

LIVE GREEN! MONTHLY

**ISU STUDENTS
CULTIVATING
A FUTURE OF
SUSTAINABILITY**

**NOW YOU KNOW:
CELEBRATING
THE COLLEGE OF
AGRICULTURE AND
LIFE SCIENCES**

**CHALLENGING
YOURSELF AND
SUPPORTING
CYCLONES CARE**

**"CONSERVATION
IS A STATE OF
HARMONY
BETWEEN MEN
AND LAND."**

- ALDO LEOPOLD

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IOWA STATE UNIVERSITY

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Living Cardinal, Gold and GREEN!

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Photo by Hannah Bartel

Happy October and welcome back to the 2020-2021 school year, from the Live Green! Leadership Team. Though this school year certainly looks different, we strive to continue to share the stories and opportunities related to sustainability right here at Iowa State University.

MIDWEST CLIMATE SUMMIT

Take part in Midwest Climate Action!

Iowa State University students, staff and faculty are invited to attend the (free and virtual) Midwest Climate Summit during the months of October and November.

Find speaker information and register on the [Midwest Climate Summit website](#) for the October 2 kick-off, as well as four additional virtual climate summit workshop sessions, 10/9, 10/23, 11/6, and 11/20 (all 10 a.m. - 12:30 p.m.), featuring speakers and panel discussions within subject tracks of climate action, science and research, teaching and education and outreach and engagement. Recordings of all sessions, for post-event viewing are available to all registered attendees

Working
Toward a
Sustainable
Future

Iowa State University has unveiled its [2021-2025 Strategic Plan for Sustainability in Operations](#). Focused on areas of energy, building operations and maintenance, waste, water and landscape management, the plan commits to building on current initiatives and success. Learn more on the [Live Green! website](#).

Cover image by Stories in Agriculture and Life Sciences

Follow Us!



Have a CALS green event, initiative or accomplishment to supplement what we have featured? Please share it! Tag @ISU_LiveGreen and #ISUCALSGREEN



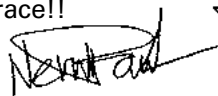
DIRECTOR'S MESSAGE

Welcome to the 2020-2021 academic year at ISU, Cyclones!! While the start of the year is certainly different than past ones, the excitement of welcoming you all to (and back to) campus is no different! In addition to all of you, our team is also welcoming many new faces this year. I encourage you to meet this year's team on page 6 and contact them, throughout the year, with your ideas for everything green and sustainable. Our focus is YOU and ensuring you have the most relevant Live Green! adventure possible while at Iowa State.

Speaking of green and sustainable adventuring, it is only possible because of the dedication and commitment given by our collective campus community, including our colleges - framing the inspiration of this year's newsletter theme - "The Colleges of Iowa State University - Celebrating Leaders and Leadership for a Sustainable Future." Each month a different college and the impact of their research, classes and students to ISU, the state, and the world, will be highlighted. We kick-off our first newsletter of the year, highlighting the College of Agriculture and Life Sciences (CALS). While we could certainly spend a year of newsletters on each college and their support of a sustainable future, our focus is to offer an intriguing and awe-inspiring peek at some unique endeavors and components supporting environmental, economic and social sustainability within each college toward inspiring your own adventure to learn more and connect further.

In addition to the impressive work and dedication of CALS students, faculty and staff, this month's newsletter features opportunities to give back on campus and in the community, seasonally local food recipes, green-minded "GIY" projects and a Cyclones Care-inspired monthly challenge. Also a new section, "Sustainability Holidays" - to mix-in green celebrations throughout the year. Of special note for this month!! Attend (virtually) the Midwest Climate Summit (page 2) and celebrate (virtually and in-person) National Campus Sustainability Month (page 15).

So many options to make your October outstandingly sustainable! Enjoy and embrace!!



Hello everyone!

I am incredibly excited to represent the student body this year by serving as your Student Government Sustainability Coordinator and leading the Student Sustainability Committee. Over the 2020-2021 academic year, I look forward to engaging students in focus areas including increasing and enhancing sustainability education and outreach at ISU and within the Ames community, implementing recycling and composting initiatives, advocating for climate action on campus and increasing awareness of and applications to the Green Initiatives Fund (specifically funding student-led sustainability projects!).

During my first few months as Director, I have joined other ISU students, faculty and staff in assisting in the planning of the Midwest Climate Summit - a series of FREE workshop sessions (including specific student-focused components), taking place in October and November. I served specifically on the Student Representative Committee, providing recommendations for session content and planning student-based projects associated with the summit, including a climate art competition, climate stories project and climate action job fair. I encourage you to learn more about this unique opportunity and sign-up!!



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



Photo by Hannah Bartel

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 Jennifer Seth

JENNIFER SETH is Iowa State University's 2020-2021 Student Government Sustainability Director. She is a junior majoring in Environmental Science.

SUSTAINABLE SUMMER HIGHLIGHTS

COLLABORATION, COMMITMENT, CHANGE



Although summer offered many new challenges in addressing and planning for considerations and precautions related to COVID-19, impressive creativity, collaboration, innovation and support resonated across campus, throughout the Ames community and within the student initiatives.

CAMPUS INITIATIVES



Connecting to Art

In response to COVID-19 and a full roster of scheduled fall art offerings, Iowa State University Museums announced hybrid options (including in-person and virtual) to ensure and maintain accessible and no cost connection to the arts.

Dining with Care

In consideration of new social and physical distancing requirements for Fall 2020, ISU Dining added new and enhanced dining options including Anytime Meal Plans, additional Get & Go offerings and locations and contactless payment options.



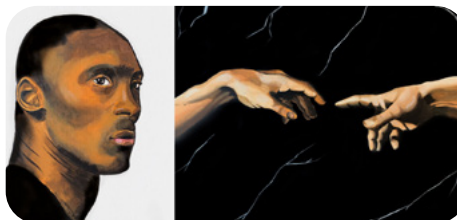
Adventuring Safely

In ensuring a healthy and safe environment for all students, faculty and staff, Facilities Planning and Management teams spent the summer prioritizing new capacity guidelines and implementing infrastructure zoning, spacing and signage requirements throughout all campus buildings.

COMMUNITY CONNECTION

Inventorying GHG Emissions

Final reports were presented to the Ames City Council over the summer related to establishing a baseline inventory of greenhouse gas emissions for the collective Ames community and evaluating climate vulnerability and solar potentials in preparation to begin climate action planning.



Amplifying Through Art

Toward supporting and amplifying the work of Black artists (including ISU students and alum) in expressing their hope, pain, frustration, and authentic self in the midst of staggering times the Octagon Center for the Arts connected community through the Outrage to Change Project.

Welcoming Birds

One of only six communities and two counties in the state, the City of Ames and Story County received Bird Friendly Iowa designations in establishing commitment and achievement related to bird populations through protection, restoration and enhancement of habitat, reduction of threats and education and engagement of the community in conservation.



RESEARCH ADVANCEMENTS



Enhancing Testing

Research supporting testing sensitivity and efficiency for COVID-19, through chemistry work with electrokinetics and paper-strip urine testing, and chemical and biological engineering work with toehold technology and at-home diagnostic testing, was awarded National Science Foundation and Research Corporation for Science Advancement funding.

Reinventing Livelihoods

With safety and distancing requirements to navigate, colleges and departments across campus reinvented business as usual in offering a much expanded consideration of customer service. This resulted in the creation of “ear savers” for hospital worker masks by the College of Design’s Output Center, masks for east and west coast medical professionals by the Musical and Theatre Department’s Costume Shop and online learning communities and “grab and go” materials and curricula for families by ISU Extension and Outreach and the School of Education.



Addressing Societal Issues

In addressing emerging societal issues related to safety and learning, two 2020 Presidential Interdisciplinary Research Initiative awardees were named related to work focused on utilizing gaming to improve STEM competencies and performance by multiple collaborators of the Game2Work team, and spurring nationwide innovations in personal protective equipment engineering and design by the 29 person NextGenPPE research team.

Fueling with Biomass

Five year funding from the U.S. Department of Agriculture’s National Institute for Food and Agriculture was awarded to support the Consortium for Cultivating Human and Natural reGenerative Enterprise research team in efforts focused on transitioning ag lands for renewable energy production.



STUDENT IMPACT



Treating Community

Campus and community members were treated to ISU-created ice cream through the donation of over 2000 cups (125 gallons) of ice cream to both the SHOP and Food at First campus and community food pantries. While normally used for spring semester fundraising by the Dairy Science Club, due to COVID restrictions and cautions, the club embraced social sustainability and supporting community.

Increasing Sanitation Capacity

ISU students added innovation, entrepreneurship and community to their resumes through assisting in the transitioning of their family’s business from distillery to sanitizing and provided over 100,000 gallons of hand sanitizer to health care facilities and frontline workers, as well as consumers.



Empowering Sustainability

Combining creativity with community-building, an ISU student and CYstarter participant launched Rachel Reloaded – a business with goals focused on personal branding and expression through art and fashion that offers empowerment workshops, as well as products for purchase.

MEET THE 2020-2021 LIVE GREEN! TEAM



SUSTAINABILITY COORDINATOR



Name: Hannah Bartel
Hometown: Iowa, City, IA
Contact: hrbartel@iastate.edu
Major: Graduate Student in Architecture
Favorite Sustainability Quote:
"A rose started off a bud, a bird started off an egg, and a forest started off a seed."
-Matshona Dhlwayo

CAMPUS & COMMUNITY ENGAGEMENT



Name: Caitlin Tipping
Hometown: Urbandale, IA
Contact: ctipping@iastate.edu
Major: Senior in Global Resource Systems, Environmental Studies & Sociology
Favorite Sustainability Quote:
"He that plants trees loves others besides himself."
- Thomas Fuller



Name: McKenzie Davison
Hometown: Geneseo, IL
Contact: davisonm@iastate.edu
Major: Junior in Agriculture Studies
Favorite Sustainability Quote:
"The secret to change is to focus all of your energy, not on fighting the old, but on building the new."
- Socrates

DIRECTOR OF SUSTAINABILITY



Name: Merry Rankin
Hometown: Attica, IA
Contact: mrankin@iastate.edu
Favorite Sustainability Quote:
"If they don't give you a seat at the table, bring a folding chair." - Shirley Chisholm

SOCIAL MEDIA ENGAGEMENT



Name: Pedro Vieira-Marasciulo
Hometown: Rio de Janeiro, Brazil
Contact: pedro98@iastate.edu
Major: Senior in Marketing and Economics
Favorite Sustainability Quote:
"As consumers, we have so much power to change the world by just being careful in what we buy." -Emma Watson

SMART BUSINESS CHALLENGE



Name: Edgar Guillen
Hometown: Plano, IL
Contact: eguillen@iastate.edu
Major: Senior in Marketing and Management
Favorite Sustainability Quote:
"Just because the sky goes dark, doesn't mean you have to stop your journey."
- Hijeneo Guillen

MARKETING AND COMMUNICATIONS



Name: Amanda Fortman
Hometown: Manchester, IA
Contact: afortman@iastate.edu
Major: Senior in Agriculture Communications & Global Resource Systems
Favorite Sustainability Quote:
"Let's make planet Earth our church and protecting it our religion." - Larry & Emily Gottschamer

Copy and layout by Amanda Fortman

MONTHLY CHALLENGE

REUSABLE MASK MOVEMENT

The COVID-19 pandemic has resulted in a number of challenges, as well as creative opportunities in addressing those challenges. While need warrants the increased use of personal protective equipment (PPE), the exploding quantities of waste (on track to increase 30% from 2019-2020) generated by disposable PPE, as well as single-use paper and plastic products, can be avoided.

This month's challenge offers a sustainable option to support health and well-being for people and planet.

CYCLONES CARE



Looking for other opportunities to embrace Cyclones Care while supporting a safe and sustainable future? Consider these easy, no (or low) cost options.

Determine Needs Versus Wants

In only buying what is necessary, we only have to make decisions about waste that is necessary.

Say NO to Single Use Products

Purchasing carryout supports local businesses, taking disposable utensils, napkins and all those little condiment packets does not. Save your waste and their budgets, by opting out of the single use products.

LIVE GREEN! REUSABLE MASK MOVEMENT

Join fellow Cyclones in protecting each other and the environment.

Take this month's mask challenge by making your own mask with materials you can find at home!

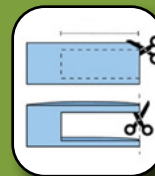
STEP 1



Measure and mark 7-8 inches from bottom of your t-shirt. Cut along the line through both the front and back of the t-shirt.

STEP 2

Cut a rectangle shape 6-7 inches long. Cut the remaining tie strings.



STEP 3

Tie the strings around your neck, and then over the top of your head. Adjust as needed.



Photos courtesy of Center for Disease Control and Prevention

Buy Cleaning Supplies in Bulk or Make Your Own

Clean and sanitized surfaces are imperative for staying healthy and protecting others. When you have the opportunity to purchase a larger size of cleaner or disinfectant to refill smaller containers and save packaging waste, take it. You might also have cleaning ingredients already among your household supplies that can serve multiple functions and save money and resources. See page 12 to make your own reusable wipes.

CALS COVID -19 EFFORTS



While CALS is being creative and proactive in addressing COVID-19 considerations and precautions through campus initiatives and statewide collaborations, their reach also extends across the world. (new paragraph) Through resourceful thinking of the Center for Sustainable Livelihoods sewing machines donated to the ISU-Uganda Program, initially to make washable sanitary pads and help keep older girls in school, are being repurposed as a public health asset tool in creating facemasks required in public spaces across the country for all citizens over six years old. As well as being provided to low-income households at no cost, some masks are also being sold with proceeds being used to help defray families' school fees, as well as support a Youth Entrepreneurship Program.

In addition to mask, a soap-making project has also been launched in Uganda. In attempt to ensure a reliable and available hygiene source, laundry soap and hand soap are being locally produced, distributed and sold.

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

The College of Agriculture and Life Sciences (CALS) houses and supports a diversity of organizations that support students in pursuing sustainability opportunities, connections and professions. Two, of the many, organizations are highlighted in this month's Students Living Cardinal, Gold and Green.

CULTIVATING A BETTER WORLD

Iowa State University, is recognized among the nation's most student-centered public research universities. In addition to outstanding educational programming, ISU is acknowledged for its endless global outreach and personal growth opportunities beyond the classroom, including over 100 student clubs. As highlighted through Center for Sustainable Rural Livelihoods (CSRL) and Minorities In Ag, Natural Resources & Related Sciences (MANRRS), the College of Agriculture and Life Sciences does not fall short in offering and supporting student experiences that are multi-faceted and student-centered.

Center for Sustainable Rural Livelihoods

With a focus on works improving the livelihoods of rural people and alleviating food insecurity and poverty, the Center for Sustainable Rural Livelihoods (CSRL) began working with Kamuli District residents in

Uganda's eastern region in 2003, establishing the ISU-Uganda Program. With a goal to provide sustainable solutions for the needs of the Kamuli community, the program started with an agricultural focus and has developed into mentoring and empowering sustainable living and livelihoods through education, health, nutrition and youth entrepreneurship programs.

Marit Hovey, a senior in Global Resource Systems and Environmental Science, participated in the Uganda Program through a six-week service learning program in the summer of 2019. During this experience, she worked directly with the Kamuli District people to identify and implement sustainable solutions for challenges faced by the community.

Each student enrolled in the program, takes on a specific role. Hovey spent the majority of her summer teaching P6 mathematics and working on a

bi-national beekeeping team project at a local high school, as well as helping in the school gardens in between classes. Within the focus of her beekeeping work was ensuring the health of the school's apiary, as well as providing education and engagement opportunities to the community.

"The program directly affects the communities in the Kumil District daily and in many ways. For some farmers, it's their ability to utilize the training they received to increase their crops' productivity and earn more money. Installing a borehole (similar to a well) gives a whole community access to clean water. The Nutrition Education Centers helps mothers to get the nutrients and education they need to raise healthy children. The Uganda Program has a daily impact within the Kamuli District", Hovey said.

In showcasing learning and solution through service, the ISU-Uganda Program connects students to



Photo courtesy of Marit Hovey



Photo courtesy of Marit Hovey



Photo courtesy of Marit Hovey



Photo courtesy of MANRRS

environmental, economic and social sustainability opportunities within rural livelihoods that are transferable well beyond their CSRL experience.

“Through setting this example, the [ISU] Uganda Program has the opportunity to inspire other programs like these to be created in other parts of the world to promote the benefits of sustainable agriculture for small farmers,” Hovey noted.

For information about CALS study abroad and service learning opportunities, including those offered through CSRL, visit the [CALS Study Abroad website](#).

Minorities In Ag, Natural Resources & Related Sciences

MANRRS is a national student organization that encourages academic and professional development by empowering multicultural students in agriculture. In accomplishing this mission, MANRRS focuses specifically on providing opportunities for students to create a supportive network, build their professional skills, and achieve excellence in their careers.

Through opportunities, including hosting bi-weekly meeting guest



Photo courtesy of MANRRS

speakers from agriculture and science industries (including Elanco, Land O’ Lakes, USDA and Nationwide) and attending regional and national conferences, MANRRS members can engage in changing the face of agriculture through becoming active members of the agriculture community.

“In [attending] conferences, our members network with students and faculty outside of ISU, interact with national companies seeking undergraduate and graduate interns, part-time and full-time employees, and bond with fellow club members outside of the ordinary meetings,” MANRRS President, Javelis Marín Castro, noted.

In addition to the opportunities that MANRRS offers it is also a support system for members. In today’s unprecedented times, MANRRS has played an important role in the lives of multicultural agriculture students.

“When we are here for each other, and we support everyone’s success, we feel lifted and capable of changing the world no matter the challenges we face.”

~Javelis Marín Castro



Photo courtesy of MANRRS

“MANRRS is offering support and resources to our members during the civil unrest that we have been experiencing in the year 2020. We are going through tough times, and we understand that. Empathy, caring, and kindness are the best tools that we have these days to be there for each other and grow through the challenges,” Castro shared.

Members of MANRRS also play a significant part in the present and future of sustainable agriculture.

“Now that our world is changing so much and so many ways, we feel more empowered to raise our voices and advocate for sustainability. The hardships that underrepresented communities have experienced really speak to them [our members] and inspire them to build, create, and change sustainability in the most innovative ways. When we are here for each other, and we support everyone’s success, we feel lifted and capable of changing the world no matter the challenges we face,” Castro noted.

For more information and to connect to MANRRS, visit their club page on the [Iowa State University Student Organizations website](#).

NOW YOU KNOW

CELEBRATING THE COLLEGE OF AGRICULTURE AND LIFE SCIENCES

The College of Agriculture and Life Sciences (CALS) at Iowa State University, has been providing students with sustainability opportunities more than 160 years. Ranking in the top 4% of agricultural programs worldwide, CALS is a global leader in research, education, and student success. Today, there are over 5,000 enrolled in the College of Agriculture and Life Sciences, all of whom will graduate having achieved sustainability-focused learning outcomes.

SUSTAINED EDUCATION

The College of Agriculture and Life Sciences provides students with a vast and diverse curriculum. With over 400 undergraduate courses related to or focused on sustainability and 28 majors blending both agriculture, food, people, and sustainability, CALS students have multiple resources and opportunities to infuse sustainability into their degree programs.

One example, founded on creating a sustainable future for all, is the Global Resource Systems major (GRS). Fusing people, resources, sustainability and culture, GRS provides students with a worldwide view to address some of the biggest challenges of today and the future. Students in this program are given the unique opportunity to fuse a technical specialty area and language into their studies.

As a requirement of the GRS curriculum, students must complete an international internship, giving each student the opportunity to gain uniquely immersive hands-on experience. Past internships have included nutrition education in Uganda, water quality in India, dairy genetics in Ireland, and crop diversity in Peru. This combination of experiential opportunities, creates a strong foundation for GRS students to apply their educational experience directly to solving real world issues through systems thinking and setting sustainable goals.

Additionally, through a minor and master's degree in Sustainable Agriculture, students are offered the opportunity to more fully investigate

sustainable agriculture applications, both in Iowa and around the world, through innovative research and coursework. The programs allow students to investigate through research, to apply more sustainable agriculture practices.

CALS not only provides sustainable opportunities for students through their education but provides them with a sustainable environment to work and learn in. Four CALS buildings have received LEED (Leadership in Energy and Environmental Design) gold certification (Hanson Agriculture Student Learning Center (2015), Curtiss Hall Student Services Mall (2015), Curtiss Hall Commons (2015), and Sukup & Elings Halls (2017)), through the U.S. Green Building Council. These certifications are based on all aspects of a building's construction or major renovations including human and environmental health, operations efficiency and materials sourcing.

While CALS provides many sustainability- focused opportunities within the classroom, students across the college are also independently pursuing co-curricular experiences. From clubs to research, students are stepping forward and becoming the change leaders of tomorrow.

CHANGE LEADERS

As well as establishing its own CALS Sustainability Task Force, the college has many clubs available for students with varying interest areas. For example, students involved in the International Agriculture Club or



Photo courtesy of ISU Global Resource Systems Department

International Association of Students in Agriculture and Related Sciences (IAAS), as it is known worldwide, are getting directly involved with international projects focused on a greener future. Projects that IAAS works on around the world include, zero food waste, promoting women in agriculture, and more.

Nolan Monaghan, an ISU senior in Global Resource Systems and National Director of IAAS USA shared, "IAAS is dedicated to making global agriculture more sustainable and environmentally friendly. Our members are working towards solutions to save resources for our future." This global community helps students not only think about their local impact but take action on a global scale.

Additionally, clubs such as the Good Earth Student Farm, Conservation Club, Environmental Science Club, and Sustainable Agriculture Student



Photo courtesy of ISU Animal Science Department



Photo courtesy of ISU Horticulture Department



Photo courtesy of ISU Agronomy Department

Association, provide students the experience of aligning their interest in agriculture and sustainability, outside of the classroom. More information about CALS clubs can be found on the [Iowa State University's Student Organization website](#).

Some students interested in getting a more hands-on approach to learning, look to the ISU teaching and research farms. These 11 farms provide opportunities for students to gain real life experience related to animals, plants, and crops. Currently 130 Iowa State faculty members use the College of Agriculture and Life Sciences' farms for teaching, research and extension, giving about 2,000 students each year the opportunity to get involved on the teaching farms.

Current projects on the farms include animal reproduction, animal nutrition, herd management, biomass production and process and composting. A full listing of teaching and research farm projects, and available opportunities, can be found on the Department of [Animal Science Farms website](#).

An especially unique co-curricular experience offered to students through research farm opportunities, involves operational consideration and focus given to the resourceful use of animals, environment, land, energy and water to meet sustainability goals.

GREEN REACH

Throughout all facets of education, connection and research, CALS ensures instilling relevancy and transferability beyond the classroom. For example, organic waste from teaching farms is taken to the University Compost Facility for processing and then used to assist a variety of university needs.

In addition, recent reconsideration of alternatives for cardboard waste beyond recycling resulted in a unique collaboration with the [ISU Beef Research Farm](#), with reach opportunities well beyond ISU. Shredded campus cardboard waste (averaging 100 tons a month) is currently being piloted as a lower cost animal bedding option.

A unique collaboration involving entrepreneur connection and food security is spearheaded through the [ISU Horticulture Research Station](#).

Through the offering of an entrepreneur internship and partnerships with campus departments and community organizations, produce grown at the facility is not only sold on campus, but is donated to local community organizations and utilized in ISU dining centers. Creating an easier and greener path to local produced goods.

Connecting campus to the world through alternative energy is a most recent green reach focus area with the award of \$10 million grant to CALS, in partnership with Penn State and Roeslein Alternative Energy.

Aimed on creating new ways to offer more sustainable options for rural areas, this project focuses on creating renewable gas from biomass and manure and offers transferability to farms across Iowa and throughout the United States to around the world. More detailed information about these (and so many more) impressive green reaching projects and initiatives, can be found on the [Stories in Agriculture and Life Sciences publication website](#).

From classes to majors, from to research to clubs, the College of Agriculture and Life Sciences provides countless opportunities for students to connect to and get involved in ensuring a more sustainable campus, community and world.



GREEN-IT-YOURSELF

CELEBRATE THE SEASON WITH THESE NOURISHING CREATIONS

FALL SCENTED SOY CANDLES

Supplies: 1 lb. soy wax, six candle wicks, 6 four ounce mason jars, hot glue gun, candy thermometer, clothespins, double broiler, 2 ounces of fall scent.

Instructions:

1. Using a hot glue gun, glue the metal part of the wick to the inside bottom of your jars. Lay a clothespin horizontally over the rim of the jar and clip the clothespin to the wick to keep the wicks upright. Set aside.
2. Fill bottom pan of double boiler halfway with water and add top pan. Heat water to a simmer on low heat. Add soy wax to top pan and stir frequently until wax is melted.
3. Heat the wax to 175-180 degrees F, using the candy thermometer to monitor. Remove from stove and allow wax to cool to 130 degrees Fahrenheit.
4. Stir in candle scent or essential oil. Pour the wax into mason jars leaving 1/4 inch of space from the top. Allow wax to cool. Cut wicks to desired height.

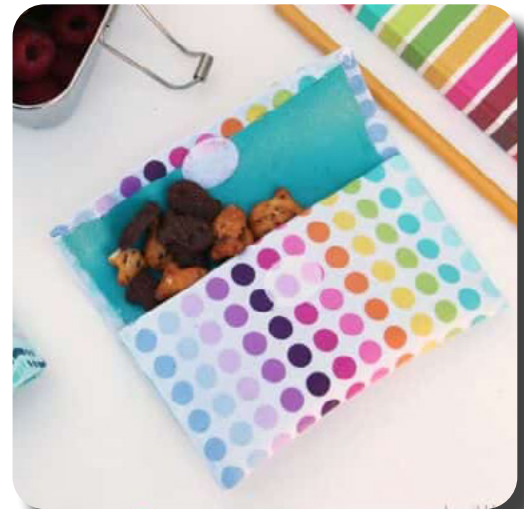


NO SEW REUSABLE SNACK BAGS

Supplies: Small piece of cotton fabric, small piece of vinyl fabric, ruler, fabric glue, scissors or rotary cutter, velcro, binder clips

Instructions:

1. Cut the cotton fabric into a small rectangle. ex: 9x6 inch.
2. Cut a rectangle from the vinyl fabric, 1/5 of an inch smaller in length and width than the cotton fabric rectangle.
3. Glue the unfinished sides of the cotton and vinyl fabric rectangles together, making sure to center the vinyl rectangle inside of the cotton rectangle. Let set. Squeeze a thin line of glue along the top of the cotton fabric and fold down to secure glued edges. Let dry.
4. Fold up the bottom of the rectangle, approximately 3 inches, to form a pouch. Glue and secure both sides. Clip the sides together with binder clips and let dry overnight.
5. Add Velcro to top flap and outside of bag in desired location and secure.
6. Fill snack bag with desired contents, wipe clean after use - reuse again and again.



REUSABLE DISINFECTING WIPES

Supplies: 2 cups of water, one cup of 70% rubbing alcohol, 5 drops of lavender, tea tree oil, cinnamon, and thyme

Instructions:

1. Add water, alcohol and essential oils to container
2. Pour all of the ingredients into your jar. Stir to combine.
3. Press wipes into solution to saturate.
4. Use for cleaning and disinfecting as needed. As wipes are used launder and set aside until last wipe is used.
5. Repeat steps 1 and 2 to reuse wipes multiple times.



Copy and layout by McKenzie Davison

RECIPES

ENJOY THESE SEASONAL, FALL FLAVORS



SPICED APPLE PANCAKES

Ingredients: 1 1/3 C. all-purpose flour, 1 1/2 tsp. baking powder, 1 1/2 tsp. cinnamon, 1 Tbsp. sugar, 1/2 tsp. salt, 4 Tbsp. butter, 1 large egg (separated), 1 tsp. vanilla, 1 1/4 C. milk, 5-6 C. large apples, peeled, cored and finely chopped, 1/2 C. brown sugar

Directions:

1. Mix flour, baking powder, 1 tsp. cinnamon, sugar, and salt. Next, melt 2 Tbsp. butter in microwave safe bowl. In a large bowl whisk egg yolk, vanilla, milk & melted butter. Fold dry and wet ingredients until combined, fold in 1 1/2 C. apples.
2. In another bowl, use a hand mixer to beat egg whites until peaks form. Fold into batter, from step 1, until combined.
3. For apple topping: in a small saucepan melt remaining butter. Add remaining ingredients. Cook, stirring occasionally, for about 10-15 minutes or until apples are soft and the mixture is jammy. Remove from heat and set aside.
4. In a skillet, melt 1 Tbsp. butter over medium heat. Pour 1/4 C. of batter into skillet, and cook until lightly golden. Flip to cook on both sides. Top with apple topping and enjoy.



HARVEST BOWLS

Dressing Ingredients: 1/4 C. apple cider, 1/4 C. apple cider vinegar, 2/3 C. olive oil, 1/2 shallot (minced), 1 Tbsp. Dijon mustard, 1 tsp. honey, kosher salt, black pepper

Bowl Ingredients: 1 lb. brussel sprouts (trimmed and halved), 1 red onion (sliced), 2 sweet potatoes (cubed), 2 Tbsp. olive oil, 1 tsp. dried thyme, salt, black pepper, 3 C. sliced grilled chicken (or substitute favorite protein), 2 C. kale, 1/2 C. dried cranberries, 1/2 C. sliced almonds, 1/4 C. shaved parmesan, 3 C. cooked brown rice

Directions:

1. Preheat oven to 425 degrees F. On a 24" x 18" baking sheet, lined with parchment paper, place brussel sprouts, onions, and sweet potatoes, drizzle with 1 Tbsp. olive oil and season with salt, pepper, and thyme. Bake until tender (25-30 min).
2. In a large bowl mix together dressing ingredients, season with salt and pepper.
3. In a medium bowl mix kale with cranberries and almonds.
4. Assemble bowls: 1 C. rice, 1 C. roasted vegetables, 1/2 C. kale mixture (from Step 3), and 1 C. chicken (or other protein). Top with dressing and enjoy!



PUMPKIN PIE SEEDS

Ingredients: 2 Tbsp. butter, 2 C. pumpkin seeds from Jack-o-lantern carving, 3 Tbsp. brown sugar, 1 1/2 tsp. pumpkin pie spice

Directions:

1. Preheat oven to 350 degrees F. In a microwave safe container, microwave butter in 20 second intervals until melted.
2. In a medium bowl, mix together butter, brown sugar and pumpkin spice. Add pumpkin seeds and toss until seeds are well coated with mixture. Spread evenly on a 26" x 18" baking sheet, lined with parchment paper, and bake for 30 minutes. Store in airtight container.
3. Interested in finding other ways to use your seeds from pumpkin carvings? Visit the [Farm Flavor website](#) for instructions on saving and storing pumpkin seeds for use throughout the year.

GREEN OPPORTUNITIES

CHALLENGE YOURSELF TO READ MORE



Challenge yourself to read and learn more this month. Join Ames Public Library in the Read the World Bingo Challenge (Sept. 15 - Nov. 15). Bingo cards (available at the Ames Public Library) encourage readers to step outside their reading comfort zones. Prizes are offered for the completion of two bingos. For reading picks chosen just for you try the Library's new Personalized Picks service. Complete a personalized picks form, on the Ames Public Library website and a librarian will create your personalized reading list.

SUPPORT PRAIRIE CONSERVATION



Join Story County Conservation collecting prairie seed at the Doolittle Prairie State Preserve on Thursday, October 1 from 4:30 p.m. - 6:30 p.m. This volunteer activity is a great opportunity to learn about prairie plants and explore Doolittle Prairie, while giving back. Registration for the event can be found on the Story County Conservation Facebook Page. Make sure to wear long pants, closed toe shoes, and a face covering to stay safe and healthy during this event. For more information about volunteer activities check out the Story County Conservation Facebook Page.

STAY SAFE AT IOWA STATE



Take advantage of two safety apps offered for Iowa State students, faculty and staff, Guardian and Safe Ride. Guardian offers the option to share your GPS location (on or off campus) with two individuals (guardians) of your choice, as you are traveling, and set a timer for your expected arrival at your destination. Safe Ride allows you to request a ride across campus (from 6 p.m. - 5:30 a.m.), through the app or by dialing 515-294-4444, if you do not feel safe. Download the apps from the Apple App Store or Google Play.

BECOME A UN VOLUNTEER



Support the United Nations' mission through online volunteering. Change the world right from your laptop or smartphone. There are many volunteer opportunities to choose from including event organization, teaching and research. New opportunities are being added on an ongoing basis. Go to onlinevolunteering.org to learn more about current opportunities and register for a volunteering opportunity through the United Nations Volunteers Program.

CLEAN UP FOR DISASTER RELIEF



Help to clean up debris from the August 10th, derecho storm. Volunteers are currently being coordinated out of the Volunteer Reception Center at Gates Hall in Nevada, Iowa. Sign up as an individual or work together with a team to make a difference in communities across Story County. Interested volunteers can register, on an ongoing basis, on the Volunteer Center of Story County website. Coordinators will reach out to all registered volunteers with volunteering details.

VOLUNTEER AT THE GARDENS



Engage in the fall fun at Reiman Gardens through three volunteer opportunities in preparation for the Spirits in the Gardens event, Oct. 23 - 25, 30 - 31 and Nov. 1. On Oct. 2, 8 - 9 and 16 - 17, help stencil pumpkins for carving. On Oct. 21 - 23 and 28 - 30, help carve pumpkins. Before Oct. 19, design and create a scarecrow at home and drop-off for the event. Register to volunteer, at least 48 hours before your desired date for stenciling or carving, on the Reiman Gardens website, and by Oct. 16, by emailing Taylor Woodcock (woodcock@iastate.edu), to provide a scarecrow.

EDUCATE FOR THE 2020 ELECTION



Become a partner or creative for National Voters Education Week, Oct. 5th - 9th. Help voters in your community get prepped and educated for the 2020 election. Join as a partner to help educate about the election and provide access to education material. Are you an artist or storyteller? Sign up to become a creative for the week. Engage the public through social media, photography, videos, information sheets, and more! To sign-up and learn more go to the National Voters Education Week website.

EXPLORE FALL AT THE GARDENS

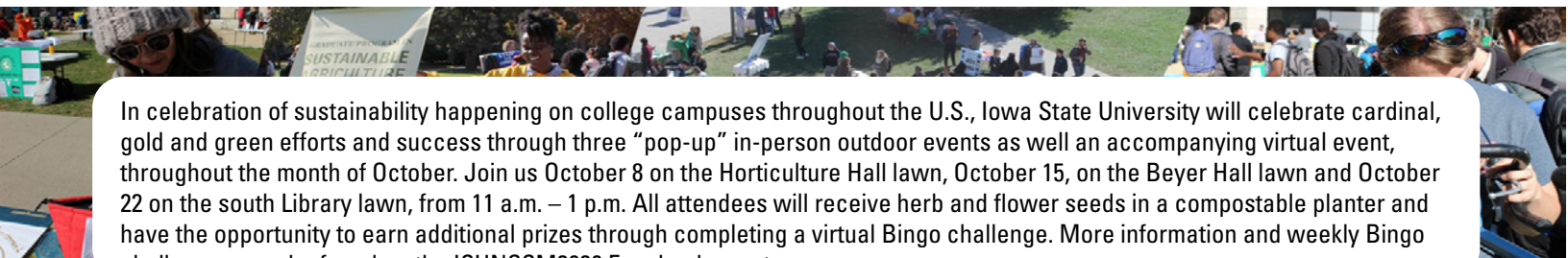


Engage and create with fall classes at Reiman Gardens. Choose from two painting classes on Oct. 4, from 1 - 4 p.m., needle-felted wool painting and French plein air painting, and a fall color plant walk on Oct. 15, led by Reiman Gardens' Plant Collections Curator. Preregister by Oct. 1, for the painting classes and by Oct. 13, for the plant walk on the Reiman Gardens' website.

Copy and layout by Amanda Fortman

OCTOBER SUSTAINABILITY HOLIDAYS

NATIONAL CAMPUS SUSTAINABILITY MONTH



In celebration of sustainability happening on college campuses throughout the U.S., Iowa State University will celebrate cardinal, gold and green efforts and success through three “pop-up” in-person outdoor events as well an accompanying virtual event, throughout the month of October. Join us October 8 on the Horticulture Hall lawn, October 15, on the Beyer Hall lawn and October 22 on the south Library lawn, from 11 a.m. – 1 p.m. All attendees will receive herb and flower seeds in a compostable planter and have the opportunity to earn additional prizes through completing a virtual Bingo challenge. More information and weekly Bingo challenges, can be found on the ISUNCSM2020 Facebook event page.



Earth Day 50.5 Oct. 22

Earth Day 50.5 occurs on October 22 and is especially significant since COVID-19 considerations halted Earth Day 50 celebrations in April 2020. Recognized as the largest civic event in the world, Earth Day focuses specifically on inspiring action and advocacy toward protecting the environment and sustaining our home. Earth Day 50.5 will be celebrated on October 22 on the south Library lawn, as one of the Office of Sustainability's three pop-up events celebrating National Campus Sustainability Month.

Disaster Risk Reduction Oct. 13

International Day for Disaster Risk Reduction was founded in 1989 by the United Nations General Assembly as a day to promote a global culture of risk-awareness and disaster reduction. With a goal of reducing exposure to disasters, this day celebrates communities around the world raising awareness and making concerted disaster risk reduction efforts.



Energy Efficiency Day Oct. 7

In a collaborative effort to showcase the benefits of energy efficiency through saving money, cutting pollution and creating jobs, a network of universities, corporations, government agencies and utilities annually joins together the first Wednesday in October to increase awareness of the untapped climate impact from more efficiently demanding and consuming energy. Energy Efficiency Day will be celebrated on October 8 on the Horticulture Hall lawn, as one of the Office of Sustainability's three pop-up events celebrating National Campus Sustainability Month.



Clean Air Day Oct. 8

With the goal of increasing awareness about public air pollution and its effect on health and well-being, Clean Air Day brings together communities, businesses, schools and health care organizations to encourage and empower day-to-day actions and decisions supporting clean air across the United Kingdom and the world.

World Habitat Day Oct. 5

The United Nations designated the first Monday of October as World Habitat Day, focused on the basic right of adequate shelter to all the world's citizens and inhabitants. The day reminds us that we all have the power and responsibility to provide and ensure habitat for current and future generations. It is also intended to remind the world that we all have the power and the responsibility to shape the future of our cities and towns.



World Food Day Oct. 16

Celebrated in over 150 countries, World Food Day promotes worldwide awareness action for those facing food insecurity and access to healthy food. Events throughout the world bring together governments, businesses, NGOs, citizens and the media in raising awareness. With added challenges related to COVID-19, this year's event is especially relevant. World Food Day will be celebrated on October 15 on the Beyer Hall lawn, as one of the Office of Sustainability's three pop-up events celebrating National Campus Sustainability Month.

OCTOBER CALENDAR

07

Ames Crop Hunger Walk **Virtual | Flexible**

Help bring hunger to an end in the Ames community. Walk with a team or by yourself to raise funds for the hungry. This year walk anytime between Oct. 1 - 15. Register for and donate to the event on the [Ames Area Crop Hunger Walk Facebook page](#).

10

Walk to End Alzheimer's **Virtual | Flexible**

Join this virtual walk to support Alzheimer's research. Walk in your community, anytime on October 10. Register, donate and take part on the interactive virtual walk day experience on the [Walk to End Alzheimer's website](#).

Wild Women of the Woods

Hickory Grove Park | 7:30 a.m. - 5:30 p.m.

Enjoy nature and connect with like-minded women on this day of outdoor adventure. Participants will enjoy four different sessions throughout the day. Register and find more information on the [Story County Iowa website](#). Cost: \$30, Partner members: \$27

2020 Ames Artists' Studio Tour

Various Locations | 10 a.m. - 4 p.m.

Celebrate and purchase art from local Ames artists. Take the self-guided tour on Oct. 10 from 10 a.m. - 4 p.m. and Oct. 11 from noon - 4 p.m. Artwork includes paintings, pottery, glasswork, and more. More information at the [Ames Art website](#). Cost: Free

16

Innovation and Inclusion Lecture **Virtual | 12 - 1:30 p.m.**

Listen to speaker Alaina Money-Garman, homebuilder, speaker, writer, and award winner, share her personal story of struggles and triumphs during this lecture presented by the Student Innovation Center. Watch this lecture on the [online lecture room](#) via WebEx. Cost: Free

22

Coloring the Conservation Conversation **Virtual | 7 - 9 p.m.**

Attend this lecture presented by speaker Dr. Drew Lanham. Dr. Lanham will discuss the blending of the natural world and the importance of diversity in this lecture series. Access this event on the [Iowa State Lecture Series website](#). Cost: Free

23

Evening Exploration **McFarland Park | 6:30 - 8 p.m.**

Embrace nature at night while taking an exploratory hike through the park. Search for owls through the use of your senses. Hike begins at the Conservation Center at McFarland Park. Register on [My County Parks Website](#) by Oct. 21. Cost: Free

Spirits in the Gardens **Reiman Gardens | Multiple**

Explore Reiman during their annual Spirits in the Garden. Stroll through jack-o-lanterns and scarecrows and enjoy some fun activities. Tickets must be purchased ahead of time online at [Reiman Gardens website](#). Dates include Oct 23 & 30 (7 - 10 p.m.), 24, 25, 31 & 1 (5 - 10 p.m.) Activities can be enjoyed from 5 - 7 p.m. before the event. Cost: \$7, Members and ISU student: \$5

24

Ames Pridefest 2020 Storytelling Event **Virtual | 6 - 7 p.m.**

Celebrate Pridefest through this storytelling project. Through October and November stories will be shared through social media, as well as other programming as the storyteller wants to do. Check [Ames Pride website](#) for more information about monthly programming. Cost: Free

29

Fall Foliage Walk

Soper's Mill South | 1:30 - 3:30 p.m.

Stroll through Iowa's fall landscape on this fall color hike through Soper's Mill. Bring something to share for the picnic that concludes the hike. To register visit [Story County Conservation Facebook page](#) before Oct. 28. Face coverings required while indoors and when social distancing is not possible. Cost: Free

30

Innovation in Agriculture **Virtual | 12 p.m. - 1:30 p.m.**

Join this lecture presented by Dr. Bill Christiansen, the current Chief Operating Officer for PIC, a world leading pig genetics operation. Dr. Christiansen shares about the innovations within the agriculture industry. Access the lecture at the [online lecture room](#) via WebEx. Cost: Free

Night Eyes Geocaching

McFarland Park | 7 - 9 p.m.

Look for nocturnal animals during this family friendly, night time hike. The event is designed for ages 5 and up and registration is available, until Oct 26, on the [Story County Conservation Facebook page](#), groups to include up to 5 people, including one adult. Face coverings required while indoors and when social distancing is not possible. Cost: \$10 fee/group

View more GREEN events at livegreen.iastate.edu

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

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Amanda Fortman | afortman@iastate.edu

Copy and layout by Amanda Fortman



LIVE GREEN! MONTHLY



*"YOUNG PEOPLE,
WHEN INFORMED AND
EMPOWERED, WHEN
THEY REALIZE THAT
WHAT THEY DO TRULY
MAKES A DIFFERENCE,
CAN INDEED CHANGE
THE WORLD."
- JANE GOODALL*



**IOWA STATE STUDENTS
INNOVATING CHANGE
THROUGH ENTREPRENEURSHIP
AND DIVERSITY
NOW YOU KNOW:**

**CELEBRATING THE COLLEGE OF
VETERINARY MEDICINE & THE
IVY COLLEGE OF BUSINESS
CHALLENGE YOURSELF TO**

CREATE A GREEN NEW YEAR

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Living Cardinal, Gold and GREEN!

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Happy Sustainable Holidays

Learn how to reuse, repurpose, and rethink the holidays from the Live Green! team.



Photo by Hannah Bartel

From our team to you, wishing you best of luck on finals, wonderful holiday memories created and shared with friends and family and a replenishing break. See you in 2021!



The 20th Annual Iowa Organic Conference will be held virtually 9 a.m. – 1 p.m., Monday, November 23. Synchronous presentations and interactions with industry experts will be featured, as well as a virtual show of exhibitors and

sponsors, including organic grain buyers, organic seed purveyors, organic and local food system non-profit organizations and government offices. Tom Harding, an international expert in organic marketing and trade, will be the conference keynote speaker. Registration is \$25 and can be done on the [conference website](#).

Follow Us!



Tag @isu_livegreen on social media — we would love to see your ideas, thoughts and creations.



Iowa State University was recently named on the Princeton Review 2021 Green College Honor Roll. ISU is one of 30 colleges and universities receiving the highest possible Green Rating tallies score.

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

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Amanda Fortman | afortman@iastate.edu

Cover images courtesy of College of Veterinary Medicine & Ivy College of Business



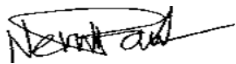
DIRECTOR'S MESSAGE

It seems pretty unbelievable we are only a few weeks from finals and the completion of the 2020-2021 fall semester. It has most certainly been a semester of adjustment, creativity, flexibility and resilience. Exactly the requisite elements of ensuring a sustainable future. Each and every college, department, unit and team at ISU has had to rethink, reassess, realign, rework and re-embark multiple times throughout this semester, as well as the months leading up. Similarly each individual (student, faculty and staff) has had to redefine, readjust and remake typical – days, schedules and activities. The outstanding and unprecedented dedication and tenacity in proactively addressing challenges and finding solutions is vividly apparent across campus operations, in research and teaching and throughout the student experience. Indeed, Cyclone Strong!

The November/December/January issue of Live Green! Monthly continues our celebration of ongoing commitment to sustainability and a sustainable future through the impressive work and dedication of our colleges by highlighting the Ivy College of Business and the College of Veterinary Medicine. Reflecting on a month of celebrating sustainability at ISU during National Campus Sustainability Month and a multi-faceted look at unique projects and opportunities related to waste reduction and landfill diversion round out our last issue of the fall semester – for now, that is. As our semester ends about a month earlier than in past years, stay tuned for a newsletter addendum being added in the next few weeks to feature sustainability highlights of the fall semester, as well as volunteer opportunities, events and happenings to keep you sustainably engaged and connected until spring semester 2021 kicks-off.

Sincerest thanks and gratitude, Cyclones, for all you have done and committed in supporting the Live Green! Initiative and sustainability at Iowa State University this semester! On behalf of the Live Green! Leadership Team, we wish you wonderful holidays and time shared (virtually or in-person) with friends and family and look forward to greening with you in 2021!

Yours in green-ness,



I am happy to announce the Midwest Climate Summit had its kickoff event on October 2 and completed two of four workshop sessions. Two sessions remain, November 6 and 20. Take advantage of this free virtual event (that is also taped for later viewing) and register on the [conference website](#).

I am also proud to announce some student-focused summit opportunities. First, Climate Stories, a climate art competition for student artwork portraying community or personal experience with the climate crisis. Prizes will be awarded within four categories: film/photography, visual arts, performing arts and writing. Submit entries by February 1, 2021. Second, a student-led and student-prioritized online Student System Conference on November 6. Third, a Virtual Job & Networking Fair on November 13. More information for all opportunities can be found on the [student-focused content section](#) of the conference website.

Finally, America/Iowa Recycles Day is November 15! The Student Government Sustainability Committee, in partnership with ISU Recycling, is excited to invite all students, faculty and staff to join in a week-long virtual celebration event. Find celebration details on our Instagram, @isusustainability.



Photo by Hannah Bartel

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 Jennifer Seth

JENNIFER SETH is Iowa State University's 2019-2020 Student Government Sustainability Director. She is a third-year student majoring in Environmental Science.

CAMPUS SUSTAINABILITY MONTH

IOWA STATE CELEBRATES WITH THREE POP-UPS

NATIONAL CAMPUS SUSTAINABILITY MONTH 2020

This October, ISU and colleges across the United States, celebrated Campus Sustainability Month (CSM).

Through three “pop-up” outdoor events and a virtual portion, students, faculty and staff were able to engage and learn about different aspects of sustainability. This year’s events were designed to be smaller and shorter in consideration of COVID-19 recommendations. In being held in different campus locations, they offered a unique celebration of sustainability in venue, as well as through participating organizations.

Campus Sustainability Month is celebrated each October and focuses on increasing awareness of sustainability initiatives and accomplishments, as well as opportunities to get involved and stay connected. Over 150 attendees took part in this year’s celebration. Each event featured a unique sustainability theme, tabling by student and campus organizations, bike tune-ups from Outdoor Recreation and a virtual BINGO challenge for sustainably-focused prizes. More information and event photos are available on the [Live Green! website](#).



OCTOBER 8TH

The first pop-up event was held on the Horticulture Hall lawn on Oct. 8. With a focus on energy, the event also celebrated National Energy Awareness Month and Energy Efficiency Day (Oct. 7).

This event offered the opportunity to meet members from the student organization Oxfam America and view educational posters about ISU’s LEED certified buildings, as well as inform participants about energy-saving opportunities across campus and personal commitment.



OCTOBER 15TH

Students participated in the second CSM event on the Beyer Hall lawn on Oct. 15. Focusing on food systems, this event also celebrated World Food Day (Oct. 16).

Attendees had the opportunity to connect with student organizations with a focus on food (Food Recovery Network and Ethical Eating Club) as well as an overarching consideration of sustainability (The Green Umbrella and Student Government Sustainability Committee).

“Celebrating NCSM is important to students and the overall campus community through increasing awareness of campus sustainability efforts and encouraging students to get involved, or spark the beginning of their own sustainability journey!” -Caitlin Tipping, Live Green! Campus and Community Engagement Intern



OCTOBER 22ND

The final CSM event, with a theme of Earth Day 50.5, was held outside of Parks Library on Oct. 22. Since ISU was not able to officially celebrate the 50th anniversary of the first Earth Day celebration in the United States, this event celebrated the 50 ½ anniversary.

In addition to networking with student and campus organizations including Engineers for a Sustainable World, ISU Recycling Services, Oxfam America, Pay It Forward and The Green Umbrella, attendees received unique and commemorative Earth Day 50.5 buttons.



Photos by Pedro Vieira-Marasciulo Copy and layout by Amanda Fortman

MONTHLY CHALLENGE

20 WAYS TO "GREEN-UP" FOR 2021

Every year offers the opportunity to reflect on the past 365 days and set a vision for the year ahead. As 2020 comes to a close, here are 20 challenges to take on and plan for in 2021. As well as offering an opportunity to evaluate current daily schedules and choices, these challenges provides options to elevate personal commitment and impact in social, economic, environmental and self-sustainability.

SELF SUSTAINABILITY	SOCIAL SUSTAINABILITY	ECONOMIC SUSTAINABILITY	ENVIRONMENTAL SUSTAINABILITY
 <p>LISTEN TO A MOTIVATIONAL OR INSPIRATIONAL PODCAST</p>	 <p>ATTEND A LECTURE FOCUSED ON A SOCIAL SUSTAINABILITY TOPIC</p>	 <p>SET A FINANCIAL BUDGET FOR 2021</p>	 <p>SWAP OUT SINGLE USE PLASTIC WITH REUSABLE OPTIONS</p>
 <p>COOK A FAVORITE DISH TO ENJOY AND SHARE</p>	 <p>SIGN UP TO VOLUNTEER IN YOUR LOCAL COMMUNITY</p>	 <p>SHOP AT A LOCALLY-OWNED BUSINESS</p>	 <p>KEEP FOOD WASTE OUT OF THE TRASH AND INTO THE AMES (FREE) COMPOST PROGRAM</p>
 <p>WRITE IN A JOURNAL</p>	 <p>DONATE TO YOUR FAVORITE CHARITY</p>	 <p>EXPLORE THRIFT SHOPS AND UPCYCLE SHOPPING</p>	 <p>UNPLUG UNUSED ELECTRONICS</p>
 <p>TAKE A STUDY BREAK AND GO FOR A WALK OUTSIDE</p>	 <p>OFFER ASSISTANCE TO A FRIEND OR NEIGHBOR</p>	 <p>ENJOY LOCAL FOOD AND LOCALLY-OWNED RESTAURANTS</p>	 <p>CARPPOOL, WALK, RIDE A BIKE, OR TAKE THE BUS TO YOUR NEXT DESTINATION</p>
 <p>STAY TECHNOLOGY FREE FOR ONE WHOLE DAY</p>	 <p>LOOK FOR FAIR TRADE PRODUCT CERTIFIED PRODUCT OPTIONS WHEN SHOPPING</p>	 <p>CREATE A FINANCIAL GOAL FOR 2021</p>	 <p>COMPLETE A TRASH AUDIT</p>

Find more ways to "green-up" in 2021 on the [Live Green! website](#), [How to Live Green! resources page](#).

NOW YOU KNOW

CELEBRATING BUSINESS AND VETERINARY MEDICINE AT ISU

Iowa State University's Ivy College of Business and College of Veterinary Medicine have both committed focus, detail and endurance in ensuring excellence in education, as well as student success within professional fields. With both top-ranked colleges in the nation and top-ranked programs in the world, each offers unprecedented expertise in ensuring leaders that, in turn, ensure a future that sustains communities and livelihoods.

IVY COLLEGE OF BUSINESS

SUSTAINED EDUCATION

Iowa State's Ivy College of Business (ICB) offers students a global and diverse view on all aspects of business. Offering over 22 undergraduate and nine different graduate programs, the college is responsible for educating and preparing over 4,000 students annually for their future endeavors.

Through a multi-faceted educational experience, the college combines the elements of understanding customers, developing products and delivering services to implement social sustainability practices into every student's life.

To further explore career passion, purpose and identity, the ICB offers a unique professional certification through its graduate certificate program. The first of its kind for a public university in Iowa and ranked eighth in the nation, the program offers a specialized service. In addition, Iowa State University is the first in the Midwest to offer a program that meets future executives' needs in food, agriculture and biosciences, while simultaneously encouraging students to pursue their interests and equip them with knowledge.



Photo courtesy of Ivy College of Business

Alongside its commitment to student success and impact, ICB is also committed to impact and excellence within operations – signified through their dedication to adding sustainability in design and construction of the recently expanded Gerdin Business Building.

CHANGE LEADERS

ICB graduate programs allows students immersive business experience and opportunities. Among those offering a unique and relevant connection to sustainability in business are [Beta Alpha Psi](#) and [Entrepreneur Club](#).

Beta Alpha Psi is a National Accounting Honor Society that offers premier accounting and business information to ensure student success. The club encourages self-development through promoting social, ethical and public responsibility.

The Entrepreneur Club offers a great fit for students wishing to pursue the goal of starting their own business. The organization focuses specifically on instilling a passion for building sustainable ventures and providing information and an effective platform to ensure success. Learn more about the club on pg. 8 of this month's newsletter or on [ISU's Student Organization website](#).

Additional organizations including the [Entrepreneurial Product Development Club](#), [Future Business Leaders of America](#), [Delta Sigma Pi](#) and [Multicultural Business Network](#) offer



Photo courtesy of ISU Pappajohn Center

additional sustainability awareness and engagement for students.

GREEN REACH

Students in ICB gain worldview insight toward a more thorough understanding of systems thinking and collective impact through opportunities offered in social entrepreneurship. Of highlight are the multi-faceted and multi-cultural experiences offered through a variety of international programs. Within a framework of business as a global profession, the College provides opportunities in 11 countries through year-long, semester or summer studies or internships.

Ranging from studies in comparative marketing and capital markets to enterprise resource planning and entrepreneurship, students are offered overarching, as well as integrative, perspective and expertise. Field research and application as a part of interdisciplinary opportunities, such as the [Uganda program](#), add additional relevance to business strategies and impact to place and community.

Through countless resources and experiences, ICB offers students tools, opportunities and support to excel academically and professionally within a global future.

Rendering courtesy of Ivy College of Business

Photo courtesy of echo360

COLLEGE OF VETERINARY MEDICINE

SUSTAINED EDUCATION

ISU's College of Veterinary Medicine (CVM) was the first public veterinary school in the United States. Since 1879, the college has dedicated commitment to sustainability and a sustainable future by focusing on enhancing the health and well-being of animals and human beings.

In accomplishing this, CVM has centered its academic curriculum on reflecting eight core values – excellence, integrity, quality, creativity and innovation, commitment, positive work climate, stewardship and diversity. Through applying these values, the College of Veterinary Medicine provides graduates with tools, skills and experience to make the world a better place and empower them as leaders and problem-solvers in sustaining it.

Upon students' fourth year of the veterinary medicine program, they choose from four species-specific studies: small animal, food animal, mixed animal and equine. Besides selecting an area of study, students are encouraged to take an externship or an internship in that area. These programs give students real-world experiences to apply learning in the classroom, lab and clinical.



Photo courtesy of ISU Veterinary Medicine
Copy and layout by McKenzie Davison

CHANGE LEADERS

CVM is home to over 50 student clubs and organizations committed to excellence in veterinary medicine. Highlighted, among those with committed focus on sustainability, are the Student American Veterinary Medical Association (SAVMA) and Veterinarians Without Borders (VWB).

SAVMA is a national organization that works to advance science and art of veterinary medicine, including its relationship to agriculture and public health. This student organization is committed to encouraging development and empowerment of students as leaders in the profession of veterinary medicine, creating socially conscious education and work environments and removing barriers to equity and inclusion.

VWB is open to all students who are passionate about animal care and medicine. Club members dedicate their time and energy to bettering under-served communities by improving the quality of life for animals and humans worldwide.

Additional CVM sustainability-connected clubs include: the American Veterinary Society of Animal Behavior, Association of Shelter Veterinarians, Integrative Medicine Club – American Holistic Veterinary Medical Association, and Women's Veterinary Leadership Development Initiative.



Photo courtesy of ISU Veterinary Medicine

More information on all of these clubs can be found on ISU's Student Organization website

GREEN REACH

The importance of animal health has an enormous role in our society. In addressing this, CVM has developed hands-on programming to engage and empower students in sustaining optimum animal health through best practices in management. One of many experiences offered to students is a rotation unit as a part of ISU Veterinary Field Services, providing practice and confidence to perform on-farm veterinary tasks and provide 24-hour emergency animal care to farmers throughout Iowa.

CVM's diversified reach not only extends to those raising or researching animals, but also who simply enjoy their company and companionship. Through a surgery, anesthesia and community outreach course, veterinary students are prepared for clinical practice while helping dogs and cats in animal shelters and rescues get adopted.

Through a multitude of commitment, the College of Veterinary Medicine is dedicated to excellence in ensuring the betterment of animal health and well-being in Iowa and the world.

RECYCLING NEWS

AN UPDATE FROM ISU'S RECYCLING COORDINATOR



Photo courtesy of Ayodeji Oluwalana,
Iowa State University Recycling Coordinator

This fall semester has been a busy one for recycling at Iowa State University! A highlight for this semester has been to once again connect with students and projects involving reducing, reusing and recycling waste. Here we are some especially exciting new projects and updates. Continue watching for future newsletter articles too, so much is yet to come!

ZERO WASTE PLAN/ZERO WASTE EVENT TOOLKIT

As a part of the newly approved Iowa State University 2021-2025 Strategic Plan for Sustainability in Operations, a university-wide zero waste plan is currently being put together by multiple campus stakeholders. The plan will highlight the road-map each department/units on campus will adopt to ensure their activities support an overall goal of 85% landfill diversion by 2025. A draft plan is expected to be ready by the end of Spring 2021.

In an effort to ensure campus events support the university's zero waste goal, a "zero waste event toolkit" has been created (currently under final review). Promotion of zero waste through events is strategic in building awareness about waste reduction, encourage reuse of materials and support departments, clubs and groups planning events on campus in recycling recyclable event materials.



"BOXES TO FARM TO COMPOST" PILOT PROJECT

As a land grant university with a student population of over 30,000 students and about 6000 faculty and staff, there is a multitude of packaged items delivered to Iowa State University campus daily - the majority in cardboard boxes. With an average monthly generation of 60 tons of cardboard, this commodity requires a majority of the university's recycling budget. This expense was somewhat offset when cardboard happened to be a "paid commodity" (dollar-making venture) a few years ago. However, recent events resulting in severely reduced recycling trade with China have forced municipalities, cities and higher education institutions to start thinking of innovative ways to respond to this crisis.

In considering this crisis, Recycling Services innovatively established partnership with Procurement Services and ISU Beef/Cattle Nutrition Farms to explore and pilot the use of campus-generated cardboard for animal bedding, replacing cornstalk bedding currently being used by the farms. Results from the pilot provided a comparison between the two material options for bedding and revealed that cardboard had better absorbency characteristics and the animals appeared more comfortable on cardboard bedding than cornstalk bedding.

Currently, through collaboration with an industrial engineering capstone senior class, a viable business model, as well as a sustainable operational/logistics process model, are being developed for the project to ensure its long-term sustainability (economically, socially and environmentally).

Recently, the project was among those featured (and presented virtually) at the 2020 Global Conference on Sustainability in Higher Education, "Mobilizing for a Just Transition". The project was also highlighted in the May/June 2020 issue of Facilities Manager.



Photo courtesy of Inside Iowa State



Photo courtesy of ISU Beef/Cattle Nutrition

2020 AMERICA/IOWA RECYCLES DAY

Last year, Governor Kim Reynolds signed a proclamation to declare Nov. 15, Iowa Recycles Day, a day also nationally known as America Recycles Day (ARD). America Recycles Day, a Keep America Beautiful national initiative, is the only nationally-recognized day dedicated to promoting and celebrating recycling in the United States. Each year, thousands of communities across the country participate by promoting environmental citizenship and taking action to increase and improve recycling in America.



Throughout the week of Nov. 9 - 13 2020, Recycling Services, in conjunction with the Student Government Sustainability Committee, will be hosting an America/Iowa Recycles Day Event. Due to the pandemic, this year's event activities will be primarily virtual with social media engagements, online recycling craft games, as well as a recycling forum on Friday, Nov. 13, 1 - 2:15 p.m. on WebEx.

FIVE SIMPLE HOLIDAY TIPS FOR WASTE REDUCTION

ATTEMPT A ZERO WASTE FAMILY HOLIDAY

Holidays tend to generate a lot of waste, hence the need to think proactively about reducing your waste footprint. Things to do include using reusable wares for meals and gatherings, ditching paper towels for reusable or cloth napkins and making homemade decorations that can become a part of a family tradition and reduce the purchase of non-durable decor. Work with your family to create your own waste reduction goals and strategies.

WRAP IT & PACK IT ECO-STYLE

While holidays are for gift exchange, you must ensure it does not increase your waste footprint. Stay away from wrapping papers but rather get creative and choose reusable alternative like posters, calendars, fabric, reusable paper, cloth gift bags or a durable item that can be used for another function (as well as a gift wrapping) such as towels, plastic storage containers and baskets. Use balled up newspaper or magazine pages inside your shipping boxes rather than foam or bubble wrap.

PREVENT FOOD WASTE

The peak of food waste occurs during holiday with approximately 40% of all the food grown in the U.S. thrown away. To avoid food waste during holidays, make and stick to a shopping list and store and freeze leftovers for another time. You can also use a "Guest-imator" tool (from SavetheFood.com) to calculate how much food really you need to host guest and friends effectively and will less waste.

CHOOSE DIGITAL CARDS OR RECYCLED HOLIDAY CARDS

Explore e-cards for family and friend during the holidays rather than the conventional hard copy cards. In the event you have to, choose post-consumer recycled content card and avoid cards with non-paper embellishments like foil or ribbon etc.

BUY LOCALLY

Explore buying all supplies locally by supporting local businesses rather than ordering online.



To keep updated on all things recycled at ISU and all the MANY ways to celebrate America Recycles Day at ISU, stay connected through the [Iowa State University Recycling Services website](https://www.isu.edu/recycling) or emailing recycling@iastate.edu.

STUDENTS LIVING **CARDINAL, GOLD & GREEN**

In College of Veterinary Medicine and Ivy College of Business, students are taking the initiative to promote innovation and diversity within their respective industries and among their peers. Campus organizations give these students resources, support and leadership opportunities to create a more sustainable campus, industry and future.

INNOVATING BUSINESS THROUGH LEADERSHIP

With over 800 student clubs and organizations at Iowa State University, students in all majors and fields find opportunities to develop their passions and interests. In the Ivy College of Business, students gain experience and skills to take their ideas and goals and make them into viable projects. Students can cultivate these skills through multiple platforms, including the Entrepreneur Club, CyStarters and CyBIZ lab.

ENTREPRENEUR CLUB

Entrepreneur Club strives to connect students within the college who share entrepreneurial spirit and drive to innovate. Club members have multiple options to develop their entrepreneurial mindset and skills.

Through these opportunities, students are able to network with industry professionals in central Iowa, attend events focused on building their innovative abilities and participate in workshops to develop their interest areas. The Entrepreneur Club provides students support



Photo courtesy of Entrepreneur Club

needed to create a successful and sustainable business venture.

Find more information about Entrepreneur Club and how to get involved on the [Iowa State Student Organizations website](#).

CYSTARTERS

Students interested in putting business ideas into motion have two unique opportunities through CyStarters and CyBIZ Lab. Through these programs, students are offered immersive experience in both applying classroom learning to real world business application, as well as cultivating a network of industry mentors and connections.

CyStarters focuses specifically on elevating student business or start-up ideas through an 11-week intensive course. Each summer, students (in teams or individually) dedicate time and apply resources specifically toward growing their startup idea. This opportunity is available for both individuals and teams to participate.

In the program, participants attend educational programs and panel sessions, practice their pitching skills and network with the members of Startup Ames entrepreneurs.

In 2020, 20 entrepreneurs took the leap to grow and build their businesses through taking part in the CyStarters program. Kickstarter

projects ranged from precision tillage to personalized planners. For a full list of the [2020 CyStarters cohort](#) and to apply for 2021, go to [Iowa State's Pappajohn Center for Entrepreneurship website](#).

CYBIZ LAB

CyBIZ Lab provides students the opportunity to build real-world, hands-on experience through an interactive, professional interface team experience. As a member of an interdisciplinary consultant team, students strategize problem solutions for businesses and develop action plans to achieve them. Students from all colleges and any major are welcome to join CyBIZ.

"Plans and solutions are designed to allow students experience in offering companies outside perspectives focusing on internal challenges. Topics range from market analysis, to financial advising, to creating new products. To learn more or apply, email info@isupjcenter.org or go to the [CyBIZ Lab website](#).

CyBIZ
Lab

CYstarters >>>



Photo courtesy of Mithila Noronha



PROMOTING DIVERSITY IN INDUSTRY

In College of Veterinary Medicine (CVM), concerted consideration to social sustainability, both in relation to nurturing the connection between animals and humans, as well as ensuring an inclusive experience for students in pursuing their degree programs, is of special focus to Veterinarians as One Inclusive Community for Empowerment (VOICE) and Women's Veterinary Leadership Development Initiative.

VETERINARIANS AS ONE INCLUSIVE COMMUNITY FOR EMPOWERMENT

Mithila Noronha, a third-year veterinary student from Omaha, Nebraska, noticed the lack of diversity within her class right away. In learning ISU CVM was exploring ways to create a more diverse and inclusive environment within the college, she knew she had to be a part of the movement.

With encouragement from her classmate Kelly Hewitt, co-president of VOICE National, Mithila began to develop a VOICE chapter at Iowa State and today serves as the club's first president.

Established just this year, ISU's VOICE student chapter is focused on furthering the mission of the national VOICE organization dedicated to increasing awareness, respect and

"I want other students to realize that while diversity, equity and inclusion issues may not seem to affect them, these topics are relevant to all of us. We need to show students from underrepresented backgrounds that there is a place for them in this field." -Mithila Noronha, VOICE President

sensitivity to differences among individuals and communities in veterinary medicine.

Currently, there is a gap in the curriculum regarding diversity within the veterinarian industry. The club also offers a unique opportunity to take part in educational, social and service events revolving around the field of diversity and inclusion. Student members of VOICE strive to create a more diverse conversation across campus, while providing leadership and mentorship opportunities for those underrepresented in the veterinarian career field.

Mithila is excited for VOICE to continue to grow in offering students a support system within the College of Veterinary Medicine, long after she and her executive team's time at ISU. Her ongoing hope is diversity within veterinary medicine continues to be celebrated and embraced through

conversation and connections this organization has sparked.

All students, staff and faculty are invited to attend the educational club meeting. To find out more and get involved with Veterinarians as One Inclusive Community for Empowerment, visit the [Iowa State Student Organizations website](#).

WOMEN'S VETERINARY LEADERSHIP DEVELOPMENT INITIATIVE

Continuing momentum related to diversity and inclusion, the Women's Veterinary Leadership Development Initiative serves as a resource in developing the next generation of women leaders within a career field currently experiencing a gap in gender representation.

With focus on the creation of and opportunities for networking, mentoring educational connections and skills building through workshops, the Initiative provides women in the veterinary profession a unique leadership growth and empowerment experience.

More information about the Women's Veterinary Leadership Development Initiative, is available on the [Iowa State Student Organizations website](#).

SEMESTER HIGHLIGHTS

CELEBRATING GREEN SUCCESSES OF FALL 2020

Celebrate the successes and achievements from the fall 2020 semester. Even in unprecedented times, our students, campus, and community went above and beyond to challenge, adapt, and innovate this semester.

IMPACTFUL STUDENTS



BUILDING NEW PARTNERSHIPS THROUGH ENGINEERING

Engineers Without Borders worked with the Kwame Nkrumah University of Science and Technology located in Ghana, on a new project. This partner project strived to develop the local community and connect students from both universities.

RECREATING HISTORY

The Wind Ensemble and Symphonic Band at ISU celebrated Veterans Day while honoring the 100th anniversary of a concert by the John Philip Sousa Band in State Gym. In commemoration, they played "The Stars and Stripes Forever," written by Sousa.



PLANTING LEADERSHIP AND SERVICE

Iowa State students with a minor in leadership and learning studies planted fruit trees at the Schilleter-University Village Community Center and Iowa State Arboretum as part of their final capstone project.



ADAPTIVE ACADEMICS



MODIFYING TO NEW NORMS

Ensuring international students, from 20 countries, who were unable to come to campus fall, due to COVID-19, were still immersed in campus culture. The International Adventure learning community occurred 100% online for the Fall 2020 semester.

CREATING TOMORROW'S SOLUTIONS TODAY

Students at ISU tackled real-world issues through classes and projects this fall. From improving face masks to campaigning for Cyclone Cares to implementing social justice into city planning, these students took on some of today's biggest issues.



GROWING AN EXPERIENTIAL LEARNING SPACE

Students and faculty now have a dedicated space at ISU's Parks Library to connect to research techniques and technology, thanks to the Roy J. Carver Charitable Trust, who donated to a new digital scholarship laboratory.



SYNERGISTIC COMMUNITY

INNOVATING FOR SUCCESS

The Association of Public and Land-Grant Universities recognized Iowa State University with the 2020 award for Innovation and Economic Prosperity. The award acknowledged the opportunities for innovation and collaboration provided by ISU.



SECURING WIND POWER

With support from the U.S. Department of Energy grant, engineers looked at how to prepare for and restore power to the wind-powered energy grid in the case of a major blackout. Currently, Iowa generates 40% of its electricity from wind energy.

PROVIDING ONLINE LAB SCHOOL

Iowa State's Child Development Lab School provided online educational instruction for children K-3rd grade. With the additional strain of COVID-19, many parents struggled to balance children's schoolwork. Lab school provided services to help alleviate this additional strain.

Child Development Lab School

IOWA STATE UNIVERSITY
College of Human Sciences

VISIONARY CAMPUS

SUSTAINING FOR 2025

The president of Iowa State, Wendy Wintersteen, endorsed a five-year strategic plan to reduce environmental impacts by 2025. The areas include energy use and emissions, building operations and maintenance, waste reduction and diversion, grounds management and water conservation.



BENCHMARKING WASTE

Ayodeji Oluwalana, ISU's recycling and special events coordinator, compiled thorough statistics of university waste production and diversion. This data will serve as a benchmark for future opportunities, ultimately leading to the goal of 85% waste reduction by 2025.

COMPOSTING AT FREDDY COURT

Five dumpsters and 100 buckets were distributed at Freddy Court for a piolet composting project, with the goal of keeping food waste out of the garbage and directed instead to the University Compost Facility. This project was facilitated by student members of Engineers for a Sustainable World.



Working
Toward a
Sustainable
Future

See a comprehensive list of all fall semester news and highlights on the [Live Green! website](#).

GREEN-IT-YOURSELF

EMBRACE THE HOLIDAY SPIRIT WITH THESE GREEN GIFTS

HOMEMADE MULLING SPICES

Supplies: cinnamon sticks, whole cloves, whole allspice, star anise, dehydrated apple slices, dehydrated citrus slices, cheesecloth (enough to cut into 6 - 4x4 in. squares), bakers twine (or substitute)

Instructions:

1. Gather supplies from your local market or online dry goods stores. Apples and citrus slices can be dehydrated at home with the use of a dehydrator, air fryer (130°F for 4 hours) or oven (200°F for 3 hours, turning halfway).
2. Cut cheesecloth into six 4 in. squares. Stack 2 cloths for a total of 6 bundles. For each square place 1 cinnamon stick, 1 anise, 1 slice of citrus and apple, a bit of whole allspice and cloves. If needed, break into smaller pieces to fit in a bundle. To secure the bundle bring edges together and tie with bakers twine.
3. Store in an airtight container for up to 6 months.
4. Check out [Southern Living](#) for five ways to use mulling spices this season.



NEWSPAPER GIFT BAGS

Supplies: paper (newspaper, poster, wrapping paper), glue or tape, hole punch, 4 x 2.5 in. piece of cardboard or card-stock paper, cord or ribbon

Instructions:

1. Lay 2 sheets of newspaper on top of each other. Trace and cut a rectangle 15.5 in. x .25 in. out of the paper.
2. Fold down a 1.25 in. flap on the top of both sheets. On the bottom, create a 2 in. flap. To create the bag, measure horizontally 4.5 in. for the front panel, fold vertically, measure 3 in. more for the side, fold, measure 4.5 in. for the back panel, fold, 3 in. for the other side, fold and 1/2 in. tab for gluing the bag together.
3. Put glue on the outside of the 1/2 in. tab and bring the other edge together. Line up the cut edge with the folded edge of the flap. On the bottom of the bag and crease fold in the edges like you are wrapping a present. Put glue on the flaps and fold inward. Place cardboard on the bottom of the bag.
4. Punch holes on both sides of the bag. Put cord or ribbon through holes and knot.



DOOR DRAFT STOPPER

Supplies: fabric of choice (scrap fabric, old jeans, tube socks, etc.), scissors, tape measure, sewing machine (glue or fabric strips), insulating material

Instructions:

1. Measure the desired window or door. Add 4 in. to the width of your measurement and cut 8 in. for height.
2. Fold your fabric in half lengthwise, pin together and sew (or glue), leaving one side open. If you do not have a sewing machine available, another great option to close the end of the stopper is to tie the ends in a knot or take scraps of fabric to tie close. Once closed, turn the tube inside out. Fill with insulation (stuffing, beans, or rice). Sew the open side shut.
3. If you are looking for a fun way to upcycle old jeans, go to the [Hometalk website](#) to see examples of denim door draft stoppers.



Copy and layout by Amanda Fortman

RECIPES

ENJOY AND SHARE THESE HOLIDAY-READY RECIPES



HOLIDAY LEFTOVER CASSEROLE

Ingredients: 3 C. shredded turkey (or substitute for your favorite protein or vegetable), 1/2 C. cranberry sauce, 4 C. mashed potatoes, 2 C. corn, 2 C. gravy, 1/3 C. milk, 4 C. stuffing, 1/2 C. chicken broth

Directions:

1. Preheat oven to 400 °F.
2. Add shredded turkey and cranberry sauce to a large bowl. Stir to combine. Spread mixture evenly on the bottom of a 9x13 glass baking dish.
3. Evenly spread mashed potatoes over the turkey and cranberry sauce mixture.
4. Sprinkle corn over the mashed potatoes.
5. Combine milk and leftover gravy in a separate bowl. Pour the mixture over the mashed potatoes and corn.
6. Sprinkle on leftover stuffing and lightly drizzle chicken broth over the top.
7. Cover with tin foil and bake at 400 °F for 35-40 minutes or until heated through. Serve and enjoy!



CHRISTMAS CHEESE BALLS

Ingredients: 4, 8 oz. blocks cream cheese, 2 packages dried beef (or substitute for your favorite protein or vegetable), 1 C. shredded cheddar cheese, 1 bunch green onions, pomegranate arils, wire, ribbon, crackers

Directions:

1. Soften cream cheese and combine it in a large mixing bowl with shredded cheddar cheese, green onions, dried beef.
2. Knead with hands until well combined and roll into a large ball.
3. Cut the cheese ball into three equal portions. Roll each portion into a ball.
4. Place pomegranate arils on a plate. Roll all 3 cheese balls in pomegranate arils.
5. Place the three cheese balls evenly on a serving tray.
6. Cut three 6 inch pieces of wire. Roll half of each wire around a pencil to form an ornament hook shape. Tie a ribbon around the wire.
7. Insert one wire in each cheese ball. Place on a serving tray enjoy with crackers!



MOCK CHAMPAGNE

Ingredients: 1, 2 L. bottle chilled ginger ale, 1/2 can thawed frozen white grape juice concentrate, 2 C. rinsed and drained raspberries

Directions:

1. Combine the chilled ginger ale and the frozen white grape juice concentrate in a large pitcher and stir to combine.
2. Serve in the fancy glass of your choice.
3. Add 2-3 raspberries to each glass.
4. Cheers to the new year, and enjoy!

For more GIY's and Recipes,
check out the Live Green!

Pinterest page!



GREEN OPPORTUNITIES

CELEBRATE WINTER



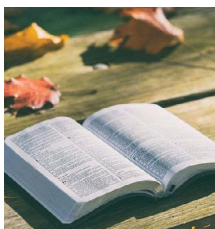
Grab a group of friends and come to the Memorial Union on Nov. 6 to participate in free fun holiday activities. ISU AfterDark and WinterFest are collaborating to host a fun night filled with carriage rides, hot cocoa, crafts and much more. In addition to in-person activities, ISU AfterDark has a virtual option that includes activities such as, an escape room and a caricature artist. Covid-19 precautions and masks are required for all in-person events. For more information visit the [Iowa State Student Activities Center Website](#).

LIGHT UP THE GARDENS



Stay involved over winter break by volunteering at Reiman Gardens' annual Winter Wonderscape holiday light show. The light show is every Thursday through Saturday evening from Dec. 3 to Jan. 2. Volunteers will welcome guests to the light show and provide them with directional information. Volunteers will receive two complimentary light show tickets each shift they work. To find more volunteering opportunities or learn more about the holiday light show, visit the [Volunteer Story County Website](#). A virtual training session will be provided before the first shift.

CLUB GREEN



Join McFarland Park naturalist, Rebekah Beall, for the Environmental Literature Book Club. A different environment-related book will be discussed during virtual meetings each month, January through March. The Book Club is free. Books purchase, or check out from your local library, is on your own. All attendees are required to register online by Jan. 15 at 4 p.m.. Registration can be found at [mycountyparks.com](#). Register today, and get reading!

CONNECT RENEWABLY



Watch the 2020 Renewable Energy Markets (REM) Conference online. Listen to over 50 speakers and REM sponsors to learn more about the most recent updates in clean energy. Although the conference took place in October, recordings are still available for viewing online until Jan. 1, 2021. All registered attendees have access to the recordings through the [REM 2020 virtual platform](#).

RELEAF THE ABORETUM



Help the Arboretum recover from the August 2020 Midwest derecho.. The severe weather caused permanent weather damage to the Iowa Arboretum. Due to derecho damage and COVID-19 restrictions this year's floral designs will be sold on the [Iowa Arboretum Website](#). All proceeds will support the Arboretum Releaf Fund and be used to replace storm damaged and destroyed trees. Samples will be available for viewing on the website Nov. 7, and all orders will be picked up Dec. 5 from 9 a.m. to noon.

DONATE WEAR FOR WINTER



Pay it forward and give warmth by participating in the Story County 2020 Winter Wrap Up. The Volunteer Center of Story County is collecting any gently used coats or winter wear to be redistributed to local charities and community groups who directly offer support to people who are homeless, refugees, elderly, fleeing domestic violence or at risk through living in poverty. Donations can be made at various locations until Nov. 13. To find available donation centers or learn more about the 2020 Winter Wrap Up, visit the [Volunteer Story County Website](#).

WASTE NOT



Don't trash holiday food waste, compost it through the City of Ames Food Waste Diversion (FWD) Program. Offering a no charge option for ensuring a beneficial use for food waste instead of landfilling, collected food waste can be dropped off at the FWD collection bins at 110 Center Avenue, 24/7. Food waste is not a beneficial fuel source for the City of Ames Resource Recovery System and when trashed can contaminate beneficial garbage. For more information visit the [program website](#).

PURSUE RENEWABLE ENERGY



Gain hands-on professional experience with Renewable Energy Group (REG). REG, a industry leader for sustainable renewable energy, is offering an internship for the summer of 2021. The 12 week paid internship takes place May 17 to Aug. 7, 2021 at the Ames, Iowa REG location and offers an excellent opportunity for candidates interested in producing cleaner fuels and renewable chemicals for a more sustainable future. Apply online on the [REG website](#).

ILLUSTRATE CLIMATE IMPACT



Compete in the 2020 Midwest Climate Summit Stories Contest. The contest features four multimedia categories: visual arts, film/photography, written word, and performing arts. Participants are required to submit original work representing the impact the climate crisis has had on their lives as college students. The competition is open to undergraduate and graduate students (ages 18-25). First through third place winners will receive a cash prize. All submissions must be submitted by Feb. 1. More information can be found on the [Midwest Climate Summit Website](#).

RENT AND REC



Stay active this winter with help from ISU Recreation Services. Need winter gear for outdoor fun? Outdoor Recreation offers one to four day rentals for items including cross country skis, snowshoes and clothing. Prices vary. Equipment for camping, biking, climbing and a number of other outdoor recreation activities can also be rented. For more information, availability and pricing specifics, visit the [Outdoor Rec page](#) on the Recreation Services website.

REPURPOSE HOLIDAY CARDS



The Office of Sustainability and ISU Recycling Services are partnering to collect holiday greeting cards in support of [St. Jude's Ranch for Children Recycled Card Program](#). Cards will be collected December 14 through January 25. Collection is open to all Iowa State University students, faculty and staff. Send card fronts to Merry Rankin, 108 General

Services or drop in the General Services Building collection box. Other occasion cards may also be included (birthday, thank you, etc.), as well as holiday. Hallmark, Disney and American Greeting card fronts cannot be accepted; however, they can be recycled.

CHIPS FOR PARKS



Dispose of your holiday tree with free services provided by the City of Ames. Drop off your tree after the holiday season at the Parks & Recreation Maintenance Shop, 700 East 13th Street. The city will recycle the trees into wood chips for use at city parks. Trees may be dropped off during daylight hours throughout the month of January. All ornaments and decorations must be removed before drop off. More information can be found on the [City of Ames website](#).

BE ACTIVE



Challenge yourself to stay active this winter with McFarland Park's Beat the Blues Winter Activities. Take part in the Winter Marathon Jan. 1 through Mar. 1. Walk, run, ski, snowshoe, or bike 26 miles at your own pace. Participants may also play outside for 30 minutes to equal one mile. Record your activity on the mileage log that can be found on the [McFarland Park website](#). Turn in a completed log by Mar. 6 to receive a discount on Story County Conservation online registration or rentals. All records can be mailed to Rebekah Beall, 56461 180th St, Ames, IA 50010, or by email to rbeall@storycountyia.gov.

SUPPORT LOCAL



Support the [ISU Forestry Club](#) during their holiday tree and wreath sales. Trees will be for sale in the Reiman Gardens parking lot on the weekend of Nov. 28 and will be continuing sales through the first, second, and third weekend of December. The hours are Fridays, 3 - 6 p.m.; Saturdays 9 a.m. - 5 p.m.; and Sundays, 11 a.m. - 5 p.m.. The Forestry Club will use the proceeds for activities and student development. Visit the [Reiman Garden's events page](#) for pricing and more information.

PROVIDE FOOD SECURITY



The student leadership team for the [Students Helping Our Peers \(SHOP\) food pantry](#), 1306 Beyer, is asking ISU employees to volunteer their time to help keep the SHOP open during November, December and January. Sign up in one-hour increments for one of two time periods: [Prep and Finals Week](#) or [Winter Break](#). If unable to volunteer at this time but you are interested in helping in the future, you are encouraged to complete a contact information form for future volunteer opportunities. Additional information about the SHOP and volunteering can be found on the [Students Helping Our Peers website](#).

HIKE THE HOLIDAYS



Explore local areas on hikes throughout the month of January with Story County Conservation organized hiking trips. Register for the free hikes on the [Story County Conservation website](#). The hikes are scheduled for Jan. 3, 10, 17, 24 and 31, and Feb. 7 (weather pending). Pre-register by 4:00 p.m. the Tuesday prior to each hike. For more information or questions, contact the Outdoor Alliance of Story County at info@oasco.org.

NOVEMBER CALENDAR

05 **Fall Pruning Workshop**
Reiman Gardens | 1:30 - 3:30 p.m.
Visit Reiman Gardens and participate in a hands-on pruning workshop by Horticulturists Sharon Rink and Kara Ketrick. Register before Nov. 3 on the [Reiman Gardens website](#). Cost: \$16 Members, \$20 General Public, \$13.60 Iowa State University Students

06 **Brrrds Nature Walk**
McFarland Park | 2 - 3:00 p.m.
Explore nature at McFarland Park as the birds prepare for winter. Engage in activities through discovery and investigation of the park while listening to an expert naturalist. Cost: Free

07 **Shop For a Cause**
Main Street | 7 a.m. - 9 p.m.
Join the businesses of Ames in supporting non-profit organizations. On Nov. 7, participating Main Street Ames businesses will donate a percentage of their sales, as well as collect donations for a non-profit of their choice. Come out and shop to make a difference. Cost: Free

WE Lead Conference
Virtual | TBD

Engage in an interactive conference that encourages empowerment and leadership. Participants will network by meeting with campus leaders, while participating in discussions and sessions via Zoom. WE Lead inspires participants to reflect on their identities, leadership qualities and strengths at ISU. Register online on the [Iowa State Student Activities Center website](#). Cost: Free

09 **Tours of the Gerdin Business Building**
Gerdin | 1 - 4 p.m.
Get an inside look at the new Gerdin Business Building Expansion. Take a 20-min tour of the new classrooms, team rooms, sales suite and more. Tours will depart from the Granite Hallway (first floor) on the half hour. Masks are required. Cost: Free

10 **Business Week: Student Appreciation**
Gerdin | 9 - 11 a.m.
Celebrate Business Week by stopping by the Kingland Hub in the new Gerdin Expansion for a sweet treat in appreciation of Ivy students. The first 50 students receive a free "We are Ivy" t-shirt. Cost: Free

View more GREEN events at livegreen.iastate.edu.

11 **Social Innovation Lecture**
Virtual | 2:00 p.m.
Enjoy speaker Ramsey G. Tesdel, podcaster, founder of 7iber.com, and Iowa State University Graduate as he shares topics on his experience of creating a voice for diversity and inclusion. Learn to use electronic media forums to create impactful advocacy for equality. Register to listen to the podcast online by visiting the [Iowa State University Lecture Series website](#). Cost: Free

13 **Innovation in Education Lecture**
Virtual | 12 - 1:30 p.m.
Hear from Dr. Stacey Coles, superintendent of the Storm Lake Community School District, on the topic of utilizing civic innovation to find solutions to issues of inequality. Access the event on the [Iowa State University Lecture Series website](#). Cost: Free

19 **Plant Walk: Conservatory**
Reiman Gardens | 11 - 11:45 a.m.
Tour the conservatory at Reiman Gardens. Join Reiman Gardens' Plant Collections Curator, Lindsey Smith, to learn more about the plants and flowers that are grown in the conservatory. Cost: \$10 Members, \$12.50 General Public, \$8.50 ISU Students, Free for RGTour Docents

20 **Innovation in Business Lecture**
Virtual | 12 - 1:30 p.m.
Learn from James Altamirano, an intrapreneur at Principal Financial Group, in his lecture on human centered design practices and learn how to overcome barriers and drive impactful cultural innovation. Access the event on the [Iowa State University Lecture Series website](#). Cost: Free

25 **Blank Park Virtual Zoo Tour**
Virtual | 10 - 10:30 a.m.
Tune in on Nov. 25 to get an exclusive walk-through tour of the Des Moines Blank Park Zoo. Watch from anywhere and hear educational and personal stories about the animals at Blank Park Zoo. Register for the event on [Ames Public Library website](#). Cost: Free

28 **Virtual Commencement Ceremonies**
Virtual | 10 a.m.
Commemorate ISU's Fall 2020 graduates! Join the graduation ceremonies on demand. Campus leaders will be bringing this year's commencement ceremony to you. The ceremony is available at 10 a.m. on Saturday, November 28, 2020. Access the ceremony on the [Iowa State University Virtual Graduation & Commencement website](#). Cost: Free

DECEMBER/JANUARY CALENDAR

DECEMBER

03

Winter Wonderscape Light Show **Reiman Gardens | 5 - 8:30 p.m.**

Attend the first annual Winter Wonderscape Holiday Light Show kickoff. Explore lit tunnels, fantasy lights, disco balls, twirling laser lights, and sculptures. The light show takes place every Thursday, Friday, and Saturday of December and the first weekend in January. For more information visit the [Reiman Gardens website](#). Cost: Adults: \$10, Member Adult: \$8, Children 10-12: \$5, Children Under Two: Free

04

Snow Magic **Main Street, Ames | 5 - 8 p.m.**

Celebrate the holiday season in Downtown Ames! The event kicks-off with a community tree lighting followed by holiday events. Enjoy the festival while exploring and supporting the Main Street businesses. For more information, visit the [Downtown Ames website](#). Cost: Free

Santa Express **Boone Scenic Valley Railroad | Varies**

Bring friends and family and enjoy a ride on the Santa Express. Depart from Boone & Scenic Valley Railroad's depot to the North Pole. The Santa Express will be running every Thursday, Friday, and Saturday in December. Find more information and book your tickets online on the [Boone & Scenic Valley Railroad website](#). Cost: Basic Class Tickets: \$20, First Class Coach Tickets \$45

16

Winter Survival **McFarland Park | 1 - 3 p.m.**

Find out if you have the skills to become a winter survivalist. Challenge yourself to build shelters, light fires, and more. All activities will be completed outside. Equipment provided. Register by 4 p.m. on Dec. 9. For more information, visit the [My County Parks website](#). Cost: \$10 per group (limit of five people per group with at least one adult present)

19

Butterfly Blizzard **Reiman Gardens | 8 - 10 a.m.**

Reserve a spot to release one of 80 new butterflies into Reiman Gardens' Christina Reiman Butterfly Wing. Eighty new butterflies will be released into the wing the day of the event. Pre-register on the [Reiman Gardens website](#) by Dec. 11. Cost: General Admission: \$10, Seniors 65 and up: \$9, Youth: \$5, and \$5 per butterfly (max 6/person)

JANUARY

01

Winter Marathon Begins **Virtual | All Day**

Challenge yourself to finish a full marathon this winter. This event spans from Jan. 1 to Mar. 1. Walk, hike, ski, snowshoe, bike or run to complete the 26 miles. Find out more information and record your miles on the mileage log on the [Story County Conservation website](#). Cost: Free

17

MLK Day of Service **Virtual and In-Person | Varies**

Join Ames and Story County in a celebration to unite in service and honor the life and legacy of Rev. Dr. Martin Luther King Jr.. Education and connection events will be hosted virtually and in-person. For more information and opportunities to volunteer, visit the [Volunteer Center of Story County website](#).

26

Explore Your Outdoors: Animal Tracks! **McFarland Park | 10- 11 p.m.**

Come along and explore McFarland Park's common animal tracks with Nautralist, Jess Lancial. Discover park trails and learn about animal inhabitants of the park. Open to children 5 and older, accompanied by an adult. Register online, by January 24, on the [My County Parks website](#). Cost: Free

Compelling Ground: Art Exhibition **Brunnier Art Museum | 10- 4 p.m.**

View the upcoming art exhibition at the Brunnier Art Museum. The new collection is celebrating the 25th anniversary of the original exhibition, featuring landscapes, people, and the environments of Iowa. The art exhibition will be on display from Jan. 1 to July 23. For more information, visit the [Iowa State University Museums website](#). Cost: Free

29

Innovators Forum: Leyla Acaroglu **Virtual | 12 - 1:30 p.m.**

Tune in and hear from Leyla Acaroglu, founder of Disrupt, Design, the UnSchool and CO Project Farm. Learn about Leyla's experiences with design that led her to become Melborne's 100 Most Influential People. For more information and to register for the event, visit the [Iowa State University Student Innovation Center website](#). Cost: Free

SAVE THE DATE: March 1-3, 2021
Symposium on Sustainability

HAPPY SUSTAINABLE HOLIDAYS

LIVE GREEN! HOLIDAY BLOG HIGHLIGHT

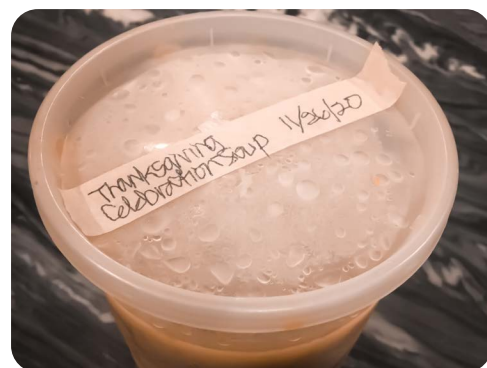
The holiday season is upon us! Along with the holiday cheer and celebrations comes more waste than normal. An average of 25 million additional tons of garbage is usually produced between Thanksgiving and New Year's Day in the United States – which breaks down to 157 pounds of garbage per person! Find out how you can reuse, repurpose and rethink waste this holiday season. The following excerpts are taken from a more in-depth [isulivegreen WordPress blog](#).

Follow Live Green! on Facebook, Instagram, and Twitter for more ways to “green-up” your holiday season!



REUSE

The U.S. Chamber of Commerce Foundation estimates that in the United States, 40% of food prepared for Thanksgiving dinner is wasted each year. Although there is a lot of waste that is generated throughout the holidays, much of it can be reused for different purposes! For instance food that is left after Thanksgiving can be refrigerated or frozen and be a delicious meal for another day. Freezing is a common way to preserve leftovers, and allows you to safely store some things for months before you need to use them.



REPURPOSE

While some holiday materials can be reused, there are also opportunities to repurpose and upcycle items commonly consumed for the holidays. Another way to repurpose this season is through gifting upcycled, gently used (such as art supplies), and DIY gifts. This is an easy way to keep things out of the landfill, it supports your own economic sustainability and can create meaningful gifts that people will appreciate! Another way to repurpose (and not add waste) during the holiday season is by donating unneeded usable items. Before you toss out old items to replace with new or updated versions received as holiday gifts, consider donation outlets such as Goodwill, Salvation Army and Habitat for Humanity ReStore.

RETHINK

In general, the best approach to take in considering how to reduce waste throughout the holidays is to just rethink the way we approach each aspect of the holiday experience. Who doesn't enjoy fun and festive decorations for the holiday? Just rethink how and what you use to decorate. Maybe decorations that are festive for the holidays, but you also find useful other times during the year. Then there is the holiday tree. If you like real trees, think local, buy a smaller potted tree to decorate or maybe “dress-up” one of your current houseplants for the holidays. If you prefer an artificial tree, consider options that might offer you a fun, celebratory alternative that allows you to use items you already have.



LIVE GREEN! MONTHLY

**"THE BEST WAY
TO PREDICT THE
FUTURE IS TO
DESIGN IT."**

- BUCKMINSTER FULLER

**ISU STUDENTS
DESIGNING A MORE
SUSTAINABLE FUTURE**

**NOW YOU KNOW:
CELEBRATING THE
COLLEGE OF DESIGN**

**TAKE THE CHALLENGE
TO GREEN YOUR
VALENTINE'S DAY**

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IOWA STATE UNIVERSITY

LIVE GREEN!

Living **Cardinal**, Gold and **GREEN!**

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Meet students who are innovating and creating in the College of Design.
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- 09 >> **SMART Business Challenge Luncheon**
Celebrate the success of Ames businesses in the Smart Business Challenge.
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- 12 >> **2021 Symposium on Sustainability**
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- 15 >> **Recipes**
Celebrate, indulge and share these sweet treats all month long.
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Engage in all the green events happening throughout the month.

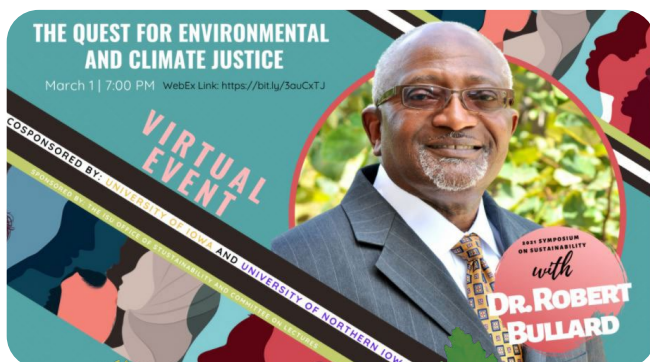
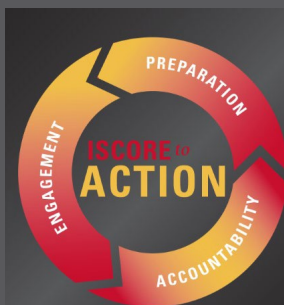


Photo by Pedro Vieira Marasciulo

Welcome back to spring semester from the Live Green! team. As a new year and new semester start, let's challenge ourselves to look for new opportunities and ways to integrate sustainable practices into our everyday life.

This semester we are excited to continue exploring the green efforts from across our University through the lens of each college. This month features the College of Design and their sustainable efforts, both within our community and across the globe.

Save the date for ISCORE 2021 Iowa State Conference on Race and Ethnicity Virtual Conference! Preconference will be held Mar. 3, 2021 and the full conference takes place Mar. 4-5, 2021. Registration opens Feb. 1. For more session details and to register for the event go the [ISCORE website](#).



Follow Us!



Tag @isu_livegreen on social media — we would love to see your ideas, thoughts and creations.

Cover image by College of Design



DIRECTOR'S MESSAGE

How exciting to see, hear and feel campus bustling with energy and enthusiasm. As well as giving focus to our own sustainability over break, the Live Green! Team has been working diligently in planning, strategizing and visioning unique connections and experiences to offer during the remaining months of the 2020-2021 academic year. The February issue of Live Green! Monthly kicks things off.

First, by celebrating the College of Design, as we continue our celebration of ongoing commitment to sustainability and a sustainable future through the impressive work and dedication of our colleges. As with our articles featuring the College of Agriculture and Life Sciences, Ivy College of Business and College of Veterinary Medicine, during fall semester, I have no doubt you will be awed, amazed and inspired by the impressive, creative and innovative work and accomplishment of the students, faculty and staff of the Colleges of Design, Human Sciences and Liberal Arts and Sciences being featured during spring semester.

Second, by announcing the 2021 Symposium on Sustainability, "Uniting for a Sustainable Future." Although modified from past events, in consideration of COVID-19 precautions, we are so honored to welcome (virtually) Dr. Robert Bullard, ISU alum and recipient of the Champions of the Earth Lifetime Achievement Award - the United Nation's highest environmental honor, recognizing outstanding leaders from government, civil society and the private sector whose actions have a transformative impact on the environment, as this year's keynote speaker. We are also excited to also be able to offer in-person connection and networking through Sustainapalooza. Mark your calendars for March 1 and March 3, for this year's event! See page 14 for more information, and stay updated on times and details on the [2021 Symposium on Sustainability webpage](#), [Sustainapalooza Facebook event page](#) and Live Green!'s social media platforms. We look SO forward to celebrating with you at this year's event!

Yours in green-ness,
Merry Rankin



Photo by Pedro Vieira Marasciulo

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

Hello everyone! I hope that this new semester has started well for you!

The Sustainability Committee of Student Government has been busy throughout the extended winter break, and we have gotten a lot done! Waste Subcommittee: selected bins to add more recycling opportunities in the library. Events and Education Subcommittee: compiling a "Sustainable Items" shopping list for students. Energy Subcommittee: working with FP&M to revamp the online energy dashboard.

I have been working on a few projects in conjunction with Director Rankin, Ayodeji Oluwalana, and other representatives of Student Government as well as other FP&M members. We are very excited about a pilot paper towel composting project that we have been working on. Read more about the project in the Recycling News on [page 12](#).

Finally, I am currently in the process of planning a Sustainability Club Retreat for the upcoming fall. If you are a student who is part of a sustainability organization or an advisor for one, please consider filling out this [interest survey](#). Thank you for your help!

Jennifer Seth



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

DIRECTOR'S UPDATE



Photo courtesy of Jennifer Seth

JENNIFER SETH is Iowa State University's 2020-2021 Student Government Sustainability Director. She is a senior majoring in Environmental Science.

NOW YOU KNOW

CELEBRATING THE COLLEGE OF DESIGN

Since 1978, the College of Design at Iowa State University has offered students a competitive and collaborative approach to creating and envisioning the built environment. Through individualistic and hands-on degree programs, students are able to curate their own education and experience. With 100+ sustainability courses, as well as undergraduate and graduate sustainability-focused degree programs, the College of Design has a powerful impact both across the field of design and throughout sustainability professions.

SUSTAINED EDUCATION

Students who are passionate about incorporating and promoting sustainability in their education have multiple opportunities to get involved and grow within the College of Design. The College offers students courses focused on sustainability, with an emphasis on innovation, creation, and collaboration. Through multi-faceted degree programs, students are able to build their portfolios while impacting and serving the community around them.

Specifically, the College of Design offers two masters programs where students are able to combine and explore their passions for sustainability and design. The Master's in Sustainable Environments program focuses on creating sustainable practices through the design, planning and artistic process. Students are encouraged to create sustainable design strategies to enhance their environments and creations. The program aims to help students create social, political and economic justice through their projects and work.

Additionally, a master's degree in Urban Design focuses on tackling challenges caused by urbanization at a local, regional and world level. Students look at problems including climate change, social inequality and extreme population growth, to develop their abilities to explore urban design through an adaptable and resilient approach, creating more sustainable built environments.

As well as offering sustainable design elements of energy efficient and

reduced carbon footprint to the learning environment, students also get to see and experience firsthand sustainable technologies for building and design. In 2009, the college received funding from the Live Green! Revolving Loan Fund to replace the lighting throughout the College, becoming energy efficiency throughout the entirety of the College's built footprint. In 2010, the College's King Pavilion received a platinum certification by the U.S. Green Building Council's Leadership In Energy and Environmental Design (LEED Program).

Students are also encouraged to get involved in creating a more sustainable learning environment in the College of Design. The Design Closet was created to provide students in the College of Design, with the needed supplies for their introductory courses. Everything from gently used portfolios, drawing pads to paints and rulers, are collected, recycled and made available for other students to use. This resource provides accessible materials to students with financial need, while also creating a reuse opportunity of leftover design supplies.

More information about the Design Closet and other multicultural services offered to students can be found on the College of Design Multicultural Student Services webpage.

CHANGE LEADERS

Within the College of Design, multiple clubs and organizations offer co-curricular connection to sustainability, work to empower their members, create community engagement and network within industry.



Copy and layout by Amanda Fortman



One organization that strives to empower their members within their career field is Women Who Design. This organization works to create an inviting environment to talk about the challenges that females face within design. Club members support one another, inspire change and celebrate members achievements.

Focused on empowerment for justice and equality for underrepresented individuals in the field of architecture, the National Organization of Minority Architecture Students (NOMAS) is another organization to connect students to extracurricular sustainability opportunities in the College of Design. Through community engagement, professional development opportunities and interactive events, NOMAS serves as an opportunity for students to get involved in creating social sustainability and justice for those involved in the field of design.

Additional organizations focused on connections for creating and sustaining a green future include: Iowa Women in Architecture, Community & Regional Planning Club, and Council on the Built Environment. For more information and to connect with these clubs, go to the Iowa State University Student Organizations website.

GREEN REACH

Students within the College of Design have a multitude of opportunities to engage, connect and contribute to the world around them. These experiences offer design students hands-on engagement, as well as connection to relevant applications of sustainability locally and around the world.

One such program is the Design Dialogue. This initiative involves Black and Latinx youth in the Des Moines area in discussions about revitalization needs of their community and neighborhoods, as well as growing academic success for these youth.

In another community project, Julie Stevens, assistant professor in the department of Landscape Architecture, along with her students, envisioned and implemented a multi-year improvement project for the landscape at the new Iowa Correctional Institution for Women facility in Mitchellville. This project created outdoor classrooms, gardens and decompression areas for prison staff, as well as a children's gardens, offering outdoor visitation spaces.

Across the globe, design students are pursuing international programs. One of the most popular opportunities is the College of Design's Rome program, sending more than 3,000 students

abroad in the last 30 years. This program offers students the opportunity to explore design through an international lens. For more information about all the study abroad opportunities, go to the College of Design's International Programs and Services website.

Other community initiatives created and led through the College of Design include: improvement of civic engagement in the Ames Community, #InclusiveByDesign, production of face shields for rural hospitals, studying small town shrinkage, repurposing road sign products and development and enhancement of gear for ISU police. These projects aim to not only empower the students working on them, but create a strong relationship and connection within the communities around them.

Both inside and outside the classroom, students of the College of Design are envisioning, building, creating and applying their studies into real-world solutions. Through community engagement, betterment programs and social justice initiatives, students within the college are ensuring a more sustainable classroom, campus, community and future.

STUDENTS LIVING **CARDINAL, GOLD & GREEN**

Iowa State University is one of few comprehensive schools that offer a design program in the midwest. ISU's College of Design is dedicated to providing students hands-on learning experiences to better prepare them for their future careers. Clubs within the College of Design allow students to exercise their skills and grow an appreciation and understanding for the sustainability of the physical and cultural environment around them.

DESIGNING A SUSTAINABLE FUTURE



Brandon Leeder

Photo courtesy of Brandon Leeder

Council on the Built Environment

The Council on the Built Environment (CBE) is a student organization that was founded upon the ideals that define environmental sustainability, including neutrally designed or atypical environments. The club has also challenged the definition to incorporate built systems within society and how we, as humans, interact with these environments. Built systems refers to all man-made aspects of the environment, ranging from buildings, cities, landscaping, civil engineering and management of built stock.

Established in spring 2020, the club has expressed the full potential of growth in membership and plans for future projects in the year of 2021.

Brandon Leeder, CBE President, is majoring in both Architecture and Sociology in order to bridge a gap between both topics that share similar

aligning interests. Leeder focuses on applying social theory to architectural design to understand how human society's development affects our environment. Leeder aims to reveal the issues with our progressing environment that we have often failed to recognize, as well as the toll of human activity. The clubs mission addresses a few of these issues, including urban sprawl, urban blight, slum conditions, social-sustainability, environmental-sustainability and real estate development.

"What we hope is that our members see these issues, not as isolated incidents but complex elements to the way human activity is conducted frequently against and through environmental means. Members may be future educators, advocates, governing officials, and hold various other titles, but it is this mode of thinking which will ultimately set them apart," says Leeder.

Leeder and CBE is dedicated to seeking continuous professional development opportunities. The team has plans to launch the club's first kick-off marketing campaign this spring semester. As a complement to this, they are hosting an upcoming lecture series. ISU's CBE club also has plans for a pilot education program aimed at the K-12 demographic. The program plans to focus on topics surrounding the built environment to instill environmental sustainability ideals in the mind's of young future leaders and architects.

"Developing the education program at this stage in the organization allows fundamental questions about the built environment, our understanding of it, and how integrated it is to social systems, to be solidified," says Leeder.

ISU's CBE club expects to continue to grow into the future, and offer architectural sustainability learning and leadership opportunities for students in years to come.

For more information and to connect to CBE, visit their club page on the [Iowa State University Student Organizations website](#), or contact Brandon Leeder at bmleeder@iastate.edu.



Miriam Jakel

Photo courtesy of Miriam Jakel

Iowa Students in Landscape Architecture

Iowa Students in Landscape Architecture (ISLA) is a student-led organization that is focused on planning, design, management and nurturing of the built and natural environments. The all-inclusive club allows members to exercise and share these skills in a social setting.

President of ISLA, Miriam Jakel, is double majoring in both English and Landscape Architecture to open up a wide range of career options. She hopes to combine the two in efforts to obtain an ecosystem restoration career within the Department of Natural Resources, National Park Service or for an environmentally-driven landscape architecture firm.

Miriam stated, "ISLA is dedicated to fostering academic support within a social atmosphere with weekly meetings that include workshops and other events."

The weekly meetings feature instructional workshops that may include Adobe Suite, AutoCAD and portfolio building programs. The meetings also offer networking opportunities for students with professionals from the College of Design, as well as practicing landscape architecture firms.

The ISLA club encourages and promotes its members to be conscious of sustainability efforts within landscape architecture. ISLA is proud to have many of their members obtain their Leadership in Energy and Environmental Design (LEED) certification. The certification equips students in applying landscape design within a sustainable built environment.

Landscape architecture plays a large role in the sustainability of our built environment. ISLA hopes to act as a beacon to promote landscape sustainability throughout the club, campus and careers.

For more information and to connect to ISLA, visit their club home page on the [Iowa State University Student Organizations website](#).

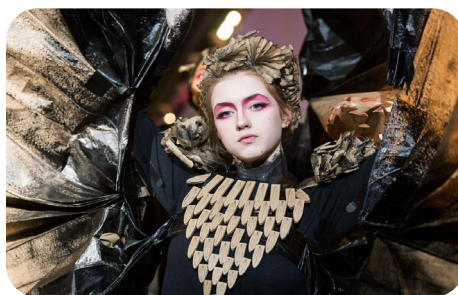


Photo courtesy of Iowa State Daily

Wearables Design Show

The Wearables Design Show (WDS) was launched in the spring of 2019 and has since become one of the most influential and memorable projects in ISU design students' college careers. What started as a small student project in the Design 102 studio class has become an opportunity for students to showcase their work on a much larger scale, a fashion show.

The artists featured in the WDS are issued the task of creating a wearable mobile that is a representation of an analysis of songs from different cultures and backgrounds, assigned to students in class. They are encouraged to construct the wearable by exploring various shapes, textures, materials and techniques by implementing creative problem solving through a process of trial and error.

Students participating in the show are able to express creativity, explore design, experiment with materials and display their wearable art. For the audience, the show is an opportunity to experience original visual mobile designs. The show is a way to bring students, staff, community members and industry professionals together to celebrate the passion, imagination and talent of the students of ISU's College of Design.

Design 102 studio instructors encourage students to utilize sustainable materials while building

their wearable projects. Students challenge themselves to use eco-friendly, unique and inventive materials to win the show's Eco-Friendly Award given to a student in the class each year. To avoid the unnecessary disposal of wearables, following the show, instructors request that the students leave their projects behind to be displayed in future exhibits.

Planning, communication, event management, and volunteerism are all qualities of social sustainability that go into the Wearables Design Show execution each year. The college-wide event requires an enormous amount of support to ensure the success of the students. Upper-classmen and peer mentors volunteer their time to offer advice and serve as role models for the up and coming designers. They are also serving as stagehands, model assistants and photographers during show night, helping the event run smoothly. The annual event connects campus to community by incorporating guest judges to get a unique outside perspective to the project.



Photo courtesy of Iowa State Daily

For more information and to view past projects from the Wearables Design Show, visit the [Iowa State University College of Design website](#).

These initiatives offer a glimpse into the diversified consideration of and commitment to sustainability by College of Design students, with focus on aiding sustainability around campus, throughout communities and into the future.

RECYCLING NEWS

FEBRUARY UPDATE FROM ISU'S RECYCLING COORDINATOR



Photo courtesy of Ayodeji Oluwalana

AYODEJI OLUWALANA

is Iowa State University's Recycling Coordinator and Special Events Coordinator. In his role he leads Iowa State University's recycling program and spearheads zero waste planning efforts. Stay up to date on Ayo's initiatives and projects, as well as learn about more ways to get involved, on the ISU Recycling Services website or by emailing Ayo (aoluwala@iastate.edu). Watch for future newsletter articles. More to come!

CAMPUS RACE TO ZERO WASTE COMPETITION (FORMERLY RECYCLEMANIA) STARTS JANUARY 31, 2021

Iowa State University will again be participating this year in the "Campus Race to Zero Waste Competition"- formerly Recyclemania. This is a competition organized by the National Wildlife Federation (NWF) for colleges and universities to assist them in advancing campus recycling and waste reduction efforts. The competition, which runs for eight weeks, starts on January 31 and goes through to March 27, and requires a weekly data reporting of weights of materials collected across campus.



The goals for participating in this competition include:

- Reducing waste and increasing recycling and campus waste reduction efforts
- Focusing on target audiences or areas of campus (faculty, staff and students, residence halls, etc.)
- Building campus support for the university zero waste plan
- Raising the university departments/units support for the campus' waste reduction/recycling program
- Benchmarking against other schools (athletic conference, state, etc.)

This year, we will be participating in the following categories:

- **PER CAPITA RECYCLING** | focuses on increasing our recycling rate on campus by tracking and reporting recyclables collected on campus.
- **DIVERSION** | tracks and reports the amount of recyclables (cans/bottles, paper and cardboard), food/organics and trash on a weekly basis.
- **ELECTRONICS WASTE** | tracks the amount of computers, printers, consumer electronics and other scrap or refurbishable materials collected across campus.
- **GAME DAY- BASKETBALL** | reports the amount of recyclables, food waste and trash during one home basketball game.
- **RACE TO ZERO WASTE- ONE BUILDING CHALLENGE** | focuses on comprehensive effort to reduce, reuse and recycle the greatest amount of waste from a single designated building (focusing on the General Services Building for the 2021 competition).

PAPER TOWEL COMPOSTING PILOT PROJECT

ISU Recycling Services in conjunction with Student Government, and in collaboration with Facilities Planning and Management Campus and Custodial Services, University Compost Facility and the Office of Sustainability, will be piloting a bathroom paper towel composting project at the Lloyd Veterinary Medical building starting March 2021 until May 2021. This pilot will focus on determining opportunity to reduce landfilling through a unique waste stream, as well as the feasibility of expansion to other campus locations. Piloting is planned in 8-10 restrooms with designated bins placed, specifically for paper towel disposal, lined with compostable (green) liners in place of the regular trash liners. Signage will also be posted to remind restroom users where to place "Paper Towels Only" and where to place any other restroom trash.



Photo courtesy of Live Green!

SMART BUSINESS CHALLENGE

2021 RECOGNITION LUNCHEON RECAP



Photo courtesy of Pedro Vieira Marasciulo



Photo courtesy of Pedro Vieira Marasciulo

The Smart Business Challenge was first introduced to Ames businesses in 2014, in conjunction with the City's sesquicentennial, and in partnership with the Ames Chamber of Commerce and Iowa State University. Each year, members of the Live Green! Team coordinate the Challenge, which includes an annual Recognition Luncheon event.

On January 21, City of Ames Mayor John A. Haila welcomed Ames business community members to the 2021 Smart Business Challenge Recognition Luncheon, through Zoom connection. This annual event, normally held in-person at Reiman Gardens, went virtual this year in consideration of COVID-19 safety precautions. This annual event offers the opportunity to recognize outstanding sustainability achievement on a yearly basis.

Robin Bostrom, Business Specialist with the Iowa Economic Development Authority (IEDA), working with the Downtown Resource Center and the Main Street Iowa team, offered this year's keynote address, "Connecting, Preserving, Empowering and Uniting Iowa Communities". As well as discussing her work and programs and highlighting unique community projects completed and in process across the state, Bostrom also touched on additional initiatives of IEDA, supporting sustainability and a sustainable future including the Iowa Energy Office Green Streets Program and COVID-19 business recovery resources.

City of Ames Electric Services Director, Don Kom and Energy Services Coordinator, Kayley Barrios

Lain provided updates on City of Ames Electric Department programs and initiatives. Highlights included: the community's two-megawatt solar farm (having already delivered 85,000 kilowatt hours of solar energy to the community energy portfolio); new electric vehicle charging stations (being installed throughout the Ames community this spring) and new rebates being offered to Ames businesses and residents (for electric vehicle chargers and heat pump water heaters).

With an overarching goal of celebrating the efforts and dedication of businesses toward the vision of ensuring a sustainable Ames community for current and future generations, the Challenge is focused on both highlighting achievements and connecting businesses to resources, experts and expertise to assist their mission, goals and a sustainable future.

In joining the Challenge, businesses complete a checklist, which chronicles their commitment to education and awareness, incorporation of products and practices and formulation of policies, and procedures that support 10 different areas representing environmental,

economic and social sustainability. In completing the checklist, businesses can earn bronze, silver, gold and platinum certification.

Smart Business Challenge Coordinator, Edgar Guillen, provided the 2020-2021 Challenge update, highlighting recognitions achieved over the past year. To date, 35 businesses are members of the Smart Business Challenge. Four new businesses joined the Challenge in the past year - Danfoss, Hastings, Gartin & Boettger LLP, Lockwood Cafe and The Salon in Ames, and four businesses completed certification - Danfoss (gold), The Salon in Ames (silver), KHOI 89.1 FM (silver) and +39 (silver). A special highlight of this year's event was recognizing two businesses having completed platinum recertification, which signifies at least three years of platinum commitment, McFarland Clinic (five years) and Morning Bell Coffee Roasters (three years).

For more information about the Smart Business Challenge, read about all businesses in the Challenge and completing certification, as well as how to encourage your favorite business to join, visit the Challenge webpage on the City of Ames website.

MONTHLY CHALLENGE

GREEN YOUR VALENTINE'S DAY

Express your love and affection this Valentine's Day with the help of the Live Green! Monthly Challenge. Enjoy and create delicious treats, creative cards and plan fun date ideas for the upcoming holiday with a sustainable twist.



SPREAD KINDNESS

It is proven that people that are kind, experience more happiness. Completing simple acts of kindness each day can bring you and others feelings of joy and gratitude.

Spread kindness this Valentine's Day by creating sustainable do-it-yourself gifts for your family, friends and significant other.

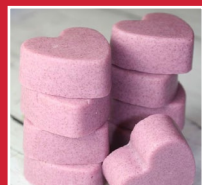
DIY GIFTS



Fruit Bouquet



Hand Written Letters



Heart Scrubs



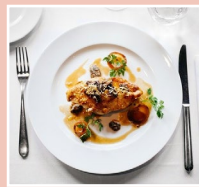
Memory Board



SEASON WITH LOVE

Be COVID-precautious on Feb. 14 by dining at home. Show your affection through cooking (and delivering) a tasty homemade meal (including locally-sourced ingredients) for your friends, family or significant other. Take the challenge to choose locally sourced ingredients from your nearby farmer's market or grocery store.

MEALS TO SHARE



Dinner



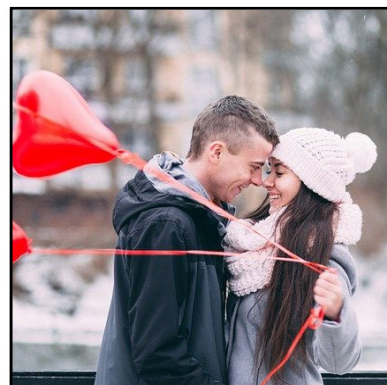
Snacks



Breakfast



Dessert



MAKE A CONNECTION

Spending time outdoors can have significant health benefits, aiding in reducing depression and anxiety, lowering blood pressure and can help improve memory.

Connect with nature this Valentine's Day and plan activities to spend time creating memories outdoors.

CONNECT WITH NATURE



Hiking



Camping



Ice Skating



Skiing



EXPRESS AFFECTION

Express affection this holiday by choosing sustainable sweets that utilize minimal packaging, delicious chocolates and other treats to gift to your loved ones. Challenge yourself to prepare treats with sustainable packaging for this Valentine's Day. Chocolate is known to release "feel-good" endorphins, and can be a heart healthy choice, in moderation.

SWEETS & PACKAGING



Dark Chocolate Strawberries



Bees Wax Wraps



Mason Jar Cupcakes



Dish Towel Gift Wrap



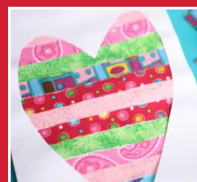
SHOW APPRECIATION

Gather any cardstock, scrap paper or newspaper that may be found around your house or office to create appreciation and affection cards. Make sure your Valentines knows how special they are by putting time and effort into creating a unique, personal and one-of-a-kind zero waste keepsake.

VALENTINE CARDS



Date Night Cards



Scrap Fabric Valentine



Recycled Crayon Valentine



Newspaper Valentine



LET LOVE BLOOM

Treat your friends, family members or significant other with flowers, a fresh and beautiful Valentine's Day classic. Flowers represent love, romance and friendship. Challenge yourself to choose locally grown, seasonal or even dried bouquets for your Valentine. As an alternative, gift your Valentine a tree to plant that will last for decades to come.

BETTER BOUQUETS



Dried Bouquets



Tree or Forest



Low Impact Flowers



Glass Containers

For more sustainable gift, recipe and craft ideas visit the [ISU Live Green! Pinterest page](#).

UNITE FOR A SUSTAINABLE FUTURE

2021 SYMPOSIUM ON SUSTAINABILITY

SYMPOSIUM ON SUSTAINABILITY 2021

The 12th annual Iowa State University Symposium on Sustainability, "United for a Resilient and Sustainable Future", will be held March 1 and March 3, 2021, virtually and at the Memorial Union.

The pandemic has impacted everyone in a variety of ways, but it has especially changed the way we gather, connect and socialize. In order to adapt to these new circumstances, we have given much consideration to ensure safety precautions during this year's event.

With this in mind, the Symposium will not hold a poster reception, as in past years, and the keynote lecture will be attended virtually. This adjustment has allowed the opportunity for the University of Iowa and the University of Northern Iowa to join ISU in welcoming Dr. Robert Bullard to all of our universities on March 1 at 7 p.m. to speak on, "The Quest for Environmental and Climate Justice." Read more about Dr. Bullard's address and how to attend on [page 16](#).

The 2021 Live Green! Awards for Excellence in Sustainability will also be awarded. Learn more and find nomination forms on the [Symposium website](#).

Sustainapalooza, a companion event to Iowa State's Symposium on Sustainability, will be held in person, Mar. 3, 5:30 - 7:30 p.m., in the Memorial Union. This year's event theme, "Relentlessly and Resiliently United for a Sustainable Future," encourages participants to reflect on and celebrate university and community resiliency, as well as their own, when faced with challenges, particularly in light of the COVID-19 pandemic.

Attendees will notice much consideration incorporated to ensure safety precautions during this year's event. While a bit different, the event will still offer many of the same opportunities.

Networking - Sustainability-related student organizations have the opportunity to table to showcase their work - and recruit new members and volunteers, and attendees can still earn unique and useful green prizes for visiting tabling organizations and filling in an electronic prize card. For sustainability groups interested in tabling, **SIGN UP TODAY!** Just complete this [form to register your organization](#) (Deadline Feb. 15, 5 p.m.). To access the electronic BINGO prize card, visit our Facebook event (you can start filling in your card NOW) or download the card via a QR code at the event.

GIY Centers - The GIY "green it yourself" stations have been adapted into "take-and-create" kits. The kits will have all the materials and instructions needed for attendees to create two GIY options at home

Food - There will still be food this year, but in the form of grab-and-go snack bags. The snack bags, featuring nibbles made from local ingredients and provided by ISU Dining, will include protein bites, veggie and apple chips, honey sticks and a \$1 voucher to the Roasterie.

Green Wall - This year's Green Wall will be done in the form of a virtual Green Word Cloud participants (at the event or attending virtually) can contribute to (without having all the "touchpoints" of our normal Green Wall). The word cloud will be projected onto screens throughout the event venue and change in real-time whenever an attendee adds a response.

Relentlessly and
Resiliently
United for a
Sustainable Future

LIVE GREEN! 



Calling all artists!! We would like to feature your art through a virtual sustainability-inspired art exhibit at this year's Symposium. Please email Caitlin Tipping (ctipping@iastate.edu) for more information.

Keep updated on this year's Symposium events on the [Live Green! Website](#) and social media platforms, @isulivegreen on Facebook and Twitter and @isu_livegreen on Instagram.

GREEN OPPORTUNITIES

REGISTER FOR THE NCUR 2021



Participate in the National Conference on Undergraduate Research (NCUR) on April 12 - 14, 2021. This year's event will be held virtually. The conference promotes student research, scholarship and creative activity from all areas of study and discipline. Each year NCUR plays host to more than 3,000 students who share, learn and discuss multiple research projects. For more information and to register for the event, go to the [Council of Undergraduate Research website](#).

RESEARCH CHEMISTRY AT OLE MISS



Gain experience through the Summer Chemistry Research Program at the University of Mississippi June 2, 2021 - Aug. 6, 2021. Each summer, ten students are selected to participate in the program. This program provides real research opportunities to students during the summer. Students are also given the opportunity to participate in mini-courses, lectures and peer presentations. Those interested should apply by Mar. 1, 2021. Information and registration can be found on [Ole Miss Chemistry Summer Research Program website](#).

ENGAGE FOR CARBON REMOVAL



Develop your knowledge of agriculturally-based carbon removal through the Carbon Removal Forum Mar. 10, 2021. ISU students, faculty and staff are encouraged to participate in this interactive virtual event to learn about ways to mitigate climate change through carbon removal practices and technologies. Coordinators hope to encourage participants to propose research, education and extension on agriculturally-based carbon removal. To participate and register, go to the [Iowa State Bioeconomy Institute website](#).

INTERN FOR WATER RESOURCES



Check out the 2021 Water Resources Summer Internship Program. Students interested in the environment, conservation and agriculture are encouraged to apply. This internship experience combines both research and outreach opportunities centered on Iowa environmental issues and challenges. Interested applicants should apply on the [Water Rocks website](#) by Thursday, Feb. 11, 2021 by 5 p.m..

LISTEN TO LIVE CONCERT MUSIC



Attend the new live music concert series "Virtually Anywhere" every Thursday night at 7 p.m. through March. Artists from around Ames and Central Iowa will be featured in this event streaming their music live from the Ames City Auditorium through YouTube and Facebook. Tickets are optional for purchase. Proceeds go to support the event and artists. To find out more information about upcoming artists and livestream links, go to the [Ames City Auditorium Facebook page](#).

LEARN ABOUT ISU FOOD SYSTEMS



Take part in the Iowa State Community Food Systems Annual Event, Feb. 12, 2021. This year's virtual event will focus on retail and leadership within community food systems, and look at best practices across all areas. Participants can engage, learn and collaborate, while finding ways to promote involvement in community engagement, collective action and food systems projects. Two virtual pre-event training are available for participants. Registration for the training and event can be found on the [event's Facebook page](#).

FELLOW FOR CLEAN ENERGY



Apply to be a RAY Diversity Fellow. Students who are interested in conservation and clean energy and who come from a racial / ethnic background underrepresented in the field are eligible to apply. Students who are interested in diversity, equity and inclusion, as well as promoting these elements are a good fit for this fellowship opportunity. Positions are added on a rolling basis and students are encouraged to continue to check online. Applications are due Mar. 26. For more info and to apply, go to the [RAY Fellowship Program website](#).

EXPLORE RENEWABLE ENERGY



Join the Mississippi State University Chemistry Department for a Food, Energy and Water Security Summer Research Program. This 10-week program, Jun. 6 - Aug. 8, allows undergraduate students to explore renewable energy research opportunities. For more information and to apply, go to [Mississippi State University Department of Chemistry's website](#). Applications are due Mar. 1, 2021.

GREEN-IT-YOURSELF

GREEN GIFTS FROM THE HEART

PRESSED FLOWERS

Supplies: desired type of flowers, scissors, paper, book for pressing, heavy books or extra weights, tweezers

Instructions:

1. Collect fresh flowers – picked, purchased or received for a special occasion such as Valentine's Day.
2. Prepare flowers by cutting off excess stems and leaves not desired for final pressed flower. For thicker flower(s), like a rose, cut the flower in 1/2 vertically.
3. Lay flower between two pieces of paper (can also use cardboard, tissues, and coffee filters). Place within pages of a book.
4. Weigh down with other books or heavy objects.
5. Change out paper sheets every few days. After 2 - 3 weeks flowers will be dry.
6. Use tweezers to carefully remove. Store or display as desired.
7. Check out [Cool Crafts for 40 ways to make art from pressed flowers!](#)



PLANTABLE SEED PAPER CARDS

Supplies: blender, water, paper (scratch paper, newspaper, junk mail, magazines, etc.), garden or flower seed packets (any kind), strainer, mixing spoon, piece of fabric (cloth or towel), sponge, decorating supplies (pens, markers, paint, etc.)

Instructions:

1. Tear paper into small pieces and put into blender. Add water (in a 2:1 ratio of the amount of paper) and blend until pulp-like consistency is achieved. Make sure there are no large clumps.
2. Add a teaspoon of seeds. Small variation seeds work best to create paper. Mix in seeds with spoon or hands.
3. Pour mixture into strainer or squeeze out extra water with hands, removing as much water as possible. Transfer mixture to fabric and spread out to achieve desired shape. Spread into a very thin layer for best results.
4. Use a sponge to absorb extra water. Dry completely on one side and turn over to dry other side.
5. Decorate and send as a greeting for Valentine's Day or other occasion.



VALENTINE'S DAY WREATH

Supplies: cardboard, scissors or exacto knife, old playing cards (could also use pictures, postcards, ticket stubs, etc.), hot glue or tape, ribbon

Instructions:

1. Create a heart-shaped outline from paper (of desired size). Use outline to trace onto cardboard creating a heart that is about an 1 1/2 in. thick. Cut out the cardboard outline.
2. Arrange playing cards, pictures, postcards, or ticket stubs onto the heart.
3. Attach each piece with hot glue or tape.
4. Secure ribbon to the back of wreath (with hot glue or tape) for hanging.
5. Finish decorating as desired.



Check out the Monthly Challenge for more Valentine's Day GIYs and Recipes!

RECIPES

SWEETS FOR CELEBRATING, INDULGING AND SHARING



HOT CHOCOLATE BOMBS

Ingredients: pink and red candy melts (or add food coloring to white chocolate), mini marshmallows (any flavor or type), cocoa powder (any flavor or type, including fair trade options), sprinkles (any shape and size)

Directions:

1. Melt candy using instant pot or microwave until smooth silky consistency. Follow package instructions carefully, to ensure overheating does not occur.
2. Lightly grease the inside of a silicone, candy mold. Using a silicone brush coat the inside of the mold with the chocolate. Swirl around to coat the entire wall.
3. Place in the freezer for 5 minutes. Gather your cocoa mix and marshmallows.
4. Take mold out of freezer. Add desired amount of cocoa powder and 2 - 4 marshmallows to fill each mold. Cover the top with melted chocolate to seal and put back in the freezer for 5 - 10 minutes to set.
5. Pop out of mold and decorate with sprinkles and leftover chocolate.
6. Put one or two bombs into a mug and pour hot water or milk overtop to enjoy!



MIXED BERRY POT PIES

Ingredients: 1 pie crust (homemade or store-bought), 7 C. mixed berries (fresh or frozen), 1 C. sugar, 1/4 C. corn starch, 1 tsp. vanilla extract, 1 Tbsp. lemon juice, 2 Tbsp. unsalted butter cubed, 1 egg beaten, coarse sugar for topping

Directions:

1. Preheat the oven to 350° F. Mix together berries, sugar, cornstarch, vanilla extract, and lemon juice in mixing bowl and set aside.
2. Roll pie crust to 1/8 in. thick. Cut into 10-12 crusts in the shape and size to cover top and bottom of mini pie dishes. Put one crust into each dish and fill with berry mix.
3. Brush lip of bottom dough with egg wash and add top crust. Seal crusts by pressing together with a fork or pinching together with fingers.
4. Brush top with egg and sprinkle with sugar. Bake for 35-40 minutes or until golden brown. Remove from oven, let cool for 30 minutes and enjoy with ice cream, whipped cream or desired topping.



DARK CHOCOLATE PB TRUFFLES

Ingredients: 3 1/2 C. dark chocolate, chocolate bars or chocolate chips, 3/4 C. coconut milk or heavy cream, 6 Tbsp. powdered peanut butter, flaky salt for garnish

Directions:

1. Place 1 C. chocolate in mixing bowl. Heat coconut milk or heavy cream in a saucepan on medium heat and pour over chocolate. Let stand for 3 - 4 minutes and stir until smooth.
2. Add peanut butter powder to melted chocolate 2 Tbsp. at a time, stirring in well after each addition. Cover bowl and refrigerate for 1 1/2 hours. Remove from refrigerator and let stand for 10 minutes.
3. Measure mixture into 1 Tbsp. portions and shape into balls (about 18). Place on a lined baking sheet and refrigerate 10 - 20 minutes.
4. Melt remainder of chocolate in microwave or double boiler, being careful to heat gradually. Dip balls into melted chocolate to cover. Place on baking sheet (sprinkle with salt if desired) and refrigerate for 5 - 10 minutes to set.
5. Enjoy!

FEBRUARY CALENDAR

01 **Compelling Ground Curator's Tour** **Virtual | 4 p.m.**

Explore the new Brunnier Art Museum exhibition Compelling Ground: Landscapes, Environments and Peoples of Iowa. The exhibit features artists from across the state of Iowa and highlights agriculture through an artistic lens. All tours can be viewed on the [University Museums YouTube Channel](#). The Compelling Ground tour will be available online after 4 pm. on Feb. 1. Cost: Free

08 **Honoring MLK Online Celebration** **Virtual | 11:50 a.m. - 7 p.m.**

Connect through the community's annual celebration honoring Martin Luther King Jr.. The event hosted by Ames/Story County features an ISU Campanile carillon concert at 11:50 a.m. - 12:10 p.m. that features the hymns honoring MLK. Tune into the Legacy Series Keynote presented by Isabel Wilkerson, a Pulitzer Prize winner. To register for the series visit the [ISU Lectures website](#). Cost: Free

10 **Backyard Bird Identification** **Virtual | 2 - 3 p.m.**

Prepare for the Great Backyard Bird Count (GBBC) with McFarland Park. Attend the virtual [zoom program on Feb. 10](#) to become familiar with identifying birds in your backyard. Take 15 minutes one day to birdwatch and share your results on the [Great Backyard Bird Count website](#). The GBBC begins Feb. 12-15. Register for the training program on the [My County Parks website](#) by Monday, Feb. 8. Cost: Free

12 **Innovators Forum: Civic Innovation** **Virtual | 12 - 1:30 p.m.**

Hear from entrepreneur Steve Johanns about his success and innovation in developing rural markets. Steve built his business to provide essential utilities to countries that were lacking infrastructure. Through his initiative, Villedge Solutions, he was able to provide power to these villages through solar energy. Register online on the [Iowa State University Student Activities Center website](#). Cost: Free

13 **Orchid Fest** **Reiman Gardens | 10 a.m. - 4:30 p.m.**

Tour the Reiman Gardens and engage in activities during the 2021 Orchid Fest Feb. 13-14. Various orchids from different climates and regions will be available for viewing and purchasing during the event. Join the Central Iowa Orchid Society for a growing and care seminar for visitors during the event. For more information visit the [Reiman Gardens Website](#). Cost: General Admission: \$10, Seniors 65 and up: \$9, Youth ages 2-12: \$5, Under two: free, ISU Students: Free

16 **Arranging Flower Bunches** **Virtual | 6 - 7 p.m.**

Join State Fair Master Flower Show Judge Sandy Gossman for a virtual floral arranging class hosted by Reiman Gardens. Learn from Sandy as she shows a variety of ways to arrange flowers. In preparation for the class, visit your nearest florist or grocer to pick up an assorted bunch of flowers at an affordable price. For more information and to register for the event, visit the [Reiman Gardens website](#). Cost: Members: \$12, General Public: \$15, ISU Students: \$10.50

24 **Design Career Fair** **Virtual | 10 a.m. - 5 p.m.**

Attend the 2021 virtual Iowa State University College of Design Career Fair. Further, your career goals by conversing and making connections with industry professionals. The virtual event will take place within the online platform, [CyHire](#). Learn more on the [ISU College of Design website](#). Cost: Free

March 2021 ***Symposium on Sustainability***

01 **Keynote Lecture** **Virtual | 7 p.m.**

Often described as the father of environmental justice, and recent recipient of the United Nations 2020 Champions of the Earth Achievement Award, Dr. Robert Bullard will offer a framework for dismantling systemic racism and policies and practices that create, exacerbate, and perpetuate inequality and vulnerability, during his virtually-connected keynote lecture "The Quest for Environmental and Climate Justice." For more information visit the [ISU Lectures website](#). Cost: Free

03 **Sustainapalooza** **Memorial Union | 5:30 - 8:30 p.m.**

Unite resiliently and relentlessly for a more sustainable future at Sustainapalooza. The Office of Sustainability, in support of the Live Green! Initiative, invites students, faculty, and staff to engage in green activities and network with other student organizations. For more information visit the [Iowa State University Events Calendar](#). Cost: Free

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

McKenzie Davison | davisonm@iastate.edu
Amanda Fortman | afortman@iastate.edu

Copy and layout by McKenzie Davison

LIVE GREEN! MONTHLY



**"THE HUMAN
MIND IS OUR
FUNDAMENTAL
RESOURCE."
- JOHN F. KENNEDY**



**NOW YOU KNOW:
CELEBRATING
THE COLLEGE
OF HUMAN
SCIENCES**

**ISU STUDENTS
ADVANCING AND
DEVELOPING
THE HUMAN
POTENTIAL**

**CHALLENGE
YOURSELF TO
REDUCE YOUR
FASHION IMPACT**



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IOWA STATE UNIVERSITY

LIVE GREEN!

Living Cardinal, Gold and GREEN!

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Catch up on the latest recycling news from ISU's Recycling Coordinator.
- 16 >> **March Calendar**
Take part in one this month's sustainable education and engagement opportunities.

March Social Media Campaign

March is a month of lots of happenings and long-anticipated rejuvenation. With both of these in mind, Live Green!'s monthly social media campaign has been designed to offer unique ideas, opportunities and resources to assist you in renewing your ecological footprint. From water to waste and energy to emissions, the effects make such a collective difference.

SYMPOSIUM ON SUSTAINABILITY 2021

The 12th annual Iowa State University Symposium on Sustainability, "United for a Resilient and Sustainable Future," will be held March 1 and March 3, 2021, virtually and at the Memorial Union. On March 1 at 7 p.m., join us in welcoming Dr. Robert Bullard for a virtual keynote address, "The Quest for Environmental and Climate Justice." Join us in person on March 3 for Sustainapalooza, 5:30 p.m. - 8:30 p.m., in the Memorial Union Great Hall.

For more information about this year's Symposium events, refer to [page 16](#) or visit the [Symposium webpage](#) on the ISU Live Green! website.

Relentlessly and
Resiliently
United for a
Sustainable Future

LIVE GREEN! 



Follow Us!



Tag @isu_livegreen on social media
— we would love to see your ideas,
thoughts and creations.

Cover images courtesy of the College of Human Sciences



DIRECTOR'S MESSAGE

Welcome to March, Cyclones!

Often referred to as the month of expectations, March is most definitely highly anticipated. It is during March that the natural world starts its yawn toward spring awakening. Wildlife becomes more plentifully visible and audible, little shoots of spring green start to appear and more and more daylight floods into our waking hours. On campus, we too start our own welcoming of spring. Campus teams coax the "sprouting of campus," both outdoors and indoors, and students, faculty and staff abide to the beckoning of spaces ready to welcome new activity.

In essence, March is the visioning kick starter for the remainder of the academic year. This month's issue of Live Green! Monthly most certainly illustrates March at work. For example, three significant sustainability events and discussions, encompassing environmental, economic and social sustainability, are taking place this month – The 2021 Symposium on Sustainability, March 1 and 3; the 21st Annual Thomas L. Hill ISCORE: Iowa State Conference on Race and Ethnicity, March 4 and 5; and The Carbon Removal Forum on March 10.

This month's issue also continues our celebration of the creative and impactful efforts, achievements and visioning of our university colleges as we feature the College of Human Sciences. As with every college featured to date, it was once again impossible to fully represent the impressive and diversified commitment given by the College's students, faculty and staff in supporting, applying and enhancing a sustainable difference within their curriculum, engagement and outreach. What we do feel is apparent; however, is the focus, dedication and passion toward ensuring a sustainable future.

Happy anticipations!

Yours in green-ness,
Merry Rankin



Photo by Pedro Vieira Marasciulo

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.

Hello all! I hope everyone's semester is going well!

The Sustainability Committee of Student Government has made progress on a number of projects this past month. Waste Subcommittee: received funding for the purchase of six additional solar-powered recycling compactors to be added to campus and is kicking off a paper towel composting pilot project this month (read more about the project on [page 15](#)). Events/Education Subcommittee: planning a Cleanup Day in Frederiksen Court April 10, 10 a.m. – 3 p.m. and a clothing donation drive for late April. Energy Subcommittee: partnering with the Inter-Residence Hall Association, Department of Residence and Facilities Planning and Management to host an energy conservation, Kill-A-Watt Challenge, for residence halls during the month of April.

I am excited to announce that there were 51 submissions to the Climate Stories Contest! Winners will be announced near the end of March and featured in the spring event for the Midwest Climate Summit! Check back on the [Summit website](#) for updates and information about the spring event.

If you have any questions or project ideas, please don't hesitate to email me!

Jennifer Seth



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

DIRECTOR'S UPDATE



Photo courtesy of Jennifer Seth

JENNIFER SETH is Iowa State University's 2020-2021 Student Government Sustainability Director. She is a senior majoring in Environmental Science.

NOW YOU KNOW

CELEBRATING THE COLLEGE OF HUMAN SCIENCES

Famous for their endeavors focused on the collective well-being of humanity, Iowa State University's College of Human Sciences offers students endless possibilities to pursue careers in professions committed to ensuring a sustainable difference. Focused on education and impact in over 30 different human science disciplines, the College provides over \$1.3 M in annual scholarships, houses over 80 student clubs and organizations and offers nearly 300 online courses to nurture and support educating, engaging and empowering human potential.

SUSTAINED EDUCATION

Iowa State University's College of Human Sciences is composed of students who share a strong passion for people and strive to help preserve and assist humans. In furthering this passion, the College offers a wide range of diverse opportunities within fields of study including apparel, events and hospitality management, education, food science and human nutrition, human development and family studies and kinesiology. Each dedicated to improving the understanding, quality and performance of everyday human life.

A unique way the College makes this possible is through the combination of classroom teaching and hands-on immersive opportunities - offering a well-rounded education and relevant connection to the society to which the education applies. For example, the Joan Bice Underwood Tearoom has added to the student experience through the world-renowned ISU Hospitality Management Program.

Dated back to 1926, the TeaRoom was built as an addition to MacKay Hall and is named after Joan Bice Underwood, an ISU graduate in Home



Photo courtesy of the College of Human Sciences

Economics and Tearoom employee. A generous donation recently renovated and restored the Tearoom to look and function as it did when Underwood was employed. The Tearoom currently functions as a non-profit, approximately 90-seat learning laboratory, providing meal service to students, faculty, staff and visitors.

To learn more about the Joan Bice Tearoom and make your reservation for dine-in or to-go lunch, visit the [Joan Bice Underwood Tearoom webpage](#) on the College of Human Sciences website.

Another unique immersive and educational opportunity is offered through partnership with the College of Agriculture and Life Sciences. The Iowa State University Creamery resurrects a hands-on, farm-to-table dairy production experience provided to students from 1927-1969.

The newly reestablished Creamery places Iowa State University among a few universities in the country to offer a dairy food science program that produces and sells dairy food products. From milk marketing and butter manufacturing to making cheese and ice cream, the Creamery teaches students safe and proper handling and preparation of dairy products while simultaneously stimulating the sale of dairy products. The purpose and impact extends far beyond the ISU campus to communities and industries locally, nationally and internationally.



Photo courtesy of ISU Creamery

Currently, ISU extension programs are serving struggling dairies nationwide to meet the needs of farmers, production and manufacturing of alumni in all 50 states. ISU food and dairy scientists are working to sustain dairies through the currently struggling industry by conducting research and reaching scientific achievements. This visionary consideration and commitment will aid current and future generations of dairy operations, farmers, processors and consumers in sustaining and prevailing.

For more information about the history of the Iowa State University Creamery and the delicious products offered for purchase, visit the Iowa State University [Creamery website](#).

As well as immersive opportunities related to food and hospitality, the College of Human Sciences also offers experiences focused on research, care and service through education and development. This commitment is especially evident through the College's [Child Development and Laboratory School](#). Offering full-day, year-round programs for infants,

toddlers and preschoolers, students are able to participate in an exemplary early childhood education connection with children as they prepare for their future careers as early childhood teachers, administrators and child and family specialists.

Visit the [Child Development Laboratory School website](#) for more information.



Photo courtesy of CDLS

CHANGE LEADERS

To grow leaders, the College of Human Sciences aligns with other University colleges in offering students the opportunity to find connection and a sense of belonging from their first semester at Iowa State through [learning communities](#). These communities provide the synergy to introduce and connect incoming students, with similar interests, to one another. This early attachment cultivates learning, creativity and accomplishment that extends throughout the entirety of a student's degree program; and can result in life-changing impacts.

For example, in 2011, students from the Food and Human Sciences learning community noticed a need for food assistance among students at ISU. To address this need, students created [The SHOP](#) (Students Helping Our Peers) to alleviate food insecurity among fellow students. Through student leadership and support of individuals, businesses and campus and community organizations, The

SHOP has expanded to now offer assistance to faculty and staff, as well as students, and has added remote and mobile dispersal locations and options during certain times of the year. Over 100 campus community members are offered food security each month due to the motivation and commitment of student leaders toward achieving a common goal..

GREEN REACH

One unique opportunity engaging students in solutions-driven research is offered through the Dietetic Internship Program. The College of Human Sciences, in collaboration with the Ivy College of Business, encourage students to conduct research to find solutions that support sustainable food systems. The six-month program focuses on an all-encompassing consideration of sustainability – environmental, economic and social, within the focus of understanding, identifying and reducing food waste, and ensuring access to nutritious and safe food. During the internship, interns conduct hands-on waste reduction research while working in different food consumption settings such as grocery stores, hospitals, long-term care facilities and schools.

Another student-engaged research opportunity in kinesiology puts specific focus on health through cardiovascular solutions. The [CardioRACE project](#) (Comparison of the Cardiovascular Benefits of Resistance, Aerobic and Combined Exercise), involves students in the opportunity to create one-year exercise intervention for adults at high risk for developing cardiovascular disease toward the solution of improving quality of life through discovering the most effective combination of physical fitness activities.

Reach through solutions-driven research is not just provided by students and researchers, it can also be provided to them from the individuals and communities they engage. The [Design Dialogues project](#) is a relevant example. Starting as an outreach initiative to encourage youth dialogue related to what was needed in their communities, the collaborative effort engaging the College of Human Sciences, College of Design and ISU Extension and Outreach transformed into a transferable and easy-to-use curriculum – aimed at assisting any community organization interested in engaging youth.

These represent only a fraction of impactful and impressive “green reach” initiatives pursued by the College of Human Sciences. From fashion to financial planning, and from hospitality to event management, the College offers connective and profession-relevant experiences to their students, extending well beyond campus. To read about more “green reach” initiatives, visit the [College of Human Sciences News webpage](#).

Through commitment to excellence in curriculum, research and outreach, Iowa State's College of Human Sciences ensures a sustainable future through the advancement and achievement of sustaining human function and existence.



Photo courtesy of College of Human Sciences

SPRING STAYCATION

RELAX AND REJUVENATE WHILE STAYING LOCAL

With COVID considerations and no official spring break this year, that does not mean rejuvenation and relaxation are out of reach. This month, take advantage of unique opportunities (like these) and embrace a more simple and less expensive “at home” staycation.



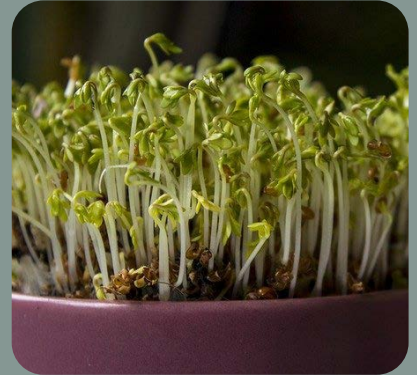
TRY A NEW HOBBY

Spend some staycation time trying out a new hobby. Starting a new hobby can have many mental and physical health benefits, including reducing stress, keeping you active and improving creativity. Check out the [Life Hack website](#) for a list of 50 low-cost hobbies.



EMBRACE A NEW WORKOUT

Save time, money and get in shape through working out at home. Working out helps release energizing endorphins, reduces stress and improves mental clarity. Join the [ISU Recreation Services](#) for their [virtual at-home fitness classes](#) free to students.



TEST YOUR GREEN THUMB

Add some color to your apartment or dorm room by growing plants indoors. House plants are proven to improve mood, productivity and concentration. For tips and tricks on how to get started growing indoor plants, visit [Ambius blog](#), [Guide to Growing Indoor Plants](#).



EAT ADVENTUROUSLY

Change up your routine by preparing a meal you have never made before. Cooking allows you to choose the ingredients you are using and experiment with different side dishes to pair with your main course. Refer to [page 11](#) and the [Live Green! Pinterest page](#) for some unique dishes.



HAVE A SPA DAY

De-stress and save money on vacation spa days by treating yourself to a “just-for-you” all-day, at-home pamper. Spoil yourself with facemasks, [shower steamers](#) and [healing lotion](#). For more ideas, recipes and treatments, visit the [At Home Spa Day website](#).



RESERVE MEDITATION TIME

Restore your inner peace and de-stress through meditation. This easy and inexpensive exercise offers many health benefits. Some of these benefits include reduced anxiety, improved self awareness and enhanced and shared kindness. Learn how to meditate with [Mindful](#).

BUILDING RESILIENCY

RECOVERING AND REBUILDING FROM CHALLENGES

Defined as the capacity to recover quickly from difficulties, resiliency ensures restoration, recovery and moving forward. This past year, each of us, our hometown communities and every facet of the university campus faced challenges. Despite the challenges, as reflected in the [2021 Symposium on Sustainability](#) theme, "United for a Resilient and Sustainable Future", each of us were a part of discovering and ensuring resiliency. As we continue our individual and collective journeys toward a resilient and sustainable future, it's also an opportunity to educate, engage and empower ourselves in further developing our own resiliency and adaptability. [The Bounce Back Project](#) shares that resiliency is made up of five pillars: self-care, self-awareness, purpose, mindfulness and positive relationships. Discover opportunities and resources within the information below to guide your journey.



SELF-CARE

SELF-CARE is an important aspect of taking care of both our mental and physical health. During times of stress or challenge, it is important for us to take a step back and evaluate how we can continue to make our own care a priority. This may look different for everyone. Some self-care examples include going to bed earlier, reading a book, journaling, eating healthier or just stepping away from technology. Psychology Today offers additional self-care ideas in the article, "[Seven Types of Self-Care Activities for Coping with Stress](#)".

SELF-AWARENESS allows the opportunity for a clearer understanding of ourselves from considerations including our personality, strengths, weaknesses, morals, values and motivation. Becoming self-aware can allow us to more effectively and considerably motivate ourselves and interact with others, toward addressing stressors and building resiliency within our lives and for our community. The [Iowa State Student Wellness Center](#) offers a multitude of information and resources to help develop individual self-awareness.



SELF-AWARENESS



PURPOSE

PURPOSE helps us understand who we are, as well as our priorities and personal goals that keep us getting up every morning and doing what needs to be done every day. Purpose helps us overcome obstacles in our lives and strive for something bigger than ourselves. Finding purpose can help develop goals, attitudes and mindset. Purpose can come from family, friends, faith, work, clubs, hobbies or any passions we may have. Defining our purpose can take time and may change as we grow older and our priorities shift. Develop your purpose through the "[Who Am I Meant to Be?](#)" Quiz on the Oprah website.

MINDFULNESS is being present, aware and attentive in the current moment. Understanding our thoughts and feelings and not detaching from the moment at hand is important in addressing challenges within our lives. Practicing mindfulness has been proven to boost the immune system, improve concentration, reduce stress and help us be less reactive and more proactive in difficult situations. The [Iowa State Wellbeing Mindfulness 2021](#) website offers a number of tools and practices to nurture mindfulness.



MINDFULNESS



POSITIVE RELATIONSHIPS

POSITIVE RELATIONSHIPS can connect us to people who care, support and bring us happiness, and allows us to do the same for others. Creating and building positive relationships brings benefit into our lives, helping us to be healthier, happier, and more resilient. A great opportunity to find and build positive relationships in college is through connecting with others through joining a student organization. Learn more about the over 800 student organizations to connect with on the [Iowa State University Student Organizations website](#).

STUDENTS LIVING **CARDINAL, GOLD & GREEN**

The College of Human Sciences provides students the opportunity to develop their human potential through a multitude of organizations, clubs and extracurricular activities. The opportunities to get involved are just as diverse, unique and relevant as the curriculum from which students can choose. Whether pursuing degrees in health, education, fashion or food, College of Human Sciences students are making a sustainable difference in and out of the classroom, locally, nationally and internationally. A few of the many are highlighted in this month's issue.

LEADERS IN EDUCATION AND DIVERSITY

ISU Leaders in Education and Diversity (ILEAD) is an organization committed to preparing future education leaders on topics of diversity, innovation and professional development. This tight-knit organization addresses topics such as diversity, equity and inclusion in education, as well as ways to prepare for a multicultural classroom.

Through community and campus partnerships, students involved in ILEAD gain networking and professional development opportunities. During club meetings, topics often revolve around conversations not often addressed, such as: education gaps, diversity within the classroom and how society and the classroom correlate.

"ILEAD continues to hone in on people's talents, gifts and abilities to create strong leaders, not only for Iowa State, but for our communities," shared club treasurer, Dominiqua



Dominiqua Watts
ILEAD | Treasurer

Watts, a sophomore in Elementary Education. "Education is evolving extremely quickly, so we are developing the tools and abilities in those future teachers to go out and be great leaders."

Through having these discussions on often overlooked topics, students involved in ILEAD are striving towards not only building a sustainable and inclusive future for themselves, but also for future students. ILEAD members are truly building the resilient leaders of our future education system.

Students interested in the mission and goals of ILEAD and ways to get involved with the organization can find more information on the [Iowa State Students Organizations page](#).

CULINARY SCIENCE CLUB

The Culinary Science Club at Iowa State creates an inviting space for those interested in culinary arts, science and food production to meet, interact, learn and share about food. This space allows students who love food to educate, engage and empower with fellow foodies.

Club meetings often involve learning about the science and production behind food, while enjoying and sharing new foods and snacks that fit within the meeting's theme. Club meetings also provide opportunities to create self-sustainability practices through teaching members how to cook and prepare new recipes on their own.

Other opportunities offered to club members include industry trips where participants learn about culinary science and production of food, as well as volunteer opportunities within the community, allowing members to engage with local elementary schools to educate youth about food and science.

"Although we do focus on the science of food, we also just love food and sharing that love with others! We have created a space within the College of Human Sciences where anyone can come and bond over food, no matter what background or major," shared club president, Alyssa Rosenbaum, a senior double majoring in horticulture and culinary

Even with COVID-19 challenges, the Culinary Science Club has been committed to providing members with fun and food during virtual meetings. Members are excited to reconvene in-person meetings and industry tours, as possible in the



Alyssa Rosenbaum
Culinary Science Club | President

Photos courtesy of Alyssa Rosenbaum and Dominiqua Watts



Image courtesy of Culinary Science Club

future. For more information about the Culinary Science Club and how to get involved, visit the [Iowa State Student Organizations website](#).

THE FASHION SHOW

One well-known organization and highly anticipated event unique to the College of Human Sciences is The Fashion Show. Beginning in 1982, the Iowa State University Fashion Show was a simple classroom runway show attended by a few students. The show has now grown into a student organization and annual production that involves over 200 students.

For the students involved, this show has become so much more than stunning clothing designs and runway walks. Today, this event has become a great success story, and is now one of the nation's largest student-run fashion shows.

The Fashion Show provides student members with many leadership and professional development

opportunities. As a completely student run event, from production to design, students are able to build their portfolios and enhance their professional experience. Collaboration and teamwork skills are vital to the completion, success and sustainability of this annual event.

The impact of The Fashion Show reaches well beyond the event itself. Throughout the year, the philanthropy committee works with and gives back to several organizations, including Hughsats, Days for Girls and Dress for Success. Creating a sustainable impact throughout communities across Iowa and the world.

This year, The Fashion Show is set for Saturday, April 17, 2021. For more information about the event, visit [The Fashion Show 2021 webpage on the Department of Apparel, Events and Hospitality Management website](#).

NETWORK AGAINST HUMAN TRAFFICKING

The Iowa State campus chapter of the Iowa Network Against Human Trafficking (Iowa NAHT) is a part of a statewide organization devoted to ending all forms of human trafficking. Students involved with Iowa NAHT are striving to put an end to crimes against human rights, caused by

human trafficking, for all women, men and children.

Iowa NAHT recognizes that human trafficking is a complex issue involving social, economic, health, political and legal considerations and challenges, and works to support both local and statewide efforts to eliminate these obstacles. On campus, student members work to build awareness and educate the campus community in recognizing signs of human trafficking and utilizing resources to combat it.



To find ways to get involved with the Iowa Network Against Human Trafficking, visit the [Iowa State Student Organizations website](#).

With a multitude of options to get involved within the College of Human Sciences, students from all disciplines and interests can find somewhere to get involved. For more information on all clubs and organizations, go to the [Iowa State Student Organization website](#).



Image courtesy of Iowa State Daily
Copy and layout by Amanda Fortman



Image courtesy of Iowa State Daily

GREEN-IT-YOURSELF

INDULGE IN SELF-CARE WITH THESE RELAXING CREATIONS

SHOWER STEAMERS

Supplies: 2 C. baking soda, 1 C. citric acid, witch hazel, 2 tsp. your choice of essential oil, silicone mold (ex. 12 ct. silicone muffin pan), bowl, spoon, spray bottle

Instructions:

1. Pour baking soda and citric acid into a large mixing bowl. Stir to combine.
2. Add up to two tsp. of the essential oils of your choosing to the mixing bowl.
Optional: add food coloring to change the color of the steamers.
3. Spray the mixture with witch hazel and stir. Continue spraying and stirring the mixture until it reaches a wet sand consistency.
4. Divide the mixture evenly into each cup of the silicone muffin pan. Pack each cup and press down firmly with your hands until each cup is completely full.
5. Allow steamers to dry and become solid. Remove the steamers from pan and store in an air-tight container. This recipe will make up to 12 steamers.
6. Place on the floor your shower and enjoy the relieving effects while showering.



SOCK HEATING PACK

Supplies: 1 cotton knee sock, 1/2 C. uncooked white rice, scissors, thread, big eye needle or iron-on velcro, optional: dried aromatic herbs

Instructions:

1. Fill the sock 3/4 full with uncooked rice. (Leaving empty space in the top of the sock will allow it to form to areas of your body.)
2. Optional: fill the remaining 1/4 of the sock with dried aromatic herbs for a soothing smell. Shake the sock to distribute the herbs.
3. Using the thread and needle, sew the sock opening shut. Alternatively, use iron-on velcro to close the opening.
4. Optional: decorate the sock heating pack by using thread, felt and a pencil (see the [Perma Crafters website](#) for more details).
5. To Use: for hot packs, microwave the filled sock in 30-second intervals, not exceeding two minutes. For cold packs, place in the freezer for 45 minutes.
6. Place on areas needing pain relief, and enjoy the calming benefits.



HEALING LOTION

Supplies: 1/4 C. of cocoa butter or shea butter, 1/4 C. olive oil, 1 tbsp. beeswax, 1/4 tsp. vitamin E, double boiler, 8 oz. glass mason jar

Instructions:

1. Fill bottom pan of a double boiler halfway with water and add top pan. Heat water to a simmer on low heat.
2. Pour cocoa butter or shea butter, beeswax and olive oil into the top pan of the double boiler. Heat until melted.
3. Pour the mixture into a glass jar. Let cool.
4. Add vitamin e oil to the mixture and stir.
5. Use on cracked hands, dry feet and enjoy the soothing healing from the lotion.
6. To store between uses, secure the jar with an airtight lid.



RECIPES

ENJOY AND SHARE THESE HEARTY, HEALTHY SNACKS



HEALTHY SHAMROCK SHAKE

Ingredients: 1 overripe frozen banana, 2 Tbsp. chocolate chips or cacao nibs, 1/4 tsp. peppermint extract, 1 C. milk, 1/4 C. frozen spinach, pinch of salt

Directions:

1. Place frozen overripe banana, peppermint extract, milk, frozen spinach and salt in a blender.
2. Blend the mixture until fully combined and well blended.
3. Pour mixture into a serving glass.
4. Top shake with chocolate chips or cacao nibs, as desired.
5. Enjoy your healthy shamrock shake!
6. Use any leftover frozen bananas to make banana bread!

For more GIY's and Recipes, check out the Live Green! Pinterest page!



BANANA BREAD

Ingredients: 2 C. all-purpose flour, 1 tsp. baking soda, 1/4 tsp. salt, 1/2 C. butter, 3/4 C. brown sugar, 2 beaten eggs, 5-6 medium sized mashed ripe (to overripe) bananas

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine flour, baking soda and salt in a large bowl.
3. In a separate bowl, cream brown sugar and butter together. Add in eggs and bananas. Stir until blended.
4. Pour banana mixture into the flour mixture. Mix until all of the ingredients are well combined.
5. Pour batter into a greased 9x5 in. loaf pan.
6. Bake in preheated oven for 60 to 65 minutes, testing for doneness.
7. Remove from oven and let bread cool (in loaf pan) for 10 minutes.
8. Turn banana bread onto a wire rack. Serve and enjoy!



BREAKFAST EGG MUFFINS

Ingredients: 12 large eggs, 2 Tbsp. chopped onion, 1/4 C. of your choice of protein or vegetable, salt, pepper, non-stick spray

Directions:

1. Preheat oven to 350 degrees Fahrenheit. Spray a 12 capacity muffin tin with a non-stick spray.
2. Whisk together eggs and onion in a large mixing bowl. Season mixture with salt and pepper.
3. With a ladle, add the egg mixture into each cup of the muffin tin 1/2 full.
4. Add 1/4 C. of toppings (vegetables or protein) to each of the egg-filled muffin cups.
5. Place the tin into the preheated oven and bake for 15-20 minutes.
6. Let cool and serve, or store in the refrigerator (1 week) or freezer (two to three months) to enjoy later.

MONTHLY CHALLENGE

REDUCE YOUR FASHIONPRINT IMPACT

Taking inspiration from highlighting the College of Human Sciences' impressive and diversified commitment to sustainability, which includes fashion, this month's challenge focuses on opportunities to reduce the impact we make through our wardrobe-related decisions and choices. Each year, the total amount of clothing thrown away in the U.S. is the equivalent of 80 pounds for each American. As we start to think about putting away winter clothing and coordinating our spring apparel, let's challenge ourselves to make a more sustainable fashionprint, starting with these six steps.

TAKE INVENTORY

Taking inventory of your current wardrobe helps you utilize the pieces you currently have and downsize effectively and strategically. To do an inventory, take everything out of your closet and drawers, categorize each item as "keep" or "donate" and make a list of everything designated as "keep". Refer to this list before your next shopping trip (to reduce overbuying and overspending). Building a capsule wardrobe offers another option for fashion efficiency. Learn more on the [MasterClass website](#).



MEND & UPCYCLE

Bring new life into your wardrobe by repairing, reusing and redesigning pieces you no longer love and use, to ones you will. Try upcycling an article of clothing into a new use (aka t-shirt bag or cleaning cloths) or you can attempt dyeing, sewing or accenting your old clothes to give them a new look. Check out some great alternative upcycle and repurpose ideas for your clothes on the [Good on You website](#).



DONATE

Think twice before throwing away clothes - donating unneeded, but still useful clothing makes an impactful sustainable difference. Donating to a charity, friend or family member is a great way to keep textile waste out of the landfill, and help connect others to a clothing item they may love! Even clothes that are really worn, can be donated to textile recycling programs. Look for opportunities in your community. For information on options and locations to donate, visit the [Good Housekeeping website](#).



THRIFT & SWAP

Look for alternative options when adding new items to your clothing collection. Thrift stores, second-hand shops, swapping with friends and even renting items are great ways to reduce your textile consumption. Hosting a clothing swap with friends is a great way to find affordable and fun "new to you" styles. These gently used items will be a beautiful and sustainable addition to your wardrobe. New to thrifting? The [VIBE website](#) offers guidance with Thrifting 101.



CHOOSE QUALITY

Invest in quality pieces of clothing if you do buy new items. Some things to inspect when buying a new item of clothing include the stitching on seams, retention of shape ("bounce back" after being stretched), attachment of buttons and zippers and fabric quality. Quality clothes not only are more durable and last longer, they maintain their color and fit and reduce clothing replacement costs. Follow these seven tips from the [New York Times](#) article, "How to Buy Clothes That Are Built to Last," to find your quality wardrobe.



SHOP SUSTAINABLE

When buying your next item of clothing, research brands and companies that incorporate sustainability into their business mission, manufacturing and align with your own values. Look for business committed to environmental, economic and social sustainability. There are a number of ecolabels you can look for when researching brands and shopping to assist in making informed and empowered purchases. Read more about fashion ecolabeling in the "[Guide for Eco-Friendly and Ethical Labels](#)" on EcoCult website.



Copy and layout by Amanda Fortman

For more ways to green your wardrobe, go to the [Sustain Your Style website](#).

MARCH ENVIRONMENTAL HOLIDAYS

PRESERVE AND CELEBRATE THE EARTH'S RESOURCES



WORLD WILDLIFE DAY

Unite with the United Nations (UN) in preserving forests and livelihoods by sustaining people and the planet through the celebration of World Wildlife Day. The 2021 World Wildlife Day is themed, "Forests and Livelihoods: Sustaining People and the Planet." The day is focused on highlighting forest ecosystems and sustaining indigenous livelihoods with historical ties to these forests. Join the UN in the [global virtual event](#) on Mar. 3, 2021. For more information, visit the [World Wildlife Day website](#).



INTERNATIONAL DAY OF FORESTS

Celebrate and save the world's forests on Mar. 21, 2021. Forests play a large role in combating climate change, providing natural resources and contributing to communities livelihoods. Many indigenous cultures rely on forests for medicine, fuel, food and shelter. Participate in International Day of Forests by becoming involved in local tree planting campaigns in your area. Learn how to get involved and find out more information on the [International Day of Forests website](#).



WORLD DAY OF ACTION FOR RIVERS

Join diverse communities around the world on Mar. 14, the International Day of Action for Rivers, and advocate for the importance of clean flowing fresh water. The day is dedicated to bringing awareness and celebration to the world's rivers and put an end to destructive water development projects. Help restore the vision for a healthy future for communities that rely on rivers for freshwater. Find more information and learn how to get involved on the [International Rivers website](#).



WORLD WATER DAY

Raise awareness for the importance of freshwater on Mar. 22, 2021. World Water Day (WWD) celebrates water and recognizes the global water crisis. WWD also focuses on achieving the United Nations Sustainable Development Goal 6: water and sanitation for all by 2030. For the 2021 WWD events, challenge yourself to think about what water means to you. Learn more about this year's event, how to get involved and find more information on the [WWD website](#).



GLOBAL RECYCLING DAY

Preserve the planet and participate in this year's Global Recycling Day on Mar. 18, 2021. Help prevent further climate change and save the earth's natural resources by recognizing the importance that recycling plays in preserving our planet's future. This year focuses on identifying people, places and activities that contribute to a greener future. Learn how to get involved and find more recycling information and resources on the [Global Recycling Day website](#).



EARTH HOUR

Participate in the 2021 Earth Hour at 8:30 p.m. on Mar. 27. Join millions of individuals across the globe and bring awareness to issues facing our planet. Take part in the online event, make history and bring awareness to climate change through "powering off" for one hour. Learn how to get involved and find more information and resources on the [Earth Hour website](#).

GREEN OPPORTUNITIES

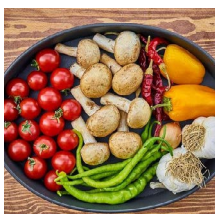
CONSERVE THE LAND



Apply for the Conservation Land Manager position with the Whiterock Conservancy (WRC). Duties include overseeing and developing WRC conservation programs. WRC is dedicated to conserving Iowa to make it a place where people can learn, enjoy and experience the environment.

Qualifications for the position include a degree in environmental science or a related field. To apply send a resume and cover letter to cfreland@whiterockconservancy.org. Find more information on the position on the [WRC website](#).

FARM FROM HOME



Attend the virtual program, Diversify Your Landscape and Eat Your Yard, Mar. 3 with McFarland Park. Make practical use of your landscape by growing plants that are not only beautiful but you can also eat! Learn how to utilize your landscape this upcoming spring through this two-part educational

series emphasizing the use of edible plants suited for your climate. To find more information and register (and pay the \$10 registration fee) for the online event, visit the [My County Parks website](#). Registration ends at 4:30 p.m. Monday, Mar. 1. All payments will be non-refundable after the Mar. 1 registration deadline.

PURSUE INDEPENDENT SCHOLARSHIP



Chart your future career through the Iowa State University Undergraduate Research Assistant Program. The program offers students pursuing a graduate degree a hands-on learning experience in a formal research environment. The program encourages students to become skilled, effective independent scholars. Applications

for spring interviews are due Mar. 26. For more information on how to apply, visit the [Iowa State Office of Financial Aid website](#), or connect with Julie Arnold at jaarnol@iastate.edu.

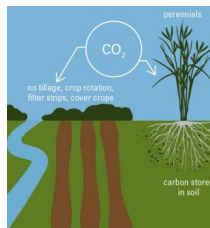
FIGHT FOR CAMPUS EQUALITY



Submit a digital project proposal for the Tracing Race, hosted by the ISU Digital Scholarship and Initiatives (DSI) department. The project focuses on the history of racism and seeking social justice, and abolishing ongoing inequality and discrimination. All proposals must be submitted by Mar. 31, and will be further evaluated by the

advisory group. For more information, visit the [DSI website](#).

CONTRIBUTE TO CARBON REMOVAL



Join Iowa State University in their efforts to curb climate change at the 2021 Carbon Removal Forum. Hear from speakers G. Phillip Robertson and Daniel L. Sanchez on their investigation of technologies and practices for carbon removal from the atmosphere through agricultural-based research, extension outreach and education. Attend the virtual Forum on Mar. 10 from 9:00 a.m. - 12:00 p.m.. For more information and to register for the event, visit the [Iowa State University Bioeconomy Institute website](#).

EXPERIENCE ENVIRONMENTAL ART



Hear from Mary Swander, a former poet and distinguished professor of the College of Liberal Arts and Sciences, on her virtual zoom program, Mar. 28, 2 - 3 p.m. Mary will be leading a conversation about farming and the environment in the state of Iowa. Also joining the conversation, artist Adrienne Gennett will be discussing her process in creating and contributing to the publication of the latest exhibit featured at the Brunner Art Museum, Compelling Ground: Landscapes, Environments, and People of Iowa. Register for the Zoom program and learn more about the exhibit go to the [ISU Museums website](#).

STRIVE FOR SCHOLARSHIP



Check out the scholarship opportunities available from the National Environmental Health Association and the American Academy of Sanitarians offered to students pursuing a degree in environmental health sciences. The scholarship is given to students that have shown dedication and commitment to the Environmental Health curriculum. Online applications, unofficial transcripts, and letters of recommendation must be submitted on the [NEHA website](#) no later than Mar. 31. For more information, visit the [NEHA website](#).

GAIN THROUGH FELLOWSHIP



Learn from Lynette L. Pohlman, the mentee of the late Lori A. Jacobson, a museum professional, educator, curator and exhibit designer, in an employed fellowship opportunity with Iowa State University Museums. The fellowship offers one-on-one mentoring for undergraduate students that are seeking to further their careers in the museum field. Students chosen can expect to work 10 hours a week and be compensated at least \$1,500 per semester. Applications are due on April 1. For more information, visit the [ISU Museums website](#).

RECYCLING NEWS

MARCH UPDATE FROM ISU'S RECYCLING COORDINATOR



Photo courtesy of Ayodeji Oluwalana

AYODEJI OLUWALANA

is Iowa State University's Recycling Coordinator and Special Events Coordinator. In his role he leads Iowa State University's recycling program and spearheads zero waste planning efforts. Stay up to date on Ayo's initiatives and projects, as well as learn about more ways to get involved, on the ISU Recycling Services website or by emailing Ayo (aoluwala@iastate.edu). Watch for future newsletter articles. More to come!

CAMPUS RACE TO ZERO WASTE COMPETITION (RECYCLEMANIA) UPDATE

The "Campus Race to Zero Waste" competition has commenced, and Iowa State University is actively participating in Diversion, Per Capital, Electronics and "Race to Zero Waste - One Building Challenge" categories. The competition, which runs till March 27 provides a unique opportunity to create awareness on waste reduction and recycling among campus stakeholders. As of week two of the competition, Iowa State was ranked 30th out of 73 schools in the diversion category with a recycling rate of 38.5 percent, and 54th out of 90 schools in the "per capita" category at 0.67 pounds per capita. Ranking of other categories (Electronics and "Race to Zero Waste - One Building Challenge") will be available at the end of the competition.



Your support for the university's waste reduction efforts is highly appreciated! Together we can achieve zero waste.

PAPER TOWEL COMPOSTING PILOT KICKS OFF MARCH 1

The much-anticipated paper towel composting pilot will start on Monday, March 1, 2021, at the Lloyd Veterinary Medical Center, and continue through the end of the semester. The main goal of this pilot is to explore ways in keeping paper towels, which make up about 40% (by volume) of the campus waste stream, out of trash dumpsters and composting them instead. If successful, opportunities to expand this pilot initiative to additional buildings will be explored.

Through assistance from the Student Government Sustainability Waste Management Subcommittee, education and awareness signage about the project, as well as instructional signage for successful paper towel diversion, was developed and is posted throughout the test site. Each of the nine "pilot" restrooms are equipped with one large trash can lined with a green (compostable) bag for "paper towels only", and a smaller trash can lined with a black (non-compostable) bag for "regular trash". Contamination rates and the effectiveness of signage will be tracked throughout the project to evaluate success and impact.



Image courtesy of Student Government

FOLLOW YOUR TRASH MAP

In conjunction with the Office of Sustainability, we have put together a map tracking the destination of all campus waste after disposal, whether recycled, composted or trashed. At Iowa State University, there are various pathways in place for waste disposal — many of which keep it out of the landfill.

We encourage you take a moment to "follow your trash" and consider opportunities to take personal responsibility of how your actions can impact waste reduction and management on campus and in the Ames community.

FOLLOW YOUR TRASH

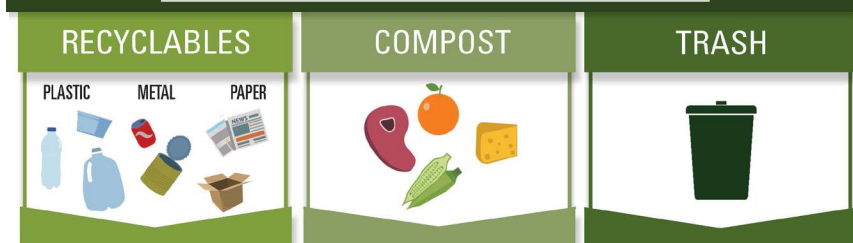


Image Courtesy of Live Green!

MARCH CALENDAR

01

Sustainability Symposium Keynote **Virtual | 7 p.m.**

Often described as the Father of Environmental Justice, and recent recipient of the United Nations 2020 Champions of the Earth Achievement Award, Dr. Robert Bullard will offer a framework for dismantling systemic racism and policies and practices that create, exacerbate and perpetuate inequality and vulnerability during his virtually-connected keynote lecture "The Quest for Environmental and Climate Justice." For more information visit the [ISU Lecture Series website](#). Cost: Free

03

Sustainapalooza

Memorial Union | 5:30 - 8:30 p.m.

Unite resiliently and relentlessly for a more sustainable future at Sustainapalooza. The Office of Sustainability, in support of the Live Green! Initiative, invites students, faculty and staff to network with sustainable organizations and collect upcycling kits and green giveaways. For more information visit the [Sustainapalooza 2021 Facebook Event page](#). Cost: Free

04

ISCORE 2021

Virtual | 8:45 a.m. - 2:30 p.m.

Attend the 2021 Thomas L. Hill Iowa State Conference on Race and Ethnicity (ISCORE) Virtual Conference, Mar. 4-5, 2021. ISU students, faculty and staff are invited to take part in this comprehensive forum discussing issues of race and ethnicity. For more session details and to register for the event, visit the [ISCORE website](#). Cost: Free

11

Women of Achievement Announced **Virtual | TBD**

Celebrate the inspiring women in Story County and the Iowa State community at this year's Women of Achievement event. The YMCA of Ames gives this award to deserving women who promote their mission of eliminating racism, empowering women, and promoting peace, justice, freedom and dignity for all. For more information about the event, visit the [YMCA Ames website](#). Cost: TBD

16

Fresh-Cut Floral Class: Plants to Paper **Virtual | 6 - 9 p.m.**

Discover the history of plants used for paper making with Lindsey Smith, Reiman Gardens' Plant Collections Curator. Also, learn from Education Manager, Sara Merritt, about the process behind papermaking. Register on the [Reiman Gardens website](#) by Sunday, Mar. 14. Cost: ISU: \$10.50, Members: \$12, Public \$15

19

Innovators Forum - Leadership **Virtual | 12 - 1:30 p.m.**

Louis Carr, President of Media Sales at BET Networks, shares about leadership, culture, strategy, vision, success and diversity in this lecture series entitled "Someone Saw Something In Me and Did Something About It." Register on the [Student Innovation Center website](#) for this event. Cost: Free

13

Day of Insects

Reiman Gardens | 8 a.m. - 4:20 p.m.

Enjoy this year's annual Day of Insects at Reiman Gardens. Learn from professionals, academics, advocates and enthusiasts during a day of presentations focused on insects. This event will be held in a hybrid format with a limited amount of in-person seats available. Pre-registration and payments are due by Mar. 18. For a full list of presenters and to register, visit the [Reiman Gardens website](#). Cost: TBD

14

Iowa State University Lecture Series **Virtual | 7 p.m.**

Engage virtually with ISU Professor of Political Science, Dave Peterson, during his lecture, "Ignored Racism: White Animus Toward Latinos." Based on his book, this discussion will dive into the history of how institutional discrimination targeting Latinos has resulted in negative stereotypes and influenced elections, politics and public policy. For more information, go to the [ISU Lecture Series website](#). Cost: Free

SAVE THE APRIL DATE

06

15th Annual Iowa Water Conference **Virtual |**

Join the 2021 Iowa Water Virtual Conference April 6 - 8, 2021. Learn about the role that Iowa's diverse water landscape plays through the consideration of education and outreach, conservation, policy and regulations. This conference brings together multi-disciplinary individuals to discuss issues with Iowa water today. Applications are available for poster presentations, photo contest entries, and student scholarships. Find more information on the [Iowa Water Center website](#). Cost: TBD

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

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Copy and layout by Amanda Fortman

LIVE GREEN! MONTHLY

**"THE BASIC
PURPOSE OF A
LIBERAL ARTS
EDUCATION IS
TO LIBERATE THE
HUMAN BEING TO
EXERCISE HIS OR
HER POTENTIAL TO
THE FULLEST."**

- BARBARA M. WHITE

**ISU STUDENTS
GAINING AND
SHARING GLOBAL
PERSPECTIVE**

**NOW YOU KNOW:
CELEBRATING THE
COLLEGE OF LIBERAL
ARTS AND SCIENCES**

**CHALLENGE YOURSELF
TO MAKE EVERY DAY
EARTH DAY**

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IOWA STATE UNIVERSITY

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Image courtesy of Sadie Lewman

Happy April and Earth Month from the Live Green! Team. This month is full of green and sustainable opportunities to get more involved.

Explore more Earth Month fun planned, especially with Cyclones in mind on [page 14!](#)



Photo courtesy of Elizabeth Smith

Welcome Elizabeth!

We are SO excited to welcome a new member to our leadership team! Elizabeth Smith joins us serving as Live Green! Sustainability and Benchmarking Certification

Intern. Her primary responsibility will be leading Live Green! efforts in completing Iowa State University's Sustainability Tracking, Assessment Rating System (STARS) recertification. This international sustainability certification for colleges and universities is a comprehensive measure of sustainability performance within all facets of sustainability (environmental, economic and social). Iowa State has received three gold STARS certifications to date. Elizabeth is a sophomore in environmental science, and pursuing a sustainability minor.



As the weather grows warmer, let's continue to keep our community, campus and self safe as we party smart. Sustain the well-being of all by following these [Party Smart Guidelines](#) prepared by ISU and the City of Ames. Be Safe. Be Healthy. Be Legal.

Follow Us!



Tag @isu_livegreen on social media — we would love to see your ideas, thoughts and creations.

Cover photos courtesy of The College of Liberal Arts and Sciences



DIRECTOR'S MESSAGE

Happy April!

What an absolutely fabulous month that awaits us! All the anticipations of March are delivered in April. Such vibrant colors emerge from every corner and crevice of our outdoor journeys and lingers, and such invigorating scents fill every inhale. Our little speck on the amazing and awe inspiring little blue marble we call home just seems to exude with inexpressible brilliancy. These moments of "whoa" are not just ours, April sprinkles them across the entirety of the planet. It is no wonder April is celebrated as Earth Month.

Although Earth Month is commemorated with ideas, tips, resources and opportunities with primary focus on individual empowerment and impact, what is sometimes less featured is the collective connection of every major, profession and vocation to the delicate balance of all that ensures our marble's sustainability. This month's newsletter highlights both - featuring the "marble-embracing" efforts, initiatives and accomplishments of the College of Liberal Arts and Sciences, as well as offering an abundance of environmental, social and economic sustainability opportunities to connect to and for our little speck (as well as those dotting the expanse of our planet).

I encourage each of us to take a moment, this month, for a deep ponder consideration of our planetary home: all the layers (above and below ground), all the ecosystems supported and all the species housed. Though our responsibilities, as students, faculty and staff, are different and diverse, they all have connection to the current and future well-being of the Earth. Such an incredible honor to be caretaking such a wonderful world.

Wishing you a month of continual "whoa"!

Yours in green-ness,
Merry Rankin



Hello all! I hope you are all surviving this busy time in the semester and taking time to relax!

The Sustainability Committee has been working primarily on addressing the issue of Diversity and Inclusion within Student Government. Our committee has been very disappointed by the actions of our peers in Student Government over the past few weeks. These events have highlighted to us that we do not put as much emphasis on environmental justice and diversity within our own committee as we feel is warranted. We have since released a statement and spent our last few meetings discussing changes we can implement to ensure the Sustainability Committee never puts Diversity, Equity and Inclusion on the backburner again. We hope to finalize these changes during our next meeting on March 31.

Meanwhile, our committee has also been busy working on projects and planning events. Here is a list of our upcoming events:

- Cleanup Day in Freddy Court - April 10, 10 a.m.
- Kill-A-Watt Challenge in the residence halls throughout the month of April (planned in conjunction with IRHA and FP&M)
- Clothing Donation Drive - April 21 - 23, 12 to 3 p.m.

Additionally, members of the Energy Subcommittee are working on a project to install software on the computers at Parks Library that perform scheduled shut-downs of computers to save energy. Members of the Waste Subcommittee are conversing with SUV and FP&M to look into adding more recycling dumpsters in SUV. Discussions are also currently taking place to identify speakers for the Sustainability Club Retreat scheduled for Fall 2021.

Take Care,
Jennifer Seth



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



Photo by Pedro Vieira Marasciulo

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 Jennifer Seth

JENNIFER SETH is Iowa State University's 2020-2021 Student Government Sustainability Director. She is a senior majoring in Environmental Science.

STUDENTS LIVING **CARDINAL, GOLD & GREEN**

Iowa State University's College of Liberal Arts and Sciences, offering the most academically diverse options for students, supports and provides a diversity of co-curricular opportunities. Through student organizations and leadership roles, offer networking, connections and experiences students leave Iowa State as citizens benefiting Iowa, the nation and the world. To showcase the variety of awareness, engagement and empowerment offered to LAS students, Live Green! interviewed four student organizations this month.

GREENLEE SCHOOL TV

Q: Can you tell us about Greenlee School TV (GSTV)?

A: Greenlee School TV is a student-run club that helps other students learn broadcast journalism skills. It is a great opportunity for students to practice these skills and add content to their portfolios to show future employers.

Q: What kind of events and opportunities does the organization offer to students?

A: We offer opportunities both on-screen and behind the scenes[...] We also teach students how to run all the equipment necessary to produce a show. GSTV currently produces three shows: NewsWatch, Ames Tonight and Cyclones InCYders. We are open to any major, background and skill level. My goal, as general manager, is to give as many students as possible the chance to learn and have a space to practice what they have learned.

Q: How do you see members of GSTV playing a role in the future of sustainability?

A: Technology has helped us reduce our use of paper. Everything we do to put on a show is done through technology. Examples of this are writing stories in shared documents, editing stories in those documents, creating the rundown in an online application, etc. However, we make sure we don't leave the lights, cameras, computers and other equipment turned on longer than we need to.

Q: How can students learn more and become involved in GSTV?

A: A great way for students to learn about GSTV is to check out examples of our shows on our [YouTube channel](#). Examples of all three of our current shows can be found on that page. Students can also reach out to me (jbravard@iastate.edu), or to our club email (IowaStateGSTV@gmail.com).

THE GEOLOGY CLUB

Q: Can you tell us about the Geology Club?

A: Geology Club is an all-inclusive, exciting, educational group that focuses on bringing both students and non-students together over a common love of all things geology. We want to connect with students from all different majors and backgrounds and support them as they continue their education here at Iowa State. Serving as the president of the Geology Club has allowed me to build connections with underclassmen, faculty and staff within our department. The Geology Department, as a whole, has a wonderful culture; each professor truly cares about the individual success of the student, and the Geology Club has been a great way for me to help bridge the gap between incoming freshmen, upperclassmen and faculty.

Q: What kind of events and opportunities does the organization offer to students?

A: Due to COVID-19, we are holding virtual events, but plan to resume some outdoor activities, such as hiking, hammocking and picnicking when the weather improves this spring! Our normal activities include a bi-annual rock, fossil and jewelry sale, community outreach, social events, "bad" geology movie nights and much more!

Q: How do you see members of the Geology Club playing a role in the future of sustainability?

A: Most of our members are geology majors. Our careers will center around analyzing the earth and its many processes. Geology is a vast field with many different career paths, but a portion of the future generation of geologists are going to have to solve large-scale environmental issues and continue to research ways in which sustainable long-term solutions can be implemented to mitigate future environmental challenges.

Q: How can students learn more and become involved in the Geology Club?

A: To join the Geology club, you can visit our [student organization website](#) and follow the online instructions to join or reach out to one of our cabinet members if you have any questions.

Greenlee TV



Jared B.
Financial Co-
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First Amendment
Days



Madelyn C.
Journalism
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Criminal Jus

The Geology
Club



Karine
Geol

The Society of
Women in Physics



Emily Po.
Phys



Photo courtesy of Jared Bravard

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Photo courtesy of Madelyn Ostendorf

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Photo courtesy of Karine Holmes

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Photo courtesy of Emily Pottebaum

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FIRST AMENDMENT DAYS

Q: Can you tell us about First Amendment Days?

A: First Amendment Days is a celebration of the First Amendment of course, but each year focuses on a different right that is guaranteed by the amendment. So often people focus on the freedom of speech, which is very important, but there are five rights there, and we want to make sure people are educated and aware of the benefits they have from all of them. This year, we are centering our celebration on the right to assemble, but since all of rights are kind of entangled together, we will be talking about all five of them. Not only is it a celebration, but also a time to open a conversation about how the First Amendment affects your life, what you can do with these rights, as well as where the line is in terms of these protections.

Q: What kind of opportunities does First Amendment Days offer to students?

A: Since this year is virtual, there is a bit of a change to the event schedule. But there are always a lot of excellent panels and speakers that bring their experiences to campus, classroom visits, interactive social media contests and quizzes with the opportunity to win prizes, as well as videos and material available all week long for those who are unable to attend the live events. I also believe that we are working to have the events available to be re-watched, so that is great for students who are really busy that week too! In general, this is a great opportunity for students to understand more about their First Amendment rights in a practical setting.

Q: How do you see ISU's First Amendment Days playing a role in the future of sustainability?

A: This year's theme is centered around assembly, which is our First Amendment right to peacefully assemble and protest, to put it simply. This is essential for the future of all types of sustainability. Writing legislation is important, but lawmakers don't know that the people want change unless we tell them we want change; An excellent way to do this is to exercise your First Amendment rights. What the First Amendment Days are trying to do is educate students on their rights, how to use them and what protections they have so they can use them in ways (like these) to better our world on whatever scale they want to.

Q: How can students learn more and become involved in First Amendment Days?

A: If a student wants to come to the event, they can check out the [Greenlee School of Journalism web page](#) for a schedule of events. It's a pretty big deal here, so it's pretty well advertised within the school! If they are interested in getting involved in planning the event or just having a voice on the committee, anyone can email [Julie Roosa](#), Iowa State's First Amendment Specialist.

THE SOCIETY OF WOMEN IN PHYSICS & ASTRONOMY

Q: Can you tell us about The Society of Women in Physics and Astronomy (SWiPA)?

A: The Society of Women in Physics and Astronomy, or SWiPA, is a student-run organization that promotes the recruitment, retention and support of underrepresented students in physics and astronomy.

Q: What kind of events and opportunities does the organization offer to students?

A: SWiPA holds weekly meetings that involve discussions of social issues in physics and astronomy, speakers from both inside and outside the department, group activities and professional development. We engage in outreach throughout the semester, and attend the Conference for Undergraduate Women in Physics, as a club, every January.

Q: How do you see members of SWiPA playing a role in the future of sustainability?

A: The future of social sustainability in the global physics community depends on ensuring its accessibility to people of all identities. I have no doubt SWiPA members will play a role in this. We all have a personal stake in establishing a principle of inclusion among scientists, and with this comes the willingness to embrace different perspectives, be resilient in the face of challenges and have the ability to collaborate. A sustainable future relies on it.

Q: How can students learn more and become involved in SWiPA?

A: If interested in physics and/or astronomy; students are encouraged to join our weekly Zoom meetings Thursdays at 5:00 p.m. For more information, visit our student organization page on the [Iowa State University Student Organizations website](#).

NOW YOU KNOW

CELEBRATING THE COLLEGE OF LIBERAL ARTS AND SCIENCES

Dedicated to the success of students in natural sciences, social sciences, arts and humanities, the College of Liberal Arts and Sciences (LAS) at Iowa State University provides students with the knowledge and capability to find success in a wide variety of career fields. With over 21 academic departments, LAS provides students with a diverse range of opportunities through research, clubs, study abroad programs and class work, all while providing an encompassing education related to sustainability and creating a global impact.

SUSTAINED EDUCATION

Through a diverse curriculum, the College of Liberal Arts and Sciences (LAS) grants students the opportunity to add to their portfolios over 650 courses related to or focused on sustainability. All departments within LAS strive to offer students, through lectures and forums, projects and immersive experiences, education, engagement and empowerment connections to sustainability.

In expanding these connections, Iowa State recently established The Graether Family Fund for Climate Science Advancement. This fund will advance climate science education in the department of geological and atmospheric sciences housed in LAS through the establishment of a climate science discipline. This new curriculum will offer students foundational knowledge of climate science, as well as a deeper awareness and systems-thinking application of social impacts and mitigation of climate change, data analysis and science communication.

Within their departments LAS also plays host to sustainability focused

majors and minors. The Sustainability minor, for example, offers a particularly unique opportunity. Open to students in any college, this interdisciplinary program has only two required classes, and then allows the remaining credits to be uniquely tailored according to a student's degree program and career goals. Students completing the Sustainability minor pursue a deep dive perspective of challenges and opportunities (present and future) in addressing the health and well-being of the world's ecosystems and the human experience, with emphasis on all facets of sustainability (environmental, social and economic).

Further expanding consideration of global connection, LAS's International Programs offer students a multitude of opportunities to gain global competency, as well as an immersion in cultural and linguistic diversity. From a minor in international studies, to research and outreach, to studying abroad, every student interested in a sustainability worldview can pursue a pathway. Students can choose from spring or fall break, semester or summer-long experiences, spanning

the globe from Spain to Taiwan and Great Britain to Ecuador.

More information about available international opportunities and experiences can be found on the College of Liberal Arts and Sciences International Programs website.

As well as commitment to offerings within the classroom, LAS is dedicated to the sustainability of the classroom environment. For example, in 2011, Hach Hall was certified Gold as a Leadership in Energy and Environmental Design (LEED) building. In addition, throughout the LAS spaces and facilities across campus, commitment to sustainability in operations can be evidenced in energy and water efficiency improvements and processes, and waste reduction, management and diversion.

CHANGE LEADERS

LAS claims great pride in developing the world's next leaders across a multitude of disciplines. From sciences and studies, to the arts and journalism, students are offered a diversity of perspectives, experiences and connections toward pursuing the change they envision for the world.

Through the ISU Theatre, for example, students are able to develop and tackle difficult discussions and topics through performative art. One sustainability-focused performance of the last few years, Climate Change Theatre Action, has provided students the opportunity to showcase, educate



Photo courtesy of LAS



Photo courtesy of LAS Study Abroad



Photo courtesy of Inside Iowa State

and bring awareness to the growing concerns of climate change. Through a series of plays, student performers provide education, engagement and empowerment connections to audience members toward taking action within their own community to mitigate climate change.

Working to interest, educate and engage citizens in the political process, the [Carrie Chapman Catt Center for Women and Politics](#) offers another unique outlet for leadership opportunities within the College of Liberal Arts and Sciences. While the Center extends and promotes opportunities to all leaders, each year special recognition is given to ISU's outstanding women student, faculty and staff leaders through presentation of the annual [Women Impacting ISU Calendar](#). Initiated in 2007, the calendar is a tribute each year to 12 ISU women who distinguish themselves through their accomplishments at ISU. For more information about opportunities and connections with the Center, as well as view the calendar, go to the [Carrie Chapman Catt Center for Women and Politics website](#).

Students can also pursue leadership experiences focused on communication and conversation through LAS' [Greenlee School of Journalism and Communication](#). Through innovative teaching and



Photo courtesy of Greenlee School

hands-on opportunities within fields of advertising, public relations, journalism and broadcasting, Greenlee students create platforms for discussion and dialogue through outlets and initiatives including [First Amendment Days](#) and the [Iowa State Daily](#).

GREEN REACH

Toward connecting sustainability on campus to communities well beyond Iowa State, the College of Liberal Arts and Sciences has established a foundation of research through five signature themes. Through the focused areas of biological structures and systems, complex materials, data-rich environments, economic, environmental and societal sustainability, and global citizens, education and technology, LAS is driven to ensure leadership in innovative, creative and sustainable solutions for all generations.

Through LAS research initiatives, impacts ensuring a sustainable future are extensive. From consideration of social sustainability through work related to [dementia](#), [biothreats](#) and [COVID-19 contact tracing](#); focus on environmental sustainability through efforts focused on [astrobiology](#), [plastic upcycling](#), and [rising sea levels](#); and concentration on economic sustainability through initiatives in areas of [chemical manufacturing](#) and [COVID unemployment](#).



Photo courtesy of LAS

Students provided opportunities to work alongside LAS researchers not only gain invaluable hands-on experience, they are also provided professional skill building and networking opportunities through presenting at and participating in national and international meetings and conferences.

LAS students also are empowered to pursue personal research interests and connections, most recently highlighted through a team of students coming together to plan and host [Iowa State University's first Pre-Health Conference](#), held this past February. With a goal of connecting, networking and offering encouragement to pre-health students, the conference provided students virtual meet-and-greet opportunities with more than 75 health school program representatives from around the country.

Through an overarching consideration of sustainability within the student experience, LAS ensures an ingrained commitment to a sustainability lens through curriculum, international immersion, research initiatives and day-to-day operations. Collectively preparing, supporting and empowering student leaders in envisioning and creating a vibrant and sustainable future for their campus, community (current and future) and all corners of the world.

SYMPOSIUM ON SUSTAINABILITY RECAP

The 12th annual Iowa State University Symposium on Sustainability, "United for a Resilient and Sustainable Future," was held March 1 and 3, 2021, virtually and in person at the Memorial Union.

This year's Symposium on Sustainability keynote speaker was hosted virtually through collaboration with the University of Iowa and the University of Northern Iowa, welcoming Dr. Robert Bullard to all of our universities on March 1 at 7 p.m. to speak on, "The Quest for Environmental and Climate Justice." As a part of the keynote event, the 2021 Live Green! Awards for Excellence in Sustainability were also presented. Honored as this year's award winners were the Engineers for a Sustainable World (ESW) Compost Team for their leadership in establishing and successfully piloting (and now expanding) a food waste collection and composting program for residents of Frederiksen Court and Carissa Moyna (Senior, Civil Engineering) for her many

years of sustainability leadership in founding the ESW Compost Team, and collaborating with campus leadership toward increased and enhanced consideration of compost application and composting engagement at ISU. ESW Compost Team member honorees include: Ali Alabndi, JP Bukantis, Julian Canabal, Sarah Cowley, Andrew Frank, Clarice Huber, Colee Land, Jonathan Main, Cici McCutchin, Michael Moreno, Carissa Moyna, Lizbeth Plaza-Torres, Erin Starkey and Sara Thimmesch.

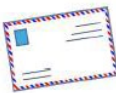
On March 3, Sustainapalooza was held in person at the Memorial Union from 5:30 - 8:30 p.m. This year's event theme, "Relentlessly and Resiliently United for a Sustainable Future," encouraged participants to reflect on and celebrate university and community resiliency, as well as their own, when faced with challenges, particularly in light of the COVID-19 pandemic.

Although this year looked a little different, taking consideration for COVID-19, participants were able to partake in many of the same events, including tabling by campus and community clubs and organizations, a virtual Green Word Wall (interactive word cloud, "One word to describe your ability to stay resilient"), take-and-create craft kits and to-go snack bags.

This year, 17 organizations tabled at Sustainapalooza, including: Pay

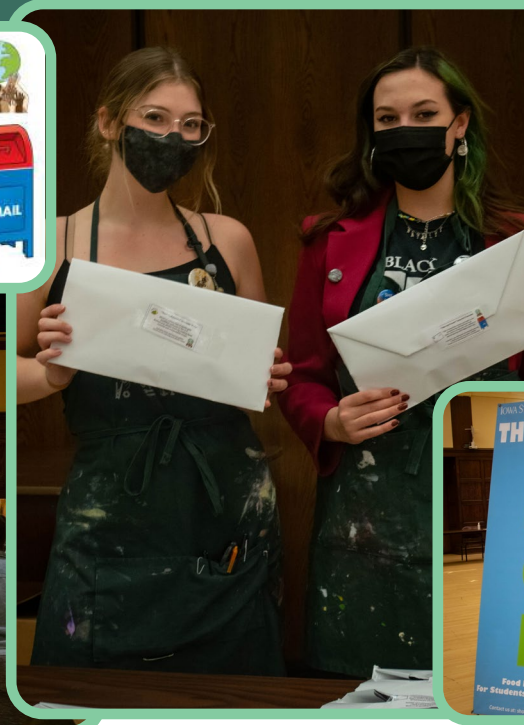
Check out the [2021 Sustainapalooza Photo Gallery](#) on the [Live Green!](#) website.

"Take-and-Create" Upcycled Postcards



Take a break from screens and make a new connection the old-fashioned way! Send a card to a long-term care resident to spread some joy and brighten their day.

Included: 1 pre-addressed and stamped postcard, 1 blank postcard, scrap paper, stickers
Thank you for spreading joy to our community!



A group of seven people, including a mascot, are standing in front of a large screen. The screen displays a word cloud with terms like 'persistence', 'tough cookie', 'passion', 'love', 'friends', 'community', 'support', 'dedication', 'strong', 'determination', 'resilient', 'adaptable', 'courage', 'perseverance', 'family', 'teamwork', 'hard work', 'dedication', 'strong', 'determination', 'resilient', 'adaptable', 'courage', 'perseverance', 'family', 'teamwork', 'hard work'. To the left of the group is a large mascot head. To the right of the group is a poster that reads 'I AM RELENTLESSLY SUSTAINABLE' and features an illustration of hands holding a globe. The poster also includes the text 'BY TAYLOR ALLEN' and '© 2019'. The group consists of six young women and one young man, all wearing white t-shirts and black face masks. The mascot is a large, orange, bird-like creature with a yellow beak and a red bandana. The background is a large screen displaying the word cloud and the poster. The overall theme is sustainability and resilience.



An illustration of a globe with green continents and blue oceans, held up by a large number of hands of various skin tones (brown, tan, and light skin) and some wearing colorful rings. The hands are reaching up from the bottom, supporting the globe. The entire illustration is set within a green rounded rectangular border.

SUSTAINAPALOOZA

RECYCLING NEWS

APRIL UPDATE FROM ISU'S RECYCLING COORDINATOR



Photo courtesy of Ayodeji Oluwalana

AYODEJI OLUWALANA

Iowa State's Recycling and Special Events Coordinator. Within this role he leads Iowa State University's recycling program and spearheads zero waste planning efforts. Stay up to date on Ayo's initiatives and projects, as well as learn about more ways to get involved, on the [ISU Recycling Services website](#) or by emailing Ayo (aoluwala@iastate.edu). Watch for future newsletter articles. More to come!

ZERO WASTE SPRING CLEANING

Ready to embark on your spring-cleaning adventure? The following tips from the [Arcadia Blog](#) can help assist you in achieving an effective spring clean and organization, with zero waste in mind, while also reducing your carbon footprint.

- **Don't toss it if you can recycle or repurpose it.** Whatever you haven't worn or used in a year or more, donate to thrift stores or charity organizations, or consign them and earn money. Re-purposing is also another option for your old clothing items, for example make old t-shirts into reusable shopping bags or reusable cleaning cloths.
- **Don't bring more clutter into the home.** (Don't buy what you don't need.) Before you make a purchase, ask yourself, "How can I dispose of this item when I'm done using it and is there a reusable alternative?" This will save you time and energy (physical and carbon-intensive energy from driving to donate) when you are spring cleaning next year.
- **Replace paper towels with reusable dish towels.** Creating upcycled dish towels from used bath towels or t-shirts offers a better alternative option than buying disposable paper towels. Although you still have to launder them, less energy is expended in comparison cutting down trees, turning them into paper products, producing the plastic packaging that usually surrounds paper towels, and shipping them to a grocery store near you (not to mention the gas you use, if you drive to the store to buy them).
- **Replace your disposable dryer sheets with wool dryer balls.** Dryer balls can be used for up to a year and can even lower the amount of time it takes to dry your clothes, saving you energy and money! Once the dryer balls have reached the end of their life, they can be composted.
- **Buy second hand.** If you do need something, thrift stores and consignment stores are great places to find slightly used, and often new, clothes and household items. Second-hand purchases have a much smaller carbon footprint and can save you a lot of money, compared to new purchases.

RESTORING THE EARTH THROUGH WASTE REDUCTION

Every April 22nd, Earth Day is celebrated globally, and this year's theme is "Restore Our Earth". Waste generation has significant impact on the health of the planet and the ecosystems at large. This month, I encourage us all to consider opportunities to address waste reduction in our daily routines. The Environmental Protection Agency's "Reducing Waste" web page offers a number of [ideas to reduce waste](#) toward restoring and protecting our earth every day.



CAMPUS RACE TO ZERO WASTE COMPETITION (RECYCLEMANIA)

The "Campus Race to Zero Waste" – Recyclemania competition ended on March 27, 2021. At week 7 (of 8), 55.88 tons (111,760 pounds) of materials were recycled and 65.67 tons (131,340 pounds) of trash were generated and sent to the landfill by ISU, and we were ranked 23rd of 86 in the Diversion category and 76th of 110 in the "Per Capita" Recycling category. Stay tuned for final results in May.


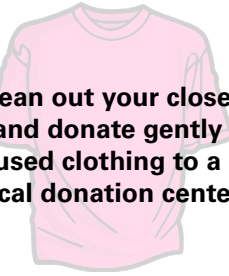
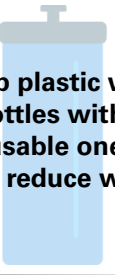
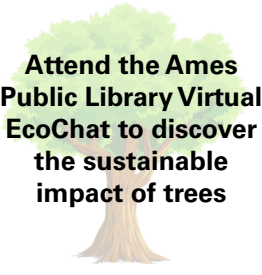

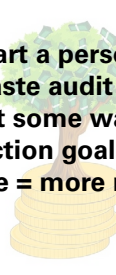
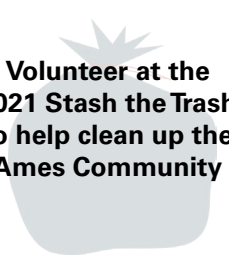




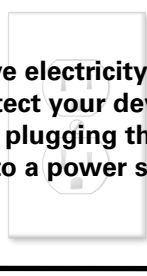

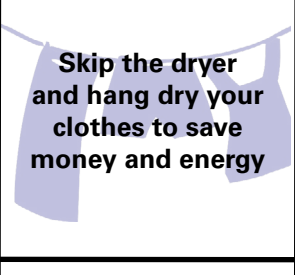


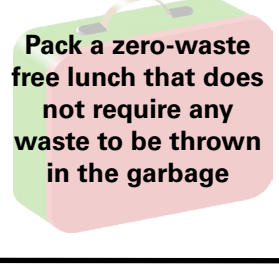







Copy by Ayodeji Oluwalanda
Layout by McKenzie Davison

MONTHLY CHALLENGE

EARTH DAY EVERY DAY

TAKE THE CHALLENGE TO GREEN YOUR ROUTINE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Tackle the Challenge to Green your Routine this April. Challenge yourself to change up small routines in your day-to-day life to become more sustainable and make every day Earth Day. As you complete challenges, make sure to record them as part of the online Live Green! Earth Month Challenge and add to your point total and be one of ten grand prize winners.</p>			 <p>BYOB (bring your own bag) to the grocery store to reduce waste</p>	 <p>Clean out your closet and donate gently used clothing to a local donation center</p>
 <p>Swap plastic water bottles with a reusable one to help reduce waste</p>	 <p>Attend the Ames Public Library Virtual EcoChat to discover the sustainable impact of trees</p>	 <p>Attend the vegetable gardening event at the Reiman Gardens</p>	 <p>Start a personal waste audit and set some waste reduction goals; Less waste = more money</p>	 <p>Volunteer at the 2021 Stash the Trash to help clean up the Ames Community</p>
 <p>Enjoy the mental health benefits of journaling by writing down your thoughts</p>	 <p>Say no thank you to single-use utensils when ordering food for takeout</p>	 <p>Support the Ames community by signing up to volunteer on the Volunteer Story County website</p>	 <p>Enjoy a guided plant walk at Reiman Gardens, or take yourself on a walk to explore nature</p>	 <p>Save electricity and protect your devices by plugging them into a power strip</p>
 <p>Green your spring cleaning with sustainable G-I-Y cleaning supplies</p>	 <p>Skip the dryer and hang dry your clothes to save money and energy</p>	 <p>Reduce your carbon footprint and replace driving your car with walking, biking or taking the bus</p>	 <p>Celebrate Earth Day by attending ISU's Earth Day event</p>	 <p>Pack a zero-waste free lunch that does not require any waste to be thrown in the garbage</p>
 <p>Go shopping for new indoor plant or flowers to plant for spring</p>	 <p>Participate in the 2021 Earth Hour by powering off all devices and appliances for one hour</p>	 <p>Start a food waste collection bucket to start your own compost bin</p>	 <p>Trade in your single-use teabags for a reusable tea infuser</p>	 <p>Make plans to plant a new tree or help with a tree planting in your local community</p>

#ISUEARTHMONTH2021

Copy and layout by McKenzie Davison

GREEN-IT-YOURSELF

EMBRACE SPRING CLEANING WITH THESE SUSTAINABLE SOLUTIONS

NO-SEW REUSABLE DUSTER

Supplies: 2 cloths (11 x 11 in.), fabric glue, scissors, swiffer duster handle (or an upcycled handle about a foot long)

Instructions:

1. Lay out one of the cloths and trim a "U" shape, taking off 3 in. on three of the sides. Take these strips, cut them in 6 equal-size strips and glue the strips horizontally onto the trimmed cloth (in a line from top to bottom, and centered on the cloth). Repeat this process with the second cloth.
2. Place one cloth "glued side face down" and place the handle on the cloth. Trace around the handle with the fabric glue - ensuring the cloth is snug around the handle, but can slide on and off the handle for laundering.
3. Line up the non-glued side of other cloth with the fabric glue outlined cloth and press down firmly, gluing the two pieces of cloth together. Let dry completely. Starting from the bottom of the glued together cloths, measure up 1" and cut horizontally "halfway in" from either side of the cloth (being careful not to cut through glue seams).
4. Trim ends to desired look. Happy sustainable dusting!



EASY ALL-PURPOSE CLEANER

Supplies: spray bottle (at least 16 oz. capacity), 16 oz. water, 1 tsp. baking soda, 1/4 tsp. liquid dish soap, 5 drops essential oils (optional)

Instructions:

1. Pour water into a spray bottle and add baking soda.
2. Swirl gently until the powder is completely dissolved.
3. Add dish soap and gently swirl to combine.
4. Drop in essential oils (if using) and combine gently.
5. To use - shake well before each use, spray lightly on household surfaces and wipe up with damp microfiber cloth.



DIY CARPET DEODORIZER

Supplies: 1 C. baking soda, 30-40 drops of essential oils, desired amount of dried herbs to complement essential oils (optional), glass jar with shaker or solid lid

Instructions:

1. Prepare and measure all ingredients.
2. If using herbs, grind using a coffee grinder or blender.
3. Combine ingredients in a glass jar and shake well to combine.
4. Allow ingredients to sit (at least) overnight for best results.
5. To use, sprinkle lightly over carpet using glass jar with shaker or solid lid. Let sit for 15 minutes and vacuum normally.



For more GIY's and Recipes, check out the [Live Green! Pinterest page!](#)

RECIPES

ENJOY ON THE GO, SPRING-READY TREATS



COFFEE GROUNDS GRANOLA

Ingredients: 3 1/2 C. old fashioned rolled oats, 1/4 C. chopped raw pecans, 1/4 C. flax meal, 1/4 C. fresh or used coffee grounds, 1/4 C. chopped dates, 1/2 C. almond butter, 1/2 C. brown rice syrup, 1 Tbsp. vanilla extract, 1/2 tsp. sea salt, 2 Tbsp. water

Directions:

1. Preheat oven to 325 degrees F.
2. Mix oats, pecans, flax meal, dates and coffee in large mixing bowl.
3. Combine almond butter, brown rice syrup, vanilla extract, salt and water in a small pot over medium-low heat. Whisk until smooth. If too thick, add 1 Tbsp. water until pourable. Can also be microwaved in 20-second intervals.
4. Pour butter mixture over oat mixture and stir, coating all ingredients. Spread evenly on baking sheet, bake for 25-28 min., mixing halfway through.
5. Let cool and store in an airtight container for 3-4 days.



PICNIC CHEESE BOARD

Ingredients: 2 glass containers with lids, 3 cheeses of your choosing, 2-3 proteins of your choosing, 2 types of fresh or dried fruits, 2 kinds of nuts, mix of crackers

Directions:

1. Pick ingredients and snacks that you enjoy.
2. Mix and match types of cheese such as soft, cubed, sliced, goat and vegan.
3. Choose fruits such as sliced apples, berries, grapes or dried oranges, apricots and cherries.
4. Provide a variety of crackers that mix and match well with your other choices.
5. Arrange crackers in one container. In the other container start with placing your cheeses, then place in proteins and fruit. Finally, fill in small spaces of the container with smaller ingredients like nuts and dried fruits.
6. Pack your cheese board containers. Include cloth napkins, reusable silverware, drinks and a blanket to round out a fun, spring outing!



COFFEE GROUNDS SUGAR COOKIES

Ingredients: 1 C. softened butter, 1 1/2 C. sugar, 2 eggs, 2 Tbsp. used coffee grounds, 1/2 tsp. vanilla, 2 1/4 C. flour, 1 tsp. baking powder, 1/2 tsp. cinnamon, 1/4 tsp. salt

Directions:

1. Cream together butter and sugar using a mixer. Set aside.
2. Combine eggs, vanilla and coffee in small bowl until combined.
3. Add flour, baking powder, cinnamon and salt in another small bowl, mix well.
4. Mix egg mixture into butter mixture, combine well. Slowly add flour mixture and combine, do not over beat.
5. Chill dough for one hour (at least), preferably overnight.
6. Preheat oven to 350 degrees F. Roll out dough on floured surface to 1/2 in. thick. Cut out in desired shapes and place on parchment-lined baking sheet.
7. Bake for 8-10 minutes or until slightly golden. Cool and enjoy your delicious sweet treat!

EARTH MONTH 2021

A MONTH OF CELEBRATIONS AND OPPORTUNITIES

CY-lebrating Earth Day!

Join the Live Green! Earth Month Challenge!



In celebration of Earth Month, we have several exciting opportunities happening throughout April! First, there is our virtual Earth Month Challenge. Starting Apr. 1, and running through the entire month, participants can track sustainable actions they take each day in different areas of sustainability; including waste, nature, energy and wellbeing. Points are awarded for each action, and the top ten point earners at the end of the month have the opportunity to win some unique, useful, and sustainable prizes. To register to take part in the challenge, fill out the form on the homepage of the [Earth Month Challenge website](#), then use the site to track your points and see where you stand on the leader board throughout the month!

Earth Day Celebration

You can also join us for our Earth Day Celebration on Apr. 22, from 10:00 a.m.-2:00 p.m. on the South Library Lawn! This event will feature displays from sustainability-focused student and community organizations and businesses. This is a great opportunity to network with people who share a passion for creating a sustainable future, learn something new about sustainability in our community, celebrate sustainable achievements and get involved! Attendees will also have the opportunity to win sustainable prizes at the event and to get their bikes tuned-up, courtesy of ISU Outdoor Recreation. To stay up to date on event details, tabling organizations and to access the digital prize card, check out our [Earth Day Facebook event page](#).



More Earth Month Opportunities

To find even more sustainability events and opportunities, check out our [Earth Month Calendar](#). This calendar provides a list of sustainability-related opportunities happening on campus and in the Ames community throughout April, as well as some virtual opportunities. On the calendar, you can even see which facet of sustainability each event connects to, whether social, environmental or economic. We hope you'll join us in celebrating sustainably!

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Layout by McKenzie Davison

GREEN OPPORTUNITIES

INTERN ON THE LIVE GREEN! TEAM



IOWA STATE
UNIVERSITY

Educate, empower and engage the Iowa State student body and Ames community as a member of the 2021 - 2022 Live Green! Leadership Team. Available positions include Marketing and Communications, Social Media Engagement, Campus and Community Engagement and Ames Smart Business Challenge. All positions are paid

30-week long internships during the 2021 - 2022 school year. For more info, visit the [Live Green! website](#) or email livegreen@iastate.edu. Applications are due Apr. 15, 2021 at 5 p.m.

PARTICIPATE IN THE GLOBAL DIALOG



Tune into and engage with over 100 events across 50 countries during the 2021 Solve Climate by 2030 dialog series. This series takes a critical look at challenges revolving around climate change. Throughout the months of April and May, access hundreds of webinars from faculty around the world lecturing

on topics including climate solution, energy justice and a Green Recovery. Engage in the [Iowa's Climate Solution discussion](#) on Apr. 7, 2021, 4 - 6 p.m. For more information and to register for the event, go to the [Solve Climate by 2030 website](#).

CELEBRATE ONE SUSTAINABLE IOWA



Participate along with students, faculty and staff from colleges and universities across the state of Iowa in the 2021 Virtual Earth Month Symposium. Events are held throughout the month of April and begin with the Symposium Kickoff Apr. 1, 2020. As a part of the Symposium, ISU's Live Green! Initiative will be hosting a

Student Sustainability Forum Apr. 15, 2021. For more information about hosting or attending an event, go to the [One Sustainable Iowa website](#) on the [Earth Month Symposium webpage](#).

ELIMINATE WATTS



Compete in the 2021 Kill-a-Watt Challenge. Throughout the month of April, the residence hall that saves the most energy each week will be eligible for weekly prizes, and the winner at the end of the month will receive energy-themed prizes. The Sustainability Committee and FP&M will be measuring the energy usage for

each residence hall weekly, and will email residents with the results at the end of each week. Contact Aline Milach Teixeira at alinem@iastate.edu for more information about this challenge.

HONOR THE FIRST AMENDMENT



Attend the 2021 First Amendment Days virtually this year April 12 - 16. Celebrate your freedom to religion, speech, press, assembly and petition during the 19th year event. This year's event is entitled "Some Assembly Required" and is hosted by students from the Greenlee School of Journalism and Communications, the Iowa

State Daily and Leo Mores Chapter of the Society of Professional Journalists. For more information and schedule of events, go to the [Greenlee School of Journalism and Communications website](#).

SHARE YOUR GREEN STORY



Create a riveting story for the 2021 One Planet, Many People Scholarship Video Contest. This contest is open from Mar. 15 - July 15, and available for all high school seniors and undergraduate students to submit their entries. Videos are limited to 60 seconds in length and should focus on addressing the topic of

human population growth. Four scholarships worth \$2,000 and 12 scholarships worth \$1,000 are to be awarded to winners. For more information about contest rules, video guidelines and to submit entries, go to the [Population Media Center website](#).

VOLUNTEER WITH AMERICORPS



Complete a hands-on, three-month service internship with the Green Iowa AmeriCorps. This intern experience gives individuals an opportunity to develop their professional skills, network in communities and work to make Iowa a more sustainable state. The areas of service include energy and community, sustainable schools and land

and water stewards. Positions are open from May 17 - Aug. 13 or Jun. 1 - Aug. 31. For information and to apply, go to the [Green Iowa AmeriCorps website](#) or contact GIACrecruitment@gmail.com.

STASH TRASH AND ELECTRONICS



Help clean up around the Ames community, and in your space, during the 23rd annual Stash the Trash. As a unique addition this year, unwanted electronics can also be recycled at the event. Bags of collected trash and electronics can be dropped at [Parking Lot S5](#), south of Jack Trice Stadium, Apr. 9, 7:30 a.m. - 6 p.m. and Apr. 10, 8 a.m. - 2 p.m.

To find more event information about electronics recycling cost and specifics, go to the [Volunteer Center of Story County website](#).

APRIL CALENDAR

03

Low-Impact Lawn Alternatives

Reiman Gardens | 10:30 - 11:30 a.m.

Join Director Ed Lyon and learn about earth-friendly lawn alternatives. Find out how to create beautiful spaces in your garden while also reducing your ecological impact. Register for the event before Apr. 3, on the [Reiman Gardens website](#). Cost: Members: \$20, General Public: \$25, ISU Students: \$17

06

Vegetable Gardening Best Practices

Reiman Gardens | 6 - 7:30 p.m.

Get a head start on your summer garden and celebrate Earth Month with Horticulturalist Sharon Rink's Vegetable Gardening class. Participate in a discussion about how to effectively create a garden for this upcoming summer. Pre-register for the class by Apr. 5, on the [Reiman Gardens website](#). Cost: Members: \$16, General Public: \$20, ISU Students: \$13.60

Spring Fever Symposium

Virtual | 6 - 7 p.m.

Attend the Iowa Arboretum's first-ever virtual Spring Fever Symposium. The symposium features an educational program with the following topic: Ideas for gardens and budgets of all sizes. Hear from Karen Chapman, author of *Fine Foliage*, *Gardening with Foliage First* and *Deer Resistant Design* about how to shop and choose plants to add color to a garden. Register for the event on the [Iowa Arboretum website](#) by Apr. 6. Cost: \$20

EcoChat: Trees

Virtual | 7 p.m.

Listen in on the 2021 Virtual EcoChats every first Tuesday of the month via Zoom. Hear from local experts on Apr. 6, about trees and topics related to sustainability. Learn how to plant, prune and care for trees in this informational program. Visit the [Ames Public Library website](#) for more information and to find the [event link](#). Cost: Free

13

The Changing Face of Iowa Farming

Virtual | 1 - 2 p.m.

Tune in to the panel discussion as experts discuss changing academics and practices for Iowa farmers. Register in advance on the [ISU Museums website](#). Cost: Free

17

Wild & Scenic Film Festival

Virtual | 1 - 4 p.m.

Get inspired with the Wild & Scenic Film Festival tour, hosted by the Iowa Environmental Council (IEC). The festival includes a panel discussion about preserving Iowa to make it a better place to work and live. Grab some popcorn and enjoy environmental films from the comfort of your home. For more information, visit the [IEC website](#). Cost: Individual Ticket: \$50, Viewing Only: \$20

22

Live Green! Earth Day Celebration

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

Celebrate the 2021 annual Earth Day and ISU's many sustainability campus initiatives, organizations and accomplishments. The event features interactive displays from sustainability-focused student, campus, and community organizations and businesses as well as free bike tune-ups, refreshments and the opportunity to take part in the Live Green! Earth Day Challenge and earn some unique and sustainable prizes. Cost: Free

24

SCAVMA Scamper Road Race

Ames | 10 a.m.

Grab your running shoes and your furry friend and sign-up to run or walk the annual SCAVMA Scamper 5K/10K. All the race proceeds go to ISU's Veterinary College Student Chapter of the American Veterinary Medical Association. The money supports the OneHealth mission and brings community awareness to the cause. For race updates and registration, visit the [ISU Student Organization Marketplace page](#). Cost: Student: \$15, Non-Student: \$20

26

Apartment Gardening

Reiman Gardens | 6 - 7 p.m.

Make the most of your space and resources with the Reiman Gardens Director and horticulturist Ed Lyon's Apartment Gardening program. Learn about what plants are best suited for indoor spaces and how to care for them. Register for the event by Apr. 25, on the [Reiman Gardens website](#). Cost: Members: \$16, General Public: \$20, ISU Students: \$17

29

Music Walk

Main Street | 5 - 9 p.m.

Visit Ames' downtown businesses and enjoy music from local musicians. The event features sidewalk and indoor music performances from participating downtown businesses. Find out what downtown Ames has to offer in this family-friendly event. For more information, visit the [Downtown Ames website](#). Cost: Free

30

Ready to Run Iowa

Virtual | 8:30 a.m. - 3:30 p.m.

Register for the Ready to Run Iowa campaign training program to empower women to run for elective office or become more actively involved in their community as leaders. Sign-up to learn about topics such as: Working With the Media and Running as Women. Visit the [ISU Carrie Chapman Catt Center for Women and Politics website](#) for more information and to register for the event. Cost: Free

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

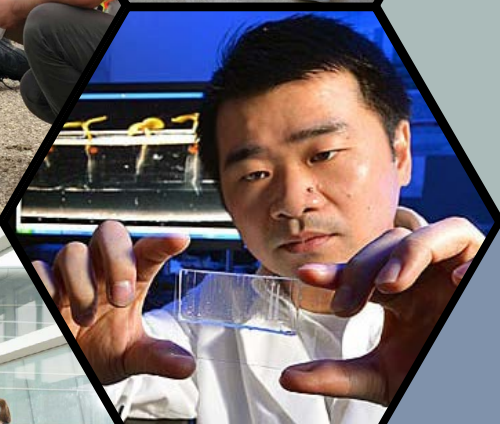
McKenzie Davison | davisonm@iastate.edu
Amanda Fortman | afortman@iastate.edu

Copy and layout by McKenzie Davison

LIVE GREEN! MONTHLY

*"AT ITS HEART, ENGINEERING
IS ABOUT USING SCIENCE TO
FIND CREATIVE PRACTICAL
SOLUTIONS [...]"*

- QUEEN ELIZABETH



**ISU STUDENTS
COMPETING AND
CREATING FOR A
SUSTAINABLE FUTURE**

**NOW YOU KNOW:
CELEBRATING
THE COLLEGE OF
ENGINEERING**

**CHALLENGE YOURSELF
TO A SUSTAINABLE
SUMMER BREAK**

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IOWA STATE UNIVERSITY

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Stay sustainable this summer with these events and opportunities in and around Ames.



As part of the 2020-2021 Midwest Climate Summit, 51 submissions from across 15 universities were entered into the [Climate Stories Contest](#). Winners were recently announced for this multi-media art competition across four categories. Two ISU students were among the winners in the category of film/photography. Congratulations to Nick Battles (senior, Global Resource Systems), 3rd place winner, and Pranav Lamba (senior, Mechanical Engineering), honorable mention.

Thank you, McKenzie!

Photo courtesy by Pedro Vieira Marasciulo



Thank you to McKenzie Davison, 2020-2021 Marketing and Communications intern, for all her impressive work and commitment to producing this year's Live Green!

Monthly newsletter. We wish her great adventure and much success as she embarks on new opportunities in finishing her senior year at Iowa State University in 2021-2022.

Follow Us!



Tag @isu_livegreen on social media — we would love to see your ideas, thoughts and creations.

Cover images courtesy of the College of Engineering



DIRECTOR'S MESSAGE

Unbelievable to look back over this past academic year, isn't it?

It's been a year of adjustment, flexibility, creativity and resilience, and Cyclones have risen to the occasion time and time again. As I recently paged through all the issues of Live Green! Monthly for the past year, it was exhilarating, awe inspiring, prideful and so humbling to be reminded of all we have navigated, accomplished and ensured is that much better and more effective as we look toward the 2021-2022 academic year.

Congratulations everyone. YOU made this happen. YOU persevered. YOU refused to let the challenges define you. YOU are the future our world needs more than ever. YOU embody Cyclone Strong!

The May issue of Live Green! Monthly, our last issue for this academic year, completes a year of honoring the sustainability commitment, accomplishment and vision of our colleges at Iowa State University – wrapping up with the College of Engineering. We also take moments of reflection this month. Reflecting on a wonderfully celebratory and engaged Earth Month, the outstanding work of the Live Green! Leadership Team (and saying farewell to our seniors), and some of the numerous sustainability highlights of spring semester. Finally, our May newsletter looks ahead at a summer filling more and more each day with events, give back opportunities and initiatives to join.

As with every year prior, this year leaves me beaming (inside and out). Though it's been a different year, the enthusiasm has still abounded, impressive impact has occurred and the collective energy of a campus envisioning and embracing a sustainable future (even if through mask and over Zoom) has pulsated.

Wishing you a wonderful summer, whatever the adventures you are pursuing. To all of our graduates, congratulations! I look so forward to seeing the amazing difference you will make. For everyone returning to ISU next year, I look so very forward to greening with you!

Yours in green-ness,
Merry Rankin



Hello all! I hope that you are finding some time to relax as the semester is ending.

The Sustainability Committee has been wrapping up their projects and initiatives as the semester and our terms come to an end. The committee finalized their recommendations for the addition of a Diversity, Equity, and Inclusion Chair. I have written the bill to go into the Student Government bylaws to add this position to our committee, and I am happy to report that it passed successfully at the 4/21/21 Senate meeting!

I am so proud of the work that the committee has done this year. When I accepted this position about a year ago now, I was really worried that we wouldn't be able to get much done because of COVID. However, this year's committee kept strong, and together we were able to accomplish so many things.

I would like to thank all of the students, faculty and staff who have supported our projects, and the members of the Sustainability Committee for such a great year, even during a global pandemic! I will miss being the Director of Sustainability of Student Government, but I am more than excited to welcome Elizabeth Smith to this position. I have known Elizabeth since her first week at ISU, and it has been a pleasure to watch her grow into this role. I know that she will do an excellent job in the coming year :)

Have a great summer!

Jennifer Seth



Hi everyone!

My name is Elizabeth, I use she/her pronouns, and I'm a sophomore at Iowa State. I'm studying Environmental Science with a minor in Sustainability, and I'm from Waterloo, IA. I'm so excited to take over the position of Director of Sustainability for Student Government! Being a member of the Sustainability Committee was one of my favorite parts of my sophomore year and I'm really looking forward to continuing our momentum.

Applications for the 10 available at-large seats on the Sustainability Committee will open early in the fall semester, so I encourage you to keep an eye on the Live Green! newsletter and the Sustainability Committee Instagram (@isusustainability).

See you next year!

Elizabeth Smith



Email Elizabeth with ideas or questions,
edsmith1@iastate.edu. Follow the Sustainability
Committee's Instagram, @isusustainability.



Photo by Pedro Vieira Marasciulo
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 Jennifer Seth
JENNIFER SETH is Iowa State University's 2020-2021 Student Government Sustainability Director. She is a senior majoring in Environmental Science.

INCOMING DIRECTOR



Photo courtesy of Elizabeth Smith

STUDENTS LIVING **CARDINAL, GOLD & GREEN**



Photo courtesy of NECA-ISU



Photo courtesy of NECA



Photo courtesy of NECA-ISU Facebook

Students within the College of Engineering at Iowa State University are gaining relevant professional experience through extracurricular clubs and organizations, as well as coursework. This month's feature article highlights students taking especially unique strides to intersect sustainability and engineering at the forefront of solving some of today's most pressing challenges.

THE NATIONAL ELECTRICAL CONTRACTORS ASSOCIATION

The National Electrical Contractors Association (NECA) student chapter at Iowa State University competes annually toward ensuring an energy-resilient future. In 2021, the ISU chapter is competing in the newly formed Electrical Contracting Innovation Challenge (ECIC), sponsored by NECA and ELECTRI International. Previously known as the Green Energy Challenge, this new change in competition now presents the ISU team, Cyclone Energy, with a great opportunity to explore electrical design (in depth) for the community.

For the first time, every team competing in ECIC are given the same construction documents of a four-story residential hall and are asked to implement this design on their respective campus in this year's challenge. Cyclone Energy is calculating the power and electrical system, designing it by using BIM

(building information modeling), and connecting with NECA and Iowa State members to help prepare a final proposal and technical analysis for the ECIC judges. Each team will also propose a Net Zero Energy Building solution for this design. In the upcoming fall semester, the top three finalists will travel to Nashville to present their proposal to NECA and ELECTRI International members.

Cyclone Energy believes in creating an enriching environment for ISU students throughout their academic career. Living in a University Residential Hall should promote productivity and elevate the atmosphere for individuals. Therefore, Cyclone Energy is not only preparing a design that works, but will exceed expectations through innovative technologies.

In addition, NECA strives to use innovative technology to reduce energy usage and increase the efficiency of electrical systems. This points towards things such as replacing fluorescent bulbs with LEDs which limit waste and reduce greenhouse gases (GHGs), while also supplying the client with a sustainable solution - fewer replacements and longer life spans.

This year's team members (pictured above left) include, from left to right, Gretchen Mathiason (CE major, sustainability minor), Jenny Baker

(coach), Megan Lingafelter (ConE major, building emphasis), Ryan Farrell (ConE major, electrical emphasis), Ty Turner (ConE major, electrical emphasis), Lucas Gilman (ConE major, electrical emphasis), Beth Hartmann (coach) and Josh Zeien (ConE major, electrical emphasis).

The NECA Student Chapter at Iowa State and the Cyclone Energy team are sponsored by the Iowa Chapter NECA. Executive Director Angela Bowersox and her staff, working with Iowa NECA contractors, provide funding, scholarships, tours and guest speakers to the student organization.

Students involved in NECA Student Chapter at Iowa State and the Electrical Contracting Innovation Challenge (ECIC) team are also connected to networking experiences and contacts and opportunities for internships and full-time positions within the electrical construction industry. Members of ECIC develop professional skills in engineering, means and methods of construction, proposal writing and public speaking.

NECA is paving a way for students to get directly involved in creating a sustainable future. For information about how to get involved with The National Electrical Contractors Association, go to the [Iowa State Student Organizations website](#).

Copy by Gretchen Mathiason
(Cyclone Energy - Lead Proposal Writer and Sustainability Coordinator)
Layout by Amanda Fortman



Photo courtesy of EWB-ISU



Photo courtesy of EWB-ISU



Photo courtesy of EWB-ISU

ENGINEERS WITHOUT BORDERS

Engineers Without Borders (EWB) strives to develop and implement sustainable projects in communities around the world through engineering. EWB at Iowa State gives students the opportunity to grow outside the classroom through international travel, leadership roles and hands-on engineering experience. Through connecting with communities around the world, EWB is able to provide needed and lasting solutions, something that is sometimes overlooked in international development projects.

Iowa State's EWB chapter has been partnering with Ullo, a community in the upper-west regions of Ghana, and had the opportunity to work on site over the last eight years. Through this relationship EWB-ISU has been able to assist with project implementation and made great plans for future projects.

The most recent project completed in 2018, was a water distribution system at the Ullo Senior High School. This project brought more readily accessible and clean water to the school and provides water to over 1,000 students at the school.

The effects of this project have already been seen with higher attendance rates and higher test scores. EWB-ISU is already looking for new ways to improve upon the community water

distribution system. Currently members are designing a new low-maintenance chlorination to ensure continual access to clean drinking water.

The next big project is The Clinic Project. After receiving feedback from the community about their desperate need for an updated clinic to serve the community, EWB decided to make this their next 4-5 year goal. This new clinic will help to improve healthcare for Ullo, as well as surrounding communities, and is expected to serve 10,000-20,000 people. The first phase of the clinic will begin this coming Fall (2021).

When it comes to improving quality of life in Ullo, EWB-ISU is not committed to just one project. For example, currently, many community members rely on firewood for stoves, creating a dangerous and unsustainable option. Team members are working to design more efficient household and kitchen stoves to enhance the quality of life for cooks, and lessen the environmental impact of heating and cooking.

In addition, EWB members are designing and installing a rainwater catchment and drip irrigation system for the school garden in Ullo Senior High School. The catchment system will collect water during the rainy season to later be used for agricultural purposes. This project will provide both a means of crop production during the dry season, and act as an

educational tool for the Ullo Senior High School agricultural department.

Another new project is Ullo-Shea, the collection and selling of shea nuts to provide a source of income for the women of Ullo. Members are working with community women to develop methods to extend the production period for shea nuts, as well as improve their business capabilities.

Even during the COVID-19 pandemic, EWB-ISU has continued to complete projects domestically, while planning internationally. One recent domestic project was building charging stations for the Ames community Food at First food pantry in March 2021. These stations will allow Ames community members, who may have difficulty accessing reliable power outlets, to charge electronic devices.

EWB-ISU is making great strides when it comes to working hand in hand with communities to bring sustainable and impactful projects to fruition. For information about how to get involved with Engineers Without Borders, visit their web page on the [Iowa State Student Organization website](#).

These two organizations represent a small portion of engineering student organizations making a sustainable difference. For more information about all clubs ensuring a sustainable future, visit the [Iowa State Student Organization website](#).

NOW YOU KNOW

CELEBRATING THE COLLEGE OF ENGINEERING

With a program built on passion, Iowa State University's College of Engineering is dedicated to inspiring leaders, pursuing research and creating technology that will make a difference, all while celebrating diversity and inclusion on campus. Iowa State University's College of Engineering is built on four pillars to ensure a sustainable future for students and our world; Your Success, Your Career, Your Community and Your World. These pillars hope to inspire students and the community to ensure a sustainable future for ISU, the nation and the world.

SUSTAINED EDUCATION

Iowa State University's College of Engineering (CoE) strives to educate future leaders, conduct research and celebrate diversity through their 14 undergraduate degree programs, four engineering minors, 20 doctoral and 25 master degree programs. Being one of the largest undergraduate programs in the country, ISU offers students a state-of-the-art learning experience through over 12 Engineering Accreditation Commission accredited degree programs.

Sustainability-focused degree opportunities include an Energy Systems minor, as well as additional interdisciplinary sustainability minors, Environmental Engineering undergraduate major and Wind Energy Science, Engineering and Policy doctorate. In addition, the College offers over 125 sustainability courses in graduate and undergraduate study.

Student success is not possible without a safe and accepting workspace. CoE is committed to diversity and inclusion on campus to ensure academic success for all students. Encouraging and increasing cultural awareness on campus allows students with different backgrounds to thrive in their academic environment. Clubs and organizations such as the Society of Hispanic Professional Engineers & Latinos in Science and Engineering and the National Society of Black Engineers also help encourage student success among STEM students on campus.

This year, Iowa State's College of Engineering was awarded the American Society Engineering Education (ASEE) Diversity Recognition Award. ASEE is the highest honor awarded to engineering colleges that go above and beyond to promote increased diversity and inclusion throughout their degree programs.

For more information about commitment to sustainability through education opportunities, visit the College of Engineering website.

CHANGE LEADERS

ISU's College of Engineering is committed to building better leaders for the future. Supporting over 90 engineering focused and related clubs, CoE has created a solid foundation of opportunities for students to learn valuable leadership skills and connect on campus and to the local community.

Among these organizations are those with missions and goals focused on ensuring a sustainable future. For example, Engineers for a Sustainable World (ESW). ESW values the collaboration between community and members to work together to solve and identify technology-based issues and find sustainable solutions to these issues. The goal for ESW is to create an improved quality of life through community and campus involvement in the club.

In recognition of their outstanding commitment to sustainability and a sustainable future, ESW's Compost

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Project Team was recently awarded the 2020-2021 Live Green! Award for Excellence in Sustainability for their collaborative work in supporting and expanding composting across campus, specifically related to the implementation of a food waste collection (for composting) program for Frederiksen Court residents.

Through this concerted commitment to sustained education, the College ensures student connectivity to the building blocks vital in supporting environmental, economic and social sustainability. For example, the newly offered environmental engineering major gives light to critical challenges related to land, air and water quality. Students pursuing this major gain critical thinking and systems consideration skills toward creating relevant and feasible solutions to environmental challenges while also analyzing the effects the built environment has on our world.

Additional clubs committed to ensuring a sustainable difference through projects and commitment to innovation, community and impact include the American Society of Agricultural and Biological Engineers, American Society of Safety Professionals, Biomedical Engineering Society and the Earthquake Engineering Institute. For information about all engineering student organizations with sustainability-focused missions, visit the ISU Student Organizations webpage.

GREEN REACH

Recognized for its accredited engineering program, ISU plays a vital role in the sustainability of our planet and our people through engineering research. ISU has focused its research on the following areas; Advanced Materials & Management, Engineered Medicine, Engineering Education, Energy Systems, Resilient Infrastructures and Secure Cyberspace & Autonomy. Through collaboration and partnership of students, faculty and staff, the college encourages engineering accomplishment and leadership to actively address societal problems.

Providing practical hands-on learning experiences outside the classroom has proven beneficial for student success. CoE takes an interdisciplinary and applied approach to student research offering fellowships with researchers and in conjunction with institutes - connecting directly to discovering solutions for challenges and needs locally, nationally and internationally.

For example, an initiative in mechanical engineering is spearheading battery research focused on sustainable energy storage systems. Direct connection to sustainable energy (and water use) is also in process through a dedicated research project with the Iowa Army National Guard related to their facilities across the state in daily

operations, as well as resiliency during natural disasters.

Focused concentration on sustainable solutions specifically targeted on the intersection preservation and resiliency of food, energy, water and land use systems, is also spearheaded in the College of Engineering through research initiatives including precision conservation in agricultural production, connecting engineering methods to plant genomics and ensuring safe food from field to table.

While all CoE research initiatives have shared connection to ensuring and supporting the day-to-day lives of humans while also making a lasting impact on the future, some especially unique applications are being pursued with respect to health and well-being through probiotic engineering in fighting illness, disease treatment and diagnosis and building against wind load and turbulence.

Through a multitude of classroom and experiential education opportunities, collaborative and networked research initiatives, comprehensive diversity and inclusion programs and relevant student success and career resources and experiences, the College of Engineering is committed to empowering and equipping a sustainably engineered world toward ensuring a sustainable future.

EARTH DAY RECAP

Iowa State University students, staff and faculty gathered in a socially-distant manner on Thursday, April 22, from 10 a.m. - 2 p.m. on the South Library Lawn to celebrate Earth Day.

The event featured tables and representatives from 15 different community and campus organizations. These organizations included; Environmental Science Club, Pay It Forward, Climate Reality Campus Corps, City of Ames Smart Watersheds, Volunteer Center of Story County, Story County Conservation, The Loft, Environmental Education Club, the Humanitarian Awareness Committee of International Student Council, Iowa Women in Natural

Resources Collegiate Chapter, Iowa State Recycling Services, The Green Umbrella Club, ISU Department of Residence, Students Helping Our Peers (SHOP) and Engineers for a Sustainable World.

Organizations that were not able to join Live Green! in-person on Earth Day were able to participate virtually through the [Earth Day blog](#), including JAX Outdoor Gear, Renewable Energy Group, and Sustainable Agriculture Student Association. Information on all participating organizations can be found on the blog.

The annual Earth Day celebration gives students the opportunity to

minge with related environmental organizations and learn more about the initiatives taking place on- and off-campus.

The Earth Day celebration also featured free bike tune-ups courtesy of Outdoor Recreation Services, music by KURE and free fruit-infused water and cookies.

The Earth Day event hosted over 250 ISU students, faculty and staff.



View the full [2021 Earth Day Photo Gallery](#) on the Live Green! website.



Copy and layout by McKenzie Davison



CY-lebrating Earth Day!

Join the Live Green! Earth Month Challenge!



Get Your Eco On!

RECYCLING NEWS

MAY UPDATE FROM ISU'S RECYCLING COORDINATOR



Photo courtesy of Ayodeji Oluwalana

AYODEJI OLUWALANA is the Iowa State University Recycling and Special Events Coordinator. In his role he leads Iowa State University's recycling program and spearheads zero waste planning efforts. Stay up to date on Ayo's initiatives and projects, as well as learn about more ways to get involved, on the ISU Recycling Services website or by sending an email to Ayo (aoluwala@iastate.edu). Watch out for future newsletter articles. More to come!

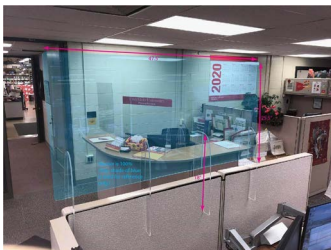


Photo courtesy of Central Stores

limited, FP&M is being proactive by exploring upcycling and reuse options for these materials. A partnership this Spring semester with an Industrial Design class whose focus is on social connection and impact is currently underway as they explore several repurpose options, rather than seeing them end up in the landfill. Stay tuned for more information on creative product ideas emanating from this project in the coming months.

OFFICE CLEAN-UPS IN CAMPUS BUILDINGS

As we approach the end of a unique academic session, and office clean out begins, everyone is reminded to recycle all textbooks, journals, hardcover books etc., and not thrown into trash bins. To do this, please **DO NOT** put these heavy items in the blue recycling bins, as we are trying to avoid injuries for custodial staff hauling these bins to the loading dock for recycling. Rather, simply put these items in boxes and submit an [online pickup request](#). FP&M will take care of it from there.

For confidential document destruction, please visit [this page](#) to learn more about how you can securely destroy documents when you don't feel comfortable using the blue recycling bins.

PAPER TOWEL COMPOST PILOT PROJECT UPDATE

The paper towel compost pilot project at Veterinary Medicine ended on April 30. The pilot project, which started on Monday, March 1, 2021, at the Lloyd Veterinary Medical Center, focused on exploring possible options in keeping paper towels out of campus trash dumpsters. The end goal will be to use these paper towels for soil enrichment through composting at the ISU Compost Facility.

Throughout the period of the pilot and contrary to expectations with respect to contamination issues, the pilot recorded very few cases of that throughout the trial period, thanks to proper signage and other outreach materials for building users. With the pilot being completed, there are plans to scale it up to the entire Veterinary Medicine complex and some selected buildings in phases in Fall 2020. Selected green compostable bags were used for the pilot, which were initially tested at the compost facility to ensure it breaks down easily and supports the overall mission.



Photo courtesy of Ayodeji Oluwalana

FREDERIKSEN COURT COMPOST PROGRAM UPDATE

Composting options at Frederiksen (Freddy) Court apartments started full scale last fall, thanks to the great partnership among several campus entities such as Facilities Planning and Management (FP&M), Engineers for Sustainable World (student organization), ISU Dining and the ISU Compost Facility. The focus was to provide opportunities for residents to compost their food waste and help divert those materials from the Ames Resource Recovery plant, and of course the landfill.

In order to properly evaluate the program success, two waste audits were conducted at the end of Fall 2020 and Spring 2021 and preliminary results showed less food waste and compostable materials are being found in trash dumpsters at Freddy Court apartments. The progress recorded so far is a boost to our waste diversion goal of 85 percent from the landfill by 2025. The program will continue to be available through summer (2021) and going forward. Special thanks to the members of the Engineers for Sustainable World Compost Team for championing this project.



Photo courtesy of Live Green!

PLEXIGLASS REUSE INITIATIVE

Across campus, plexiglas barriers have been predominant since the start of the pandemic, and there have been questions lately on what happens to them post-pandemic. With over 500 plexiglas barriers available on campus and recycling options



Photo courtesy of Live Green!

Layout by Amanda Fortman

MONTHLY CHALLENGE

SUSTAINABLE ALPHABET

This May, take the challenge to keep greening all summer with tips from the Sustainable Alphabet. From composting to going paperless, find what works best for you. With 26 different ideas to make every day sustainable, there is an opportunity for everyone's journey toward a more sustainable future.

Avoid single use plastic

Compost

Donate unneeded items

Eat local

Fair trade products

Grow your own produce

Bicycle instead of drive



Invest in quality items

Hang clothes to dry

Keep the lights off

Join a new club

Lower your water flow



Opt to receive receipts digitally



Quiet your mind and unplug

Minimize your wardrobe

No to disposables



Preference for paperless



Volunteer

Unplug unused items

Turn off electronics

Shop secondhand

Reduce, reuse and recycle

Wear sustainable clothing



Xplore a new outdoor area

Yes to reusables



Zero-waste



Stay connected to [Live Green!](#) throughout the summer to find more ways to green your lifestyle!

SPRING SEMESTER HIGHLIGHTS

REFLECTING ON THE GREENING ACTIONS OF SPRING 2021

Throughout the spring semester, Iowa State's students, faculty and staff have been working to create sustainable and resilient changes throughout our community. Help to commemorate and celebrate the green successes in our operational initiatives, student experiences and community connections and collaborations.

OPERATIONAL INITIATIVE



ENSURING CAMPUS HEALTH

With COVID-19 precautions, the Iowa State custodial staff went above and beyond to keep students, faculty, staff and the ISU community safe. Through intensified cleaning in all common areas, classrooms and high traffic spaces, these individuals exemplified dedication in keeping our campus safe and healthy to complete the 2020-2021 academic year.

CREATING A GREEN SPACE

A new green space was created on Pammel Drive with the demolishing of the Genetics Laboratory complex. Over the summer, the area will be seeded with a diverse species seed mix to create a pollinator garden, supporting native pollinators, including Monarch butterflies. This new garden will be the fourth pollinator garden on the ISU campus.



DIVERTING WASTE FROM LANDFILLING

Throughout the spring semester, nine bathrooms in the Lloyd Veterinary Medical Center were part of a pilot project exploring composting feasibility for paper towels. This initiative assists the University in strategizing opportunities to achieve campus, waste landfilling diversion goals. Pending trial results, paper towel composting bins may be added to additional campus restrooms.

STUDENT EXPERIENCE

ADDRESSING ANTI-RACISM

The NCORE-ISCORE Office created a professional development action plan for campus offices and initiatives to utilize as a framework to ensure anti-racism in planning. Specifically, the plan helps identify opportunities to promote diversity and inclusion and address barriers. In addition to the action plan, the Office also offered the "Expert of My Experience" workshops, focused on team participation in activities and conversations revolving around anti-racism.



Read more sustainable spring semester highlights and news on the [Live Green! website](#).



CREATING RESILIENT FASHION

The 2021 Fashion Show brought over 75 designers' creations to life in this year's event held at Reiman Gardens. This year's theme "Metamorphosis" was a nod to the evolution the show had gone through due to COVID-19. Special acknowledgment was also given to some pieces from the canceled 2020 show. The Fashion Show and the Iowa State Fashion Week also hosted a "RepurposeYour Clothing," event during spring semester, offering students a unique opportunity for discussion and creation.

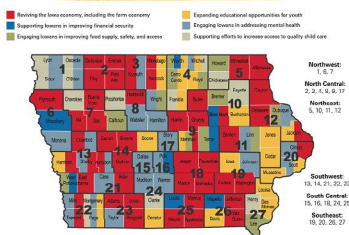
INNOVATING THE STUDENT EXPERIENCE

Iowa State University's College of Liberal Arts and Sciences established a new Innovation and Entrepreneurship (I+E) Academy, providing students a two-year program to gain experience and connect to opportunities focused on innovation and an entrepreneurial mindset. The academy offers an environment to engage on-line, face-to-face and interactive activities, as well as connect to mentors.



COMMUNITY CONNECTION AND COLLABORATION

PRIORITY INITIATIVE AREAS MAP

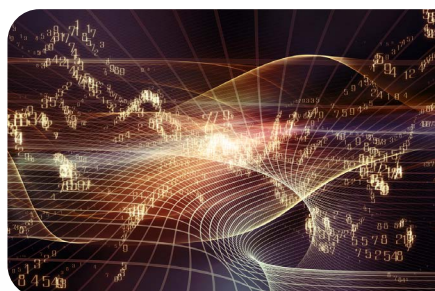


FOCUSING ON PANDEMIC RECOVERY

ISU Extension and Outreach addressed issues to aid lowans in pandemic recovery through development of a Roadmap to Recovery. The roadmap identified six initiative areas where lowans have a need and ISU Extension and Outreach has expertise to assist. Each Iowa county identified one or two of the following areas to focus on within the next two years: economic revival, financial security, food supply safety and access, youth education, mental health and quality child care.

CONSERVING FARMLAND

The Bia-Echo committed over \$1 million to ISU's Science-based Trials of Row-crops Integrated with Prairie Strips project, to invest in a three-year project focused on farmland conservation practices across the Midwest. These funds will support, through a three-year project, adoption of prairie strips and farmland conservation practices. The project brings together scientists, educators, extension specialists and farm landowners.



IMPROVING DATA ACCESSIBILITY

An Iowa State research group has received a \$300,000 NSF grant to improve accessibility of publicly funded data. This project will help scientists to share their data with other institutions, researchers and the public. Data sharing can open new doors for collaboration, spark new ideas and strengthen current studies being completed.

FAREWELL TO OUR LIVE GREEN! SENIORS

Wishing our Live Green! seniors a fond farewell in their future endeavors after graduation, and are grateful for the time and dedication they have devoted to the Live Green! Initiative on campus. We wish you the best of luck and look forward to seeing your continued impact!



AMANDA FORTMAN

**MARKETING &
COMMUNICATIONS**

**AG COMMUNICATIONS AND
GLOBAL RESOURCE SYSTEMS**

MANCHESTER, IOWA



**PEDRO VIEIRA
MARASCIULO**

**SOCIAL MEDIA
ENGAGEMENT**

**ECONOMICS AND
MARKETING**

TEMECULA, CALIFORNIA



CAITLIN TIPPING

**CAMPUS & COMMUNITY
ENGAGEMENT**

**GLOBAL RESOURCE
SYSTEMS, SOCIOLOGY, AND
ENVIRONMENTAL STUDIES**

URBANDALE, IOWA



EDGAR GUILLEN

**CITY OF AMES SMART
BUSINESS CHALLENGE**

MARKETING

PLANO, ILLINOIS

WHAT'S NEXT AFTER GRADUATION?

Pursing a career in
agriculture marketing.

Home mortgage
consulting for Wells Fargo.

Job searching and hopefully
some traveling!

Insurance consulting with
State Farm.

HOW WILL YOU CONTINUE "GREENING" AFTER GRADUATION?

I will continue to integrate
small green changes into my
everyday life, and work to
support sustainable brands.

I will continue to implement
sustainable habits in my
daily life, while empowering
my friends and family with
new renewable ideas and
practices.

I plan to continue
implementing small actions
in my daily life, like opting for
reusable products, thrifting
clothes and volunteering in my
community. I also have distant
dreams of opening a zero-
waste coffee shop.

I want to do some research
into renewable energy
technologies and participate
in making a "greener"
community. I also hope to
return to ISU and work in
sustainable management
and marketing.

WHAT IS YOUR FAVORITE "GREEN" MEMORY AT IOWA STATE UNIVERSITY?

Working with the whole
Live Green! Team and
meeting everyone
at Sustainapalooza.

Getting positive feedback
from people who see the
[social media] posts. It is
very fulfilling to know I can
engage with others in a
constructive manner
about sustainability.

Participating in
sustainability events and
being a part of the Food
Recovery Network, helping
keep our campus beautiful
and giving back to the
community is rewarding.

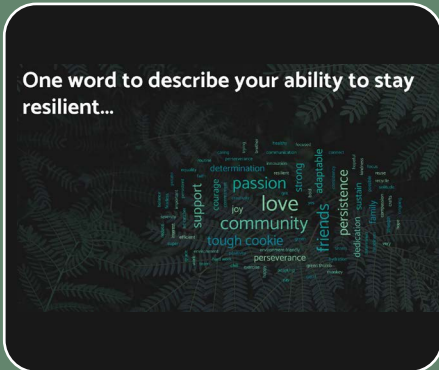
This internship; learning
more about the green side
of ISU and the City of Ames.

Copy and layout by McKenzie Davison

A YEAR OF **CARDINAL, GOLD & GREEN**

2020-2021 INITIATIVES OF THE LIVE GREEN! TEAM

Reflecting on a year of resiliency for Live Green! Team members educating, engaging and empowering students, faculty, staff and community members during the 2020-2021 academic year.



GREEN-IT-YOURSELF

EMBRACE SUMMER WITH THESE SEASONAL CREATIONS

BUTTERFLY FEEDER

Supplies: 1 pint-sized regular-mouth Mason jar (or any pint sized jar, ex. spaghetti jar), canning lid and ring, twine, hammer, nail, natural sea sponge or kitchen sponge

Instructions:

1. With the lid on the jar, use the hammer and tap the nail to create a hole in the center of the lid. Cut a piece of sponge 1-2 in. square and thread it through the hole on the lid of the container. Pull the sponge until 1/4 of it is inside of the lid.
1. Cut two pieces of twine, each 6 to 8 inches in length. Tie them around the mouth of the jar so there is a knot on either side
2. Cut another two pieces of twine, each 4-6 inches in length. Slip them through the twine pieces tied around the jar, on the sides where knots are not tied
3. Turn the jar upside down and gather all twine, including the ends from step 1, and tie them together to form a "hanging basket" around the jar and tie them securely and tightly against the bottom of the jar.
4. After the knot is tied, take the remaining "loose" ends and tie them together in a loose knot to create a hanger loop. (To achieve the "hanging basket" effect as pictured, follow the [hyperlinked instructions.](#))



CITRONELLA CANDLES

Supplies: 6.4 oz. soy wax, 6 in. pre-waxed/natural candle wicks, heat-resistint glue dots, skewer, 8 oz heat resistant jar/container, [double boiler](#), citronella essential oil

Instructions:

1. Using a glue dot, glue the candle wick to the bottom of the container.
2. Fill the bottom pan of a double boiler 1/3 full with water and add top pan. Heat water to a simmer on low heat.
3. Add soy wax to the top pan. Heat while frequently stirring until fully melted.
4. Remove top pan from water bath and let cool to 120 degrees F. Add three drops of citronella oil, stir to combine.
5. Wrap the candle wick around the skewer or ice cream stick, laying it horizontal on top of the rim to keep the wick in place.
6. Pour mixture into container to .4 in. below the top of the container.
7. Let candle cool to room temperature. Trim wick before lighting.



ESSENTIAL OIL CAR AIR FRESHENER

Supplies: 1 sheet of yellow felt, 1 sheet of green felt, scissors, hole puncher, all purpose craft glue, 6 in. twine or yarn, 1 bottle of the essential oil of your choice

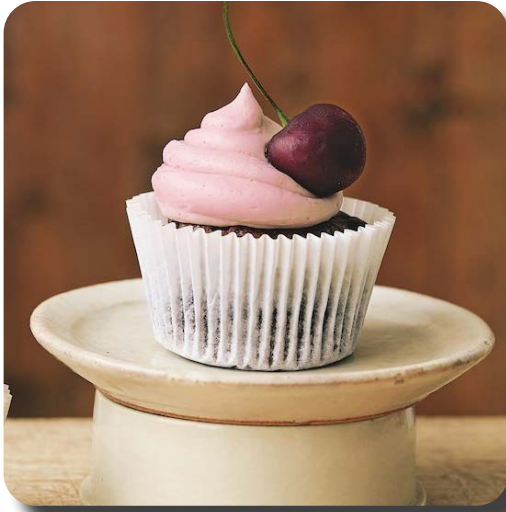
Instructions:

1. Using your scissors, cut a large lemon shape from the sheet of yellow felt.
2. Cut a small leaf shape from the sheet of green felt.
2. Glue the leaf shape to the lemon shape.
3. Using your hole puncher, punch a hole at the top of the lemon.
4. Insert twine or yarn piece through the punched hole to create a loop and tie ends into a knot.
5. Glue the knot to secure.
6. Place 3-4 drops of essential oils on the lemon and hang in car or anywhere that needs freshening. Refresh by adding additional drops every few days.



RECIPES

SHARE DELICIOUS AND HEALTHY TREATS FOR MAY CELEBRATIONS



AVOCADO CHOCOLATE CUPCAKES

Ingredients: 1 avocado, 3 Tbsp. unsalted butter, 1/2 C. granulated sugar, 2 eggs, 1/2 tsp. salt, 1 tsp. vanilla extract, 3/4 C. flour, 1/4 C. unsweetened cocoa powder, 1 1/2 tsp. baking soda

Directions:

1. Preheat oven to 375 degrees F and line a 12-cup muffin tin with cupcake liners
2. Peel the avocado and remove seed.
3. Using a mixer or spoon, mix avocado in a large bowl until smooth. Add butter and sugar and beat until fluffy. Add in eggs (one at a time) and mix well. Stir in vanilla.
4. Sift together cocoa powder, flour, baking soda and salt into bowl. Stir to combine.
5. Fill the muffin tins 3/4 full with batter. Bake 15-20 minutes.
6. Let pan cool for 10 minutes, then remove cupcakes from muffin tin and place on a wire rack.
7. After fully cooled, top with your favorite icing or visit the [Well Good website](#) for the cherry icing (pictured) recipe.

YOGURT POPSICLES

Ingredients: 1-2 C. of fruit of your choice, 2 Tbsp. raw honey (or any sweetener of your choice), 2 C. of yogurt (any flavor)

Directions:

1. Cut fruit into pieces 1/4 in. in size. Place fruit in a large bowl.
2. Lightly mash the fruit (with a spoon or fork) onto the bowl for a swirl effect.
3. Add yogurt and raw honey to the bowl. Stir to combine. Taste and add more sweetener if needed.
4. Pour the mixture into a popsicle mold and freeze until fully solid. (2-3 hours)
5. To remove popsicles, run warm water over mold until loosened.
6. For tips and fruit combinations, visit the [Don't Waste the Crumbs website](#).



STRAWBERRY BANANA SORBET

Ingredients: 1/2 lbs. strawberries, 1/2 lbs. bananas, 1/3 C. agave nectar (or any natural sweetener of your choice), 3 Tbsp. lemon juice

Directions:

1. Place strawberries, bananas, lemon juice and sweetener in a blender.
2. Purée the mixture until thoroughly combined and smooth.
3. Transfer the mixture to a small freezer-safe container.
4. Freeze for at least 3 hours until frozen solid.
5. Remove from the freezer and let sit for 10 minutes before serving.



For more GIY's and Recipes,
check out the Live Green!
Pinterest page!



GREEN OPPORTUNITIES

KEEP IOWA RIVERS CLEAN



Volunteer your time with the 2021 Iowa - A Watershed Awareness River Expedition (AWARE) project. Join nearly 3,000 volunteers July 11 - 16, to clean up Iowa's rivers. Volunteers will paddle canoes on Iowa rivers, picking up trash during the day and camping in local campgrounds at night. Equipment and meals are included with event registration fees. Cost ranges from \$25 - \$45 per day. Register and find more information about the event and fees on the [Iowa Project AWARE website](#).

WEED OUT INVASIVE SPECIES



Help Story County Conservation "Weed Out" invasive species in our conservation areas. Each Wednesday, May 5 through May 26, Story County Conservation Center is asking volunteers are invited to meet at the Conservation Center and help pull and cut. Come prepared with outside working attire, water, gloves (gloves will be provided if unable to bring your own) and a face covering. Register each Sunday prior to the event and find specific dates and times on the [Story County Conservation website](#). Participants under the age of 15 require an adult to be present.

PURSUE CLEAN ENERGY CAREERS



Apply for an internship with the U.S. Department of Energy's 2021 Clean Cities University Workforce Development Program (CCUWDP). The CCUWDP is offering 40 different summer internship positions across the nation. The internship is an excellent opportunity for students interested in gaining experience in areas of energy and transportation. Applications for the position are due May 17. Apply and find out more on the [Clean Cities website](#). If you have any further questions about the internship, email cleancitiesintern@anl.gov.

BOOST YOUR MENTAL HEALTH



Attend in-person or connect virtually to a community discussion on Mental Health Awareness, Thursday, May 20, 6:30 p.m. at the City of Ames Auditorium. Taking place during Mental Health Awareness Month, the event also spearheads a new City of Ames initiative supporting Mental Health Wellness, Recovery and Resiliency offering education, training and resource opportunities to the public. More information about this event and the initiative can be found on the [City of Ames website](#).

STEP OUT INTO SUMMER



Join Story County in the online family challenge, Step Out into Summer. Individuals and families are challenged to get outside and explore and discover nature this summer. Registration opens May 15, and challenges become available on May 28, and the Challenge continues through July 5. Late registration is also welcome. Earn points by completing challenges and compete for a chance to win prizes. For more information or questions, visit the [My County Parks website](#) or email Beth Wage at ewage@storycountyia.gov.

EXPLORE STORY COUNTY TRAILS



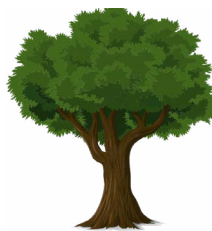
Tour the trails of Story County in a guided walking series hosted by the Story County Conservation Center. Explore the Robinson Wildlife Acres (May 4), McFarland Park (May 11) and Hickory Grove Park (May 18), and learn and ask questions from a naturalist. The walks are scheduled for 9:00 - 11:00 a.m. on the first three Tuesdays in May. Participants are able to walk each park at their own pace. This event is intended for adults only. Registration is required by 9:00 a.m. on the Monday prior to each walk. For more information and to register, visit the [Ames Convention & Visitors Bureau website](#).

HONOR AMES' IMPACTFUL WOMEN



Visit the Ames History Museum and learn about some of the most influential women of the Ames and surrounding communities. The exhibit features stories from Ada Hayden, Rowena Stevens and Helen LeBaron Hilton and how they broke gender barriers in science, business, activism and government. The exhibit is on display from April 12 through June 30. The window exhibit is viewable from the Douglas Ave. windows. For more information about the exhibit, visit the [Ames History Museum website](#).

PLANT A NATIVE TREE



Help restore Iowa's trees after the wind damage from the derecho this past fall. The City of Ames is offering a rebate program for local residents interested in replanting trees on their property. Home and business owners can earn up to a \$150 rebate for planting new trees. More information regarding the tree rebate program, tree species and planting guidelines can be found on the [City of Ames Native Tree Rebate Application Form](#).

MAY CALENDAR

01

Ames Main Street Farmers' Market **Main Street, Ames | 8 a.m. - 12 p.m.**

Shop locally at the opening weekend of the Ames Main Street Farmers' Market. Open every Saturday from May until September. Fruits, veggies, meats, breads, hand crafted goods and family entertainment are all available! To find out about all vendors and dates, go to the [Ames Main Street Farmers' Market website](#). Cost: Free to attend. Varied costs for products.

04

Walk the Trails Series **Robison Wildlife Acres | 9 - 11 a.m.**

Hike with a naturalist as you explore Robison Wildlife Acres in Story County. Explore the park and meet some new people while taking a guided tour. This route is approximately 1.5 miles in length and participants are welcome to walk at their own pace. Other walks this month include McFarland Park, May 11, and Hickory Grove Park, May 18. For more information, go to the [Think Ames website](#). Cost: Free

Moment of Silence **Varied | 1:30 p.m.**

Take a moment of silence for those who have lost their lives to COVID-19 in Ames and Story County. On May 4th at 1:30 p.m. take a moment to reflect. The one-minute moment of silence will be recognized on the one-year anniversary of the first COVID-19 related death at Mary Greeley. For more information about the event, go to the [Mary Greeley Medical Center website](#).

EcoChat: Reduce, Reuse, Recycle **Virtual | 7 p.m.**

Engage in this virtual lecture by the City of Ames and Ames Public Library, focused on sustainability. May's theme focuses on Reduce, Reuse and Recycle. Superintendent of the Resource Recovery Plant, Bill Schmitt, will facilitate the lecture. For more information on the event, go to the [Ames Public Library website](#). Cost: Free

05

Arthropods in the Fold Exhibit **Reiman Garden | 11 a.m.**

Tour the Reiman Garden Room Gallery with Entomologist and Christina Reiman Butterfly Wing Curator, Nathan Brockman. Learn about origami and invertebrate through this art display. Registration and more information is available on the Reiman Gardens website. Pre-registration is due May 3. Cost: Members \$5, ISU Students \$5, Public \$15

07

Plant Sale Extravaganza **Reiman Gardens | Varies**

Purchase plants at the 2021 Plant Sale Extravaganza at Reiman Gardens. In-person sale opens to members on May 7, 3 - 7 p.m. The sale opens up to public on May 8, from 9 a.m. - 6 p.m. and May 9, 10 a.m. - 3 p.m. For more information on the event, go to the [Reiman Gardens' website](#). Cost: Free to attend. Varied costs for products.

08

Iowa State Graduation Celebration **Jack Trice Stadium | Varies**

Commemorate Iowa State's Senior class at the 2021 Graduation ceremony. For more information, go to the [Iowa State University Graduation and Commencement website](#). Congratulations to the graduating class of 2021. Cost: Free

12

Go Public Gardens Day **Reiman Gardens | 10 a.m. - 6 p.m.**

Celebrate Go Public Gardens Days by getting free admission to Reiman Gardens on May 12. Explore and enjoy the beautiful flowers and butterflies for free. Participants can explore and enjoy indoor and outdoor exhibits and natural spaces, along with the beautiful flowers and butterflies. For more information go to the [Reiman Gardens' website](#). Cost: Free for members and non-members

15

Mayor and City Council's Bike Ride **Ames City Hall | 9 a.m.**

Kick off National Bike Month with a family-friendly bike ride around Ames with Mayor John Haila. Take part in this 6.5 mile ride beginning at 9 a.m. in the west parking lot by Ames City Hall. All ages and experience levels are welcome to participate. For more information, visit the [City of Ames event website](#). Cost: Free

515 Day **Downtown Ames | 12 - 9 p.m.**

Commemorate those who live, work and play in the 515 area code on May 15. Stop into stores in Downtown Ames for specials and sales, and enjoy family-friendly activities and live music. Go to the [Ames Downtown website](#) to learn about all participating businesses and events going on. Cost: Free

18

Fresh-Cut Florals: Bulbs in Vases **Reiman Gardens | 6 - 7 p.m.**

Create a beautiful floral arrangement for your home with seasonal flowers and greenery cut from Reiman Gardens. Sandy Gossman will walk you through the process to work with, create and care for your creations. More information can be found on the [Reiman Gardens' website](#). Cost: Members \$48, Public \$60, ISU Students \$40.80

SUMMER CALENDAR

JUNE

03

Art Walk

Main Street | 5 - 8 p.m.

Experience local art in Downtown Ames at the Downtown Ames Annual Art Walk. Enjoy Ames and discover artwork from over 60 different artisans, including painters, jewelry makers, potters, sculptors and musicians. For more information, or to sign-up as a featured artist or business, visit the [Downtown Ames website](#). Cost: Free to attend. Varied costs for art pieces.

04

Summerfest in Campustown

200 Block Welch Ave. | 3 - 9 p.m.

Celebrate the summer with Campustown on the first Saturday in June. Attend the family-friendly event that includes face painting, balloons, inflatables and a root beer garden. The event also features food trucks, live music and a beer garden for attendees over the age of 21. Learn more on the [Campustown website](#). Cost: Free

09

Celebrating Iowa State's Public Art Across Campus | 10 a.m. - 4 p.m.

Take a tour across ISU's campus, the largest campus collection of public art in the US, and discover over 3,000 works. Join the tour guided by ISU Museums and celebrate and enjoy the beautiful displays that can be found across campus. Visit the [ISU Museums website](#) for more information. Cost: Free

12

College Creek Cleanup

College Creek | 10 a.m. - 2 p.m.

Join ISU Live Green! in celebrating National Rivers month through volunteering at the annual College Creek Cleanup. Volunteers can assist in picking up trash and pulling garlic mustard along sections of creek that runs through ISU. Register prior to the event on the [ISU Events Calendar website](#). Cost: Free

20

Father's Day Celebration

Reiman Gardens | 10 a.m. - 6 p.m.

Celebrate Father's Day and enjoy a day in the gardens with free admission to Reiman Gardens. All fathers are admitted free of charge. For more information, visit the [Reiman Gardens website](#). Cost: Dads: Free, Members and Students: Free, General Public: \$10

For more sustainable events and happenings over the summer, visit the [Live Green! website](#) and stay connected through the [Live Green! listserv](#).

JULY

04

4th of July Parade

Main Street | 11 a.m. - 1 p.m.

Wear your red, white and blue and celebrate Independence Day in Downtown Ames. Participate or spectate in the annual 4th of July Parade. For more information, or to sign up as a parade participant, visit the [Downtown Ames website](#). Cost: Free

10

Summer Iowa Games Opening Ceremony **Locations Throughout Ames | Varies**

Compete or volunteer for the 2021 Summer Iowa Games. Sign-up for various events or attend the games throughout the summer and enjoy festivals, events and programs. The opening ceremony for the 2021 games will be held virtually on July 30. The summer games dates are as follows: July 10 -11, July 23 -25, and July 30 - Aug. 1. Register to compete, volunteer and find more information on the [Iowa Games website](#). Cost: Free

11

Garden Art Fair

Reiman Gardens | 10 a.m. - 4 p.m.

View nature inspired art at the Reiman Gardens Art Fair. Browse and buy art including jewelry, watercolor, pottery, woodwork, glass and much more while also enjoying delicious food from vendors throughout the event. For more information, visit the [Reiman Gardens website](#). Cost: General Admission: \$10, Seniors 65 and up: \$9, Youth ages 2-12: \$5, Under two: free, Members: Free, ISU Students: Free to attend. Varied costs for products.

29

Summer Sidewalk Sales

Main Street | 9 a.m. - 6 p.m.

Visit Downtown Ames for the Main Street semi-annual sales event. Find great deals and support small, local businesses July 29, through Aug. 1. For more information, visit the [Downtown Ames website](#).

30

Rummage Rampage

Ames Intermodal Facility | Varies

Donate, shop or volunteer at the 2021 Rummage Rampage. Rummage Rampage begins July 30 and runs through Aug. 7. Shop or donate gently, used furniture and home items to be re-purposed for future use. For more information or to sign-up for volunteering (individually or as a registered non-profit organization or ISU club), contact Bill Schmitt at 515-239-5137 or bschmitt@cityofames.org or Merry Rankin at 515-294-5052 or mraink@iastate.edu. Cost: Free to attend. Varied costs for items.