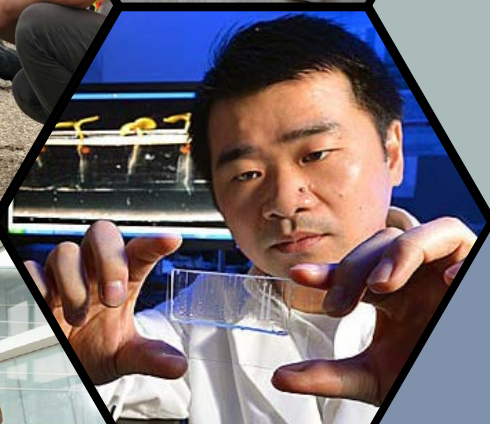


# LIVE GREEN! MONTHLY

***"AT ITS HEART, ENGINEERING IS ABOUT USING SCIENCE TO FIND CREATIVE PRACTICAL SOLUTIONS [...]"***  
***- QUEEN ELIZABETH***



**ISU STUDENTS  
COMPETING AND  
CREATING FOR A  
SUSTAINABLE FUTURE**

**NOW YOU KNOW:  
CELEBRATING  
THE COLLEGE OF  
ENGINEERING**

**CHALLENGE YOURSELF  
TO A SUSTAINABLE  
SUMMER BREAK**

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IOWA STATE UNIVERSITY

## LIVE GREEN!

Living Cardinal, Gold and GREEN!

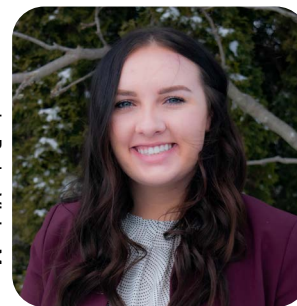
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As part of the 2020-2021 Midwest Climate Summit, 51 submissions from across 15 universities were entered into the [Climate Stories Contest](#). Winners were recently announced for this multi-media art competition across four categories. Two ISU students were among the winners in the category of film/photography. Congratulations to Nick Battles (senior, Global Resource Systems), [3rd place winner](#), and Pranav Lamba (senior, Mechanical Engineering), [honorable mention](#).

### Thank you, McKenzie!

Photo courtesy by Pedro Vieira Marasciulo



Thank you to McKenzie Davison, 2020-2021 Marketing and Communications intern, for all her impressive work and commitment to producing this year’s Live Green!

Monthly newsletter. We wish her great adventure and much success as she embarks on new opportunities in finishing her senior year at Iowa State University in 2021-2022.

### Follow Us!



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

Cover images courtesy of the College of Engineering



# DIRECTOR'S MESSAGE

Unbelievable to look back over this past academic year, isn't it?

It's been a year of adjustment, flexibility, creativity and resilience, and Cyclones have risen to the occasion time and time again. As I recently paged through all the issues of Live Green! Monthly for the past year, it was exhilarating, awe inspiring, prideful and so humbling to be reminded of all we have navigated, accomplished and ensured is that much better and more effective as we look toward the 2021-2022 academic year.

Congratulations everyone. YOU made this happen. YOU persevered. YOU refused to let the challenges define you. YOU are the future our world needs more than ever. YOU embody Cyclone Strong!

The May issue of Live Green! Monthly, our last issue for this academic year, completes a year of honoring the sustainability commitment, accomplishment and vision of our colleges at Iowa State University – wrapping up with the College of Engineering. We also take moments of reflection this month. Reflecting on a wonderfully celebratory and engaged Earth Month, the outstanding work of the Live Green! Leadership Team (and saying farewell to our seniors), and some of the numerous sustainability highlights of spring semester. Finally, our May newsletter looks ahead at a summer filling more and more each day with events, give back opportunities and initiatives to join.

As with every year prior, this year leaves me beaming (inside and out). Though it's been a different year, the enthusiasm has still abounded, impressive impact has occurred and the collective energy of a campus envisioning and embracing a sustainable future (even if through mask and over Zoom) has pulsated.

Wishing you a wonderful summer, whatever the adventures you are pursuing. To all of our graduates, congratulations! I look so forward to seeing the amazing difference you will make. For everyone returning to ISU next year, I look so very forward to greening with you!

Yours in green-ness,  
Merry Rankin



Hello all! I hope that you are finding some time to relax as the semester is ending.

The Sustainability Committee has been wrapping up their projects and initiatives as the semester and our terms come to an end. The committee finalized their recommendations for the addition of a Diversity, Equity, and Inclusion Chair. I have written the bill to go into the Student Government bylaws to add this position to our committee, and I am happy to report that it passed successfully at the 4/21/21 Senate meeting!

I am so proud of the work that the committee has done this year. When I accepted this position about a year ago now, I was really worried that we wouldn't be able to get much done because of COVID. However, this year's committee kept strong, and together we were able to accomplish so many things.

I would like to thank all of the students, faculty and staff who have supported our projects, and the members of the Sustainability Committee for such a great year, even during a global pandemic! I will miss being the Director of Sustainability of Student Government, but I am more than excited to welcome Elizabeth Smith to this position. I have known Elizabeth since her first week at ISU, and it has been a pleasure to watch her grow into this role. I know that she will do an excellent job in the coming year :)

Have a great summer!

Jennifer Seth



Hi everyone!

My name is Elizabeth, I use she/her pronouns, and I'm a sophomore at Iowa State. I'm studying Environmental Science with a minor in Sustainability, and I'm from Waterloo, IA. I'm so excited to take over the position of Director of Sustainability for Student Government! Being a member of the Sustainability Committee was one of my favorite parts of my sophomore year and I'm really looking forward to continuing our momentum.

Applications for the 10 available at-large seats on the Sustainability Committee will open early in the fall semester, so I encourage you to keep an eye on the Live Green! newsletter and the Sustainability Committee Instagram (@isusustainability).

See you next year!

Elizabeth Smith



Email Elizabeth with ideas or questions, [edsmith1@iastate.edu](mailto:edsmith1@iastate.edu). Follow the Sustainability Committee's Instagram, [@isusustainability](https://www.instagram.com/isusustainability).



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.

## 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.

## INCOMING DIRECTOR



Photo courtesy of Elizabeth Smith

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



Photo courtesy of NECA-ISU



Photo courtesy of NECA



Photo courtesy of NECA-ISU Facebook

Students within the College of Engineering at Iowa State University are gaining relevant professional experience through extracurricular clubs and organizations, as well as coursework. This month's feature article highlights students taking especially unique strides to intersect sustainability and engineering at the forefront of solving some of today's most pressing challenges.

## THE NATIONAL ELECTRICAL CONTRACTORS ASSOCIATION

The National Electrical Contractors Association (NECA) student chapter at Iowa State University competes annually toward ensuring an energy-resilient future. In 2021, the ISU chapter is competing in the newly formed Electrical Contracting Innovation Challenge (ECIC), sponsored by NECA and ELECTRI International. Previously known as the Green Energy Challenge, this new change in competition now presents the ISU team, Cyclone Energy, with a great opportunity to explore electrical design (in depth) for the community.

For the first time, every team competing in ECIC are given the same construction documents of a four-story residential hall and are asked to implement this design on their respective campus in this year's challenge. Cyclone Energy is calculating the power and electrical system, designing it by using BIM

(building information modeling), and connecting with NECA and Iowa State members to help prepare a final proposal and technical analysis for the ECIC judges. Each team will also propose a Net Zero Energy Building solution for this design. In the upcoming fall semester, the top three finalists will travel to Nashville to present their proposal to NECA and ELECTRI International members.

Cyclone Energy believes in creating an enriching environment for ISU students throughout their academic career. Living in a University Residential Hall should promote productivity and elevate the atmosphere for individuals. Therefore, Cyclone Energy is not only preparing a design that works, but will exceed expectations through innovative technologies.

In addition, NECA strives to use innovative technology to reduce energy usage and increase the efficiency of electrical systems. This points towards things such as replacing fluorescent bulbs with LEDs which limit waste and reduce greenhouse gases (GHGs), while also supplying the client with a sustainable solution - fewer replacements and longer life spans.

This year's team members (pictured above left) include, from left to right, Gretchen Mathiason (CE major, sustainability minor), Jenny Baker

(coach), Megan Lingafelter (ConE major, building emphasis), Ryan Farrell (ConE major, electrical emphasis), Ty Turner (ConE major, electrical emphasis), Lucas Gilman (ConE major, electrical emphasis), Beth Hartmann (coach) and Josh Zeien (ConE major, electrical emphasis).

The NECA Student Chapter at Iowa State and the Cyclone Energy team are sponsored by the Iowa Chapter NECA. Executive Director Angela Bowersox and her staff, working with Iowa NECA contractors, provide funding, scholarships, tours and guest speakers to the student organization.

Students involved in NECA Student Chapter at Iowa State and the Electrical Contracting Innovation Challenge (ECIC) team are also connected to networking experiences and contacts and opportunities for internships and full-time positions within the electrical construction industry. Members of ECIC develop professional skills in engineering, means and methods of construction, proposal writing and public speaking.

NECA is paving a way for students to get directly involved in creating a sustainable future. For information about how to get involved with The National Electrical Contractors Association, go to the [Iowa State Student Organizations website](#).

Copy by Gretchen Mathiason  
(Cyclone Energy - Lead Proposal Writer and Sustainability Coordinator)  
Layout by Amanda Fortman





Photo courtesy of EWB-ISU

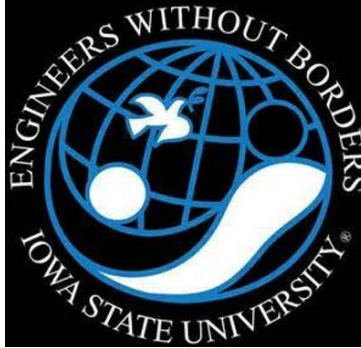


Photo courtesy of EWB-ISU



Photo courtesy of EWB-ISU

## ENGINEERS WITHOUT BORDERS

Engineers Without Borders (EWB) strives to develop and implement sustainable projects in communities around the world through engineering. EWB at Iowa State gives students the opportunity to grow outside the classroom through international travel, leadership roles and hands-on engineering experience. Through connecting with communities around the world, EWB is able to provide needed and lasting solutions, something that is sometimes overlooked in international development projects.

Iowa State's EWB chapter has been partnering with Ullo, a community in the upper-west regions of Ghana, and had the opportunity to work on site over the last eight years. Through this relationship EWB-ISU has been able to assist with project implementation and made great plans for future projects.

The most recent project completed in 2018, was a water distribution system at the Ullo Senior High School. This project brought more readily accessible and clean water to the school and provides water to over 1,000 students at the school.

The effects of this project have already been seen with higher attendance rates and higher test scores. EWB-ISU is already looking for new ways to improve upon the community water

distribution system. Currently members are designing a new low-maintenance chlorination to ensure continual access to clean drinking water.

The next big project is The Clinic Project. After receiving feedback from the community about their desperate need for an updated clinic to serve the community, EWB decided to make this their next 4-5 year goal. This new clinic will help to improve healthcare for Ullo, as well as surrounding communities, and is expected to serve 10,000-20,000 people. The first phase of the clinic will begin this coming Fall (2021).

When it comes to improving quality of life in Ullo, EWB-ISU is not committed to just one project. For example, currently, many community members rely on firewood for stoves, creating a dangerous and unsustainable option. Team members are working to design more efficient household and kitchen stoves to enhance the quality of life for cooks, and lessen the environmental impact of heating and cooking.

In addition, EWB members are designing and installing a rainwater catchment and drip irrigation system for the school garden in Ullo Senior High School. The catchment system will collect water during the rainy season to later be used for agricultural purposes. This project will provide both a means of crop production during the dry season, and act as an

educational tool for the Ullo Senior High School agricultural department.

Another new project is Ullo-Shea, the collection and selling of shea nuts to provide a source of income for the women of Ullo. Members are working with community women to develop methods to extend the production period for shea nuts, as well as improve their business capabilities.

Even during the COVID-19 pandemic, EWB-ISU has continued to complete projects domestically, while planning internationally. One recent domestic project was building charging stations for the Ames community Food at First food pantry in March 2021. These stations will allow Ames community members, who may have difficulty accessing reliable power outlets, to charge electronic devices.

EWB-ISU is making great strides when it comes to working hand in hand with communities to bring sustainable and impactful projects to fruition. For information about how to get involved with Engineers Without Borders, visit their web page on the [Iowa State Student Organization website](#).

These two organizations represent a small portion of engineering student organizations making a sustainable difference. For more information about all clubs ensuring a sustainable future, visit the [Iowa State Student Organization website](#).

# NOW YOU KNOW

## CELEBRATING THE COLLEGE OF ENGINEERING

With a program built on passion, Iowa State University's College of Engineering is dedicated to inspiring leaders, pursuing research and creating technology that will make a difference, all while celebrating diversity and inclusion on campus. Iowa State University's College of Engineering is built on four pillars to ensure a sustainable future for students and our world; Your Success, Your Career, Your Community and Your World. These pillars hope to inspire students and the community to ensure a sustainable future for ISU, the nation and the world.

### SUSTAINED EDUCATION

Iowa State University's College of Engineering (CoE) strives to educate future leaders, conduct research and celebrate diversity through their 14 undergraduate degree programs, four engineering minors, 20 doctoral and 25 master degree programs. Being one of the largest undergraduate programs in the country, ISU offers students a state-of-the-art learning experience through over 12 Engineering Accreditation Commission accredited degree programs.

Sustainability-focused degree opportunities include an Energy Systems minor, as well as additional interdisciplinary sustainability minors, Environmental Engineering undergraduate major and Wind Energy Science, Engineering and Policy doctorate. In addition, the College offers over 125 sustainability courses in graduate and undergraduate study.

Student success is not possible without a safe and accepting workspace. CoE is committed to diversity and inclusion on campus to ensure academic success for all students. Encouraging and increasing cultural awareness on campus allows students with different backgrounds to thrive in their academic environment. Clubs and organizations such as the Society of Hispanic Professional Engineers & Latinos in Science and Engineering and the National Society of Black Engineers also help encourage student success among STEM students on campus.

This year, Iowa State's College of Engineering was awarded the American Society Engineering Education (ASEE) Diversity Recognition Award. ASEE is the highest honor awarded to engineering colleges that go above and beyond to promote increased diversity and inclusion throughout their degree programs.

For more information about commitment to sustainability through education opportunities, visit the College of Engineering website.

### CHANGE LEADERS

ISU's College of Engineering is committed to building better leaders for the future. Supporting over 90 engineering focused and related clubs, CoE has created a solid foundation of opportunities for students to learn valuable leadership skills and connect on campus and to the local community.

Among these organizations are those with missions and goals focused on ensuring a sustainable future. For example, Engineers for a Sustainable World (ESW). ESW values the collaboration between community and members to work together to solve and identify technology-based issues and find sustainable solutions to these issues. The goal for ESW is to create an improved quality of life through community and campus involvement in the club.

In recognition of their outstanding commitment to sustainability and a sustainable future, ESW's Compost

Copy and layout by McKenzie Davison



Project Team was recently awarded the 2020-2021 Live Green! Award for Excellence in Sustainability for their collaborative work in supporting and expanding composting across campus, specifically related to the implementation of a food waste collection (for composting) program for Frederiksen Court residents.

Through this concerted commitment to sustained education, the College ensures student connectivity to the building blocks vital in supporting environmental, economic and social sustainability. For example, the newly offered environmental engineering major gives light to critical challenges related to land, air and water quality. Students pursuing this major gain critical thinking and systems consideration skills toward creating relevant and feasible solutions to environmental challenges while also analyzing the effects the built environment has on our world.

Additional clubs committed to ensuring a sustainable difference through projects and commitment to innovation, community and impact include the American Society of Agricultural and Biological Engineers, American Society of Safety Professionals, Biomedical Engineering Society and the Earthquake Engineering Institute. For information about all engineering student organizations with sustainability-focused missions, visit the ISU Student Organizations webpage.

## GREEN REACH

Recognized for its accredited engineering program, ISU plays a vital role in the sustainability of our planet and our people through engineering research. ISU has focused its research on the following areas; Advanced Materials & Management, Engineered Medicine, Engineering Education, Energy Systems, Resilient Infrastructures and Secure Cyberspace & Autonomy. Through collaboration and partnership of students, faculty and staff, the college encourages engineering accomplishment and leadership to actively address societal problems.

Providing practical hands-on learning experiences outside the classroom has proven beneficial for student success. CoE takes an interdisciplinary and applied approach to student research offering fellowships with researchers and in conjunction with institutes - connecting directly to discovering solutions for challenges and needs locally, nationally and internationally.

For example, an initiative in mechanical engineering is spearheading battery research focused on sustainable energy storage systems. Direct connection to sustainable energy (and water use) is also in process through a dedicated research project with the Iowa Army National Guard related to their facilities across the state in daily

operations, as well as resiliency during natural disasters.

Focused concentration on sustainable solutions specifically targeted on the intersection preservation and resiliency of food, energy, water and land use systems, is also spearheaded in the College of Engineering through research initiatives including precision conservation in agricultural production, connecting engineering methods to plant genomics and ensuring safe food from field to table.

While all CoE research initiatives have shared connection to ensuring and supporting the day-to-day lives of humans while also making a lasting impact on the future, some especially unique applications are being pursued with respect to health and well-being through probiotic engineering in fighting illness, disease treatment and diagnosis and building against wind load and turbulence.

Through a multitude of classroom and experiential education opportunities, collaborative and networked research initiatives, comprehensive diversity and inclusion programs and relevant student success and career resources and experiences, the College of Engineering is committed to empowering and equipping a sustainably engineered world toward ensuring a sustainable future.

# EARTH DAY RECAP

Iowa State University students, staff and faculty gathered in a socially-distant manner on Thursday, April 22, from 10 a.m. - 2 p.m. on the South Library Lawn to celebrate Earth Day.

The event featured tables and representatives from 15 different community and campus organizations. These organizations included; Environmental Science Club, Pay It Forward, Climate Reality Campus Corps, City of Ames Smart Watersheds, Volunteer Center of Story County, Story County Conservation, The Loft, Environmental Education Club, the Humanitarian Awareness Committee of International Student Council, Iowa Women in Natural

Resources Collegiate Chapter, Iowa State Recycling Services, The Green Umbrella Club, ISU Department of Residence, Students Helping Our Peers (SHOP) and Engineers for a Sustainable World.

Organizations that were not able to join Live Green! in-person on Earth Day were able to participate virtually through the [Earth Day blog](#), including JAX Outdoor Gear, Renewable Energy Group, and Sustainable Agriculture Student Association. Information on all participating organizations can be found on the blog.

The annual Earth Day celebration gives students the opportunity to

mingle with related environmental organizations and learn more about the initiatives taking place on- and off-campus.

The Earth Day celebration also featured free bike tune-ups courtesy of Outdoor Recreation Services, music by KURE and free fruit-infused water and cookies.

The Earth Day event hosted over 250 ISU students, faculty and staff.



[View the full 2021 Earth Day Photo Gallery on the Live Green! website.](#)



Copy and layout by McKenzie Davison







# CY-lebrating Earth Day!

Join the Live Green! Earth Month Challenge!



# RECYCLING NEWS

## MAY UPDATE FROM ISU'S RECYCLING COORDINATOR



Photo courtesy of Ayodeji Oluwalana

**AYODEJI OLUWALANA** is the Iowa State University Recycling and Special Events Coordinator. In his 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 sending an email to Ayo ([aoluwala@iastate.edu](mailto:aoluwala@iastate.edu)). Watch out for future newsletter articles. More to come!



Photo courtesy of Central Stores

limited, FP&M is being proactive by exploring upcycling and reuse options for these materials. A partnership this Spring semester with an Industrial Design class whose focus is on social connection and impact is currently underway as they explore several repurpose options, rather than seeing them end up in the landfill. Stay tuned for more information on creative product ideas emanating from this project in the coming months.

### OFFICE CLEAN-UPS IN CAMPUS BUILDINGS

As we approach the end of a unique academic session, and office clean out begins, everyone is reminded to recycle all textbooks, journals, hardcover books etc., and not thrown into trash bins. To do this, please **DO NOT** put these heavy items in the blue recycling bins, as we are trying to avoid injuries for custodial staff hauling these bins to the loading dock for recycling. Rather, simply put these items in boxes and submit an [online pickup request](#). FP&M will take care of it from there.

For confidential document destruction, please visit [this page](#) to learn more about how you can securely destroy documents when you don't feel comfortable using the blue recycling bins.

### PAPER TOWEL COMPOST PILOT PROJECT UPDATE

The paper towel compost pilot project at Veterinary Medicine ended on April 30. The pilot project, which started on Monday, March 1, 2021, at the Lloyd Veterinary Medical Center, focused on exploring possible options in keeping paper towels out of campus trash dumpsters. The end goal will be to use these paper towels for soil enrichment through composting at the ISU Compost Facility.

Throughout the period of the pilot and contrary to expectations with respect to contamination issues, the pilot recorded very few cases of that throughout the trial period, thanks to proper signage and other outreach materials for building users. With the pilot being completed, there are plans to scale it up to the entire Veterinary Medicine complex and some selected buildings in phases in Fall 2020. Selected green compostable bags were used for the pilot, which were initially tested at the compost facility to ensure it breaks down easily and supports the overall mission.



Photo courtesy of Ayodeji Oluwalana

### FREDERIKSEN COURT COMPOST PROGRAM UPDATE

Composting options at Frederiksen (Freddy) Court apartments started full scale last fall, thanks to the great partnership among several campus entities such as Facilities Planning and Management (FP&M), Engineers for Sustainable World (student organization), ISU Dining and the ISU Compost Facility. The focus was to provide opportunities for residents to compost their food waste and help divert those materials from the Ames Resource Recovery plant, and of course the landfill.

In order to properly evaluate the program success, two waste audits were conducted at the end of Fall 2020 and Spring 2021 and preliminary results showed less food waste and compostable materials are being found in trash dumpsters at Freddy Court apartments. The progress recorded so far is a boost to our waste diversion goal of 85 percent from the landfill by 2025. The program will continue to be available through summer (2021) and going forward. Special thanks to the members of the Engineers for Sustainable World Compost Team for championing this project.



Photo courtesy of Live Green!

### PLEXIGLASS REUSE INITIATIVE

Across campus, plexiglas barriers have been predominant since the start of the pandemic, and there have been questions lately on what happens to them post-pandemic. With over 500 plexiglas barriers available on campus and recycling options



Photo courtesy of Live Green!

Layout by Amanda Fortman

# MONTHLY CHALLENGE

## SUSTAINABLE ALPHABET

This May, take the challenge to keep greening all summer with tips from the Sustainable Alphabet. From composting to going paperless, find what works best for you. With 26 different ideas to make every day sustainable, there is an opportunity for everyone's journey toward a more sustainable future.

**A**void single use plastic

**C**ompost

**D**onate unneeded items

**E**at local

**F**air trade products

**B**icycle instead of drive



**G**row your own produce

**K**eep the lights off

**J**oin a new club

**I**nvest in quality items

**H**ang clothes to dry

**L**ower your water flow



**M**inimize your wardrobe

**O**pt to receive receipts digitally

**Q**uiet your mind and unplug

**N**o to disposables



**P**reference for paperless



**V**olunteer



**U**nplug unused items

**T**urn off electronics

**S**hop secondhand

**R**educe, reuse and recycle

**W**ear sustainable clothing

**E**xplore a new outdoor area

**Y**es to reusables



**Z**ero-waste



Stay connected to [Live Green!](#) throughout the summer to find more ways to green your lifestyle!

# SPRING SEMESTER HIGHLIGHTS

## REFLECTING ON THE GREENING ACTIONS OF SPRING 2021

Throughout the spring semester, Iowa State's students, faculty and staff have been working to create sustainable and resilient changes throughout our community. Help to commemorate and celebrate the green successes in our operational initiatives, student experiences and community connections and collaborations.

### OPERATIONAL INITIATIVE



#### ENSURING CAMPUS HEALTH

With COVID-19 precautions, the Iowa State custodial staff went above and beyond to keep students, faculty, staff and the ISU community safe. Through intensified cleaning in all common areas, classrooms and high traffic spaces, these individuals exemplified dedication in keeping our campus safe and healthy to complete the 2020-2021 academic year.

#### CREATING A GREEN SPACE

A new green space was created on Pammel Drive with the demolishing of the Genetics Laboratory complex. Over the summer, the area will be seeded with a diverse species seed mix to create a pollinator garden, supporting native pollinators, including Monarch butterflies. This new garden will be the fourth pollinator garden on the ISU campus.



#### DIVERTING WASTE FROM LANDFILLING

Throughout the spring semester, nine bathrooms in the Lloyd Veterinary Medical Center were part of a pilot project exploring composting feasibility for paper towels. This initiative assists the University in strategizing opportunities to achieve campus, waste landfilling diversion goals. Pending trial results, paper towel composting bins may be added to additional campus restrooms.

### STUDENT EXPERIENCE

#### ADDRESSING ANTI-RACISM

The NCORE-ISCORE Office created a professional development action plan for campus offices and initiatives to utilize as a framework to ensure anti-racism in planning. Specifically, the plan helps identify opportunities to promote diversity and inclusion and address barriers. In addition to the action plan, the Office also offered the "Expert of My Experience" workshops, focused on team participation in activities and conversations revolving around anti-racism.



Read more sustainable spring semester highlights and news on the [Live Green! website](#).





## CREATING RESILIENT FASHION

The 2021 Fashion Show brought over 75 designers' creations to life in this year's event held at Reiman Gardens. This year's theme "Metamorphosis" was a nod to the evolution the show had gone through due to COVID-19. Special acknowledgment was also given to some pieces from the canceled 2020 show. The Fashion Show and the Iowa State Fashion Week also hosted a "RepurposeYour Clothing," event during spring semester, offering students a unique opportunity for discussion and creation.

## INNOVATING THE STUDENT EXPERIENCE

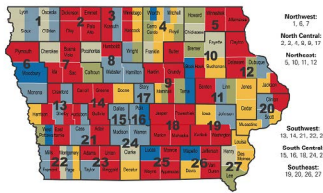
Iowa State University's College of Liberal Arts and Sciences established a new Innovation and Entrepreneurship (I+E) Academy, providing students a two-year program to gain experience and connect to opportunities focused on innovation and an entrepreneurial mindset. The academy offers an environment to engage on-line, face-to-face and interactive activities, as well as connect to mentors.



# COMMUNITY CONNECTION AND COLLABORATION

### PRIORITY INITIATIVE AREAS MAP

- Reviving the Iowa economy, including the farm economy
- Expanding educational opportunities for youth
- Supporting farmers in improving financial security
- Expanding access to addressing mental health
- Engaging farmers in improving food supply, safety, and access
- Supporting efforts to increase access to quality child care

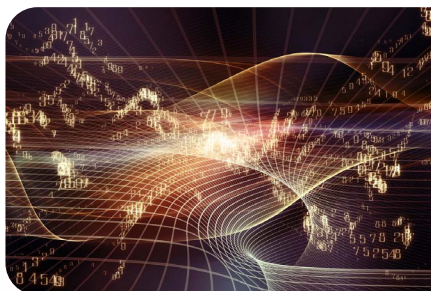


## FOCUSING ON PANDEMIC RECOVERY

ISU Extension and Outreach addressed issues to aid lowans in pandemic recovery through development of a Roadmap to Recovery. The roadmap identified six initiative areas where lowans have a need and ISU Extension and Outreach has expertise to assist. Each Iowa county identified one or two of the following areas to focus on within the next two years: economic revival, financial security, food supply safety and access, youth education, mental health and quality child care.

## CONSERVING FARMLAND

The Bia-Echo committed over \$1 million to ISU's Science-based Trials of Row-crops Integrated with Prairie Strips project, to invest in a three-year project focused on farmland conservation practices across the Midwest. These funds will support, through a three-year project, adoption of prairie strips and farmland conservation practices. The project brings together scientists, educators, extension specialists and farm landowners.



## IMPROVING DATA ACCESSIBILITY

An Iowa State research group has received a \$300,000 NSF grant to improve accessibility of publicly funded data. This project will help scientists to share their data with other institutions, researchers and the public. Data sharing can open new doors for collaboration, spark new ideas and strengthen current studies being completed.

# FAREWELL TO OUR LIVE GREEN! SENIORS

Wishing our Live Green! seniors a fond farewell in their future endeavors after graduation, and are grateful for the time and dedication they have devoted to the Live Green! Initiative on campus. We wish you the best of luck and look forward to seeing your continued impact!



**AMANDA FORTMAN**

**MARKETING & COMMUNICATIONS**

**AG COMMUNICATIONS AND GLOBAL RESOURCE SYSTEMS**

MANCHESTER, IOWA



**PEDRO VIEIRA MARASCIULO**

**SOCIAL MEDIA ENGAGEMENT**

**ECONOMICS AND MARKETING**

TEMECULA, CALIFORNIA

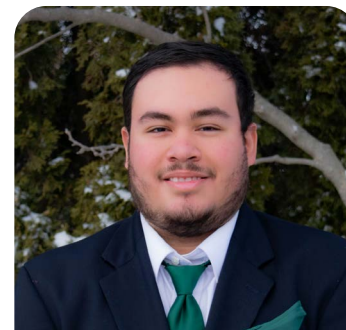


**CAITLINTIPPING**

**CAMPUS & COMMUNITY ENGAGEMENT**

**GLOBAL RESOURCE SYSTEMS, SOCIOLOGY, AND ENVIRONMENTAL STUDIES**

URBANDALE, IOWA



**EDGAR GUILLEN**

**CITY OF AMES SMART BUSINESS CHALLENGE**

**MARKETING**

PLANO, ILLINOIS

## WHAT'S NEXT AFTER GRADUATION?

Pursing a career in agriculture marketing.

Home mortgage consulting for Wells Fargo.

Job searching and hopefully some traveling!

Insurance consulting with State Farm.

## HOW WILL YOU CONTINUE "GREENING" AFTER GRADUATION?

I will continue to integrate small green changes into my everyday life, and work to support sustainable brands.

I will continue to implement sustainable habits in my daily life, while empowering my friends and family with new renewable ideas and practices.

I plan to continue implementing small actions in my daily life, like opting for reusable products, thrifting clothes and volunteering in my community. I also have distant dreams of opening a zero-waste coffee shop.

I want to do some research into renewable energy technologies and participate in making a "greener" community. I also hope to return to ISU and work in sustainable management and marketing.

## WHAT IS YOUR FAVORITE "GREEN" MEMORY AT IOWA STATE UNIVERSITY?

Working with the whole Live Green! Team and meeting everyone at Sustainapalooza.

Getting positive feedback from people who see the [social media] posts. It is very fulfilling to know I can engage with others in a constructive manner about sustainability.

Participating in sustainability events and being a part of the Food Recovery Network, helping keep our campus beautiful and giving back to the community is rewarding.

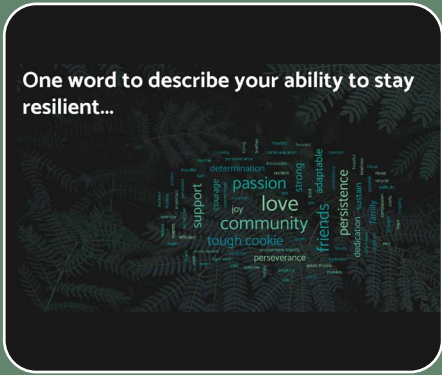
This internship; learning more about the green side of ISU and the City of Ames.

Copy and layout by McKenzie Davison

# A YEAR OF **CARDINAL**, **GOLD** & **GREEN**

## 2020-2021 INITIATIVES OF THE LIVE GREEN! TEAM

Reflecting on a year of resiliency for Live Green! Team members educating, engaging and empowering students, faculty, staff and community members during the 2020-2021 academic year.



Copy and layout by Amanda Fortman

# GREEN-IT-YOURSELF

EMBRACE SUMMER WITH THESE SEASONAL CREATIONS

## BUTTERFLY FEEDER

**Supplies:** 1 pint-sized regular-mouth Mason jar (or any pint sized jar, ex. spaghetti jar), canning lid and ring, twine, hammer, nail, natural sea sponge or kitchen sponge

**Instructions:**

1. With the lid on the jar, use the hammer and tap the nail to create a hole in the center of the lid. Cut a piece of sponge 1-2 in. square and thread it through the hole on the lid of the container. Pull the sponge until 1/4 of it is inside of the lid.
1. Cut two pieces of twine, each 6 to 8 inches in length. Tie them around the mouth of the jar so there is a knot on either side
2. Cut another two pieces of twine, each 4-6 inches in length. Slip them through the twine pieces tied around the jar, on the sides where knots are not tied
3. Turn the jar upside down and gather all twine, including the ends from step 1, and tie them together to form a "hanging basket" around the jar and tie them securely and tightly against the bottom of the jar.
4. After the knot is tied, take the remaining "loose" ends and tie them together in a loose knot to create a hanger loop. (To achieve the "hanging basket" effect as pictured, follow the [hyperlinked instructions.](#))



## CITRONELLA CANDLES

**Supplies:** 6.4 oz. soy wax, 6 in. pre-waxed/natural candle wicks, heat-resistint glue dots, skewer, 8 oz heat resistant jar/container, [double boiler](#), citronella essential oil

**Instructions:**

1. Using a glue dot, glue the candle wick to the bottom of the container.
2. Fill the bottom pan of a double boiler 1/3 full with water and add top pan. Heat water to a simmer on low heat.
3. Add soy wax to the top pan. Heat while frequently stirring until fully melted.
4. Remove top pan from water bath and let cool to 120 degrees F. Add three drops of citronella oil, stir to combine.
5. Wrap the candle wick around the skewer or ice cream stick, laying it horizontal on top of the rim to keep the wick in place.
6. Pour mixture into container to .4 in. below the top of the container.
7. Let candle cool to room temperature. Trim wick before lighting.



## ESSENTIAL OIL CAR AIR FRESHENER

**Supplies:** 1 sheet of yellow felt, 1 sheet of green felt, scissors, hole puncher, all purpose craft glue, 6 in. twine or yarn, 1 bottle of the essential oil of your choice

**Instructions:**

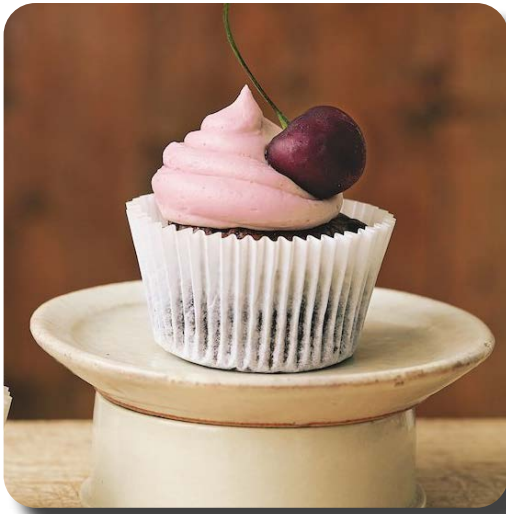
1. Using your scissors, cut a large lemon shape from the sheet of yellow felt.
2. Cut a small leaf shape from the sheet of green felt.
2. Glue the leaf shape to the lemon shape.
3. Using your hole puncher, punch a hole at the top of the lemon.
4. Insert twine or yarn piece through the punched hole to create a loop and tie ends into a knot.
5. Glue the knot to secure.
6. Place 3-4 drops of essential oils on the lemon and hang in car or anywhere that needs freshening. Refresh by adding additional drops every few days.





# RECIPES

SHARE DELICIOUS AND HEALTHY TREATS FOR MAY CELEBRATIONS



## AVOCADO CHOCOLATE CUPCAKES

**Ingredients:** 1 avocado, 3 Tbsp. unsalted butter, 1/2 C. granulated sugar, 2 eggs, 1/2 tsp. salt, 1 tsp. vanilla extract, 3/4 C. flour, 1/4 C. unsweetened cocoa powder, 1 1/2 tsp. baking soda

**Directions:**

1. Preheat oven to 375 degrees F and line a 12-cup muffin tin with cupcake liners
2. Peel the avocado and remove seed.
3. Using a mixer or spoon, mix avocado in a large bowl until smooth. Add butter and sugar and beat until fluffy. Add in eggs (one at a time) and mix well. Stir in vanilla.
4. Sift together cocoa powder, flour, baking soda and salt into bowl. Stir to combine.
5. Fill the muffin tins 3/4 full with batter. Bake 15-20 minutes.
6. Let pan cool for 10 minutes, then remove cupcakes from muffin tin and place on a wire rack.
7. After fully cooled, top with your favorite icing or visit the [Well Good website](#) for the cherry icing (pictured) recipe.

## YOGURT POPSICLES

**Ingredients:** 1-2 C. of fruit of your choice, 2 Tbsp. raw honey (or any sweetener of your choice), 2 C. of yogurt (any flavor)

**Directions:**

1. Cut fruit into pieces 1/4 in. in size. Place fruit in a large bowl.
2. Lightly mash the fruit (with a spoon or fork) onto the bowl for a swirl effect.
3. Add yogurt and raw honey to the bowl. Stir to combine. Taste and add more sweetener if needed.
4. Pour the mixture into a popsicle mold and freeze until fully solid. (2-3 hours)
5. To remove popsicles, run warm water over mold until loosened.
6. For tips and fruit combinations, visit the [Don't Waste the Crumbs website](#).



## STRAWBERRY BANANA SORBET

**Ingredients:** 1/2 lbs. strawberries, 1/2 lbs. bananas, 1/3 C. agave nectar (or any natural sweetener of your choice), 3 Tbsp. lemon juice

**Directions:**

1. Place strawberries, bananas, lemon juice and sweetener in a blender.
2. Purée the mixture until thoroughly combined and smooth.
3. Transfer the mixture to a small freezer-safe container.
4. Freeze for at least 3 hours until frozen solid.
5. Remove from the freezer and let sit for 10 minutes before serving.



For more GIY's and Recipes,  
check out the Live Green!  
Pinterest page!



# GREEN OPPORTUNITIES

## KEEP IOWA RIVERS CLEAN



Volunteer your time with the 2021 Iowa - A Watershed Awareness River Expedition (AWARE) project. Join nearly 3,000 volunteers July 11 - 16, to clean up Iowa's rivers. Volunteers will paddle canoes on Iowa rivers, picking up trash during the day and camping in local campgrounds at night. Equipment and meals are included with event registration fees. Cost ranges from \$25 - \$45 per day. Register and find more information about the event and fees on the [Iowa Project AWARE website](#).

## WEED OUT INVASIVE SPECIES



Help Story County Conservation "Weed Out" invasive species in our conservation areas. Each Wednesday, May 5 through May 26, Story County Conservation Center is asking volunteers are invited to meet at the Conservation Center and help pull and cut. Come prepared with outside working attire, water, gloves (gloves will be provided if unable to bring your own) and a face covering. Register each Sunday prior to the event and find specific dates and times on the [Story County Conservation website](#). Participants under the age of 15 require an adult to be present.

## PURSUE CLEAN ENERGY CAREERS



Apply for an internship with the U.S. Department of Energy's 2021 Clean Cities University Workforce Development Program (CCUWDP). The CCUWDP is offering 40 different summer internship positions across the nation. The internship is an excellent opportunity for students interested in gaining experience in areas of energy and transportation. Applications for the position are due May 17. Apply and find out more on the [Clean Cities website](#). If you have any further questions about the internship, email [cleancitiesintern@anl.gov](mailto:cleancitiesintern@anl.gov).

## BOOST YOUR MENTAL HEALTH



Attend in-person or connect virtually to a community discussion on Mental Health Awareness, Thursday, May 20, 6:30 p.m. at the City of Ames Auditorium. Taking place during Mental Health Awareness Month, the event also spearheads a new City of Ames initiative supporting Mental Health Wellness, Recovery and Resiliency offering education, training and resource opportunities to the public. More information about this event and the initiative can be found on the [City of Ames website](#).

## STEP OUT INTO SUMMER



Join Story County in the online family challenge, Step Out into Summer. Individuals and families are challenged to get outside and explore and discover nature this summer. Registration opens May 15, and challenges become available on May 28, and the Challenge continues through July 5. Late registration is also welcome. Earn points by completing challenges and compete for a chance to win prizes. For more information or questions, visit the [My County Parks website](#) or email Beth Wage at [ewage@storycountyiaowa.gov](mailto:ewage@storycountyiaowa.gov).

## EXPLORE STORY COUNTY TRAILS



Tour the trails of Story County in a guided walking series hosted by the Story County Conservation Center. Explore the Robinson Wildlife Acres (May 4), McFarland Park (May 11) and Hickory Grove Park (May 18), and learn and ask questions from a naturalist. The walks are scheduled for 9:00 - 11:00 a.m. on the first three Tuesdays in May. Participants are able to walk each park at their own pace. This event is intended for adults only. Registration is required by 9:00 a.m. on the Monday prior to each walk. For more information and to register, visit the [Ames Convention & Visitors Bureau website](#).

## HONOR AMES' IMPACTFUL WOMEN



Visit the Ames History Museum and learn about some of the most influential women of the Ames and surrounding communities. The exhibit features stories from Ada Hayden, Rowena Stevens and Helen LeBaron Hilton and how they broke gender barriers in science, business, activism and government. The exhibit is on display from April 12 through June 30. The window exhibit is viewable from the Douglas Ave. windows. For more information about the exhibit, visit the [Ames History Museum website](#).

## PLANT A NATIVE TREE



Help restore Iowa's trees after the wind damage from the derecho this past fall. The City of Ames is offering a rebate program for local residents interested in replanting trees on their property. Home and business owners can earn up to a \$150 rebate for planting new trees. More information regarding the tree rebate program, tree species and planting guidelines can be found on the [City of Ames Native Tree Rebate Application Form](#).

Copy and layout by McKenzie Davison



# MAY CALENDAR

**01** **Ames Main Street Farmers' Market**  
**Main Street, Ames | 8 a.m. - 12 p.m.**  
Shop locally at the opening weekend of the Ames Main Street Farmers' Market. Open every Saturday from May until September. Fruits, veggies, meats, breads, hand crafted goods and family entertainment are all available! To find out about all vendors and dates, go to the [Ames Main Street Farmers' Market website](#). Cost: Free to attend. Varied costs for products.

**04** **Walk the Trails Series**  
**Robison Wildlife Acres | 9 - 11 a.m.**  
Hike with a naturalist as you explore Robison Wildlife Acres in Story County. Explore the park and meet some new people while taking a guided tour. This route is approximately 1.5 miles in length and participants are welcome to walk at their own pace. Other walks this month include McFarland Park, May 11, and Hickory Grove Park, May 18. For more information, go to the [Think Ames website](#). Cost: Free

**Moment of Silence**  
**Varied | 1:30 p.m.**

Take a moment of silence for those who have lost their lives to COVID-19 in Ames and Story County. On May 4th at 1:30 p.m. take a moment to reflect. The one-minute moment of silence will be recognized on the one-year anniversary of the first COVID-19 related death at Mary Greeley. For more information about the event, go to the [Mary Greeley Medical Center website](#).

**EcoChat: Reduce, Reuse, Recycle**  
**Virtual | 7 p.m.**

Engage in this virtual lecture by the City of Ames and Ames Public Library, focused on sustainability. May's theme focuses on Reduce, Reuse and Recycle. Superintendent of the Resource Recovery Plant, Bill Schmitt, will facilitate the lecture. For more information on the event, go to the [Ames Public Library website](#). Cost: Free

**05** **Arthropods in the Fold Exhibit**  
**Reiman Garden | 11 a.m.**  
Tour the Reiman Garden Room Gallery with Entomologist and Christina Reiman Butterfly Wing Curator, Nathan Brockman. Learn about origami and invertebrate through this art display. Registration and more information is available on the Reiman Gardens website. Pre-registration is due May 3. Cost: Members \$5, ISU Students \$5, Public \$15

**07** **Plant Sale Extravaganza**  
**Reiman Gardens | Varies**  
Purchase plants at the 2021 Plant Sale Extravaganza at Reiman Gardens. In-person sale opens to members on May 7, 3 - 7 p.m. The sale opens up to public on May 8, from 9 a.m. - 6 p.m. and May 9, 10 a.m. - 3 p.m. For more information on the event, go to the [Reiman Gardens' website](#). Cost: Free to attend. Varied costs for products.

**08** **Iowa State Graduation Celebration**  
**Jack Trice Stadium | Varies**  
Commemorate Iowa State's Senior class at the 2021 Graduation ceremony. For more information, go to the [Iowa State University Graduation and Commencement website](#). Congratulations to the graduating class of 2021. Cost: Free

**12** **Go Public Gardens Day**  
**Reiman Gardens | 10 a.m. - 6 p.m.**  
Celebrate Go Public Gardens Days by getting free admission to Reiman Gardens on May 12. Explore and enjoy the beautiful flowers and butterflies for free. Participants can explore and enjoy indoor and outdoor exhibits and natural spaces, along with the beautiful flowers and butterflies. For more information go to the [Reiman Gardens' website](#). Cost: Free for members and non-members

**15** **Mayor and City Council's Bike Ride**  
**Ames City Hall | 9 a.m.**  
Kick off National Bike Month with a family-friendly bike ride around Ames with Mayor John Haila. Take part in this 6.5 mile ride beginning at 9 a.m. in the west parking lot by Ames City Hall. All ages and experience levels are welcome to participate. For more information, visit the [City of Ames event website](#). Cost: Free

**515 Day**

**Downtown Ames | 12 - 9 p.m.**

Commemorate those who live, work and play in the 515 area code on May 15. Stop into stores in Downtown Ames for specials and sales, and enjoy family-friendly activities and live music. Go to the [Ames Downtown website](#) to learn about all participating businesses and events going on. Cost: Free

**18** **Fresh-Cut Florals: Bulbs in Vases**  
**Reiman Gardens | 6 - 7 p.m.**  
Create a beautiful floral arrangement for your home with seasonal flowers and greenery cut from Reiman Gardens. Sandy Gossman will walk you through the process to work with, create and care for your creations. More information can be found on the [Reiman Gardens' website](#). Cost: Members \$48, Public \$60, ISU Students \$40.80

# SUMMER CALENDAR

## JUNE

**03** **Art Walk**  
**Main Street | 5 - 8 p.m.**  
Experience local art in Downtown art at the Downtown Ames Annual Art Walk. Enjoy Ames and discover artwork from over 60 different artisans, including painters, jewelry makers, potters, sculptors and musicians. For more information, or to sign-up as a featured artist or business, visit the [Downtown Ames website](#). Cost: Free to attend. Varied costs for art pieces.

**04** **Summerfest in Campustown**  
**200 Block Welch Ave. | 3 - 9 p.m.**  
Celebrate the summer with Campustown on the first Saturday in June. Attend the family-friendly event that includes face painting, balloons, inflatables and a root beer garden. The event also features food trucks, live music and a beer garden for attendees over the age of 21. Learn more on the [Campustown website](#). Cost: Free

**09** **Celebrating Iowa State's Public Art Across Campus | 10 a.m. - 4 p.m.**  
Take a tour across ISU's campus, the largest campus collection of public art in the US, and discover over 3,000 works. Join the tour guided by ISU Museums and celebrate and enjoy the beautiful displays that can be found across campus. Visit the [ISU Museums website](#) for more information. Cost: Free

**12** **College Creek Cleanup**  
**College Creek | 10 a.m. - 2 p.m.**  
Join ISU Live Green! in celebrating National Rivers month through volunteering at the annual College Creek Cleanup. Volunteers can assist in picking up trash and pulling garlic mustard along sections of creek that runs through ISU. Register prior to the event on the [ISU Events Calendar website](#). Cost: Free

**20** **Father's Day Celebration**  
**Reiman Gardens | 10 a.m. - 6 p.m.**  
Celebrate Father's Day and enjoy a day in the gardens with free admission to Reiman Gardens. All fathers are admitted free of charge. For more information, visit the [Reiman Gardens website](#). Cost: Dads: Free, Members and Students: Free, General Public: \$10

For more sustainable events and happenings over the summer, visit the [Live Green! website](#) and stay connected through the [Live Green! listserv](#).

## JULY

**04** **4th of July Parade**  
**Main Street | 11 a.m. - 1 p.m.**  
Wear your red, white and blue and celebrate Independence Day in Downtown Ames. Participate or spectate in the annual 4th of July Parade. For more information, or to sign up as a parade participant, visit the [Downtown Ames website](#). Cost: Free

**10** **Summer Iowa Games Opening Ceremony Locations Throughout Ames | Varies**  
Compete or volunteer for the 2021 Summer Iowa Games. Sign-up for various events or attend the games throughout the summer and enjoy festivals, events and programs. The opening ceremony for the 2021 games will be held virtually on July 30. The summer games dates are as follows: July 10 -11, July 23 -25, and July 30 - Aug. 1. Register to compete, volunteer and find more information on the [Iowa Games website](#). Cost: Free

**11** **Garden Art Fair**  
**Reiman Gardens | 10 a.m. - 4 p.m.**  
View nature inspired art at the Reiman Gardens Art Fair. Browse and buy art including jewelry, watercolor, pottery, woodwork, glass and much more while also enjoying delicious food from vendors throughout the event. For more information, visit the [Reiman Gardens website](#). Cost: General Admission: \$10, Seniors 65 and up: \$9, Youth ages 2-12: \$5, Under two: free, Members: Free, ISU Students: Free to attend. Varied costs for products.

**29** **Summer Sidewalk Sales**  
**Main Street | 9 a.m. - 6 p.m.**  
Visit Downtown Ames for the Main Street semi-annual sales event. Find great deals and support small, local businesses July 29, through Aug. 1. For more information, [visit the Downtown Ames website](#).

**30** **Rummage Rampage**  
**Ames Intermodal Facility | Varies**  
Donate, shop or volunteer at the 2021 Rummage Rampage. Rummage Rampage begins July 30 and runs through Aug. 7. Shop or donate gently, used furniture and home items to be re-purposed for future use. For more information or to sign-up for volunteering (individually or as a registered non-profit organization or ISU club), contact Bill Schmitt at 515-239-5137 or [bschmitt@cityofames.org](mailto:bschmitt@cityofames.org) or Merry Rankin at 515-294-5052 or [mraink@iastate.edu](mailto:mraink@iastate.edu). Cost: Free to attend. Varied costs for items.