“Taking the time to reflect on how you arrived at where you are today can have a massive impact on what your life will be like tomorrow.”

- Akiroq Brost
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Congratulations to Live Green! team member Paige Vanderleest as she graduates this semester and starts her exciting post-graduate journey.

**Positions within Live Green!**:  

**Favorite Live Green! memory**:  
“My favorite memory was planning and executing a successful 2017 Earth Day celebration with my partner Molly [Breen].”

**Adventure after college**:  
“My plan is to earn my TEFL certificate in the hopes of teaching English abroad.”

Good luck, Paige! Thank you for the impressive sustainable difference you have made to the Live Green! Initiative and Iowa State University!

**Sustainable Connections!**

Contact us to highlight your sustainability efforts and accomplishments: livegreen@iastate.edu.
Reflection is something we experience through a myriad of lenses, most vividly during this time of the year. Through recounting the trials and tribulations of the past year, embracing experiences and moments with family and friends during holiday celebrations, as well as physically viewing reflection through holiday ornaments and lights, snowy landscapes and frozen ecosystems, opportunities of reflection surround us.

In reflecting, we analyze, strategize, envision and dream. Through reflection, we regroup, refresh, restore and revitalize. Taking time to reflect transforms experience into learning, values into goals and engagement into commitment – both as individuals and within communities. Reflection empowers us and through empowerment, it sustains us. In sustaining ourselves we sustain others, we sustain our present, as well as ensure our ongoing efforts and energy toward a sustainable future.

This final issue of Live Green! Monthly for 2017 takes a moment to reflect on the impressive and diverse dedication to sustainability at Iowa State University throughout the first semester of the 2017-18 academic year. From recovering food waste and racing the sun, to empowering well-being and mobilizing smart eating, it has been a semester filled with transformative moments and invigorating opportunities.

This month’s newsletter also encourages and challenges each of us to dedicate time and space for reflection in day-to-day activities, give back opportunities and celebrations, as we bid 2017 farewell and welcome 2018.

Thank you for another great semester of cardinal, gold and green, Cyclones! On behalf of the Live Green! Team, we wish you a wonderfully reflective and restorative holiday season, and we look forward to embarking on our 2018 Live Green! journey!

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.

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.
SEMESTER HIGHLIGHTS

Student Opps and Impacts

Fall semester was filled with opportunities for students to engage in sustainability and make a sustainable impact.

**THEMED ART MAKES STATEMENTS**
University Museums hosted the ReACT art gallery, which used art to make a statement and create a reaction. This semester’s themes were leadership and water.

**NRHH GIVES BACK**
The National Residence Hall Honorary teamed up with a local kindergarten classroom to exchange pen-pal letters as part of its community give back initiative.

**ART BRIGHTENS GEOFFROY HALL**
ISU student, Evan Harrison, helped Brooklyn-based artist, Mickalene Thomas, design colorful collages for the new Geoffroy Residence Hall, offering student residents a different sense of connection to home.

**ISU FIGHTS TO END FOOD WASTE**
ISU’s Food Recovery Network student organization surpassed 7,000 pounds of perishable food its recovery efforts.

**A SOLAR FINISH**
PrISUm, ISU’s solar car team, crossed the finish line in Australia after finishing the six-day, 1,800-mile World Solar Challenge in a practically-design and constructed four-door car completely powered by the sun.

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Inclusive Transcripts

Through a new co-curricular transcript, students can professionally showcase their achievements, such as volunteerism and involvements.

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Operations and Infrastructure

Commitment to providing efficient, affective and effective support and services displayed during fall semester.

**SOFTWARE CHANGES RESEARCH AT ISU**
A new software, IRB Manager, was put into beta testing to be used as a tool to transition to paperless processes, eliminating more than 2,700 paper transactions, annually.

**HORTICULTURE RESEARCH STATION TURNS 50**
The Horticulture Research Station’s marked its 50th anniversary in 2017. In addition to its vast and diverse support of horticulture research, the 230-acre facility will provide 15 tons of apples and 3,000 pounds of peppers to ISU Dining this year.

**“PORTAL” FOR STUDENT HEALTH NEEDS**
Thielen Health Center made student health more accessible through the creation of an online, informational health care portal designed for students to view personal medical records, communicate with providers and access educational materials.
ENSURING A SAFE, INCLUSIVE AND EMPOWERING CAMPUS ENVIRONMENT AND EXPERIENCE WAS OF FOCUS FOR THE FALL SEMESTER.

IOWA STATE ACHIEVES HAPPIEST WORKPLACE STATUS

Iowa State University received the highest “Bliss Score” of 3.844, to be named the happiest college and university workplace in

GREEN DOT PROGRAM INCREASES CAMPUS VIGILANCE

Green Dot, an initiative to keep the campus community safe, set up “Be Well” huts to offer dialogue opportunities and resources about certain topics, such as building healthy relationships, consent and bystander intervention.

EMBRACING DIVERSITY AND INCLUSION

The Office of the Senior Vice President and Provost spearheaded initiatives to increase and enhance diversity and inclusion opportunities. Additionally, they improved experiences for students through means of course options, a lectures program, and Parks Library services.

SENDING SILENCE PACKING

To illustrate the many lives lost to suicide each year, 1,000 backpacks were displayed on State Gym’s basketball court as part of a mental health awareness exhibit.

THE MANY FACES OF IOWA STATE

Faces of 39 ISU alumni (painted by Iowa artist, Rose Frantzen) were on display to illustrate the development of Iowa State as the story of democracy showing how everyone plays a role in shaping our collective identity.

ENHANCING CULTURAL COMPETENCY

The College of Agriculture and Life Sciences’ diversity and inclusion program engaged students of all ethnicities and backgrounds through dialogues, experiences and opportunities focused on increasing awareness and appreciation of campus cultural diversity.

SPEND SMART, EAT SMART GOES MOBILE

The College of Human Sciences Extension and Outreach Department’s Spend Smart, Eat Smart website, dedicated to providing easy, healthy recipes, resources and tools, introduced an app for mobile devices.

DINING SUPPORTS DIETARY NEEDS

ISU Dining provided new ways to assist students with specific dietary restrictions and diets to avoid cross-contamination using tools like color-coded utensils, easily-labeled nutritional facts and a special diet kitchen.

SELF-CARE IN THE PALM OF YOUR HAND

ISU WellBeing launched a faculty portal called Adventure2 which provides opportunities, resources and information to promote positive wellbeing in the workplace.

Campus Experience

Ensuring a safe, inclusive and empowering campus environment and experience was of focus for the fall semester.

Photo courtesy of Iowa State Daily
As 2017 wanes to an end, we reflect on how the year holds so many opportunities of discovery and education for an individual. There are 365 days of invigorating and challenging life lessons that strengthen and develop an individual to become better than they were the day before. Discovering ways to navigate this journey and reflect on the successful encounters and challenging endeavors along the way, helps a person stay focused and grounded.

During these times of discovery, it is important for our emotional well-being to find ways to chart this journey. Uncovering tools that can assist us through these life lessons helps to evaluate our strengths, expose our weaknesses and encourage us as we move forward, leading us to a greater sense of well-being.

Understanding the foundations of one’s beliefs and behaviors is a positive way to measure and question what is occurring while traversing the path of life. In addition, it services as a guide to improve upon areas that need strengthening. John Dewey (1859–1952), an American philosopher, psychologist and educational reformer, once stated, “We do not learn from experience...we learn from reflecting on that experience.” Reflection helps us to learn along our journey.

Self-reflection takes time, but doesn’t need to be time consuming. A few minutes a day sitting jotting ideas, journaling or simply recalling events can help sort out the mind, calm the breath and release stress. In his book, “The Art of Silence,” Piko Iyer writes that he discovered “sitting still [in quiet] was a way of falling in love with the world and everything in it; he seldom thought [of sitting still] like that, prior to his experience.”

According to a 2015 Sage Journal article, (entitled “Participating in Research on Romantic Breakups Promotes Emotional Recovery via Changes in Self-Concept Clarity”); journaling is credited with reducing stress. Writing lessens the intensity of emotions and makes one feel calmer. Journaling about past personal problems helps speed up the emotional recovery and builds a stronger sense of self-identity. Writing routinely helps to define our joys and enforce confidence, assisting in times of despair or challenge. Before going to bed, reflecting on the day’s events through journaling can identify areas of gratitude, and set into action the plans for the next day.

“We do not learn from experience...we learn from reflecting on experience.”

Journaling can also help as you move into the new year. Setting goals and identifying
avances, outlining actions and activities to bring these goals into reality.

Reflection can also develop a commonality between self and community. As we discover areas in which we need support or can offer support to others, communities come together in encouragement and strength those seeking.

By understanding our community and the ways in which we can strengthen it, we have the opportunity to support and grow, both individually and collectively. This work, within the community, creates common a ground and instills peace.

A lesser-known holiday in December that supports community reflection and social sustainability is celebrated on Dec. 31. John Randolph Price (co-founder of The Quaritus Foundation) started the Universal Hour of Peace in 1984. During this hour, (Greenwich official time: 4:45-6:15 a.m.) communities are encouraged to reflect on the past year and gather together to celebrate peace, love, understanding and forgiveness through a simultaneous global mind. Reflecting on our community is a counterpart to self-reflection.

Why not try a new step this coming year and explore a time of silence during your day? Start simple, perhaps on the weekend, and set aside six minutes to sit in silence and observe your thoughts. Consider jotting them into a journal, blog or interview yourself on a “vlog”.

Reflection is a health-minded tool used to promote self wellness and positive emotional, mental and physical well-being. Practicing time for silent reflection, meditation or journaling can offer many benefits in coming year. Refer to this month’s challenge on Page 10 that offers suggestions for practicing reflection throughout the month of December. Try it out this month and make it a New Year goal to accomplish this time of sanctity for your daily reflection in 2018.

Types of Journaling

- **Stream-of-consciousness journal:**
  Jot whatever comes to mind without stopping or editing our work. Do this daily.

- **Diary journal:**
  Write down all the important events of the day and describe how they made you feel.

- **Spiritual journal:**
  Track your spiritual development. Describe the moment that you felt connected to the world around you.

- **Exercise/health journal:**
  Record your physical activity, meals, sleep and stress levels. Explain how it is improving your physical health.

- **Gratitude journal:**
  Count your blessings. Write what you are thankful for to encourage a more positive outlook.
Iowa State University boasts a wide array of student leaders working toward a sustainable future. Though we normally visualize these leaders in classes, laboratories or clubs, a unique group of students is sustaining the future by working as Peer Wellness Educators in Student Wellness, a division of Health Services. This group of student leaders plan, implement and evaluate strategies and programming to address health, well-being and safety on campus in order to ensure wellness and a socially-just future.

Lindsey Mack, an ISU junior studying environmental science and environmental studies is one of these leaders. Since her arrival at Iowa State, she has had a growing interest in holistic health and wellness. Mack wanted to find a way to enhance student success on campus through higher learning, sense of belonging and holistic wellness.

“I wanted to enable other students to find balance in all dimensions of well-being to achieve their goals in college and beyond,” Mack stated.

That is when Mack decided to become a Peer Wellness Educator (PWE). PWEs are trained to promote student wellness and success through educational programs, as well as advocate and provide outreach for students. PWEs also advocate for environmental and policy changes that support student success and well-being.

“I actively try to learn about how to create healthy and livable communities.”

Wanting to help students learn and grow through opportunities, Mack also joined the program to enhance her own leadership in the knowledge of wellness and health.

“I wanted to be a part of enhancing the culture on our campus...but I wanted to grow in the process, as well.”

Mack’s passion of holistic health and wellness can inspire you to get involved in what you are doing for your own wellness. Iowa State University has a wide variety of amenities to aid students’ mental and physical wellness, ways to cope with stress and programs that can help with anything from writing guidance to counseling to volunteer opportunities.

**STUDENT SPOTLIGHT**

*Name:* Lindsay Mack (middle row, fifth from the right)  
*Major:* Environmental Science and Environmental Studies  
*Hometown:* Rock Island, Illinois  
*Favorite Sustainability Tip:* “Reduce your footprint by simplifying your life. Buy only what you use and need, use reusable products and buy used products whenever possible.”

Photos Courtesy of: Student Wellness Center
Through amenities such as Student Wellness, the Office of Multicultural Student Affairs and the Office of Equal Opportunity, students are provided resources to become educated, engaged and empowered in vital components specifically social sustainability.

Finding balance and wellness can be one of the biggest stressors for college students. PWEs are trained to help students find ways to balance and develop skills to benefit them now and after they leave Iowa State University.

Mack noted how many opportunities there are to get involved in social justice and wellness by joining clubs and taking part in events and campaigns. She personally is involved in a vast amount of activities outside of being a PWE, such as serving as president of the Environmental Science Club, a Peer Mentor for the Science of the Environment and Sustainable Systems (SESS) Learning Community and a member of Women in Science and Engineering (WiSE.)

“I actively try to learn about how to create healthy and livable communities.”

Her passion for wellness and health are propelling her vision of a socially-sustainable future. After graduation, Mack plans to continue creating healthy and livable communities by actively pursing opportunities to support and enhance sustainability policy and education wherever her adventure takes her.
MONTHLY CHALLENGE

With excitement of the holiday season, it can be challenging to find time for yourself -- especially when the cold is nipping at your nose -- but we want to soothe your winter blues through self- and community-reflection. Use these tips and tools to reflect on the year of 2017, and support your health and well-being in 2018.

DECEMBER: REFLECTION

3-9
Stretch for 10 minutes after you wake up in the morning.

10-16
Walk to class or work and visualize how you want to accomplish your goals for the week.

17-23
Find a quiet place in your home and journal about your day, for 10 minutes.

24-30
Clean out your closet and donate your unwanted clothes.

31
Set an attainable goals for the New Year.

HOW TO SET A S.M.A.R.T. GOAL

Specific
Make it clear and well-defined.

Measurable
Use precise amounts, dates and so on.

Attainable
Make sure that it is possible to achieve.

Relevant
Focus it on forward movement.

Time bound
Set deadlines.

1
Journal about your favorite memory.

2
Write five favorite things about yourself.
**GREEN-IT-YOURSELF**

*Reflect into the New Year*

Ringing in the New Year comes with celebrations, remembrance and reflection. The Monthly Challenge (page 10) will urge you to find resources to connect to well-being within yourself and your community during the month of December. Use these GIY projects to help you find balance and wellness this month to carry into 2018.

### HOMEMADE JOURNALS

**Supplies:** Seven sheets of 8.5x11” printer paper, hole punch tool, string or twine, scissors, decorations for the cover, repurposed material (such as paper) for the cover

1. Cut sheets of paper in half to make them 8.5” x 5.5.”
2. Fold the pages in half to make into the size of a traditional journal.
3. Measure the repurposed cover material an inch larger than the inside paper, and cut to size for the cover.
4. Punch two holes, one at the top and one at the bottom, in the fold of the papers.
5. Use the string or twine to attach the pages and the cover together by putting the string through both the holes and tying with a knot.
6. Decorate and personalize your cover with stamps, stickers, markers and anything else that creates the style you want.

**To use:** Use your new journal to give as a gift or keep it for your own thoughts and reflections. The journal can be made with more pages, or even homemade paper pages, by adding in additional sheets of paper in Step 1.

### PERSONALIZED CARDS

**Supplies:** Sturdy paper for card, paper scraps for decorating, scissors, glue stick

1. Cut sturdy paper the desired size of the card.
2. Cut paper scraps into shapes to make a design related to the occasion.
3. Glue down shapes in desired design and draw and/or add any other embellishments.
4. Write or stamp message on the inside of the card or leave blank for future use.
5. Press cards with a heavy book overnight to flatten the card before giving away.

**To use:** Personalize birthdays and holidays by making a homemade card for the special occasion. Use paper scraps, such as newspaper or wrapping paper and decorations, like ribbons, sequins and string to make your card unique.

### REUSABLE BOOKMARKS

**Supplies:** Medium-sized paper clips, buttons, hot glue, small amount of felt

1. Place the back of the button onto the area of the upper side of the paper clip (the side of the pointed end of the clip).
2. Cut felt into small squares, large enough to cover the back of the button.
3. Hot glue the button and felt together with the paper clip attached in the middle by the glue.
4. Set aside the bookmark and let it sit until dry.

**To use:** Create homemade bookmarks from decorative buttons for any occasion. These bookmarks can be clipped onto pages of a magazine or book to keep your spot for the next time you snuggle up with your readings.
With one year bidding farewell and another approaching, this is the time of abundant reflections. All around the world, people are celebrating a bounty of holidays. Reflecting on the rich diversity of cultures in our world, December embraces sustainability through holiday traditions, gatherings and events.

These preparations and festivities, new cuisine, games and activities can be shared and explored among families, friends and through communities. A sampling of the multitude of holiday celebrations happening throughout the world are highlighted below. How exciting and humbling to live in a world filled with so much to share and discover!

**Bodhi Day, Dec. 8**
This Buddhist holiday is commonly referred to as the Day of Enlightenment and is celebrated on Dec. 8. Buddhists gather together on this holiday to observe the Eightfold Path and Four Noble Truths. The traditional meal for the holiday consists of a Bodhi Bowl made of rice and milk. Treats for children include cookies in the shapes of leaves, trees or hearts.

**Fiesta of Our Lady of Guadalupe, Dec. 12**
This Hispanic holiday is celebrated on Dec. 12 to honor the patron saint of the Mexican Republic, Our Lady of Guadalupe. The holiday is celebrated with a feast enjoyed by family and friends, the meal including cuisine such as espinaca con codito (spinach soup), tacos, mole poblano (chocolate chili sauce) and cafe con leche (coffee with milk).

**Hanukkah, Dec. 12-20**
This eight-day Jewish holiday is celebrated all around the world, this year starting on Dec. 12. The holiday revolves around the lighting of a nine-branched menorah, with a candle added each night of the holiday. Activities include games with four-sided tops (dreidels) and exchange gifts with friends and family. Traditional foods such as latkes (potato pancakes) and sufganiyot (jam-filled donuts) are included in the celebration.

**St. Lucia Day, Dec. 13**
This Scandinavian holiday is celebrated in Sweden, Norway and the Swedish-speaking areas of Finland on Dec. 13, in honor of St. Lucia. Each celebrating country elects their own St. Lucia, who leads a procession of young men and women in a parade. Residents celebrate this holiday to “kick off” the beginning of the Christmas season by enjoying traditional foods such as lussekatter (saffron bread) and pepparkakor (traditional Swedish ginger cookies).
**Christmas Day, Dec. 25**
This world-wide Christian holiday is celebrated on Dec. 25, and has grown to be one of the largest celebrations in the world. Christmas includes giving and receiving gifts from friends and loved ones, as well as a large, Christmas meal. The menu varies by location, with traditional foods ranging from turkey, ham, mashed potatoes and stuffing expanding to tamales, roast goose, crawfish and seven fish seafood salad.

**Boxing Day, Dec. 26**
This British holiday is celebrated the day after Christmas on Dec. 26, and has expanded to Australia, Canada and Ireland. This celebration originated from employers giving workers a Christmas box filled with goodies to take home and share with their families. It now centers on a day of relaxation after Christmas Day celebrations. The day is spent with friends and family enjoying Christmas leftovers, such as baked ham, dried fruit mince pies and Christmas cake.

**Kwanzaa, Dec. 26-Jan. 1**
This worldwide African holiday lasts for seven days, this year beginning on Dec. 26. On each nights families gather as a child lights a candle on the Kinara. Each of the seven nights are centered around the principle values, Nguzo Saba, of African culture. Gifts (usually homemade) are exchanged during the seven days. Karamu, an African feast consisting of Caribbean fruits, jerk sauce, Southern sweet potatoes, catfish, black-eyed peas and collard greens is also enjoyed.

**Omisoka, Dec. 31**
This Japanese holiday is celebrated New Year’s Eve, Dec. 31. On this day, families clear their homes of dirt and clutter to welcome goodwill for the upcoming year. Decorations, such as shimekazaris (ropes made from rice straw) and kadomatsus made of bamboo, pine and straw, are placed by the front entrances of homes. The largest dinner of the year takes place on this holiday, consisting of osechi ryouri made of black beans, fish, kelp and toshikoshisoba (buckwheat noodles), is served in celebration.

**Pancha Ganapati, Dec. 21-26**
This five-day festival beginning on Dec. 21 is celebrated by Hindus living in the United States. Gifts are given and received on each of the days. Homes are typically decorated to depict a forest, and on each day of the celebration, a tray of sweets, fruits and incense is prepared and gifts are given and received.

**Yule, Dec. 21-26**
This Pagan holiday is observed from Dec. 21 to Jan. 1, to celebrate the winter solstice, originating from a German light festival. The largest tradition is lighting a yule log to celebrate the light that the winter solstice brings. People celebrate the holiday with family and friends by caroling and enjoying traditional foods, such as pork, Yule cakes, wassail (mulled cider) and fried honeycakes.
While out and about in the Ames community, there is a unique group of businesses to consider visiting that can add a sustainable twist to the holiday season. As well as supporting the local economy, these businesses have a common connection and commitment to sustainability by participating in the Smart Business Challenge (SBC), a City of Ames initiative that celebrates businesses’ commitments to sustainability as well challenges them to incorporate additional components. SBC participants can earn bronze, silver, gold or platinum certifications for their efforts. A few of the SBC businesses that you may encounter in your holiday shopping, or breaks from shopping, are highlighted below.

<table>
<thead>
<tr>
<th>Business Name</th>
<th>Category</th>
<th>Certification</th>
<th>Sustainable Highlight</th>
</tr>
</thead>
<tbody>
<tr>
<td>Arcadia Café</td>
<td>Coffee, Bakery, Dining and Spirits</td>
<td>Participant</td>
<td>Efficient food and beverage service equipment</td>
</tr>
<tr>
<td>Café Diem</td>
<td>Assorted Beverage and Menu Items</td>
<td>Silver</td>
<td>Collects storm water from its roof and uses it to water plants</td>
</tr>
<tr>
<td>Duck Worth Wearing</td>
<td>Children and Maternity Resale Store</td>
<td>Platinum</td>
<td>Offers paperless (emailed) receipts</td>
</tr>
<tr>
<td>Jax Mercantile</td>
<td>Products for Outdoor Recreational Activities</td>
<td>Silver</td>
<td>Uses the Conservative Choice Program, prioritizing its purchases to sustainable companies</td>
</tr>
<tr>
<td>Morning Bell Coffee Roasters</td>
<td>Specialty Coffee Roaster and Coffee Bar</td>
<td>Participant</td>
<td>Provides public art space to highlight local artists</td>
</tr>
<tr>
<td>Octagon Center for the Arts</td>
<td>Art Education Classes, Outreach Programs, Exhibits, Retail Gallery Shop and Event Center</td>
<td>Participant</td>
<td>LED gallery lighting</td>
</tr>
<tr>
<td>The Loft</td>
<td>Teen and Adult Resale Store</td>
<td>Platinum</td>
<td>Unsold items are given to charity or sold with proceeds to support philanthropic missions locally, nationally and internationally</td>
</tr>
<tr>
<td>The Frame Shop</td>
<td>Custom Framing and Artwork</td>
<td>Silver</td>
<td>Collects scrap framing pieces and donates the items to local teachers</td>
</tr>
<tr>
<td>Wheatsfield Cooperative</td>
<td>Full-service Natural Foods Grocery Store</td>
<td>Platinum</td>
<td>Utilizes Sustainability Impact Measurement Software, evaluating the store’s triple bottom line impacts and sharing the gathered information with other co-ops</td>
</tr>
<tr>
<td>Worldly Goods</td>
<td>Fair Trade Handicrafts of International Artisans</td>
<td>Gold</td>
<td>Composts all coffee grounds, coffee filters and tea leaves from in-store sampling</td>
</tr>
</tbody>
</table>

For more information, contact the Smart Business Challenge Team, Scott Neme: snemec@iastate.edu, Taylor Silvestrini: tws@iastate.edu.
EXPLORE THE WORLD OF WATER

Bring your lunch to Reiman Gardens for Brown Bag: Nature at Noon — Sea Ice in the Arctic: Where We Are, Where We’re Going and Where We’ve Been on Dec. 14, from 12-1 p.m. This event focuses on the 2017 theme of water. No registration is necessary, and admission is free for ISU students and members and complimentary with paid garden admission to the public.

ENSURE HOLIDAY WELLNESS

Learn self-wellness tips and techniques through December classes at Wheatsfield Co-op. Glean anxiety management and awareness skills Dec. 4 from 6:30-8 p.m. Explore the calming world of essential oils for the busy season on Dec. 5 from 6-7:30 p.m. Discover mindful eating skills on Dec. 11 from 7-8 p.m. All classes are free to the public. Registration is required.

ASSIST WITH HOLIDAY DONATIONS

Help the Salvation Army spread holiday cheer by volunteering as a toy shop elf on distribution day, Dec. 20, from 8:30 a.m. to 7:00 p.m. Last year, gifts were distributed to 575 children and meals to 245 families across Story County. The Salvation Army is excited to increase this year’s donations.

IMPROVE Ames TRANSIT

Help CyRide improve its service by providing customer input on future service changes scheduled to be implemented in 2018. Feedback is being collected through Dec. 15.

HELP SAVE THREE LIVES

Support Lifeserve Blood Center through donating blood. Every pint can save three lives each donation helps someone fight cancer, make a transplant operation possible and allow a surgery to happen.

ENJOY AN ARBORETUM OF HOLIDAY TREES

Enjoy the best of Iowa’s “locally grown” pine trees and a fun-filled day of holiday spirit at the Iowa Arboretum’s Winterfest on Dec. 2 from 9 a.m. to 4 p.m. The event will feature pine trees uniquely decorated by local clubs, schools and organizations.

REST YOUR CAR

Sign up for ISU’s new car share program and give your car a break. Zip Car offers an on-campus, 24-hour, rent-by-the-hour (or day), online car rental service option for students, faculty and staff. Cars will arrive the week of Jan. 1.

SERVE THE Ames COMMUNITY

Give back this holiday season at Ames’ local free meal program and perishable food pantry. Food at First serves seven meals to the community a week, including a Christmas holiday meal. Volunteers are always needed to help make and serve meals. Sign up to volunteer on their website.

STAND UP FOR THE KIDS

As the largest student-run philanthropy on campus, Iowa State Dance Marathon raises hundreds of thousands of dollars each year for the University of Iowa Children’s Hospital. Dance Marathon also hosts an annual celebration in honor of the children who are being treated at this hospital. The event on Jan. 20 at 9 a.m. includes an exciting and sleepless 12 hours of silent discos, delicious snacks and children’s talent shows. Register by Jan. 21 at 12 a.m.

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Enjoy the best of Iowa’s “locally grown” pine trees and a fun-filled day of holiday spirit at the Iowa Arboretum’s Winterfest on Dec. 2 from 9 a.m. to 4 p.m. The event will feature pine trees uniquely decorated by local clubs, schools and organizations.
Coffee Creamer Snowman

**Supplies:**
- Coffee creamer bottle
- Hot Glue Gun
- Scissors
- 1x12” strips of felt
- 1” piece of orange pipe cleaners
- Wiggly eyes
- Black permanent marker
- Small, colored pom poms

**Instructions:***
1. Remove the label and thoroughly clean empty coffee creamer bottle.
2. Using the hot glue gun, attach the wiggly eyes a half-inch below the lid and the 1” orange pipe cleaner centered below the eyes to create a nose.
3. Draw five black circles below the nose with the permanent marker to create a smile.
4. Cut a one-inch slit one and a half inches away from the edge of the felt strip. Below the face, wrap the strip around the bottle and stick the opposite end of the felt through the slit.
5. Finally, glue the colored pom poms on opposite sides of the snowman’s face.
6. Add spicy Mexican hot cocoa mix (below).

**Spicy Mexican Hot Cocoa Mix**

**Supplies:**
- 1 cup powdered milk
- 1 cup unsweetened cocoa
- 1 cup sugar
- 1 Tbsp. cinnamon
- 1/2 tsp. chili powder
- 1/2 tsp. kosher salt
- Pinch of Cayenne pepper
- 1 bag chocolate mini morsels
- 1 bag cinnamon chips
- Mini marshmallows

**Instructions to make:**
1. Combine powdered milk, cocoa, sugar, cinnamon, chili powder, salt and pepper in a large bowl and mix well. Fill the coffee creamer snowman with cocoa mix. Top with chocolate mini morsels, cinnamon chips and marshmallows. Pack ingredients as tightly as you can to prevent shifting.

**Instructions for use:**
1. Add two heaping tablespoons of dry mix to the bottom of a large mug. Fill with boiling water and mix. Top with mini chocolate chips, cinnamon chips and marshmallows.

**Tin Foil Tea Infuser**

**Supplies:**
- Tin foil
- Teal leaves
- Toothpick

**Instructions:**
1. Cut a piece of tin foil about one foot square.
2. Fold it twice (to one-quarter the original size).
3. Place your tea leaves into the center of the tin foil
4. Bring the corners of the tin foil together above the leaves, then twist and fold them together to seal into a ball.
5. When ready to brew, poke about 10-12 holes in the tin foil “ball” with a toothpick, fork tine or something similar.
6. Put the tin foil ball into your mug.
7. Pour boiling water over it, letting the water soak through the strainer as much as possible.

**Hot Spiced Tea**

**Supplies:**
- 1 cup powdered milk
- 1 cup unsweetened cocoa
- 1 cup sugar
- 1 Tbsp. cinnamon
- 1/2 cup white sugar
- 1/4 cup pineapple juice
- 2 Tbsp. lemon juice
- 6 tea bags or loose tea in an infuser

**Instructions:**
1. Pour water into a pot; add cloves and cinnamon stick.
2. Bring water to boil; remove from heat. Add tea bags (or tea infuser) and set aside for at least five minutes.
3. Remove and compost (or discard) cloves, cinnamon stick and tea bags (or loose tea from tea infuser).
4. Stir orange juice, sugar, pineapple juice and lemon juice in a saucepan; bring to boil.
5. Cook and stir the juice mixture until the sugar dissolves completely. Pour juice mixture into prepared spiced tea; serve hot.
The 2018 Symposium on Sustainability celebrates the diversity of sustainable efforts and initiatives taking place within our campus community. It is focused on supporting and nurturing the enablement and empowerment of a sustainable future extending into the Ames community, as well as communities throughout the state and world. Features of this year’s event include a sustainability poster and tabling reception, keynote lecture, documentary screening, the seventh annual Sustainapalooza event and the presentation of the 2017 Live Green! Awards for Excellence in Sustainability.
DECEMBER CALENDAR

02 Holiday Baking Tips and Tricks
10-11 a.m., 313 Main St., Ames
Join Cook’s Emporium for delicious demonstrations and cooking inspiration for the holiday season.

Christmas at the Farm House
1-4 p.m., Farm House Museum
Explore Iowa State’s first building and experience what Christmas was like during the time of its creation. Warm up with hot chocolate and enjoy children’s crafts at this festive celebration.

Christmas Tree Sales
Dec. 2-3 and 8-10
Fri. 3-6 p.m., Sat. 9 a.m.- 5 p.m., Sun. 12-5 p.m.
Reiman Gardens Parking Lot
Support the ISU Forestry Club this season and purchase a beautifully decorated or undecorated Christmas tree.

Holiday Choral Festival
3 p.m., Stephens Auditorium
Attend the holiday showcase of all four of Iowa State University’s choirs to kick off the holiday season.

Winter Nature Meditation
6-7 p.m., Reiman Gardens
Warm up with a relaxing nature themed meditation and exercise promoting wellness, warmth and relaxation for the winter months.

Iowa State Art Walk
12-1 p.m., Parks Library
View the Faces of Iowa State exhibit throughout the University campus, honoring the leaders that have served ISU in a free guided tour.

03 Nevada Master Grower Breakfast
7-9 a.m., TBD
Learn about Story County farmers’ successful harvest season with a free breakfast provided by local farmers.

Mingle on Main
Dec. 7, 14, 21
5-7 p.m., Ames Main Street
Join in the holiday fun on Ames’ Main Street with special shopping deals and extended shopping hours.

Planetarium Show: The Universe
6:30 p.m., Physics Hall
Experience a night under the stars exploring the galaxy and viewing the night sky. Bring questions and curiosities to this free viewing event.

A Christmas Carol
7:30 p.m., Fisher Theater
Attend this traditional holiday play about grumpy Scrooge’s encounters with the ghosts of Christmas past, present and future. Tickets start at $11.

NREM Poster Presentation
3:10 p.m., E0164 Lagomarcino Hall
View presentations from graduate students in the Department of Natural Resource Ecology and Management, addressing topics in wildlife ecology, fisheries, forestry and environmental science.

Artful Yoga
5:30-6:30 p.m., 1017 Morrill Hall
Enrich your yoga experience by incorporating artistic perspective. Bring your own mat to this free event, and register by Dec. 12 on the University Museum’s website.

Floral Design Series
6:30-7:30 p.m., Reiman Gardens
Incorporate a wintergreen centerpiece featuring cranberries and cloves into your holiday decor through this floral workshop. Register on the Reiman Gardens website by Dec. 22.

Congratulations Fall 2017 graduates! Thank you for all of your effort and support in greening ISU and ensuring a sustainable future!
05
Winter Hiking
Story City South Park, 1:30-3:30 p.m.
Hike with other outdoor enthusiasts in various guided hikes, ranging from strolls to vigorous walks. Snacks and beverages will be provided.

10
Kappa Coffee Fundraiser
Music Hall Lobby, 8 a.m.-12 p.m.
Stop by Music Hall to purchase $1 coffee at the Kappa Kappa Psi fundraiser for Iowa State University's bands. This month-long fundraiser will take place every Wednesday morning in January!

15
MLK Birthday Celebration*
Ames Middle School, 5:30 p.m.
Celebrate in this Ames tradition honoring Dr. Martin Luther King Jr.’s birthday with songs, stories and birthday cake.

17
Green Space Program
Reiman Gardens, 11 a.m.-12 p.m.
Learn about the future changes and revisions of Jack Trice Stadium from designer Ed Lyon.

20
Penguin Snowshoe Walk
McFarland Park, Ames 5-6:30 p.m.
Celebrate Penguin Awareness Day and explore wintry McFarland Park. For $5 snowshoes will be provided for this no-experience-necessary walk. Register by Jan. 16 on Story County’s website.

27
Iowa Bike Expo
Iowa Events Center, 10 a.m.-4:30 p.m.
Browse bicycle equipment, learn about events and talk to exhibitors from all around the country at this free exposition with fellow bike enthusiasts.

29
Lecture: Race and Justice in America*
Memorial Union Great Hall, 7 p.m.
Attend this keynote lecture about confronting the history of racial terror in the United States from speaker Bryan Stevenson, Executive Director of the Equal Justice Initiative.

Green Dot Bystander Training
Jan. 29 4-7 p.m. & Jan. 30 4-6 p.m.
Learn the skills necessary to be an active bystander in preventing sexual assault, dating violence and stalking. Register on the Student Wellness website for this two-day training. Limited spots available.

Registering for spring semester intramurals
Participate in Iowa State Recreation Services’ spring intramural sports. Staying active, meeting new people and gathering socially supports wellbeing and sustainability.

January registrations include:
Bouldering Competition, Ice Hockey, 5-Player Basketball, Wrestling, Coed Water Volleyball, Table Tennis Doubles, Team Bowling, Heats Card Tournament, Euchre Doubles and Texas Hold’em Tournament.

Have a sustainability highlight, accomplishment, or event to feature? Contact the Marketing and Communications Team!
McClane Gill | mgill@iastate.edu
Morgan Thompson | morgant@iastate.edu

*Starred Event are part of the 2017 Martin Luther King Jr. Legacy Series.
SENDING SEASONS GREETINGS
From the Live Green! Team

Extend a Merry Always and Inspire a Happy Everything!

The Live Green! Team wishes you the happiest of holidays, and we look forward to greening with you in 2018!

From the Live Green! Team, (back row, left to right) Morgan, Molly, Scott, Paige V, Heidi, Steve, Caitlin, (front row, left to right) Taylor, McClane, Paige M and Merry.

Don’t miss the Live Green! holiday display case in the Memorial Union!
Before you leave for break, check out our Live Green! holiday display, Extend a Merry Always and Inspire a Happy Everything, Dec. 4-10, in the display case across from Panda Express, featuring items pictured below created by the Live Green! Team.

Memory Jars  Linus Blankets  Motivational Ornaments  Pinecone Garland