“ALONE WE CAN DO SO LITTLE, TOGETHER WE CAN DO SO MUCH.”
- HELEN KELLER

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

MONTHLY CHALLENGE:
UNIFYING YOURSELF AND YOUR LIFE
Symposium on Sustainability
Join campus and community sustainability organizations during our annual celebration.

Students Living Cardinal, Gold & Green
Meet students and organizations in pursuit of equitable justice for all.

Now You Know
Explore unity through U.N. Sustainable Development Goals 5, 10 and 16.

Uniting Green with Local Businesses
Explore how the City of Ames encourages sustainability among local businesses.

Sustainable Valentines Day Tips
Express your love in a variety of sustainable ways this month.

Monthly Challenge
Unite locally and globally by participating in this month's challenge.

Green Opportunities
Engage in sustainable and innovative events, contests, internships and more.

Green-It-Yourself
Encourage unity by creating and sharing these upcycled gifts.

Recipes
Share and affection with these fun, heartfelt treat.

February Newsletter
Discover all the sustainable events happening this month.

Follow Us!
Uniting Green and want to share your progress? Tag @isu_livegreen on social media — we would love to see your ideas, thoughts and creations.
Happy Spring Semester, Cyclones!

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

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

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

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

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

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

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

Yours in green-ness,

MERRY RANKIN is Iowa State University’s Director of Sustainability and the City of Ames Sustainability Coordinator. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability.

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

Email Izzy with ideas or questions, iswilde@iastate.edu. Follow the Sustainability Committee’s Instagram, @isusustainability.

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

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

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

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

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

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

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

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

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

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

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

KEYNOTE ADDRESS
Feb. 24 • 7 p.m. • Great Hall, MU
Speaker: Erin Brockovich “The Power of One”

MEET & GREET
Feb. 24 • 8 p.m. • Great Hall, MU

POSTER & TABLING RECEPTION
Feb. 24 • 6 p.m. • South Ballroom, MU
Enjoy refreshments and explore poster informational and tabling displays that highlight sustainability work and accomplishments across a variety of fields on-campus, including, but not limited to, arts and culture, alternative/renewable energy sources, green transportation and sustainable community planning.

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

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

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

MARGARET SLOSS CENTER FOR WOMEN & GENDER EQUITY

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

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

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

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

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

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

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

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

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

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

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

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

STUDENTS FOR OPEN DISCUSSION

Also making an effort to ensure peace and unity at Iowa State...
is Students for Open Discussion (SOD). Created in 2017, the club’s goal is to encourage and facilitate discussion between people with different beliefs.

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

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

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

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

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

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

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

“If you’re not going to talk to each other, you can’t be united. You can’t make decisions. If we’re able to talk and understand where people are coming from, we might be able to,” said Roth.

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

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

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

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

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

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

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

Rogers likened talking online to echo-chambers, where you say what you want and see only the things you want to. By discussing polarizing topics in person, listening is encouraged and miscommunication is limited.

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

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

This appreciation and consideration of students and on-campus organizations like Students for Open Discussion and Margaret Sloss Center for Women & Gender Equity ensures connectivity of our campus community and reminds us that being open-minded and having respect are the keys to unity.
Women are also disadvantaged in representing 75% of the world's 876 million illiterate adults and two-thirds of the 1.3 billion people living in extreme poverty (living on less than $1 a day), according to the OXFAM website.

Goal 5 of the United Nations Sustainable Development Goals names solutions currently in place to promote gender equity among nations, organizations and companies. These solutions emphasize a variety of opportunities for empowering women. Many strategies involve ending all forms of prejudice, violence, harm (early and forced marriage, female genital mutilation) and discrimination against women.

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

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

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

Current reports on progress for Goal 5 are updated annually by the United Nations on their website.

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

GOAL 10
REDUCED INEQUALITY

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

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

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

This gap disproportionately offers families and individuals access to variables of life considered to be universal rights by the United Nations Universal Declaration of Human Rights (on their website).
and secure equitable and fair policies and regulations.

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

GOAL 16
PEACE, JUSTICE AND STRONG INSTITUTIONS

Emphasizing enforcement of peace, justice and strong institutions in all levels of society, personal and governmental is the focus of Goal 16 of the United Nations Sustainable Development Goals.

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

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

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

In a global average, 27% of children under 5 have not been registered after birth. In some countries, like Sub-Saharan Africa, the number of children unregistered after birth is even higher, at 46%.

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

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

Reports detailing the necessity for progress in and commitment to fostering peace, justice and strong institutions are available on the United Nations website.

Organizations implementing Goal 16 can be found at globalgoals.org.

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

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

These pillars of unity can be identified in Iowa State University’s Principles of Community, and among the mission’s of student organizations; e.g. those facilitating open discussion and respectful discourse (see pages 6-7).
In 2014, in connection with the City of Ames celebrating 150 years, the Smart Business Challenge was established to unite local businesses and build upon current initiatives toward making their businesses more environmentally, socially and economically sustainable. The focus was on celebrating sustainable commitment and connecting them to resources.

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

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

As Challenge participants (view them all on the City of Ames website) complete the checklist, they are able to reach levels of certification: green, bronze, silver and gold. By implementing additional processes and initiatives beyond the scope of the checklist, businesses have the opportunity to achieve the highest level of recognition: platinum. Currently, 33 Ames businesses are taking part in the Challenge with 22 certified bronze, 6 silver, 3 gold and 11 platinum.

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

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

- Scott Nemec, Smart Business Challenge Intern

SMART BUSINESS CHALLENGE ANNUAL LUNCHEON

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

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

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

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

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

Photos courtesy of City of Ames

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GREEN YOUR AFFECTION
TIPS FOR UNITING AFFECTION WITH SUSTAINABILITY

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

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

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

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

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

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

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

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

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

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

Gift loved ones an experience instead of an item this year. Game nights, movie nights, a local park hike or a home-made scavenger hunt are all fun, memorable options.
MONTHLY CHALLENGE
UNITE WITH THOSE AND THE THINGS YOU LOVE

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

YOURSELF | LOVED ONES | THE COMMUNITY | THE WORLD

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

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

Volunteer and connect with people while bettering your community.

Explore global goals: like the United Nations Sustainable Development Goals.

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

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

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

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

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

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

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

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

Journal for 20 minutes and explore your thoughts through prompts.

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

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

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

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

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

RESEARCH CHEMISTRY AT OLE MISS

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

CONSERVE AS A LEADER OF COLOR

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

HONOR WOMEN’S SUFFRAGE

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

ADVOCATE FOR GLOBAL JUSTICE

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

ENGAGE IOWANS IN CLIMATE ACTION

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

TRANSFORM GENDER AND SOCIETY

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

BECOME A SUSTAINABILITY FELLOW

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

PAPER HEART GARLAND

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

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

CONVERSATION CUTIES

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

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

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

HEART BATH FIZZIES

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

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

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

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

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

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**STRAWBERRY OVERNIGHT OATS**

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

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

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

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**HOMEMADE PUPPY TREATS**

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

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

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

07 Valentine’s Day Pottery
The Workspace, MU | 4 - 8 p.m.
Get creative this Valentine’s day and paint your loved ones a unique pottery piece. Open to all ages, (15 and younger must be accompanied by an adult). Bisque costs vary by selection. Cost (studio fee): $4 ISU students, $5 public.

08 Orchid Fest
Reiman Gardens | 9 a.m. - 4:30 p.m.
Explore exotic displays of a variety of orchid species and colors during Orchid Fest Feb. 8 - 9. The Central Iowa Orchid Society will staff a Q&A booth and orchids will be available for purchase. Cost: Free for members and ISU students, $9 for general public.

09 Healthy Body, Healthy Mind.
Elks Lodge | 11 a.m. - 5 p.m.
Learn strategies for eating healthy and oversizing with ISU Extension and Outreach at 522 Douglas Avenue. Learn more on the extension.iastate.edu website. Cost: Free.

12 Human Sciences Career Fairs
Varies | 12 - 5 p.m.
Explore internships and full-time employment opportunities during the Business, Industry, Tech career fair (Hilton Coliseum) and the People to People career fair (Scheman Building). Learn more on ISU’s College of Human Sciences website. Cost: Free.

14 19th Amendment Commemoration
MU, Campus | 11:30 a.m. - 6:30 p.m.
Kick-off the centennial commemoration of the 19th Amendment during multiple events at ISU. Enjoy a light lunch, a Campanile concert, performances, sessions and a closing reception. Registration is encouraged on 19thamendmentcentennial.org. Cost: Free.

19 Women’s Suffrage Keynote
Great Hall, MU | 1 p.m.
Celebrate 100 years of women’s right to vote in the U.S. while listening to award-winning journalist Elaine Weiss as she discusses her latest book, “The Woman’s Hour: The Great Fight to Win the Vote.” Cost: Free.

20 2020 Design Career Fair
Scheman Building | 12 - 5 p.m.
Attend the annual College of Design Career Fair and make connections for internship and job opportunities. Learn more on the ISU College of Design website. Cost: Free.

21 Arts Midwest World Fest: “Choor”
Stephens Auditorium | 7 p.m.
Listen to the beautiful sounds of horsehead fiddles and world-famous khoomii throat singing from members of Choor, residents from the Inner Mongolian plains and masters of these art forms as tools for herding. Tickets are available on the Iowa State Center website. Cost: Adult $20, Youth $10. Discount for ISU Students.

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

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

26 Water Research Seminar Series
Elings Hall, ISU | 3:10 - 4:00 p.m
Engage in the Iowa Nutrient Research Center’s monthly seminar series centered on “Water Research, Past Present and Future.” This month’s Seminar emphasizes a history of water quality research. Sessions will be available live online and in Room 1306 of Elings Hall. Cost: Free.

Have a sustainability highlight, accomplishment or event to share? Contact the Marketing and Communications Team!
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View more green events at livegreen.iastate.edu.