

LIVE GREEN! MONTHLY

OCTOBER 2013 ISSUE 4 VOLUME 1

3 Things You'll Learn

You can own a piece of Iowa State's heritage by purchasing a catalpa seedling, the progeny of a tree that had been shading ISU's campus for almost 100 years.

Iowa is currently the 9th healthiest state in the nation but is working to become number one by 2016.

Vertical gardens are a popular method of urban gardening for people with limited space.

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LIVE GREEN!



LETTER FROM THE DIRECTOR

Hello Cyclones!

Welcome (and welcome back) to Iowa State University!! On behalf of the Office of Sustainability Team, we are excited to kick-off another year of the Live Green! initiative and provide the first issue of Live Green! Monthly for the 2013-2014 academic year.

It is my honor to kick-off our first issue by announcing an exciting recognition that just became official. Iowa State University has received a Gold Rating in the STARS (Sustainability Tracking and Rating System) international certification program.

STARS is a transparent, self-reporting framework for colleges and universities to measure and highlight their sustainability performance and commitment. STARS was developed by AASHE (The Association for the Advancement of Sustainability in Higher Education).

Currently 277 institutions have completed STARS certification including the University of Northern Iowa and the University of Iowa – who have both received gold. Of the rated institutions, 18.4% have achieved a gold rating, 50.9% silver, and 24.2% bronze, with the remaining 6.5% choosing to participate but not seek formal rating. No institutions to date have achieved platinum. Iowa State's submission may be viewed at: <https://stars.aashe.org/institutions/iowa-state-university-ia/report/2013-08-30/>

This is an impressive accomplishment for all students, faculty, and staff at Iowa State University whose collective commitment to and support of the Live Green! initiative is represented in this gold rating!! Congratulations Cyclones and thank you for all the time, effort, and dedication you have given toward achieving this recognition!!

I look forward to our work together in the coming year as we continue our journey toward a sustainable future.

Yours in **greenness**,

Merry Rankin
Director of Sustainability

Mark Your Calendars For:

National Campus Sustainability Day

October 23rd, 2013

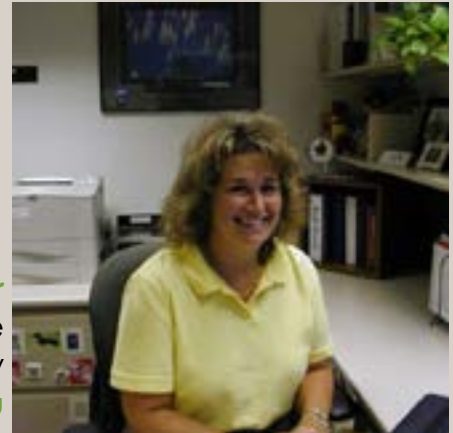
11:00 AM - 2:00 PM

Free Speech Zone, Parks Library

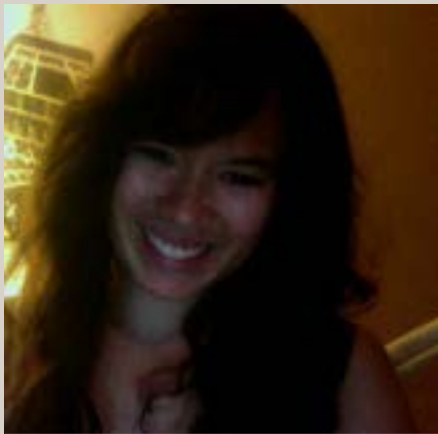
Meet the GREEN Team



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Rachelle focuses on several specialty projects and initiatives including technical documents and workshops.

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Lucas assists with various research projects and initiatives related to enhancing and diversifying campus sustainability efforts.



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Amy oversees the creation, design and distribution of various educational and awareness materials, including the Live Green! newsletter.

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Olivia works to increasing and enhancing opportunities for all students, faculty and staff to take part in sustainability events and initiatives.

OCTOBER IS ENERGY AWARENESS MONTH



DID YOU KNOW?

Although the United States makes up only 5% of the world's population, we consume 25% of the world's resources (including 26% of the world's energy) and generate 30% of the world's waste.

Enough sunlight reaches the Earth's surface each minute to satisfy the world's energy demands for an entire year.

83% of the world's air pollution comes from the production and use of electricity.

Wind energy is currently being utilized to provide just over 1% of electricity demand.

The amount of energy Americans use doubles every 20 years, by 2030 it is expected to increase more than 55%.

Every time you Google something you are using 0.0003kWh of energy. That doesn't seem like much but at over 5 BILLION searches a day Google uses enough energy to continuously power 200,000 homes and accounts for roughly 0.013% of the world's energy use. Despite this high-energy usage, Google's carbon footprint is essentially at zero because of their commitment to renewable energy and funding green efforts. As part of Energy Awareness Month we challenge you to consider your energy usage and opportunities to make small adjustments that will have a big impact to decrease your energy use.

UPCOMING ENERGY EVENTS

Iowa Environmental Council Annual Conference

At the Tipping Point: Creating Momentum for a Healthier Iowa Environment

October 11, 2013 8:30 AM

Drake University's Olmsted Center in Des Moines

A day of speakers and networking focused on making measurable progress for clean water in Iowa as well as building on the state's national leadership in wind energy by expanding use of solar energy.

Student Price: \$25

Iowa Energy Summit

November 4th 3:30 PM - 7:00 PM & November 5th 7:30 AM - 4:30 PM

Prairie Meadows Conference Center in Altoona, IA

Often those that pursue energy efficiency are very focused on the area in which they are heavily involved. This conference allowed those attendees to step outside their area of expertise and expand their knowledge about related topics. It also provided an update on the work of various organizations striving to improve energy efficiency in the State of Iowa.

Student Price: \$30

OCTOBER IS ENERGY AWARENESS MONTH



Here are 10 easy steps to make your home, apartment or dorm more energy efficient.

1.) Turn off lights when you are not using them.

Lighting is responsible for 11% of a home's energy bill. Turn lights off even if you will only be away for a little bit and when using lights choose options to satisfy only the amount of light you need for the task.

2.) Replace your light bulbs with CFLs (Compact Florescent Light Bulbs).

CFLs use around 80% less energy than a regular light bulb and last up to 12 times as long. CFLs today come in a variety of different shapes and sizes other than their original swirl shape.

3.) Unplug and turn off electronics when not using them.

Even on an "energy-saver" setting, electronics waste energy. Game consoles and some other electronics use almost the same amount of energy in idle mode as they do when being used. Turning off your electronics and eliminating "phantom load" can reduce energy usage by 10%. Also make sure that when you are using a device that it is on its most energy efficient setting. These settings can be found in the owner's manual or by a web search.

4.) Use power strips and only turn them on when you are using them.

Power strips are an easy way to eliminate phantom load by plugging multiple electronic devices into a combined plug and completely eliminating unneeded energy. You can save ~ \$100 each year by doing this.

5.) Make the switch to paperless.

Many banks, credit card companies, and businesses will give you the option to go paperless and receive statements and bills electronically. By doing this not only are companies saving paper and the energy needed to print and mail but also money. These savings can then be passed down to customers; some companies even offer rewards. Visit business websites or call to find out how to reduce your hard copy footprint.

6.) Fix leaky faucets.

One drop per second from a leaky faucet can add up to 48 gallons a week! Energy is required to move water to faucets, so you are not only leaking water but energy too. If you have a leaky faucet report it to your rental manager. See a leaky faucet on ISU's campus? Call 515-294-5100

7.) Choose small appliances.

Small appliances such as toaster ovens, electric skillet and microwaves use less energy than a range. Microwave ovens shorten cooking times requiring less energy. Consider your opportunities to downsize.

8.) Wash laundry in cold water and adjust the water level.

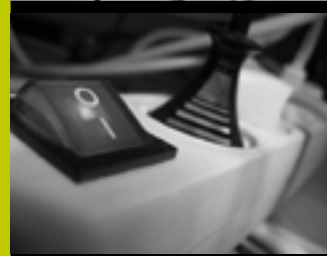
Energy costs for heating water to wash clothes amounts to 90% of the energy used. Only use hot water for extremely dirty clothes and always rinse in cool water. There are a variety of cold-water laundry detergents available from popular brands and eco-friendly options. Adjusting the water level to the amount of clothes you are washing will save water (and energy) as will waiting to do laundry until you have a full load.

9.) Utilize blinds to control radiant heat.

In the winter letting the sun in can help keep your home naturally warm through passive heating. In the summer closing blinds and curtains keeps that warmth out reducing passively gained heat by up to 30%.

10.) Use ceiling fans for air circulation.

In warm weather set the ceiling fan to blow air down into the room. This can make the room feel up to four degrees cooler allowing you to adjust your thermostat accordingly to cut your air conditioning energy demands. You can also use a ceiling fan in cold weather to help you feel warmer. Read your ceiling fan's instructions to change the direction of the fan to blow air up towards the ceiling; this pushes the warm air away from the ceiling to be distributed back into the room.



Students Living the Cardinal, Gold and GREEN!

This past summer, Rebecca Chamberlain spent six weeks living in a village in Uganda. Rebecca is a junior studying global resource systems and environmental science in the College of Agriculture and Life Sciences. Through the college's Departments of Horticulture and Agronomy, the Center of Sustainable Rural Livelihood's program (CSRL) and the Agriculture Study Abroad Office, Rebecca went with seven other undergraduate students to work on projects in Uganda. CSRL has been offered since 2006 to help improve agriculture and teach rural livelihood to the communities.

Upon arrival in June, the students teamed up with students from Makerere University in Uganda to work with a primary school agriculture program in the Kamuli district of rural Uganda. The students worked to establish a living fence from native Euphorbia to protect the school gardens. Rebecca also worked on her agroforestry project by planting fruit tree seedlings to start an orchard and planting woody tree seedlings for a woodlot to provide the school with firewood and timber. Along with her already busy project schedule, Rebecca also taught environmental science in the school. She stated that the whole goal of the project is to teach the students and communities different ways to ensure sustainability.

Many students might find living in a different country intimidating or confusing. However, Rebecca said that the lifestyle was easy to adapt to. The culture and communication styles were, at first, a lot different than she was used to. Nevertheless, Rebecca says she misses it and expressed wishes to return. Rebecca stated, "I wasn't expecting to become so attached to people; but they really were some of the most amazing people and I was really lucky, I feel, to learn more from them than what I taught them".

For those students curious about the idea of helping abroad through the college (or any other organization), Rebecca says go for it. She believed that it was a really amazing experience and stated that everyone should try a project like this. "It makes you realize what you take for granted", Rebecca said. "It's good for people to go see others living in a different situation and how they are still happy even with less stuff".



Now, back in Ames for the school year, Rebecca still remains active in global sustainability and resources. Rebecca was one of only 50 undergraduates nationwide selected this year to go to Boston for the CHANGE initiative with Oxfam America. Oxfam is a developmental agency that started in the 1940s. They promote humanitarian work and international development. Oxfam works worldwide educating, advocating and serving underdeveloped countries. Rebecca states that they are currently working in refugee camps in Syria distributing water and supplies.

Rebecca says the goal of the CHANGE initiative is to train undergraduates to be liaisons to their campuses. Already Rebecca has been busy helping set up different opportunities to promote world sustainability. She will be working with the dining facilities to promote food sustainability and how our personal food choices affect others and with The Green Umbrella (a student organization) promoting National Campus Sustainability Day. Oxfam is also sponsoring author Frances Moore Lappé to discuss sustainable food choices at an event titled [Food, Land and Small Planet Producers](#) on October 17th.

Rebecca hopes to continue her work in sustainability and global initiative programs. After graduation, she expressed a desire to join the Peace Corps. She then plans to attend graduate school and find work with a developmental agency working with sustainable agricultural problems. Rebecca's efforts exemplify how one person can promote, advocate and affect a sustainable future.

Do you know an exceptional student involved in sustainability? Let us know by emailing aafay@iastate.edu.



The Healthiest State Initiative is a privately funded public initiative to improve the overall health of Iowa's citizens and make Iowa the healthiest state in the nation by 2016 based on Gallup-Healthways Well-being Index. The criterion of the index includes life evaluation, emotional health, physical health, healthy behaviors, work environment and basic access. Iowa was ranked 9th in the 2012 index preceded by some of its neighbors Minnesota and Nebraska with Hawaii holding the number one position.

The Healthiest State Initiative has several programs in position to help improve the health of the state. This initiative is an ongoing program but there are many activities to take part in especially in the fall.

Programs Healthier in the Outdoors

The comfortable fall weather is the perfect time to spend outdoors. Exploring the outdoors leads to less stress, boosts attention span and increases appreciation for natural resources. The initiative partnered with the Iowa Department of Natural Resources to help Iowans increase mental and physical health through outdoor recreation by creating the Healthy and Happy Outdoors (H2O) project. Participants in the project record outdoor activities and each entry goes toward an opportunity to win a prize pack each month. The Iowa DNR [recreation page](#) offers many resources for outdoor activities for every age and activity level.

Programs Healthiest State Walk

The Healthiest State Walk will take place on October 9th in communities across the state. This is a 1 kilometer walk that participants can be part of either individually or as part of an organized walk. There are over 15 group walks organized in the Ames community including Healthiest ISU taking place on campus. There are multiple [routes](#) across campus so wherever you may be you can be sure to join in. If you would like to join one of the group walks or start your own you can do so on the [Iowa Healthiest State](#) website. Individuals walking can also register online to be included in the overall participation count.

Programs Healthy Half-time

Another fall initiative program is Healthy Half-Time. This program encourages healthy eating and activities during football season. Whether tailgating in the parking lot or at home in front of the television the initiative has some suggestions to improve your eating habits for the next game.

- **Go for team spirit. Select produce that matches your team colors. Serve with hummus or dips made with Greek yogurt.**
- **Lay down some turf with an avocado spread in the shape of a field. Outline the perimeters with low-fat sour cream. Scoop with fresh veggies (carrot chips) or line up tomatoes as players.**
- **Keep it lean. Use lean meats in chili and low-fat cheese in toppings.**
- **Serve popcorn or homemade trail mix, baked chips or pretzels for those craving crunch.**

The program also promotes being as active as possible during the game. Walk around at the tailgate, play catch in the yard at home or get up and walk around at half-time.

Did you know Reiman Gardens offers free admission to Iowa State football ticket holders on game day? They are open from 9:00 am - 4:30 pm or until game kickoff.

Green Your Tailgate

While trying to improve your health this football season also consider helping out the environment. • When preparing food, if grilling is needed, choose a propane grill which has the lowest impact on the environment. If using a charcoal grill is your only option choose an all-natural briquette which burns cleaner than regular charcoal or wood. There are several kinds made out of renewable plant and wood sources. • Serving seasonal food from local producers can offer a fun menu that helps support the local economy as well. • Disposable plates, glasses and cutlery add to our waste stream. Reusable dishes can be taken home and saved for your next tailgate and many more after that. Compostable cutlery made from bio-resins is also an option, as well as serving food that does not require any dinnerware. • While enjoying the good company and food add some low energy tunes with a crank-operated radio; keep it cranking to hear the game too.

[Click here for more tips on how to make your tailgate better for the environment and yourself.](#)

What Happened To Pearson Hall's Big Tree?

If you have walked past Pearson Hall recently you may have noticed the loss of one of our big trees. Last May, the majestic catalpa that had been shading ISU's campus for almost 100 years was lost. The tree was one of the several Northern Catalpas on campus. Although native to Illinois, Indiana, Arkansas and Tennessee, the Northern Catalpa can grow in most of North America and is a winter-hardy tree in Iowa. They fare best in moist, high pH, coarse-to-medium-textured soils in full sun and do not tolerate shade. The tree grows to be 75-100 feet tall and has the lowest shrinkage and expansion rate of any domestic hardwoods. The tree blooms clusters of white, bell-shaped flowers from which bean-like pods are produced containing many flat seeds.



Photo by: Lei Zhang

The tree outside of Pearson Hall had to be removed due to structural damage. This damage can occur to trees over time because of many different reasons. Some of the factors include inadequate oxygen and moisture levels for the tree's roots, changes in soil grade and actual physical damage to the tree from either the elements or other sources. These damages may occur naturally, but we also need to be conscious as users of the vulnerability of these large plants.

The tree that was taken down will enter Iowa State's TreeCYcle program. TreeCYcle is a Facilities Planning and Management program that reuses wood from campus. Large trees can be used for lumber, furniture and other woodworking projects. Smaller branches and trees are chipped into mulch to be used on campus.

Growing Iowa State's Heritage

This summer Professor William Graves of the Department of Horticulture worked with staff from Facilities Planning and Management to collect the seeds from the tree and grow over 500 new seedlings in the greenhouse. The seedlings are very healthy and rapidly outgrowing their pots, requiring replantation. At this point, Professor Graves decided the trees were ready for new homes. He offered 25 of them up to be planted on campus this fall and another 25 to be repotted in the nursery to grow larger for future transplanting to campus.

So what will happen to the other seedlings? The Department of Horticulture in partnership with the Alumni Association is offering Iowa State alumni and friends the chance to own the progeny of this historic tree from Iowa State's campus. The cost is \$30 for one seedling, \$25 each for 2-4, and \$20 each if you purchase 5 or more. This price includes a healthy seedling 2-3' tall, instructions for planting and care of the seedling and a certificate noting your authentic piece of Iowa State's heritage.

The seedlings will be available for purchase at the Alumni Center during home football games this fall with pickup at a later date. If you are unable to make it to the Alumni Center to purchase a seedling you still have the opportunity to buy one! They are available online at the ISU Alumni Association Shop and by phone at 515-294-2648. The seedlings can be picked up or can be shipped to you at an additional price of \$20 for one or a pair of plants.

Don't miss your chance to have a piece of Iowa State heritage in your own backyard.

**Don't have a place of your own to grow your heritage?
Consider sharing a piece of Iowa State with a city,
school or park.**



Edible Garden Ventures



On Saturday, September 7th, students and community members braved high temperatures and headed outdoors for the Ames Edible Garden Tour. The tour featured a dozen different urban garden “open house” stops free of charge, between the hours of 12pm and 4pm. An organized bike tour was also an option for participants, departing from Brookside Park and biking from garden to garden.



Iowa State’s Sustainable Agriculture Student Association, Community and Regional Planning Graduate Club and the Ames Community Garden Coalition sponsored the tour. Participants got to see a variety of different produce products and practices including: vegetables, herbs, fruit and nut trees, berries, hops, flowers, prairie plantings, chickens and even composting. Along with viewing the gardens, demonstrations were also offered. ISU Wallace Chair for Sustainable Agriculture and Agronomy Professor, Matt Liebman, hosted the first demonstration in his personal home garden about weed and rabbit control. Other demonstrations included Saving Seeds and Home Brewing.



The gardens on the tour included the Ames Community Garden, Student Organic Farm, Food at First, Sawyer Elementary School Garden, “The Farm” and personal gardens of Ames community members. To find out more about these gardens and upcoming events visit the [Ames Community Garden Coalition website](#).

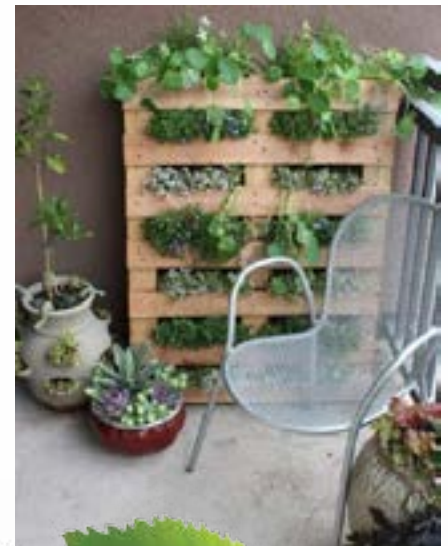
This was the first year for the event and Coordinating Chair Marie Louise Ryan felt it was a success. She noted that the support from the community shows Ames’s potential of becoming a more sustainable model of community development and civic engagement. Marie Louise believes community education was key to the event’s success stating, “Growing food in an urban environment can be done--and done well--but it presents a different set of challenges from growing food on farms. Helping residents realize what they can grow and how to do it in an urban environment definitely contributed to some of the event’s success”. Marie Louise also noted, “Ames residents taking to their bikes to visit gardens demonstrated the interest and ability of our community to come together in a sustainable, fun manner”.

DIY Urban Gardening

Growing your own food can save you money, add fresh herbs and vegetables into your meals and reduce food footprint. So what’s stopping you?

Think you can’t have a garden because you rent or have no outside space? Think again. As long as you have a small amount of space with the proper amount of sunlight you can create an urban garden to grow your favorite produce.

The easiest and most common space for an urban garden is a balcony or patio; if you don’t have a balcony another option is a windowsill garden which you can grow year round. Don’t be afraid of taking up too much space with your garden. There are many do-it-yourself solutions for small urban garden spaces, one of the most space efficient and attractive being vertical gardens. Gardens can be accomplished using many different repurposed items from around the house. Find a variety of great ideas for urban gardens at [ApartmentTherapy.com](#).



Celebrating the Arts



The 43rd Annual Octagon Arts Festival took place on Sunday, September 22 in the Main Street Cultural District in downtown Ames. The festival hosted more than 100 artists from across the Midwest as well as a children's art area and a performing arts stage. Each year more than 14,000 people attend this festival to enjoy local art the Midwest has to offer and take home a one-of-a-kind art piece. This year the Best In Show award went to Mary Obemeyer from Quinton, Virginia. Mary's company, Greystone Products Company, creates hand-crafted jewelry from recycled computer parts.

Miss the festival? The Octagon Gallery Shop features and offers for sale artists' pieces year round. The shop at 413 Douglas Ave is open Monday-Wednesday and Friday from 10am-5:30pm, Thursday 10am-7pm and Saturday 10am-5pm and currently has some of the best in show pieces for sale.



Celebrate Fair Trade Month

A Small Purchase by You Raises Hope for Them.

Fair Trade is a partnership in the international marketplace to support economic sustainability in developing countries. When locally produced products are sold the profit goes back into local communities creating sustainable businesses and sustainable business practices through trade empowerment. Every purchase matters.

Worldly Goods is a local fair trade non-profit store operated by volunteers. They source their goods from producers and artists all over the world to facilitate a fair income and a strong sustainable community. Their products include clothing, jewelry, home decor, musical instruments, toys, stationary, books and food.

Worldly Goods is located at 223 Main Street in Downtown Ames. They are open 10am-6pm Monday-Wednesday and Friday, 10am-8pm Thursday and 10am-5pm on Saturday. Volunteers are important to supporting Worldly Goods mission by keeping overhead expenses at a minimum. If you have some time to volunteer call 515-233-4568 or email volunteer@worldlygoods.org.

For More Information on Fair Trade Visit FairTradeUSA.org

WORLDLY GOODS



INTRODUCING **Mr. Ellie Pooh LLC**

Eco-Friendly Fair Trade Paper Products made from elephant poo are brand new at Worldly Goods!

October

Click on an event to learn more information!



Do you have a sustainability related event happening that you want to let people know about? Put it on the

Live Green! Calendar

Contact Us

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