

LIVE GREEN! MONTHLY



"THE BASIC PURPOSE OF A LIBERAL ARTS EDUCATION IS TO LIBERATE THE HUMAN BEING TO EXERCISE HIS OR HER POTENTIAL TO THE FULLEST."

- BARBARA M. WHITE

ISU STUDENTS GAINING AND SHARING GLOBAL PERSPECTIVE

NOW YOU KNOW: CELEBRATING THE COLLEGE OF LIBERAL ARTS AND SCIENCES

CHALLENGE YOURSELF TO MAKE EVERY DAY EARTH DAY

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IOWA STATE UNIVERSITY

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Living Cardinal, Gold and GREEN!

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Image courtesy of Sadie Lewman

Happy April and Earth Month from the Live Green! Team. This month is full of green and sustainable opportunities to get more involved.

Explore more Earth Month fun planned, especially with Cyclones in mind on [page 14!](#)



Photo courtesy of Elizabeth Smith

Welcome Elizabeth!

We are SO excited to welcome a new member to our leadership team! Elizabeth Smith joins us serving as Live Green! Sustainability and Benchmarking Certification

Intern. Her primary responsibility will be leading Live Green! efforts in completing Iowa State University’s Sustainability Tracking, Assessment Rating System (STARS) recertification. This international sustainability certification for colleges and universities is a comprehensive measure of sustainability performance within all facets of sustainability (environmental, economic and social). Iowa State has received three gold STARS certifications to date. Elizabeth is a sophomore in environmental science, and pursuing a sustainability minor.



As the weather grows warmer, let’s continue to keep our community, campus and self safe as we party smart. Sustain the well-being of all by following these [Party Smart Guidelines](#) prepared by ISU and the City of Ames. Be Safe. Be Healthy. Be Legal.

Follow Us!



Tag @isu_livegreen on social media – we would love to see your ideas, thoughts and creations.

Cover photos courtesy of The College of Liberal Arts and Sciences



DIRECTOR'S MESSAGE

Happy April!

What an absolutely fabulous month that awaits us! All the anticipations of March are delivered in April. Such vibrant colors emerge from every corner and crevice of our outdoor journeys and lingers, and such invigorating scents fill every inhale. Our little speck on the amazing and awe inspiring little blue marble we call home just seems to exude with inexpressible brilliancy. These moments of "whoa" are not just ours, April sprinkles them across the entirety of the planet. It is no wonder April is celebrated as Earth Month.

Although Earth Month is commemorated with ideas, tips, resources and opportunities with primary focus on individual empowerment and impact, what is sometimes less featured is the collective connection of every major, profession and vocation to the delicate balance of all that ensures our marble's sustainability. This month's newsletter highlights both - featuring the "marble-embracing" efforts, initiatives and accomplishments of the College of Liberal Arts and Sciences, as well as offering an abundance of environmental, social and economic sustainability opportunities to connect to and for our little speck (as well as those dotting the expanse of our planet).

I encourage each of us to take a moment, this month, for a deep ponder consideration of our planetary home: all the layers (above and below ground), all the ecosystems supported and all the species housed. Though our responsibilities, as students, faculty and staff, are different and diverse, they all have connection to the current and future well-being of the Earth. Such an incredible honor to be caretaking such a wonderful world.

Wishing you a month of continual "whoa"!

Yours in green-ness,
Merry Rankin



Photo by Pedro Vieira Marasciulo

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.

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

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

Hello all! I hope you are all surviving this busy time in the semester and taking time to relax!

The Sustainability Committee has been working primarily on addressing the issue of Diversity and Inclusion within Student Government. Our committee has been very disappointed by the actions of our peers in Student Government over the past few weeks. These events have highlighted to us that we do not put as much emphasis on environmental justice and diversity within our own committee as we feel is warranted. We have since released a statement and spent our last few meetings discussing changes we can implement to ensure the Sustainability Committee never puts Diversity, Equity and Inclusion on the backburner again. We hope to finalize these changes during our next meeting on March 31.

Meanwhile, our committee has also been busy working on projects and planning events. Here is a list of our upcoming events:

- Cleanup Day in Freddy Court - April 10, 10 a.m.
- Kill-A-Watt Challenge in the residence halls throughout the month of April (planned in conjunction with IRHA and FP&M)
- Clothing Donation Drive - April 21 - 23, 12 to 3 p.m.

Additionally, members of the Energy Subcommittee are working on a project to install software on the computers at Parks Library that perform scheduled shut-downs of computers to save energy. Members of the Waste Subcommittee are conversing with SUV and FP&M to look into adding more recycling dumpsters in SUV. Discussions are also currently taking place to identify speakers for the Sustainability Club Retreat scheduled for Fall 2021.

Email Jennifer with ideas or questions,
jbseth@iastate.edu. Follow the Sustainability
Committee's Instagram, [@isusustainability](https://www.instagram.com/isusustainability).

Take Care,
Jennifer Seth



DIRECTOR'S UPDATE



Photo courtesy of Jennifer Seth

JENNIFER SETH is Iowa State University's 2020-2021 Student Government Sustainability Director. She is a senior majoring in Environmental Science.

STUDENTS LIVING **CARDINAL**, **GOLD** & **GREEN**

Iowa State University's College of Liberal Arts and Sciences, offering the most academically diverse options for students, supports and provides a diversity of co-curricular opportunities. Through student organizations and leadership roles, offer networking, connections and experiences students leave Iowa State as citizens benefiting Iowa, the nation and the world. To showcase the variety of awareness, engagement and empowerment offered to LAS students, Live Green! interviewed four student organizations this month.

GREENLEE SCHOOL TV

Q: Can you tell us about Greenlee School TV (GSTV)?

A: Greenlee School TV is a student-run club that helps other students learn broadcast journalism skills. It is a great opportunity for students to practice these skills and add content to their portfolios to show future employers.

Q: What kind of events and opportunities does the organization offer to students?

A: We offer opportunities both on-screen and behind the scenes[...] We also teach students how to run all the equipment necessary to produce a show. GSTV currently produces three shows: NewsWatch, Ames Tonight and Cyclones InCYders. We are open to any major, background and skill level. My goal, as general manager, is to give as many students as possible the chance to learn and have a space to practice what they have learned.

Q: How do you see members of GSTV playing a role in the future of sustainability?

A: Technology has helped us reduce our use of paper. Everything we do to put on a show is done through technology. Examples of this are writing stories in shared documents, editing stories in those documents, creating the rundown in an online application, etc. However, we make sure we don't leave the lights, cameras, computers and other equipment turned on longer than we need to.

Q: How can students learn more and become involved in GSTV?

A: A great way for students to learn about GSTV is to check out examples of our shows on our [YouTube channel](#). Examples of all three of our current shows can be found on that page. Students can also reach out to me (jbravard@iastate.edu), or to our club email (IowaStateGSTV@gmail.com).

THE GEOLOGY CLUB

Q: Can you tell us about the Geology Club?

A: Geology Club is an all-inclusive, exciting, educational group that focuses on bringing both students and non-students together over a common love of all things geology. We want to connect with students from all different majors and backgrounds and support them as they continue their education here at Iowa State. Serving as the president of the Geology Club has allowed me to build connections with underclassmen, faculty and staff within our department. The Geology Department, as a whole, has a wonderful culture; each professor truly cares about the individual success of the student, and the Geology Club has been a great way for me to help bridge the gap between incoming freshmen, upperclassmen and faculty.

Q: What kind of events and opportunities does the organization offer to students?

A: Due to COVID-19, we are holding virtual events, but plan to resume some outdoor activities, such as hiking, hammocking and picnicking when the weather improves this spring! Our normal activities include a bi-annual rock, fossil and jewelry sale, community outreach, social events, "bad" geology movie nights and much more!

Q: How do you see members of the Geology Club playing a role in the future of sustainability?

A: Most of our members are geology majors. Our careers will center around analyzing the earth and its many processes. Geology is a vast field with many different career paths, but a portion of the future generation of geologists are going to have to solve large-scale environmental issues and continue to research ways in which sustainable long-term solutions can be implemented to mitigate future environmental challenges.

Q: How can students learn more and become involved in the Geology Club?

A: To join the Geology club, you can visit our [student organization website](#) and follow the online instructions to join or reach out to one of our cabinet members if you have any questions.

Greenlee TV



Jared B.
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Journalism
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First Amendment Days



Madelyn C.
Journalism
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The Geology Club



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The Society of Women in Physics



Emily Po.
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FIRST AMENDMENT DAYS

Q: Can you tell us about First Amendment Days?

A: First Amendment Days is a celebration of the First Amendment of course, but each year focuses on a different right that is guaranteed by the amendment. So often people focus on the freedom of speech, which is very important, but there are five rights there, and we want to make sure people are educated and aware of the benefits they have from all of them. This year, we are centering our celebration on the right to assemble, but since all of rights are kind of entangled together, we will be talking about all five of them. Not only is it a celebration, but also a time to open a conversation about how the First Amendment affects your life, what you can do with these rights, as well as where the line is in terms of these protections.

Q: What kind of opportunities does First Amendment Days offer to students?

A: Since this year is virtual, there is a bit of a change to the event schedule. But there are always a lot of excellent panels and speakers that bring their experiences to campus, classroom visits, interactive social media contests and quizzes with the opportunity to win prizes, as well as videos and material available all week long for those who are unable to attend the live events. I also believe that we are working to have the events available to be re-watched, so that is great for students who are really busy that week too! In general, this is a great opportunity for students to understand more about their First Amendment rights in a practical setting.

Q: How do you see ISU's First Amendment Days playing a role in the future of sustainability?

A: This year's theme is centered around assembly, which is our First Amendment right to peacefully assemble and protest, to put it simply. This is essential for the future of all types of sustainability. Writing legislation is important, but lawmakers don't know that the people want change unless we tell them we want change; An excellent way to do this is to exercise your First Amendment rights. What the First Amendment Days are trying to do is educate students on their rights, how to use them and what protections they have so they can use them in ways (like these) to better our world on whatever scale they want to.

Q: How can students learn more and become involved in First Amendment Days?

A: If a student wants to come to the event, they can check out the [Greenlee School of Journalism web page](#) for a schedule of events. It's a pretty big deal here, so it's pretty well advertised within the school! If they are interested in getting involved in planning the event or just having a voice on the committee, anyone can email [Julie Roosa](#), Iowa State's First Amendment Specialist.

THE SOCIETY OF WOMEN IN PHYSICS & ASTRONOMY

Q: Can you tell us about The Society of Women in Physics and Astronomy (SWiPA)?

A: The Society of Women in Physics and Astronomy, or SWiPA, is a student-run organization that promotes the recruitment, retention and support of underrepresented students in physics and astronomy.

Q: What kind of events and opportunities does the organization offer to students?

A: SWiPA holds weekly meetings that involve discussions of social issues in physics and astronomy, speakers from both inside and outside the department, group activities and professional development. We engage in outreach throughout the semester, and attend the Conference for Undergraduate Women in Physics, as a club, every January.

Q: How do you see members of SWiPA playing a role in the future of sustainability?

A: The future of social sustainability in the global physics community depends on ensuring its accessibility to people of all identities. I have no doubt SWiPA members will play a role in this. We all have a personal stake in establishing a principle of inclusion among scientists, and with this comes the willingness to embrace different perspectives, be resilient in the face of challenges and have the ability to collaborate. A sustainable future relies on it.

Q: How can students learn more and become involved in SWiPA?

A: If interested in physics and/or astronomy; students are encouraged to join our weekly Zoom meetings Thursdays at 5:00 p.m. For more information, visit our student organization page on the [Iowa State University Student Organizations website](#).



Photo courtesy of Jared Bravard

Bravard
Counseling &
Writing
and Mass
Communications



Photo courtesy of Madelyn Ostendorf

Ostendorf
and Mass
Communications
Justice Studies



Photo courtesy of Karine Holmes

Holmes
Biology



Photo courtesy of Emily Pottebaum

Pottebaum
Physics

NOW YOU KNOW

CELEBRATING THE COLLEGE OF LIBERAL ARTS AND SCIENCES

Dedicated to the success of students in natural sciences, social sciences, arts and humanities, the College of Liberal Arts and Sciences (LAS) at Iowa State University provides students with the knowledge and capability to find success in a wide variety of career fields. With over 21 academic departments, LAS provides students with a diverse range of opportunities through research, clubs, study abroad programs and class work, all while providing an encompassing education related to sustainability and creating a global impact.

SUSTAINED EDUCATION

Through a diverse curriculum, the College of Liberal Arts and Sciences (LAS) grants students the opportunity to add to their portfolios over 650 courses related to or focused on sustainability. All departments within LAS strive to offer students, through lectures and forums, projects and immersive experiences, education, engagement and empowerment connections to sustainability.

In expanding these connections, Iowa State recently established [The Graether Family Fund for Climate Science Advancement](#). This fund will advance climate science education in the department of geological and atmospheric sciences housed in LAS through the establishment of a climate science discipline. This new curriculum will offer students foundational knowledge of climate science, as well as a deeper awareness and systems-thinking application of social impacts and mitigation of climate change, data analysis and science communication.

Within their departments LAS also plays host to sustainability focused

majors and minors. The [Sustainability minor](#), for example, offers a particularly unique opportunity. Open to students in any college, this interdisciplinary program has only two required classes, and then allows the remaining credits to be uniquely tailored according to a student's degree program and career goals. Students completing the Sustainability minor pursue a deep dive perspective of challenges and opportunities (present and future) in addressing the health and well-being of the world's ecosystems and the human experience, with emphasis on all facets of sustainability (environmental, social and economic).

Further expanding consideration of global connection, LAS's [International Programs](#) offer students a multitude of opportunities to gain global competency, as well as an immersion in cultural and linguistic diversity. From a minor in [international studies](#), to research and outreach, to studying abroad, every student interested in a sustainability worldview can pursue a pathway. Students can choose from spring or fall break, semester or summer-long experiences, spanning

the globe from Spain to Taiwan and Great Britain to Ecuador.

More information about available international opportunities and experiences can be found on the [College of Liberal Arts and Sciences International Programs website](#).

As well as commitment to offerings within the classroom, LAS is dedicated to the sustainability of the classroom environment. For example, in 2011, [Hach Hall](#) was certified [Gold](#) as a Leadership in Energy and Environmental Design (LEED) building. In addition, throughout the LAS spaces and facilities across campus, commitment to sustainability in operations can be evidenced in energy and water efficiency improvements and processes, and waste reduction, management and diversion.

CHANGE LEADERS

LAS claims great pride in developing the world's next leaders across a multitude of disciplines. From sciences and studies, to the arts and journalism, students are offered a diversity of perspectives, experiences and connections toward pursuing the change they envision for the world.

Through the ISU Theatre, for example, students are able to develop and tackle difficult discussions and topics through performative art. One sustainability-focused performance of the last few years, [Climate Change Theatre Action](#), has provided students the opportunity to showcase, educate



Photo courtesy of LAS



Photo courtesy of LAS Study Abroad



Photo courtesy of Inside Iowa State



Photo courtesy of Greenlee School



Photo courtesy of LAS

and bring awareness to the growing concerns of climate change. Through a series of plays, student performers provide education, engagement and empowerment connections to audience members toward taking action within their own community to mitigate climate change.

Working to interest, educate and engage citizens in the political process, the [Carrie Chapman Catt Center for Women and Politics](#) offers another unique outlet for leadership opportunities within the College of Liberal Arts and Sciences. While the Center extends and promotes opportunities to all leaders, each year special recognition is given to ISU's outstanding women student, faculty and staff leaders through presentation of the annual [Women Impacting ISU Calendar](#). Initiated in 2007, the calendar is a tribute each year to 12 ISU women who distinguish themselves through their accomplishments at ISU. For more information about opportunities and connections with the Center, as well as view the calendar, go to the [Carrie Chapman Catt Center for Women and Politics website](#).

Students can also pursue leadership experiences focused on communication and conversation through LAS' [Greenlee School of Journalism and Communication](#). Through innovative teaching and

hands-on opportunities within fields of advertising, public relations, journalism and broadcasting, Greenlee students create platforms for discussion and dialogue through outlets and initiatives including [First Amendment Days](#) and the [Iowa State Daily](#).

GREEN REACH

Toward connecting sustainability on campus to communities well beyond Iowa State, the College of Liberal Arts and Sciences has established a foundation of research through five signature themes. Through the focused areas of biological structures and systems, complex materials, data-rich environments, economic, environmental and societal sustainability, and global citizens, education and technology, LAS is driven to ensure leadership in innovative, creative and sustainable solutions for all generations.

Through LAS research initiatives, impacts ensuring a sustainable future are extensive. From consideration of social sustainability through work related to [dementia](#), [biothreats](#) and [COVID-19 contact tracing](#); focus on environmental sustainability through efforts focused on [astrobiology](#), [plastic upcycling](#), and [rising sea levels](#); and concentration on economic sustainability through initiatives in areas of [chemical manufacturing](#) and [COVID unemployment](#).

Students provided opportunities to work alongside LAS researchers not only gain invaluable hands-on experience, they are also provided professional skill building and networking opportunities through presenting at and participating in national and international meetings and conferences.

LAS students also are empowered to pursue personal research interests and connections, most recently highlighted through a team of students coming together to plan and host [Iowa State University's first Pre-Health Conference](#), held this past February. With a goal of connecting, networking and offering encouragement to pre-health students, the conference provided students virtual meet-and-greet opportunities with more than 75 health school program representatives from around the country.

Through an overarching consideration of sustainability within the student experience, LAS ensures an ingrained commitment to a sustainability lens through curriculum, international immersion, research initiatives and day-to-day operations. Collectively preparing, supporting and empowering student leaders in envisioning and creating a vibrant and sustainable future for their campus, community (current and future) and all corners of the world.

SYMPOSIUM ON SUSTAINABILITY RECAP

The 12th annual Iowa State University Symposium on Sustainability, "United for a Resilient and Sustainable Future," was held March 1 and 3, 2021, virtually and in person at the Memorial Union.

This year's Symposium on Sustainability keynote speaker was hosted virtually through collaboration with the University of Iowa and the University of Northern Iowa, welcoming Dr. Robert Bullard to all of our universities on March 1 at 7 p.m. to speak on, "The Quest for Environmental and Climate Justice." As a part of the keynote event, the 2021 Live Green! Awards for Excellence in Sustainability were also presented. Honored as this year's award winners were the Engineers for a Sustainable World (ESW) Compost Team for their leadership in establishing and successfully piloting (and now expanding) a food waste collection and composting program for residents of Frederiksen Court and Carissa Moyna (Senior, Civil Engineering) for her many

years of sustainability leadership in founding the ESW Compost Team, and collaborating with campus leadership toward increased and enhanced consideration of compost application and composting engagement at ISU. ESW Compost Team member honorees include: Ali Alabndi, JP Bukantis, Julian Canabal, Sarah Cowley, Andrew Frank, Clarice Huber, Colee Land, Jonathan Main, Cici McCutchin, Michael Moreno, Carissa Moyna, Lizbeth Plaza-Torres, Erin Starkey and Sara Thimmesch.

On March 3, Sustainapalooza was held in person at the Memorial Union from 5:30 - 8:30 p.m. This year's event theme, "Relentlessly and Resiliently United for a Sustainable Future," encouraged participants to reflect on and celebrate university and community resiliency, as well as their own, when faced with challenges, particularly in light of the COVID-19 pandemic.

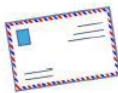
Although this year looked a little different, taking consideration for COVID-19, participants were able to partake in many of the same events, including tabling by campus and community clubs and organizations, a virtual Green Word Wall (interactive word cloud, "One word to describe your ability to stay resilient"), take-and-create craft kits and to-go snack bags.

This year, 17 organizations tabled at Sustainapalooza, including: Pay



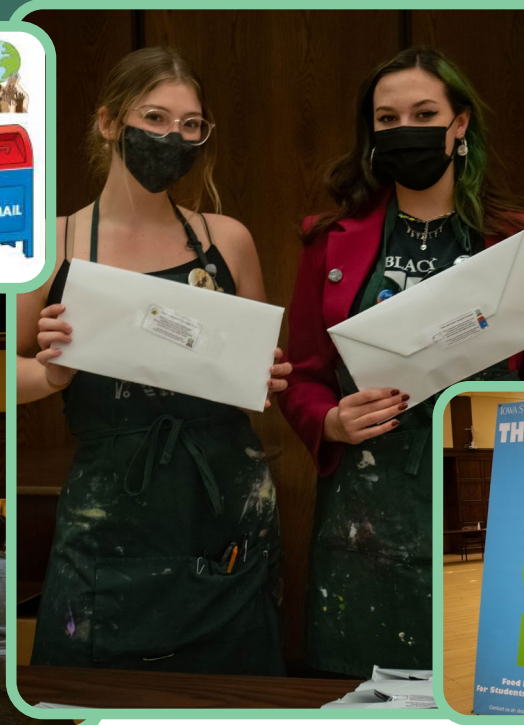
Check out the [2021 Sustainapalooza Photo Gallery](#) on the [Live Green!](#) website.

"Take-and-Create" Upcycled Postcards



Take a break from screens and make a new connection the old-fashioned way! Send a card to a long-term care resident to spread some joy and brighten their day.

Included: 1 pre-addressed and stamped postcard, 1 blank postcard, scrap paper, stickers
Thank you for spreading joy to our community!



It Forward, Be the Match on Campus, Engineers for a Sustainable World, Council on the Built Environment, SHOP, Uganda Alliance, Global Resource Systems, Mustard Seed Farm, ISU Dining, City of Ames Smart Watersheds, Greeks Go Green, Food Recovery Network, Engineers Without Borders, The Green Umbrella, International Association of Students in Agriculture and Related Sciences (IAAS), Egyptian Students Association and Live Green! Monthly Newsletter.

Even with some adjustments to the regular event, Sustainapalooza 2021 was a success, drawing nearly 350 attendees. Mark your calendar for next year's event Feb. 21 and 22, 2022!



**SYMPOSIUM
ON SUSTAINABILITY
2021**
UNITED FOR A RESILIENT AND SUSTAINABLE FUTURE

**Relentlessly and
Resiliently
United for a
Sustainable Future**

LIVE GREEN!



SUSTAINAPALOOZA

RECYCLING NEWS

APRIL UPDATE FROM ISU'S RECYCLING COORDINATOR



Photo courtesy of Ayodeji Oluwalana

AYODEJI OLUWALANA

Iowa State's Recycling and Special Events Coordinator. Within this role he leads Iowa State University's recycling program and spearheads zero waste planning efforts. Stay up to date on Ayo's initiatives and projects, as well as learn about more ways to get involved, on the [ISU Recycling Services website](#) or by emailing Ayo (aoluwala@iastate.edu). Watch for future newsletter articles. More to come!

ZERO WASTE SPRING CLEANING

Ready to embark on your spring-cleaning adventure? The following tips from the [Arcadia Blog](#) can help assist you in achieving an effective spring clean and organization, with zero waste in mind, while also reducing your carbon footprint.

- **Don't toss it if you can recycle or repurpose it.** Whatever you haven't worn or used in a year or more, donate to thrift stores or charity organizations, or consign them and earn money. Re-purposing is also another option for your old clothing items, for example make old t-shirts into reusable shopping bags or reusable cleaning cloths.
- **Don't bring more clutter into the home.** (Don't buy what you don't need.) Before you make a purchase, ask yourself, "How can I dispose of this item when I'm done using it and is there a reusable alternative?" This will save you time and energy (physical and carbon-intensive energy from driving to donate) when you are spring cleaning next year.
- **Replace paper towels with reusable dish towels.** Creating upcycled dish towels from used bath towels or t-shirts offers a better alternative option than buying disposable paper towels. Although you still have to launder them, less energy is expended in comparison cutting down trees, turning them into paper products, producing the plastic packaging that usually surrounds paper towels, and shipping them to a grocery store near you (not to mention the gas you use, if you drive to the store to buy them).
- **Replace your disposable dryer sheets with wool dryer balls.** Dryer balls can be used for up to a year and can even lower the amount of time it takes to dry your clothes, saving you energy and money! Once the dryer balls have reached the end of their life, they can be composted.
- **Buy second hand.** If you do need something, thrift stores and consignment stores are great places to find slightly used, and often new, clothes and household items. Second-hand purchases have a much smaller carbon footprint and can save you a lot of money, compared to new purchases.

RESTORING THE EARTH THROUGH WASTE REDUCTION

Every April 22nd, Earth Day is celebrated globally, and this year's theme is "Restore Our Earth". Waste generation has significant impact on the health of the planet and the ecosystems at large. This month, I encourage us all to consider opportunities to address waste reduction in our daily routines. The Environmental Protection Agency's "Reducing Waste" web page offers a number of [ideas to reduce waste](#) toward restoring and protecting our earth every day.



CAMPUS RACE TO ZERO WASTE COMPETITION (RECYCLEMANIA)

The "Campus Race to Zero Waste" – Recyclemania competition ended on March 27, 2021. At week 7 (of 8), 55.88 tons (111,760 pounds) of materials were recycled and 65.67 tons (131,340 pounds) of trash were generated and sent to the landfill by ISU, and we were ranked 23rd of 86 in the Diversion category and 76th of 110 in the "Per Capita" Recycling category. Stay tuned for final results in May.


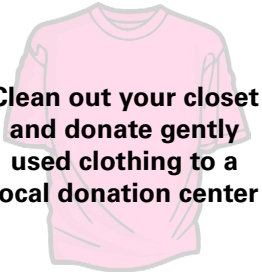
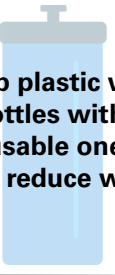
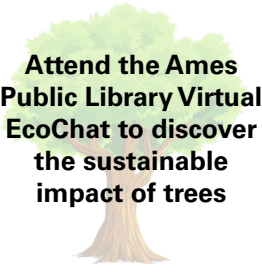

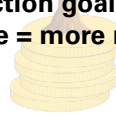
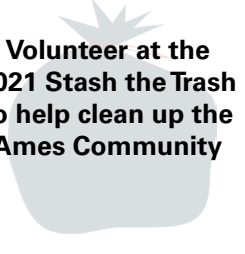




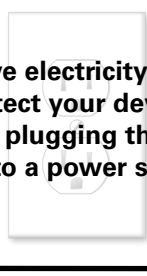












Copy by Ayodeji Oluwalanda
Layout by McKenzie Davison

MONTHLY CHALLENGE

EARTH DAY EVERY DAY

TAKE THE CHALLENGE TO GREEN YOUR ROUTINE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Tackle the Challenge to Green your Routine this April. Challenge yourself to change up small routines in your day-to-day life to become more sustainable and make every day Earth Day. As you complete challenges, make sure to record them as part of the online Live Green! Earth Month Challenge and add to your point total and be one of ten grand prize winners.</p>			 <p>BYOB (bring your own bag) to the grocery store to reduce waste</p>	 <p>Clean out your closet and donate gently used clothing to a local donation center</p>
 <p>Swap plastic water bottles with a reusable one to help reduce waste</p>	 <p>Attend the Ames Public Library Virtual EcoChat to discover the sustainable impact of trees</p>	 <p>Attend the vegetable gardening event at the Reiman Gardens</p>	 <p>Start a personal waste audit and set some waste reduction goals; Less waste = more money</p>	 <p>Volunteer at the 2021 Stash the Trash to help clean up the Ames Community</p>
 <p>Enjoy the mental health benefits of journaling by writing down your thoughts</p>	 <p>Say no thank you to single-use utensils when ordering food for takeout</p>	 <p>Support the Ames community by signing up to volunteer on the Volunteer Story County website</p>	 <p>Enjoy a guided plant walk at Reiman Gardens, or take yourself on a walk to explore nature</p>	 <p>Save electricity and protect your devices by plugging them into a power strip</p>
 <p>Green your spring cleaning with sustainable G-I-Y cleaning supplies</p>	 <p>Skip the dryer and hang dry your clothes to save money and energy</p>	 <p>Reduce your carbon footprint and replace driving your car with walking, biking or taking the bus</p>	 <p>Celebrate Earth Day by attending ISU's Earth Day event</p>	 <p>Pack a zero-waste free lunch that does not require any waste to be thrown in the garbage</p>
 <p>Go shopping for new indoor plant or flowers to plant for spring</p>	 <p>Participate in the 2021 Earth Hour by powering off all devices and appliances for one hour</p>	 <p>Start a food waste collection bucket to start your own compost bin</p>	 <p>Trade in your single-use teabags for a reusable tea infuser</p>	 <p>Make plans to plant a new tree or help with a tree planting in your local community</p>

#ISUEARTHMONTH2021

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GREEN-IT-YOURSELF

EMBRACE SPRING CLEANING WITH THESE SUSTAINABLE SOLUTIONS

NO-SEW REUSABLE DUSTER

Supplies: 2 cloths (11 x 11 in.), fabric glue, scissors, swiffer duster handle (or an upcycled handle about a foot long)

Instructions:

1. Lay out one of the cloths and trim a "U" shape, taking off 3 in. on three of the sides. Take these strips, cut them in 6 equal-size strips and glue the strips horizontally onto the trimmed cloth (in a line from top to bottom, and centered on the cloth). Repeat this process with the second cloth.
2. Place one cloth "glued side face down" and place the handle on the cloth. Trace around the handle with the fabric glue - ensuring the cloth is snug around the handle, but can slide on and off the handle for laundering.
3. Line up the non-glued side of other cloth with the fabric glue outlined cloth and press down firmly, gluing the two pieces of cloth together. Let dry completely. Starting from the bottom of the glued together cloths, measure up 1" and cut horizontally "halfway in" from either side of the cloth (being careful not to cut through glue seams).
4. Trim ends to desired look. Happy sustainable dusting!



EASY ALL-PURPOSE CLEANER

Supplies: spray bottle (at least 16 oz. capacity), 16 oz. water, 1 tsp. baking soda, 1/4 tsp. liquid dish soap, 5 drops essential oils (optional)

Instructions:

1. Pour water into a spray bottle and add baking soda.
2. Swirl gently until the powder is completely dissolved.
3. Add dish soap and gently swirl to combine.
4. Drop in essential oils (if using) and combine gently.
5. To use - shake well before each use, spray lightly on household surfaces and wipe up with damp microfiber cloth.



DIY CARPET DEODORIZER

Supplies: 1 C. baking soda, 30-40 drops of essential oils, desired amount of dried herbs to complement essential oils (optional), glass jar with shaker or solid lid

Instructions:

1. Prepare and measure all ingredients.
2. If using herbs, grind using a coffee grinder or blender.
3. Combine ingredients in a glass jar and shake well to combine.
4. Allow ingredients to sit (at least) overnight for best results.
5. To use, sprinkle lightly over carpet using glass jar with shaker or solid lid. Let sit for 15 minutes and vacuum normally.



For more GIY's and Recipes, check out the [Live Green! Pinterest page!](#)

RECIPES

ENJOY ON THE GO, SPRING-READY TREATS



COFFEE GROUNDS GRANOLA

Ingredients: 3 1/2 C. old fashioned rolled oats, 1/4 C. chopped raw pecans, 1/4 C. flax meal, 1/4 C. fresh or used coffee grounds, 1/4 C. chopped dates, 1/2 C. almond butter, 1/2 C. brown rice syrup, 1 Tbsp. vanilla extract, 1/2 tsp. sea salt, 2 Tbsp. water

Directions:

1. Preheat oven to 325 degrees F.
2. Mix oats, pecans, flax meal, dates and coffee in large mixing bowl.
3. Combine almond butter, brown rice syrup, vanilla extract, salt and water in a small pot over medium-low heat. Whisk until smooth. If too thick, add 1 Tbsp. water until pourable. Can also be microwaved in 20-second intervals.
4. Pour butter mixture over oat mixture and stir, coating all ingredients. Spread evenly on baking sheet, bake for 25-28 min., mixing halfway through.
5. Let cool and store in an airtight container for 3-4 days.



PICNIC CHEESE BOARD

Ingredients: 2 glass containers with lids, 3 cheeses of your choosing, 2-3 proteins of your choosing, 2 types of fresh or dried fruits, 2 kinds of nuts, mix of crackers

Directions:

1. Pick ingredients and snacks that you enjoy.
2. Mix and match types of cheese such as soft, cubed, sliced, goat and vegan.
3. Choose fruits such as sliced apples, berries, grapes or dried oranges, apricots and cherries.
4. Provide a variety of crackers that mix and match well with your other choices.
5. Arrange crackers in one container. In the other container start with placing your cheeses, then place in proteins and fruit. Finally, fill in small spaces of the container with smaller ingredients like nuts and dried fruits.
6. Pack your cheese board containers. Include cloth napkins, reusable silverware, drinks and a blanket to round out a fun, spring outing!



COFFEE GROUNDS SUGAR COOKIES

Ingredients: 1 C. softened butter, 1 1/2 C. sugar, 2 eggs, 2 Tbsp. used coffee grounds, 1/2 tsp. vanilla, 2 1/4 C. flour, 1 tsp. baking powder, 1/2 tsp. cinnamon, 1/4 tsp. salt

Directions:

1. Cream together butter and sugar using a mixer. Set aside.
2. Combine eggs, vanilla and coffee in small bowl until combined.
3. Add flour, baking powder, cinnamon and salt in another small bowl, mix well.
4. Mix egg mixture into butter mixture, combine well. Slowly add flour mixture and combine, do not over beat.
5. Chill dough for one hour (at least), preferably overnight.
6. Preheat oven to 350 degrees F. Roll out dough on floured surface to 1/2 in. thick. Cut out in desired shapes and place on parchment-lined baking sheet.
7. Bake for 8-10 minutes or until slightly golden. Cool and enjoy your delicious sweet treat!

EARTH MONTH 2021

A MONTH OF CELEBRATIONS AND OPPORTUNITIES

CY-lebrating Earth Day!

Join the Live Green! Earth Month Challenge!



In celebration of Earth Month, we have several exciting opportunities happening throughout April! First, there is our virtual Earth Month Challenge. Starting Apr. 1, and running through the entire month, participants can track sustainable actions they take each day in different areas of sustainability; including waste, nature, energy and wellbeing. Points are awarded for each action, and the top ten point earners at the end of the month have the opportunity to win some unique, useful, and sustainable prizes. To register to take part in the challenge, fill out the form on the homepage of the [Earth Month Challenge website](#), then use the site to track your points and see where you stand on the leader board throughout the month!

Earth Day Celebration

You can also join us for our Earth Day Celebration on Apr. 22, from 10:00 a.m.-2:00 p.m. on the South Library Lawn! This event will feature displays from sustainability-focused student and community organizations and businesses. This is a great opportunity to network with people who share a passion for creating a sustainable future, learn something new about sustainability in our community, celebrate sustainable achievements and get involved! Attendees will also have the opportunity to win sustainable prizes at the event and to get their bikes tuned-up, courtesy of ISU Outdoor Recreation. To stay up to date on event details, tabling organizations and to access the digital prize card, check out our [Earth Day Facebook event page](#).



More Earth Month Opportunities

To find even more sustainability events and opportunities, check out our [Earth Month Calendar](#). This calendar provides a list of sustainability-related opportunities happening on campus and in the Ames community throughout April, as well as some virtual opportunities. On the calendar, you can even see which facet of sustainability each event connects to, whether social, environmental or economic. We hope you'll join us in celebrating sustainably!

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GREEN OPPORTUNITIES

INTERN ON THE LIVE GREEN! TEAM



IOWA STATE UNIVERSITY

Educate, empower and engage the Iowa State student body and Ames community as a member of the 2021 - 2022 Live Green! Leadership Team. Available positions include Marketing and Communications, Social Media Engagement, Campus and Community Engagement and Ames Smart Business Challenge. All positions are paid

30-week long internships during the 2021 - 2022 school year. For more info, visit the [Live Green! website](#) or email livegreen@iastate.edu. Applications are due Apr. 15, 2021 at 5 p.m.

PARTICIPATE IN THE GLOBAL DIALOG



Tune into and engage with over 100 events across 50 countries during the 2021 Solve Climate by 2030 dialog series. This series takes a critical look at challenges revolving around climate change. Throughout the months of April and May, access hundreds of webinars from faculty around the world lecturing

on topics including climate solution, energy justice and a Green Recovery. Engage in the [Iowa's Climate Solution discussion](#) on Apr. 7, 2021, 4 - 6 p.m. For more information and to register for the event, go to the [Solve Climate by 2030 website](#).

CELEBRATE ONE SUSTAINABLE IOWA



Participate along with students, faculty and staff from colleges and universities across the state of Iowa in the 2021 Virtual Earth Month Symposium. Events are held throughout the month of April and begin with the Symposium Kickoff Apr. 1, 2020. As a part of the Symposium, ISU's Live Green! Initiative will be hosting a

Student Sustainability Forum Apr. 15, 2021. For more information about hosting or attending an event, go to the [One Sustainable Iowa website](#) on the [Earth Month Symposium webpage](#).

ELIMINATE WATTS



Compete in the 2021 Kill-a-Watt Challenge. Throughout the month of April, the residence hall that saves the most energy each week will be eligible for weekly prizes, and the winner at the end of the month will receive energy-themed prizes. The Sustainability Committee and FP&M will be measuring the energy usage for

each residence hall weekly, and will email residents with the results at the end of each week. Contact Aline Milach Teixeira at alinem@iastate.edu for more information about this challenge.

HONOR THE FIRST AMENDMENT



Attend the 2021 First Amendment Days virtually this year April 12 - 16. Celebrate your freedom to religion, speech, press, assembly and petition during the 19th year event. This year's event is entitled "Some Assembly Required" and is hosted by students from the Greenlee School of Journalism and Communications, the Iowa

State Daily and Leo Mores Chapter of the Society of Professional Journalists. For more information and schedule of events, go to the [Greenlee School of Journalism and Communications website](#).

SHARE YOUR GREEN STORY



Create a riveting story for the 2021 One Planet, Many People Scholarship Video Contest. This contest is open from Mar. 15 - July 15, and available for all high school seniors and undergraduate students to submit their entries. Videos are limited to 60 seconds in length and should focus on addressing the topic of

human population growth. Four scholarships worth \$2,000 and 12 scholarships worth \$1,000 are to be awarded to winners. For more information about contest rules, video guidelines and to submit entries, go to the [Population Media Center website](#).

VOLUNTEER WITH AMERICORPS



Complete a hands-on, three-month service internship with the Green Iowa AmeriCorps. This intern experience gives individuals an opportunity to develop their professional skills, network in communities and work to make Iowa a more sustainable state. The areas of service include energy and community, sustainable schools and land

and water stewards. Positions are open from May 17 - Aug. 13 or Jun. 1 - Aug. 31. For information and to apply, go to the [Green Iowa AmeriCorps website](#) or contact GIACrecruitment@gmail.com.

STASH TRASH AND ELECTRONICS



Help clean up around the Ames community, and in your space, during the 23rd annual Stash the Trash. As a unique addition this year, unwanted electronics can also be recycled at the event. Bags of collected trash and electronics can be dropped at [Parking Lot S5](#), south of Jack Trice Stadium, Apr. 9, 7:30 a.m. - 6 p.m. and Apr. 10, 8 a.m. - 2 p.m.

To find more event information about electronics recycling cost and specifics, go to the [Volunteer Center of Story County website](#).

APRIL CALENDAR

03 **Low-Impact Lawn Alternatives**
Reiman Gardens | 10:30 - 11:30 a.m.
Join Director Ed Lyon and learn about earth-friendly lawn alternatives. Find out how to create beautiful spaces in your garden while also reducing your ecological impact. Register for the event before Apr. 3, on the [Reiman Gardens website](#). Cost: Members: \$20, General Public: \$25, ISU Students: \$17

06 **Vegetable Gardening Best Practices**
Reiman Gardens | 6 - 7:30 p.m.
Get a head start on your summer garden and celebrate Earth Month with Horticulturalist Sharon Rink's Vegetable Gardening class. Participate in a discussion about how to effectively create a garden for this upcoming summer. Pre-register for the class by Apr. 5, on the [Reiman Gardens website](#). Cost: Members: \$16, General Public: \$20, ISU Students: \$13.60

Spring Fever Symposium
Virtual | 6 - 7 p.m.
Attend the Iowa Arboretum's first-ever virtual Spring Fever Symposium. The symposium features an educational program with the following topic: Ideas for gardens and budgets of all sizes. Hear from Karen Chapman, author of *Fine Foliage*, Gardening with Foliage First and Deer Resistant Design about how to shop and choose plants to add color to a garden. Register for the event on the [Iowa Arboretum website](#) by Apr. 6. Cost: \$20

EcoChat: Trees
Virtual | 7 p.m.
Listen in on the 2021 Virtual EcoChats every first Tuesday of the month via Zoom. Hear from local experts on Apr. 6, about trees and topics related to sustainability. Learn how to plant, prune and care for trees in this informational program. Visit the [Ames Public Library website](#) for more information and to find the [event link](#). Cost: Free

13 **The Changing Face of Iowa Farming**
Virtual | 1 - 2 p.m.
Tune in to the panel discussion as experts discuss changing academics and practices for Iowa farmers. Register in advance on the [ISU Museums website](#). Cost: Free

17 **Wild & Scenic Film Festival**
Virtual | 1 - 4 p.m.
Get inspired with the Wild & Scenic Film Festival tour, hosted by the Iowa Environmental Council (IEC). The festival includes a panel discussion about preserving Iowa to make it a better place to work and live. Grab some popcorn and enjoy environmental films from the comfort of your home. For more information, visit the [IEC website](#). Cost: Individual Ticket: \$50, Viewing Only: \$20

22 **Live Green! Earth Day Celebration**
Parks Library Lawn | 10 a.m. - 2 p.m.
Celebrate the 2021 annual Earth Day and ISU's many sustainability campus initiatives, organizations and accomplishments. The event features interactive displays from sustainability-focused student, campus, and community organizations and businesses as well as free bike tune-ups, refreshments and the opportunity to take part in the Live Green! Earth Day Challenge and earn some unique and sustainable prizes. Cost: Free

24 **SCAVMA Scamper Road Race**
Ames | 10 a.m.
Grab your running shoes and your furry friend and sign-up to run or walk the annual SCAVMA Scamper 5K/10K. All the race proceeds go to ISU's Veterinary College Student Chapter of the American Veterinary Medical Association. The money supports the OneHealth mission and brings community awareness to the cause. For race updates and registration, visit the [ISU Student Organization Marketplace page](#). Cost: Student: \$15, Non-Student: \$20

26 **Apartment Gardening**
Reiman Gardens | 6 - 7 p.m.
Make the most of your space and resources with the Reiman Gardens Director and horticulturist Ed Lyon's Apartment Gardening program. Learn about what plants are best suited for indoor spaces and how to care for them. Register for the event by Apr. 25, on the [Reiman Gardens website](#). Cost: Members: \$16, General Public: \$20, ISU Students: \$17

29 **Music Walk**
Main Street | 5 - 9 p.m.
Visit Ames' downtown businesses and enjoy music from local musicians. The event features sidewalk and indoor music performances from participating downtown businesses. Find out what downtown Ames has to offer in this family-friendly event. For more information, visit the [Downtown Ames website](#). Cost: Free

30 **Ready to Run Iowa**
Virtual | 8:30 a.m. - 3:30 p.m.
Register for the Ready to Run Iowa campaign training program to empower women to run for elective office or become more actively involved in their community as leaders. Sign-up to learn about topics such as: Working With the Media and Running as Women. Visit the [ISU Carrie Chapman Catt Center for Women and Politics website](#) for more information and to register for the event. Cost: Free

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

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