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

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

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

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

Yours in green-ness,

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

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

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.

JENNIFER SETH is Iowa State University’s 2019-2020 Student Government Sustainability Director. She is a third-year student majoring in Environmental Science.
This October, ISU and colleges across the United States, celebrated Campus Sustainability Month (CSM).

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

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

**OCTOBER 15TH**

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

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

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

**OCTOBER 22ND**

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

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

**MONTHLY CHALLENGE**

20 WAYS TO GREEN-UP FOR 2021

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

<table>
<thead>
<tr>
<th>SELF SUSTAINABILITY</th>
<th>SOCIAL SUSTAINABILITY</th>
<th>ECONOMIC SUSTAINABILITY</th>
<th>ENVIRONMENTAL SUSTAINABILITY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Listen to a motivational or inspirational podcast</td>
<td>Attend a lecture focused on a social sustainability topic</td>
<td>Set a financial budget for 2021</td>
<td>Swap out single use plastic with reusable options</td>
</tr>
<tr>
<td>Cook a favorite dish to enjoy and share</td>
<td>Sign up to volunteer in your local community</td>
<td>Shop at a locally-owned business</td>
<td>Keep food waste out of the trash and into the Ames (Free) compost program</td>
</tr>
<tr>
<td>Write in a journal</td>
<td>Donate to your favorite charity</td>
<td>Explore thrift shops and upcycle shopping</td>
<td>Unplug unused electronics</td>
</tr>
<tr>
<td>Take a study break and go for a walk outside</td>
<td>Offer assistance to a friend or neighbor</td>
<td>Enjoy local food and locally-owned restaurants</td>
<td>Carpool, walk, ride a bike, or drive the bus to your next destination</td>
</tr>
<tr>
<td>Stay technology free for one whole day</td>
<td>Look for fair trade product certified product options when shopping</td>
<td>Create a financial goal for 2021</td>
<td>Complete a trash audit</td>
</tr>
</tbody>
</table>

Find more ways to “green-up” in 2021 on the [Live Green! website, How to Live Green!](https://example.com) resources page.
NOW YOU KNOW
CELEBRATING BUSINESS AND VETERINARY MEDICINE AT ISU

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

SUSTAINED EDUCATION

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

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

To further explore career passion, purpose and identity, the ICB offers a unique professional certification through its Graduate Certificate Program. The first of its kind for a public university in Iowa and ranked eighth in the nation, the program offers a specialized service. In addition, ISU is the first in the Midwest to offer a program that meets future executives’ needs in food, agriculture, and biosciences while simultaneously offering a program that meets future executives’ needs in food, agriculture, and biosciences.

SUSTAINED EDUCATION

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

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

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

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

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

Additional sustainability awareness and engagement for students.

GREEN REACH

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

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

SUSTAINED EDUCATION

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

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

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

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

Change leaders he CVM is home to over 50 student clubs and organizations, committed to excellence in veterinary medicine.

Highlighted, among those with committed focus on sustainability are the Student American Veterinary Medical Association (SAVMA) and Veterinarians Without Borders (WVB).

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

GREEN REACH

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

CVM's diversified reach not only extends to those raising or researching animals, but also who simply enjoy their company and companionship.

Through a surgery, anesthesia, and community outreach course, veterinary students are prepared for clinical practice while helping dogs and cats in animal shelters and rescues get adopted.

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

IVY COLLEGE OF BUSINESS

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

CHANGE LEADERS

The ICB and graduate programs, allows students immersive business experience and opportunities. Among those offering a unique and relevant connection to sustainability in business are Beta Alpha Psi and Entrepreneur Club.

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

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

Additional organizations including the Entrepreneurial Product Development Club, Future Business Leaders of America, Delta Sigma Pi, and Multicultural Business Network, offer additional sustainability awareness and engagement for students.

IVY COLLEGE OF BUSINESS

SUSTAINED EDUCATION

Iowa State's Ivy College of Business (ICB) offers students a global and diverse view on all aspects of business. Offering over 22 undergraduate and nine different graduate programs, the college is responsible for educating and preparing over 4,000 students annually for their future endeavors. Through a multi-faceted educational experience, the college combines the elements of understanding customers, developing products and delivering services to implement social sustainability practices into every student's life.

To further explore career passion, purpose and identity, the ICB offers a unique professional certification through its Graduate Certificate Program. The first of its kind for a public university in Iowa and ranked eighth in the nation, the program offers a specialized service. In addition, ISU is the first in the Midwest to offer a program that meets future executives' needs in food, agriculture, and biosciences while simultaneously offering a program that meets future executives' needs in food, agriculture, and biosciences.

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

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

“BOXES TO FARM TO COMPOST” PILOT PROJECT

As a land grant university with a student population of over 30,000 students and about 6000 faculty and staff, there is a multitude of packaged items delivered to the Iowa State University campus daily - the majority in cardboard boxes. With an average monthly generation of 80 tons of cardboard, this commodity requires a majority of the university’s recycling budget. This expense was somewhat offset when cardboard happened to be a “paid commodity” (dollar-making venture) a few years ago. However, recent events resulting in severely reduced recycling trade with China have forced municipalities, cities, and higher education institutions to start thinking of innovative ways to respond to this crisis.

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

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

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

FIVE SIMPLE HOLIDAY TIPS FOR WASTE REDUCTION

ATTEMPT A ZERO WASTE FAMILY HOLIDAY

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

WRAP IT & PACK IT ECO-STYLE

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

PREVENT FOOD WASTE

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

CHOOSE DIGITAL CARDS OR RECYCLED HOLIDAY CARDS

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

BUY LOCALLY

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

To keep updated on all things recycling at ISU and all the MANY ways to celebrate America Recycles Day at ISU, stay connected through the Iowa State University Recycling Services website or emailing recycling@iastate.edu.
In the College of Veterinary Medicine and the Ivy College of Business, students are taking the initiative to promote innovation and diversity within their respective industries and among their peers. Campus organizations give these students the resources, support and leadership opportunities to create a more sustainable campus, industry and future.

INNOVATING BUSINESS THROUGH LEADERSHIP

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

ENTREPRENEUR CLUB

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

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

Find more information about the Entrepreneur Club and how to get involved on the Iowa State’s Student Organization Website.

CYSTARTERS

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

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

In the program, participants attend education program and panel sessions, practice their pitching skills and network with the Startup Ames entrepreneurs.

In 2020, twenty entrepreneurs took the leap to grow and build their businesses through taking part in the CyStarters program. Kickstarter projects ranged from precision tillage to personalized planners. For a full list of the 2020 CyStarters cohort and to apply for 2021, go to Iowa State’s Pappajohn Center for Entrepreneurship website.

CYBiz LAB

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

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

VETERINARIANS AS ONE INCLUSIVE COMMUNITY FOR EMPowerMENT

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

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

Established just this year, ISU’s VOICE student chapter is focused on furthering the mission of the national VOICE organization dedicated to increasing awareness, respect and sensitivity to differences among individuals and communities in veterinary medicine.

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

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

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

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

WOMEN’S VETERINARY LEADERSHIP DEVELOPMENT INITIATIVE

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

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

For more information about the Women’s Veterinary Leadership Development Initiative go to the Iowa State University Student Organizations website.
GREEN-IT-YOURSELF
EMBRACE THE HOLIDAY SPIRIT WITH THESE GREEN GIFTS

HOMEMADE MULLING SPICES

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

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

**Tips:** Check out Southern Living for five ways to use mulling spices this season.

NEWSPAPER GIFT BAGS

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

**Instructions:**
1. Lay 2 sheets of newspaper on top of each other. Tape and cut a rectangle 15.5 in. x 8 25 in. out of the paper.
2. Fold down a 1.25 in. flap on the top of both sheets. On the bottom create a 2 in. flap. To create the bag measure horizontally 4.5 in. for the front panel, fold vertically, measure 3 in. more for the side, fold, measure 4.5 in. for the back panel, fold, 3 in. for the other side, fold and 1/2 in. tab for gluing the bag together.
3. Put glue on the outside of the 1/2 in. tab and bring the other edge together. Line up the cut edge with the folded edge of the flap. On the bottom of the bag and crease fold in the edges like you are wrapping a present. Put glue on the flaps and fold inward. Place cardboard on the bottom of the bag.
4. Punch holes on both sides of the bag. Put cord or ribbon through holes and knot.

**DOOR DRAFT STOPPER**

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

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

HOLIDAY LEFTOVER CASSEROLE

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

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

CHRISTMAS CHEESE BALLS

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

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

MOCK CHAMPAGNE

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

**Directions:**
1. Combine the chilled ginger ale and the frozen white grape juice concentrate in a large pitcher and stir to combine.
2. Serve in the fancy glass of your choice.
3. Add 2-3 raspberries to each glass.
4. Cheers to the new year, and enjoy!
ISU Live Green! Monthly © 2020

November Calendar

05
Fall Pruning Workshop
Reiman Gardens | 1:30 - 3:30 p.m.
Visit Reiman Gardens and participate in a hands-on pruning workshop by Horticulturists Sharon Rink and Kara Kettick. Register before Nov. 3 on the Reiman Gardens website. Cost: $15 Members, $20 Public, $13.60 Iowa State University Students

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

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

09
Tours of the Gerdin Business Building
Gerdin | 1 - 4 p.m.
Get an inside look at the new Gerdin Business Building, which opened in November. Tours will depart from the Granite Highway (first floor) on the half hour. Masks are required. Cost: Free

09
Innovation in Business Lecture
Virtual | 12 - 1:30 p.m.
Hear from Dr. Stacey Coles, superintendent of the Storm Lake Community School District, on the topic of utilizing civic innovation to find solutions to issues of inequality. Access the event on the Iowa State University Lecture Series Website. Cost: Free

11
Social Innovation Lecture
Virtual | 2:00 p.m.
Enjoy speaker Ramsey G. Tesdel, founder, of Reclaiming Change and Iowa State University Graduate as he shares topics on his experience of creating a voice for diversity and inclusion and using strategic media forums to create impactful advocacy for equality. Register to listen to the podcast online by visiting the Iowa State University Lecture Series Website. Cost: Free

13
Plant Walk: Conservatory
Reiman Gardens | 11 - 11:45 a.m.
Tour the conservatory at Reiman Gardens. Join Reiman Gardens’ Plant Collections Curator, Lindsay Smith, to learn more about the plants and flowers that are grown in the conservatory. Cost: $10 Members, $15.50 General Public, $13.60 ISU Students, Free for RG Tour Docs

19
Innovation in Education Lecture
Virtual | TBD
Learn from James Altamirano, an intrapreneur at Principal Financial Group, in his lecture on human centered design practices and learn how to overcome barriers and drive impactful cultural innovation. Access the event on the Iowa State University Lecture Series Website. Cost: Free

20
Blank Park Virtual Zoo Tour
Virtual | 10 - 10:30 a.m.
Tune in on Nov. 25 to get an exclusive walkthrough of the Des Moines Blank Park Zoo. Watch from anywhere and hear educational and personal stories about the animals at Blank Park Zoo. Cost: Free

25
Virtual Commencement Ceremonies
Virtual | 10 a.m.
Commemorate ISU’s Fall 2020 graduates! Join the graduation ceremonies on demand. Campus leaders will be bringing this year’s commencement ceremony to you. The ceremony is available at 10 a.m. on Saturday, November 28, 2020. Access the ceremony on the Iowa State University Graduation & Commencement Website. Cost: Free

Waste Not

Don’t trash holiday food waste, compost it through the City of Ames Food Waste Diversion (FWD) Program. Offering a no charge option for ensuring a beneficial use for food waste, instead of landfiling. Food waste is not a beneficial fuel source for the City of Ames Resource Recovery System and when trashed can contaminate beneficial garbage. Collected food waste will support the Arboretum Releaf Fund and all orders will be picked up Dec. 5 from 9 a.m. to noon.

Connect Renewable

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

November Opportunities

Celebrate Winter

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

Help the Arboretum recover from the August 2020 midwest derecho. The severe weather caused permanent weather damage to the Iowa Arboretum. Due to derecho damage and COVID-19 restrictions this years floral designs will be sold on the Iowa Arboretum Website. All proceeds will support the Arboretum Releaf Fund and be used to replace storm damaged and destroyed trees.

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

Pay for a more sustainable future. Apply online on the REG website. REG, the industry leader for sustainable waste disposal, is offering a no charge option for ensuring a beneficial use for food waste, instead of landfiling. Food waste is not a beneficial fuel source for the City of Ames Resource Recovery System and when trashed can contaminate beneficial garbage. Collected food waste can be dropped off at the FWD collection bins at 110 Center Avenue, 24/7. For more information visit the program website.

Ivy Books is collecting any gently used coat or winter wear to be redistributed to non-profit organizations. During Nov. 7, participating Main Street Ames businesses will donate a percentage of their sales as well as collecting donations for a non-profit of their choice. Come out and shop to make a difference. Cost: Free

WE Lead Conference

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

Cost: Free

WE Lead Conference

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

Cost: Free

New perspective on Monday's, Wednesdays, and Fridays. Take a 20-min tour of the Student Activities Center website. Register online on the Iowa State Student Activities Center website.

Cost: Free

Explore nature at McFarland Park as the birds prepare for winter. Engage in activities through discovery and investigation of the park while listening to an expert naturalist. Cost: Free

Connect for a Cause

Join McFarland Park naturalist, Rebekah Beall, for the Environmental Literature Book Club. A different environment-related book will be discussed during virtual meetings each month. January through March. The Book Club is free. Books purchase, or check out from your local library, is on your own. All attendees are required to register online by Jan. 1 at 4 p.m. Registration can be found at mycountyparks.com. Register today, and get reading!

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

Pay for a more sustainable future. Apply online on the REG website. REG, the industry leader for sustainable waste disposal, is offering a no charge option for ensuring a beneficial use for food waste, instead of landfiling. Food waste is not a beneficial fuel source for the City of Ames Resource Recovery System and when trashed can contaminate beneficial garbage. Collected food waste can be dropped off at the FWD collection bins at 110 Center Avenue, 24/7. For more information visit the program website.

Innovation in Business Lecture

Virtual | 12 - 1:30 p.m.
Hear from Dr. Stacey Coles, superintendent of the Storm Lake Community School District, on the topic of utilizing civic innovation to find solutions to issues of inequality. Access the event on the Iowa State University Lecture Series Website. Cost: Free

Fall Pruning Workshop

Reiman Gardens | 1:30 - 3:30 p.m.
Visit Reiman Gardens and participate in a hands-on pruning workshop by Horticulturists Sharon Rink and Kara Kettick. Register before Nov. 3 on the Reiman Gardens website. Cost: $15 Members, $20 Public, $13.60 Iowa State University Students

Don't trash holiday food waste, compost it through the City of Ames Food Waste Diversion (FWD) Program. Offering a no charge option for ensuring a beneficial use for food waste, instead of landfiling. Food waste is not a beneficial fuel source for the City of Ames Resource Recovery System and when trashed can contaminate beneficial garbage. Collected food waste will support the Arboretum Releaf Fund and all orders will be picked up Dec. 5 from 9 a.m. to noon.

Innovation in Education Lecture

Virtual | 12 - 1:30 p.m.
Hear from Dr. Stacey Coles, superintendent of the Storm Lake Community School District, on the topic of utilizing civic innovation to find solutions to issues of inequality. Access the event on the Iowa State University Lecture Series Website. Cost: Free

Pay for a more sustainable future. Apply online on the REG website. REG, the industry leader for sustainable waste disposal, is offering a no charge option for ensuring a beneficial use for food waste, instead of landfiling. Food waste is not a beneficial fuel source for the City of Ames Resource Recovery System and when trashed can contaminate beneficial garbage. Collected food waste will support the Arboretum Releaf Fund and all orders will be picked up Dec. 5 from 9 a.m. to noon.

Pay for a more sustainable future. Apply online on the REG website. REG, the industry leader for sustainable waste disposal, is offering a no charge option for ensuring a beneficial use for food waste, instead of landfiling. Food waste is not a beneficial fuel source for the City of Ames Resource Recovery System and when trashed can contaminate beneficial garbage. Collected food waste will support the Arboretum Releaf Fund and all orders will be picked up Dec. 5 from 9 a.m. to noon.

Pay for a more sustainable future. Apply online on the REG website. REG, the industry leader for sustainable waste disposal, is offering a no charge option for ensuring a beneficial use for food waste, instead of landfiling. Food waste is not a beneficial fuel source for the City of Ames Resource Recovery System and when trashed can contaminate beneficial garbage. Collected food waste will support the Arboretum Releaf Fund and all orders will be picked up Dec. 5 from 9 a.m. to noon.
BUT WAIT... THERE’S MORE!

Check back for more articles, Green Opportunities, and Calendar items for December and January.