

# LIVE GREEN! MONTHLY

**"Abundance is not  
a number... It is the  
simple recognition  
of enoughness."**

**— Alan Cohen**

**CYCLONE STUDENT  
SUSTAINS UGANDA  
AND HERSELF**

**WORLD ANIMAL DAY:  
CONNECTING THEIR  
WORLD WITH OURS**

**NATIONAL CAMPUS  
SUSTAINABILITY DAY:  
CELEBRATE OUR GREEN**



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GREEN!**

IOWA STATE  
UNIVERSITY

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Photo by Merry Rankin

This year's Live Green! Leadership Team is excited to share our passion for sustainability through a variety of campus and community outreach efforts, as well as engaging events during the 2017-18 academic year.

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)

Underlined text throughout this publication is hot-linked to offer additional information.





# DIRECTOR'S MESSAGE

Welcome Cyclones!

Whether you are returning or new just this semester, we are so excited to provide you with the first issue of Live Green! Monthly for the 2017-18 academic year! In each issue of this monthly newsletter, our team is committed to sharing unique, meaningful and relevant updates, as well as information and opportunities to keep you connected to sustainability, both on and off-campus.

This month's issue is based on the theme of abundance. While abundance can elicit many different images and perceptions, its foundation is grounded in having enough -- as our cover quote notes. In considering sustainability and a sustainable future, the same foundation is in place. Sustainability is defined through many contexts, with all of them leading to one common theme: an abundant life through enough. These two commonly used definitions create common ground.

- (1) "Enough for all forever."
- (2) "Meeting the needs and aspirations of the present without compromising the ability of future generations to meet their own needs."


The consideration of "enough" is not only reflected in the definition of sustainability -- it transcends throughout the three facets of sustainability: environmental, social and economic. In other words, it transcends throughout the entirety of our lives.

For example, think of a typical day. What does "enough" mean? We rely on enough, environmentally -- clean air, clean water, energy and capacity to handle our garbage. We rely on enough, economically -- employment, businesses to support our needs and funding resources for research, education and investment. We rely on enough, socially -- a safe community, an embracing community, a supportive community and a resilient community.

Our days, each and every one of them, are journeys of seeking, finding and ensuring enough. These journeys, often composed of our individual actions and decisions, chart pathways that nurture a collective enoughness for the world.

Wishing you enough!

Yours in green-ness



Merry Rankin



TEAM PHOTOS BY MCCLANE GILL

**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: Abundance of opportunities this fall

*Iowa State University offers an abundance of opportunities that we celebrate this month. Images on the cover focus on sharing from our abundance the numerous adventures that are not counted in numbers or acquisitions but in the recognition of enoughness.*



# MEET THE 2017-2018 LIVE GREEN! TEAM

The Live Green! Leadership Team is dedicated to engaging and educating Iowa State University and Ames' community members in all facets of sustainability - environmental, economical and social, towards cultivating our daily decisions, actions and the future we leave to those who follow us.

We are comprised of a broad range of perspectives and passions related to sustainability and a sustainable future. We are also devoted to continually learning more about living and working more sustainably, and are excited to share ideas, opportunities and achievements through this newsletter, exciting social media, events, as well as community connections. Please contact us! We look forward to greening together!

## Director of Sustainability

### Merry Rankin

**Hometown:** Attica, IA  
**Studied:** BS General Business, MS Wildlife Biology  
**Contact:** [mrarkin@iastate.edu](mailto:mrarkin@iastate.edu)

*"In sustaining our community and our planet, there is a hand-in-hand connection to ensuring **abundance** for the current generation and the generations that follow us."*



## Sustainability Coordinator

### Steve Kohtz

**Hometown:** West Des Moines, IA  
**Studies:** Human Computer Interaction  
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*"We have been given so much in life; we are filled with **abundance**. This abundance needs to be managed so the next generations have as much as we do."*



## Marketing Special Projects

### Caitlin Deaver

**Hometown:** Knoxville, IA  
**Studies:** Public Relations, Marketing  
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*"When we have **abundance**, we should be mindful of how we share that **'wealth'**, making sure we keep the three facets of sustainability as our main focus."*



## Smart Business Challenge Team

### Scott Nemec

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*"Becoming a more sustainable society today will ensure there will be an **abundance** of resources for future generations."*



### Taylor Silvestrini

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*"Local products make it easier for people to see how one person can make an **abundance** of difference."*





## Marketing and Communications Team

### McClane Gill

**Hometown:** Elkhart, IA  
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*"There is an **abundance** of changes we can make to our daily lives to better ourselves, the earth and future generations."*



### Morgan Thompson

**Hometown:** Omaha, NE  
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*"Being aware that protecting the earth brings **abundance**, will help you lead an abundantly sustainable life."*

## Campus and Community Engagement Team

### Heidi Kalb

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*"We can work hard to leave **abundance** for future generations by addressing issues in sustainability now."*



### Paige Myers

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*"**Abundance** always makes me think of harvest season. September and October are months of abundance!"*

## 10 Year Anniversary Team

### Molly Breen

**Hometown:** Lakeville, MN  
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*"If everyone comes together and does their one small part, it creates an **abundance** of movement."*



### Paige Vanderleest

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*"By living sustainably today, we can provide an **abundant** future for generations to come."*



# SUSTAINABLE SUMMER HIGHLIGHTS

## COLLEGE CREEK GETS A MAKEOVER

The ninth annual College Creek Cleanup was held June 24. As implied, the purpose of this event is to clean up College Creek – the creek that runs through the heart of Iowa State University's campus. Though small, this waterway can be a hub for litter, including nearly 1,000 pounds of trash from this year's event. Thirty-one volunteers, working a combined 43 hours, pulled a variety of items from the water, including . A tractor tire, a bike, a safety barricade, fence posts, foam insulation, sections of a metal pipe and a multitude of plastic bags. For a full photo gallery of the 2017 cleanup effort, visit the Live Green! website.

Photo by Live Green!

## OUTSIDE THE WINDOWS, LOOKING IN

Friley Residence Hall finished construction on its new dining center addition over the summer, making Friley Windows Iowa State's fifth residential dining center on campus, joining Union Drive Marketplace, Conversations, Seasons and Storms. As ISU Dining has become noted for the new eatery, it features an inviting space for community dining. It's also known for its unique and specialized dining choice to accommodate multiple dietary needs, as well as its utilization of local food. Tofu from Iowa City's Old Capitol Foods, made from Iowa soybeans, is available at Friley Windows, as well as chicken from Dolan Farms in Muscatine, Iowa and green peppers from the ISU Horticulture Research Farm.

Photo courtesy of Iowa State Daily

## HELLO SUMMER, GOODBYE OLD MATTRESS

Over the past four years, the Department of Residence (DOR) has been systematically replacing old mattresses. Instead of choosing to landfill them, DOR (due to restrictions that will not allow reuse options) instead chose to work with a mattress recycler, Midwest Sleep in Toledo, Iowa. This summer 1,100 mattresses were recycled, resulting in nearly 500 mattresses in total being diverted from the landfill. The process of recycling mattresses is fairly simple -- Midwest Sleep takes apart the mattress, separating fabric and metal. The fabric is reused as cloth and the metal is recycled. For the DOR, consideration of the full life cycle cost is key in making a responsible disposable decision.

Photo courtesy of Iowa State University



## "LEED" THE WAY, GEOFFROY HALL



Photo courtesy of Iowa State University

This summer, Geoffroy Hall received a Leadership in Energy and Environmental Design (LEED) Gold certification. LEED, a sustainable design and construction rating system, is based on nine areas of criteria. This is Iowa State's first residence hall to achieve this LEED certification. Joining ISU's arsenal is Marston Hall, which attained a Gold certification. Iowa State begins the 2017-18 academic year with a total of 15 LEED certified buildings, (10 Gold, three Silver and two Platinum certifications).

## RUMMAGE RAMPAGE, RAVE REVIEW

The second annual Rummage RAMPage was a success! This past summer, July 28-Aug. 2, the Ames community donated used and unwanted home goods to sell at this event. More than 5,000 pounds of housewares, electronics and kitchen items and more than 22,000 pounds of dining and office chairs (183), upholstered chairs (113) and dining room, coffee and kitchen tables (169) were sold. Of the 77,529 pounds of donated items (a 72 percent increase from last year), less than 2 percent was landfilled. In addition to keeping more items out of the landfill, more than \$14,000 was raised for the fourteen non-profits and student organizations that provided volunteer hours, nearly triple the proceeds compared to 2016. Next year's event is already in the works! Mark your calendar for July 27, 2018!



Photo by Live Green!

## PICKING PECKS OF PEPPERS FOR ISU DINING

It is a challenge to feed 36,000 students, especially when trying to offer an abundant selection of food options. To put that into perspective, in 2016-17, Cyclones consumed 48,852 pounds of tomatoes, 25,143 pounds of green peppers, 43,750 pounds of potatoes and 194,168 apples. A long-standing partnership with the Horticulture Research Station has offered a unique opportunity for ISU Dining to offer local produce. Amounts were subject to whatever was available at the farm until now. For the 2017-18 academic year, ISU Dining and the Horticulture Research Station teamed up to plan dedicated planting areas and desired production amounts. As a result, three tons of green peppers are incorporated into menu offerings for the 2017 Fall semester.



Photo courtesy of Iowa State Daily



# STUDENTS LIVING THE CARDINAL, GOLD and GREEN

Elizabeth Garzón, a junior at Iowa State University, is taking her unique "hands-on experience" of working in Uganda to change her lifestyle in Ames. It all began when she encountered an opportunity to travel with the Iowa State University Uganda Program (ISUUP) on its annual summer service trip. She was one of eight service learners from Iowa State selected to spend six weeks in Kamuli, Uganda to teach life skills in farming and sciences through the lens of sustainability through ISUUP.

Garzón heard about this opportunity through multiple professors and eventually decided to go for the opportunity, which is housed under the Iowa State Global Resource Systems program. She said her love for travel and her dual majors of global resource systems and environmental science was a perfect fit. This Cyclone not only wanted to aid the citizens of Kamuli, but wanted to expand her knowledge of sustainability.

"Go with a group that values [the] same things as you and take the leap of faith," Garzón said.

Her time in Uganda was filled with many "life-shifting" moments, such as the unique opportunity to work in the bee apiary at a local high school. This experience of working with bees in Africa expanded her overall mindset of sustainability opportunities and the number of ways one person can contribute to making a difference.



Garzón was paired with a student from the neighboring university, Makerere University in Kamapala, Uganda. Garzón and her partner advised high school mentees involved in a youth entrepreneurship club empowered in managing all aspects of the apiary - inspecting hives, maintaining productivity, relocating wild swarms, as well as harvesting and processing honey to sell for profit. Connecting the beekeeping to the need for livelihoods and economic sustainability made the experience even more significant for Garzón.

"Beekeeping is a wonderful way to do this," she said, "The honey [their] apiary produces can be used by the community in products such as candles, waxes, honeycombs, soaps, food and more. It is a highly-regarded skill that would be beneficial to know and have as a young adult."

Garzón and her fellow service learners continued to build sustainability with the community by getting involved in tending gardens and growing food, which she quickly learned was vital to preserving a challenged ecosystem. Alongside community members, they took on projects such as rotating crops to fight against soil erosion and deterring pests by using organic compost to reduce waste and create nutrient-rich soil as well as working to eliminate pesticides or herbicides to achieve a low input and high production.

"Gardens is what we called them but it was more like a small scale farm, not your typical backyard garden. We did everything from creating raised beds for crops like spinach





and collard greens, to digging holes and planting banana seedlings, to making sweet potato mounds and much more," she noted.

As she reflected on her experience, Garzón noted the connection it had to all facets of sustainability: environmental, social and economic.

***"Go with a group that values [the] same things as you and take the leap of faith."***

Garzón recounted a visit to a citrus farm to offer assistance in identifying a disease that had been harming the fruit trees. Through discussion with the farmer, members of her group were able to help diagnose and offer useful solutions to the Ugandan resident who would've spent weeks solving it on his own. The honor of working and learning alongside this farmer and experiencing the challenges he faces, as well as the deep love for his farm is something Garzón will always treasure.



Socially, she helped empower the knowledge of future generations of Ugandans in local primary

and high schools through hands on experiential learning. Additionally, through this diversity of interactions and experiences, she empowered herself.

Environmentally, helped address challenges and discover solutions related to protecting and supporting a life-giving ecosystem.

Economically, everything offered by ISSUP, including service projects, teachings, and labor was offered at no cost, to the Kamuli community, enabling new skills, knowledge and livelihoods that were finally achievable opportunities.

Every member of the Iowa State group was also assigned to teach the local students a course. Garzón was entrusted to teach fifth and sixth graders a science class, alongside her Makerere partner through bi-national teaching. This is where the students have the opportunity to learn from teachers of two nations, therefore getting multiplied knowledge from two diversified cultures.

Teaching was something Garzón had never experienced before but it was something she grew to love almost immediately. The duo tried to make learning as engaging as possible by encouraging students to write on the board, incorporating song and dance, as well as assigning occasional homework to gauge their students' learning.







"For example, one week we were learning about biotic and abiotic factors, so we went outside to observe things that represented each part of our ecosystem. My students often taught me things about science and agriculture during our lessons."

She hoped this opportunity would strengthen her future career endeavors of possibly joining the Peace Corps or AmeriCorps after graduation, eventually working for a global sustainability company and getting her MBA along the way.

Because of this service trip, Garzón has been inspired to investigate her own contribution to sustainability since returning to Iowa State. She explained, "I think the biggest way I brought my experience back with me is how I am now aware of how I use resources in my everyday life."

She remembered times when water was not always available to the community, so the group had to experience



the manual labor it takes to transport water to the fields and for their own use. This came as a wake up call-to-action to actively decrease her water usage because of the constant availability of water she was so accustomed to in the United States. She was also a bystander to the hunger that goes on in the world, which influenced her to be mindful of and proactive about her own food consumption and waste.

"I try and minimize my own food waste as much as possible, recycle, walk instead of drive when I can, use refillable bottles, and try [to] buy products locally." She noted that a lot can be done individually if we focus awareness on our daily decisions and consumption habits at work and at home. Every little step can make such a significant difference.

"To live sustainable, you can't just check a box and say you live sustainably." It is a pursuit of living in a way that constantly strives towards ensuring an abundance and sustainable lifestyle for all.



Copy by: McClane Gill  
Photos courtesy of: Elizabeth Garzón



# MAKE WAVES: NATIONAL CAMPUS SUSTAINABILITY DAY

Join us in celebrating what Iowa State and Ames are doing to promote environmental, economic and social sustainability at [National Campus Sustainability Day](#). Our goal is to increase awareness about sustainability opportunities and accomplishments in our community and engage you in various activities supporting and empowering sustainable lifestyles.

**WHEN:**  
**THURSDAY, OCT. 26TH**  
**11 AM-2 PM**

**WHERE:**  
**SOUTH LIBRARY LAWN**  
**ACROSS FROM THE HUB**

## HOW:

- Meet representatives from campus and community organizations.
- Learn about unique and diversified campus and community commitment to sustainability.
- Sign up to volunteer, join or just stay connected.



Photo by Live Green!

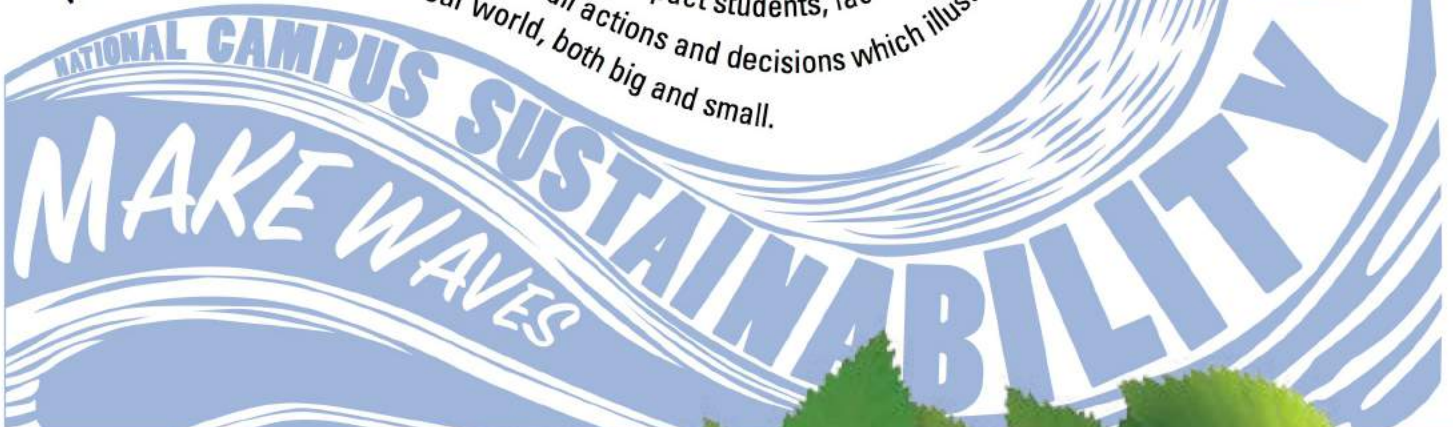
## WHAT:

- More than 40 student, campus and community sustainably-focused organizations
- Sustainably-minded prizes
- Local apples
- Free coffee
- Free bike and longboard tune-ups



Photo by Live Green!

"Make Waves" is [National Campus Sustainability Day's](#) theme for Fall 2017. This theme showcases the collective impact students, faculty and staff make on- and off-campus through all actions and decisions which illustrate we all can make changes in our world, both big and small.





# PROTECT ANIMALS, SUSTAIN OUR WORLD:

## WORLD ANIMAL DAY, OCT. 4

Wednesday, Oct. 4 is marked World Animal Day, a day to appreciate furry friends, fierce predators and cold-blooded reptiles that share the earth with us.

Not only do animals share our home, but they ensure the abundance of our shared ecosystems. They pollinate, manage pests and keep populations in check, among many other vital roles in supporting the balance of species and the well-being of the planet. Our coexistence is delicate, and our decisions and actions most definitely cause a collective ripple effect.

Fortunately, there are things we can do to ensure our harmonious cohabitation. Adoption, donation and living sustainably are some of the many ways to celebrate this October day of recognition year round.

Adoption is one way to help animals. It is said a dog is a man's best friend, so find your next best friend! In doing so, you are saving a life. Each year, 2.7 million adoptable dogs and cats are euthanized in the United States, simply because too many pets come into shelters and too few people consider adoption when looking for a pet.

Ron Edwards, Ames Animal Shelter supervisor, said, "We are very fortunate here at the Ames Animal Shelter that we do not euthanize animals for time or space. All animals that are here at the shelter get to stay with us until they find their forever home."

Adoption is also more economically sustainable because adoption fees usually include adoptees being neutered or spayed and having all their shots.

Though rewarding and meaningful adoption may not be feasible for you or your pet because of time and schedules. If this is the case for you, there are other ways to help animals.

“All animals that are here at the shelter get to stay with us until they find their **forever home.**”

Donating time and resources to animal shelters is one way. Volunteering at a shelter is an easy start. If donating time is challenging with your schedule and availability, you can always donate supplies,

too. Shelters are in constant need of animal food, paper towels and cleaning supplies to accomplish daily tasks. Many of them, such as the Ames Animal Shelter, have wish lists with specific needs.

Additionally, if you like to shop, there are opportunities to "purchase forward."

Organizations like Elephant Pants and TOMS sell products and donate part of the proceeds to animal charities.

Elephant Pants is a clothing and accessory brand. When customers purchase its products, it donates 10 percent of the net profits to Tusk Trust, an organization that advocates for the conservation of African wildlife.

TOMS is a shoe brand that donates a new pair of shoes to a child in need for every pair of shoes purchased. One of their priority initiatives is protecting animals.

They do so by working with non-profit animal conservation organizations to raise funds and awareness. This has resulted in partnerships with National Geographic's Big Cat Initiative and most recently, the Wildlife Conservation Society, which focuses on inspiring action to protect





the world's animals. To support this organization's goal of reducing ivory demand, TOMs is selling a pair of shoes with an elephant design on it and donates a percentage of its sales.

Living sustainably requires an acknowledgment and understanding that all human behavior and the choices we make as a society and species affect everything around us, especially animals. Humans alter, through consumption, habitats to build infrastructure and pollute ecosystems. Our actions have consequences. It is up to us to determine the breath and depth of our impact.

To protect animals, living sustainably is among the easiest and



most important. Avoiding things like littering and developing on and altering ecosystems significantly supports us and all of our cohabitants. We must remain mindful of the four Rs -- reducing, reusing, recycling and reconsidering -- and speak up for those who cannot speak for themselves. Respect is key -- realizing what impacts animals impacts us, now and in the future.

World Animal Day may be officially designated as Oct. 4, but caring for animals and sustaining their world and ours is an everyday opportunity that can be accomplished through small and simple acts. Adopting, donating and living sustainably are some of the many ways to make a difference to our furry, feathery and scaly cohabitants. Every commitment makes a difference and can be the difference.

In the words of Mohandas K. Gandhi, "the greatness of a nation and its moral progress can be judged by the way its animals are treated."

Copy by: Morgan Thompson

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## EASY WAYS YOU CAN PROTECT ANIMALS

- 1 GO OUTSIDE AND CONNECT WITH WILDLIFE**  
Take a walk and enjoy the abundance of nature and wildlife all around you.
- 2 REDUCE YOUR CARBON FOOTPRINT**  
Eat locally, walk to wherever you're going, turn off your lights at home, etc.
- 3 REDUCE, REUSE, RECYCLE, RECONSIDER**  
Trash ends up in animals' habitats and affects their health, their food chain and their future.
- 4 INFORM YOURSELF**  
Watch films and documentaries about animal conservation, such as *Mission Blue* and *Racing Extinction*.
- 5 HANG A BIRDFEEDER**  
Creating a small, part-time habitat for animals is a great way to protect them. See Page 20 for an easy feeder craft.
- 6 VOLUNTEER**  
Volunteering at the Ames Animal Shelter or Iowa Wildlife Center, among many other ~~choices~~ is a great way to protect animals.
- 7 PICK UP LITTER**  
If you see trash on the ground, pick it up (even if it's not yours)!
- 8 DRIVE SAFELY**  
Many animals live in suburbs and towns; drive cautiously and break for them.
- 9 DONATE TO A CHARITY**  
Find a charity that you think is doing a wonderful job protecting wildlife and donate to the cause.
- 10 INFORM OTHERS**  
Information is meant to be shared. Tell your friends and family about the importance of wildlife conservation and the many ideas and opportunities to get involved.



# NOW YOU KNOW: AN ABUNDANT ENERGY FUTURE

From the first diesel engine to run on vegetable oil in 1900, to the world's first wind farm in 1980, alternative forms of energy have been on the minds of scientists for decades. However, every form of alternative energy comes with its own opportunities and challenges.



Photo courtesy of Penta

Non-renewable energy is derived from non-renewable sources, meaning these materials are not able to replenish what's lost at the same rate of consumption, causing a continually-dwindling supply.

Renewable energy is derived from renewable sources, such as energy through the sun, water and wind, and is constantly replenishing. In addition to being renewed, these energy sources offer additional abundance through their byproducts, including, but not limited to, reduced emissions and pollutants.

The United States has worked diligently toward the expansion and implementation of renewable energy. Currently, 18 million homes in America can be powered by harnessing the annual wind energy being generated in the U.S. Additionally, the cost for Americans to install solar panels has dropped by more than 73 percent since 2006.

However, for one to change the world, one must start with their community. The [City of Ames](#) and Iowa State University are taking many important steps toward renewable energy with the ongoing vision of being a catalyst to changing the world.

The City of Ames has made it its goal to bridge the gap between energy and sustainability. They are committed to becoming a more sustainable community and have worked steadily toward this goal over the years.

For instance, there have been many positive programs, call-to-actions and initiatives motivated by [Electric Services](#) of the City of Ames. The push for decreased emissions and increased renewable energy sources is one of the most notable.

This kicked off in 2007 when Ames Mayor Ann Campbell signed the [U.S. Mayors' Climate Protection Agreement](#), encouraging mayors to meet or beat the [Kyoto Protocol](#) goals within their own communities. Milestones included taking standard inventory of energy use and collecting data about energy management, waste reduction and land use.

Ames also entered into a joint contract with Iowa State to purchase 36 megawatts of power from a local wind farm near Zearing, Iowa in 2009. In addition, through Electric Services' [Smart Energy rebate program](#) for business and residential customers, thousands of kilowatts are saved annually.

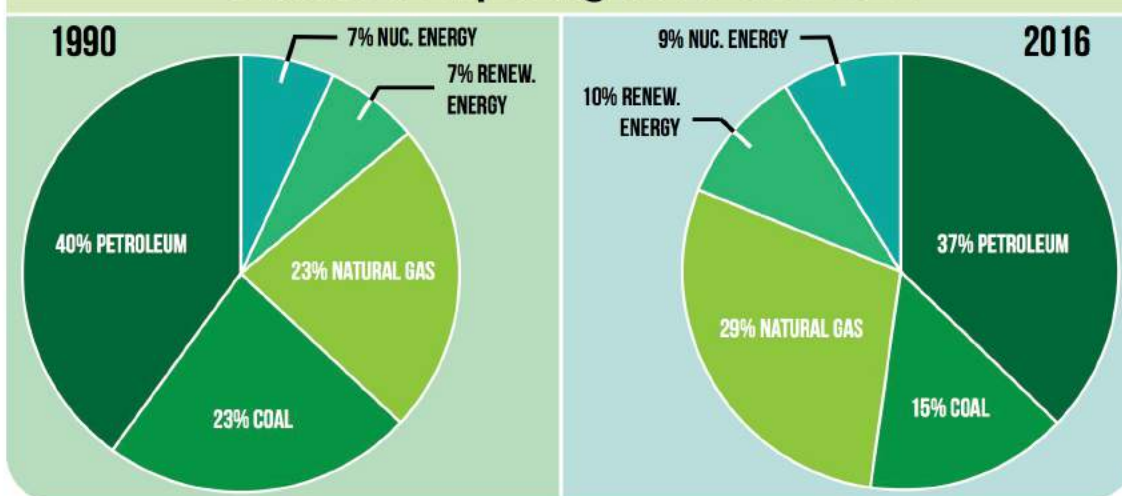
The newest energy effort the City is undertaking is [SunSmart Ames](#). SunSmart Ames is a community solar project designed to generate 1.5-2 megawatts of electricity by 2018. Donald Kom, Ames' Director of Electric Services, refers to it as, "Ames' next great big adventure."



To take part in this adventure, Ames Electric Services' customers can become owners of the project by buying "Power Packs" at a cost of less than \$350. Customers, in turn, receive an electric bill credit over



## Energy Portfolio of the United States: Comparing 1990 and 2016



the next 20 years. "Power Pack" credits can be purchased individually, by a business or by or on behalf of a church or non-profit organization.

In collaboration with the city, Jeff Witt, the Director of Utilities Services at Iowa State University, noted, "Iowa State's utility staff is involved in this project, and Iowa State has [already] committed to purchasing a portion of the ['Power Packs' to add to ISU's renewable energy portfolio]."

In addition to solar energy, the City of Ames and Iowa State have worked closely on other renewable energy sources -- most significantly wind. Through a shared energy wind contract with the City, Iowa State has provided up to 6 megawatts of power from the local wind farm providing the equivalent of 10 percent of campus' energy needs.

Iowa State has its own unique energy victories. Although energy diversification and sustainability have

always been a consideration, enhanced and diversified focus was applied in 2008 through the Live Green! Initiative.

For example, all outdoor trash cans on the Iowa State campus are solar-powered trash compactors powered through solar panels and batteries on each unit. In addition, all compactors are individually GPS-located to ensure a streamlined, "just-in-time" pick-up and maintenance schedule.

Additionally, a 160-foot wind turbine sits next to the university power plant, generating 183,330 kilowatt hours of energy each year, which is roughly the equivalent of the electricity consumed by the Knoll every year. It is joined by a two-panel solar array, which generates enough electricity to power the Farm House Museum. Although both the campus turbine and solar array add offsets of less than one percent of campus electrical demand, they offer value to the student experience through on-campus demonstration and online data.

Renewable energy is distinguishing itself among energy sources. With international focus on environmental sustainability, a shift from nonrenewable to renewable is gaining momentum. This shift is not only illustrated in large cities across the world, but also in college towns like Ames, Iowa, and universities like Iowa State.

From solar energy to wind energy in operations, to research and degree programs, the community and university recognizes and advocates the significance of renewable energy.

Caring for our communities is the first step toward a more sustainable planet and a more sustainable future.

Kom captured Ames' and Iowa State's collective commitment the collective commitment as Ames and ISU's best, to be "good stewards for the environment [the] community and the earth," we must value our environment and what we put into it.



# ENSURING FOOD ABUNDANCE:

## GOOD EARTH STUDENT FARM

It is sometimes easy to forget just how big of an impact our college town of Ames can really have on its citizens. Looking past our Big 12 Championships, impressive list of 100 majors offered and a gorgeous campus that speaks for itself, Ames has a lot to offer especially considering the inspiring student-led initiative that diligently works to assure food abundance.

The Iowa State University sponsored, student-run farm has been giving back to the community for more than 20 years, growing produce and teaching and empowering abundance through food to the Iowa State community.

**"The Good Earth Student Farm is a student-led learning farm that builds community and nourishes people by producing food through a hands-on experience."**

Good Earth Student Farm (GESF) was originally established as a producer for Magic Beanstalk (Community Supported Agriculture), an organization that strives to bridge local citizens with local farmers in their everyday produce purchases and meals. The farm grew its produce for Iowa restaurants, grocery stores and schools, and has revolutionized to sell the produce to community members.

The Good Earth Student Farm enables Iowa State students, faculty and Ames community members to get involved with food through a number of opportunities. Recently celebrating its 20th anniversary

### Good Earth Student Farm Student Spotlight: Rachel Tan

**Studies:** Agronomy and Horticulture

**Hometown:** Mason City, IA

**Involvements:** The current Farm Manager and officer of the Good Earth Student Farm.

**Favorite memory of the farm:** Working with the work share members, training them about the different aspects of production, harvest, and sanitation.

**Favorite Sustainability Tip:** Rethinking how food consumption relates to personal health benefits, as well as the health of the environment.

### How to Get Involved in the Good Earth Student Farm

#### GENERAL MEMBER

General Members can attend any of the workdays and in return for their labor, they will receive extra harvest if it is available.

#### WORKING SHARE

A working share member is required to work three hours a week from May-October, plus a \$50 member fee. In return, members get a bag of produce a week.

#### PAID SHARE

Ensures you are a member for the full 2017 season with a \$350 fee for weekly produce.

#### PRODUCE SALE

Purchasing produce through the farm's weekly produce sale behind Curtiss every Friday from 11:30 AM-1:30 PM. Orders can also be placed online!

in 2016, the farm prides itself in being completely student-run. This platform gives students real life experience toward future career aspirations, as well as the opportunity to learn more about growing food through sustainable practices and considerations.

Chris Shepard, student farmer, explained, "The Good Earth Farm is a student-led learning farm that builds community and nourishes people by producing food and allowing for hands-on experience."





Photo courtesy of: Good Earth Student Farm

The farm recognizes agroecology and sustainability as a mutually beneficial collaboration in an ever changing food landscape, both now and for the future.

**GESF offers produce such as: arugula, basil, cabbage, dill, eggplant, fennel, green beans, lettuce, peaches, onions, sweet potato and watermelon.**

Good Earth Student Farm spans six acres and works on a Community Supported Agriculture model, which allows members who invest their time, efforts and knowledge and in turn, get a share of its tasty harvest.

With its abundant supply of goods the farm is able to donate its bulk leftovers to Food at First, offering a free meal program and food pantry to the Ames community and its very own produce sale, allowing the community to purchase Good Earth produce. Anyone can visit their weekly sale at their new location east of Curtiss Hall from 11:30 AM-1:30 PM every Friday. Orders can also be placed ahead of time online, and produce will be bagged and ready for pick up.



Formerly known as The Student Organic Farm, Good Earth Student Farm is housed within the Horticulture Research Station, which is constantly completing research projects focused on all facets of raising food and supporting healthy ecosystems. The station is also active in local projects or crops, animal ecology of bees, fish, and turtles.

With the abundance of food Iowa produces, we are fortunate to have so many choices in purchasing products. In the case of the Good Earth Student Farm, we can also be a part of the uncommon opportunity to help grow the local produce through volunteer opportunities (see page 14.)

Through the farm, ISU students are learning fundamental knowledge of sustainable, organic and low impact produce methods and the Ames community has the unique opportunity to be a part of the experience. Even the smallest changes can impact your community, so have it be a positive one!

"We have had an exceptionally good season, and we hope our successors next year will continue to represent Good Earth Student Farm with the same values and practices," Shepard said.



## World Food Day: October 16

### An opportunity to support local abundance

#### 2017 Hunger Summit

Oct. 16 8 AM- 3:30 PM

Des Moines Marriott Downtown Hotel  
Gather with local Iowa leaders who are acting towards eliminating hunger. This event is free to the public!

#### 2017 Borlaug Dialogue International Symposium

Oct. 18 - 20, 1 - 4 PM

Marriott Downtown Des Moines  
Celebration of treating agriculture as a business and impacts of the farming industry around the world.

Celebrate this year's World Food Day and check out page 19 for more information!

Copy by: McClane Gill  
Photos by: McClane Gill



# GREEN OPPORTUNITIES

## DIG IN AT THE FARM

A part of living sustainably is enjoying locally-grown produce. The Ames Mustard Seed Community Farm needs volunteers to help with farm tasks and harvesting, every Monday-Friday, from 7-10 AM, through the end of October. In exchange for taking some time and getting a little dirty, volunteers are eligible to receive a Community Supported Agriculture(CSA) box of produce and herbs for helping with the harvest.



## MOVE TO END ARTHRITIS

Put on your running shoes and support a great cause! Sunday, Oct. 8 marks the 31st annual Run For The Roses



5K, 10K and Kid's Fun Run. Run for the Roses is hosted by the Ames Area Running Club and Alpha Omicron Pi sorority. The event begins at 9 AM

at the Ames Middle School and includes an omelet breakfast after the race. Preregistration is \$30 and day-of is \$35. All proceeds will be donated to The Arthritis Research Foundation. For more information visit the Run for the Roses Facebook page.

## CHALLENGE AMES BUSINESSES

Do you know a business that lives green? Encourage them to join the challenge and get certified as a Smart Business! The Smart Business Challenge is a special opportunity for businesses to assess, enhance and be recognized for their sustainability efforts. Participating businesses are doing their part toward a sustainable future. Learn more about the Smart Business Challenge and current Challenge participants on The City of Ames website, or contact the Smart Business Challenge Coordinators Taylor Silvestrini ([twss@iastate.edu](mailto:twss@iastate.edu)) or Scott Nemec ([snemec@iastate.edu](mailto:snemec@iastate.edu)).



## MAKE YOUR GREEN MARK

Got a green idea? The ISU Green Initiatives Fund provides student organizations with funding for sustainable initiatives and projects. The possibilities could range anywhere from adding more campus rain gardens to reducing ISU's carbon footprint. If they correlate to any of the three facets of sustainability (environmental, economic or social), the sky is the limit! The Green Initiatives Fund application deadline is Nov. 17, and can be accessed via ISU's Student Government website. For inquiries, email Lia Gomez, Director of Sustainability, at [lvgoomez@iastate.edu](mailto:lvgoomez@iastate.edu).



## DONATE TIME, FEED THE COMMUNITY



Have a passion for feeding the world? Start with your community and volunteer at the non-profit powerhouse, The Salvation Army's food pantry. Duties include stocking shelves and refilling items, assisting customers and providing general store assistance. To get involved, contact The Salvation Army office at (515) 233-3567 from 2:30-4 PM, Monday through Friday.

## MAP YOUR WORLD

When was the last time you saw your planet's surface from space? Bring your lunch and stop by the Durham Center from 11 a.m. to 1 p.m. on Oct. 12, for an Earth Observation Day event hosted by the Geographic Information Systems (GIS) facility. At this event, Daryl Herzmann, a systems analyst in agronomy, will talk about the Iowa Environmental Mesonet, a website that collects and displays environmental data for the state of Iowa. Additionally, there will be a humanitarian mapping project focused on areas recently affected by natural disasters. Online registration is available.



## BUILD YOUR CO-CURRICULAR TRANSCRIPT

Add volunteering to your ISU transcript! Now all of the great work you do outside of the classroom can be recognized, too. Through a new co-curricular transcript, your achievements become a part of your permanent transcript of your college accomplishments.





## SPEND THE DAY SERVING AMES

Iowa State's semi-annual day of service, CyServe Day, occurs both fall and spring semesters. You can volunteer the entire day or pick a shift with organizations like Nature Conservancy, Center Grove Orchard and Campustown Action Association, just to name a few. To stay up-to-date with CyServe, follow them on Facebook and get involved next semester. To find more volunteer opportunities, visit the Volunteer Center of Story County and make an impact every day.



## ENGAGE YOUR INNER LEADER

Want to learn about leadership and your opportunities as a leader? The Emerging Leaders Retreat (ELR) is tailored to all students and those interested in leadership. This free weekend retreat will be held Friday, Oct. 20, to Saturday, Oct. 21, at the Y-Camp in Boone, Iowa. If interested in this retreat, apply on the Student Activities Center's website.



## TAKE PRIDE AT AMES PRIDEFEST



Visit the Ames Pridefest website for additional information.

Celebrate our community's rich diversity by joining the festivities at the first annual Ames Pridefest. This event is held Oct. 14 from noon-6 PM at the Ames Bandshell Park. Entertainment, refreshments and informational resources will be provided. Visit the

## IMPROVE HEALTH FOR ONE AND ALL

Be a change agent for the health of people, animals and the environment on Oct. 14, from 9 AM to 5 PM at the University of Iowa. The ISU United Humanitarian Council will host the second annual Iowa One Health Conference. Registration costs \$15 and ends Oct. 13.



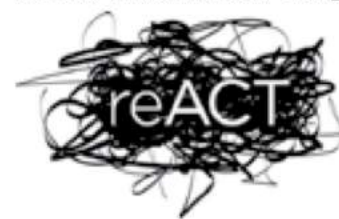
## PUT ON YOUR LEADERSHIP CAP ON

Empower yourself on Nov. 4, from 9 AM to 4 PM! Attend the Women's Empowerment and Leadership Conference (WE Lead) at the ISU Alumni Center. This event brings ISU and Central Iowa women leaders together to network and expand their leadership skills. The keynote speaker, Vanessa McNeal, will talk about the five topics of this year's conference, which include resilience, empowering yourself, self-care, empowering others and imposter syndrome. Priority registration deadline is Oct.



## LEARN ABOUT WATER AT REACT

The Ames American Alliance of Museums presents the second installment of the reACT Gallery from Oct. 23 to Nov. 17. Housed in Morrill Hall, this exhibition is an ode to water with art pieces that illustrate the importance of water and how it brings life to our planet. Other programming in conjunction to the exhibition is a film screening of "A Gathering of Water: The Rio Grande, Source to the Seas" (Nov. 27) and a lecture of Muhammad bin Faisal's "Frozen Fantasies of Antarctic Arabia" (Nov. 15).



## HELP END WORLD HUNGER

World Food Prize week is an annual October tradition in Des Moines. There are plenty of ways to get involved!. Oct. 9 marks the deadline for the Borlaug student poster competition. Posters must illustrate work surrounding world food issues. On Oct. 16, from 8 AM to 3:30 PM the Iowa Hunger Summit takes place. Leaders from across Iowa come to discuss and participate in projects to confront hunger. Finally, the 2017 Borlaug Dialogue, "The Road out of Poverty" is Oct. 18-20. A myriad of speakers will be discussing topics surrounding food and agriculture around the world.



THE WORLD  
FOOD PRIZE



# MONTHLY CHALLENGE

The Challenge section of the newsletter is a new installment. Every month there will be a new challenge to pursue. This new addition is intended to challenge you to strive toward an even healthier, more sustainable you. October is **International Walk to School Month**. Although beginning as a way to engage K-12 students, the intent is for all ages. Your challenge: walk to class, to work, to do errands, as an outing with friends, as well as, to recharge yourself. Use the chart below as a template for your walking success.

## OCTOBER: WALKING CHALLENGE



S	M	T	W	T	F	S
1 WALK TO CLASS 	2 	3 	4 	5 	6 	7 ▶
8 WALK TO WORK 	9 	10 	11 	12 	13 	14 ▶
15 WALK TO THE STORE 	16 	17 	18 	19 	20 	21 ▶
22 WALK WITH FRIENDS 	23 	24 	25 	26 	27 	28 ▶
29 WALK IN A PARK 	30 	31 ▶	<b>DOING YOUR BODY (AND THE PLANET) SOME GOOD</b> <ul style="list-style-type: none"><li>- IMPROVES AIR QUALITY</li><li>- INCREASES CREATIVITY</li><li>- REDUCES STRESS LEVEL</li><li>- INCREASE ENERGY LEVEL</li><li>- BOOSTS IMMUNE SYSTEM</li></ul> <p>BY REDUCING CARBON EMISSIONS FROM TRANSPORTATION BY PRODUCING TWO TIMES MORE CREATIVE IDEAS THAN SITTING BY WALKING IN NATURE TO ENTER A MEDITATIVE STATE BY 20 PERCENT AND DECREASES FATIGUE BY 65 PERCENT BY KEEPING COLDS AT BAY WITH 30-40 MINUTE WALKS</p>			



# TAKE A HIKE

## ENJOYING THE ABUNDANT OUTDOORS

### **McFarland Park**

This gorgeous 200-acre county park is about 15 minutes north of Ames. The park offers 5.5 miles of natural surface trails, picnic areas, shelters and fishing docks. Its 6.5 acre lake offers amenities for a variety of activities. There is also a supervised youth campsite that is available for a fee of \$20 a night and registration is available [online](#).



Photo by Live Green!

### **Brookside Park**

This local park is located east of Iowa State's campus and is a sport lover's haven. This beautiful wooded area houses baseball fields, basketball courts, sand volleyball courts, tennis courts and a skate park, as well as picnicking areas with grills and shelters. These amenities allow the community to take advantage of the beautiful fall weather



### **Ledges State Park**

One of Iowa's signature parks, Ledges State Park is a short 20 minute drive west to Boone, and is best known for majestic sandstone cliffs intermingling among dense woodland areas. The park is filled with hiking, biking and driving trails that offer multiple picturesque vistas. Lost Lake Trail is the park's most popular with its famous view of the Des Moines River.



### **Ada Hayden Heritage Park**

This Ames park is located 15 minutes north of Ames offering picnic areas and a lake suitable for canoeing, kayaking, stand up paddle boarding and fishing. The park has five separate trails, varying in difficulty, views, and distances. The Figure 8 is the longest trail at 3.2 mi., which is perfect for walkers, runners, bikers and in-line skaters.



Photo Courtesy of: City of Ames



# GREEN-IT-YOURSELF

Give the household items you have in abundance a new life by up-cycling them for an alternative purpose.

## ECO FRIENDLY DRYER SHEETS

Make doing laundry customizable with reusable dryer sheets!

**Supplies:** 1/2 cup vinegar, 8 drops of desired scent of essential oil, seal-able container, and re-purposed cotton material (T-shirts, towels, etc.)

1. Cut cloth in small sections, about 6x3 inches.
2. Mix together the vinegar and essential oil in a small bowl.
3. Pour the mixture over the cloth sections until they are damp, but not soaked.
4. Store damp sections in seal-able container until ready to use.

**To use:** Remove a sheet from the container, squeeze any excess liquid back into the container and toss into the dryer with laundry. When the drying is finished, place the reusable sheet back in the container to use it again! As sheets dry out, refresh them by repeating steps 2-4.



## COLORFUL MAGAZINE COASTERS

Give old magazines new life by re-purposing them into colorful coasters!

**Supplies:** Magazine pages, glue, chip-clips

1. Fold a magazine page into a 1/4 inch strips until it becomes the desired thickness that allows you to easily roll it into a circle.
2. Glue the folded edge and cut off any remaining part of the page. Roll it into a circle while adding glue to keep intact.
3. Continue to repeat steps 1-2 until the desired diameter of coaster is achieved.
4. Clip with chip-clip and allow coaster to dry.

**To use:** Use these fun, colorful coasters over and over for various beverages and continue to use and add to your collection.



## HANGING BIRD FEEDERS

Attract birds with homemade bird feeders crafted from toilet paper rolls.

**Supplies:** Peanut butter, birdseed, yarn or string, scissors, hole punch, butter knife, empty toilet paper rolls for as many bird feeders desired.

1. Cut string or yarn to the desired hanging length. Hole punch two opposite holes at the top of the toilet paper roll. String the yarn through them and tie it off in a loop for hanging.
2. Use the butter knife to spread a layer of peanut butter on the toilet paper roll. Then roll in bird seed to cover peanut butter.
3. Allow rolls to dry before hanging.

**To use:** Hang in outdoor locations, if possible, that offer easy access for birds and great viewing for you!



FOR MORE GIY 



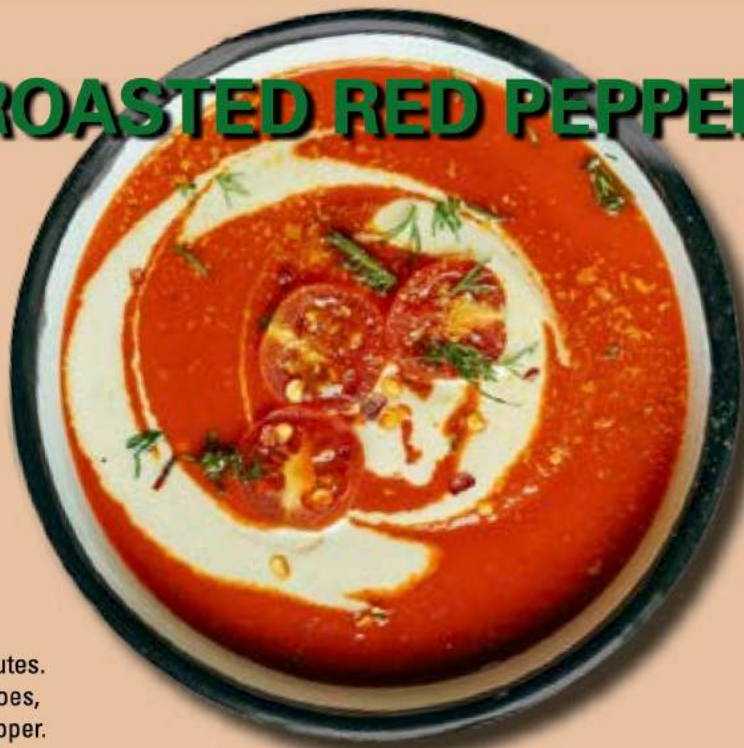
# AUTUMN EATS: AN ABUNDANT ENERGY FUTURE

## SERVES: 4-6

- 1 28-oz. can crushed or peeled tomatoes in juices
- 1 6-oz. can tomato paste
- 1 cup water
- 1 14-oz. can light coconut milk
- 1 1/2 Tbsp. dried dill
- 1 Tbsp. garlic powder
- 1 tsp dried basil
- 1/2 tsp each sea salt and black pepper
- 3-4 Tbsp. coconut sugar or Stevia
- 2 large roasted red bell peppers

1. Add all ingredients, besides roasted red pepper, to large pot and bring to a simmer. Then add peppers.
2. Transfer to blender to purée soup.
3. Then transfer back to pot and bring to a simmer over medium-low heat.
4. Let simmer on low for at least 10 more minutes.
5. Top with croutons, fresh dill or basil, tomatoes, cheese, red pepper flakes and/or black pepper.

## ROASTED RED PEPPER

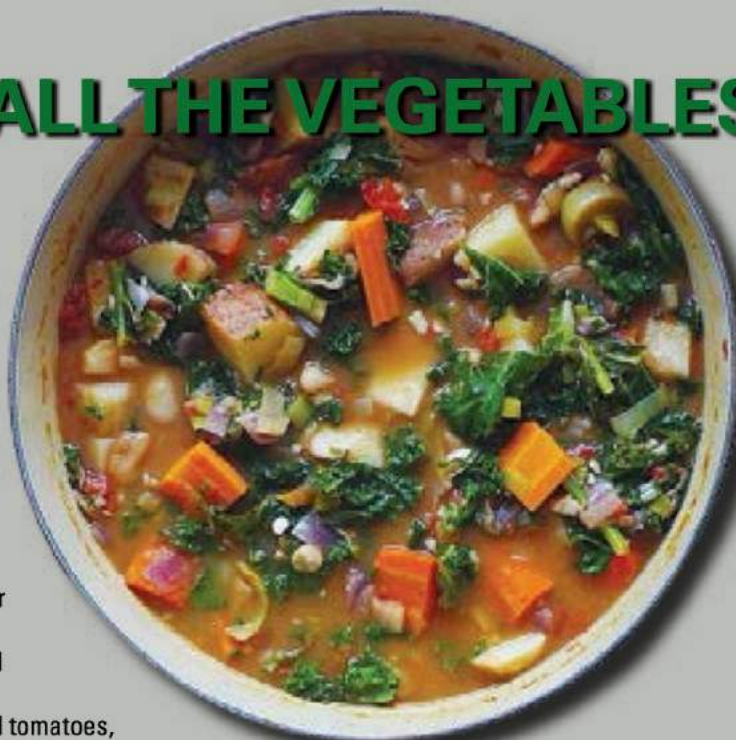


## SERVES: 8

- 2 cans cannellini beans, rinsed, drained and divided
- 4 cups water
- 2 tablespoons coconut oil
- 1 Tbsp ground cumin
- 2 Tbsp ground coriander
- 1 tsp ground cinnamon
- 1 medium red onion, diced
- 3 leeks, white stalk cut into thin rings
- 4 large cloves garlic, minced
- 2 medium red potatoes, diced
- 4 large carrots, peeled and diced
- 1 head celeriac, peeled and diced
- 1 1-oz can diced tomatoes
- 3 cups kale, chopped

1. Blend 1 can cannellini beans with 4 cups filtered water in blender. Set aside.
2. In a large heavy pot, heat coconut oil over medium-high heat until just hot.
3. Add cumin, coriander, and cinnamon and stir until fragrant, 30 seconds.
4. Stir in onion and leek and sauté, stirring until vegetables are soft, about 6 minutes).
5. Add garlic, potatoes, carrots, celeriac, diced tomatoes, bean puree and remaining cannellini beans and boil.
6. Reduce heat to low, cover, and simmer, 30 minutes.
7. Remove from heat, stir in kale until wilted.

## ALL THE VEGETABLES





# OCTOBER CALENDAR

09

## **Washed Ashore: Art to Save the Sea** **Reiman Gardens 6-8 PM**

View the feature film of the Washed Ashore project and art exhibit constructed re-purposed plastic marine debris, free to the public!

11

## **Artful Yoga** **1017 Morrill Hall 5:30-6:30 PM**

Grab your mat and head to this enriching yoga experience inviting artistic perspective into yoga. The event is free, but [online registration](#) is required.

12

## **Nature at Noon - Climate Change** **Reiman Gardens 12-1 PM**

Bring your lunch to Reiman Gardens to enjoy a free nature-based education program learning about their current theme: Water.

14

## **Biking & Camping at Ledges State Park** **Ledges State Park October 14-15**

[Registration](#) ends Oct. 9 for a weekend bike ride to Ledges State Park with overnight camping and barbecue getaway.

16

## **Norman Borlaug Lecture: World Food Prize Laureate Akinwumi Adesina** **Memorial Union, Great Hall 8 PM**

Learn about the triumphs and corruption Nigeria has faced in the past 40 years.

21

## **Spirits in the Gardens** **Reiman Gardens 4 PM-9 PM** **October 21 & 22**

Celebrate with Trick or Treat night open to all ages, among 650 carved Jack-O-Lanterns, and enjoy storytelling by the Ames Public Library. Don't forget to bring a bag for candy!

## **Fall Yard Waste Free Day** **400 Freel Drive Ames 8 AM-4 PM**

Participate in free leaf disposal will be available on certain Saturdays through December. These free dates continue on Nov. 4 & 18 and Dec. 2.



22

## **Iowa State Homecoming Parade** **Main Street 2 PM**

Gather with students, alumni, ISU faculty and staff and community members to celebrate Homecoming in downtown Ames.

23

## **Sewing Lessons** **Memorial Union Workspace 6-9 PM**

Gain clothing repair skills to breathe life back into your tattered treasures.

24

## **Introduction to Rock Climbing** **State Gym 6-8 PM**

[Register](#) by Oct. 23 for an introductory class that will teach you the basics of rock climbing.

28

## **Caving at Maquoketa State Park** **Maquoketa State Park** **October 28-29**

[Register](#) by Oct. 23 for this getaway to explore and hike the beautiful caves of the park through Iowa State Recreational Services.

30

## **"Food Evolution" Documentary** **Memorial Union, Great Hall 7 PM**

Come to the showing of this documentary film of the wrestling emotions behind GMOs and food.

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### *The North Grand and Ames Main Street Farmers'*

Markets will be continuing through Oct. 28.

**North Grand**  
(Wed. 3-6 PM &  
Sat. 8 AM-12 PM)

**Main Street**  
(Sat. 9 AM-12:30 PM)



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Have a sustainability highlight, accomplishment, or event to feature? Contact the Marketing and Communications Team!

McClane Gill | [mgill@iastate.edu](mailto:mgill@iastate.edu)  
Morgan Thompson | [morgant@iastate.edu](mailto:morgant@iastate.edu)



# LIVE GREEN! MONTHLY

**"Wholesome action  
[toward] healing  
self takes effort."**

**- Thich Nhat Nanh**





# WHAT'S INSIDE

**LIVE  
GREEN!**

IOWA STATE  
UNIVERSITY

- 04 >>** **Living Cardinal, Gold & Green**  
Discover how ISU's Food Recovery Network takes a stand against hunger.
- 
- 06 >>** **Celebrating the Power of Kindness**  
Extend kindness to others, as well as yourself, on Nov. 13.
- 
- 08 >>** **Now You Know**  
Learn about the logic, history and vision behind Daylight Savings Time.
- 
- 10 >>** **Impacting Community, Shopping Local**  
Engage and support your community through local shopping.
- 
- 11 >>** **Monthly Challenge**  
Challenge yourself to offer, create and extend kindness.
- 
- 12 >>** **Continuing to Make Waves**  
Reflect on the 2017 National Campus Sustainability Day.
- 
- 13 >>** **Green Opportunities**  
Inspire green connections through events and opportunities.
- 
- 14 >>** **Green-It-Yourself**  
Create crafts using up-cycled materials from your refrigerator.
- 
- 15 >>** **Reviving Thanksgiving Leftovers**  
Repurpose your Thanksgiving Day leftovers into new, tasty meals.
- 
- 16 >>** **November Calendar**  
Explore this month's calendar full of exciting events.

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



Photo by McClane Gill

This year's National Campus Sustainability Day celebrated Iowa State's and Ames' sustainability efforts, organizations and opportunities. Participants were encouraged to share how they pledged to live sustainably, meet local organizations and learn about their sustainability efforts, as well as win green prizes in interactive activities. For a recap of this year's Make Waves themed celebration, see Page 8.

## 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 sustainability.

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





# DIRECTOR'S MESSAGE

November is the month that especially tugs at us to pause, reflect and immerse ourselves in considering all for which we are thankful. Among the many things that come to mind, a commonly-shared gratitude among all ages, income levels and professions is that of health and well-being -- the components of a wholesome life.

Though originating at a very personal level, our individual journeys of thankfulness and reflection identify infinite connections well beyond our daily space and time -- connections related to the health and well-being of our communities, the economy, as well as the environment. In short, our journeys encompass the facets of a sustainable future -- our collectively wholesome life.

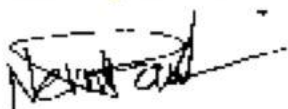
This month's issue of Live Green! Monthly features the diversity of ways wholesomeness nurtures us as we extend it to others at Iowa State University and throughout the Ames community. From championing food waste diversion to supporting local businesses to battling hunger and ensuring shelter security, we are all offered unique and personal opportunities that bring about such significant and life-altering change.

As well as reminding us of the influence of even the simplest of actions, this month's issue also challenges us to commit some time each day to completing an act of kindness -- giving back and paying forward to ensure wholesomeness, a priceless gift to give and a timeless legacy to leave.

As our cover notes, wholesomeness takes effort. This effort comes from those we may never meet, and is given to needs and causes that we may never personally see come to fruition. It is in this lack of knowing that wholesomeness comes full circle; when we give truly for the sake of giving (not to any one person or thing), the foundation upon which a sustainable future is grounded begins to emerge.

In gathering with friends and family in thanks and reflection this month, take note, as well, of the infinite components (people, places and experiences) that nurture and support our collective and interconnected journey together as we strive toward a sustainable and wholesome future. Without a doubt, I am certain they make a most impressive ripple!

Yours in **green-ness**



Merry Rankin



Photo by McClane Gill

**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:** *Wholesome Connections, Wholesome Legacy*

Iowa State University was founded on a wholesome vision and continues to fulfill this through a plethora of opportunities. Images on this month's cover focus on a few of the selfless, dynamic and kind connections that celebrate our wholesome past, present and future.



# STUDENTS LIVING **CARDINAL, GOLD AND GREEN**

Iowa State University offers a diversity of opportunities for students to get involved. With more than 850 student organizations available, Iowa State has much to offer in the realm of clubs and organizations. From engineering to advertising to ukulele, Iowa State ensures students

## FOOD RECOVERY NETWORK

can be engaged in organizations that are catered to their hobbies, majors and passions.

With Thanksgiving (Nov. 23), National Philanthropy Day (Nov. 15) and Giving Tuesday (Nov. 28) right around the corner, November is a time to reflect on all we have for which to give thanks, as well as for those not having opportunities that are available to us.

In addition to being thankful, November is the opportunity to give back. One specific club that goes above and beyond to give back to Iowa State and the Ames community is the newly-formed Food Recovery Network.

This organization is the largest student movement against hunger in the United States. Its goal is to unite college students on campuses across the nation to fight hunger and feed people. With a total of 230 chapters in 44 states, including the District of Columbia, more than two million pounds of food have been diverted from landfills.

This national network not only diverts food from landfills, but also recycles and recovers food. College chapters are partnering with campus dining centers, cafes, catered events and local networks to recover unused, perishable food with the intent to donate that diverted food to those in need in their communities.

"Empowering students to act rather than ignore a problem creates a more wholesome student body and campus."

According to the Food and Agriculture Organization (FAO) of the United Nations, food waste is defined as lost or wasted food throughout the entirety of the supply chain -- from initial production to final household consumption. Each year, about 40 percent of food is wasted. That equates to nearly 300 pounds of food wasted per individual, and the equivalent of \$1,500 lost for a family of four.

For example, wasting food has a significant impact on air quality. Food waste is not only breaking the bank, it is also costly to the environment. Landfills plagued with rotting food are faced with methane gas, a common greenhouse gas released during decomposition, 25 times more powerful than carbon dioxide.

An especially alarming reality is that twenty-one percent of landfill intake is food waste -- especially when, in 2016, 12.7 percent of Americans were considered food insecure, according to Feeding America and World Hunger. Ames faces these same challenges, and the ISU Food Recovery Network is focused on solving them.

"Empowering students to act rather than ignore a problem creates a more wholesome student body and campus," said Autumn Rudlong, ISU Food Recovery Network president.

Established by ISU student Autumn Rudlong in September 2015, the ISU Food Recovery Network recovers food waste from ISU dining cafes

and partners with Food at First, a free meal program and perishable food pantry in Ames, that distributes food throughout the community. With only two years under its belt, ISU's Food Recovery Network has already recovered 7,923 total pounds of food.

"[ISU Dining] changes its menus and options to address the students' desires and dietary needs," Rudlong said. "Because of this, the dining centers offer more food options, thus creating more waste. The Food





Recovery Network opens the door for university students to confront the consequences of their food requests, which is waste."

Rudlong first found out about this national organization while taking a food issues course at Iowa State. She did not realize food waste was such a major concern in the



U.S. When introduced to the Food Recovery Network, she knew she had to bring it to Iowa State. She

immediately contacted the national organization and started her own chapter.

In 2015, the Food Recovery Network was recognized nationally by its parent organization, but wasn't recognized as an ISU student organization until 2017. This made it difficult to receive funding. However, through the establishment of the Student Government's Excellence Fund, the Food Recovery Network received \$408 to purchase 12 reusable food bins to aid in the collection of food on campus and the delivery of that food to Food at First.

The Food Recovery Network has taken it upon itself to reduce food waste on Iowa State's campus. Not only does this organization work with ISU Dining to recover unused food, it also teams up with campus events that accumulate perishable food. This past semester, the Food Recovery Network partnered with the College of Agriculture and Life Sciences (CALS) for its ISU CALS Week and College of Human Sciences (CHS) for its CHS Week.

The Network also collaborated with the World Food Prize's Iowa Youth Hunger Summit last spring. CALS and CHS Week yielded around 300 pounds of recovered food, and the Iowa Youth Hunger Summit

yielded roughly 80 pounds. It goes without saying that Rudlong has worked tirelessly to lay a foundation for the Network to flourish in the future. Although she will graduate soon, her passion for food security runs deep.

"Although my time will end with Food Recovery Network at Iowa State, my passions for fighting food waste will never be assuaged," Rudlong said.

She plans to attend graduate school and pursue a degree in International Food Science and Food Waste Solutions with the hope of conducting research with the FAO. She is excited to build on previous research experience with the FAO, a defining chapter of her life that steered her in the direction of global sustainability and solving world food issues.

Through her years of being president of the Food Recovery Network, coupled with FAO research, Rudlong has transferred many techniques to increase sustainability and food waste reduction in her daily life. For example, she makes a fridge inventory before grocery shopping and encourages friends and family to eat and not waste the food they already have. Most impressively, she takes every opportunity to educate others about the benefits of reducing food waste, the most significant thing she feels she can do.

"Being sustainable is important because the earth is the greatest legacy we can leave," she said. "Leaving things better than receiving them is always something I was taught growing up, and it will continue to be something I strive to teach others."



## AUTUMN RUDLONG

**HOMETOWN:**  
Ham Lake, MN

**WHY FOOD SCIENCE?**  
"Growing up, I loved watching shows like 'Unwrapped' and 'How It's Made.' After digging around into different career paths, I found food science."

**FAVORITE SUSTAINABILITY QUOTE:**  
"Sustainability is no longer about doing less harm. It's about doing more good." - Jochen Zietz

**WHAT HAVE YOU LEARNED?**  
"Starting and developing the Food Recovery Network has taught me you don't always need to know what to do or how to get there - you just have to push past the barriers and do it."

**MAJOR:**  
Food Science

**GET INVOLVED:** To learn about volunteering opportunities and how to get more involved, attend the Food Recovery Network's next meeting, Nov. 16, at 5:30 p.m. in room 2319 of the Food Science Building, or contact Autumn directly at [arudlong@iastate.edu](mailto:arudlong@iastate.edu).

## TIPS ON SAVING

### 1. KNOW ABOUT EXPIRATION DATES.

Dates indicate peak freshness. If it looks, smells and tastes fresh, it's OK to eat.

### 2. BUY THE UGLY PRODUCE.

"Ugly" produce taste the same as "attractive" produce, yet people stay away from them, thus creating waste.

### 3. EAT LEFTOVERS.

Eat them for dinner or brown bag them for lunch on campus. Don't want to eat them right away? Freeze them.

### 4. USE IT ANYWAY.

Soft fruit can be used in smoothies, and wilted vegetables can be used in soups.

Copy and infographics by Morgan Thompson



# CELEBRATING THE POWER OF KINDNESS

## NOV. 13: WORLD KINDNESS DAY

What comes to mind when thinking about sustainability? Maybe reducing, reusing, recycling and recovering? Or walking more often than driving? These ideas are correct -- however, sustainability does not have to be so obvious. Sometimes the most sustainable thing we can do is offer kindness to others and ourselves.

World Kindness Day is Nov. 13, giving precedent to being kind for the month of November and reminding us of the power and significance of being kind. From a young age, a common phrase parents offer their children as they begin their day is to "be kind and be good."

Being kind (and good) to those around us and ourselves promotes a healthy balance between us all and our planet home. When interacting with and trying to achieve environmental sustainability, being kind is one of the most instantaneous ways to achieve this.

Being aware of the environment is just one step toward achieving kindness. It is vital to ensure the present, while still being thoughtful of the future. The Boy Scouts of America's slogan,

"leave no trace," best describes this culture. The earth remains through countless generations; keeping it beautiful and healthy for those who follow us is one of the kindest acts we can leave.

Accomplishing this does not require a lot of effort or resources. Starting as small as picking up a piece of trash contributes to environmental sustainability. Turning off lights, using reusable water bottles and showering for shorter periods of time are all ways to be environmentally kind. Little tweaks here and there can create a snowball effect.

Social sustainability is also a vital component of ensuring a sustainable future. Friends, family and strangers are all part of our social system. Kindness is an antidote to fear. Therefore, to achieve sustainability, kindness is key. From using manners to engaging and encouraging those who are different than you, offering kindness toward others is easily achievable and can make an incredible impact.

World Kindness Day is not the only day in November to remind us of the power and importance of kindness. National Hunger and Homelessness Awareness Week is Nov. 11-19. Why not use this week to fight for social sustainability and help those in need?

There are multiple opportunities to help the hungry and homeless in Ames. Food at First is a free, local meal program and perishable food pantry with a goal of combatting hunger and feeding the community. To achieve this, Food at First serves a daily meal and offers a drop-in food pantry to anyone who needs help making ends meet. There are additional resources to connect people to food



### NOVEMBER KINDNESS OPPORTUNITIES

#### 1 STRESS AWARENESS DAY

Stress Awareness Day was established by the International Stress Management Association (ISMA) to provide information on ways to combat stress.

#### 11-19 NATIONAL HUNGER AND HOMELESSNESS AWARENESS WEEK

This is a week for people across the country to come together and spread awareness of the issues of hunger and homelessness.

#### 13 WORLD KINDNESS DAY

World Kindness Day's mission is to inspire individuals toward greater kindness and to connect nations to create a kinder world.



throughout Story County including an extensive [list of food pantries](#).

Services that provide shelter for those battling homelessness are also available in Ames community. The Emergency Residence Project is one organization providing this service. As well as offering shelter and helping to prevent individuals from becoming or remaining homeless, the Emergency Residence Project also offers food to its residents.

Their goal is to involve the community in the provision of services to the homeless and to foster the conditions that prevent homelessness. In addition to its services, the Emergency Residence Project website hosts a number of additional local resources that are available to assist the Ames community in addressing the challenges of shelter security. In addition to its services, the [Emergency Residence Project website](#) hosts a number of additional local resources that are available to assist the Ames community in addressing the challenges of shelter security.

Providing donations of food, supplies and money, as well as volunteering, helps combat hunger and homelessness. Food at First is always looking for help with its pantry and making and serving food. Additionally, volunteers at the Emergency Residence Project aid in home repairs, cleaning, painting and yardwork.

With social sustainability comes self-sustainability. Nov. 1 marked Stress Awareness Day. Being kind to one's self allows us to be kind to others. Stress negatively affects the body, mind and behavior of a person, which can result in various health problems and considerable economic costs. Dealing with stress in healthy ways ensures kindness to ourselves in a number of ways.

Dealing with stress boosts immune systems, lowers heart rates and improves mental health. Not dealing with stress is costly. U.S. businesses lose around \$300 billion every year because at least half of the American workforce is negatively impacted by stress. Anxiety and depression are symptoms of not dealing with stress, and

according to the Health Affairs Journal, account for \$201 billion of all medical spending in the U.S.

The world is interdependent. There would not be food on our tables or roofs over our heads if it was not for the kindness and commitment from those we may never meet. Kindness has a chain effect. Do something kind for someone, and they will do the same for someone else. This will create a butterfly effect, spreading kindness infinitely.

World Kindness Day is a reminder that sustainability is a result of being kind to yourself, your community and the world around you. Let the month of November help to remind us all of the power of kindness. To kick off kindness, the Monthly Challenge (Page 11) is in recognition of this day. The Challenge's kindness calendar can be used again and again to continue kindness beyond November. A sustainable life has a foundation in kindness.

## 4 Ways to Promote Self Kindness

-  **write it down**  
Writing is a calming way to confront stress and an easy way to meditate and reflect on what is causing stress.
-  **drink tea**  
Drinking black tea leads to lower post-stress cortisol levels and a greater feeling of relaxation.
-  **light a candle**  
Aromatherapy stimulates many parts of the brain that are in charge of moods and emotions.
-  **play music**  
Slow, classical music slows your pulse and heart rate, lowers blood pressure and decreases stress levels.

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# NOW YOU KNOW:

## THE HISTORY AND LOGIC OF DAYLIGHT SAVINGS TIME






Most Americans, as well as 60 other nations around the world, join in on the act of changing their clocks and catching an extra hour of sleep for the bi-annual event of Daylight Saving Time (DST), commonly referred to as Daylight Savings Time. This ritual of turning your clock an hour twice a year seems instinctive to most, but it is a fairly new, phenomenon that has taken off in the past decades.

Benjamin Franklin's satire in 1784 stated an idea that "an immense sum that the city of Paris might save every year, by the economy of using sunshine instead of candles." This encouraged residents of Paris to change their schedules to wake up earlier, conserving candle usage at night, according to [History.com](http://History.com). Over time, the world has taken hold of DST and revolutionized it into a sustainability initiative for the economy and environment.

Contrary to popular belief, it was not Franklin who started DST; it was George Hudson, a New Zealander who first proposed to make a regulation for the idea of changing the schedules of people all across the world. Hudson, who studied insects after his regular day job, wanted more after-hours daylight to spend time doing his beloved hobby. But his efforts only sparked a conversation of people around the world to initiate DST.

The German Empire was the first to adopt DST in 1916, in an effort to ration coal during World War I by taking advantage of as much natural light as possible. The

### Adjusting to and Reaping the Benefits of Daylight Savings Time

-  Light, especially sunlight, helps adjust your body's clock. Enjoy a walk to start your day.
-  Start adjusting your sleep schedule a week in advance by going to bed an hour earlier.
-  Open curtains in your home that are southern-facing to heat your home naturally to save energy.
-  Lower the temperature of your thermostat when you are away during the day or asleep to lower energy use.
-  Wash your windows inside and out to enable maximum sunlight to enter your home to naturally warm it.
-  Eat dinner earlier to adjust your body to your new eating schedule.

### A BRIEF HISTORY OF U.S. DAYLIGHT SAVINGS TIME

1883

The United States adopts Standard Time.

1918

During World War I, Daylight Savings Time is established to run for seven months to conserve electricity. Law is dropped after the war ends.

1942

President Franklin Roosevelt enacts a year-round Daylight Savings Time that lasts three years during World War II.

1966

Congress establishes an official beginning and end date for Daylight Savings Time through the Uniform Time Act of 1966.

1973

Congress enacts the Emergency Daylight Saving Time Energy Conservation Act that extends Daylight Savings Time to eight months.

world began to follow, with most of Europe adopting the new-found system the same year, and the United States following in 1918. The short-lived boom of DST ended in the United States after World War I because the original use, saving energy, was not needed after the war. Justification for the time change came back in full swing in the beginning of World War II and during the energy crisis of the 1970s.

Most Asian and African countries do not participate in DST, yet many other nations have realized the abundance of benefits. In 2013, Russia started legislation to establish DST after its termination in 2011, because of the limited natural daylight in the winter.

"In remote regions, the situation has reached the point of absurdity; children don't see the sun," said Maxim Shingarkin of the Russian Liberal Democratic Party in an article from [The Moscow Times](http://TheMoscowTimes).

The United States has continued to maintain the ritual of DST (with a few exceptions), through bi-annual time changes to "spring forward" in March and to "fall back"



## Daylight Savings Time Around the World

in November, subsequently engaging more than 300 million Americans. Hawaii, Arizona, Guam, Puerto Rico, the Virgin Islands and certain Amish communities in the United States, however, choose to not participate in DST, mostly because of the abundance of pure sunshine all year round.

Though DST was originally created to develop increased natural sunlight, it has flourished into a world-wide sustainable event. With growing sustainability considerations and concerns, DST offers multiple benefits.

**FUN FACT:** DST is housed under the Department of Transportation, because of the dramatic decrease in traffic accidents correlated to increased natural light for drivers.

The original environmental push that conceived DST was to decrease energy use through lighting. According to [Popular Mechanics](#), energy use has shifted over time; however, today, lighting in the United States only accounts for 10 percent of the nation's energy use. Instead, energy use is more prevalent for needs including heating, cooling and transportation.

That being said, a [study](#) done by the U.S. Department of Energy found that the United States consistently saves an estimated 0.5 percent of electricity per day during DST. This seemingly small percentage equates to 1.3 billion kilowatt-hours of saved energy per day, enough energy to run a dishwasher in every single home in America for more than a week.

Although not so popular with everyone, DST saves the United States hundreds of millions of dollars for reasons that originally would not come to mind. Findings from the [Brookings Institute](#) found there is a seven percent decrease in crime in the country during DST. This results in an estimated \$246 million in savings to communities in medical, law enforcement and prosecution costs. A hefty percentage of that is the \$59 million in savings from the number of decreased robberies during this time because of the increased length of natural daylight.

■ PREVIOUSLY OBSERVED DST  
■ OBSERVES DST  
■ NEVER OBSERVED DST



Additionally, there is a huge boost in civilian spending across the country from the extra hour of sunlight. The increased sunlight encourages Americans to be active outside of their homes and spend money, giving small businesses and the economy an extra revenue boost.

Testing this theory in 2013, [JPMorgan](#) compared Los Angeles and Phoenix for the 30 days following the end of DST in November. Los Angeles, which participates in DST, had an increase in profits of small

***"[a] seemingly small percentage [that] equates to 1.3 billion kilowatt-hours of saved energy per day, enough energy to run a dishwasher in every single home in America for more than a week."***

businesses and overall revenue, while Phoenix, which does not participate in DST, remained unchanged in their small business sales and revenues.

The continuation of DST is facilitating the growth of sustainability efforts around the world. The wholesome well-being of the United States is allowed to cultivate during this time because of the natural intertwining of sustainability efforts and simple changes to Americans' everyday lives.



# IMPACTING COMMUNITY, SHOPPING LOCAL

## SMALL BUSINESS SATURDAY, NOV. 25

Since the introduction of Small Business Saturday (SBS) in 2010, the “little sister” of Black Friday has grown to be the biggest revenue day for small businesses around the United States. Many positive attributes come with Small Business Saturday, including smaller crowds, shorter lines, the ability to directly give back to the local community and the environment and much more.



***“Non-profit organizations are more likely to receive, on average, 250 percent more financial support from smaller businesses compared to larger businesses.”***

Last year, an estimated 112 million Americans shopped at small businesses and independent stores on SBS. According to the Huffington Post, this created an impressive revenue of \$15.4 billion for small businesses. One-third of Americans participated in supporting a local business on the Saturday following Thanksgiving Day.

According to Ambia News, every dollar spent at a local business returns three times more back to its community when compared to the traditional chain store model. In addition, local businesses typically acquire less land and are located in and closer to residents and neighbors, therefore reducing land consumption and creating less air pollution by decreasing travel time for shoppers. A local shopping experience can also result in less demand on roads,

sewers and public services, such as police, fire and medical. This results in an efficient way of shopping and increased tax revenue per sales dollar.

Supporting local businesses also supports and encourages local job opportunities. Small local businesses are the nation’s largest employer, providing the most jobs to local residents than any other type of industry.

With the increase of profit support from the community, small businesses are often able to donate more to the community, as well. As noted by Sustainable Connections, non-profit organizations are likely to receive, on average, 250 percent more financial support from smaller businesses compared to larger ones.

In the Ames community, local businesses are taking the benefits of local shopping to the next level by participating in the Smart Business Challenge. The Challenge encourages businesses to practice sustainability while supporting the Ames community in ways like reducing their individual carbon footprint, minimizing their waste and participating in overall community engagement. Through taking part in this initiative, local businesses are not only giving back to their community, they are paying forward toward a sustainable future. Learn more about the Smart Business Challenge and local businesses taking part.

This holiday shopping season, look for businesses that are family-owned, showcase local partnerships and are located locally. By supporting Ames’ small, businesses this season, you can give back in a multitude of ways right in your own “backyard.”

### Find Small Businesses Near You

In Ames, search for local businesses on the Ames Chamber of Commerce.

To find local businesses in other communities, visit the National Chamber of Commerce website.

★ ★ ★  
SMALL BUSINESS  
**SATURDAY**  
NOV 25

Copy by: McClane Gill





# MONTHLY CHALLENGE

This month's challenge is centered around World Kindness Day, which is observed on Nov. 13. In celebration of this day, challenge yourself to do small, random acts of kindness throughout November. Use this chart to set a daily goal of one small act of kindness. Go day to day, check off as you go, skip around or use these as inspiration for your own acts of kindness. Take any amount of time, resources or effort. No act of kindness is too small!

## NOVEMBER :KINDNESSCHALLENGE

S

M

T

W

T

F

S



**1**  
Write a letter to a relative.

**2**  
Leave a "thank-you" note for a civil servant.

**3**  
Text three friends and tell them you appreciate them.

**4**  
Donate old towels to a veterinary clinic.

**5**  
Pay it forward at a drive through.

**6**  
Use a reusable cup for your morning drink.

**7**  
Purchase local produce.

**8**  
Volunteer to read at a local elementary school.

**9**  
Donate clothing to ACCESS.

**10**  
Compliment five random people.

**11**  
Volunteer at a local animal shelter.

**12**  
Take a walk and pick up litter along the way.

**13**  
Donate to a charity.

**14**  
Bake treats for your office.

**15**  
Eat a healthy snack.

**16**  
Hold the door open for someone.

**17**  
Volunteer at Goodwill.

**18**  
Plant a tree in your community.

**19**  
Donate a toy to a local charity.

**20**  
Donate canned goods to The S.H.O.P.

**21**  
Give up your seat to someone on the bus.

**22**  
Thank a police officer, soldier or firefighter.

**23**  
Mail a surprise to a family member.

**24**  
Walk to class or work.

**25**  
Volunteer at a local food bank.

**26**  
Treat yourself to something special.

**27**  
Donate blood.

**28**  
Hug your friend.

**29**  
Shorten your shower by five minutes to conserve water.

**30**  
Find a pen pal at a nursing home.





# CONTINUING TO MAKE WAVES

## NATIONAL CAMPUS SUSTAINABILITY DAY RECAP

The Office of Sustainability, in collaboration with The Green Umbrella, hosted National Campus Sustainability Day on Oct. 26. The event featured campus and community organizations and businesses committed to increasing sustainability efforts, opportunities and accomplishments. Free bike tune-ups were offered by Outdoor Recreation Services, and free longboard tune-ups were offered by the ISU Longboard Club. Cookies and apples from the Horticulture Research Station were provided. Opportunities to earn sustainably-minded prizes (including coffee mugs) were included in the event.



"Because natural resources are depleting, the sooner we start **living sustainably**, the better the future will be."  
— Tristan Cook, Senior



"Learning about the initiatives made by different campus organizations made me **excited to see what comes next.**"  
— Sarah Huber, Senior



"Each booth had valuable information about living green, both globally and locally. I learned a lot about ways to take care of the earth and **promote sustainability in my everyday life.**"  
— Hannah Gasper, Sophomore





# GREEN OPPORTUNITIES

## ADVOCATING FOR CLIMATE

Volunteer with concerned Iowa citizens to slow the effects of climate change and to protect the earth's beautiful ecosystems. Volunteers will meet with congressional leaders and the media, write letters to editors and educate their communities about climate change and legislative opportunities and activities. A commitment of 4-6 hours a month is requested. Visit the [Citizen Climate Lobby](#) website to learn more and sign up today!



## DISCUSSING IMPORTANT ISSUES

Engage with senior administrators of Iowa State in the interactive and free [Campus Town Hall](#). Students are invited to participate in a question-based discussion on important campus issues such as campus climate, student health, tuition, well-being and safety and campus facilities, such as residence halls, classrooms and facilities. The event is Nov. 9 in the Memorial Union Great Hall at 5:30 p.m. If you can not make the event, it will also be [live-streamed](#).



## ASSURING FOOD AT IOWA STATE

Donate your time or nonperishable food items at the free food pantry that is available to Iowa State University students, [The S.H.O.P.](#) The organization is always looking for volunteers to commit at least three hours throughout the semester. Volunteers are responsible for organizing food, dispersing donations, interacting with customers and checking for expired food. The S.H.O.P. is located in Room 2616 of the Food Sciences Building and volunteer signups can be accessed on its [volunteer website](#).



## EXPLORING NON-PROFITS FIRST-HAND

Apply to shadow a non-profit administrator and get hands-on experience with the [Non-Profit Protege Program](#). Apply by Nov. 17 if you are interested in exploring the world of non-profit organizations. In the spring semester, participants will attend weekly meetings with mentors, attend meetings of the organization, as well as witness the impact non-profits bring to the world.



## INTERNING FOR FAIR FOOD

Engage with the community while interning with [The Alliance for Fair Food](#) for the Spring 2018 semester. Interns are needed to organize Fair Food partners, such as students, youth, religious communities and food justice organizations. For more information and a full job description, apply online on the [Alliance for Fair Food website](#).



## IMPACTING AMES ACCESS

Give back to Ames ACCESS by donating new items until Nov. 8. The Iowa State University chapter of [The Association for Women in Communication](#) is holding a donation drive in 101 Hamilton Hall to support [Domestic Abuse Awareness Month](#). The drive focuses on collecting new and unused items, such as deodorant, shampoo, journals, toilet tissue, paper towels, tape, cleaning supplies and hand soap.



The Association for  
Women in Communications

## GIVING BACK THROUGH GOODWILL

Build your resume, learn new skills and expand your network by volunteering at any Goodwill location. Volunteer opportunities range from working on-site organizing donations, serving meals at homeless centers, teaching language classes or helping veterans re-enter the workplace. Goodwill has a wide variety of volunteer opportunities that can work with your schedule. The list of opportunities and locations can be found on [Goodwill's Volunteer website](#).



## RE-HOMING JACK-O-LANTERNS

The City of Ames wants to help your Halloween pumpkins find a new home that is not your trash can! Food and organic waste is not a source of beneficial refuse derived fuel (RDF) for the power plant. To provide a disposal option instead of landfilling, the [Resource Recovery Plant](#) is collecting Halloween pumpkins and gourds at 110 Center Ave. until Nov. 10.





# GREEN-IT-YOURSELF

Nov. 15 is Clean Your Refrigerator Day. Use this day as an excuse to give the kitchen epicenter a makeover by using this sustainable cleaner and deodorizer, as well as by creating these wholesome GIYs.

## EASY EGG CARTON PLANTERS

Reuse your egg cartons as a decomposable planter once all eggs have been cracked!

**Supplies:** Cardboard egg carton, potting soil, seeds, scissors

1. Cut off lid of egg carton.
2. Add potting soil to individual egg cups in carton.
3. Poke a hole in the center of each cup. Place one seed in each hole. Cover with soil and water.
4. Place on tray or plate and keep in a warm, light-filled location until they sprout. Water daily.
5. Once the seeds have sprouted, transfer them to a permanent location.
6. Cut out individual egg carton cups and place directly in the soil of permanent location. Cartons will decompose.

**To use:** Watch your seeds grow into any plant from tomatoes to roses -- the choice is yours!



## UPCYCLED JAR CANISTERS

Instead of throwing away the old glass salsa jar, make it into a versatile canister!

**Supplies:** Glass jar, acrylic paint, paint brush, decorating supplies (optional)

1. Thoroughly wash jar and remove all of the labels.
2. Paint the jar with acrylic paint and let dry.
3. Customize the jar by adding ribbon, Washi tape, paint or gluing decorations.
4. Let dry.

**To use:** Use this versatile, upcycled canister for Q-tips in your bathroom, your favorite snack in the kitchen or to decorate any area in your home!



## CUSTOMIZED MAGNETS

Use the lids from upcycling your jars (above) to make fun, customizable magnets!

**Supplies:** Any size lid, graphic, glue, hot glue gun, magnet

1. Clean the lid from any jar or bottle in your fridge. They do not have to be the same size.
2. Print illustrations or pictures you want to showcase on your lids or download the graphics shown in the photo.
3. Flip the lid over so the top is facing down, and place the graphic on the underside of lid. Trim image to fit inside lid.
4. Cut out the graphic and glue inside the lid.
5. Flip the lid over, and use the hot glue gun to adhere a magnet to the center of the lid. Let dry.

**To use:** Use these customizable magnets to hang a grocery list or a picture of you and your friends on the fridge!



FOR MORE GIY 



# REVIVING THANKSGIVING LEFTOVERS

## Turkey Thai Curry



*20 minute preparation time, makes 4 servings*

1 tsp. olive oil, two chopped bell peppers, two minced garlic cloves, 1 tsp. minced ginger, 2 cups leftover sliced turkey, 2 Tbsp. red Thai curry paste, 14 oz. coconut milk, 1/4 cup chicken stock, 1 tsp. brown sugar, 1 tsp. fish sauce, juice of one lime, bunch of chopped cilantro to taste, four servings of boiled rice

1. Heat the olive oil in a large skillet and add chopped peppers.
2. Cook on medium heat for two minutes, then add the garlic, ginger and cooked turkey.
3. Stir for one minute, then add in the curry paste. Stir again for one minute.
4. Add in the coconut milk and stock. Bring to a gentle bubble.
5. Let the curry simmer for 10 minutes, and then stir in brown sugar, fish sauce and lime juice.
6. Serve immediately with white rice, and top with cilantro.

## Cheesy Potato Pancakes

*20 minute preparation time, makes 12 small pancakes*

3 cups leftover mashed potatoes, 2/3 cup shredded cheddar cheese, 2 Tbsp. chopped scallions, one lightly beaten egg, 1/2 cup + 3 tsp. flour, vegetable oil, sour cream to top

1. In a large mixing bowl, stir together the mashed potatoes, cheese, chopped scallions, egg and 3 Tbsp. of flour.
2. Divide the mixture into 12 portions, rolling into a ball, then flatten into a pancake shape, 1/2-inch thick.
3. Place the remaining 1/2 cup of flour into a shallow dish and coat each pancake in the flour. Heat 3-4 Tbsp. of vegetable oil in a large pan over medium heat.
4. Fry the pancakes until they are golden brown and crispy on both sides, cooking three to four minutes.
5. Transfer the cooked pancakes onto a paper towel-covered plate, and sprinkle with salt.
6. Serve the potato pancakes topped with sour cream and garnished with scallions.



## Leftover Turkey Sliders



*45 minutes preparation time, makes 12 sliders*

12 dinner rolls, 1-1/2 cups stuffing, sliced turkey, 1 cup cranberry sauce, 4 Tbsp. mayonnaise, six slices Swiss cheese, one stick of melted butter, 1 tsp. poppy seeds, 1/4 tsp. ground mustard, 1 tsp. dried onions

1. Cut rolls in half, and lay the bottom halves on the bottom of a 9x13 pan. Preheat oven to 350 degrees.
2. Spread stuffing evenly over rolls. Next top with slices of turkey, followed by an even spread of cranberry sauce. Finally, top with the sliced cheese. Lightly spread mayo on the underside of the tops of the rolls, then place on top of covered halves.
4. Mix together melted butter, poppy seeds, ground mustard and dried onions. Pour mixture evenly over the tops of the rolls. Cover with foil and bake for 15 minutes in the oven.
5. Uncover the sliders, and bake for an additional 15 minutes. Take the sliders out of the oven, and let them sit for 10 minutes before serving.



# NOVEMBER CALENDAR

04

## Fall Yard Waste Free Day

**400 Freel Drive Ames, 8 AM-4 PM**

Participate in free leaf disposal from the City of Ames. Free days also include Nov. 18 and Dec. 2.

07

## Election Day

**Polling Location, 7 AM-8 PM**

Support your local government by voting in the 2017 city election. View the candidate list in your district and review their platform priorities on the Story County website.

08

## Art Walk

**Col. Harold Pride Veterans Lounge, 12-1 PM**

Join University Museums in an art walk and talk inspired by ISU alumni who proudly served and are currently serving our country.

## Artful Yoga

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

De-stress with University Museums at an artistic spin on yoga. Registration is available online for this free event. Don't forget your mat!

## Veterans Community Supper

**Memorial Union Great Hall, 5-7:30 PM**

Enjoy a night of gratitude and reflection in honor of the service and sacrifice of veterans and their family members.

10

## Snow Magic Kickoff

**Downtown Ames, 5-8 PM**

Celebrate the holiday season with free carriage rides, a Christmas tree lighting and open houses hosted by downtown businesses.

## Festival of Trees

**Octagon Center for the Arts, 5-8 PM**

Enjoy 70 decorated trees and wreaths from various local businesses, organizations, groups and individuals, and cast your vote for your favorite.

11

## Veterans Day

**All Locations, All Day**

Pass along the theme of kindness and thank a veteran or active military person for their service.

15

## ReACT Water Lecture

**2019 Morrill Hall, 7-8 PM**

Attend the lecture, "When the 'Water Prince' Brought an Iceberg to Iowa," which explores the history of oil, desalination, climate change and adaptation in the Arabian Peninsula.

16

## Agriculture & Climate Change Lecture

**Memorial Union Great Hall, 7 PM**

Listen to former Secretary of the U.S. Department of Agriculture, Tom Vilsack, speak about the intertwined relationship of agriculture and climate change.

17

## Rock Climbing and Hiking in Arkansas

**Horseshoe Canyon Ranch, Nov. 17-22**

Explore the hiking and climbing environment in Jasper, AR. All skill levels welcome! Register at the Outdoor Recreation Program Office by Nov. 13.

19

## Organic Conference

**University of Iowa, Nov. 19-20**

Attend the 17th annual organic conference for workshops, roundtable discussions, an organic luncheon and keynote speaker, Jeff Moyer. Registration is open (\$35 for students).

25

## Ames Small Business Saturday

**Main Street, 9 AM-8 PM**

Celebrate Ames' small businesses by shopping local on this Saturday. Many businesses will offer free "swag bags" to the first 200 shoppers, as well as milk and cookies to all from 10 AM-Noon.

29

## ISU Horticulture Club Poinsettia Sale

**Curtiss Hall, 10 AM-4 PM**

Stop and smell the poinsettias at the annual Horticulture Club event -- just in time for December. Purchase them from Nov. 29-Dec. 2 at various locations on campus, or preorder them by Nov. 13.

30

## Art Mart Holiday Sale

**Campanile Room, 10 AM-6 PM**

Prepare for the holiday season by shopping various types of art created by Ames and ISU artists. Most items sell for \$3-\$20, and proceeds support individual artists, The Workspace and The Gaffers' Guild.

*Main Street*  
CULTURAL DISTRICT  
Ames, Iowa



Have a sustainability highlight, accomplishment, or event to feature? Contact the Marketing and Communications Team!

McClane Gill | [mgill@iastate.edu](mailto:mgill@iastate.edu)

Morgan Thompson | [morgant@iastate.edu](mailto:morgant@iastate.edu)



# LIVE GREEN! MONTHLY

"Taking the time to reflect on how you arrived at where you are today can have a massive impact on what your life will be like tomorrow."

- Akiroq Brost



**ISU STUDENT  
CULTIVATES  
HEALTH AND  
WELLBEING**

**REFLECTION:  
SUPPORTING  
PERSONAL AND  
COMMUNITY  
WELLNESS**



**WORLD HOLIDAYS:  
SHARING AND  
EMBRACING  
TRADITIONS**



# WHAT'S INSIDE

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GREEN!**

IOWA STATE  
UNIVERSITY

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Discover what is in store for the months of December and January.



Photo by Live Green!

Congratulations to Live Green! team member Paige Vanderleest as she graduates this semester and starts her exciting post-graduate journey.

**Positions within Live Green!:**

Campus and Community Engagement Intern (2016-2017) and Live Green! 10-Year Anniversary Intern (2017)

**Favorite Live Green! memory:**

"My favorite memory was planning and executing a successful 2017 Earth Day celebration with my partner Molly [Breen]."

**Adventure after college:**

"My plan is to earn my TEFL certificate in the hopes of teaching English abroad."

Good luck, Paige! Thank you for the impressive sustainable difference you have made to the Live Green! Initiative and Iowa State University!

## Sustainable Connections!



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



# DIRECTOR'S MESSAGE

Reflection is something we experience through a myriad of lenses, most vividly during this time of the year. Through recounting the trials and tribulations of the past year, embracing experiences and moments with family and friends during holiday celebrations, as well as physically viewing reflection through holiday ornaments and lights, snowy landscapes and frozen ecosystems, opportunities of reflection surround us.

In reflecting, we analyze, strategize, envision and dream. Through reflection, we regroup, refresh, restore and revitalize. Taking time to reflect transforms experience into learning, values into goals and engagement into commitment – both as individuals and within communities. Reflection empowers us and through empowerment, it sustains us. In sustaining ourselves we sustain others, we sustain our present, as well as ensure our ongoing efforts and energy toward a sustainable future.

This final issue of Live Green! Monthly for 2017 takes a moment to reflect on the impressive and diverse dedication to sustainability at Iowa State University throughout the first semester of the 2017-18 academic year. From recovering food waste and racing the sun, to empowering well-being and mobilizing smart eating, it has been a semester filled with transformative moments and invigorating opportunities.

This month's newsletter also encourages and challenges each of us to dedicate time and space for reflection in day-to-day activities, give back opportunities and celebrations, as we bid 2017 farewell and welcome 2018.

Thank you for another great semester of cardinal, gold and green, Cyclones! On behalf of the Live Green! Team, we wish you a wonderfully reflective and restorative holiday season, and we look forward to embarking on our 2018 Live Green! journey!

Yours in green-ness,



Photo by McClane Gill

**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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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 sustainability.

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



# SEMESTER HIGHLIGHTS

Photo courtesy of Iowa State Daily



## Student Opps and Impacts

Fall semester was filled with opportunities for students to engage in sustainability and make a sustainable impact.

### **THEMED ART MAKES STATEMENTS**

University Museums hosted the ReACT art gallery, which used art to make a statement and create a reaction. This semester's themes were leadership and water.

### **NRHH GIVES BACK**

The National Residence Hall Honorary teamed up with a local kindergarten classroom to exchange pen-pal letters as part of its community give back initiative.

### **ART BRIGHTENS GEOFFROY HALL**

ISU student, Evan Harrison, helped Brooklyn-based artist, Mickalene Thomas, design colorful collages for the new Geoffroy Residence Hall, offering student residents a different sense of connection to home.

### **ISU FIGHTS TO END FOOD WASTE**

ISU's Food Recovery Network student organization surpassed 7,000 pounds of perishable food its recovery efforts.

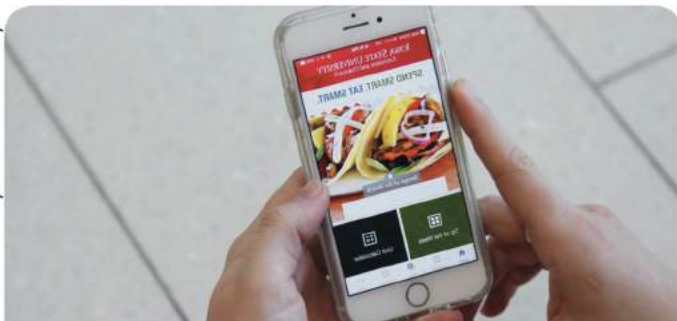
### **A SOLAR FINISH**

PrISUm, ISU's solar car team, crossed the finish line in Australia after finishing the six-day, 1,800-mile World Solar Challenge in a practically-designed and constructed four-door car completely powered by the sun.

### **INCLUSIVE TRANSCRIPTS**

Through a new co-curricular transcript, students can professionally showcase their achievements, such as volunteerism and involvements.

Photo courtesy of Iowa State Daily



## Operations and Infrastructure

Commitment to providing efficient, affective and effective support and services displayed during fall semester.

### **SOFTWARE CHANGES RESEARCH AT ISU**

A new software, IRB Manager, was put into beta testing to be used as a tool to transition to paperless processes, eliminating more than 2,700 paper transactions, annually.

### **HORTICULTURE RESEARCH STATION TURNS 50**

The Horticulture Research Station's marked its 50th anniversary in 2017. In addition to its vast and diverse support of horticulture research, the 230-acre facility will provide 15 tons of apples and 3,000 pounds of peppers to ISU Dining this year.

### **"PORTAL" FOR STUDENT HEALTH NEEDS**

Thielen Health Center made student health more accessible through the creation of an online, informational health care portal designed for students to view personal medical records, communicate with providers and access educational materials.



### **SPEND SMART, EAT SMART GOES MOBILE**

The College of Human Sciences Extension and Outreach Department's Spend Smart, Eat Smart website, dedicated to providing easy, healthy recipes, resources and tools, introduced an app for mobile devices.

### **DINING SUPPORTS DIETARY NEEDS**

ISU Dining provided new ways to assist students with specific dietary restrictions and diets to avoid cross-contamination using tools like color-coded utensils, easily-labeled nutritional facts and a special diet kitchen.

### **SELF-CARE IN THE PALM OF YOUR HAND**

ISU WellBeing launched a faculty portal called Adventure2 which provides opportunities, resources and information to promote positive wellbeing in the workplace.

### **GREEN DOT PROGRAM INCREASES CAMPUS VIGILANCE**

Green Dot, an initiative to keep the campus community safe, set up "Be Well" huts to offer dialogue opportunities and resources about certain topics, such as building healthy relationships, consent and bystander intervention.

### **EMBRACING DIVERSITY AND INCLUSION**

The Office of the Senior Vice President and Provost spearheaded initiatives to increase and enhance diversity and inclusion opportunities. Additionally, they improved experiences for students through means of course options, a lectures program, and Parks Library services.

### **SENDING SILENCE PACKING**

To illustrate the many lives lost to suicide each year, 1,000 backpacks were displayed on State Gym's basketball court as part of a mental health awareness exhibit.

### **THE MANY FACES OF IOWA STATE**

Faces of 39 ISU alumni (painted by Iowa artist, Rose Frantzen) were on display to illustrate the development of Iowa State as the story of democracy showing how everyone plays a role in shaping our collective identity.

### **ENHANCING CULTURAL COMPETENCY**

The College of Agriculture and Life Sciences' diversity and inclusion program engaged students of all ethnicities and backgrounds through dialogues, experiences and opportunities focused on increasing awareness and appreciation of campus cultural diversity.

Photo courtesy of Iowa State Daily



## **Campus Experience**

Ensuring a safe, inclusive and empowering campus environment and experience was of focus for the fall semester.

### **IOWA STATE ACHIEVES HAPPIEST WORKPLACE STATUS**

Iowa State University received the highest "Bliss Score" of 3.844, to be named the happiest college and university workplace in



# NOW YOU KNOW:

## ACHIEVING WELLNESS THROUGH REFLECTION

As 2017 wanes to an end, we reflect on how the year holds so many opportunities of discovery and education for an individual. There are 365 days of invigorating and challenging life lessons that strengthen and develop an individual to become better than they were the day before. Discovering ways to navigate this journey and reflect on the successful encounters and challenging endeavors along the way, helps a person stay focused and grounded.

Photo courtesy of Pixnio



During these times of discovery, it is important for our emotional well-being to find ways to chart this journey. Uncovering tools that can assist us through these life lessons helps to evaluate our strengths, expose our weaknesses and encourage us as we move forward, leading us to a greater sense of well-being.

Understanding the foundations of one's beliefs and behaviors is a positive way to measure and question what is occurring while traversing the path of life. In addition, it services as a guide to improve upon areas that need strengthening. John Dewey (1859–1952), an American philosopher, psychologist and educational reformer, once stated, “We do not learn from experience...we learn from reflecting on

that experience.” Reflection helps us to learn along our journey.

Self-reflection takes time, but doesn't need to be time consuming. A few minutes a day sitting jotting ideas, journaling or simply recalling events can help sort out the mind, calm the breath and release stress. In his book, *“The Art of Silence,”* Piko Iyer writes that he discovered “sitting still [in quiet] was a way of falling in love with the world and everything in it; he seldom thought [of sitting still] like that, prior to his experience.”

According to a 2015 Sage Journal article, (entitled “Participating in Research on Romantic Breakups Promotes Emotional Recovery via Changes in Self-Concept Clarity”); journaling is credited with reducing stress. Writing lessens the intensity of emotions and makes one feel calmer. Journaling about past personal problems helps speed up the emotional recovery and builds a stronger sense of self-identity.

Writing routinely helps to define our joys and enforce confidence, assisting in times of despair or challenge. Before going to bed, reflecting on the day's events through journaling can identify areas of gratitude, and set into action the plans for the next day.

**“We do not learn from experience...we learn from reflecting on experience.”**

Journaling can also help as you move into the new year. Setting goals and identifying





avenues, outlining actions and activities to bring these goals into reality.

Reflection can also develop a commonality between self and community. As we discover areas in which we need support or can offer support to others, communities come together in encouragement and strength those seeking.

By understanding our community and the ways in which we can strengthen it, we have the opportunity to support and grow, both individually and collectively. This work, within the community, creates common ground and instills peace.

A lesser-known holiday in December that supports community reflection and social sustainability is celebrated on Dec. 31. John Randolph Price (co-founder of The Quartus Foundation) started the Universal Hour of Peace in 1984. During this hour, (Greenwich official time: 4:45-6:15 a.m.) communities are encouraged to reflect on the past year and gather together to celebrate peace, love, understanding and forgiveness through a simultaneous global mind. Reflecting on our community is a counterpart to self-reflection.

Why not try a new step this coming year and explore a time of silence during your

day? Start simple, perhaps on the weekend, and set aside six minutes to sit in silence and observe your thoughts. Consider jotting them into a journal, blog or interview yourself on a “vlog”.

Reflection is a health-minded tool used to promote self wellness and positive emotional, mental and physical well-being. Practicing time for silent reflection, meditation or journaling can offer many benefits in coming year. Refer to this month’s challenge on Page 10 that offers suggestions for practicing reflection throughout the month of December. Try it out this month and make it a New Year goal to accomplish this time of sanctity for your daily reflection in 2018.



Types of Journaling	
○	<p><i>Stream-of-consciousness journal:</i></p> <p>Jot whatever comes to mind without stopping or editing our work. Do this daily.</p>
	<p><i>Diary journal:</i></p> <p>Write down all the important events of the day and describe how they made you feel.</p>
○	<p><i>Spiritual journal:</i></p> <p>Track your spiritual development. Describe the moment that you felt connected to the world around you.</p>
	<p><i>Exercise/health journal:</i></p> <p>Record your physical activity, meals, sleep and stress levels. Explain how it is improving your physical health.</p>
○	<p><i>Gratitude journal:</i></p> <p>Count your blessings. Write what you are thankful for to encourage a more positive outlook.</p>



# STUDENTS LIVING THE CARDINAL, GOLD AND GREEN

Iowa State University boasts a wide array of student leaders working toward a sustainable future. Though we normally visualize these leaders in classes, laboratories or clubs, a unique group of students is sustaining the future by working as Peer Wellness Educators in Student Wellness, a division of Health Services. This group of student leaders plan, implement and evaluate strategies and programming to address health, well-being and safety on campus in order to ensure wellness and a socially-just future.

Lindsey Mack, an ISU junior studying environmental science and environmental studies is one of these leaders. Since her arrival at Iowa State, she has had a growing interest in holistic health and wellness. Mack wanted to find a way to enhance student success on campus through higher learning, sense of belonging and holistic wellness.

"I wanted to enable other students to find balance in all dimensions of well-being to achieve their goals in college and beyond," Mack stated.

That is when Mack decided to become a Peer Wellness Educator (PWE). PWEs are trained to promote student wellness and success through educational programs, as well as advocate and provide outreach for students. PWEs also advocate for environmental and policy changes that support student success and well-being.

**"I actively try to learn about how to create healthy and livable communities."**

Wanting to help students learn and grow through opportunities, Mack also joined the program to enhance her own leadership in the knowledge of wellness and health.

"I wanted to be a part of enhancing the culture on our campus...but I wanted to grow in the process, as well."

Mack's passion of holistic health and wellness can inspire you to get involved in what you are doing for your own wellness. Iowa State University has a wide variety of amenities to aid students' mental and physical wellness, ways to cope with stress and programs that can help with anything from writing guidance to counseling to volunteer opportunities.

## STUDENT SPOTLIGHT

**Name:** Lindsay Mack (middle row, fifth from the right)

**Major:** Environmental Science and Environmental Studies

**Hometown:** Rock Island, Illinois

**Favorite Sustainability Tip:** "Reduce your footprint by simplifying your life. Buy only what you use and need, use reusable products and buy used products whenever possible."



Photos Courtesy of: Student Wellness Center



# Iowa State Student Wellness Amenities

Promoted by Peer Wellness Educators

## Peer Wellness Educators

Promoting student success by working with other ISU students through engaging events and activities

## Volunteer and Internship Opportunities

Creating experiences for students' personal and professional development

## Mental Health Online Screening

Offering mental health screenings for alcohol, drugs, anxiety, eating and bipolar disorders, suicide and stress

## Green Dot Programming

Teaching proactive and reactive responses for violent and uncomfortable situations

## Program Requests

Presenting programs, including: Green Dot, Safer Sex Item, Peer Wellness Educator Program and BeWellHut

## Cyde Kicks

Pairing with students to facilitate and identify healthy personal growth and goals

## Health Services

Connecting students to ISU facilities and resources, including: Student Counseling, Thielen Student Health Center and Recreation Services

Through amenities such as Student Wellness, the Office of Multicultural Student Affairs and the Office of Equal Opportunity, students are provided resources to become educated, engaged and empowered in vital components specifically social sustainability.

Finding balance and wellness can be one of the biggest stressors for college students. PWEs are trained to help students find ways to balance and develop skills to benefit them now and after they leave Iowa State University.

Mack noted how many opportunities there are to get involved in social justice and wellness by joining clubs and taking part in events and campaigns. She personally is

involved in a vast amount of activities outside of being a PWE, such as serving as president of the Environmental Science Club, a Peer Mentor for the Science of the Environment and Sustainable Systems (SESS) Learning Community and a member of Women in Science and Engineering (WiSE.)

"I actively try to learn about how to create healthy and livable communities."



Her passion for wellness and health are propelling her vision of a socially-sustainable future. After graduation, Mack plans to continue creating healthy and livable communities by actively pursuing opportunities to support and enhance sustainability policy and education wherever her adventure takes her.



# MONTHLY CHALLENGE

With excitement of the holiday season, it can be challenging to find time for yourself -- especially when the cold is nipping at your nose -- but we want to soothe your winter blues through self- and community-reflection. Use these tips and tools to reflect on the year of 2017, and support your health and well-being in 2018.

## DECEMBER

### : REFLECTION



1

Journal about your favorite memory.

2

Write five favorite things about yourself.

3-9

Stretch for 10 minutes after you wake up in the morning.



10-16

Walk to class or work and visualize how you want to accomplish your goals for the week.



17-23

Find a quiet place in your home and journal about your day, for 10 minutes.



24-30

Clean out your closet and donate your unwanted clothes.



31

Set an attainable goals for the New Year.

### HOW TO SET A S.M.A.R.T. GOAL

#### Specific

Make it clear and well-defined.

#### Measurable

Use precise amounts, dates and so on.

#### Attainable

Make sure that it is possible to achieve.

#### Relevant

Focus it on forward movement.

#### Time bound

Set deadlines.



# GREEN-IT-YOURSELF

## Reflect into the New Year

Ringing in the New Year comes with celebrations, remembrance and reflection. The Monthly Challenge (page 10) will urge you to find resources to connect to well-being within yourself and your community during the month of December. Use these GIY projects to help you find balance and wellness this month to carry into 2018.

### HOMEMADE JOURNALS

**Supplies:** Seven sheets of 8.5x11" printer paper, hole punch tool, string or twine, scissors, decorations for the cover, repurposed material (such as paper) for the cover

1. Cut sheets of paper in half to make them 8.5" x 5.5."
2. Fold the pages in half to make into the size of a traditional journal.
3. Measure the repurposed cover material an inch larger than the inside paper, and cut to size for the cover.
4. Punch two holes, one at the top and one at the bottom, in the fold of the papers.
5. Use the string or twine to attach the pages and the cover together by putting the string through both the holes and tying with a knot.
6. Decorate and personalize your cover with stamps, stickers, markers and anything else that creates the style you want.

**To use:** Use your new journal to give as a gift or keep it for your own thoughts and reflections. The journal can be made with more pages, or even homemade paper pages, by adding in additional sheets of paper in Step 1.



### PERSONALIZED CARDS

**Supplies:** Sturdy paper for card, paper scraps for decorating, scissors, glue stick

1. Cut sturdy paper the desired size of the card.
2. Cut paper scraps into shapes to make a design related to the occasion.
3. Glue down shapes in desired design and draw and/or add any other embellishments.
4. Write or stamp message on the inside of the card or leave blank for future use.
5. Press cards with a heavy book overnight to flatten the card before giving away.

**To use:** Personalize birthdays and holidays by making a homemade card for the special occasion. Use paper scraps, such as newspaper or wrapping paper and decorations, like ribbons, sequins and string to make your card unique.



### REUSABLE BOOKMARKS

**Supplies:** Medium-sized paper clips, buttons, hot glue, small amount of felt

1. Place the back of the button onto the area of the upper side of the paper clip (the side of the pointed end of the clip).
2. Cut felt into small squares, large enough to cover the back of the button.
3. Hot glue the button and felt together with the paper clip attached in the middle by the glue.
4. Set aside the bookmark and let it sit until dry.

**To use:** Create homemade bookmarks from decorative buttons for any occasion. These bookmarks can be clipped onto pages of a magazine or book to keep your spot for the next time you snuggle up with your readings.





# SHARING TRADITIONS AND CELEBRATIONS

## *Holidays Around the World*



Leaf Shaped Cookie

With one year bidding farewell and another approaching, this is the time of abundant reflections. All around the world, people are celebrating a bounty of holidays. Reflecting on the rich diversity of cultures in our world, December embraces sustainability through holiday traditions, gatherings and events.

These preparations and festivities, new cuisine, games and activities can be shared and explored among families, friends and through communities. A sampling of the multitude of holiday celebrations happening throughout the world are highlighted below. How exciting and humbling to live in a world filled with so much to share and discover!

### **Bodhi Day, Dec. 8**

This Buddhist holiday is commonly referred to as the Day of Enlightenment and is celebrated on Dec. 8. Buddhists gather together on this holiday to observe the Eightfold Path and Four Noble Truths. The traditional meal for the holiday consists of a Bodhi Bowl made of rice and milk. Treats for children include cookies in the shapes of leaves, trees or hearts.



Mole Poblano

### **Fiesta of Our Lady of Guadalupe, Dec. 12**

This Hispanic holiday is celebrated on Dec. 12 to honor the patron saint of the Mexican Republic, Our Lady of Guadalupe. The holiday is celebrated with a feast enjoyed by family and friends, the meal including cuisine such as espinaca con codito (spinach soup), tacos, mole poblano (chocolate chili sauce) and cafe con leche (coffee with milk).



Dreidels

### **Hanukkah, Dec. 12-20**

This eight-day Jewish holiday is celebrated all around the world, this year starting on Dec. 12. The holiday revolves around the lighting of a nine-branched menorah, with a candle added each night of the holiday. Activities include games with four-sided tops (dreidels) and exchange gifts with friends and family. Traditional foods such as latkes (potato pancakes) and sufganikyt (jam-filled donuts) are included in the celebration.

### **St. Lucia Day, Dec. 13**

This Scandinavian holiday is celebrated in Sweden, Norway and the Swedish-speaking areas of Finland on Dec. 13, in honor of St. Lucia. Each celebrating country elects their own St. Lucia, who leads a procession of young men and women in a parade. Residents celebrate this holiday to “kick off” the beginning of the Christmas season by enjoying traditional foods such as lussekatter (saffron bread) and pepparkakor (traditional Swedish ginger cookies).



Lussekatter





Fruit Tray

### Pancha Ganapati, Dec. 21-26

This five-day festival beginning on Dec. 21 is celebrated by Hindus living in the United States. Gifts are given and received on each of the days. Homes are typically decorated to depict a forest, and on each day of the celebration, a tray of sweets, fruits and incense is prepared and gifts are given and received.



Yule Log Cake

### Yule, Dec. 21-26

This Pagan holiday is observed from Dec. 21 to Jan. 1, to celebrate the winter solstice, originating from a German light festival. The largest tradition is lighting a yule log to celebrate the light that the winter solstice brings. People celebrate the holiday with family and friends by caroling and enjoying traditional foods, such as pork, Yule cakes, wassail (mulled cider) and fried honeycakes.



Roast Goose

### Christmas Day, Dec. 25

This world-wide Christian holiday is celebrated on Dec. 25, and has grown to be one of the largest celebrations in the world. Christmas includes giving and receiving gifts from friends and loved ones, as well as a large, Christmas meal. The menu varies by location, with traditional foods ranging from turkey, ham, mashed potatoes and stuffing expanding to tamales, roast goose, crawfish and seven fish seafood salad.



Mince Pie

### Boxing Day, Dec. 26

This British holiday is celebrated the day after Christmas on Dec. 26, and has expanded to Australia, Canada and Ireland. This celebration originated from employers giving workers a Christmas box filled with goodies to take home and share with their families. It now centers on a day of relaxation after Christmas Day celebrations. The day is spent with friends and family enjoying Christmas leftovers, such as baked ham, dried fruit mince pies and Christmas cake.



Kinara

### Kwanzaa, Dec. 26-Jan. 1

This worldwide African holiday lasts for seven days, this year beginning on Dec. 26. On each night families gather as a child lights a candle on the Kinara. Each of the seven nights are centered around the principle values, Nguzo Saba, of African culture. Gifts (usually homemade) are exchanged during the seven days. Karamu, an African feast consisting of Caribbean fruits, jerk sauce, Southern sweet potatoes, catfish, black-eyed peas and collard greens is also enjoyed.



Shimekazari

### Omisoka, Dec. 31

This Japanese holiday is celebrated New Year's Eve, Dec. 31. On this day, families clear their homes of dirt and clutter to welcome goodwill for the upcoming year. Decorations, such as shimekazari (ropes made from rice straw) and kadomatsus made of bamboo, pine and straw, are placed by the front entrances of homes. The largest dinner of the year takes place on this holiday, consisting of osechi ryouri made of black beans, fish, kelp and toshikoshisoba (buckwheat noodles), is served in celebration.





# LOCAL HOLIDAY SHOPPING

## Highlighting Sustainable Shopping with Smart Businesses

While out and about in the Ames community, there is a unique group of businesses to consider visiting that can add a sustainable twist to the holiday season. As well as supporting the local economy, these businesses have a common connection and commitment to sustainability by participating in the Smart Business Challenge (SBC), a City of Ames initiative that celebrates businesses' commitments to sustainability as well challenges them to incorporate additional components. SBC participants can earn bronze, silver, gold or platinum certifications for their efforts. A few of the SBC businesses that you may encounter in your holiday shopping, or breaks from shopping, are highlighted below.



### Arcadia Café

*Coffee, Bakery, Dining and Spirits*

**Certification:** Participant

**Sustainable Highlight:** Efficient food and beverage service equipment



### Octagon Center for the Arts

*Art Education Classes, Outreach Programs, Exhibits, Retail Gallery Shop and Event Center*

**Certification:** Participant

**Sustainable Highlight:** LED gallery lighting



### Café Diem

*Assorted Beverage and Menu Items*

**Certification:** Silver

**Sustainable Highlight:** Collects storm water from its roof and uses it to water plants



### The Loft

*Teen and Adult Resale Store*

**Certification:** Platinum

**Sustainable Highlight:** Unsold items are given to charity or sold with proceeds to support philanthropic missions locally, nationally and internationally



### Duck Worth Wearing

*Children and Maternity Resale Store*

**Certification:** Platinum

**Sustainable Highlight:** Offers paperless (emailed) receipts



### The Frame Shop

*Custom Framing and Artwork*

**Certification:** Silver

**Sustainable Highlight:** Collects scrap framing pieces and donates the items to local teachers



### Jax Mercantile

*Products for Outdoor Recreational Activities*

**Certification:** Silver

**Sustainable Highlight:** Uses the Conservative Choice Program, prioritizing its purchases to sustainable companies



### Wheatsfield Cooperative

*Full-service Natural Foods Grocery Store*

**Certification:** Platinum

**Sustainable Highlight:** Utilizes Sustainability Impact Measurement Software, evaluating the store's triple bottom line impacts and sharing the gathered information with other co-ops



### Morning Bell Coffee Roasters

*Specialty Coffee Roaster and Coffee Bar*

**Certification:** Participant

**Sustainable Highlight:** Provides public art space to highlight local artists



### Worldly Goods

*Fair Trade Handicrafts of International Artisans*

**Certification:** Gold

**Sustainable Highlight:** Composts all coffee grounds, coffee filters and tea leaves from in-store sampling

For more information, contact the Smart Business Challenge Team,  
**Scott Nemec:** [snemec@iastate.edu](mailto:snemec@iastate.edu)  
**Taylor Silvestrini:** [tws@iastate.edu](mailto:tws@iastate.edu)

**SMART BUSINESS**  
REDUCING OUR FOOTPRINT



# GREEN OPPORTUNITIES

## EXPLORE THE WORLD OF WATER

Bring your lunch to Reiman Gardens for Brown Bag: Nature at Noon – Sea Ice in the Arctic: Where We Are, Where We're Going and Where We've Been on Dec. 14, from 12-1 p.m. This event focuses on the 2017 theme of water. No registration is necessary, and admission is free for ISU students and members and complimentary with paid garden admission to the public.



## ASSIST WITH HOLIDAY DONATIONS

Help the Salvation Army spread holiday cheer by volunteering as a toy shop elf on distribution day, Dec. 20, from 8:30 a.m. to 7:00 p.m. Last year, gifts were distributed to 575 children and meals to 245 families across Story County. The Salvation Army is excited to increase this year's donations.



## SERVE THE AMES COMMUNITY



**Food at First**  
"I will satisfy her poor with bread"  
Psalm 132:15

Give back this holiday season at Ames' local free meal program and

perishable food pantry. Food at First serves seven meals to the community a week, including a Christmas holiday meal. Volunteers are always needed to help make and serve meals. Sign up to volunteer on their website.

## STAND UP FOR THE KIDS

As the largest student-run philanthropy on campus, Iowa State Dance Marathon raises hundreds of thousands of dollars each year for the University of Iowa Children's Hospital. Dance Marathon also hosts an annual celebration in honor of the children who are being treated at this hospital. The event on Jan. 20 at 9 a.m. includes an exciting and sleepless 12 hours of silent discos, delicious snacks and children's talent shows. Register by Jan. 21 at 12 a.m.



## ENSURE HOLIDAY WELLNESS

Learn self-wellness tips and techniques through December classes at Wheatsfield Co-op. Glean anxiety management and awareness skills Dec. 4 from 6:30-8 p.m. Explore the calming world of essential oils for the busy season on Dec. 5 from 6-7:30 p.m. Discover mindful eating skills on Dec. 11 from 7-8 p.m. All classes are free to the public. Registration is required.



## IMPROVE AMES TRANSIT



Help CyRide improve its service by providing customer input on future service changes scheduled to be implemented in 2018. Feedback is being collected through Dec. 15.

## HELP SAVE THREE LIVES

Support Lifeserve Blood Center through donating blood. Every pint can save three lives each



donation helps someone fight cancer, make a transplant operation possible and allow a surgery to happen.

## ENJOY AN ARBORETUM OF HOLIDAY TREES

Enjoy the best of Iowa's "locally grown" pine trees and a fun-filled day of holiday spirit at the Iowa Arboretum's Winterfest on Dec. 2 from 9 a.m. to 4 p.m. The event will feature pine trees uniquely decorated by local clubs, schools and organizations.



## REST YOUR CAR



Sign up for ISU's new car share program and give your car a break. Zip Car offers an on-campus, 24-hour, rent-by-the-hour (or day), online car rental service option for students, faculty and staff. Cars will arrive the week of Jan. 1.



# WARMING UP WITH WINTER DRINKS

## Coffee Creamer Snowman



### Supplies:

- Coffee creamer bottle
- Hot Glue Gun
- Scissors
- 1x12" strips of felt
- 1" piece of orange pipe cleaners
- Wiggly eyes
- Black permanent marker
- Small, colored pom poms

### Instructions:

1. Remove the label and thoroughly clean empty coffee creamer bottle.
2. Using the hot glue gun, attach the wiggly eyes a half-inch below the lid and the 1" orange pipe cleaner centered below the eyes to create a nose.
3. Draw five black circles below the nose with the permanent marker to create a smile.
4. Cut a one-inch slit one and a half inches away from the edge of the felt strip. Below the face, wrap the strip around the bottle and stick the opposite end of the felt through the slit.
5. Finally, glue the colored pom poms on opposite sides of the snowman's face.
6. Add spicy Mexican hot cocoa mix (below).

## Spicy Mexican Hot Cocoa Mix



### Supplies:

- 1 cup powdered milk
- 1 cup unsweetened cocoa
- 1 cup sugar
- 1 Tbsp. cinnamon
- 1/2 tsp. chili powder
- 1/2 tsp. kosher salt
- Pinch of Cayenne pepper
- 1 bag chocolate mini morsels
- 1 bag cinnamon chips
- Mini marshmallows

### Instructions to make:

1. Combine powdered milk, cocoa, sugar, cinnamon, chili powder, salt and pepper in a large bowl and mix well. Fill the coffee creamer snowman with cocoa mix. Top with chocolate mini morsels, cinnamon chips and marshmallows. Pack ingredients as tightly as you can to prevent shifting.

### Instructions for use:

1. Add two heaping tablespoons of dry mix to the bottom of a large mug. Fill with boiling water and mix. Top with mini chocolate chips, cinnamon chips and marshmallows.

### Supplies:

- Tin foil
- Tea leaves
- Toothpick

### Instructions:

1. Cut a piece of tin foil about one foot square.
2. Fold it twice (to one-quarter the original size).
3. Place your tea leaves into the center of the tin foil
4. Bring the corners of the tin foil together above the leaves, then twist and fold them together to seal into a ball.
5. When ready to brew, poke about 10-12 holes in the tin foil "ball" with a toothpick, fork tine or something similar.
6. Put the tin foil ball into your mug.
7. Pour boiling water over it, letting the water soak through the strainer as much as possible.

### Supplies:

- 1 cup powdered milk
- 1 cup unsweetened cocoa
- 1 cup sugar
- 1 Tbsp. cinnamon
- 1/2 cup white sugar
- 1/4 cup pineapple juice
- 2 Tbsp. lemon juice
- 6 tea bags or loose tea in an infuser

### Instructions:

1. Pour water into a pot; add cloves and cinnamon stick.
2. Bring water to boil; remove from heat. Add tea bags (or tea infuser) and set aside for at least five minutes.
3. Remove and compost (or discard) cloves, cinnamon stick and tea bags (or loose tea from tea infuser).
4. Stir orange juice, sugar, pineapple juice and lemon juice in a saucepan; bring to boil.
5. Cook and stir the juice mixture until the sugar dissolves completely. Pour juice mixture into prepared spiced tea; serve hot.

## Tin Foil Tea Infuser



## Hot Spiced Tea





# 2018 SYMPOSIUM ON SUSTAINABILITY

*ENGAGING, ENABLING AND EMPOWERING OUR SUSTAINABLE FUTURE*

The 2018 Symposium on Sustainability celebrates the diversity of sustainable efforts and initiatives taking place within our campus community. It is focused on supporting and nurturing the enablement and empowerment of a sustainable future extending into the Ames community, as well as communities throughout the state and world. Features of this year's event include a sustainability poster and tabling reception, keynote lecture, documentary screening, the seventh annual Sustainapalooza event and the presentation of the 2017 Live Green! Awards for Excellence in Sustainability.

SYMPOSIUM ON SUSTAINABILITY: KEYNOTE  
SPEAKER WITH POSTER AND TABLING RECEPTION

SUSTAINAPALOOZA - *LET'S BE SUSTAINABLE!*: GREEN-IT-  
YOURSELF (GIY) CENTERS AND SUSTAIN-ABLING GIVEAWAYS

FEB. 19

MEMORIAL UNION

2018  
KEYNOTE  
SPEAKER:

Nick Mullins, a 5th  
Generation Coal Miner,  
speaks about climate  
change "Coal, Climate and  
Environmental Backlash."



FEB. 20

MEMORIAL UNION

DOCUMENTARY  
SCREENING:

The Age of Consequences  
discovers how climate  
change impacts resource  
scarcity, migration and  
conflict through the lens of  
U.S. national security and  
global stability.



GIVE BACK  
OPPORTUNITY:

Do some holiday downsizing  
over break and donate your  
unwanted clothes to the  
Sustainapalooza clothing  
swap. Get a new look!



## Save the Date!



# DECEMBER CALENDAR

02

## **Holiday Baking Tips and Tricks**

**10-11 a.m., 313 Main St., Ames**

Join [Cook's Emporium](#) for delicious demonstrations and cooking inspiration for the holiday season.

## **Christmas at the Farm House**

**1-4 p.m., Farm House Museum**

Explore Iowa State's first building and experience what Christmas was like during the time of its creation. Warm up with hot chocolate and enjoy children's crafts at this festive celebration.

## **Christmas Tree Sales**

**Dec. 2-3 and 8-10**

**Fri. 3-6 p.m., Sat. 9 a.m. - 5 p.m., Sun. 12-5 p.m.**

**Reiman Gardens Parking Lot**

Support the [ISU Forestry Club](#) this season and purchase a beautifully decorated or undecorated Christmas tree.

03

## **Holiday Choral Festival**

**3 p.m., Stephens Auditorium**

Attend the holiday showcase of all four of [Iowa State University's choirs](#) to kick off the holiday season.

04

## **Winter Nature Meditation**

**6-7 p.m., Reiman Gardens**

Warm up with a relaxing nature themed meditation and exercise promoting wellness, warmth and relaxation for the winter months.

06

## **Iowa State Art Walk**

**12-1 p.m., Parks Library**

View the Faces of Iowa State exhibit throughout the University campus, honoring the leaders that have served ISU in a free guided tour.

07

## **Nevada Master Grower Breakfast**

**7-9 a.m., TBD**

Learn about Story County farmers' successful harvest season with a free breakfast provided by local farmers.

## **Mingle on Main**

**Dec. 7, 14, 21**

**5-7 p.m., Ames Main Street**

Join in the holiday fun on Ames' Main Street with special shopping deals and extended shopping hours.

08

## **Planetarium Show: The Universe**

**6:30 p.m., Physics Hall**

Experience a night under the stars exploring the galaxy and viewing the night sky. Bring questions and curiosities to this free viewing event.

## **A Christmas Carol**

**7:30 p.m., Fisher Theater**

Attend this traditional holiday play about grumpy Scrooge's encounters with the ghosts of Christmas past, present and future. Tickets start at \$11.

## **NREM Poster Presentation**

**3:10 p.m., E0164 Lagomarcino Hall**

View presentations from graduate students in the [Department of Natural Resource Ecology and Management](#), addressing topics in wildlife ecology, fisheries, forestry and environmental science.

13

## **Artful Yoga**

**5:30-6:30 p.m., 1017 Morrill Hall**

Enrich your yoga experience by incorporating artistic perspective. Bring your own mat to this free event, and register by Dec. 12 on the [University Museum's website](#).

29

## **Floral Design Series**

**6:30-7:30 p.m., Reiman Gardens**

Incorporate a wintergreen centerpiece featuring cranberries and cloves into your holiday decor through this floral workshop. Register on the [Reiman Gardens website](#) by Dec. 22.



Congratulations Fall 2017 graduates! Thank you for all of your effort and support in greening ISU and ensuring a sustainable future!



# JANUARY CALENDAR

05

## Winter Hiking

**Story City South Park, 1:30-3:30 p.m.**

Hike with other outdoor enthusiasts in various guided hikes, ranging from strolls to vigorous walks. Snacks and beverages will be provided.

10

## Kappa Coffee Fundraiser

**Music Hall Lobby, 8 a.m.-12 p.m.**

Stop by Music Hall to purchase \$1 coffee at the Kappa Kappa Psi fundraiser for Iowa State University's bands. This month-long fundraiser will take place every Wednesday morning in January!

## Carillon Concert\*

**Central Campus, 11:50 a.m.**

Enjoy the Let Freedom Ring concert by carillonneur, Tin-Shi Tam.

15

## MLK Birthday Celebration\*

**Ames Middle School, 5:30 p.m.**

Celebrate in this Ames tradition honoring Dr. Martin Luther King Jr.'s birthday with songs, stories and birthday cake.

17

## Green Space Program

**Reiman Gardens, 11 a.m.-12 p.m.**

Learn about the future changes and revisions of Jack Trice Stadium from designer Ed Lyon.

## Lecture: Campus Conversation

**Memorial Union Great Hall, 6 p.m.**

Explore how university campuses are balancing First Amendment rights with the concerns of diverse populations in the changing campus climate.

20

## Penguin Snowshoe Walk

**McFarland Park, Ames 5-6:30 p.m.**

Celebrate Penguin Awareness Day and explore wintry McFarland Park. For \$5 snowshoes will be provided for this no-experience-necessary walk. Register by Jan. 16 on Story County's website.

27

## Iowa Bike Expo

**Iowa Events Center, 10 a.m.-4:30 p.m.**

Browse bicycle equipment, learn about events and talk to exhibitors from all around the country at this free exposition with fellow bike enthusiasts.

29

## Lecture: Race and Justice in America\*

**Memorial Union Great Hall, 7 p.m.**

Attend this keynote lecture about confronting the history of racial terror in the United States from speaker Bryan Stevenson, Executive Director of the Equal Justice Initiative.

## Underground Railroad Matinee

**Stephens Auditorium, 10 a.m.-2 p.m.**

Attend a musical tribute to Harriet Tubman, celebrating one of the most popular "conductors" during the Underground Railroad revolution.

## Green Dot Bystander Training

**Jan. 29 4-7 p.m. & Jan. 30 4-6 p.m.**

Learn the skills necessary to be an active bystander in preventing sexual assault, dating violence and stalking. Register on the Student Wellness website for this two-day training. Limited spots available.

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## Registering for spring semester intramurals

Participate in Iowa State Recreation Services' spring intramural sports. Staying active, meeting new people and gathering socially supports wellbeing and sustainability.

January registrations include:

Bouldering Competition, Ice Hockey, 5-Player Basketball, Wrestling, Coed Water Volleyball, Table Tennis Doubles, Team Bowling, Hearts Card Tournament, Euchre Doubles and Texas Hold'em Tournament.

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Have a sustainability highlight, accomplishment, or event to feature? Contact the Marketing and Communications Team!

McClane Gill | [mgill@iastate.edu](mailto:mgill@iastate.edu)

Morgan Thompson | [morgant@iastate.edu](mailto:morgant@iastate.edu)



\*Starred Event are part of the 2017 Martin Luther King Jr. Legacy Series.



# SENDING SEASONS GREETINGS

*From the Live Green! Team*

*Extend a Merry Always and  
Inspire a Happy Everything!*



**The Live Green! Team wishes you the happiest of holidays,  
and we look forward to greening with you in 2018!**

From the Live Green! Team, (back row, left to right) Morgan, Molly, Scott, Paige V, Heidi, Steve, Caitlin, (front row, left to right) Taylor, McClane, Paige M and Merry.

## **Don't miss the Live Green! holiday display case in the Memorial Union!**

Before you leave for break, check out our Live Green! holiday display, *Extend a Merry Always and Inspire a Happy Everything*, Dec. 4-10, in the display case across from Panda Express, featuring items pictured below created by the Live Green! Team.



Memory Jars



Linus Blankets



Motivational Ornaments



Pinecone Garland



# 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**



**IMPACTS ABROAD:  
ISU ALUM  
EXPLORING  
SUSTAINABILITY  
DOWN UNDER**

**SNEAK PEAK:  
SYMPOSIUM ON  
SUSTAINABILITY  
FEBRUARY 19-20**

**THE WINTER  
OLYMPICS:  
SHARING SOCIAL  
SUSTAINABILITY  
WITH THE WORLD**



# WHAT'S INSIDE

**LIVE  
GREEN!**

IOWA STATE  
UNIVERSITY

**04 >>** **Students Living Cardinal, Gold & Green**  
Take a look at how an ISU alum is exploring New Zealand's sustainability efforts.

**06 >>** **Now You Know**  
Learn how taking care of your heart supports sustainability.

**08 >>** **Monthly Challenge**  
Win a gift card in this month's challenge about increasing everyday passion.

**09 >>** **Green Opportunities**  
Seek new opportunities, anywhere from a new internship to car sharing.

**10 >>** **UnityThrough Sports and Sustainability**  
Learn how the Winter Olympic Games are embracing social sustainability.

**12 >>** **Symposium Sneak Peak**  
Engage, enable and empower at this year's Symposium on Sustainability.

**14 >>** **Green-It-Yourself**  
Craft passion-minded, homemade gifts for loved ones this month.

**15 >>** **Cooking with Canned Food**  
Embrace Canned Food Month with two delicious recipes.

**16 >>** **February Calendar**  
Check out sustainable events happening this month.

SYMPOSIUM  
**2018**  
FEB. 19 - 20, MEMORIAL UNION



Photo by McClane Gill

Welcome **Maddie Blandin** to the Live Green! Team

**Position:** 10-Year Campaign Intern

**Studies:** Marketing and Event Management

**Hometown:** DeWitt, IA

**Favorite sustainability tip:** The smallest choices can create the biggest impacts.

**Why did you join the Live Green! Team:**

"I wanted to join the team to make a larger impact on the Ames community. Through the Green Umbrella student organization, I was able to learn more about sustainability on campus and all the amazing ways the Office of Sustainability brings people together. It motivated me to be a part of the action and assist with the events that bring diverse groups together to celebrate being green."



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





# DIRECTOR'S MESSAGE

Happy Spring Semester and Happy February, Cyclones!

Our first newsletter of 2018 carries the theme of passion. Though February has traditional connections to passion through Valentine's Day, this issue of Live Green! Monthly moves well beyond flowers, confections and stuffed animals, venturing into all things about which we feel passionate and to which we extend passion.

By definition, passion is any powerful or compelling emotion or feeling; a state or outburst of strong emotion; an intense desire or enthusiasm for something. And this month's newsletter is bursting with passion. From our passion for sports to our passion for living a long and healthy life, from our passion for giving back to our passion for recharging – we have collected and offer to you a multi-faceted consideration of passion, both given and embraced.

Although often considered that which bursts forth and erupts, passion is also that which steadily fuels and glows. Passion grounds us, motivates us, challenges us and focuses us. It is never stopping and digs deeper. It picks us up, gives us a pep talk and keeps our rose-colored glasses free of distortion. It is our true north and our beacon through all storms. It is our pathway to the future we want to build for our families and to leave for their families. It is an eternal flame.

If there is one word that effectively describes the Live Green! Team, it is passion! Each year I marvel at how individually passionate each team member is in considering and approaching sustainability. February is especially our month to burst forth with passion through our annual Symposium on Sustainability event.

The best thing about this event is that it showcases the multitude of ways we passionately embrace sustainability at Iowa State University and honors each and every one of us. From research projects to initiatives in operations, from student organizations to academic pursuits – the passion for cardinal, gold and green is so impressive and inspiring. We look forward to seeing you there and celebrating, as well as further feeding and igniting, your passion! There truly is something for everyone, no matter your major, age or role at Iowa State. See Pages 12 and 13 for more information.

Wishing you a month (and beyond) of abounding passion!

Yours in **green-ness**,



Photo by McClane Gill

**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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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 sustainability.

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



# STUDENTS LIVING **CARDINAL, GOLD AND GREEN**

Although people often ask why I am living and working in New Zealand, it remains a difficult question for me to answer. After all, I can't remember a time when traveling here wasn't at the top of my bucket list.

As I a child, I was fascinated by my grandfather's National Geographic magazines, and I likely stumbled upon an article or glossy photograph that sparked my fascination with New Zealand at a young age.

Flash forward to Fall 2016: my second-to-last semester at Iowa State. While working as a graduate assistant for Live Green! and completing dual masters degrees in Creative Writing and Sustainable Agriculture, I became increasingly interested in moving abroad to see how other cultures use storytelling to engage with sustainability issues.

I sought advice from Dr. Mary Wiedenhoft, a mentor of mine who coordinates a study abroad trip to New Zealand for undergraduate agronomy students.

After learning about the country's many sustainability-related opportunities, the [Study Abroad Center](#) informed me that New Zealand is one of the few countries from which U.S. citizens can obtain a working holiday visa. I asked my girlfriend, Molly, to join me for a yealong adventure and the planning commenced.

Our journey began on New Zealand's South Island in [Queenstown](#), where the first-ever commercial bungy jump site in history opened in 1988.

Queenstown proved to be an ideal place to engage with the New Zealand landscape. A popular local hiking spot was located directly across from our residence, and we enjoyed several day cruises across Lake Wakatipu, one of the purest bodies of water in the entire country.

We also spent three days and nights hiking the Routeburn Track, one of New Zealand's nine "[Great Walks](#)," which begins about an hour outside of Queenstown. While on the 20-mile trail, we saw a 570-foot waterfall and skirted the tops of the Southern Alps. Completing the trail was easily the highlight of the

trip thus far, as well as one of the most rewarding moments of my entire life.

Queenstown was also a perfect place to learn more about New Zealand's sustainability initiatives. For example, there are several nearby wind farms that contribute to the fact that 80 percent of New Zealand's electricity is sourced by renewable energy. The town is also home to the [Kiwi Birdlife Park](#), one of many breed-to release programs fighting to save a highly endangered species that is the country's most famous national symbol.

In November, we moved to a small town on the South Island's eastern coast to work at [The Food Farm](#), which embraces a community supported agriculture (CSA) model that provides customers with weekly boxes of organic produce and eggs.

As home to vegetable gardens, fruit trees, berry patches, a food forest and five different species of livestock, The Food Farm was a true paradise. Our daily chores included feeding the animals, milking a Jersey cow, weeding, transplanting crops and organizing CSA boxes.

I especially connected with one of the farm's owners, Angela Clifford, who serves as CEO for [Eat New Zealand](#), an organization that uses storytelling to promote the country's food culture.

Angela's passionate commitment to sustainable agriculture inspires me to continue my own work—she recently connected me with the New Zealand food magazine [Stone Soup](#), which has granted me the opportunity to serve as a guest writer.

After nearly a month on the Food Farm, we left for the beach-side city of [Tauranga](#) on the North Island.

Currently, we are orchard workers in nearby [Te Puke](#), which is known as "the Kiwifruit Capital of the World." (And yes, despite being a small nation of less than five million people, New Zealand has more than its fair share of "[fill-in the blank] Capital of the World," distinctions.)

Although Te Puke's kiwifruit-centered economy is a massive international industry, I am continually surprised by the sustainability initiatives used by the orchards where we work. Most orchards are surrounded by





## Benefits of Community Supported Agriculture



buffer strips of tall trees that help shield kiwifruits from wind and weather, and several producers also use organic alternatives to pesticides and other synthetic chemicals. In many ways, serving as an orchard worker is a rite of passage for many backpackers — I work alongside other 20-30-somethings from countries such as Argentina, Chile, France, Germany and the Czech Republic, allowing for numerous languages to be heard during any given moment amongst the kiwifruits.

During the holidays, we celebrated these new friendships at a Christmas barbecue hosted by our orchard supervisors from Brazil. At the event, our supervisors shared a bounty of food from their home country.

The event was symbolic of my entire trip to New Zealand: when people come together with the intent to share food, they can find common ground that transcends nationality, politics, race and culture. I will forever cherish this memory and welcome the chance to discover more during my remaining seven months in this beautiful country.

All in all, traveling abroad makes me believe now more than ever in the importance of

teaching our children how to build a better world. Upon my return to the U.S., I plan to combine my love for agriculture, sustainability and outreach into a career providing farm-to-school learning opportunities for K-12 students, and I look forward to cultivating the sense of love, celebration and understanding that food provides us all.

For a full account of Adam's adventure Down Under and additional pictures, visit the *ISU Live Green! Blog*.

### Meet the Author



Adam Blake Wright is a 2017 ISU graduate with dual masters degrees in Sustainable Agriculture and Creative Writing. A former Live Green! graduate assistant, Adam is currently learning more about sustainability while on a year-long work visa in New Zealand.

Photo Courtesy of Adam Wright

Copy by: Adam Wright  
Graphics by: Morgan Thompson



# NOW YOU KNOW:

## *GIVING PASSION TO THE HEART*

February is a month for celebrating passions of the heart and fully opening our hearts. In 1964 by President Lyndon B. Johnson designated February as Heart Month. Each year on Feb. 3, supporters wear red to advocate for supporting healthy hearts and eradicating heart disease.

"Heart Disease" is used interchangeably with "Cardiovascular Disease" and "Heart and Blood Vessel Disease." This condition arises from a process called atherosclerosis, a plaque build-up in the walls of the arteries that constricts blood flow causing blood clots, arrhythmia, heart valve problems and leads to heart attacks or strokes.

This dangerous disease is America's deadliest, killing 17.3 million Americans each year. Which equals as many deaths annually as cancer, lower respiratory diseases and automobile accidents combined, as noted by the American Heart Association.

Not only is this disease deadly to individuals it is also detrimental to communities through significant impacts to economic, social and environmental sustainability.

Heart disease makes patients' lives both socially and economically strained. People experiencing heart disease are challenged to find quality time to share with family, friends and community, as well

as opportunities about which they feel most passionate. Time in clinics, hospitals and convalescing takes priority.

Economically, heart disease currently contributes \$31 billion to

Americans' health expenses yearly. In addition, it is expected to rise to more than \$69 billion by 2030. On average each American with heart disease

incurs a lifetime bill of nearly \$110,000 according to the Novartis Company.

These social and economic limitations are more likely to cause depression in the patient's life, causing additional expense to absence of loved ones. According to the Center for Disease Control, rates of depression are estimated at 10 percent while rates of depression among heart disease patients rise to 27 percent.

Environmentally patients physical debilitations of the disease, formerly active individuals are less likely to walk, bike or use public transportation due to complications





and demands of their illness. This in combination with increased energy use and resource demand by clinics, hospital and rehabilitation facilities has a collective environmental impact their carbon footprint and contributing to poor air quality.

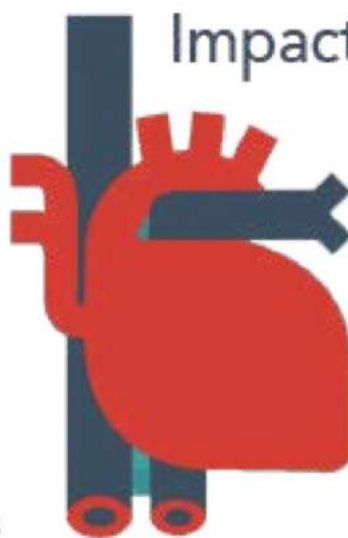
Embracing a healthy heart provides positive impact to all facets of sustainability. By showing passion to their hearts, individuals show passion to their family, friends and communities. When a person is healthy, their community, economy and environment is healthy and reaps the benefits. Practicing a sustainable lifestyle offers opportunity for living.

**Heart Disease is America's deadliest, killing 17.3 million Americans each year.**

Although heart disease is the leading cause of death for men and women in the United States, it is also one of the most preventable. While some risk factors of heart disease such as gender, age or family heart history are not controllable, there are a number of factors that can be managed to avoid heart disease.

By making heart-conscious changes to your daily routine, being aware of your family history, participating in regular check-ups and recognizing risk factors, you are actively pursuing a heart healthy life.

This month is also an opportunity to extend passion to friends and family. Offering rides to annual check-ups, donating blood and



## Impacts of Heart Disease

### Environmental

With an increase in heart disease, there is an increase need for energy in hospitals for treatments and surgeries

### Social

The rate of depression increases by 17% in patients with heart disease

### Economical

The average cost medical bills due to heart disease amounts to \$110,000 per patient

sharing heart healthy recipes and extending invitations to heart healthy events and activities, help inspire and motivate preventative measures.

Showing passion to the heart also includes paying forward for future generations. Financially supporting the fight against heart disease offers direct assistance to the Heart Foundation and American Heart Association in their work and research. In addition, purchasing products from companies that donate proceeds directly to heart associations also aids this passionate battle for the heart. An example is Amazon's Smile Prime which donates part of designated purchase to the American Heart Association.

This month join the nation in celebrating Heart Month and sharing passion for healthy hearts - young and old, current and future. Such a wonderful tribute to the very essence of life, living and sustainability.



# MONTHLY CHALLENGE

Throughout the month of February, we are celebrating and embracing passion through events, opportunities and initiatives illustrated throughout this newsletter. This month's challenge embraces experiencing and discovering passion in every day. See below\* to learn how we are rewarding participation in this month's challenge.

B I N G O				
Cook a new recipe full of heart healthy vegetables.	Create a personal mission statement.	Wear red to support Heart Health Month.	Invite a new friend for coffee or lunch.	Listen to a stress relieving playlist.
Buy fresh produce from a local vendor.	Reach out to an old friend.	Celebrate a milestone.	Watch an Olympic sport you normally wouldn't watch.	Exercise for 30 minutes to prevent heart disease.
Do an artistic activity.	Go through your closet and donate clothing to a local thrift shop.	<b>Free Space</b>	Journal for 10 minutes.	Treat yourself to a fancy coffee.
Try out a new fitness class.	Explore a new place or space.	Learn a new hobby.	Write a positive note to yourself.	Get a full nine hours of sleep.
Start a new book.	Write five goals for the week, month and year.	Try a new food.	Organize your schedule.	Make a Valentine greeting for a relative.

\*This month, photograph yourself completing a Bingo (five images, which can include the Free Space) and email them to the Live Green! Team at [livegreen@iastate.edu](mailto:livegreen@iastate.edu), to be entered to win one of two Morning Bell Coffee Roasters gift cards. Multiple submissions are encouraged and acceptable for each unique Bingo. Submissions will be accepted until Feb. 28 at midnight. The drawing for overall winner and most creative Bingo will be announced March 5. Good luck!



# GREEN OPPORTUNITIES

## LEARN FROM A COMMUNITY FARM

Expand knowledge and skills in organic food practices through a summer internship at the Mustard Seed Community Farm located near Ames. The farm will work with interns to develop an internship program in science, teaching, art, farming or whatever the intern is hoping to explore. Obtain more information and apply by March 15 on the Mustard Seed Community Farm's website.



## DEVELOP VOLUNTEER DAY



Help plan the Volunteer Center of Story County's Volunteer Center's Day of Service by attending monthly meetings to help the committee strategize and carry out upcoming volunteer events for the community. Community members are invited to participate in monthly meetings on the second Monday of every month at the Ames Volunteer Center Office at 4:30 p.m.

## CAMPOUT FOR A CAUSE

Sleep under the stars at Jack Trice Stadium in the annual Reggie's Sleepout on March 24 to bring awareness and raise money for homelessness in teen youth and those aging out of the foster care system. Register as a camper to raise money for the event or volunteer your time to help the event run smoothly.



## INTERN IN THE GARDENS



Apply for a summer internship at Reiman Gardens in areas ranging from landscape maintenance, entomology, education to greenhouse production and retail management. Undergraduate students are encouraged to apply by Feb. 11 for this unique opportunity to learn about public gardens and non-profit organizations.

## GREEN YOUR DRIVE



Sign up for ISU's new car share program and leave parking and maintenance hassles behind. Zip Car offers a, 24-hour, rent-by-the-hour or -day, online car rental service available to students, faculty and staff. ISU's Zip Car fleet, Friday, Sansa and Elma, are ready to green your drive!

## ENSURE FOOD ABUNDANCE

Volunteer at the Food Bank of Iowa, sorting food and produce, participating in community events and packing food for families. Work toward securing food for local citizens and families. Volunteers can sign up for a one time event, regular hours or to be a community advocate through the Food Bank of Iowa's website.



## FIGHT AGAINST ALZHEIMER'S

Engage in the fight toward ending Alzheimer's Disease by becoming an Alzheimer's advocate with The National Alliance of Mental Illness (NAMI). Volunteers will draft letters and emails to state and federal legislators and attend events. Participants can also get certified to become a NAMI program trainer to teach a class or run a local support group.



## ADVOCATE FOR RENEWABLE ENERGY

Advocate for a sustainable energy future by joining the Iowa Renewable Energy Association's Imagine Energy Traveler program. This outreach opportunity works with local businesses that provides demonstrations and education to Iowans about natural and renewable resources to opportunities to incorporate in homes, businesses, schools and vehicles.



## BUILD AND VOLUNTEER

Coordinate donations, advertising, volunteers and committees by volunteering at the Habitat for Humanity office. By donating assistance to the Ames office, volunteers are able to directly assist to local families in need and help the organization grow and expand further in to the Ames community.



## FUND YOUR DEGREE

Pursue a career in energy efficiency by applying to the Iowa Association for Energy Efficiency Scholarship Program. The scholarship program is offering two \$1,000 awards to college students. Apply on their website by April 15.





# UNITY THROUGH SPORTS AND SUSTAINABILITY

## WINTER OLYMPICS: FEB. 9-25

The world is a diverse place, filled with a plethora of religions, ethnicities, experiences and perspectives. Every other year, this diversity comes together through shared competition that we call the Olympics.



The Olympic Games are held in both the winter and summer, and are hosted in different locations around the world. The Olympics has a long and rich history, dating back to 776 B.C. With some amendments, the Games continue to this day for the enjoyment of the global population, creating a camaraderie amongst friends, families and strangers as they congregate together to cheer for their countries and athletes.

This year marks the 22nd Winter Olympics, first observed in 1924. Beginning Feb. 9 and lasting until Feb. 25, the Games are taking place in PyeongChang, South Korea. As the world gathers for some friendly competition and to see who takes the gold, the Olympics also offers a significant platform to highlight consideration of, commitment to and passion for sustainability.

The non-profit International Olympic Committee (IOC) is devoted to building a better world through sports. Because of this, they have made it their goal to ensure that not only people benefit from the Olympic Winter Games, but places do, as well. This is reflected in the 2018 Winter Games' vision -- "New Horizons for Sustainability- Furthering benefits to People and Nature". Five main themes encompassing the environmental, economic and social initiatives of the Games are also incorporated: "Low-Carbon

Green Olympics," "Stewardship of Nature," "Good Life," "Proud People with Tradition and Culture" and "Globalizing PyeongChang: Opening to the World".

Currently, the Games are ISO20121 certified, an international standard for the establishment of a sustainable management system developed by the International Organization for Standardization. This standard, first offered in 2012, focuses on minimizing the impact on the world's environment, resources and society. Receiving this year's certification is a first in Winter Olympic history.

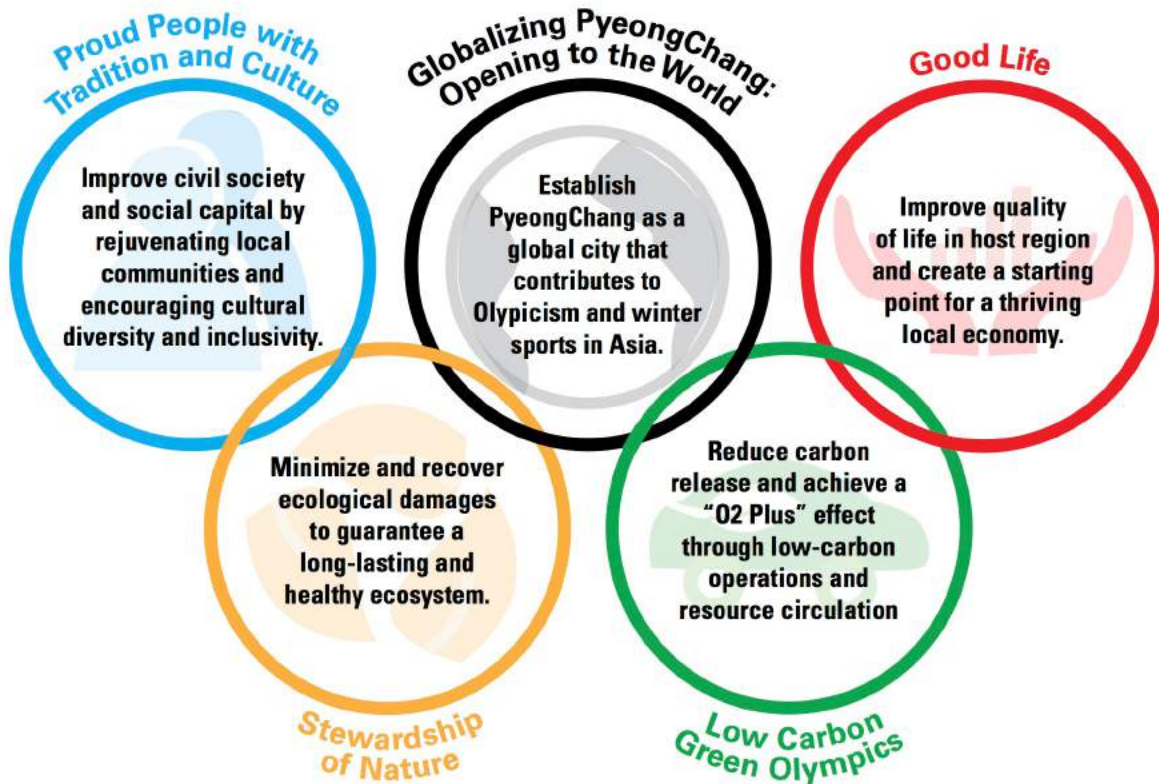
The sustainable commitment expands beyond being certified as a sustainable event. A website that discloses all environmental data, including real-time charts on air and water quality for the region and detailed information on the greenhouse gas emissions, has been established. Additionally, the Games aim to build sustainable Alpine venues, create PyeongChang Olympic Green Village, supply electric vehicles, establish a recycling system within the venue, create a public sports park from ecological restoration of landfills, as well as many other implementation tasks to accomplish a sustainably-conscious Olympic Games.

**2018 Winter Olympics Vision**  
**New Horizons for Sustainability:**  
**Furthering Benefits to People**  
**and Nature**

Sustainability has been brought to the forefront for the past couple of Summer Olympics. Though this may be the first ISO20121 certified Winter Olympics, the 2020 Tokyo Games will be the third Summer Olympics with this certification. Along with Credibility and Youth, Sustainability is one of the three pillars of the 2020 Summer Olympics' agenda in Tokyo, Japan. Though these specific pillars are subject to change in the future, sustainability will always be an important goal of the Summer Olympics.



# Key Sustainability Themes of the Winter Olympics



Three spheres of responsibility create the foundation of the Summer Olympics' ISO sustainability strategy for the 2020 games. The first sphere is dedicated to making the IOC organization embrace sustainability and incorporate it into day-to-day operations. The next sphere is to take a proactive approach on sustainability and include it in all parts of the planning and staging of the Olympics. The third and final sphere is focused on engaging and aiding the Olympic Movement stakeholders in integrating sustainability into their own organizations and operations.

The IOC has also established five focal areas to achieve a more sustainable Olympic Games for now and in the future. Sustainable infrastructure and natural sites, resources and resource management, mobility, workforce and climate are the "green" areas of emphasis. These focal areas are incorporated into the Olympic agenda to ensure the host country is maximizing existing or creating environmentally-conscious infrastructure

and using resources responsibly. In addition, the Olympic Games are creating safe, healthy and sustainable mobility and working conditions for employees and volunteers and putting in place a carbon reduction strategy that coincides with the objectives of the Paris Agreement.

An international organization and event with viewership and world influence, the Olympics, is a role model for cultivating a platform for awareness of and global dialogue on sustainability. The Games create new conversations and put actions into motion that help not only a host city, but communities throughout the world.

Copy and graphics by:  
Morgan Thompson



# SYMPOSIUM ON SUSTAINABILITY

## ENGAGING, ENABLING AND EMPOWERING OUR SUSTAINABLE FUTURE

Enjoy two days filled with sustainable fun at the ninth annual Symposium on Sustainability, Feb. 19-20. Learn about the importance of living sustainably through interactive and engaging activities, speakers and events available to the Iowa State University and Ames communities. Visit the Symposium on Sustainability [website](#) to take part in the poster/tabling event, nominate an individual or group for a Live Green! Excellence Award and learn more about all the event offerings.

### SCHEDULE OF EVENTS



## MONDAY, FEBRUARY 19



**7-8 PM**

#### *South Ballroom, Memorial Union* **Poster/Tabling Reception**

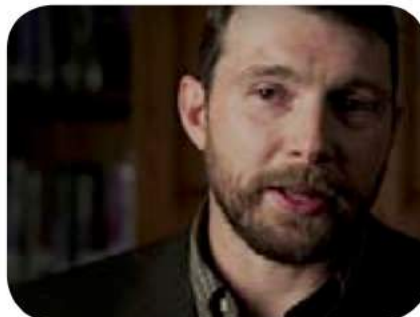
Explore the many sustainability initiatives, projects and opportunities pursued and accomplished by Iowa State students, faculty and staff, while enjoying delicious local ingredient appetizers.



**8 PM**

#### *Great Hall, Memorial Union* **Keynote Lecture: "Coal, Climate and Environmental Backlash"**

Listen to former coal miner, Nick Mullins, educate audiences about Appalachia's jobs-versus-environment dichotomy.



Publicity photo provided by Nick Mullins



## TUESDAY, FEBRUARY 20



**5-8 PM**

#### *Sun Room, Memorial Union* **Poster/Tabling Reception**

Explore the many initiatives, projects and opportunities being pursued at ISU during a continuation of the Monday, February 19 event.

**5-8 PM**

#### *Great Hall, Memorial Union* **Sustainapalooza**

Begin 2018 sustainably by participating in hands-on Green-It-Yourself (GIY) activities, learning healthy and mindful recipes and more, with help from various campus organizations like the [ISU Peer Wellness Center](#) and [The Workspace](#). Additionally, exchange old clothing for new at the Clothing Swap.

**8 PM**

#### *Sun Room, Memorial Union* **Live Green! Awards for Excellence in Sustainability**

Celebrate the outstanding Iowa State students, faculty and staff who are going above-and-beyond in their sustainability efforts on Iowa State's campus. Nominate an individual, team or organization by emailing us at [livegreen@iastate.edu](mailto:livegreen@iastate.edu).



# SUSTAINAPALOOZA

## LET'S BE SUSTAINABLE!

Sponsored by the Green Umbrella and the ISU Office of Sustainability, the seventh annual Sustainapalooza is the second day of the 2018 Symposium on Sustainability. The goal of Sustainapalooza is to captivate and engage campus in sustainable initiatives, accomplishments and opportunities in the Ames and ISU communities. This year's theme is a reminder of the ability each and every one of us has to live a more sustainable life and in turn, sustain the planet.

### Green-It-Yourself Centers

#### It's Poppin'

##### **Let's be self-sustainABLE!**

Join [ISU Peer Wellness Educators](#) to create healthy, dorm friendly, customized popcorn mixes you can pop at home!

[popABLE](#), [customizABLE](#),  
[consumABLE](#), [savABLE](#)

#### Clean and Green

##### **Let's be environmentally sustainABLE!**

Team up with [Wheatsfield Cooperative](#) to learn how to make your own green cleaning products (and create some to take home) using essential oils and other eco-friendly ingredients!

[cleanABLE](#), [biodegradABLE](#), [creatABLE](#)

#### Stuck on Sustainability

##### **Let's be economically sustainABLE!**

Get creative with [The Workspace](#) and [Iowa Department of Natural Resources](#) to create up-cycled magnets out of household waste odds and ends!

[reusABLE](#), [creatABLE](#), [recyclABLE](#)

#### Sole SustainABLE!

##### **Let's be world citizen sustainABLE!**

Calculate your global ecological footprint and get helpful hints on how to reduce it!

[doABLE](#), [yourABLE](#)



### Clothing Swap

#### Swap it Like it's Hot

##### **Let's be socially sustainABLE!**

Swap for a new and sustainable style!

#### Three Ways to Swap:

- 1 item donated = 1 item to take
- 2 canned goods (for [The SHOP](#)) = 1 item to take
- \$2 (donation to [The SHOP](#)) = 1 item to take or 3 items for \$5

All leftover items will be donated to communities in need.

[swapABLE](#), [rewearABLE](#), [usABLE](#)

### Green Features

- Enjoy locally-sourced snacks.
- Snag some sustainABLE! giveaways.
- Walk the green carpet and strike a pose at the Cy-lebrity Wall.
- Leave your personal sustainability goals and vision for ISU on the Cardinal, Gold and Green Wall.

### Eco Challenge

- Download the [Joulebug app](#) and get involved in Live Green!'s 10-day Eco Challenge through achieving simple sustainable acts.
- Donate a non-perishable food item to [The SHOP](#) and earn your first point. Participants with the most points (top five) will receive great, green giveaways from unique eco-businesses.
- In addition, all other participants will be entered into a drawing giving away additional sustainABLE! gifts. Check out Live Green!'s [Facebook page](#) for more exciting details.



Photos courtesy:  
Live Green!



# GREEN-IT-YOURSELF

February is a passionate month - a month to show your appreciation toward those you love and appreciate. Use these sustainable GIYs as a gift guide to help show your loved ones how much they really mean to you.

## ESSENTIAL OIL CANDLES

Fill any room with the soothing scent of your choice with this sustainable candle!

**Supplies:** Wax (soy wax, beeswax or scraps of old candles), soy wax candle wicks or homemade wicks, mason jars, glass measuring cup, popsicle sticks, essential oils (use this guide to choose the essential oil)

1. Place the wick in your candle container, and hold it in place using two popsicle sticks or any other sturdy, straight objects.
2. Melt candle shavings in a large glass dish in the microwave for 2-4 minutes.
3. Remove melted wax from the microwave.
4. Add essential oils to the dish by adding drops according to desired strength of scent.
5. Pour in the melted, scented wax into prepared candle container, let the candle cool completely, and trim the wick to 1/2 inch in height.

**To use:** Light this homemade candle to add a warm glow to any occasion!



## LONG-LASTING LOTION BARS

Use this sustainable, zero-plastic lotion bar in place of your traditional bottled lotion!

**Supplies:** One part coconut oil, one part pure beeswax, essential oils (optional), muffin tins

1. Break up the beeswax into pieces and heat it with coconut oil in a saucepan over low heat.
2. Once the beeswax and coconut oil are melted, add desired drops of essential oils.
3. Pour melted coconut oil and beeswax into muffin tins or lotion bar molds.
4. Let cool until room temperature.

**To use:** Rub the bar until it is warm and creamy, and then apply it as lotion!



## REUSABLE HEATING PADS

Create a homemade, low-cost heating pad using old socks and pantry goods!

**Supplies:** Pair of thin socks, pair of cozy socks, 2 bags small white beans, rice or corn, sewing machine or needle and thread

1. Sew together the cuff of each thin sock, right side out, making sure to leave a one-inch opening on each sock.
2. Fill each sock with a bag of beans, rice or corn through the one-inch opening.
3. Sew one-inch opening closed to secure insides.
4. Sew together the cuffs of each cozy socks, right side out, around the cuff leaving a 1-1/2 inch opening on each sock.
5. Insert the filled liner socks into the cozy socks.
6. Sew up the 1-1/2 inch opening on each cozy sock.

**To use:** Heat socks in the microwave for 30 seconds and place on sore muscles to relieve pain!



FOR MORE GIY 



# COOKING WITH CANNED FOOD

February is national Canned Food Month. Canned foods can be a great way to shop inexpensively and healthily. These foods have a shelf life of up to five years while also maintaining nutritional value. Here are two delicious recipes to celebrate canned food this month. Don't forget to recycle these cans after use!

## Don't Forget!

Canned food ingredients can vary from company to company. Make sure you're educating yourself on labels and ingredients in your food.

## Canned Food MYTHS

## Remember!

Read labels carefully to learn about what is being added or not being added to your foods. Research how to read canned food labels online.

**Myth:** Canned foods are not nutritious.

**Truth:** Canned foods contain their full protein and fiber content, only slightly losing some vitamins in the canning process.

**Myth:** Canned food is only good in season.

**Truth:** Canned foods retain peak flavor for three to four years, adding an always delicious addition to out-of-season recipes.

**Myth:** Canned foods are full of preservatives.

**Truth:** The canning process makes preservatives unneeded; the only addition is flavoring or sweeteners for taste.

Want more information on these myths? Look at [Ask a Prepper](#) online!

## Fiesta Chicken

### Ingredients

Four 14 oz. cans of chicken, two 14 oz. cans of diced tomatoes (undrained), two 10 oz. cans of corn (drained), one 15 oz. can of black beans (drained and rinsed), one package taco seasoning mix, cooked rice to accompany and cheese to top (optional)

### Directions

1. Combine all ingredients, except chicken, in slow cooker.
2. Cover slow cooker and cook on low-heat setting for eight hours.
3. Stir in canned chicken. Allow chicken to heat up with the mixture.
4. Serve over cooked rice and top with cheese.

This yummy recipe makes eight servings. Store leftovers in a plastic reusable container in the refrigerator for up to three days.



## Seven Can Soup

### Ingredients

One 14 oz. can meat-only chili, one 15 oz. can kidney beans, one 15 oz. can pinto beans, one 15 oz. can black beans, one 15 oz. can diced tomatoes, one 15 oz. can corn, one 10 oz. can Rotel, 8 oz. cubed Velveeta cheese

### Directions

1. Without draining the cans, empty the corn, chili (skip this ingredient to make it meatless), kidney beans, pinto beans, black beans and tomatoes into a large pot over high heat.
2. Bring to a boil.
3. Reduce the heat and simmer for 10-15 minutes to bring all the flavors together.
4. Add salt and pepper, as needed.
5. Dice the cheese and stir it into the soup until melted. Serve immediately.

This quick and easy recipe makes six servings of delicious soup. Store these leftovers in a covered pot in the refrigerator for up to three days.





# JANUARY CALENDAR

05

## **Banking on Women Lecture**

**Sun Room, Memorial Union, 7 PM**

Learn about Jessica Schnabel's efforts toward providing loans to women entrepreneurs around the world in this lecture on Feb. 5.

06

## **Food Photography Program**

**Reiman Gardens, 6-8:30 PM**

Gain the artistic eye with Reiman Gardens' four-week food photography class. The classes start Feb. 6 and registration is required by Feb. 5.

## **Iowans on Everest Lecture**

**CPMI Event Center, Iowa State Research Park, 7 PM**

Hear about Boone-native Andy Anderson's adventures summiting Mount Everest. This event is free to the public and will be streamed live on Facebook on Feb. 6.

08

## **Brown Bag: Nature at Noon**

**Reiman Gardens, 12 PM**

Bring your lunch and learn about how Reiman Gardens has incorporated this year's themes and movements, into its garden displays, educational programs, events and more.

10

## **Valentine's Day Card Crafts**

**The Workspace, 10 AM-4 PM**

Create a Valentine's Day card for your special someone during this walk-in craft at The Workspace. Additional dates include Feb. 12-3 from 2-10 p.m.

## **Toward Building Community**

**Ames Public Library, 10 AM-12 PM**

Build a stronger community through learning what dimensions of diversity you bring to the table. Discussion and activities are led by Ross Wilburn, Diversity Officer at ISU. [Register](#) for the event on their website.

## **Black History Month**

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

Join the Ames Public Library in celebrating Black History Month with family fun activities and guest readers sharing books by or about people of color.

12

## **Pop Up Art Sale**

**Bookstore Entrance, Memorial Union, 10 AM-2 PM**

Surprise a loved one with an original, thoughtful gift and support local artists and The Workspace. Continues Feb. 13-14.

17

## **Ames Home and Garden Show**

**Hansen Agricultural Student Learning Center, 10 AM-4 PM**

Check out the 2018 Ames Home and Garden Show and let the professionals help with all your latest home improvement projects. Continues Feb. 18, 11 AM-4 PM.

19

## **SYMPOSIUM ON SUSTAINABILITY: DAY 1**

### **Poster and Tabling Reception**

**Great Hall, Memorial Union, 7-8 PM**

Celebrate ISU's commitment to sustainability at a poster and tabling reception featuring students, faculty and staff initiatives and accomplishments.

### **Keynote Speaker**

**Great Hall, Memorial Union, 8 PM**

Listen and learn from former fifth generation coal miner, Nick Mullins, on the relationship amongst coal, climate and the environmental backlash.

20

## **SYMPOSIUM ON SUSTAINABILITY: DAY 2**

### **Sustainapalooza**

**Great Hall, Memorial Union, 5-8 PM**

Enjoy a night including sustainability posters, displays and art, followed by take-home recipes, empowerment opportunities and the annual Clothing Swap.

### **Eco Challenge**

**Anywhere, Feb. 20 - March 2**

Challenge yourself to live a more sustainable life using the [Joulebug app](#) to record and earn points for the simple sustainable changes you make in your daily life. Prize bundles and random prize drawing will be awarded to participants through Live Green!



**JouleBug**  
Play Save Share

26

## **Documentary Screening**

**Great Hall, Memorial Union, 7 PM**

Attend a screening of the popular documentary investigating the impacts of climate change through the lens of national and global security, [The Age of Consequences](#).

28

## **Making Food Your Friend Again Lecture**

**Sun Room, Memorial Union, 7 PM**

Develop a healthy relationship with the food you eat by attending a lecture by Jessica Setnick, a pediatric dietitian and author, as a part of [Eating Disorder and Body Image Awareness Week](#).

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Have a sustainability highlight, accomplishment, or event to feature? Contact the Marketing and Communications Team!

**McClane Gill** | [mgill@iastate.edu](mailto:mgill@iastate.edu)

**Morgan Thompson** | [morgant@iastate.edu](mailto:morgant@iastate.edu)

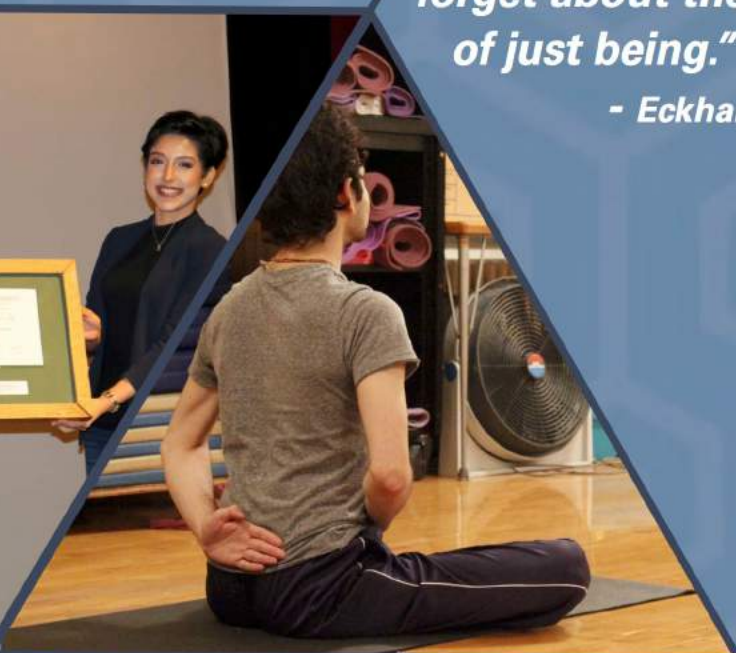


# LIVE GREEN! MONTHLY

March 2018  
Volume 8 Issue 5

*"In today's rush, we all think too much —  
seek too much — want too much — and  
forget about the joy  
of just being."*

*- Eckhart Tolle*



**MINDFUL LIVING:  
ISU STUDENT  
SHARES  
MINDFULNESS  
THROUGH YOGA**

**2018 RECAP:  
SYMPOSIUM ON  
SUSTAINABILITY**

**WORLD WATER  
DAY: HONORING  
THAT WHICH  
SUPPORTS  
THE WORLD**



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GREEN!**

IOWA STATE  
UNIVERSITY

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Looking back at how ISU Cyclones observed  
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**06 >>** **A Look at Mindfulness**  
Examining ways to leave the rut of stress  
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**08 >>** **Trickling Mindfulness of Water**  
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**09 >>** **Monthly Challenge**  
Search your way in observing and  
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Check out sustainable events  
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Photo by McClane Gill

Welcome **RJ Green** to the Live  
Green! Team

**Position:** Sustainability Strategic Planner

**Studies:** Biology and Sustainability

**Hometown:** Underwood, IA

**Favorite sustainability tip:** Every day is  
Earth Day

**Why did you join the Live Green! Team:**  
"It's an amazing opportunity and an  
absolute joy to collaborate with a group  
of talented people striving to facilitate  
lasting, positive, sustainable change on  
a daily basis."

Sustainable Connections!



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





# DIRECTOR'S MESSAGE

Welcome to March, Cyclones!

Ah...the month that bringing spring break, the reassurance that warm weather will return and more time to venture outdoors for outings other than the obligatory ones, after a winter's hibernation. What a fabulous time of the year!

With all that March brings, it also offers considerably -- more daylight hours, fresh air smelling of spring and all the other wonderful components awakening our senses to a new season. That very day each year, when we experience this reassurance, is like no other.

Each of us experience it differently and uniquely, yet both deeply and personally. It is as if nothing else in that moment exists, besides that intimate connection to the present. Succinctly put, March gives us mindfulness -- the mentality achieved by focusing awareness on the present moment.

Certainly this is not to say that mindfulness only happens in March. Mindfulness can happen any second of any day, if we allow and nurture it. The challenge is that life is filled to the brim with mental clutter and shiny objects demanding our attention and conscious thought -- a deadline, an upended schedule, a challenging person, place or thing -- demands thought and attention that takes us further and further from the present.

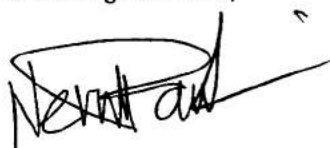
This month's issue of Live Green! Monthly reminds us of the many reasons to connect to mindfulness and to be present throughout our personal and collective consideration of and journey toward a sustainable future. The further we stray from the present, the further we are from our vision for the future -- as individuals, communities and nations.

This month's newsletter also offers testimony to the impact and benefit of a commitment to mindfulness in our daily considerations, interactions and activities. Opportunities that are presented to us each and every day. Whether road tripping, running errands or brushing our teeth, each moment is our choice as to where our attention lands.

As we all know too well, multi-tasking -- while seemingly effective -- is really diluting our best effort. Similarly, we dilute our focused thought and presence to everyone and everything around us when we multi-focus our thoughts. Through focus, dialogue occurs, collaboration begins, awareness peaks and solutions happen. We are present. When present, understanding takes hold, empathy multiplies and resilience thrives. We are mindful. Through mindfulness, we are sustainable.

May March offer you countless "present" moments.

Yours in green-ness,



Merry Rankin



Photo by McClane Gill

**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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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 sustainability.

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



# SYMPOSIUM ON SUSTAINABILITY AND SUSTAINAPALOOZA RECAP

ISU welcomed keynote speaker, Nick Mullins, a former fifth-generation coal miner, to speak on "Coal, Climate and Environmental Backlash," to kick off the 2018 Symposium on Sustainability. Mullins spoke of his time as a coal miner in the Appalachians and the jobs-versus-environment dichotomy. Attendees also viewed sustainability initiatives, projects and opportunities pursued and accomplished by ISU students, faculty and staff during a pre-lecture poster and tabling reception. Thank you to the 1,000+ students, faculty, staff and community members for attending and celebrating our sustainability success!

SYMPOSIUM  
**2018**  
FEB. 19 - 20, MEMORIAL UNION

"It doesn't matter the color of our skin, our religions... [These environmental impacts are] a human problem [and] a global problem." - Nick Mullins



**2018 Live  
Green! Award for  
Excellence in Sustainability:**  
Dr. Joan Su - Assistant Professor  
in Apparel, Events and  
Hospitality Management

In recognizing a unique and relevant opportunity to distinguish ISU's fledgling Event Management Program, Dr. Su developed a new course, "Sustainable Event Management," designed to offer students practical applications of event sustainability and introduce them to the new international sustainable event standards. Through Dr. Su's experience and competency in the sustainable hospitality events field, ISU undergraduates and graduates are offered a pertinent teaching pedagogy that addresses and raises awareness about issues of sustainability through an international lens and a very engaged approach.







Sustainapalooza offered attendees a variety of opportunities to be sustain**ABLE** at ISU and through personal decision making. The multi-sustainability-featured event included reusable straws, sporks and dry-wick towels giveaways, local food refreshments, a clothing swap, Green-It-Yourself centers (engaging attendees in green cleaning, upcycling, carbon footprint calculating and healthy snacking), recycled astroturf “green” carpet and a sustainability pledge wall. For a full recap, read the [Iowa State Daily article](#) and the [Live Green! Blog post](#). View pictures on [Live Green’s Facebook page](#) and on the [Iowa State Daily’s website](#).



“The giveaways were such a nice and fun touch to the event. I’m going to use my straw all the time now!” - Abby Hean



“It was nice to see all of our hard work finally come together and to be able to enjoy the company of others that want to learn more about sustainability and those who are passionate about the topic. Some of those who come and are hesitant to be involved or don’t know where to start, realize how easy and fun it is to be sustainable, which is what we strive to demonstrate!”

-Stephanie Suden,  
TGU Member

Photos by  
Live Green!



# STUDENTS LIVING **CARDINAL**, **GOLD** AND **GREEN**

Our daily chores, activities and tasks fill our mind to the brim. The psychology paper due next week, the big project at work and the growing to do list as the week goes on removes us from being mindful of and engaged in the present. As one ISU student knows well, through purposeful mindfulness we enable ourselves to dismiss all the mind clutter and thrive in our present moments.

Growing up in Jaipur, India, Ankur Sharma (graduate student in computer engineering) practiced mantra meditation and strived to live a life focused on yoga principles, taught and guided by his family's values. By seeing the improvement in his own mindfulness he was inspired to share this knowledge and practice as an ISU student. His inspiration led to the founding of a uniquely-focused student organization — LiveYoga Live Green (LYLG).

*"The club offers me a way to remember that I am not at the center of the universe; there are innumerable others here with me."*

LiveYoga, Live Green aims to address the origin of unsustainable living and nurture change.

Through Sharma's leadership, the club holds regular meetings that align with the principles of yoga: non-violence, generosity, sharing and truthfulness. With these in mind, the members of the club strive to live mindfully and sustainably with an eco-friendly lifestyle through activities, such as cooking workshops, Asana exercises, Musical Mantra Meditation (also known as Kirtan), philosophical discussions and education on yogic living.

"[My favorite part of being in LYLG is] being part of a community that cares about making this world a better place for everyone to live -- by addressing not temporary solutions, but the root of the problems," Sharma said.

Through meetings, workshops and discussions, members are equipped with the necessary knowledge to live out their values through everyday actions and learn how to live consciously within the three facets of sustainability (social, economic and environmental). LYLG meets on Sundays to practice Asana exercises and musical mantra meditation; everyone is welcome to join.

Sharma's favorite way to be present and ensure a mindful connection is through mantra meditation -- freely thinking and focusing on the

## Ankur Sharma

**Hometown:** Jaipur, India

**Studies:** Computer Engineering

**Year:** Graduate Student | PhD candidate

**Favorite Sustainability Tip:** "Be open-minded, self-honest and try to learn how to be detached from self-centered desires that primarily focus on one's own happiness."







## Four Asana Exercises for Beginners

- Begin Asana session with 5 minutes of mindful breathing.
- Hold each pose for one minute while focusing on breathing.
- Asana should be challenging, but should not be uncomfortable.



meditation of the moment at hand, as well as pairing mantra meditation with yoga Asana, utilizing breathing techniques to fully connect body and mind.

He believes that by facilitating connection to responsibility while holding mindfulness as a priority, we are able to create a clearer mind, focus on things that are happening in the present and connect inwardly. He reminds that any time spent giving mental energy to clutter without mindful thought is time you take from yourself.

### Principles of Yoga

Non-Violence, Generosity,  
Sharing and Truthfulness

"Although these [thoughts] may not be intrinsically 'bad', they take away the mind from the present, which can be counter-productive to oneself or worse, harmful to oneself and others."

Sharma tries to live a simple and introspective lifestyle by participating in service and volunteering as well. By founding the club, he has also been able to share and encourage mindfulness of service and volunteer activities with members.

"The club offers me a way to remember that I am not at the center of the universe; there are innumerable others here with me. My existence in this world is temporary, although I myself am not, so I should learn how to live in harmony with all living entities through the way I live my life."

Sharma plans to continue to share his passion for sustainable living through mantra and holistic living after his education at ISU by continuing to practice meditation and mindfulness. Professionally, he plans to work as a chip designer and eventually teach science and engineering.



## Interested in Joining Live Yoga, Live Green?

Check out their page on the ISU Student Organization's [website](#) for updates and more information on how to get involved. Contact [Ankur Shurma](#) for questions!

Copy and photos  
by: McClane Gill



# NOW YOU KNOW:

## TRICKLING MINDFULNESS FOR WATER

### WORLD WATER DAY, MARCH 22

As children we have learned that to successfully draw the earth, one only needs two colors. First, drawing a circle and a few green blobs that resemble the world's continents, and second, coloring the rest - and majority - of the circle blue because everything in our world, besides land, is water.

Covering seventy percent of the planet, water appears to be plentiful and available for our use. However, this is a mirage. Only about three percent of the world's available water is freshwater - the water we drink, cook with, bathe in and use to irrigate our farmland. Two-thirds of that water is trapped in glaciers, inaccessible to human consumption. The remaining water, though physically available, is considered contaminated and unfit for human consumption.

So, how do humans get water? That is a difficult question to answer because many humans cannot even access a clean, drinkable water source. Scarce or unclean water affects people's environment, health, sanitation, livelihoods, education and so much more. Specifically developing and underdeveloped cities are especially vulnerable to this epidemic.

Our ecosystems are delicately balanced and easily susceptible to things like change in temperature, land use and over exploitation. Through a natural purification process, the earth can replenish and purify water resources, but because of negative human impact on ecosystems, this process is facing threatening opposition.

For example, through land development and contamination of water by household and industrial decisions and processes, the world has lost around 50 percent of its wetlands since 1990, according to [UN Water](#). Home to a plethora of species, the demise of aquatic ecosystems eliminates the habitat and homes of these species -- displacing and/or killing them.

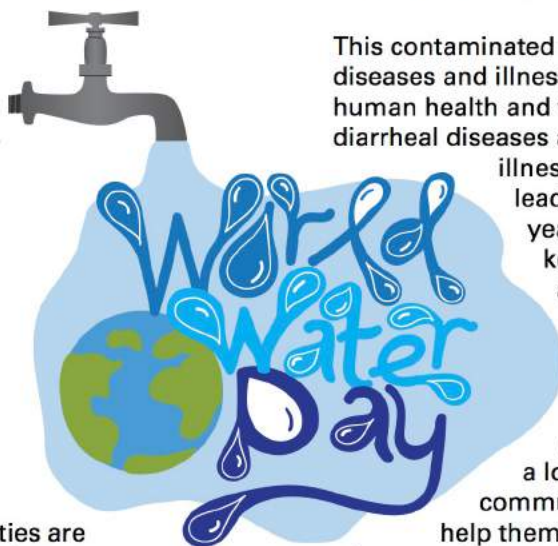
The destruction of ecosystems like these affect the health of animals, food chains and, in turn, humans. Small animals ingest pollutants that disrupt the natural food chain and create a ripple effect. Larger animals eat the smaller animals and humans eat the larger animals, resulting in the contraction and spread of diseases such as hepatitis.

Consuming contaminated animals is costly, but consuming contaminated water is even more so. According to the [World Health Organization \(WHO\)](#), 3 in 10, or 2.1 billion people, suffer from unsafe, inaccessible water at home, and 6 in 10, or 4.5 billion, lack safely-managed sanitation. Due to a lack of finances and technology in these underdeveloped cities, there are no means to filter and clean water. Thus, resulting in at least **two billion** people using water from a source that is contaminated by human and animal waste.

This contaminated water supports water-associated diseases and illnesses, like diarrhea, which jeopardizes human health and well-being. According to [WHO](#), diarrheal diseases are the source of 1.7 billion childhood illnesses each year -- 525,000 of which lead to death among children under five-years-old, worldwide. These diseases keep children from going to school and getting an education, as well as keeping adults from doing daily tasks and maintaining livelihoods. An uneducated population stunts economic growth, and a moneyless household results in a lower standard of living. Because communities do not have the resources to help themselves, raising awareness and finding advocates in organizations to assist challenges in these countries can significantly impact quality of life.

One organization that is going above and beyond to advocate for clean water for everyone is the [United Nations \(UN\)](#). To bring awareness to the world water issue, the UN declared March 22 as [World Water Day](#) in 1993.

World Water Day is an annual event focused on bringing attention to the importance of water. The UN hopes that World Water Day will be a chance for others to learn more about water-related issues, share information and raise awareness about the topic and take action to make a difference. This year's World Water Day is especially timely because the topic of water



#### World Water Facts

- Women and girls spend up to **six hours** every day collecting water.
- Every **90 seconds** a child dies from a water-related disease.
- Due to the lack of basic water and sanitation, **\$260 billion** is lost globally each year.
- **One-third** of all schools lack access to safe water and sanitation.





sensitivity is now not only affecting developing and underdeveloped nations, but also developed, urban cities.

As previously stated, cities around the world suffer from a lack of drinkable water. However, one city is soon to become the first metropolitan area to be impacted – Cape Town, South Africa. Suffering its third year of consecutive drought, Cape Town is down to its last drops of water. The local government has named July 9, “Day Zero,” because, even with the strict restrictions of water consumption, the city’s water supply is critically low and will run out on this date.

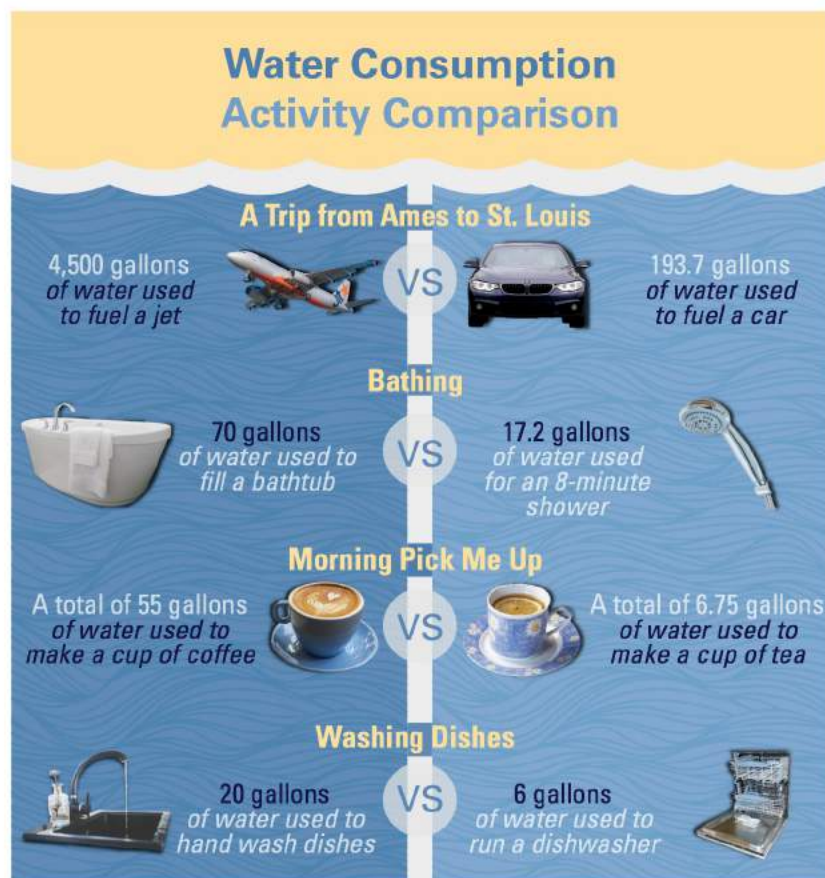
Last month, residents were limited to 23 gallons of water per person per day, the equivalent of a half-filled bathtub. This month, residents are restricted daily to 13 gallons, which is a standard rectangular fish bowl, or three toilet flushes. Compare that to a single American person who uses about 100 gallons every day for bathing, drinking and cooking. Without water, Cape Town will see devastating economic downfall. Unable to plant a significant amount of their crop, local farmers will face financial ruin, and the most immediate devastation, once the taps are turned off.

Finances are not only taking a terrible hit, crime is rising, as well. City officials have been forced to set water usage times for Cape Town residents and have enacted fines on those who break this law. There has also been an increase in illegal dealings of water supplies, including one business that was ordered to close when discovered to be exceeding their water limit due to illegally filtering and bottling water to sell.

Many businesses, however, have responded to consumption limitations in creative ways. Many are offering “cold dinners” so they do not have to boil water, and using biodegradable plates, cups and utensils to cut back water usage related to dish washing. Popular South African musicians are also joining in by remixing their well-known songs to be two minutes long -- the maximum time allotted for showers.

Considering the challenges faced by Cape Town, daily actions can be taken daily around the world to help combat further water scarcity and contamination. For example, supporting clean initiatives by donating, volunteering or advocating for organizations whose sole purpose is to improve water conditions are ways to help. Additionally, actively recycling rainwater and other water used in daily activities and operations, as well as researching, utilizing and advancing technology related to water conservation and improved sewage systems are some other actions that can be taken and supported to improve the state of global water.

At the end of the day, one of the simplest things all global citizens can do to help solve this growing concern is to be mindful of their water intake and usage. If the city of Cape Town can develop a system to reduce water usage, there should be no reason the rest of the world cannot follow suit and rectify the world’s water scarcity and contamination challenges.



Copy and graphics by:  
Morgan Thompson



# MONTHLY CHALLENGE

March 22 is World Water Day, a day dedicated to the awareness and improvement of water quality and supply. With the current water crisis in Cape Town, South Africa, this monthly challenge reminds us of the issues surrounding water scarcity and contamination, actions people can take to help, as well as quick tips on being mindful about water. Water mindfulness starts here!

## WATER MINDFULNESS WORD SEARCH

N	O	I	T	A	N	I	M	A	T	N	O	C	S	S
R	A	D	V	O	C	A	T	E	D	C	R	E	S	C
H	E	N	D	P	U	I	C	A	U	E	S	T	E	A
H	O	W	F	C	B	O	Y	R	E	U	M	A	N	R
T	M	L	O	W	A	Z	V	T	E	T	J	N	L	C
D	E	O	M	H	E	P	N	R	O	W	P	O	U	I
D	I	R	F	R	S	U	E	L	K	P	W	D	F	T
W	I	M	O	F	L	T	L	T	T	V	Q	J	D	Y
D	M	P	D	O	O	I	R	U	O	B	O	P	N	S
R	Z	S	V	E	T	N	N	O	H	W	H	K	I	Q
T	I	H	C	T	A	C	R	Q	H	I	N	F	M	Z
S	F	N	L	O	J	M	O	U	K	S	M	G	Z	B
W	H	L	G	V	A	R	N	J	T	T	W	D	D	T
E	M	R	T	O	K	V	M	W	E	N	P	F	J	P
V	M	C	C	I	D	S	S	L	K	K	K	K	O	F

ADVOCATE  
CAPE TOWN  
CONTAMINATION

DAY ZERO  
DONATE  
SCARCITY

REUSE  
CATCH IT  
VOLUNTEER

SHORT SHOWER  
TURN OFF  
MINDFULNESS



# TRAVELING GREEN



Spring Break is just around the corner, and the excitement of a week of being off campus is growing. Whether you are traveling across the world or across your couch, ensure a more sustainable vacation by following these tips.

## Stay-cation Sustainability

If you are staying home, **walk, use public transportation or rent or use your bike** to explore your city. You can experience new views, plus it is healthy! Pack a picnic lunch, if the weather is nice, and enjoy outside venues or try a new recipe using local ingredients for a cozy meal indoors.



While on the road, use your **GPS to find the quickest and most fuel-efficient route** and carpool as much as you can. Remember to pack healthy, homemade snacks like **trail mix, energy bites, and popcorn** and pack to-go ware for eating in the car and leftovers from meals dining out.

## Road trip-Ready Sustainability

## Vacation-Reusable Sustainability

To be environmentally-sustainable on your trip, **reuse towels, and bring your own reusable water bottle, utensils, and to-go containers** to keep hydrated and reduce water and energy use and waste from disposables.



To be economically-sustainable while at your destination, **take hikes, visit natural landmarks and discover "hidden" gems** that do not cost money. **Buy your own food and make snacks and meals.** Use the money saved to add a new adventure to your itinerary.

## Sustainability on a Budget



For more green travel tips, visit the [Green Global Travel website](#).



# CONSUMING CONSCIOUSLY

## HOW TO PURCHASE SUSTAINABLY

Looking to be greener, but unsure of where to start? Living more sustainably stems from planning ahead, being conscious of your consumption and a desire to make the change. By being mindful of the environmental impact of our consumption choices, we being mindful to ourselves by saving money mindful to others by ensuring a sustainable future.

As we look forward to spring, warmer weather and new adventures, consider these tips and tricks for living greener and minimizing your consumption footprint for a more sustainable tomorrow.

### Quality Over Quantity

When it comes to clothing, it is important to think about the longevity of purchased garments. Fast fashion garments are exactly what they sound like -- fast turn over and even faster made. This movement is growing in popularity and in the landfill. Shop smarter, save money in the long run and minimize your textile waste by shopping for higher quality garments. Scarlett De Bease, personal stylist and founder of Always Know What to Wear recommends to, "Only buy clothes that are good enough to pass on versus tossing out once you are done with them." Choosing quality tends to cost more, but tends to stay in style longer while the garment itself has a substantially longer lifetime.

### Mend and Make Do

By learning how to properly care for the garments already in your closet, you can save money and prolong the life of your pieces. Purchasing a simple sewing kit can come in handy time and time again, whether it be to replace a missing button or to mend a small snag that will soon become a hole.

The frequency of washes can also influence the lifespan of a garment. For example, denim can be worn at least four times before needing a wash.



### Give Items a Second Life

Reusing is one of the most basic ways to minimize your consumption footprint and can also be one of the simplest. Recycling is not the only way you can give items another life. Donating clothing, furniture or household items that are no longer needed, as well as shopping at second-hand stores, also gives items additional lives. "If you can't afford to always buy well-made products brand new, buying second-hand bags, clothes and furniture is another way to do your part," De Bease said.



### Shop Package-Free

Plastic is one of the largest components in the landfill today. One opportunity to minimize plastic waste is in the packaging of what you are purchasing. Lily Kaiserman, owner of Wild Minimalist stresses, "One of the biggest changes you can make is to shop package-free, especially when you go grocery shopping. Many stores will let you use your own reusable cloth bags to



**Guest Writer: Alisha Humiston**

**Major:** Apparel Merchandising

**Minor:** Business and Journalism

**Hometown:** Burlington, IA



buy grains, nuts and flour." Take this practice a step further by buying items in bulk rather than smaller prepackages and to purchase bar soap rather than bottled body wash. Another trick from Rita Katona, owner of So Good So You, is to, "Bring your own food containers when picking up take-out or dining out if you know you'll have leftovers."

## Sustain Errands

Take shopping and errands to the next level. Though you might already bringing reusable bags on your errands, you can go even further by minimizing your errands' carbon footprint. Trip-chaining, by combining errands when you are out for the day, reduces time and money spent on gas. Before running errands, plan out where you need to stop and chart the most direct route for fewer miles. As you complete errands, combine items from reusable bags so you do not run out of bag space during your errands.



lives. Until technology regulates our water consumption, it is essential to manage your intake to only what you need. Some of the most practical ways include decreasing your shower time and turning off the water when washing your face and when brushing your teeth.

## Travel Smarter

Traveling and vacations are supposed to be relaxing and worry-free, but can have a big impact on the planet. No matter where you are headed, packing smarter is an easy adjustment. Some of the most universal ways to incorporate greener practices into your travel plans include giving yourself ample time to plan your trip and pack. Make your trip greener by packing reusable bottles for shower products rather than buying new, travel-sized bottles and bring your own reusable items instead of relying on disposables.



## Decrease Food Waste

The U.S. has one of the highest amounts of food waste in the world and it will not change until we do. "At home you can decrease food waste simply by planning accordingly. Don't cook more food than you know you can eat in a reasonable amount of time and put your leftovers to use. It will help save the planet and your money," Katona said.

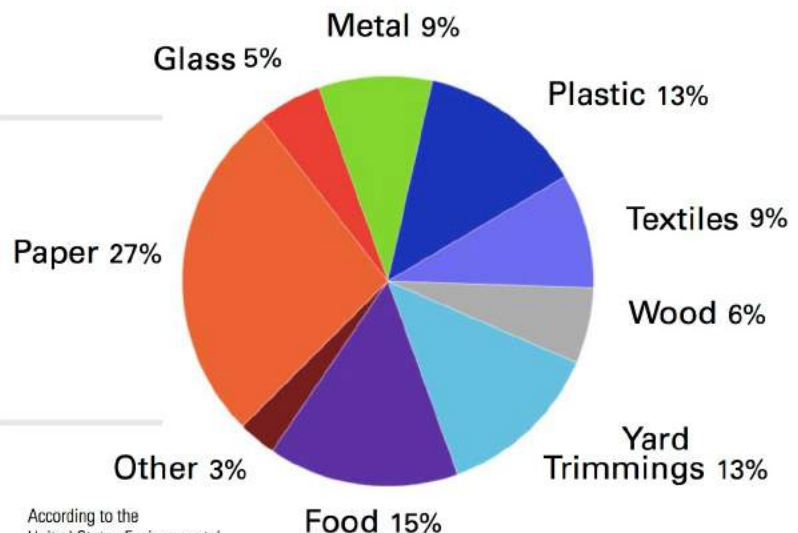


## Conserve Water

Water is one of the most valuable resources on the planet. In regions of the world the availability of water is a concern for people's everyday



## What is in Our Landfills?



According to the  
United States Environmental  
Protection Agency

Copy by:  
Alisha Humiston  
Graphics by:  
McClellan Gill



# GREEN OPPORTUNITIES

## SAVE WILDLIFE WITH TAXES



Give a small monetary donation to the Fish/Wildlife Fund on this year's Iowa state tax form. The contribution helps support thousands of vulnerable Iowa species through research, habitat development and education. Look for the Fish/Wildlife Fund on state tax form 1040.

## FUND SUSTAINABLE STUDIES



Apply for a \$500 scholarship from the Iowa Recycling Association (IRA), applicants must have an interest in the areas of recycling and/or waste reduction. Visit the IRA website to see guidelines, specifications and to apply for the Diane Albertson Memorial Scholarship. The application deadline is March 31.

## IMPROVE STUDENT WELLNESS



Care about health and wellness? Looking for a campus leadership opportunity? Apply to be a 2018-19 Cyclone Health Ambassador. The ambassador team partners with multiple departments across campus to conduct outreach on health and wellness resources, be key communicators of health and wellness, and act as an advisor to build a culture of health and wellbeing on Iowa State's campus. Apply on the Student Wellness website by March 7.

## CLEAN UP THE COMMUNITY



Join Ames and ISU community members on April 7, from 8 a.m. to 1 p.m. and help clean up the city after the snowy winter months. Volunteer registration is available now, and all volunteers get the choice of cleaning a community park, neighborhood or campus location. Volunteers receive free lunch and admission to Reiman Gardens.

## PROMOTE GREENNESS AT ECO FAIR



Volunteer at the annual City of Ames Eco Fair on April 21, from 9 a.m. to 1 p.m. at the City Hall Community Center Gym. The fair markets sustainability through activities, booths, conversations, displays and more. For more information and to sign up, email Kristy Marnin at [kmarnin@city.ames.ia.us](mailto:kmarnin@city.ames.ia.us).

## GARDEN SUSTAINABLY

Learn sustainable garden methods at Reiman Gardens, March 13, from 6-8 p.m. to reduce the negative impact on the earth. Be taught the difference between native versus ornamental gardening and the best ways to handle pests and diseases without affecting human, animal and plant health. Pre-registration and pre-payment is due March 11.



## SHOWCASE YOUR ART

Get your next visual, literary and performing arts project funded with the Student Government's Focus: Artist Grant Program. This \$600 grant is available for ISU students, or groups of students, who need help funding projects outside of the classroom. The application deadline is April 1. Learn more about the grant guidelines on the Student Activities Center website and apply online.



## REWRITE THE STORY OF FOOD WASTE

Watch the documentary, "Wasted: A Story of Food Waste," in Gerdin 1148 on March 20 from 6-8 p.m. and discover how influential chefs around the world are reducing food waste in their kitchens by making food scraps into savory dishes. Appetizers will precede the documentary, and Lynn Pritchard, co-owner of Table 128 Bistro & Bar, will lead a discussion about how his restaurant handles food waste.



## EMBRACE GLOBAL CULTURES

Foster an appreciation of world cultures on Iowa State's campus at the Student Union Board's annual Global Gala on March 23 at 6 p.m. in the Great Hall. Student organizations will showcase their cultural heritage through dance, music and fashion, in celebration of the cultures that embrace ISU.



## CELEBRATE WOMEN'S ART HISTORY

Join University Museums and celebrate Women's History Month with an art walk created by local, national and internationally recognized women artists at the Hixson Lied Student Success Center on March 21 from 12 to 1 p.m.





# GREEN-IT-YOURSELF

Sustain your travels through easy projects to not only organize your packing but find another use for used products. These simple ideas can be customized to create a unique addition to your exciting adventures!

## TRAVEL TOOTHBRUSH POUCH

Organize your toiletries for travels by utilizing used hand towels!

**Supplies:** Used hand towel (16x26.5 in.), 10 in. piece of 1 in. wide elastic, pins, sewing machine or needle and thread

1. Lay towel with long sides on the left and right.
2. Fold towel down, leaving 5.5 in. at the bottom.
3. Pin and sew doubled edges of the folded towel.
4. Fold elastic in half and sew open end 3 in. above end of double fold edge.
5. Fold the single layer up to create a pocket. Sew from bottom to top of the folded layer to create individualized pockets. You can create as many pockets and as wide as desired.
6. If desired, fill pockets with travel necessities. Finally, fold down flap, roll and slide elastic loop over towel.

**To use:** Pack up your travel case with toiletries and necessities and wash as needed.



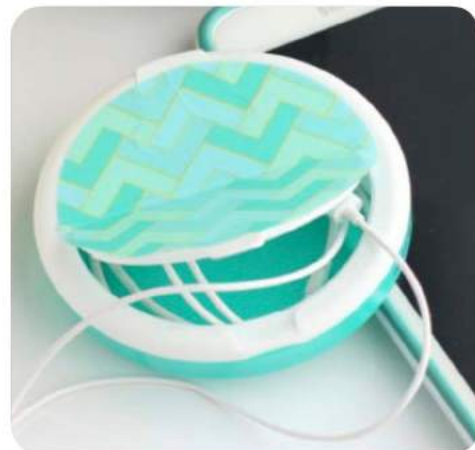
## UPCYCLED EARPHONE HOLDER

Instead of throwing away old mint containers, personalize them to hold your earphone!

**Supplies:** Mint container, contact or scrapbook paper, modge podge, paint brush

1. Clean and dry mint container.
2. Remove labels from the container.
2. Trace top of container onto paper and cut.
3. Paint thin layer of modge podge onto the back side of the paper and adhere to the top of the container.
4. Paint thin later on top of adhered paper and container, allow to dry before use.

**To use:** Roll up headphones and place in container for organized, tangle-free storage!



## REUSED STORAGE CONTAINER

Organize your packing by creating a reusable container from old containers!

**Supplies:** Medicine, supplement or prescription bottle, contact or scrapbook paper, modge podge, paintbrush

1. Clean and dry container.
2. Remove label from outside of container.
3. Measure diameter and height of bottle.
4. Cut paper length and height of the main part of the bottle.
5. Paint thin layer of modge podge on back of paper and adhere to container.
6. Paint another thin layer on top of adhered paper, allowing to dry before use.

**To use:** Fill with travel essentials, such as bobby pins, Q-tips, safety pins, etc. and pack for use!



FOR MORE GIY 



# MARCH CALENDAR

07

## Create Your Own Charging Box Station

Workspace, the month of March

Create a charging box that hides your cords and holds up to six electric outlets -- a creative and unique way to stash the cords -- \$12.00/person.

### Artful Yoga

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

Practice mindfulness in a unique yoga session by learning about the current exhibit at the Christian Petersen Art Museum. Preregister at the ISU Museum's [website](#).

10

## Intro to Plant Propagation

Reiman Gardens, 9 AM-12 PM

Become an expert in plant propagation and save money by growing your own plants from seeds and cuttings. Preregister by March 8 on Reiman Garden's [website](#). This event is free to the members and volunteers and \$10 to the general public.

### Support Local Ames Artists

Ames City Auditorium, 7 PM

Enjoy local music during the All Iowa Arts Showcase! Tickets are on sale at the Ames Community Center for \$11 in advance and \$17 at the door. Local bands and artists will perform, and food concessions will be served by Lockwood Cafe. Reoccurs on March 16 at 7 PM. Additional concert dates are April 13 and 20.

20

## The Dead Zone: Will Shrimp and Corn Chowder Survive?

Great Hall, Memorial Union, 8 PM

Learn how Nancy Rabalais is bringing national attention to water quality and ecosystem concerns and how natural disasters can affect coastal habitats.

### Ames Community Gathering of Artists

130 S Sheldon Ave, 6-8 PM

Meet with local Ames artists and see their projects displayed at this free event. Made possible by [Ames Community Arts Council](#).

21

## Behind the Scenes: Conservatory & Greenhouses

Reiman Gardens, 11 AM-12 PM

Tour the beautiful greenhouse spaces at the Hughes Conservatory. This event is free to members and volunteers, and is \$10 to the general public.

### Women Artists in the Art on Campus Collection

Hixson-Lied Student Success Center, 12-1 PM

Honor Women's History Month and explore Art on Campus created by local, national and internationally recognized female artists.

22

## From the Lab to the White House and Beyond

Great Hall, Memorial Union, 8 PM

Attend this educational lecture from Rosina Bierbaum discussing her research and career working at the interface of environmental science and policy.

23

## Global Gala 2018

Great Hall, Memorial Union, 6 PM

Celebrate with diverse cultures from around the world! Student organizations share their cultural heritage with food, fashion, music and performances.

24

## Reggie's Sleepout

JackTrice Stadium, 3 PM-6 AM

Sleep out under the stars for a cause. [Register](#) and raise money or volunteer at this all-night event to raise awareness for youth homelessness. Online registration ends Mar. 23, but walk-up registration goes until 7 p.m. the day of the event.

26

## Art + Issues – Building a Campus Community

1017 Morrill Hall, 12-1 PM

Build upon and discuss the diversity of our cultural heritage through art and critical thinking at ISU. Help generate a safe, inclusive and inspiring space on campus.

28

## Food Security Lecture

Great Hall, Memorial Union, 7 PM

Discover how Winona LaDuke is encouraging public support and funding for native environmental groups working on climate change, energy development and environmental justice.



APRIL  
7

## SAVE THE DATE:

Stash the Trash  
CyServe Day

Sign-up to volunteer

Have a sustainability highlight, accomplishment, or event to feature? Contact the Marketing and Communications Team!

McClane Gill | [mgill@iastate.edu](mailto:mgill@iastate.edu)

Morgan Thompson | [morgant@iastate.edu](mailto:morgant@iastate.edu)



# LIVE GREEN! MONTHLY

**"Nature is not a place to visit.  
It is home."**

**-Gary Snyder**



**SNEAK PEEK INTO  
EARTH DAY, WEEK  
AND MONTH  
ACTIVITIES**

**2018 FASHION  
SHOW: STUDENTS  
CONNECTING FASHION  
TO RESILIENCE**

**ORGANIZE AND  
PRIORITIZE SAVING  
WITH THIS MONTH'S  
CHALLENGE**



# WHAT'S INSIDE

**LIVE  
GREEN!**

IOWA STATE  
UNIVERSITY

- 04 >>** **Students Living Cardinal, Gold & Green**  
Discover how ISU's Fashion Show team brings sustainability to the runway.

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- 06 >>** **Now You Know**  
Learn about protecting and embracing global food abundance.

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- 08 >>** **Earth Day, Week and Month**  
Celebrate Earth Day every day in April through a bounty of events.

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- 11 >>** **Monthly Challenge**  
Plan out your financial future and plot your saving strategies.

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- 12 >>** **Shop Smart, Shop Local**  
Explore Smart Business Challenge businesses for spring and summer projects.

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- 14 >>** **Green-It-Yourself**  
Create sustainable projects to welcome spring.

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- 15 >>** **Green Opportunities**  
Engage in new opportunities to engage in, from internships to a green move out.

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- 16 >>** **April Calendar**  
Check out sustainable events happening this month.

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## Take Our Survey!

Let the Live Green! Team know how they can improve sustainable efforts for ISU and Ames. Take our online survey and be entered to win \$20 worth of local business giftcards.

## Check Out Our New Look!

Check out the newly-designed Live Green! website at [www.livegreen.iastate.edu](http://www.livegreen.iastate.edu) for sustainable events, prior Live Green! Monthly issues and information about all things sustainable at ISU.



## Happy Earth Month!

The Live Green! Team wants to wish you a happy Earth Month and invite you to the ISU Earth Day celebration themed "Love Your Mother" on April 19 on the East Marston Lawn, near Parks Library from 11:00 a.m. to 2:30 p.m. For more information about this event and events throughout all of April check out

Pages 10-13.

Live every day like it's Earth Day!



## Earth Month Celebration "Love Your Mother" April 19

East Marston Lawn  
11:00 a.m. to 2:30 p.m.

## Sustainable Connections!



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





# DIRECTOR'S MESSAGE

It's just an everyday sort of day. Wake up, take a deep refreshing breath...in and out. Get out of bed, turn on some lights, eat breakfast, shower, brush your teeth and start the day by getting to where you need to be via car, bus, bike or foot. Just an everyday sort of day. Nothing really worth noting, right? Just the usual stuff.

But, wait! Think about that a minute. What makes the usual stuff usual is that it is always available. In it being available every day, we have the foundational components to ensure each day begins as an everyday sort of day and then grows from there.

And what connects all this, the usual to "the everyday"? Everything we count on to give the start of our day a consistent (and even sustainable) foundation comes from nature, the earth, our home -- all the components for that everyday day being air, water, energy, food, fuel. While each of us has our own unique components and adjustments that make our days "the everyday," collectively, all of our "everyday days" connect to and depend upon the same basic components -- to proportion, nurture and protect for all the future "everyday days."

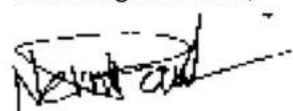
April 22 is that one designated day each year that gives a shoutout to the privilege we have in the overflowing bounty in an everyday sort of day through celebrating Earth Day. This year marks the 48th celebration of the gift of everyday every day.

This issue of Live Green! Monthly is bursting with opportunities to offer gratitude for and reflect on all that allows us "the everyday." From volunteer opportunities to lectures, from philanthropic events to classes, and through fashion, gardening, budgeting and local shopping, Earth Day is honored and celebrated throughout the entirety of April at Iowa State, throughout the Ames community and beyond -- all in support of (environmentally, socially and/or economically) that which supports us every day and beyond.

This month, amid hectic schedules and long (and longer) To-Do lists to finish out spring semester, take a minute to embrace your everyday. Attend, play, watch, listen, plant, grow, discuss, learn, conserve, protect... sustain.

Have an outstanding Earth Day (and week and month)!

Yours in green-ness,



Merry Rankin



Photo by McClane Gill

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

Live Green! is Iowa State University's campuswide 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 sustainability.

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



# STUDENTS LIVING **CARDINAL, GOLD AND GREEN**

Iowa State University offers many hands-on sustainable experiences through clubs and organizations -- one of which is the Iowa State Apparel, Events, and Hospitality Management's (AESHM) Fashion Show. From its humble beginning as a simple runway show in a MacKay Hall classroom, it has grown to be one of the largest student-run fashion shows in the nation, now being held in C.Y. Stephens Auditorium in Ames, Iowa.

## the FASHION SHOW

The 36th annual Fashion Show accommodates more than 75 Apparel, Merchandising, and Design (AMD) students to display their garments on the runway, promoting durable and creative fashion, opposed to wasteful, fast fashion. The show is also produced, designed and marketed entirely by the 150 students chosen to be a part of the planning committee. Even 100 percent of the models are Iowa State students.

Every year, the nearly sold-out event hosts more than 2,500 audience members, with the additional 650 online viewers. Those who come to see more than 150 student-designed garments on the runway and in the mounted exhibitions leave with an eye-opening experience and a new appreciation for fashion design.

This year, The Fashion Show will take place at 7 p.m. on April 14. There is always an opportunity for sustainability to be sewn into The Fashion Show through students incorporating it into the creative design and vision of their garments. The overarching theme of the show has also been patterned within a sustainability template. In 2011, the show's theme was "green" and introduced a new category of eco-friendly garments to promote sustainable clothing exhibited down a runway, adorned by recycled textiles. This year, the show follows suit with sustainable undertones

integrated into their theme of RESILIENCE. RESILIENCE was chosen because it is a "representation of minimalistic, modern concepts and organic, greenhouse-inspired elements," according to the [AESHM website](#). The Fashion Show's theme shines a light on sustainability; however it's the students' commitment to finding a Guest Designer who matches the RESILIENCE theme, ensuring this light on sustainability shines through.

"We focused [our sustainability efforts] solely on recruiting a Guest Designer whose mission addresses sustainability and environmental issues," The Fashion Show's student vice presidents Josie Brownmiller and Emily Clark said. "With RESILIENCE, we look to honor all Patagonia associates as they worked to rebuild their community during the infamous Thomas Fire that spread throughout southern California, all while never losing sight of their culture."

The Fashion Show's student planning committee wanted to host a brand that valued sustainability and whose socially responsible initiatives were applicable to majors not limited to the AMD department. They also found it was important the Guest Designer's brand followed a significant mission statement and had a solid presence on Iowa State's campus. Based on these standards, they decided on Patagonia.

Since securing Patagonia for this year's event, the production team has been working tirelessly to unite Patagonia's company values with activities related to The Fashion Show's theme. In doing so, they have structured events like the annual Pop-Up Shop (4/13) to showcase this idea in the 2018 Fashion Show's



Photo courtesy of ISU College of Human Sciences



activities, vendors and adornment.

An event recently added to The Fashion Show's Pop-Up Shop roster, and that the planning committee is especially proud of, is the clothing swap. The clothing swap encourages ISU students, faculty and staff, as well as Ames community members to donate their gently-used clothing items to The Fashion Show in exchange for a new item of clothing during the Pop-Up Shop on April 13. Compared to other reusable materials, textiles have one of the poorest recycling rates with about 10.5 million tons of clothing waste occupying landfills annually. In recycling and reusing old clothing, clothing waste is reduced immensely.

"Apparel companies need to focus on their supply chains and production processes to find ways to incorporate sustainable practices," Brownmiller and Clark said. "Consumers can practice sustainable habits by purchasing garments that are made for multiple seasons, avoiding fast fashion retailers, reducing their clothing purchases and recycling their old clothing."

In addition to the clothing swap, Patagonia's Worn Wear College Tour is setting up shop on the Iowa State University campus. As part of its mission to "cause no unnecessary harm and implement solutions to the environmental crisis," Patagonia has developed this program for people to have their Patagonia gear mended by a traveling Patagonia repair team in order for their clothing to be worn longer. This program also offers an easy way for customers to recycle garments if they are beyond repair.

As another part of Patagonia's visit to ISU's campus, representatives will be educating students on the importance of sustainability and the value of their voice in environmental issues. In doing so, they will be speaking to several AMD classrooms, engaging with high school students during The Fashion Show's Behind the Scenes Day (4/13) and introducing their Fall 2018 concept at Fashion's Night Out.

Furthermore, the Patagonia team will present a lecture at Iowa State University at 4 PM on April 12 in Curtiss Hall about Patagonia's supply chain policies, agricultural perspective and product development processes.

The students involved in The Fashion Show are grateful for the opportunities that Patagonia is offering

## The Fashion Show Event Timeline



the show, ISU's campus, the Ames community and the planet. Striving for a sustainable future, Patagonia is helping The Fashion Show live every day like it is Earth Day. Show support for The Fashion Show by checking out the sustainable events sponsored and planned by this year's student team through the weeks leading up to the April 14 exhibit, and by buying tickets for the show. Experience and enjoy how The Fashion Show has incorporated sustainability, RESILIENCE and nature into its color palette, set design and student-designed garments.

"Participation with The Fashion Show has been one of the most rewarding experiences of our college careers," Brownmiller and Clark said. "We both strive to take the knowledge from our apparel classes as well as the values and ideals we have adopted from our Guest Designer, Patagonia, into our future careers."



# NOW YOU KNOW:

## ENSURING GLOBAL FOOD ABUNDANCE

Nothing says springtime like blooming flowers and rows of green shoots in a garden. As warmer months edge closer, the U.S. prepares for the busiest growing season of the year, abundant with private and community gardens, large fields full of crops and sprouting herb gardens in kitchen window sills.

### National Gardening Month

In 2015, former Secretary of Agriculture and Iowa Governor Tom Vilsack declared April as National Gardening Month. The official proclamation celebrates the great American tradition of gardening at home, at school and in the community. Three programs that represent the diversity of this tradition are highlighted below.

1. The United States Department of Agriculture (USDA) People's Garden Initiative has registered 2,116 gardens in communities across the United States, its territories and in 12 foreign countries since its curation in 2009. This was made to introduce growing food to communities around the world, enabling access to fresh, nutritious and affordable food.

2. As First Lady, Michelle Obama founded the Let's Move! Initiative in 2009, providing information about starting a kitchen, school or community garden toward increasing nutritious meals, getting Americans outside and teaching children the importance of a healthy diet.

3. The USDA's Agricultural Research Service introduced the Plant Hardiness Zone Map in 2012, providing information on locations most suitable to grow plants. The Map also served as a How-To guide, enabling growers to plant food at the appropriate times and ensure thriving, fresh gardens across the U.S.

Though it is the time of year for growth and growing food opportunities, the Economic Research Service International Food Security Assessments estimates that between 500 and 700 million people in the world are food insecure. Therefore, as well as celebrating growing food, National Gardening Month is also dedicated to increasing education and awareness toward eliminating national food waste.

### Food Security Around the World

According to the USDA, 870 million people around the world are struggling to obtain a sufficient supply of nutritious and safe food, a number estimated to increase 70-100 percent by 2050, according to the USDA.

In 2017, to meet increased food needs around the world, the USDA founded Feed the Future, an initiative confronting food security and abundance, to which the U.S. committed more than \$3.7 billion.

Aimed at teaching local farmers proficient ways of farming to feed their communities and ensure food abundance, Feed the Future implements trainings on plant and animal health systems, risk analysis and avoiding post harvest loss in food. Specifically, the program plans and supports agriculture development in target countries and regions including Ghana, Kenya, East Africa, Bangladesh, Haiti, Guatemala and Central America.

### Combatting Local Hunger Through Community Gardens

As international endeavors work toward securing food sufficiency and quality, local communities are proactively ensuring their food future as well. Community gardens have been sprouting up in urban areas and enabling families to obtain fresh produce since the late 19th century. The start of these mini-farm plots began when urban residents struggling with food insufficiency and economic instability decided to take matters into their own hands.

As a result, gardens started sprouting throughout an a diversity of open spaces including empty lots, school playgrounds and rooftops. Not only are communities receiving delicious and fresh food through community gardening, they are also supporting an excelling collective sustainable future (environmentally, socially and economically).

Environmentally, they are making a positive impact by decreasing their carbon footprint and decreasing food waste. Growing food locally eliminates the need for supermarkets to ship food, requiring as many as 7-14 days to transport, and losing as much as 50 percent of the transported food to spoilage. Since food travels 1,300 miles, by removing miles traveled through local growing, emissions are also removed.





Economically, citizens who grow food in community gardens also grow savings. According to Gardening Matters, community gardeners save between \$75 and \$380 in food costs every season from growing their own produce and the savings that results in fewer miles traveled to purchase food and reduced cost in growing rather than purchased food.

Socially, these gardens bring a sense of community to build a place of working together and commitment. Community members who garden are working toward increased personal mental and physical health. For people living in cities or urban areas, the connection with nature is a proven remedy for stress and depression symptoms. By finding ways to be around nature and out of their normal daily routines and surroundings, citizens experience an improved quality of mental and physical quality of life.

Currently more than 18,000 community gardens across the U.S. offer gardening outlets. Ames is among the many communities offering community garden opportunities -- visit the City of Ames' two community gardens, City of Ames Community Garden located in East River Park and at 600 S Maple. Plots range from \$15 to \$25, depending on location and size. To find out more information or to reserve a plot, contact Joshua Thompson at [jthompson@cityofames.org](mailto:jthompson@cityofames.org).

If time is of concern, instead of committing to a personal garden, volunteering locally on farms such as ISU's Good Earth Student Farm and Mustard Seed Farm offers the opportunity to experience growing food and taking home a share of the produce.

### Efforts in Eliminating Food Waste

Forty percent of the food produced in the U.S. is wasted, according to the USDA's Economic Research Service. The Ames community is actively engaged in food waste elimination.

The ISU chapter of the Food Recovery Network (highlighted in the Nov. issue of Live Green! Monthly) assists in collecting unwanted food and distributing it to community outlets, such as Food at First. Food at First serves the Ames community by turning unwanted food donations into free meals for those in need 365 days a year. It also offers a free food market comprised of food that is not used to create the daily meals.

ISU student Sugam Sharma wants to move beyond the Ames community and figure out a way to utilize wasted food to our collective societal advantage. Recently, Sharma has created a software prototype called eFeed-Hungers focused on diverting wasted food to a second use.

The software is designed so donors can identify a public place to take leftover food to a public place, such as a food pantry or church serving free meals, through a local, interactive map. Sharma's team is continuing to test the software and hopes to introduce it to the Ames community in late summer or early fall, according to the Iowa State University News Service.



Similar to Sharma's software, food recovery programs, such as Eat Greater Des Moines, Chow Bank and Google Eat Greater Des Moines assist in finding a second home for expiring or excess food throughout Iowa.

"If we can help provide food for even one percent, we'll be happy," Sharma said.

This month celebrates National Gardening Month and starting your own garden, donating to a local food bank or helping a cause that is focused on securing global food abundance. With population growth, there is a direct correlation for increased food and nutritional needs around the world. With more than 870 million people worldwide struggling for sufficient food and nutrients, addressing key issues to supply nutritional, healthy food to every village, town, city and country is vital in ensuring a sustainable future.



# EARTH DAY

Earth Day is a day dedicated to the engagement, education and appreciation of the planet, while bringing awareness to the health, sustainability and long-lasting well-being of the environment. Occurring annually on April 22, this year's national Earth Day theme is 'End Plastic Pollution', focusing on changing human attitudes and behavior towards plastic and eliminating it from our planet's rivers, oceans, landscapes and landfills. At Iowa State, we incorporated the national theme into our campus theme, "Love Your Mother," to bring attention to the entirety of Mother Earth. This April 22, go outside, enjoy nature, make a conscience effort to "care for your mother" and this April 19, celebrate Earth Day at Iowa State University!



**EARTH DAY | Thursday, April 19 | 11 AM-2:30 PM**  
**East Marston Lawn (Near Parks Library)**



Join The Green Umbrella and the ISU Office of Sustainability for ISU's annual Earth Day celebration. More than 30 campus and Ames organizations will display their sustainable contributions, efforts and initiatives on campus, in the community and to the planet.

- Green giveaways
  - Free bike and longboard tune-ups
  - Free snacks and refreshments\*
- \*Bring your own mug



**Add Yourself to our Earth Day Gallery!**





# EARTH MONTH PREVIEW

Iowa State University and the Ames community are offering sustainable campus and community events to celebrate throughout the entire month of April. These events are focused on engaging, empowering and educating students, faculty, staff and Ames community members on the importance of the facets of sustainability (economic, environmental and social) and celebrating our commitment to the Earth. For a full and detailed list of earth Month events, visit the Live Green! [website](#).

## APRIL



Environmental



Social



Economic

4

"Bill Nye: Science Guy"  
Documentary Screening  
Troxel 1001, 7-9 PM

6

"Bad Feminist" by Roxane Gay  
Great Hall, Memorial Union, 8 PM

7

International Food Fair  
Sun Room, Memorial Union  
11 AM-2:30 PM

8

Volunteer Open House  
Reiman Gardens, 9-11 AM

9

"Escaping the Cult of Busy"  
Sun Room, Memorial Union 8 PM

11

Worn Wear College Tour  
West Loop, Memorial Union,  
10 AM-4 PM

12

Challenges of the Sustainable  
Supply Chain - Patagonia  
0127 Curtiss Hall, 4 PM

14

Cyclone Carnival  
Parking Lot B6 and C, 6 AM-5 PM

20

"Trashion" Show  
Serenity Couture, 6:30-9 PM

21

Miracle Playground 5K Run/Walk  
Ada Hayden Park, 10 PM

28

Arbor Day Celebration  
Iowa Arboretum, 10 AM-12 PM

29

Ames Reads Leopold  
Ames Public Library, 2 PM

For a full listing of Earth Month events  
visit the Live Green! [website](#).



# EARTH WEEK SCHEDULE

Beginning April 16, celebrate sustainability every day in honor of Earth Day at the end of the week. Iowa State has teamed up with clubs and organizations on campus that have planned fun and hands-on events and activities to commemorate his holiday. Make these events the start of your Earth Week festivities, leading up to Earth Day on April 22. Live every day like it is Earth Day!

**Monday**  
**16**  
**"Bean Nice" to Your Mother**  
**Morning Bell Coffee, 3-4 PM**  
Learn about one of Ames' Smart Business Challenge Platinum Smart Businesses, Morning Bell Coffee Roasters, and experience their espresso, and specialty brewed, pour-over and nitro cold brew coffees.

**Tuesday**  
**17**  
**Terrace Tuesday**  
**Terrace, Memorial Union, 5-8 PM**  
Dance and sing to local artists, AIBU and Chris & Jess for free on the MU terrace, as well as enjoy great DJs and fresh air.

**Wednesday**  
**18**  
**Is Sustainable Intensification of Agriculture Possible?**  
**Sun Room, Memorial Union, 7 PM**  
Listen to Michigan State Professor Sieglinde Snapp discuss her work on sustainable agricultural systems.

**Phi Psi Sliders**  
**316 Lynn Ave., 5-8 PM**  
Eat hamburgers, chips and cookies at Phi Kappa Psi Fraternity to raise money for The Boys and Girls Club of America as their spring philanthropy event.

**Thursday**  
**19**  
**Earth Day Celebration**  
**East Marston Lawn, 11 AM-2 PM**  
Participate in an event dedicated to the appreciation and sustainability of the earth. Put on by the Live Green! Team, enjoy booths, activities and prizes.

**Friday**  
**20**  
**Paint Your Own Pottery: Hello Spring!**  
**Workspace, 4-8 PM**  
Decorate and paint the pottery of your choice to embrace the spring season. Studio fee is \$4-5 to attend, plus the cost of bisque.

**Saturday**  
**21**  
**SCAVMA Scamper**  
**ISU College of Veterinary Medicine, 10 AM**  
Bring your dog or just yourself to the 35th annual 5K/10K to support OneHealth mission, which ties together human and animal medicine. Register on their [website](#).

**Sunday**  
**22**  
**Earth Day at Your Library**  
**Ames Public Library, 1-5 PM**  
Visit the Library on Earth Day and find out how they are keeping it green! There will be refreshments available throughout the day.



**SHARE A CUP O' JOE WITH YOUR MOTHER!**  
BRING A REUSABLE CUP OR MUG TO ANY ISU CAFE ON APRIL 22-23 AND RECEIVE A FREE BREWED COFFEE, TEA OR FOUNTAIN BEVERAGE.





# MONTHLY CHALLENGE

1

## MAKE A PLEDGE

Take the Financial Literacy Month Pledge on the [FLM official website](#) to set responsibility for money management behavior and financial activities.

2

## ASSESS CURRENT FINANCES

Make a list of places current finances and expenditures are going for the week, month and year.

3

## CLEAR FINANCIAL CLUTTER

Maintain paychecks and credit card receipts, and get rid of financial paper clutter like grocery receipts and utility bills.

4

## FIND FINANCIAL WELLNESS

Add up liabilities and assets to determine where finances need to be allocated. The FLC website has an easy net worth [fill-in-the-blank worksheet](#) to help with the process.

5

## ESTABLISH PRIORITIES

Make a list of the budget needs and wants and rank in order of importance. Determine where more money needs to be prioritized and where there is room to take away spending.

# FINANCIAL LITERACY MONTH

## 10 Steps and Tips to Living a Financially Sustainable Lifestyle

Celebrate Financial Literacy Month (FLM) by taking steps and toward a healthy and empowered financial future. Iowa State has resources to help, through [Student Wellness](#) and the [Student Loan Education Office](#).

6

## CREATE S.M.A.R.T. GOALS

Create [S.M.A.R.T. goals](#) to keep track and stay organized. S.- be specific, M.- make sure it's measurable, A.- Achievable goals are important, R.- reward yourself for your hard work, T.- be able to track the financial S.M.A.R.T. goal effectively.

7

## SET A TIMELINE

Set goals that are realistic and achievable to help stay on track and reward success. Set short- (two years), mid- (three) and long- (five) goals that are trackable and attainable. These goals can be modified as you add financial goals!

8

## SAVE IT

Put extra change into a jar at the end of every day, round up checkbook entries and put the extra money into a savings account, as well as save a certain amount of your paycheck every week to a savings account.

9

## DOCUMENT YOUR BUDGET

Write down all the fixed, variable and periodic expenses, and then subtract from monthly income. From there, see what leftovers can be allocated for unforeseen circumstances, extra spending or saving money.

10

## IDENTIFY AND REDUCE

Identify ways to cut and reduce unnecessary spending and start allocating finances more effectively. Start small, like bringing lunch to work, taking public transportation, shopping second hand and getting books from the library.

For more information and to see the full challenge, visit the [Financial Literacy Month's website](#) and get to saving!



# SHOP SMART, SHOP LOCAL

The warm spring and summer months bring exciting adventures of new opportunities, activities, vacations, moving and sharing time with family and friends. While these experiences may be fun, they can be stressful too. Look to Ames local businesses for help! In your search, check out these local businesses who have also taken the challenge to not only benefit your shopping needs, but also our community through sustainability dedication and commitment, by participating in the [Smart Business Challenge](#).

## SPRING FORWARD SHOP LOCAL

### Auto Services

In preparation for summer vacations and weekend road trips, look to these Smart Business Challenge businesses to assist and support your transportation needs.



#### Don & Sons Body Shop, Inc.

Auto Body Shop

Certification: Participant

Sustainable Highlight: Provide free estimates and loaner cars



#### Reusable Energy Group

Energy Provider

Certification: Participant

Sustainable Highlight: Provide parking lot LED lights



#### Wild Water Car Wash

Car and Pet Wash

Certification: Platinum

Sustainable Highlight: Use floor heaters in place of a de-icer when available



#### Ron's Auto Repair Center

Auto Repair Center

Certification: Participant

Sustainable Highlight: Offer digital and interactive inspection create a waste-free ordering practice

### Community Services

From community events to community health and well-being, these Smart Business Challenge businesses support a holistic Ames.



#### McFarland Clinic

Medical Center

Certification: Platinum

Sustainable Highlight: Have a 300kW solar panel project that cuts annual energy costs



#### Lutheran Services of Iowa

Non-Profit Human Service Organization

Certification: Gold

Sustainable Highlight: Offer campus garden for residents



#### Campustown Action Association

Student Housing Company

Certification: Participant

Sustainable Highlight: Put on community events such as [Summerfest](#) on June 2



#### Green Hills

Retirement Community

Certification: Platinum

Sustainable Highlight: Maintain spring flower garden and prairie field for land conservation



## Home Updates

Warm weather inspires the home and business renovator in all of us. Glean some expertise from these Smart Business Challenge businesses for your extreme or not-so-extreme makeover needs.



### **SB & A Architects**

Architect Firm

**Certification:** Participant

**Sustainable Highlight:** Work with local businesses to incorporate sustainable updates



### **Nelson Electric**

Electrical Contractor

**Certification:** Participant

**Sustainable Highlight:** Upholds family values and from family business that started in 1908

## Food

Summertime is filled with gatherings involving food. Check out the edible offerings of these Smart Business Challenge businesses for your culinary needs.



### **Fighting Burrito**

Mexican Grill

**Certification:** Platinum

**Sustainable Highlight:** Use fully-electric delivery cars



### **Barilla**

Italian Food Company

**Certification:** Participant

**Sustainable Highlight:** Produce gluten-free pasta by using renewable energy

## Shopping

To help you prepare for spring prom, summer weddings and a plethora of fun shopping opportunities for warm weather activities and events, check out these Smart Business Challenge businesses.

### **Pure Bridal**

Wedding and Prom Dress Shop

**Certification:** Participant

**Sustainable Highlight:** Carry all dress sizes equally with an emphasis on petite and plus sizes



### **Ames Chamber of Commerce**

Community Business Directory

**Certification:** Bronze

**Sustainable Highlight:** Aid in planning and coordinating several community events

The Smart Business Challenge (SBC) Team is dedicated to inspiring businesses to achieve a smaller carbon footprint, engage with the community, reduce waste and conserve energy and water. The team works with businesses to help them achieve their sustainable goals and encourage them to take the next step to attain a higher level in the Challenge. Currently there are 24 local businesses participating in the Challenge. Please contact SBC Team members Taylor Silvestrini at [tws@iastate.edu](mailto:tws@iastate.edu) or Scott Nemec at [snemec@iastate.edu](mailto:snemec@iastate.edu) to find out more information or get involved in the Challenge!





# GREEN-IT-YOURSELF

Earth Day is April 22! Use this month to celebrate environmental, economic and social sustainability with these fun and unique GIYs and add even more green to your holiday activities.

## HEART-SHAPED SEED BOMB

Create self-planting wildflower bunches for friends and family and color our world!

**Supplies:** Air-dry clay (Crayola Model Magic), potting soil, wildflower seeds

1. Roll a small 1-1/2 in. ball of white air-dry clay.
2. Flatten it out and add a small teaspoon of potting soil.
3. Knead the soil into the clay.
4. Flatten it again and add approximately 1/4 tsp. seeds.
5. Knead the seeds into the clay one last time.
6. Shape into hearts and allow to dry.

**To use:** Scatter the seed bombs wherever there is dirt and enjoy the pop of color when the wildflowers grow!



## MASON JAR PIGGY BANK

Stop spending money and save it in this homemade, personalized piggy bank!

**Supplies:** Mason jar with lid, white foam sheet, pencil, scissors, art supplies, like paint, stickers, ribbons, etc.

1. Place the mason jar lid right side down on the foam sheet and trace the circle shape.
2. Using the scissors, cut out the outline on the foam sheet.
3. Draw and cut an even + shape in the center of the circle shape with scissors.
4. Insert the white foam circle shape inside the mason jar lid.
5. Screw the lid onto the mason jar.
6. Using the art supplies, decorate the jar, giving it your own personal flair.

**To use:** Fill the piggy bank with cash, couch quarters and pocket change to help you achieve your financial savings goals as outlined in the Monthly Challenge.



## UPCYCLED HERB PLANTERS

Instead of throwing away used cans, let them grow an herb garden!

**Supplies:** Tin cans, nail, hammer, decorative art supplies, potting soil, herb seeds, popsicle sticks, marker

1. Empty tin cans and remove all labels and remaining adhesive.
2. Flip the cans upside down and, using a nail and hammer, make at least five holes in the bottom of each can for water to drain.
3. Personalize the tin can using decorative art supplies.
4. Once decoration is complete, place a handful of potting soil in the bottom of the can.
5. Taking your finger, poke a hole into the soil, one-inch deep.
6. Sprinkle a few seeds into the hole and cover with soil.
7. Using a marker and a popsicle stick, write the type of herb you planted at the end of the stick and stick it in the soil.
8. Place on a plate to catch drained water, and water when the top of the soil starts to feel dry.

**To use:** Once grown, enjoy fresh herbs as a topping to any homemade meal!



FOR MORE GIY 



# GREEN OPPORTUNITIES

## IMPRESS FUTURE EMPLOYERS



Complement your academic transcript by recording your achievements, involvements and experiences through the ISU Co-Curricular transcript. Include anything from involvements, community service, awards and honors, study abroad and campus employment to give you the competitive edge when applying to your next internship, job or graduate school. Get started by visiting the [Student Activities Center's website](#).

## FUND YOUR GREEN VISION

Reward your organization for going above and beyond in your efforts to support and promote environmental, social and/or economic sustainability on campus. Apply for the ISU Green Initiatives Fund to receive extra funding for your sustainable initiatives by April 26 on [Student Government's website](#). Contact Lia Gomez at [lvomez@iastate.edu](mailto:lvomez@iastate.edu) with questions.



## GREEN YOUR MOVE OUT

Have an effective and green move out by planning and taking advantage of reuse collection opportunities. Clothing, food and microwave collection will take place outside of residence halls and at hall desks from Apr. 19 to May 9. Also, if you have extra furniture, kitchen items and decor, donate them to [Rummage Rampage](#) on Jul. 27 to Aug. 2.



## SUSTAIN YOUR CAMPUS

Intern with the Office of Sustainability's Live Green! Team and make a difference by promoting sustainable initiatives, efforts and events to the Ames and Iowa State Community. The 2018-19 Marketing and Communications and Campus and Community Engagement intern postings are now posted on the ISU Job Board and the [Live Green! website](#). Learn more about this exciting opportunity and apply by April 17!



## HAMMOCK RESPONSIBLY

Head out to hammock but choose a sustainable location. Hammocks can pose a significant threat to historic trees on campus. As a result, posts and signage are being installed toward preventing further damage to our campus trees of distinction.



## DON'T RELEASE, RESCUE

Each year, many pets are released into our community rather than surrendered. Through the Surrender, Never Release initiative between the [Ames Animal Shelter](#), [Story County Conservation](#), [Iowa DNR](#) and the [Iowa Wildlife Center](#), pet owners are requested to contact these entities to learn about their options to ensure a long and happy life for a pet they can't take with them when moving.



## DECREASE OUR CAMPUS WASTE PRINT

Volunteer to help ISU evaluate opportunities related to waste at a campus waste sort from 7 a.m. to 2 p.m. on April 11 at the General Services Building. Volunteers will sort waste from campus dumpsters to gain insight into what is ending up in the campus waste stream. For more information and to sign up, contact Halla Shafer at [hshafer@iastate.edu](mailto:hshafer@iastate.edu).



## GROW LOCALLY

Volunteer and even get a share of delicious produce you help grow from the Mustard Seed Farm located just outside of Ames this growing season. Spring and summer volunteer and event dates are now available on the [Mustard Seed Farm's website](#). The Farm is able to work with individuals to set up their own time to visit the farm to volunteer.



## MENTOR TRANSFER STUDENTS

Serve as a Transfer Ambassador to introduce transferring students to Iowa State while gaining valuable volunteer experience in the 2018-19 school year. Volunteer as a transfer student guide, conduct campus tours and visit days and participate in transfer question Q&As. Find out more information on the [ISU Admissions website](#) or email Katie Steigleder at [ksteig@iastate.edu](mailto:ksteig@iastate.edu) with questions.



## TELL YOUR CYCLONE STORY

Share your ISU story with students about your time as a Cyclone in this paid leadership position with the Dean of Students as a Student Ambassador. Apply online by April 1 on the [Dean of Students website](#)!



# APRIL CALENDAR

04

## **A Reading for National Poetry Month**

**1017 Morrill Hall, 7-8 PM**

Enjoy a reading of Allen Ginsberg's *Howl* by local poets while surrounded by Sculptor Manuel Neri's art in celebration of National Poetry Month.

06

## **Ames Main Street Music Walk**

**Ames Main Street Cultural District, 6-8 PM**

Visit Ames Main Street Cultural District to hear a diversity of local artists during the annual Ames Music Walk. Hosted by Main Street businesses, come enjoy great music, tasty food and refreshing, handmade beverages.

07

## **Spring Fever Symposium**

**Iowa Arboretum, 10 AM-3 PM**

Listen to horticulturist Joseph Tychonievich discuss rock gardening and cool alternatives for the shade at the Iowa Arboretum's Spring Fever Symposium. Registration is required and lunch is included.

## **CyServe Day**

**Ames Community, 9 AM-4 PM**

Commit a day to serving the community by accomplishing volunteer projects with organizations and businesses like Goodwill, ACCESS, Relay for Life and more. Register on the [Volunteer Center Story County website](#).

## **Stash the Trash**

**Ames Community, 8 AM-1 PM**

Clean up Ames and ISU parks, neighborhoods and campus locations to create a cleaner and more beautiful Ames. Register on the [Volunteer Center Story County website](#).

08

## **Mustard Seed Farm Spring FUNraiser**

**130 S. Sheldon, 5-8 PM**

Eat, dance and be merry at the annual Spring FUNraiser hosted by the [Mustard Seed Farm](#). All ages are welcome to a free potluck dinner, barn dancing, craft sale and a live band. Free-will donation proceeds support the mission of the farm and help them build a workshop/hospitality space.

10

## **Queer Fashion and Style**

**1015 Morrill Hall, 11 AM-4 PM**

Learn about the everyday fashions and styles of LGBTQIA+ folks around the Midwest in a year-long research project art exhibit based on in-depth interviews and conversations with this community.

## **Vegetable Gardening Best Practices**

**Reiman Gardens, 6-7:30 PM**

Prepare for your summer vegetable garden with a discussion on best practices with horticulturist Sharon Rink. Preregistration and prepayment are required by April 9.

11

## **Art Walk: The Art of Growth**

**Horticulture Hall, 12-1 PM**

Celebrate spring and all it brings with University Museums at their newest art exhibit that asks what it means to grow, both literally and figuratively.

14

## **Love Your Melon Block Party**

**Durham Bandshell Park, 4-7 PM**

Join the [Love Your Melon](#) Campus Crew and their SuperHero families for some fun and games to support those who have been impacted by pediatric cancer. One-for-one apparel will be sold at the event, which donates a hat to a child battling cancer for every hat that is bought.

## **The Fashion Show 2018**

**C.Y. Stephens Auditorium, 7 PM**

Appreciate the art of fashion design as models walk the runway in ISU student-designed garments. The 36th annual Fashion Show's theme is RESILIENCE, and the guest industry designer is Patagonia. Tickets are \$15-\$30 and are available at the [Iowa State Center Ticket Office](#) or at [Ticketmaster.com](#).

21

## **Eco Fair**

**515 Clark Ave, 9 AM-1 PM**

Become informed about sustainability education and learn how to reduce, reuse and recycle from displays, booths, conversations, activities and more at the annual Eco Fair.

## **BiCYcle Day**

**Brookside Park, 10 AM-1 PM**

Pedal your way to the second annual biCYcle Day to learn about safety, announcements and bike 5, 10 or 20 miles through the Ames and Iowa State community. This event is free to the public.

22

## **2018 Central Iowa Heart Walk & 5K**

**Des Moines Meredith Plaza, 9 AM**

Support the American Heart Association and those affected by cardiovascular disease at the Heart Walk & 5K. All proceeds go toward the American Heart Association to help build healthier lives free of cardiovascular diseases and stroke.

28

## **Run for the Trees**

**Iowa Arboretum, 8-10 AM**

Run a scenic 5K or 1-mile Family Walk/Run on the Arboretum trails with the Iowa Arboretum and the Boone History Museums in celebration of Arbor Day.

## **Wind, Waves and Light Sculpture Exhibit**

**Reiman Gardens, 9 AM- 4:30 PM**

Explore the newest sculpture exhibit designed based on space, time and the dynamic relationship of objects in motion, coinciding with Reiman Garden's annual theme of "movement." This exhibit runs until Nov. 3.

MAY  
3

## **SAVE THE DATE - Art Mart**

**Trophy Tavern, Memorial Union, 10 AM-6 PM**

Shop various types of art created by Ames and ISU artists. All proceeds support individual artists, The Workspace and The Gaffers' Guild. Dates continue through May 5, 10 AM-1 PM.

Have a sustainability highlight, accomplishment or event to feature? Contact the Marketing and Communications Team!

McClane Gill | [mgill@iastate.edu](mailto:mgill@iastate.edu)  
Morgan Thompson | [morgant@iastate.edu](mailto:morgant@iastate.edu)



# LIVE GREEN! MONTHLY

May 2018  
Volume 8 Issue 7



**"....Keep your heart free from hate,  
your mind free from worry, live  
simply, expect little, give more."  
- Carol Borges**



**INTERSECTIONALITY:  
ISU STUDENT  
DESIGNS SOCIAL  
SUSTAINABILITY**

**SEMESTER  
HIGHLIGHTS:  
REFLECTIONS  
ON 2017-18  
SUSTAINABLE  
CAMPUS EFFORTS**

**MINIMALISM:  
LIVING SIMPLY,  
LIVING GREEN**

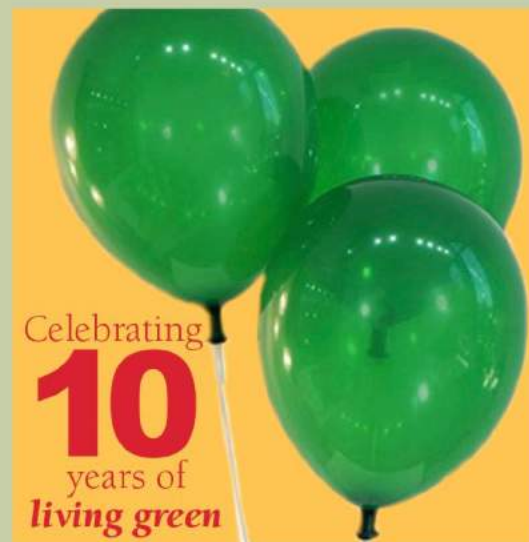


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GREEN!**

IOWA STATE  
UNIVERSITY

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The Live Green! Initiative is turning 10!

The Office of Sustainability, in celebrating 10 years of living green at ISU, will host monthly sustainable events and activities for Iowa State University students, faculty and staff to participate in and enjoy starting next school year!

Stay connected and join our year-long celebration in the 2018-19 school year. See Page 20 for more details.

**Sustainable Connections!**



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



# DIRECTOR'S MESSAGE

We all have expressed it or wished for it on more than one occasion: "If only things could be more simple." To be "more simple" -- what exactly does that mean?

To be simple is to be easy to understand, deal with, use -- not elaborate or artificial, not ornate or luxurious. In essence, it is to the point, without detail or extras. Having exactly what you need, when you need it. Having enough.

Interestingly so, defining "simple" parallels definitions given to sustainability.

"Enough, for all, forever." - African Elder

"Meeting the needs of the present  
without compromising the ability of  
future generations to meet their own needs."  
- United Nations Bruntland Committee

In other words, to live simply is to live sustainably. To aspire to simplicity is to aspire to sustainability. To ensure to simply have enough is to ensure a sustainable future.

Here we are, wrapping up the 2017-18 academic year and providing our last Live Green! newsletter until classes resume in the fall. What a year it's been to reflect upon -- so many simple acts, so much impressive accomplishment. How fitting it is that this month's theme is simplicity.

From resilience in fashion to repurposing in musicals, from empowering local businesses to creating spaces to gifting musicians sight -- this year so brilliantly exhibits the power and ripple effect of one simple act.

This is truly the deep and vibrant beauty and awe inspiration of sustainability -- it is rooted in a collection of simple acts. None of those acts needing to be exactly the same as another, just each directed toward the same intention -- ensuring enough in the journey toward a sustainable future.

As well as reflecting on the journey we have taken together this year, this last issue of Live Green! Monthly reminds us of the diversity of opportunities available to pursue through simple acts, including supporting community events, "greening-it-yourself," as well as volunteering or adopting a minimalizing habit -- simple acts to empower simple steps to ensure enough for everyone. What an honor it is to "green" with you all for another year!

Congratulations, Cyclones! Have a fantastic summer! For those of you starting adventures beyond Iowa State University, our many thanks for your commitment to our sustainable journey and the very best as you forge your own journey in sustainability.

Yours in green-ness,



Merry Rankin



Photo courtesy of McClane Gill

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

Live Green! is Iowa State University's campuswide 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 sustainability.

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



# CELEBRATING EARTH DAY



ISU's annual Earth Day celebration, "Love Your Mother," took place Thursday, April 19, in the Great Hall of the Memorial Union, instead of its original outside location due to the sleet and snow the previous day. Students, faculty, staff and community members gathered to celebrate sustainable achievements and learn more about sustainable student organizations, initiatives and businesses on campus and within the community.

Hundreds of students, faculty and staff were awarded sustainably-minded giveaways for making sustainability pledges and engaging with different businesses, organizations and clubs representing environmental, social and economic sustainability. Attendees also enjoyed locally-produced refreshments, including fruit-infused water from ISU Dining. For more photos, enjoy our [Earth Day Photo Gallery](#).



Photo courtesy of Live Green!



# RECAPPING EARTH MONTH

Earth Month is an annual celebration of our home that challenges individuals to demonstrate 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 within the community. For more information about each event, click on the event title.

## The Fashion Show

Photo courtesy of Iowa State Daily



the  
FASHION  
SHOW

The 2018 Iowa State University student-run Fashion Show, with the theme of resilience and featuring its guest designer, Patagonia, showcased student-designed garments and highlighted sustainable discussions and events.

## "Bean" Nice to Your Mother



Photo courtesy of Morgan Thompson and Morning Bell Coffee Roasters

Morning Bell Coffee Roasters hosted a group of Iowa State University students to tour its shop, try fair trade, roasted coffee, as well as to learn about a diversity of sustainability efforts.

## International Food Fair

Photo courtesy of Iowa State Daily



Twelve multicultural student organizations showcased their countries' cultures through international cuisine at the International Food Fair hosted by the International Student Council.

## SAVMA Scamper



Photo courtesy of SAVMA Scamper

The ISU Veterinary College's Student Chapter of the American Veterinary Medical Association hosted the SAVMA Scamper Run/Walk, which encouraged participants to take their dogs along for a good cause.

## Love Your Melon Block Party

Photo courtesy of Love Your Melon



Love Your Melon, an organization that spreads awareness about pediatric cancer and research, hosted a block party at Bandshell Park. The Love Your Melon Campus Crew and SuperHero families came for food, games, inflatables and door prizes!

## Rinse, Recycle, Repeat



Photo courtesy of Garnier

Throughout the month of April, Iowa State University competed with 49 other colleges to recycle the most "#empties," or personal care products, sponsored by Garnier, DoSomething.org and TerraCycle.



# STUDENTS LIVING **CARDINAL**, **GOLD** AND **GREEN**

We have all experienced moments and emotions of feeling left out, out of place and more of a stranger than being welcomed. Whether moving to a new city, diving into a new challenge or taking on a new responsibility, we can all relate to those moments, likely on multiple occasions.

Now imagine experiencing these moments and not speaking the language as your first language, not having easy access to your favorite comfort foods and not being able to visit your family for months, if not years. This is a daily reality for many ISU students, like Muhammad Bilawal Khoso (BK).

In August of 2015, BK came to the U.S. as a 26-year-old from Pakistan. He was passionate about graphic design, and whose main goal was to learn more about the global perspective of design.

BK said the first time he felt out of place was at the airport when coming to the U.S., when airport security called him Muhammad (a common name in Pakistani culture that signifies religious heritage), rather than his given name, Bilawal, during a routine security check.

The stark reality of having an uncommon name, as well as looking different than the rest of those present at the airport and being looked at differently, became clear to him for the very first time that day at the airport. Since then, BK has tried to take every opportunity to increase awareness and understanding about himself and his experience as “out of place” international student.

This motivation charted the pathway for his master’s project. BK challenged himself to use his graphic design skills to inquire how the world could be a better place to live for everyone. In envisioning this,

he asked himself, “What if design was not just ultimately destined for the landfill?” This idea provided the inspiration for his thesis project.” BK focused his efforts on creating a graphic design project that would engage in and with disenfranchised communities, giving them a voice by providing a platform and elevating their causes to celebrate the individual.



“Solutions in the world of design are above and beyond just aesthetics...but pertain toward cultural development, inspiration [and] social responsibility,” BK said.

From his experience, he was influenced to create a project where design not only was the created but developed “the meaning” behind the project. His hope was that the future of graphic design is not only aesthetically pleasing, but moves social construct and makes a significant impact to change behaviors, perceptions and understandings. BK’s vision was to ask the simple question of, “How can we all get along?” by sharing the stories of others.

So the creation of his project, GET, began. His mixed media installation project compiled the stories of individuals who do not make up a majority of the population, specifically including American Muslims, African Americans, the LGBTQA+ community, as well as



**Name:** Bilawal (BK) Khoso

**Hometown:** Karachi, Pakistan

**Studies:** MFA Graphic Design

**Year:** Graduation in 2018

**Favorite sustainability quote:** “The greatest threat to our planet is that someone else will save it.”



international students from countries affected by travel restrictions.

Through stories about their lives, struggles and both personal and professional triumphs, BK aimed to negate the stereotypes and encourage people to eliminate the social constructs and preconceived notions by experiencing conversations through interactions with a physical project.

The end result was nine black and white portraits, 9'x9' in size, showing only faces. With each portrait, a set of headphones allowed participants to hear the story of each person that was in front of them, larger than life.

One story is that of Abufalgha (i.e. Abu), who came from Libya to the U.S. to pursue higher education. He first studied in Pennsylvania and then moved



to Iowa State for his graduate degree program, finding inspiration by the "melting pot" of Iowa State's population. Abu shares two poignant stories. His first roommate was encouraged by his parents to ask for another roommate after reading Abu's name. His roommate remained, however, and now they are good friends, even being welcomed to holiday meals with their families. Abu's second story of adversity was when his parents couldn't come to see him graduate from Iowa State due to the recent travel ban.

A second story introduces Graciela, whose mother fled to the United States when Graciela was a child: escaping civil war in Guatemala. Growing up with the fear of her mother being deported, Graciela graduated from West Point Military Academy. Her mother was not allowed to attend, as she did not have proper identification. Being deployed twice, Graciela wasn't worried for her safety, but was more concerned with the loss her mother would have without the benefits military families receive. Upon her return, Graciela diligently worked to make her mother a U.S. citizen, where she had lived longer than Guatemala, but wasn't allowed to become a citizen without proper paperwork.

"I wasn't necessarily scared for my life...I was afraid of making the wrong move and exposing my mother was an illegal immigrant."

Natasha, an Ames police officer, regularly receives calls from concerned neighbors requesting she break up seemingly-suspicious activities. However, these activities often refer to a gathering of international students or minorities who are simply having a dinner party. Natasha is working to help people overcome diversity challenges, as she herself has faced the challenge of diversity when growing up with a Filipino father and a white, American mother. She uses her position as an officer to seek out and offer different views on racial justice, rather than dealing with fearful assumptions. She seeks to define where there are disparities and shortcomings in racial justice.

**"Solutions in the world of design are above and beyond just aesthetics and corporate profits, but pertain toward cultural development, inspiration, social responsibility and voice of reason."**

As well as presenting his project through a public exhibition, BK spoke about GET at a TedX talk at Iowa State this semester.

BK will be graduating with a Master of Fine Arts degree this summer and will begin teaching at Graceland University as an assistant professor of graphic design, allowing him to continue inspiring and educating about the challenges that are faced by many in our world and the opportunities to overcome them.

The world is filled with so much diversity — diversity in culture, language and among individuals. No two people are the same, no matter if they live a world away or a block away. We each offer our own unique perspective on life through community talents and expertise. It is through embracing our diversity that we are most resilient and most sustainable.

Copy by: McClane Gill  
Photos courtesy of Bilawal Khoso



# NOW YOU KNOW:

## MINIMALISM TOWARD A SUSTAINABLE LIFE

Photo credit: The Minimalist



With the school year coming to a close and the dawn of a new summer on the horizon, things are finally beginning to calm down. You empty your backpack of school work (recycling it, please!) and clear out the place you called home for the past nine months. And then, summer. This is a time dedicated to releasing some of the stress and weight that accompanies college and, simply, life, as well as for achieving simplicity and leading a minimalist life — which is quite sustainable.

According to the original Minimalists, Joshua Fields Millburn and Ryan Nicodemus, minimalism is a “tool that can assist you in finding freedom. Freedom from worry. Freedom from [being] overwhelmed...Freedom from the trappings of the consumer culture we’ve built our lives around.”

Essentially, to live a minimalist life is to remove the frivolous and keep the significant. It is a way to escape the excessive, and in doing so, valuing the result of intentional actions.

There are many misconceptions about minimalism, one being that there are set rules to follow to be a minimalist. Not true. Minimalism is subjective. In general, a minimalist lifestyle removes the excess and keeps the necessities. However, this can be interpreted differently by every person. The necessities in one person’s life may be otherwise obsolete to another. Minimalism is directed at uniquely defining the simple life each individual wants to lead.

In addition, minimalism does not have to encompass all aspects of life. Pick a sector of life to minimize and add from there. Living a minimalist life helps determine your journey of simplicity as you embrace sustainability.

Sound overwhelming? The summer months are a great time to integrate some minimizing options into daily life. Whether starting a new job, internship or just staycationing, diving in and adopting lifestyle changes is the first step. Here are some opportunities to kickoff a minimalist summer.



### TAKE THE REDUCE PLASTIC PLEDGE

It is predicted that in 2050, there will be more plastic in the ocean than fish by weight. In 2016, one-third of fish surveyed on the South

Coast of the United Kingdom contained plastic. This material, buried deep in landfills, can leach harmful and toxic chemicals that spread into groundwater. It is also the cause of death for many animals when they get into waterways and the animals consume or get caught in the plastic.

#### DO build “cushions” into your schedule

Build little pockets of time around everyday obligations to have moments to breathe.

#### DON'T accumulate more than what you need

There are many items that serve similar purposes; try choosing one to keep and donate the rest.

#### DON'T hold on to things that no longer serve you

Focus on what serves your life in the present moment and donate the rest.

#### DO spend on experiences

To stop the accumulation cycle, spend your money on experiences rather than trinkets.

#### DO prioritize what's important to you

If one path does not align with your values, find one that does.



Check out [30 more ways to simplify and minimize.](#)



Eliminating plastic is not only environmentally sustainable, but economically, as well. For example, according to Ban the Bottle, "Americans used about 50 billion plastic water bottles last year; however, the U.S. recycling rate for plastic is only 23 percent, which means 38 billion water bottles – more than \$1 billion worth of plastic – are wasted each year."

Substituting plastic with glass, reusable containers, bags, utensils, bottles, etc. is a great way to minimize.

Another great opportunity to minimize plastic use is plastic straws. Replacing plastic straws with stainless-steel or paper straws - or just not using a straw - can eliminate millions of plastic-related waste. If everyone in the United States used a stainless-steel straw for just one day, 500 million straws would be eradicated from Earth's oceans, landfills, rivers and landscapes.



### ELIMINATE FOOD WASTE

Each year, about 40 percent of food is wasted. That equates to nearly 300 pounds of food wasted per individual, and the equivalent of \$1,500 lost for a family of four. Food waste is not only breaking the bank, it is also costly to the environment.

Landfills plagued with rotting food are faced with methane gas, a common greenhouse gas released during decomposition, 25 times more powerful than carbon dioxide. An especially alarming reality is that 21 percent of landfill intake is food waste – especially when, in 2016, 12.7 percent of Americans were considered food insecure, according to Feeding America and World Hunger.

There are a number of easy ways to minimize food waste. Understand that expiration dates indicate peak freshness. If it looks, smells and tastes fresh, then it's still okay to eat. Additionally, buy the "ugly" produce and save food that otherwise might not have been purchased because of its exterior, allowing it to find its way into a delicious dinner dish. Finally, do not over buy. Create a weekly menu, do a food inventory and then go shopping. That great, supersize bargain is considerably more expensive when most of it gets thrown away.



### FOREGO FAST FASHION

Compared to other reusable materials, textiles have one

of the poorest recycling rates with about 10.5 million tons of clothing waste occupying landfills annually. Donating old clothing items reduces clothing waste immensely.

Instead of buying clothing to just match current trends, try buying more classic pieces that will be in style for many years. Additionally, donating unwanted clothes instead of trashing helps minimize textiles in landfills. Finally, learning to mend old and worn clothing or upcycling it into a quilt or bag offers a repurposing option and minimizes other purchases.



### OTHER MINIMIZING SUGGESTIONS

Along with the previously mentioned tips, there are other opportunities to consider when

adopting a sustainable and minimal lifestyle.

Unplug appliances and shut off power strips to minimize wasted energy. Phantom energy, energy consumed when electronics are plugged in but not in use, can account for 25 percent of residential energy consumption and more than \$19 billion in electricity bills every year.

Help reduce fossil fuel use by 23 percent, save 85 million gallons of gas and \$1.1 billion by carpooling every year and maximizing green transportation like biking, walking and different types of public transit. If individual driving is necessary, "trip-chain" to minimize impacts.

As is illustrated above, living a minimalistic life can be very simple. Eliminate the unnecessary and keep the essential toward a less materialistic-driven, de-cluttered and de-stressed life.



Copy and infographics  
by: Morgan Thompson



# MONTHLY CHALLENGE

May marks National Bike Month. Established in 1956, National Bike Month is a chance to encourage more folks to give biking a try and showcase the many benefits of bicycling. The final challenge of the school year is to incorporate biking into your daily life. To discover more biking opportunities in the Ames community and to connect with a group of bicycle enthusiasts, check out the Ames Bicycling Coalition and find local events on their Facebook. Not in Ames? Look for similar organizations in your community.

## MAY: BIKING CHALLENGE



WEEK

1

Use the first week of May as your starter week. Begin by doing 2-3 short, leisurely bike rides to get a feel for the bike and how it rides.



WEEK

2

Use the second week of May to challenge yourself to find a new route and visit a friend or family member. Rather than drive to see them, try a greener means of transportation.



WEEK

3

Use the third week of May to incorporate biking into a daily activity as part of Bike to Work Week. The Ames Bicycle Coalition is collaborating with local businesses to celebrate this week with daily breakfast.



WEEK

4

Use the fourth week of May to ride your bike when running errands. Instead of driving, grab a backpack and cycle to the post office, grocery store, the coffee shop, etc.



WEEK

5

Use the final week of May as a "bike everywhere" week. Try riding it to work, the store and to visit friends and family. If a week is too challenging, even one day will make a difference to you and your community.

PEDAL ON!



# FAREWELL SENIORS!

Thank you for sharing your talent, expertise and enthusiasm toward a more sustainable ISU! Wishing you success in all your endeavors!

## Caitlin Deaver

*Marketing Special Projects Intern*



**MAJOR/MINOR:**  
Public Relations,  
Marketing

**POST-GRADUATE  
PLANS:** "I have  
accepted a position  
with Employee &  
Family Resources in  
Des Moines, IA."

**FAVORITE MEMORY:** "One of my fondest memories is from Summer 2017, where our small summer team planned and implemented College Creek Cleanup."

**WHAT I LEARNED:** "I find myself noticing how many bad habits I have when it comes to being the trifecta of sustainability (environmental, economic and social). With that recognition, I've been learning how to improve my actions over the last 5 years of working with the Live Green! Initiative."

## Paige Myers

*Campus and Community Engagement Intern*

**MAJOR/MINOR:**

Global Resource  
Systems, Agriculture  
and Society

**POST-GRADUATE**

**PLANS:** "I applied for  
AmeriCorps' year-  
long Native Food  
Sovereignty program."



**FAVORITE MEMORY:** "Hosting our first event, National Campus Sustainability Day! It was such a rush to have all of our efforts come together during the event."

**WHAT I LEARNED:** "I learned that small steps toward sustainability can be more effective than huge leaps. I also discovered a real passion for event planning and hosting!"

## McClane Gill

*Marketing and Communications Intern*



**MAJOR/MINOR:**  
Advertising/Design  
& International  
Perspectives

**POST-GRADUATE  
PLANS:** "Pursuing  
a career in  
advertising."

**FAVORITE MEMORY:** "Getting close with the Live Green! Team and my counterpart, Morgan."

**WHAT I LEARNED:** "This internship has allowed me to look at how my daily actions are affecting the world of sustainability. As I've started to learn to live a more sustainable life, I've realized the little things add up to big strides for sustainability!"

## Morgan Thompson

*Marketing and Communications Intern*

**MAJOR/MINOR:**  
Advertising/  
Sustainability

**POST-GRADUATE  
PLANS:** "I plan  
to work in the  
advertising and  
marketing realm."



**FAVORITE MEMORY:** "Being part of the sustainability events I've been attending since I was a freshman."

**WHAT I LEARNED:** "This internship made me so much more aware -- aware of the sustainable areas I, personally, excel and lack in, as well as the areas the world is challenged by. The first step is admitting there's a problem; the next is solving it!"



# SEMESTER HIGHLIGHTS

Photo courtesy of ISU News Service



## Student Impacts

Spring semester was filled with opportunities for students to engage in sustainability and make a sustainable impact.

### IMPACTING CANCER RESEARCH

Allen Lazard raised the bar and money during the NFL Combine by taking on the challenge of fundraising for The Pancreatic Cancer Action Network. Lazard raised \$5,500 in memory of his grandfather.

### DESIGNING WITH RESILIENCE

Sustainable clothing company, Patagonia, was the guest designer at this year's Fashion Show. The event was also themed RESILIENCE, representing Patagonia's commitment to a sustainable future.

### LENDING A GLOBAL HAND

Five ISU students attended the biannual Youth Assembly conference in New York City, which focused on Sustainable Development Goals set by the United Nations for global, sustainable initiatives.

### SUPPORTING LOCAL BUSINESSES

ISU students worked with the Iowa Retail Initiative to assist Jewell, Iowa businesses in building a thriving financial future.

### INSPIRING HIGHER EDUCATION

Students in the College of Human Sciences in the ISU 4U Promise, an elementary initiative to make college a reality, mentored the students of Des Moines' King and Moulton Elementary Schools.

## CREATING MOTION

Seventy-seven second-year architecture students designed a 1,300-square-foot kinetic art piece at Reiman Gardens as part of their "Forces of Nature" exhibition.

Photo courtesy of Inside Iowa State



## Operations and Infrastructure

The focused commitment of providing efficient and effective support services was displayed during the spring semester.

### INTRODUCING ZIPCARTO CAMPUS

Students and faculty can reserve vehicles by the hour or day for personal use and to ultimately reduce the number of vehicles on campus with the new-to-campus car share service, Zipcar.

### EMPOWERING YOUTH

Teresa Green was awarded the 2018 I.O.W.A. Science, Technology, Engineering and Mathematics (STEM) Teacher Award for her efforts to encourage Iowa's youth to develop a passion for STEM fields.

### GROWING AND GATHERING

Since outgrowing its prior location, the Latinx space, El Centro, was given a larger space for student organizations to meet, creating a safe space for students to spend time.

### STIMULATING ADVOCACY EXPERIENCES

Winona LaDuke, founder and co-director of Honor the Earth, shared perspectives of food security and environmental justice.



### **HAMMOCKING RESPONSIBLY**

ISU's Facilities Planning and Management installed hammock poles east of the Campanile to encourage students to enjoy hammocking without damaging campus trees.

### **DOTTING ON WELLNESS**

The Student Wellness Center sponsored Green Dot Action Week, a week of events to raise awareness of Green Dot and to get students involved, with events ranging from a documentary screening to an on-campus mentorship service.

### **IMAGING A HEALTHY LIFE**

The Body Image and Eating Disorder Awareness club hosted BIEDA Week to promote healthy living and positive body image to students with a week of events.

### **HOSTING DIGITAL NETWORKING**

Digital Women hosted its first event, Code Camp, which is the first female-focused "hackathon" in the Midwest. The event aimed to focus on female empowerment, emphasizing learning and collaboration versus competition between women.

### **BRINGING NATIONAL AWARENESS TO AMES**

The #MeToo Movement Campaign came to Ames this semester. ISU welcomed speaker, creator of the movement and one of Time Magazine's "Person of the Year", Tarana Burke, to campus. Burke spoke of her activism history and stories of survivors who inspired the campaign.

### **STORYTELLING CAMPUSWIDE**

An initiative called "In This Together" was made to raise awareness about the complex issues of sexual violence and invited the ISU community to share their stories through various mediums.

### **IMPACTING THROUGH MUSIC**

Sigma Alpha Iota, a service-based Greek organization, aimed to empower women in music by giving back to the community through their unique philanthropy project, Bold Notes, to provide large-print versions of scores, method books and sheet music to visually-impaired musicians.

### **PROMOTING MENTAL HEALTH**

The College of Veterinary Medicine was concerned about the mental health of its students after a study concluded nearly 1 in 10 U.S. veterinarians might experience psychological distress. The College took steps to provide its students with stress-relieving activities such as bringing an on-site counseling service to its campus, yoga, cookie decorating and a flag football competition during the semester.

Photo courtesy of Iowa State Daily



### **Campus Experience**

Ensuring a safe, inclusive and empowering campus environment and experience was of focus for the spring semester.

### **TAKING PLASTIC CENTER STAGE**

"Rhapsody in Plastic" was a free to the public event where all of the designed puppets were repurposed from used plastic to create designs for a puppet musical.

### **FOR MORE HIGHLIGHTS**

Visit the [Live Green! website!](#)



# MAY GREEN OPPORTUNITIES

## ENJOY A SPRING FLING WEEKEND



Enjoy the eventful Spring Fling Weekend at Reiman Gardens. Starting May 11 and going until May 13, this weekend is filled with events, activities and holidays as seen below. Also, enjoy extended hours on May 3-5 and 10-12 for extended viewing of gardens.

## HONOR PUBLIC GARDENS



May 11 is National Public Gardens Day; to kick off the event, Reiman Gardens will offer free admission and free seed giveaways from 9 a.m. to 6 p.m.

## PURCHASE A PLETHORA OF PLANTS



May 12 is the Plant Sale Extravaganza. On May 11 from 3-7 p.m., Reiman Gardens' members can purchase plants before the public. The sale is open to the public on May 12 from 9 a.m. to 6 p.m. and continues on May 13 from 10 a.m. to 3 p.m. in the Reiman Gardens parking lot. There are a variety of plants available to purchase, including perennials for sun and shade, herbs, vegetables, trees, shrubs and many more. All plant purchases directly benefit many Iowa State University student organizations and local non-profits. Come enjoy, rain or shine.

## CELEBRATE MOTHERS



Finishing off the weekend with Mother's Day, Reiman Gardens admission is free for mothers, Garden members and ISU students. Bring your mom and enjoy the gardens and the outdoors on May 14.

## BICYCLE WITH THE MAYOR



Bike with Ames' Mayor, John Haila, and the Ames City Council on May 12 from 9-11 a.m., beginning at the Ames City Hall and finishing at Ada Hayden Park. No registration is necessary and the bike ride is free and open to all. Not a biker? Volunteer. Many opportunities are available; for more information and to sign up, contact Susan Gwiasda at [sgwiasda@city.ames.ia.us](mailto:sgwiasda@city.ames.ia.us). Come volunteer, exercise, enjoy fresh air and get to know Ames' local government.

For more green opportunities in May and throughout the summer, check out the Live Green! Calendar.



## APPRECIATE LOCAL MUSIC

Dance, sing and enjoy live folk and rock music from various local artists at The Travelers Music Festival on May 26 from 12-9 p.m. at Durham Bandshell Park. Rich in culture and creativity, Ames hosts small concerts at Bandshell Park every summer.



## EXPAND YOUR GARDEN

Join the Iowa Arboretum in its annual Spring Plant Sale on May 5 from 9 a.m. to 4 p.m. This year is the Iowa Arboretum's 50th anniversary, and the plant sale theme, *Golden*, celebrates this golden anniversary year. Numerous perennials, among other plants, will be offered that showcase the 'gold' theme.



## EAT, MEET AND BE MERRY

Sample local cuisine and regional craft brews at the Foodies & Brew event on May 11 from 6-9 p.m. at the Ames Airport Hangar. Local restaurateurs and chefs will showcase and have the opportunity to be awarded a People's Choice Award. Brews cost \$30 in advance and \$35 the day of the event, and each attendee receives a souvenir glass. Proceeds go to the Main Street Cultural District to support beautification and growth of the downtown business district.



## SUPPORT SPECIAL OLYMPIC SPORTS

Volunteer at the Special Olympics Iowa Summer Games. With more than 2,600 athletes, 1,200 coaches and 2,000 volunteers covering Iowa State University's campus, the Summer Games is the largest Special Olympics Iowa event of the year. Beginning May 17 and ending May 19, the event includes sports like cycling, soccer, tennis, swimming and more. Group volunteering is available now and individual volunteering sign up is coming soon.



## RE-PLANT AMES

Join the Ames Foundation and the City of Ames to plant trees for the third annual Ames Community Tree Program. Taking place May 19, the Ames community is planting trees that will be lost to the Emerald Ash Borer, a jewel beetle native that feeds on ash species. To volunteer, donate money or learn more, visit the Foundation's website.





# SUMMER GREEN OPPORTUNITIES

## RUN FOR HOPE AND HOSPICE



Join Mary Greeley Medical Center for the 18th annual Hope Run! Participants can take part in a 5K, 1-mile Fun Run/Walk or a Hope Run Jr. Packet pickup and walk-up registration is from 6:45-7:45 a.m., followed by the run at 8 a.m. and awards at 9:15 a.m., all at the Ames Middle School.

Registration fees go toward supporting Mary Greeley Hospice. Not able to join the run? Volunteers are also needed for the event.

## MAKE A MORE SUSTAINABLE ISU



Interested in making real sustainable changes at Iowa State University?

Apply to work with the Director of Sustainability for ISU Student Government by serving on the Student Sustainability Committee, and help ISU work toward a more sustainable campus. Serving on the committee offers an opportunity to spread awareness about the importance of sustainability on a bigger platform. Applications are being accepted now through the beginning of the 2018-19 school year.

## CELEBRATE FATHERS



Celebrate Father's Day at Rieman Gardens on June 17. All dads, members and ISU students get free admission to the gardens. Bring Dad and enjoy a day of outdoor celebration with family.

## REHOME STILL-USABLE ITEMS



Donate your unneeded housewares and keep reusable items out of the landfill at move out and lease changovers this summer at the 2018 Rummage RAMPage event, held at the Ames Intermodal Facility parking ramp (129 Hayward Ave.), July 27 through Aug. 2. Volunteers are needed to help with the collection of donations of still-usable items, as well as at the event. Visit the City of Ames' website to learn more, and to volunteer for the event, visit the Volunteer Center of Story County website.

## GATHER FOR SUMMER FESTIVITIES



Attend Summerfest, a free, family-friendly, annual summer event that welcomes everyone to Campustown in Ames from 3-9 p.m. on June 2. Enjoy live music, snacks, a petting zoo, face painting and many other activities that provide fun for all ages.

**Save the Date: 2018 College Creek Cleanup**  
June, 23 10 AM-2 PM, ISU Campus

## BIKE ACROSS IOWA

The 2018 Register's Annual Great Bicycle Ride Across Iowa (RAGBRAI), hustling nearly 10,000 riders annually, will take place July 22-28, and will have an overnight stop in Ames on July 24. Every year, approximately 10,000 registered riders, with participants from all 50 states and international locations, join the event. Non-rider and day passes are available on the RAGBRAI website until June 1. To volunteer for the event in Ames, call the Ames Convention & Visitors Bureau at 515.232.4032.



## GET FRESH PRODUCE

Various opportunities to get fresh produce are available in Ames. Whether through volunteering or shopping, you can obtain locally-grown foods while benefiting the community.



## WORK FOR FRESH PRODUCE

Volunteering opportunities are available at Iowa State University's Good Earth Student Farm. There are three membership options: general member, working share and paid share. Each option is different, but working at the farm and getting free vegetables are included in all. Learn about the specifics of each membership on the Good Earth Student Farm's website.



## HELP OUT ON THE FARM

Want fresh produce regularly? Begin a workshare with Mustard Seed Community Farm. Choose a shift, either Tuesday or Friday, at 7-10 a.m. from mid-May through early October. During the three-hour shift, you will harvest ripe vegetables and wash and pack them for distribution. At the end of the day, you will be able to take home a full box of vegetables. Learn more on the Mustard Seed Community Farm website.



## ATTEND AMES' FARMERS MARKETS

Visit Ames' farmers markets this summer! Farmers markets are a great way to support the local community by purchasing produce, crafts and gifts from local producers. Ames has two farmers 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.).





# GREEN-IT-YOURSELF

Spring and summer brings picnics and outdoor activities. Protect yourself from bugs with essential oil- based balm and spray. While preparing for summer meals, eliminate your plastic use and make reusable bowl wraps.

## HERBAL MULTI-USE BALM

Carry this herbal balm everywhere to safely aid with bug bites, burns and moisturize.

**Supplies:** Oil (olive, almond, grapeseed or sunflower), 2 tsp. beeswax, lavender, tea tree, mint, lemon and rosemary essential oil, 1/2 cup chamomile or St. John's Wort flowers, muslin cloth (pillowcase or cloth napkin), jar

1. Place flowers into jar and cover with oil. Store in cool, dark place for 30 days.
2. Filter oil mixture through muslin cloth into a clean jar.
3. Melt beeswax on low heat and stir occasionally.
4. Add oil mixture and stir, allowing it to become a creamy consistency.
5. Add 20 drops of lavender and tea tree oil, 10 drops of mint and lemon oil and five drops of rosemary oil.
6. Transfer to a small glass container and allow the mixture to solidify completely.

**To use:** Rub on infected mosquito bite area, bruises and burns, or to moisturize skin and lips.



## REUSABLE BOWL WRAPS

Eliminate plastic wrap and carryout containers by using these reusable wraps instead.

**Supplies:** Fabric, beeswax, scissors, baking sheet, aluminum foil, paintbrush, measuring tool

1. Preheat oven to 200 degrees. Cover baking sheet with aluminum foil.
2. Cut the fabric to the desired shape and size, using a large plate as a template.
3. Lay fabric on baking sheet and sprinkle beeswax lightly on top.
4. Place baking sheet in the oven for five minutes.
5. Remove from oven, spreading beeswax evenly using the paintbrush.
6. Hang the cover and allow to completely dry.

**To use:** Take cover and place it on top of bowl containing leftovers, appetizers, etc. Smooth edges of the bowl using your hands and lightly wash between uses.



## ON-THE-GO BUG SPRAY

Safely protect yourself from bugs this summer by using this essential oil-based spray.

**Supplies:** Lemon eucalyptus, lavender and rosemary essential oil, 1 Tbsp. rubbing alcohol, 1/2 cup Witch Hazel, 1/2 cup vinegar, 1 tsp. vegetable glycerin, spray bottle

1. Combine 30 drops of lemon eucalyptus and lavender oil and 20 drops rosemary oil together.
2. Add rubbing alcohol and oils into spray bottle.
3. Pour in Witch Hazel and shake to combine.
4. Add vegetable glycerin to mixture.
5. Add vinegar and shake well.

**To use:** Shake well before every use, and spray onto skin to safely repel bugs, such as mosquito and ticks.



FOR MORE GIY 



# SUSTAINABLE SUMMER RECIPES

Enjoy beautiful spring and summer weather by planning a picnic with family and friends. Try these easy, picnic-perfect recipes made with in-season produce to make for your next outdoor adventure.



## SALT AND VINEGAR ZUCCHINI CHIPS

**Ingredients:** 2-3 medium sliced zucchinis, 1/2 cup olive oil, 1/2 cup white balsamic vinegar, pinch of sea salt

1. Slice zucchini as thin as possible.
2. In a small bowl, whisk olive oil and vinegar together.
3. Place zucchini in a large bowl and toss with oil and vinegar.
4. Preheat oven to 200 degrees.
5. Lay zucchini evenly on a baking sheet and sprinkle with sea salt.
6. Cook for 2-3 hours and flip halfway through cooking.



## FRESH SUMMER CORN SALAD

**Ingredients:** 4 ears of fresh corn, 1/4 cup extra-virgin olive oil, 1 Tbsp. red wine vinegar, 3 medium roma tomatoes, 1/2 cup crumbled feta cheese, 2 Tbsp. chopped basil

1. Husk ears of corn and brush with olive oil.
2. Roast corn on the grill, turning often until desired doneness, about 5-7 minutes.  
You can steam corn if you do not want to grill.
3. Allow corn to cool, and cut from cob.
4. Whisk 1/4 cup olive oil and 1 Tbsp. red wine vinegar in a medium bowl to blend together.
5. Stir in corn, tomatoes, feta and chopped basil.
6. Toss together to coat evenly.



## FUDGY EGGPLANT BROWNIES

**Ingredients:** 1 medium eggplant (de-skinned and cubed), 6 Tbsp. coconut oil, 1 cup bittersweet chocolate, 1/2 cup coconut palm sugar, 1 1/2 cup almond flour, 1/3 cup cacao powder, 2 eggs, 2 tsp. baking powder, food processor or blender

1. Preheat oven to 350 degrees.
2. In a pan, place cubed eggplant and cover with water. Let them look until slightly shrunken.
3. Drain water and immediately place chopped chocolate and coconut oil into the pan and allow to melt while mixing.
4. Once it has melted, transfer to a food processor or blender and blend until smooth.
5. Add in all dry ingredients and blend again until fully combined. Add eggs and continue to pulse until fully mixed.
6. Transfer mixture to a greased brownie tin and bake for 20-25 minutes.
7. Allow brownies to cool, and then cut to desired size. If you want more fudgy brownies, store them in the fridge!



# MAY CALENDAR

03

## Art Mart Sale

### Trophy Tavern, Memorial Union, 10 AM-6 PM

Support local Ames and ISU artists by purchasing homemade crafts, jewelry, pottery, art and photography. This event continues until May 5.

## The Awesome Avocado

### 413 Northwestern Avenue, 7-8 PM

Transform the way you use avocados with Wheatsfield's demonstration class. Learn how to use this tasty fruit (yes, fruit!) for \$8 (members) and \$10 (non-members).

04

## Embrace: Gateway Dance Theater

### Iowa Arboretum, 10 AM-3 PM

Embrace Indian dance, music, puppets and poetry through a rendition of a heroic story. The story explores climate change, the green effect and how it connects to humanity through this production.

05

## Ames Farmers Markets Opening

### Ames Main Street and North Grand Mall, 8 AM-12:30 PM

Explore Ames' local produce, products and vendors every Saturday (and Wednesdays for North Grand Mall), May through Oct. Enjoy various cooking contests, musicians and events throughout the summer.

## Central Iowa Symphony Spring Concert

### Ames City Auditorium, 7:30 PM

Celebrate Ames' local symphony with the spring concert, featuring Mei-Hsuan Huang performing Beethoven. Enjoy a night of beautiful piano music to kick off the summer season.

## Food Truck Showdown

### Ames Main Street, 8 AM-12:30 PM

Enjoy 15 local food trucks at the Ames Main Street Farmers Markets opening day. Check out what is in store for the farmers market this summer!

10

## Iowa Food Cooperative's Plant Sale

### 4944 Franklin Avenue, Des Moines, 4-7 PM

Stock your garden with locally-grown plants! Meet the farmers of Des Moines and pick out the best at the annual plant sale. From flowers to herbs to vegetable starts, this plant sale has got you covered!

11

## National Public Gardens Day

### Reiman Gardens, 9 AM-6 PM

Explore Reiman Gardens and celebrate National Public Gardens Day with free admission. Learn how public gardens are promoting environmental stewardship and awareness, plant and water conservation, as well as education in communities nationwide.

12

## Mayor and City Council's Bike Ride

### Ames City Hall, 9-11 AM

Celebrate National Bike Month and join Ames Mayor, John Haila, and members of the Ames City Council on a bike ride beginning at Ames City Hall and winding north to Ada Hayden Heritage Park. Bring your personal bike to this free event!

17

## Special Olympics Summer Games

### ISU Campus, 9 AM-8 PM

Volunteer or attend the annual Summer Games from May 17-19 to help the event run smoothly and cheer on the athletes. Register to volunteer on the [Special Olympics website](#).

23

## First-Generation Immigrants in Story County

### Ames Historical Society, 7-9 PM

Explore the history of the first European settlers with Public Historian Mark Barron as he discusses how first-generation immigrants arrived and settled in Story County.

25

## The Boone River Valley Festival

### Iowa Arboretum, 10-11:30 AM

Discover the natural beauty found at the [Iowa Arboretum](#) at [The Boone River Valley Festival](#). Take a tour of the beautiful grounds, participate in bird-themed activities and create crafts. The event is free, but pre-registration for activities on the [Iowa Arboretum's website](#) is required.

29

## Intro to Homeopathy

### Wheatsfield Wheatsfield Cooperative, 6:30-8 PM

Learn about this new-old way of healing common ailments like colds, headaches and low energy. Homeopathy is a safe, gentle, effective way of healing. Register online for this event on [Wheatsfield's website](#).

30

## Annual Herb Walk

### McFarland Park, 5:30-7 PM

Explore tallgrass prairie, woodland and stream habitats at this Wheatsfield-sponsored event. Enjoy a guided tour of local weeds and trees. No need to register beforehand; just meet at McFarland Park!

## Hillside Garden Talk & Walk

### Reiman Gardens, 6-8 PM

Enjoy an after-hours tour and learn about the new Water-Wise Hillside Garden from Ed Lyons, director of Reiman Gardens. Pre-registration and payment is required by May 21, and can be made on the [Reiman Garden's website](#).

## Ames Downtown Farmers Market

### Main Street Ames

Saturdays: 8 AM-12:30 PM

## North Grand Farmers Market

### North Grand Mall Parking Lot

Wednesdays: 3-6 PM

Saturdays: 8 AM-12:30 PM



Have a sustainability highlight, accomplishment or event to feature? Submit your event on the [Live Green! website](#) calendar!



# SUMMER CALENDAR

## JUNE

01

### Reiman Gardens After Hours

**Reiman Gardens, 5-8 PM**

Kick back and relax at this quarterly event in an opportunity to enjoy good company, an Italian feast and live music in a beautiful garden setting. Must be 21 or older to attend; [pre-register online](#) by May 25.

02

### Campustown Summerfest

**Welch Avenue, 3-9 PM**

Enjoy family-friendly activities, such as a root beer garden, face painting, balloons and a petting zoo. Starting at 9 p.m., there will be live music and a beer garden for guests over 21 years old.

### Yoga in the Park at Ames Bandshell

**Durham Bandshell, 10-11 AM**

Relax and work out with a free outdoor yoga experience happening every Saturday this summer from June 2 through July 28. Wear comfortable clothing and bring your own mat and water bottle to this free, weekly yoga event.

08

### Water Day at Reiman Gardens

**Reiman Gardens, 10 AM-2 PM**

Play with water with the Spitting Frogs in the Children's Garden, slither down a giant slip-and-slide, as well as explore special activities on water pollution and conservation at this children-focused and free event.

09

### Rose Fest

**Reiman Gardens, 1-4 PM**

Stop and smell the roses during this Reiman Gardens annual event. Stroll through large rose collections, featuring the best roses in the state, at this free event.

16

### Community Ice Cream Social

**Ames Historical Society, 12-3 PM**

Enjoy ice cream and children's activities with the community to celebrate Iowa Museum Week. This event is free and open to the public!

20

### Wind, Waves and Light Sculpture Exhibit

**Reiman Gardens, 11 AM-12 PM**

Join education staff for an in-depth look at George Sherwood's kinetic sculptures in this year's rotating display of Wind, Waves & Light. Volunteer at the event to work behind the scenes, and sign up at [Reiman Garden's website](#).

23

### Pollinator Fest

**Reiman Gardens, 10 AM-2 PM**

Celebrate National Pollinator Week with local collaborators, featuring presentations and educational fun activities at this free, public event.

### College Creek Cleanup

**Forker Building parking lot, 10 AM-2 PM**

Give back to the health of College Creek by volunteering to help clean. Register in advance on the [event's website](#) to volunteer. No minimum time commitment is required!

26

### The Manhattan Project's Secret Weapon Ames Historical Society, 7-9 PM

Listen to speaker and ISU chemist, Dr. Harley Wilhelm, who worked on the Manhattan Uranium Project. Learn about the global uranium deficit and purification process and how an Iowa native is changing its future.

## JULY

03

### City of Ames 4th of July Celebration July 3

5-8 PM: Dog Dock Jumping, 500 block of Burnett  
Dusk: City of Ames Fireworks @ 1407 University Blvd.

### July 4

8:30-10:30 AM: City Hall Pancake Breakfast, City Hall  
7:45 AM: Friendship Ark 5K and Kids Run, Ada Hayden Park  
9-11 AM: Bill Riley Talent Competition, Intersection of Main & Burnett Ave. To enter the Bill Riley Talent Competition, email Sarah Buss at the Chamber of Commerce at [sarah@ameschamber.com](mailto:sarah@ameschamber.com).

11 AM: 4th of July Parade

9 AM-7 PM: Dog Dock Jumping, 500 Block of Burnett

12

### Iowa Games

Volunteer to help the Iowa Games run smoothly and participate in events with the athletes. Sign up to volunteer on the [Iowa Games website](#).

**July 12** Soccer Field Prep

**July 20** Athlete Jamboree & Opening Ceremony

**July 20 & 22** Athlete Check-In

26

### Summer Sidewalk Sale

**Downtown Ames, 8 AM-8 PM**

Support local businesses and score discounts, promotions and sales. This event, hosted by Duck Worth Wearing and Cafe Diem, promotes local downtown Ames businesses!

27

### Rummage RAMPage

**Ames Intermodal Facility, 9 AM-4:30 PM**

**July 27-Aug. 2**

Donate unneeded furniture or housewares to help those items find a second home. Occurring during the time of lease changeovers, the goal is to decrease waste. This event is open to anyone looking to donate or shop!

## AUGUST

26

### Iowa State Fair

**Iowa State Fairgrounds, 8 AM-8 PM**

Learn about Iowa's rich diversity toward ensuring a sustainable and resilient future. Visit the Iowa State University exhibit at the Varied Industries Building!

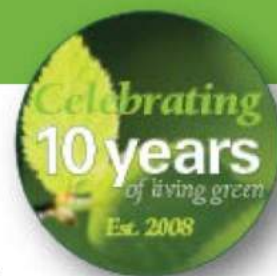


# 10-YEAR CAMPAIGN SNEAK PEAK

Celebrating 10 years of living green at ISU!

Live Green! is a campus-wide sustainability initiative at Iowa State University that encourages Cyclones to work, learn and live as “green” as possible. The Live Green! 10-year celebration seeks to acknowledge our efforts, dedication and accomplishments while still looking to the future.

During the 2018-19 academic year, the Live Green! Initiative will host monthly themed events focused on educating, engaging and empowering students, faculty and staff toward our next decade of living green.



## MONTHLY THEMES & EVENTS

AUG

### **Moving Green** - Yoga on the Lawn

Discover how Iowa State has been moving toward a greener future and move with us!

SEP

### **Dining Green** - Meet the Farmers of ISU

Dig in to all of the green dining initiatives and learn about those who fuel the ISU population.

OCT

### **Learning Green** - Guest Lectures Series

Learn more about the three facets of sustainability in our three-part lecture series.

NOV

### **Shopping Green** - Shop Sust-AMES!

Support Ames by shopping local during our shop-small day.

DEC

### **Creating Green** - Free Sustainable Wrapping at Art Mart

Celebrate sustainability creations as the semester comes to a “wrap.”

JAN

### **Giving Green** - Collecting Canned Food and Clothing Items

Embrace knowledge, love and generosity at this donation event.

FEB

### **Embracing Green** - Coffee & Conversation with Experts

Join us for coffee and conversations about the three facets of sustainability.

MAR

### **Exploring Green** - Student Sustainability Conference

Join us for a State of Iowa Student Sustainability Conference to plan for our next decade of living green!

APR

### **Celebrating Green** - Outdoor Celebration

Help us envision the next decade of living green at our final celebration event of the year.



### HOW TO STAY CONNECTED & GET INVOLVED

Stay connected with the campaign and RSVP to the events on the [Live Green! 10 Years of Living Green- ISU Facebook](#) page.