

LIVE GREEN! MONTHLY

**"GREAT INNOVATION
ONLY HAPPENS
WHEN PEOPLE
AREN'T AFRAID
TO DO THINGS
DIFFERENTLY."
- GEORG CANTOR**

**ISU STUDENTS
WHO INNOVATED
THEIR WAY TO
ENTREPRENEURSHIP**

**NOW YOU KNOW:
INNOVATIVE
SUSTAINABILITY
GOALS**

**CHALLENGE AND
INNOVATE YOUR DAILY
ROUTINE**

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IOWA STATE UNIVERSITY

LIVE GREEN!

Living Cardinal, Gold and GREEN!

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Want to learn more about recycling at Iowa State University? Plunge into ISU's new Recycling Services Newsletter from ISU's Recycling Coordinator, Ayodeji Oluwalana.



Photo by Paige Anson

Happy October from the Live Green! Team, and welcome to the 2019-2020 school year! To kick off our first issue of the academic year, The Live Green! Monthly and Live Green! team are striving to challenge and inspire members of the Iowa State University and Ames community to *innovate* in all things sustainable: particularly in areas involving social, environmental and economic wellness.

Our theme of innovation this month is inspired from United Nations Sustainability Development Goals (7, 8, 9) compiled in 2015. For the rest of the year, The Live Green! Monthly will continue to emphasize and incorporate these goals in our "green"-minded content. To learn more about these goals and future Live Green! Monthly themes, visit pages 4-5.



Graphics courtesy of United Nations

Follow Us!



Innovating Green and want to share your progress? Tag @isu_livegreen on social media — we would love to see your ideas, thoughts and creations.

Cover image by Krishnaun Burns



DIRECTOR'S MESSAGE

Welcome to the first issue of Live Green! Monthly for the 2019-2020 academic year! On behalf of the entire Live Green! Leadership Team, we are so very excited for the upcoming year and "greening" together with all of you!

This year, we are approaching things a little differently for Live Green! Monthly. While we will still have overarching themes for each monthly newsletter, we have also established an overarching theme for this year's collective issues – through connection to each of the United Nations Sustainable Development Goals. These goals are part of the U.N.'s 2030 Agenda for Sustainable Development – adopted by all United Nation Member States. They provide "a shared blueprint for peace and prosperity for people and the planet now and in the future" and offer "an urgent call for action by all countries – developed and developing – in global partnership."

As our university community represents over 120 countries around the world, increased awareness, understanding of and consideration for these goals offers an informative, relative and multi-faceted connection to both the Live Green! Initiative and our collective work toward a sustainable future.

Each month, a new theme will bring together a few of these goals that will then be further explored in the monthly feature article, Now You Know. In addition, the monthly theme will weave through each month's issue - both in celebration of the University's commitment and dedication, within our own initiatives, as well as events and opportunities to allow each of us to explore and discover our own individual connections.

We focus on the theme of Innovation throughout this issue of Live Green! Monthly and further explore the U.N. Sustainable Development Goals of: Clean and Renewable Energy (Goal 7), Decent Work and Economic Growth (Goal 8) and Industry, Innovation and Infrastructure (Goal 9). From student entrepreneurship to summer undertakings on campus and in the community to events, opportunities and happenings in which to take part – campus is bursting with innovative accomplishments, connections and "adventures at Iowa State."

Wishing you a month of innovative adventure!

Yours in green-ness,



DIRECTOR'S UPDATE

This past month, my Sustainability Committee and I have been hard at work setting goals for this upcoming school year. We have started working on composting and recycling initiatives on campus and within the Greek community. Education and outreach are also a priority to the Sustainability Committee for getting the word out about what sustainability is and how students can get involved. This school year, we also hope to promote the ISU Green Initiatives Fund; which offers financial opportunities for sustainability-focused organizations to further their work.

This last week, Merry Rankin, Carissa Moyna, Ayodeji Oluwalana and I conducted our first Sustainability and Recycling Forum. This forum gave ISU students and staff the opportunity to ask questions about recycling and sustainability on campus and to learn more about the missions and efforts of Student Government and the Office of Sustainability. We are hoping to conduct another forum in the spring, in effort to continue to grow these open discussions on sustainability.

I am excited to keep working with my committee and look forward to updating everyone with our successes!

Contact Izzy with ideas or questions at iswilde@iastate.edu and follow the Sustainability Committee's Instagram at [@isusustainability](https://www.instagram.com/isusustainability).



Photo by Krishaun Burns

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.

IZZY WILDE is Iowa State University's 2019-2020 Student Government Sustainability Director. She is a third-year student majoring in Spanish and community and regional planning.



Photo Courtesy of Izzy Wilde

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

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

2019-2020 MONTHLY THEMES

In 2015, the United Nations created 17 Sustainable Development Goals to accomplish by 2030. These goals were created to help incorporate sustainable practices in the lives of people all over the world, as well as to ensure the inclusion and development of those with disabilities, with the motto of "leaving no one behind." Each of the 16 goals fall in at least one of the three facets of sustainability:

economic, social and environmental, with the 17th goal encompassing them all.

For the 2019-2020 Live Green! monthly newsletter, these goals will serve as inspirational themes for each overarching month's theme. Get a sneak peak of each one below!



OCTOBER • INNOVATE



Innovate all October long, as we learn about the goals of Industry, Innovation and Infrastructure, Decent Work and Economic Growth and Affordable and Clean Energy. This issue will delve into the mindsets of students who bring their ideas to life and provide a variety of local and national opportunities to innovate yourself.

NOVEMBER • NOURISH



Nourish and sustain yourself, your home and your community this November, as we explore the goals of No Poverty and Zero Hunger. This issue will look deeply into how sustaining communities through affordable, nutritious food and safe water can help minimize poverty, improve mental and physical health and enable economic growth globally.

DECEMBER/JANUARY • ELEVATE



Elevate others in your communities this December and January, as we discuss the goals of Sustainable Cities and Communities, Good Health and Well-Being and No Poverty. This issue will highlight local, national and international opportunities to meet these goals, as well as feature people in Ames doing just this.

Graphics courtesy of United Nations

FEBRUARY • UNITE



Unite with those in your local community and others around the world this February to learn about the social, economic and environmental impact of inequality. This issue will explain how achieving the goals of Gender Equality, Reduced Inequalities and Peace, Justice and Strong Institutions can make a big, sustainable impact on every community in the world.

MARCH • HYDRATE



Hydrate yourself and other life around you in March as you learn about the global effort to preserve life on Earth through water. This issue will explore the goals Clean Water and Sanitation and Life Below Water, as well as discuss innovative uses for water sources to ensure availability to affordable, safe water worldwide and to retain a home for the variety of life underwater.

APRIL • ENVISION



Envision what the future can look like for generations to come all Earth Month long, as we explore the goals of Quality Education, Responsible Consumption and Production, and Climate Action. This issue will look at how access to quality education and resources can aid in the long-term goal of resource conservation and Earth preservation.

MAY • LAND



Land in May and explore conservation, restoration and the sustainable use of ecosystems on Earth, as we look at the goal Life on Land. This issue, we will learn about innovative solutions to improve biodiversity, sustainably manage and expand forests, and different opportunities to get involved locally and nationally.

SUSTAINABLE SUMMER HIGHLIGHTS

LOOKING BACK AT SUSTAINABLE SUMMER ACCOMPLISHMENTS

When working to make a more sustainable planet and community, innovation is an essential asset to creating lasting change. An important starting point for innovating for the future involves looking back and appreciating all of the sustainable innovations and accomplishments that have already been made. Here are some 2019 sustainable summer highlights, featuring many (though not all) of the "green" and innovative steps forward people in the ISU and Ames community made.

College Creek Cleans Up



Photo by Paige Anson

The Live Green! Initiative, Keep Iowa State Beautiful and Facilities Planning and Management partnered for the 10th annual College Creek Cleanup event on campus June 15. Volunteers collected 630 pounds of trash and 125 pounds of metal from College Creek, and enjoyed free snacks and giveaways from local businesses.

Rummage RAMPage Diverts

The Live Green! Initiative, The City of Ames and volunteers from over 22 non-profit organizations hosted the fourth annual Rummage RAMPage sale event at the Ames Intermodal Facility July 27 - Aug. 3. Donations to the city-wide rummage sale saved 116,424 pounds of furniture and housewares from being landfilled, and raised \$33,194 during sales for the nonprofits that volunteered at the event.



Photo by Paige Anson

ATRB Receives LEED Gold



Photo courtesy of ISU Building Information

During summer break, Iowa State University's Advanced Teaching and Research Building received LEED certified Gold status; contributing to the growing list of LEED-certified buildings on campus. The ATRB was approved for construction in June 2015 and opened up for staff to move in May 2019. This fall marks the building's first semester functioning on campus.

CyRide Receives Grant



Photo courtesy of Iowa State Daily

CyRide received a federal grant of \$1.66 million from the U.S. Department of Transportation to replace diesel buses with electric buses. The transition will be gradual, with CyRide replacing diesel buses once they have outlived their useful life.

Pitches for Innovation

More than 150 ISU student and alumni entrepreneurs pitched business ideas at the Iowa State Fair (Aug. 8-18) in an exhibit themed around Iowa State's ongoing initiative to support a campus and community culture of innovation and entrepreneurship. See pages 12 and 13 to learn about students who competed in the pitch off.



Photo courtesy of Lauren Gifford

FWD Program Debutes



Photo courtesy of the City of Ames

In effort to reduce food waste in the community, the City of Ames debuted their pilot Food Waste Diversion (FWD) program in July. City of Ames residents can now purchase a FWD composting bucket, five compostable liners and a compost drop-off punch card (five punches) for \$20 at the Arnold O. Chantland Resource Recovery Plant. Community members may also purchase just the five liners and a punch card for \$10. Learn more on the City of Ames website.

Pride Crosses

Ames City Council and the ISU Office of Diversity and Inclusion discussed and approved the repainting of crosswalks on Douglas Avenue and Fifth Street in support of Ames' diverse community members; particularly, members of the LGBTQ+ community. The new Pride Crosswalk debuted Sept. 3, in time for Pridefest Sept. 7, and features gender non-binary pride colors (Fifth Street to the east) as well as transgender pride colors (Fifth Street to the west).



Photo courtesy of Iowa State Daily

MEET THE 2019-2020 LIVE GREEN! TEAM

The Live Green! Leadership Team is dedicated to engaging, educating and empowering Iowa State University students, faculty and staff in all facets of sustainability — environmental, economic and social.

We are comprised of a broad range of perspectives and passions relating to sustainability, and all are striving toward sustainable futures. We are devoted to continual learning on living and working more sustainably and are excited to share ideas, opportunities and achievements through this newsletter, our events, our social media and through our community connections. Please, feel free to connect with us and to share your “green” experience at Iowa State.

SUSTAINABILITY DIRECTOR

Name: Merry Rankin

Contact: mrankin@iastate.edu

Hometown: Knoxville, IA

Favorite Sustainability

Quote: “Be the most ethical, the most responsible, the most authentic you can be with every breath you take, because you are cutting a path into tomorrow that others will follow.”

— Ken Wilber



SUSTAINABILITY COORDINATOR

Name: Hannah Bartel

Contact: hrbartel@iastate.edu

Hometown: Iowa City, IA

Favorite Sustainability

Quote: “I speak for the trees, for they have no tongues.”

— Lorax



CAMPUS COMMUNITY ENGAGEMENT

Name: Kelsey Culbertson

Contact: kculbert@iastate.edu

Hometown: Waukee, IA

Favorite Sustainability

Quote: “The greatest danger to our planet is the belief that someone else will save it.”

— Robert Swan



Name: Meghan Main

Contact: mainmeg@iastate.edu

Hometown: Omaha, NE

Favorite Sustainability

Quote: “Buy less, choose well.”

— Vivienne Westwood

MARKETING AND COMMUNICATIONS

Name: Paige Anson

Contact: pmanson@iastate.edu

Hometown: WDM, IA

Favorite Sustainability

Quote: “The man [or woman] who moves mountains begins by carrying away small stones.”

— Confucius



Name: Krishaun Burns

Contact: koburns@iastate.edu

Hometown: Detroit, MI

Favorite Sustainability

Quote: “Going back to a simpler life is not a step backwards.”

— Yvon Chouinard

SMART BUSINESS CHALLENGE

Name: Sunny Camacho
Contact: scamacho@iastate.edu
Hometown: Tinley Park, IL

Favorite Sustainability Quote: "Take care of the soil and it will take care of you."
— Unknown



Name: Scott Nemec
Contact: snemec@iastate.edu
Hometown: Tinley Park, IL

Favorite Sustainability Quote: "In every outthrust headland, in every curving beach, in every grain of sand there is the story of the Earth"
— Rachel Carson

SPECIAL INITIATIVES

Name: Grace Madigan
Contact: gmadigan@iastate.edu
Hometown: Kohler, WI

Favorite Sustainability Quote: "We are not above nature, we are a part of nature."
— Jennifer Nini



STRATEGIC PLANNING INITIATIVES

Name: RJ Green
Contact: rggreen@iastate.edu
Hometown: Ames, IA

Favorite Sustainability Quote: "Be the ability in sustainability."
— Unknown



WEBSITE ACCESSIBILITY COORDINATOR

Name: Steve Kohtz
Contact: sakohtz@iastate.edu
Hometown: WDM, IA

Favorite Sustainability Quote: "We cannot solve our problems with the same thinking we used to create them."
— Albert Einstein



NOW YOU KNOW

INNOVATING TODAY, INNOVATION TOMORROW

In the midst of climate change and other global challenges such as food insecurity and job security, many individuals and organizations are adopting more sustainable practices. Innovation enables and empowers through research, education and sustainable technologies related to energy, water and each and every component of life and living.

Innovation is nothing new to Iowa State University. As the first public university in Iowa to offer an undergraduate major in entrepreneurship and among only eight to offer a Ph.D. specialization in entrepreneurship, Iowa State provides its students a vibrant curriculum and many opportunities and innovative programs that foster an innovative mindset.

This innovative foundation enables and empowers multiple benefits, including, but not limited to, increases in: efficiency, productivity and quality.

Innovation also allows basic and specific human needs to be more effectively and fully addressed, in an effort to collectively improve the lives of all world citizens. This is exactly the intent of the United Nation's Sustainable Development Goals — with each goal developed on the reliance of innovation and innovative ideas.

Three Sustainable Development Goals are the baseline for sustainable innovation: Affordable and Clean Energy (Goal 7), Decent Work and Economic Growth (Goal 8); and Industry, Innovation and Infrastructure (Goal 9).

AFFORDABLE AND CLEAN ENERGY

Energy is a critical resource that has a mass effect on the world due to its large contribution (60%) to greenhouse gas emissions.

It is also a barrier to progress in food insecurity, economic stability, gender equality, poverty reduction, health and education to 13%, or approximately one billion, of people around the world who are living without it.

Goal 7 is a global call-to-action for innovative ways to provide this 13% of the population energy for the first time, as well as to increase the amount of renewable energy from water, solar and wind power.

Any efforts made toward the solution will also aid in other environmental and social challenges. Dangerous levels of air pollution and greenhouse gases will reduce, economic growth and energy efficiency will improve, food security will increase and communities will become more

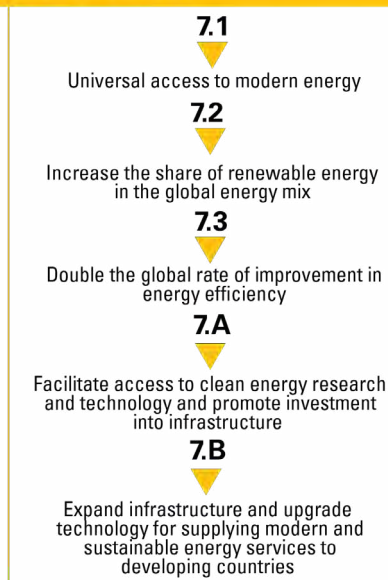
inclusive, sustainable and resilient to environmental issues.

To reap these benefits from achieving Goal 7 and to accelerate access to energy globally, the United Nations is encouraging everyone, from individuals to entire countries, to implement renewable energy in their practices.

To this end, the United Nations recommends countries invest in and adopt clean energy infrastructure and businesses commit to sourcing 100% of their operational electricity from renewable sources.

Goal 7 is for everyone — from something as small as plugging all electronics into power strips to choosing public transportation more often or incorporating more telecommunications into your work or education schedule.

SUSTAINABLE DEVELOPMENT GOALS GOAL 7: TARGETS



Graphic by Krishnaun Burns



DECENT WORK & ECONOMIC GROWTH

There is a large discrepancy between the economic growth occurring around the world and the number of people living in poverty or extreme poverty.

In 2018, the world's unemployment rate reached the lowest it has been in the past decade: 4.9% (172 million people unemployed). Despite this, more than 700 million people around the world live on \$2 a day. While this reflects living in poverty in most lower-middle income countries, it is also fairly close to the extreme poverty rate of less than \$1.90 a day.

Living in poverty or extreme poverty looks different for everyone, based on their country of residence. For example, Petronilla Malesi, in Kenya, takes care of her four grandchildren by selling ice pops in the street and taking odd jobs. In Nigeria, Serin Dossa sells corn porridge on the streets and takes out small loans from her savings group to care for her husband and children.

These are real people the United Nations considered when crafting Goal 8, which is to "achieve full and productive employment and decent work for all women and men, including young people and persons with disabilities." This results in a 7% employment growth rate by 2030 and 470 million "decent work" opportunities.

**In 2018,
20 per cent
of the
world's
youth
were not
engaged
in either
education,
employment
or training**



Graphic courtesy of
the United Nations

"Decent Work" includes fair income, security in the workplace, social protection for families, better prospects for personal development and social integration.

One strategy the United Nations is using to achieve Goal 8 is policy making. Through policy, long-term impacts through investing in education, infrastructure, healthcare and other necessities ensures a thriving global community. From this investment, "decent work" opportunities and inclusive poverty-reducing growth will be generated.

Some policy topics of focus to the United Nations include international labor standards, minimum wage, corporate power, sustainable tourism and green jobs.

While the United Nations works to achieve Goal 8 on the policy side, people all around the world can also

take action to ensure Decent Work and Economic Growth.

Use social media and word-of-mouth, as well as attend town hall meetings to promote policy; develop incentives to increase youth employment, education and training; support labor rights and safe working environments; encourage universal access to banking, insurance and financial services; and diversify, innovate and upgrade for economic productivity.



INDUSTRY, INNOVATION AND INFRASTRUCTURE

To achieve success, all 17 goals rely on economic growth and development. In turn, innovation and investment in infrastructure and technological process is vital in ensuring the foundation for growth and development.

This can look differently around the world. From innovating opportunities to delivering reliable energy in developing countries, to innovating upgrades to existing communication services and constructing LEED-certified buildings in developed countries.

Despite technological advances and progress in making technology accessible, technology is still inaccessible to more than 4 billion people around the world.

This disproportionate access to technology inhibits the ability of countries and communities to stabilize, upgrade and empower industries and infrastructure, investments, health, education, energy efficiency and renewable resources.

It also stalls the creation of new jobs and economic growth.

When existing infrastructure is upgraded (paired with industrialization and innovation), more businesses (and in turn, more jobs) are established. Through the job multiplication



Graphic by Krishnaun Burns

effect, each new job created in the manufacturing industry generates, on average, 2.2 employment opportunities in non-manufacturing industries. The majority of these new opportunities are offered in micro-, small- and medium-sized enterprises, which comprises 90% of businesses worldwide and 60-70% of the world's workforce.

Goal 9 addresses the critical impact technology can have on infrastructure and economic growth, calling on nations to achieve "sustainable development and [empower] communities in many countries." Establishing standards and regulations that ensure sustainably-managed projects and initiatives, as well as promoting and empowering sustainable growth within countries are initiatives communities and governments can undertake in supporting this goal.

The strong foundation that unites Goals 7, 8 and 9 is innovation and the ongoing consideration of how current processes, procedures and policies can innovate and be innovated toward sustainable development and a sustainable future for all. Each and every one of us has a role and opportunity in this innovation. This month's issue is full of possibilities to pursue.

The future is ours!

STUDENTS LIVING **CARDINAL**, **GOLD** & **GREEN**

INNOVATING GREEN THROUGH ENTREPRENEURSHIP

Creating a healthy, successful planet, with thriving economies, environments and societies depend heavily on “green” thinking. Green thinking can mean a lot of things, like being more mindful about one’s waste, or paying attention to how one’s actions impacts the people and environments around them. However, green thinking also means green innovating; creating real change by thinking outside the box for ways to sustain life and wellness. In this first issue of the Live Green! Monthly for the 2019-2020 academic year, Live Green! wants to introduce readers to **Cardinal** & **Gold** students that are thinking and innovating **Green** through their passions for entrepreneurship.

Innovating to construct a more sustainable society can be done in any area of life.

One area many students at Iowa State are focusing their innovations on involves the field of entrepreneurship.

In re-imagining business structures and products, students like Grayson Burgess, Lauren Gifford and Dillon Jensen are innovating economic, environmental and social wellness and success in a number of unique ways.

Jensen Applied Sciences (JAS), for example, is an economically and socially progressive business created by ISU students Dillon and (his brother) Cole Jensen over the last four years. JAS produces affordable cloud-based data tracking tools, currently, for small craft breweries.

“[JAS] improves society in the way that it creates jobs ... and will be bringing [cloud] technology to a lot of small businesses,” Jensen said.

Comic Sandwiches (CS), founded by Burgess around four years ago, is a business that is as unique as its name: selling superhero prop replicas and custom shields.

CS helps sustain Burgess and communities in a number of ways. CS puts money back into the local community, as Burgess sources a majority of CS’s materials locally. CS also inspires social connections and wellness among superhero, prop and shield fans.

GRAYSON BURGESS

**Year & Major**

Senior, Mechanical Engineering

Comic Sandwiches**The Product:**

Superhero Prop Replicas

LAUREN GIFFORD

**Year & Major**

Senior, Marketing

Letter With Lauren Liz**The Product:**

Hand-lettering Classes

DILLON JENSEN

**Year & Major**

Junior, Computer Science

Jensen Applied Sciences**The Product:**

Cloud-Based Data Tools

Photos courtesy of: Grayson Burgess, Lauren Gifford, Dillon Jensen

Comic Sandwiches



"Some use [the shields] for charity ... or want to get them signed. People will dress up and go to hospitals with them ... I had a hospital in London purchase a custom shield [and] use it as wall art," Burgess said.

Letter With Lauren Liz (LWLL) is another innovative student business, one that offers hand lettering lessons in Ames.

LWLL started two years ago, and was created by Gifford not only to help sustain herself financially, creatively and personally, but primarily because Gifford hoped to promote the socially sustainable values she found in the activity.

"Promoting happiness and taking time for yourself are

Letter With Lauren Liz



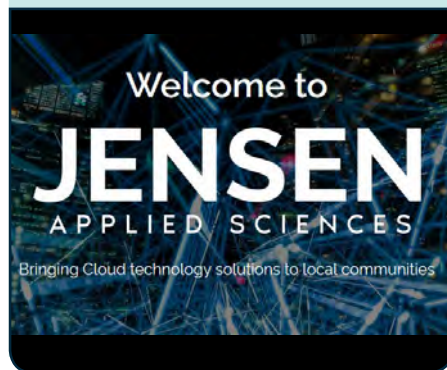
some of the reasons I love hand lettering, and started [LWLL]," Gifford said.

Creating self-sustainability (economically and socially), fostering innovation through business and offering "green" values back into the community are common motivators among Gifford, Jensen and Burgess.

"Entrepreneurship promotes young people pursuing their ideas and bringing newer and better things into society and the world," Gifford said.

Jensen would agree, innovation and entrepreneurship promote continuous societal progress and success.

Jensen Applied Sciences



"From using rocks to building hammers, to cars and now electric cars. The rate of innovation is innovating itself," Jensen said.

As for how these students got into entrepreneurship, all (from various colleges) started by pursuing an interest, and then working to try, to fail, to learn and to grow in cultivating their products into productive, successful parts of society.

Their advice to budding entrepreneurs and all students; never be afraid to pursue an idea and make it your own.

"If you are a student who has an idea that floats around in the back of your head, and you aren't really sure it's a good idea but you have a passion for it, don't be afraid to experiment with it and to tell people about it," Gifford said. "Once you start exploring what you want to do, you would be surprised how many people can expose you to resources or help you get excited about it."



What's Your Innovation?

All three student entrepreneurs participated in and recommend **CyStarters**, an ISU student entrepreneurial program through the **Papa John Center for Entrepreneurship** offered every summer.

They all also competed in the **2019 Iowa State Fair Innovation Pitch Off**, and recommend taking advantage of **any business pitch opportunities**.

Other resources:

- **One Million Cups**
- **ISU's Entrepreneur Club**
Meets Oct. 16 and Oct. 30 7 p.m. in Gerdin 2118.
Learn about their upcoming trip to Tampa, Florida Oct. 31 at an upcoming meeting. The club and trip are open to all majors.
- **Startup Pitch Event (Oct.3):**
5:30-8:30 p.m. in the Memorial Union M-Shop
- **Women Who Create Conference (Oct.24):**
8:30 a.m. - 4:30 p.m. at the ISU Research Park

GREEN-IT-YOURSELF

CELEBRATE THE SEASON WITH THESE INNOVATIVE CRAFTS

UPCYCLED GHOST LOLLIPOPS

Supplies: Newspaper or a white t-shirt, orange ribbon, large lollipops, black paint, paint brush and scissors

Instructions:

1. Cut the newspaper or t-shirt into one large circle and one small circle.
2. Place the larger circle over a lollipop and layer the second one over it.
3. Cut an 8" piece of ribbon and tie it in a knot around the bottom of the lollipop, over the piece of newspaper or fabric.
4. Use the paint to draw eyes and a mouth onto the newspaper or fabric, creating the head of the ghost.
5. Allow the paint to dry.
6. Repeat steps 1-5 until you have as many ghost suckers as you desire.



FALL LEAVES SENSORY JAR

Supplies: Large mason jar (half-gallon size) with lid and ring top, glycerin, fall leaves, small tree branch, hot glue gun, water and spoon

Instructions:

1. Collect a variety of fall leaves and a small tree branch from outside.
2. Trim branch to fit inside mason jar. Test to make sure the lid of the jar can be screwed on securely with the branch inside.
3. Add a drop of hot glue on the middle of the inside of the mason jar lid.
4. Put the branch on the glue and hold it onto lid until it sets.
5. Glue a few leaves to the tree branch and allow them to set.
6. Using the extra leaves, cut small pieces to use as confetti.
7. Fill the mason jar with water and add ½ cup of glycerin. Mix it with spoon.
8. Sprinkle in the cut leaves. (If they fall quickly, add more glycerin.)
9. Place lid (with glued branch and leaves) into water and screw the top onto the jar.



SMOKING PUMPKIN PUNCH BOWL

Supplies: Wide pumpkin, two medium metal bowls, dry ice, water, knife, gloves and punch

Instructions:

1. Create a lid by cutting off the top 1/3 inches of the pumpkin.
2. Scoop out the pumpkin's insides. (Compost insides or use in a fall-themed recipe.)
3. Add a little water and dry ice (use gloves!) to one of the metal bowls.
5. Place bowl inside pumpkin.
6. Place second bowl into the pumpkin on top of the one with dry ice. Center them to create equal space between bowls and pumpkin sides.
7. Pour punch into empty bowl. "Smoke" will begin to appear.
8. Over time, add more water to the dry ice bowl to get more "smoke."

When finished with the pumpkin, compost it at home or drop it off at the Resource Recovery Center! (See page 17 for more information.)



Copy and layout by Krishaun Burns

RECIPES

INNOVATE AUTUMN STAPLES WITH THESE FUN NIBBLES



PUMPKIN FRENCH TOAST STICKS

Ingredients: One loaf of bread, 4 large eggs, $\frac{3}{4}$ cups milk, $\frac{1}{2}$ cup pumpkin puree, $\frac{1}{2}$ tsp vanilla extract, 1 tsp ground cinnamon, 1 tsp pumpkin pie spice, $\frac{1}{4}$ cup granulated sugar and $\frac{1}{2}$ tsp ground cinnamon and $\frac{1}{2}$ T butter

Directions:

1. Add butter to a large, non-stick skillet over medium heat.
2. Cut bread slices into three sticks. Wait for them to dry out or put into the oven at 350 degrees for 10 minutes to achieve similar results.
3. Add eggs, milk, pumpkin puree, vanilla, 1 tsp ground cinnamon and pumpkin pie spice to a bowl. Whisk together.
4. Dip sticks into the mixture, covering all sides, and place into the skillet. Cook until each side is golden brown (approx. 2 minutes per side).
5. In a small bowl, combine sugar and $\frac{1}{2}$ tsp ground cinnamon.
6. Remove cooked french toast sticks from skillet and immediately roll them in the cinnamon-sugar mixture. Enjoy plain, with maple syrup, buttered pecan syrup or your favorite dipping sauce.



CHICKPEA AVOCADO SANDWICH

Ingredients: One 15 oz can of chickpeas, 1 ripe avocado, 2 tsp lemon juice, $\frac{1}{4}$ cup dried cranberries, salt, pepper, 4 slices of whole grain bread (or choose your favorite bread), arugula, red onion and spinach

Directions:

1. In a bowl, pour drained chickpeas out and smash them down with a fork.
2. Add avocado to bowl and smash down until mostly smooth with a few chunky pieces.
3. Stir lemon juice, cranberries, salt and pepper (to taste) in the mixture.
4. Refrigerate mixture until ready to eat (best within 1-2 days).
5. When ready to serve, toast bread and spread $\frac{1}{2}$ of the mixture over one slice. Top with arugula, red onion and/or spinach, if desired.
6. Add a slice of toasted bread on top and cut the sandwich in half.
7. Repeat steps 4-6 with remaining mixture.



APPLE NACHOS

Ingredients: Apples (your choice), choose one sauce or mix: caramel, fudge, peanut butter, Hershey's syrup, or one of your favorites, and chocolate chips

Directions:

1. Slice apples and arrange them on a plate.
2. Heat up sauce in the microwave or on the stove top and drizzle over sliced apples.
3. Sprinkle on chocolate chips.
4. Make the recipe fun by adding even more toppings, such as crushed peanuts, almond butter, Nutella or cinnamon.

GREEN OPPORTUNITIES

COLORCYCLE CRAYOLA



Reduce marker waste by collecting and saving used or dried-up markers and donating them to Crayola's ColorCycle program. All brands and types of plastic markers are accepted for donation, including dry-erase and highlighter markers. To donate, visit the [ColorCycle website](#) to print a free shipping label and ship donations back to Crayola to be recycled. To innovate a new sustainable initiative in your community, consider starting a marker recycling box or two at your (or a local) school and/or business.

ENJOY NATURE OF THE GAME



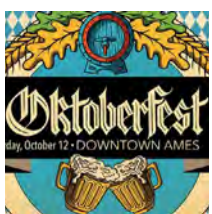
Celebrate and enjoy the last day of Reiman Garden's interactive "Nature of the Game Exhibit," Oct. 6 9 a.m. - 4:30 p.m. Created in collaboration with ISU Design faculty and students, this outdoor series at Reiman Gardens was structured to put an ecological and artistic spin on familiar game favorites, like: Twister, puzzles, hidden picture sculptures, chess and more. Games are family friendly and are fun for all ages. Take away a relaxing afternoon of fun, and innovate fun interactive outdoor games to create in your own back yard. Admission Oct. 6 is free to everyone.

EMBRACE FALL WITH A NATURE HIKE



Don your favorite hiking shoes and a camera and enjoy a day hiking and photo tour with Iowa State University Recreation Services Oct. 12, 10 a.m. - 4 p.m. The hiking location will be determined based on where fall colors are developing the best. Enjoy the smells, colors and cool temperatures of the changing season while exercising your body and your photography skills (no special camera required, even a phone camera will do). Registration closes Oct. 7. Pass holder price is \$13, non-pass holder price is \$23.

FEEL FESTIVE AT OKTOBERFEST



Join the community in celebrating fall at Oktoberfest in Downtown Ames Oct. 12, 4-10 p.m. Live music, bags tournaments, costume contests, food and beverages for purchase and more will be available at the event. Tickets are \$10 in advance and \$12 at the door. Attendees ages 5-20 are \$5 and children must be accompanied by an adult. Oktoberfest is a fundraising event for Ames Main Street. Learn more at [eventbrite.com](#).

INNOVATE IN A GLOBAL FORUM



Learn what it takes to build innovative culture from legal professionals and discover the policies, regulations and approaches used in various markets at a Global Innovation Forum Oct. 21, 3-6 p.m. Hosted by the Technology Association of Iowa, Nyemaster Goode and in partnership with ISU Startup Factory, the forum will offer networking opportunities with thought leaders from Australia, Brazil, Canada, China, the European Union, India and Mexico. The event is free. Register and learn more on [eventbrite.com](#).

PERFORM CLIMATE CHANGE



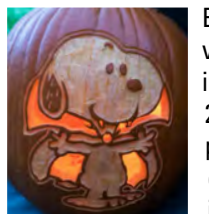
View theatrical performances written by international artists that engage with climate change issues and ideas for free this month during ISU theatre's "Climate Change Theatre Action: Lighting the Way" series. Attending a performance is a great opportunity to explore how to become more involved in local climate efforts. Performances will take place Oct. 4-5, 7:30 p.m.- 9:30 p.m. and Oct. 6, 1-3 p.m. at Fisher Theater in Ames. Additional performances will be: outside of Parks Library Oct. 10 and at Ames Public Library Oct. 13. To learn more about these performances, visit the ISU Theater Facebook [events page](#).

FIT FINDS INTO PENDANTS



Sustain wellbeing and creativity this month while transforming personal found objects or polished stones (1.5" long and 1/4" thick) into beautiful hand-crafted pendants at ISUs Workspace "Stone Setting Class." The class will occur Wednesdays 6-8:30 p.m. starting Oct. 23 and will last for two weeks. Classes will take place in the Workspace, located in the Memorial Union. Cost to attend the class is \$35 for ISU students and \$45 for the public. Attendees are asked to bring their own stones or found treasures. To learn more and to register visit the Workspaces's [website](#).

VOLUNTEER AT THE GARDENS



Enjoy nature at Reiman Gardens while volunteering to help with fun garden projects, including bulb planting (Oct. 14 - 18 and Oct. 21 - 25), pumpkin stenciling (Oct. 14 - 16) and pumpkin carving (Oct. 17 - 18). Register by emailing Taylor Woodcock (woodcock@iastate.edu) before Oct. 11. Wanting to see your stenciled and/or carved pumpkins in action? Visit the gardens during their [Spirits in the Gardens](#) event Oct. 19 - Oct. 20, 4 - 9 p.m. Stay into the evening to see the Jack-O-Lantern Walk; a stroll lit by 1,000 incredible volunteer carved (stenciled) and lit pumpkins.

VENTURE TO VOLUNTEER



Make an impact and view the importance of community efforts while volunteering this month. Opportunities to volunteer abound in the ISU and Ames community. View hundreds of volunteer requests through the Story County Volunteer Center on their [website](#). Learn more about volunteer opportunities at Iowa State through student organizations, including Student Volunteer Services, and through the ISU Student Activities Center. Learn international volunteerism opportunities online, through organizations like the [Peace Corps](#).

RELAX AT CYCLONE CINEMA



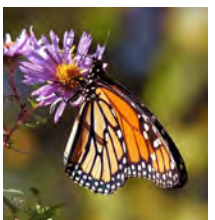
Take some time for relaxation with friends at the end of every week during CyClone Cinema this month. Popular and recently released films are displayed for free every Thursday-Sunday at 7 p.m. and 10 p.m. in Carver 101. Created for students by students in [Student Union Board](#) at ISU, Cyclone Cinema displays films that are sure to impress. This month's films include: "[Crawl](#)," "[Toy Story 4](#)," "[Hobbs & Shaw](#)," "[Brightburn](#)," and "[Midsommar](#)." Learn more about Cyclone Cinema and future showings on the [SUB's website](#). Close caption is available at showings, per pre-showing requests.

SUSTAIN STORY COUNTY



When innovating ways to incorporate community engagement into your work life, consider the various work opportunities available within Story County government. Current job listings include calls for: a Communications & Social Media Intern, a FALL IRVM Aide, a Telecommunicator, a Natural Resource Aid work study and a Custodial/Maintenance Assistant. To learn more about these and other job postings in Story County, visit Story County's [online job board](#). To learn more about job postings in Ames, visit [workinames.com](#).

SAVE AN ICONIC INSECT



Hear from experts on current methods and learned lessons involving monarch butterfly conservation this month. Upcoming monarch-related [lectures](#) on ISU's campus in October include: a talk on [monarch conservation Oct. 3](#) at 7 p.m. in the Great Hall of the Memorial Union and a talk on "[Lessons from Roadside Management for Monarchs](#)" Oct. 22, 1-2 p.m. Learn more information as details are posted online. Learn more about all upcoming lecture series at Iowa State on ISU's Lecture Series [webpage](#).

TALK TIMELESS LOVE



Join guest curator and student intern Sonya Harwood on Oct. 23 from noon - 1 p.m. as she guides guests through symbols, actions and words that people in the Victorian Era used to express affection. Harwood will simultaneously be showing guests through the Farm House Museum on campus. Learn more about this historical tour centered on timeless romance and love on the University Museum's [website](#). Discover additional opportunities to engage in historical talks and places at Iowa State on the same website under "[Visit](#)."

CELEBRATE UNITED NATIONS



Take a moment to celebrate the initiatives and accomplishments of the United Nations Organization during United Nations Week (Oct. 20 - 26) and on United Nations Day (Oct. 24). These celebratory days have often been observed as a national and international holiday by member nations since 1948. People celebrate differently — some have meetings, discussions or exhibits. Various international schools throughout the world also celebrate the diversity of the U.N. and of their student bodies on this day. In the United States, the president issues an [annual proclamation](#). Learn more about U.N. Day on the U.N. [website](#).

LEARN IN A COMMUNITY



For the next semester, consider expanding on your academic interests in a group that shares your same learning passions through one of ISU's learning communities. Dozens of learning communities exist at Iowa State throughout each of the eight colleges. To browse available learning communities, visit the ISU Learning Communities [website](#). Want to learn in a student-group environment that has less of a time commitment and is available any time of the semester? Visit one of the 800 plus student organizations at ISU. Learn more at [www.stuorg.iastate.edu](#).

RECYCLE JACK-O-LANTERNS

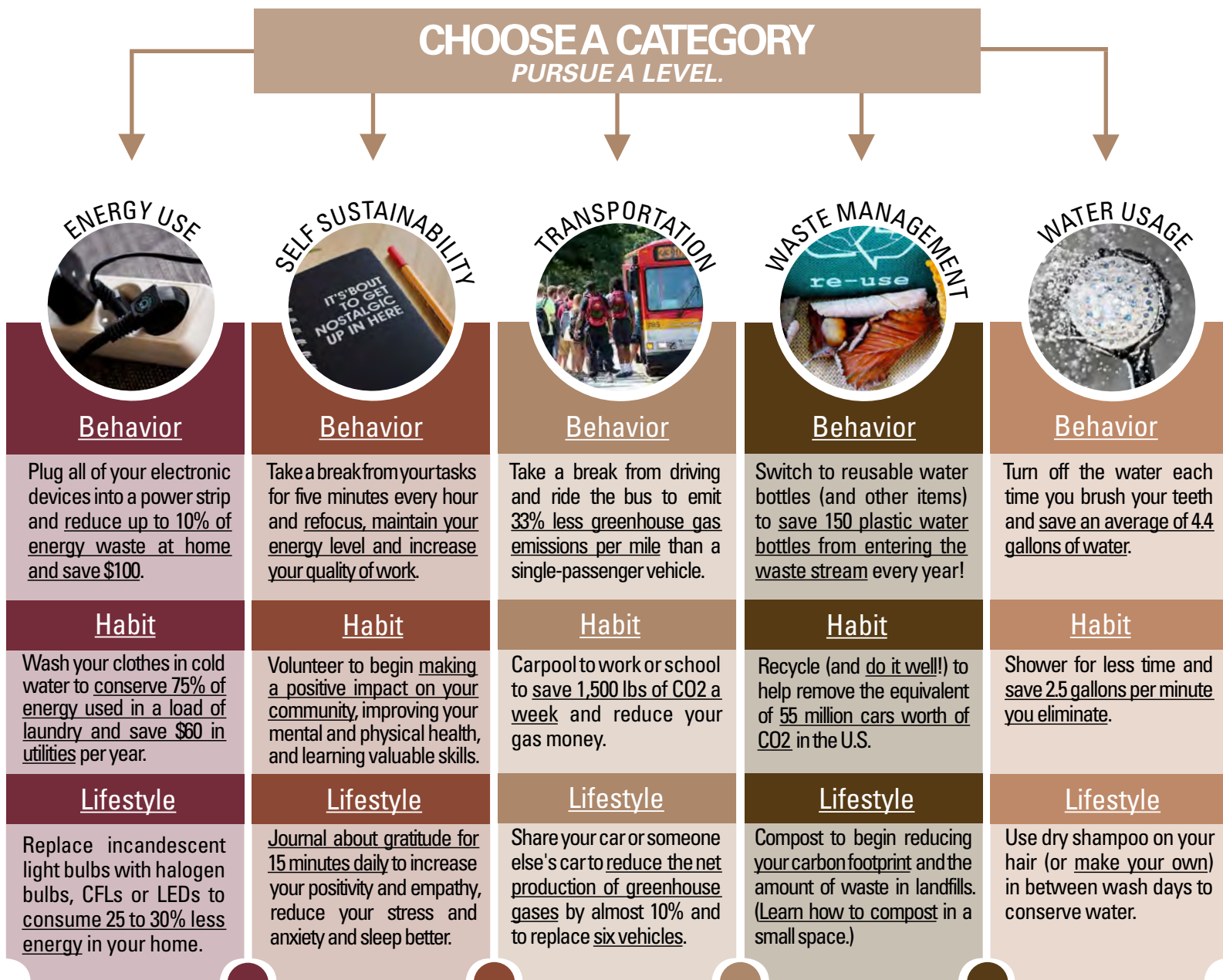


Do not toss soggy pumpkins in the trash this month, no matter how warped they are. Instead, through the entire month of October, take pumpkins in all stages of decomposition to the Resource Recovery Plant (110 Center Ave.) for free [composting](#). When you arrive, place the pumpkins in the containers on the curb. From there, these spooky squashes will get a second life as they go through the process of becoming a healthy soil amendment.

MONTHLY CHALLENGE

INNOVATE YOUR DAILY ROUTINE

There is no one way to be sustainable. Sustainability looks different for everyone — sometimes it is through financial decisions, other times it is through social or environmental choices. This October, challenge yourself to innovate sustainability in your life. Once you do, consider how you can build a sustainable behavior, habit and lifestyle in one of the simpler areas of your life: your daily routine.



NATIONAL CAMPUS SUSTAINABILITY DAY

CELEBRATING INNOVATIONS OCT. 18, 2019



Celebrate all things sustainable at Iowa State University during campus' annual National Campus Sustainability Day event, Oct. 18 from 10 a.m. – 2 p.m. on the South Library Lawn.

With the theme, Toward Zero Waste, this year's event incorporates tips, ideas and opportunities for attendees to reduce their wastepoint.

This year's event features a variety of sustainability clubs and student, campus and community organizations that support sustainability through goals, initiatives, events, projects and services.

National Campus Sustainability Day will also feature free bike tuneups from Outdoor Recreation, collection opportunities for items often landfilled that can serve so many in need through donation, as well as the opportunity to earn sustainability-minded, waste-reducing giveaways and delicious nibbles.

Don't forget to:

- Bring a non-perishable food donation for The Shop campus food pantry
- Bring a reusable mug (or earn one at the event) for hot beverage refreshments

For updates on the event, check out the [National Campus Sustainability Day Facebook page](#).



Image courtesy of I Support the Girls

New to the 2019 National Campus Sustainability Day at Iowa State University is a collaboration with the international "I Support The Girls" initiative which focuses on providing items that many girls and women nationally and internationally do not have adequate access to. Attendees are invited to stop by and learn about the impact bras can have on the environment and women's lives, and drop off any gently used and unwanted bras. Donations will be provided to Central Iowa women and girls in need. In addition to donating at the event, look for B.R.A. (Bras to Recycle and Aide Women) donation boxes throughout campus starting Oct. 14. Stay tuned to the [Live Green! website](#) for more information.



OCTOBER CALENDAR

03

Seed Harvest

Doolittle Prairie | 4:30-6:30 p.m.

Bring your family to lend a helping hand this fall as you learn more about the Story County's gem: Doolittle Prairie. Help collect seeds and learn about the different plants and which ones are best to collect. [Register as a volunteer](#). *Cost: free*

04

Kombucha 101

Cooks Emporium | 5:30-6:30 p.m.

Enjoy Kombucha, a sweetened tea, and learn how to make it during this hour-long cooking class. You will learn the step-by-step process, as well how to get different flavors. [Registration is required](#). *Cost: \$25*

Climate Change Action Theatre

Fisher Theater | 7:30 p.m.

Enjoy a series of short plays written by international playwrights that address climate change issues and support the upcoming U.N. Climate Change Conference. Performances will be on October 4-6, 10 and 13. Times and locations vary. *Cost: free*

05

10th Anniversary of Conservation Corps

Alluvial Brewing Company | 3-6 p.m.

Celebrate the Conservation Corps of Iowa 10-year anniversary. Enjoy live music, local food trucks and drinks. Receive a free pint glass when you [register](#). *Cost: free*

07

"Dreaming of a Vetter World" Screening

Carver 101 | 7 p.m.

Join members of the Iowa State and Ames community for a screening of a documentary about organic farming and a Q&A with the film's director. *Cost: free*

11

Cyclone Family Weekend

Iowa State University | Oct. 11-13

Spend a weekend celebrating Iowa State with your family during the annual campus-wide Cyclone Family Weekend. Show your family around campus, enjoy games and more! [Register](#) by Oct. 13. *Cost: \$25-\$45*

Family Overnight Program

Reiman Gardens | 7 p.m. - 8 a.m.

Sleep under the stars at Reiman Gardens for a night with your family and friends. Find and identify insects, enjoy a campfire, make s'mores and more. Bring your own camping gear, including a tent. [Registration required](#). *Cost: \$16-30*

12

Wonder Walk

McFarland Park | 2-3 p.m.

Enjoy a leisurely walk in McFarland Park with a naturalist and fellow community members this fall. You will be able to ask questions and enjoy the season's changing colors. [Registration is required](#) by 4 p.m. on Oct. 10. *Cost: free*

2019 Ames Artists' Studio Tour

Ames Community Art Council | 10 a.m.

Enjoy and purchase original artwork from 14 local artists during this self-guided tour on Oct. 12 from 10 a.m. - 4 p.m. and Oct. 13 from noon - 4 p.m. Artwork will consist of paintings, jewelry, ceramics and more. *Cost: free*

Ames Main Street Oktoberfest

Main Street | 4-10 p.m.

Celebrate all things German with your community in Downtown Ames this fall. Enjoy music from local bands, compete in games, buy food from local vendors and more. *Cost: \$10 in advance, \$12 at the door, \$5 ages 5-20*

18

National Campus Sustainability Day

Parks Library South Lawn | 10 a.m. - 2 p.m.

Celebrate sustainability and Iowa State's dedication to [going zero waste by 2025](#) at National Campus Sustainability Day. Enjoy donated treats, talk to student organizations and local businesses, and donate gently used or unwanted bras. *Cost: free*

19

Raspberry Hill's Fall Harvest Festival

5500 24th St., Ames, IA | 12-5 p.m.

Grab your family and head to Raspberry Hill to enjoy the season during the first Fall Harvest Festival. Buy harvest from local businesses, enter into a pumpkin carving contest, enjoy food trucks, get your face painted and more! [Registration](#) is required. *Cost: free*

20

Homecoming Parade

Main Street | 2 p.m.

Join fellow Cyclones and members of the Ames community for the 2019 Homecoming parade. Enjoy traditional floats, decorated vehicles and organizations walking in the parade! *Cost: free*

25

Downtown Trick or Treat

Main Street | 10 a.m. - 8 p.m.

Dress up in your Halloween costume and get to know local businesses and other members of the Ames community this fall. From morning to evening, local businesses will provide treats for trick-or-treaters. *Cost: free*

Coming in November ...

05

Home Gardening Series

Reiman Gardens 11 a.m. - noon

Learn tips and tricks and recommended check lists for putting a garden to bed for the cold season at Reiman Gardens. Registration with prepayment is encouraged by Nov. 3. [Register online](#). *Cost: \$16 members, \$20 public, \$13.60 ISU students.*

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

Paige Anson | pmanson@iastate.edu

Krishnaun Burns | koburns@iastate.edu

Copy and layout by Krishnaun Burns and Paige Anson

LIVE GREEN! MONTHLY

**"FOR LIFE WE NEED
THREE THINGS ONLY:
NOURISHMENT, LOVE,
AND PEACE."
- DEBASISH MRIDHA**

OUR MAIN COURSES FIT INTO
THE COURSE
OF YOUR
ADVENTURE

ISU DINE

**ISU STUDENTS
NOURISHING GREEN
AT HOME, IN SCHOOL
AND IN AMES**

**NOW YOU KNOW:
GOALS 1 & 2 OF THE
U.N. SUSTAINABILITY
DEVELOPMENT GOALS**

**CHALLENGING
YOURSELF TO SUSTAIN
HEALTH & INCOME**

WHAT'S INSIDE

IOWA STATE UNIVERSITY

LIVE GREEN!

Living Cardinal, Gold and GREEN!

- 04 >> **National Campus Sustainability Day**
Review last month's annual sustainability event and new B.R.A. initiative.
- 06 >> **Students Living Cardinal Gold & Green**
Meet students working toward food equality for everyone.
- 08 >> **Now You Know**
Explore poverty and food insecurity through the Sustainable Development Goals 1 and 2.
- 10 >> **What is Food?**
Challenge the importance of food to different cultures around the world.
- 11 >> **Monthly Challenge**
Examine the role of food in your life with this month's challenge.
- 12 >> **Green-It-Yourself**
Nourish your skin, plants and environment with these fun crafts.
- 13 >> **Recipes**
Sustain your mind and body through power foods.
- 14 >> **Green Opportunities**
Engage in sustainable and innovative events, contests, internships and more.
- 16 >> **November Calendar**
Check out all the sustainable events happening this month.



Have you seen a box like this?

There are currently 20 B.R.A. boxes around campus, all part of the Bras to Recycle and Aide Women Initiative. B.R.A. is a collaboration between the Office of Sustainability and I Support the Girls organization to empower girls and women in Iowa by donating bras. Visit [page 5](#) to learn more and find out how you can participate!



Team members (*from left to right*) Krishaun Burns, Merry Rankin and Paige Anson attended the 2019 AASHE Conference, along with ISU Recycling Coordinator (Ayodeji Oluwalana) and ISU Procurement Agent (Jayna Grauerholz). As well as attending the conference, Merry, along with Eric O'Brien, UNI Sustainability Director, presented "From Energy to Apathy: Maintaining Positive Momentum on Student-Run Initiatives."

Also highlighted at this year's AASHE conference were the United Nations Sustainability Development Goals, which follows our 2019-20 Live Green! monthly newsletter overarching themes. This month, we are featuring the Goals 1 and 2: Zero Waste and No Poverty, with the theme "Nourishing Green." In this issue, we explore the importance of food, how Iowa State students are making a difference and the local and global impact of food insecurity.



Follow Us!



Nourishing Green and want to share your progress? Tag @isu_livegreen on social media — we would love to see your ideas, thoughts and creations.

Cover image by Paige Anson



DIRECTOR'S MESSAGE

Welcome to the November issue of Live Green! Monthly, Cyclones!

As we continue with our focus on the United Nations Sustainable Development Goals, this month's issue concentrates on Goal 1 (No Poverty) and Goal 2 (Zero Hunger) and embodies them within the theme of Nourishing Green.

While there is tendency to consider nourishment as food, to truly be nourished consists of considerably more. In being nourished, food is certainly a part of the equation; however, so are all of the other components necessary for life, health and growth. In considering further, things such as clean air and water, shelter, safety, education, healthcare and even recreational amenities are applicable and relevant to fully achieve nourishment.

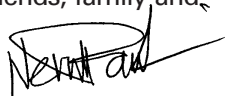
With this in mind, a number of pieces must fall into place to ensure nourishment. These pieces all rest upon a shared foundation pillar of economic sustainability - ensuring the financial viability and sustainability of a robust, strong and resilient economy that supports livelihoods as well as investment in education, technology, research and all the components necessary for nourishing life and living.

Poverty is the instantaneous game changer that erodes this foundational pillar. When financial resources are scarce, new decisions must be made and current decisions reanalyzed. Suddenly life's staples become delicacies and nourishment is diluted to day-to-day survival. Poverty is young, old, multi-cultural and multi-racial. Poverty is rural, urban and often employed. Poverty has a direct correlation to hunger and creates a domino effect for nourishment.

In this month's issue, we explore different dimensions of the intersection of Goals 1 and 2 and a sustainable and nourishing future. With feature articles highlighting students committed to ensuring nourishment for campus and community through food, basic essentials and well-being to opportunities to connect to and get involved with a diversity of events, internships and volunteer opportunities that enhance and support a sustainable and nourishing future.

In this month of giving thanks, wishing you nourishment with friends, family and the many blessings that surround you each and every day.

Yours in green-ness,



This past month has been a busy one for myself and the Sustainability Committee. We have been working on getting funding for our first Green Initiative Fund application, as well as working with the applicants to get their project finalized so it is ready for next school year. Our committee also participated in National Campus Sustainability Day last month to spread the word about our campus initiatives, as well as to get input from students about changes they'd like to see. Our role as a committee is to be the voice of students and make campus sustainable for everyone, so it is important we continue to get input from the students we are representing.

One of the ways we will continue to connect with students and staff in November is through America Recycles Day, which will take place on Nov. 15 and will be planned by the Sustainability Committee, Recycling Coordinator Ayodeji Oluwalana and others with the goal of connecting and having meaningful conversations about recycling and sustainability.

Another issue that we will be expanding on is sustainability in the Sorority and Fraternity Community. Many students have approached both me and Merry Rankin with concerns about the lack of recycling in their housing. This month, we will hold a meeting with garbage collectors, members of the Sorority and Fraternity Community and FP&M to come up with a solution. I look forward to making progress on this and providing an update next month!

Email Izzy with ideas or questions, iswilde@iastate.edu. Follow the Sustainability Committee's Instagram, [@isusustainability](https://www.instagram.com/isusustainability).



Photo by Krishaun Burns

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.

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

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

DIRECTOR'S UPDATE

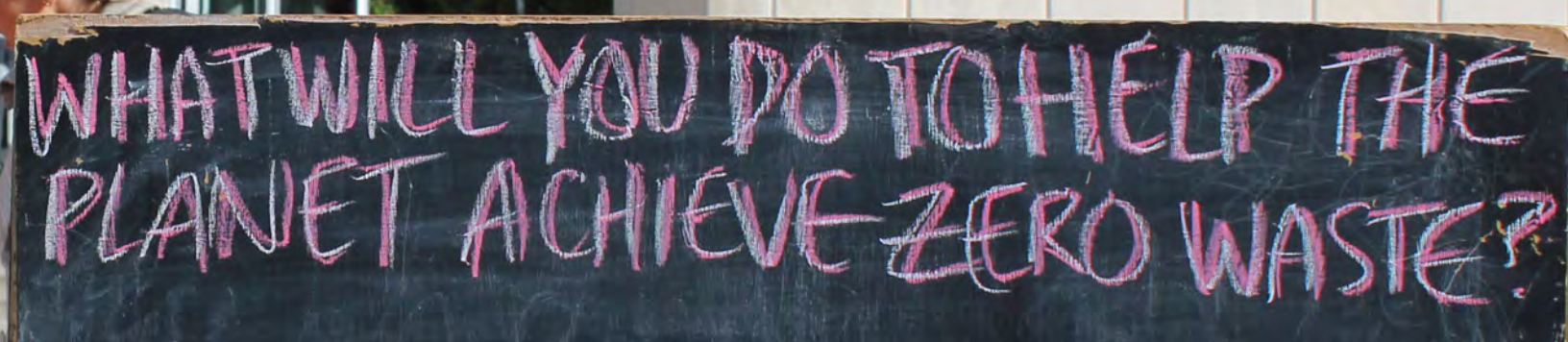


Photo Courtesy of Izzy Wilde

IZZY WILDE is Iowa State University's 2019-2020 Student Government Sustainability Director. She is a third-year student majoring in Spanish and community and regional planning.

NATIONAL CAMPUS SUSTAINABILITY DAY RECAP

TOWARD ZERO WASTE



Over 500 members of the Iowa State community moved “Toward Zero Waste” last month during National Campus Sustainability Day (NCSd), an annual event hosted by the Live Green! Initiative. Twenty sustainable student, campus and community organizations attended and provided attendees the chance to learn about and participate in green opportunities, as well as initiatives and causes.

Some opportunities included:

- crafting dog tugs out of t-shirts with the [Iowa Department of Natural Resources Iowa Waste Exchange Program](#);
- getting free bike tune-ups from ISU Recreation Services;
- upcycling dictionary pages into watercolor art with [The Workspace](#);
- donating food, clothes and bras (see [page 5](#)) for community members in need; and
- enjoying cookies donated by Insomnia Cookies, apples donated by the [ISU Horticulture Research Station](#) and coffee donated by Hyvee West.



In total, 50 dog tugs were made and donated to the Ames Animal Shelter; 25 pounds of clothes were collected for donation; and 30 non-perishable food items were donated to [The SHOP](#).

Tabling organizations were also invited to highlight their sustainable connections, initiatives and accomplishments on the Iowa State student-produced radio station, 88.5 KURE, throughout the four-hour event, adding a unique education and awareness opportunity for attendees.

Attendees could also earn sustainability-minded giveaway items for visiting and engaging with tabling groups.



Copy, photos and layout by Krishaun Burns

BRAS TO RECYCLE AND AIDE WOMEN

SUPPORTING WOMEN AND GIRLS IN NEED



B.R.A



Also featured at this year's NCSD event and at various campus locations throughout October and early November was **Bras to Recycle and Aide Women (B.R.A.)**, a collaboration between the Office of Sustainability and I Support The Girls (ISTG). ISTG is an international network of affiliates that collect and distribute essential items to girls and women.

While collection efforts at ISU are focused on bras, for I Support the Girls, essential items include new and gently used bras, new underwear and individually sealed menstrual hygiene products. These items are of significant importance because they are so vital in empowering girls and women who are experiencing homelessness, impoverishment and/or distress. This support also prevents them from having to choose between food and items that are considered more a "luxury" during challenging times.

Since 2015, 52 ISTG affiliates across the United States, four global affiliates (Australia, Canada, Pakistan and the Philippines), 800 vetted donation partners and 300 businesses and corporations have collected and distributed 700,000 bras and 4 million menstrual hygiene products. This amounts to helping more than 320,000 girls and women, many of who have been victims of domestic violence



I SUPPORT THE GIRLS



or sex trafficking, homeless or refugees and evacuees affected by natural disasters.

"I Support the Girls is important because everyone should be able to stand tall and nobody should have to choose between feeding herself or her family and maintaining personal health and their dignity," said Becky Harding, affiliate director of I Support the Girls - Iowa.

In a unique opportunity to increase the number of girls and women helped, the Office of Sustainability contacted I Support the Girls to solidify the impact of the B.R.A. Initiative. Now, more girls and women around Iowa will

receive the support and supplies they need.

In addition, in ensuring environmental sustainability through the vision and passion of Live Green! Special Initiatives intern, Grace, all bras collected that are not suitable for donation will be recycled instead of landfilled.

The B.R.A. initiative is rearing the collection of its first 100 bras, from donations gathered at NCSD, sorority houses, residence halls, Sloss House, General Services, Memorial Union and Parks Library.

According to Harding, this adds to the more than 500 products collected and 356 products donated across the state.

On-campus collection will continue through Nov. 8. A complete listing of collection box locations can be found on the Live Green! calendar event page.

Donations can continue to be made directly to I Support the Girls, after Nov. 8. Harding said they are currently seeking youth sizes and nursing bras. To donate, email Harding at istg.iowa@gmail.com or visit the I Support the Girls - Iowa Facebook page.

STUDENTS LIVING CARDINAL, GOLD & GREEN

NOURISHING THE MIND AND BODY THROUGH FOOD

The USDA defines food insecurity in three levels: food security, low food security and very low food security. In 2018, 14.3 million people in the U.S. were food insecure; 8.7 million had low food security; and 5.6 million had very low food security.

This lack of access to adequate nutrition results in a plethora of negative consequences, including: an increase of chronic diseases and health care costs and a decrease in employability.

This month, we feature two student organizations that work to circumvent food insecurity and its impacts, by educating, empowering and engaging the Ames community about nourishing “green”: Student Dietetics Association (SDA) and the ISU chapter of the national Food Recovery Network (FRN).

Student Dietetics Association

SDA is an organization for, but not limited to, students majoring in dietetics and having a passion for food and nutrition. Through networking opportunities and prioritizing social time over food, members embrace the multi-dimensional impact food has on individuals and communities.

Nicole Bever, secretary of SDA, said that the overarching goal of the organization is to educate and promote



Image courtesy of Nicole Bever

Nicole Bever

Student Dietetics Association | Secretary

all aspects of dietetics to members: from the nutrients food provide to the social aspect when it is shared with friends and family.

“Food is social. It’s not something you consume just because your body needs it — it’s also something you should enjoy,” Bever said.

This focus supports the overarching connection of dietetics to balance — balance, according to Bever, being the key to nourishing your mind and body.

Balance is all-encompassing: from how much you exercise, how long you sleep, with whom you are sharing your time and energy with, as well as what you eat.

Though a part of the balance, food does tip the scales in terms of charting the course for health and wellbeing.

“Food is the new healing method,” Bever said. In fact, she believes food can be prescribed as a supplemental medicine.

With that in mind, SDA focuses on traditional balance — the 80/20 split (80% food and 20% exercise), due to how impactful food is to the overall health of people.

Eating more fruits and vegetables, drinking water, balancing the types of carbs you eat and getting enough protein can all have a big effect on a person’s health.

Doing all of these ensures a person’s muscles, tissues and brain function correctly. However, making sure you are balancing it correctly is the most important part of ensuring nourishment.

Dietetics majors — the majority of SDA members — spend their entire college career learning how to create this

balance and how to tailor it for a variety of individuals.

With this knowledge and training, SDA members enhance and practice what they learned through a variety of channels, including connecting with industry professionals to speak at their bi-weekly meetings; attending the Iowa Academy of Nutrition and Dietetics Annual Meeting; and organizing an internship panel about their experiences and helping others find nourishment through balance.

Finding and creating that 80/20 balance is what’s important, whether it’s through a dietitian or through self-research. A balanced, nutritious diet plays a big role in fighting off diseases, producing more energy, inducing better sleep, and creating a clear and highly-functioning brain.

For non-dietetics majors, there are resources available to assist in achieving balance. The British Nutrition Foundation provides booklets and guides and Harvard University has a Healthy Eating Pyramid published.

Food Recovery Network

The Food Recovery Network is also in the fight to ensure adequate nutrition in the community.

FRN focuses on community



Image by Paige Anson

Caitlin Tipping

Food Recovery Network | President

Background photo by Paige Anson



To get involved with the Student Dietetics Association:

Email Nicole Bever at nrbever@iastate.edu.



To get involved with the Food Recovery Network:

Email Caitlin Tipping at ctipping@iastate.edu.



Image courtesy of Student Dietetics Association



Image courtesy of Food Recovery Network

engagement, in support of their cause. specifically working with the community to recover food and reduce food waste.

Established in 2015, the ISU chapter of FRN partners with ISU Dining and Food at First, a daily free meal and perishable food pantry, to collect, divert and distribute food to people in need.

"We show up [to ISU Dining] at 3 p.m. with our bins ... they give us all the leftover food from that day, and we transport it to Food at First," said Caitlin Tipping, president of FRN.

To date, FRN has recovered 25,346.62 pounds of food from ISU Dining, and on average, delivers 200 pounds a week to Food at First. Occasionally, FRN also recovers food from on-campus events with food from ISU Catering, such as the College of Agriculture and Life Sciences (CALS) Week and homecoming events.

This food recovery effort in Ames is even more impactful because of Story County's history. Between 2001 and 2016, 15.5% (13,860 people) of Story County were food insecure, above the

state average of 12.6%, making the county the most food insecure in Iowa.

Through organizations such as FRN, food insecurity in the county has decreased. In 2017, 14.9% (14,280 people) of Story County was food insecure. This moved the county to the second most food insecure, only behind Black Hawk County.

This percentage of food insecurity in Story County may come as a shock because of how difficult it is to identify people without adequate access to nutritious food. However, according to Tipping, it is important to recognize that more than homeless people are food insecure.

Food insecurity also affects college students (whether living in residence halls, working 20 hours a week, etc.); moms and dads who can afford boxed meals but not fresh food; retired couples who use food assistance; and recent graduates who can afford to eat two, but not three meals a day.

"Food insecurity doesn't mean you are starving all the time. It can mean running out of food before your next

paycheck, or saving food and eating it very slowly because you don't know if you have enough money to buy more," Tipping said.

Two of the best ways to help people who are in scenarios like the above is to volunteer and spend time with your community.

On average, five to eight members of FRN volunteer to collect the food, deliver it to Food at First, unpack the food and sort it on shelves, every week.

This firsthand experience in the community helps humanize the issue and serves as a reminder that basic necessities to live are treated as a privilege for many, although it should not be.

"If you are born into a low-income family or have dealt with more factors of life pitted against you, you shouldn't be to blame for that. Water, food, hygiene and healthcare are basic human rights, and ... are things [a lot of] people don't have. Often people who have those things take it for granted," Tipping said.

NOW YOU KNOW

WORKING TOWARD A NOURISHING FUTURE

Physical and mental health and stability are universal life goals that depend heavily on access to consistent and fair livable income and nutritious foods. Despite their rudimentary importance as basic building blocks for health and nourishment, millions of people globally are deprived of livable income and access to affordable and healthy food. In an effort to solve this global issue, the United Nations framed Goal 1 and 2 of their 17 Sustainable Development Goals around eliminating poverty and hunger in the world.

GOAL 1: NO POVERTY

WHAT IS POVERTY?

To live in poverty is to survive without consistent sufficient income to sustain daily basic living necessities.

In other words, to live in poverty is to live in fear of not making enough money to sustain access to things like healthy food, warm and clean water, electricity, sanitation, transportation and health care.

For some, poverty can mean sleeping in a house without power or under a bridge in the hottest and coldest seasons. It can also mean going to work, school or bed hungry.

Along with creating stressful lifestyles, poverty also negatively impacts human health by increasing a person's risk of death, disease and other life-altering ailments.

Over 780 million people today (11 % of the world population) are struggling to survive in these and varying conditions resulting from having insufficient income to live healthily.

Extreme insufficient income, or extreme global poverty, has defined by the U.N. as those living on less than \$1.25 a day.

In other words, the income that those in extreme poverty are living on in a year (\$456.25) is equal to what some smaller American families spend in a month on groceries alone.

"NO POVERTY"

Since 2015, Goal One of the United Nation's Sustainable Development Goals has worked to guide local, state-wide and national policies to help eliminate global poverty.

Sub-targets of this goal include:

- reducing people in poverty by half
- implementing social protection systems globally
- ensuring all have equal access and rights to economic resources
- building the resilience of poor and disaster vulnerable populations
- creating policies globally that support accelerated investment in poverty eradication

Causes of poverty vary and are often multi-faceted.

In general, according to the U.N. website, unemployment, social exclusion and high vulnerability of populations to disasters and diseases interfere with job availability and people's ability to obtain or complete work.

LOCAL POVERTY

Around 38.1 million people in the U.S. alone in 2018 were living in poverty.

At this time, the poverty level averaged at \$12,490 for annual household income (+\$4,420 per additional household member).

1 NO POVERTY



1 out of every 5 children worldwide suffer from poverty.



22,000 children die each day due to poverty-related ailments.



Nearly 1/2 of the world's population live on less than \$2.50 a day.

In Iowa, one out of every 8 residents lives in some form of poverty.

In Ames, 29.3% of residents (16.3k out of 55.5k people) live in poverty: the majority of which are college aged (18-24 years), according to datausa.io.



HOW YOU CAN HELP

- Advocate for policies you feel help support poverty reduction
- Increase poverty awareness campaigns in your community
- Research poverty-fighting opportunities and tactics
- Speak up for fair pay
- Take a personal finance course at Iowa State University

2 ZERO HUNGER



45%
OF CHILD
DEATHS ARE
FROM POOR
NUTRITION



1 in 4 kids globally are stunted in growth due to malnutrition

GOAL 2: ZERO HUNGER

WHAT IS HUNGER?

For many people, hunger simply is a bodily signal reminding them to eat their next meal.

In 2019, hunger to over 820 million people worldwide was the chronic feeling and discomfort of not having enough to eat to be healthy.

This number is up 9 million from 2018, the third year of consecutive increase in global hunger following a previous global decline.

With the global demand for food increasing with rising world populations, more people every year are expected to be living in cases of extreme hunger.

Extreme hunger, or chronically not having enough to eat (experienced by one in nine people in the world today) can be a result of a variety of factors.

Poverty, income inequality and marginalization are primary factors causing an increase in food insecure populations, according to the U.N.

The harms of being food insecure, or living unfed and hungry in daily life, includes a variety of health problems.

For anyone, not eating for days or weeks on end is fatal.

Other major health impacts of chronic hunger among children include:

- anxiety, aggression
- behavioral problems
- growth stunting and wasting
- increased risk for asthma, anemia, diabetes and other chronic illness

There are also chronic health and behavior issues among adults and older adults associated with food insecurity (or lacking consistent access to foods).

These health issues also impact those who have food, but are lacking access to nutritious foods: a problem that affected 1.3 billion people (17.2 % of the world's population) in 2019.

Where these numbers and impacts are severe, history has proven through collective action, world hunger can be reduced.

"ZERO HUNGER"

Target goals for 2030 proposed by Goal 2: Zero Hunger of the United Nations Sustainability Development Goals include:

- ensuring access by all people to safe, nutritious, sufficient food
- end malnutrition
- achieve targets for stunting and wasting reduction in children
- address nutritional needs

of adolescents and mothers

- double agricultural productivity of small-scale food producers
- ensure sustainable and resilient food production systems
- increase investment in developing and developed countries' rural infrastructure, agricultural research and technology development
- maintain the genetic diversity of crops and domesticated animals
- ensure food market function and timely access to market information

LOCAL HUNGER

With more than 11.1 % of U.S. households (14.3 million households) food insecure in 2018, and one in nine lowans being food insecure, opportunities for governments, organizations and individuals to improve food security locally abound.

HOW YOU CAN HELP

- Volunteer at a food pantry
- Donate unwanted food
- Reduce food waste
- Join a student, local, national or international hunger relief organization
- Support and advocate for policies that you feel support poverty reduction

FOOD IS ... EVERYTHING

Energy, art, nourishment. Food can be defined in a variety of ways that differ for each individual. Because definitions can differ so vastly, some have defined food as simply: everything (as discussed in a [blog post](#) discussing and defining food).

ENERGY



Food is the energy and nourishment that keeps people alive, healthy and productive.

A PROCESS



Food production is a multi-step process that relies on healthy water, soil and nutrients.

AN OBSTACLE



Food demand, hunger and undernourishment have been on the rise since 2015 and have been impacting people's ability to learn, work and thrive. Over 820 million people in the world were undernourished in 2017. Learn how the United Nation's Sustainability Development goals are fighting global food insecurity and poverty (and how you can fight too) on pages 8-9.

GLOBAL



Food and agriculture creates jobs for around 40% of the world's population.

ECONOMY



Food-related industries created \$1.053 trillion of the U.S. Gross Domestic Product (GDP) in 2017.

AND SO MUCH MORE ...



FOOD FACTS

1,996 POUNDS OF FOOD (ABOUT 1 TON)
*ARE CONSUMED BY THE AVERAGE AMERICAN ADULT
EACH YEAR*

11 MILLION POUNDS OF FOOD
*ARE CONSUMED EVERY MINUTE BY PEOPLE
AROUND THE WORLD*

12 PLANTS AND 5 ANIMALS
CREATE 75% OF THE WORLD'S MOST EATEN FOODS
1/3 OF ALL FOOD CREATED WORLDWIDE
IS WASTED

Show us your favorite nourishing meal and what food means to you!
Tag @ISU_LiveGreen and #NourishingGreen #WhatIsFood



MONTHLY CHALLENGE

NOURISH YOUR FINANCES, BODY AND COMMUNI-

Sustain your mind, body and community this month by challenging yourself to think, speak and act in favor of personal and community nourishment. Whether working toward nourishing finances or meals, both start with small changes and build through long-term commitment.

THINK



SPEAK



ACT



Consider your current nourishment levels.

Food: Add up your daily nutrient intake and compare to recommended amounts.

Finances: Sum up monthly purchases and compare to monthly income while keeping long-term goals in mind.

Learn how to nourish wallets and bodies by asking professionals questions.

Food: Ask a dietitian about healthy habits and recipes.

Finances: Talk to a personal finance coach or start and/or join a "smart spending" conversation online.

Add one nourishing habit into your meals and budget.

Food: Replace one frequently eaten food item with a more nutritious food item.

Finances: Replace unnecessary single-use purchases with reusable items. E.g. a reusable coffee mug.

Explore online content that can inspire healthy habits.

Food: Click through at least two new food blogs and research different nutritious foods.

Finances: Search online to find and contemplate different spending and budgeting habits.

Share what you learn with others on social media. Listen to what others are saying.

Food: Post about how you are working to improve how you nourish your body and mind with nutritious foods.

Spending: Share and like your favorite budgeting tips and tricks across all platforms.

Try something new.

Food: Test a recipe that includes three nutrient dense foods to sustain your body.

Finances: Put \$10+ into a savings fund each week instead of making a purchase that does not truly nourish your goals.

Discover how you nourish social, economic, environmental wellness.

Food: Find out how and where your food is grown.

Finances: Research where your money goes when you make a purchase. Does it fuel values that align with yours?

Tell others about your goals as they evolve this month.

Tell a friend your food and finance goals. Doing so can help you commit to them and can inspire others to set goals also. Be the spark that ignites "green," nourishing change in your community.

Volunteer this month to nourish community members during holiday events.

Learn more about volunteer opportunities in Ames on the Volunteer Center of Story County website and on pages 14, 15 and 16. Invite a few friends to volunteer with you.

Thinking, speaking and acting to Nourish Green this month?

Share your success on social media!

Use #NourishingGreen and contribute to the growth of a greener online community.



GREEN-IT-YOURSELF

CELEBRATE THE SEASON WITH THESE NOURISHING CREATIONS

BIRD SEED PINECONES

Supplies: 1 C. birdseed, 1 large pinecone, 1 C. creamy peanut butter, 12 - 6 inches of string or twine, 1 butter knife, 1 small bowl, 1 screw

Instructions:

1. Check stem length on pinecone. If it is not long enough to hold on to, push and twist a screw into the base of the pinecone for secure handling.
2. Using butter knife, spread peanut butter all over pinecone surface (leaving stem).
3. Pour 1 C. birdseed into a small bowl.
4. Holding on to the stem, dip the pinecone into the birdseed.
Ensure an even coating by dipping multiple times, rolling cone in the seeds.
5. Tie your string or twine to the pinecone stem or screw.
6. Use remaining string (length at preference) to tie the pinecone to a tree branch.
7. Watch throughout the next few days as birds flock to their treat.



NOURISHING LOTION BAR

Supplies: A favorite silicone mold, 3.5 oz. olive oil, 3.5 oz., shea butter, 2.5 oz. yellow beeswax, 3 mL. favorite essential oil, heat-safe container (glass measuring cup), a microwave, a spoon

Instructions:

1. In a small heat-safe container, combine olive oil and beeswax.
2. Place container in microwave and heat for 30 seconds. Take out and stir.
3. Repeat in 30-60 second increments until contents are fully melted.
4. Add shea butter and stir. The heat from the mixture will melt the shea butter.
(if needed, and shea butter is not melting, microwave for 15-20 seconds).
5. Add your favorite essential oil and stir with spoon to combine.
6. Carefully pour the mixture into each mold. Distribute contents as evenly as possible.
7. Allow mixture to harden in the molds overnight. Refrigerate to speed up process.
8. Remove bars from molds once mixture has hardened.
9. Rub between palms to warm up and use lotion bar. Store bars in a cool place.



HOMEMADE PLANT FOOD

Supplies: 1 tsp. baking soda, 1 tbsp. epsom salts, 1/2 tsp. ammonia, 1 gallon of water, 1 empty gallon milk jug and its cap

Instructions:

1. Take off the cap of the milk jug.
2. Measure 1 tsp. of baking soda, 1 tbsp. of epsom salt and the 1/2 tsp. of ammonia and pour into empty milk jug.
3. Add tap water to the milk jug, until an inch of space exists between the top of the spout and the water line.
4. Replace the cap on the jug.
5. Shake the jug to mix the ingredients.
6. Lightly water your household plants once a month with this solution. Shake jug before each use.



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RECIPES

ENJOY AND SHARE THESE HEARTY, HEALTHY SNACKS



NO-BAKE ENERGY BITES

Ingredients: 2 spoons, 1 bowl, 1 storage container, 1 C. oats, 2/3 C. creamy peanut butter, 2 tbsp. honey, a pinch of salt, 1/4 C. ground flax seed, 1/4-1/2 C. of chocolate chips (or dried fruit bits), a large plate, a refrigerator

Directions:

1. Combine the peanut butter and honey in a bowl.
2. Add the oats, flax seed, chocolate chips and salt into the bowl.
3. Thoroughly combine all ingredients with a spoon.
4. Place a plate over the top of the bowl with the combined ingredients.
5. Place bowl and plate in freezer for 15 minutes (to make it easier to form energy bites).
6. Remove bowl from freezer and remove plate from bowl.
7. Use a spoon to pull out a small piece of the mixture.
8. Roll the mixture piece between hands to form small balls.
9. Continue process, placing finished energy bites into a storage container.
10. Store in a refrigerator (2 weeks) or freezer (1+ month) and enjoy!



FIVE BEAN SOUP

Ingredients: Diced 1/2 of a yellow onion, 1 diced red bell pepper, 2 tsp. minced garlic, 2-4 C. of broth (chicken or veggie), 1 C. tomato sauce, 1 can each of your five favorite beans, 2 tsp. cumin, 1 tsp. of salt, tsp. pepper, tsp. paprika, 1 tsp. onion powder, 2 tsp. garlic powder, a large pot, an oven, a collendar

Directions:

1. On medium heat, saute onion and pepper in a pot until unions are clear.
2. Add garlic and saute well for about a minute.
3. Add broth and tomato sauce.
4. Drain and rinse the five cans of beans in a collendar, then add them to the pot.
5. Mix the pot on medium-high heat until mixture begins to bubble on the edges.
6. Add the cumin, salt, pepper, paprika, garlic and onion powders and mix into pot.
7. Allow mixture to boil, then turn off the heat.
8. Wait to cool, then serve.



ROASTED FALL VEGGIES

Ingredients: 1 lb. of peeled carrots, 1 lb. peeled parsnips, 1 1/2 lb. baby potatoes, 1 butternut squash (skin removed), 5 shallots (skin removed), 3 tbsp. olive oil, 1 1/2 tsp. pepper, 2 tsp. salt, 2 tbsp. chopped rosemary or thyme, 1 head of garlic cloves (peeled), a knife, a large bowl, a large baking sheet, a large cutting board, an oven

Directions:

1. Wash all veggies and preheat oven to 425 degrees Fahrenheit.
2. Use knife to cut: carrots into 2 inch pieces, parsnips into 1x2 inch pieces, squash into 2-3 inch pieces and shallots length wise.
3. Mix all ingredients in a large bowl with hands.
4. Place onto baking sheet, spreading ingredients evenly.
5. Bake for 30-40 minutes or remove from oven when all vegetables are tender.
6. Serve warm.

GREEN OPPORTUNITIES

EXPLORE ORGANIC FARMING



Learn about organic farming from producers and industry experts at the Iowa State University Organic Agriculture Program's 19th-annual Iowa Organic Conference in Iowa City, Nov. 24 and 25. The conference will kick off with a screening of "Dreaming of a Vetter World" and feature break-out sessions, exhibitors and a locally-sourced lunch. [Public registration is available online](#) — \$100 until Nov. 17 and \$120 after. Students can register for \$35 by emailing Kathleen at kdelate@iastate.edu. For more information, visit the [conference website](#).

MANAGE WASTE PRACTICES



Gain experience in the waste management industry by applying for the Environmental Research & Education Foundation's [EREF Internship in Excellence Program](#). Network and work with one EREF's corporate partners in one of five industry niches: sustainable management of waste materials, recycling, waste equipment design, manufacturing and engineering. Applicants must be a full-time undergraduate or graduate student with at least a 3.0 GPA and one semester remaining after the internship. All majors are encouraged to apply for this paid position. [Apply](#) by Dec. 4 to receive priority consideration.

FIGHT FABRICATION



Help the news industry combat fabricated videos, photos and audio, and win up to \$10,000 by entering the Reynolds Journalism Institute Innovation Competition, either as an individual or with a team (up to four members). Competitors must create a tool, prototype or program for photo, video or audio verification and [submit it](#) by Dec. 1. All U.S. college students are eligible to enter, but at least one team member has to be a communication or journalism student. For more information, [visit the RJI website](#).

WEATHERIZE LOCAL HOMES



Volunteer your time this winter and help local homeowners make their homes more energy efficient. The Volunteer Center of Story County will provide training and all supplies, but not transportation to and from the homes. Winter Weatherization shifts are available from Nov. 1 to Nov. 23, with both morning and evening shifts available. For more information, visit the [Volunteer Center of Story County website](#).

INNOVATE AT IOWA STATE



Tackle one of three challenges presented during the [ISU Innovate Prize competition](#), held Nov. 8-9 in MacKay Hall 0017. Participants will form small groups, based on interests, and innovate for one of the Bold Challenges: AgTech, EdTech and Global Impact. Groups will be incentivized by a \$1,500 prize to innovate the best solution. The competition is free for students, faculty, alumni and community members. To be eligible for the prize, participants must register on the [ISU Pappajohn Center for Entrepreneurship website](#) and participate on both days.

EXCEL AS A DOE SCHOLAR



Gain a competitive edge in the STEM industry and learn from top scientists and subject matter experts in fields ranging from clean energy to cybersecurity to climate change as a 2020 DOE (U.S. Department of Energy) Scholar. Applicants must be completing an undergraduate degree, graduate degree or certificate program (or completed one in the last five years), or be a military veteran. [Applications](#) are due by Jan. 3 and consist of a profile, essay, resume, transcript and letter of recommendation. For more program information and to apply, visit the [Oak Ridge Institute for Science and Education's website](#).

EMBRACE A WORLD OF CULTURES



Celebrate the diverse cultures of students, faculty, staff and members of the Ames community during [International Week](#): Nov. 10-16. Enjoy food from around the world during [World Cuisine](#), Nov. 10. Entry will be \$2 during pre-sale (Nov. 4-8 in the West Student Office Space in Memorial Union) and \$3 at the door. Bazaar Night, Nov. 11, will feature traditional cultural outfits, jewelry and folklore. International Night, Nov. 15, will have performances, crafts, games and free food. For more information, visit the [International Student Council website](#).

SUPPORT IOWA STATE VETERANS



Pay respect to veterans during Veterans Week, Nov. 8-15. Start the week with a 6 a.m. workout with ROTC cadets at Lied Recreation Center. Then, remember and honor the lives of fallen student veterans during the Gold Star Hall Ceremony on Nov. 11 at 3:15 p.m. in the Memorial Union Great Hall, and celebrate current veterans during the 77th Annual Community Supper on Nov. 13 from 5-7 p.m., also in the Great Hall. For more information, visit the [ISU Veterans website](#).

SHARE A MEAL WITH LOCALS



Prepare and share a meal with 8-12 guests at the Emergency Residence Project either one-time or routinely this November. With a small group of friends, coworkers or family members, cook the meal at home using your own ingredients or use the kitchen and available ingredients at the residence. Your group can choose to drop the meal off prior to 5:30 p.m. or stay, serve and share the meal with the guests. All ages can participate, but youth groups must be supervised by an adult. Sign up on the Volunteer Center of Story County website.

GO GREEN FOR A GRANT



Apply to The Greenhouse Initiative by Sambazon and The Ecology Center to receive mentorship, a \$4,000 grant and access to three workshops for your sustainable project or business venture. To apply, submit the online application with a 2-3 minute video explaining how your venture is economically, socially and environmentally sustainable and how it transforms your college campus for the better. Individuals and teams are eligible to apply. The early application deadline is Nov. 7, and the final deadline is Nov. 14. Apply to The Green House Initiative on the Sambazon website.

HANDCRAFT HOLIDAY SOAP



Join Ann Staudt, owner of the Siberian Soap Company, in handcrafting your very own soap on Nov. 20 from 6-8:30 p.m. at the Story County Extension Christy Hall, in Nevada, IA. During the class, use the age-old cold-process soap making technique to combine plant-based oils and lye to craft a mild, moisturizing and eco-friendly 1.3 pound soap bar. Participants must be 16 years or older, and wear long sleeves, long pants and closed-toe shoes. Register and pay the \$30 fee by Nov. 14 at 4 p.m. on the Soap from Scratch event page.

FEED YOUR COMMUNITY



Support your community and volunteer or donate to The SHOP, Iowa State's on-campus food pantry, during their newly extended open hours: Monday through Thursday, 10 a.m. - 5 p.m. and Friday, 9 a.m. - noon. To volunteer, sign up on the SHOP website and obtain a Safe Food Certification. To donate, refer to the donation requests information on The SHOP's website, then drop donations off at 2312 Food Sciences Building or request pick-up.

RESEARCH AS A USDA FELLOW



Collaborate with world-renowned scientists and policymakers as a 2020 U.S. Department of Agriculture (USDA) Wallace-Carver Fellow. Assist with food, nutrition and rural development programs, analyze agriculture and economic policy and participate in field and lab-based research at a USDA research center or agency for eight to twelve weeks. Applicants must be a full-time college student in Fall 2020 and a previous participant in a World Food Prize Youth Program. Apply by Dec. 16 on the World Food Prize website.

RESTORE YOUR LAWN



Enhance the health of your lawn this fall by taking time to restore it. Using the Soil Restoration Rebate offered by the City of Ames Smart Watershed Program, improve your lawn's soil quality, increase the infiltration of rainwater into the ground, and reduce the amount of water and fertilizer your lawn needs to flourish. All Ames Utility customers are eligible to apply for up to a \$350 rebate. Rebates are also available for installation of native landscaping and/or native turf, rain gardens, composters and rain barrels. To apply for the rebates, visit the City of Ames website and download the applicable rebate forms.

DROP OFF YOUR FALL YARD WASTE



Drop off your yard waste for free on one Saturday of Yard Waste Days this November. Waste can be dropped off at GreenRU, 400 Freel Dr., from 8 a.m. - 4 p.m. On Nov. 2, 16 and 30, only leaves will be accepted; on Nov. 9, brush will also be accepted. New this year, participants will be able to get a one-time, no-charge voucher to replace the Nov. 9 date. Vouchers can be picked up at the Resource Recovery Plant (RRP) and redeemed at GreenRU from noon - 5 p.m. on Nov. 8, 11 or 13. For more details about the voucher, contact the RRP at 515-239-5137.

VIEW GLOBAL ISSUES THROUGH ART



Visit Force of Nature: The Art of Susan Chrysler White, a contemporary social issues exhibition held at the Christian Petersen Art Museum in Morrill Hall until Dec. 20. The exhibition will engage viewers with climate change, the negativity of digital data and women's rights issues, of the past, present and future. The museum is open Monday-Friday from 10 a.m. - 4 p.m., and entry is free.

NOVEMBER CALENDAR

08

Snow Blower Service Days

Sukup Hall | 1 - 6 p.m.

Service your snow blower for a more efficient and cost-effective winter. Nov. 8 - 9 on the west side of Sukup Hall. Hours on the 8th are 8 a.m. - 1 p.m. Customers can request \$15 pickup/delivery no later than Nov. 7. Cost: \$25

Serve the World with Innovation

MacKay Rm 0117 | 4- 5 p.m.

Listen to Steve Johnannes, founder of Veriown Global Inc; a business bringing Internet-connected solar energy to 1.2 billion people without access to power. Cost: Free.

Marbled Clay Dish Walk-In Craft

The Workspace, MU | Vary

Give some rein to creativity and learn how to create marbling with five colors of polymer clay and shape it into a bowl. This craft is available Nov. 1 - 22 during walk-in hours: M-F 4 - 9 p.m. and Saturday 10a.m. - 4p.m. All ages welcome, children need an adult. Cost: \$8.

Snow Magic Kick-Off

Ames Main Street | 5 - 8 p.m.

Embrace the joy of the chilly season while strolling around on Main Street and enjoying special sales, treats, carolers, carriage rides, and free hot chocolate. Santa, Mrs. Clause and children's activities and other planned fun are sure to please community members of all ages. Cost: Free.

09

Coffee Appreciation with Morning Bell **Wheatsfield | 10 - 11:30 a.m.**

Share in a coffee-focused conversation, sample coffee and learn some tasting, prep, bean storage and purchasing tips with Morning Bell Coffee Roasters owner, Nadav. Cost: Free.

10

Torrent Chili Cookoff

Torrent Brewing Company | 4 - 7 p.m.

Bring your best chili recipe for this cookoff and chance at winning a \$25 gift card. Sampling begins at four, champion is crowned at 6 p.m. Public welcome and encouraged to sample and vote for the best chili. Cost: Free.

11

Veteran's Day at the Gardens

Reiman Gardens | 9 a.m. - 4:30 p.m.

Embrace nature while honoring veterans for their service at Reiman Gardens. Cost: Free admission to active duty military and veterans.

Ames Transportation Info Meeting

Ames Public Library | 5:30 - 7:30 p.m.

Learn about and give feedback to "Forward 2045," an update to the Ames area's regional Metropolitan Transportation Plan (MTP). In the Farwell T. Brown Auditorium. Cost: Free.

12

Fobes Ronald Lecture in Conservation **Sun Room, MU | 7 p.m.**

Hear from distinguished professor Margaret A Palmer from the University of Maryland as she talks about restoration ecology, particularly with water bodies and wetlands. Cost: Free.

13

Community Veteran Supper

Great Hall, MU | 5 - 7:30 p.m.

The Veterans Center invites the community to a free dinner and ceremony to support and honor military students and members. RSVP by Nov 6. Cost: Free.

Art Walk, Agriculture and Art

Farm House Museum | 12 - 1 p.m.

Journey through campus and contemplate the unique times where agriculture and art have come together. The walk will begin at the Farm House Museum, move to Food Sciences and will end at Kildee Hall. Cost: Free.

Sewing Lesson at The Workspace

The Workspace, MU | 6 - 9 p.m.

Work one-on-one with Judy Lemish and learn how to sew beautiful creations, one stitch at a time, on a machine. Cost: ISU \$40, public \$50.

14

DIY Holiday Decorating

Reiman Gardens | 12 - 1 p.m.

Bring your favorite lunch to the gardens for a fun DIY demonstration for decorating with floral designer Sandy Grossman and Reiman's Education Manager Sara Merritt. No registration is required. Cost: Free for ISU students and members, public free after price of general admission.

15

America Recycles Day

ISU Bookstore, MU | 10 a.m. - 2 p.m.

Join ISU Recycling Services and the Student Government Sustainability Committee for a day of reducing, reusing and recycling. Information, games and prizes will be offered. Cost: free

20

Ethical Evolution Lecture

Sun Room, MU | 7 p.m.

Inventor Martin Hellman calls on policymakers to take a wider view of global issues like nuclear weapons, cyberattacks, terrorism and environmental crisis. Cost: Free.

24

RG Express Holiday Railroad

Reiman Gardens | 9 a.m. - 4:30 p.m.

Experience Reiman's custom-built garden-scale train Nov. 23 - Jan. 4 Cost: Free for ISU Students and Members, Public free after price of general admission.

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

Paige Anson | pmanson@iastate.edu

Krishna Burns | koburns@iastate.edu

Copy and layout by Paige Anson

LIVE GREEN! MONTHLY

**"ENLIGHTEN OTHERS.
ENCOURAGE OTHERS.
EMPOWER OTHERS.
ELEVATE OTHERS."**

- MATSHONA DHILWAYO

**ISU STUDENTS
ELEVATING OTHERS
THROUGH HEALTH
AND WELL-BEING**

**PURSUING GOALS
OF DEVELOPING
SUSTAINABLE AND
HEALTHY COMMUNITIES**

**CREATE MINDFUL
SPACE FOR THE
NEW YEAR**

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IOWA STATE UNIVERSITY

LIVE GREEN!

Living *Cardinal*, Gold and GREEN!

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- 19 >> **December Calendar**
Explore green elevating events during the month of December.
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Elevate the new year and attend a green event in January.

Follow Us!

Elevating Green and want to share your progress? Tag @isu_livegreen on social media — we would love to see your ideas, thoughts and creations.



KUDOS TO THE TEAM!



Photo by Krishaun Burns

Congratulations, Kelsey!

Live Green! Team Member Kelsey Culbertson was voted in as one of two students to be featured in the 2020 Women Impacting ISU Calendar.



Photo by Krishaun Burns

Thank you, Grace!

Live Green! Special Initiatives Intern and B.R.A. (Bras to Recycle and Aide Women) Drive coordinator Grace Madigan wrapped up her final projects with the team this semester. We thank her for her dedicated efforts and wish her luck in her spring semester abroad in London!

Sustainability in the Spotlight



ISU Recycling Coordinator, Ayodeji Oluwalana, presents Gov. Kim Reynolds with an official America Recycles Day button on Nov. 15 when Gov. Reynolds' signed a declaration that the day also be known as Iowa Recycles Day.

Image courtesy of Ayodeji Oluwalana

Cover image courtesy of the Iowa State Daily



DIRECTOR'S MESSAGE

Just like that... the end of fall semester is here! Happy December!

In reflecting back over the past few months, what should immediately come to mind for each and every one of us is a sense of accomplishment. Exactly what that means and how that looks is different and unique for all of us. No matter if related to a project completed, a connection made or a new challenge taken on.

In a sense... we have elevated. Through this journey of completion and triumph, we are uplifted in facing new challenges — and then, look toward helping others face theirs. Elevating ourselves and elevating our community.

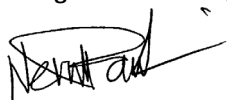
In this month's issue of Live Green! Monthly, as we continue our consideration of the United Nations Sustainable Development Goals, our focus turns toward elevation and "Elevating Green." Specifically, "Elevating Toward a Sustainable Future" as related to the interconnection of Goal 3 (Good Health and Well-Being) and Goal 11 (Sustainable Cities and Communities).

In recalling Maslow's Hierarchy of Needs, at the foundation of that which is "needed" are the basics — shelter, safety and food. In essence, the focus of Goal 3. Goal 3 uplifts us toward pursuing higher levels of psychological and self-fulfillment needs — building relationships, finding accomplishment and achieving one's full potential. Putting structure upon the foundational needs toward elevating to achieve Goal 11 - cities and communities that are inclusive, accessible, resilient, inspiring, creative, strategic ... and ensure a collective and sustainable future.

Throughout this issue, we celebrate elevating efforts, initiatives and achievements with a look back at highlights of an accomplished fall semester. We also look at the impressive commitment of ISU students in elevating community both on-campus and half a world away. In addition, as a new year and the next decade stand ready, we offer opportunities to start the year "lifting up" and envision the new decade through a lens of elevation.

On behalf of the Live Green! Team, congratulations on the accomplishments of your fall semester, and thank you for your efforts, support and commitment toward an elevated and sustainable campus and community. Wishing you a wonderful break and looking forward to "greening" with you next semester!

Yours in green-ness,



November was an exciting month for me and the Sustainability Committee with America Recycles Day taking place on Nov. 15. We were able to educate professors and students on the importance of recycling and what can and can't be recycled. In addition to it being America Recycles Day, the state of Iowa declared the 15 to also be known as Iowa Recycles Day to show their support for recycling initiatives. Ayodeji Oluwalana, Iowa State's Recycling Coordinator, was there to see the proclamation be signed at the capitol in Des Moines.

Coming up in December, the ISU Sustainability Committee will take time to reflect on what we have accomplished this semester and make goals for what we can work on in the new year.

As always, if you have any thoughts on sustainability issues you would like to see fixed on campus, feel free to contact me at: iswilde@iastate.edu.



Contact Izzy with ideas or questions at iswilde@iastate.edu and follow the Sustainability Committee's Instagram at [@isusustainability](https://www.instagram.com/isusustainability).



Photo by Krishnaun Burns

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.

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

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

DIRECTOR'S UPDATE



Photo courtesy of Izzy Wilde

IZZY WILDE is Iowa State University's 2019-2020 Student Government Sustainability Director. She is a third-year student majoring in Spanish and community and regional planning.

SEMESTER HIGHLIGHTS

SUSTAINABLE ACHIEVEMENTS OF THE FALL SEMESTER

Acknowledge the successes of the fall semester and look forward to future sustainable steps forward while reading through the campus and community 2019 Sustainable Fall Highlights. Recognizing successes of the semester can contribute to a foundation of knowledge and inspiration for greater growth and innovation on how we can continue to elevate sustainably. Read all the semester's headline news on the Live Green! [website](#).

ELEVATING THROUGH ENGAGEMENT



JOINING A NATIONAL ALLIANCE TO DIVERSIFY FACULTY

ISU joined "The National Alliance for Inclusive and Diverse STEM Faculty." (ASPIRE) is a three-year program that works to incorporate more diversity in faculty and more inclusivity in teaching practices. ISU is one of 20 universities joining the alliance.

PERFORMING CLIMATE ACTION

Climate Change Action Theatre (CCTA) performed 18 free exhibitions across campus. Experts were present during intermissions to answer questions about the Earth's climate. Fifteen performances were written by 14 different international authors. One piece was authored by an Ames community member.

Photo courtesy of the Iowa State Daily



CONNECTING FACULTY

The Center for Excellence in the Arts and Humanities began leading a program designed to connect faculty from different departments and backgrounds through faculty learning communities. A few communities focus on: sustainable peace, water scholars, augmented reality and more.

ELEVATING THROUGH EDUCATION

CARING FOR SHELTER ANIMALS

The Iowa State University College of Veterinary Medicine pulled off a win-win when they provided shelter animals treatments while giving real hands-on experience to veterinary students. Over the course of a semester, more than 300 animals received care.

Photo courtesy of the Inside Iowa State



Copy and layout by Paige Anson



EXPANDING MENTAL HEALTH FIRST AID TRAINING

Iowa State University Extension and Outreach began offering mental health training for rural Iowan communities. They began training their staff last year and are expanding to improve mental health first aid throughout the state.

ENHANCING FIRE SAFETY GLOVE

A \$1.5 million grant from the Department of Homeland Security and Federal Emergency Management Agency was awarded to ISU associate professor Guowen Song. This money will allow Song and a team of ISU researchers to improve the function of heat-protective gloves for firefighters and other first responders.



ELEVATING THROUGH EMPOWERMENT



LAUNCHING CARDBOARD INITIATIVE

As a part of ISU's goal to become zero waste by 2025, the university launched an initiative to shred and use recycled cardboard from campus as animal bedding (which is later composted on campus for use in campus landscaping projects).

Photo courtesy of the Inside Iowa State

OFFERING ACCESSIBILITY LAB

A new digital accessibility lab in Durham Center held an open house in November after wrapping up enhancements made possible by an approved funding request last spring that added \$25,000 to the lab's budget. This improved the space's assistive technology and ability to host training for faculty and staff.

Photo courtesy of the Inside Iowa State



UNITING A COMMUNITY IN CONNECT FOUR GROUP

First-year students of color at ISU found community and mentors in "Connect Four," a College of Human Sciences program. Students in the program meet twice a month and share mentoring, networking, tutoring and scholarship opportunities.

NOW YOU KNOW

CREATING SUSTAINABLE AND HEALTHY COMMUNITIES

SUSTAINABLE CITIES AND COMMUNITIES (GOAL 11)



Earth is home to more than 7.7 billion people. Of that, more than four billion, or 50%, live in cities. By 2050, this is expected to increase to 70%.

Many of these city dwellers live in the type of cities that are shown on TV: urban areas with green parks, high-rise apartments, restaurants, sports arenas and modern office buildings.

These are the type of cities we think about when we learn that urban areas make more than 80% of the world's gross domestic product.

But there is another aspect of cities that isn't often considered — the part that one billion, or 1 in 3, urban residents live in: urban slums and informal settings. In some countries, more than 90% of urban dwellers live in these environments.

Slums and informal settings are places with unsafe, unhealthy and overcrowded homes that have limited or no access to basic sanitation (water, electricity or toilets), waste management, public spaces and transportation services.

The increase of people living in these

types of areas is due to rapid and unplanned urbanization. Cities are unable to adapt quickly enough to the sudden increase of residents and cannot develop ample sustainable infrastructure and housing.

Due to insufficient housing, living costs increase, and families with limited resources are forcefully evicted, leading them to move to cheaper, underdeveloped areas and into homes built with substandard materials.

Families are then left to grapple with natural hazards already associated with 90% of urban expansion projects, in addition to new vulnerabilities, such as infectious diseases, food deserts and illegal, unsafe buildings.

Poorer urban areas also face the effects of climate change first and worse than more affluent people.

Many of the world's largest cities are in low elevation coastal zones, with 23% of the global population living within 60 miles of the coast and at less than 350 feet of elevation.

1 OUT OF 4
URBAN RESIDENTS
LIVE IN SLUM-LIKE CONDITIONS

This undesirable location makes urban slums more susceptible to extreme conditions, such as rising seas, increased incidence of severe storms and temperatures, frequent floods and landslides.

Sustainable Cities and Communities, the United Nation's Sustainable Development Goal 11, was created to

stop these negative effects of rapid urbanization.

The mission of Goal 11 is “to make cities inclusive, safe, resilient and sustainable for all.”

Large non-profit organizations like ICLEI, also known as Local Governments for Sustainability, work to implement Goal 11 around the world. They engage urban communities at local, national and global levels to “shape policy and spark action to transform urban environments worldwide.”

ICLEI's strategy to create systemic, sustainable change in urban development follows five pathways: low emission, nature, circular, resilient and equitable development. This allows them to balance humans, infrastructure and nature.

Smaller, community-led initiatives also play a part in achieving the mission of Goal 11.

For example, in Tunisia, a 21-year-old activist created SafeNes, a mobile app that helps women and girls feel safe in public places.

In Papua New Guinea, UN Women implemented the “Safe Public Transport for Women and Children Programme” to increase the safety of women and children as they access public transportation.

Efforts to shape sustainable cities is not limited to national and global organizations and initiatives. It can be done anywhere, and to a community-level scale, through organizations such as the National League of Cities, EcoCity Builders or the Sustainable Development Solutions Network.

Through acquired knowledge and skills, anyone can become an advocate and fighter for more sustainable, inclusive cities and communities.

GOOD HEALTH AND WELL-BEING (GOAL 3)



- prevention and treatment of substance abuse
- global roadside accidents deaths
- universal access to sexual and reproductive health-care services
- deaths and illnesses from hazardous chemicals, pollution and contamination
- the implementation of the World Health Organization Framework Convention on Tobacco Control in all countries
- research and development of vaccines and medicine
- health financing and recruitment, training and retention of health workforce globally
- the capacity of all countries for early warning, risk reduction and management of national and global health risks

At the forefront of all sustainable development initiatives are human beings requiring a foundation of health and well-being to stay active and committed to the journey for sustainable equity for all.

While all people have this requirement, at least 567 million struggle every day to secure health and well-being — 400 million due to lack of basic healthcare; 160 million due to no social protection; and 7 million due to polluted air.

This number only covers the basics, which is why the United Nations developed Good Health and Well-Being, or Sustainable Development Goal 3, with the mission of ensuring healthy lives and promoting well-being for all, at all ages.

Goal 3 is divided into 13 different targets:

- global maternal mortality rate
- preventable deaths of newborns and children under 5 years of age
- the epidemic of AIDS, tuberculosis, malaria and other tropical diseases
- premature mortality from non-communicable diseases
- universal health coverage

Each target's underlining efforts revolve around funding healthcare systems, improving sanitation and hygiene, increasing access to doctors and reducing pollution.

One target the UN has made great strides in is increasing the global life expectancy and, in turn, demonstrating the overall health of a country.



Based on current mortality risks, the average life expectancy of men is 69.8 years and of women, 74.2 years. This difference is due to multiple causes, such as heart disease, interpersonal violence and cancer.

Groups like the World Health Organization (WHO) have taken these factors into consideration and developed

initiatives to increase the overall global life expectancy.

In 2018, the Member States of WHO approved the 2019-2023 General Programme of Work, with the goal of helping countries stay on track towards Goal 3. It prioritizes universal health coverage, health security and health and well-being, all with a focus on outcomes rather than outputs.

Another target being greatly improved on is reducing child and maternal mortality.

Toward achieving this target, in 2017, the under-5 mortality rate fell to 39 deaths per 1,000 people, from 42 deaths, in 2015 due to an increase in appropriate reproductive, maternal, newborn and child management and care.

This resulted in a 12% increase in skilled birth attendants assisting with pregnancies and a 2% increase in universal access to sexual and reproductive healthcare services.

While these target achievements are not sufficient enough to achieve Goal 3, they have made great headway.

To make further progress, the United Nations continuously tracks all Sustainable Development Goal targets and creates voluntary and multi-stakeholder partnerships to develop initiatives and facilitate global engagement in support of the SDGs. Out of 13,392 active initiatives, there are 598 dedicated to Goal 3.

There are also initiatives at Iowa State University that support Goal 3, such as ISU Well-Being and Student Wellness. This is in addition to the numerous resources and programs in the Ames community that provide connections and resources to elevate individuals toward collectively achieving good health and well-being.

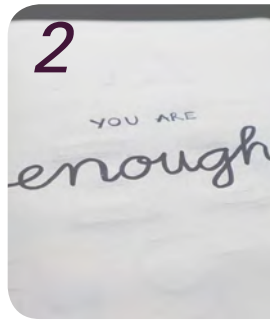
ELEVATE YOUR HOLIDAYS

UPLIFT OTHERS WITH THIS KINDNESS ADVENT CALENDAR



1

Give the gift of literacy and donate books to the library. Children who grow up in homes with at least 20 books get 3 more years of education than those from bookless homes.



2

Hide friendly notes in a public place. Expressing gratitude in handwritten notes has been found to boost positive emotions and well-being for both the writer and recipient.



3



6

Donate food to your local food pantry. 46 million people visit food banks annually to feed themselves and their families, and your donation can help supplement this.



7

Let a person go ahead of you in line. This act of kindness can be a gift for someone who is in a hurry.



8



11

Donate your skills to a person or non-profit in need. You will save them money, hone your skills, gain experience and network with like-minded individuals.



12

Find out something new about a coworker. Doing this shows your compassion and how caring you are, and can even spark a friendship.



13



16

Take sweet treats to work for your coworkers. Sharing with others increases feelings of trust and gratitude.



17

Leave your neighbor an anonymous gift and partake in the highest level of charity, according to many cultural traditions.



18



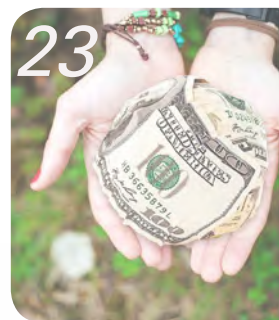
21

Offer a ride for Disabled American Veterans (DAV). Annually, more than 600,000 veterans rely on DAV for transportation to and from their medical appointments.



22

Share time with elders at nursing homes. This can help bridge age-gap relationships, expand social connections and provide elders with a sense of purpose.

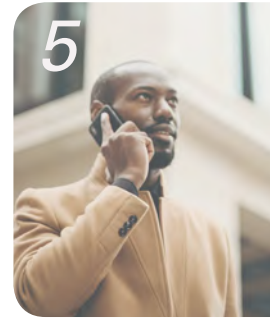


23

Pay it forward by covering a person's check or taping money to a parking meter. Doing so has positive effects on the immune system and improves feelings of self-worth.



Pick up litter in your neighborhood. Less litter makes a huge impact on the wildlife who call the area home, as well as follows the Leave No Trace for Outdoor Ethics concept.



Call or FaceTime a relative or friend and catch up with one another. Social support has been found to lower stress and increase happiness and self-confidence.

Thank someone for making a difference. Saying thank you helps change your mindset, build trust and inspire others to continue doing great things.



Be kind to yourself and do something that makes you happy. Being self-compassionate allows your heart rate to slow, switching off your "fight-or-flight" response, which truly allows you to relax.

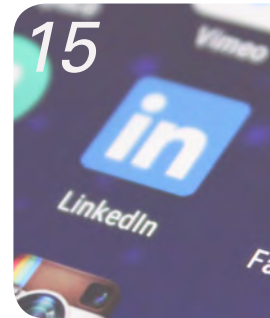


Leave a positive review of a business online. This can help a business thrive, as 91% of people read online reviews and 84% trust them as much as a personal recommendation.

Help reduce the stress of overcrowded animal shelters by donating supplies, fostering or sponsoring a pet. This can help reduce the 3 million cats and dogs euthanized annually.



Leave a surprise in the mailbox for your mail carrier, whether it's a small gift or gift card (up to \$20 in value). Showing appreciation increases both the giver and receiver's happiness.



Endorse a skill or leave a positive recommendation on LinkedIn. Doing this helps job seekers be more visible and stand out to potential recruiters.

Do a task for someone in your family and become happier. Helping others gives a mental boost by providing more dopamine from sensing reward.

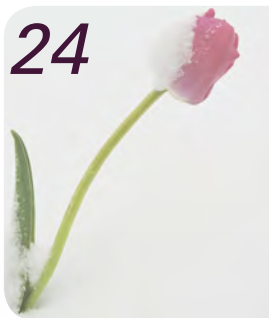


Support a local business. Not only are the owners your neighbors, but also, for every \$100 spent, \$68 is returned to the community.



Cook an extra portion of dinner for someone who needs it and donate it to perishable food pantry, such as Food at First. More than 20,000 people had meals there in 2017.

Connect a charity to your Amazon account using AmazonSmile. For every purchase made, 0.5% of the purchase price will be donated to your chosen charity.



Buy a dozen flowers and tuck one flower under 12 windshield wipers. Giving flowers can increase happiness, and seeing and smelling flowers work as an instant mood-booster.

Find more acts of kindness you can do at Random Acts of Kindness.

STUDENTS LIVING **CARDINAL, GOLD & GREEN**

ELEVATING OTHERS THROUGH ACTION

Action is a key ingredient when working to elevate sustainable communities and good health and well-being. In this month's SLCGG, three student fitness instructors and two student engineers in the ISU chapter of Engineers Without Borders share their thoughts on how people can act to elevate and sustain themselves and others in local and international communities.

A common misconception about mental, emotional and physical elevation through fitness is that growth only can be found by hitting the weights or track, according to student fitness instructors and kinesiology majors Maris Behan, Jacob Jorgensen and Morgan Shawler.

And while those actions can be a big part of fitness, the three have found through kinesiology class experience and teaching group fitness classes with [ISU Recreation Services](#) that personal and community well-being can be elevated through a variety of activities and actions.

For some, casual movements, like trying a new exercise, going for a walk rather than taking the bus, or taking the stairs instead of the elevator are simple and easy opportunities to elevate themselves, their heart rates and their fitness, Jorgensen said.

A fitness opportunity all students can avail themselves of includes trying the [fitness classes](#) that come with their ISU gym membership fee.

"Group fitness is a great way to hang out with friends and to gain new experiences with new people ... Even if you don't like [one class] you can try different classes. Or even working out on your own. It doesn't matter how you start, it just matters that you continue," Shawler said.



Growth in fitness can also be accomplished with actions made in the kitchen and in social interactions, according to Jorgensen.

"Eating healthy to fuel your body ... eating with other people ... walking, running or being mindful with yoga," Jorgensen described, are all examples of ways people build up their overall fitness and wellness.

One piece of advice Behan, Jorgensen and Shawler would give to people looking to improve on

their wellness is for them to try different healthy movements, foods and social activities until they find what is most enjoyable for them.

"What works for one person isn't necessarily going to work for another, Behan emphasized, "[for example], some people love running. Some people love fitness classes ... There is not one right way to improve fitness."

When trying to find an activity that can help elevate your fitness, the best rule of thumb is to not be afraid to make time to try something completely new, according to Jorgensen.

If he could slip freshman students a note, Jorgensen would say, "don't be afraid... Try it all out. Start small at first, and then build up [from there.]"

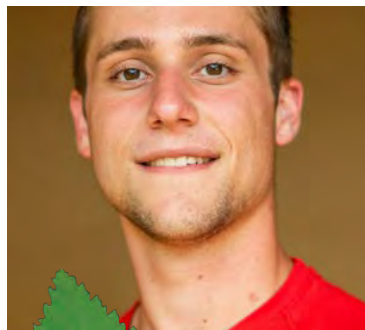
Another opportunity students have that can empower them to elevate community and personal well-being includes their ability to join an organization working on sustainable community-building projects.

For graduate student Jack Schwickerath (studying agriculture

MARIS BEHAN



JACOB JORGENSEN



MORGAN SHAWLER



Photos courtesy of Maris Behan, Jacob Jorgensen and Morgan Shawler



OLIVIA TAYLOR

and biosystems engineering) and undergrad Olivia Taylor (studying civil engineering), they found the ability to engage in elevating local and international communities through the ISU chapter Engineers Without Borders (EWB).

EWB is an organization working to elevate communities nationally and internationally through the implementation of sustainable engineering projects.

Throughout the last five years, the ISU chapter has worked to implement various projects in Ullo, Ghana.

Just last year, EWB worked to implement and build a water distribution system that brought clean water to a school serving over 1,000 students.

"Before the system was implemented, students would be locking up their water in trunks at the ends of their beds because it was so valuable to them," Taylor said.

Students used to have to wait hours and walk two kilometers to be able to access safe drinking water, according to Taylor.

Since the system has been implemented on the campus, students



Photo courtesy of Iowa State Daily

have saved time for sleeping and studying and even have improved their exam scores, Taylor said follow ups with the community have revealed.

Currently, team members continue to market, fundraise and plan for new engineering projects to help improve life in Ullo.

"TRY IT ALL OUT. START SMALL AT FIRST, AND THEN BUILD UP [FROM THERE]."

A project EWB is currently working on involves increasing agricultural success in Ullo through improved irrigation technologies.

Schwickerath and Taylor are happy to report that during the upcoming winter break, members will return to Ullo to work on a rainwater and drip irrigation system that is intended to improve the community's ability to water crops during dry seasons.

"I think our work is important because it helps communities that don't have access to the resources or opportunities for [sustainable] infrastructure that is really needed. It also gives engineering students



JACK SCHWICKERATH

the chance to work on a large-scale project," Schwickerath said.

Outside of their international projects working to give people access to essential resources, ISU EWB members are currently also exploring opportunities to start engineering projects in Ames.

Particularly, they are looking for projects that can elevate technologies supporting the community's food security, well-being and financial security, Taylor said.

Those with suggestions for local projects and people who want to keep track of ISU's chapter of EWB and their progress on projects can connect with them on their Instagram, Facebook or website.

Students from any major are also encouraged to reach out online to get involved with EWB.

The organization can always benefit from new perspectives and skills from across campus, Taylor noted.

"People can always donate or lend their physical abilities [to EWB projects] ... We would love to see EWB become more of a partnership between colleges at ISU," Taylor said.

GREEN-IT-YOURSELF

ELEVATE YOUR HOLIDAYS WITH THESE CREATIONS

CANDLE SWEATER COZY

Supplies: Candle, old sweater, scissors, needle and thread

Instructions:

1. Cut the sleeve off of the sweater and slide it over the bottom of the unlit candle.
2. Pull sleeve tight at the bottom of the candle and cut it off, leaving at least a ½ inch hanging off the bottom.
3. Turn the sleeve inside out, gather the bottom and pull it together in a bunch.
4. With needle and thread, stitch through the center of the bunch a few times, then wrap the thread around the bunch, tying and pulling it tight to gather the base of the sleeve.
5. Trim off excess sweater bunching as close to the sewing as possible.
6. Slip the sleeve over the bottom of your favorite candle jar. Enjoy!



REUSABLE ADVENT CALENDAR

Supplies: Choose from: 6 paper towel tubes, 24 toilet roll tubes or 2-3 wrapping paper tubes, 24 blank stickers, paper (tissue paper, wrapping paper, newspaper, posters), glue, ribbon, large button or bead, stapler, permanent marker, scissors and a large needle

Instructions:

1. Cut kitchen roll tubes in thirds or wrapping paper tubes in at least sixths.
2. Staple or glue tubes into a tree shape, starting with three rolls at the bottom, six on the second row, and one less for each consecutive row to the top.
3. Write numbers 1-24 on stickers using permanent markers.
4. Cut out two pieces of paper, one larger so it covers the back and side, and the second slightly bigger than the shape to cover the front. Glue paper to the back.
5. Create a small hole on the top roll and pull a loop of ribbon through. Slide a button or bead onto the two loose ends of ribbon and tie a knot, making a hanger.
6. Fill each tube with a gift or treat, then glue the front paper to seal the calendar. Put the numbered stickers on the front.
7. Save, refill and replace the stickers for the next year, or recycle!



WIRED FRAME MEMO BOARD

Supplies: Used picture frame, spray paint or chalk paint, wire cutter, 24 gauge craft wire, thumbtacks, small hammer, clothes pins and adhesive (optional)

Instructions:

1. Wipe down picture frame and coat it with a couple layers of paint.
2. Lightly tap thumbtacks into the back of the frame, spaced out at desired interval.
3. Wrap wire around one thumbtack and pull either horizontally or diagonally. Wrap it around second tack and cut the wire. (Add adhesive under tack if wire pops out.)
4. Attach photos, a calendar, dried flowers and notes to the board with clothes pins.



Copy and layout by Krishaun Burns

RECIPES

ENJOY AND GIFT THESE SHAREABLE TREATS



CRANBERRY BRIE BITES

Ingredients and Supplies: Flour, 8 oz. tube crescent dough, 8 oz. wheel of Brie cheese, 1 C. whole berry cranberry sauce (non-jellied), fresh rosemary sprigs, muffin tins, cooking spray, oven, chopping board, knife, rolling pin

Servings: 24

Directions:

1. Preheat oven to 375 F° and spray muffin tin with cooking spray.
2. Spread a dusting of flour onto counter or chopping board. Roll out crescent dough and pinch seams together.
3. Cut crescent roll into 24-equal sized squares. Place into muffin tins.
4. Dice Brie into small pieces and place inside crescent dough squares.
5. Add a spoonful of cranberry sauce and sprig of rosemary on top of dough squares.
6. Bake in oven until crescent dough is a light golden brown (approx. 15 minutes).



ZUCCHINI FUDGE BROWNIES

Ingredients and Supplies: 1 small sweet potato ⅓ C. unsweetened almond butter, ½ C. pure maple syrup, 1 large egg, 1 tsp pure vanilla extract, ½ C. unsweetened cocoa powder, 1/8 tsp. sea salt, 1 C. grated zucchini, ⅔ C. dark chocolate chips, coarse sea salt (optional), baking pan, measuring cup, whisk

Servings: 12

Directions:

1. Steam, boil or roast a small sweet potato for 15-20 minutes. Let it cool for a while, then mash and measure out ⅔ sweet potato. (Use the last ⅓ for another recipe!)
2. Preheat oven to 350 F°. Add butter, egg, syrup and extract to mixing bowl with ⅔ mashed potato. Whisk until creamy.
3. Add cocoa powder and sea salt to mix. Stir well.
4. Stir in grated zucchini and chocolate chips.
5. Transfer mixture to baking pan and smooth into an even layer. Bake 30-35 minutes and allow to sit 15 minutes before serving.



APPLE PIE BITES

Ingredients and Supplies: ¼ C. packed light brown sugar, 1¼ tsp. apple pie spice, 1 small apple (cored and sliced into 8), 3 Tbsp. butter (melted), ⅓ cup chopped pecans, 8 oz. tube crescent rolls, baking sheet, small bowl

Servings: 8

Directions:

1. Preheat oven to 375 F°. Spray baking sheet with oil or line with parchment paper.
2. In a small bowl, combine brown sugar and 1 tsp. apple pie spice.
3. Arrange 8 crescent roll triangles on baking sheet and evenly distribute brown sugar mixture and chopped pecans onto each triangle.
4. Place apple slices on wide end of triangles and wrap dough around them.
5. Brush each crescent roll with butter and sprinkle lightly with ¼ apple pie spice.
6. Bake for 10-12 minutes.

SYMPOSIUM ON SUSTAINABILITY (FEB. 24 - 25)

VISIONS OF A SUSTAINABLE FUTURE

The Iowa State University Symposium on Sustainability is a two-day event that embodies all things sustainable at ISU and allows the campus community to celebrate the sustainable initiatives and achievements of students, faculty and staff from the past year. It is also a time where new goals and sustainable visions are displayed and made. This year, ISU is celebrating its 11th Symposium themed "Visions of a Sustainable Future."

Schedule of Events

Monday, February 24

Reception

Enjoy refreshments and explore displays that highlight sustainability work, accomplishments and commitment in areas of operations, academics and overall student experience.

Location: South Ballroom, Memorial Union

Time: 6 p.m.

Keynote Speaker

Erin Brockovich: Consumer Advocate, Author, TV Host

"The Power Of One"

Location: Great Hall, Memorial Union

Time: 7 p.m.

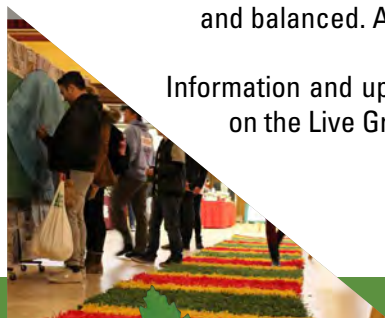
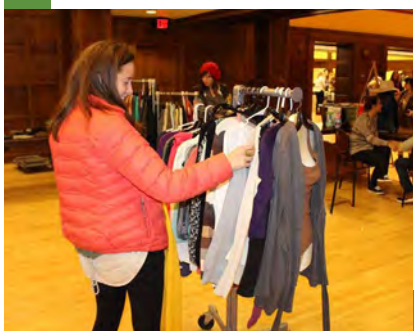


Tuesday, February 25

Sustainably-Minded Activities

Take part in Sustainapalooza, the companion event to the Symposium. This year's Sustainapalooza encourages attendees to embrace the theme, "Picture Yourself in a Sustainable World," while at the event through networking and connecting with green organizations and by participating in the Green It Yourself (GIY) centers focused on a world that is efficiently and effectively energized, food secure and balanced. Attendees can also take part in a clothing swap.

Information and updates for this year's Symposium can be found on the Live Green! Initiative's website: livegreen.iastate.edu.



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REDUCE YOUR HOLIDAY FOOTPRINT

HOLIDAY WASTE REDUCTION TIPS



The holiday season is here, and I'm sure everyone is excited to spend this time with family and friends as well as exchange gifts. It is not uncommon for families to produce more trash than normal during holiday seasons. The following waste reduction tips encourage us to minimize waste, maximize our finances and be more mindful of what we generate as we plan, travel, cook and enjoy our holidays with friends and family.

Iowa State University Recycling Coordinator,
~ Ayodeji Oluwalana

Tip 1: Plan Your Shopping List

Make a list, and only buy what you know you'll use. This is especially important when purchasing perishable items like produce, dairy, and meat. Don't forget your reusable shopping bags!



Tip 2: Wrap Diligently

Wrapping gifts with festive paper and decorations can create anticipation and surprise, but it can also make a lot of garbage! If you can't reuse your single-use wrapping paper, then try reusable materials for a simple and eco-friendly way to cut down on your wrapping waste.



Tip 3: Skip Paper and Plastic

Avoid using extra trash bags, and choose cloth napkins and reusable dishes. Recruit some of your guests to help with dishes.



Tip 4: Decorate Mindfully

No matter your interior décor, holiday decorations can add a festive touch to your home. If you need to buy new decorations, buy reusable ones that last for years and keep unnecessary waste out of the landfill.



Tip 5: Take Only What You Will Eat

On a holiday that is all about eating, it's easy for your eyes to grow bigger than your stomach. Be mindful of your serving size. Give yourself, or ask for, small portions. You can always go back for more!



Tip 6: Do Not Waste Food

Food constitutes over 35% of what we send to the landfill every day. Reduce your food waste by planning for only what you need. Eat it, or compost it. If you have a lot of extra food, pack doggy bags for your guests and/or freeze extra food.



Tip 7: Recycle, Recycle, Recycle

Recycle wine corks at a ReCORK drop-off location (Jax Outdoor Gear Ames- 4723 West Lincoln Way, Ames, IA, 50014). Holidays tend to create a lot of waste, so recycle what you can of glass, plastic, metal, paper and cardboard.



GREEN OPPORTUNITIES

CELEBRATE THROUGH GIVING



Bring joy to a local family Nov. 16 - Dec. 6 and help make a merrier holiday season in your community by picking up a tag at North Grand Mall and purchasing a specific gift item for a family in need. Also help spread the cheer by participating in the Salvation Army's Christmas Toy Drive Nov. 9 - Dec. 13. at North Grand Mall. Donate a gift to a child ages newborn through 18. Also in December, North Grand Mall will be hosting gift wrapping events for a fee based on package size at noon during peak days. Learn more at northgrandmall.com.

EXPLORE GALAXIES



Take time to pause and spend a relaxing and educational evening under the stars during a "Planetarium Show: Galaxies and the Universe" Dec. 6 in the ISU Planetarium in Physics Hall. The curiosity of space has driven research, television shows, movies and books. It also has inspired thought as to how our planet fits into the space-ecology. Let mysteries of space and the great unknown fuel your curiosity, creativity and scientific understandings of the natural world beyond our planet. The event is free and it begins at 6:30 p.m. No registration required.

SUPPLY YOURSELF FOR WINTER FUN



Don your favorite hiking shoes, warm clothes and camera gear for a fun winter excursion powered by yourself and equipment rented from the ISU Outdoor Recreation Program. Tents, sleeping equipment, cross country ski gear, snowshoes, down jacket and down booties are available for renting this winter. Learn more about daily pricing with the member and public rates and other gear available for renting online on the Recreation Services [Equipment Rental website](#).

ENJOY A #SELFCARESUNDAY



Make time for you this holiday season and relax into your favorite reviving activities by participating in a #SelfCareSunday. For some, that may mean sleeping in, taking a walk or jog, enjoying a book or movie, spending time with friends and/or family or trying a new [recipe](#) or [GIY](#). Whatever your self-sustaining practice, share your self-elevating techniques and motivations online by tagging @isu_livegreen and by using the hashtag.

INNOVATE IN A GLOBAL FORUM



Explore lifestyles that can "elevate your Mind, Body, and Soul" at the 2019 [Lifestyle Expo](#) January 30 from 11a.m. - 2p.m. in the State Gym at ISU. Hosted by Recreation Services at Iowa State, the lifestyle expo will provide a platform for students and community members to share in physical, mental and spiritual practices that can help enrich lives. Students can attend the event for free. Organizations that are interested in promoting a lifestyle at the event can register to table at the expo. Learn more online on recservices.iastate.edu.

INDULGE IN A CREAMY TREAT



Enjoying locally made ice-cream is a year-round activity. Purchase an eight oz. cup of ice-cream made by the Dairy Science Club and choose from a variety of flavors every Wednesday from 11a.m. - 1p.m. during the fall and spring semesters inside Kildee Hall (just outside of Lush Auditorium). Interested in buying in bulk? Buy a gallon or a five-gallon bucket of ice-cream by filling out and bringing an [Ice Cream Order Form](#) to one of the sales. Flavors of ice-cream include vanilla, chocolate, strawberry, triple chocolate, peanut butter chocolate and more. Learn more about the sale on the Dairy Science Club [website](#).

MOVE THE WINTER BLUES



Complete a full marathon (26 miles!) at your own pace between Jan. 1 and March 1 2019. Walk, run, ski, snowshoe or bike and keep track of every mile. This is a great way to set a fitness goal within parameters that fit your busy schedule. This marathon is kid-friendly! Build up easy and fun miles by adding one mile to your total for every 30 minutes of play outside. Use #sccwintermarathon to share your progress, photos and adventures. Learn more about this "Beat the Blues Winter Marathon" online on the Story County [website](#).

SHARE THE LOCAL CLIMATE STORY



Be a leader and add your voice to the fight against climate change by competing in the The Scoop Journalism Contest. Submit an original essay, podcast or video reflecting on a prompt requesting your thoughts on how climate change is impacting your community. Winners from the podcast, video and essay categories will receive a trip to Washington, DC to participate in Earth Day 2020 activities at the National Mall on Saturday, April 25 (the 50th anniversary of Earth Day). Submissions are due Jan. 31 at 11:59 p.m. Submit an entry and learn more about the prompt, the competition and how to participate on earthday.org.

DECORATE WITH A LOCAL TREE



Purchase a holiday tree this year from the ISU Forestry Club during their holiday tree sales. Sales will take place in the Reiman Gardens parking area during the first, second and third weekends of December. Hours for sales will be: Fridays 3 - 6 p.m., Saturdays 9 a.m. - 5 p.m. and Sundays 11a.m. - 5p.m. Trees available for purchase will be: Canaan and Balsam Firs and White Pines. Prices (\$30-\$70) vary and are based on tree height. Balsam Fir wreaths will also be available for purchase and are priced (\$20-\$30) based on size and decoration. Learn more [online](#).

CONNECT WITH COMMUNITY



Get in touch with the Ames community this holiday season by volunteering to set up "The Toy Shop" and collect gift donations at North Grand Mall this December. The Salvation Army will be distributing donated gifts and food to families from this fun space on Dec. 18. Drinks and Snacks will be provided to volunteers during set up dates on: Dec. 11, 12, 13, 16 and 17. Hours for volunteering will be from 9a.m. until 3p.m., and volunteers are welcome to come and go as needed. To sign up and to learn more about this opportunity, visit the Volunteer Center for Story County [website](#).

GET MOVING, GET MOTIVATED



Feeling unmotivated? Try this free online [playlist](#) for yoga classes on YouTube.com. Trying one every other morning/night could help elevate your heart-rate, attitude and motivation in the chilly months. If yoga is not your thing, get moving with a different workout playlist, and explore different videos online. A bounty of free workouts can be found on YouTube alone. Try searching strength training, boxing, pilates or flexibility videos. Want to try a group fitness class on campus? Register for a variety of classes on the ISU Recreation Services' [website](#).

RECYCLE YOUR HOLIDAY TREE



Avoid creating unnecessary waste this holiday season by recycling your organic holiday trees this winter. When your trees have lived their fullest lives in your home, take them to the Parks and Recreation Maintenance Shop at 700 East 13th Street. From here, trees will be recycled into wood chips to be used in city parks. Drop off trees during daylight hours throughout January. Follow the signs in the driveway to the donation site. All decorations **MUST** be removed from the tree. Learn more on the City of Ames [website](#).

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YULETIDE OLD-SCHOOL



Decorated and filled with holiday cheer, the oldest building on campus, The Farm House Museum, has been prepped for the 2019 Holiday season. View the decor M-F noon to 4p.m while school is in session. Visit for a special day of holiday cheer and enjoy Victorian-inspired crafts, holiday refreshments and a visit from Santa Claus during an open house Saturday, Dec. 7, noon to 4p.m. The Brunner Art Museum in the Scheman Building and the Christian Petersen Art Museum in Morrill Hall will also be open these hours. Learn more [online](#).

EARN A SCHOLARSHIP TO TRAVEL



Looking to travel abroad this summer or in Fall 2020 or Spring 2021? Applications are open for the Fund of Education Abroad (FEA) scholarship. Visit the FEA [website](#) to learn about eligibility requirements and available international education programs. Spring 2020 Scholarships range from \$1,250 - \$5,000 and can be applied to programs that are at least 28 days long. Applications close on Jan. 17 at noon EST. To explore study abroad opportunities with Iowa State, visit the ISU Study Abroad Center [website](#). To learn about study abroad scholarships, visit the related tab on the Study Abroad Center [website](#).

GIFT ONE-OF-A-KIND ARTWORK



Support local craft persons, photographers, designers and creatives and find the perfect holiday gifts for loved ones at the 2019 Art Mart Holiday Sale event. The sale will take place in the Memorial Union's Campanile Room Dec. 5 from 10a.m. - 6 p.m., Dec. 6 from 10a.m.- 8p.m. and Dec. 7 from 10a.m. - 1 p.m. Functional and decorative pottery, brilliant blown glass, jewelry, campus photos and charming accessories created by local artists will be available for purchase. Most items sell \$5-\$20 and proceeds support artists. Learn more on the Student Activities Center [website](#).

STUDY, SUSTAIN, SUCCEED



Learn study tips for sustaining yourself and your success during final exams season this December by staying up to date with the [Academic Success Center's](#) resources. Also prepare for your tests by reviewing notes, forming study groups, making study guides and by (first and foremost) starting to study sooner rather than later. Also, better prepare your testing game plan by visiting the ISU test center [website](#) to know which centers will be open.

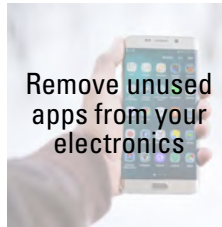
MONTHLY CHALLENGE

DECLUTTER YOUR MIND AND SPACE FOR THE NEW YEAR

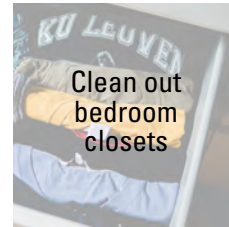
The beginning of spring is not the only time of year that warrants decluttering of the home, mind and environment. New Year's is just as opportune, if not more. For many people, the new year represents a clean slate (January is even dubbed "Get Organized Month" for this reason!) — and the only way to have a clean slate is to understand what you currently have and what you actually need. Challenge yourself this month to declutter an area (or multiple areas) in your life, using this Monthly Challenge as a guide.



Download apps to help you organize
(calendar, lists)



Remove unused apps from your electronics



Clean out bedroom closets



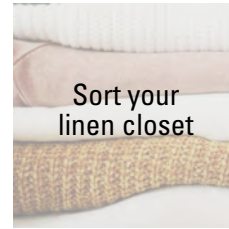
Donate or recycle unworn shoes



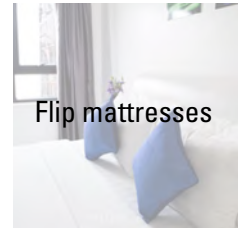
Wash blankets, couch cushions and other linen



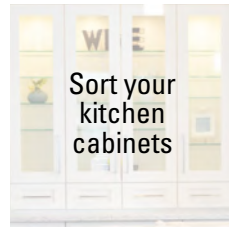
Organize laundry area



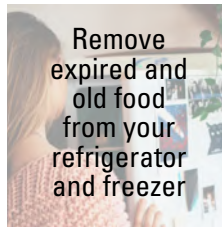
Sort your linen closet



Flip mattresses



Sort your kitchen cabinets



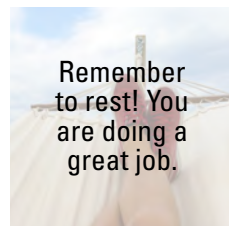
Remove expired and old food from your refrigerator and freezer



Donate unwanted nonperishable items



Clean off kitchen counters and move unused items to a new, organized space



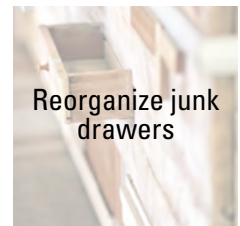
Remember to rest! You are doing a great job.



Give away old books and recycle those in poor condition



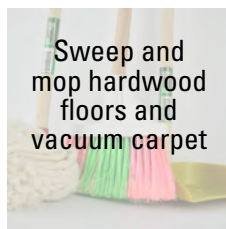
Upcycle unused jars and boxes to create functional storage



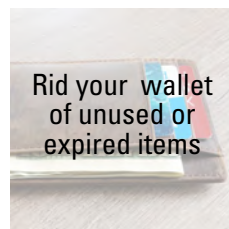
Reorganize junk drawers



Delete and sort old emails
(create folders, empty junk mail and unsubscribe from listservs)



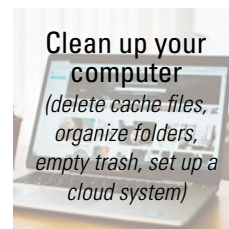
Sweep and mop hardwood floors and vacuum carpet



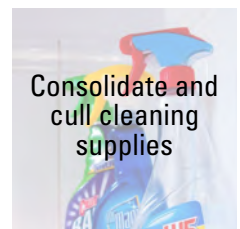
Rid your wallet of unused or expired items



Sort through the mail and recycle junk and old mail



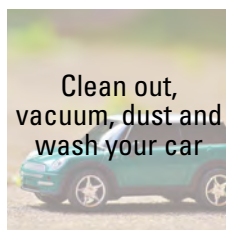
Clean up your computer
(delete cache files, organize folders, empty trash, set up a cloud system)



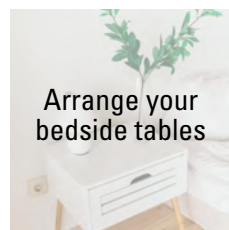
Consolidate and cull cleaning supplies



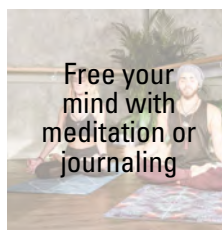
Clean out any bags you have
(book bags, purses, briefcases, shopping)



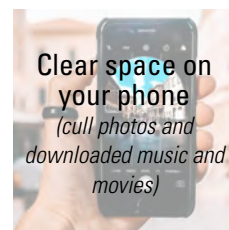
Clean out, vacuum, dust and wash your car



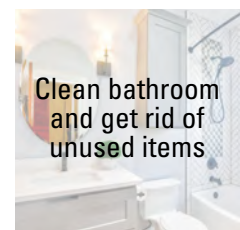
Arrange your bedside tables



Free your mind with meditation or journaling



Clear space on your phone
(cull photos and downloaded music and movies)



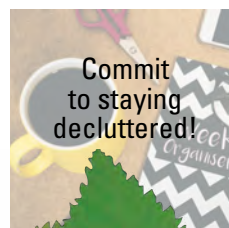
Clean bathroom and get rid of unused items



Update and organize your calendar



Tidy your medicine cabinet



Commit to staying decluttered!

Break these tasks down into more days or add more specific ones! For more advice on decluttering and committing to it, read "33 Ways to Declutter Your Life (And Keep It That Way!)".

Copy and layout by Krishaun Burns

DECEMBER CALENDAR

06

WinterFest

Central Campus | 10 a.m. - 2 a.m.

Kick off the holiday season with the Iowa State community. Enjoy special Book Store events, seasonal beverage sampling, chair massages, a clothing and food drive, games and crafts, a tree lighting ceremony, ice skating and more. Cost: free

Art Mart at Iowa State University

Campanile Room, MU | Hours Vary

Elevate your home with crafts by local artisans purchased at Iowa State's bi-annual art sale. Find one-of-a-kind holiday gifts, including pottery, jewelry, upcycled bags, paintings, buttons and more. On Dec. 6 from 10 a.m. - 8 p.m., Live Green! will also be doing free, upcycled gift wrapping. Art Mart continues on Dec. 7 from 10 a.m. - 1 p.m. Cost: free

North Grand Indoor Holiday Market

North Grand Mall | 10 a.m. - 5 p.m.

Enjoy the annual North Grand Farmers' Indoor Holiday Market every Friday, Saturday and Sunday until Dec. 15. Buy seasonal produce, baked goods, pasta, baskets, rugs and more from local artisans and farmers! Cost: free

Black Lives Matter: Fashion, Liberation and the Fight for Freedom Exhibit

Ames Public Library | Hours Vary

Explore the history of the Black Lives Matter movement and its relationship to politics, activism and fashion in an exhibit created by Iowa State students. The display will be available Dec. 4-16 during the library's open hours. Cost: free

ISU Forestry Club Christmas Tree Sale

Reiman Gardens S1 Lot | Hours Vary

Support Iowa State students and bring nature into your home by purchasing a Christmas tree from the ISU Forestry Club. Trees can be purchased Dec. 6-8 and 13-15. Hours: Friday, 3-6 p.m.; Saturday, 7 a.m. - 5 p.m.; Sunday, 11 a.m. - 5 p.m. Cost: Varies by tree type and size, cash or check only

Beautiful Land Holiday Market

3801 W. 190th St. | 6 - 9 p.m.

Shop from more than 35 artists and collectors at the annual Beautiful Land Holiday Market. Enjoy food trucks, a cash bar, shopping and more. Preview Night, Dec. 6, provides early access to the event. Tickets are \$20 and can be purchased [online](#). The Holiday Market is free on Dec. 7 from 9 a.m. - 4 p.m.

08

Holiday Community Swap

320 S. 17th St. | 3:30 - 5 p.m.

Share items you no longer need with your community at this free swap hosted by Mustard Seed Community Farm. If you need and find any items, feel free to take them with you. Donating not required to participate. Cost: free

10

Home Gardening: Accessible Gardening

Reiman Gardens | 11 am - noon

Learn how to make your home garden accessible, all the way from choosing appropriate grades and paving to placement of planters and more. Join Reiman Gardens Director Ed Lyon for a discussion of practical garden accessibility tips. Pre-registration is required by Dec 8. Cost: \$16, members; \$20, general public; \$13.60, ISU students

DIY Wood Sign Workshop

114 S. Duff Ave. | 6 - 8 p.m.

Craft your own holiday sign at a workshop hosted by Creative Expressions Galena at Boulder Tap House - Ames. Choose from pre-existing designs or make your own. [Register online](#) and view sizes, prices and existing designs on the [CEG website](#). Cost: \$50-140

TheraPets

Kildee Hall, Room 107 | 4 - 5 p.m.

Take a break from studying and de-stress during Dead Week during the Pre-Veterinary Club's end of the semester event. The Animal Rescue League of Iowa will be bringing therapy dogs for students to be comforted by. Cost: free

12

Snow Magic: Mingle on Main

Downtown Ames | All Day

Head to Main Street and continue celebrating winter in Ames' during Snow Magic: Mingle on Main, Dec. 12 and 19. Downtown businesses will be staying open late and providing special deals, treats and opportunities to shoppers. Cost: free

Half-Priced Extended Holiday Hours

Reiman Gardens | 4:30 - 8:30 p.m.

Have some holiday fun at Reiman Gardens on Dec. 12, 19, 26 and Jan. 2 and receive 30% off at the Gift Shop, see the RG Express indoor holiday train display and view the outdoor lights and decorations. The Butterfly Wing will close at 4:30 p.m. Cost: Half-off [regular prices](#)

13

12th Annual Beginner Farmers Retreat

2400 Oakwood Rd., Ames | Dec. 13-14

Attend Practical Farmers of Iowa's retreat for new farmers on Dec. 13 (noon - 8 p.m.) and Dec. 14 (8 a.m. - 2:30 p.m.) and network with aspiring and beginning farmers, experts and peers facilitating the sessions. [Register online](#); meals, workshops and lodging are all included. Cost: \$20, member; \$40, non-member, no lodging or shared room; \$90, non-member, single queen room

15

Old Fashioned Christmas

5500 240th St. | 1 - 4 p.m.

Enjoy the holiday season at Raspberry Hill Bed and Breakfast. Visit the Clauses in their cottage, listen to caroling and more. Email info@raspberryyhillbnb.com to register. Cost: \$10 per person, \$5 child (under 18), free under 2

JANUARY CALENDAR

04

Health & Fitness Expo **Horizon Events Center | 8 a.m.**

Learn the most effective ways to get the health and well-being you desire from more than 100 local health and fitness companies and professionals on Dec. 4 and 5. Participate in the many educational and interactive activities, such as group workout sessions, nutrition classes, challenges, competitions and more. [Buy tickets online](#). Cost: \$8

07

Reflections on Iowa Rivers & Futures **Northcrest Community | 11 a.m.**

Join Dr. Pease during Story County's Iowa free Water Trails Program, as he recounts his time paddling over 1,800 miles of Iowa rivers. This program is designed for ages 50+, but everyone is welcome. An optional lunch follows the program (\$7.50 per person). [Register for lunch](#) by Jan. 3 at 4 p.m. Cost: free

15

Women Impacting ISU 2020 Reception **Sun Room, MU | 3:30 - 5 p.m.**

Celebrate the amazing women who make Iowa State University great at the 2020 Calendar Reception. The presentation begins at 4 p.m. and light refreshments will be served. Free poster-sized calendars will be distributed after the presentation. Cost: free

16

Practical Farmers Annual Conference **Scheman Building | 1 - 6:30 p.m.**

Join Practical Farmers of Iowa for their 2020 Annual Conference, Jan. 16-18, with the theme of "Reclaiming Resilience." [Register on the conference website](#) or as a walk-in. Cost: \$130, non-member; \$30, students; \$55, Friday only; \$75, Saturday only. Members save between \$15-20.

18

Snowshoeing Class **Great Hall, MU | 1 - 3 p.m.**

Enjoy the winter weather and learn how to snowshoe. Learn the basics from a Naturalist, before hitting the trails, then regroup to enjoy hot cocoa. If there's no snow, enjoy a winter hike along the same route instead. To register and reserve snowshoes, call 515-230-3285 or email khealy@boonecounty.iowa.gov.

21

The Nobel Laureates' Campaign to Support GMOs **Memorial Union | 7 - 9 p.m.**

Join Dr. Phillip Allen Sharp, Nobel Prize winner in Physiology or Medicine in 1993, for a lecture on his genetically modified organism (GMO) campaign. Learn why Sharp believes GMOs can increase food production, reduce dependency on insecticides and end hunger in developing countries. Cost: free

22

ClubFest **Great Hall, MU | 11 a.m. - 4 p.m.**

Meet a sample of the 900+ student clubs and organizations on Iowa State's campus during the spring ClubFest. Receive information and giveaways as you look for ways to get involved. Cost: free

25

Snowshoe Hike **McFarland Park | 2 - 3:30 p.m.**

Embrace winter with a hike in McFarland Park. No experience is necessary and snowshoes are provided. If there is no snow, the hike will be canceled. [Register online](#) by Jan. 17 at 4 p.m. Cost: \$5

2020 Boys & Girls Club Legacy Gala **123 Airport Rd. | 5:30 - 10 p.m.**

Support the Boys & Girls Club of Story County and attend their 2020 Legacy Gala: Roaring into Great Futures. Enjoy dinner, games, drinks and a silent and live auction. Registration begins Dec. 1 on the club's website.

30

White Immunity: Working Through the Pedagogical Pitfalls of Privilege Lecture **Great Hall, MU | 7 p.m.**

Explore the historical development of racial privilege and white advantage with Dr. Nolan Cabrera, nationally recognized expert in racism/anti-racism on college campuses, whiteness and ethnic studies, during the 2019-2020 Helen Lebaron Hilton Chair Series. Cost: free

SAVE THE DATE!

Symposium on Sustainability **South Ballroom, MU | 6:30 - 8 p.m.**

Enjoy displays and presentations that highlight sustainability work and accomplishments on Iowa State's campus during the 12th annual symposium. There will be a poster and sustainable art reception, as well as a keynote lecture. Cost: free

Sustainapalooza **Memorial Union | 5 - 8 p.m.**

Join the ISU Office of Sustainability and The Green Umbrella for an evening of sustainable endeavors in the South Ballroom, Oak Room and Sun Room. Make your own green-it-yourself crafts, chat with tabling organizations, enjoy local food, take part in a clothing swap and win sustainable giveaways. Cost: free

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

Paige Anson | pmanson@iastate.edu
Krishaun Burns | koburns@iastate.edu

LIVE GREEN! MONTHLY

**"ALONE WE CAN DO
SO LITTLE, TOGETHER
WE CAN DO
SO MUCH."**

- HELEN KELLER

**ISU STUDENTS
CONNECTING,
CONVERSING, UNITING**

**NOW YOU KNOW:
UNITING THROUGH
PEACE, EQUALITY AND
STRONG INSTITUTIONS**

**MONTHLY CHALLENGE:
UNIFYING YOURSELF
AND YOUR LIFE**

WHERE'S YOUR NEXT ADVENTURE?



#CYCLONESABROAD

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Photo by Paige Anson

WELCOME TO SPRING SEMESTER!

The Live Green! team sends well wishes to everyone for an exciting semester full of innovation, new adventures and success! We look forward to further exploring the United Nations' Sustainable Development Goals this semester, kicking off February with Goals 5, 10 and 16, under the overarching theme of "Uniting Green."

This month, Live Green! is also hosting its 11th-annual Symposium on Sustainability and companion event, Sustainapalooza. These events take place Feb. 24 and 25, and will feature sustainable educational, engaging and empowering opportunities, involving a keynote by Erin Brockovich, clothing swap, Green-It-Yourself Centers and sustainably-minded giveaways. For more information, visit [pages 8 and 9](#), head to the [Symposium website](#) or visit the Sustainapalooza [Facebook event page](#).



Follow Us!



Uniting Green and want to share your progress? Tag @isu_livegreen on social media — we would love to see your ideas, thoughts and creations.

Cover image by Paige Anson



What does a more sustainable world look like to you? Share your thoughts with us on social media by tagging @isu_livegreen and #Sustainapalooza2020. Remember to also tag us in any photos from the Symposium on Sustainability and Sustainapalooza!



DIRECTOR'S MESSAGE

Happy Spring Semester, Cyclones!

Although it feels as though the semester has just begun, graduation and all of the adventures of summer are just a few months away. Whether there's a new job, internship, summer excursion or a new book or project you've had on your list, the possibilities and opportunities that await you abound.

In reflecting on the many opportunities on the horizon, and on the resources we have (especially at Iowa State University) to assist us in pursuing them, it seems almost surreal to consider how disproportionate access to the same opportunities and resources is between communities and countries. The ongoing challenge involves uniting energy, perseverance, efforts and dedication toward making the disproportionate proportionate.

This challenge is captured in the theme of this month's Live Green! Monthly, "Uniting Green." It embraces unity with a continued focus on the United Nations Sustainability Development Goals; particularly Goals 5 (Gender Equality), 10 (Reduced Inequalities) and 16 (Peace, Justice and Strong Institutions).

These goals tackle issues that are often hard to imagine and paralyzing to consider. In scrolling through the nine targets of Goal 5 and the 10 targets of Goal 10, the reality of the current and widening gap between envisioning and achieving a just and equitable future for all is sharp and vivid. In the midst of this, it is also striking to see the diversity of actions forming and gaining momentum toward empowerment and equality.

The 12 targets of Goal 16 give context to the reality that a sustainable future is impossible without unity in sustaining peace, stability, human rights and effective governance.

This month's issue attempts to offer some ideas, options, guidance and support in embracing unity and uniting oneself with new experiences, discussions, awareness, understanding and people. Every person offers an invaluable life lens through which to view our past, present and future. These connections inform, awaken and ground us. They are the building blocks that are imperative in creating a just and sustainable future.

Wishing you unifying connection throughout February and for the whole 2020.

Yours in green-ness,



After coming back from winter break, the Sustainability Committee and I are excited to start working on new projects and initiatives for the spring semester! One of the biggest things that have going on is SciNite.

SciNite is a night of performances and talks from different groups on campus, all centered around sustainability and protecting the environment. We have a tentative date of March 27, and are looking for talented ISU students to perform! If you are interested in participating, [sign up online](#) by Feb. 21.

The Sustainability Committee and I will also be working on developing a resolution for the Iowa State Student Government to declare a climate emergency. In light of many of the climate issues taking place today, including the massive wildfires in Australia, we think it is necessary for Iowa State to follow in the footsteps of both University of Iowa and University of Northern Iowa to make this declaration. I look forward to updating everyone on our progress!



Email Izzy with ideas or questions, iswilde@iastate.edu.
Follow the Sustainability Committee's Instagram, [@isusustainability](#).



Photo by Krishaun Burns

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.

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

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

DIRECTOR'S UPDATE



Photo Courtesy of Izzy Wilde

IZZY WILDE is Iowa State University's 2019-2020 Student Government Sustainability Director. She is a senior majoring in Spanish and community and regional planning.

SYMPOSIUM ON SUSTAINABILITY

VISIONS OF A SUSTAINABLE FUTURE: FEB. 24-25

SYMPOSIUM ON SUSTAINABILITY OVERVIEW

Celebrate all of the sustainability strides and accomplishments made at Iowa State as we move toward a sustainable future on campus and in Ames during the 11th annual Symposium on Sustainability. This year's symposium will feature a sustainability poster session and tabling reception ([register your poster by Feb. 14](#)), a keynote speech by environmental activist Erin Brockovich and the presentation of the 2019 Live Green! Awards for Excellence in Sustainability.

MEET THE KEYNOTE SPEAKER: ERIN BROCKOVICH

Author. Consumer advocate. Environmental advocate. Erin Brockovich is a woman who fights for what she believes is right, even if it is against one of the largest corporations in the world.

In 1992, Erin began working as a file clerk for a Los Angeles law firm. It was there that she uncovered medical records that exposed what the utility giant Pacific Gas & Electric Company (PG&E) had been doing for over 30 years: poisoning the small town of Hinkley, California by leaking toxic Chromium 6 into their groundwater.

Erin was instrumental in the case, which became known as the largest direct-action lawsuit in U.S. history. She helped more than 600 Hinkley residents win \$333 million in damages. The case was documented in a 2000 film, titled Erin Brockovich, which starred Julia Roberts as Brockovich.

Since then, Erin has been using her notoriety and passion for helping others to spread positive messages of personal empowerment and encourage others to step up and make a difference.

She has also been involved in numerous successful lawsuits against environmental polluters and is the president of Brockovich Research & Consulting, which tracks possible environmental health hazards around the world.



KEYNOTE ADDRESS

Feb. 24 • 7 p.m. • Great Hall, MU

Speaker: Erin Brockovich "The Power of One"

MEET & GREET

Feb. 24 • 8 p.m. • Great Hall, MU

SUSTAINAPALOOZA

Feb. 25 • 5-8 p.m. • Great Hall, MU

POSTER & TABLING RECEPTION

Feb. 24 • 6 p.m. • South Ballroom, MU

Enjoy refreshments and explore poster informational and tabling displays that highlight sustainability work and accomplishments across a variety of fields on campus, including, but not limited to, arts and culture, alternative/renewable energy sources, green transportation and sustainable community planning.

SUSTAINAPALOOZA

Continue visioning yourself in a sustainable world at the Symposium on Sustainability's companion event, Sustainapalooza. With the theme of "Picture Yourself in a Sustainable World," the event features educational, engaging and empowering opportunities that attendees can use to imagine, both individually and collectively, a sustainable world that is efficiently and effectively energized, wasteless, food secure and balanced.



EVENT FEATURES

- Sustainable campus and community organization tabling ([Sign up to table by Feb. 14.](#))
- Local food and refreshments
- Greener living giveaways
- GIY (Green It Yourself) Centers focused on energy efficiency, upcycling and greener home and self-care
- Cy-lebrity photo wall
- Music by ISU student radio station 88.5. KURE
- Clothing swap featuring over 600 clothing items (selections for men, women and kids)

For more updates and information about Sustainapalooza 2020, visit the [Live Green! website](#) or [Facebook event page](#).

HOW TO SWAP

To participate in the clothing swap, drop items off at any of the [collection boxes located on campus](#) or at tabling collection events at MU, Feb. 5, 12 and 19, 11 a.m. - 1 p.m. prior to the event, or bring directly to the event. You can also participate without donating clothes by bringing two non-perishable food items or a \$2 donation, equal to one swap (3 swaps for \$5). All food and monetary donations will support The SHOP, ISU's food pantry. Any leftover clothing will be donated to local and community organizations for distribution.

STUDENTS LIVING **CARDINAL, GOLD & GREEN**

UNITING STUDENTS, UNITING CAMPUS, UNITING COMMUNITY

Of 850 student and campus organizations at Iowa State, over 40 fall within the category of “Political & Activism,” many with a common goal of uniting campus and community members through discussion and action.

Two on-campus organizations that believe in creating peace and unity specifically through advocacy and discussion are the Margaret Sloss Center for Women & Gender Equity and Students for Open Discussion – the Center embodying U.N. Sustainable Development Goal 5 and 10 both embracing Goal 16.

MARGARET SLOSS CENTER FOR WOMEN & GENDER EQUITY

The Margaret Sloss Center for Women & Gender Equity supports unity by ensuring peace and justice through gender equity and reducing inequalities for all.

Originally named Sloss Women Center, the Center was created for female students who had children or needed on-campus support. Over time, the Center developed into a space for students who share the vision of a collaborative environment that

supports and promotes gender equity and social justice.

To ensure the Center’s brand continued to meet that vision, in 2019, Margaret Sloss Center rebranded to its current name, also known around campus as Sloss House.

Despite the Center’s new name, Helen Barton, public relations and communications intern, said everyone is welcome, no matter their gender, race, class or sexual orientation.

“This space exists for you, no matter what we say in the title ... it’s an inclusive space,” said Barton. The only thing the Center asks from visitors is to have an open mind.

Being open-minded is also requested for those who write in to the Center’s Dear Margaret column, explore the eco-feminism newsletter featuring Toni’s Tips, and attend events, such as the (WO)Mentorship Series or Feminist Friday.

In addition to providing events and space for all students, the Center creates opportunities to specifically unite women and those who do not identify as heterosexual.

This is achieved in a variety of ways, such as making Center restroom signs gender neutral, using no-photos lanyards, allowing staff to hang flags in the office that empower them and others, and creating pronoun buttons.

Another way the Center creates unity on campus is through affinity groups for those who share similar backgrounds, interests or beliefs. Examples of affinity groups the Center supports include the Womxn of Color Network and Queer and Trans People of Color Collective.

Margaret Sloss Center for Women & Gender Equity also makes a conscious effort to partner with local and campus organizations. They do this to empower and practice social and economic sustainability.

Collaborations they are hosting this semester focus on the theme “Women in the Arts”:

For example, in February and March, they will be partnering with the Office of Multicultural Student Affairs to highlight Black and women of color artists. The Center will also be hosting a collaborative art exhibit with ReACT, titled #WomenKnowStuffToo, open March 2.

Visit Margaret Sloss House (205 Sloss House), Mon.-Fri. between 8 a.m. and 4 p.m. You can also rent space for meetings and events on the Sloss House website!

STUDENTS FOR OPEN DISCUSSION

Also making an effort to ensure peace and unity at Iowa State

SLOSS HOUSE



HELEN B
PR & COMMUNIC

STUDENTS FOR OPEN DISCUSSION



ROTH J
PRESI

STUDENTS FOR OPEN DISCUSSION



LAURA
VICE-PRE

STUDENTS FOR OPEN DISCUSSION



NICHOLAS
TREAS

Photo courtesy of Helen Barton



Copy and layout by



Photo courtesy of Helen Barton

BARTON
COMMUNICATIONS INTERN



Photo courtesy of Roth James

JAMES
TREASURER



Photo by Krishaun Burns

JAMES
PRESIDENT



Photo by Krishaun Burns

S ROGERS
PRESIDENT

Krishaun Burns

is Students for Open Discussion (SOD). Created in 2017, the club's goal is to encourage and facilitate discussion between people with different beliefs.

The organization chooses topics being actively discussed in the community, on news and through social media, such as gun rights, the electoral college and paying college athletes.

Political topics are selected for a reason. According to Nicholas Rogers, club treasurer, these topics really get people talking, which is the crucial stepping stone to understanding.

Laura James, club vice-president, noted the main location reserved for connecting on campus is the Free Speech Zone, Agora.

However, Laura also said that doesn't happen often because "you don't normally walk around having discussions with people you don't know."

Students for Open Discussions provides a space for these open (and sometimes challenging) conversations to happen more frequently and in an organized manner.

"Having these discussions without being judged by others allows [you] to consume ideas and get a new take on them," said Rogers.

These conversations also keep people from "demonizing" others because they learn the reasons for opposing beliefs, according to Roth James, club president.

"If you're not going to talk to each other, you can't be united. You can't make decisions. If

we're able to talk and understand where people are coming from, we might be able to," said Roth.

One of the largest threats and opportunities to having open discussion is political divides.

"Party politics divide people, so when they try to have a conversation, it hits a wall," said Laura, "[but] when it's an open discussion, we set that aside and see the differences of the people we disagree with and mesh those ideas to become less divided."

This knowledge of common discussion inhibitors and ways to overcome them aids the club's executive members with leading each meeting.

They set discussion etiquette and guidelines and distribute videos that explore all the perspectives related to the meeting topic prior to discussing.

According to Laura, this works well because participants walk away with a better understanding of other viewpoints and the realization that they're not so different from one another.

Laura, Roth and Nicholas also believe each discussion is impactful because talking face-to-face forces people to humanize each other.

"When you're with people, there's an inherent responsibility in it that you can't just insult someone to their face the same way you can in the chatroom or Twitter," said Roth.

Rogers likened talking online to echo-chambers, where you say



Graphic courtesy of Students for Open Discussion

what you want and see only the things you want. By discussing polarizing topics in person, listening is encouraged and miscommunication is limited.

Open discussion also brings awareness, perspective and understanding that people come from different walks of life.

"People have different considerations and experiences, so it's really important to recognize that and use it in a way to keep things as respectful as possible," said Rogers.

This appreciation and consideration of students and on-campus organizations, like Students for Open Discussion and Margaret Sloss Center for Women & Gender Equity, ensures connectivity of our campus community and reminds us that being open-minded and having respect are the keys to unity.

Students for Open Discussions meetings are held every Friday at 4 p.m. in Pearson 2105. Their recent discussions can also be listened to [via their self-titled podcast!](#)

NOW YOU KNOW

UNITING WITH PEACE, EQUALITY AND STRONG INSTITUTIONS

At Iowa State University and across the world, unity can be found in many places. It can be seen in libraries, workplaces, homes, churches, volunteer centers, auditoriums, kitchens, fields, or anywhere people come together to learn, make progress and connect.

Unity can also be felt as people act, move and speak together.

Throughout the world's history, unity has joined people in marches and forums that have urged progress and policy changes for a more just and sustainable world.

Values and efforts that support unity are vast and vital.

Core pillars of unity can be summed up best in Goals 5 (Gender Equality), 10 (Reduced Inequality) and 16 (Peace, Justice and Strong Institutions) of the [United Nations Sustainable Development Goals](#).

GOAL 5 GENDER EQUALITY



Gender inequality is the outcome of actions, inactions, words, laws, social norms, rules, etc. that put more value or priority on one gender over the other.

Today, and historically, a global trend of women being placed at social, economic, political, health and educational disadvantage to men is apparent ([United Nations website](#)).

For example, although women comprise nearly half (49.6 %) of the world's population, they were in less than 30% of national parliamentary roles in 2018, according to [worldbank.org](#) and the [United Nations website](#).

49 countries have no laws protecting women from domestic violence.

- [UN Website](#)

Women are also disadvantaged in representing 75% of the world's 876 million illiterate adults and two-thirds of the 1.3 billion people living in extreme poverty (living on less than \$1 a day), according to the [OXFAM website](#).

Goal 5 of the United Nations Sustainable Development Goals names solutions currently in place to promote gender equity among nations, organizations and companies. These solutions emphasize a variety of opportunities for empowering women.

While women represented 39% of world employees, they occupy only 27% of managerial positions.

- [UN Website](#)

Many strategies involve ending all forms of prejudice, violence, harm (early and forced marriage, female genital mutilation) and discrimination against women.

Ensuring women have fair access to opportunities, technologies, education and universal access to sexual and reproductive health and reproductive rights is also a recommendation by the goal.

Another opportunity for gender equality involves more companies reducing the gender pay gap (men on average making 17% more money than women) that takes place in a majority of the world's countries, according to [ourworldindata.com](#).

The most impactful opportunity for promoting gender equity, according to the [United Nations website](#), lies within the power every individual has to act, vote and speak to support policies and government candidates that promote "the empowerment of all women and girls at all levels."

Current reports on progress for Goal 5 are updated annually by the [United Nations](#) on their [website](#).

From legal advocacy to health, organizations are striving to implement Goal 5 world-wide and are listed on the [Human Rights Careers website](#).

GOAL 10 REDUCED INEQUALITY



Goal 10 of the United Nations Sustainable Development Goals promotes equality and unity in addressing social prejudices based on factors of race, age, gender, ability, social and economic classes.

A prominent societal problem caused by inequalities, described in Goal 10, includes the rich-poor pay gap.

A growing concern for decades, an increase in income for the wealthiest 1% of the world's earners occurred again in 2019, and broadened the wealth gap in many communities as the bottom 40% of the world's earners (earning less than 25% of total global income) also grew, according to the [United Nations website](#).

This gap disproportionately offers families and individuals access to variables of life considered to be universal rights by the [United Nations Universal Declaration of Human Rights](#) (on their [website](#)).

64% of the world's population holds less than 2% of global wealth.

- [Inequality.org](https://inequality.org)

These rights include: the right to assemble and express, as well as have access to fair and quality employment, health care, housing, nutrition, representation and education.

This gap is also attributed as a root cause of global poverty and hunger, as noted on the [United Nations website](https://www.un.org/) (and as discussed in Live Green!'s November 2019 newsletter).

Solutions addressed in Goal 10 emphasize societal changes that promote people and policies prioritizing need, justice, equality and community.

For every 6 people who have enough to eat, 1 man, woman or child starves

- [Sharing.org](https://www.sharing.org)

These changes can be made most effectively, Goal 10 describes, through the personal efforts of people; including actions like volunteering time or donating items that help give people fair access to resources.

For example, in Iowa, donating food or time can help feed 341,890 people struggling with hunger, according to the [Feeding America website](https://www.feedingamerica.org/).

Supporting politicians and businesses that have policies promoting equality is another effort that can build values of equality in society.

Goal 10 also emphasizes the importance of improving regulation and monitoring of global markets and institutions and ensuring outlets for public expression that can strengthen

and secure equitable and fair policies and regulations.

Recent (2019) and past reports detailing the urgency for continued progress in reducing global inequalities, as well as organizations committed to implementing Goal 10 world-wide, are available on the [United Nations website](https://www.un.org/) and at [SocialWorkDegree.net](https://socialworkdegree.net).

GOAL 16 PEACE, JUSTICE AND STRONG INSTITUTIONS



Emphasizing enforcement of peace, justice and strong institutions in all levels of society, personal and governmental is the focus of [Goal 16 of the United Nations Sustainable Development Goals](https://www.un.org/sustainabledevelopment/goals/).

Key concepts within Goal 16's action plans include enforcing equal access to fair and just trials, developing transparent and accountable institutions and broadening, while strengthening, the participation of developing countries in the institutions of global governance toward reducing levels of violence, abuse, corruption, terror and crime in the world.

Additionally Goal 16 strives to increase birth registration in all countries.

Unregistered births prohibit individuals from having a legal identity and prevents them from accessing rights given to citizens in their countries.

In a global average, 27% of children under five have not been registered after birth. In some countries, like Sub-Saharan Africa, the number of

8 in 10 children were subjected to psychological or physical abuse

- [UN Website](https://www.un.org/)

children unregistered after birth is even higher, at 46%.

Achieving Goal 16 allows these children to have basic rights in their countries, and enables them to grow with a focus on new prosperity rather than on the issues Goal 16 is aiming to solve.

There are 10 million + stateless people who have been denied nationality and rights.

- [UNDP Website](https://www.undp.org/)

Reports detailing the necessity for progress in and commitment to fostering peace, justice and strong institutions are available on the [United Nations website](https://www.un.org/).

Organizations implementing Goal 16 can be found at [globalgoals.org](https://www.globalgoals.org/).

Although the realities of Goals 5, 10 and 16 may seem a world away, they exist in every country and community, including ISU.

Our most powerful tool for creating progress in each goal is through individually and collectively sustaining and cultivating unity.

These pillars of unity can be identified in Iowa State University's [Principles of Community](https://www.isu.edu/principles-of-community/), and among the mission's of student organizations; e.g. those facilitating open discussion and respectful discourse (see pages 6-7).

UNITING GREEN WITH LOCAL BUSINESSES

CELEBRATING PLATINUM ACHIEVEMENTS



In 2014, in connection with the City of Ames celebrating 150 years, the Smart Business Challenge was established to unite local businesses and build upon current initiatives toward making their businesses more environmentally, socially and economically sustainable. The focus was on celebrating sustainable commitment and connecting them to resources.

Using a checklist developed specifically for the challenge, business owners are able to enhance and expand methods, missions and services related to:

- Energy and water consumption
- Transportation
- Waste reduction
- Indoor and outdoor environmental quality
- Purchasing
- Economic efficiency
- Carbon footprint
- Customer and community relations

As Challenge participants (view them all on the City of Ames website) complete the checklist, they are able to reach levels of certification: green, bronze, silver and gold. By implementing additional processes and initiatives beyond the scope of the checklist, businesses have the opportunity to achieve the highest level of recognition: platinum. Currently, 33 Ames businesses are taking part in the Challenge, with 22 certified bronze, six silver, three gold and 11 platinum.

"Through the Challenge, we connect businesses with resources to make changes that can have a significant positive impact on the City of Ames' sustainability goals and vision. These changes can have a positive impact on a business' bottom line and the future we leave for the generations that follow us," said Merry Rankin, Iowa State University director of sustainability and City of Ames sustainability coordinator.



"The mission of the Smart Business Challenge is to engage and unify the businesses of Ames. We want to recognize them for their efforts in sustainability and provide them with the passion and the means to promote community sustainability."

- **Scott Nemec**, Smart Business Challenge Intern



Photos courtesy of City of Ames

SMART BUSINESS CHALLENGE ANNUAL LUNCHEON

To celebrate the dedication in achieving platinum certification, an annual event is held, both to recognize achievement and also offer a networking opportunity for businesses in the Challenge and those interested in joining.

This year's event took place Jan. 23 at Reiman Gardens, welcomed over 60 attendees and included a pre-luncheon sustainability resources tabling and networking opportunity.

Three local businesses (Barilla America, the Renewable Energy Group and 3M Ames) were honored at the luncheon, receiving the Smart Business Challenge Platinum Achievement Award.

In addition, luncheon attendees had the opportunity to engage with guest speaker and sustainability consultant, Adam Hammes. Hammes co-presented with Russ O'Rourke from Barilla America and Ron Frantzen from McFarland Clinic, speaking about the Iowa Sustainable Business Forum and offering ideas and opportunities to move the city and local businesses' sustainability efforts forward. (Available to view on the City of Ames Facebook page.)

"We thank all businesses for their continued efforts and diligence," said Sunny Camacho, Smart Business Challenge intern, "We [came together] to celebrate the annual Smart Business Challenge and were excited to have 15 community businesses come together for a chance to network and learn from each other."

Copy and layout by Krishaun Burns

GREEN YOUR AFFECTION

TIPS FOR UNITING AFFECTION WITH SUSTAINABILITY

Expressing affection is a wonderful year-round practice that unites people through appreciation and gratitude. It also promotes physical wellness, healthy relationships, self wellness and social sustainability. As Valentine's Day approaches, consider these tips to unite expressions of love with impactful, sustainable actions.

Each year, 250 million+ roses are grown for Valentine's day. Reduce the carbon footprint of your roses and buy local from the ISU Horticulture Club; Feb. 13 - 14, from 10 a.m. - 4 p.m. in the MU. Learn more and preorder by Feb. 5 on the club's website.



Love chocolate? Increasing dry seasons and decreasing cocoa prices, despite high demand, are cutting income for cocoa farmers. Sustain their economic wellness by purchasing fair trade chocolates.

Create a homemade gift. Upcycle, recycle, sew, write, crochet, knit, bake, paint or plant an item that loved ones will cherish. Look for Green-It-Yourself inspiration on pages 12 - 13.



Learn new ways to unite with the people and planet around you during a "green" event this month. See the calendar (page 16) and Live Green! website and Facebook.

Nearly 1 billion Valentine's Day Cards are exchanged every year in the U.S. Reduce waste from these cards by recycling used cards, donating card fronts, sending e-cards or making cards.



Spend the day giving back to the community. Volunteering benefits you and your community and is an activity that can become a healthy and fun tradition with loved ones.

Make homemade treats for loved ones and yourself. Look for yummy, unique and nutritious ideas on our recipes page (on page 13) and on Live Green!'s Pinterest.



Create memories over a home-cooked meal and reduce to-go containers and single-use waste; which creates 32.1 million tons (23%) of landfill waste according to the EPA. Find healthy recipes on Live Green!'s Pinterest.

Help eliminate cut flower waste by: asking a florist for locally grown or Rainforest Alliance certified flowers, composting cut flowers after use or by gifting potted plants that help improve air quality.



Gift loved ones an experience instead of an item this year. Game nights, movie nights, a local park hike or a home-made scavenger hunt are all fun, memorable options.

MONTHLY CHALLENGE

UNITE WITH THOSE AND THE THINGS YOU LOVE

Unite yourself, loved ones, those in your community and other communities this month as you work through this month's Unity Challenge that is relevant any day throughout February (and throughout the year).

UNITE

YOURSELF | LOVED ONES | THE COMMUNITY | THE WORLD

Reflect on past accomplishments and make a check list for future goals.

Plan every week to call, video chat or visit a family member.

Volunteer and connect with people while bettering your community.

Explore global goals like the United Nations Sustainable Development Goals.

Take a day to do what you love. Reading, creating, sleeping, walking, talking, etc.

Express gratitude to a loved one and thank them for their positive impacts.

Walk through the community and think/journal about what you see and experience.

Improve global sustainability by making mindful, "green" choices in your life.

Make a five-year plan. Write out dreams, goals, required steps and obstacles.

Schedule a gathering with loved ones and spend time making new memories.

Say hello. This one word has the power to start new friendships and connections.

Explore a culture, language, trend, place or practice and widen your world.

Journal for 20 minutes and explore your thoughts through prompts.

Step outside of the usual and explore a new place, food, or activity with friends/loved ones.

Make new friends and learn something new by attending a local event, class or activity.

Consume global news. Find how trends, economies and resources connect us all.

Thinking, speaking and acting to Unite Green this month?
Share your success on social media! Use #UnitingGreen and contribute to the growth of a green, united online community!



Copy and layout by Paige Anson



GREEN OPPORTUNITIES

CELEBRATE BLACK ARTS AND MUSIC



Celebrate Black History Month at Ames' annual Black Arts & Music Festival, hosted at the Ames Public Library on Feb. 8 and 9, during the library's [regular open hours](#). This family-friendly event will feature visual and performance art of local African and African-American artists. On Feb. 8, there will also be a youth workshop, alternating performances in the auditorium and an art walk. For those unable to attend, all artwork showcased at the festival will display from Feb. 2 to Feb. 15. For more information, visit the [event Facebook page](#).

RESEARCH CHEMISTRY AT OLE MISS



Gain hands-on experience and training in a collaborative atmosphere, studying a broad range of chemistry topics during the University of Mississippi's summer Research Experience for Undergraduates Program. All students who have completed at least their freshman year, but not yet graduated, are eligible to apply. Participants are provided a \$5,000 stipend, housing and meal plan for ten weeks (from May 28 to Aug. 6), and travel assistance. [Download the application](#) and submit the completed form to reu@olemiss.edu by Feb. 20. Learn more information on the [program website](#).

CONSERVE AS A LEADER OF COLOR



Increase and facilitate conservation, energy efficiency and renewable energy as a two-year, paid Ray Conservation or Clean Energy Fellow. Applicants must come from an underrepresented racial/ethnic background (DACA recipients are eligible to apply), be less than two years out of college (degree by July 2020) and have not had a full-time job in conservation or clean energy. Applications are due March 22 with a start date of July 15. For more information on available fellowships and to apply, visit the [Ray Diversity Fellowship website](#).

HONOR WOMEN'S SUFFRAGE



Celebrate 100 years of women's suffrage at from an Iowan's perspective during the 19th Amendment Centennial Commemoration Statewide Kickoff, Feb. 14, from 11:30 a.m. - 6:30 p.m. at the Memorial Union. The event is free and open to the public, and will feature a public screening of the Carrie Chapman Catt documentary, a light lunch, performances, speeches and more. For more information, visit the [19th Amendment Centennial website](#). [RSVPs](#) are requested.

ADVOCATE FOR GLOBAL JUSTICE



Attend the ninth annual Social Justice Summit, an event dedicated to developing advocates, activists and promoting critical questioning and relevant actions, while providing avenues for addressing global injustice. It will be held on Feb. 22 from 9:30 a.m. - 4:30 p.m. and is free to all Iowa State students. During the event, engage in discussion with other students on a variety of issues and create strategies for implementing social change. Lunch will be provided. Learn more and register on the [Summit website](#).

ENGAGE IOWANS IN CLIMATE ACTION



Co-lead and support community relations and engagement for the City of Iowa City and its community climate action initiatives as a full-time [Climate Action Engagement Specialist](#). This position is open to anyone 18+ with an associate degree or higher in public relations, journalism, marketing, event planning, graphic design, environmental policy or related area, who has at least one year of related experience. Bilingual proficiency is a plus. The salary range is between \$55,432 and \$69,513, and work hours are from 8 a.m. - 5 p.m. For more information on job duties, visit the [Iowa City website](#) and apply by Feb. 12.

TRANSFORM GENDER AND SOCIETY



Join the Department of Women and Gender Studies for its 5th Annual Transforming Gender and Society Conference, on April 4 at the Memorial Union. Register to be a student presenter or as a non-presenting audience member or faculty sponsor to a presenter. Presenters must review the [presentation guidelines](#) and [submit a proposal](#) for a 10-15 minute presentation by March 12. Non-presenters have until March 27 [to register](#). Conference attendance, participation and food is free for all. For more information, visit the [conference website](#).

BECOME A SUSTAINABILITY FELLOW



Join students from around the country at the University of New Hampshire as a 2020 Sustainability Fellow. Currently enrolled or recently graduated students are eligible to apply. Selected applicants must attend an orientation at UNH May 26-28 and begin working June 1 to Aug. 14, with a \$6,500 stipend. Learn more about [the 18 available fellowships](#) and [apply on the Fellowship website](#) by Feb. 10.

GREEN-IT-YOURSELF

UNITE YOURSELF AND OTHERS WITH THESE GREEN GIFTS

PAPER HEART GARLAND

Supplies: scissors, thread, sewing needle, any paper or wrapping paper, marker or pen, paper clips (optional)

Instructions:

1. Use marker to draw a small heart in the top left corner of a scrap piece of paper.
2. Cut out the small heart.
3. Use small cut-out heart to trace desired number of hearts onto rest of scrap paper.
4. Cut out traced hearts.
5. Thread your needle (pull thread through the needle hole and tie it to needle).
6. With end of thread still attached to spool, pierce needle through the middle top V of the heart and the bottom tip of the heart.
7. Double knot after threading through the bottom of the heart (knot after each heart).
8. Repeat with all hearts, double knotting after the final heart, and then cut the string.
9. Hang from your wall or a picture frame depending on length. Use paper clips to clip photos on to the string if desired.



CONVERSATION CUTIES

Supplies: "cutie" oranges, mandarins, grapefruits, bananas (any fruit that you peel before eating), a permanent marker (or multiple), a reusable bag

Instructions:

1. Purchase your loved one's favorite peelable fruit.
2. Wash each fruit thoroughly and dry them.
3. With your marker, write cute sayings, (e.g. "cutie," "lol," "love you!") or draw a cute picture (e.g. a heart, smiley face, flower, etc.) onto the fruit.
4. Bag up your conversation fruit and gift to your loved ones or simply fill up your fruit bowl and share.

Additional Tip: Show a random act of kindness by leaving conversation cuties out in a public place like an office space, classroom or even drop them at a food pantry.



HEART BATH FIZZIES

Supplies: 1 C. baking soda, 1/2 C. citric acid, 1/2 C. Epsom salt, 1/2 C. corn starch, 1 tsp water, 3 Tbsp oil (olive, coconut, castor), vegetable food coloring (any color), essential oil (any), medium bowl, spoon, small bowl, heart-shaped silicon mold

Instructions:

1. Add dry ingredients to the larger bowl, stir together with a spoon.
2. In small bowl, mix liquid ingredients together with the spoon until blended.
3. In the large bowl, slowly add the liquid mix and stir to combine. Mix should hold together without crumbling.
4. Pack mixture into heart mold (or any shaped mold) with spoon.
5. Let dry for a day, or until fully hardened.
6. Carefully pop out of mold and store in a breathable cloth bag before gifting.
7. To dissolve, fill tub with water and drop in fizzy.



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RECIPES

HEARTFELT TREATS FOR THOSE YOU LOVE



CHOCOLATE CHIP COOKIE JAR MIX

Ingredients and Supplies: 1 1/2 C. flour, 1/2 tsp. baking soda, 1/4 tsp. ground cinnamon, 1/2 tsp. salt, 1/4 C. rolled oats, 1/2 C. packed brown sugar, 1/2 C. granulated sugar, 1 C. chocolate chips, quart-size mason jar with lid, large bowl, spoon

Servings: 1 quart of mix (12 medium cookies) | stores as long as sealed

Directions:

1. Use spoon to mix flour, baking soda, cinnamon and salt together in the large bowl.
2. Pour flower mixture into the bottom of a 1 quart jar. Spread evenly with the back of a spoon to form a flat layer.
3. With same method, layer oats, brown sugar, granulated sugar and chocolate chips.
4. Seal jar tightly with lid and add an instruction label with a piece of paper, marker and tape/string/twine (for securing label to the jar).
5. Write on label: Combine jar contents with 1/2 C. softened butter, 1 egg, 1 tsp vanilla extract. Mix well. Drop batter by spoonfuls onto baking sheet and bake at 350F for 8 minutes until edges are lightly browned. Remove and let cookies cool, then enjoy!



STRAWBERRY OVERNIGHT OATS

Ingredients and Supplies: 1 C. vanilla yogurt (any), 1 C. milk (any), 1 C. strawberries (thawed or fresh) 1 1/2 C. oats, 3 Tbsp. chia seeds, 1 tsp. vanilla extract, 1 Tbsp. honey, 16 oz. container and lid, spoon

Servings: 3 servings | good for 5 days if kept refrigerated

Directions:

1. Use spoon to mix yogurt, milk, honey and strawberries in bowl (or mix with blender).
2. Using spoon, combine chia seeds and vanilla into the mix.
3. Pour mixture into sealed container.
4. Store overnight in the fridge (or at least for two hours).
5. Top with favorite toppings (fruit, extra yogurt, etc.) Grab a spoon and enjoy (or gift).



HOMEMADE PUPPY TREATS

Ingredients and Supplies: 1 C. pumpkin puree, 1/3 C. peanut butter, 2 eggs, 2 C. whole wheat flour, 1/2 tsp. cinnamon, 1 dog treat cookie cutter, baking sheet, oven, large bowl, spoon, rolling pin, sanitized and lightly floured flat surface

Servings: 48 treats | stores for 1 month in fridge, 5 months in freezer

Directions:

1. Combine the pumpkin, eggs, peanut butter in large bowl. Mix thoroughly.
2. Add in flour and cinnamon, stir until just combined.
3. Roll dough on floured surface to 1/4 inch thick. Use more flour to prevent sticking.
4. Cut out treats with cookie cutter. Place on baking sheet.
5. Bake at 350 F. for 20-40 minutes, or until crunchy.
6. Let cool. Treat your puppy!

FEBRUARY CALENDAR

07

Valentine's Day Pottery **The Workspace, MU | 4 - 8 p.m.**

Get creative this Valentine's day and paint your loved ones a unique pottery piece. Open to all ages, (15 and younger must be accompanied by an adult). Bisque costs vary by selection. Cost (studio fee): \$4 ISU students, \$5 public.

08

Orchid Fest **Reiman Gardens | 9 a.m. - 4:30 p.m.**

Explore exotic displays of a variety of orchid species and colors during Orchid Fest Feb. 8 - 9. The Central Iowa Orchid Society will staff a Q&A booth and orchids will be available for purchase. Cost: Free for members and ISU students, \$9 for general public.

09

Healthy Body. Healthy Mind. **Elks Lodge | 11 a.m. - 5 p.m.**

Learn strategies for eating healthy and oversizing with ISU Extension and Outreach at 522 Douglas Avenue. Learn more on the extension.iastate.edu [website](#). Cost: Free.

12

Human Sciences Career Fairs **Varies | 12 - 5 p.m.**

Explore internships and full-time employment opportunities during the [Business, Industry, Tech](#) career fair (Hilton Coliseum) and the [People to People](#) career fair (Scheman Building). Learn more on ISU's College of Human Sciences [website](#). Cost: Free.

14

19th Amendment Commemoration **MU, Campus | 11:30 a.m. - 6:30 p.m.**

Kick-off the centennial commemoration of the 19th Amendment during multiple events at ISU. Enjoy a light lunch, a Campanile concert, performances, sessions and a closing reception. Registration is encouraged on [19thamendmentcentennial.org](#). Cost: Free.

Women's Suffrage Keynote **Great Hall, MU | 1 p.m.**

Celebrate 100 years of women's right to vote in the U.S. while listening to award-winning journalist Elaine Weiss as she discusses her latest book, "The Woman's Hour: The Great Fight to Win the Vote." Cost: Free.

20

2020 Design Career Fair **Scheman Building | 12 - 5 p.m.**

Attend the annual College of Design Career Fair and make connections for internship and job opportunities. Learn more on the ISU College of Design [website](#). Cost: Free.

Around the World Cooking Series

Cooks' Emporium | 6 - 7 p.m.

Create traditional quiche and crepe suzette at the Cooks' Emporium during their Around the World Ethnic Demo Series. Cost: \$25.

21

Arts Midwest World Fest: "Choor" **Stephens Auditorium | 7 p.m.**

Listen to the beautiful sounds of horsehead fiddles and world-famous khoomii throat singing from members of Choor, residents from the Inner Mongolian plains and masters of these art forms as tools for herding. Tickets are available on the Iowa State Center [website](#). Cost: Adult \$20, Youth \$10. Discount for ISU Students.

2020

SYMPOSIUM ON SUSTAINABILITY

24

Poster and Tabling Reception **Great Hall, MU | 6 - 7 p.m.**

Celebrate ISU's sustainable accomplishments while kicking off the 2020 Symposium, "Visions of a Sustainable Future." Enjoy refreshments and displays highlighting sustainable campus efforts and initiatives. Cost: Free.

Keynote Speaker - Erin Brockovich **Great Hall, MU | 7 p.m.**

Hear Erin Brockovich's sustainability journey during her keynote address "The Power of One." Brockovich is a consumer and environmental advocate, author, and the icon inspiring the 2000 biopic "Erin Brockovich." Cost: Free.

25

Sustainapalooza **Great Hall, MU | 5 - 8 p.m.**

Educate, engage and empower yourself through sustainable opportunities during this companion event to the Symposium. Enjoy a larger-than-life visioning board, photo wall, clothing swap, local refreshments and green giveaways focused on the theme of "Picture Yourself in a Sustainable World." Cost: Free.

26

Water Research Seminar Series **Elings Hall, ISU | 3:10 - 4:00 p.m.**

Engage in the Iowa Nutrient Research Center's monthly seminar series centered on "Water Research, Past Present and Future." This month's Seminar emphasizes a history of water quality research. Sessions will be available live [online](#) and in Room 1306 of Elings Hall. Cost: Free.

EcoChats: Water

Ames Public Library | 6:30 - 8 p.m.

Hear from local experts and explore displays from city departments and organizations. Cost: Free.

View more green events at [livegreen.iastate.edu](#).

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

Paige Anson | pmanson@iastate.edu

Krishna Burns | koburns@iastate.edu

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LIVE GREEN! MONTHLY

**"NO WATER, NO
LIFE. NO BLUE, NO
GREEN."
- SYLVIA EARLE**

**ISU STUDENTS
SUPPORTING HEALTHY
WATER SYSTEMS**

**NOW YOU KNOW:
HYDRATING ALL LIFE
ON LAND AND
WITHIN WATER**

**GREENING BREAK:
LEAVING A LIGHTER
TRAVEL FOOTPRINT**

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IOWA STATE UNIVERSITY

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Living Cardinal, Gold and GREEN!

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Meet students and organizations supporting healthy water systems.

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09 >>> Pursuing Zero Waste At ISU
Hear the latest campus recycling news from ISU's recycling coordinator.

10 >>> Now You Know
Explore hydration through U.N. Sustainable Development Goals 6 and 14.

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Discover all the sustainable events happening this month.

Follow Us!



Hydration is life.

Hydrating Green and want to share your progress? Tag @isu_livegreen on social media — we would love to see your ideas, thoughts and creations.



Photo by Semiu Hodza

MARCHING TOWARD HYDRATION

Welcome to another month and another step closer to spring. This issue, Live Green! looks forward to further exploring the United Nations' Sustainable Development Goals. This month, we are diving into goals 6 (Clean Water and Sanitation) and 14 (Life Below Water) under the theme of "Hydrating Green."

Live Green! also sends its thanks to all who helped make the 11th-annual Symposium on Sustainability and companion event, Sustainapalooza (image above) such a great success! For more information on the 2020 Symposium and our keynote speaker, Erin Brockovich, visit pages 4 and 5, the Live Green! [website](#) and the Sustainapalooza [Facebook event page](#).

Next month kicks off Earth Month and the 50th anniversary of Earth Day on April 22. Stay tuned for more information about ISU's celebration in next month's newsletter, the Live Green! [website](#) and Facebook [page](#) for event updates.

MARCH 27 | 7PM. MU, M-SHOP, ISU



You are invited! All are welcome to attend Sci Nite, a sustainability celebration including the best ISU has to offer in STEM, sustainability and the arts. Gather for a fun night of performances and talks around sustainability. The event will also include various refreshments and giveaways.

Cover image by Paige Anson



DIRECTOR'S MESSAGE

As the saying goes, "When the well is dry, we know the worth of water."

While seeming so obvious, isn't this so true? Consider for a moment your personal relationship with water... isn't it one of constant assuredness, that water is always available? Understandably so.

Reflect on a typical day. Shortly after waking up, we are using water for showering or bathing, making coffee or getting breakfast, brushing your teeth and flushing the toilet. In the matter of an hour or two each of us, without even thinking about it, has demanded and consumed multiple gallons of water. And that is just to get us started on our day. From there, water bottle fills, more toilet flushing, hand washing, another cup of coffee or two, additional meals and the water uses related to bedtime, equate to an average daily demand of 80-100 gallons of water each of us requests from the planet (estimated by the United States Geological Survey on their [website](#)).

At Iowa State University, the planet abides. We really have no need to give this daily regimen a second thought, except for the occasional Facebook post, article or newsletter column reminding us to conserve and leave a lighter footprint on the planet for the generations that follow us. How very fortunate we are.

This gift of life that flows so freely and cleanly from our faucets and fountains, is a coveted luxury by billions of people across the world. For some, there is no access to clean water, and for others, water is becoming in shorter supply. Then there are all the beings that depend upon water as their life-sustaining atmosphere – challenged by both water quality and quantity.

In this month's issue of Live Green! Monthly, our deeper consideration of the United Nations Sustainable Development Goals continues with focus on Goal 6: Clean Water and Sanitation and Goal 14: Life Below Water. This issue features ISU students fighting for a sustainable water future, resources to enable adequate and responsible self-hydration and opportunities to support and enhance awareness, engagement and empowerment toward ensuring a water secure future.

Wishing you a month that hydrates you - body and soul!

Yours in green-ness,



For March Newsletter:

February was a busy month for the Sustainability Committee! My committee and I worked on researching and writing a [Declaration of Climate Emergency](#) that was passed by Iowa State Student Government Senate on February 12. Both the University of Iowa and University of Northern Iowa have declared climate emergencies and it was important for Iowa State to do so as well to show the importance of the issue to all students at the public universities in the state of Iowa. I encourage everyone to look over the declaration on the Student Government Sustainability Committee web [page](#).

We also have SciNite coming up in the month of March! SciNite is a night of performances and talks dedicated to learning more about sustainability! This year, it will take place on March 27 at 7:00 p.m. in the M Shop. If you are interested in performing, please submit this form (found on the ISU Student Government [website](#)) by March 6. I hope to see everyone there!



Email Izzy with ideas or questions, iswilde@iastate.edu.
Follow the Sustainability Committee's Instagram, [@isusustainability](#).



Photo by Krishaun Burns

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.

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

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

DIRECTOR'S UPDATE



Photo Courtesy of Izzy Wilde

IZZY WILDE is Iowa State University's 2019-2020 Student Government Sustainability Director. She is a senior majoring in Spanish and community and regional planning.

SYMPOSIUM ON SUSTAINABILITY RECAP

"VISIONS OF A SUSTAINABLE FUTURE"

SYMPOSIUM FEB. 24

KEYNOTE SPEAKER: ERIN BROCKOVICH

Erin Brockovich, consumer advocate and author, shared her experience promoting sustainable water systems and communities and emphasized the importance of being confident in standing up and speaking out for basic health and human rights. A poster session featuring ISU sustainability achievements and initiatives preceded her talk. Learn more about Brockovich's story on her [website](#).



LOCAL DINING

Sourcing many ingredients from local producers, ISU Dining provided savory and sweet dishes and refreshing beverages at the Symposium and its companion event, Sustainapalooza.



LIVE GREEN! AWARD FOR EXCELLENCE IN SUSTAINABILITY

FACILITIES PLANNING & MANAGEMENT



Honored for completing three pollinator gardens on campus that support a variety of native pollinators and stormwater filtration, reducing maintenance needs by 50% and virtually eliminating fossil-fueled maintenance. Read more FPM sustainability efforts on the Live Green! [website](#).

ISU DINING



Honored for their efforts in combating food insecurity through the Give A Swipe Program; students donating 531 meals to other students during 2019-2020. Learn more green efforts on the ISU Dining [website](#).

TRANSPORTATION SERVICES & ISU PARKING



Honored for their commitments in establishing electric vehicle charging stations on campus, and efforts in adding electric cars to the university daily rental motor pool; reducing CO2 emissions by nearly a ton in the first six months. Learn more transportation green efforts on the Live Green! [website](#).

SUSTAINAPALOOZA FEB. 25

GREEN-IT-YOURSELF CENTERS

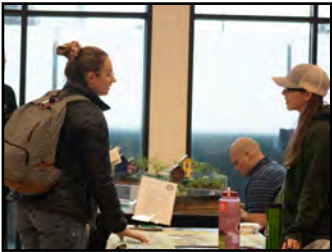
Hands-on, take-away projects promoting sustainable living were offered at Sustainapalooza, including: toothpaste, trail mix, upcycled poster gift bags, sweater coozies and magnets.



Copy, photos and layout by Paige Anson

"PICTURING A MORE SUSTAINABLE WORLD"

TABLING INITIATIVES/ACTIVITIES



Tabling Organizations

Over 30 student and community organizations promoting social, economic and/or environmental sustainability gathered to share their sustainable visions.



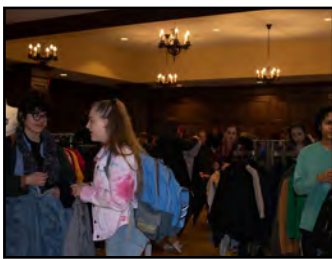
Poster Session

A diversity of sustainable initiatives and achievements made at ISU were displayed at the event. Learn more about them online by visiting Live Green!'s [website](#).



CYlebrity Wall

Lights, camera GREEN! Attendees gathered to pose and celebrate green community achievements and visions with ISU's favorite celebrity, CY.



Clothing Swap

Attendees were invited to donate clothes or unperishable foods in exchange for taking a "new-to-you" clothing item at the annual Sustainapalooza clothing swap. Visit the Live Green! Sustainapalooza [web page](#) to learn about past swaps and green activities.



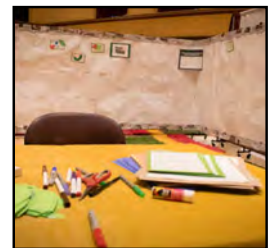
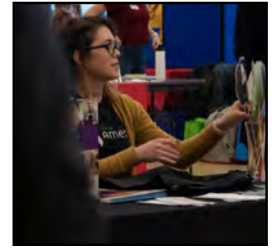
Visioning Wall

Sustainapalooza's theme "Picture Yourself In A Sustainable World," was embraced with a visioning board craft station. Continue to picture and craft a more sustainable world and campus online, and tag @isulivegreen.



Green Giveaways

Sustainable prizes were offered to attendees who visited with tabling organizations at the event. Prizes included green cleaning and cooking supplies, buttons, stickers, paper towel-saving cloths, an herb gardening kit with compostable pots and more.



Learn more about and view photos from the 2020 Symposium at [livegreen.iastate.edu](#) or follow up with the event on Live Green!'s Facebook [page](#).

THANK YOU

Gratitude is extended to the green initiatives that attended this year's event to share their visions and resources for a more sustainable future.

- American Fisheries Society
- Ames Climate Action Team/ EcoTheatre Lab
- Be the Match on Campus
- City of Ames Census
- City of Ames Electric Services
- City of Ames Resource Recovery Center
- City of Ames Smart Watersheds
- Climate Reality Campus Corps
- Common Ground-Story County Conservation
- Dance Marathon at Iowa State University
- Department of Natural Resources
- ISU Department of Residence
- Engineers for a Sustainable World
- Environmental Education Club
- Facilities Planning and Management Recycling Services
- FoodCorps Iowa
- Food Recovery Network
- Global Resource Systems
- Greeks Go Green
- Green Iowa Americorps
- International Agriculture Club
- Iowa Environmental Council
- Iowa State Environmental Science Club
- Iowa Waste Exchange
- ISU Dining
- ISU Peer Wellness Educators
- Mustard Seed Community Farm
- Oxfam America Club
- Pay It Forward
- Story County Conservation - Conservation Corps
- Students Helping Our Peers
- Sustainable Agriculture Student Association
- The Workspace
- Volunteer Center of Story County
- Wheatfield Co-Op

STUDENTS LIVING **CARDINAL, GOLD & GREEN**

ENSURING GOOD HYDRATION THROUGH CLEAN WATER SYSTEMS

Two hydrogen ions and one oxygen. This combination creates the most essential molecule for life. Water.

Although seemingly simply built, water creates the complex ecosystems and many of the complex issues, that our world faces today.

One issue includes potable water inaccessibility to 1 out of 10 people (844 million people) (worldvision.org).

Clean water accessibility for all living beings often comes down to two major factors, location and quality, which are influenced by natural and anthropogenic (human caused) processes.

Naturally, only .5% of the water on Earth is fresh (drinkable) and physically accessible, according to USBR.gov.

Humans influence water accessibility with societal processes; how we clean and pollute water resources and structure societies to make clean water affordable.

The United Nation's Sustainable Development Goals 6 (Clean Water

Photo courtesy of the Soil and Water Conservation Club

and Sanitation) and 14 (Life Below Water) aim to address these water accessibility issues.

Two student organizations at Iowa State University supporting these goals are the Soil and Water Conservation club and the Water Environment Federation club.

Soil & Water Conservation Club

The Soil & Water Conservation Club, a student chapter of the nonprofit Soil & Water Conservation Society, aims to improve water accessibility and quality by promoting sustainable land use.

One project the organization works on includes building and selling a Ground Water Flow model (view on [page 7](#)).

This model is meant to help people understand the water cycle and where the water in their yards and fields, and everything in it, is going.

It is also meant to help encourage connections between the impacts of land use on water resources.

"[Large levels of nitrates from land uses] severely

harm aquatic life through algal blooms. You can see it down in the gulf. The fishing industry is injured because of it," Abbie Portz, the club's former secretary said.

The club also compiles information for an annual water quality publication that is meant to help increase awareness of sustainable land use practices that support healthier water systems.

"Anyone who has an interesting topic related to soil and water [conservation], we try to get them into this publication and we send it out to a lot of high schools in Iowa and to anyone who wants one," Portz said.

The club also aims to keep members informed of land-use practices and knowledge that can help them make choices that support water accessibility.

"At most of our club meetings, we will also have a speaker. Somebody that is relevant to soil and water conservation topics," Hannah Weber, the club's president said.

Topics often discussed include water quality conservation practices, like vegetative buffer strips and cover crops; two practices that use plants to help filter water running into waterways and reservoirs.

Many students that join the club, like Portz and Weber, are agronomy majors.

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Hannah Weber

Soil & Water Conservation Club President

Photo courtesy of Hannah Weber



Abbie Portz

Soil & Water Conservation Former Club Secretary

Photo courtesy of Abbie Portz



Peiyang Li

Water Environment Federation Club President

Photo courtesy of Peiyang Li



Soil and Water Conservation Club



CONNECT!

Connect with Soil & Water Conservation Club through their [website](#) or reach out to them on their Facebook [page](#).

Connect with ISU's student chapter of the Water Environment Federation through their [website](#), their Instagram: [wef_iowa_state](#) or their email: isu.wef@iastate.edu

However anyone can join, Portz said.

For Weber and Portz, reasons they joined the club were based on wanting to support water's role in sustaining all life.

"Everything is interconnected. There is the soil, the plants, the animals, the people, even microbes that are all a part of this big web. They are all connected in one way or another through the water. If your water is not clean, that affects everything else," Weber explained.

Some tips for making a physical difference in water and soil conservation that Portz and Weber would recommend include simply thinking about all repercussions of land use.

Whether you are fertilizing a yard, garden, recreational area or farm, considerations of where your fertilizer, its nitrates and phosphates, are running off into should be considered, Weber said. Even being mindful of weather when fertilizing is a recommendation Weber would make.

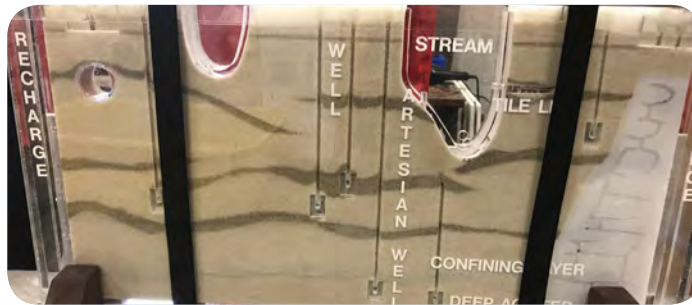


Photo courtesy of the Soil and Water Conservation Club

"Often you rely on a good rain to get that fertilizer to dissolve and then move into your soil. If you have torrential rain it will just wash it off," Weber said.

One takeaway anyone can get from attending a club meeting is one that Portz recounted.

"No matter what you do, you can make an impact with soil and water conservation. Even if you are just listening to someone talk about it and are learning how to think about water and soil differently," Portz said.

Water Environment Federation, ISU Student Chapter

ISU's student chapter of the nonprofit organization the Water Environment Federation promotes water

accessibility as it works to provide education and training for aspiring water quality professionals.

One experience the student organization offers is the annual opportunity to compete in the Central States Water Environment Association Student Design Competition every April, the club's president, Peiyang Li, described.

The competition evaluates student chapters' preliminary designs for waste water management improvements.

In April 2019, ISU's chapter presented a preliminary waste water improvement strategy in Madison, Wisconsin that was based on improving nutrient removal for the Ames Water Pollution Control Facility, Li said.

This strategy succeeded in allowing the club to represent the Iowa Water Environment Association at the national level of the competition, which was held in Chicago, Illinois this past September.

Although the club did not place last year, members look forward to continuing to develop their professional experience when they present again at this year's competition, Li said.

Who should join the club? Li recommends anyone who is interested in a career in waste water management and wants to develop their professional portfolios.

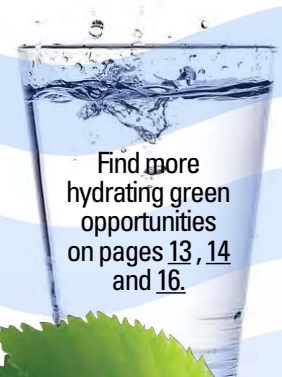
"This club might provide great opportunity for you. We travel to conferences. We compete. We have guest speakers. You will learn a lot about water [systems]," Li said.

For example, some people may not know that Ames has two water treatment facilities. One for drinking water (Water Treatment Plant) and one for waste water treatment (Water Pollution Control Facility), Li said.

As the students in these organizations have done, anyone can learn more about their water sources and systems. They can also learn how to better engage, educate and empower themselves in ensuring a future with sustainable and accessible water resources.



Photo courtesy of ISU's Student Chapter of the Water Environment Federation



TIPS TO TRAVEL SUSTAINABLY

GREENING LOCAL, DOMESTIC OR ABROAD

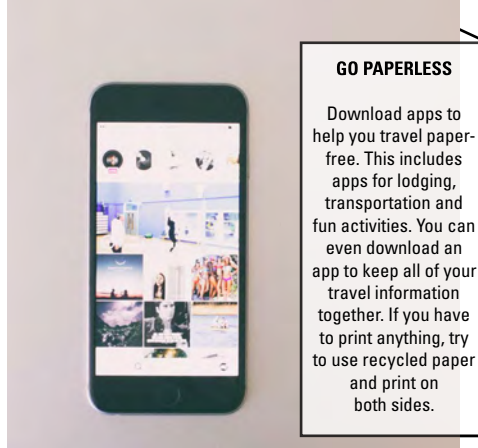
IMPACT: MEDIUM EFFORT: LOW COSTS: SAVE



UNPLUG YOUR HOME AND OFFICE

Before you travel, pull the plug on your appliances. There's no need to leave your TV or lamp plugged in. **In addition**, if you'll be gone for a longer time, pay it forward and donate any perishable foods you won't be able to eat before leaving to fresh food pantries.

IMPACT: LOW EFFORT: LOW COSTS: FREE



GO PAPERLESS

Download apps to help you travel paper-free. This includes apps for lodging, transportation and fun activities. You can even download an app to keep all of your travel information together. If you have to print anything, try to use recycled paper and print on both sides.

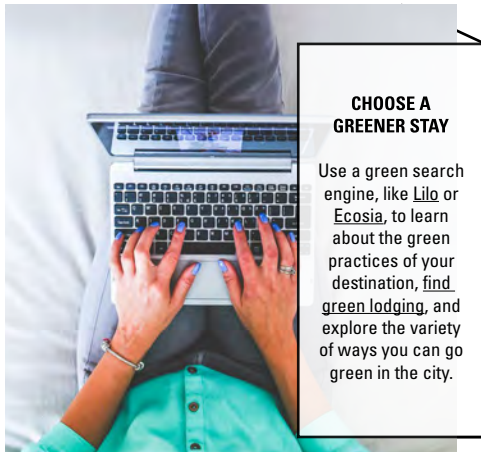
IMPACT: MEDIUM EFFORT: MEDIUM COSTS: FREE



READ UP ON THE CULTURE OF YOUR DESTINATION

Get to know the people and places of your destination. Start by learning a few words and phrases, finding out how to dress respectfully, checking for local holidays and learning other communication codes, such as hand signs or non-verbal signs that may be offensive.

IMPACT: MEDIUM EFFORT: LOW COSTS: FREE



CHOOSE A GREENER STAY

Use a green search engine, like [Lilo](#) or [Ecosia](#), to learn about the green practices of your destination, [find green lodging](#), and explore the variety of ways you can go green in the city.

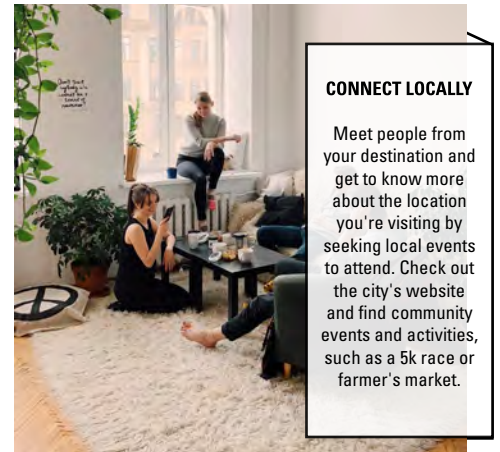
IMPACT: MEDIUM EFFORT: LOW COSTS: FREE/LOW



TAKE YOUR OWN WATER BOTTLE

No matter where you travel to around the world, take your own water bottle and refill at a free refill station. Find the stations in Europe using [Refill](#), in Asia using [RefillMyBottle](#), in North America using [Blue W](#) and all around the world using [Tap](#).

IMPACT: MEDIUM EFFORT: MEDIUM COSTS: FREE



CONNECT LOCALLY

Meet people from your destination and get to know more about the location you're visiting by seeking local events to attend. Check out the city's website and find community events and activities, such as a 5k race or farmer's market.

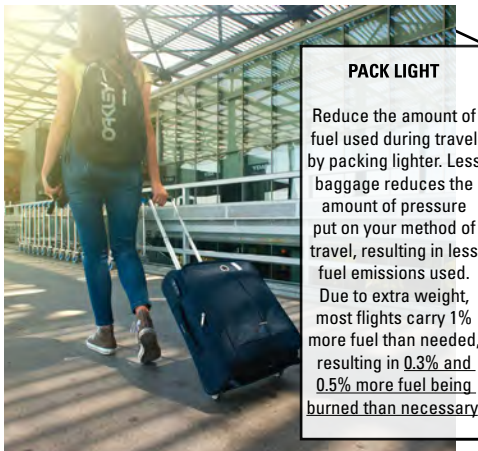
IMPACT: MEDIUM EFFORT: MEDIUM COSTS: SAVE



EAT FOOD THAT'S TOO GOOD TO GO

Save money, prevent food from going to waste and enjoy a delicious meal by using the app [Too Good To Go](#). It connects businesses in 15 countries who have surplus food at the end of the day to users who want to collect it.

IMPACT: LOW EFFORT: MEDIUM COSTS: SAVE/FREE



PACK LIGHT

Reduce the amount of fuel used during travel by packing lighter. Less baggage reduces the amount of pressure put on your method of travel, resulting in less fuel emissions used. Due to extra weight, most flights carry 1% more fuel than needed, resulting in 0.3% and 0.5% more fuel being burned than necessary.

IMPACT: HIGH EFFORT: MEDIUM COSTS: SAVE



SWAP BEFORE TRAVELING

In lieu of going shopping for brand new clothes and items, shop your friends and families closets for things you might only use/wear once, or that you don't really need but would like. Invest that saved money into experiences or save it!

PURSuing ZERO WASTE AT IOWA STATE

A MESSAGE FROM ISU'S RECYCLING COORDINATOR

STRATEGIC APPROACH TO WASTE MINIMIZATION AND REDUCTION THROUGH ZERO WASTE

Iowa State University is on a mission to become a zero-waste campus by keeping at least 85% of its waste out of the landfill by 2025. Recycling Services' approach in achieving this is through reducing the amount of waste produced, reusing materials repeatedly, and recycling items into new products (composting food waste into soil compost). Our focus is to continue promoting the three R's: Reduce, Reuse and Recycle/Compost. This model is vital in achieving an effective waste minimization/zero-waste program.

WHAT IS ZERO WASTE?

Zero waste is a ***lifestyle, philosophy, movement, and solution*** to reduce consumption, minimize waste, and maximize recycling. It is a process aiming to eliminate rather than manage waste. Not only is zero waste about recycling and diversion from the landfill but it streamlines production and distribution systems to prevent waste from being produced in the first place.

WHY PURSUE ZERO WASTE AT IOWA STATE?

Pursuing a zero-waste culture at Iowa State is a great and effective avenue to actively engage the entire campus community towards a robust participation in recycling and enhance sustainability education.

ZERO WASTE TEAM

The zero-waste team at Iowa State University is a volunteer-based group put together by Facilities Planning and Management (FPM) Recycling Services and is comprised of faculty, staff and students who are passionate about the university's zero-waste efforts of achieving at least 85% diversion from the landfill by the year 2025.

The team serves as advocates for the zero waste program across campus to engage peers and colleagues in their respective departments and buildings. They will also help volunteer during athletic events to educate fans.

ZERO WASTE INITIATIVES AT IOWA STATE

ZERO WASTE TALK SERIES

As part of our zero waste engagement series, Recycling Services is offering a presentation called Zero Waste Talks to help departments and student clubs learn more about Iowa State's zero-waste efforts. Interested departments can schedule the presentations by emailing recycling@iastate.edu.

RECYCLEMANIA

Iowa State University is participating in its second RecycleMania, a large eight week collegiate recycling competition managed by the National Wildlife Federation.

Schools compete in several categories based on the weight of recyclables, food organics and waste collected. Iowa State is entering the per capita classic contest, which calculates the paper, cardboard, bottles, and cans recycled on a per person basis.

The competition will help the university to benchmark ISU's efforts against the best recycling universities in the U.S. and Canada, and continues until March 28.

MOST FAVORED OPTION

FOCUS

REDUCE

Lower the amount of waste

REUSE

Use materials repeatedly

RECYCLE

Make new with the old

RECOVERY

Make energy from waste

LANDFILL

Safe disposal of waste

LEAST FAVORED OPTION



AYODEJI OLUWALANA is Iowa State University's Recycling Coordinator. Read more about his zero-waste vision in the [Spring 2020 Recycling Newsletter](#).

NOW YOU KNOW

HYDRATING LIFE ON LAND AND BELOW WATER

About 71% percent of the Earth's surface is covered by water. Of that, 3% is freshwater and suitable for consumption by humans, animals and most plants. Still, less than 0.5% is accessible for consumption.

This limited access to freshwater makes its cause and conservation crucial. Everyone requires it. Humans are made up of 60% water and need to drink, on average, between 91 and 125 oz. daily. Animals (from dogs to snakes) need water to complete a variety of bodily functions. Plants need water to grow.

Despite the requirement for freshwater, the reality is those who need access do not have it. The demand for water outpaced population growth in the last century, and the supply-demand gap

continues to widen, with freshwater being used for more than public supply, including irrigation, industrial processes, electricity production and manufacturing.

The diversity of freshwater demand has led to water scarcity on all continents, which can occur for different reasons. In some places, lack of water is due to a physical shortage. In others, it's due to institutions failing to provide regular access to water or lacking adequate infrastructure.

Until these issues are resolved, 785 million people will continue to live without basic drinking water services. Over 2 billion people will continue to live in countries experiencing high water stress. Half of the world's population will continue to experience severe water scarcity at least one month every year. And 40 states in the U.S. can anticipate water shortages by 2030.

In 2015, the United Nations recognized this as a huge problem and established Sustainable Development Goal 6, with the goal of ensuring access to clean water for all.

In addition to focusing on freshwater access, a target of the goal is to ensure accessible water is also clean.

Without clean water, millions of people die from malnutrition and diarrheal diseases. According to the Centers for Disease Control and Prevention, unsafe drinking water, inadequate availability of water for hygiene and limited access to sanitation contributes to approximately 88% of all diarrheal diseases.

Along with affecting health, water and sanitation also impacts the economy.

Every \$1 invested in water and sanitation results in a gain of \$8 through averted healthcare costs and an increase in productivity.

The World Health Organization also found that investing \$1 in water, sanitation and hygiene education can reward countries

with better health and an economic gain between \$3 and \$34 from reduced workforce absenteeism due to sickness.

Families are also impacted by a country's investment in clean water and sanitation. According to WaterAid, those who make the least money tend to pay the most for safe water. This results from people living in extreme poverty do not have access to a government-backed water source and resort to accessing water from unofficial or illegal sources.

For example, in Madagascar, a person who gets water from a tanker truck can spend as much as 45% of their daily income for the World Health Organization's daily recommendation of 50 liters of water. In Cambodia, some of the poorest residents spend up to 108% of their income on water.

Paying this much for water takes money away from other basic needs, such as food, shelter, health and education. Because of this, many people choose to get water themselves, which also indirectly takes money away from their households.

To illustrate, some African households spend ¼ of their day getting water, equating to 40 billion annual working hours being taken from their income.

If families were able to afford clean water, they could instead save 1,000 hours to work, rest, study, care for children and participate in community activities, worth an annual economic value of \$100 billion.

To help everyone around the world achieve that economic value and obtain affordable, clean water, organizations such as Water for Good and One at a Time step up.

Individuals are also able to make a difference by participating in national and international campaigns that focus on clean water, sanitation and hygiene, such as World Water Day (Mar. 22) and World Toilet Day (Nov. 19).

Iowa State also has a variety of student organizations that focus on the target areas of Sustainable Development Goal 6. Read about two on page 6, and find others on the ISU student organization database.

6 CLEAN WATER AND SANITATION



14 LIFE BELOW WATER



The remaining 97% of water on Earth can be found in the ocean, which is home to nearly 200,000 identified species and an estimated million more undiscovered. The ocean also serves as the world's largest source of protein, providing 3 billion people around the world with fresh seafood.

Oceans also play a large role in the global ecosystems that make Earth a habitable place for humans, animals and plants. This includes rainwater, weather, climate, coastlines, a lot of the food we eat and even the oxygen in the air.

Due to this extensive interconnectedness, the ocean is something imperative to conserve and protect, just like freshwater.

In addressing this, the United Nations developed Sustainable Development Goal 14, with the theme of conservation and

sustainable usage of the world's oceans, seas and marine resources.

Goal 14 has seven targets, which are to:

1. reduce ocean pollution
2. sustainably manage marine and coastal ecosystems,
3. minimize and address the impacts of ocean acidification,
4. regulate harvesting and overfishing,
5. conserve at least 10% of coastal and marine areas,
6. prohibit specific fishery subsidies that contribute to overcapacity and overfishing, and
7. increase economic benefits to Small Island Developing States and developing countries from the sustainable use of marine resources.

Each of Goal 14's targets contribute to the maintenance of the key natural resources oceans provide, of the support oceans provide in climate change mitigation and of sustainable tourism and recreation.

An example of this is the United Nation's focus on preserving coral reefs, one of the world's most diverse ecosystems, addressing targets two, three and five.

According to Ocean Society, coral reefs support vast amounts of marine life, help prevent coastal erosion, offer protection from storm surges and support jobs ranging from fishing to tourism. In addition, more than 500 million people rely on the reefs for food, income and coastal protection, reaching an economic benefit of \$3.4 billion in the U.S alone.

Despite these benefits, the destruction of coral reefs has been ongoing. Almost 20% have been destroyed without any recovery potential; 24% are under imminent risk of collapse due to human interference; and 26% are under a longer term threat of collapse.

In order to combat this destruction, the UN Environmental Programme and Regional Seas partnered together in 2014 to create the Global Coral Reef Partnership, in which they promote and demonstrate proper

ecosystem-based marine management in coral reefs, encompassing four substantive and institutional areas.

Another area the United Nations is focusing on to achieve targets one and seven is the reduction of marine pollution, especially from land-based activities.

Municipal, industrial and agricultural waste and run-off accounts for as much as 80% of all marine pollution. Plastic also accounts for 17.6 billion pounds, equal to 57,000 blue whales, of annual marine pollution.

This poses a huge risk to ocean biodiversity, many times causing seabirds and marine species to become entangled or suffer from indigestion, which kills them or affects their reproduction.

Organizations such as Greenpeace USA, Marine Sanctuary and Plastic Oceans work according to Goal 14 to lessen these impacts.

Organizations like these are also guided by Goal 14 to help achieve targets four and six, with the goal of stopping improper marine management, which leads to overfishing.

Overfishing has resulted in two-thirds of large fish being removed from the ocean, and one in three fish populations collapsing since 1950.

To curb this, countries have enacted laws that dictate how and when people can fish. The U.S. has been a global leader in the fight and has enacted laws like the Magnuson-Stevens Act, which has helped fish rebound since the 1980s and '90s.

In discussing the entirety of Goal 14 milestones and achievements, such as the Magnuson-Stevens Act, the United Nations hosts the annual Ocean Conference. Individuals are encouraged to also get involved in the implementation of Goal 14 by signing pledges and joining organizations that focus on ocean conservation.

No matter the level or detail of involvement in Goal 6 or Goal 14, every action makes a difference – both to the millions of people who seek access to freshwater and the life underwater relying on the most diverse ecosystem the world has to offer.

GREEN-IT-YOURSELF

HYDRATE YOURSELF AND OTHERS WITH THESE GREEN IDEAS

HUMMINGBIRD FEEDER

Supplies: Two feet of 6 or 8 gauge copper wire, small glass bottle with a narrow neck, bling or embellishments, hummingbird feeder tubes, hummingbird nectar, wire cutters, towel

Instructions:

1. Using the pliers (and a towel placed around the end of the wire to keep from scratching the copper), clamp the wire and bend a loop on one end.
2. Start at the neck of the bottle and twist the wire around the bottle. Add another loop in the wire at the top of the bottle for hanging.
3. Add any embellishments (especially red ones!) to help attract hummingbirds, then fill the bottle with a hummingbird nectar solution (1 part sugar dissolved in 4 parts water) and secure the bottle with a feeder tube.
4. Make sure to completely fill the bottle for a tight seal. Hang the feeder outdoors and enjoy watching the birds eat!
5. For feeding tips and precautions, visit the [Mosaic Birds website](#).



WATER BOTTLE TRACKER

Supplies: paint pack, reusable water bottle, word stencil, paper towels, tape

Instructions:

1. Create a word pattern on paper sized to fit your water bottle (not too big, not too small), then roll it to fit inside the bottle to use for tracing.
2. Test the paints on a paper towel to get a feel for them before decorating your bottle. To create a super fine tip for wording, wrap a piece of tape around the paint bottle tip in a cone shape, leaving a small hole. Alternatively, you can use paint markers.
3. Trace over the paper wording with paint. If you make a mistake, wipe away the wet paint with a damp paper towel. Once finished, let the paint dry.
4. Use other paint colors to create squiggles between each set of words for tracking water levels. Let dry completely.



INDOOR WATER GARDEN

Supplies: Aquatic plants, glass jar, aquarium stones, water, aquarium plant fertilizer

Instructions:

1. Wash aquarium stones thoroughly with water and add half to the jar.
2. Rinse aquatic plants in room temperature water, then organize in the jar. If your plants came potted, leave in the pot. Add the remaining stones to secure and cover the roots and/or pot of the plants.
3. Carefully add room temperature water to cover the plants. If your jar has a lid, drill holes in it or completely leave it off. Do not place the jar in direct sunlight.
4. After a week, begin using aquarium plant fertilizer.
5. If you need to top off the water (or if it becomes murky and needs to be replaced), use distilled water, collected rain water or tap water that has been sitting out, dechlorinating, for at least 24 hours.



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RECIPES

HYDRATING DISHES TO KICK-OFF SPRING



EGGPLANT & ZUCCHINI SALAD

Ingredients and Supplies: 1½ lb. eggplant, 2 large zucchini, 1½ tbsp. olive oil, ½ tsp. kosher salt, ½ tsp. ground black pepper, one 14 oz. can of chickpeas (drained and rinsed), ¼ C. crumbled feta cheese, 5 large mint leaves (sliced), 1 juiced lemon, oven or grill

Servings: 6 servings | lasts for 3-5 days, refrigerated

Directions:

1. Preheat the grill or oven broiler to medium heat. Slice the eggplant into ¾-inch slices and cut the zucchini in half crosswise, then into ½-inch slices.
2. Place the eggplant and zucchini on a baking sheet. Brush both sides with olive oil and season with salt and pepper.
3. Grill until the vegetables are tender but not over cooked (4-5 minutes per side).
4. Cut the eggplant and zucchini into bite-sized pieces and share in a serving bowl.
5. Add the chickpeas, feta cheese and fresh mint to the bowl. Squeeze the lemon over it all and stir gently to combine. Serve warm or at room temperature.



LEMON ORZO PASTA SALAD

Ingredients: 1½ C. dry orzo pasta, 2 tbsp. olive oil, 1 juiced and zested lemon, 1 large cucumber (chopped), 1 tbsp. fresh parsley, ½ C. feta cheese, ground black pepper (to taste), salt (to taste)

Servings: 4 servings | lasts for 3-5 days, refrigerated

Directions:

1. Bring a large pot of salted water to a boil. Cook the orzo approximately 9 minutes.
2. Drain the pasta and let cool for 2 minutes. Toss with olive oil, lemon juice and zest, cucumber, herbs and feta cheese.
3. Season with salt and pepper (to taste). Serve chilled or at room temperature. Can be made a day in advance and kept in the refrigerator.



STUFFED CELERY STICKS

Ingredients: 12 pre-cut celery sticks (or celery stalks cut into sticks), ½ C. plain hummus, 1 plum tomato (diced), ¼ C. cucumber (diced), ⅓ C. kalamata olives, 3 tbsp. feta cheese

Servings: 12 servings | lasts for 7 days, refrigerated

Directions:

1. Wash the celery sticks and place on a platter. Using a spoon or knife, scoop the hummus out and spread over each stick.
2. Sprinkle the diced tomatoes, cucumber, olives and feta cheese on top of each celery stick. Enjoy immediately or refrigerate.

MONTHLY CHALLENGE

OPTIMIZE YOUR HYDRATION

Every living being on Earth needs to stay hydrated. For humans, adequate hydration regulates body temperature, helps prevent infection, delivers nutrients to cells, keeps organs functioning properly and improves sleep quality, cognition and mood.

While experts have traditionally recommended drinking eight, 8 oz. glasses of water a day to stay hydrated, the National Academy of Medicine recommends differentiating the amount a person drinks based on their gender. Men are recommended to drink 125 oz. (12 cups) a day and women, 91 oz (9.5 cups). This

amount increases for those who regularly work out and decreases to seven cups for those age 70+.

Experts also recommend to avoid drinking water on an empty stomach because it is likely not being retained by the body. Instead, space your water consumption out around meals. Although these recommendations may seem like a lot to keep up with, use this month's challenge as an inspiration and a mini how-to kickstart optimizing your monthly hydration! As a fun first step, learn how to make your own water tracker bottle on [page 12](#)!

ACTION 2

Drink 4 oz. of water per hour

ACTION 4

Add flavored ice to your water

ACTION 6

Try carbonated water infused with fruit

ACTION 8

Drink water before, during and after exercising

ACTION 1

Download a hydration app on your phone and add alerts to stay on track

ACTION 3

Snack on hydrating fruits and vegetables like cucumbers, apples and strawberries

ACTION 5

Drink water 30 minutes before you eat and 1 hour after you eat

ACTION 7

Drink water just after waking up and right before going to bed

For more hydration tips, visit [Real Buzz](#).

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GREEN OPPORTUNITIES

VOLUNTEER IN THE VIRGIN ISLANDS



Volunteer for the nonprofit Common Tides and provide free summer marine science and sailing programs to children in the U.S. Virgin Islands. This opportunity is perfect for anyone looking to learn more about sailing, exploration, marine conservation or education. A fee is required for food and stay on the sailboat and training. Fundraising opportunities are encouraged. Learn more on commontides.org and check out Common Tides' [Intern Video](#). To apply visit Common Tide's volunteer [page](#).

INTERN IN URBAN CONSERVATION



Help keep City of Ames conservation projects going strong as an Urban Conservation Intern May 2020 - Dec. 2020. Roles would include: inspecting practices for proper function, performing maintenance, trash pickup, directing volunteers and developing and implementing public education and outreach on conservation projects. Interns can expect approximately 10-15 hours of paid work per week with potential for 40 hours per week in summer months. Experience or knowledge with Iowa native plants and habitat is a plus. To apply and to learn more, visit glassdoor.com.

JOIN IN A DAY OF UNPLUGGING



Explore, discover and imagine with Story County community members on March 6, the National Day of Unplugging. Story County offers community members three "unplugged" events to help people spend time together, including: a community coffee (7-8:30 a.m. | Conservation Center), a lunch and learn (12-1p.m. | McFarland Park) and a community campfire event (6:30-7:30p.m. | McFarland Park). Find more information on NationalDayForUnplugging.com and the Story County, Iowa government [website](#).

TRANSFORM GENDER AND SOCIETY



Transform how gender is perceived in society at this cross-disciplinary Iowa conference. Present research, creative work, pedagogy, activism and thematic pieces relating to women's, gender and sexuality studies. The 2020 Transforming Gender and Society conference will take place April 4 at the Memorial Union at Iowa State University.

Student presenter proposals are due by 11:59 p.m., March 12. For more information, visit ISU's Women & Gender Studies [webpage](#).

ACT FOR ST. JUDE



Join the fight against childhood cancer by attending Lambda Theta Alpha Latin Sorority, Inc.'s "Acts for St. Jude" philanthropy event, April 10, 6-9 p.m. in the South Ballroom of the Memorial Union. Want to do more? Sign up to perform during the event. All acts are encouraged to apply [online](#) by March 27 and will help promote donations to proceeds for St. Jude Children's Hospital. Items are also being accepted for donation for the event's raffle. Questions? Email Maricela at lta.zg.12.7@gmail.com.

GATHER FOR WATER



Sign up to attend the 14th Annual Iowa Water Conference (IWC) April 8-9 and help pave paths to meaningful change "across the vast spectrum of water resource issues." Research posters that fit with this theme of water quality improvement are also encouraged to apply to be a part of the event's general poster session. Poster submissions are due March 25. Registration to attend (\$175) is due April 3 for the early discount. Student scholarships are available and are due March 8 at 11:59 p.m. Scholarship applications can be found [here](#) or on the water.iastate.edu website, along with other conference information.

MARCH FOR WATER



Pledge to walk further than usual this March, in solidarity with those who have no choice but to walk to collect water. Lace up with blue shoe laces and take the scenic route. Share progress on social media as you #MarchForWater. In sharing your steps, and by talking about this march, you will help those suffering from lack of access to healthy water sources make their voices heard on World Water Day (March 22). Learn more about water insecurity and the March for Water on wateraid.org.

INTERN FOR SUSTAINABILITY



Refine your professional skills and contribute to various sustainable initiatives as an Environmental Sustainability Intern for Perishable Distributors of Iowa in Ankeny, Iowa. This 40-hour per week summer internship involves working with a director on multiple zero-waste initiatives and developing, reporting on and implementing sustainability practices within the company. Applications can be filled out on indeed.com.

MARCH CALENDAR

05

Creating Global Understanding Roundtable Christian Petersen Art Museum | 5 - 6 p.m.

Explore the ISU World Language and Culture *Creating Global Understanding* art exhibit and listen to the five contributors share their experience creating it. Gallery guide available. [Register on the museum website](#). Cost: free

Symphony of Diversity

Stephens Auditorium | 7:30 - 8:30 p.m.

Celebrate a diverse world with the Iowa State University Orchestra as they perform music from uncommon artists and composers under conductor Jonathan Govias. Doors open at 6:45 p.m. and is open to the public. Cost: free

07

International Women's Day

Ames Public Library | 2 - 4 p.m.

Unite with members of the Ames community for the annual celebration of International Women's Day. Reflect on this year's theme of #EachforEqual as you enjoy a performance of the 2019-2020 season of "HERoic Stories," light refreshments and small conversations with others. Cost: free

08

Ames Reads Leopold

Ames Public Library | 2 - 4 p.m.

Explore the conservation and land ethic writings of Aldo Leopold through the voices of guest readers. Attendees are also invited to record a 10-minute story inspired by Iowa's nature through the Common Ground Project during the event. Cost: free

09

Living in the Future's Past Documentary

Pioneer Room, MU | 6 p.m.

Engage your mind with the United Nations Gold World Medal winning documentary "Living in the Future's Past," and challenge yourself to think about the future, sustainability and the world you want to create and live in. A discussion will follow the film. Cost: free

14

March Madness Small Business Event

1827 217th Rd., Boone | 9 a.m. - 4 p.m.

Support small Iowa businesses at the 7th-annual March Madness flea market event. Shop from more than 65 crafters and direct sales vendors, enjoy refreshments from concession stands and win parking lot and door prizes. Avoid long lines by [buying a ticket on the event website](#) or pay at the door. Cost: \$1

15

Stories to Tell My Daughter

2811 East 14th St., Des Moines | 4 - 6 p.m.

Connect with women of all ages and from all backgrounds for an evening of empowerment. Listen as personal narratives of the feminine experience are shared — stories that feature love, loss, adversity and everything in between. Mothers and daughters of all ages are encouraged to attend. [Register on the event's Eventbrite page](#). Cost: \$20

17

DSM Human Rights Symposium Kick-Off Drake University, Olmsted Center | 6 p.m.

Reflect on your culture and identity as you explore the intersection of race, ethnicity, culture, stereotypes and social expectation during a satirical academic presentation and workshop of "Afropuff Lederhosen: A Critically Comical Investigation of Race." Limited seating, [register early on the event's EventBrite page](#). Cost: free

26

Learn to Compost and Vermicompost Story County Conservation | 5:30-6:30 p.m.

Learn about the natural processes used to turn organic material into a dark, rich humus that is great for your soil and garden from horticulturist and Iowa State Associate Professor, Cindy Haynes. Cost: \$3 per adult (kids can attend for free). [Register on My County Parks website](#) by March 24 at 4 p.m.

27

SciNite

Campanile Room, MU | 7 - 9 p.m.

Have fun as you learn about sustainability during the second annual SciNite at Iowa State. Hosted by the Iowa State Student Government Sustainability Committee, this event will feature presentations and a variety of performances. Cost: free

28

Potting Party: Airplant Aesthetics

Reiman Gardens | 10 - 11 a.m.

Spend an hour with horticulturist Jessie Liebhenguth and learn about the minimal, adaptable and unique airplant. Learn how to help them thrive and take some home with you. [Register on the Reiman Garden website](#) by March 26 (limit of 10 people). Cost: \$32 - members, \$40 - general public and \$27 - ISU students

30

City of Ames EcoChat

Ames Public Library | 6:30 p.m.

Browse community and vendor booths and learn from local experts at the City of Ames last EcoChat of the spring, with the theme of Reduce, Reuse and Recycle. This EcoChat will follow four topics: Composting Pilot Program, Apartment and Backyard Composting, Zero Waste and How to Dispose of Items. Cost: free

APRIL 3 - 4

COMING IN APRIL



20th Annual Stash the Trash

Various Locations | 1 - 5 p.m. & 8 a.m. - 1 p.m.

Spend time with your neighbors for a community wide clean up of public spaces, neighborhoods and local parks. This year, Stash the Trash will also feature a "Trashion Show," displaying repurposed fashion designed by ISU students. Light snacks and all trash pick-up items will be provided. Check in at Reiman Gardens for supplies and locations. Cost: free

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

Paige Anson | pmanson@iastate.edu

Krishna Burns | koburns@iastate.edu

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LIVE GREEN! MONTHLY



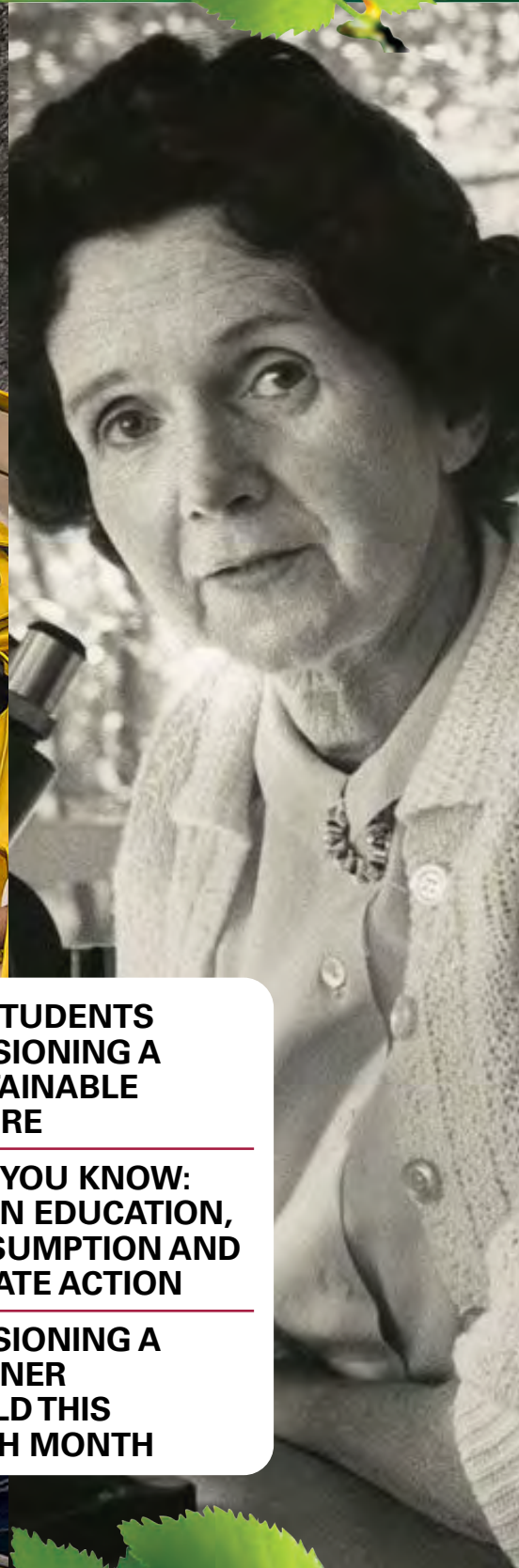
**"NO MATTER
WHAT PEOPLE
TELL YOU, WORDS
AND IDEAS CAN
CHANGE
THE WORLD. "
- ROBIN WILLIAMS**



**ISU STUDENTS
ENVISIONING A
SUSTAINABLE
FUTURE**

**NOW YOU KNOW:
GREEN EDUCATION,
CONSUMPTION AND
CLIMATE ACTION**

**ENVISIONING A
GREENER
WORLD THIS
EARTH MONTH**



WHAT'S INSIDE

IOWA STATE UNIVERSITY

LIVE GREEN!

Living Cardinal, Gold and GREEN!

- 04 >> **Earth Month 2020**
Make sustainable choices all month long to say "thank you" to our planet.
- 06 >> **Students Living Cardinal, Gold & Green**
Meet students organizations envisioning a sustainable world for all living beings.
- 08 >> **Now You Know**
Explore this month's theme through U.N. Sustainable Development Goals 4, 12 and 13.
- 10 >> **Green-It-Yourself**
Stay healthy all month with these sustainable creations.
- 11 >> **Recipes**
Try a new dish using these long shelf-life pantry items.
- 12 >> **Schooling Sustainably from Home**
Learn tips and tricks to wrap up the semester sustainably.
- 13 >> **Monthly Challenge**
Envision a sustainable world and take steps to achieve it with this challenge.
- 14 >> **Green Opportunities**
Engage virtually this semester and connect to summer and fall.
- 16 >> **April Calendar**
Discover all the sustainable events happening virtually this month.



Graphic by Hannah Bartel

Welcome back from spring break and Happy Earth Month! Although classes are online and many of us are working virtually, this month is still abundant with sustainable opportunities, ranging from taking care of the community by practicing social distancing, getting involved in virtual events and volunteer opportunities, fostering relationships by scheduling intentional FaceTimes and phone calls, and enjoying nature virtually or in-person.

While our Earth Day and Month festivities may no longer be in-person, they have been transitioned online. Explore this month's newsletter, as well as our annual [Live Green! Earth Month Calendar](#), for some unique local, national and worldwide opportunities.

This month's cover image, featuring photos of Martin Luther King Jr., Greta Thunberg and Rachel Carson — all innovative pioneers in their fight for global change — showcases the creative and determined spirit we all can harness and embrace in making a difference and being the difference.



Follow Us!



Envisioning Green and want to share your progress? Tag @isu_livegreen on social media — we would love to see your ideas, thoughts and creations.

Cover images courtesy of the Bay State Banner, TIME Magazine and Smithsonian Magazine



Celebrate 50 years of Earth Day! Join the Live Green! Earth Month Challenge (page 4)! Take part in a diversity of greening actions, strategies and virtual opportunities (pages 4, 13, 14 and 16).



DIRECTOR'S MESSAGE

Happy Earth Month, Cyclones!

Well, it certainly is not the kick-off to this celebratory month the Live Green! Team had anticipated, nor the month that student, campus and community organizations had planned. However, our earthly home still provides much to be grateful for and continues to blossom into a season that beckons us to get outside and drink in all the gifts available to us each and every day. While this year's celebration of Earth Day, in fact the 50th anniversary, won't allow us to gather physically, virtual connections abound and actually offer connections to new places and experiences that aren't usually available.

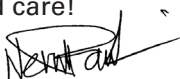
To assist you in navigating the options available to connect and celebrate all things sustainable through the entire month of April, the annual Live Green! Earth Month Calendar is now available on the [Live Green! website](#). From touring museums in Paris and enjoying foreign films, to fitness classes and cheese tastings, as well as daily eco challenges and a variety of webinars, it is filled with many unique opportunities to experience individually or through a connected group gathering.

There's also a fantastic opportunity to connect with fellow Cyclones in a little friendly Eco Competition – join the [Live Green! Earth Month Challenge](#) at Iowa State University. Kicking off TODAY and completing on April 30, the Challenge offers opportunities to make a sustainable difference and earn points in seven areas that support a sustainable future. The top 10 point earners, on April 30, will win gift boxes (mailed or for pick up, summer or fall) filled with green goods supporting sustainable living and local businesses.

In this April issue, we also give focus to our continued consideration of the United Nations Sustainable Development Goals. This month, we “Envision Green” through [Goals 4](#) (Quality Education), [12](#) (Responsible Consumption & Production) and [13](#) (Climate Action), all such vital facets of a just and sustainable future. Student organizations protecting and supporting both natural resources and rescue animals are featured in this month's issue, along with a number of ways to ensure the future we envision through volunteering, internships and personal growth challenges and resources.

Wishing you a month of celebration, virtual embrace and health and well-being. Take very good care!

Yours in green-ness,



As this unconventional school year at Iowa State comes to a close, I want to say thank you to the sustainability community for letting me be your Student Government Director of Sustainability.

This year, my committee and I were able to accomplish so much, but only through the support of sustainability activists on campus and the Live Green! team. Some of the things we accomplished include: declaring a Climate Emergency for Iowa State, working on recycling at Parks Library, collaborating with Greeks Go Green on a recycling proposal and so much more. We were also able to fund composting in Frederiksen Court, as well as solar lights throughout campus.

Just a reminder that you can still submit applications to the [Green Initiatives Fund](#) this semester! They will just not be reviewed until next school year.

Have a great rest of the semester!



Email Izzy with ideas or questions, iswilde@iastate.edu.
Follow the Sustainability Committee's Instagram, [@isusustainability](#).



Photo by Krishaun Burns

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.

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

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

DIRECTOR'S UPDATE



Photo Courtesy of Izzy Wilde

IZZY WILDE is Iowa State University's 2019-2020 Student Government Sustainability Director. She is a senior majoring in Spanish and community and regional planning.

EARTH MONTH 2020

CELEBRATE 50 YEARS OF EARTH DAY VIRTUALLY

PARTICIPATE IN THE LIVE GREEN! EARTH MONTH CHALLENGE

Challenge yourself to be as sustainably-minded as possible this month and join the Office of Sustainability for a friendly eco challenge. Sign up to participate and learn more on the [Earth Month Challenge Facebook page](#).



LEARN MORE ABOUT THE HISTORY OF EARTH DAY

In 1970, one billion people from 190+ countries mobilized to celebrate our Earth. Fifty years later, Earth Day is one of the largest celebrations around the world. Learn about the last 50 years on the [Earth Day website](#) to learn more about this holiday.



CELEBRATE WITH THE WORLD

Go digital with Earth Day and follow the global conversations happening under the hashtag #EarthDay2020 and #EarthRise. You can also follow Earth Day Network's social media accounts (@earthdaynetwork) for live coverage.



BROWSE EVENTS ON THE NEW SOCIAL DISTANCING FESTIVAL WEBSITE

Celebrate art all over the world with other art lovers at the virtual [Social Distancing Festival](#). Watch live streams of music, dance, visual art, theater and spokenword performances and meet new people in the chatroom.



KEEP ACTIVE WHILE SOCIAL DISTANCING

Keep moving with Iowa State by participating in live workout classes taught by ISU fitness instructors via Instagram (@ISURECS). Find the class schedule on the ISU [Recreation Services website](#). Classes will remain available to view on Instagram for 24 hours.





EXPLORE THE LIVE GREEN! EARTH MONTH CALENDAR

Discover all things green you can connect to this April on the Live Green! Earth Month Calendar. Featuring a variety of virtual opportunities, local and worldwide, it offers something for everyone! Find the calendar on the [Live Green! website](#).



PARTICIPATE IN #CLIMATESTRIKEONLINE

Join Greta Thunberg and [strike for climate justice](#). Take a picture of yourself holding a climate strike sign and post it to any social media channel using the hashtag [#ClimateStrikeOnline](#).



TAKE A VIRTUAL TREK IN A NATIONAL PARK

[Improve your mental health](#) and enjoy the bright skies and nature of at least 32 U.S. parks using the virtual experience created by [Google Arts & Culture](#) and [Google Earth](#).



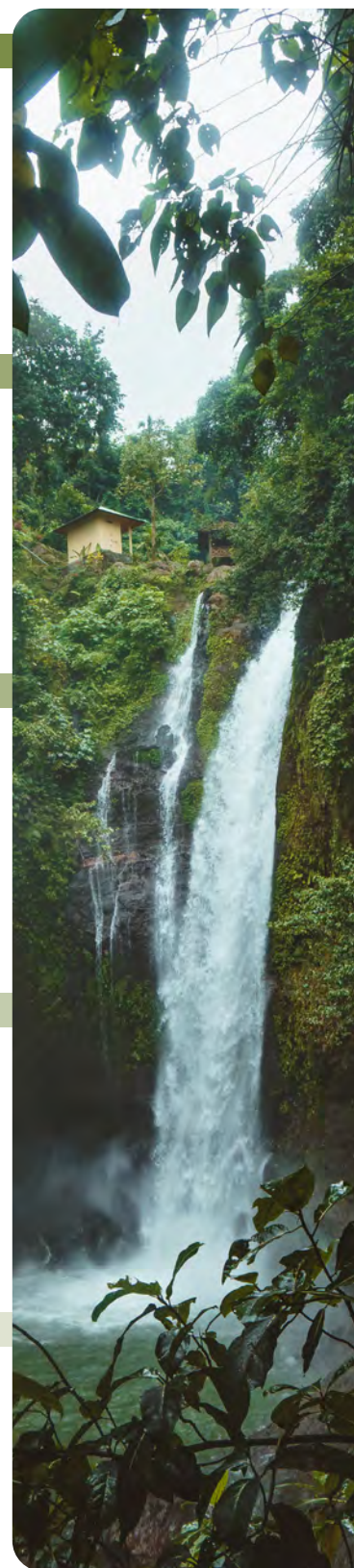
THANK A FIRST RESPONDER

Take a moment to thank first responders (police officers, emergency medical personnel, caregivers, troops and more) by writing them a letter or joining the [#OG2020Challenge](#). Find more information on [Operation Gratitude](#).



SPREAD JOY AND SHARE HAPPINESS

Maintaining joy and optimism is vital during this unique time around the world. Use the [Action for Happiness Coping Calendar](#) to find suggested activities you can do to lift yourself and those in your life.



STUDENTS LIVING **CARDINAL, GOLD & GREEN**

STUDENTS ENVISIONING A SUSTAINABLE COMMUNITY AND WORLD

Iowa State currently offers 850+ student and campus organizations for students to join. Of those, more than 200 are related to economic, environmental and social sustainability, all with the vision of a more sustainable campus, community and world.

Two organizations featured in this month's newsletter that put a lot of effort into achieving this vision are Iowa Women in Natural Resources Collegiate Chapter and Students Helping Rescue Animals. Both organizations prioritize volunteerism and community engagement to achieve their goals.

IOWA WOMEN IN NATURAL RESOURCES COLLEGIATE CHAPTER

Iowa Women in Natural Resources is a professional organization that empowers women in the natural resources field. The collegiate chapter at Iowa State University was created to further that mission among college students.

According to the organization's president, Alexandra Walton, empowering women at younger ages to join the natural resources field is crucial because the field is still very male-dominated.

"It's kind of intimidating to be in a male-dominated field. [That makes it] important to get girls involved because we need female influences in the field. We can do it — we just need to be taught that growing up," said Walton.

While Iowa Women in Natural Resources Collegiate Chapter mainly focuses on connecting and educating women about the industry, they also encourage everyone to practice conservation.

"It's important to conserve what we have here in Iowa," said Walton.

She believes conservation not only provides future generations the chance to



Photo courtesy of Alexandra Walton

experience the world as we do currently, but also ensures that people continue to have and use natural resources for some of their favorite social activities, like going for a run in the park or kayaking in a lake.

"Maintaining happiness by taking care of our environment is important," said Walton.

Iowa Women in Natural Resources does more than educate and empower others to conserve. They also engage the community by volunteering.

Despite only being established as a student organization in Fall 2019, the club has committed to complete one to three service projects every semester.

This semester, the organization planned to make birdhouses and bat boxes for groups such as ISU Horticulture Farm and Story County Conservation, do invasive species removal with Story County Conservation and clean up the prairie next to Science Hall II.

"We focus on helping not only the Iowa State community, but also the Ames

ALEXANDRA WALTON

PRESIDENT OF IOWA WOMEN IN NATURAL RESOURCES

For more information about IWNR, email Alexandra at alwal@iastate.edu.

community, in an effort to keep us all conservation aware," said Walton.

While the club is unable to complete their service projects this semester due to social distancing, Walton believes conservation does not have to stop.

Walton encouraged people to practice conservation at home and in their own neighborhoods. A few suggestions she offered are [volunteering](#), enjoying [virtual tours of national parks](#), [removing invasive species](#) from your yard and recycling.

Social media is also a powerful tool to practice conservation, said Walton.

Reminding others to be sustainable and conserve at home, such as turning off lights, limiting shower lengths and not using more than they need, are some options Walton suggested.

Walton also shared that one of the top ways to always practice conservation is to be conscientious.

"Be conscious of your daily actions and of what you are doing and how it affects



Photo courtesy of Grace Wilkinson

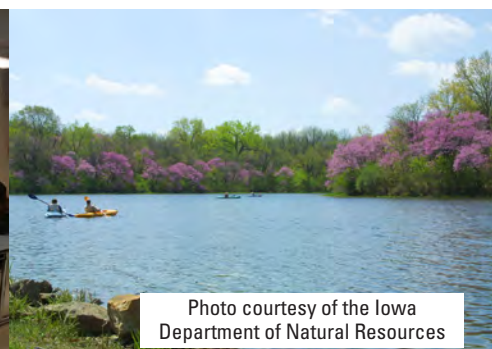


Photo courtesy of the Iowa Department of Natural Resources

JAELYN MULLIGAN

PRESIDENT OF STUDENTS HELPING RESCUE ANIMALS

For more information about SHRA,
email Jaelyn at jaelynm@iastate.edu.



Photo courtesy of Jaelyn Mulligan

the world, the environment around us," said Walton.

Knowing your impact will make practicing conservation and sustainability during and post-social distancing a little easier.

"If organizations like ours continue, and [people] add more emphasis on green and sustainable living, our future would be very bright," said Walton.

STUDENTS HELPING RESCUE ANIMALS

Students Helping Rescue Animals focuses on engaging the local community toward a vision of a sustainable world — for both people and animals.

According to Jaelyn Mulligan, president of the club, "Students Helping Rescue Animals is all about making a difference — having a positive impact, and potentially life changing effect, on animals."

In addition, the club was also created to help people who are passionate about animals and animal health get involved.

One of the main involvement opportunities is volunteering at local animal shelters — primarily Ames Animal Shelter and Story County Animal Shelter. There, they help out with any basic shelter needs, socialize with animals and help clean.

Volunteering is one of the top ways to get involved with the club for two reasons. The first, according to Mulligan, is because volunteering is a free way to get involved in the environment and community, as well as make a positive difference.

The second reason is the significant impact volunteering has on everyone, and every animal, they encounter.

"It makes the members happy. It helps out with staff, who are very appreciative to get a little bit of our time to help them. And, you can definitely see the change in the animals — how loving they are and how much they love to get attention and have just a bit of our time given to them," said Mulligan.

In addition to volunteering at shelters, Students Helping Rescue Animals also

hosts fundraisers; offers educational booths to discuss animal health topics; invite guest speakers to meetings; and maintain a Vitae Fund to support those in need of help to care for their animals.

Unfortunately, some of these initiatives have been put on pause because of social distancing. Nonetheless, Students Helping Rescue Animals recognizes shelter animals continue to need help and love.

"Pets are always so loving and they give all of themselves to people, so we should care about them, especially in these times of need, when they just need that little bit of extra love," said Mulligan.

This has encouraged members of the organization to remotely continue their hard work — work that non-members are also able to join in on.

"Something as simple as sharing a post about an educational topic related to animals can be so beneficial, or making donations, whether that's small amounts of money, food, or anything that helps shelters," said Mulligan.

Fostering is also a good option to help shelters during their times of need. However, this is only a good option for those who are prepared for the commitment and responsibility.

"Even though times are changing and things are a little rough right now, there are always ways to stay involved, be positive, stay connected with your interests, hobbies, and passions and be aware that you're not alone," said Mulligan.

Certainly a piece of advice to keep in mind as you work to meet your vision of a sustainable Earth — no matter if the vision is of thriving natural resources, like Iowa Women in Natural Resources focuses on, or of healthy, loved animals, like Students Helping Rescue Animals prioritizes.



Photo courtesy of Jaelyn Mulligan



Photo courtesy of Jaelyn Mulligan

NOW YOU KNOW

ENVISIONING GREEN THROUGH: EDUCATION, CONSUMPTION, ACTION

With many uncertainties on the world community's horizon, like the end of the COVID-19 pandemic or how our changing climate will continue to alter our economies and societies, it is becoming increasingly important for all people to envision long-term, sustainable goals related to their daily impacts.

The United Nations offers tools and identifies opportunities for promoting long term success and the envisioning of a sustainable future through their Sustainable Development Goals 4 (Quality Education), 12 (Responsible Consumption) and 13 (Climate Action).

These goals, in being structured and achieved through community and individual actions, are key to making a more resilient and sustainable future.



GOAL 4: Quality Education

Although today's world is technologically advanced in many regions, worldwide 262 million children ages 6-17 were not in school in 2017, according to the United Nations Sustainable Development Goals' [website](#).

Of these children, 103 million lacked basic literacy skills and more than 60% were women and girls, according to [undp.org](#).

As a result, some 750 million adults in the world remain illiterate, as noted on the United Nations [website](#).

Knowing these figures and the connections between quality education and a healthy, productive and sustainable future, the United Nations created Goal 4 of their Sustainable Development Goals: to provide quality education to all, according to the United Nations Development Programme [website](#).

Goal 4 promotes various targets that governments and communities may use as a guide in improving quality education.

These targets, found on the United Nations [website](#), consist of goals scheduled to be met by 2030 (the same time frame for all 17 of the United Nations Sustainable Development Goals).

Many of the targets emphasize increasing education accessibility, equality and quality for all people and quality information and training for all teachers.

Nations and organizations implementing these target goals have already achieved progress toward accomplishing Goal 4.

For example, student scholarships are increasing, with \$1.3 billion given by the United Nations

in 2017, up from the \$1 billion given in 2015, according to [ssrc.org](#) and [sustainabledevelopment.un.org](#).

The global illiteracy rate has also fallen approximately 10% since 2016, the United Nations Educational, Scientific and Cultural Organization notes in their Fact Sheet No. 45 on literacy rates.

Despite progress, more work remains to be done. Even in what is considered to be more developed areas of the world.

In the United States for example, there are 43 million adults (12% of Americans) who possess little to no literacy skills, according to an article on the National Center for Education Statistics [website](#).

Those who want to get involved in promoting Goal 4 in their communities are encouraged to vote for and voice beliefs that support quality and inclusive education systems.

Time and money can also be donated to local chapters of organizations promoting global literacy, like [Raising Readers](#) or [Reach Out and Read](#).

Learn more about these organizations on their websites and see [bustle.com](#) to find additional organizations promoting global literacy.

Another easy and everyday action opportunity is to adopt an attitude that shows patience, understanding and helpfulness to those who

show they struggle with literacy (reading/writing/basic math), as suggested on the Literacy Foundation's [website](#)



GOAL 12: Responsible Consumption & Production

Worldwide, human consumption of materials has been rising alarmingly.

In 2017, annual material consumption reached 92.1 billion tons (equal to 13.2 billion elephants) of materials.

That is a 254% increase from 1970 and a continued acceleration of consumption that has been documented since 2000, according to the Sustainable Development Goals [website](#).

This exponential increase is expected to double to 190 billion tons by 2060 and is projected to drain world resources faster than they can replenish themselves, according to [unenvironment.org](#).

For example, 21 of the planet's 37 aquifers are already on the verge of collapse according to the

California Institute of Technology [website](#).

Raw aluminum is also predicted to be unavailable in about 80 years and forests will diminish 10% by 2060 according to [bbc.com](#) and [unenvironment.org](#).

While resources deplete, municipal solid waste in the world is expected to increase from the current annual 2.01 billion tons being tossed (300 million elephants worth of trash every year) according to [worldbank.org](#).

With trash stacking up, it makes sense the world is going to face more issues relating to waste pollution and management.

The increased extraction and processing of raw materials for production is expected to raise greenhouse gas pollution, causing further, faster changes in global climates; impacting food production, human safety and the economy, according to [unenvironment.org](#).

Goal 12 of the United Nations Sustainable Development Goals aims to offer targets that can prevent or slow these harmful effects of irresponsible consumption.

These targets are listed on the United Nations [website](#), and emphasize energy and resource efficiency through sustainable lifestyle education and national policies supporting responsible consumption.

Improving resource education and accessibility,

developing social/economic support for sustainable consumption, changing wasteful consumer culture and increasing transparent monitoring of resource use and production practices are a few of the 11 targets of Goal 12.

People looking to promote Goal 12 in their lives and communities can do so easily.

Reducing water, land, food, financial, material and energy waste are immediate ways to make large impacts.

For example, taking a five-minute shower instead of a 30-minute shower can save 60-150 gallons of clean water (every five minutes uses 10-25 gallons) according to the Stanford Magazine [website](#).

Turning off lights when not in use is a practice that can also save resources and reduce fuel and electricity costs.

Avoiding single-used items, being mindful of where tossed items are going and aiming to send less trash to landfills are additional practices that can reduce material demands and waste-related issues.

Thrift shopping, upcycling old items, making less impulse purchases, meal planning and budgeting are also impactful waste-reduction practices.

To encourage responsible consumption habits in your community, share these and other "green" lifestyle choices online and with friends and family.



Goal 13: Climate Action

The scientific community has long been decided. The world's climate is warming and human activities relating to increasing greenhouse gas emissions (like carbon dioxide) are largely the cause of its geologically rapid increase in temperature, as summarized on [climate.nasa.gov](#).

It is also known that the world's environments, economies and societies are also changing as a result of climate change.

Currently, the average global temperature increase has been around 2 degrees Fahrenheit since 1880, according to [NASA](#).

This warming has caused ice sheets and glaciers to melt and sea level to rise 19 centimeters from 1901-2010, according to the United Nations [website](#).

As the ocean, a leading player in Earth's climate and weather, changes, an increase in destructive, expensive and deadly weather events like flooding

and droughts will also increase, according to [climate.gov](#).

As temperatures continue to rise and the Earth's systems continue to change, we can expect to experience more negative outcomes of human-caused (anthropogenic) climate change.

However.

It is still possible to create Climate Action and change in consumer behavior through Goal 13 of the United Nations Sustainable Development Goals.

Similar to Goals 4 and 12, the targets of Goal 13 endorse: responsible consumer practices that lower greenhouse gas emissions and support toward responsible resource use through the implementation of quality education practices and government policies.

Developing and furthering research related to climate change and greenhouse gas emission reduction are also recommendations for identifying solutions that will decrease climate-events, according to targets of Goal 13, which can be read in full on the United Nations [website](#).

Purposeful living with goals 4, 12 and 13 in mind offers everyone opportunities to make a difference toward envisioning a better educated, resource-plentiful, safe, resilient and sustainable future.

GREEN-IT-YOURSELF

BE PROACTIVE & STAY HEALTHY WITH THESE CREATIONS

GLASS HERB JARS

Supplies: clean jars, all-purpose potting soil, clean pebbles, perlite (optional), rooted herbs (or seeds)

Instructions:

1. Place 1/2 - 1 inch of pebbles along bottom of jars.
2. (Optional) Add 1/2 - 1 inch of perlite.
3. If planting rooted herbs, fill the rest of jar part way with soil. Add in herbs, filling in soil around the roots, gently pressing the soil at the base of the plant. Water until a small bit of water collects at the bottom of the jar.
4. If planting seeds, fill jar nearly to the top with soil. Place 3-4 seeds of an herb 1/2 inch apart). Cover with a thin layer of soil (check seed packet for additional details). Water until soil is damp.
5. Place jars in a sunny window and water when soil is dry or when there is no water in the bottom of the jar.



HAND SANITIZER

Supplies: 3/4 C. isopropyl or rubbing alcohol (99%), 1/4 C. Aloe Vera gel (to contrast harshness of alcohol), 10 drops essential oil (lavender) or lemon juice, measuring cup, whisk, empty bottle, tape, paper, pen.

Instructions:

1. Pour all ingredients into glass measuring cup (preferably one with a spout).
2. Beat together with a whisk to turn the mixture into a gel.
3. Pour the ingredients into an empty sanitizer bottle.
4. Using the pen, paper and tape, label the container as "hand sanitizer."
5. Use when the option to wash with soap and water is unavailable.
6. Place approximately 1Tbsp onto hands and rub hands together until dry.



For more information on how to grow veggies from cuttings, visit gardentech.com.



GROW VEGGIES FROM CUTTINGS

Supplies: Favorite veggies, small containers filled 2/3 way with clean water, sharp knife or sharp and sanitized kitchen scissors

Instructions:

1. Basil, cilantro: place stems in water (like flowers). Change water every few days. Wait for roots to develop and then transplant into soil. Water when soil dries. Harvest when new leaves mature.
2. Celery, green onions, fennel, lettuce: cut the base of the plant (you may see evidence of prior roots) and place in a container with water, leaving 2/3 of base out of the water. Replace water every few days. Plant when roots develop. Water when soil dries. Harvest when new shoots/leaves are mature.
3. Find opportunities to reduce food waste on [Live Green!'s Pinterest](#).



Copy and layout by Paige Anson

RECIPES

ENJOYING VARIETY WITH LONG SHELF-LIFE PANTRY ITEMS



CHIA PUDDING

Ingredients and Supplies: 1 can coconut milk (13.5 oz), 1/4 C. chia seeds, 1 Tbsp honey, 1 Tsp. vanilla (optional), two small mason jars with lids

Servings: 2 servings | lasts for 3-5 days, refrigerated

Directions:

1. Pour coconut milk into jar. Add chia seeds, honey, vanilla into jar.
2. Mix ingredients together until thoroughly combined.
3. Screw on the mason jar lids.
4. Keep in fridge overnight.
5. Uncap mason jars when ready to eat. Add your favorite frozen fruits or your favorite jams for added flavor.

Find other self-quarantining recipes on [ISU's Spend Smart. Eat Smart website](#) and the [New York Times website](#). Also find ways to reduce food waste on [Live Green!'s Pinterest](#).



BLACK BEAN SOUP

Ingredients: 1 Tbsp olive oil, 1 chopped yellow onion, 1 large chopped carrot, 1 chopped celery stick, 1 chopped red bell pepper, 2 Tbsp minced garlic, 60 oz. rinsed black beans, 32 oz. vegetable broth, 1 Tbsp cumin, salt and pepper to taste, 1/4 C. chopped cilantro, garnish items (e.g. avocado, shredded cheese, sour cream)

Servings: 6 servings | lasts for 3-5 days, refrigerated

Directions:

1. In a large pot, heat the olive oil over medium high heat. Add the onion, carrot, celery and red pepper. Cook tender, stirring occasionally, about 5 minutes. Add garlic, cook for 2 minutes.
2. Stir in black beans, vegetable broth, cumin, salt and pepper. Turn the soup to low and let simmer for 25 minutes.
3. (Optional) Let soup cool, then puree in blender. Stir pureed soup back into the pot.
4. Stir in the cilantro. Ladle the soup into bowls and serve warm with desired toppings.

GREEN SMOOTHIE

Ingredients: 1/2 C. frozen kale, 1/2 C. frozen pineapple, 1/2 C. plain kefir or pourable plain yogurt, 1/4 C. water

Servings: 2 servings | drink immediately or put in fridge for a morning juice (shake before drinking)

Directions:

1. Place frozen kale into blender. Layer on top of the pineapple, kefir or yogurt.
2. Top off with the water.
3. Blend until smooth.
4. Blend in a scoop of protein powder for added flavor and nutrients. Garnish with an unfrozen pineapple chunk. Enjoy with your favorite reusable straw.



SCHOOLING SUSTAINABLY FROM HOME

TIPS FOR WRAPPING UP THE SEMESTER SUSTAINABLY



ON SCHEDULE

Create a daily schedule. Having set times for school, work, meals and other tasks will help you stay focused on achieving them. Set reminders for your schedule by using [planner applications](#).



STAY ACTIVE

Move well to feel well. Try following [ISU Recreation Services](#) exercise and wellness videos on their [website](#), taking walks or jogs, playing sports or even dancing. All are great ways to keep your body active and healthy.



TAKE BREAKS

That's right. Take a break. A 5-minute walk every hour can improve health, realign focus and reduce stress. Brief breaks can also help with "decision fatigue," says [Psychology Today](#).



CONNECT

Stay in touch with family and friends. Doing so can help you manage your stress. The youngest and oldest connections especially can benefit from a call/video chat or a text, according to Cleveland Clinic's [website](#).



STAY IN TOUCH

Not being in physical classes doesn't mean you should stop asking questions or connecting with your classmates. Use email, text, free video conferences or phone applications like [GroupMe](#).



TAKE TIME FOR YOU

Don't let school take over your entire day. Ensure you make time to be active, eat healthy and connect. Take time to do what you love. Find fun opportunities on pages [10](#), [11](#), [13-16](#).



EAT HEALTHY

Fuel your mind and body with nutritious foods that will help you stay focused and functional. Find other delicious and easy recipes on [page 11](#) or check out Live Green!'s [Pinterest page](#).



SLEEP WELL

A good night's sleep (7-10 hours) is just as important as eating healthy and exercising. It also boosts your productivity, reduces stress and helps manage a healthy weight. Learn more about sleep on [healthline.com](#).

Stay informed and find more ISU resources during online classes. Visit Iowa State University's Student Wellness [webpage](#) for resources and information. Faculty and staff can find personal health and well-being options on [wellbeing.iastate.edu/adventure2](#).

MONTHLY CHALLENGE

ENVISION HEALTH, PRODUCTIVITY AND GREEN THIS SPRING

ORGANIZE AND PLAN



Declutter your files, organize your folders and back up everything that is important to you. Don't know where to start? Learn computer cleaning tips on [bustle.com](https://www.bustle.com).



Organize physical spaces. A neat working environment can boost focus, information processing and overall productivity ([Harvard Business Review](https://www.harvardbusinessreview.com)).



Write out long-term plans for the month. Health, work, personal life goals. All are 42% more likely to be achieved once written, says [huffpost.com](https://www.huffpost.com).



Create a daily schedule or journal. Write down activities and work goals. Check off each task once it is completed. View examples at [littlecoffeefox.com](https://www.littlecoffeefox.com).

CREATE HEALTHY SYSTEMS AND SPACES



No gym? No problem. Raise your heart-rate and get motivated with at-home workouts. Find free workouts on [Pinterest](https://www.pinterest.com) and other social media.



Start healthy routines. Going to bed, waking up and working at routine times can help build productivity and long-term habits. Learn more at [skilledatlife.com](https://www.skilledatlife.com).



Disinfect your living spaces and favorite objects (cell phones, computers, door handles, etc.). Learn cheap cleaning recipes on [howstuffworks.com](https://www.howstuffworks.com).



Fuel your body with nutritious, refreshing foods for all meals. Find recipes ideas on page 11. Share what you are having on social media.

EXHALE AND ENGAGE



Play a board game and relax your mind. No board games? No problem. Create games through [Pinterest](https://www.pinterest.com) tutorials or download free console games. Find ideas on [gamesradar.com](https://www.gamesradar.com).



Engage through new materials. Read a book on [free-ebooks.net](https://www.free-ebooks.net), listen to a podcast (ideas on [esquire.com](https://www.esquire.com)) or watch a documentary on: [YouTube](https://www.youtube.com), [Netflix](https://www.netflix.com), [ISU's Stream Library](https://www.isu.org).



Take time to decompress with music, a movie or even something as simple as a cup of tea. Learn the physical and mental benefits of different tea types on [webmd.com](https://www.webmd.com).



Stay connected with your family and friends. Call them, or better yet, video chat with them. Also stay in touch by playing online cooperative phone/computer games.

EXPLORE AND DISCOVER



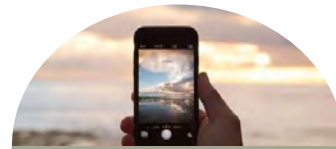
Being stuck indoors can strain mental and physical health. Improve wellness by getting outside this month. Dress in layers, pack water and visit your local parks ([NPS.gov](https://www.nps.gov)).



A brisk walk outside can help you maintain a healthy weight, prevent disease and improve mood. Learn to maximize walks on [Harvard Health Publishing's website](https://www.harvardhealthpublishing.com).



Have a bike? Use it! Look for trails near you using the [U.S. Bicycle Route System](https://www.usbicycleroute.com). Over 14,000 miles are currently established in 27 states. Share your travels online.



Grab your camera, phone or even your pencil and paper and head outdoors to capture the beauty of nature and its many creatures. Share your captures on social media.

Show us how you are envisioning green this month on social media by using the hashtag #EnvisionGreen.



GREEN OPPORTUNITIES

LEND YOUR SKILLS TO NONPROFITS



Use your skills to virtually assist nonprofits affected by COVID-19. First, learn more about the impact the pandemic is having on the nonprofit sector on the [Catchfire blog](#). Then, explore the variety of opportunities available to assist with on the [Catchfire main page](#). Currently, opportunities are available in business strategy, data and analytics, design and media, finance, human resources, management, marketing and software and IT. Nonprofits in need of help can also [post a project](#) or request a [quick call](#) for assistance.

ASSIST YOUR LOCAL FARMERS



Assist local Iowa farmers as a part-time Office Assistant for Practical Farmers of Iowa, located in Ames. The position begins in May and requires a three-month commitment, with preference given to those who can work in the fall. The position is also flexible with work times, asking for only 20-hours per week with a pay of \$10 per hour. Training will be provided. Preferred experience includes Microsoft Office, member/donor database, Survey Monkey and customer service. To apply, send a cover letter and resume to Steve Carlson at steve@practicalfarmers.org by April 6, 2020.

EMBRACE THE MUSICAL ARTS



Watch more than 300 theater productions from Broadway, the West End and other elite venues around the world on the theater-streaming service, BroadwayHD. A free seven-day trial (monthly, \$8.99) is being offered, to view performances like "Cats," "The King and I," and "The Sound of Music." This is in addition to its newly curated playlists for Women's History Month and theater legends Stephen Sondheim and Andrew Lloyd Webber's 90th and 72nd birthdays. For sign up, visit [BroadwayHD](#).

SEND A VIRTUAL TIP



Help a local or state service worker who has been unable to work or who has been working extra hard due to the pandemic by sending them a virtual tip. Or, if you are a bartender, chef, grocery store worker, truck driver, server, janitor, hairstylist, nail tech, barista or other industry member, add your name to the list to receive a tip via Venmo or Paypal. Visit the [Service Industry Iowa website](#) to [tip](#) or [register](#).

TOUR MUSEUMS AROUND THE WORLD



Get a little culture and education as you practice social distancing by touring famous world museums, such as the [Guggenheim Museum](#) in New York, [National Gallery of Art](#) in D.C., [National Museum of Modern and Contemporary Art](#) in Seoul, [Pergamon Museum](#) in Berlin, [Van Gogh Museum](#) in Amsterdam, [Musée d'Orsay](#) and [Louvre](#) in Paris, [Uffizi Gallery](#) in Florence, [MASP](#) in Sao Paulo, and [National Museum of Anthropology](#) in Mexico City. For 500+ more virtual tours, visit the [Google Arts and Culture website](#).

MANAGE NATURAL AREAS IN IOWA



Help the City of Honey Creek, Iowa, take care of their natural resources this summer as a paid Natural Areas Management Intern. Assist with the management of county parks, facilities construction and improvement, road and trail maintenance and more. Anyone age 18+ who is planning to attend or currently attends college to join the conservation/natural resource field is eligible to apply. Preference is given to those studying environmental science, biology, ecology or a related field. Apply on [Government Jobs](#). The application will remain open until the position is filled, with a start date in May.

SURVEY WASTEWATER IN IOWA



Work outdoors this summer with the Iowa Department of Natural Resources. Be trained by Iowa DNR engineers to conduct technical reviews of wastewater projects, prepare technical reports and update the wastewater database. Applicants should be in their sophomore year or higher and have completed, or will be taking, courses Chemical Engineering 372 or 326. Pay for the position is \$12.31 per hour, for up to 40 hours per week. To apply, email your resume to Professor Say Kee Ong at skong@iastate.edu.

WIN A SUSTAINABILITY SCHOLARSHIP



Apply for the U.S. Green Building Council and Center for Green School's [Living Standard Storytelling scholarship](#) for 2020-21. Submit a 60-120 second video about how you are making a positive impact in your school or community by leading in sustainability. High school seniors and college students are eligible to apply. First place winners will receive \$2,500 and second place winners, \$1,000. Read the contest rules and apply by April 12 on the [Living Standard application website](#).

ATTEND VIRTUAL CLIMATE TEACH-IN



Join thousands of university and high school students and faith and community groups on April 7 as they tune into 52 simultaneous, university-hosted state-wide webinars on climate solutions and justice. Each webinar will focus on actionable items that can solve climate change by 2030. Following the webinars, engage with others during virtual community conversations. Find your state's webinar on the [Bard College event website](#). Learn more about the discussions and find additional resources on the [Solve Climate by 2030 website](#).

CREATE EQUITABLE PUBLIC SPACES



Help develop equitable ways for New Yorkers to live, work and play as one of two fellows for the 2020-2021 Design Trust Equitable Public Space Fellowship Program. This paid one-year opportunity begins June 2020 and ends in July 2021. Fellows will work in program development and implementation and non-profit management and organizational development, as well as complete a self-guided research project. To apply, send your complete application to fellowship@designtrust.org by April 17. Application materials and requirements can be found on the [Design Trust website](#).

SURVEY STUDENTS ON SUSTAINABILITY



Help distribute the world's biggest student survey on sustainability to your university, college or student organization this month. [Students Organizing for Sustainability International](#) is looking for help to distribute their survey to 300 universities and colleges around the world in order to receive 50,000 individual student responses between April 1 and 30. Sign up to distribute the survey to on the [Students Organizing for Sustainability International website](#). The survey is available in nine languages.

JOIN THE LIVE GREEN! TEAM



IOWA STATE UNIVERSITY

Help educate, engage and empower the Iowa State and the Ames community as a member of the 2020-2021 Live Green! Leadership Team. Apply to be a part of the [Campus and Community Engagement](#), [Marketing and Communications](#), [SMART Business Challenge](#) or (new!) [Social Media Engagement](#) team. All positions are paid. For more information, visit the [Live Green! website](#) or email the team at livegreen@iastate.edu. Applications, including a cover letter, resume and references, are due by May 11.

WIN A SCHOLARSHIP FOR RECYCLING



Earn a scholarship for your dedication to environmental action, especially recycling and waste reduction, by applying for the Diane Albertson Memorial Scholarship, offered by the Iowa Recycling Association. The scholarship is open to Iowa high school seniors or graduates who have enrolled as a full-time undergraduate for the 2020-21 school year. One or more \$500 scholarships may be awarded. For more information and to apply by the extended deadline of June 1, visit the [Iowa Recycling Association scholarship website](#).

VOLUNTEER TO HELP THE COMMUNITY



Celebrate [Global Volunteer Month](#) and help your neighbors, family and friends affected by COVID-19. Assist in packaging foods in bags and boxes that will be distributed to mobile pantries; become a pen pal for older residents; help sew face masks; donate whole blood and platelets and more. For available opportunities in Iowa, visit the [Volunteer Iowa website](#). For opportunities around the nation, visit the [Volunteer Match website](#). If you are unable to assist in person, visit the [Good Morning America website](#) to explore different remote volunteer opportunities.

BUY IN AMES AND STORY COUNTY



Support local businesses and help keep the economy strong by purchasing gift cards. Pay \$20 and receive a \$30 gift card for any participating business within Story County from the Ames Chamber of Commerce. The Chamber will cover the remaining \$10. Customers are able to purchase 5 gift cards per daily flash sale, with a maximum of 1,000 available daily, and a unique promo code gift certificate will be emailed within seven days of purchase for use at a later date. Purchase gift cards on the [Ames Chamber of Commerce website](#).

BECOME A CLEAN ENERGY INTERN



Be a Clean Energy Intern for the National Resources Defense Council this summer in Chicago. This full-time, paid internship will run June-August. College juniors, seniors and graduate students are eligible to apply, with a preference for those interested in environmental conservation, business and advocacy. Apply by April 10 with a cover letter and resume on the [National Resources Defense Council website](#).

APRIL CALENDAR

01

Earth Month Challenge Kick Off

Facebook | April 1 - 30

Join the Live Green! Earth Month Challenge. Engage in various sustainable challenges supporting social, economic and environmental sustainability for a chance to win one of ten grand prizes. Learn more and sign up on the [Challenge Facebook page](#). Cost: free.

Take The Challenge Home Program

Your Home | March 30 - May 10

Stay healthy and active this month by joining Ames Parks & Recreation's "Take The Challenge Home Incentive Program." Register for a weekly challenge by emailing Nancy Shaw at nshaw@cityofames.org. Track your points and win a prize at the end of the six-week challenge. Cost: free.

02

Ignite Yoga Morning Class

Zoom | April 2, 3 and 4

Relax your mind and stretch your muscles during Ignite Yoga's free yoga sessions April 2 (7 a.m.), 3 (9 a.m.) and 4 (9:15 a.m.). All are welcome and can attend the lessons on the video conferencing application, [Zoom](#) (meeting id: 579-915-7002). View the lesson after the class by visiting Ignite Yoga's YouTube [channel](#). Cost: free.

Money Talk: Negotiating A Salary

WebEx | 4-4:30 p.m.

Join ISU LAS Career Services for an online webinar to discuss tactics for negotiating a fair salary. Can't make it? Register on the [iastate.webex](#) website and receive a link to the presentation. Cost: free.

Vote For Your Favorite ISU Campus Art

ISU Museums Website | April 2- 3

Vote for your favorite campus art during University Museums' "Art Madness Tournament." Vote on their [website](#) by May 3 at 5 p.m. A random voter will win a Campus Beautiful book. Cost: free.

03

Stash The Trash

Anywhere in Ames | April 3-5

Explore Ames during this annual clean-up event. Bring your own bags and gloves for picking up trash. Trash and recyclables can be brought to bins in Reiman Gardens' parking lot. After, call 515-268-5323 or email director@vcstory.org to leave a message regarding bags collected, number of participants, clean-up location and total time served. For large item pick-up, call 515-450-2946. Don't forget to use a #TrashTag when posting your clean-up! Cost: free.

06

COMEDY: "Closet Cases" Live Stream

[closetcasesshow.com](#) | 7 p.m. EST

Hear the coming out and transitioning experiences of LGBTQ+ members who care to look back on tough moments through a comedic lens. Cost: free.

11

Fred Hersch Virtual Performance

Facebook Live | 1 p.m. EST

Sign in to Facebook for a live virtual performance by jazz musician and educator Fred Hersch, a 12-time Grammy Award nominee residing in New York. Cost: free.

16

Bayerische Staatsoper Monday Concerts

www.staatsoper.com | 8:15 p.m. CEST

Tune in for the Bavarian State Opera's Monday Concert series to hear instrumentalists, chamber music and dance performances. This opera is located in Munich, Germany and the series will continue streaming every Monday until social distancing advisories are dismissed. Learn more on the Opera's [website](#). Cost: free.

18

Virtual Ecofair Scavenger Hunt

Ames, Iowa | May 18 - 25

Get on your devices and prepare for online and offline experiences as part of a virtual scavenger hunt, planned to be part of the 10th Annual EcoFair (cancelled due to COVID-19). Take part from 8 a.m., May 18, until 12 p.m., May 25. For more information and instructions for participation, stay tuned to the [City of Ames website](#). Cost: free.

50TH EARTH DAY
22 HAPPY EARTH DAY!

Celebrate individually, virtually or connected with others. Take on a new challenge on the [Iowa State Earth Month Challenge](#) or jump into a green opportunity through volunteering ([page 15](#)), crafting ([page 10](#)) or cooking ([page 11](#)).

Best Natural History Programming

National Geographic | 9 a.m. - 10 p.m. CT

Enjoy any one of the many scheduled nature programs and features this Earth Day on National Geographic's channels. View them on National Geographic Wild, Mundo and its self-titled channel, or on their [website](#). Learn more about specific programs scheduled to air on [businesswire.com](#). Cost: varies by subscription.

Born Wild: Earth Day LIVE

National Geographic | 8/7 p.m. CT

Celebrate our planet and view amazing animals from around the world during this one-hour broadcast event honoring the 50th anniversary of Earth Day. View the simulcast on National Geographic channels (Wild, Mundo and National Geographic), [website](#) or on Disney+. Cost: varies by subscription.

Jane Goodall: The Hope

National Geographic | 9/8 p.m. CT

Witness conservationist and wildlife advocate Jane Goodall's life's work during this documentary screening on Earth Day. View the simulcast on National Geographic channels (Wild, Mundo and National Geographic), [website](#) or on Disney+. Cost: varies by subscription.

For more upcoming events in April, check out the Earth Month Calendar on the [Live Green! website](#).

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

Paige Anson | pmanson@iastate.edu

Krishna Burns | koburns@iastate.edu

Copy and layout by Paige Anson

LIVE GREEN! MONTHLY

**"LAND IS NOT
MERELY SOIL. IT IS
A FOUNTAIN OF
ENERGY FLOWING
THROUGH A CIRCUIT
OF SOILS, PLANTS
AND ANIMALS. "**

- ALDO LEOPOLD

**ISU STUDENTS
STRIVING FOR
SUSTAINABLE
LANDSCAPES**

**PROTECTING AND
RESTORING LIFE
ON LAND**

**SIX WAYS
TO GROUND
YOURSELF THIS
MONTH**

WHAT'S INSIDE

IOWA STATE UNIVERSITY

LIVE GREEN!

Living Cardinal, Gold and GREEN!

04



Sustainable Spring Highlights

Reflect on sustainable accomplishments made at ISU during the spring semester.

06



Farewell Seniors

Celebrate and send well-wishes to the Live Green! Team's five new graduates.

08



Now You Know

Explore United Nations Sustainable Development Goal 15.

10



Students Living Cardinal, Gold & Green

Learn about student organizations promoting sustainable life on land.

12



Get Growing This Summer

Find tips and tricks for growing a "green" (and sustainable) thumb this summer.

14



Monthly Challenge

Take the "Landing Bingo Challenge" toward daily sustainability.

15



Healthy Landings

Adopting a "grounding" routine with easy and accessible exercise.

16



Green-It-Yourself

Make life-on-land connection through unique and "green" projects.

17



Recipes

Enjoy delicious dishes made with farmers' market finds.

18



Green Opportunities

Explore opportunities to live green throughout the summer.

20



Earth Month Recap

Revisit ISU's virtual connections and opportunities celebrating Earth Month.

21



May Calendar

Stay involved with virtual green happenings and opportunities this month.

22



Summer 2020 Calendar

Engage in sustainable events and connections throughout the summer.



Photo by Paige Anson

THANKS FOR A GREAT, GREEN YEAR!

A virtual semester is winding down at Iowa State University. With the final month of the 2019-2020 academic year ahead, the Live Green! Team wishes the best to all ISU community members as we wrap up a semester unlike any we have had before.

Our team also extends thanks to everyone for their contributions in ensuring a more socially, economically and environmentally "green" year at ISU (see sustainable semester highlights on [page 4](#)).

We also would like to thank our extraordinary graduating team members (featured on [page 6](#)) for their unique contributions in progressing the Live Green! Initiative's mission to educate, engage and empower students, faculty and staff in sustainability.



CONGRATS, TONI!

Toni Sleugh, a junior studying biology and environmental studies and the 2018-2019 Student Government Director of Sustainability at Iowa State University, was named a 2020 Udall Scholar. She is Iowa State's 13th Udall Scholar since 1997.

Follow Us!



This issue's cover image represents our ability to connect with our food systems that sustain us and comes from [Good Earth Student Farm's Facebook page](#).



DIRECTOR'S MESSAGE

It's definitely not what we envisioned when we all joined together in August; however, these last few months have exuded creativity, compassion, ingenuity, collaboration and leadership through initiatives, virtual connection, partnerships and individual perseverance that add a whole new consideration and understanding of what it means to be a Cyclone. In these last few months, we have: ensured student (virtual) engagement; employed energy-savings settings and processes; established a temporary food pantry; offered assistance to small businesses, agriculture producers, distributors and consumers and provided time, tools and expertise toward COVID-19 treatment and prevention. Indeed, Cyclone Strong!

In our last issue of Live Green! Monthly, we honor a spring semester that was nothing short of impressive – highlighting student engagement, research initiatives and campus commitment. We also wrap-up our year of focus on the United Nations Sustainable Development Goals, finishing with Goal 15, Life on Land (page 8) in this issue's theme of "Landing Green." From highlighting student organizations committed to ensuring healthy relationships with and for the land to individual and group opportunities to cultivate our personal connection and grounding to this land we depend upon every day.

Life is a delicate balance, as we have so vividly witnessed in these last few months. It is made up of millions upon billions of pieces moving in precise, dedicated and simultaneous cadence. While the cadence may slow or quicken, crescendo or decrescendo or take on a completely new rhythm, the same consideration to precision and dedication is necessary. These pieces of life make up the components of our future. The focus given to life determines the future we leave for ourselves and the generations yet to arrive. Collectively, individual by individual we have within us the difference we want to see in the world and leave for the future.

What an honor to "green" with you this past year. Each year I gain new inspiration through your vision, deepened gratitude through your enthusiasm and invigorated momentum through your perseverance. Thank you.

Wishing you a summer that grounds you in your cadence of life. For all who are graduating or moving to new adventures beyond Iowa State, all the very best in your new journeys. For all returning, the Live Green! Team anxiously awaits "greening" with you in 2020-2021!

Yours in green-ness,



Photo by Krishnaun Burns

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.

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

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

I am so excited to introduce the new Student Government Director of Sustainability for the 2020-21 school year, Jennifer Seth! Jennifer is a junior majoring in Environmental Science and has served Iowa State sustainability in numerous roles, such as: being the Co-President of Climate Reality, Education Chair of Environmental Science Club and serving on the Student Government Sustainability Committee with me last school year. Jennifer wants to connect students interested in sustainability with resources to do projects. I am excited to pass on this position to someone who is as passionate of a sustainability leader as Jennifer!



JENNIFER SETH

Junior, Environmental Science

"I am so excited to be Director of Sustainability for the upcoming year! I look forward to getting to collaborate with my fellow students on sustainability projects on campus to help make ISU more sustainable! Even though ISU has made great strides with regards to sustainability, there is still a lot we can improve upon!"

Email Jen with ideas or questions, jbseth@iastate.edu
Follow the Sustainability Committee's Instagram, [@isusustainability](https://www.instagram.com/isusustainability).

INCOMING DIRECTOR



Photo courtesy of Jen Seth.

DIRECTOR'S UPDATE



Photo courtesy of Izzy Wilde

IZZY WILDE is Iowa State University's 2019-2020 Student Government Sustainability Director. She is a senior majoring in Spanish and community and regional planning.

SUSTAINABLE SPRING HIGHLIGHTS

SUSTAINABLE ACHIEVEMENTS OF SPRING SEMESTER

STUDENT ENGAGEMENT



Land O'Lakes Interns

Out of a pool of students from 11 universities, Iowa State students Rachel Grober and Brooke Beinhart were selected for the competitive Land O'Lakes Emerging Leaders Program. The program lasts for 12 weeks and allows Emerging Leaders to work with mentors to develop an agricultural business project for Purina, WinField United, Dairy Foods or Land O'Lakes SUSTAIN.

In celebration of the centennial of Iowa state parks, 20 artists created artwork for the "20 Artists, 20 Parks" traveling exhibition. The exhibit opened in March in Des Moines and will visit Dubuque, Clarinda and Sioux City, concluding May 9, 2021. The show includes paintings, sculptures, textiles, photos, videos and other art forms that capture the sight and sound of Iowa landscape.



State Parks Exhibit



Black History Month Fashion Show

Curated by graduate student Dyese Matthew, "Collegiate Fashion and Activism: Black Women's Style on the College Campus" showed how black women identify their culture and activism at a predominately white institution through fashion. The exhibit featured seven categories: Messages of Strength, '90s Throwback, Matriarch, Self-Created Expression, Pride in Skin Tone, Cause Solidarity and Connection to Roots.

A team of Iowa State students working in the Computation and Construction Lab collaborated with Alliant Energy to produce up to 2,000 face shields for Iowa Hospitals. This was accomplished through working in rotating shifts, along a "socially-distanced" assembly line, to 3D-print the top and bottom segments of face shields and add a clear plastic cover and elastic band.



3D-Printed Masks

RESEARCH INITIATIVES



Heat Island Effect

A study by Iowa State Ph.D. student Lin Meng and Associate Professor Yuyu Zhou found trees and vegetation in urban areas turn green earlier but are less sensitive to temperature change than vegetation in surrounding regions. This knowledge resulted from studying 85 satellite images of large cities from 2001 to 2004. According to Meng, these findings provide insight on the effect of a warming climate on vegetation in all environments.

Iowa State created seed grants through funding allocated by the Iowa Legislature that focused on encouraging and facilitating industry-university collaborations for bioscience projects. From this funding, four projects biobased products projects were awarded and two projects supporting vaccines and immunotherapeutics.



Bioscience Research

Copy and layout by Krishnaun Burns

COVID-19 Testing

In an effort to expand COVID-19 testing capacity and expedite test results, Iowa State University's Veterinary Diagnostic Laboratory collaborated with the State Hygienic Laboratory at the University of Iowa. The vet lab shared its extraction techniques, instrumentation and reagents needed for analysis, resulting in the hygienic lab's ability to run more tests simultaneously.

Researchers from Iowa State University, University of Iowa and University of Wisconsin - Madison partnered together to develop and test better ways to fight the flu, as part of Iowa State University Nanovaccine Institutes's new initiative to bring researchers together to improve public health. This is only one collaboration between the almost 70 researchers, brought together from 19 institutions, who have collectively secured more than \$30 million in grant funding.

Nanovaccine Institute



CAMPUS COMMITMENT

University Sustainability Committee

President Wintersteen established a new university committee to improve sustainability at Iowa State University. The committee is charged with developing a set of actionable recommendations that will increase energy efficiency, energy conservation and use of renewable energy with the goal of moving Iowa State toward carbon neutrality.

Iowa State students on CyRide's orange route were greeted by a blue bus in early March as part of a demo run of electric buses at Iowa State University. In support of CyRide's goal to implement zero-emission buses into their fleet by 2022, through Low-No Emission National Grant funding received in 2019, the successful demo is one step closer as CyRide prepares to purchase its first two fully-electric buses.

Electric CyRide Buses



Land Acknowledgment

Iowa State University developed an official land acknowledgment honoring the indigenous peoples who inhabited the land area that makes up the ISU campus. The acknowledgment, developed by Iowa State, in collaboration with Sebastian Braun, director of American Indian Studies, was approved and posted Feb. 18.

Iowa State Student Wellness created a website page to provide resources and strategies for students to keep community, stay informed and be well as they practice social distancing during online classes at Iowa State. In addition to student resources, the webpage also provides resources for faculty and staff, including Adventure2.

COVID-19 Wellness Resources



FAREWELL TO OUR LIVE GREEN! SENIORS

We are wishing our Live Green! seniors a fond goodbye and tons of well-wishes on their post-graduate journey. We have watched them blossom as individuals and teammates, and look forward to seeing their future accomplishments!

**PAIGE
ANSON**

DES MOINES, IA

YEARS AT LIVE GREEN!:
2 YEARS

MAJOR:
JOURNALISM AND
ENVIRONMENTAL
STUDIES

**MARKETING AND
COMMUNICATIONS INTERN**

**KRISHAUN
BURNS**

DETROIT, MI

YEARS AT LIVE GREEN!:
2 YEARS

MAJOR:
PUBLIC RELATIONS
MINOR:
EVENT
MANAGEMENT

**MARKETING AND
COMMUNICATIONS INTERN**

**KELSEY
CULBERTSON**

CLIVE, IA

YEARS AT LIVE GREEN!:
1 YEAR

MAJOR:
ENVIRONMENTAL
SCIENCE
MINOR:
POLITICAL
SCIENCE

**CAMPUS AND COMMUNITY
ENGAGEMENT INTERN**

**RJ
GREEN**

UNDERWOOD, IA

YEARS AT LIVE GREEN!:
3 YEARS

MAJOR:
BIOLOGY AND
SUSTAINABILITY

STRATEGIC PLANNING INTERN

**SCOTT
NEMEC**

TINLEY PARK, IL

YEARS AT LIVE GREEN!:
3 YEARS

MAJOR:
MARKETING AND
ENVIRONMENTAL
STUDIES

**SMART BUSINESS
CHALLENGE INTERN**



WHAT'S NEXT AFTER GRADUATION?

"Finding a full-time communications position that allows me to promote sustainable living."

"Securing a full-time position in civic/social advocacy to leverage my communications and design skills."

"I would love to find a full-time position involving sustainability and helping those in my community!"

"Staying at Iowa State University to get a master's degree in science education."

"I will be staying in Ames and working at the Renewable Energy Group as a marketing analyst."

HOW WILL YOU CONTINUE "GREENING" AFTER GRADUATION?

"I will continue to learn about my social, economic and environmental impacts and about opportunities for me to create positive impacts."

"I will use my experience and passion to help marginalized communities incorporate sustainability into their lifestyles."

"I plan to look for a career that allows me to be passionate about what I'm doing, but also lets me fight for a sustainable planet!"

"I want to continue inspiring others to join me in working and advocating for a sustainable future."

"I plan on bringing the skills I learned in sustainability into my future career in business."

WHAT IS YOUR FAVORITE "GREEN" MEMORY AT IOWA STATE UNIVERSITY?

"Attending the 2019 AASHE conference in Spokane, WA and all of Live Green!'s events are my favorite memories!"

"Going to the Association for the Advancement of Sustainability in Higher Education Conference in Spokane, WA!"

"Working hard and seeing Sustainapalooza turn out wonderfully this year!"

"Rummage Rampage!"

"Seeing the growth in Live Green! events across the board. It has been amazing to watch it grow and improve my experience with Live Green."

Copy and layout by Krishaun Burns

A YEAR OF **CARDINAL**, **GOLD** & **GREEN**

2019-2020 INITIATIVES OF THE LIVE GREEN! TEAM

Enjoy a look back at the many ways Live Green! Team members educated, engaged and empowered the campus and community in sustainability throughout the 2019-2020 academic year.



Photos courtesy of the Live Green! Team
Copy and layout by Paige Anson

NOW YOU KNOW

SUSTAINING LIFE ON LAND TOWARD A SUSTAINABLE FUTURE

15 LIFE
ON LAND



The key to a flourishing ecosystem is sustainably using what it offers. This truth follows whether the discussion is about freshwater, sea, grassland, forest or desert ecosystems.

In the March issue of Live Green! Monthly, United Nations Sustainable Development Goals 6 and 14 were discussed, or the preservation of life and ecosystems underwater. This month, Sustainable Development Goal 15, Life on Land, is highlighted and explored – focused on protecting and restoring land-based ecosystems within three target considerations: deforestation, desertification and biodiversity.

FORESTS

Forests play a critical and crucial role in ensuring and sustaining life on land.

Covering 30.7% of the Earth's surfaces, forests provide food and water security, give shelter to 80% of all land-based animals, plants and insects, protect biodiversity and the homes of indigenous populations and play a role in mitigating climate change.

In addition, forests ensure the accommodation of 1.6 billion people, or 25% of the world's population, with resources for

their livelihoods, including 70 million indigenous people, according to the Food and Agriculture Organization of the United Nations.

With all the life sustaining necessities forests provide, they face an increasingly threatened status.

According to the World Bank, between 1990 and 2016, the world lost 502,000 square miles of forest, the equivalent of 1,000 football fields per hour. Currently, per The World Count, forest loss is more than tripling this rate at an average of 28 million hectares per year, or one football field per second.

According to the Earth Observatory at NASA, there is not one single direct cause for deforestation. Infrastructure expansion, wood extraction and agricultural expansion for subsistence farming all contribute, with the latter having the most direct impact, specifically in connection to tropical deforestation.

Because these commodities impact and support the livelihoods for many people and populations, it is vital to sustain and expand opportunities to preserve them while still protecting the forest ecosystem.

Without protection, the consequences are great. In addition to life and livelihoods, connected to land, being threatened due to decreasing forest resources, an additional and substantial consequence is desertification.

DESERTIFICATION

The United Nations calls desertification one of the world's most threatening ecosystem changes, affecting one fifth of the world's population in more than 100 countries.

Desertification is a direct result of deforestation occurring, as trees, whose roots anchor soil in place, are removed

— resulting in soil and nutrients erosion, eventually turning arable land (suitable for growing crops) into desert.

According to the United Nations, drought and desertification cause 12 million hectares of land to be lost annually, at a rapidly accelerating pace, nearly 30 to 35 times historical rate. This prevents 20 million tons of grain from being grown every year and moderately or severely affects 52% of land that 2.6 billion people around the world depend on for agricultural processes.

Desertification also plays a role in urbanization and poverty.

When dryland areas – which is home to 2.1 billion, or one in three, people around the



world – are exploited through overgrazing and overdrafting of groundwater, mass migrations to urban areas occur. (Read more about the relationship between urbanization and poverty in the February 2020 issue of Live Green! Monthly.)

As well as the devastation caused through loss of land function and livelihoods reliant on land, reduction of biodiversity is a direct effect of deforestation and desertification.



BIODIVERSITY

Hosting 80% of life on land, when forests are lost through deforestation and eventually desertification, biodiversity, or the variety of life on Earth, from genes to ecosystems, is critically impacted.

According to the United Nations, this results in up to one million of eight million plant and animal species on Earth being at risk of going extinct within decades.

In addition, the Red List Index, an online database that tracks more than 20,000 species of mammals, birds, amphibians, corals and cycads, has also noted the risk of species extinction has intensified by almost 10% over the last 25 years.



Deforestation and desertification are not the only factors in biodiversity loss. Other human factors, including illicit poaching, wildlife trafficking, introduction of invasive species, and population growth have also played a role.

To illustrate:

- The United Nations notes almost 7,000 species of animals and plants have been reported in illegal trade spanning 120 countries;

- Invasive species introduced to islands are the top cause of native plants and animals extinction, per the International Union for Conservation of Nature; and
- According to Population Action, the increased demand for goods and services to meet the needs of a growing population exerts more pressure on ecosystems and their components, deteriorating the biodiversity in an area.

MOVING FORWARD

Because of the collective reliance on Life on Land, by the global community, Goal 15 is crucial to a sustainable future.

The way forward starts on a governmental level with sustainable forest management. The Convention on Biological Diversity estimates \$150-\$440 billion per year is required to halt the loss of biodiversity at a global level by the middle of this century.

Eleven countries in Sahel-Saharan Africa have begun combating the effects of desertification through their initiative called the Great Green Wall.

Momentum continues with nonprofit organizations, such as Cool Earth, Rainforest National Alliance, Amazon Watch and Forest Stewardship Council, all focused on responsible forest management.

Individual contributions, as groups or independently, are also significant in moving forward. Contributions can range from donations, to supporting the work of non-profit organizations, to volunteering to support life on land initiatives (such as planting trees) to choosing sustainable options and behaviors (such as going paperless or buying recycled content).

For more ways to contribute to ending deforestation, desertification and loss of biodiversity, visit The World Counts website and World Wide Fund for Nature website.



The collective impact of these 17 Sustainable Development Goals, put front and center by the United Nations, provides us all with a roadmap (as individuals, members of organizations and citizens of countries) toward achieving sustainable development, and ensuring a sustainable future for all populations of species that share Earth. The challenge is ours and the result rests in us.

For a recap of Live Green! Monthly coverage, throughout the 2019-2020 academic year, of the United Nations Sustainable Development Goals, click on the months listed in the graphic below.



OCTOBER

Innovate Green | Goals 7, 8 and 9

NOVEMBER

Nourishing Green | Goals 1 and 2

DECEMBER/JANUARY

Elevating Green | Goals 3 and 11

FEBRUARY

Uniting Green | Goals 5, 10 and 16

MARCH

Hydrating Green | Goals 6 and 14

APRIL

Envisioning Green | Goals 4, 12 and 13

STUDENTS LIVING **CARDINAL, GOLD & GREEN**

STRIVING FOR SUSTAINABLE LANDSCAPES

Plants, animals, goods, homes, energy, air quality, water purity, recreation, exploration.

All facets of life depend on healthy land and the completion of the United Nation's Sustainable Development Goal 15, "Life on Land."

The target of this goal, to take care of the land that takes care of people, has been progressing through the missions of organizations throughout the world, including two student organizations at Iowa State University.

The International Association of Students of Agriculture and Related Sciences at Iowa State University and the Landscape Club at Iowa State University are providing Cyclones opportunities to support and further the vision of Goal 15, through unique consideration and approaches to sustainable land use.

International Association of Students in Agriculture and Related Sciences

The International Association of Students in Agriculture and Related Sciences at Iowa State is a chapter of the international non-profit student society of the same name.

The mission of the organization, according to Iowa State University's chapter president, Audrey Jenkins, is to connect students interested in sustainable agriculture and land use.

The organization brings together students during biweekly meetings that offer members opportunities to meet with farming professionals and to discuss sustainable agriculture practices.

The club also gives members the chance to take semesterly field trips to local businesses and farms promoting healthy land

Audrey Jenkins CLUB PRESIDENT

International Association of Students In Agriculture and Related Sciences at Iowa State University.

Get in touch with the organization by reaching out to executive members like Audrey. Find their contact information on the club's [website](#).

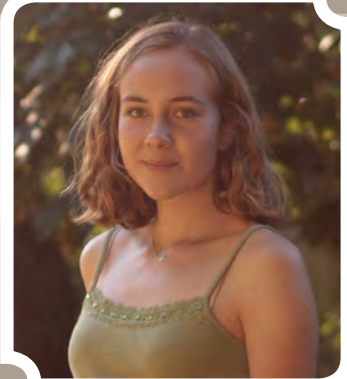


Photo courtesy Audrey Jenkins

In meetings and on trips, members also discuss and prioritize lifestyle habits that support land quality.

A few emphasized habits include reducing food waste and purchasing goods from local farmers. Both, Jenkins noted, reduce wasteful use of resources in growing and transporting food and promote a longevity of available resources.

"Anybody can make a positive impact [in maintaining healthy lands and resources at any time]," Jenkins encouraged.

Since the COVID-19 pandemic canceled in-person classes and club meetings in mid-March, the chapter has continued to promote sustainable land use through virtual meetings and resources.

"One of our executive team members made a list of books and videos and podcasts about international agriculture to share with members ... Now is a great time to read the books on our lists and to watch documentaries," Jenkins said.

through soil, water and land conservation practices.

Members also connect with other chapters during seminars, meetings and the organization's Annual Congress event that takes place every July.

"[The Annual Congress and overall organization foster] this cultural exchange of knowledge and of agriculture among youth around the world," Jenkins said.

A topic addressed in all chapter meetings is the improvement of agricultural production through sustainable land use.

"We want to be able to keep feeding the world," Jenkins summarized.

Farming practices that club members promote for sustaining the current and future health of farmable land include: farming with an emphasis on returning nutrients to soil and avoiding decisions that promote immediate profits over lasting profits, Jenkins said.



Photo courtesy of the International Association of Students In Agriculture and Related Sciences

Copy and layout by Paige Anson



Photo courtesy Connor Evers

Along with learning about the importance of sustainable land-use, reducing food waste and buying food locally, Jenkins said there are other habits that people can practice to sustain life on land.

Driving less, crop rotation, using less water and electricity and using less wasteful materials (like plastic) are a few habits Jenkins described.

The Landscape Club

The Landscape Club at Iowa State University supports sustainable land use as the club educates students and community members in sustainable landscaping.

Connor Evers
CLUB PRESIDENT

Calvin Mackin
VICE PRESIDENT

The Landscape Club at Iowa State University

Get in touch with the organization by reaching out to executive members like Connor and Calvin. Find their contact information on the club's [website](#).

"A sustainable landscape is a diverse landscape with a lot of functionality. As far as ecosystem services go, the landscape will serve a purpose alongside looking beautiful: capturing air pollution, reducing energy costs, reducing storm water runoff and helping prevent floods," the club's president, Connor Evers, said.

The club meets three to four times a semester and provides students interested in landscaping opportunities to connect with one another, industry professionals and hands-on design experience. The club's two faculty advisers, who practiced professional landscaping, also add exceptional networking and learning opportunities to members, Evers said.

Once a semester, the club offers one-hour landscaping consulting sessions to Boone and Ames residents.



Photo courtesy of the Landscape Club

Funds raised by donations during sessions are used to sponsor members going to a national landscaping competition.

"The sponsorships help club members attend the National Collegiate Landscape Competition. It takes place during spring break every year ... It is a huge event where we compete with colleges across the nation and expand our knowledge of landscaping. It also is a huge career fair," Evers said.

Due to the coronavirus outbreak this spring, this year's competition was canceled; however, networking opportunities



Photo courtesy Calvin Mackin were still available to members at a virtual event.

Despite the changes, the club's Vice President Calvin Mackin felt the networking component was very effective, he said.

For those interested in learning more about sustainable landscaping, options abound, Mackin and Evers said.

"No matter your major or interest, the landscape club is a great place to learn," Mackin said.

The Iowa Department of Natural Resource's [website](#) and [Morton Arboretum website](#) are also useful resources for anyone looking to learn more about the benefits of using particular native species and trees for landscaping.

Acting mindfully and implementing sustainable land-use practices are powerful ways anyone can join these student-driven initiatives in ensuring a more sustainable future with healthy lands.



Photo courtesy of the Landscape Club

GET GROWING THIS SUMMER

GARDEN, EAT AND BREATHE IN GREEN

From growing food to cleaning breathing spaces, the power of plants is astounding. Get your green (thumb) on this summer with these gardening ideas and resources.

EASY-TO-GROW INDOOR HERBS

Harvest fresh herbs from your own herb garden this summer. Tips for growing herbs indoors or outdoors include:

LIGHT PLACEMENT

In Bright Light: Tropical or semi-tropical herbs like rosemary, thyme, basil, bay leaves and oregano thrive in bright light, which is best in south-facing windows.

SOIL & WATERING TIPS

Well-Draining Soil: Most herbs do well in regular potting mixes. Rosemary, thyme, oregano and bay leaves do better in blends of looser soils: equal parts cactus mix and regular potting soil usually works well. Let soil dry between waterings.

CONTAINER & FOOD

Container With Drainage holes: All herbs need to be planted in well-draining containers. **Feed plants once or twice a month:** Liquid fertilizers can be given once or twice a month to herbs (check fertilizer label for guidance on how to apply the fertilizer).

Learn more about herb gardening on the [Gardeners Supply Company website](#).

RESOURCES FOR A GREENER START

1. Read about practices that can benefit different indoor and outdoor container crops on [The Old Farmer's Almanac website](#). For example, tomato crops often benefit from having stakes to grow up.
2. Explore land grant university extension gardening websites, like [Iowa State University's Extension and Outreach News website](#) for gardening tips and tricks.
3. Search the [online USDA National Agriculture Library](#) for tips and tricks for growing productive and healthy edible plants in containers or in the ground.

EASY-TO-GROW HOUSEPLANTS

Spruce up any room and start a fun, green new hobby with these easy-to-grow houseplants.

SPIDER PLANT

CHLOROPHYTUM COMOSUM

This plant can glam up a room from a basket or a pot and enjoys medium light and consistently damp soil. When mature, it grows 'offsets' that can be potted as baby plants.



GOLDEN POTHOS

EPIPREMNUN PINNATUM

In nature, this plant can swallow trees with its fast-growing vining foliage. In a home, it will thrive in medium light and in soil that mostly dries between waterings.



SNAKE PLANT

SANSEVIERIA CYLINDRICA

Sansevieria plant varieties are vast and many are durable. This low light and low moisture plant is very hardy and makes for a great office plant.



LEARN MORE

Learn other easy-to-grow houseplants on [The Spruce website](#) and discover how to grow, or "propagate," new plants from cuttings on [Gardenista.com](#) or through the [ISU extension website](#).



SUSTAINABILITY THROUGH HOME HORTICULTURE

DEFINED

Hortus is Latin for *garden* and culture is Latin for *cultivate*. Horticulture is the art and practice of taking care of plants. Anyone growing plants practices horticulture.

CLEAN AIR

Indoor plants not only filter CO2 out of the air and replace it with oxygen, they scrub the air of chemical carcinogens like formaldehyde and benzene, according to a [1989 study by NASA](#). The study also found the best air purifying plants were those with more leaves and bigger foliage.

REDUCE STRESS

Make any green time "me time." Gardening to reduce anxiety or stress, or practicing "horticulture therapy," can help keep your mind and body busy. Learn more on the [Iowa State University Hort News Extension website](#).

SAVE MONEY

Growing veggies at home can help a household save on grocery money. Tips for growing vegetables that can save the most money include: growing veggie favorites, growing varieties that are expensive to buy in stores and learning gardening basics that will help with promoting bountiful yields. Learn more by reading online "Can a Vegetable Garden Save You Money?" on the [Iowa State University Hort News Extension website](#).

BASIC GARDENING TIPS

Every plant's needs are unique. Time, practice and research will help you determine which variables will help different plants thrive. General tips for a "green thumb" for most container-bound plants are below.

WATERING

Finger Test

When to Water:
Stick a finger in soil of a potted plant. If it is dry about 1 inch down, or dry near the roots, then water the plant on all sides thoroughly; until water drips out of drainage holes.

Over-watering:

Symptoms:

- Browning or Yellowing Leaves
- Molding Soil

Solutions:

- Let soil dry and water less often.
- Repot into dry soil and water less often.

Green Water

Turn "grey" waste water into "green" water for plants. Water plants with drained pasta water and other "excess" water from cooking.

FERTILIZER

When to Fertilize

Fertilize when plants are growing. In the spring, summer and fall, every two weeks is a good rule of thumb. Do not fertilize much, if at all, in the winter months if plants appear to have gone dormant.

Granular Fertilizer

A slow-releasing fertilizer that runs through plants every watering.

Liquid Fertilizer

A quick-releasing fertilizer to include with each watering

Amounts

Research plant requirements and read the fertilizer bottle for recommendations. As a general rule, less is better when applying fertilizer. Over fertilizing can burn plant leaves or stunt growth. Learn more tips on [Iowa State University's Extension and Outreach website](#).

SOIL

Best Soil for Houseplants

Most houseplants enjoy a well-draining soil that does not hold too much water. Most potting mixes have the perfect blend of soil components for a well-draining soil.

Soil Types

Although most houseplants enjoy a general soil mix, some plants need soils that hold less or more water. For example, cacti need a special mix of more sandy soil that holds very little water. Learn about different potting mixes on ["The Sill" website](#).

Make A Soil Mix

Many commercial potting mixes use ingredients like perlite (to aerate soil) and vermiculite (to hold soil moisture and nutrients) to create the perfect "loamy" soil. Explore making potting mixes on the [Penn State Extension website](#).

MAINTENANCE

Water & Fertilize

Just like people and animals, plants need water to drink and food to eat. Do not forget to water and fertilize them.

Cleaning Up

Removing dead foliage is a great way to reduce a plant's susceptibility to disease.

Repotting

Most plants benefit from repotting every other year. Roots sticking out of a pot's drainage holes is a sure sign it is time to repot.

Repotting Tips

Choose a container that is 2-3 times larger in diameter than the current container. Gently loosen the plant from its old container. Squeezing the pots sides or using a butter knife can help. Fill the new container 1/3 way with soil. Add plant and fill in soil on sides, leave top 1/2 inch of container without soil.

PESTS & DISEASE

PESTS

Common houseplant pests:

- Mealy Bugs
- Scale
- Aphids
- Fungus Gnats

Learn more on [thespruce.com](#).

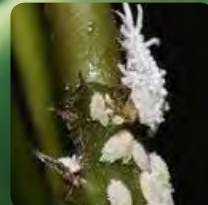
Control Methods

- Wipe off insects and rinse plants in the shower or with soapy water.
- Set out glasses of soapy water to attract and kill fungus gnats.

FUNGUS GNAT



MEALY BUGS



SCALE



POWDERY MILDEW



ROOT ROT



DISEASE

Common houseplant diseases:

- Root and Stem Rot
- Nutrient Deficiency
- Powdery Mildew
- Grey Mold (Botrytis)

Learn more on [Penn State's Extension website](#).

Control Methods

- Avoid over watering.
- Remove infected plants and plant parts.
- Cut out infected roots, then repot plant using new potting mix and a clean pot.

Photo(s) courtesy of Flickr.com and Wikimedia Commons

MONTHLY CHALLENGE

DISCOVER AND REDISCOVER CONNECTIONS TO THE EARTH

Every day, we have the opportunity to choose actions that contribute to a sustainable future. This month, challenge yourself to a couple of rounds of *LANDING GREEN BINGO* and discover and rediscover your personal connection to life on land, the planet and a sustainable future.

Prepare a seasonal meal <i>(Explore new tasty jar treats from Farmers Market food on page 17.)</i>	Listen to the nature <i>(Listening to the sound of music helps you relax and sleep better. Learn more benefits on the Ontario Parks website.)</i>	Pick up litter during a walk or hike <i>(Learn 10 reasons to pick up litter on Plastic Pollution Coalition website.)</i>	Learn more about state and city native plants and animals <i>(Use the Native Plant Finder website to explore different native plants and butterflies in your zip code.)</i>	Make a bird feeder <i>(Learn how to make an easy bird feeder (so easy, kids can do it!) on The Spruce Crafts website.)</i>
Take a virtual trip to a National Park <i>(Get up close with nature in national parks across the country on the National Parks website.)</i>	Take a shorter shower <i>(Save 12.5 gallons of water by cutting your shower in half. Learn five ways to take a shorter shower on Tom's of Maine website.)</i>	Add a plant to your living space <i>(Find the most suitable plants for your lifestyle on page 12.)</i>	Have a picnic <i>(Host a sustainable picnic, using tips on Greenvelope.)</i>	Go for a 15 minute walk daily <i>(Find 14 reasons to walk on The Healthy website.)</i>
Compost <i>(Learn how to compost at home, whether it's backyard or indoor, on the Environmental Protection Agency's website.)</i>	Turn the lights off in an empty room <i>(Learn when to turn off lights based on light bulb type on the Energy Saver website.)</i>	Free	Go for a bike ride <i>(Explore the benefits of biking very day on the Bicycling website.)</i>	Support a local shop or restaurant <i>(Check out current accommodations for local restaurants, retailers and general businesses on Ames Chamber website.)</i>
End junk mail <i>(Stop junk mail using the information on the Ecocycle website.)</i>	Share a picture of you #LandingGreen on Instagram and tag @isu_livegreen	Unplug from technology <i>(Digital detox using 16 tips from Author Unlimited.)</i>	Go on a bug hunt <i>(Choose an app for your bug search, using the list on Fatherly website.)</i>	Use a reusable water bottle or coffee mug <i>(Explore benefits of reusable water bottles on the Be Bottle website.)</i>
Use beeswax wrap in lieu of plastic <i>(Explore ways to use and benefits of beeswax on the Jatti Waps website.)</i>	Start a veggie, herb or flower garden <i>(Learn the basics of gardening on page 12.)</i>	Visit a sea, river, lake or pond <i>(Read about how nature improves people's lives on The Guardian.)</i>	Complete a nature-themed G-I-Y project <i>(Visit the Live Green! Pinterest for inspiration or page 16!)</i>	Watch a nature documentary <i>(Find 12 documentaries to watch on New York Times.)</i>

HEALTHY LANDINGS

GROUNDING EXERCISES FOR MIND AND BODY

EMBRACING TOGETHER UNITE AND CONNECT THROUGH NATURE



In person, on the phone, through a video chat. No matter how time is spent with loved ones, time spent contributes to grounding a person in who they are and from where they have come. If connecting in person, consider an outdoor location. Walking, sitting or hiking outdoors offers groups opportunities to find deeper connections to the Earth and to all the life that shares the planet with us. Learn more about grounding through outdoor activities with loved ones on the [University of Kentucky's website](#).

CENTERING THROUGH YOGA ROOTING THE BODY AND MIND



Life is a whirlwind of activity. Yoga and mindfulness poses can provide an anchoring effect when the whirlwind feels chaotic. One easy and powerful pose is the "Sukhasana" or "Easy Pose." This pose involves simply sitting cross-legged on the ground with eyes closed, one hand on the chest and the other on the ground. Through Sukhasana or other mindfulness exercises, mental and physical focus can help root a person mentally and physically. Learn gentle mindfulness yoga poses on a yoga-focused "[Do You Yoga](#)" website.

CALMING FOR SLEEP "SAMA VRITTI" BREATHING



Having trouble falling asleep? According to the [Harvard Gazette](#), insomnia is becoming more common with the outbreak of the COVID-19 pandemic. Instead of counting sheep, lull to sleep with the Sama Vritti breathing exercise. Start the exercise by lying down and getting comfortable. Keep both eyes open or closed, whichever is most relaxing. Then, inhale for four counts and exhale for four counts. Every breath in and out should be made through the nose. After a few breaths, try 6-8 counts per breath. As breathing slows, feel the body and mind slow too. Learn more medically-reviewed breathing techniques can be found on the "[Greatist](#)" website.

MEDITATING FOR STABILITY RELAX EMOTIONALLY AND MENTALLY



Meditation does not require a special place or amount of time to reap its emotionally-stabilizing benefits. Even 10 minutes of meditation a day can be rewarding. To shift into a focus known as "meditation," start by getting comfortable in a chair or on the floor. Close both eyes. Then, mentally account for every body part, working from the head to the heel. Pay attention to the rising and falling of each breath. Count each breath ... and let go of any thoughts that come to mind. Eventually step back and observe a mind clear of all stressors and distractions. Finally, gently open both eyes. Step-by-step meditation tips for beginners are available on [Oprah.com](#).

ROOTING YOUR BODY THE GROUNDING CHAIR TECHNIQUE



Release and relax with the "Grounding Chair Technique." Sit in a comfortable, sturdy chair that allows both feet to reach the ground. Breathe in slowly and close both eyes. Breathe out. Continue deep breathing. Move back in the chair so your spine is aligned with and supported by the chair. Rest both arms on chair arms. If the chair has no arms, rest hands on the chair seat or in your lap. Feel the chair's stability. Imagine energy draining down through the body and out through both feet into the ground. Allow every muscle to relax as the energy flows. Learn more on [Dr. Sarah Allen's website](#).

GROUNDING MENTALLY STABILITY THROUGH SURROUNDINGS



Take time to center your mind and to think around your stressors by mentally grounding yourself. This can be accomplished in a variety of ways. Some mentally ground themselves by focusing on walking or jogging. Others mentally ground themselves by focusing on objects, air, light and textures of the world around them. All are effective methods. Learn more practices for mental grounding on the [Great Performers Academy website](#).

GREEN-IT-YOURSELF

GROUND YOURSELF WITH NATURE

DANDELION OIL

Supplies: enough dandelions (including stems and roots – easiest to extract after a rain or via dandelion weeder tool) to completely fill choice of jar, cheesecloth (coffee filters, wire sieve or colander can be substituted), glass jar with lid, carrier oil (such as olive oil), breathable lid (coffee filter or woven cloth), rubber band, cookie sheet or cooling rack

Instructions:

1. Gather as many chemical-free dandelions needed to fill your container of choice.
2. Cut off the flower head and place in a mason jar, completely covering with oil. (Use the root to make coffee or honey (see p. 17), stem to treat rough skin and leaves for a salad.)
3. Stir mixture to remove air bubbles, cover with breathable lid, securing with rubber band.
4. Let the dandelions and oil infuse for at least two weeks. Stir contents daily.
5. Pour mixture through cheesecloth (or substitute) to strain dandelions from mixture. Replace breathable lid for tight-fitting lid and store in a dark place for up to a year.
6. Use oil to soothe dry skin, reduce joint pain, muscle aches, tension and stress or add it to any homemade salves, moisturizers and balms.



MOSS-COVERED POT

Supplies: unglazed flower pot (terra cotta pot or other cement base can be substituted), 2 C. live-culture buttermilk or plain yogurt, 1 small bag of dye-live moss (no dye, not preserved), blender, wide paintbrush, spray bottle, bowl

Instructions:

1. Immerse pot in water overnight to ensure it is not dry when beginning.
2. Place two cups of live moss and buttermilk or yogurt into a blender. Use the pulse button to mix, until it has a thick, uniform consistency with chunks of moss.
3. Pour mixture into a bowl or dip brush straight into the blender. Brush a thick layer onto the unglazed flower pot (or substitute).
4. Place pot in a shaded area for the next 2-3 weeks as the “paint” grows into a living moss carpet. Gently mist with water daily. If the moss turns brown or dries out, mist more frequently. Moss will begin to grow in about 10 days and reach full foliage within 6-12 months.



THUMB-CONTROLLED WATERING CAN

Supplies: sturdy empty plastic bottle with lid (such as a milk or orange juice bottle or maple syrup container), tiny screwdriver, nail or drill (depending on thickness of bottle)

Instructions:

1. Create small holes (6-15, depending on the size of the bottle) in the bottom of the bottle with a screwdriver, nail or drill.
2. Create a larger hole in the lid of your bottle.
3. To fill bottle, remove lid and quickly fill with water and replace lid. Quickly cover the hole on the lid with thumb to prevent water from dripping out of the bottom.
4. To water plants, lift thumb from lid hole to release water.



Copy and layout by Krishaun Burns

RECIPES

MASON JAR SPREADS WITH FARMERS' MARKET FINDS



DANDELION ROOT INFUSED HONEY

Ingredients and Supplies: raw honey, dandelion root, water, 2 canning jars with tight lids, spoon, tongs, colander (cheesecloth or wire sieve can be substituted), hot pads

Servings: 1 jar | lasts for one year, stored in a cool, dark cabinet

Directions:

1. Wash the roots of dried or fresh dandelions and slice about 1/4" thick. Fill a jar 1/2 full with the sliced roots and cover completely with raw honey.
2. Stir to remove air bubbles and distribute roots throughout honey.
3. Using hot-pads, place the jar in a saucepan with simmering water on low heat for two hours to infuse the mixture. Add enough water to ensure jar (up to 1" from the top) is submerged, being careful not to get any water into the honey mixture.
4. After two hours, using the hot pads, strain the roots from the honey using colander (or substitute). Add to clean jar, secure with lid and store in a cool, dark cabinet.
5. Add honey to sweeten any herbal tea to help flush toxins from the body or to any dessert drink to assist with digestion after a large meal.



LEMON, HONEY AND BLUEBERRY JAM

Ingredients and Supplies: 11 C. blueberries, 1 C. sugar, 1/3 C. honey, 1/2 lemon (zested and juiced), 4 canning jars with lids, saucepan, stove, spoon, ladle, tongs, water

Servings: 4 pints | lasts for 2 years, unopened; 3 months, opened and refrigerated

Directions:

1. Place ingredients in a large saucepan and bring to a boil over medium-high heat.
2. Reduce heat and simmer gently for 20-30 minutes, or until the jam looks thick and glossy, stirring often to prevent scorching.
3. Ladle into jars, filling to 1/4-inch from the top. Stir out air bubbles and seal.
4. Fill saucepan with water, enough to cover the lids of the jar by 1-inch. Bring water to medium boil then, using hot pads, place filled jars in the pan and boil for 10 minutes.
5. Using tongs, remove jars from pan and place on hot pads or heat-resistant surface to cool and for jam to set (it may take several days).
6. Once cooled, store in a cool, dry location. After opening jars, refrigerate.



STRAWBERRY BALSAMIC VINAIGRETTE

Ingredients and Supplies: 1 C. strawberries (fresh or frozen), 1/4 C. balsamic vinegar, 1/4 C. olive oil, 1 Tbsp. Dijon mustard, 1 tsp. honey, 1 large garlic clove (finely chopped), 1/4 tsp. salt, 1/4 tsp. pepper, baking pan, aluminum foil, food processor or blender, oven, jar with lid

Servings: 1 Cup | lasts for 9 days, refrigerated

Directions:

1. Place strawberries in a single layer on a baking pan lined with foil, folded up on the sides to capture the juices.
2. Roast strawberries in a preheated 425 F oven for 15-20 minutes, or until they start to caramelize.
3. Puree strawberries, balsamic vinegar, olive oil, mustard, honey, garlic, salt and pepper in a food processor or blender, until smooth. Pour into a jar, secure with lid and refrigerate.

GREEN OPPORTUNITIES

PLANT AND REBATE



Planting a tree is a great “green” gift that benefits your property and your community. The City’s Smart Watershed Program is looking to reward that gift this year by providing a Native Tree Rebate to residents that purchase and plant a native tree. Residents can be reimbursed up to \$75 for their native tree purchase. Learn more and find the

“Native Tree Rebate Form” on the [City of Ames Smart Watersheds website](#). Discover other available rebates for sustainable choices by visiting the [City of Ames Residential Programs webpage](#).

CREATE MONARCH HABITAT



Make the most of your outdoor garden and help support the Iowa Monarch Conservation Strategy by seeding your land and flower pots with pollinator-friendly plants that provide great habitat for monarch butterflies. Native plants, specifically milkweed can make a big positive impact on creating more safe landings for monarchs

while they travel. To learn more about recommended seeds and tips for creating a successful and safe monarch habitat read “Iowans can do their part in helping the Monarch habitat grow” on the [Iowa Department of Natural Resources website](#).

FELLOW TOWARD EQUITY IN NYC



Submit an application for a chance to become one of two fellows in the 2020 Design Trust Equitable Public Space Fellowship Program. This year-long fellowship is full-time, paid and focuses on offering fellows an opportunity to engage in complex designing of public spaces in New York City.

Anyone with a 2-year or 4-year degree and an interest in architecture, environmental studies, government, landscape architecture, public health, and other related fields is encouraged to apply. Learn more and apply on the [Idealist website](#).

LEARN TO FARM PRACTICALLY



Learn what it takes to run a farm business with farmers across Iowa while working as an on-farm worker by participating in the Labor4Learning program. This program is powered by Practical Farmers of Iowa and currently, 10 positions are available. Learn more about the program, the farmers and the positions and access the application on the

Practical Farmers of Iowa website on their [“Labor4Learning” page](#).

RUMMAGE AT THE RAMP



Looking to donate or buy furniture? What about kitchen, lawn, garage, office and gym items and appliances? Consider donating and buying items at the Ames Intermodal Facility during the 5th annual city-wide rummage sale, known as Rummage RAMPage. Drop off items during open hours July 24 through Aug. 2. Sales start July 25 and end Aug. 3.

Looking for a way to earn money for your nonprofit? Consider volunteering at the sale. Learn more about accepted items, sale hours and how to sign up to volunteer on the [City of Ames website](#).

CREATE ART PROMOTING HYDRATION



Artists that work with two-dimensional mediums and love Ames water should consider submitting entries for the 2020 City of Ames Water Treatment Plant Public Art Contest and Exhibition. Winning art will be displayed in the Water Treatment Plant and the winning artist will be awarded \$400. Each piece entered will also be considered for

purchase by the City for its permanent art collection. Artists may enter up to three 2-D pieces that focus on the contest’s theme of “Water for Health.” Submissions are being accepted until 5 p.m. on Sept. 11. Learn more about the contest on the [City of Ames website](#).

JOIN THE LIVE GREEN! TEAM



Educate, engage and empower the Iowa State University and Ames community in sustainability as a member of the 2020-2021 Live Green! Leadership Team. Applications are open until May 11 at 5 p.m. for Campus and Community Engagement interns, Marketing and Communications interns, The SMART Business Challenge Team and for a (new!)

Social Media Engagement Intern. Positions are paid and offer many opportunities for personal and professional growth. Learn about the positions and application process on the [Live Green! website](#).

CLEAN-UP COLLEGE CREEK



Get outside, have fun, celebrate National Rivers Month and promote healthy local waterways June 27, 10 a.m. - 2 p.m., by participating in College Creek Cleanup. This annual event is put together through partnerships among the Live Green! Initiative, Keep Iowa State Beautiful and Facilities

Planning and Management. Learn about past cleanups and how to get involved with the Summer 2020 cleanup by visiting the Live Green! website and clicking on the [Live Green! calendar page](#).

VOLUNTEER IN STORY COUNTY



Make a difference in your community this summer by donating your time to organizations working to promote social, economic and environment sustainability in Story County. Volunteering can be as easy as making your next craft project one that can help another person, for example sewing and donating a reusable mask. Learn about writing, packing, cooking and other volunteer opportunities on the [Volunteer Center of Story County website](#). Learn about other volunteer opportunities in your area by visiting [FeedingAmerica.com](#).

INTERN TO PREVENT POLLUTION



Apply to challenge yourself to work in a hands-on internship in the Pollution Prevention Intern Program with Iowa Pollution Prevention Services. Interns will be assigned projects meant to determine which practices, processes and technologies are the most economically, environmentally and socially sustainable. This paid internship is paid and begins May 2020. It also has 12 or 24 week project opportunities available. Learn more about the program and how to apply on the [Iowa Department of Natural Resources website](#) or by contacting Danielle Roseland at Danielle.Roseland@dnr.iowa.gov.

KICK-OFF CAMPING SEASON



Join fellow Iowans in kicking off the camping season during Iowa State Park's annual "Camping Kick-Off" and reserve your camping spot starting the first weekend in May. Many parks will host family-friendly programs and activities, like kayaking, hikes and volunteer projects. Campers during the first weekend of May will receive a free issue of Iowa Outdoors magazine. Learn more about kick-off opportunities and find a full schedule of programs on the [Iowa Department of Natural Resources Camping Kick-Off web page](#).

SHOP AT FARMERS' MARKETS



Energize the local economy by purchasing from farmers' markets in Ames. The Ames Main Street Farmers' Market will have virtual shopping options by mid-May and the North Grand Farmer's Market will run every Saturday and Wednesday until mid-October. Learn more on the [Main Street Farmers' Market website](#) and on the [North Grand Farmers' Market Facebook page](#).

TEMPORARY CAMPUS FOOD PANTRY

In the lower level of the Union Drive Community Center. All are welcome, no identification is required. More on the [Student Affairs website](#).

PICK SUMMER EATS



Enjoy the fresh fruits and veggies of the growing season this summer at a "u-pick" farm where harvesting is left to the customer. Grab family and friends and explore the various apple, strawberry, pear, pumpkin farms that offer this fun food option. Discover Iowa Farms that offer U-Pick options on the [Iowa State University Extension and Outreach website](#) titled "[Visit Iowa Farms](#)." If pictures are taken while picking, feel free to share the "green-handed" experience online. Share the experience with Live Green! using the tag #LiveGreenISU.

SAVE THE RAINFOREST



Help raise awareness and encourage action toward saving the Earth's precious rainforests for World Rainforest Day on June 22. Start an awareness campaign by first learning more about ecosystem resources, biodiversity and beauty of the rainforests on Earth. Then, seek out information and resources for promoting healthy rainforests. Sharing resources and facts and starting conversations on rainforest conservation online or in person are great options for starting a rainforest conservation campaign. Learn more about how to healthy rainforests on the [World Rainforest Day website](#).

CELEBRATE THE OCEAN



Inspire yourself and others for World Oceans Day on June 8 by creating an online campaign or competition. Already on social media? Consider creating a virtual photography, video or art competition and ask your followers and friends to share how they capture the beauty of the ocean. Live near the ocean or own a product that comes from the ocean? Upload a live stream of you near the ocean or with that product and share why you love it. Find more inspiration for celebrating on the [World Oceans Day website](#).

LOG NATURE CONNECTIONS



Take photos at Chronology stations at Hickory Grove Park, McFarland Park and Tedesco Environmental Learning Corridor and donate them for a park photo time-lapse series. Email photos to the address listed at the station.

PLEASE NOTE

Events and opportunities listed may be subject to change due to the COVID-19 pandemic.

EARTH MONTH RECAP

REFLECTING ON EARTH MONTH CELEBRATIONS

LIVE GREEN! EARTH MONTH CHALLENGE

Throughout April, Cyclones and community members joined the Live Green! Team in celebrating Earth Month and the 50th Earth Day through the [Live Green! Earth Month Challenge](#). Sustainably-minded challenges themed around waste reduction, food, clean water, nature, community, wellbeing, energy and climate guided participants to explore new ways to live more mindfully toward celebrating Earth Day, every day. For more information and a listing of the grand prize winners, visit the [Live Green! Earth Month Challenge website](#).

LIVE GREEN! EARTH MONTH CALENDAR

In celebration of Earth Month 2020, the Live Green! Campus and Community Engagement Team compiled the annual Earth Month Calendar of Events. Filled with over 45 pages of virtual education, engagement and empowerment opportunities, that could be experienced while social distancing, this year's calendar featured opportunities to discover, explore and enjoy places and experiences throughout the world. To view the calendar and learn more about numerous unique environmental, economic and social sustainability offerings during April (and beyond), visit [Live Green! Earth Day website](#) and click on the "Earth Month Calendar" link.

50 YEARS OF EARTH DAY

Founded by peace activist John McConnel and United States Senator Gaylord Nelson, the first Earth Day was celebrated April 22, 1970. More than 20 million Americans participated in celebrating the planet, its beauty and its resources that day. Today, many Earth Day celebrations and efforts to give back to the planet are coordinated by the [Earth Day Network](#). This network connects over 1 billion people in 192 countries across the world to celebrate Earth Day.

VIRTUAL EARTH DAY CELEBRATIONS

Despite the COVID-19 pandemic canceling in-person celebrations worldwide, people across the globe connected virtually to celebrate the 50th anniversary of Earth Day. Celebratory opportunities included those put on by: the [Earth Day Network](#) (a "24 Hours of Action" campaign emphasizing connections between human health and planetary health), The San Diego Zoo (offering livecam showings of animals April 13 - 22) and [NASA.gov](#) (offering a week of online events, stories and resources showcasing the importance of, and beauty in, sustaining a healthy planet). For a deeper look at virtual celebrations offered locally and across the world, go to the [Live Green! Earth Day website](#), click on the link for the Earth Month Calendar and click on the April 22 - 27 link.

MAY CALENDAR

02

Conscious Closet Webinar

Zoom | 10 - 11 a.m. PT

Learn how to make conscious wardrobe choices to support your intentions and develop a personal style to increase your influence. [Register on the Eventbrite website](#) until the day of the event.

Keeping Kittens Healthy Webinar

Facebook and Instagram | 2 - 3 p.m. ET

Learn all you can about kittens and how to keep them healthy from Royal Canin and Kitten Lady during their free, interactive livestream created to support first-time fosters and adopters. Find more information and register for the webinar on the [Eventbrite website](#).

04

Community Mindfulness Meditation

Zoom | Every Mon., 5:30 - 6:30 p.m. ET

Drop-in to the Brown Mindfulness Center's weekly Monday meditation sessions, inspired by the essential principles of Mindfulness-based Stress Reduction. Sessions are free and open to the public, and provide an opportunity for people to develop a mindfulness meditation practice. Drop into the session using the event's [Zoom link](#) or [find your local number](#) to call in.

Self-Care during COVID-19 Webinar

Zoom | 8 - 9 p.m. ET

Engage in a peer-to-peer discussion and receive advice from professionals about practicing self-care during COVID-19 throughout this one hour, unrecorded webinar. It is free and open to the public, and licensed social workers, mental health counselors and psychologists may be eligible to receive a continuing education certification. Register on the [Eventbrite website](#).

05

Society Virtual: Art Therapy

Zoom | May 5 and 12, 11 a.m. ET

Overcome the limits of language and express yourself creatively in this free art therapy workshop. In this class, you will learn how to balance your mind with art. Register on the [Eventbrite website](#).

Free Family-Friendly Fitness Class

Zoom | Every Tues. and Thurs., 6:30 p.m. ET

Enjoy a virtual family-friendly workout every Tuesday and Thursday. Login information will be emailed at least two hours before the event. Register for the class on the [Eventbrite website](#).

06

Garden Talk Wednesdays

Zoom | Every Wed., 7 p.m. CT

Join the University of Minnesota Extension Master Gardeners for a weekly 30- to 40-minute chat about gardening tips and tricks, until June 3. Topics range from low-care to no-care vegetables, best type of plants to grow, herbs and more. Register on the [Eventbrite website](#). An event link will be emailed within 48 hours of the webinar.

07

Soul-Care Against a Pandemic Webinar

Zoom | May 7 - 21, 7 - 8 p.m. ET

Relate to others and learn how to adapt your physical, emotional and vocational health during the free, weekly, one-hour "Soul-Care" Zoom workshops. Each workshop will be a mixture of soul care content, reflective dialogue and contemplative practice. Register for each workshop on the [Eventbrite website](#).

08

Gardening for Health Workshop

Online | May 8, 1:30 - 3 p.m. ET

Join this free two-part series to learn about plants and how to start your own garden. You will receive step-by-step instruction on container gardening, learn about the importance of culturally specific foods and why they have been eaten for generations. Register online by May 8 on the [Eventbrite website](#).

12

Water Conservation and Harvesting

Live Webinar | 10:30 - 11:30 a.m. ET

Put the rain to work and learn the best conservation practices and ways to harvest precipitation, such as rain gardens and rain barrels. Register by May 12 on the [Eventbrite website](#).

Webinar: Home Canning Basics

Live Webinar | 6 - 7:30 p.m. ET

Learn how to safely preserve foods with water-bath and pressure canning during this live webinar from a registered dietitian. Register by May 5 on the [Eventbrite website](#).

16

Home Composting 101

Zoom | 10 - 11:30 a.m. CT

Get introduced to the basics of composting, including how to start, composting's ecological value and where to find additional resources in your community, during this free online class. Register on the [Eventbrite website](#).

Planting for Pollinators

Live Webinar | noon - 1 p.m. CT

Join NYC Parks GreenThumb for a lunch-hour webinar with a focus on the capacity of gardens to provide habitats for beneficial insects. Discuss elements of design, horticultural requirements and options for native plants for an effective pollinator garden, then work individually or in small groups to design your own. [Register on the Eventbrite website](#) to receive the link for the webinar.

TEAM Day

Wick's Wildlife Area | 9 a.m. - noon

Help Story County Conservation get their new park ready for the public. Wear long sleeves, pants and closed-toe shoes, as well as bring work gloves and a water bottle. All volunteers must be at least 14-years-old. Register on the [Story County Conservation website](#) by May 14.

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Stay updated on event cancellations due to COVID-19 by visiting the respective organization's website.

SUMMER 2020 CALENDAR

JUNE

04

Art Walk

Downtown Ames | 5 - 8 p.m.

Discover the artwork of over 60 local artists, including painters, jewelry makers, photographers, woodworkers, potters, sculptors, musicians and more, during Ames' annual family-friendly ArtWalk. Cost: free

11

Dine Downtown

Downtown Ames | All Day

Enjoy great deals on food and drinks and explore local restaurants in Downtown Ames during the newly renovated Dine Downtown series, previously Restaurant Week. Enjoy this series the second Thursday of every month, all year.

17

Art Walk: Conservation and Preservation

Gerdin Business Building | noon - 1 p.m.

Learn how the University Museums' staff care for and preserve over 30,000 objects. Get to know about the conservation process, what environmental factors affect art and tips on how to best store and preserve art at home. Register on the [University Museums website](#). Cost: free

25

Paddle Boarding Basics

Peterson Park | 6 - 8 p.m.

Spend some time on the water and learn how to stand up paddle board. Light refreshments will be served. Participants must be 18 years old or older to attend. Register by June 22 at 4 p.m. on [My County Parks website](#). Cost: \$15

Evening Prairie Walks

Doolittle Park, Story City, IA | 7 - 8:30 p.m.

Enjoy monthly prairie walks at the largest prairie remnant in Story County. See rare and common prairie flora that change monthly and learn about the history and ecology of Central Iowa prairies. No registration required. Cost: free

27

College Creek

Sections of College Creek | 10 a.m. - 2 p.m.

Team up with members of the Ames community to give College Creek a good cleaning. No time limit required. Register to volunteer on the [Volunteer Center of Story County website](#). Volunteer check-in starts at 9:30 a.m. and is located at Forker Building parking lot (50A).

JULY

04

4th of July Parade

Downtown Ames and Brandshell Park | 11 a.m. - 1 p.m.

Don your red, white and blue with your family and friends in Downtown Ames and Brandshell Park to celebrate Independence Day. Cost: free

09

Dine Downtown

Downtown Ames | All Day

Enjoy great deals on food and drinks and explore local restaurants in Downtown Ames during the newly renovated Dine Downtown series, previously Restaurant Week. Enjoy this series the second Thursday of every month, all year.

12

Family Sunday: Passport Tour

University Museums | 2 - 3 p.m.

Travel the world on your summer staycation in Ames with University Museums. Join them for a family-focused "passport" tour of the exhibition "Creating Global Understanding: World Languages," featuring objects from around the world. Register on the [University Museum website](#). Cost: free

23

Summer Sidewalk Sales

Downtown Ames | July 23 - 26

Take a stroll downtown and check out what local businesses have to offer during the semi-annual sale held by Downtown Ames businesses. Discounts, promotions, sales and other good deals will be available.

24

Rummage RAMPage

Ames Intermodal Facility | July 24 - Aug. 3

Help keep reusable items out of the waste stream and donate any unwanted items or find hidden treasures at the annual Rummage RAMPage. Donation drop-offs begin July 26 from noon - 6 p.m. and continue along with sales July 25 - Aug. 3. For more information about items to donate event hours and opportunities to volunteer, visit the [City of Ames website](#). Cost: free

AUGUST

13

Dine Downtown

Downtown Ames | All Day

Enjoy great deals on food and drinks and explore local restaurants in Downtown Ames during the newly renovated Dine Downtown series, previously Restaurant Week. Enjoy this series the second Thursday of every month, all year.

At the time of publication, these events were still active.
Please stay up-to-date on event cancellations due to COVID-19 by visiting the respective organization's website.

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

livegreen@iastate.edu