"People may not remember exactly what you did, or what you said, but they will always remember how you made them feel."

-Maya Angelou

PARKLETS AND PAYING FORWARD: STUDENTS LIVING GREEN!

REFLECTING BACK AND LOOKING FORWARD: THE HISTORY OF NEW YEAR’S RESOLUTIONS

CREATING GREEN AND GIVING GREEN: CHALLENGE YOURSELF TO ADD GREEN
Welcome to December, Cyclones!

The season of gratitude is upon us. Lists of what to give are being created and revised. Consideration of buying the perfect gift versus creating it is tossed around as well. In and amongst all of the holiday flurry is also reflection. Reflection of the year that has passed and all that filled it. What has been attempted, what has been accomplished and what has been created.

With this in mind, it seems quite applicable and relevant that the focus of this month’s issue of Live Green! Monthly, and this month’s Live Green! 10 Year Anniversary theme is “Creating Green.” As with individuals reflecting back on the past year, the last newsletter issue for fall semester reflects on all that is and has been sustainability over the first half of the academic year and asks the question, “What green have we created at ISU this semester?” In flipping through this month’s newsletter, you will note the answer to that question is, ‘Quite a lot.’

One look through the semester highlights article, for example, illustrates such an impressive “creating green” commitment by students, faculty and staff. Additionally, what is immediately apparent is the diversity by which we, as Iowa State University, approach and define the green that we create (and nurture and grow). From art exhibits tracking the lives and history of refugees to talks on international agriculture trade. From celebrating America Recycles Day to offering a pop-up shop to exchange business attire. And so much more!! A deeper dive into this month’s issue reveals a plethora of opportunities to create green through volunteerism, supporting philanthropic events, crafting a holiday gift (and wrapping it up in upcycled flair) and resolving forward for the new year.

Our created green not only considers our impact on the planet, it also addresses day-to-day needs and opportunities related to economic sustainability and cultural, community and personal resilience (social sustainability). Our created green touches every corner of campus and everyone in our campus community. Our created green also offers a connection point of education, engagement and empowerment opportunities for any and all students, faculty and staff, regardless of age, major, position, first language or hometown.

Our created green supports our continued journey toward and vision of a sustainable future.

Thank you for all your effort, energy, perseverance and dedication toward creating such vibrant green-ness!! Wishing you wonderful holidays and looking forward to our continued celebration of our 10 year anniversary next semester!

Yours in green-ness,

[Signature]

*In the spirit of reflecting on all for which we are thankful, this month’s cover captures moments of gratitude from each member of the Live Green! team. Share your snapshots of gratitude with us on social media @ISU_LiveGreen! Underlined text throughout this publication is hotlinked to offer additional information.*
SEMESTER HIGHLIGHTS
SUSTAINABILITY ACHIEVEMENTS OF THE FALL SEMESTER

ENGAGING COMMUNITY

Former Iowa governor and current president and CEO of the U.S. Dairy Export Council, Tom Vilsack, visited Iowa State University in September to talk about international trade relations and its impact on U.S. agriculture. He discussed the factors of trade agreements and how blockades between countries occur. He also hosted an open question forum, allowing attendees to ask questions and share their experiences.

Syrian-born artist Mohamed Hafez and Iraqi-born student Ahmed Badr created a traveling and interactive exhibition this fall titled the Unpacked: Refugee Baggage. Their intention was to educate the Iowa State and Ames community about the lives and history of refugees in America. Senior lecturer of French and Arabic and art curator for University Museums, Jean-Pierre Taoulet, spoke at the exhibition in October about his history in Syria.

Lawrence Haddad and David Nabarro, the 2018 World Food Prize Laureates, hosted the 17th Norman Borlaug lecture in October. They discussed nutrition and its global role. Haddad focused on fixing food insecurity, which he said starts with convincing people their diet is a huge part of the issue. Nabarro discussed policy and highlighted his work with food companies to make manufacturing and marketing more nutritious and sustainable.

Making a Difference

Students Helping Rescue Animals (SHRA), a student organization at Iowa State, organized a fundraiser called Paper for Paws. Its goal was to raise awareness to the ways newspapers can be used at animal shelters. The fundraiser encouraged people to donate old newspapers to their organization instead of recycling or throwing them away all November. Donations were given to Ames Animal Shelter and Story County Animal Shelter.

Iowa State University was awarded the Garrett Lee Smith Suicide Prevention Grant for over $300,000 to help students struggling with suicidal thoughts and actions. For the next three years, ISU will be receiving $102,000 to fund and implement six goals: building prevention infrastructure within Student Wellness, training students, staff and faculty on awareness, improving faculty response, administering mental health screening, hiring a suicide prevention specialist and increasing student organization support.

Vanessa Espinoza, ISU graduate student, was the first person to receive the Latinox Youth Leadership Award and be inducted in the Iowa Latino Hall of Fame. She was recognized for her community work and leadership. Espinoza connects with her community through a space she created for Latinx students to learn how to read and write both English and Spanish. She also created a scholarship for people who face adversity.

Connecting Campus

Iowa State University organizations celebrated America Recycles Day on Nov. 15 by tabling in the Memorial Union. Their goal was to spread awareness and educate about the importance of recycling on campus to students, faculty and staff. ISU recycling coordinator Ayodeji Oluwalana and members of the Student Government Sustainability Committee hosted the event and were assisted by student volunteers.

Mahdi Al-Kaisi, professor of agronomy at Iowa State University, co-authored a chapter inside a National Academies Climate report on carbon dioxide removal and its positive impact on climate change. The report was titled “Negative Emissions Technologies and Reliable Sequestration: A Research Agenda.” The goal of the report was to provide a variety of ideas on how to remove carbon dioxide from the atmosphere.

Brittney Lynch, a 2012 graduate of Iowa State, took a risk after graduation and moved to California without a job. With her background in apparel, merchandising and design, it did not take her long to get hired at AG jeans. After five years, Lynch transitioned to RE/DONE, a luxury clothing company that recreates and restores vintage pieces, as one of two lead designers. Her newest line that she created with other lead designers was recently featured in Vogue.

Members of the Iowa State University organization Indian Students Association (ISA) helped out people of Kerala, India, this fall after the southern state in India experienced flooding that killed more than 400 people. They raised funds and awareness for the state during their annual fundraiser concert, Sanskriti. The event featured traditional Indian dancing and singing, performed by both students and professional performers.

For more sustainable news, visit the Live Green! highlights page.

Copy and layout by Krishaun Burns
Photos courtesy of Iowa State Daily
STUDENTS LIVING CARDINAL, GOLD AND GREEN
CREATING "GREEN" ENVIRONMENTS, SUSTAINING THE FUTURE

During our month-long recognition and celebration of creating green, two student organizations are highlighted this month that serve as platforms for ISU students to learn more about how they can sustainably impact communities and environments through creating and/or giving time to sustainable projects and social networks – Student Society of Landscape Architects (SSLA) and Pay It Forward (PIF).

Student Society of Landscape Architects

Landscape architecture plays a variety of roles in creating sustainable economic, social and environmental wellness in a community as it creates spaces for people and nature to coexist and benefit each other. Kellie Murtle, current president elect of the SSLA and landscape architecture student, described an annual sustainable project of the SSLA - an engaging space from a parking space on Iowa State’s campus:

“We wanted to promote what we do and help people,” Abby Brayton, a senior in the Landscape Architecture Program at ISU, said.

Rueb has been a member of the SSLA since his sophomore year at Iowa State, and became president of the organization this year after serving as president-elect his junior year. Rueb heard about the SSLA when he was working as a “Firm Crawl Chair” in his program; a position put together by professors to help identify firms that landscape architecture students can visit in Iowa. Rueb describes his role as connecting with firms and the networking opportunities within the SSLA have been experiences that have helped Rueb gain professional experience. As a result, Rube landed a job last summer due to relationships he built in the SSLA. His networks have also helped him to connect SSLA members with professional experiences and perspectives on how to sustain useful environments.

“Personally really enjoy having communication with different people, and helping people,” Rueb said of his experience with SSLA and of his desire to serve as the organization’s president. “I look at younger students in landscape architecture and I want them to succeed.”

Among helping students network and learn information about landscape architecture, the SSLA also works to help community members and freshmen looking to apply for a design program at Iowa State to better understand what landscape architecture is.

“I think it’s super important [we are here] because not a lot of people know about landscape architecture. Even people here at Iowa State will say, ‘Oh, what’s that?’” Brayton said.

The job goes beyond backyards, Rueb, Brayton and Murtle said, and can bring a landscape architect into a situation where they may be creating a space in a rural or urban, large or small scale area.

In any location, the goal is always to support the health and functionality of environments, Rueb said.

Pay It Forward

Pay It Forward, previously known as the “parklet” project, involves SSLA members engaging an empty space from a parking space on Iowa State’s campus.

An engaging parklet project, called the “Park-Ing” project, involves SSLA members and pays parklet projects created by SSLA during their bimonthly meetings, Brayton said. The project, called the “parklet” project, involves SSLA members designing and creating space for students to have fun, relax and learn about the impacts of sustainably-designed environments.

One of the SSLA’s most engaging parklet projects involved their creation of the “Park-Ing” in 2017, which featured a mini-golf course. Brayton said:

“We wanted to promote what we do and wanted to provide a space that people could come to do homework,” Abby Brayton, the first ever publicity chair of the organization, said of their 2017 parklet project (pictured above).

Connecting people with landscapes that create a fun and socially sustainable environment is a goal that extends not only to their parklet project, but also club meetings.

The SSLA is comprised of 30 plus members and provides networking opportunities and educational experiences for ISU students to understand how to create cost-effective, ecologically and socially functional environments. Guest speakers support this mission, as do the organization’s professional-development activities, according to landscape architecture students like Charlie Rueb, a senior in the Landscape Architecture Program at ISU.

“We get a lot of international students [on the trip], which is cool, being able to meet people from different countries... You get to meet a lot of different people with a lot of different personalities. You [also] get to know the people you’re on the bus with very well... It’s a great experience to meet a lot of people and to do some service while you’re in college,” Maria Daubenberger, PIF’s “Club Whip,” a managerial overseer of the club’s spring trip, said.

During PIF’s annual trip, 40 ISU students get to explore various parts of the United States. With this year’s trip reaching into the Western United States, travelers can expect to journey from Ames, through Nebraska, Colorado, New Mexico, Texas, Oklahoma and Missouri.

Previous service projects that PIF travelers have worked on include organizing the collected flip flops in Niagara Falls for donation to a community in Africa, Jacob Vos, marketing chair of PIF, described.

“One of my favorite parts [about the service trip] is seeing people get comfortable and come out of their shell,” Vos said.

Another exciting perk of the trip involves the bonds that people get to make as they explore. “It’s not just a cheesy statement about making friends... 90 percent of [the friends] I’ve met throughout [college] I’ve met through these trips,” Daubenberger said.

For Daubenberger and Vos alike, a key aspect that keeps both engaged with PIF involves seeing their impact on community members, in Ames or on their service trip.

“A lot of the time, they like to give you numbers,” Daubenberger said, “like how many meals you’ve made. Think with the four hours you put in, you did this much. You can tell just how much [that] meant to them.”

“Students Today Leaders Forever,” Maria Daubenberger, PIF’s “Club Whip,” a managerial overseer of the club’s spring trip, said.

“The overall goal of these projects, no matter what animals, people or landscapes are involved, is to benefit communities’ sustainability and to inspire students to continue with sustainable service habits beyond college, Vos said.

“When someone does something nice for you, it’s a great feeling... it’s nice to be able to pay that forward,” - Maria Daubenberger.
As 2018 comes to a close, the anticipation of the new year ahead and all the opportunities that await, offers inspiration for reflection and visioning toward creating green personally and professionally in all facets of sustainability (environmental, economic and social).

Historically, celebrations for the new year have deep roots that are thousands of years old and primarily center around the month of January—named for the two-faced Roman god, Janus, who symbolized looking backward and ahead to the Romans.

Themes related to resolutions have evolved from goals related to loyalty and atonement of sins, during historical times, to current themes focused on health, money, self-wellness and sustainability.

Resolutions of the new year are considered to have begun some 4,000 years ago (during the Bronze Age) with the Babylonians, a people from Mesopotamia (modern Iraq), during their 12-day religious festival called “Akitu.”

During Akitu, celebrated when crops were planted, promises were made to gods related to repaying debts and returning borrowed items. Unlike modern resolutions, the Babylonians believed that if they did not follow through with their promises they would be punished by being excluded from their gods’ favor.

Over 3,000 years ago, during the Shang Dynasty, Chinese New Year celebrations are also believed to have begun in celebration of new planting seasons.

Traditionally, Chinese New Year festivities lasted 15 days in late January or early February and centered on home and family goals, including cleaning homes to get rid of bad luck and repaying debts. Feasts were also a part of festivities, as were fireworks; which are believed to have been first made in China. Each new year was, and continues to be, associated with one of China’s 12 zodiac animals.

Romans also observed the new year, celebrating on the first day of January; the first day of the year as established in the Julian Calendar by Julius Caesar in 46 B.C. In recognition of the new year, Romans made promises of good conduct.

John Wesley, considered a founder of Methodism, is often considered one of the first in western civilization to inspire societies to aim for a fresh start in the new year. In the 1750s, Wesley invented a church service during December and January called “Covenant Renewal Services,” which focused on motivating a fresh start for the new year and leaving behind the past year’s bad habits.

The recognition of January 1, as the beginning of new year and a time for resolution, continues today and is the traditional celebration of the new year in the U.S., as well as many countries throughout the world.

NOW YOU KNOW:
A HISTORY OF NEW YEAR’S RESOLUTIONS

TIPS FOR SUSTAINABLE RESOLUTIONS

List your goals
Start by writing out your goals! Create a timeline for your goals and brainstorm various ways to meet them.

Be realistic
When creating plans and goals, don’t expect impossible or instant results. Long-term results take long-term commitment.

Track your success
Keep track of progress by writing down accomplished goals. Write down how life has changed with these goals being met.

Reward yourself
When a goal is met, create a reward! Try a trip to the movies or a night out with some close friends.

Plan in steps
For every goal, take things in steps. Take five minutes each day to work on a goal for one week. The next week, try for ten minutes.

Keep trying
When mistakes happen, don’t give up! Simply adjust plans and keep moving forward.

Approximately 68 percent of U.S. citizens make and attempt to keep New Year’s resolutions each year. Use these tips to assist in setting and sustaining your goals for the new year.

COMMON NEW YEAR’S RESOLUTIONS FROM 2018

<table>
<thead>
<tr>
<th>Goal</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Eat healthier</td>
<td>37 percent</td>
</tr>
<tr>
<td>Get more exercise</td>
<td>37 percent</td>
</tr>
<tr>
<td>Save (more) money</td>
<td>37 percent</td>
</tr>
<tr>
<td>Focus on self-care</td>
<td>24 percent</td>
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<tr>
<td>Read more</td>
<td>18 percent</td>
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<tr>
<td>Make new friends</td>
<td>15 percent</td>
</tr>
<tr>
<td>Learn a new skill</td>
<td>15 percent</td>
</tr>
<tr>
<td>Get a (new) job</td>
<td>14 percent</td>
</tr>
<tr>
<td>New hobby</td>
<td>13 percent</td>
</tr>
<tr>
<td>Did not make a resolution</td>
<td>32 percent</td>
</tr>
</tbody>
</table>

Copy, layout and illustration by Paige Anson
CULTIVATE GRATITUDE DURING THE HOLIDAYS
SUSTAIN YOURSELF AND OTHERS THROUGH GIVING THANKS

December and January are some of the busiest and filled months of the year in terms of to-do items and gatherings. In the midst of everything, ensuring self-sustainability is vital as it ensures embracing the joy of the season. In sustaining ourselves, we can also actively reflect on what the past year has given to us and fully comprehend our gratitude.

No matter who you are or where you are located, across the planet, gratitude is something we all share and benefit from when taking time to cultivate it. The benefits are many and multiply in doing so. From increasing happiness to reducing stress, gratitude simulates a domino effect when it is nurtured and shared.

There is no one way to practice gratitude. Gratitude is not about what is given or done, it is about the mindset when it is practiced. Some people choose to buy gifts that give back in showing gratitude: supporting causes that support those in need like purchasing sewing machines to support a locally-owned business. Others may donate their time, talent and energy to causes they feel especially connected to and passionate about through alternative gratitude opportunities such as the Salvation Army’s “Ring the Bell” event held each Christmas season (see page 15 for more information). Some countries have set aside specific holidays dedicated to gratitude, Germany, for example celebrates Erntedankfest, an event focused on gratitude for the bounty of harvest season through donations of food from their harvest that they give to those in need.

Others may express gratitude through writing sentiments in notes or letters to those who have made a difference in their lives. Especially when ringing in the new year, gratitude through speeches and social media posts are especially prevalent.

When trying to inspire gratitude among others, consider what makes you grateful. Aim to use that to encourage gratitude among your personal network.

For inspiration on ways to show gratitude, check out this issue’s monthly challenge and green opportunities page. You can also find ideas at the Live Green! annual display case in Memorial Union from the first week in December until the first week in January.

Though gift giving is a primary go-to when considering how to show gratitude, gifting can be so much more than a box with a bow. Below are some ideas for some unique and personalized offerings of gratitude for the holiday season and throughout the year. In addition to these ideas, check out this month’s challenge on pages 13, as well as green opportunities listed on pages 14 and 15. If you are in the Memorial Union Dec. 3-10, take a look at the Office of Sustainability’s “Happy Grati-days” display, across from Panda Express, for even more ideas.

Experience 10 percent fewer stress-related illnesses and increase your average weekly exercise time by 40 minutes by practicing gratitude every day.

Increase your long-term well-being by 10 percent by journaling about gratitude daily. This has the same impact of doubling your income.

Increase your quality of sleep, lengthen your sleep duration and decrease the amount of time it takes to fall asleep.

Reap the mental health benefits of gratitude simply by thinking or writing about it, even if you never share it.

Be intentional with your gratitude and decrease your risk of depression by 30 percent. An overall positive attitude can add up to 7 years to your life.

Benefits of Gratitude

VOLUNTEER
There is always someone (or animal) who needs help, so donate your time to them. Head to a local animal shelter and give extra cuddles to an older cat. Visit the secondhand store down the street and offer to organize donated items. Volunteering helps counteract the effects of stress, anger and anxiety.

SMILE
Make someone feel included by sharing a smile. Whether a stranger, neighbor or your mom, take the time to let them know you notice and appreciate them through a simple facial expression. You might even feel less stressed, live longer and feel happier because of all the dopamine and serotonin released.

DONATE
Collect food, household supplies, personal items and clothing for a community member or family in need, and drop them off at a local food bank or thrift store, such as The SHOP (at ISU) or Goodwill. Donating has been proven to increase mood and to strengthen personal values.

PAY IT FORWARD
Share your joy with others (and increase your own happiness and health) by paying it forward. Pay for the coffee of the next person in line or the next car behind you in the tollway. Buy school supplies for a local classroom, or donate supplies to a local veterinary clinic.

GIVE GRATITUDE
Sometimes all a person needs to make their day is a kind word. Tell the people you care about how they make you feel and why. Write a note and surprise them by reading it. Do a Thankful Throwback Thursday on social media. You can improve your overall health, sleep and self-esteem by doing this.

 Tortilla face

Thank you

Visit a senior home

Bring cheer to senior citizens this holiday season by sharing some quality time with them. Have a nice conversation, watch a football game, paint someone’s nails or play a card game. Not only can you help bridge a generational gap, you can also improve the quality of life of seniors living there.

For more benefits of gratitude, visit The Live Green! headline newspaper.
GREEN-IT-YOURSELF
CREATE GREEN, REFRESH GREEN

Refresh this holiday season by creating green for your home. Use these ideas to engage aromatherapy, upcycle your closet and add Zen to every day.

FRUIT RIND AIR FRESHENERS

Supplies: Sea salt, citrus fruit (orange, lemon or lime) and fresh herbs (basil, cilantro and mint, etc.) or spices (cloves, cinnamon and nutmeg, etc.), knife and spoon

Directions:
1. Slice the fruit in half.
2. Scoop out the fruit using a knife or spoon and set the peel aside.
3. Fill up the empty fruit rind with sea salt.
4. (Optional) Add herbs or spices to the salt.
5. Place the salt-filled rinds anywhere to get rid of bad smells!

Additions: Add essential oils instead of herbs and spices for different aromas.

DENIM COASTERS

Supplies: Fabric glue, scissors, old jeans, glass jars, a jar of water

Directions:
1. Cut the side and bottom seam of each leg and cut into a strip.
2. Trim each seam to make sure they are the same width.
3. Place a dot of glue on one end of a seam and begin to roll, adding glue as you go.
4. Continue to roll and add new seams until you have a coaster (trivet, placemat, etc.) at your desired size.
5. Hold the coaster in place while drying by placing a glass jar filled with water on top.
6. Allow the coaster to dry for at least one hour.

Additions: Add t-shirt sleeve seams and other materials to add color.

ZEN GARDEN

Supplies: Recycled or upcycled glass, wooden or metal bowl or tray, small decorations (small flat rocks, shells, pine cones and other found items), rake (twigs, forks, chopsticks or wooden pencils)

Directions:
1. Add a thin layer of sand to the tray or bowl.
2. Arrange decorations in the sand to ensure room to rake designs.
3. Use a rake to create swirls and waves in the sand. Rake substitutes include twigs, forks, chopsticks or wooden pencils.
4. Add essential oils to the sand to indulge in aromatherapy as you zen.

MONTHLY CHALLENGE
CREATE "GREEN" AND GIVE "GREEN" FOR YOU AND YOUR COMMUNITY

Create "green" in every project
Create a greener community by donating to a cause you believe in.

Create "green" with donations
Donate an hour of time each week to a local food pantry or donate unused or leftover food.

Challenge yourself to donate all used and unwanted functional furniture, clothes and household items during the shopping season.

Challenge yourself to create a greener community by donating to a cause you believe in.

Create "green" this season as you buy locally!

Aim to use reusable paper for all paper projects, including when wrapping gifts.

Purchase locally made, reusable, recycled or repurposed materials for all of your projects!

Begin aiming for more personal "green" by first challenging yourself to get enough sleep: 7-9 hours for the average adult. Healthy sleep habits can help you maintain a healthy mind, body and attitude.

Additionaly, challenge yourself to create a journal entry at least twice a week.

Challenge yourself to give more "green" with kindness, to yourself and others.

Give yourself more time for self-wellness at the start of January.

Give "green", not mean
In the new year aim to give "green" with kindness, to yourself and others.

Start giving more "green" and less mean through kindness by simply listing out your stresses and how you respond to them, or even may be creating them. Acknowledging a stressor is the best first step in gaining control of stress according to psychcentral.com. Additionally beneficial is understanding how you can combat your stressors. Perhaps an electric bill is on your list? By turning off lights, unplugging unused utility items and turning off the air when you are not home, you can save money while giving "green"; supporting self-wellness and the health of the environment.
GREEN OPPORTUNITIES

TAKE THE 10 GALLON CHALLENGE

Head to your local grocery store, buy 10 gallons of milk and donate them a local food bank. When you're done, hashtag #10GallonChallenge on any of your social media platforms to join thousands of people helping dairy farmers and local families. There is currently an oversupply of milk and a high demand for milk in food banks, yet milk only makes up 5 percent of donations (or less than $1 million of milk per person per year). Participate in this agricultural challenge to help both farmers and local families in need.

GET FESTIVE AT THE HOLIDAY MARKET

Indulge in over 30 handmade, vintage, art and design vendors, food trucks, the Lockwood Cafe hot cocoa bar and crepes, Prairie Moon wine, Allegro beer and more at the Beautiful Land: Holiday Market. This family-friendly market will be hosted at Prairie Moon Winery and Alluvial Brewing Co. Get early access to the collections during Preview Night from 6-9 p.m. on Dec. 7. Buy your tickets online for $5. The general public has free admission to the Holiday Market on Dec. 8 from 9 a.m.-4 p.m.

ADVOCATE FOR THE PLANET

Educate yourself and others on consumer product sustainability and help strengthen consumer voices through The Sustainability Consortium, a global organization that is transforming the consumer goods industry. TSC partners with manufacturers, retailers, academics and more. Businesses can become a member, consumers can become advocates and anyone can partner with TSC and its members to collaborate or implement initiatives. Read TSC's sustainability insights to learn more about a particular product category.

SHOULD OFF AT SCINITE

Present your work in sustainability or showcase your musical or artistic talent on March 29, 2019 at SCiNite, a three hour event hosted by the Student Government Sustainability Committee. Iowa State University students are eligible to present or perform. Presentations will last approximately 20 minutes and performances will last ten. Performers will go between each presenter. If you are interested in participating in this event, fill out the application form by Dec. 7. The sustainability committee will reach out to those who apply shortly after.

GIFT A SWIPE

Use your leftover dining dollars to help your peers at the end of the semester. Purchase non-perishable food, hygiene supplies and household items at any of the university's four stores and donate them to the on-campus food pantry, The Shop. It was created to help minimize food insecurity at Iowa State University. Donations can be dropped off during the Shop's office hours at 2312 Food Science Building. If you set up a team and date, The Shop is also willing to pick up donations within the Ames community.

PLANT SOME KNOWLEDGE

Plant one tree for every search you make online using Ecosia, a modern search engine. Ecosia stands behind the belief that trees mean a happy environment, healthy people and a strong economy. For every search you make and advertisement you see, Ecosia gains an income that they use to plant a tree at the price of 23 cents. As of this writing, there are 7 million active users on Ecosia, more than 42 million trees planted and more than $7.5 million invested into the environment. Use Ecosia on both computers, iPhones and Android devices.

GET THE GIFT OF SOLAR

Invest in solar energy and sustainable living by purchasing shares in the community solar project with SunSmart Ames from the City of Ames Electric Services department. This project allows you to experience renewable energy without the up-front cost of adding solar panels to your roof. One power pack is estimated to cost $399, but a payment plan of $34.17 per month can be set up with Ames Electric Company. Shares purchased can travel to any home in Ames, and a $34.17 per month can be set up with Ames Electric Company. Shares purchased can travel to any home in Ames, and a secondhand. Use your storytelling skills to empower and inspire people around the world and share your perspective with a focus on sustainability.

ADVOCATE FOR THE PLANET

TED TALKS

Each gift supports a national or international project runs from May 28 to August 8. Apply online.

FIGHT FOOD INSECURITY

To learn more about a particular product category.

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Use your leftover dining dollars to help your peers at the end of the semester. Purchase non-perishable food, hygiene supplies and household items at any of the university's four stores and donate them to the on-campus food pantry, The Shop. It was created to help minimize food insecurity at Iowa State University. Donations can be dropped off during the Shop's office hours at 2312 Food Science Building. If you set up a team and date, The Shop is also willing to pick up donations within the Ames community.

PLANT SOME KNOWLEDGE

Plant one tree for every search you make online using Ecosia, a modern search engine. Ecosia stands behind the belief that trees mean a happy environment, healthy people and a strong economy. For every search you make and advertisement you see, Ecosia gains an income that they use to plant a tree at the price of 23 cents. As of this writing, there are 7 million active users on Ecosia, more than 42 million trees planted and more than $7.5 million invested into the environment. Use Ecosia on both computers, iPhones and Android devices.

GET THE GIFT OF SOLAR

Invest in solar energy and sustainable living by purchasing shares in the community solar project with SunSmart Ames from the City of Ames Electric Services department. This project allows you to experience renewable energy without the up-front cost of adding solar panels to your roof. One power pack is estimated to cost $399, but a payment plan of $34.17 per month can be set up with Ames Electric Company. Shares purchased can travel to any home in Ames, and a secondhand. Use your storytelling skills to empower and inspire people around the world and share your perspective with a focus on sustainability.

ADVOCATE FOR THE PLANET

TED TALKS

Each gift supports a national or international project runs from May 28 to August 8. Apply online.

FIGHT FOOD INSECURITY

To learn more about a particular product category.

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**SAVE THE DATE**

**2019 SYMPOSIUM ON SUSTAINABILITY**

**Envisioning Our Next Sustainable Decade**

The Iowa State University Symposium on Sustainability, started in 2009 as a component of the Live Green! Initiative. The event, this year celebrating its tenth year, began with the intent and focus of offering opportunities to engage students, faculty, and staff in sustainability at Iowa State University. Throughout the past decade, this annual event has featured well-known champions of and in sustainability, offered opportunities to highlight campus and community sustainability research, initiatives and accomplishments and celebrated students, faculty, and staff contributing to excellence in sustainability at ISU. These traditions continue today.

**Symposium EVENTS**

**Monday’s Events (Jan. 18)**

**Juried Research Poster Session**

Research posters, addressing areas of sustainability, are being solicited for a juried poster session during this year’s Symposium on Sustainability. Cash prizes will be awarded. To enter your poster, visit the Live Green! website. Entry forms are due by Feb. 1.

**Juried Art Show**

Artwork in all styles of media is being solicited for a juried art show at this year’s Symposium on Sustainability. Cash prizes will be awarded. To enter your artwork, please visit the Live Green! website. Entry forms are due by Feb. 1.

**Keynote Speaker - Capitan Scott Kelly**

This year’s opening keynote is NASA Astronaut Capitan Scott Kelly. His lecture is entitled “The Sky is Not the Limit.” Kelly captivated the world and seized the imagination of millions during his record-breaking year spent living in the International Space Station; proving that the sky is not the limit when it comes to the potential of the human spirit. On his trip, Scott, together with his identical twin brother Mark (the husband of Arizona Senator Gabrielle Giffords) on Earth, paved the way for the future of space travel and exploration. Kelly helped the world see the impacts of climate change when he returned from his 2017 expedition and shared pictures of Earth covered in pollution. Following his address, Kelly will be available for photographs and autographs.

**Tuesday’s Events (Jan. 19)**

**Sustainability Organization Tabling Event**

Tabling displays are encouraged from all campus and community organizations that support and further sustainability and the Live Green! Initiative. Tabling request forms can be found on the Live Green! website and should be received by February 1. Space is limited, reserve early.

**Clothing Swap**

Donate gently used clothing and swap them for new-to-you fashions at the Clothing Swap. Collections will be held during January to supply the clothing swap (see page 18). Change up your wardrobe with a twist of gently used clothing. Items not swapped will be donated to non-profit organizations to disperse.

**Award Presentation**

The Live Green! Awards for Excellence in Sustainability will be presented to Iowa State University students, faculty and staff who are making an impact on the campus sustainability efforts by generating awareness and interest through initiatives that focus on teaching, research, outreach and/or operations. Nominations are due Feb. 5 and can be found on the Live Green! webpage.

Winners from the poster session and art show will also be announced and awarded.

**Panel Discussion**

Students, faculty and staff and community members, who have served in leadership roles throughout the Live Green! Initiative’s first 10 years will take part in a panel discussion and attendee dialogue reflecting on the goals of the Live Green! Initiative and the vision for the next decade of sustainability at Iowa State University.

**Locally-Sourced Receptions**

Both Monday and Tuesday evenings will feature locally-sourced sustainable snacks provided by ISU Dining.

**Sustainably Minded Activites**

Join in the fun of learning, engaging in and being empowered to learn more about sustainability and ways to Live Green!
November’s "Sust-Ames" event was a delightful endeavor with crisp cold breezes and a snowy welcome. Early shoppers were treated to a one-of-a-kind, reusable shopping bag especially designed for Sust-Ames as part of the Live Green! 10 Year Celebration. Stores and businesses offered holiday discounts and drawings as a special promotion for the event, and stores offered holiday samples and treats for their customers.

December’s “Sustainable Gifting” event found volunteers at the Live Green! holiday-wrapping table, offering to wrap holiday packages in sustainable and recycled-wrap and bows. The team was busy at work supplying Art Mart shoppers with this free opportunity. For more sustainable and recycled-wrap and bows, the team was busy at work supplying Art Mart shoppers with this free opportunity. To embrace your ability to buy “green” through making these everyday products, the team was busy at work supplying Art Mart shoppers with this free opportunity. For more sustainable and recycled-wrap and bows, the team was busy at work supplying Art Mart shoppers with this free opportunity. December’s “Sustainable Gifting” event found volunteers at the Live Green! holiday-wrapping table, offering to wrap holiday packages in sustainable and recycled-wrap and bows. The team was busy at work supplying Art Mart shoppers with this free opportunity. For more sustainable and recycled-wrap and bows, the team was busy at work supplying Art Mart shoppers with this free opportunity.

Learn the basics of beekeeping with from ISU Agriculture Specialist Zack Koopman. Register for the free event by calling the Story County Conservation Office or emailing xcelory@iastate.edu. Open to all ages.

Fresh Evergreens for Your Holiday Table

Wheatfield Co-op | 6:30-8:00 p.m.

Learn how to distinguish between evergreens and create a tabletop arrangement using fresh cut greens and decorative material that will last into the new year. Cost: $10 for members, $12 for non-members. Register online by Dec. 10.

Nature at Noon: A Plant’s Role in Nutrition

Reiman Gardens | 12-1 p.m.

Eat lunch and learn about the complex ways plants are processed into food and feed. Cost: free for members and ISU students, general admission for non-members.

Downtown Winter Farmers’ Market

400 Locust, Des Moines, IA | 8:00 a.m.

Stock up on locally produced items for holiday meals, parties and gifts at the Des Moines Winter Farmers’ Market on Dec. 14 and 15.

Luminary Hike

McFarland Park | 6-9 p.m.

Hike around McFarland Lake with glittering lights guiding your way and sip hot cocoa by a campfire after. Choose between two time frames (6-7:30 p.m. or 7:30-9 p.m.) Cost: $5. If it snows, snowshoes will be provided at no extra cost. Register online by 4 p.m. on Dec. 12.

Mingle on Main

Reiman Gardens | 5-7 p.m.

Stroll through Downtown Ames and enjoy sales, treats, drinks and contests to celebrate the holiday season. This free event happens every Thursday in December until Dec. 20.

Light the Night

Jester Park Nature Center | 5:30-8 p.m.

Celebrate the beginning of winter and the longest night of the year by hiking along the Discovery Trail lit with luminaries. End the night with hot cocoa and a bonfire under the stars. Cost: $5. Register online by Dec. 19.

December Snowshoe Hike

McFarland Park | 10-11:30 a.m.

Experience the snowy trails of McFarland Park while learning the best snowshoeing techniques. Cost: $5. Register by Dec. 26 at 4 p.m. online to participate.
Beat the Blues Winter Marathon
McFarland Park | All Day
Walk, run, ski, snowshoe, bike or play outside for one hour between Jan. 1 and Mar. 1 to complete a 26-mile marathon. Do it alone, with your family or friends. Finishers will receive $10 off any Story County Conservation registration. Participate by picking up a free mileage log at McFarland Park (8:30 a.m.-4:30 p.m.) before Jan. 1.

RG Express Holiday Train
Remain Gardens | 9 a.m. - 4:30 p.m.
Watch a custom-built garden-scale train travel around miniature historically significant Iowa State buildings and bridges at Reiman Gardens until Jan. 6. The attraction will stay open until 8 p.m. every Thursday until Jan. 3 and have free admission until 4:30 p.m.

Winter Hikes with Outdoor Alliance
Various Locations | 1:30 p.m.
Meet outdoor enthusiasts in Story County and explore local areas this winter. Hikes will happen every Thursday in January, as long as the roads are safe to drive. No registration or fee is required.

Health & Fitness Expo
E. 34th St. Des Moines, IA | 4 p.m.
Explore more than 100 vendors at the free 2019 Health & Fitness Expo on Jan. 5 and 6. Participate in sunrise yoga, guided workout sessions, cooking demonstrations and more. Download the app to enter to win prizes and for an on-the-go exhibitor list and map.

January Snowshoe Hike
McFarland Park | 5-6:30 p.m.
Experience the snowy trails of McFarland Park while learning the best snowshoeing techniques. Cost: $5. Register by Jan. 9 at 4 p.m. online to participate.

Martin Luther King Jr. Day of Service
2400 Oakwood Rd., Ames, IA | 1-4 p.m.
Volunteer with the Volunteer Center of Story County in honor of Dr. King’s legacy of community engagement. Make t-shirt mats and rugs for local animal and emergency shelters, donate blood or volunteer. For more information, visit VCSC’s website.

Collecting for the Community Initiative
Memorial Union | 11 a.m. - 2 p.m.
Pay it forward and drop off canned goods and gently used clothing to the Live Green! table outside of the bookstore in Memorial Union.

It’s Time to March Again
1007 E. Grand Ave., Des Moines, IA | 8 a.m.
Harness the political power of diverse women and their communities to create change this January at the third annual Iowa Women’s march. Bring signage, marching shoes, water family and friends. Sign up online to march and volunteer.

January Dollar Days
Main Street Businesses | All Day
Head to Main Street on Jan. 24, 25 and 26 to receive exclusive discounts at participating Main Street businesses.

RAGBRAI Route Announcement Party
730 3rd St, Des Moines, IA | 7-11 p.m.
Celebrate the 2019 RAGBRAI route with the Iowa Bicycle Coalition. The event will feature a giant silent auction, music and free beverages. VIP, reserved tables and general admission are available. Cost: $40 to $80. Prices increase Jan. 1. Buy tickets online.

Ice Breaker Triathlon
948 73rd St, West Des Moines, IA | 6-11 a.m.
Beat the cold by running, biking and swimming for a cause at the annual Ice Breaker Triathlon. All proceeds will go to Girls on the Run of Central Iowa and the Walnut Creek Family YMCA Annual Campaign. Cost: $40 for individuals, $100 for families. Prices increase after Jan. 1. Register online by Jan. 23 to participate.

MLK Legacy Series Keynote Speaker
Memorial Union, Great Hall | 7 p.m.
Educate yourself about intersectionality and diversity by attending the capstone lecture of the Martin Luther King Jr. Legacy Series. Brittany Packnett, culture and justice leader, will be presenting. She is currently the vice president for Teach for America’s National Community Alliances.

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

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