

LIVE GREEN! MONTHLY

OCTOBER 2024



"ENERGY IS THE ESSENCE OF LIFE. EVERY DAY YOU DECIDE HOW YOU'RE GOING TO USE IT BY KNOWING WHAT YOU WANT AND WHAT IT TAKES TO REACH THAT GOAL, AND BY MAINTAINING FOCUS."
 - OPRAH WINFREY

OCTOBER 2024 VOLUME 15 ISSUE 1

CAMPUS SUSTAINABILITY UPDATES

Merry Rankin
 Director of Sustainability
 mrankin@iastate.edu



Of the many things I love about my job at Iowa State University, the energy I feel every time I walk onto campus is at the top of my list.

Energy related to ideas, experiences and discoveries, and the ever-present opportunity to gain new experience, perspective and understanding. Energy truly pulsates from every corner of campus – no matter the season, week or day.

In defining energy... "the strength and vitality required for sustained physical or mental activity", it is not difficult for any member of our campus community, and all who visit, to also experience this same burst of energy. It is energy that inspires collaboration, experimentation, innovation and achievement. It is energy that showcases the unique vision and motivation of individuals and celebrates the collective creativity, agility and impact of community. It is energy that powers a sustainable future, literally and figuratively.

Our first issue of Live Green! Monthly for the 2024-2025 school year highlights this energy, across the entirety of Iowa State University's campus and mission – witnessed in the commitment of colleges, departments and clubs and encompassed through enthusiasm, dedication and accomplishment. This month's newsletter also features a diversity of energizing opportunities on campus and in the Ames community, allowing everyone to tap their own personal energy sources.

One opportunity of note is ISU's annual celebration of Campus Sustainability Month, October 21, 10 a.m. – 2 p.m., on the South Library Lawn. Read on for more information and stay tuned to the Live Green! website and social media platforms for all of the energizing happenings and "need to knows" throughout October.

Wishing you an energized month ahead!!

Yours in green-ness,
Merry



Welcome back to Iowa State, Green Enthusiasts!

And to our new ISU friends; hello and welcome to ISU!

The start of the academic year always brings a hum of energy and excitement to campus – students moving into the Residence halls, sounds of the marching band practices and the busyness of campus teams ensuring all of the final touches (inside and out) to ensure a great year ahead.



Steve Kohtz
Recycling and Special Events Coordinator
sakohetz@iastate.edu

Some exciting updates to share in recycling! This year started with a new pilot project in partnership with the Department of Residence – focused on move-in cardboard recycling. During the two freshman move-in days, ISU Recycling Services and the Office of Sustainability set-up two cardboard recycling stations at MWL and Friley. The pilot was well-received and a great (and energizing) success! The equivalent of over 32 pickup loads of cardboard were collected for recycling.

As you are out and about around campus – recycling indoors and out, you will also notice some new additions. First, new "recycle right" signage going up indoors - next to "Waste Systems" (waste and recycling cans placed together). Second, new "bumper stickers" added to all recycling totes (two wheeled large blue recycling collection bins). Finally, the addition of new QR code stickers to all outdoor trash and recycling compactors to alert the Campus Services Team of compactors needing emptied or repaired.

Stop by the ISU Recycling Services table at the upcoming Campus Sustainability Month Celebration on October 21, for more information, or email me at any time.

This is just the beginning of the year! Cyclones, we are in for some exciting times. Hang on! It's going to be a great green wild ride!

Yours in diverting,
Steve



Abby Bergstrom
*Co-Sustainability Director,
ISU Student Government*
amb36@iastate.edu



Katherine O'Driscoll
*Co-Sustainability Director,
ISU Student Government*
kodris22@iastate.edu



Hello Cyclones!

We cannot believe how quickly the beginning of the semester has already flown by!

To introduce ourselves, our names are Abby Bergstrom and Kit O'Driscoll, and we are your new Co-Directors of Sustainability for the Student Government this school year! We have absolutely loved settling into this role and are so excited to keep things rolling. A big thank you and shout out to last year's Director of Sustainability, Olivia, who was instrumental in her time!

In regards to this year's Student Government Sustainability committee Student Government Sustainability Committee currently we have five

at-large members, Jaden Hansen, Myer Loeb, Emily Maliszewski, Olivia Miller, and Emelia Traina as well as three senators, Alex Pallan, Julius Sloop, and Lauren Vierregger – and additional at-large members yet to be confirmed. We are so grateful to have found so many incredible individuals who are passionate about sustainability at Iowa State and are excited to share all of their work throughout this school year.

In other fun news, committee members have already tabled at two events this school year, the Student Government Expo on Central Campus and the Ames EcoFair. We have had so much fun sharing everything we do at Iowa State, as well as learning about how other organizations around Ames are supporting sustainability!

That's all for now, but to keep up with what we're up to by staying connected through Instagram @isusustainability, the Sustainability Committee webpage on the Student Government website, or by emailing us with questions or ideas. We would love to hear from you!

As always, Roll Clones!
Abby & Kit



CAMPUS SUSTAINABILITY MONTH CELEBRATION



October is

CAMPUS SUSTAINABILITY MONTH

The Live Green! Team is excited to invite students, faculty, and staff to join the 2024 Campus Sustainability Month Celebration on October 21, 10 a.m. - 2 p.m. on the South Library Lawn. With the theme, "Our Green Community, Our Sustainable Future," this year, we celebrate our individual, campus-wide and community-based sustainability efforts while challenging each other to make our next commitment toward a sustainable future.

The event will feature networking opportunities with students, campus and community organizations supporting environmental, economic and social sustainability. Attendees can also look forward to live music from KURE 88.5, bike tune-ups from Recreation Services, refreshments (remember to bring your own mug!) and the opportunity to earn sustainability-themed prizes.

Interested in helping with this year's event? We could use your assistance through a number of volunteering opportunities. Complete the [Volunteer Form](#) to join us in ensuring a great celebration.

[Visit the Calendar Event](#)



Energizing Community Through Rummage

Each summer, the City of Ames teams up with the ISU Office of Sustainability for the annual Rummage RAMPage event, diverting reusable items from landfilling through hosting a community rummage sale. Organizing and completing such an event involves a lot of preparation and relies heavily on volunteers – which includes Iowa State University student organizations. This month's issue of Students Living Cardinal, Gold and Green highlights six clubs that brought their energy to this year's event and the collective Ames community.

[Explore Student Sustainability Impact](#)

NOW YOU KNOW | A Deeper Sustainable Dive





Sustainability at Iowa State University: A Campus Energized

At Iowa State University, energy and sustainability go hand in hand and are at the core of campus life. Energy powers the campus and also embodies passion, vision, and dedication. This month's Now You Know article celebrates the diversity of opportunities, resources, initiatives and commitment that ensure our energized and sustainable campus.

[Read the full Article](#)

SUMMER SUSTAINABILITY HIGHLIGHTS



At Iowa State University, students, faculty and staff are dedicated to invigorating both the campus and the Ames community through innovative efforts and initiatives being pursued throughout the year. Important work persists to enhance and rejuvenate connections through student impacts, research initiatives, community connections and campus initiatives. Discover how campus and the community were energized over the summer.

LIVE GREEN! MONTHLY CHALLENGE

Conserving mental energy is as crucial as conserving electrical energy. Unplugging ourselves and our devices can offer considerable sustainable benefits - environmentally, economically and socially. This month's challenge offers a variety of "opportunity areas" focused on the energizing potential of being unplugged.



Take the Monthly Challenge

GREEN ENGAGEMENT OPPORTUNITIES



Harvest New Energy

Take part in the Mustard Seed Community Farm's fall harvest. Volunteers, also known as workshares, are welcome every Tuesday and Friday morning, 7 – 10 a.m. until mid-October. A great opportunity to meet new people, gain new skills and help provide fresh produce to energize the Ames community. As a thank you, each volunteer takes home a box of fresh vegetables and herbs. For more information and to sign-up to volunteer, visit the [Workshares webpage](#) on the Mustard Seed Community Farm website.

Get into the Halloween Spirit

Prepare pumpkins for the annual Spirits in the Gardens event at Reiman Gardens. Hundreds of pumpkins and jack-o-lanterns make this event possible, and volunteers are needed for tracing, carving and arranging October 2 - 4, 9 - 10 and 11 - 13. All tools and training will be provided. For more information and to sign up for a volunteer slot, visit the [Volunteer for Events webpage](#) on the Reiman Gardens website.

Recharge with Rec

Unwind and reenergize through a variety of group fitness classes from ISU Recreation Services. Choose from several different options to energize your mind and body. From Sunrise Yoga to Cycle Fit, find a class that matches your interests and goals. To learn more about class options or to sign up for a class, visit the [Fitness webpage](#) on the Student Health and Wellness website.

Connect Through Conversation

Gather with fellow community members for engaging conversations online or in person at the Ames Public Library. Choose from various conversation circles in English, Spanish, French and more. Whether you want to chat in your native language or practice a new one, there is a spot for you. To find out more about the Conversation Circles and check dates and times for specific languages, visit [Events and News webpage](#) on Ames Public Library website.

Renew Reusables

Bring your well-used and well-loved items, in need of repair, to the fall ISU Repair Café, October 24, 3 – 7 p.m., Room 198 University Library. Volunteers will be on-hand to educate and assist you in diagnosing repair needs, completing simple repairs, or redirecting you to additional resources if repair needs are more extensive. Items accepted for free repair include clothing, small electronics, jewelry and skateboards. For more information, visit the [event page](#) on the Iowa State University Events Calendar.

OCTOBER GREEN EVENTS CALENDAR

October 3, 6:30 – 8 p.m. | Farwell T. Brown Auditorium or virtual

[Beyond the Lawn: Lighting Talks for Biodiversity at Home](#)

Connect with local experts to discover how to make your yard more sustainable and

biodiverse. Enjoy a series of 10-minute presentations on ways to boost biodiversity at home! In addition to connection time with speakers, information on rebates from the City of Ames related to biodiversity products and services will also be available. For more information, visit the [Ames Public Library website](#).

October 4, 1:30 – 2 p.m. | North Entrance, Memorial Union

[Public Rededication of the “Fountain of the Four Seasons”](#)

Celebrate the iconic Memorial Union fountain as it is turned on for the first time in two years. The public rededication of the Fountain of the Four Seasons will feature remarks from Iowa State University President, Wendy Wintersteen, University Museums Director and Chief Curator, Lynette Pohlman and Student Government President, Martin Hursh. For more information, visit the [Iowa State University Museums website](#).

October 12 & 13, 5 - 9 p.m. | Reiman Gardens

[Spirits in the Gardens](#)

Enjoy over 1,000 hand-carved Jack-O-Lanterns, glowing orbs and video projections, through this festive event. A local Boy Scouts troop will be on hand selling warm drinks and snacks, and all guests can collect treats from the “Candy Factory”. Registration and tickets are required to attend - \$14 for members and ISU students, \$16 for general public (over 12), \$7 for youth (ages 2 -12) and free for children under 24 months. For more information and to register and prepay online, visit the [Spirits in the Garden webpage](#) on the Reiman Gardens website.

October 16, 6 p.m. | Great Hall, Memorial Union

[Making Space for Peace](#)

Join architect Deanna Van Buren as she describes the role of interdisciplinary design in healing and transformation, especially for survivors of violence, and her work addressing the root causes of mass incarceration through innovative design. For more information, visit the [event page](#) on the Iowa State University Events Calendar.

October 24, 6 – 7 p.m. | Great Hall, Memorial Union

[How to Grow \(Almost\) Anything: The Use and Future of Synthetic Biology](#)

Learn from David Sun Kong as he discusses the emerging field of synthetic biology. This new field of research is poised to change the genetic material in viruses, bacteria, yeasts, plants or animals to give them useful new characteristics. For more information, visit the [College of Agriculture and Life Sciences Events website](#).

Explore All Live Green! Calendar Events

Have a green event, initiative or accomplishment that you would like to have featured?
Share it with us via email at livegreen@iastate.edu.

RECIPES AND GREEN-IT-YOURSELF (GIY)

Add new energy to the fall season with festive and sustainably minded food and hands-on creations. Offering opportunities to gather and energize with friends and family, or just curling up for some self-energizing.



Mason Jar Lid Pumpkin

Grab some Mason jar rings and create festive decor to energize any space during any season. Easy to make and personalize - stay simple or be creative with fun colors and add-ons.



Jack-O-Lantern Decor

Choose pumpkins for a zero-waste fall decoration - so many crafting ideas and creative options when seasonal decorating is done.



Autumn Leaf Wreath

Use colorful natural fall leaves to create this one-of-a-kind décor item! An economically friendly alternative to store purchased decorations that can be composted when no longer usable.



Butternut Squash Soup

Enjoy a variety of rich and energizing fall flavors – all in one bowl. This creamy soup is packed with robust dimensions of deliciousness.



No Bake Pumpkin Energy Balls

Bite into this “any-time” delicious and energizing snack that requires no baking and is easy to make ahead.



Pumpkin Protein Shake

Treat yourself to this yummy fall-inspired treat - a perfect option for leftover pumpkin. Creamy and thick like a milkshake, but healthy enough for breakfast.

Find More Recipes and GIYs on the Live Green! Pinterest Page

STAY CONNECTED TO LIVE GREEN!

livegreen.iastate.edu



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 sustainable.



Iowa State University Facilities Planning and Management | 108 General Services Building
700 Wallace Road | Ames, IA 50011 US

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