fold and stitch through the center of pages to bind them together (saddle stitch fashion), creating the spine.
4. Add a piece of Washi tape for decoration.
5. Enjoy capturing thoughts and notes in your new notebook!

FOR MORE GIY 



# FALL THRIFTING

One of the components of being truly sustainable is being financially mindful and making purchasing decisions that are economically effective and beneficial. As we prepare for ISU's Homecoming celebration, Halloween, colder weather and more, it can be a bit budget-busting. However, fun, creative and economically-sustainable options are abundant at local thrift stores. In Ames, you can check out Goodwill, The Loft, Miss Meyer's Consignment Shop, Overflow Thrift Store, Random Goods and the Salvation Army, among others. "Thrift on" with these ideas!

## HALLOWEEN

### TRICK-OR-TREAT BAGS

Get creative with treat bags this year! Skip the traditional options and use something different, such as a pillowcase, to hold treats. Check out how to craft your very own DIY pillowcase treat bag that looks like a ghost!



### COSTUMES

Choose from many options at thrift stores when looking for this year's Halloween costume. Raid the clothing aisles to complete your one-of-a-kind outfit, and donate it when you're done!

### OUTDOOR DECORATIONS

Rather than spend money on outdoor Halloween decorations at retail stores, reuse what others have donated. Once you grow tired of your outdoor decorations, you can offer them to someone else to enjoy!

## FALL DECOR

### LEAF MASON JAR CANDLE HOLDER

Find supplies at thrift stores for unique decorations, such as a DIY autumn mason jar candle holder. These supplies could include varying sizes of mason jars and unused or barely-used candles. Then head outside and collect some fallen autumn leaves.



### YARN PUMPKINS

Nab a variety of leftover yarn – in a myriad of colors – at a low price to craft fun decor additions like yarn pumpkins at area thrift stores.

### SCENTED PINECONE DISPLAY

Look for the perfect bowl – wooden, ceramic or otherwise and in all shapes and sizes – to hold your scented pinecones (which can be made with this recipe) and keep your home smelling of autumn all season!

## HOMECOMING

### FOOTBALL SEASON DECOR

Show your team spirit this season by decorating your home with football-inspired and team-themed crafts! Try creating DIY "tabletop touchdown" placemats. Some of the supplies, such as felt, fabric and pipe cleaners can be found while thrifting.

### HOMECOMING SIGNS

Be on the lookout for chalk and chalkboards while thrifting to make multi-message signs for the Homecoming game and celebrations. You may also be able to find construction paper and other art materials to give your signage some flair!

### CYCLONE SPIRIT SHIRT



Celebrate your Cyclone pride by creating your own spirit shirt. Pick up an ISU or ISU-inspired T-shirt, at a thrift store, as well as any beads or other craft supplies and show your school spirit!

## COOL TEMPS

### REUSABLE CUPS & MUGS

Cool, autumn nights are approaching, making it the perfect time of year for sipping hot cocoa, ciders and teas. Visit thrift stores to pick up some inexpensive mugs of all types to keep your beverages warm and personalize your sipping.

### REUSED FABRIC TIE BLANKET CRAFT

Plenty of extra fabric ends up at thrift stores, making it the perfect place to pick up the main item needed for crafting no-sew, tie blankets. These warm and cozy blankets are typically made from fleece, but can be made with any soft and cozy material that you choose.



### WARMER CLOTHING

Save money on updating your cold weather gear by thrifting rather than only shopping retail. There are some great finds to supply or augment your needs.



# GREEN OPPORTUNITIES

## INSPIRE WOMEN TO SUCCEED

Share stories, gain resources, be inspired and share tips and tricks while also engaging and connecting with other entrepreneurial women in various fields at The Gathering, a conference intended to give women entrepreneurs the opportunity to come together. This conference takes place from 5:30-9 p.m. on Oct. 6, at the ISU Economic Development Core Facility, and is free and open to the public.



## RUN FOR THE ANIMALS

Leash up your canine companion and join the ISU chapter of IronDog for their fourth annual IronDog 5K Fun Run! All proceeds go to ISU's IronDog Fund, which helps provide veterinary medical and surgical treatment for animals at the ISU Veterinary Teaching Hospital and owners with financial need. The run takes place 9-11 a.m. on Oct. 8, at Ada Hayden Park in Ames. Dogs are welcome with proof of an up-to-date rabies vaccination. Registration is available until the day of the event.



## PLAN ACTIVITIES FOR YOUTH

Help connect children to after-school activities! Youth and Shelter Services is looking for creative, responsible and energetic people to work in their after school programs for kindergarten through sixth grade children. Responsibilities include supervising and interacting with large groups of children, implementing planned activities and assisting with various recreational activities. For more information, contact Tammy Kratz at 515-233-3141. Apply on the Youth and Shelter Services' website.



## CREATE STUDENT ACTIVITIES



Looking to get involved this semester? ISU AfterDark, a student group that plans free, late-night student activities, is looking for volunteers to help with event planning and coordination. To volunteer, contact the group at [afterdark@iastate.edu](mailto:afterdark@iastate.edu), or visit their next event in the Memorial Union on Oct. 7 from 9 p.m. to 1 a.m.

## SHARE A CAR

Don't have a car, but are needing to drive? Choose CarShare, pick up a car on campus and pay one low price that includes fuel, insurance and mileage. You can now save even more money by joining CarShare for only \$1 (compared to \$20) and rent by the hour for only \$5 (compared to \$8) until Dec. 31. Cars are available to anyone 18 years and older. For more information, contact Jackie Buzard, CarShare brand ambassador, at [jcbuzard@iastate.edu](mailto:jcbuzard@iastate.edu), or visit the CarShare booth in the Memorial Union from 3-5 p.m. on Mondays during the fall semester.



## SUPPORT AMES' CHILDREN

Volunteer with Community Housing Initiatives (CHI), a non-profit agency dedicated to addressing the lack of affordable housing for families seeking to transition from dependency on public assistance programs. Volunteers are needed to help support children of these families in programs such as Brain Boosters (help develop an understanding of math and numbers), Story Time (share stories and crafts with common themes), Reading Avenue (inspire the love of reading) and Science, Science! (help explore the amazing world of science). To apply for any of these positions, visit the CHI website.



## EXPERIENCE AMES' ARTISTIC SIDE

Appreciate the artistic side of Ames by touring many of Ames' art studios! Join the Ames Community Arts Council and the Ames Convention and Visitors Bureau for the free, family-friendly Ames Area Studio Tour on Oct. 8 (10 a.m. to 4 p.m.) and Oct. 9 (noon to 4 p.m.). This tour will take participants around to 20 different art studios (ranging from paintings, jewelry, music and more), and offer opportunities to go behind-the-scenes to experience live demonstrations and ask questions about their work, as well as to support these local artists by purchasing some of their pieces. Take a look at the event's map to plan your tour. If you need more information or assistance, stop by Worldly Goods on Main Street, and its volunteers will help point you in the right direction!





# OCTOBER

## 08

**NORTH GRAND FARMER'S MARKET**  
Explore another Ames farmer's market.  
Continues every Saturday (3-6 PM) until Oct. 29.

North Grand Mall parking lot, 8 AM-12:30 PM

**MAIN STREET FARMER'S MARKET**  
Support delicious and local produce and crafts! Continues every Wednesday and Saturday until Oct. 29.

300-400 block of Main Street, 9 AM-12:30 PM

**NATURE CRAFT: AUTUMN SERIES**  
Celebrate the fall season by crafting a unique creation with natural materials!  
Reiman Gardens, 10 AM-Noon

## 09

**RUN FOR THE ROSES**  
Join the Ames Area Running Club and Alpha Omicron Pi Sorority for the 30th anniversary running of the Run for the Roses. All proceeds go to arthritis research.  
Ames Middle School, 7:30 AM

## 10

**CROCHET CLASS**  
Learn the three standard crochet stitches and how to incorporate them into fun and creative Do-It-Yourself projects!  
The Workspace, 6:30-8:30 PM

**NORMAN BORLAUG LECTURE**  
Join the 2016 World Food Prize laureates for a discussion about their work connecting agriculture and nutrition to improve the health and livelihoods of under-nourished people throughout the world.  
Great Hall, MU, 8 PM

## 11

**GLORIA STEINEM LECTURE**  
Join Gloria Steinem, social activists, writer, editor and champion of women's rights for a discussion about her latest book, which details her more than 30 years on the road as a feminist organizer.  
Stephens Auditorium, Iowa State Center, 7 PM

## 12

**ARTFUL YOGA**  
Enrich your yoga experience by going beyond the physical and inviting an artistic perspective to your awareness, focusing on the use and interpretation of words.  
1017 Morrill Hall, 5:30-6:30 PM

## 15

**AIR PROPULSION LAB WITH LEGO BRICKS**  
Join a team of ISU industrial design professors and graduate students for a STEAM workshop, focusing on design problem solving and methodology.  
Reiman Gardens, 10 AM-2 PM

## 19

**DIY FLORAL ARRANGING FOR EVENTS**  
Learn tips for decorating a whole room, selecting a theme and materials and get hands-on by constructing a centerpiece.  
Reiman Gardens, 6-8 PM

## 20

**NATIONAL CAMPUS SUSTAINABILITY DAY**  
Celebrate ISU's commitment to sustainability, meet "green" organizations, businesses and clubs, as well as take home "green" giveaways!  
South Library Lawn, 11 AM-2 PM

## 23

**HOMECOMING PARADE**  
Embrace tradition with the return of the ISU Homecoming Parade to the Ames community.  
Ames, Main Street, 2 PM

## COMING UP FOR

## NOVEMBER 2016

## 01

**INTROSPECTIVE WRITING CLASS**  
Engage in writing through introspection and reflection, using Reiman Gardens as inspiration.  
Reiman Gardens, 6-7:30 PM

## 05

**EXPLORING EXPRESSION WORKSHOP**  
Bring your work of art (song, dance, art, etc.) and practice skills that can help to reach the desired effects in your creative processes.  
The Workspace, 7-9 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)

Rebekah Mallette | Marketing & Communications Intern | [rebekahm@iastate.edu](mailto:rebekahm@iastate.edu)



# National Campus Sustainability Day

October 20 // 11 a.m. - 2 p.m. // South Library Lawn

## What is National Campus Sustainability Day?

National Campus Sustainability Day celebrates current sustainability efforts at Iowa State University as well as embracing, discovering and empowering new opportunities to become more sustainable.

## This Year's Theme:

National Campus Sustainability Day focuses on the impact and ripple effect in our community of every commitment and action, no matter how small or simple. Though sometimes seemingly minuscule, these actions compound toward positive change and a sustainable future.

## See You There!

Join us in celebrating the dedication and commitment of Iowa State University students, faculty and staff and the Ames community as we showcase our collective sustainability efforts, initiatives and opportunities.

For more information and a list of participating organizations, check out the [Iowa State University calendar of events](#).

## Get Involved:

- Meet student and campus organizations and local businesses committed to sustainability through projects, initiatives and practices.
- Enjoy a sweet treat and warm beverage - don't forget to bring your own mug.
- Bring a non-perishable food donation for The Shop student food pantry.
- Earn "green" prizes including (but not limited to) reusable mugs, sewing kits and car chargers.
- Learn about sustainable activities, opportunities and events.
- Get a free bike or longboard tune-up.
- Toss a stone and experience your personal "ripple effect."

Small Steps for a BIG CHANGE





# LIVE GREEN! MONTHLY

**"Reflect upon your present blessings – of which every [person] has many..."**

**— Charles Dickens**

**REFLECT ON CAMPUS'  
CELEBRATION OF ALL  
THINGS SUSTAINABLE**

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**RETHINK YOUR TRASH:  
A HISTORICAL AND  
LOCAL PERSPECTIVE**

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**LOOK BACK ON THE  
SMILES CREATED BY  
LOVE YOUR MELON**

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# WHAT'S INSIDE

**LIVE  
GREEN!**

IOWA STATE  
UNIVERSITY

04

## October Recap

Celebrate a month of innovative sustainability in action.

06

## Now You Know

Challenge your 4 Rs. Learn about the history of recycling.

07

## Follow Your Trash

See the journey of your throwaways at Iowa State University.

08

## Green-It-Yourself

Reflect on memories through upcycled crafts.

09

## Winter Weatherization

Prepare yourself, your home, your vehicle and your pets for winter.

10

## Living the Cardinal, Gold & Green

Meet the team of students focused on giving smiles.

12

## "Greening" Your Leftovers

Craft delicious meals to enjoy from holiday leftovers.

13

## Green Opportunities

Events and opportunities to inspire green connections.

14

## October Calendar

Locations, dates and times for sustainable opportunities.



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



PHOTO BY SINDHUJA RAM

Students gather at our annual National Campus Sustainability Day event to celebrate campus and community commitment to sustainability and discover new opportunities to become more sustainable in their daily lives. Read more about the event on Page 4.

## 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 projects and initiatives, our operations and our campus environmentally, economically and socially sustainable.

Contact us to highlight your sustainability efforts and accomplishments:

[livegreen@iastate.edu](mailto:livegreen@iastate.edu)





# DIRECTOR'S MESSAGE

At this time of the year, as the holidays and events of gathering approach and the calendar year is nearing an end, it is customary that we reflect on the journey on which the year has taken us. We are reminded and we reminisce about projects finished, work accomplished, times with friends and family, challenges, lessons learned, joys and sadness that determined the ebb and flow of life and living.

As well as a time to reflect upon the past, this is also the time to consider the forward reflection we hope to cast on the year that awaits us – the projects we are excited to dig into, the tasks that are on our to-do lists, the challenges we are ready to meet head-on, the connections we want to make with people and places and the lessons we will carry forward into this brand new year. What is the reflection others will see in us as we take on these challenges? What is the reflection we will leave in – the organizations in which we serve, the meetings we will attend, the conversations we will have, the project teams with whom we will work, our families, our friends and our communities?

What we project through our reflection makes all the difference – it leaves a lasting legacy.

This month's issue of Live Green! Monthly is focused on reflecting on our collective journey toward a sustainable future – both as a university and as individuals, celebrating efforts taken and opportunities through the lens of social, environmental and economic sustainability. Creating smiles, honoring campus and community sustainability efforts and accomplishments, planning for winter weatherization and holiday leftovers and taking part in events, and volunteerism and educational opportunities are all highlighted in our November newsletter.

A sustainable future relies upon a collective of reflections that result in a vision and an empowerment to leave a legacy.

Take a moment this month to find the space and time to reflect – inward and outward.

Yours in Green-ness,



Merry Rankin



TEAM PHOTOS BY BILAWAL KHOSO (BK)

**MERRY RANKIN** is Iowa State University's Director of Sustainability and the City of Ames Sustainability Coordinator. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads and assists teams on campus and in the community in creating and enhancing programs, events and communication pieces to help educate, engage, and empower our collective journey toward a more sustainable future.

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## ON THE COVER: Ada Hayden Park

PHOTO BY KAREN COUVES

*Ada Hayden Park is located in Ames, Iowa, north of the ISU campus. Ada Hayden Park offers a variety of outdoor and recreational amenities including a lake, biking and walking paths, picnic areas, nature areas and more. For more information about the park, please visit the [Ada Hayden Park website](#).*



# OCTOBER RECAP

## National Campus Sustainability Day

### *Small Steps for a Big Change*

National Campus Sustainability Day (NCSD) is an annual event dedicated to celebrating the commitment to sustainability by colleges and universities throughout the United States. At ISU, NCSD, through the collaboration of the Office of Sustainability and The Green Umbrella in support of the Live Green! Initiative, is also an opportunity for students, faculty, staff and members of the community to gather and learn about our many sustainable efforts and accomplishments, as well as the growing opportunities to become more sustainable in our daily decisions. By offering a collective event, there is a ripple effect that results through each individual being empowered to take small steps to multiply for big change toward a more sustainable future.

Our sustainability efforts at ISU are achieved in many ways, through representation in three facets: economic sustainability, social sustainability and environmental sustainability. All of the NCSD participants were specifically recognized for their commitment to and

achievements in one or more facets of sustainability. This was represented to attendees by a Venn diagram made from recycled bicycle wheel rims and a repurposed clothing rack (pictured left).

"I hope attendees gained a more holistic view of sustainability

by seeing social, economic and environmental organizations visibly represented at the event," said Courtney Norelius, co-president of The Green Umbrella, noting it was her favorite visual of the event.

This year's NCSD event was the largest one yet at ISU with more than 50 clubs, businesses and organizations participating and hundreds of students, faculty and staff attending.

"It was great to see how engaged everyone was in learning about new opportunities and meeting new organizations," said Molly Breen,



Live Green! campus and community engagement intern.

NCSD would not have been possible without the involvement of every club, organization, business and volunteer. The event's planning and implementation

was spearheaded by The Green Umbrella co-presidents, Megan Koppenhafer and Norelius, as well as Live Green! interns (pictured above) Breen and Paige Vanderleest.

**"Connecting students to sustainable organizations is what [National Campus Sustainability Day is] all about."**

— Paige Vanderleest

Not only did the participants have a great time at celebrating the community's dedication to sustainability, they also engaged in opportunities to become more sustainable in their daily lives.

"There are so many different opportunities we have as students to be sustainable," Vanderleest said.

"Whether it's joining a sustainability-related club or simply using a solar trash compactor, contributing to a sustainable future isn't difficult."

Koppenhafer hopes that people left NCSD feeling empowered to be part of the change for a more sustainable future.

"I hope people were able to take away one thing that they can do today is to be more sustainable in their daily lives," she said.





# NCSD Reflections

"I hope people take interest in longboarding as a fun activity...It is a green, alternative form of transportation and a great way to get to campus from anywhere in Ames."

– Spencer Cooney, ISU Longboarding Club

"We were so pleased to have so many students visit our display, and then bring their friends back for a visit."

– Ray Meylor, Cherry Glen Learning Farm

"It was enjoyable meeting so many students who are interested in sustainability."

– Ankur Sharma, Live Yoga! Live Green!

"Sustainability affects our future generations."

– Matthew Markose, attendee and freshman in computer engineering

"It was really great to see so many members of the community come out and support going green!"

– Breanna Sorg, attendee and senior in animal science



PHOTOS ON PAGES 4 & 5 BY SINDHUJA RAM AND ADAM WRIGHT

# AASHE

On Oct. 9-12, members of the Live Green! Leadership Team, Laurelin Haas, Steve Kohtz, Sindhuja Ram and Merry Rankin, joined representatives from colleges and universities around the world to take part in lectures, tours and discussions focused on innovative sustainability initiatives in higher education at the 2016 AASHE conference. The Association for the Advancement of Sustainability



in Higher Education (AASHE) is committed to empowering leaders in higher education to make an innovative sustainable difference in their own communities.

Team member, Laurelin Haas, had the opportunity to represent Iowa State University's sustainability achievements through her selection as a speaker at the conference's student summit event. Laurelin's presentation, "Embracing Community Networks Through Sustainable Events" focused on ISU's commitment to sustainable engagement through events.

"I'm so proud of how far we've come in terms of representing the full breadth and depth of sustainability at all of our events," Haas said.



Her favorite part of the presentation was the question and answer session that followed.

"In particular, I remember one attendee commenting that her university put on a similar tabling event [to NCSD], but that she'd never thought about incorporating off-campus businesses and organizations into the celebration" Haas said. "It's really rewarding to help people think differently about their events and sustainability!"



# NOW YOU KNOW: JOURNEY TO SINGLE-STREAM RECYCLING

## The Brief History

Recycling has been around for thousands of years, with the first archaeological evidence found in 400 BC, which indicated that glass was being recycled in modern day Turkey. Archaeologists also discovered that recycling was a popular practice during times of distress, such as war, illness and famine, as new materials may have become scarce.

Throughout history, recycling was often what saved families money (by reusing and repurposing used materials), kept nations stable while in overseas conflict (World War II) and made the world more conscientious of its impact on the environment (1960s environmental movement, which also inspired today's "chasing arrows" recycling symbol).



In the 1970s, rising energy costs sparked even more interest and involvement in recycling. Rose Rowan, one of the pioneers of the recycling movement, initiated a form of curbside recycling when she towed a "recycling" trailer behind a waste management vehicle to collect trash and recyclables at the same time. This allowed for the introduction of modern curbside recycling in the 1980s, and eventually for the single-stream recycling we currently enjoy.

## The Challenge

Every day, we are all bustling about to keep up with our busy schedules. Sometimes we don't always have the opportunity to recycle. However, a new

form of recycling is making it just as easy to use the recycling bin as it is the trash can.

Single-stream recycling allows the collection of recyclables in one bin, rather than creating the need to separate everything you plan on recycling. These recyclables are collected and then sent to various locations to be processed into raw materials and, finally, new products.

By learning about and understanding single-stream recycling, we can be more aware and engaged stewards to our environment and our communities. By reflecting on the history of recycling, we can more fully appreciate the commitment of generations before us for our sustainable future.

## The Opportunities

It is never too late to learn how to recycle or reuse something, thereby keeping it out of the landfill. Learning more about and understanding how we can do our part is the first step to creating a more sustainable lifestyle.

## KNOW YOUR RECYCLABLES

To ensure the intent of the "chasing arrows", it's important to know what you can recycle and where to do it. At ISU, look for this [recyclables information](#) on recycling collection bins:



1. Discover a new opportunity to recycle this month
2. Capture the moment with a photograph
3. Share your commitment on social media using: #LiveGreenChallenge

## BE AN EMPOWERED CONSUMER

As consumers, consumption is inevitable. But there are many opportunities to make sustainably-minded decisions that support reusing natural resources, as well as all three facets of sustainability.

### Environmental Sustainability

Look for products that are made from [recycled content](#). Empower yourself to learn more about recycled content options for products you need, and ask your favorite store about available options, such as:

- [Preserve](#)
- [KEEN Footwear](#)
- [Seventh Generation](#)
- [Back to Nature](#)

### Economic Sustainability

Discover how, when items reach the end of their use and are not able to be recycled, the options to upcycle them into something useful and unique, saving you a trip to the store. See Page 8 or visit the Live Green! Pinterest page for some creative and functional ideas.

### Social Sustainability

Make a sustainable difference when shopping – not just after you buy, but before you buy.

Clothing companies, such as [Patagonia](#) and [Columbia](#), will take back your clothing items that are beyond repair and recycle them into something new. Patagonia also helps extend the life of its products with its [online guidelines](#) for repairing clothing.

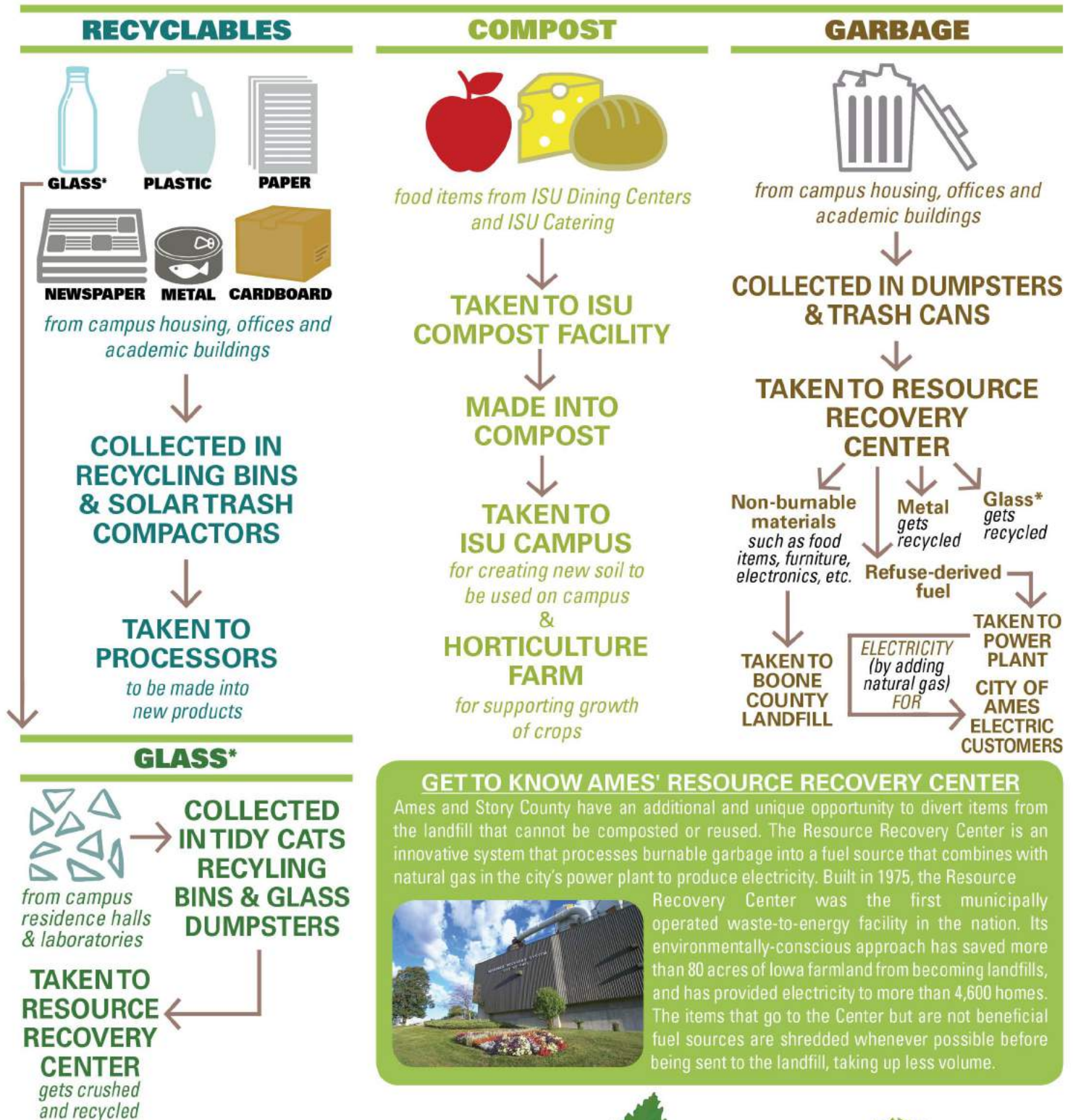
Patagonia (and others) also embrace social sustainability through all of their business operations, visions and missions by supporting a sustainable future for communities around the world as members of [One Percent for the Planet](#).

LIVE  
GREEN  
CHALLENGE



# FOLLOW YOUR TRASH

Do you ever wonder what happens to your throwaways after you dispose of them? At Iowa State University, there are various pathways your waste may travel after it is disposed — many of which keep it out of the landfill. Follow the flow chart below to see how your waste habits may be affecting the Ames community, taking note as to the steps you, personally, can take to minimize our impact, as well as to keep waste out of the landfill.





# GREEN-IT-YOURSELF

*Cherish opportunities to reflect on memories and envision those to come.*



**SHADOW BOX**

## SUPPLIES

● Shoebox (any size) ● Pencil ● X-Acto® blade ● Cork tile or old foam board ● Scissors ● Double-sided tape ● Fabric scrap ● Memorabilia

## INSTRUCTIONS

1. Paint shoe box or cover with decorative paper.
2. Draw a decorative border on box lid and cut out with X-Acto® blade to reveal a shadow box effect.
3. Place box on cork tile or foam board and trace around bottom. Cut out traced section with scissors.
4. Cover cork or foam with fabric scrap and secure fabric on the back with double-sided tape.

5. Place cork or foam in the box and secure to the back of box.
6. Fill box with memorabilia from a favorite trip, activity or person.
7. Enjoy many trips down memory lane!



**RUSTIC PHOTO FRAME**

## SUPPLIES

● 10 twigs 2 inches wider than the width of the photo you want to frame ● 10 twigs, 2 inches longer than the height of the photo you want to frame ● Photo ● Twine ● Scissors ● Glue ● Parchment paper

## INSTRUCTIONS

1. Separate twigs into two piles and trim each twig to match desired width and height.
2. Lay your twigs out in the shape of the frame. Place the longer twigs vertically and the shorter twigs horizontally on top of the longer twigs.
3. At one of the intersections made by the twigs, begin wrapping the twine diagonally several times until it is secure. In the same

intersection of twigs, use the twine to create a cross shape by wrapping the twine diagonally in the opposite direction. Repeat this step with each corner.

4. Cut baking paper slightly larger than photo itself.
5. Glue the back of the photo to the baking paper and let dry.
6. Glue the baking paper to the back of the frame, securing the glue on the left and right sides of the frame. Trim baking paper if necessary.
7. Enjoy your unique photo frame!



**UPCYCLED MIRROR**

## SUPPLIES

● Glue ● Mirror ● Scissors ● Old CDs

## INSTRUCTIONS

1. Find an old mirror around the house or at a thrift shop and paint the frame of the mirror any color, if desired.
2. Cut old CDs into varying sized pieces to create desired pattern.
3. Glue the CD pieces to frame of the mirror in any pattern you like until the frame is covered in reflective CD pieces.
4. Enjoy your reflecting and reflective mirror!



# WINTER WEATHERIZATION

Preparing for upcoming winter months not only means reflecting on past memories and becoming excited to create more, it also means preparing yourself, your home, your vehicle and your pets for the chilly days ahead in all facets of sustainability.

## KEY:

-  Social Sustainability
-  Environmental Sustainability
-  Economic Sustainability

## SELF



Sort through your closet before the winter season and donate any coats, gloves, hats or other winter apparel to those who are in need of clothing to keep warm all season.



Prepare for the snow and remain conscious of the environment, by selecting a brand of coats or boots that considers sustainability when manufacturing their products or consider purchasing your winter apparel from a secondhand store.



Stay moisturized during the dry winter months ahead. Making your own lip balm at home using an upcycled Altoids™ can or other reusable containers is a great way to save money and be economically sustainable.

## HOME



Give back to the community by helping someone in need weatherize their home for the winter months. To connect with individuals or families that need assistance contact the Volunteer Center of Story County.



Turn your thermostat down 7 - 10 degrees, when you are asleep or away. Over the course of a year, this could reduce your carbon dioxide emissions by nearly 600 lbs, enough to power a light bulb continuously for more than two years.



Seal all windows, doors or cracks that may allow cold air in. Drafty windows can account for 10 - 30 percent of your total heating bill. Some doors or windows can be sealed off at no cost, using old blankets or towels.

## CAR



Assemble a winter supply kit for your vehicle to be prepared for any challenges you may face. With your preparedness, you may even have the opportunity to help others in need.



Carpool to save money and reduce gas usage, especially during winter months when vehicles must run longer before driving. Taking the bus is also a great way to reduce your environmental impact and avoid driving on slippery roads.



Ensure full tire inflation by monitoring your tires regularly with a tire pressure gauge. For every 10 degree drop in temperature, your tires will lose one PSI, which results in a 0.2 percent reduction in gas mileage. Keeping your tires inflated to the proper pressure could increase gas mileage by three percent.

## PETS



Sort through old towels or blankets around the house and consider donating to a local animal shelter. Whether you have a pet or not, animal shelters are always in need of donations and it is a great way to get involved with the community.



Remain conscious of the animals that share our sidewalks with us by using a pet friendly alternative to salt, like sand or kitty litter, when clearing your sidewalk.



Schedule a physical for your pet before winter comes. This will prevent any illnesses before they set in and become more costly to treat. It will also ensure your furry friends are feeling well all winter long!



# STUDENTS LIVING THE CARDINAL, GOLD and GREEN



PHOTO COURTESY OF NETTIE SPARKMAN

Impact and change is often reflected in something as simple as a smile. When we reflect upon how we have contributed to the well-being of others, it often inspires a warm sense of meaning and continual action to better others' lives.

Iowa State University's LoveYour Melon campus crew and volunteer network, which includes more than 200 ISU students, hopes to keep bringing happiness to families across the Midwest, motivated by the incredible number of smiles they have created in their three years on campus.

"We aren't here to better ourselves," said Nettie Sparkman, senior in genetics and event management, and co-captain of ISU's LoveYour Melon campus crew. "We're here to constantly work to better others."

LoveYour Melon (LYM) started with a couple of university students in Minnesota looking to make a difference while creating a project in their entrepreneurship class in 2012. Their idea was to put a hat on every child battling cancer in America. They made

400 hats, kicking off their buy-one-give-one program. With every purchase of a hat, a child in the hospital gets one, too. Now, there are hundreds of colors of beanies – LoveYour Melon's signature product – and a myriad of other items, including caps, scarves, T-shirts and jackets, Koozies, totes and purses, mugs and more.



PHOTO BY CAITLIN DEAVER

With all of these cute, trendy items to choose from, LoveYour Melon also strives to remind people of its mission.

"We want people to know we're not just an apparel brand," said Hannah

Haler, senior in event management and events crew member of ISU's LoveYour Melon campus crew. "We have more purpose than just creating trends."

Sparkman echoed those thoughts, emphasizing the disconnect between the apparel and donations, saying, "We want it to be known that all of these kids are affected and given happiness, and that's why people are wanting to buy [LoveYour Melon products]."

LoveYour Melon has found other ways to spread its mission, too. Soon after its foundation in 2012, other college and university campuses across the nation joined LoveYour Melon's cause through the Campus Crew Program. Currently, there are more than 11,000 students involved across 736 educational institutions. These students help fulfill children's requests for superhero adventures, which are like small-scale Make-A-Wish grants.

Students build a day centered around what makes a child smile the most, and then take them on a fun-filled adventure for an entire day.



"You get to see the joy you create," Halder said. "You see the kids smiling and, even if it's just for a few moments, you get to see the parents be able to relax and not stress."

One of Sparkman's and Halder's favorite memories of being part of LoveYour Melon is taking a little boy named Malcolm on a superhero adventure.

**"[LYM] feels like family. We're like super baby sitters, but we get to do it for a reason much bigger than ourselves."**

— Nettie Sparkman

Traveling in a limo, Malcolm got to do some of his favorite things, such as visiting the zoo, bouncing around at SkyZone and looking at trains.

Currently the ISU crew is planning another superhero adventure for children living in the Quad Cities.

"[LoveYour Melon] feels like family," Sparkman said. "We're like super baby sitters, but we get to do it for a reason much bigger than ourselves."

That feeling of family extends to the relationships within the ISU campus



PHOTO COURTESY OF NETTIE SPARKMAN



PHOTO COURTESY OF NETTIE SPARKMAN

crew, too. Halder joined LoveYour Melon last spring after her grandfather passed away from cancer.

"After that, I wanted to get involved," she said. "I've met so many good friends through it, and I know they're always there for me."

**"[LYM] helps students to impact change in their own way. To be able to give that to someone means longevity of our mission...Creating constant happiness will never stop, no matter who's at the wheel."**

— Nettie Sparkman

Sparkman said LoveYour Melon is an opportunity for students to meet like-minded people with the same core values. She said it's an opportunity for then-strangers who cared about the cause individually to join a group that enables everyone to care about the cause together, as a collective, through the opportunities in LoveYour Melon.

"[LoveYour Melon] helps students to impact change in their own way," Sparkman said. "To be able to give

that to someone means longevity of our mission...Creating constant happiness will never stop, no matter who's at the wheel."

To stay updated on what the ISU crew is doing, follow them on Facebook ([Iowa State LoveYour Melon Campus Crew](#)) and Twitter ([@ISULYMCrew](#)). To join LoveYour Melon's extensive volunteer network, email Sophia Wakefield at [sophiaw@iastate.edu](mailto:sophiaw@iastate.edu) to learn about meeting times and volunteer opportunities.

There are plenty of other ways to help LoveYour Melon's cause. The most obvious one is to purchase their brand online, making sure to credit Iowa State's campus crew at checkout. You can also make donations to its partners, [Pinky Swear](#) (which provides basic needs support to families with children battling cancer) and [CureSearch](#) (which aims to end children's cancer with innovative research with measurable results in an accelerated time frame).

"We get to affect change on such a high level," Sparkman said, "as well as see [the high-level change]."



# "GREENING" YOUR LEFTOVERS

Every November, many of us gather around a table with family and friends – sometimes more than once – to celebrate all for which we have to be thankful. We share stories and laugh, creating new memories as we reflect on previous ones with our loved ones. Holiday meals and gatherings tend to keep on giving after the feast has ended with many tasty leftovers. Check out these recipes to enhance new options for your leftovers this year, no matter how much cooking experience you have.

## TURKEY SALAD SANDWICH



**Serves:** 1      **Total Time:** 5 mins.

### INGREDIENTS:

(Any quantity, depending upon availability and preference)

**Leftover turkey**, chopped

Mayonnaise

Country-style Dijon mustard

Chopped glazed pearl onions

**Leftover cranberry sauce**

Lettuce

Bread (any variety)

### DIRECTIONS:

1. Mix chopped turkey with mayonnaise, country-style Dijon mustard and chopped glazed pearl onions. Layer turkey salad with cranberry sauce and lettuce on sandwich bread.

## TURKEY-STUFFED PEPPERS



**Serves:** 4      **Total Time:** 40 mins.

### INGREDIENTS:

1 large egg, beaten

2 c. **leftover turkey**, shredded

2 c. **leftover stuffing**

Freshly-ground pepper & salt

4 red and yellow bell peppers, hollowed out

1-1/2 c. shredded mozzarella

### DIRECTIONS:

1. Preheat oven to 350F. In large bowl, combine beaten egg, turkey, and stuffing. Season with salt and pepper and mix together.
2. Spoon mixture into bell peppers and top with mozzarella.
3. Transfer peppers to baking dish and bake until peppers are tender and cheese is melted, 25-30 mins.

## SIMPLE SHEPARD'S PIE



**Serves:** 8      **Total Time:** 50 mins.

### INGREDIENTS:

2 tbsp. extra-virgin olive oil

3 small carrots

1 c. frozen pearl onions

1 lb. ground turkey

1 tbsp. all-purpose flour

1 c. frozen peas

2-1/2 tsp. chopped fresh rosemary

Freshly-ground pepper & salt

3/4 c. chicken broth

3 c. **leftover mashed potatoes**

### DIRECTIONS:

1. Preheat oven to 400F.
2. In a large pan, heat olive oil over medium heat. Add carrots and onions and cook until soft, about 5 mins. Add turkey and cook, breaking up meat until browned, about 6 mins. Stir in flour and cook 3 mins. Stir in peas and rosemary. Season with salt and pepper. Pour in chicken broth and stir. Bring to a simmer and cook until slightly thickened, about 5 mins. Season with salt and pepper.
3. Transfer to a deep-dish pan. Spread mashed potatoes atop turkey mixture.
4. Bake until golden on top and heated through, about 25 mins.

## IT'S EASY AS PIE TO KEEP THOSE LEFTOVERS FRESH.

**Turkey:** Refrigerate for 3-4 days or freeze for 2-3 months

**Homemade Gravy:** Refrigerate for 1-2 days or freeze for 2-3 months

**Cranberry Sauce:** Refrigerate for 10-14 days or freeze for 1-2 months

**Stuffing:** Refrigerate for 3-4 days or freeze for one month

**Mashed Potatoes/Yams:** Refrigerate for 3-5 days or freeze for 10-12 months

**Green Bean Casserole:** Refrigerate for 3-5 days or freeze for 10-12 months

**Pumpkin Pie:** Refrigerate for 3-4 days or freeze for 1-2 months

Check out [this link](#) for more food storage tips to keep your leftovers fresh!



# GREEN OPPORTUNITIES

## NETWORK WITH ISU LEADERS

Attend the 7th annual Women's Leadership Retreat hosted by the Margaret Sloss Women's Center and the Carrie Chapman Catt Center for Women and Politics on Saturday, Nov. 5, from 9 a.m. to 5 p.m. at the Memorial Union. The event is free to attend and there will be opportunities for networking with other ISU students and female leaders in the ISU community. Participants will also be given the opportunity to develop their leadership skills through discussion and reflection.

**IOWA STATE UNIVERSITY**  
**Carrie Chapman Catt**  
**Center for**  
**Women and Politics**

## CREATE DRESSES FOR AFRICA

The Workspace is hosting a volunteer event on Saturday, Nov. 12, from 10 a.m. to 4 p.m. to create dresses out of pillowcases for children in Africa. Opportunities will vary from cutting fabric to ironing to sewing the dresses. The supplies will be provided and no experience is necessary, just enthusiasm to make a difference to the community of children living in orphanages in Central Africa. Stop by for one or two hours or stay the whole time!



## GIVE WARMTH WITH PROJECT LINUS

Project Linus of Story County is an organization dedicated to collecting handmade blankets from generous individuals in the area to give to a child in need. Any kind of blanket is accepted as long as it is handmade. A no-sew fleece blanket is a great example of one you could make! Blanket donations are accepted all year, but with chilly days ahead, this is a great opportunity to make a difference in the life of a child. Blanket donations are accepted at Ames Sewing and Vacuum Center Monday through Friday 9 a.m. - 5:30 p.m. and Saturdays 9 a.m. - 3 p.m. The homemade blankets are distributed to children through local hospitals, shelters and other organizations.



## EXERCISE YOUR RIGHT TO VOTE

Head to your designated precinct on Tuesday, Nov. 8, to cast your vote for local government candidates and for the next President of the United States. Iowa.gov is an excellent resource for finding information about candidates, if you are registered to vote and finding your polling place. Polling locations will be open from 7 a.m. - 9 p.m.



## SUPPORT ART EDUCATION

Visit the Annual Festival of Trees event hosted by the Octagon Center for the Arts at 427 Douglas Ave. in Ames. The event is free to attend and 70 trees and wreaths will be decorated by local businesses, organizations, individuals and groups with many available for purchase through a silent auction. The event will take place from 10 a.m. - 5 p.m. beginning Friday, Nov. 11, and go through Sunday, Nov. 27. All proceeds will benefit art education programs at the Octagon Center.



## SHOP LOCAL ON MAIN STREET



Snow Magic in Downtown Ames is a month-long series of events to kick off the holiday season. On Saturday, Nov. 26, one of the featured events is Small Business Saturday. This event celebrates the efforts and contributions of local businesses to the community and our collective sustainable future. Reusable canvas bags filled with coupons for Main Street businesses and goodies will be handed out by volunteers walking down Main Street to the first 500 shoppers.

## DESIGN AMES TRANSPORTATION

Assist CyRide in making improvements to the services they provide to the ISU and Ames community by taking the "Design Your Own Transit System" survey. The survey offers individuals the opportunity to select the transit components of their ideal transit system. Aspect choices include hours, stops and amenities. The survey is open for anyone to take and will be available until Friday, Nov. 18.



## LEARN ABOUT ORGANIC FARMING

Attend the 16th annual Iowa Organic Conference at the University of Iowa's Memorial Union on Nov. 13-14 to learn more about transitioning to farming organic foods, food entrepreneurship, the benefits of perennial plants and to meet with more than 50 industry exhibitors. The cost for students to attend both days of the conference is \$35, with scholarships available. Registration is open until Monday, Nov. 7.





# NOVEMBER

**07** **LECTURE: DIVERSITY**  
Join a panel of experts in a discussion designed to raise awareness and understanding of interactions between people of color and law enforcement.  
Sun Room, MU, 7 PM

**IOC REGISTRATION DEADLINE**  
Learn about going organic at the Iowa Organic Conference. Registration for students is only \$35, but late registration is \$120 at the door.  
University of Iowa Memorial Union, 2-5 PM

**GOLD STAR HALL CEREMONY**  
Honor the ISU students who gave their lives while serving their country. Four students will also share their stories this year.  
Great Hall, MU, 3:15 PM

**08** **ELECTION DAY**  
Exercise your right to vote by casting your vote at your local precinct. Visit [iowa.gov](http://iowa.gov) for information about voting in Iowa.  
Local Polling Place, 7 AM-9 PM

**FALL PRUNING WORKSHOP**  
Learn what, when, where, how and why to prune your garden in a hands-on workshop from experts at Reiman Gardens.  
Reiman Gardens, 1-3 PM

**09** **COMMUNITY SUPPER**  
Recognize the service and sacrifice of veterans and their families at the 4th annual Community Supper. Students, faculty, staff and Ames community members are invited.  
Great Hall, MU, 5-7:30 PM

**10** **LECTURE: JAMES WRIGHT**  
Join James Wright, author of "Those Who Have Borne the Battle: A History of America's Wars and Those Who Fought Them," as he reflects on the Vietnam War and those who served in the military.  
Great Hall, MU, 8 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)

Rebekah Mallette | Marketing & Communications Intern | [rebekahm@iastate.edu](mailto:rebekahm@iastate.edu)

**13** **IOWA ORGANIC CONFERENCE**  
Learn how to transition to organic farming by meeting with experts from across the country in organic production.  
University of Iowa Memorial Union, 2-5 PM

**15** **LECTURE: DR. ASHLEE DERE**  
Join Dr. Ashlee Dere, University of Nebraska in a discussion of the impact of climate controls on shale weathering.  
Agronomy Hall, 4-5:30 PM

**16** **FRUGAL FLORAL ARRANGEMENTS**  
Create beautiful flower arrangements under \$15. Award-winning florist Marical Greenwood will demonstrate how to find inexpensive materials and buy in-season flowers.  
Reiman Gardens, 6-8 PM

**17** **SUSTAINABLE AGROECOSYSTEMS**  
Join ETH-Zurich's sustainable agroecosystems chair, Johan Six, in his analysis across spatial and temporal scales of sustainable agroecosystems.  
Agronomy Hall, 4:10-5:10 PM

**LECTURE: THE SCIENCE OF RUNNING**  
Join the University of Colorado's associate professor of Integrative Physiology, Rodger Kram, in a discussion of the link between biomechanics and energy cost.  
Gerdin Business Building, 7 PM

**21** **EXPLORING EXPRESSIVE THERAPIES**  
Discover expressive techniques in drama, art, dance and music with Board-Certified Movement Therapist Camilla Kottman.  
Reiman Gardens, 6-7:30 PM

## COMING UP FOR

## DECEMBER 2016

**01** **BUTTERFLY BLIZZARD**  
Escape a winter blizzard by releasing your own butterfly during the Reiman Gardens' Butterfly Blizzard.  
Reiman Gardens, 8-9:30 AM

**CRAFTY ORNAMENTS**  
Create re-purposed natural ornaments using natural materials. Dan Brabrec from Coe's Floral and Gifts will be leading the class.  
Reiman Gardens, 6-8 PM



# LIVE GREEN! MONTHLY



**CELEBRATE THIS  
SEMESTER'S "GREEN"  
ACHIEVEMENTS**

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**FIND INSPIRATION IN  
ONE CYCLONE'S 450  
HOURS OF SERVICE**

---

**RESOLVE TO GIVE  
BACK IN NEW WAYS IN  
THE UPCOMING YEAR**

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**"Real generosity  
toward the future  
lies in giving all  
to the present."**

**- Albert Camus**



# WHAT'S INSIDE

**LIVE  
GREEN!**

IOWA STATE  
UNIVERSITY

04  
06  
08  
10  
11  
12  
13  
14  
15  
16  
17  
18  
20  
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## Semester Highlights

Look back at the sustainable efforts and accomplishments of fall semester.

## Now You Know

Bring some sustainable flair to your holiday season decor.

## Living the Cardinal, Gold & Green

See how one Cyclone in the Greek Community is giving back in a big way.

## Green Your Giving

Make every facet of your gift-giving sustainable this holiday season.

## Last-Minute Green Gifts

Explore opportunities to find the perfect gift, no matter the time constraint.

## Meet Ames' Food Pantries

Support a food-secure community this winter and year-round.

## Green-It-Yourself

Discover generosity through these upcycled, seasonal ideas.

## Green Resolutions

Fortify your new year with giving back to the planet and others.

## Embrace Home for the Holidays

Adopt a sense of generosity by gifting local during the holidays.

## Green Opportunities

Events and opportunities to inspire green connections.

## Farewell, Graduates!

Join us in congratulating two of our Live Green! teammates as they graduate.

## Dec/Jan Calendar

Locations, dates and times for sustainable opportunities.

## Save the Date: 2017 Symposium

See a sneak peek of the 2017 Symposium on Sustainability.

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



PHOTO BY LIVE GREEN!

**HAPPY HOLIDAYS  
FROM THE  
LIVE GREEN! TEAM!**

## 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 projects and initiatives, our operations and our campus environmentally, economically and socially sustainable.

Contact us to highlight your sustainability efforts and accomplishments:

[livegreen@iastate.edu](mailto:livegreen@iastate.edu)





# DIRECTOR'S MESSAGE

There is no feeling quite as exhilarating as that which envelops and embraces us after having extended generosity. The holiday season, focused on and steered toward a time of giving and receiving, is always brimming with generosity, as well as a plethora of outlets and opportunities with which to share it.

As we walk around campus and throughout our community, the spirit of generosity is certainly apparent. Giving trees and collection boxes for winter coats, toys and food are sprinkled throughout buildings and shops. Red kettles and bell ringers greet us throughout the community. Colleagues, friends and families share time.

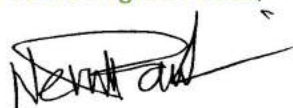
This time of the year is often coined, "the most wonderful". While given this distinction for a variety of reasons, they share collective grounding in generosity.

Though most often thought to be defined as "readiness or liberality in giving", generosity is also "freedom from meanness or smallness of mind or character" and "largeness or fullness; amplitude." Considered through this multi-faceted lens, each and every day offers us an opportunity to be generous and show generosity, no matter the season, the place or the time. Generosity is timeless and priceless, a smile, a leg up and a helping hand. It requires no currency or common language. It is being present, kind, compassionate and giving all of oneself in the moment that needs it. Generosity means putting others before ourselves.

This final issue of Live Green! Monthly for 2016 celebrates and honors the multi-faceted generosity extended by Iowa State University students, faculty and staff to each other, throughout our community and to so many causes and needs. It honors generosity through volunteerism, dialogue, opportunities, assistance, commitment, dedication and perseverance, as well as the generosity given by each and every one of us – reaching down and lifting up with what we can offer, when we can offer it. This issue also looks forward with a number of opportunities to be generous and exemplify generosity in 2017. A generous present equips a sustainable future.

Thank you for a great fall semester, Cyclones! I look forward to the most wonderful opportunities that await us in 2017!

Yours in green-ness,



Merry Rankin



PHOTO BY LIVE GREEN!

**MERRY RANKIN** is Iowa State University's Director of Sustainability and the city of Ames sustainability coordinator. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads and assists teams on campus and in the community in creating and enhancing programs, events and communication pieces to help educate, engage and empower our collective journey toward a more sustainable future.

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## ON THE COVER: Food at First

PHOTO BY LIVE GREEN!

*On the first Friday of each month, members of the Sustainable Agriculture Student Association (SASA) at ISU share their generosity by volunteering at Food at First, a community meal program and perishable food pantry. Since 2012, SASA students have assisted in the preparation, serving and clean up of meals offered to community members. Visit the Food at First website for more information about getting involved.*



# SEMESTER HIGHLIGHTS



## COMMUNITY

Sustainable efforts were made to support both the ISU and Ames communities this semester.

### **HELPING THOSE IN NEED WITH CYSERVE DAY**

More than 200 ISU students volunteered to give back by cleaning up campus, sorting donations at local thrift stores, making blankets for Project Linus and much more.

### **HONORING VETERANS' SACRIFICES**

Iowa State held its fourth annual community supper to honor veterans and their families, which included a variety of veteran speakers.

### **CELEBRATING CAMPUS SUSTAINABILITY**

More than 50 campus organizations and clubs, as well as Ames businesses and organizations, offered students, faculty and staff a diversified connection to our collective dedication to sustainability at ISU's National Campus Sustainability Day celebration.

### **CELEBRATING ABOUT ALL THINGS FOOD**

More than 25 local businesses, organizations and clubs provided a culinary journey to the campus community during the Local Food Festival.

### **INSPIRING READING WITH BOOKLAND**

More than 100 students from the ISU School of Education participated in Bookland, an outreach program with Ames Public Library that empowers families in the Ames community to read more with their children.

### **HOMECOMING PARADE RETURNS**

For the first time in decades, the Ames and ISU communities came together to celebrate Homecoming with a kick-off parade.

### **FOSTERING INCLUSIVITY**

More than 300 people voiced their concerns at a forum held by the City of Ames that aimed at engaging community dialogue to find solutions to make Ames more inclusive.

### **CULTIVATING DIALOGUE**

Iowa State University hosted a plethora of guest speakers during public lectures and discussions this semester, ranging from gender equality, indoor farming, environmental change and more.



## OPERATIONS

Campus operations ensured effective and beneficial experiences for students, faculty and staff.

### **PURCHASING LOCAL PRODUCE**

The Horticulture Station, as well as providing produce to ISU Dining, introduced the Community Produce program, allowing ISU students, faculty and staff the opportunity to purchase produce.

### **ENHANCING CYRIDE**

CyRide gathered perspectives and feedback from the ISU and Ames communities toward increasing the effectiveness of our shared bus transit system.

### **STANDARDIZING PRINTING**

Standardized printing costs were implemented to remind the campus community of alternative technologies to printing.

### **CREATING NEW DINING OPTIONS**

ISU Dining added more ethnic and from-scratch food options to the menus this semester and revisited meal plan options.





## STUDENTS

Students took part in a diversity of sustainable adventures this semester.

### **CREATING A NEW KIND OF COMMUNITY**

LiFT Club created a "safer" place for women to go to when they want to work out, offering opportunities to lift weights or learn about weight-lifting at campus gyms.

### **SHARING PERSPECTIVES**

ISU students engaged in campus community dialogue and discussion about race.

### **SHOWCASING ISU'S DIVERSITY**

The Diversity Resource Fair offered opportunities for various clubs and organizations to connect with one another and with students on campus.

### **CREATING DESIGNS FOR KENYA**

Students within the College of Design collaborated with students from Kenya to create sustainable urban development design ideas.

### **INNOVATING FOOD PRESERVATION**

Four ISU students were awarded with a grant to continue working on KinoSol units, a food dehydrator they developed that helps users properly preserve food without electricity, with the main focus on minimizing food waste.

### **PRACTICING PEACE**

A new student organization, named Buddhism for Peace, aims to help other ISU students understand what Buddhism really is, as well as what it means to the people who practice it on a daily basis.

### **DESIGNING VAST OPPORTUNITIES**

Students studying architecture at Iowa State finished a project to design an outdoor shelter to house family activities and classroom opportunities at Urbandale's Dunlap Park and Arboretum.



## RESEARCH & EDUCATION

Iowa State remained steadfast in its commitment toward a sustainable future through research and education this semester.

### **DESCRIBING SOCIAL JUSTICE**

An ISU professor opened an exhibit at Gallery on Main Street, incorporating the use of Braille to describe social justice and the intersection of social, cultural and political blindness.

### **DISCOVERING TETRANEUTRONS**

ISU researchers helped discover tetra-neutrons, supporting safer and more-efficient nuclear energy in the future.

### **RANKING NO. ONE**

The ISU department of agricultural and biosystems engineering ranked No. 1 in the country for its facilities and dramatic increases in enrollment.

### **GIVING DIMENSION TO WATER QUALITY**

An \$800,000 grant gave ISU researchers a better understanding of the value of water.

### **ADDRESSING ECONOMIC BARRIERS**

TRiO, a federally-funded program, helped ISU students with economic needs or disabilities afford the expenses of higher education.



# NOW YOU KNOW: *NOT YOUR EVERYDAY HOLIDAY DECOR*

The opportunity to spend time with family and friends and embrace the holiday spirit through laughter and cheer remains constant across cultures. Further your generosity this season by being mindful of economic, social and environmental sustainability in your enjoyment of cherishing old traditions, embracing new ones and sharing them with friends and family as you prepare to decorate for the holidays.

## THE CHALLENGE

As well as the challenge of picking through the countless holiday decoration options available, it can also be challenging to be mindful of decorating with a sustainability flair.

## HOLIDAY LIGHTS

Lights are one of the most common holiday decorations that offer a significant sustainability opportunity.

Environmentally, the impact of residential and commercial incandescent holiday lighting is the equivalent to the annual electricity consumption of nearly 500,000 households.



PHOTO COURTESY OF ISU PHOTO STREAM

Economically, the cost of holiday lights not only includes the original investment, but also adds to holiday electric bills — with the cost of lighting a tree, adding an average of \$10 to monthly utility bills.

Reduce your electricity consumption and decrease costs up to 90 percent by switching holiday lighting to LEDs. By comparison, your monthly utility bill will only go up by \$1 with the addition of a holiday tree.

## TREES

Trees are at the heart of many family holiday traditions.



PHOTO BY LIVE GREEN!

Whether to choose a natural tree or artificial tree is often a topic of consideration. To fully consider the impacts of each option, all components of the tree's origin should be included, such as the manufacturing of artificial trees, the cultivation of natural trees and the transportation for both.

In terms of artificial trees, up to 77 percent of the

environmental impact comes from the manufacturing process. With all factors considered, it takes nine years of using an artificial tree to break even compared to the environmental impact of purchasing a natural tree each year. However, if a holiday tree becomes a family heirloom, a neutral impact can be in place for generations.

In terms of natural trees, the primary environmental impacts occur through cultivation practices and end-of-season transportation and disposal. Being mindful of buying locally and making use of local reuse and composting options, can ensure a lighter holiday footprint.

## DECORATIONS

During the holidays, Americans throw away 25 percent more trash than usual. Much of this waste is a result of packaging and disposable, non-durable decorations. By being mindful of our waste while we are decorating, we can extend generosity through environmental sustainability.



PHOTO BY CAITLIN DEEVER



Some of the very first holiday trees were decorated using apples, nuts, cookies or paper. Although holiday decoration options have expanded dramatically since then, the option of using natural and recycled decorations will always be festive.

### THE OPPORTUNITIES

The joys of the holidays come not only from enjoying traditions, but also from discovering and enjoying new experiences with friends and family.

It can be an especially fun and unique tradition to explore holiday decorations and traditions of other cultures and connect to and celebrate social sustainability. Some fun and festive options to explore include the following.

### HOLIDAY ORNAMENTS

A himmeli (shown below) is a popular holiday ornament in Finland made out of straw.

Made from natural materials,



a himmeli supports environmental sustainability, as well as economic sustainability, as it is something

you can make with minimal and inexpensive supplies.

There are also many local shops that offer ornaments made of sustainable materials. Worldly Goods, for example, offers handmade ornaments (example below) and decorations made of recycled materials from cultures and communities around the world. Shopping locally and supporting globally impacts



PHOTO BY LIVE GREEN!

economic sustainability and is a great way to embrace social sustainability a new twist to your traditional holiday decor.

### TREES

In Africa, many families decorate palm trees or mango trees outside of their homes, often using natural items that also benefit wildlife — extending generosity and supporting environmental, economic and social sustainability.

If decorating an outdoor tree is not feasible, an indoor houseplant is another option that offers similar sustainable impacts.

A final tree tradition to explore is not decorating one at all, but rather extending generosity year-round and gifting a tree to be planted in a recipient's honor.

### DECORATIONS

Many Asian countries have a long history of decorating though origami. This traditional art is especially embracing of sustainability through careful consideration of using recyclable materials and generating the least waste possible.



PHOTO BY LIVE GREEN!

This holiday season, challenge yourself to infuse creative ways to spread generosity by being mindful of environmental, economic and social sustainability as you deck your halls. Adding new traditions, enhancing old traditions and sharing traditions with family and friends can fill each new year of decorating with wonderfully fun and impactful memories.

LIVE  
**GREEN**  
CHALLENGE

1. Share or try new decorating traditions with friends or family
2. Capture the moment with a photograph
3. Share your commitment on social media using: #LiveGreenChallenge



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

The holiday season sparks a spirit of generosity in many individuals, whether through exchanging presents, giving an extra donation to a local charity or volunteering time to help those in need. For ISU senior majoring in sociology and active member of the Greek Community and Pi Beta Phi, Shelby Ullrich, the spirit of generosity burns brightly year-round.



PHOTO COURTESY OF SHELBY ULLRICH (RIGHT)

In 2015, the Greek Community collectively spent more than 61,000 hours volunteering, an average of 14 hours per community member, and an overall monetary value of more than \$1.3 million dollars. Ullrich's contributions to this impressive generosity went well beyond the average, totaling 450 hours — the highest individual commitment of any community member.

"My biggest motivation to donate my time is the people I get to spend time with," said Ullrich. "The reason I spend time serving people is to ensure that they know they are precious and worthwhile!"

She spent most of her individual volunteer hours at Youth and Shelter Services (YSS) in Ames where she worked with teen girls overcoming drug addictions.

While volunteering at YSS, Ullrich was able to mentor a girl who had dropped out of high school. Throughout her time there, Ullrich helped her study for and pass her GED and eventually get into the honors program at the Des Moines Area Community College.

"I had never seen anyone have such an appreciation for learning," Ullrich said. "We cried together after the last advising meeting we went to because she told me that I was the most involved person in her life ever. All I did was tell her that she was valuable."

Ullrich also gives back through opportunities with her sorority. As a member of Pi Beta Phi,

"My biggest motivation to donate my time is the people I get to spend time with. The reason I spend time serving people is to ensure that they know they are precious and worthwhile!"

- Shelby Ullrich

she participated in a pen pal program that pairs members of the sorority with elementary school children. Ullrich was paired with a 3rd grade student in Ames. In their letters, the pair shared stories, talked about books they read and talked about their friends.

At the end of the semester, the members of Pi Beta Phi were able to meet their pen pals at a party hosted by the elementary school. Ullrich said that her pen pal's teacher teared up as she shared more about the student with whom Ullrich was paired.



PHOTO COURTESY OF SHELBY ULLRICH





PHOTO COURTESY OF SHELBY ULLRICH

"Since starting to write letters with me, the young boy was able to catch up to his own reading level from reading our letters and racing to read new books to talk about with me," Ulrich said. "He had been quiet in class, but he had come out of his shell and made friends in his class. I could not believe that writing letters and spending time with a new friend could have such an impact."

Ullrich furthers her generosity toward community through her sorority's philanthropy: literacy. In the Spring, Pi Beta Phi holds a fundraiser, "Pi Phi Taco Time,"

"The Greek Community is extremely proud to call Ames home, and we seek to show this by donating time. In addition, serving the community is a unique way to meet people and to find common interests."

- Shelby Ullrich

where all ticket sales go toward promoting literacy.

"Reading is the foundation to make substantial change in this world," said Ullrich. "To combat illiteracy, we enthusiastically read with children in the Ames area, hold book drives, and share our own love of reading with the community."

As a member of the Greek Community, Ullrich has opportunities to volunteer not only as an individual or with her chapter, but collectively with others in the community. Last year, the Greek Community raised more than \$284,000 for the Special Olympics in Iowa through the Polar Bear Plunge event. At this event, individuals raise money and then take the challenge of plunging into icy, cold water.

Whether it be on an individual, chapter or community level, Ullrich continues to leave a

lasting impact on the community through her generous gifts of time and resources.

"The Greek Community is extremely proud to call Ames home, and we seek to show this by donating time," she said. "In addition, serving the community is a unique way to meet people and to find common interests."

Ullrich already has plans to plunge into a new adventure after she graduates. She will be moving to Thailand next year to serve as an aftercare social worker through International Justice Mission, a human rights



PHOTO COURTESY OF SHELBY ULLRICH

organization that rescues victims of violence, sexual exploitation and slavery throughout the developing world.

To learn more about Iowa State University's Greek Community and its copious philanthropic efforts, visit the [Office of Greek Affairs' website](#).





# GREEN YOUR GIVING

Throughout the year there are many opportunities for giving gifts. Whether for birthdays, holidays or "just because," there are opportunities to engage in the generosity of gift giving while also being mindful of sustainability. Check out these four steps and add some green to your giving — economically, socially and environmentally.

## Find the perfect present.

1

- ❄️ **Shop local.** For every \$100 spent at a local business, \$63 stays within the community. Shopping local not only contributes to a more socially sustainable future, it is also a great way to find unique gifts.
- ❄️ **Walk instead of drive.** Remain conscious of the environment by walking to stores instead of driving. If 120 people each saved even one gallon of gasoline by walking instead of driving, carbon dioxide emissions would be reduced by more than one ton, the equivalent of the annual carbon dioxide emitted by one acre of forests.
- ❄️ **Make your own present.** A homemade gift is a thoughtful way to show you care while being mindful of economic sustainability and also environmental sustainability, if you use upcycled materials.



## Package the present.

2

- ❄️ **If you are shipping the present, use boxes you have at home to package it.** Not only is reusing old boxes environmentally sustainable by reducing the waste and environmental impacts of packaging materials, it is also economically sustainable by reducing the cost of acquiring new packaging materials.
- ❄️ **Wrap the present using newspapers, scrap paper or magazines.** Many kinds of wrapping paper are made with components that cannot be easily recycled. In fact, the annual waste from gift-wrap and shopping bags averages 4 million tons in the U.S. Consider newspapers, scrap paper or magazines as a recyclable alternative.
- ❄️ **Reuse ribbons, bags and packaging materials.** Save money and resources by saving and reusing. If every family reused just two feet of ribbon this holiday season, 38,000 miles of ribbon would be saved, enough to tie a bow around the Earth.
- ❄️ **Make the wrapping part of the present.** Use waste-free wrapping to have the most sustainable impact. Wrap kitchen items in a kitchen towel or any gift in a fleece blanket. There are a number of creative options to choose from.



## Include a greeting card.

3

- ❄️ **Make your own cards.** An estimated 2.6 billion holiday cards are mailed each year, enough to fill a football field ten stories high. Making or choosing cards made from recycled or repurposed paper, as well as paper coming from sustainably managed forests, leaves a lighter holiday footprint.
- ❄️ **Consider alternatives to paper cards, such as emails or sharing videos or pictures online.** Choosing alternatives producing zero waste to manage after the holidays is a win for recipients and communities.



## Enjoy sharing your generous gift with your friends and family!

4

- ❄️ **Give your time as well as a gift.** Embrace social sustainability this holiday season by gifting time to loved ones to share stories and make new memories when you gather to exchange gifts. Enjoy the little things — the time spent preparing a meal, sitting around the dinner table, taking family photos and just being together.



# LAST-MINUTE GREEN GIFTS

With the flurry of the holiday season, it can be easy to forget a gift or need an additional one at the last minute. Even though schedules are crazy and hectic, your generosity can still shine brightly with these thoughtful and sustainable ideas.

## GIFT IN A JAR

A gift in a jar is the perfect opportunity to craft a unique and customized present for anyone in your life, using items you may already have. Repurposing a jar supports environmental sustainability by reducing waste. Filling it with items that have a personal connection to the gift recipient, such as momentos of time spent together, plants, ingredients for tasty treats, soaps or items that bring energy and relaxation, nurtures self-sustainability.



## GIFT OF TASTY TREATS

Tasty treats make a great last-minute present because many recipes use ingredients you may already have. Many recipes also use only a few ingredients or do not require baking. Consider the opportunity to support your community by bringing extra servings of food and to-go containers to holiday parties and gatherings so everyone can take leftovers home to enjoy later. Extra batches can be shared with shelters, nursing homes or hospitals!



## GIFT OF DONATION

A donation to a local charity or organization in honor of your recipient is a gift to many that can support any combination of environmental, economic and social sustainability – or all three. Choose an organization your gift recipient would enjoy supporting, such as a school for a teacher or a food pantry for a friend that loves to cook. Many donations can be made online, making this perfect for the last-minute shopper!



## GIFT OF TIME

Gifting a friend or family member your time is one of the most thoughtful, valuable and inexpensive gifts you can give. There are many different ways to gift time, so consider what your gift recipient would enjoy doing. Whether it is walking, making crafts, cooking, enjoying a game together or sipping tea and sharing stories by a fireplace, your friends or family are sure to appreciate the generosity of your time!



## GIFT OF A HELPING HAND

Helping your friends and family by using your time and talents is economically sustainable for the gift giver and gift recipient. Your gift of a helping hand can be as simple as walking a pet or shoveling a neighbor's sidewalk. More opportunities for generosity this holiday season include carrying jumper cables in your car to help when the opportunity arises, or volunteering to help those in need through the Ames Repair and Care program.





# MEET AMES' FOOD PANTRIES

With the winter holidays right around the corner, many of us are preparing for festivities by shopping for gifts, family dinners and more. This time of year also marks one of the most prioritized times for giving back through various acts of generosity.

There are plenty of opportunities to give back to your community this year. In the Ames community, one of the most pressing needs to address around the holidays is food insecurity. Ames is proactive in facing the challenge of hunger through offering and supporting a number of food pantries.

## The SHOP

Students Helping Our Peers (The SHOP) is the student-run food pantry on Iowa State's campus that serves both ISU students, faculty and staff, as well as members of the Ames community. The pantry serves upward of 100 people each month with donations of food and personal care items.

The SHOP is located in Room 2616 of the Food Sciences Building, and is open on Wednesday, 11 a.m. to 6 p.m., and on Tuesdays and Thursdays from 3-6 p.m.

The group also makes on-site visits with care packages in its Mobile SHOP initiative. In the past, the Mobile SHOP has visited Frederiksen Court and University Village apartment complexes. It's easy to help and get involved.



The SHOP functions with the help of generous volunteers. To volunteer and learn more about the club, email Monica Thornton at [mthorn10@iastate.edu](mailto:mthorn10@iastate.edu).

The SHOP is always looking for non-perishable goods, too. While you're out shopping this holiday season, pick up a few extra cans of vegetables, soup or meat, or even toothbrushes, dish soap or bars of soap. Refer to The SHOP's website for a comprehensive list of needs.

## Mid-Iowa Community Action

Mid-Iowa Community Action (MICA) is a non-profit organization that actively combats poverty.

Among a number of anti-poverty programs it offers, MICA's emergency food pantry serves more than 250 families each month in Story County.



At the north Fareway in Ames (in the Somerset area), you can donate non-perishable items through the Ames Town and Country Kiwanis ongoing food drive for MICA.

## Food at First

Food at First is a non-profit program that provides the Ames community with a free meal program and perishable food pantry.

The meals that Food at First serves are composed of food that local grocery stores and food services have donated rather than

discarded. Instead, they are used as ingredients to create tasty meals, served each day of the week (11:30 a.m. to 12:15 p.m. on Saturdays, and 5:45-6:15 p.m. on Sundays through Fridays) at First Christian Church.



With the large abundance of donated food being surplus for the meal program, Food at First developed a perishable food pantry, to offer additional food security assistance, and distributes surplus donations to the community twice a week. Distributions occur from 4:45-5:30 p.m. every Monday and Thursday, as well as from 10-10:30 a.m. on Saturdays.

Holidays often mean large family get-togethers that include plenty of leftovers. Rather than hanging on to the copious amounts of leftovers, take them to Food at First and share the gift of food with someone else.

No leftovers? Food at First is always in need of these staple food, as well as non-food items.

There are also opportunities to volunteer and assist with distributing food, serving meals and "gleaning" food from local businesses and food services. Visit Food at First's volunteer signup to learn more.

These operations are just a small sampling of how Ames is committed to nourishing our residents in need. A listing of Ames area food pantries is available online.



PHOTOS COURTESY OF THE SHOP, MICA AND FOOD AT FIRST



# GREEN-IT-YOURSELF

*Think outside the "gift box" with simple opportunities to show generosity during the holidays.*



**UPCYCLED SODA CAN  
COOKIE CUTTERS**

## SUPPLIES

- Soda can (cleaned and dry) ● Scissors ● Adhesive tape or food grade glue ● Sanding paper
- Pliers ● Paper ● Pen ● Cardboard ● Sewing pins (optional)

## INSTRUCTIONS

1. Carefully cut the top and bottom off of the can. Wearing protective gloves is advisable, as aluminum edges can be quite sharp.
2. Cut horizontal strips out of the soda can.
3. Smoothe the strips' cut edges with sanding paper.
4. Draw your desired shapes onto paper. Place your paper design on top of some cardboard. Use sewing pins to secure the paper, if needed. Then, cut out the shapes you've created.
5. Wrap soda strips around the edges of your cardboard cut-out designs.
6. When you've finished bending the aluminum strips to create your cookie cutter's shape, either tape or glue the ends together.
7. Design unique cookie shapes this holiday season! You can also break out your art supplies and reuse your cardboard shapes as ornaments or gift tags!



**UPCYCLED PRINGLES CAN  
COOKIE CONTAINERS**

## SUPPLIES

- Pringles can ● Wrapping paper ● Wax or parchment paper ● Ribbon ● Glue (food grade is optional) ● Muffin liners or cups (optional)

## INSTRUCTIONS

1. Cut wrapping paper so that it wraps around the can – about 10 inches wide by 10 1/2 inches long. Leaving a little space at the top and bottom is fine.
2. Use glue to adhere the wrapping paper to the outside of the can.
3. Cut the ribbon and wrap it around the top and bottom of the tube, covering the exposed parts of the can. Glue it to stick it in place.
4. Cut the wax paper a similar size (10 by 10.5 inches) and roll it so that it fits inside of the can. It should hold itself, but if it doesn't, use food grade glue to secure it.
5. (Optional) Put one cookie in each muffin cup and slide into the tube. The muffin cups help cushion the cookies, making it a great option if sending your cookie container a long distance.
6. Make someone happy with this fun and reusable container that keeps on giving!



**REUSABLE WRAPPING  
PAPER GIFT BAG**

## SUPPLIES

- Scissors ● Scotch tape ● Hole punch ● Ribbon ● Wrapping paper (reused)

## INSTRUCTIONS

1. Roll out some wrapping paper and place the item you want to wrap on top of it. Use enough wrapping paper to fully cover the item to get an idea of the needed size to accommodate the item. Cut wrapping paper to size.
2. Place paper face down on a flat surface. Fold the right and left sides in until they meet in the middle and overlap some. Tape the seam.
3. Fold the bottom of the wrapping paper up to create the bottom of the bag. Proceed to "wrap" the bottom of the bag, as if you were wrapping the side of a gift box, to create a flat bottom surface.
4. Open the bag and place your item in it.
5. Fold over the top of the bag (about an inch) to create a flap. Use hole punch to punch holes through both the bag and flap to accommodate the ribbon. Insert the ribbon through holes and tie it in a bow.
6. Deliver happiness to someone you love with a reusable gift bag!

FOR MORE GIY 



# GREEN RESOLUTIONS

As we prepare to enter the new year, we reflect on the opportunity for growth and self-improvement through our generosity, mindfulness and actions. The following green resolutions are simple, yet impactful, opportunities to consider and act upon toward increasing and enhancing economic, environmental and social sustainability in the new year, as well as years to come.

## "Green" your way into 2017:

2

Challenge yourself to use **two** new types of reusable containers this year. Some options include a refillable water bottle to stay hydrated all day, washable containers for packing a lunch or a thermo travel mug, which will also help keep your coffee warmer for longer. The impact of this resolution is impressive. For example, refillable water bottles are an excellent alternative to plastic water bottles, which require up to 2,000 percent more energy to produce than tap water.



Similarly, reusable lunch containers only require 10 uses to be more sustainable than single use plastic. For an extra challenge with the many opportunities for using reusable containers, commit to choose reusable at least **twice** a day!

0

Aim toward achieving **zero** waste in the new year by adopting "reduce, reuse and recycle" in your daily habits. Try washing and reusing dishes instead of using disposable ones. Look for opportunities to recycle, compost and reuse items instead of landfilling them. Utilize resources, like Earth 911's search that allows you to find where to recycle specific items. Aim to reduce your food waste, too, as roughly 40 percent of U.S. food ends up in landfills. If the U.S. reduced food waste by 20 percent, we could provide enough food to feed 25 million people. A commitment to minimizing waste through a series of small, daily decisions multiplies to a large impact.



1



Set a goal to sort through items in your home **once** per season to minimize clutter and unneeded items and contribute useful items to your community. Old clothes, furniture and electronics can be donated to shelters or community non-profits. Books can be given to the local library toward empowering literacy within your community. By de-cluttering at least **one** time per season, you also contribute to a more sustainable personal future (environmentally, socially and economically), sustaining only the items you truly need and use on a regular basis.

7

Give back at least **seven** hours each month to your community through volunteerism. Giving back could mean helping a friend study for the upcoming math exam or volunteering on campus at the student-run food pantry, the SHOP, (pictured on the right). Many opportunities within the community can also be found at the Volunteer Center of Story County. If every ISU student made the commitment to give back **seven** hours each month, in one year, it would result in more than 3 million hours given to our community and the future we leave to the generations that follow us.



PHOTO COURTESY OF THE SHOP



# EMBRACE HOME FOR THE HOLIDAYS



Did you know for every \$100  
spent at a local business,  
\$63 stays in your community?

This holiday season, the ISU Office of Sustainability encourages you to support hometown businesses and non-profits, whether you live in Ames or elsewhere.

★ Join us in empowering generosity found and given locally. ★

Post a selfie with a gift idea from a favorite local business/non-profit to the Live Green! Iowa State University Facebook page using [#GiftingLocal](#). Entries received by Dec. 25 will enter a prize drawing, with winners announced by Jan. 1.

PHOTOS BY LIVE GREEN!



Some local favorites of the Live Green! Leadership team include Cafe Diem, Reiman Gardens, Morning Bell Coffee Roasters, The Cafe and the Vinyl Cafe. For more examples of local favorites and to share your own, visit the [Live Green! Facebook page](#). Also, take a look at our display case in the Memorial Union, Dec. 5-19.



# GREEN OPPORTUNITIES

## GROW SMARTER PLANTS



Gain experience in all aspects of plant breeding by applying to be an undergraduate assistant at Dryland Genetics LLC, a start-up based at the ISU Research Park that is developing more productive crops that use less water. Interns will assist with various greenhouse operations (such as planting seeds, leaf tissue collection and harvesting seeds), as well as assist in data analysis of day-to-day operations. To apply, email a CV and available hours to [santosh.raiput@drylandgenetics.com](mailto:santosh.raiput@drylandgenetics.com).

## WORK FOR FARMWORKER JUSTICE

Live and work as an intern in the community at the heart of the Campaign for Fair Food next summer! Interns with the Alliance for Fair Food will work in partnership with the Coalition of Immokalee Workers for farmworker justice in Immokalee, Florida. Interns will learn first-hand about work environment challenges, work on creating campaign strategy with a team of farmworkers and develop a wide range of campaign skills, such as media work, fundraising and more. Apply online by April 15, 2017, for a summer position.



## EXCITE KIDS ABOUT STEM FIELDS

Volunteer with FIRST LEGO League and nurture kids', ages 9-14, interest in and excitement about science, technology, engineering and math (STEM) through robotics, teamwork and fun. This year's competition, ANIMAL ALLIES, encourages the students to learn about how humans and animals affect each other's lives. The competition will be held on campus, Jan. 14-15. Volunteer opportunities include, but are not limited to, Team Helper, Judge Assistant and Info Desk Attendant. Descriptions of the positions can be found at [this website](http://this website). All volunteers receive a free lunch and T-shirt. For questions or help with the registration process, email [flvolunteer@iastate.edu](mailto:flvolunteer@iastate.edu).



## LEARN ABOUT LOCAL FOODS

Celebrate the community accomplishments of coalition development and local food projects around Iowa by attending the third annual Agricultural Urbanism Toolkit. Taking place from 8:30 a.m. to 4:30 p.m. on Jan. 13 at Reiman Gardens, this free event will engage local food leaders and partners in a dynamic setting around food systems as promoters of economic development, community health, and equity. The celebration will highlight food-related community successes around the state, the new program's potential and a series of interesting breakout sessions from partners across the state of Iowa. For more information and to RSVP, visit the event's website. Travel scholarships are available.



## GIVE BACK WITH THE SALVATION ARMY

Take on an act of generosity by volunteering with the Salvation Army this holiday season through two different opportunities. The first is to become a Red Kettle Bell Ringer in Ames, Nevada and Huxley. Go to [www.ringames.org](http://www.ringames.org) to find available shifts. The other opportunity is to become a Toy Shop Elf on Dec. 20 during the Salvation Army's toy distribution day, with flexible times for shifts. There is also the opportunity to help set up the toy shop the day prior, on Dec. 19, as well as other opportunities to give back this holiday season.



## SUPPORT AMES' CHILDREN

Community Housing Initiatives (CHI), a non-profit agency dedicated to addressing the lack of affordable housing for families seeking to transition from dependency on public assistance programs is seeking volunteers to help support children of these families in programs such as Brain Boosters (math and numbers), Story Time (stories and crafts), Reading Avenue and Science, Science!. To apply for or learn more about any of these positions, visit the CHI website.





# FAREWELL, GRADUATES!



**LAURELIN HAAS**

Laurelin, special initiatives intern, is majoring in community and regional planning, as well as environmental studies. During her time as a campus and community engagement intern in Fall 2015-Spring 2016, she helped plan our events and participated in various sustainability efforts on campus and in the Ames community. This year, her duties as a special initiatives intern included creating a self-guided tour of campus sustainability and sustainability guide for new students, being part of the Green Your Room initiative, helping make an interactive art piece at Destination Iowa State, as well as boosting and diversifying our social media presence.

## **POST-GRADUATION PLANS:**

Laurelin will be joining the Peace Corps as an urban planning volunteer in Albania.

## **FAVORITE EXPERIENCES:**

I've had so many wonderful experiences - my favorite memories are definitely all the events that I planned with the TGU team, going zero-waste with the Live Green! interns and presenting at this year's AASHE (international sustainability) Conference!

## **BIGGEST LESSONS LEARNED:**

After working as a Live Green! intern, I've definitely internalized that every small change makes a difference!

## **ADVICE FOR THOSE IN SUSTAINABILITY:**

For any students who want to do more with sustainability, find your niche - something you're truly passionate about - and dive right in!

## **PLANS TO CONTINUE LIVING "GREEN":**

I plan to continue to be a conscious consumer and to try and reduce my own environmental impact as much as possible!

"My Live Green! experience was one of the highlights of my entire college career! I'm so grateful for my time in the Office of Sustainability, and I'm excited to see the amazing work that interns will do in the future!"



**SINDHUJA RAM**

Sindhuja, special initiatives intern, is currently majoring in advertising. During her time as a marketing and communications intern in Fall 2015-Spring 2016, she helped create our monthly newsletter, as well as participated in several sustainable events on and off campus. This year, her duties as a special initiatives intern included creating a sustainability guide for new students, being part of the Green Your Room initiative, designing the graphics on the new solar trash compactors around campus, helping with social media, as well as participating in various events this past summer, such as the Ames 4th of July parade, Rummage RAMPage and College Creek Cleanup.

## **POST-GRADUATION PLANS:**

Sindhuja will be pursuing a marketing internship in Irvine, California next spring.

## **FAVORITE EXPERIENCES:**

Working and collaborating with the inspiring individuals on our team. My favorite experiences include holiday campaigns through the years, projects with the Ames community, such as Rummage RAMPage and College Creek Cleanup, and learning leadership skills from my supervisor, Merry Rankin.

## **BIGGEST LESSONS LEARNED:**

Everything is a team effort. Utilizing the strengths of your colleagues, even if it is as simple as asking them if a visual design looks good.

## **ADVICE FOR THOSE IN SUSTAINABILITY:**

Know that all of your hard work counts in the overall, big picture of things.

## **PLANS TO CONTINUE LIVING "GREEN":**

I hope to continue practicing mindfulness of green living throughout the rest of my life.

PHOTOS BY LIVE GREEN!



# DECEMBER

08

## BROWN BAG LECTURE

Bring your lunch to the Gardens and learn about reciprocal gardens. No pre-registration is required.

Reiman Gardens, noon-1 PM

## BARKS@PARKS LIBRARY

Take a break from the stress and strain of preparing for Finals Week to play with some happy dogs!

199 Parks Library, 1-4 PM

## 400-BUSHEL CORN DISCUSSION

Join Randy Dowdy, farmer and consultant from Grow Big Corn, to learn strategies on how to minimize stress management practices to increase corn yields.

2050 Agronomy Hall, 4:10-5:10 PM

09

## ISU FORESTRY CLUB TREE SALES

Support the ISU Forestry Club by buying this year's holiday tree from them. Sale continues on Dec. 10 (9 AM-5 PM) and Dec. 11 (noon-5 PM).

Reiman Gardens, S1 parking lot, 3-6 PM

10

## THE NUTCRACKER BALLET

Support more than 200 local performers from central Iowa communities this holiday season. Reoccurs at 7:30 PM on Dec. 10 and at 1:30 PM on Dec. 11.

Iowa State Center, 1:30 PM

11

## GEOCACHE ELF HUNT

Explore the wooded area of McFarland Park to find some elves and their hidden presents after learning how to use a GPS device.

McFarland Park, 1-3 PM

14

## FREE ADMISSION DAY

Enjoy a free visit to Reiman Gardens, offered every second Wednesday of every month.

Reiman Gardens, All day

## ART WALK: ART AND THE AGRONOMIST

Join University Museums to explore and discuss the artwork within the Agronomy Building, as well as how those works of art tie into the mission of the program.

Agronomy Building courtyard, noon-1 PM

## ARTFUL YOGA

Enrich your yoga experience by going beyond the physical and inviting an artistic perspective to your awareness.

1017 Morrill Hall, 5:30-6:30 PM

15

## GIFT SHOP STOCKING STUFFER NIGHT

Visit the Reiman Gardens Gift Shop for unique items for gifts and stocking stuffers to finish your holiday shopping.

Reiman Gardens, 4:30-8 PM

## LEAF STAMPING CAN DRIVE

Bring in at least one canned food item to use as a rolling press in this fun leaf-stamping activity, and then leave the can as a donation for Mid-Iowa Community Action.

Reiman Gardens, 6-8 PM

17

## BUTTERFLY BLIZZARD

Come in from the cold to experience a different kind of blizzard. Hot chocolate is provided, and participants will be able to release butterflies in the Christina Reiman Butterfly Wing. Preregister by Dec. 15.

Reiman Gardens, 8-9:30 AM

20

## GATHERING OF ARTISTS

Share ideas, meet other artists and have fun. Area artists are invited to drop by this free, informal monthly gathering sponsored by the Ames Community Arts Council. This event reoccurs every third Tuesday of each month, and locations vary.

Location TBD, 6-8 PM

## FLORAL DESIGN SERIES WORKSHOP

Learn the basics of floral design while creating beautiful arrangements to take home, as well as learn tips and skills used by professionals and create your own one-of-a-kind floral designs. This workshop's topic includes adding various greens to the dull grays of winter.

Reiman Gardens, 6:30-7:30 PM

25

## FOOD AT FIRST CHRISTMAS DAY MEAL

Share your generosity at Food at First during its community-wide Christmas Day meal!

Volunteer and meal prep positions are available, as well as signups to bake pies.

First Christian Church in Ames, noon-1:30 PM



# COMING UP IN JANUARY

05

**HAND-BRAIDED RAG COASTER CRAFT**  
Braid scrap fabric strips to create one-of-a-kind cloth coasters. Scrap fabric will be provided, or you can bring in old T-shirts or other fabrics to repurpose them into these unique coasters.  
Reiman Gardens, 6-8 PM

11

**FREE ADMISSION DAY**  
Enjoy a free visit to Reiman Gardens, offered every second Wednesday of every month.  
Reiman Gardens, All day

12

**SKUNK RIVER GREENBELT WINTER HIKE**  
Join other outdoor enthusiasts for a free hike of the Skunk River Greenbelt. Participants are encouraged to bring snacks and a water bottle for after the hike.  
56342 130th St., Story City, IA, 1:30-3:30 PM

13

**SNOWSHOE OWL PROWL**  
Explore the Christiansen Forest Preserve, brimming with an abundance of owls. Bring your binoculars and a flashlight to try your luck at calling and spotting owls while exploring the trail in snowshoes.  
Christiansen Forest Preserve, 5-6:30 PM

**RECEPTION: 2016 WOMEN IMPACTING ISU CALENDAR UNVEILING**  
Celebrate the 12 women, ranging from students to faculty to staff, who are being recognized for their accomplishments and achievements in teaching, research, service, administration and involvement in various campus activities.  
Sun Room, MU, 3:30-5 PM

14

**FIRST LEGO LEAGUE STATE CHAMPIONSHIPS**  
Watch some of Iowa's most creative kids participate in a global STEM event that has them develop solutions to problems they've identified in the world. Continues on Dec. 15, 9 AM-3:30 PM.  
Howe Hall, 9 AM-3:30 PM

17

**GATHERING OF ARTISTS**  
Share ideas, meet other artists and have fun. All area artists are invited to drop by this free, informal monthly gathering sponsored by the Ames Community Arts Council. This event reoccurs every third Tuesday of each month, and locations vary.  
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**FLORAL DESIGN SERIES WORKSHOP**  
Learn the basics of floral design while creating beautiful arrangements to take home, as well as learn tips and skills used by professionals and create your own one-of-a-kind floral designs.  
Reiman Gardens, 6:30-7:30 PM

19

**STUDY ABROAD FAIR**  
Learn about adventure abroad – interning, studying and volunteering opportunities, all ranging from one week to one year. Students may enter to win study abroad scholarships.  
Great Hall, Memorial Union, 10:30 AM-1:30 PM

**T-SHIRT TIE-DYE CRAFT**  
Give new life to your white cotton, silk or wool T-shirt(s) with swirls of brilliant color. Dress for the mess, and then take your garment(s) home.  
Reiman Gardens, 6-8 PM

20

**BAM HAPPY HOUR**  
Celebrate the new semester and new exhibits on display at the Brunnier Art Museum with a casual evening of conversation and art.  
295 Scheman Building, 5-6:30 PM

21  
28

**30TH ANNIVERSARY KICKOFF CELEBRATION**  
Join Worldly Goods and the Ames community in celebrating 30 years of fair trade.  
Worldly Goods, 223 Main St., 1-4 PM

**MINI-AQUAPONICS**  
Jumpstart your garden and experience a twist on agriculture's connection to nature by building a mini-aquaponics system to grow lettuce at home. This project recirculates water from plants to fish and back to plants, both cleaning the water and capturing nutrients.  
McFarland Park, 2-4 PM

For sustainable events or to 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)

Rebekah Mallette | Marketing & Communications Intern | [rebekahm@iastate.edu](mailto:rebekahm@iastate.edu)



# SAVE THE DATE:

## 2017 SYMPOSIUM ON SUSTAINABILITY

**2017**  
**FEBRUARY**  
**27-28**

The 2017 Symposium on Sustainability celebrates sustainable initiatives and accomplishments in the Ames and ISU communities. The Symposium is hosted by the ISU Office of Sustainability.

THIS YEAR'S THEME:  
**ENSURING A  
SUSTAINABLE  
AND RESILIENT  
FUTURE**

The event offers a multi-faceted celebration, including a sustainability poster reception, keynote lecture and Sustainapalooza, which is hosted by The Green Umbrella. Sustainapalooza 2017, with the theme of "There Is No Planet B", features Green-It-Yourself (GIY) centers, a green carpet, a sustainable future pledge wall, local food refreshments and "green" giveaways.



KEYNOTE  
SPEAKER:  
**COLIN KHOURY,**  
author, research scientist  
and Crop Diversity Specialist  
with the International Center  
for Tropical Agriculture and  
National Center for  
Genetic Resources  
Preservation



**STAY TUNED**  
FOR MORE  
INFORMATION IN THE  
FEBRUARY 2017  
ISSUE OF THE  
LIVE GREEN!  
NEWSLETTER

### GIY CENTERS

- UPCYCLED BANNER BAGS
- LAMINATED POSTER WHITEBOARDS
- WASTE-REDUCING MEAL PLANNING
- LOW-IMPACT CLEANING PRODUCTS

*More information coming soon!*

PHOTOS BY LIVE GREEN!



# LIVE GREEN! MONTHLY

**"Always remember, you have within you the strength, the patience and the passion to reach for the stars to change the world."**

**— Harriet Tubman**

**REJUVAFRUIT:  
GIVING NEW LIFE TO  
"UGLY" FRUIT**

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**2017 SYMPOSIUM:  
ENSURING OUR  
RESILIENT FUTURE**

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**"GREEN" CHOCOLATE:  
HOW AN INDUSTRY IS  
MAKING BIG CHANGES**

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# WHAT'S INSIDE

**LIVE  
GREEN!**

IOWA STATE  
UNIVERSITY

04

## Living the Cardinal, Gold & Green

Discover how Rejuvafruit is renewing ideas about "ugly" fruit.

06

## Symposium Schedule

View a detailed timeline of events taking place Feb. 27-28.

07

## Sustainapalooza Preview

Get a sneak peek of the many "green" opportunities at Sustainapalooza.

08

## Now You Know

Learn about the journey and impact of the chocolate you buy.

10

## Celebrate Homemade Soups

Keep cozy this month with some deliciously-warming soups.

11

## Green-It-Yourself

Create unique and homemade Valentine's Day gifts from the heart.

12

## Re-Think Valentine's Day

Add a green twist to your favorite Valentine's Day traditions.

13

## Green Opportunities

Events and opportunities to inspire green connections.

14

## February Calendar

Locations, dates and times for sustainable opportunities.



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

SYMPOSIUM

2017

FEB. 27-28, MEMORIAL UNION

GRAPHIC BY ISU LIVE GREEN!

## SAVE THE DATE!

Join us as we celebrate the many sustainable achievements, projects and initiatives in both the Ames and ISU campus communities.

Events take place Feb. 27-28.  
See Pages 6 and 7 for more details.

## 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 projects and initiatives, our operations and our campus environmentally, economically and socially sustainable.

Contact us to highlight your sustainability efforts and accomplishments:

[livegreen@iastate.edu](mailto:livegreen@iastate.edu)





# DIRECTOR'S MESSAGE

Among the words used to describe the ability to achieve success, accomplish greatness and overcome vicissitude, is passion.

Passion compels courage, ensures focus, ignites action, instills commitment and infuses stamina. Passion is an enthusiastic cheerleader and a relentless disciplinarian, both a friend and a nemesis. It is that which nudges good to great, talent to excellence and dreams to reality.

Passion is not the same place, feel or look for everyone. However, when discovered and embraced, passion is equally powerful, compelling and relevant.

To discover what we are passionate about is to identify the potential we possess and the impact we can achieve. Passion does not require money, influence or power – it can stand alone and self-sustain.

A college campus is an environment especially vibrant with passion, and Iowa State certainly exemplifies that. The passion that surrounds our research efforts toward discovering new ways to support a sustainable future, the passion that emanates from student projects and initiatives in defining and crafting the legacy they will leave for generations to follow, as well as the passion that brilliantly illuminates throughout our campus grounds, buildings and amenities that support and enrich the Cyclone experience. It embraces, sustains and inspires us every second of every day.

This month's issue of Live Green! Monthly takes a look at the diversity of ways in which passion connects to sustainability and ensures a sustainable future through people, places and even things.

From a group of students passionate about changing the perception of cosmetically-challenged fruit, to companies and producers passionate about a more sustainable journey for chocolate, to channeling passion through taking part in events and opportunities and incorporating a unique twist to Valentine's Day gifts and traditions – the potential released through passion is impressive and empowering.

Take time this month to find and share passion – in work and studies, with family and friends and throughout the community. Finding passion provides meaning, direction and justification. Sharing passion ensures commitment, resiliency and sustainability.

Wishing you a passionate journey this month!

Yours in Green-ness,



Merry Rankin



PHOTO COURTESY OF MERRY RANKIN

**MERRY RANKIN** is Iowa State University's Director of Sustainability and the City of Ames Sustainability Coordinator. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads and assists teams on campus and in the community in creating and enhancing programs, events and communication pieces to help educate, engage, and empower our collective journey toward a more sustainable future.

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## ON THE COVER: REJUVAFRUIT

PHOTO COURTESY OF REJUVAFRUIT

*Rejuvaf fruit is an organization that focuses on bringing life to "ugly" fruits. Learn more about Rejuvaf fruit's passion for creating a more sustainable future through food waste reduction, community education and fighting world hunger in this month's "Students Living the Cardinal, Gold and Green" on Page 4.*



# STUDENTS LIVING THE CARDINAL, GOLD and GREEN

The journey in following a passion is one of discovery, challenge, patience and steadfast focus. Four Iowa State students have stirred their passions to make a positive impact on the community.

Heidi Kalb, junior, Emily Zagula, senior, Paige Myers, senior and Katherine Cummings, senior, all studying global resource systems, turned their passion for food security into Rejuvafruit -- an organization dedicated to raising awareness about the impacts of food waste and enhancing opportunities for reducing waste and decreasing hunger.



"Nearly one third of all food produced goes to waste," Kalb said. "That's a lot of food, inputs, time and money that is lost in a world where not everyone has enough to eat."

Rejuvafruit was established in 2015 when these students became a team at Iowa State to compete in the national Thought for Food Challenge. They were tasked to come up with a solution that would feed 9 billion

people by 2050. Their solution was to take overripe or "ugly" fruits and dehydrate them to give them a longer shelf life. Not only did they envision a solution, they passionately pursued it.

In this pursuit, Rejuvafruit partnered with ISU Dining and the ISU Horticulture Farm. Although ISU Dining was taking its uneaten food items from campus dining centers and catering services to Iowa State's compost facility and not landfilling it, there were still uses for the food that was being wasted.

In 2016, Rejuvafruit won best overall pitch at the fifth annual Iowa State innovation pitch competition, sponsored and judged by local businesses.

They have also participated in the Young Entrepreneurship Convention Pitch Competition and the Okoboji Entrepreneurship Institute Competition.

The hard work the team has put in to make Rejuvafruit so successful has been driven by their passion to make a difference in the world.

"We have received so much support for our business venture from ISU and other business professionals, which has been awesome," Kalb said. "We have also received funding through pitch competitions that has reinforced that our vision can have a positive impact and has helped us take product testing and creation to the next level."



That next level includes expanding partnerships with grocery stores and restaurants in and beyond the Ames community.

"The food we use is [fruit] that would otherwise go to waste," Zagula said. "We use apples that are bruised, bananas that have gotten a little past brown and other fruit that people may not want to eat fresh. By dehydrating it, we can still eat the food and it doesn't go into a landfill."

Currently, the dehydrated fruits are given out as samples to raise awareness for Rejuvafruit. In the future, the team would like to see the fruits donated to local

**"Nearly one third of all food produced goes to waste. That's a lot of food, inputs, time and money that is lost in a world where not everyone has enough."**

- Heidi Kalb



food banks in an effort to combat hunger in the community.

A big part of Rejuvafruit's mission aligns with the viral "[Ugly Fruit and Veg Campaign](#)." Both work to raise awareness and offer solutions for food waste.

The Ugly Fruit and Veg Campaign uses social media to increase awareness and petition large grocers to sell "ugly" fruits. Locally, Hy-Vee has began a similar program where they sell cosmetically challenged fruits and vegetables at a discounted price.

"The ugly food campaign promotes and makes people aware of produce that is not the prettiest, but still edible," Zagula said. "Making people aware of the waste that happens is a huge step. We want to take it a step further to make sure produce is consumed."

The reduction of food waste encompasses all facets of sustainability. Environmentally,

not only is food waste kept out of the landfill, reducing the amount of energy exerted to dispose of the waste is also decreased. Socially, additional food resources are created in an effort to feed more people.

Economically, Rejuvafruit saves businesses money by obtaining the "ugly" produce at little or no cost and, in turn, donating any and all profits toward food waste and nutrition education.

"Our main goal is reducing food waste and hunger," Zagula said. "We recently decided to focus more on our core mission, so we are no longer trying to be just a business, but more an organization working to raise awareness, reduce waste and decrease hunger."

The Rejuvafruit team is excited to focus on expanding their community engagement by partnering with local businesses and enhancing their sustainability efforts in new ways as they proceed into the new year.

**"We are always looking for ways to be more sustainable and make a bigger impact in food waste reduction and combating hunger in our own community."**

*- Heidi Kalb*

In the upcoming year, look for passion to surge through Rejuvafruit's new adventures and accomplishments by following them on their [blog](#), [Facebook](#) and [Instagram](#). Anyone who shares the same passions with the team is welcome to contact them via [email](#).

"We are always looking for ways to be more sustainable and make a bigger impact in food waste reduction and combating hunger in our own community," Kalb said.

Since their beginning, some things have changed, but the passion for and mission to reduce food waste and decrease hunger remain the same. Though the team has faced some challenges, they have also fostered many connections and accomplished many things in the last two years.

"We have struggled with not always knowing the next steps, but our passion for the mission of sustainability and food waste has kept us going," Zagula said. "I know we will continue working on these issues after our undergraduate careers."





# SYMPOSIUM ON SUSTAINABILITY

## ENSURING A SUSTAINABLE AND RESILIENT FUTURE

The 2017 Symposium on Sustainability celebrates the ninth year of Iowa State University's Live Green! Initiative. Join us for this celebration of campus and community-wide sustainability involvement, accomplishment and success. Visit the [Symposium webpage](#) for more information.

### SCHEDULE OF EVENTS

#### MONDAY, FEB. 27

**7-8 PM**

Sun Room, Memorial Union

##### POSTER/TABLING SESSION

Network about the many sustainable projects, research and initiatives taking place at Iowa State and within the Ames community.



**8 PM**

Great Hall, Memorial Union

##### KEYNOTE SPEAKER: "Seeds of a Sustainable Future"

Join Colin Khoury for a lecture about his studies in the diversity in the crops people grow and eat around the world, as well as the implications of change in this diversity on human health and environmental sustainability. Khoury is a research scientist at the International Center for Tropical Agriculture (CIAT) in Colombia, and at the USDA National Laboratory for Genetic Resources Preservation. He is also the lead author of "Origins of Food Crops Connect Countries Worldwide", a study to see how much countries use foreign crops.



#### TUESDAY, FEB. 28

**5-8 PM**

Great Hall, Memorial Union

##### SUSTAINAPALOOZA

Discover a greener, more sustainable world in 2017! Participate in fun and engaging Green-It-Yourself Centers to learn sustainable living skills such as upcycling, green cleaning, as well as nutrition and wellness, from campus and community experts. Attendees can also take a



pledge to be ensure a sustainable and resilient future, as well as enjoy local food refreshments and green giveaways. The poster and tabling session will continue in the Sun Room.

**8 PM**

Sun Room, Memorial Union

##### DOCUMENTARY SCREENING & DISCUSSION

Join The Green Umbrella for a short documentary called "[Painted Poison](#)", which explores the intersections between social, environmental and economic sustainability. After the film, join a student-led discussion about the ways in which inclusive environments can impact the global goal of sustainability.

**8 PM**

Sun Room, Memorial Union

##### LIVE GREEN! AWARDS FOR EXCELLENCE IN SUSTAINABILITY

Celebrate ISU faculty, staff and students who are currently making impacts on the campus' sustainability efforts by generating awareness, engagement and empowerment through initiatives that focus on teaching, research, outreach and/or operations.



PHOTOS BY LIVE GREEN!



# SUSTAINAPALOOZA

## THERE IS NO PLANET B

Join The Green Umbrella and the ISU Office of Sustainability for the sixth annual Sustainapalooza, an event within the 2017 Symposium on Sustainability. Sustainapalooza is focused on engaging and expanding green and sustainable initiatives, accomplishments and opportunities in the Ames and ISU communities.

## SUSTAINAPALOOZA

### GIY CENTERS

#### Don't Throw Away, Upcycle for Another Day

Create and take home something new and functional with The Workspace! Learn how to make some awesome home supplies, such as folders, business card holders and magnets, out of recycled materials!

#### Green Goes with Everything

Join the DIY Craft Club to learn how to give vinyl banners a new twist! This durable material makes an awesome bag with a little creativity! You can take home your creation, too.

#### Saveable and Sustainable Soups

Make healthy soup with an extra long shelf life with ISU Dining! This delicious and nutritious soup never needs to go to waste and can be enjoyed in minutes.

#### A Green Planet is a Clean Planet

Craft your own eco-friendly essential oil soft scrub with Wheatsfield Cooperative! This homemade cleaning product can be used in your bathtub and sink. Snag free samples of other sustainable goodies, too!

### CLOTHING SWAP INFO

#### Exchange for Change

Exchange your gently used clothes for a new, sustainable style! For every one item you donate, you can take one new-to-you item back home!

#### COLLECTION LOCATIONS:

**Donation (only) Drop Off:** East Student Office Space

- Feb. 14 until Sustainapalooza

**Donate-To-Swap:** Table by Bookstore, MU

- Feb. 16, 10AM-4PM
- Feb. 21, 10AM-6PM

**Donate And Swap:** Sustainapalooza

- Feb. 28, 5-8PM

#### SUSTAINAPALOOZA SWAP OPTIONS:

- One clothing item for one clothing item
- Two canned goods for one clothing item
- \$2 for one clothing item

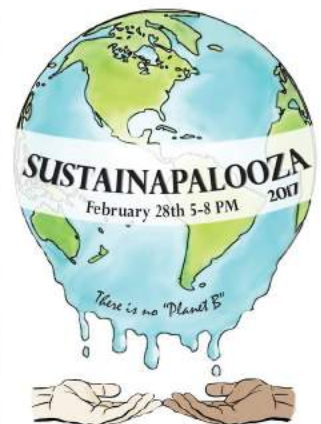


**WHEN:** Tuesday, Feb. 28, 5-8 PM

**WHERE:** Great Hall, Memorial Union

Sustainapalooza includes a variety of uniquely engaging activities, such as:

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





# NOW YOU KNOW: *Sustainable Shades of Chocolate*

The month of February is when we show appreciation for our loved ones through celebrating Valentine's Day. Much of the time, we express this appreciation through gifts — one of the most popular being chocolate.

## CHOCOLATE: A BRIEF HISTORY

Chocolate dates back to the Mayan civilization (900 AD) and its use as a ritual beverage in weddings, making it the first historical link between chocolate and romance.

Derived from the cocoa bean (its Latin name *Theobroma* literally meaning "food of the gods"), chocolate was a popular commodity throughout history. Spain had a monopoly on the European chocolate market in the 1500s, keeping the production methods a secret. In the mid-1600s, France gained control of the market, opening the first hot chocolate shop in England. By the 1700s, all of Europe was producing chocolate. The Industrial Era, in the late 1700s, made chocolate production faster and cheaper and shifted a sweet delicacy into something affordable for all.

## Vocabulary

### cacao tree

*tree that produces cocoa beans*

### cocoa bean

*seed of the cacao tree that has been removed from its leathery pod*

### cocoa nibs

*"meat" of the cocoa bean left when the shell is removed*

### chocolate liquor

*liquid chocolate produced by grinding cocoa nibs; the more there is, the less added sugar*

### cocoa butter

*fat extracted from cocoa beans and used to make chocolate*

Today, people around the world enjoy thousands of different forms of chocolate, consuming more than three million tons of cocoa beans each year.

## THE CHALLENGES

Chocolate has a long journey to make before it reaches us. Cocoa beans, used to make chocolate, are grown and harvested on farms, and are then sent long distances to manufacturing companies that actually create the chocolate. This chocolate is then bought by retailers and ends with us, the customer, choosing from chocolate products on store shelves.

Not every product's journey is the same in terms of supporting sustainability and a sustainable future, but there are options. This year, whether it be for Valentine's Day or for any day, make your gift-giving even sweeter when shopping with a sustainably-minded focus and consideration of all facets of sustainability.

## ENVIRONMENTAL

One challenge of chocolate production is maintaining soil fertility in areas where only cacao trees are grown. To keep up with demand, more fertile land (oftentimes rainforests, which are not well-suited for crop growth) is cleared to create more farmland. It is a difficult and delicate balance for cacao farmers to supply demand and ensure environmental stewardship.

Roughly 30-40 percent of the cocoa crop is lost each year to pests and disease, as even cacao trees grown in fertile soil are at risk.

## SOCIAL

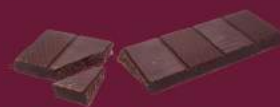
The communities that grow cocoa also face a challenging balance.

First, there are challenges in safe and equitable working conditions, as many of the workers develop illnesses after applying pesticides to crops.

## Types of Chocolate

### Unsweetened Chocolate:

Also referred to as brute chocolate, this type is mainly used for cooking purposes. The cocoa liquor content is **between 85 and 99 percent**.



**Dark Chocolate:** Also referred to as bittersweet chocolate, this type contains **35 to 84 percent** cocoa liquor.



**Semisweet Chocolate:** This type contains **15-34 percent** cocoa liquor.



**Milk Chocolate:** This type contains **10-15 percent** cocoa liquor, the added milk or cream softening the flavor. Some manufacturers are now producing dark milk chocolate, which is milk chocolate with a higher cocoa liquor percentage.



**White Chocolate:** Because it contains **no cocoa liquor**, white "chocolate" is technically not a type of chocolate; it contains at least 20 percent cocoa butter (the fat from the cocoa bean), sugar and milk.



GRAPHICS BY CAITLIN DEAVER



In addition, cocoa communities struggle to retain their industries and workforce with a looming threat of emigration. Because these communities tend to lack employment diversity with jobs mainly focused on the cocoa industry, many residents relocate due to the lack of robust economic infrastructure and opportunities.

These increasing challenges are some of the many that come about in trying to supply demand.



PHOTO BY CAITLIN DEEVER

### ECONOMIC

In rounding out chocolate's journey in sustainability, limited financial resources (including the inability to earn a living wage), as well as access to relevant technology, limit coca farmers who aspire to improve their crop and farms.

### THE OPPORTUNITIES

There are opportunities to support a more sustainable journey for chocolate.

As consumers, we have many choices to support companies that are dedicated to bringing sustainable chocolate to stores. It is their passion for sustainability that

allows us to have more sustainable choices while shopping.

### ENVIRONMENTAL

Look for chocolate products that have the Rainforest Alliance Certified symbol on them. This symbol means the farmers are actively engaged in and committed to more sustainable farming practices.

In addition, identify companies that encourage cocoa farmers to use shade-grown farming tactics. Cacao trees grown in shady conditions provides habitat for birds, a natural predator of pests and is supplied additional cover against erosion.

### SOCIAL

Consider products that are Fairtrade Certified (see right). Products with this certification ensure commitment to a living wage and improvement of workers' quality of life through working conditions and equitable wages.

While many companies are developing more-sustainable approaches to their supply chain for chocolate, three chocolate companies stand out for their public commitment to have 100 percent of their cocoa come from certified and sustainable sources by 2020.

Those companies include Mars, Ferrero and Hershey. All of these companies believe in strengthening communities to produce honest, quality, chocolate products.

### ECONOMIC

One of the best ways to support the efforts of sustainable chocolate companies is by buying their chocolate. When shoppers "vote with their dollar", they send a message to companies about their preference

### Inform Your Purchase

10 percent of this company's net profits are donated to help protect endangered animals



These logos can tell us what the company has certifications in, indicating what it supports

This indicates the amount of cocoa found in the chocolate (the higher the percentage, the less sugar it contains)

for these products and how they are produced. When customers support products that are sustainable by purchasing them, companies and producers are further incentivized to keep supplying those products.

Customers can vote with their dollar at local stores, too. Worldly Goods, Wheatsfield Cooperative and Hy-Vee, are some local options that offer a variety of sustainable chocolates.

Re-thinking our chocolate spending habits can make a lasting impact on our shared planet, as well as on the many people involved in satisfying our sweet tooth.

LIVE  
**GREEN**  
CHALLENGE

1. Support a chocolate company that is committed to sustainability
2. Capture the moment with a photograph
3. Share your commitment on social media using: #LiveGreenChallenge



# CELEBRATE HOMEMADE SOUPS

Warm up during these cold winter months and celebrate this unique holiday throughout February by cooking your favorite soup and stew recipes. Whether you are passionate about cooking or just need a boost to your immune system, soups and stews offer opportunities to share. Homemade soups normally are made in large batches, making it an easy way to show loved ones that you care about them. Try out these tasty recipes below!

## CHICKEN NOODLE SOUP



**Serves:** 4      **Total Time:** 25 mins.

### INGREDIENTS

- 1 Tbsp. olive or vegetable oil
- 2 cloves garlic, finely chopped
- 8 medium green onions, sliced (1/2 cup)
- 2 medium carrots, chopped (1 cup)
- 2 cups chicken, cubed and cooked
- 2 cups uncooked egg noodles (4 oz.)
- 1 tsp. parsley flakes
- 1/4 tsp. pepper
- 1 dried bay leaf
- 5 1/4 cups chicken broth (from two 32-oz cartons)

### DIRECTIONS

1. In 3-quart saucepan, heat oil over medium heat. Add garlic, onions and carrots; cook 4 minutes, stirring occasionally.
2. Stir in remaining ingredients. Heat to boiling; reduce heat. Cover; simmer about 10 minutes, stirring occasionally, until carrots and noodles are tender. Remove bay leaf.

## LOOKING TO DISH UP WITH MORE?

Check out [these delicious crockpot soup and stew recipes](#) that are perfect for keeping warm this winter!

## EVERYDAY VEGGIE SOUP



**Serves:** 8      **Total Time:** 75 mins.

### INGREDIENTS

- 2 Tbsp. olive oil
- 2 cups onions, chopped
- 1 cup celery, sliced
- 2 tsp. Italian seasoning
- Salt and pepper
- 3 cans reduced-sodium vegetable or chicken broth
- 1 can diced tomatoes, with juice
- 1 Tbsp. tomato paste
- 8 cups mixed fresh or frozen vegetables (such as carrots, corn, green beans, lima beans, peas and potatoes; cut larger vegetables into smaller pieces)

### DIRECTIONS

1. Heat oil in a large stockpot over medium heat. Add onions or leeks, celery, and Italian seasoning; season with salt and pepper. Cook, stirring frequently, until onions are translucent, 5 to 8 minutes.
2. Add broth, tomatoes and their juice, tomato paste, and 3 cups water to pot; bring mixture to a boil. Reduce heat to a simmer, and cook, uncovered, 20 minutes.
3. Add vegetables to pot, and return to a simmer. Cook uncovered, until the vegetables are tender, 20 to 25 minutes. Season with salt and pepper as desired.

## PESTO BEAN SOUP



**Serves:** 6      **Total Time:** 23 mins.

### INGREDIENTS

- 5 garlic cloves, sliced
- Red pepper flakes, pinch
- Olive oil (enough to cover skillet)
- 2 cans cannellini beans, drained
- 1 cup water
- 3 Tbsp. pesto
- 2 Tbsp. Parmesan cheese, grated
- 3 cups chicken broth
- 1 cup celery, chopped
- 1/2 cup olives, chopped
- 1/2 cup roasted peppers

### DIRECTIONS

1. Sauté garlic cloves and red pepper flakes in a skillet with olive oil.
2. Add cannellini beans and water; simmer until thick for about 8 minutes. Stir in pesto and Parmesan cheese.
3. Add chicken broth and celery; cook for 15 minutes. Stir in olives and the roasted peppers.

## ALL ABOUT GARLIC

Garlic is high in a sulfur compound called allicin, which offers many health benefits. Consumption can lead to: lower blood pressure, a prevention and reduction of common illnesses, as well as improved LDL "bad" cholesterol levels. It's also full of antioxidants that protect against cell damage and aging.



# GREEN-IT-YOURSELF

*Express your passion for your loved (and adored) ones through gifting handmade gifts from the heart.*



**HOMEMADE  
BATH BOMBS**

## SUPPLIES

● Silicone molds of your favorite shape ● Citric acid ● Baking soda ● Cornstarch ● Shea or coconut butter ● Essential oil ● Witch hazel-filled spray bottle ● Container or jar

## INSTRUCTIONS

1. Combine 1 cup of citric acid, 2 cups of baking soda and 2 tablespoons of cornstarch in a mixing bowl using a fork. Add in melted butter and the essential oil of your choosing.
2. Spray the mixture with witch hazel two to three times and then continue until the mixture sticks together when pressed together.
3. Press mixture into a silicone mold (heart-shaped or another favorite shape) tightly. If you are using the heart shaped mold, it makes about 24 bath bombs.

4. Allow to dry in molds for 12 hours. Remove from molds and allow to dry for an additional 24 hours to ensure it is hardened.
5. Package the bath bombs in a jar or container of your choice and surprise your friend, valentine or yourself with this relaxing treat.



**STRAWBERRY CHIA  
SUGAR SCRUB**

## SUPPLIES

● 1/2 cup coconut oil ● 1/4 cup grape seed oil ● 1.5 cups refined sugar or cane sugar (not white) ● 1 handful fresh strawberries (can be "ugly"), mashed ● 1 tbsp chia seeds ● 4 small containers (about 8 oz.) or 1 larger container (about 32 oz.) ● Whisk

## INSTRUCTIONS

1. Check to see if coconut oil is solidified or liquid. If it is liquid, place in fridge for an hour. Once it is solidified, whip it with a whisk for a minute or two until creamy.
2. Add in grape seed oil and continue whipping.
3. Add in sugar, strawberries and chia seeds and mix well.
4. Pour the scrub into individual servings (makes 4) or into one large container. The scrub will keep in the fridge for a few days.
5. Gift this natural body scrub, or keep it and enjoy using it yourself.



**UPCYCLED  
BOUQUET**

## SUPPLIES

● Paper (maps, wrapping paper, newspaper, etc.) ● Scissors ● Tape ● Pipe cleaners ● Glue

## INSTRUCTIONS

1. Cut your paper into strips 2 to 3 inches wide.
2. Use your scissors to cut each strip into a fringe. A fringe can be made by making many small cuts along the longest edge of paper.
3. Roll each strip up and keep the ends from unraveling with tape.
4. Tape or glue a pipe cleaner to the center of the bud as the stem.
5. Now, take the fringes of the strip and pull them out to make the flower. You can curve the fringe by bending it using your finger.
6. Place the bouquet in a vase or jar to display or give it as a gift.

**FOR MORE GIY** 



# RE-THINK VALENTINE'S DAY

Share your passion with your friends and loved ones in a unique way this Valentine's Day. Try a new twist on the classic ways to show you care and infuse considerations of social, economic and environmental sustainability into your Valentine's Day.

## TRADITIONS OR TWISTS

### GO OUT TO DINNER

Treating an adored one to dinner is a great way to relax and enjoy each other's company. Consider dining at a local restaurant that uses local ingredients to support local producers, businesses and your community. The Cafe is one local dining option that offers dishes with fresh and local ingredients.

### GIFT A DOZEN STEMS

Gifting flowers has become one of many ways to show someone you care about them. Go the extra mile by looking for fair trade flowers, as they ensure the utmost consideration of working conditions. This website offers many options to purchase socially-sustainable flowers online. In addition, look for locally-grown flowers to support your local economy. Wheatsfield Cooperative is one local place you can find fair trade flowers.

### BUY A THOUGHTFUL PRESENT

There are many ways to remain conscientious of sustainability when purchasing a Valentine's Day gift. Consider shopping close to home. Not only are you likely to find a unique present, but you also will support your local community and reduce your environmental impact by walking or driving a shorter distance to your destination.

### GIFT YOUR FAVORITE CHOCOLATES

Not all chocolates are the same. The origin of your chocolate and information about its ingredients and how it was produced offer the opportunity to not only make a tasty decision, but also one that encompasses all facets of sustainability. Learn about sustainable chocolate in this month's "Now You Know" on page 8.

### OR VOLUNTEER AT A FOOD PANTRY

Volunteering is not only a great way to consider others on a day dedicated to showing how much we care, but it is also a fun and rewarding way to spend time with friends and loved ones. Consider volunteering at a food pantry or soup kitchen to ensure and support the well-being of members of your community.

### OR DO A DOZEN ACTS OF KINDNESS

Pay it forward this Valentine's Day by showing kindness to people in your community. Whether it is buying coffee for the person behind you, telling a friend you are thinking of them or helping a neighbor shovel snow, demonstrating kindness is something that is sure to put a smile on your face, as well as someone else's.

### OR REPURPOSE SOMETHING TO GIFT

A handmade gift does not need to be expensive or challenging -- it truly is the thought that counts. An upcycled gift considers the environment by repurposing something you already own and saves money by not requiring an additional purchase. It can also be customized based on the preferences of the gift recipient. For more ideas, check out our Live Green! Pinterest page.

### OR SHARE YOUR FAVORITE (YOU DECIDE!)

Show that special someone you are thinking of them by sharing a favorite book, movie, recipe or activity. Many "favorites" may not cost any money and are a great way to share something you enjoy with a loved one, while treasuring time spent together enjoying the activity.



# GREEN OPPORTUNITIES

## DISCUSS CYCLING IN AMES



Discuss healthy transportation in Ames at the Ames Bike Summit, co-sponsored by the Ames Bicycle Coalition and Healthiest Ames. The summit will take place at the Ames Public Library (515 Douglas Ave, Ames, IA 50010) on Friday, Feb. 17,

from 12 - 5 p.m. Presentations by community members, the City of Ames and Mason City Blue Zones will be followed by a panel discussion and question and answer session.

## WORK IN CAMPUS SUSTAINABILITY

Work on the Des Moines Area Community College campus by promoting sustainability through educational initiatives, development of campus projects and social media outreach. Qualified candidates have a bachelor's degree, interest in social justice and environmental issues, as well as knowledge of current software applications. DMACC is



now accepting applications for the Sustainability Coordinator position online until the position is filled.

## CELEBRATE WITH WORLDLY GOODS

Join Worldly Goods in their 30th anniversary celebration this year. Having been part of Main Street and the Ames community for the past 30 years, Wordly Goods has demonstrated a commitment to fair trade practices. Events celebrating the anniversary include showing a fair trade film, hosting a fair trade wine tasting and the second annual Reuse, Repurpose, Recycle Market. For more information about the events, visit the Worldly Goods website.



## LEARN AT 'POWER IN PARTNERSHIPS'

Attend the 29th annual Iowa Women in Natural Resources Conference on Feb. 17, from 10 a.m. to 3:30 p.m. at the Annett Nature Center in Indianola. The conference's lectures will cover topics including recruitment, retention, engagement, collaboration and partnerships. Registration forms, available on the Iowa Women in Natural Resources website, can be emailed to [lori.eberhard@dnr.iowa.gov](mailto:lori.eberhard@dnr.iowa.gov).



## COOK UNIQUE DISHES

Learn to cook traditional dishes from other cultures, as Wheatsfield Cooperative offers courses in creating both Spanish and Indian traditional dishes. The first class, offered from 6:30-8:30 p.m. on Feb. 21, introduces biryani rice (a vegetarian Indian dish often reserved for special occasions) and a quick, traditional Indian bread to serve alongside the rice. The second class introduces paella (often thought to be Spain's national dish), and will be from 6:30-8:30 p.m. on Feb. 23. Mark your calendar for other cooking and health classes Wheatsfield has to offer by visiting its upcoming classes webpage.



## LEND A HAND AT THE AMES ECO FAIR



Volunteer for a two-hour shift at the City of Ames Eco Fair on Saturday, March 25, from 9 a.m. to 1 p.m. at the City Hall Community Center gym (515 Clark Ave, Ames, IA 50010). The Eco Fair offers opportunities for the community to learn more about energy saving products and services, as well as to talk to vendors and the City of Ames staff. Volunteers are needed to help with registration, refreshments, booths and cleanup, and will receive a free t-shirt to wear while volunteering. Those interested in volunteering can email Kristy Marnin at [printern@city.ames.ia.us](mailto:printern@city.ames.ia.us) or call the City of Ames public relations office at 515-239-5204.

## VOLUNTEER WITH REIMAN GARDENS

Showcase Reiman Gardens' offerings, natural resources and environmental efforts at various home and garden shows this year. Reiman Gardens will be at the Des Moines home and garden show on Feb. 9-12, the Ames home and garden show on March 4-5, and the Iowa flower, lawn and garden show on March 17-19. Volunteers will help at the booths by passing out flyers and answering any questions alongside a Reiman Gardens staff member. If you are interested in this opportunity, contact volunteer coordinator Taylor Woodcock via email at [rgvolunteer@iastate.edu](mailto:rgvolunteer@iastate.edu) or phone at 515-294-8225.





# FEBRUARY

**06** **DISCUSSION ON MENTAL HEALTH**  
Join ISU mental health experts in a panel discussion to raise mental health awareness and learn about support options available.  
Sun Room, MU, 7 PM

**09** **UPCYCLED FELTED SCARF**  
Learn basic embroidery stitches and craft an upcycled scarf using colorful felted wool squares in this two-session workshop.  
The Workspace, 7-9 PM

**WINTER HIKE**  
Exercise outdoors by strolling through the snow. The hike is followed by snacks and beverages shared by participants.  
West Peterson Park, 1:30-3:30 PM

**11** **FARM HOUSE MUSEUM OPEN HOUSE**  
Celebrate Thomas Edison's birthday at the Farm House Museum by learning about and seeing the electric lightbulb, the phonograph and other inventions.  
Farm House Museum, 1-4 PM

**ORCHID FESTIVAL**  
Enjoy viewing and purchasing a variety of species and colors of exotic orchids hosted by the Central Iowa Orchid Society.  
Farm House Museum, 1-4 PM

**15** **BLACK LIGHT BUTTERFLY ROOSTING**  
Enjoy a black light butterfly show and learn the science behind the patterns butterflies form when exposed to UV light.  
Reiman Gardens, 5:40-6:40 PM

**17** **ECUADORIAN RESTAURANT DINNER**  
Join the International Students and Scholars Office in embracing traditional Ecuadorian cuisine during a evening in Des Moines. A bus will meet at the MU for transport.  
Memorial Union, 5 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)

Rebekah Mallette | Marketing & Communications Intern | [rebekahm@iastate.edu](mailto:rebekahm@iastate.edu)

**21** **INDIAN COOKING CLASS**  
Learn to cook an Indian rice dish often shared on special occasions and a side of traditional Indian bread.  
Wheatsfield Cooperative, 6:30-8:30 PM

**25** **SOCIAL JUSTICE SUMMIT**  
Participate in this day-long workshop that offers the opportunity to create strategies for implementing social change while engaging in discussion with other students on a variety of social justice issues.  
Campanile Room, MU, 8:30 AM-2:30 PM

**BEE HOTEL WALK-IN CRAFT**  
Craft a bee hotel to place in your backyard. Stop by any time, but allow an hour to complete the project.  
The Workspace, 10 AM-4 PM

**27** **SYMPOSIUM ON SUSTAINABILITY**  
Join Colin Khoury, research scientist, in his discussion on the diversity of crops grown and eaten worldwide. This lecture is preceded by a poster display and reception from 7-8 PM in the Sun Room next door.  
Great Hall, MU, 8 PM

**28** **SUSTAINAPALOOZA**  
Learn and practice sustainable living skills from campus and community experts in upcycling, wellness in nutrition and green cleaning. Enjoy local food refreshments and pledge to create a more sustainable world. A clothing swap will also take place in the Oak Room throughout the entirety of the event.  
Great Hall, MU, 5-8 PM

## COMING UP FOR

## MARCH 2017

**04** **MUSHROOM GROWING WORKSHOP**  
Cultivate your own mushroom, learn how to care for it and learn more about fungus in this hands-on workshop.  
McFarland Park, 2-4 PM

**AMES HOME AND GARDEN SHOW**  
Gain knowledge and advice in home improvement, see the variety of product offerings and be inspired.  
Hansen Ag Learning Center, 10 AM-5 PM



# LIVE GREEN! MONTHLY

"... Pay attention to what you feed your mind, your body and your life. Create a nourishing environment conducive to your growth and well-being today."

— STEVE MARABOLI

**EARTH HOUR:  
UNPLUG FOR ONE  
HOUR ON MARCH 25**

**NUTRITION MONTH:  
LEARN ABOUT ISU  
DINING OFFERINGS**

**NOW YOU KNOW:  
NOURISH YOURSELF  
WITH A GARDEN**



# WHAT'S INSIDE

**LIVE  
GREEN!**

IOWA STATE  
UNIVERSITY

04

## Symposium Recap

Revisit our annual event packed full of sustainability celebrations.

06

## World Water Day

Learn more about our water choices and how to "green" them.

07

## Earth Hour Countdown

Countdown to Earth Hour with these ways to give back to the planet.

08

## Living the Cardinal, Gold & Green

Meet a student taking a spin on traditional dining.

10

## National Nutrition Month

Discover how ISU Dining is nourishing a sustainable future for all students.

12

## Now You Know

Explore the challenges and opportunities of indoor gardening.

14

## Green-It-Yourself

Nourish your mind, body and soul with these upcycled items.

15

## Green Opportunities

Events and opportunities to inspire green connections.

16

## March Calendar

Locations, dates and times for sustainable opportunities.



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



PHOTO BY CAITLIN DEAVER

**Thank you to all who attended and volunteered at this year's Symposium on Sustainability!**

**In case you missed it, check out Page 4 for a recap of all of the fun.**

## 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 projects and initiatives, our operations and our campus environmentally, economically and socially sustainable.

Contact us to highlight your sustainability efforts and accomplishments:

[livegreen@iastate.edu](mailto:livegreen@iastate.edu)





# DIRECTOR'S MESSAGE

Nourishment is one of the many components of life universally required to ensure sustainability. Although often considered from the perspective of food in supporting our physical being, to truly be nourished is multi-faceted.

Defined as, "... supply with what is necessary for life, health and growth," the act of nourishing has infinite opportunities and possibilities, and most certainly exemplifies that one size does not fit all. It is this understanding that actually is nourishing in itself – inviting each of us to pause and focus comprehensively inward, rather than just simply ensuring the consumption of food.

Within this context, when we are nourished, we are feeding not only our bodies, but rather the collective of mind, body and soul. In doing so, it is vital we connect with this collective and truly understand what is needed to effectively and sustainably provide nourishment. This journey toward nourishment is different for every one of us and is such a powerful experience when committed.

All of us have taken at least some pieces of our nourishment journeys already – the decision of a career to pursue, where to live, what hobbies to engage in, our choice in music, friends and even food – to name a few. If we reflect on these journeys and the results and impacts (and often times, bliss) that have come from them, a deeper consideration of nourishment is unmistakably obvious and invaluable.

This month's issue of Live Green! Monthly reminds us all to stay true to and focused on our own unique journeys of nourishment. From opportunities to nourish ourselves, to examples of how Iowa State University commits to offering experiences, amenities and services to assist us in our journeys, as well as one student's quest to nourish others as well as himself – the March newsletter offers an overarching consideration and perspective of nourishing, nourishment and being nourished.

To sustain ourselves, we require nourishment. To sustain our future, we are required to nourish.

Wishing you a nourishing month!

Yours in Green-ness



Merry Rankin



PHOTO COURTESY OF MERRY RANKIN

**MERRY RANKIN** is Iowa State University's Director of Sustainability and the City of Ames Sustainability Coordinator. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads and assists teams on campus and in the community in creating and enhancing programs, events and communication pieces to help educate, engage and empower our collective journey toward a more sustainable future.

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## ON THE COVER: STUDENT ORGANIC FARM

PHOTO COURTESY OF THE STUDENT ORGANIC FARM

*The ISU Student Organic Farm is a student organization that manages all aspects of a 6-acre farm just 15 minutes north of Ames on the Horticulture Research Station. The ISU Student Organic Farm is currently set up as a working CSA (Community Supported Agriculture). The Farm produces an abundance of herbs and vegetables for share members and volunteers to enjoy.*



# SYMPOSIUM RECAP

On Monday, Feb. 27, and Tuesday, Feb. 28, members of the Iowa State and Ames communities gathered for the 8th annual Symposium on Sustainability, "Ensuring a Sustainable and Resilient Future: There is no Planet B." The Symposium on Sustainability is an event dedicated to the celebration and showcasing of student, faculty and staff sustainability initiatives through presentations, discussions and engaging activities.

## Sustainability Poster and Tabling

The poster and tabling reception provided an exciting opportunity for students, faculty, staff and community members to share their commitment to sustainability through displays and discussion.



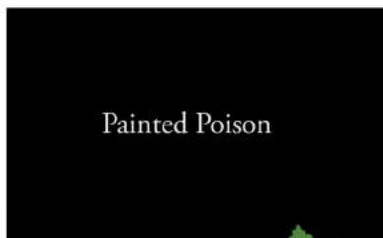
## Lecture: Seeds of a Sustainable Future

Colin Khoury, research scientist at the International Center for Tropical Agriculture (CIAT) headquartered in Cali, Colombia, and at the USDA National Laboratory for Genetic Resources Preservation in Fort Collins, Colorado, engaged the audience in a discussion on the importance of where our food originates – [podcast available](#).



## Short Films and Panel Discussion: Millennials Empowering a Resilient Future

"Painted Poison" and "Food Scarcity," two student-driven productions exploring the intersections between social, economic and environmental sustainability were previewed. Following the production viewings, the audience joined students from The Green Umbrella and feature initiative producers Maria Rose Belding and Lakshmi Karuparth for a discussion of the films.

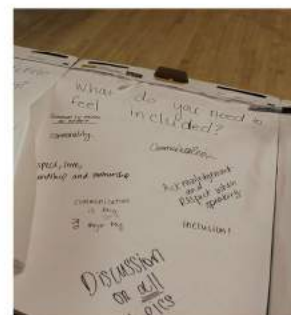


SHORT FILMS AND PANEL DISCUSSION  
PHOTOS COURTESY OF BETTENDORF NEWS,  
FROM YOUTUBE AND TED TALKS, RESPECTIVELY



## Sustainapalooza

From making sustainable soups, to swapping and donating old clothing, to enjoying local ingredient refreshments — those who attended Sustainapalooza had the opportunity to engage with all three facets of sustainability: social, economic and environmental. Attendees not only learned more about sustainability through the many activities, but were also able to share their own ideas for being more sustainable and take home hints and goodies to "green" their everyday lives.





# WORLD WATER DAY

World Water Day, Wednesday, March 22, is a worldwide call to action to address the world's relationship with water. There are many things that can be done to combat water opportunities and challenges, both globally and here in our own backyard. Our collective relationship with water touches all facets of sustainability – environmental, economic and social. Learn more about water with these facts and tips on how to take action.

## ENVIRONMENTAL SUSTAINABILITY



**FACT:** It costs about 90 gallons of water to produce a single serving of poultry – not including the water costs of travel.

**TIP:** Considering the water impacts of how far your food has to travel by purchasing products made locally reduces indirect demands for water.

**FACT:** A single-use water bottle takes 8.23 liters of water to manufacture and 1.39 liters to fill.

**TIP:** Substituting a reusable water bottle offsets the impact of its production in less than 13 uses. Going the extra mile and considering other types of reusable containers offers further offsetting opportunities.

## ECONOMIC SUSTAINABILITY



**FACT:** For every 10 degrees you lower your water heater temperature, you can save 3-5% on your water heating costs.

**TIP:** Saving additional money results from actions such as taking shorter showers and turning off faucets when not in use.

**FACT:** Toilets use up to 30 percent of an average household's indoor water consumption.

**TIP:** Converting your existing toilet into a low-flush toilet uses less water, reduces the cost of utilities and can be easily done.

## SOCIAL SUSTAINABILITY



**FACT:** More than 663 million people live without a safe water supply close to home. Many have to spend hours traveling to the nearest source of clean water, or suffer from health issues due to the limited supply of fresh water and the consumption of contaminated water.

**TIP:** Utilizing resources on [worldwaterday.org](http://worldwaterday.org) can assist in raising awareness on opportunities to make a collective difference.

**FACT:** Forty-three percent of U.S. adults consume less than 32 oz. of plain water daily. Typically, a person's water consumption is 80 percent plain water and 20 percent from the foods they eat. With this guideline, to reach the daily hydration needs of 91 oz. for women and 125 oz. for men, a typical woman would need at least 72 oz. of plain water daily, and a typical man would need at least 100 oz.

**TIP:** Setting hydration goals for ourselves that include plain water ensures we sustain ourselves, so we can, in turn, sustain our planet.



# EARTH HOUR COUNTDOWN

Join in celebration of the commitment to considering the Earth in our everyday decisions. Earth Hour, an annual celebration, challenges people around the world to commit one hour to "going dark" in a symbolic act that reminds us all to remain mindful of our planet. This year's event takes place on Saturday, March 25, at 8:30 p.m. Because our commitment to protecting our home extends past a single hour every day leading up to Earth Hour, we can challenge ourselves to make one small change that considers the Earth – use this calendar for some suggestions!

MONDAY

**G**

TUESDAY



WEDNESDAY



THURSDAY



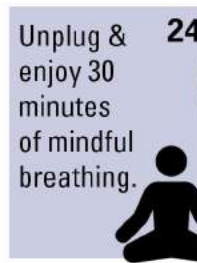
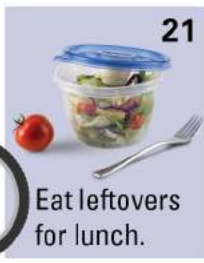
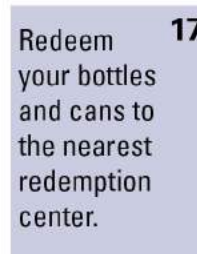
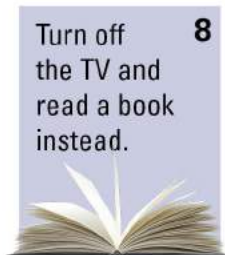
FRIDAY



SAT. & SUN.



... And turn off lights when not in use!



27

28

29

30

31

Celebrating the Earth and committing to take care of it goes beyond Earth Hour itself. Use the ideas from this countdown to get started, considering the Earth through your own daily actions. Share the ways you are giving back to the Earth by tagging us on [Facebook](#), [Twitter](#) or [Instagram](#).



# STUDENTS LIVING THE CARDINAL, GOLD and GREEN

Kevin Garcia, sophomore studying business and hospitality management, is seeking unique ways to nourish people in his pursuit of owning a farm-to-table restaurant.

After graduating high school in Los Angeles, Garcia followed in his sister's footsteps to attend Iowa State University. At the time, he wanted to become an athletic trainer. Garcia soon realized that his true passion was in cooking.

"I had been cooking for most of my life," Garcia said. It was this realization that led him to study culinary arts at the Art Institute back home in Los Angeles.

After finishing culinary school, Garcia (featured center in photo) got a job as a line cook for Nobu, a Japanese restaurant with more than 30 restaurants worldwide.

When Nobu first opened in 1995, it won "Best New Restaurant" from the James Beard Awards, known



PHOTO COURTESY OF KEVIN GARCIA

as the "Oscars of food." Since its beginning, Nobu has continued its award winning performance. It was this position that inspired Garcia to want to open a farm-to-table restaurant.

"Working with the fresh ingredients while working at Nobu, I realized, it's just different," Garcia said. He noted the "differences" he experienced were in the colors, flavors and textures of the fresh, organic and locally-grown foods.

Capturing these unique qualities of working with fresh ingredients is an important part of the way farm to table restaurants nourish their customers in a unique way. For Garcia, the farm-to-table restaurant he plans to open would be designed to enhance the natural flavors of the ingredients he would serve.

"There's just something about fresh, natural ingredients that really intrigued me," he said. "The idea of trying to extract natural flavors rather than adding a lot of seasoning."

The idea of food being farm to table dates back to our earliest roots. In fact, before refrigeration made longer preservation possible, nearly all foods came straight from a farm to your table. Today, farm to table dining means the food is fresh, seasonal and local.

After discovering this passion for serving natural, local ingredients, Garcia decided to come back to Iowa State to study business and hospitality management in hopes of combining his culinary and business experience to open a farm to table restaurant after graduation.



Opportunities to eat farm to table are available throughout campus. Since 2007, ISU Dining has partnered with many local farmers and agricultural organizations to bring local, fresh and organic options to students, faculty and staff through the Farm to ISU program.



Garcia would like to move closer to home and open his farm to table restaurant in Southern California. He plans to work with the locally caught fish and fresh fruits and vegetables that can be found year-round.

"My signature dish would be a fresh sea urchin pasta with caviar," said Garcia. "It would have homemade linguine pasta with a sea urchin sauce and garnished with caviar, whole sea urchin and parmigiano-reggiano."

Sharing fresh and nourishing food with others is what fuels Garcia's passion.

"There's something about seeing people's face after taking their first bite or how they thank you after their meal that gives you energy," he said.

To share farm to table dining with more people, he would like to use his knowledge from business courses to make farm to table dining more affordable.

"Farm to table is becoming a very big trend right now," Garcia said. "I would try to find a way to drive down the prices so anyone could [enjoy it]."

Outside of dining at farm to table restaurants or owning a farm to table restaurant, there are many ways individuals and restaurants can become more sustainable.

Part of sustainable dining at home or at restaurants is fully nourishing your body with foods that are in season and able to be grown and harvested in sync with local growing

seasons, rather than requiring all the extra resources needed for something out of season.

Garcia said, "when working at Nobu, for example, when we knew certain fish were out of season, we wouldn't serve them."

Considering food waste is also important for people when dining out or in their own home. When we are mindful of only selecting the ingredients we will use and not letting foods go to waste, we are not only nourishing our bodies with food, but we are also tending to the needs of the Earth.

"Every restaurant operates differently, but overproducing is something all restaurants should think of," Garcia said.

In his experience working in dining and in his education, Garcia has seen many restaurants that are optimistic about their forecasts and purchase more food than they need. He said it is difficult to balance optimism with being realistic about numbers to avoid food waste.

Similarly, at home, Garcia shops for one or two days at a time to ensure he does not waste any food and his food is fresh.

Garcia encourages everyone to step out of their comfort zone and try eating at a farm to table restaurant.

"Go for the experience," Garcia said. "Enjoy the plating and the flavors of the dishes. Go in with an open mind."

## EAT GREEN

### 1. STAY LOCAL.

When shopping for groceries or eating out, support the local economy and find foods that may be grown or produced locally. [Search for Community Supported Agriculture \(CSAs\)](#) as a start — exchange volunteer hours for food with the [Student Organic Farm](#) or [Mustard Seed Farm](#), or purchase food from a CSA, like [Lacewing Acres](#).

### 2. EAT SEASONALLY.

Select your foods based on what is in season. Use [this guide](#) to aid in picking foods that are the most fresh in your area at any given time of year.

### 3. PRESERVE SEASONAL FOODS.

Though many foods are only available at a certain time of the year, make them last throughout the year by preserving them through canning, dehydrating or freezing them. [Classes on preservation](#) are available through the [ISU Extension and Outreach](#).

### 4. REDUCE FOOD WASTE.

Plan ahead so you are buying an amount of food that you will actually consume, and if you make extra, eat the leftovers for lunch the next day.



# NATIONAL NUTRITION MONTH

*Discover how ISU Dining is nourishing a more inclusive and sustainable future for all Cyclones.*

National Nutrition Month celebrates all things nutrition, health and wellness during the month of March.

ISU Dining is the main source of nutrition for students living on-campus (and also impacts those living off-campus).

At Iowa State University, ISU Dining's staff is diligently working to nourish all Cyclones who enjoy its services through the three facets of sustainability.

"When [sustainability] is a passion of many team members, it filters through and becomes a priority," said Karen Rodekamp, food service manager for ISU Dining. "We also know sustainability is important to our students, as well."

## ENVIRONMENTAL

First, ISU Dining minimizes how much food waste enters the landfill by composting. Food waste is composted during both food production, as well as after customers throw away the food they buy.

Secondly, ISU Dining makes a big effort to recycle. Other than recycling cardboard, metals, paper,

plastics, glass, food packaging and wooden pallets from food item deliveries are also recycled. Trash from dining services is also sent to the City of Ames Resource Recovery Plant to be pressed and combined with natural gas to produce electricity for the City of Ames, rather than landfilled.

Finally, when students bring their own reusable bottles or mugs to any retail cafe on campus, they receive a 35 cent discount on their chosen beverage, keeping nearly 35,000 disposable cups out of the trash.

## SOCIAL

From a social perspective, ISU Dining has also made various commitments to sustainability.

This academic year, ISU Dining added more international food and seasonal items to its menus.

"Our world is becoming more global," Rodekamp said. "We have a wide array of students who come from diverse backgrounds, and they desire and expect to eat the foods they grew up with. It gives other students the chance to experience flavors they haven't tried yet, as well."



COURTESY OF IOWA STATE DAILY

As for seasonal items, ISU Dining is committing to keep up with trends to satisfy students – meaning pumpkin spice in the fall is here to stay!

ISU Dining also does its part within the community. It has partnered with Food at First to share excess food items and ingredients. It has donated perishable food items around academic breaks, items from catered events, as well as packaged retail products past their sell by date.

Dining has also extended its facility hours to accommodate students' hectic and ever-changing schedules.

"Today's student is a lot different than the students from years ago," Rodekamp said. "We are doing what we can to best serve their needs."

In addition, Rodekamp said that extending dining hours fosters an environment of togetherness and community for Cyclones (photo above).

"We are a part of the students' home," she said. "Our facilities are their kitchens. If I have company over to my house, where do we all hang out? It's the kitchen because that's where the food is."



COURTESY OF CHRISTOPHER GANNON



## ECONOMIC

ISU Dining is also dedicated to being economically sustainable.

Iowa State, along with the other two regent universities, contract together with the same food vendor, Martin Bros., a locally-owned and family-started food distributor, out of Cedar Falls, Iowa. Because the regent universities contract together, they can offer food prices to their students. All three universities also share a contract through Iowa-based Anderson Erickson Dairy for their dairy products.

In addition, ISU Dining has a strong relationship with the ISU Horticulture Research Station, as the university and the university farm work together to grow produce for use in ISU Dining's kitchens.

Finally, ISU Dining is saving money by focusing on creating more from-scratch food options to serve at

employees are better able to control and "tweak" products to fit nutrition standards.

"We have the talent, the equipment and the people on our staff to make this food from scratch, so we're going back to those roots of in-house production," Rodekamp said. "Therefore, we can use real ingredients and control what is in the end product."

## SUSTAINING THE VISION

First and foremost, Rodekamp said ISU Dining is always looking to improve upon its sustainability initiatives. She said Dining makes presentations to classes about its efforts in sustainability, as well as offers tours of its facilities.

"We know sustainability is constantly changing and is a constant effort – new options come all the time," she said. "Our staff attends conferences that have

sustainability education incorporated, as we are always trying to learn for ourselves and become better when it comes to serving students."

Rodekamp also emphasized how beneficial it is to garner feedback

from the Cyclones who use ISU Dining's services. She said emailing [dining@iastate.edu](mailto:dining@iastate.edu) is the best way for their voices and opinions to be heard.

"We always appreciate what students have to say," she said. "Seeing the vision through students' eyes opens up a whole new perspective."



BY CAITLIN DEEVER

campus dining locations (Page 10 bottom photo).

Some items that are completely from-scratch include bagels, cookies, muffins, pizza and bread dough, scones, among others (photo above).

Rodekamp said by returning to an all-scratch tradition, Dining's dietary



## SPECIAL DIET KITCHEN

ISU's Special Diet Kitchen exists to serve the 40-50 students whose dietary needs cannot be met with a standard menu or is difficult to manage on their own.

The Special Diet Kitchen is in a separate location than other dining kitchens to avoid cross-contamination with foods in which students may be allergic. These students have food allergies and intolerances that can be life-threatening if not accommodated appropriately.

"I think it's unique to offer a separate kitchen, and it's a unique idea to ISU," said Lisa Nolting, registered dietitian in ISU Dining. "We want these students to go get their food, go sit with their friends and still feel like part of the college experience. We want them to feel a part of everything, even though they go somewhere else to get their food."

Their menu looks a lot like traditional menus, except it entails entrées that are gluten-free and without the top eight allergens.

In the future, they aspire to increase the variety of menu options, as well as welcome students with special dietary needs to an expanded facility, which is currently planned for Summer 2018.

PHOTO COURTESY OF IOWA STATE DAILY



# NOW YOU KNOW: *GREENING YOUR INDOOR SPACE*

With a culture of always being on the go, we often forget to take time for our minds and bodies. As a result, it can be difficult to create and maintain a nourished lifestyle. Despite the challenges we face, there are ample opportunities to stay on track by feeding our minds and bodies – one in particular is indoor gardening. It's not just about food.

## THE CHALLENGES

When we take the plunge into indoor gardening, we must challenge ourselves to be mindful of environmental, social and economic sustainability. When we are mindful of these components, we nourish ourselves, as well as the world around us.

### ENVIRONMENTAL

The biggest challenge pertaining to plants and environmental sustainability is knowing how to take care of the plants in your indoor garden.

First, not all plants love water. When we do not fully understand our plants' needs, it's easy for us to make mistakes, such as over-watering them. Over-watering can harm or even kill your plants, as well as waste water.

Second, your indoor space may simply not be big enough to accommodate your garden. This could mean floor space, deck space or even window sill space. For instance, in dorms and apartments, there may only be one or two windows available for plants to soak up that vital Vitamin D. Even then, those windows may not let in much sunlight.

Finally, especially in dorms and apartments, having potting supplies isn't always feasible, whether it be for space or cleanliness reasons.

### SOCIAL

Sometimes our own selves or our home environment is the biggest challenge to overcome when it comes to starting something new.

Many of us think we need to have a "green thumb" in order to have a successful garden. While this green thumb mentality may come to some intuitively, developing a green thumb is also just like developing a skill –



### SNAKE PLANT

- Grows fairly quickly
- Prefers drier conditions
- Doesn't need much sun
- Removes formaldehyde, xylene, trichloroethylene and benzene pollutants from air

you get better through learning and practice. With our busy lives, we do not always have the time or energy to learn about the plants we'd like to grow, not to mention planting and nurturing them each day.

Apartments and on-campus housing can often keep budding gardeners limited in how they choose to grow their plants. For those who want to grow a wall garden to take advantage of vertical space, converting a space you rent will be problematic, as well as not in compliance with your rental agreement.

### ECONOMIC

There can also be some financial challenges to indoor gardening.

We love personalizing our space, whether we're at work or at home in our house, dorm or apartment. Therefore, we sometimes become picky about choosing pots and plants that fit the existing design we have for our indoor space, but may not fit our budget.

Another challenge is agreeing to make the investment for your indoor garden – no matter if it's buying your

first plants, pots or soil. For some, especially the penny-pinching college student, other financial priorities, such as rent, utilities and groceries, understandably take precedence.

Though the challenges of starting a garden may seem overwhelming, understanding the needs and life stages of different species of plants can aid in your success in this new endeavor.

## THE OPPORTUNITIES

Despite these challenges to indoor gardening, there are plenty of opportunities to nourish your mind and body while still considering environmental, social and economic sustainability.

### ENVIRONMENTAL

First, indoor gardening offers the opportunity to improve your home's air quality. Not only do plants release oxygen while growing, some plants also take chemicals and toxins (from cleaners, air fresheners, detergents, etc.) out of the air. One plant that is great at improving air quality is a snake plant (see above).

In addition, there are opportunities to combat the threat of over-watering. After identifying your plant's watering needs, you can use a scrap piece of paper to make a watering calendar, or you can [download a free app](#) for your phone to keep you on track.



If limited natural light is an issue in your home, there are also many varieties of indoor plants that actually thrive with limited sun exposure.

Lastly, there are other ways to grow your plants rather than just planting them in the soil. Plants (and their owners) can benefit from hydroponics, aeroponics or aquaponics.



### HYDROPONICS

- Growing plants without soil
- Plant grows in nutrient-rich water solution
- Uses less water



### AEROPONICS

- Type of hydroponics
- Plants are misted with nutrient-rich water
- Can grow more produce



### AQUAPONICS

- Connection between plants and fish tank
- Fish waste upcycled into nutrient-rich plant food
- Uses less water

## SOCIAL

Having an indoor garden can actually provide many positive health benefits.

Research in environmental psychology has shown that bringing nature indoors can improve mental well-being, as well as our productivity levels. In the physical spectrum, some plants may also offer medicinal properties (both internal and external)

to help alleviate some of what ails us.

Another opportunity we have is to embrace indoor gardening and the "green thumb" mentality as the development of a new skill or hobby. When we think about gardening as something we enjoy doing rather than as an obligation, we have more positive experiences learning about our gardens and better opportunities that they'll be successful.

Finally, there are a multitude of on-campus and community clubs and organizations surrounding gardening. On campus, the Student Organic Farm allows members to grow and take home some of the produce. The Ames Community Garden Coalition also offers opportunities to learn more about gardening, participate in gardening events and use Ames' community garden, among others.

## ECONOMIC

Indoor gardens can also sustain themselves (and us) in various ways.

First, we can grow our own food by growing produce indoors. We can do this through planting seeds and nourishing them until maturity, using grow kits or even pursuing the notion of a "wasteless kitchen" by re-planting overripe or unused bits of vegetables and fruits (re-used green onions seen on the right). Nothing gets more local



BY CAITLIN DEEVER

than just a few feet away!

Second, propagation allows us to keep growing the number of plants in our indoor garden. Happy and healthy plants will often

produce several plantlets in which you can snip from the main plant and begin nurturing its root development (called propagation), to then plant separately. These baby plants could then become a welcome addition to your garden.

Third, there are many options to style your own pot or planter without needing to spend a lot of money. There are countless DIY planters (see the March 2015 newsletter) that can offer a cost-effective, aesthetic appeal, while also being beneficial to the environment. Also, when you put your plants in them, they create a beautiful piece of home decor.

Lastly, there is also the unique opportunity for ISU students to get discounted rates at Reiman Gardens for many of their workshops and classes pertaining to gardening.

There are plenty of opportunities to add some green to your living space while also making sure the environment, your self and your wallet remain nourished!

Check out the Live Green! blog to see how one of our interns is greening her off-campus apartment with an assortment of plants!

LIVE  
**GREEN**  
CHALLENGE

1. Start or add to your indoor garden with a new plant
2. Capture the moment with a photograph
3. Share your commitment on social media using: #LiveGreenChallenge and tag our Facebook, Twitter or Instagram



# GREEN-IT-YOURSELF

Nourish your mind, body and soul with these crafty upcycling ideas.



## ALL-PURPOSE HEALING SALVE

- etc. out of the salve). Secure lids tightly after the salve has hardened.
5. Enjoy your healing salve for up to one year for dry skin, chapped lips, insect bites, burns and welts and as an antiseptic!

## SUPPLIES

- Four 4-oz. glass jars with lids
- 1-qt. mason jar
- 1 cup coconut oil
- 1 cup organic olive oil
- 4 Tbsp. beeswax pastilles (yellow)
- 1 tsp. Vitamin E oil (optional)
- 10 drops lavender essential oil
- 8 drops lemon essential oil
- 6 drops melaleuca essential oil
- Large saucepan
- Butter knife

## INSTRUCTIONS

1. Add the coconut oil, olive oil and beeswax to 1 quart mason jar.
2. Fill a large saucepan halfway with warm water, and set your burner to low to medium heat, slowly melting the ingredients and stirring with a knife every few minutes until melted. You can also microwave it for six minutes.
3. While melting and stirring, line up four 4-oz. glass jars. To each 4-oz. jar, add the essential oils and Vitamin E oil.
4. Carefully fill each jar to within a half inch from the rim with the beeswax. Let the jars cool until the salve hardens, top with a paper towel while cooling (to keep dust, bugs,



## ESSENTIAL OIL DIFFUSER NECKLACE

4. When the pendant is dry, lightly sand away any rough edges.
5. Begin stringing the pendant by deciding what length it should be. Trim the amount of cord you'll need (be sure it fits over your head), fold it in half and slip the middle of the cord through the back of the hole in the pendant to the front. You should now have a loop.
6. Take the tail of the cord and slide it through the loop. Tighten as needed. If desired, add a bead for decoration. Tie the two ends together.
7. Add 1-3 drops of your favorite essential oil or fragrance.
8. Take on the day with a great-smelling accessory!

## SUPPLIES

- Air-dry terra cotta or white clay
- Bottle cap (clean and dry)
- Straw
- 10-pound cording
- Wax paper
- Decorative bead (optional)
- Stamp of desired design (optional)
- Toothpicks or skewers (optional)
- Fine grit sandpaper (optional)

## INSTRUCTIONS

1. On a surface covered with wax paper, roll out your clay until it is about 1/4-inch thick. Pop any air bubbles that occur with a toothpick or skewer.
2. Press bottle cap into the clay to create your pendant shape. Add a smaller hole within the bottle cap shape by pressing a straw into the center of the top of the pendant to create the hole for the string.
3. Add any designs with a stamp or toothpicks. Remove excess clay from around your pendant, and allow it to dry for 1-2 days.



## UPCYCLED JOURNAL

5. Cut a half-inch into the creased cover to match the folded, notched internal pages, and put it all together. Slip a rubber band over the cuts to create binding.
6. Scribble down whatever comes to mind!

## SUPPLIES

- 8 1/2 by 11 inch paper
- Thick/tough material for cover (paper bags, old book jackets, leather bag, etc.)
- Pencil
- Rubber band
- Scissors
- Iron

## INSTRUCTIONS

1. Determine the number of pages you want for your journal (one sheet of paper equals four pages). Fold sheets of paper in half, horizontally.
2. Make a 1/2 inch cut along both ends of the creased fold. Your binding is going to loop around the crease and "sit" in these cuts.
3. Identify an interesting part of your recycled material that will serve as a cover, taking into account images, words, etc.
4. To size the cover, use your pages as a template. Mark the dimensions on the cover materials with a pencil, then cut or tear. If the material needs flattened, then iron.

FOR MORE GIY 



# GREEN OPPORTUNITIES

## JOIN THE FIGHT AGAINST ALZHEIMERS



Help create a world without Alzheimer's disease, starting here at Iowa State University! A new student organization, Advocates for Alzheimer's Association, is looking for new members to work toward reclaiming the future for millions of Americans. Becoming a member will open up opportunities related to volunteering, fundraising, raising awareness, networking, as well as gaining leadership experience. To join or for questions, email [isualzheimers@gmail.com](mailto:isualzheimers@gmail.com).

## LEARN ABOUT ENTOMOLOGY



Gain firsthand experience about entomology by working at ISU's soybean entomology lab this summer! Tasks include counting aphids, sampling for insects, collecting and sorting insects, assembling field equipment, as well as working with bees. No prior experience, nor background in biology or entomology is required, as training will be provided. To apply, email your resume to [soyenthire@iastate.edu](mailto:soyenthire@iastate.edu).

## CELEBRATE ALL INSECTS



Stop by Reiman Gardens on March 25 to celebrate their annual Day of Insects! This day brings together professionals, academics, advocates and enthusiasts of all levels from across the country to explore and celebrate entomology. Topics of interest include native insect species, exotic and endangered insect species, conservation efforts and new, educational programs aimed at advancing the appreciation of all insects! Check out the [schedule of events](#) and attend what interests you!

## SHARE YOUR LOVE OF PLANTS

Become a nursery sales staff-person for Country Landscapes, Inc. in Ames! Daily responsibilities include helping customers, maintaining the plants, maintaining the site, as well as unloading plant delivery trucks. To apply, email your resume to Liz Crimmins at [lcrimmins@countrylandscapes.com](mailto:lcrimmins@countrylandscapes.com).



## BECOME A GLOBAL LEADER

Harness your passions and knowledge by joining the Global Leadership Program with Saha Global. The three-week program helps launch women-owned businesses that provide clean water and solar electricity to rural communities in Ghana. Apply to become a field representative on [Saha Global's website](#) by April 5.



## CAPTURE CHANGE WITH VIDEO

Record the impacts of climate change happening in your own community through film. Use your work to inform the public about this ever-changing issue in the [Witnessing Change Video Competition](#) for the [Climate Cost Project](#). Videos are due April 15. Refer to the [competition guidelines](#) for more information.



## GAIN HORTICULTURE EXPERIENCE

Join Red Granite Farm for a summer internship (possibly extending through October 2017) in both food crop production and landscape horticulture.



Potential employees will participate in watering, weeding, planting, harvesting, as well as plant sales at farmers' markets. To apply, email your resume to Nicole Jonas at [redgranitefarm@hotmail.com](mailto:redgranitefarm@hotmail.com).

## ATTEND WHEATSFIELD CLASSES



Visit Wheatsfield Cooperative for more fun and delicious cooking classes! On March 30, learn how to make fresh potato gnocchi from scratch. In April, learn how to satisfy your sweet tooth with desserts and treats that exclude refined sugar, flour or dairy products.

## ENHANCE STUDENT

Join ISU Student Wellness as a wellness educator to connect with peers around enhancing other students' well-being. Ideal candidates are student leaders that would be trained facilitators, plan and host events and connect with the ISU Community. To learn more and apply, visit the [ISU Wellness website](#). Applications due March 24.





# MARCH

## 08

### FREE ADMISSION DAY

Visit Reiman Gardens free of charge.  
Reoccurs on the second Wednesday of every month.

Reiman Gardens, 9 AM-4:30 PM

### WOMEN IN ARTS: A CONVERSATION

Celebrate the many accomplishments by women in the arts in the ISU campus community in honor of International Women's Day. Join the conversation of where women are today, and their future role in the world of art.

1017 Morrill Hall, noon-1 PM

### ARTFUL YOGA

Enrich your yoga experience by going beyond the physical and inviting an artistic perspective to your awareness.

1017 Morrill Hall, 5:30-6:30 PM

## 21

### FLORAL DESIGN SERIES WORKSHOP

Bring spring break home with a fresh ocean-themed vase arrangement in blues and whites, with seashell accents. Registration required.

Reiman Gardens, 6:30-7:30 PM

## 22

### ART WALK

Join University Museums for a free exploration of art on campus that features or was created by women.

South of McKay Hall, noon-1:30 PM

### LECTURE: ATTITUDES ABOUT LGBT RIGHTS

Join political scientists Melissa Michelson and Brian Harrison for a discussion about how identity and communication affect attitudes about LGBT policies.

Sun Room, MU, 7 PM

## 24

### BRUNNIER IN BLOOM

Stop and smell the roses at this event that showcases the talents of floral designers as they are challenged to create floral arrangements inspired by works of art.

295 Scheman Building, 6-8 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)

Rebekah Mallette | Marketing & Communications Intern | [rebekahm@iastate.edu](mailto:rebekahm@iastate.edu)

## 25

### DAY OF INSECTS

Explore and celebrate entomology with the Ames community! Topics will include insects native to Iowa, exotic insects, endangered insects and conservation efforts.

Reiman Gardens, 8 AM-4:30 PM

### EARTH HOUR

Go dark for one hour with this annual symbolic act that reminds us all to remain mindful of our Earth. See more information about Earth Hour on Page 7.

Your Home, 8:30-9:30 PM

## 27

### ART + ISSUES: CAMPUS COMMUNITY

Join an open campus discussion about how to achieve the goal of generating understanding in a safe, inclusive and inspiring space.

1017 Morrill Hall, 2-4 PM

### FILM AND DISCUSSION: "THE VOICELESS"

Explore the taboos and stereotypes of sexual violence against men and their impact on male survivors in an ISU graduate's documentary premiere.

Great Hall, MU, 6 PM

## 28

### THE LEOPOLD CENTER AT 30 AND BEYOND

Join the discussion about the Leopold Center's accomplishments, challenges and the role it can play in Iowa agriculture.

1148 Gerdin Business Building, 7 PM

## 31

### GLOBAL GALA

Experience the customs and traditions of Ames' diverse population through food, costume and performance.

Great Hall, MU, 6:30 PM

## COMING UP FOR

## APRIL 2017

## 01

### CONTAINER BOG GARDEN WORKSHOP

Celebrate Iowa's marshy roots by creating a unique container garden with boggy, wet plants to give as a gift or to keep in your own home.

Reiman Gardens, 9:30-11:30 AM

WATCH FOR THE EARTH MONTH CALENDAR OF EVENTS AND ACTIVITIES ON OUR [WEBSITE](#).



# LIVE GREEN! MONTHLY

**"Growth is never by mere chance; it is the result of many forces working together in harmony."**

— JAMES CASH PENNEY

**CELEBRATE EARTH  
DAY, EARTH WEEK AND  
EARTH MONTH 2017**

**FIND INSPIRATION IN  
STUDENTS HELPING  
COMMUNITIES GROW**

**DISCOVER SOME OF  
THE INS AND OUTS OF  
FINANCIAL LITERACY**



# WHAT'S INSIDE

**LIVE  
GREEN!**

IOWA STATE  
UNIVERSITY

04

## Earth Day

Learn more about this international day reserved to give thanks to the planet.

05

## Earth Week Schedule

Recognize Earth Day with a week-long campus celebration.

06

## Earth Month Preview

Celebrate our planet with a month of campus and community events.

07

## Celebrate Earth Month Every Month

Celebrate our planet year-round with events and opportunities.

08

## Living the Cardinal, Gold and Green

See how ISU students are growing communities around the world.

10

## National Gardening Month

Check out these tips in preparation for the gardening season.

11

## Green Move Out

Start planning your sustainable move out today.

12

## Now You Know

Discover the impressive impact and power of the earthworm.

14

## Financial Literacy Month

Empower your economic know-how and sustainability.

16

## Green-It-Yourself

Inspire physical, personal and societal growth with these unique ideas.

17

## Green Opportunities

Events and opportunities to inspire green connections.

18

## April Calendar

Locations, dates and times for sustainable opportunities.



GRAPHIC BY AASHE

**Congratulations to Iowa State University for achieving, for the second time, a Gold STARS certification from the Association for the Advancement of Sustainability in Higher Education (AASHE)!**

## 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 projects and initiatives, our operations and our campus environmentally, economically and socially sustainable.

Contact us to highlight your sustainability efforts and accomplishments:

[livegreen@iastate.edu](mailto:livegreen@iastate.edu)



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



# DIRECTOR'S MESSAGE

Ahhh...spring!

It is a time that exemplifies growth no matter where you look. Trees and flowers are sprouting new growth, birds are returning home after the winter and insects, reptiles, amphibians and mammals are emerging after a long winter's nap – all seeking nourishment to support their growth.

While these are often the images that come to mind when we think of spring, on a college campus, spring exemplifies a different side of growth, in addition to that which is traditionally envisioned. For example, spring at Iowa State University represents the culmination of academic, personal and professional growth that has been nourished and nurtured throughout the academic year. Portfolios are assembled, project reports are submitted, final exams are completed and graduates step into the next adventures of their lives and begin growing again in a whole new space and time.

This issue of Live Green! Monthly highlights the many facets of growth that surround us at ISU, spanning from students growing communities around the world through entrepreneurship, to the showcasing of campus and community initiatives committed to growing a sustainable future through embracing "Earth Day Every Day," to features targeting environmental, economic and social growth and sustainability through topics of gardening, financial literacy and opportunities to give back and pay it forward to our little blue marble every month of the year.

Growth enables resiliency, and resiliency empowers sustainability. The growth that we seek, embrace and cultivate now is the resiliency that we leave the generations that follow us. A sustainable and resilient future requires a foundation cultivated by and matured through multi-faceted growth.

Take some time to enjoy and embrace the diversity of growth across campus and throughout our community this month!

Yours in Green-ness,



Merry Rankin



PHOTO COURTESY OF MERRY RANKIN

**MERRY RANKIN** is Iowa State University's Director of Sustainability and the City of Ames Sustainability Coordinator. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads and assists teams on campus and in the community in creating and enhancing programs, events and communication pieces to help educate, engage and empower our collective journey toward a more sustainable future.

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## ON THE COVER: KINOSOL

PHOTO COURTESY OF KINOSOL

*KinoSol is an organization that focuses on providing food security around the world by offering a solar-powered food dehydrator with a storage component. In the cover photo, KinoSol's first dehydrator, the Orenda, is pictured with students in Thailand, one of the countries where KinoSol conducted field testing. Learn more about how KinoSol has both grown as a company and inspired growth globally in this month's "Students Living the Cardinal, Gold and Green" on Page 8.*



# EARTH DAY

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, and here at Iowa State! Join us to celebrate the 47th Earth Day!



## EARTH DAY: CELEBRATION ON CAMPUS

FRIDAY, APRIL 21 • 11 AM-2 PM • SOUTH LIBRARY LAWN, PARKS LIBRARY



### Celebrate "Earth Day Every Day"

Join The Green Umbrella and ISU Office of Sustainability for ISU's annual Earth Day celebration. More than 35 campus and Ames organizations will be showcasing their contributions, efforts and commitments to sustainability and our collective home.

- Green giveaways
- Refreshments
- Free bike tune-ups
- Free longboard tune-ups



PHOTOS BY ISU LIVE GREEN!



# EARTH WEEK SCHEDULE

In celebration of Earth Month, The Green Umbrella, ISU Sustainability Network and the Office of Sustainability, in partnership with many campus and community partners, are hosting a week-long celebration during Earth Week, April 17-23. Throughout Earth Week, students, faculty and staff will have the opportunity to participate in numerous events celebrating our planet, encompassing environmental, economic and social sustainability. A detailed 2017 Earth Week schedule of events is available on the [Live Green! website](#).

MONDAY

17

## TREE PLANTING

SOUTHWEST OF CATT HALL

10-11 AM

Plant Butternut trees on central campus with [Sigma Lambda Beta](#) and Facilities Planning and Management. Supplies provided.

## WREAKING HAMMOCK

CENTRAL CAMPUS WALKS

5-7 PM

Enjoy a fun dose of tree-friendly hammocking while honing safe and sustainable hammocking habits on campus from [ISU Outdoor Recreation](#) and Facilities Planning and Management.

TUESDAY

18

## YOGA ON THE LAWN

SOUTH CAMPANILE LAWN

3-4 PM

Join the [ISU Yoga Club](#) for an hour of outdoor yoga. Free KIND bars will be available to participants.

## DOCUMENTARY

CARDINAL ROOM, MU

8:30 PM

Explore the climate change crisis and the opportunities we have to reverse our negative impact on the world at a screening of "[Time to Choose](#)".

### DON'T FORGET:

BRING YOUR REUSABLE MUG TO ISU DINING CAFES FOR \$1.25 COFFEE AND TEA AND \$0.75 FOUNTAIN SODA ALL WEEK!

WEDNESDAY

19

## LAKE LAVERNE CLEANUP

LAKE LAVERNE

11 AM-4 PM

Clean up our campus lake with [Greeks Go Green](#). Supplies will be provided.

## MOVIE SHOWING

SOUTH CAMPANILE LAWN

7 PM-12:30 AM

Enjoy an outdoor [Cyclone Cinema](#) experience by watching "Lego Batman", powered by [ISU BioBus](#)' biodiesel made from ISU Dining's used cooking oil.

FRIDAY

21

## EARTH DAY CELEBRATION

SOUTH LIBRARY LAWN

11 AM-2 PM

See Page 4 for more information.

SATURDAY

22

## COMMUNITY BIKE RIDE

BROOKSIDE PARK

10 AM\*

Join the [Ames Bicycle Coalition](#) for a community bike ride supported by local businesses. \*For those who wish to attend the [March for Science](#), join the 9:30 AM bike ride. Start at Maple Shelter.

## 500ELEVEN GALA

CAMPANILE ROOM, MU

7-9 PM

Join [Sigma Lambda Beta](#) for a sale and showcasing of artwork to support [The Grow](#), a community garden project.

SUNDAY

23

## EARTH DAY CELEBRATION

AMES PUBLIC LIBRARY

2:30-3 PM

Learn all about protecting our planet. Provided in partnership with the [ISU Environmental Education Club](#).



# EARTH MONTH PREVIEW

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](#).



**Environmental Sustainability**



**Social Sustainability**



**Economic Sustainability**

**08**

## Art Supply Swap

**LOCATION:** The Workspace, Memorial Union

**TIME:** 10 AM-4 PM

## Cyclone Market

**LOCATION:** Jack Trice Stadium

**TIME:** 10 AM-1 PM

## Magically Modified Grimm's

**LOCATION:** Ames Public Library

**TIME:** 4-5 PM (also 4/9 at 1:30-2:30 PM)

**09**

## International Food Fair

**LOCATION:** Great Hall, Memorial Union

**TIME:** 11 AM-2:30 PM

**12**

## Free Admission Day

**LOCATION:** Reiman Gardens

**TIME:** 9 AM-4:30 PM

## ArtWalk: Poetry

**LOCATION:** Memorial Union fountain

**TIME:** 12-1 PM

## Artful Yoga

**LOCATION:** 1017 Morrill Hall

**TIME:** 5:30 PM

**13**

## Walk-In-Craft: Seed Bombs

**LOCATION:** The Workspace, Memorial Union

**TIME:** 6-9 PM

**14**

## 9th Annual Rent-A-Puppy

**LOCATION:** South Campanile Lawn

**TIME:** 10 AM-5 PM

**15**

## Willow Bird Feeder Workshop

**LOCATION:** Reiman Gardens

**TIME:** 12-4 PM (register by 4/12)

**18**

## Seed Saving Event

**LOCATION:** Wheatsfield Cooperative

**TIME:** 6:30-8 PM (RSVP required)

**19**

## Ames Historical Society Lecture

**LOCATION:** Ames Public Library

**TIME:** 7-9 PM

**20**

## Wasp Watchers Program

**LOCATION:** Ames Public Library

**TIME:** 7-9 PM

**22**

## Breakfast with the Birds

**LOCATION:** McFarland Park

**TIME:** 7-8:30 AM (register by 4/18)

## Spring Wildflower Hike

**LOCATION:** 29490 632nd Avenue, Nevada, IA

**TIME:** 10 AM-12 PM (register by 4/18)

**24**

## History Unfolded Project

**LOCATION:** Ames Public Library

**TIME:** 7-9 PM

**26**

## Healthy, Quick Meals for Spring

**LOCATION:** Wheatsfield Cooperative

**TIME:** 7-8 PM (RSVP required)

**29**

## Washed Ashore Exhibit

**LOCATION:** Reiman Gardens

**TIME:** All Day (runs until 10/31)





# CELEBRATE EARTH MONTH EVERY MONTH

Although Earth Month is celebrated in April, our home is certainly worth celebrating throughout the entire year. Earth Month can be celebrated during any month of the year, no matter where we are, through opportunities related to one or a combination of the three facets of sustainability. Below are just a few ideas of how to celebrate Earth Month every month! Connect to the [Live Green! Calendar](#) for year-round opportunities.

APRIL



## Volunteer your time.

Celebrate [National Volunteer Month](#) by choosing a local cause to put your time into. Visit the [Volunteer Center of Story County](#) for ideas throughout the year.

MAY



## Take time for your mental health.

Acknowledge [National Mental Health Awareness Month](#) by taking time to relax and energize. Check out these [tips](#) to positively influence your mental health.

JUNE



## Clean up the great outdoors.

Celebrate [National Rivers Month](#) by cleaning up local waterways and/or watersheds. In Ames, you can volunteer at the annual [College Creek Cleanup](#) to help clean up ISU's campus waterway.

JULY



## Shop at a local farmer's market.

Explore Ames' two farmer's markets ([North Grand Mall](#) and [Main Street](#)) this summer and pick up an assortment of homemade goods and fresh produce.

AUGUST



## Craft a budget for next semester.

Plan your financial responsibilities and goals for the academic year. Check out Page 16 for more information about creating a budget.

SEPTEMBER



## Learn something new.

Attend a workshop, class, lecture or performance that features a new topic to explore. Both [Iowa State University](#) and the [City of Ames](#) offer a diversity of opportunities throughout the year.

OCTOBER



## Get thrifty.

Save some money by discovering a new wardrobe, book, DIY project and much more at the many [thrift stores](#) located in the Ames community.

NOVEMBER



## Support food security.

Serve your community by donating to [Ames' wide array of food banks](#), or volunteer at a food kitchen, like [Food at First](#), or a food pantry, like [The SHOP](#).

DECEMBER



## Upcycle your gift-giving.

Reduce your holiday waste stream by getting creative with gift-giving. Check out [these GIYs](#) from our December newsletter, as well as our [Pinterest page](#), for ideas.

JANUARY



## Save a life by donating blood.

Celebrate [National Blood Donor Month](#). In Ames, you can choose to donate blood at [LifeServe](#) and [BioLife](#), as well as blood drives on campus. Be sure to read up on the [different donation types](#) first.

FEBRUARY



## Make time with those you love.

Carve out some time and find an activity or event to share with loved ones, whether it be with your family, friends, significant other or even your pets!

MARCH



## Start or add to your garden.

Prepare for the growing season with new plants and seedlings. You can check out Page 10, as well as the [Now You Know](#) from our March newsletter, to learn more about indoor gardening.



# STUDENTS LIVING THE CARDINAL, GOLD and GREEN

As student entrepreneurs, the founding members of KinoSol have not only experienced growth in their educational studies at Iowa State, but also through growing a business that is enabling communities to thrive around the world.



In 2014, Clayton Mooney, Elise Kendall, Ella Gehrke and Mikayla Sullivan (pictured in order to the right), all global resource systems majors at Iowa State, formed a team for the Thought For Food Challenge and came up with the idea of dehydration in response to the challenge of feeding the growing world population. The team took second in the competition, and KinoSol was founded.

During the competition, the team brainstormed the name, "KinoSol," which is a combination of the word "kinetics," symbolizing the portability of the dehydration units, and the word "sol," for its solar-powered component.

KinoSol's company mission is "to decrease post-harvest loss in the most sustainable way possible." The team has accomplished this by offering a mobile dehydrator for fruits, vegetables, insects and grains that increases food preservation and requires no electricity – making it usable anywhere in the world.

"We offer a solar-powered food dehydrator with an attached storage component, a KinoSol Orenda, that is capable of saving food that would otherwise be wasted," Sullivan said.



"Our technology allows families to have more food, better nutrition and create entrepreneurial opportunities in rural communities."

Since the initial creation of their first dehydrator, the Orenda, the team spent two years researching and developing their product. In total, KinoSol has tested eight different functioning prototypes and conducted in-country field testing in nearly 20 countries. The end product was taken to market in January 2017.

"The KinoSol team didn't have any engineers or food scientists, but we were able to leverage our network to create working prototypes and an actual business," Sullivan said.

In college, students experience educational growth with help from coursework, professors and research. Similarly, the members of KinoSol have reached out and continue to seek out to others for guidance as they further develop their business.

Part of KinoSol's network is an on-campus resource available to all students – The ISU Pappajohn Center for Entrepreneurship. With the help of the ISU Pappajohn Center, KinoSol went to a business plan competition where they received additional funding for their business. KinoSol was also among the first teams to participate in the CyStarters program.

The path of growth is not always linear, especially in starting a new business – there are exciting opportunities, as well as plenty of challenges. One of the challenges the team has had with researching the product is not being able to do all of the field-testing (pictured Page 9, left) themselves. This has been especially challenging because it was difficult for the members of KinoSol to ensure the data they needed to keep growing was collected.

While managing business challenges, the team members had the added task of being students and learning to overcome the many challenges that may arise in school, as well.



"One of the biggest challenges we've had to deal with is balancing school and other commitments and running a full-time business," Sullivan said. "For me, that's meant honing my time management skills and running on less sleep than I would like."

Though they have encountered some challenges, the KinoSol team also has many things to celebrate. Their founding team of four has now expanded to seven members, including two interns and a permanent member, Maddie Gesell, a finance major.



They have also been successful in multiple business plan competitions. To date, the team has entered over 20 business plan competitions and secured more than \$120,000 in funding and resources to continue the growth and development of their vision to offer sustainable food systems to communities around the world.

"For me, the greatest success we've had is bringing the cost of our unit down," Sullivan said. "When we were conducting field testing with our demo units,

they were \$250; but today we're able to offer our technology for \$110-\$130. This is a huge step because it makes our technology more affordable for our end users [...] and ensures there are more opportunities to get our technology out there."

The Orenda has already made a big impact in helping communities grow. The women at the Nakanyonyi Nutrition Center in Uganda (pictured below), for example, were dehydrating foods using tarps or just on the ground. Not only was this inefficient, taking days or weeks to complete, the women also estimated that 50 percent of their yields were lost due to pests and weather.

By using the Orenda, communities can experience increased nourishment and growth through their ability to extend food preservation and have a secured storage system. Communities also experience increased economic growth because dehydrated foods are more valuable to sell.

In addition, there is more to entrepreneurship than just growing a business. Throughout her time as a founding member of KinoSol, Sullivan has experienced growth in a number of ways and has taken away many life-growing lessons.

"Most importantly, it's taught me that I don't want to be doing something unless I'm passionate about it," she said. "You just have to start. Find something you're passionate about, and go for it. It doesn't matter if you have the expertise or any business experience."

The future of KinoSol is bright – the company is not stopping after one product. After coming out with their original product, they plan to grow their business by now focusing their research and development on creating a new product, a dehydrator designed for urban and cooler environments – continuing to grow their business and continuing to add growth opportunities to communities nationally and internationally.

"Our goal has always been to help as many people as possible," Sullivan said. "If we can help millions of people around the world by giving them access to our technology, thereby making an impact on the amount of food that is wasted, I think we'll have accomplished what we set out to do. In order to do that, we'll continue to be innovative and come out with new products that address the issues and needs of communities around the world."



PHOTOS COURTESY OF KINOSOL



# NATIONAL GARDENING MONTH

National Gardening Month is an annual celebration of gardening initiatives, accomplishments and the many benefits gardening offers. Whether you are a gardening expert, looking to brush up on the basics, or a first-time gardener looking to cultivate that green thumb, these tips will help you kickoff a successful gardening season.

## GET STARTED GARDENING

### STEP 1 | WHAT KIND OF GARDEN?

Consider the amount of space you have for planting. If you plan to grow fruits, for example, a larger outdoor space would be ideal. On the other hand, herbs and some seasonal vegetables, can be easily grown inside. Learn more about indoor gardening on [Page 12 of the March newsletter](#) or related [blog post](#).



### STEP 2 | WHERE TO PLANT?

Decide where you want to plant your garden. Look for an area that gets lots of sunlight. For example, in a residence hall or apartment, this may be near a window sill or on a deck.

### STEP 3 | PREPARE THE SOIL.



If you plan to start your garden inside, purchasing a small bag of soil may be the simplest option. It is also possible to use dirt from your yard, [here are some tips to ensure you are using a healthy soil](#).

### STEP 4 | PICK YOUR PLANTS.

The possibilities are endless! Some good plants for beginners include radishes, salad greens, basil and [more](#).

### STEP 5 | START PLANTING!

Once you have done all of the planning, it is time to get your hands dirty. Planting can begin with a seed or [you can even use your food leftovers to both grow your favorite foods and reduce waste](#).

### STEP 6 | CARE FOR YOUR PLANTS.

Keep up with watering and ensuring your plants have enough sunlight. Do not be afraid to [learn from your mistakes](#). You will grow in gardening knowledge as your plants flourish.



## WHY GARDEN?

### Environmental Sustainability



Many plants absorb air pollutants, including carbon dioxide, which cleans the air while releasing fresh oxygen. In addition, growing your own foods can reduce the environmental impact of travel and production costs involved in getting foods to the grocery store.

### Economic Sustainability



Save money on groceries by planting your favorite foods to eat! If you love keeping flowers around, consider planting your own, reducing further expenses.

### Social Sustainability



[Join a Community Supported Agriculture \(CSA\)](#) group for a great opportunity to interact with others in the community, while reaping the benefits of a garden. This is especially beneficial for those with limited space.

## START-UP COST

- + Seeds (\$0.10-\$4.00), starter plants (\$5.00-\$30.00) or food leftovers (free)
- + Small bag of potting soil (\$3.50)
- + Planting container (\$3.00 and up), recycled yogurt container or food cans (free!) or in the ground (free!)
- + Water (varies by usage)

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= Price range from \$5.00 to \$50.00 depending on size and location of garden

## WHEN & WHERE TO GROW?

Each kind of plant offers an optimal time to be planted and then harvested. Some plants are also best grown in certain climates. Use [this guide](#) as a resource for learning the best time to plant and harvest in Iowa. For those who are located outside of Iowa, [this is a general guideline to get started](#). Also, consider doing some more research on specifics for your location.



# GREEN MOVE OUT

Believe it or not, the school year is coming to a close! Many students will be moving home, to a job or to an internship at the end of the year. By planning ahead, you can ensure your move is stress-free and mindful of waste. Use these tips to do your part to make the move easier and more green!

## ONE MONTH PRIOR TO MOVE (START NOW)

- Start saving boxes and bags that you may receive from packages, borrow from friends or find at the grocery store. If you have reusable storage containers, they can be used for moving and for storage in your future home!
- Sort through your things to determine items you will need, items that can be upcycled or items that can be given away. [Check out this blog post for some tips on sorting your items.](#)



## TWO WEEKS PRIOR TO MOVE



- The Department of Residence, through the [Move Out Donation Program](#) (formerly known as the SAVE Program), offers an

outlet for donating unwanted items (see right sidebar for more information).

- Host an exchange or giveaway party with your friends or residence hall to get rid of items you do not want or collect new, useful ones!
- Begin packing items you want but will not need before move-out. Using clothing in place of packing materials to wrap fragile items helps reduce waste from moving.

## WEEK PRIOR TO MOVE

- Invite friends and family to help you move. This makes the load a bit easier on everyone and can turn into a fun reason to spend time with loved ones.
- Take the batteries out of things you are storing and if they are no longer useful, dispose of them properly (see right sidebar).
- If you have any unneeded food leftover, the Donation Program also collects non-perishable foods for area food banks.



## AFTER THE MOVE

- Store any boxes or other packaging materials if you plan to move again soon. If not, consider asking around to see if there is anyone that could use the extra packing materials or check out the sidebar (right) for some ideas on where to donate the materials.
- Look for ways to reuse some of your packaging materials. For example, if you used garbage bags for transporting items, these can be easily stored and used as trash bags.

## CLEANING TIPS

- [Make your own all-purpose cleaning solution](#) by mixing equal parts white vinegar and water together.
- Forgot to clean your oven all year? **Start early with big cleaning projects**, that way you only have to worry about touch-ups later.

## Donation Program

### Items you can donate:

- Clean, gently used clothing and shoes
- Small household items in good condition
- Furniture in good condition
- Small appliances and electronics in working order
- Non-perishable, unopened food items
- School supplies

### Where to donate:

[Locations available at most residence halls.](#)

## WHERE TO DONATE:

- **Bedding and towels:** [Local animal shelters](#)
- **Old packing materials:** Check with your local UPS or Mailboxes Etc. stores
- **Rechargeable batteries:** [On-campus](#)
- **Alkaline batteries:** [Wheatsfield Cooperative](#)



# NOW YOU KNOW: *POWER OF THE WORM*

Growth means many different things in various aspects of life, and comes in all shapes and sizes to ensure sustainability to our collective home. A vital consideration of growth is present in the form of the earthworm.

Earthworms perform a special service to the planet that brings about growth within the soil, benefiting the plants that grow in it, as well as those who depend upon the plants for food. In addition, earthworms don't only serve the soil, they also assist in creating soil through composting.

## THE BACKGROUND

The average American family throws out 20 pounds of food each month, resulting in about 20-30 percent of a landfill's volume being comprised of food waste. Every time we throw away fruit, vegetables or other forms of organic material, we contribute to this waste and these statistics.

We have an opportunity to help mitigate the effects of these harmful statistics; however, through composting our waste, rather than throwing it out. Composting is nature's way of recycling decomposed

organic materials to create a nutrient-rich soil additive called compost – a dark brown, crumbly substance that smells like a forest floor.

Compostable materials are often called "green stuff" or "brown stuff". Green stuff is high in nitrogen and activates the heat process in your compost. Brown stuff is high in carbon to serve as the fiber for your compost. Other organic items that do not necessarily count as green or brown stuff can be composted, too. All of these come together through the power of the worm to create compost. See Page 13 for a list of possible decomposables.

The full process of composting, from acquiring a compost bin to harvesting your compost, can be found on the [EcoWatch website](#).

## THE CHALLENGES

When we decide to begin composting, we must challenge ourselves to be mindful of environmental, social and economic sustainability. When we're mindful of these components, we allow for our own personal growth about waste, as well as start a journey that supports growth throughout our ecosystem.



## ENVIRONMENTAL

If you have a garden, or even just an indoor plant, fertilizer (or nutrient additive) is an important component to keep plants happy, healthy and thriving. We often ensure the health of our plants by buying synthetic fertilizers that may cause unintended, harmful effects when misapplied, as well as adding to air pollution.

## SOCIAL

Earthworms tend to have gained somewhat of a negative reputation, as well as a one-sided, value-added reputation as being good for fishing, when in fact, they do so much more.

Waste, especially food-related waste, has also gained a reputation as being useless with no other option besides going directly into the garbage.

Therefore, it can be challenging to adjust our habits and attitudes toward earthworms and food waste disposal as we go about our busy, daily lives.

## ECONOMIC

As noted above, soil and fertilizer can be expensive purchases when you do not create your own compost. This can also be inconvenient, as you must make a trip to the store every time you need more.

The initial setup for composting can also be expensive. High-complexity

## DID YOU KNOW?

- Baby worms hatch from cocoons smaller than a grain of rice.
- Because they lack respiratory organs, worms breathe through their skin.
- Earthworms eat, roughly, their weight in organic material every day.
- Two thousand compost worms in a worm bin can produce up to 7 pounds of castings (fertilizer) in one month.
- Their skin exudes a lubricating fluid that makes moving through soil easier and keeps their skin moist.





or more-aesthetic composting systems can cost much more than a homemade alternative.

### THE OPPORTUNITIES

Despite these challenges to composting, there are plenty of opportunities to inspire growth while still considering environmental, social and economic sustainability.

### ENVIRONMENTAL

Luckily for those who live in small quarters, composting does not need to take up a large amount of space (your bin can be as small as you'd like it to be), and if done correctly, can also thrive indoors because it does not cause an odor.

As for earthworms, they do many positive things for the soil. When they move through the earth, they allow water to transpire easier, as well as help turn the soil, keeping it and what grows in it, healthier. The nutrients from their excrement also helps plants thrive.

Using redworms (the type of earthworm used for composting) to compost our waste also helps us take care of our part of the planet, as we continue the cycle of life in nature. Rather than throwing out our decomposable waste, we can feed it to redworms that create a natural soil additive (called "castings") and safely aid in plant growth because all of this natural fertilizer's ingredients originated from the earth.

### SOCIAL

One perk of using worms while composting is they reproduce quickly. If you have fellow composters near you, you can share your redworms whenever someone is in need, as it is definitely possible to have too many or too few worms for composting. Take advantage of this fun and unique community connection!

In addition, we have the opportunity to rethink how we perceive the value of earthworms, as well as that of waste, fostering an ability to educate others about this unique opportunity we have toward taking care of our collective home.

### ECONOMIC

When it comes to funding composting, there are some affordable options. For example, building your own DIY compost containers with everyday items you may already have.

Another opportunity we have is to ensure we are throwing away as little as possible of the things we buy. For instance, many items out of our grocery list (which we can plan with composting in mind) can be composted; therefore, rather than throwing away inedible parts of fresh produce, we can throw those bits into the compost to be remade into nutrient-dense additive for plants.

Finally, by composting, you and your redworms create a nature-made fertilizer, saving you some green as you grow your greens.

Never underestimate the power of the earthworm.

## WHAT CAN BE COMPOSTED?

- "Green Stuff" (4 parts)
  - Grass cuttings
  - Fruits and vegetables
  - Tea leaves and coffee grounds
  - Tea bags (remove staple)
- "Brown Stuff" (1 part)
  - Dead plants and/or weeds
  - Sawdust and straw
  - Hay
  - Autumn leaves
- "Other Stuff" (varies)
  - Egg shells
  - Used facial tissues
  - Paper bags
  - Shredded toilet paper rolls
  - Shredded old cotton towels
  - Shredded sticky notes
  - Shredded white paper



## DO NOT COMPOST:

- Ashes
- Cat litter
- Carnivorous animal waste
- Lime fruit
- Color paper
- Meat, fat, grease, oils
- Bones
- Dairy

### TIP:

Keep a 4:1 ratio of browns to greens. Smelly compost? Add browns. Is it not heating up? Add greens. Add water and maintain moisture.

LIVE  
**GREEN**  
CHALLENGE

1. Start your own compost bin or join with family, friends or a neighbor.
2. Capture the moment with a photograph.
3. Share your commitment on social media using #LiveGreenChallenge and tag our Facebook, Twitter or Instagram.



# FINANCIAL LITERACY MONTH

**fi•nan•cial lit•er•a•cy:** | fīˈnən(t)SHəl līdəɹəsē |

possessing the skills and knowledge on financial matters to confidently take effective action that best fulfills an individual's personal, family and global community goals.

— *National Financial Educators Council*

Today, Americans have more than \$2 trillion in debt, and 30 percent of consumers report having no extra cash, making the idea of living paycheck to paycheck a reality.

This means that for everyone – no matter their current financial situation or level of financial literacy – there are ample opportunities for growth, both personally and financially.

Financial literacy directly ties to economic sustainability in both our personal money decisions, as well as in the business we conduct within our communities.

In an effort to emphasize the importance of having healthy financial habits, the month of April is designated as Financial Literacy Month.

While we do what we can during the month of April to become better stewards of our money, it is also important, in every month, to be economically sustainable by being financially-literate!

To achieve this, we must first acquire valuable financial skills and knowledge. Some resources to jumpstart an economically sustainable future are included below.

## CAMPUS RESOURCES



- **Student Loan Education Office:** Receive education and counseling about choosing and repaying student loans.
- **Office of Student Financial Aid:** Familiarize yourself with various financial aid options, as well as learn about FAFSA.
- **ISU Financial Counseling Clinic:** Find strategies on money management, work through financial challenges, as well as discover how to achieve your financial goals.

- **Personal Finance Courses:** Take ISU classes for credit about personal and family finance, pertaining especially to student loans, credit and budgeting.
- **ISU Human Sciences Extension and Outreach:** Grasp control of your money with this free, online course (open to the public) that teaches different aspects of money management.

## OTHER RESOURCES

- **Women with Initiative:** Look into a program, based out of United Way of Story County, that aims to align women's leadership and philanthropy to help all women achieve self-sufficiency and confidence through financial education.
- **Iowa Department of Revenue:** Learn how to do your taxes correctly on your own in the midst of tax season.

## 30 HELPFUL STEPS TO FINANCIAL WELLNESS

In honor of the 30 days of April that are dedicated to financial literacy, Money Management International created a 30-step path to financial wellness that applies to any day or month of the year.



Take the first and most important step today! The first challenge is committing to change, which includes examining attitudes about money and money management. Be sure to continue on this journey of creating financial wellness throughout the other days of April!



## CREATING A BUDGET



One of the best ways to take better control of your financial situation is by creating a budget. While there are many ways to make a budget that is effective for your needs, these steps will help kickstart your journey.

### Step 1: Identify your net income.

It is easy to overestimate what you can afford if you think of your income as your hourly wages multiplied by the number of hours you worked. Be sure to take into account state and federal taxes, as well as other deductions like social security and benefits.

### Step 2: Track your spending.

Knowing where you spend allows you to see where you can make adjustments to save money. Begin by listing all fixed expenses (rent, utilities) and variable expenses (groceries, gas).

### Step 3: Set your goals.

Make a list of all financial goals you want to accomplish in the short-term (within a year) and long-term (within multiple years).

### Step 4: Make a plan.

Get an idea of what you'll be spending in the coming months. Your fixed expenses will give a prediction for how much you'll need to budget and how much you have to put toward your goals.

### Step 5: Adjust your habits.

After documenting your income and spending, you can see where to cut back to put money toward your goals.

### Step 6: Keep checking in.

Remember to revisit your budget regularly to be sure you are staying on track.

## SHOPPING LOCAL



Along with becoming more financially-literate, we should also strive to contribute to economic sustainability. One way to do this is by keeping our money local and making our purchases at local businesses and from local producers when we do spend. In Ames, we have a vibrant business district that can offer a wide variety of goods and services! Here are a few businesses from the Main Street Cultural District for some ideas:

### Cross Wealth Management

Cross Wealth Management's services include financial guidance, especially for helping with saving money and income planning.

### The Loft

The Loft is a resale store that offers today's latest fashions at affordable prices. It carries all sizes of clothing for both women and men.

### Random Goods

Random Goods is a resale store that offers an abundance of new, used and vintage clothing, jewelry, furniture, housewares, books, movies and much, much more.

### Wheatsfield Cooperative

Wheatsfield Cooperative is a full-service natural foods grocery store that has been community-owned since 1974.

### Worldly Goods

Worldly Goods is a fair trade shop that offers a wide variety of gifts, home decor, clothing, coffee and tea, and more.

## BUILDING CREDIT



According to Merriam Webster, credit is the ability of a customer to obtain goods or services before payment, based on the trust that payment will be made in the future. Credit helps us apply for various loans, mortgages and other financing needed to invest in personal and professional goals.

### Establishing Credit

Many young people have no credit history at all, making it difficult to finance long-term goals. There are a couple of ways to establish your credit without putting yourself in economic imbalance:

- Ask your landlord, utility company or other fixed expense organizations to report your payment history to the credit bureaus.
- Obtain a secured loan. Many banks offer low-risk, credit-builder loans, like CDs.

### Building Credit

There are a multitude of ways to ensure you build credit upon a strong foundation.

- Pay student loans diligently every month, as this is reported to the credit bureaus.
- Pay off secured credit-builder loans, such as CDs.

### NOTE:

If you feel getting a credit card is your only option for establishing or building credit, think again. Credit cards, if not paid in full and kept at low spending limits, can have negative impacts on credit. Learn more about ensuring a positive relationship with credit on the Money Under 30 website.



# GREEN-IT-YOURSELF

Use these upcycled goodies to experience physical growth, personal growth and societal growth.



**SELF-WATERING  
PLANTER**

## SUPPLIES

- Marker ● 2-liter plastic bottle with cap ● Yarn or string ● Scissors ● Planting soil ● Herb seeds

## INSTRUCTIONS

1. Cut the bottle in half. Then, puncture a hole in the cap. One way this can be done is by resting the pointed end of a screwdriver on the cap and hammering the other end.
2. Cut the string about 1 foot to 1.5 feet long and tie a knot to create a loop on one end.
3. Thread the yarn through the hole in the cap. Leave the knot on the inside of the cap.
4. Put the cap back on the bottle and flip this half of the bottle upside down and insert it into the base of the bottle. Add potting soil and seeds.
5. For the first watering only, put water in the top half of the planter (where the soil is located) to help get it established. Then fill the base half of the bottle with enough water to just cover the bottle cap.
6. Follow the directions to care for your particular herb plant to determine how much sunlight it should receive. Add water as needed to the base. Enjoy watching the growth of your herbs!



**UPCYCLED FRAME  
VISION BOARD**

## SUPPLIES

- Old photo frame (any size) ● Spray paint (optional) ● Twine (or other string) ● Mini clothespins ● Hot glue gun ● Decorative duct tape

## INSTRUCTIONS

1. Remove glass and cardboard from frame. Set aside.
  2. If you want to change the color of the frame, spray painting is an option! If you choose to do this, let it dry overnight before proceeding with the rest of the project.
  3. Using the hot glue gun, secure the twine, or other string, to the edges of the frame. You can add as few or as many pieces as you would like!
  4. Once the glue is dry, give the strings a little tug to ensure they are secured.
  5. Decorate the piece of cardboard set aside earlier using decorative duct tape. Color paper, wrapping paper, newspaper or maps could be used as alternative coverings.
6. Set aside the glass from the frame to use for a different project, or consider replacing the twine/string in this project with the glass and enjoying a dry-erase component to the vision board.
7. Whether you decide to use the twine to hang up goals and ideas, or you decide to use the glass and create your vision using a dry erase marker, this vision board is sure to jump start planning your own personal growth!



**VOLUNTEERING  
JAR**

## SUPPLIES

- Acrylic paint ● Paint brush ● Paint sealer ● Old food or mason jars with lids ● Drill and drill bit ● Old glass or wooden knobs with or without threading

## INSTRUCTIONS

1. Paint jar lid with two to three light coats of acrylic paint.
2. Once dry, apply one coat of paint sealer.
3. If you have a knob with threading, drill a hole into the center of the lid and screw knob through the lid. For knobs without threading, use glue to adhere to the lid top.
4. Use your upcycled jar to hold a list of volunteer ideas. To get started, check out the [Volunteer Center of Story County](#) for some ideas. Once a month, draw one volunteer opportunity from the jar and donate your time and energy to growing your local community.

FOR MORE GIY





# GREEN OPPORTUNITIES

## CREATE AND PLANT SEED BOMBS

Visit the Workspace on April 13 anytime between 6 and 9 p.m. (allowing about 30 minutes) to create a set of seed bombs. Seed packets are designed to stay protected from animals and other unfavorable conditions until they sprout. Seed bombs can be tossed in hard to reach places and don't require any special care. Seed bombs can bring growth to new areas and support local pollinator populations.



## VOLUNTEER IN NATURE



Help teach kids more about nature at one of the Story County Conservation Nature Camps this summer! Volunteers can help with snacks, set-up, crafts and general supervision. The camps are half-day and go for one week at a time. There are various opportunities to volunteer throughout the summer — with chances to volunteer for even a day or week at a time. More information about the dates available for volunteering can be found on the Story County Conservation website.

## SHOWCASE YOUR ACCOMPLISHMENTS

Give yourself credit for all your co-curricular involvement, experiences and achievements through a new co-curricular transcript. This transcript is meant to compliment an academic transcript and give a competitive edge when applying for jobs, internships, graduate school and scholarships. Some items that can be included on the co-curricular transcript include community service, internships, study abroad, employment,

research activities, workshops and more. Learn more about creating and sharing your co-curricular transcript [here](#).



## VISIT THE WASHED ASHORE EXHIBIT

Head to Reiman Gardens beginning April 29 to enjoy viewing the Washed Ashore Sculpture Exhibit. This exhibit will feature 10 sea creature sculptures made out of trash collected from beaches. The purpose of this exhibit is to graphically illustrate the pollution in oceans and water ways. Remember, free admission for ISU students!



## TACKLE ENVIRONMENTAL ISSUES

Share your great ideas for tackling environmental issues while growing the economy in North America. The Commission for Environmental Cooperation (CEC) is offering a chance to win \$5,000 and present winning ideas in front of top environmental officials in Charlottetown, Canada this summer. Ideas are accepted until Sunday, April 30, and the top ideas will be selected for refinement by Friday, May 5. Find more information about the challenge and submit your winning idea on the CEC website.



## HELP MANAGE FINANCES

Volunteer your time to help low-income older adults and people with disabilities understand and manage their economic sustainability. This commitment requires 1-5 hours per month dedicated to assisting an individual with the task of bill paying. With April being Financial Literacy Month, this is the perfect opportunity to not only practice being financially responsible, but also give back to the local community. Visit the Volunteer Center of Story County's website for more information and to apply.



## MENTOR INCOMING FRESHMAN

Join the learning community, "Save Planet Earth," as a peer mentor and work with freshman who have not yet declared a major, but have expressed an interest in environmental issues and sustainability. Peer mentors will be responsible for attending the learning community course (fall semester on Mondays from 3-5 p.m.). The course will include a service project, field trips, in-class activities and speakers. Peer mentors will also be responsible for serving as a resource and mentor, meeting with students outside of class individually or in a group. Each week may require a commitment of 1-2 hours outside of class time and mentors will be paid \$10 per hour. Those interested in this position should contact John Pleasants at [jpleasan@iastate.edu](mailto:jpleasan@iastate.edu) or stop by 115 Bessey Hall.





# APRIL

# 08

## ANIMAL LEARNING DAY

Learn about animal agriculture through hands-on activities for all ages, food, a photo booth and more.

Hansen Ag Learning Center, 9 AM-1 PM

## MAPLE SYRUP CELEBRATION

Taste real maple syrup and learn about the art and science of tapping and cooking maple syrup.

Iowa Arboretum, 8-11:30 AM

# 10

## PRIDE WEEK PANEL

Hear from panelists from Union Pacific, John Deere, Principal and more on the topic of inclusion in the workplace.

Stark Lecture Hall, Gerdin, 4 PM

# 11

## LECTURE: BUILD FINANCIAL SECURITY

Listen as TIAA President and CEO Roger Ferguson discusses building financial security in a changing world.

Sun Room, MU, 5:30 PM

# 12

## MEET-A-SCIENTIST

Visit with local scientists sharing their research and knowledge through hands-on activities and conversation.

Reiman Gardens, 2-4:30 PM

## LECTURE: GLOBAL TRANSFORMATION

Listen as Shashi Buluswar discusses transformative technologies for sustainable global development.

Sun Room, MU, 6 PM

# 14

## PLANETARIUM SHOW

Learn more about the afterlife of stars and how astronomers use a light invisible to the human eye in this month's show.

ISU Planetarium, Physics Hall, 6:30-8 PM

# 19

## LECTURE: AGRICULTURE BIODIVERSITY

Listen as Pennsylvania State University professor, Karl Zimmerer, discusses strengthening the sustainability of agriculture biodiversity.

MU, Sun Room, 7 PM

# 20

## PLANT SOME SEEDS

Get a head start on your garden with complimentary recycled seed starting cups, soil and seeds.

Wheatsfield Cooperative, 4 PM

# 22

## BUTTERFLY TRAINING

Learn to monitor butterfly populations, identify potential threats and more in this training session. RSVP ahead of time.

Reiman Gardens, 9-11:30 AM

## MARCH FOR SCIENCE

Demonstrate support for the sciences by joining in a nonpartisan march, as well as taking part in learning opportunities from area scientists.

Des Moines Capitol, 12 PM

## EARTH DAY

Celebrate the Earth by giving back or getting involved with one of the many featured activities on pages 4-7.

Anywhere and everywhere!

# 26

## DOCUMENTARY: A POWERFUL NOISE

Join this documentary showing about women changing the world as part of Wordly Goods' 30th anniversary celebration.

Ames Public Library, 7 PM

## COMING UP FOR

# MAY 2017

# 01

## WATER LILY REPOTTING WORKSHOP

Enjoy a hands-on demonstrating on repotting aquatic plants, while getting a few plants to take home. Register by Friday, April 26.

Reiman Gardens, 6-9 PM

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

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# LIVE GREEN! MONTHLY

"Life is full of adventure. There's no such thing as a clear pathway."

— Guy Laliberte

**CELEBRATE THIS  
SEMESTER'S GREEN  
ACCOMPLISHMENTS**

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**LEARN ABOUT ISU  
STUDENTS FORGING  
NEW FRIENDSHIPS**

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**SPEND THE SUMMER  
PARTICIPATING IN  
SUSTAINABLE FUN**

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# WHAT'S INSIDE

**LIVE  
GREEN!**

IOWA STATE  
UNIVERSITY

04

## Semester Highlights

Celebrate sustainable accomplishments from this semester.

06

## Earth Day Recap

Look back on the campus Earth Day event on April 21.

07

## Earth Month Recap

Revisit the campus and community events celebrating our Earth.

08

## National Bike Month

Remain safe around bicycles as a pedestrian, driver or cyclist.

09

## Green-It-Yourself

Create upcycled goodies for your travel, moving and work adventures.

10

## Living the Cardinal, Gold and Green

Meet two students embracing new adventures through friendships.

12

## Now You Know

Learn about the challenges and opportunities of traveling sustainably.

14

## Green Opportunities

Events and opportunities to inspire green connections in May.

15

## Summer Opportunities

Events and opportunities to inspire green connections all summer.

16

## May Calendar

Locations, dates and times for sustainable opportunities in May.

17

## Summer Calendar

Locations, dates and times for sustainable opportunities all summer.

18

## Congratulations, Graduates

Bid farewell to Live Green! Team members beginning new adventures.



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



PHOTO BY BILAWAL KHOSO (B.K.)

**The 2016-2017 Live Green! Team would like to thank YOU for the opportunity to foster and promote sustainable connections on campus and in the community!**

## 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 projects and initiatives, our operations and our campus environmentally, economically and socially sustainable.

Contact us to highlight your sustainability efforts and accomplishments:

[livegreen@iastate.edu](mailto:livegreen@iastate.edu)





# DIRECTOR'S MESSAGE

From the time we take our first step onto the Iowa State University campus, we hear about “our adventure” and are challenged to “enjoy it.” We are reminded our adventure can be whatever we want it to be. We hear about the very unique adventures of alumni that, in turn, have launched them into additional adventures following graduation. We discover that, indeed, our adventure is ours to create.

Our final issue of Live Green! Monthly for the 2016-17 academic year celebrates adventure and all of the many ways it is offered to us at ISU – adventures through attending events, involvement in research, completing class projects, art, recreation and eating. What is exemplified in this month’s issue, especially, is that adventures are everywhere and are available to us all – students, faculty and staff – in our studies, in our work and throughout opportunities and experiences, both on- and off-campus. This issue also exemplifies a rich diversity of activities, connections, impacts and “launching” moments through fully engaging and immersing ourselves in “enjoying our adventure at Iowa State”.

Adventures challenge us, exhilarate us, awaken us and humble us. They spark curiosity and invoke purpose. Adventures can take place in faraway places, in familiar spaces and anywhere in between. To be an adventurer is to seek new experiences and perspectives and the road less traveled. Adventurers seek and embrace creativity, possibility and discovery. They find adventure in the mundane and the exotic, in work and in play, in silence and in bustle and through the engagement of all senses.

In embarking on adventures, we find our passions, our niche, our “true north” and our unique connection to defining and creating the future we leave to the next generation. Through adventures, we find that which sustains us and understand our role and responsibility in ensuring others have the same opportunity.

Every second of every hour of every day can be an adventure if we embrace the countless opportunities we have. Enjoy and embrace the many adventures offered to you, Cyclones – this summer and beyond!

Yours in Green-ness,



Merry Rankin



PHOTO BY BK KHOSO

**MERRY RANKIN** is Iowa State University's Director of Sustainability and the City of Ames Sustainability Coordinator. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability. She leads and assists teams on campus and in the community in creating and enhancing programs, events and communication pieces to help educate, engage and empower our collective journey toward a more sustainable future.

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## ON THE COVER: LAURELIN HAAS

PHOTO COURTESY OF LAURELIN HAAS

*Laurelin Haas, former Live Green! intern, has taken on an incredible, new adventure since her graduation from Iowa State University in December 2016. She is currently serving in the Peace Corps in Albania for the next two years as an urban and regional planning volunteer in the Community and Organizational Development sector. Stay up to date about her adventures by following her [Uprooted Abroad](#) blog.*



# SEMESTER HIGHLIGHTS

Throughout the past semester, many individuals and organizations have made sustainable contributions to one or more of the following facets of sustainability: social, economic and environmental sustainability. The following article showcases the many sustainability accomplishments and achievements in the areas of campus, community, research and operations.

## CAMPUS



PHOTO COURTESY OF THE IOWA STATE DAILY

### **PROMOTING POSITIVE BODY IMAGE**

The ISU Body Image and Eating Disorder Awareness group (BIEDA) hosted a "Rock Your Body Party" to spread awareness of eating disorders.

### **FUNDING CONTINUED SUSTAINABILITY**

The Student Government voted to allocate \$15,000 of a special project fund to student organizations' campus projects relating to sustainability.

### **IMAGINING NEW OUTDOOR SPACES**

Three ISU students won the 2017 Walt Disney Imagineering Imaginations Design Competition for their "Hourglass" structure.

### **STARTING NEW BUSINESSES**

PollUp Solutions Inc., a business focused on improving communication and employee satisfaction, was started by three Iowa State students who were recently nominated for an award from the Technology Association of Iowa.

### **RAISING AWARENESS FOR MENTAL HEALTH**

The Suicide Awareness Organization, a student organization at Iowa State, passed out white balloons to students (pictured above) with mental health and suicide statistics attached to raise awareness for mental health.

## COMMUNITY



PHOTO COURTESY OF THE IOWA STATE DAILY

### **ASKING DIFFICULT QUESTIONS**

A panel of mental health experts from ISU were available for students and community members to ask mental health questions anonymously via text.

### **MAKING READING MORE ACCESSIBLE**

The Ames Public Library and Parks Library on campus collaborated to bring the Bookmobile, a mobile library, to campus every Thursday. This made it easy for students to have access to the Ames Public Library's offerings without having to step foot off campus.

### **DISCUSSING ART, EDUCATION AND RACE**

A panel of authors, professors and experts joined Ames community members (pictured above) to discuss solutions to promote inclusion and diversity in our own work or school communities.

### **LEARNING TO EAT WELL**

ISU Dining and the Culinary Science Club teamed up to offer a workshop focused on eating well, budgeting for meals and effective meal planning and preparation.

### **SEEING COLORS IN NEW WAYS**

Twenty-seven artists have been featured in the Christian Petersen Art Museum as part of the RED Exhibit. The purpose of this exhibit is to get visitors thinking about colors and how thoughts and feelings are communicated through art.



## RESEARCH



PHOTO COURTESY OF THE IOWA STATE DAILY

### **EXPLORING TRANSITIONS IN ENERGY**

An associate professor of agronomy at ISU shared her research and knowledge in a presentation with the Osborn Club on the steps needed to transition from a fossil-based economy to a plant based-one.

### **STUDYING OCEANIC CLIMATE CHANGE**

A team of researchers, including a paleoclimatologist and associate professor of geological and atmospheric sciences at Iowa State (pictured above), used oceanic data from clam shells to find there was a shift in the climate system.

### **MAPPING GLOBAL ENERGY USE**

An assistant professor of geological and atmospheric sciences at ISU has worked on a team to map global energy use, and recently wrote a book about the team's research on more than 30 different regions globally.

### **POWERING DEVICES WITH TREES**

Three ISU students have been researching transforming the energy created from wind movement in trees into electricity. The students learned, through research, that mechanical movement of the leaves can lead to increased energy harnessing.

### **OUTLINING FUTURE RESEARCH GOALS**

Beginning this semester and continuing through 2022, ISU will utilize the following themes to guide future research: enable healthy lives, build sustainable human and natural resource systems, design next generation materials and manufacturing technologies, create data driven science and information systems for societal challenges and develop global citizens and our workforce.

## OPERATIONS



PHOTO COURTESY OF THE IOWA STATE DAILY

### **REPURPOSING UNWANTED ITEMS**

In addition to projects throughout the semester, like making shoes for people in Uganda or making dresses for orphanages in Africa (pictured above), The Workspace hosted an art supply swap where students could trade unwanted art supplies for new ones they find useful.

### **PREVENTING VIOLENCE ON CAMPUS**

The Green Dot program, a nationally recognized bystander intervention training program, was implemented on campus in an effort to reduce and prevent violence on campus.

### **EARNING "GOLD" IN SUSTAINABILITY**

The sustainability efforts at Iowa State earned the university a "gold" recertification in the Sustainability Tracking, Assessment and Rating System (STARS) sponsored by the Association for the Advancement of Sustainability in Higher Education (AASHE).

### **PROMOTING HEALTHY LIVING**

Three new programs within student affairs have been added this semester, including the Student Health and Wellness program, which will focus on holistic wellness, health promotion and illness prevention programming.

### **ACHIEVING "MOST BEAUTIFUL CAMPUS"**

Iowa State was named the "most beautiful campus" in the state of Iowa. Winning campuses were selected based on setting, scenery, design of buildings and knowledge shared during campus visits.



# EARTH DAY RECAP



ISU's annual Earth Day celebration, "Earth Day Every Day," took place Friday, April 21, on the South Library Lawn. Students, faculty, staff and community members gathered to celebrate sustainability achievements and learn more about sustainable student organizations, initiatives and business on campus and within the community.

Of the estimated 1,500 event attendees, more than 700 completed the Earth Day Challenge and were rewarded with sustainably-minded giveaways for making sustainability pledges and engaging with different businesses, organizations and individuals. Attendees also enjoyed refreshments including fruit-infused water while learning about and engaging in sustainability. For more photos, enjoy our [Earth Day Photo Gallery](#).



PHOTOS BY LIVE GREEN!



# EARTH MONTH RECAP

Earth Month is an annual celebration of our home and challenges individuals to demonstrate an additional mindfulness of environmental, economic and social sustainability throughout the month of April. Featured below are some of the ways students, faculty and staff celebrated Earth Month on campus and with the community. For more information about each event, click on the event title.



PHOTOS COURTESY OF CYCLONE MARKET FACEBOOK

## CYCLONE MARKET

Student organizations gathered on April 8 at the Spring football game tailgate to sell food and goods to support their economic sustainability in the 2017-2018 school year.



PHOTOS COURTESY OF THE IOWA STATE DAILY

## RENT-A-PUPPY

On April 13, Sigma Lambda Gamma sorority raised funds for the Boone Humane Society by offering puppies to provide furry fun study breaks for students.



PHOTOS COURTESY OF LIVE GREEN!

## PLANT O<sub>2</sub>

A tree planting event hosted by Sigma Lambda Beta fraternity on April 17 added three Butternut trees to Iowa State's campus forest on Central Campus.



PHOTOS COURTESY OF THE IOWA STATE DAILY

## WREAKING HAMMOCK

Outdoor Recreation and The Green Umbrella student organization facilitated a discussion and demonstration April 17 on safe hammocking (including adding the carpet square for extra tree cushioning pictured right).



PHOTOS COURTESY OF SIGMA LAMBDA BETA FACEBOOK PAGE

## 500ELEVEN GALA

An Earth Day themed art gala was held on April 22 by Sigma Lambda Beta. All proceeds from purchased artwork were donated to The Grow, a philanthropic project focused on community gardening.



PHOTOS COURTESY OF BICYCLE DAY FACEBOOK PAGE

## BiCYcle DAY

Through a collaboration of The Green Umbrella and area businesses, cyclists of all ages toured the Ames community on Earth Day, April 22.



# NATIONAL BIKE MONTH: *BICYCLE SAFETY*

May is National Bike Month. With warmer weather arriving, everyone is craving to be outside — often on the back of a bike! As we venture out into new jobs, internships, cities and countries this summer, especially during National Bike Month, it is important to do so safely — after all, we share the roads and sidewalks with many people just as excited to enjoy the outdoors.

## HOW...

### BICYCLISTS

#### Adequate Equipment

- Always wear a helmet
- Carry a first aid pack
- Wear reflective clothing and add a flashing light to your bike at night
- Make sure you have the right type of bike for your riding needs

#### Rules of Riding

- Know how to ride in public places with respect to other people
- Dismount where signs indicate
- Ride with the flow of traffic when riding on roadways



### VEHICLISTS

#### Rules of the Road

- Drive defensively and cautiously
- Improve your visibility to others by using headlights at dusk or dawn
- Keep three feet of clearance when passing bicyclists
- Enter all turns with caution

#### Interacting With Others

- Remember that pedestrians and bicyclists have the right of way at crosswalks
- Know the meaning of bicyclists' hand signals
- Only honk in emergency situations



### PEDESTRIANS

#### Adequate Equipment

- Wear reflective clothing if you are out at nighttime
- If listening to music with earbuds or headphones, keep the music low enough to hear what is happening around you

#### Rules of the Path

- Pay attention and limit the use of electronics
- Utilize traffic light "walk" buttons to safely cross the street
- Know what bicyclists mean when they say, "On your left/right"



## ADDITIONAL RESOURCES

### Stay Informed

Stay connected to bike-related opportunities and events, as well as stay informed about bicycle safety, over the summer and year-round with these resources:

- [Ames Bicycle Coalition](#)
- [Bike to Work Week with the Coalition](#)
- [City of Ames](#)
- [Ames Police Department](#)
- [Outdoor Recreation Services](#)

### Outdoor Recreation Services Amenities

Outdoor Recreation Services offers a plethora of services for the avid cyclist, including:

- Free bike safety inspections and tune-ups
- Classes on responsible biking
- Minor bicycle repair services
- Staff consultations and recommendations

### Trails Throughout Iowa

There are many great, local places to ride throughout the year, including shared use paths, on-street bike lanes and bicycle-friendly streets like:

- [Ames](#) (on and off-campus)
- [Seven Oaks Recreation](#) (Boone)
- [McFarland Park](#) (north of Ames)
- [Peterson Pits](#) (north of Ames)
- [Skunk River Greenbelt](#) (north of Ames)

## ...CAN SAFELY SHARE THE OUTDOORS TOGETHER



# GREEN-IT-YOURSELF

*Craft these unique ideas celebrating new adventures in travel, entertaining and career!*



## DIY DUCTTAPE LUGGAGE TAGS

luggage handle. Tie a knot at one end and pull the loop end through the punched hole. Wrap the loop around the luggage handle and feed the knotted end back through the loop and pull to secure.

10. Use this tag to identify your luggage on your next travel adventure!

## SUPPLIES

● Duct tape (2 colors (including at least one light color)) ● Ribbon ● Hole punch ● Sharpie marker ● Scissors or Exacto knife

## INSTRUCTIONS

1. Cut two strips of duct tape 4 inches in length.
2. Put one strip on top of the other, sticky side to sticky side.
3. Trim off any sticky overlap, if needed, all the way around the strips to make a rectangle.
4. Cut off the corners of one end for added detail, or leave in a rectangular shape.
5. Cut out a rectangle of lighter color duct tape 3 inches by 1.25 inches.
6. Place lighter color duct tape in the middle of the first rectangle.
7. Write name, phone number and address on the lighter color duct tape with Sharpie.
8. Punch a hole in the top of the first (larger rectangle) with a hole punch.
9. Cut a piece of ribbon long enough to be folded in half, yet still able to go around a



## UPCYCLED TILE AND MAP COASTERS

## SUPPLIES

● Outdoor Mod Podge ● Old maps ● Unused ceramic tiles (any size or number) ● Self-adhesive felt ● Scissors

## INSTRUCTIONS

1. Place tiles onto maps and trace around with a pencil. Cut out tracings with scissors.
2. Use a paint brush to apply a layer of Mod Podge to the back of your map cut-outs and allow to dry to keep maps from wrinkling.
3. Once dry, add a coat of Mod Podge to the tiles (shiny side) and adhere cut-out to each.
4. After the tiles dry, apply about three coats of Mod Podge onto the adhered map cut-out, allowing time to fully dry between each coat.
5. Allow the coasters to cure for 48-72 hours before using.
6. Cut out a tile-sized square or small circles of felt, sticking them to other side of tile.
7. Enjoy using your coasters with friends and family – they last for about two years with daily use before requiring resurfacing!



## MASON JAR PHOTO VASE

## SUPPLIES

● Mason jar (clean) ● Paint (any type or color) ● Paint brush ● Painter's tape ● Clear, low-VOC spray paint ● Metal file (optional) ● Reusable cup ● Flowers ● LED candle (optional)

## INSTRUCTIONS

1. Create your picture frame window on your jar by placing a square that will fit to your photo (using painter's tape and decorative edge scissors) on the area of the jar you do not want painted.
2. Apply one coat of paint to the outside of the jar and immediately remove the tape. Then paint as many coats (carefully around where tape was) as needed to have an opaque finish.
3. Cut your photo to size and attach to the inside of the jar with painter's tape.
4. (Optional) Distress any lettering on the jar by taking the metal file and scratching off the paint where you want jar lettering or other details to show through.
5. Seal the paint and distressing by spraying the jar's outside with clear spray paint.
6. Place a reusable cup or container inside the jar to hold water and add flowers.

Alternatively, place an LED candle inside for a different effect.

7. Brighten up your workspace and reflect on past adventures!

FOR MORE GIY 



# STUDENTS LIVING THE CARDINAL, GOLD and GREEN



More than 300 ISU students embark on a new adventure each semester without leaving the grounds of campus.

These students participate in the International Students and Scholars Office's (ISSO) Cultural Ambassador Program. The program pairs an international student with a domestic student, allowing the domestic student to help the international student become more immersed in the Iowa State adventure.

"American students are there to have conversations in English with international students," said Shelby Smith, senior in public relations and student assistant for the Cultural Ambassador Program. "They will answer any questions about U.S. culture, academic experience and rules and regulations of school. The international Cultural Ambassador is able to share their home culture and traditions with the American Cultural Ambassador, as well."

Two ISU students who participated this spring in the program are Maggie Jennett, senior in criminal justice from Ames, Iowa, and Yu-Wen Chen, a graduate student pursuing her doctorate in electrical and computer

engineering from Taichung, Taiwan (map below).

Chen has been in the United States for five years now, but joined the program in 2015 because she wanted to create more friendships.

"For international students, it's a little hard for us to immerse ourselves into American culture," she said. "As a grad student, you're busy with your research and do not have many friends outside of work, so I didn't really have a chance to meet American students and hang out with them."

Jennett, who had started her college adventure at the University of Northern Iowa, experienced a similar immersion activity in one of her freshman classes.

"At UNI, I was in a class that one day decided to pair us up with an English-learning person," Jennett said. "They had this sort of conversations partner program going, and I loved it."

After her younger sister enrolled at Iowa State, Jennett soon transferred to ISU. When she received the ISSO email about the Cultural Ambassador Program, she wanted to get involved.

For Jennett, the Cultural Ambassador Program offered the perfect opportunity to learn about social sustainability — specifically about interactions with the many diverse cultures around the world.

"In college, it's unique to be put in one spot with a ton of different people," she said. "Now, especially, being open-minded to other types of people is really important, especially in a university setting to prepare for the rest of your life. This is the perfect place to learn that, practice it and work to understand other people better."

Both Chen and Jennett decided to apply to become Ambassadors when they received an email from the ISSO, leading them to their current friendship.

Because the program is composed of volunteer Ambassadors and leaves the level of participation completely up to the students involved, they get to make their own schedules and decide how to spend time together.

"It was a little awkward because they're completely random pairings," Jennett said.

Jennett studied abroad, giving her a similar understanding of what Chen went through when she first arrived in Ames.







students about to start their own adventures outside of college. Chen is finishing her Ph.D., and Jennett is applying to become a police officer after graduating this semester.

"This program helps you make friends, and it's just so cool," Chen said.

"When I studied abroad, there was no program like this in Ireland where I was," Jennett said. "It was kind of lonely, and you're on your own trying to figure things out. For the students coming here [to ISU] and just getting here, it would be nice to have somebody say, 'This is where the good food is,' and other things like that."

Despite the initial awkwardness, the pair has been together for two semesters while most pairs are only together for one semester.

Together, Jennett and Chen grab lunch and dinner, go watch movies and generally just hang out as two

One of Jennett's and Chen's most memorable moments was when Chen took them out for dinner to an authentic Chinese restaurant. The menus were all in Chinese, and Chen translated their orders.

A second memorable moment for the pair was when they first met at the beginning of fall semester. Chen was carving her first pumpkin for Halloween at one of the program's sporadic large group events (pictured top of Page 10).

Both Chen and Jennett believe the program benefited their experience at Iowa State.

"Programs like this one are really helpful in creating lasting relationships and making connections, especially because we are sharing one campus together," Jennett said.

Chen echoed those thoughts.

"It provides the opportunity to open up to other friends in other cultures, and helps broaden students' viewpoints," she said.

With the Cultural Ambassador Program, these often-differing viewpoints come together to do positive things for each pair of

students, but also for the community they live in.

Some of the recent service projects where the program invited all Cultural Ambassador pairings to participate include making blankets for Project Linus and crafting cards for Cards for Hospitalized Kids (pictured left).

Students interested in participating next year should watch for an email at the beginning of the fall semester containing the online registration instructions to take part in the program.



Additional information about the Cultural Ambassador Program and other ISSO activities can be found at [www.isso.iastate.edu](http://www.isso.iastate.edu) or by emailing [cap4isu@iastate.edu](mailto:cap4isu@iastate.edu).

"The program allows students to take the experiences they've gained during their time with the program at Iowa State with them for the rest of their adult lives," Smith said. "Ultimately, by creating this environment of appreciation for the cultures of the world, we are able to move toward not only a more inclusive campus climate, but a united community."





# NOW YOU KNOW: *SUSTAINING YOUR TRAVEL ADVENTURES*

One of the many adventures life offers is the ability to travel the world, experiencing new cultures and exploring new places. With traveling, comes the responsibility to remain mindful of the environmental, economic and social sustainability challenges while embracing opportunities to become more sustainable within each facet.

## THE CHALLENGES

Sometimes, travel can be unpredictable, stressful and exhausting. Taking on the added responsibility of sustainable traveling may seem difficult; however, tackling these challenges can lead to enhanced travel experiences for yourself and the world around you.

## ENVIRONMENTAL

Depending on which mode of transportation you choose, the impacts will vary. The most efficient mode of travel is by bus, getting 125 passenger miles per gallon (PMPG) on average (found by multiplying the miles per gallon of the mode of transportation by its average occupancy).

Of course, you cannot travel everywhere by bus. In comparison, a typical US car carrying four people gets 81 PMPG. Though flying can



be the only option at times, it is typically not the most efficient mode of transportation getting only 22 PMPG. The one time to fly instead of drive when traveling solo -- a typical US car carrying only one person gets 20 PMPG.

The efficiency of transportation matters because the less efficient the mode of transportation, more fuel is burned and in turn, more carbon dioxide (CO<sub>2</sub>) is released into the air. Every gallon of gas burned releases more than 17 pounds of CO<sub>2</sub> into the air. For example, driving a car that gets 25 MPG between Ames and Chicago would release more than 239 pounds of CO<sub>2</sub>. If just 60 people made this trip, it would be the equivalent of nearly one U.S. home's average electricity usage annually.

## ECONOMIC

Traveling can be expensive. When planning a trip, it is important to consider the costs you will incur. First, there are the obvious ones like the cost of transportation, hotel and meals. To consider economic sustainability in your travels, look for ways to cut costs in these areas.

In addition to the obvious costs, it is important to consider the not-so-obvious costs, so there are no surprises. Some examples of these include transportation once you arrive at your destination, paying

for WiFi at your hotel or the cost of eating out in the event there are no cooking amenities where you are staying.

## SOCIAL

When traveling, there are also many social impacts to consider on your adventure. It is important to remain mindful of the communities you are impacting. Though some areas are adequately prepared for tourists, other areas are not. It is important to consider the people who reside in the area. One way to support the communities you travel to is by shopping locally and purchasing products and using services within the community.

Other social challenges you may encounter include struggling with a language barrier between you and the people of the place you are visiting, or struggling to understand cultural differences. When you do not speak the same language as someone, it can be more challenging to navigate and interact.

Similarly, cultural differences can lead to misunderstandings and frustration. This can be avoided by doing research on the place you are visiting, taking classes, seeking out contacts and resources to help you familiarize and keep an open mind.





## THE OPPORTUNITIES

Many of the sustainability challenges described previously can be easily countered with opportunities to green your adventures. By considering environmental, economic and social sustainability in your travels, not only will you positively impact your own experience, but also those with whom you will interact at your destination.

### ENVIRONMENTAL

Choose transportation and lodging companies that are making strides towards a more sustainable future. Even many popular hotel chains like Marriott, Rosewood and Hilton have made commitments to become more sustainable. Hilton, for example, has reduced their energy usage by 14.5 percent since 2009.

Beyond supporting sustainable companies, as an individual, you can make a positive impact by simply requesting the hotel does not wash your sheets and replace your towels every night of your stay. It is estimated that this request can reduce the water, energy and labor costs of laundering bedding and towels by 17 percent, while also increasing their lifespan.

Other ways you can be mindful of the environment include reusing and refilling travel sized toiletry containers instead of using disposable toiletries, choosing to forego a newspaper delivered to your door (if offered), packing a reusable water bottle and silverware and requesting a fridge and microwave (if possible) to cook your own meals or reheat leftovers.

### ECONOMIC

There are many ways -- big and small -- to remain economically sustainable while traveling. Some of these involve cost savings that do not require sacrifices in experience and can even enhance the opportunities you have on the trip. Check out the side bar for tips on becoming more economically sustainable in your travels.

### SOCIAL


Opportunities to be socially sustainable while traveling are plentiful. Resist the urge to do only the things you are familiar with, like eating at popular chains or speaking your native language. Step out of your comfort zone and embrace the culture and traditions of your travel destination. There are many free guides available online that can help when researching the history, culture and traditions of the place you are visiting.

Consider volunteering while traveling. Ask your hotel or host for suggestions on local places to volunteer. Not only is volunteering in a new place a unique and impactful experience, it is also an opportunity to contribute toward sustaining the community you are visiting.

Be mindful that the place you are visiting is not simply a tourist destination. Travel destinations are also home to many people, animals, history, nature and more. Be mindful of the existing surroundings as you travel by being respectful with photography, dressing culturally appropriate and preserving existing nature and history.

Staycations can also be a great way to learn more about where you live.

Spend a weekend experiencing a new culture by renting movies, eating food or trying new games or crafts from the culture you wish to explore.

These opportunities and challenges of traveling can apply to travel experiences anywhere -- international, domestic or even a staycation! 

## ECONOMIC TIPS

### LODGING

- Call ahead for reservation deals or discounts.
- Last-minute trip? Sites like Hotel Tonight or Travelocity offer deals on last-minute reservations.
- Stay with friends, family or a local host to experience the destination like a local and save money.

### SOUVENIRS

- Shop local -- 63 percent of every dollar spent at local businesses stays within the community.
- Purchase homemade goods or ones that are produced locally.
- Enjoy free "souvenirs" like photographs, journaled sketches or stories.

### FLIGHTS

- Research optimal times to book flights.
- Set an alert for flight deals to or from a desired destination. You will receive emails updating you when the price drops.
- Check multiple airports nearby. Driving a little further could mean saving hundreds on your plane ticket.

LIVE  
**GREEN**  
CHALLENGE

1. Consider your favorite sustainable travel moment.
2. Capture the moment with a photograph.
3. Share your commitment on social media using #LiveGreenChallenge and tag our Facebook, Twitter or Instagram.



# GREEN OPPORTUNITIES

## BE AN AIDE TO PLANTS



Join the North Central Regional Plant Introduction Station this summer by becoming a plant genetic resource aide. Interns will improve professional skills related to communications, ethics, leadership, problem solving, technical agronomy, international awareness and gain an appreciation of diversity. Job duties include: seed preparation, planting, transplanting, germination, greenhouse work, maintaining grounds and field plantings, pollinating, harvesting, seed processing, as well as management of pollinator insects. Email [fred.engstrom@ars.usda.gov](mailto:fred.engstrom@ars.usda.gov) for more information. Apply in person at the Plant Introduction Station at 1305 State Avenue in Ames.

## REVITALIZE IOWA COMMUNITIES

Volunteer with the Iowa Center for Economic Success this summer in Clive, Iowa. This non-profit specializes in micro-enterprise development, helps under-served Iowans start or grow their small businesses, aims to revitalize communities from the inside out, as well as empowers Iowans to help themselves succeed with a plan for poverty alleviation. To continue carrying out their mission, the Center is looking for three interns in three different roles – Women's Business Center intern, Microfinance intern and Marketing and Fundraising intern. To apply, email Emily Betts Susanin at [ebsusanin@theiowacenter.org](mailto:ebsusanin@theiowacenter.org).



## ENHANCE MULTICULTURAL VIEWS



Apply by 5 p.m. on May 15 to become the ISU Department of Residence's (DOR) Diversity and Inclusion Graduate Assistant. This paid position serves as the primary coordinator for developing and enhancing the multicultural competence of the DOR's full-time staff. The successful candidate will: coordinate DOR staff involvement with the National Conference on Race and Ethnicity (NCORE) and Iowa State Conference on Race and Ethnicity (ISCORE); attend NCORE and ISCORE as part of the DOR and ISU Professional Development team; improving the capabilities of all staff to provide a safe and welcoming community for colleagues and students through facilitating the identification and delivery of professional development activities; and co-coordinate ISU participation in NCORE through the ISU NCORE professional development team. To apply, mail a letter of interest and resume to Dr. Pete Englin at 1206 Friley Hall, 212 Beyer Court, Ames, Iowa 50012-1058.

## PRESERVE LOCAL FARMING HISTORY

Work with the Museums of Story City this summer to help digitally-preserve the history of a local century farm, Woodland Farms, in Story City, Iowa. This paid internship requires designing an online and physical exhibit of the farm, interviewing family members associated with the farm, as well as scanning or taking photos of documents or artifacts that pertain to Woodland Farms. To apply, submit a cover letter, resume and two references via email to Kate Feil at [storycityhistory@gmail.com](mailto:storycityhistory@gmail.com).



## WORK WITH BUTTERFLIES



Work with butterflies at Reiman Gardens this summer when you apply to be the Gardens' Entomology Assistant. Duties include: assisting in the development and maintenance of butterfly cultures for release in the Butterfly Wing, processing and handling tropical chrysalis shipments, preparing the butterflies' food and more. This position also provides the opportunity to work directly with all life stages throughout the rearing process with tropical and native butterfly species. To apply, complete the application listed for an entomology assistant on Reiman Gardens' job openings webpage.

## SUPPORT RENEWABLE ENERGY

Apply to be an Environmental Health and Safety intern with the Ames Renewable Energy Group this summer. Interns will assist with a variety of safety, health and environmental duties with a focus on supporting the production of biodiesel fuel and related co-products. The applicant must be a junior or senior pursuing a bachelor's degree in occupational safety, health or environmental technical. Complete the position's online application to apply.



## HELP SUSTAIN THE METRO

Join Metro Waste Authority this summer as an environmental technician. Duties include receiving and inspecting hazardous waste from households, segregating waste for proper recycling or disposal, preparing waste for shipment, as well as providing information to the public regarding the proper disposal of hazardous waste. Submit a cover letter and resume on the Metro Waste Authority's careers webpage.



**Metro Waste Authority**



# SUMMER OPPORTUNITIES

## SUPPORT AMES' HISTORICAL SOCIETY

Join the Ames Historical Society for free ice cream sundaes and kids' activities at their annual ice cream social during Iowa Museum Week – the Society's way of thanking the community for their continued support! The social takes place at the Ames History Center from noon-3 p.m. on Saturday, June 17.



## KEEP ACTIVE WITH THE GARDENS

### May 13

Bag-O-Bulbs Sale: Purchase some of Reiman Gardens' tulip bulbs to replant in your own yard.



### May 16

Floral Design Series: Choose from a variety of succulent plants to create a long-lasting dish garden in a 12-inch glazed terracotta container. Preregistration required.

### May 20

Willow Bird Workshop: Replace the dead hanging baskets in your garden with a beautiful willow bird to welcome the warmer months!

### June 6

Plant Pals: Bring the child in your life to Reiman Gardens' weekly horticulture program for kids of all ages. Classes involve hands-on gardening activities, crafts and tastings.

### June 17

Rose Fest: Stop and smell the extensive collection of roses, as well as view the innovative and sustainable design of the Helen Latch Jones Rose Garden.

### June 24

Pollinator Fest: Celebrate National Pollinator Week by learning about pollinating insect species with the ISU Pollinator Working Group, ISU Entomology Graduate Student Organization and the ISU Graduates in Evolutionary Biology and Ecology.

## ATTEND AMES' FARMER'S MARKETS



Visit Ames' farmer's markets this summer! Farmer's markets are a great way to support the local community by purchasing fresh and locally-grown produce, as well as unique crafts and gift items, from local producers. Ames has

two farmer's markets: the North Grand Farmer's Market (open Wednesdays from 3-6 p.m. and Saturdays from 8 a.m. to 12:30 p.m.) and the Ames Main Street Farmer's Market (open Saturdays from 8 a.m. to 12:30 p.m.).

## REGISTER FOR WHEATSFIELD CLASSES

Class sizes are limited for all Wheatfields Cooperative classes. Be sure to RSVP for these classes by stopping in and asking at a register!

### May 25

Asparagus!: Celebrate asparagus season by learning recipes for tempura-fried asparagus with aioli and asparagus pizza.



### June 5

Creating the Life You Want to Live: Create a vision of what your ideal health looks like and dive deeper into the process of health coaching.

### June 20

DIY Farm-Fresh Flower Bouquets: Create floral arrangements with farm-fresh flowers after learning some design ideas.

### June 21

Annual Herb Walk: Take a guided tour of Ames' local weeds and trees. The group will walk off-trail for some parts of the walk.

### June 27

Yogurt and Kefirs: Learn the science and process of how to make dairy yogurt, non-dairy milk yogurt, dairy kefir and water kefir, all of which are packed with probiotics. There will be samples, recipes and take-home kefir grains so you can start your own cultures.

## CELEBRATE SUMMER AT SUMMERFEST



Attend Summerfest, an annual, free, family-friendly summer event, that welcomes everyone to Campustown in Ames. Enjoy live music, snacks, a root beer garden, a petting zoo, face painting and many other activities that provide fun for visitors of all

ages. Summerfest takes place in Campustown from 3-9 p.m. on Saturday, June 3.

## TAKE PART IN RUMMAGE RAMPAGE

Help keep reusable items out of the landfill during move out and lease changeovers this summer with Rummage RAMPage. It will be held at the Ames Intermodal Facility parking ramp, 129 Hayward Ave., from July 28 through Aug. 2. Volunteers are needed to help with the collection of donations of still-usable items, as well as to help run the rummage sale in the parking ramp. You can also donate your reusable items (be sure to check the online list of accepted and not-accepted items first). Visit the City of Ames' website to learn more.

**RUMMAGE  
RAMPAGE  
2017**



# MAY

06

## FREE COMMUNITY SHRED DAY

Continue your spring cleaning by clearing out old tax documents, confidential papers and any other paperwork that should not be placed in the trash.

Hunziker & Associates Parking Lot, 9-11 AM

07

## CONSERVATION PARTNERS SPRING FESTIVAL

Enjoy an afternoon of canoeing and fishing, gazing at the sun and wildflowers, learning about pollinators and native plants and participating in crowd-sourced poetry!

McFarland Park, 2-5 PM

10

## FREE ADMISSION DAY

Visit Reiman Gardens, free-of-charge, to appreciate its beauty and educational value for all ages.

Reiman Gardens, 9 AM-6 PM

## ARTFUL YOGA

Enrich your yoga experience by going beyond the physical and inviting an artistic perspective to your awareness.

1017 Morrill Hall, 5:30-6:30 PM

11

## BUTTERFLY RECORDER APP TUTORIAL

Join Reiman Gardens' entomology staff to learn more about an app, which was developed in collaboration between Reiman Gardens and Iowa State, that efficiently records butterfly sighting data.

Reiman Gardens, 10 AM-12 PM

12

## NATIONAL PUBLIC GARDENS DAY

Visit Reiman Gardens for half the cost of admission to experience the important roles of public gardens, such as promoting environmental stewardship and awareness, as well as plant and water conservation.

Reiman Gardens, 9 AM-6 PM

13

## LUCKY STAR SPRING MARKET

Enjoy a shopping experience that features vendors selling handmade crafts, jewelry, clothing, vintage goods and art. Festive food, drinks and family activities will be available throughout the day.

ISU Research Park, Building 2 Parking Lot, 9 AM-4 PM

## PLANT SALE EXTRAVAGANZA

Purchase a variety of plants offered for sale by many local and campus organizations.

Reiman Gardens Parking Lot, 9 AM-6 PM

14

## MOTHER'S DAY AT THE MUSEUM

Share the beauty of art with your mother during Mother's Day with free tours of the current exhibitions and crafts.

Brunner Art Museum, 1-4 PM

15

## GROUND TO GROUND: REDUCING WASTE

Gain expertise on reducing waste in your kitchen and home from Certified Master Herbalist Gayle Curtis. Sample a zero-waste salad, and learn more about re-growing from scraps, preserving and composting. Preregister by May 11.

Reiman Gardens, 6-8 PM

16

## GATHERING OF ARTISTS

View artwork from local artists in Ames and the surrounding area. Meet other artists and art enthusiasts, get feedback, gain inspiration and have fun.

6423 Pine Grove Lane, Ames, IA, 6-8 PM

17

## WASHED ASHORE EXHIBIT OPENING

Tour the breathtaking sculptures and learn more about this exhibit that delivers a powerful message about our most precious natural resource – water. Exhibit open through October.

Reiman Gardens, 11 AM-12 PM

18

## BOOKMOBILE ON CAMPUS

Drop by the Ames Public Library's BookMobile to check out, return or reserve your favorite books.

Driveway between Parks Library & Morrill Hall, 11 AM-1 PM

20

## LANDSCAPE & RAINSCAPE YOUR YARD

Learn about the benefits of native plants, as well as how and where to use native Iowa plants in your yard with a presentation by the City of Ames.

Reiman Gardens, 10-11:30 AM



# SUMMER

## JUNE EVENTS & ACTIVITIES

**02** NEVADA CITY-WIDE GARAGE SALE  
Support social sustainability by visiting a nearby city-wide garage sale! Maps will be located at Casey's, Good and Quick, Ben Franklin businesses as well as the Nevada Chamber office.  
Throughout Nevada, IA, 8 AM-5 PM

**03** MOVEMENT THERAPY WORKSHOP  
Enjoy a fun, interactive introduction to how the use of movement furthers the emotional, cognitive, physical and social integration of the individual. Preregister by May 30.  
Reiman Gardens, 1-4 PM

**05** MINDFULNESS, MEDITATION & RELAXATION  
Learn and practice ways to achieve tranquility and enjoy a sense of calm, inspired by nature and the beauty of the gardens. Preregister by June 1.  
Reiman Gardens, 6-7:30 PM

**11** 18TH ANNUAL IOWA GARDEN RENDEVOUS  
Tour some of the best conifer gardens in central Iowa. Meet other conifer enthusiasts, talk about plants, discover new plants and collect ideas for your garden.  
Iowa Arboretum in Madrid, IA, 9 AM-5 PM

**24** COLLEGE CREEK CLEANUP  
Volunteer during National Rivers Month to clean our university waterway. Supplies and refreshments provided.  
Forker Building Parking Lot, 10 AM-2 PM

ART WALK  
Join University Museums for a tour of three campus works of art near buildings associated with math and engineering.  
Moth Sculpture west of Coover Hall, 12-1 PM

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

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

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

Rebekah Mallette | Marketing & Communications Intern | [rebekahm@iastate.edu](mailto:rebekahm@iastate.edu)

**17** MARY GREELEY HOPE RUN  
[Register](#) to run/walk for a great cause! All registration proceeds benefit the Mary Greeley Medical Center Hospice.  
Ames Middle School, 6:45-9:30 AM

BUTTERFLY FIELD DAY  
Hike McFarland Park and hunt for butterflies with Reiman Gardens staff during an Iowa Butterfly Survey Network practice session. Free for all participants.  
McFarland Park, 2-3:30 PM

**18** FATHER'S DAY AT THE MUSEUM  
Share the beauty of art with your father during Father's Day with free tours of the current exhibitions and crafts.  
Brunnier Art Museum, 1-4 PM

**19** HERB GARDENING 101  
Join Certified Master Herbalist Gayle Curtis for an introduction to herb gardening. Learn applications for a variety of easy-to-grow herbs, as well as how to harvest and store them. Preregister by June 15.  
Reiman Gardens, 6-8 PM

## JULY EVENTS & ACTIVITIES

**04** FRIENDSHIP ARK 5K  
Kick off the holiday with a fun, family friendly run/walk event that supports the Friendship Ark, providing homes and community services to people with mental disabilities.  
Ada Hayden Park, 8-10 AM

4TH OF JULY PARADE  
Connect with the Ames community and celebrate Independence Day at the annual parade through the Main Street Cultural District.  
Main Street, 11 AM

**09** GARDEN ART FAIR  
Enjoy the work of over 50 new and returning artists who will be displaying and selling their garden- and nature-inspired art.  
Reiman Gardens, 9 AM-4 PM



# CONGRATULATIONS, GRADUATES

As another school year comes to a close, we celebrate the many accomplishments of the Live Green! Team members who will be graduating and moving on to new adventures in the coming year. Though these individuals will not be returning to the Live Green! Team next year, below they share the things they have learned while part of the Live Green! Team and how they will apply these lessons in the future.



## **Kathryn Leidahl** (Smart Business Challenge Intern)

**Studied:** Political Science, Business Management & Economics

**Next Adventure:** Joining the workforce, hopefully in a sustainability-minded industry or position, before attending law school

**Live Green! Lesson:** "The LG Team has taught me to always keep an open mind and not to be discouraged by failure or setbacks in a project. It taught me determination and compassion. I learned the importance of spreading your knowledge to others and inspiring your peers. I hope to incorporate all of these skills and lessons through my work and personal life."



## **Rebekah Mallette** (Marketing and Communications Intern)

**Studied:** Marketing & Public Relations

**Next Adventure:** Working in digital marketing

**Live Green! Lesson:** "My time working on the Live Green! Team has taught me that one of the biggest impacts we can make within sustainability is simply being conscious of the decisions we are making and empowering others to do the same."



## **Tim McKeague** (Smart Business Challenge Intern)

**Studied:** Supply Chain Management

**Next Adventure:** Moving to Columbia, SC and working for International Paper

**Live Green! Lessons:** "I learned what sustainability is. I didn't have a great understanding of what sustainability was, but being able to learn from great team members and Merry has allowed me to keep an open mind about my surroundings and pursue my career while keeping this in mind."



## **Adam Wright** (Promotions and Branding Coordinator)

**Studied:** Sustainable Agriculture

**Next Adventure:** Work-exchange program in New Zealand

**Live Green! Lessons:** "I have loved working with Live Green! Merry is a wonderful role model, mentor, boss and friend. I have learned a lot from her, especially in regards to communicating such a complex topic to different types of audiences. Working on our soon-to-be new website has also given me new skills in online communication that will prove useful in my future career endeavors."