“Wholesome action [toward] healing self takes effort.”
- Thich Nhat Nanh
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Contact us to highlight your sustainability efforts and accomplishments: livegreen@iastate.edu

This year’s National Campus Sustainability Day celebrated Iowa State’s and Ames’ sustainability efforts, organizations and opportunities. Participants were encouraged to share how they pledged to live sustainably, meet local organizations and learn about their sustainability efforts, as well as win green prizes in interactive activities. For a recap of this year’s Make Waves themed celebration, see Page 8.

**Sustainable Connections!**

The Live Green! Newsletter 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.

Underlined text throughout this publication is hotlinked to offer additional information.
DIRECTOR’S MESSAGE

November is the month that especially tugs at us to pause, reflect and immerse ourselves in considering all for which we are thankful. Among the many things that come to mind, a commonly-shared gratitude among all ages, income levels and professions is that of health and well-being -- the components of a wholesome life.

Though originating at a very personal level, our individual journeys of thankfulness and reflection identify infinite connections well beyond our daily space and time -- connections related to the health and well-being of our communities, the economy, as well as the environment. In short, our journeys encompass the facets of a sustainable future -- our collectively wholesome life.

This month's issue of Live Green! Monthly features the diversity of ways wholesomeness nurtures us as we extend it to others at Iowa State University and throughout the Ames community. From championing food waste diversion to supporting local businesses to battling hunger and ensuring shelter security, we are all offered unique and personal opportunities that bring about such significant and life-altering change.

As well as reminding us of the influence of even the simplest of actions, this month's issue also challenges us to commit some time each day to completing an act of kindness -- giving back and paying forward to ensure wholesomeness, a priceless gift to give and a timeless legacy to leave.

As our cover notes, wholesomeness takes effort. This effort comes from those we may never meet, and is given to needs and causes that we may never personally see come to fruition. It is in this lack of knowing that wholesomeness comes full circle; when we give truly for the sake of giving (not to any one person or thing), the foundation upon which a sustainable future is grounded begins to emerge.

In gathering with friends and family in thanks and reflection this month, take note, as well, of the infinite components (people, places and experiences) that nurture and support our collective and interconnected journey together as we strive toward a sustainable and wholesome future. Without a doubt, I am certain they make a most impressive ripple!

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. She leads and assists teams on campus and in the community in creating and enhancing programs, events and communication pieces to help educate, engage, and empower our collective journey toward a more sustainable future.

ON THE COVER: Wholesome Connections, Wholesome Legacy

Iowa State University was founded on a wholesome vision and continues to fulfill this through a plethora of opportunities. Images on this month's cover focus on a few of the selfless, dynamic and kind connections that celebrate our wholesome past, present and future.
Iowa State University offers a diversity of opportunities for students to get involved. With more than 850 student organizations available, Iowa State has much to offer in the realm of clubs and organizations. From engineering to advertising to ukulele, Iowa State ensures students can be engaged in organizations that are catered to their hobbies, majors and passions.

With Thanksgiving (Nov. 23), National Philanthropy Day (Nov. 15) and Giving Tuesday (Nov. 28) right around the corner, November is a time to reflect on all we have for which to give thanks, as well as for those not having opportunities that are available to us.

In addition to being thankful, November is the opportunity to give back. One specific club that goes above and beyond to give back to Iowa State and the Ames community is the newly-formed Food Recovery Network.

This organization is the largest student movement against hunger in the United States. Its goal is to unite college students on campuses across the nation to fight hunger and feed people. With a total of 230 chapters in 44 states, including the District of Columbia, more than two million pounds of food have been diverted from landfills.

This national network not only diverts food from landfills, but also recycles and recovers food. College chapters are partnering with campus dining centers, cafes, catered events and local networks to recover unused, perishable food with the intent to donate that diverted food to those in need in their communities.

“Empowering students to act rather than ignore a problem creates a more wholesome student body and campus,” said Autumn Rudlong, ISU Food Recovery Network president.

For example, wasting food has a significant impact on air quality. Food waste is not only breaking the bank, it is also costly to the environment. Landfills plagued with rotting food are faced with methane gas, a common greenhouse gas released during decomposition, 25 times more powerful than carbon dioxide.

An especially alarming reality is that twenty-one percent of landfill intake is food waste -- especially when, in 2016, 12.7 percent of Americans were considered food insecure, according to Feeding America and World Hunger. Ames faces these same challenges, and the ISU Food Recovery Network is focused on solving them.

“Empowering students to act rather than ignore a problem creates a more wholesome student body and campus,” said Autumn Rudlong, ISU Food Recovery Network president.

Founded by ISU student Autumn Rudlong in September 2015, the ISU Food Recovery Network recovers food waste from ISU dining cafes and partners with Food at First, a free meal program and perishable food pantry in Ames, that distributes food throughout the community. With only two years under its belt, ISU’s Food Recovery Network has already recovered 7,923 total pounds of food.

“[ISU Dining] changes its menus and options to address the students’ desires and dietary needs,” Rudlong said. “Because of this, the dining centers offer more food options, thus creating more waste. The Food Recovery Network is an opportunity to return that food to our community, and to our students.”

According to the Food and Agriculture Organization (FAO) of the United Nations, food waste is defined as lost or wasted food throughout the entirety of the supply chain -- from initial production to final household consumption. Each year, about 40 percent of food is wasted. That equates to nearly 300 pounds of food wasted per individual, and the equivalent of $1,500 lost for a family of four.
Recovery Network opens the door for university students to confront the consequences of their food requests, which is waste.”

Rudlong first found out about this national organization while taking a food issues course at Iowa State. She did not realize food waste was such a major concern in the U.S. When introduced to the Food Recovery Network, she knew she had to bring it to Iowa State. She immediately contacted the national organization and started her own chapter.

In 2015, the Food Recovery Network was recognized nationally by its parent organization, but wasn’t recognized as an ISU student organization until 2017. This made it difficult to receive funding. However, through the establishment of the Student Government’s Excellence Fund, the Food Recovery Network received $408 to purchase 12 reusable food bins to aid in the collection of food on campus and the delivery of that food to Food at First.

The Food Recovery Network has taken it upon itself to reduce food waste on Iowa State’s campus. Not only does this organization work with ISU Dining to recover unused food, it also teams up with campus events that accumulate perishable food. This past semester, the Food Recovery Network partnered with the College of Agriculture and Life Sciences (CALS) for its ISU CALS Week and College of Human Sciences (CHS) for its CHS Week.

The Network also collaborated with the World Food Prize’s Iowa Youth Hunger Summit last spring. CALS and CHS Week yielded around 300 pounds of recovered food, and the Iowa Youth Hunger Summit yielded roughly 80 pounds. It goes without saying that Rudlong has worked tirelessly to lay a foundation for the Network to flourish in the future. Although she will graduate soon, her passion for food security runs deep.

“Although my time will end with Food Recovery Network at Iowa State, my passions for fighting food waste will never be assuaged,” Rudlong said.

She plans to attend graduate school and pursue a degree in International Food Science and Food Waste Solutions with the hope of conducting research with the FAO. She is excited to build on previous research experience with the FAO, a defining chapter of her life that steered her in the direction of global sustainability and solving world food issues.

Through her years of being president of the Food Recovery Network, coupled with FAO research, Rudlong has transferred many techniques to increase sustainability and food waste reduction in her daily life. For example, she makes a fridge inventory before grocery shopping and encourages friends and family to eat and not waste the food they already have. Most impressively, she takes every opportunity to educate others about the benefits of reducing food waste, the most significant thing she feels she can do.

“Being sustainable is important because the earth is the greatest legacy we can leave,” she said. “Leaving things better than receiving them is always something I was taught growing up, and it will continue to be something I strive to teach others.”

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What comes to mind when thinking about sustainability? Maybe reducing, reusing, recycling and recovering? Or walking more often than driving? These ideas are correct -- however, sustainability does not have to be so obvious. Sometimes the most sustainable thing we can do is offer kindness to others and ourselves.

World Kindness Day is Nov. 13, giving precedent to being kind for the month of November and reminding us of the power and significance of being kind. From a young age, a common phrase parents offer their children as they begin their day is to “be kind and be good.”

Being kind (and good) to those around us and ourselves promotes a healthy balance between us all and our planet home. When interacting with and trying to achieve environmental sustainability, being kind is one of the most instantaneous ways to achieve this.

Being aware of the environment is just one step toward achieving kindness. It is vital to ensure the present, while still being thoughtful of the future. The Boy Scouts of America’s slogan, “leave no trace,” best describes this culture. The earth remains through countless generations; keeping it beautiful and healthy for those who follow us is one of the kindest acts we can leave.

Accomplishing this does not require a lot of effort or resources. Starting as small as picking up a piece of trash contributes to environmental sustainability. Turning off lights, using reusable water bottles and showering for shorter periods of time are all ways to be environmentally kind. Little tweaks here and there can create a snowball effect.

Social sustainability is also a vital component of ensuring a sustainable future. Friends, family and strangers are all part of our social system. Kindness is an antidote to fear. Therefore, to achieve sustainability, kindness is key. From using manners to engaging and encouraging those who are different than you, offering kindness toward others is easily achievable and can make an incredible impact.

World Kindness Day is not the only day in November to remind us of the power and importance of kindness. National Hunger and Homelessness Awareness Week is Nov. 11-19. Why not use this week to fight for social sustainability and help those in need?

There are multiple opportunities to help the hungry and homeless in Ames. Food at First is a free, local meal program and perishable food pantry with a goal of combatting hunger and feeding the community. To achieve this, Food at First serves a daily meal and offers a drop-in food pantry to anyone who needs help making ends meet. There are additional resources to connect people to food...
Ways to Promote Self Kindness

1. Write it down
   - Writing is a calming way to confront stress and an easy way to meditate and reflect on what is causing stress.

2. Drink tea
   - Drinking black tea leads to lower post-stress cortisol levels and a greater feeling of relaxation.

3. Light a candle
   - Aromatherapy stimulates many parts of the brain that are in charge of moods and emotions.

4. Play music
   - Slow, classical music slows your pulse and heart rate, lowers blood pressure and decreases stress levels.

Throughout Story County including an extensive list of food pantries.

Services that provide shelter for those battling homelessness are also available in Ames community. The Emergency Residence Project is one organization providing this service. As well as offering shelter and helping to prevent individuals from becoming or remaining homeless, the Emergency Residence Project also offers food to its residents.

Their goal is to involve the community in the provision of services to the homeless and to foster the conditions that prevent homelessness. In addition to its services, the Emergency Residence Project website hosts a number of additional local resources that are available to assist the Ames community in addressing the challenges of shelter security. In addition to its services, the Emergency Residence Project website hosts a number of additional local resources that are available to assist the Ames community in addressing the challenges of shelter security.

Providing donations of food, supplies and money, as well as volunteering, helps combat hunger and homelessness. Food at First is always looking for help with its pantry and making and serving food. Additionally, volunteers at the Emergency Residence Project aid in home repairs, cleaning, painting and yardwork.

With social sustainability comes self-sustainability. Nov. 1 marked Stress Awareness Day. Being kind to one’s self allows us to be kind to others. Stress negatively affects the body, mind and behavior of a person, which can result in various health problems and considerable economic costs. Dealing with stress in healthy ways ensures kindness to ourselves in a number of ways.

Dealing with stress boosts immune systems, lowers heart rates and improves mental health. Not dealing with stress is costly. U.S. businesses lose around $300 billion every year because at least half of the American workforce is negatively impacted by stress. Anxiety and depression are symptoms of not dealing with stress, and according to the Health Affairs Journal, account for $201 billion of all medical spending in the U.S.

The world is interdependent. There would not be food on our tables or roofs over our heads if it was not for the kindness and commitment from those we may never meet. Kindness has a chain effect. Do something kind for someone, and they will do the same for someone else. This will create a butterfly effect, spreading kindness infinitely.

World Kindness Day is a reminder that sustainability is a result of being kind to yourself, your community and the world around you. Let the month of November help to remind us all of the power of kindness. To kick off kindness, the Monthly Challenge (Page 11) is in recognition of this day. The Challenge’s kindness calendar can be used again and again to continue kindness beyond November. A sustainable life has a foundation in kindness.

Copy and infographics by Morgan Thompson
Most Americans, as well as 60 other nations around the world, join in on the act of changing their clocks and catching an extra hour of sleep for the bi-annual event of Daylight Saving Time (DST), commonly referred to as Daylight Savings Time. This ritual of turning your clock an hour twice a year seems instinctive to most, but it is a fairly new, phenomenon that has taken off in the past decades.

Benjamin Franklin’s satire in 1784 stated an idea that “an immense sum that the city of Paris might save every year, by the economy of using sunshine instead of candles.” This encouraged residents of Paris to change their schedules to wake up earlier, conserving candle usage at night, according to History.com. Over time, the world has taken hold of DST and revolutionized it into a sustainability initiative for the economy and environment.

Contrary to popular belief, it was not Franklin who started DST; it was George Hudson, a New Zealander who first proposed to make a regulation for the idea of changing the schedules of people all across the world. Hudson, who studied insects after his regular day job, wanted more after-hours daylight to spend time doing his beloved hobby. But his efforts only sparked a conversation of people around the world to initiate DST.

The German Empire was the first to adopt DST in 1916, in an effort to ration coal during World War I by taking advantage of as much natural light as possible. The world began to follow, with most of Europe adopting the new-found system the same year, and the United States following in 1918. The short-lived boom of DST ended in the United States after World War I because the original use, saving energy, was not needed after the war. Justification for the time change came back in full swing in the beginning of World War II and during the energy crisis of the 1970s.

Most Asian and African countries do not participate in DST, yet many other nations have realized the abundance of benefits. In 2013, Russia started legislation to establish DST after its termination in 2011, because of the limited natural daylight in the winter.

“In remote regions, the situation has reached the point of absurdity; children don’t see the sun,” said Maxim Shingarkin of the Russian Liberal Democratic Party in an article from The Moscow Times.

The United States has continued to maintain the ritual of DST (with a few exceptions), through bi-annual time changes to “spring forward” in March and to “fall back”
Additionally, there is a huge boost in civilian spending across the country from the extra hour of sunlight. The increased sunlight encourages Americans to be active outside of their homes and spend money, giving small businesses and the economy an extra revenue boost.

Testing this theory in 2013, JPMorgan compared Los Angeles and Phoenix for the 30 days following the end of DST in November. Los Angeles, which participates in DST, had an increase in profits of small businesses and overall revenue, while Phoenix, which does not participate in DST, remained unchanged in their small business sales and revenues.

The continuation of DST is facilitating the growth of sustainability efforts around the world. The wholesome well-being of the United States is allowed to cultivate during this time because of the natural intertwining of sustainability efforts and simple changes to Americans’ everyday lives.

The original environmental push that conceived DST was to decrease energy use through lighting. According to Popular Mechanics, energy use has shifted over time; however, today, lighting in the United States only accounts for 10 percent of the nation’s energy use. Instead, energy use is more prevalent for needs including heating, cooling and transportation.

That being said, a study done by the U.S. Department of Energy found that the United States consistently saves an estimated 0.5 percent of electricity per day during DST. This seemingly small percentage equates to 1.3 billion kilowatt-hours of saved energy per day, enough energy to run a dishwasher in every single home in America for more than a week.

Although not so popular with everyone, DST saves the United States hundreds of millions of dollars for reasons that originally would not come to mind. Findings from the Brookings Institute found there is a seven percent decrease in crime in the country during DST. This results in an estimated $246 million in savings to communities in medical, law enforcement and prosecution costs. A hefty percentage of that is the $59 million in savings from the number of decreased robberies during this time because of the increased length of natural daylight.

FUN FACT: DST is housed under the Department of Transportation, because of the dramatic decrease in traffic accidents correlated to increased natural light for drivers.

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in November, subsequently engaging more than 300 million Americans. Hawaii, Arizona, Guam, Puerto Rico, the Virgin Islands and certain Amish communities in the United States, however, choose to not participate in DST, mostly because of the abundance of pure sunshine all year round.

Though DST was originally created to develop increased natural sunlight, it has flourished into a world-wide sustainable event. With growing sustainability considerations and concerns, DST offers multiple benefits.

Daylight Savings Time Around the World

PREVIOUSLY OBSERVED DST
OBSERVES DST
NEVER OBSERVED DST

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The continuation of DST is facilitating the growth of sustainability efforts around the world. The wholesome well-being of the United States is allowed to cultivate during this time because of the natural intertwining of sustainability efforts and simple changes to Americans’ everyday lives.
Since the introduction of Small Business Saturday (SBS) in 2010, the “little sister” of Black Friday has grown to be the biggest revenue day for small businesses around the United States. Many positive attributes come with Small Business Saturday, including smaller crowds, shorter lines, the ability to directly give back to the local community and the environment and much more.

Supporting local businesses also supports and encourages local job opportunities. Small local businesses are the nation’s largest employer, providing the most jobs to local residents than any other type of industry.

With the increase of profit support from the community, small businesses are often able to donate more to the community, as well. As noted by Sustainable Connections, non-profit organizations are likely to receive, on average, 250 percent more financial support from smaller businesses compared to larger ones.

In the Ames community, local businesses are taking the benefits of local shopping to the next level by participating in the Smart Business Challenge. The Challenge encourages businesses to practice sustainability while supporting the Ames community in ways like reducing their individual carbon footprint, minimizing their waste and participating in overall community engagement. Through taking part in this initiative, local businesses are not only giving back to their community, they are paying forward toward a sustainable future. Learn more about the Smart Business Challenge and local businesses taking part.

This holiday shopping season, look for businesses that are family-owned, showcase local partnerships and are located locally. By supporting Ames’ small businesses this season, you can give back in a multitude of ways right in your own “backyard.”

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Last year, an estimated 112 million Americans shopped at small businesses and independent stores on SBS. According to the Huffington Post, this created an impressive revenue of $15.4 billion for small businesses. One-third of Americans participated in supporting a local business on the Saturday following Thanksgiving Day.

According to Ambia News, every dollar spent at a local business returns three times more back to its community when compared to the traditional chain store model. In addition, local businesses typically acquire less land and are located in and closer to residents and neighbors, therefore reducing land consumption and creating less air pollution by decreasing travel time for shoppers. A local shopping experience can also result in less demand on roads, sewers and public services, such as police, fire and medical. This results in an efficient way of shopping and increased tax revenue per sales dollar.

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**Find Small Businesses Near You**

In Ames, search for local businesses on the Ames Chamber of Commerce.

To find local businesses in other communities, visit the National Chamber of Commerce website.
MONTHLY CHALLENGE

This month’s challenge is centered around World Kindness Day, which is observed on Nov. 13. In celebration of this day, challenge yourself to do small, random acts of kindness throughout November. Use this chart to set a daily goal of one small act of kindness. Go day to day, check off as you go, skip around or use these as inspiration for your own acts of kindness. Take any amount of time, resources or effort. No act of kindness is too small!

NOVEMBER: KINDNESS CHALLENGE

1. Write a letter to a relative.
2. Leave a “thank-you” note for a civil servant.
3. Text three friends and tell them you appreciate them.
4. Donate old towels to a veterinary clinic.
5. Pay it forward at a drive through.
6. Use a reusable cup for your morning drink.
7. Purchase local produce.
8. Volunteer to read at a local elementary school.
9. Donate clothing to ACCESS.
10. Compliment five random people.
11. Volunteer at a local animal shelter.
12. Take a walk and pick up litter along the way.
13. Donate to a charity.
15. Eat a healthy snack.
16. Hold the door open for someone.
17. Volunteer at Goodwill.
18. Plant a tree in your community.
19. Donate a toy to a local charity.
20. Donate canned goods to The S.H.O.P.
21. Give up your seat to someone on the bus.
22. Thank a police officer, soldier or firefighter.
23. Mail a surprise to a family member.
24. Walk to class or work.
25. Volunteer at a local food bank.
26. Treat yourself to something special.
27. Donate blood.
29. Shorten your shower by five minutes to conserve water.
30. Find a pen pal at a nursing home.
The Office of Sustainability, in collaboration with The Green Umbrella, hosted National Campus Sustainability Day on Oct. 26. The event featured campus and community organizations and businesses committed to increasing sustainability efforts, opportunities and accomplishments. Free bike tune-ups were offered by Outdoor Recreation Services, and free longboard tune-ups were offered by the ISU Longboard Club. Cookies and apples from the Horticulture Research Station were provided. Opportunities to earn sustainably-minded prizes (including coffee mugs) were included in the event.

“Because natural resources are depleting, the sooner we start living sustainably, the better the future will be.”
– Tristan Cook, Senior

“Learning about the initiatives made by different campus organizations made me excited to see what comes next.”
– Sarah Huber, Senior

“Each booth had valuable information about living green, both globally and locally. I learned a lot about ways to take care of the earth and promote sustainability in my everyday life.”
– Hannah Gasper, Sophomore

“Because natural resources are depleting, the sooner we start living sustainably, the better the future will be.”
– Tristan Cook, Senior
GREEN OPPORTUNITIES

ADVOCATING FOR CLIMATE
Volunteer with concerned Iowa citizens to slow the effects of climate change and to protect the earth’s beautiful ecosystems. Volunteers will meet with congressional leaders and the media, write letters to editors and educate their communities about climate change and legislative opportunities and activities. A commitment of 4-6 hours a month is requested. Visit the Citizen Climate Lobby website to learn more and sign up today!

DISCUSSING IMPORTANT ISSUES
Engage with senior administrators of Iowa State in the interactive and free Campus Town Hall. Students are invited to participate in a question-based discussion on important campus issues such as campus climate, student health, tuition, well-being and safety and campus facilities, such as residence halls, classrooms and facilities. The event is Nov. 9 in the Memorial Union Great Hall at 5:30 p.m. If you can not make the event, it will also be live-streamed.

ASSURING FOOD AT IOWA STATE
Donate your time or nonperishable food items at the free food pantry that is available to Iowa State University students, The S.H.O.P. The organization is always looking for volunteers to commit at least three hours throughout the semester. Volunteers are responsible for organizing food, dispersing donations, interacting with customers and checking for expired food. The S.H.O.P. is located in Room 2616 of the Food Sciences Building and volunteer signups can be accessed on its volunteer website.

EXPLORING NON-PROFITS FIRST-HAND
Apply to shadow a non-profit administrator and get hands-on experience with the Non-Profit Protege Program. Apply by Nov. 17 if you are interested in exploring the world of non-profit organizations. In the spring semester, participants will attend weekly meetings with mentors, attend meetings of the organization, as well as witness the impact non-profits bring to the world.

INTERNING FOR FAIR FOOD
Engage with the community while interning with The Alliance for Fair Food for the Spring 2018 semester. Interns are needed to organize Fair Food partners, such as students, youth, religious communities and food justice organizations. For more information and a full job description, apply online on the Alliance for Fair Food website.

IMPACTING AMES ACCESS
Give back to Ames ACCESS by donating new items until Nov. 8. The Iowa State University chapter of The Association for Women in Communication is holding a donation drive in 101 Hamilton Hall to support Domestic Abuse Awareness Month. The drive focuses on collecting new and unused items, such as deodorant, shampoo, journals, toilet tissue, paper towels, tape, cleaning supplies and hand soap.

GIVING BACK THROUGH GOODWILL
Build your resume, learn new skills and expand your network by volunteering at any Goodwill location. Volunteer opportunities range from working on-site organizing donations, serving meals at homeless centers, teaching language classes or helping veterans re-enter the workplace. Goodwill has a wide variety of volunteer opportunities that can work with your schedule. The list of opportunities and locations can be found on Goodwill’s Volunteer website.

RE-HOMING JACK-O-LANTERNS
The City of Ames wants to help your Halloween pumpkins find a new home that is not your trash can! Food and organic waste is not a source of beneficial refuse derived fuel (RDF) for the power plant. To provide a disposal option instead of landfilling, the Resource Recovery Plant is collecting Halloween pumpkins and gourds at 110 Center Ave. until Nov. 10.
GREEN-IT-YOURSELF
Nov. 15 is Clean Your Refrigerator Day. Use this day as an excuse to give the kitchen epicenter a makeover by using this sustainable cleaner and deodorizer, as well as by creating these wholesome GIYs.

EASY EGG CARTON PLANTERS
Reuse your egg cartons as a decomposable planter once all eggs have been cracked!

Supplies: Cardboard egg carton, potting soil, seeds, scissors

1. Cut off lid of egg carton.
2. Add potting soil to individual egg cups in carton.
3. Poke a hole in the center of each cup. Place one seed in each hole. Cover with soil and water.
4. Place on tray or plate and keep in a warm, light-filled location until they sprout. Water daily.
5. Once the seeds have sprouted, transfer them to a permanent location.
6. Cut out individual egg carton cups and place directly in the soil of permanent location. Cartons will decompose.

To use: Watch your seeds grow into any plant from tomatoes to roses -- the choice is yours!

UPCYCLED JAR CANISTERS
Instead of throwing away the old glass salsa jar, make it into a versatile canister!

Supplies: Glass jar, acrylic paint, paint brush, decorating supplies (optional)

1. Thoroughly wash jar and remove all of the labels.
2. Paint the jar with acrylic paint and let dry.
3. Customize the jar by adding ribbon, Washi tape, paint or gluing decorations.
4. Let dry.

To use: Use this versatile, upcycled canister for Q-tips in your bathroom, your favorite snack in the kitchen or to decorate any area in your home!

CUSTOMIZED MAGNETS
Use the lids from upcycling your jars (above) to make fun, customizable magnets!

Supplies: Any size lid, graphic, glue, hot glue gun, magnet

1. Clean the lid from any jar or bottle in your fridge. They do not have to be the same size.
2. Print illustrations or pictures you want to showcase on your lids or download the graphics shown in the photo.
3. Flip the lid over so the top is facing down, and place the graphic on the underside of lid. Trim image to fit inside lid.
4. Cut out the graphic and glue inside the lid.
5. Flip the lid over, and use the hot glue gun to adhere a magnet to the center of the lid. Let dry.

To use: Use these customizable magnets to hang a grocery list or a picture of you and your friends on the fridge!

FOR MORE GIY
REVIVING THANKSGIVING LEFTOVERS

Turkey Thai Curry

20 minute preparation time, makes 4 servings
1 tsp. olive oil, two chopped bell peppers, two minced garlic cloves, 1 tsp. minced ginger, 2 cups leftover sliced turkey, 2 Tbsp. red Thai curry paste, 14 oz. coconut milk, 1/4 cup chicken stock, 1 tsp. brown sugar, 1 tsp. fish sauce, juice of one lime, bunch of chopped cilantro to taste, four servings of boiled rice

1. Heat the olive oil in a large skillet and add chopped peppers.
2. Cook on medium heat for two minutes, then add the garlic, ginger and cooked turkey.
3. Stir for one minute, then add in the curry paste. Stir again for one minute.
5. Let the curry simmer for 10 minutes, and then stir in brown sugar, fish sauce and lime juice.
6. Serve immediately with white rice, and top with cilantro.

Cheesy Potato Pancakes

20 minute preparation time, makes 12 small pancakes
3 cups leftover mashed potatoes, 2/3 cup shredded cheddar cheese, 2 Tbsp. chopped scallions, one lightly beaten egg, 1/2 cup + 3 tsp. flour, vegetable oil, sour cream to top

1. In a large mixing bowl, stir together the mashed potatoes, cheese, chopped scallions, egg and 3 Tbsp. of flour.
2. Divide the mixture into 12 portions, rolling into a ball, then flatten into a pancake shape, 1/2-inch thick.
3. Place the remaining 1/2 cup of flour into a shallow dish and coat each pancake in the flour. Heat 3-4 Tbsp. of vegetable oil in a large pan over medium heat.
4. Fry the pancakes until they are golden brown and crispy on both sides, cooking three to four minutes.
5. Transfer the cooked pancakes onto a paper towel-covered plate, and sprinkle with salt.
6. Serve the potato pancakes topped with sour cream and garnished with scallions.

Leftover Turkey Sliders

45 minutes preparation time, makes 12 sliders
12 dinner rolls, 1-1/2 cups stuffing, sliced turkey, 1 cup cranberry sauce, 4 Tbsp. mayonnaise, six slices Swiss cheese, one stick of melted butter, 1 tsp. poppy seeds, 1/4 tsp. ground mustard, 1 tsp. dried onions

1. Cut rolls in half, and lay the bottom halves on the bottom of a 9x13 pan. Preheat oven to 350 degrees.
2. Spread stuffing evenly over rolls. Next top with slices of turkey, followed by an even spread of cranberry sauce. Finally, top with the sliced cheese. Lightly spread mayo on the underside of the tops of the rolls, then place on top of covered halves.
3. Mix together melted butter, poppy seeds, ground mustard and dried onions. Pour mixture evenly over the tops of the rolls. Cover with foil and bake for 15 minutes in the oven.
4. Uncover the sliders, and bake for an additional 15 minutes. Take the sliders out of the oven, and let them sit for 10 minutes before serving.
NOVEMBER CALENDAR

04  Fall Yard Waste Free Day
400 Freil Drive Ames, 8 AM-4 PM
Participate in free leaf disposal from the City of Ames. Free days also include Nov. 18 and Dec. 2.

07  Election Day
Polling Location, 7 AM-8 PM
Support your local government by voting in the 2017 city election. View the candidate list in your district and review their platform priorities on the Story County website.

08  Art Walk
Col. Harold Pride Veterans Lounge, 12-1 PM
Join University Museums in an art walk and talk inspired by ISU alumni who proudly served and are currently serving our country.

Artful Yoga
1017 Morrill Hall, 5:30-6:30 PM
De-stress with University Museums at an artistic spin on yoga. Registration is available online for this free event. Don’t forget your mat!

Veterans Community Supper
Memorial Union Great Hall, 5-7:30 PM
Enjoy a night of gratitude and reflection in honor of the service and sacrifice of veterans and their family members.

10  Snow Magic Kickoff
Downtown Ames, 5-8 PM
Celebrate the holiday season with free carriage rides, a Christmas tree lighting and open houses hosted by downtown businesses.

Festival of Trees
Octagon Center for the Arts, 5-8 PM
Enjoy 70 decorated trees and wreaths from various local businesses, organizations, groups and individuals, and cast your vote for your favorite.

11  Veterans Day
All Locations, All Day
Pass along the theme of kindness and thank a veteran or active military person for their service.

15  ReACT Water Lecture
2019 Morrill Hall, 7-8 PM
Attend the lecture, "When the ‘Water Prince’ Brought an Iceberg to Iowa,” which explores the history of oil, desalination, climate change and adaptation in the Arabian Peninsula.

Agriculture & Climate Change Lecture
Memorial Union Great Hall, 7 PM
Listen to former Secretary of the U.S. Department of Agriculture, Tom Vilsack, speak about the intertwined relationship of agriculture and climate change.

Rock Climbing and Hiking in Arkansas
Horseshoe Canyon Ranch, Nov. 17-22
Explore the hiking and climbing environment in Jasper, AR. All skill levels welcome! Register at the Outdoor Recreation Program Office by Nov. 13.

16  Organic Conference
University of Iowa, Nov. 19-20
Attend the 17th annual organic conference for workshops, roundtable discussions, an organic luncheon and keynote speaker, Jeff Moyer. Registration is open ($35 for students).

Veterans Community Supper
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Enjoy a night of gratitude and reflection in honor of the service and sacrifice of veterans and their family members.

Art Mart Holiday Sale
Campanile Room, 10 AM-6 PM
Prepare for the holiday season by shopping various types of art created by Ames and ISU artists. Most items sell for $3-$20, and proceeds support individual artists, The Workspace and The Gaffers’ Guild.

17  Ames Small Business Saturday
Main Street, 9 AM-8 PM
Celebrate Ames’ small businesses by shopping local on this Saturday. Many businesses will offer free “swag bags” to the first 200 shoppers, as well as milk and cookies to all from 10 AM-Noon.

ISU Horticulture Club Poinsettia Sale
Curtiss Hall, 10 AM-4 PM
Stop and smell the poinsettias at the annual Horticulture Club event – just in time for December. Purchase them from Nov. 29-Dec. 2 at various locations on campus, or preorder them by Nov. 13.

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