LETTER FROM THE DIRECTOR

We are entering the season of holidays – a time when we gather and take time to reflect on how thankful we are for all that supports and sustains us throughout the year. Family, friends, food, water, shelter and employment as examples. In essence, the sustainability in our lives.

At its heart and soul, sustainability and to be truly sustainable is an overlap of three components, environmental sustainability, economic sustainability and social sustainability. To lack any one of these components or to have them out of balance results in the absence of all that we need individually, as a city, state, country and world to sustain us now and in the future.

In short review:

- Environmental Sustainability focuses on all the natural resources we depend upon – air, water, soil, etc.
- Economic Sustainability focuses on the monetary resources we depend upon – employment, savings in operations, grants, loans, etc.
- Social Sustainability focuses on social resources we depend upon – human interaction and collaboration, communities, cultures, etc.

Together, they make up what is often referred to as the Triple Bottom Line.

The Live Green! Initiative at Iowa State University strives toward ensuring this Triple Bottom Line in all of our current projects and initiatives and those we are planning for the future. This issue of Live Green! Monthly offers an overview of ISU’s commitment to environmental, economic and social sustainability through highlighting commitment to sustainable design and building and facilities management as well as academics, research and all the wonderful initiatives in which our students are involved.

With all that we have accomplished, we still have plenty of new horizons to venture toward on our collective journey toward a sustainable future. On behalf of the Live Green! Team, we look forward to continuing to make a “sustainable history” for which the generations that follow us will give thanks.

Yours in Greenness,

Merry Rankin

Director of Sustainability
National Campus Sustainability Day was celebrated on Iowa State’s campus on October 23rd from 11am-2pm in the Free Speech Zone. Even with a few snow showers and chilly weather, the event was a major success with nearly 300 attendees joining in the green celebration. Over 20 businesses and campus and community organizations participated in increasing education and awareness of the amazing commitment to sustainability on campus and in the Ames community. Carsharing, biodiesel, clothing swaps, food cooperatives and Fair Trade were just a few of the many sustainability initiatives represented. In addition to learning more about opportunities and accomplishments, attendees were also encouraged to contribute a food item for The SHOP, the campus’ student food bank.

To keep motivation warm and fortified, West Hy-Vee donated coffee, hot chocolate and cookies. To keep that motivation going, Dogtown University donated fantastic ISU gear that was offered as Green Grand Prize drawing items for attendees that visited over half of participant displays. Attendees could also “earn” a “living the cardinal gold and green” button, a keychain made from recycled tires and a reusable coffee mug by visiting 20%, 40% and 60% of participant displays.

Thank you for taking part in National Campus Sustainability Day!

Student Organizations & Groups
- ActivUS
- Closets Collide
- Enactus
- Engineers for a Sustainable World
- Engineers Without Borders
- Government of the Student Body
- ISU Biobus
- ISU Cycling Club
- ISU Dining
- ISU Student Organic Farm
- Leaders for a Sustainable Community
- Team PrISUm
- The GreenHouse Group
- The SHOP
- Outdoor Recreation Program

Businesses/Community Groups
- EcoGreek
- Enterprise CarShare
- Jax Outdoor Gear
- Volunteer Center of Story County
- Wheatsfield
- Worldly Goods

Green Grand Prize Winners
- Bike Accessories:
  - Siena Clayton
  - Nick Cosentino
  - Taylor Didesch
  - Carl Frame
  - Brandi Malchow
  - Connor Nicholas
- ISU Clothing:
  - Jacquelyn Bell
  - Cally Bengston
  - Norra Fairmain
  - Elizabeth Owens
  - Pratik Pingle
  - Marissa Walseth

Hold the date for Sustainapalooza and the Symposium on Sustainability – February 24th and 25th, 2014!

On November 15th, take the “I Recycle” pledge to give your garbage another life. Take the time to learn about proper recycling methods, ways to produce less waste and empower yourself! Iowa State and Ames offers many different recycling programs and opportunities. Check out these tips and resources to get started recycling today!

Visit http://www.fpm.iastate.edu/recycling/ for all your recycling needs.

ISU Recycling Programs
Click Here to see a full list of recycling programs at Iowa State. Some of the programs include cardboard, newspapers, batteries and cell phones, ink cartridges and glass.

Recycling Tips
“Form habits to reduce, reuse and recycle at school and in your personal life.” This is just one of the recycling tips Iowa State offers that you can find by clicking here.

Ames Recycling Programs
The Ames community also has ways to recycle and reuse items. A list of these outlets is listed on the Iowa State recycling webpage, which you can find by clicking here.

Recycling Links
By clicking here you can find a list of online resources Iowa State lists on their website for even more recycling opportunities on campus, in Ames and nationwide.
Leadership in Energy and Environmental Design (LEED) certifications have distinguished Iowa State University as a nationwide example of sustainable living. LEED certifications incorporate sustainability efforts within the design and construction of a building, proving the building a green structure.

There are three levels of certification for LEED, silver, gold and platinum. Each certification depends on how efficient and sustainable the project has been designed and constructed based upon a foundation of six categories: sustainable sites, water efficiency, energy & atmosphere, materials & resources and indoor environmental quality credits.

Some of the techniques, strategies and technologies used to make these buildings more green include: Efficient lighting, radiant floor heating, water-efficient sinks and toilets, locally sourced resources and products and recycling original building materials. These sustainable innovations not only save energy, but also money.

The Iowa Board of Regents Sustainability Plan requires all Iowa Regents Institutions to pursue at least a silver rating for all new construction and major renovation projects. However, Iowa State sets the bar even higher, requiring all its buildings to have a gold certification.

Iowa State currently has one silver (Morrill Hall) three gold (Hach Hall, the Biorenewables Research Laboratory and the Vet Med Small Animal Hospital) and two platinum (King Pavilion and State Gym) certifications.

Iowa State also has six LEED-eligible projects: Hansen Agriculture Student Learning Center (silver), the Iowa State Football Training Complex (silver), the Ag and Biosystems Engineering Building (gold), Troxel Hall (gold), and the Harl Commons and student services mall in Curtiss Hall (gold).

Four projects are also in the planning and design stages; an office remodel of Lagomarcino Hall, operations and maintenance on Morrill Hall, Marston Hall (all gold) and the BioCentury Research Farm (silver).

Troxel Hall, which recently opened for students this fall, definitely exemplifies the sustainable goals of Iowa State and the institution’s vision of being a leader in sustainability. Most notably, Troxel Hall is the first building in the state of Iowa to implement Silva Cells. These cells are made of frames filled with loose soil and covered with an absorbent platform and were placed under the pavement; they allow tree roots to grow while supporting the traffic flow on the surface. Troxel has also been designed with other innovations including efficient sinks and toilets, an energy-reducing roof design for heating and cooling and adjacent bicycle racks to promote and encourage bicycle use.

Sustainability building efforts at Iowa State are quietly ongoing - and not always visible to the eye. These efforts are creatively and intentionally occurring and uniquely set Iowa State apart as a leading university in sustainable design and construction.
Iowa State University was recently awarded a gold rating in STARS (Sustainability Tracking, Assessment & Rating System), a program of AASHE (Association for the Advancement of Sustainability in Higher Education).

According to STARS’ website, STARS is a “transparent, self-reporting framework for colleges universities to measure their sustainability performance.”

The goals of STARS include: Encouraging the understanding of sustainability in all sectors of higher education, enabling meaningful comparisons across campus sustainability communities, encouraging continual sustainability improvements, being a platform for information sharing about sustainability practices and performance and building a stronger, more diverse sustainability community on campus.

STARS evaluates college and university sustainability commitment and achievement based on four different categories.

**Education and Research** This category includes, among many criteria, a cataloging of the 950+ sustainability-focused and related courses offered at ISU, as well as programs and initiatives that encourage sustainability research. This category also includes student organizations and initiatives that support and further sustainability on campus.

**Operations** This category includes, among many criteria, sustainable practices like the use of native plants in landscaping and keeping purchases local. Various other projects, initiatives and accomplishments related to water, energy and waste were evaluated as well.

**Planning, Administration and Engagement** This category includes, among many criteria, employee training and professional development opportunities, community sustainability partnerships and student engagement in volunteerism.

**Innovation** Four innovations - the student organizations, The SHOP and Closets Collide, the establishment of a Director of Sustainability position in the Government of the Student Body and the diversion of banners and band uniforms out of the dumpster and into successful fundraisers, were the four highlights ISU chose for this submission that represented activities and accomplishments in place or prior to the 2011-12 academic year. A maximum of four innovations are allowed and cannot be represented in any other criteria in STARS.

Iowa State’s gold status expires in three years. Work related to identifying opportunities for expansion and diversification of our campus sustainability portfolio has already started. A detailed report of Iowa State’s gold STARS rating can be found at [https://stars.aashe.org/institutions/iowa-state-university-ia/report/2013-08-30/ER/research/ER-18/](https://stars.aashe.org/institutions/iowa-state-university-ia/report/2013-08-30/ER/research/ER-18/).
Aly Straube – Government of the Student Body Director of Sustainability

Looking to make a sustainable change on campus? There’s a GSB cabinet office for that! Aly Straube, a junior in Chemical Engineering and minor in Sustainability, currently serves as the Director of Sustainability for the Government of the Student Body. Aly has been working on several projects through her position to make our campus more sustainable.

The major project Aly is working on right now is a recycling expansion for buildings on campus. Starting with one of the most visited buildings on campus, Parks Library, Aly is meeting with building directors to promote and educate on the benefits of increased waste diversion through recycling. Directors can then request recycling bins to be placed in their buildings to collect glass, metal, plastic and mixed paper. As part of the expanded recycling program Facilities Planning and Management will provide recycling containers and assistance in the pick-up of all recyclables. FP&M does ask all buildings to recruit a team of volunteers to help monitor individual recycling bins and gather recyclables for pick-up. Aly will be working on this project throughout the school year to add recycling and increase waste diversion across campus.

As well as adding more building recycling Aly is also interested in two other recycling projects: bringing a recycling center on campus where people who live off campus could bring their recycling and collaborating with Greeks Go Green to implement recycling for Greek houses. Aly says that her ultimate goal before she graduates is to expand not only the recycling program but also knowledge about recycling and waste reduction opportunities. She feels there is a great opportunity to enhance and expand options and opportunities at ISU and is excited to be a part of making it happen.

Aly is also assisting with two other sustainability projects the Government of the Student Body is working on. First, a potential bike-sharing program that would allow students to check out and return a bike at multiple locations on campus. GSB is currently assessing the feasibility of this program but have not yet moved forward in implementation. Second, the installation of additional water bottle refilling stations across campus. Some stations have already been installed on campus with positive feedback from students. Projects are underway to install refilling stations on all residence hall drinking fountains and plans are underway to install at least one refilling station in all other campus buildings.

If you are interested in getting involved with or learning more about any of Aly’s initiatives or have an idea for a change on campus, you can contact Aly at astraube@iastate.edu or visit her during her office hours held every Wednesday from 3-5 p.m. Students are also invited to attend Student Affairs and Student Senate meetings, which are held every Wednesday at 7pm in the Memorial Union.
Ames Discusses Food, Land and Small Planet Producers

This year, Ames celebrated World Food Day by hosting the lecture “Food, Land and Small Planet Producers: An Evening with Frances Moore Lappe, Harriet Nakaballe, and Kijoolu Kaliya.”

On October 17th, 2013, a group of community members, students and people from across the state gathered at the Ames United Church of Christ with special guests Kijoolu Kaliya, Harriet Nakaballe and Frances Moore Lappé to support something they all believe in: local and global food justice.

Kaliya, a pastoralist and community leader from the Maasai community in Tanzania, shared her story of female empowerment and community organization to make a change. The Maasai have always taken care of their land by protecting the environment and the animals that live there. Unfortunately, more and more often their land is being taken away. Without the tribe’s permission, the government made a transaction with a group of foreign investors that gave away the land that was a major source of water for the tribe. Kaliya secretly organized a group of women who walked a long distance to confront the government about giving away their land. After waiting five days, the prime minister gave them their land back.

Harriet Nakaballe presented about Camp Green, an urban garden she started to feed her family and community in Uganda. It was started 20 years ago in 1993, by simply growing the food she and her family ate and using compost. She started growing more and more things in her garden and soon started educating and feeding the community from it. Nakaballe feels it is very important to educate the younger generation, especially so that they may grow their own food someday and decrease the hunger in Africa. They hope to one day expand the garden up to 10 acres.

Frances Moore Lappé is an award-winning author of books such as “Food First, Diet for a Small Planet,” “Small Planet Fund” and 15 other books dealing with food justice and motivating people to make a change. Together, with Oxfam’s Grow campaign, she spoke about the injustice in the way the food system works.

Hunger Statistics:
- Every day about one billion people go to bed hungry due to inadequate food dispersal infrastructure.
- We produce 40% more food than world demand.
- ¼ of all calories are wasted.
- 842 million people suffer severe hunger lasting more than a year.
- 1 in 4 children suffer stunted growth in the first 1,000 days of their life.
As the holiday season approaches, visions of gift giving, gatherings and parties and budgeting for it all begin to dance in our heads. Cyclones, you are in luck! There are many options right here in Ames that are unique, economically feasible and supportive, and have a number of sustainability features that make the holidays a time to share, give and pay forward.

Ames has a variety of different sustainable shopping businesses that can be extremely affordable, fashionable and just what you need. If you venture onto Main Street in downtown Ames you will find an abundance of these shops in very close proximity.

Looking for a new outfit? There are two great consignment stores that sell up-to-date quality, used clothing. The Loft, located at 233 Main Street and Miss Meyer’s, at 432 5th Street have a wide variety of clothing to choose from, including designer names like Coach, BCBG, and Michael Kors, and traditional favorites including J Crew, American Eagle and Levi. Miss Meyer’s carries only women’s clothing, but The Loft has an entire section dedicated to menswear in their upper level, along with formal wear for your next big occasion or interview. The inventory is always changing and you never know what you will find!

Just across the street from The Loft is another consignment store for a smaller crowd. Duck Worth Wearing is a consignment store specializing in children’s clothing, toys and equipment. The store has a variety of inventory, including a section of maternity clothing. Stop in to pick something up for the tiny tot in your life!

Want to give your place a new look? If something unique is what you’re looking for, look no further than Tangerine Zebra, an antique and vintage décor store that will blow you away. The owner finds vintage items, restores them and sells them at an often much lower price than other similar shops, making vintage more affordable. The store features new inventory every week and includes everything from old Remington typewriters to vintage couches.

Not in the market for vintage home goods but still want to spruce up your place? Check out Great Stuff Consignment at 312 Main Street. Great Stuff offers a variety of high quality merchandise displayed in a showroom setting to create a unique shopping experience.

Need gift ideas? Head to Worldly Goods. Worldly Goods is a fair trade store that sells goods made by artists from all over the world. Volunteers operate the not-for-profit organization and promote the story of how these goods empower and sustain the lives of these global artists and producers. The inventory includes: Food and drinks, clothing, home goods, toys and many gift items. During the months of November and December, Worldly Goods will be having a shopping benefit where they will donate 15-20% of their sales to local non-profits.

Food and Drink? Add Wheatsfield Cooperative Grocery to your shopping route. Wheatsfield is a member-owned co-op (although you don’t have to be a member to shop there) committed to offering the highest quality local, natural and certified organic foods, related products and services — many of which are not available in other Ames stores. They also offer discounts to customers who bring reusable bags and use sustainable transportation to travel to and from the store. Stop in to pick up a favorite product or discover a new one!

This holiday season, support local and sustainable businesses to give back to the community as well as your loved ones. Look for unique and sustainable shopping opportunities anywhere you travel and even in your hometown. You’ll be surprised at the fun stuff you will find.
This Thanksgiving many of us will return to our homes with thoughts of green bean casserole and leftover turkey sandwiches on our minds. Too often the food we get to enjoy on Thanksgiving, or any other day of the year, is taken for granted. In Ames, many families do not always have the means to provide food for themselves and their children. The Food at First program in Ames can help with that.

Food at First is a program that acts as both a free meal program and perishable food pantry. Seven meals are served throughout the week and are offered free to anyone, no questions asked. The program utilizes perishable food donations from local businesses to make their meals and stock the food pantry.

All meals are served at First United Methodist Church Sunday through Friday nights from 5:30-6:15pm and Saturday for lunch at 11:30-12:15pm. The additional food is collected and given away the same day with distributions Mondays and Thursdays 5-5:30pm and Saturdays 10-10:30am. This “free market” is located at 116 Washington Ave.

This wonderful program, like any other charitable organization, needs volunteers to survive. Volunteer opportunities are offered in two-hour shifts and 3-8 people are needed for most shifts.

Donations and volunteers are also needed right here on campus. Don’t forget about The SHOP, an ISU student organization that collects food donations for students in need! Students can make use of this resource in an anonymous fashion, or volunteer and donate! All donation items are welcome!

Pantry hours are in the Food Sciences Building Room 2616 Tuesday, Wednesday and Thursday 3-6pm. Donations can be dropped off at the Food Sciences Building, Room 2312, Monday-Friday 8-5pm.

Information on Food At First, volunteering, including for the Thanksgiving Meal, or donating can be found on their website: foodatfirst.wordpress.com
You may also contact the program director Chris Martin at Chris@foodatfirst.com

Free Thanksgiving Meal!
Students Helping Our Peers (The SHOP) is a free on-campus food pantry available to all ISU students. Located in room 2616 in the Food Sciences Building (Tuesday-Thursday 3:30pm - 6:30pm)

Fall Mobile SHOP
The SHOP will be supplying 60 students with Thanksgiving bags of food. November 15th from 4:30-6:30pm at SUV Apartments, Ames, IA

The SHOP will be sponsoring a Thanksgiving to-go meal on November 15th from 4:30-6:30 at the SUV Apartments.
Going Green in the City

Does a trip to Paris interest you? Schneider Electric is hosting Go Green in the City – Paris, June 2014

The 4th annual Go Green in the City International Business Case Challenge, sponsored by Schneider Electric, invites teams of business and engineering students to compete with student teams around the world to revolutionize energy management and gain unique insight into one of the leading global energy management companies. The top 12 teams will have the opportunity to travel to Paris to compete for the grand prize of an around the world trip and a career opportunity at Schneider Electric. Registration for this competition opens on November 14th, 2013 at http://www.gogreeninthecity.com/#signup

Get Your Art On!!

The Octagon Center for the Arts is now accepting entries for the 46th annual Clay, Fiber, Paper, Glass, Metal, Wood Juried Exhibition. The Exhibit will be January 24th – April 5th 2014. Up to three works can be submitted by an artist for only one entry fee. Any type of media is accepted. Cash prizes total up to $2,000! Register by mail by November 30th or online by December 2nd, 2013.


Enactus Recipe Contest

Enter a budget-friendly recipe for the chance to win free groceries. Include the estimated cost of the recipe and the number of servings with serving sizes. Each recipe counts as an entry.

Contest ends November 30th
For more info: enactus@gmail.com

American Packing Corporation Internship, Story City, IA

American Packaging Corporation is looking for an intern to be part of their “Green Committee.” This position’s responsibilities include: Assisting with sustainability efforts, working directly with Engineering and Manufacturing to identify, research and implement projects throughout the facility. This position is available immediately with the opportunity to continue through multiple school years and summers. Work hours are part-time (and have flexibility) during the school year and are full-time (40-hour week) during the summers.

Apply by emailing a cover letter and resume to hr@ampkcorp.com
For more information visit: www.AmPkCorp.com

Calling all Leaders of the Midwest!

Interstate Sustainability Leaders Summit (ISLS) is a conference for young, Midwestern leaders to gather and share their ideas for change on their campus, in their community and for the world. ISLS is looking for 30 student leaders to share their vision and goals on January 10th and 11th, 2014 at Northwestern University in Evanston, Illinois. Each leader will present an idea and receive feedback from the rest of the other summit leaders. Conference registration is free. Attendees are responsible for travel and hospitality expenses. Register by December 20th at http://bit.ly/1aJO9s4

Looking for a job?

Check out the Ames Economic Development Commission Local Job Board!
www.WorkInAmes.com

Search a list of openings for full time, part time and internship positions.
ISU Dining Honored as Neighbor Restaurant!

In 1999, the National Restaurant Association and its partners developed the Restaurant Neighbor Award program. This award was developed to help raise awareness of restaurant’s contributions to local communities and to inspire more owners to get involved in their neighborhoods. State restaurant associations select winners and they are then nominated for national honors. This year’s recipient of the Iowa Restaurant Association’s 2013 Restaurant Neighbor Award went to Iowa State University Dining.

One of the many ways, ISU Dining contributes to the Ames community that was specifically noteworthy to the National Restaurant Association is the partnership with the Food at First program. Over the past year, ISU Dining has donated over 10,000 meals. This program is provided through donations from Iowa State and the Ames Community, leftover pre-packaged food and meal ingredients to assist Food at First in providing resources to prepare and serve about 1,800 meals and provides food for about 2,200 individuals each month.

Team Cyclone Energy Wins Bronze

On October 12, a team of five civil engineering and construction engineering students traveled to the National Electrical Contractors Association (NECA) Conference in Washington D.C. as one of the three finalists in the Green Energy Challenge. Members of Iowa State’s NECA chapter includes of civil engineering student Kate Glowacki, construction engineering students: Alex Buscher, Joe Hahn, Margaret Holt and Alex Toth and adviser Beth Hartmann.

The Green Energy Challenge, put on by ELECTRI International, challenges NECA student chapters to analyze particular electrical construction management problems and create a comprehensive plan and budget for an appropriate retrofit. A financial prize, is awarded annually to the winning school.

Team Cyclone Energy’s proposal focused on energy efficient solutions for the Memorial Union parking ramp at Iowa State. This plan included a daylight and occupancy sensor control system, charging stations for electric vehicles, solar canopies and LED lighting systems saving ISU an estimated $105,246 equating to a entire year payback. The proposal was presented to a panel of six judges and placed third out of 19 teams.

The team spent about five to six hours per week on the project and practiced their presentation for two months. Team leader Alex Buscher stated, “I learned more about the industry than I ever could have imagined, we grew as a team, and I got the experience of a lifetime.”

Reiman Gardens Spotlighted as Outstanding Tourism Experience!

The Iowa Tourism Office and the Travel Federation of Iowa awarded Reiman Gardens the award for Outstanding Tourism Experience in a metro environment. The 14-acre garden acts as a gateway to Ames and Iowa State University. Every year around 70,000 people visit the gardens.

In delivering an award winning experience to tourists, Reiman offers state-of-the art displays, experiences, and educational resources that fully embody a commitment to sustainability and its mission, “Educate, enchant, and inspire environmental stewardship through displays of living beauty.”