

LIVE GREEN! MONTHLY

**"THE BEST WAY
TO PREDICT THE
FUTURE IS TO
DESIGN IT."**

- BUCKMINSTER FULLER

**ISU STUDENTS
DESIGNING A MORE
SUSTAINABLE FUTURE**

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

**TAKE THE CHALLENGE
TO GREEN YOUR
VALENTINE'S DAY**

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IOWA STATE UNIVERSITY

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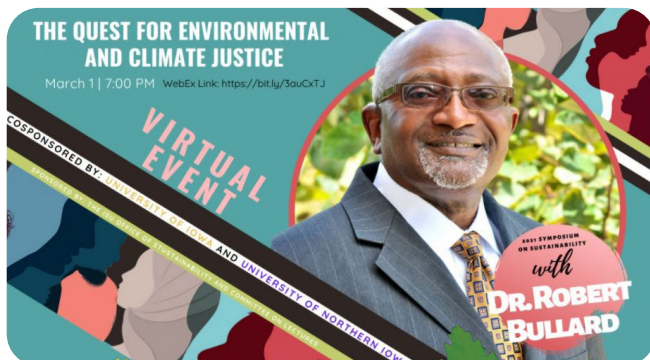


Photo by Pedro Vieira Marasciulo

Welcome back to spring semester from the Live Green! team. As a new year and new semester start, let's challenge ourselves to look for new opportunities and ways to integrate sustainable practices into our everyday life.

This semester we are excited to continue exploring the green efforts from across our University through the lens of each college. This month features the College of Design and their sustainable efforts, both within our community and across the globe.

Save the date for ISCORE 2021 Iowa State Conference on Race and Ethnicity Virtual Conference! Preconference will be held Mar. 3, 2021 and the full conference takes place Mar. 4-5, 2021. Registration opens Feb. 1. For more session details and to register for the event go the [ISCORE website](#).



Follow Us!



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

Cover image by College of Design



DIRECTOR'S MESSAGE

How exciting to see, hear and feel campus bustling with energy and enthusiasm. As well as giving focus to our own sustainability over break, the Live Green! Team has been working diligently in planning, strategizing and visioning unique connections and experiences to offer during the remaining months of the 2020-2021 academic year. The February issue of Live Green! Monthly kicks things off.

First, by celebrating the College of Design, as we continue our celebration of ongoing commitment to sustainability and a sustainable future through the impressive work and dedication of our colleges. As with our articles featuring the College of Agriculture and Life Sciences, Ivy College of Business and College of Veterinary Medicine, during fall semester, I have no doubt you will be awed, amazed and inspired by the impressive, creative and innovative work and accomplishment of the students, faculty and staff of the Colleges of Design, Human Sciences and Liberal Arts and Sciences being featured during spring semester.

Second, by announcing the 2021 Symposium on Sustainability, "Uniting for a Sustainable Future." Although modified from past events, in consideration of COVID-19 precautions, we are so honored to welcome (virtually) Dr. Robert Bullard, ISU alum and recipient of the Champions of the Earth Lifetime Achievement Award - the United Nation's highest environmental honor, recognizing outstanding leaders from government, civil society and the private sector whose actions have a transformative impact on the environment, as this year's keynote speaker. We are also excited to also be able to offer in-person connection and networking through Sustainapalooza. Mark your calendars for March 1 and March 3, for this year's event! See page 14 for more information, and stay updated on times and details on the [2021 Symposium on Sustainability webpage](#), [Sustainapalooza Facebook event page](#) and Live Green!'s social media platforms. We look SO forward to celebrating with you at this year's event!

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 everyone! I hope that this new semester has started well for you!

The Sustainability Committee of Student Government has been busy throughout the extended winter break, and we have gotten a lot done! Waste Subcommittee: selected bins to add more recycling opportunities in the library. Events and Education Subcommittee: compiling a "Sustainable Items" shopping list for students. Energy Subcommittee: working with FP&M to revamp the online energy dashboard.

I have been working on a few projects in conjunction with Director Rankin, Ayodeji Oluwalana, and other representatives of Student Government as well as other FP&M members. We are very excited about a pilot paper towel composting project that we have been working on. Read more about the project in the Recycling News on [page 12](#).

Finally, I am currently in the process of planning a Sustainability Club Retreat for the upcoming fall. If you are a student who is part of a sustainability organization or an advisor for one, please consider filling out this [interest survey](#). Thank you for your help!

Jennifer Seth



Email Jennifer with ideas or questions,
jbseth@iastate.edu. Follow the Sustainability
Committee's Instagram, [@isusustainability](#).

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.

NOW YOU KNOW

CELEBRATING THE COLLEGE OF DESIGN

Since 1978, the College of Design at Iowa State University has offered students a competitive and collaborative approach to creating and envisioning the built environment. Through individualistic and hands-on degree programs, students are able to curate their own education and experience. With 100+ sustainability courses, as well as undergraduate and graduate sustainability-focused degree programs, the College of Design has a powerful impact both across the field of design and throughout sustainability professions.

SUSTAINED EDUCATION

Students who are passionate about incorporating and promoting sustainability in their education have multiple opportunities to get involved and grow within the College of Design. The College offers students courses focused on sustainability, with an emphasis on innovation, creation, and collaboration. Through multi-faceted degree programs, students are able to build their portfolios while impacting and serving the community around them.

Specifically, the College of Design offers two masters programs where students are able to combine and explore their passions for sustainability and design. The Master's in Sustainable Environments program focuses on creating sustainable practices through the design, planning and artistic process. Students are encouraged to create sustainable design strategies to enhance their environments and creations. The program aims to help students create social, political and economic justice through their projects and work.

Additionally, a master's degree in Urban Design focuses on tackling challenges caused by urbanization at a local, regional and world level. Students look at problems including climate change, social inequality and extreme population growth, to develop their abilities to explore urban design through an adaptable and resilient approach, creating more sustainable built environments.

As well as offering sustainable design elements of energy efficient and

reduced carbon footprint to the learning environment, students also get to see and experience firsthand sustainable technologies for building and design. In 2009, the college received funding from the Live Green! Revolving Loan Fund to replace the lighting throughout the College, becoming energy efficiency throughout the entirety of the College's built footprint. In 2010, the College's King Pavilion received a platinum certification by the U.S. Green Building Council's Leadership In Energy and Environmental Design (LEED Program).

Students are also encouraged to get involved in creating a more sustainable learning environment in the College of Design. The Design Closet was created to provide students in the College of Design, with the needed supplies for their introductory courses. Everything from gently used portfolios, drawing pads to paints and rulers, are collected, recycled and made available for other students to use. This resource provides accessible materials to students with financial need, while also creating a reuse opportunity of leftover design supplies.

More information about the Design Closet and other multicultural services offered to students can be found on the College of Design Multicultural Student Services webpage.

CHANGE LEADERS

Within the College of Design, multiple clubs and organizations offer co-curricular connection to sustainability, work to empower their members, create community engagement and network within industry.



Copy and layout by Amanda Fortman



One organization that strives to empower their members within their career field is Women Who Design. This organization works to create an inviting environment to talk about the challenges that females face within design. Club members support one another, inspire change and celebrate members achievements.

Focused on empowerment for justice and equality for underrepresented individuals in the field of architecture, the National Organization of Minority Architecture Students (NOMAS) is another organization to connect students to extracurricular sustainability opportunities in the College of Design. Through community engagement, professional development opportunities and interactive events, NOMAS serves as an opportunity for students to get involved in creating social sustainability and justice for those involved in the field of design.

Additional organizations focused on connections for creating and sustaining a green future include: Iowa Women in Architecture, Community & Regional Planning Club, and Council on the Built Environment. For more information and to connect with these clubs, go to the Iowa State University Student Organizations website.

GREEN REACH

Students within the College of Design have a multitude of opportunities to engage, connect and contribute to the world around them. These experiences offer design students hands-on engagement, as well as connection to relevant applications of sustainability locally and around the world.

One such program is the Design Dialogue. This initiative involves Black and Latinx youth in the Des Moines area in discussions about revitalization needs of their community and neighborhoods, as well as growing academic success for these youth.

In another community project, Julie Stevens, assistant professor in the department of Landscape Architecture, along with her students, envisioned and implemented a multi-year improvement project for the landscape at the new Iowa Correctional Institution for Women facility in Mitchellville. This project created outdoor classrooms, gardens and decompression areas for prison staff, as well as a children's gardens, offering outdoor visitation spaces.

Across the globe, design students are pursuing international programs. One of the most popular opportunities is the College of Design's Rome program, sending more than 3,000 students

abroad in the last 30 years. This program offers students the opportunity to explore design through an international lens. For more information about all the study abroad opportunities, go to the College of Design's International Programs and Services website.

Other community initiatives created and led through the College of Design include: improvement of civic engagement in the Ames Community, #InclusiveByDesign, production of face shields for rural hospitals, studying small town shrinkage, repurposing road sign products and development and enhancement of gear for ISU police. These projects aim to not only empower the students working on them, but create a strong relationship and connection within the communities around them.

Both inside and outside the classroom, students of the College of Design are envisioning, building, creating and applying their studies into real-world solutions. Through community engagement, betterment programs and social justice initiatives, students within the college are ensuring a more sustainable classroom, campus, community and future.

STUDENTS LIVING **CARDINAL, GOLD & GREEN**

Iowa State University is one of few comprehensive schools that offer a design program in the midwest. ISU's College of Design is dedicated to providing students hands-on learning experiences to better prepare them for their future careers. Clubs within the College of Design allow students to exercise their skills and grow an appreciation and understanding for the sustainability of the physical and cultural environment around them.

DESIGNING A SUSTAINABLE FUTURE



Brandon Leeder

Photo courtesy of Brandon Leeder

Council on the Built Environment

The Council on the Built Environment (CBE) is a student organization that was founded upon the ideals that define environmental sustainability, including neutrally designed or atypical environments. The club has also challenged the definition to incorporate built systems within society and how we, as humans, interact with these environments. Built systems refers to all man-made aspects of the environment, ranging from buildings, cities, landscaping, civil engineering and management of built stock.

Established in spring 2020, the club has expressed the full potential of growth in membership and plans for future projects in the year of 2021.

Brandon Leeder, CBE President, is majoring in both Architecture and Sociology in order to bridge a gap between both topics that share similar

aligning interests. Leeder focuses on applying social theory to architectural design to understand how human society's development affects our environment. Leeder aims to reveal the issues with our progressing environment that we have often failed to recognize, as well as the toll of human activity. The club's mission addresses a few of these issues, including urban sprawl, urban blight, slum conditions, social-sustainability, environmental-sustainability and real estate development.

"What we hope is that our members see these issues, not as isolated incidents but complex elements to the way human activity is conducted frequently against and through environmental means. Members may be future educators, advocates, governing officials, and hold various other titles, but it is this mode of thinking which will ultimately set them apart," says Leeder.

Leeder and CBE is dedicated to seeking continuous professional development opportunities. The team has plans to launch the club's first kick-off marketing campaign this spring semester. As a complement to this, they are hosting an upcoming lecture series. ISU's CBE club also has plans for a pilot education program aimed at the K-12 demographic. The program plans to focus on topics surrounding the built environment to instill environmental sustainability ideals in the mind's of young future leaders and architects.

"Developing the education program at this stage in the organization allows fundamental questions about the built environment, our understanding of it, and how integrated it is to social systems, to be solidified," says Leeder.

ISU's CBE club expects to continue to grow into the future, and offer architectural sustainability learning and leadership opportunities for students in years to come.

For more information and to connect to CBE, visit their club page on the [Iowa State University Student Organizations website](#), or contact Brandon Leeder at bmleeder@iastate.edu.



Miriam Jakel

Photo courtesy of Miriam Jakel

Iowa Students in Landscape Architecture

Iowa Students in Landscape Architecture (ISLA) is a student-led organization that is focused on planning, design, management and nurturing of the built and natural environments. The all-inclusive club allows members to exercise and share these skills in a social setting.

President of ISLA, Miriam Jakel, is double majoring in both English and Landscape Architecture to open up a wide range of career options. She hopes to combine the two in efforts to obtain an ecosystem restoration career within the Department of Natural Resources, National Park Service or for an environmentally-driven landscape architecture firm.

Miriam stated, "ISLA is dedicated to fostering academic support within a social atmosphere with weekly meetings that include workshops and other events."

The weekly meetings feature instructional workshops that may include Adobe Suite, AutoCAD and portfolio building programs. The meetings also offer networking opportunities for students with professionals from the College of Design, as well as practicing landscape architecture firms.

The ISLA club encourages and promotes its members to be conscious of sustainability efforts within landscape architecture. ISLA is proud to have many of their members obtain their Leadership in Energy and Environmental Design (LEED) certification. The certification equips students in applying landscape design within a sustainable built environment.

Landscape architecture plays a large role in the sustainability of our built environment. ISLA hopes to act as a beacon to promote landscape sustainability throughout the club, campus and careers.

For more information and to connect to ISLA, visit their club home page on the [Iowa State University Student Organizations website](#).

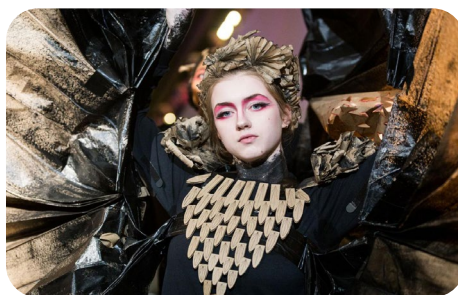


Photo courtesy of Iowa State Daily

Wearables Design Show

The Wearables Design Show (WDS) was launched in the spring of 2019 and has since become one of the most influential and memorable projects in ISU design students' college careers. What started as a small student project in the Design 102 studio class has become an opportunity for students to showcase their work on a much larger scale, a fashion show.

The artists featured in the WDS are issued the task of creating a wearable mobile that is a representation of an analysis of songs from different cultures and backgrounds, assigned to students in class. They are encouraged to construct the wearable by exploring various shapes, textures, materials and techniques by implementing creative problem solving through a process of trial and error.

Students participating in the show are able to express creativity, explore design, experiment with materials and display their wearable art. For the audience, the show is an opportunity to experience original visual mobile designs. The show is a way to bring students, staff, community members and industry professionals together to celebrate the passion, imagination and talent of the students of ISU's College of Design.

Design 102 studio instructors encourage students to utilize sustainable materials while building

their wearable projects. Students challenge themselves to use eco-friendly, unique and inventive materials to win the show's Eco-Friendly Award given to a student in the class each year. To avoid the unnecessary disposal of wearables, following the show, instructors request that the students leave their projects behind to be displayed in future exhibits.

Planning, communication, event management, and volunteerism are all qualities of social sustainability that go into the Wearables Design Show execution each year. The college-wide event requires an enormous amount of support to ensure the success of the students. Upper-classmen and peer mentors volunteer their time to offer advice and serve as role models for the up and coming designers. They are also serving as stagehands, model assistants and photographers during show night, helping the event run smoothly. The annual event connects campus to community by incorporating guest judges to get a unique outside perspective to the project.

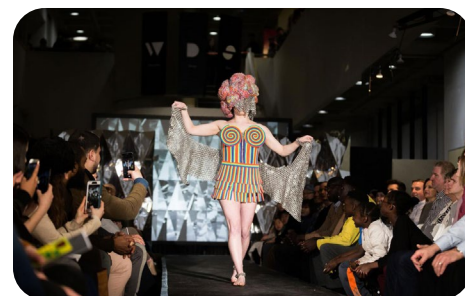


Photo courtesy of Iowa State Daily

For more information and to view past projects from the Wearables Design Show, visit the [Iowa State University College of Design website](#).

These initiatives offer a glimpse into the diversified consideration of and commitment to sustainability by College of Design students, with focus on aiding sustainability around campus, throughout communities and into the future.

RECYCLING NEWS

FEBRUARY UPDATE FROM ISU'S RECYCLING COORDINATOR



Photo courtesy of Ayodeji Oluwalana

AYODEJI OLUWALANA

is Iowa State University's Recycling Coordinator 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 emailing Ayo (aoluwala@iastate.edu). Watch for future newsletter articles. More to come!

CAMPUS RACE TO ZERO WASTE COMPETITION (FORMERLY RECYCLEMANIA) STARTS JANUARY 31, 2021

Iowa State University will again be participating this year in the "Campus Race to Zero Waste Competition"- formerly Recyclemania. This is a competition organized by the National Wildlife Federation (NWF) for colleges and universities to assist them in advancing campus recycling and waste reduction efforts. The competition, which runs for eight weeks, starts on January 31 and goes through to March 27, and requires a weekly data reporting of weights of materials collected across campus.



The goals for participating in this competition include:

- Reducing waste and increasing recycling and campus waste reduction efforts
- Focusing on target audiences or areas of campus (faculty, staff and students, residence halls, etc.)
- Building campus support for the university zero waste plan
- Raising the university departments/units support for the campus' waste reduction/recycling program
- Benchmarking against other schools (athletic conference, state, etc.)

This year, we will be participating in the following categories:

- **PER CAPITA RECYCLING** | focuses on increasing our recycling rate on campus by tracking and reporting recyclables collected on campus.
- **DIVERSION** | tracks and reports the amount of recyclables (cans/bottles, paper and cardboard), food/organics and trash on a weekly basis.
- **ELECTRONICS WASTE** | tracks the amount of computers, printers, consumer electronics and other scrap or refurbishable materials collected across campus.
- **GAME DAY- BASKETBALL** | reports the amount of recyclables, food waste and trash during one home basketball game.
- **RACE TO ZERO WASTE- ONE BUILDING CHALLENGE** | focuses on comprehensive effort to reduce, reuse and recycle the greatest amount of waste from a single designated building (focusing on the General Services Building for the 2021 competition).

PAPER TOWEL COMPOSTING PILOT PROJECT

ISU Recycling Services in conjunction with Student Government, and in collaboration with Facilities Planning and Management Campus and Custodial Services, University Compost Facility and the Office of Sustainability, will be piloting a bathroom paper towel composting project at the Lloyd Veterinary Medical building starting March 2021 until May 2021. This pilot will focus on determining opportunity to reduce landfilling through a unique waste stream, as well as the feasibility of expansion to other campus locations. Piloting is planned in 8-10 restrooms with designated bins placed, specifically for paper towel disposal, lined with compostable (green) liners in place of the regular trash liners. Signage will also be posted to remind restroom users where to place "Paper Towels Only" and where to place any other restroom trash.



Photo courtesy of Live Green!

SMART BUSINESS CHALLENGE

2021 RECOGNITION LUNCHEON RECAP



Photo courtesy of Pedro Vieira Marasciulo



Photo courtesy of Pedro Vieira Marasciulo

The Smart Business Challenge was first introduced to Ames businesses in 2014, in conjunction with the City's sesquicentennial, and in partnership with the Ames Chamber of Commerce and Iowa State University. Each year, members of the Live Green! Team coordinate the Challenge, which includes an annual Recognition Luncheon event.

On January 21, City of Ames Mayor John A. Haila welcomed Ames business community members to the 2021 Smart Business Challenge Recognition Luncheon, through Zoom connection. This annual event, normally held in-person at Reiman Gardens, went virtual this year in consideration of COVID-19 safety precautions. This annual event offers the opportunity to recognize outstanding sustainability achievement on a yearly basis.

Robin Bostrom, Business Specialist with the Iowa Economic Development Authority (IEDA), working with the Downtown Resource Center and the Main Street Iowa team, offered this year's keynote address, "Connecting, Preserving, Empowering and Uniting Iowa Communities". As well as discussing her work and programs and highlighting unique community projects completed and in process across the state, Bostrom also touched on additional initiatives of IEDA, supporting sustainability and a sustainable future including the Iowa Energy Office Green Streets Program and COVID-19 business recovery resources.

City of Ames Electric Services Director, Don Kom and Energy Services Coordinator, Kayley Barrios

Lain provided updates on City of Ames Electric Department programs and initiatives. Highlights included: the community's two-megawatt solar farm (having already delivered 85,000 kilowatt hours of solar energy to the community energy portfolio); new electric vehicle charging stations (being installed throughout the Ames community this spring) and new rebates being offered to Ames businesses and residents (for electric vehicle chargers and heat pump water heaters).

With an overarching goal of celebrating the efforts and dedication of businesses toward the vision of ensuring a sustainable Ames community for current and future generations, the Challenge is focused on both highlighting achievements and connecting businesses to resources, experts and expertise to assist their mission, goals and a sustainable future.

In joining the Challenge, businesses complete a checklist, which chronicles their commitment to education and awareness, incorporation of products and practices and formulation of policies, and procedures that support 10 different areas representing environmental,

economic and social sustainability. In completing the checklist, businesses can earn bronze, silver, gold and platinum certification.

Smart Business Challenge Coordinator, Edgar Guillen, provided the 2020-2021 Challenge update, highlighting recognitions achieved over the past year. To date, 35 businesses are members of the Smart Business Challenge. Four new businesses joined the Challenge in the past year - Danfoss, Hastings, Gartin & Boettger LLP, Lockwood Cafe and The Salon in Ames, and four businesses completed certification - Danfoss (gold), The Salon in Ames (silver), KHOI 89.1 FM (silver) and +39 (silver). A special highlight of this year's event was recognizing two businesses having completed platinum recertification, which signifies at least three years of platinum commitment, McFarland Clinic (five years) and Morning Bell Coffee Roasters (three years).

For more information about the Smart Business Challenge, read about all businesses in the Challenge and completing certification, as well as how to encourage your favorite business to join, visit the Challenge webpage on the City of Ames website.

MONTHLY CHALLENGE

GREEN YOUR VALENTINE'S DAY

Express your love and affection this Valentine's Day with the help of the Live Green! Monthly Challenge. Enjoy and create delicious treats, creative cards and plan fun date ideas for the upcoming holiday with a sustainable twist.



SPREAD KINDNESS

It is proven that people that are kind, experience more happiness. Completing simple acts of kindness each day can bring you and others feelings of joy and gratitude.

Spread kindness this Valentine's Day by creating sustainable do-it-yourself gifts for your family, friends and significant other.

DIY GIFTS



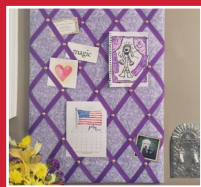
Fruit Bouquet



Hand Written Letters



Heart Scrubs



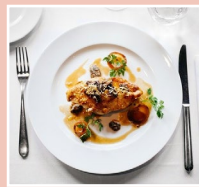
Memory Board



SEASON WITH LOVE

Be COVID-precautious on Feb. 14 by dining at home. Show your affection through cooking (and delivering) a tasty homemade meal (including locally-sourced ingredients) for your friends, family or significant other. Take the challenge to choose locally sourced ingredients from your nearby farmer's market or grocery store.

MEALS TO SHARE



Dinner



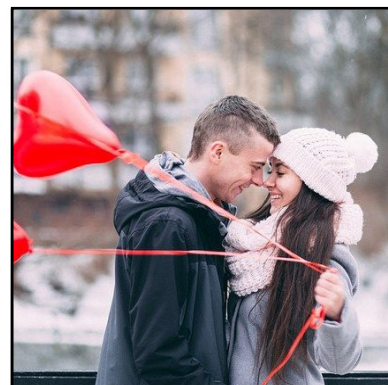
Snacks



Breakfast



Dessert



MAKE A CONNECTION

Spending time outdoors can have significant health benefits, aiding in reducing depression and anxiety, lowering blood pressure and can help improve memory.

Connect with nature this Valentine's Day and plan activities to spend time creating memories outdoors.

CONNECT WITH NATURE



Hiking



Camping



Ice Skating



Skiing



EXPRESS AFFECTION

Express affection this holiday by choosing sustainable sweets that utilize minimal packaging, delicious chocolates and other treats to gift to your loved ones. Challenge yourself to prepare treats with sustainable packaging for this Valentine's Day. Chocolate is known to release "feel-good" endorphins, and can be a heart healthy choice, in moderation.

SWEETS & PACKAGING



Dark Chocolate Strawberries



Bees Wax Wraps



Mason Jar Cupcakes



Dish Towel Gift Wrap



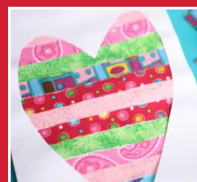
SHOW APPRECIATION

Gather any cardstock, scrap paper or newspaper that may be found around your house or office to create appreciation and affection cards. Make sure your Valentines knows how special they are by putting time and effort into creating a unique, personal and one-of-a-kind zero waste keepsake.

VALENTINE CARDS



Date Night Cards



Scrap Fabric Valentine



Recycled Crayon Valentine



Newspaper Valentine



LET LOVE BLOOM

Treat your friends, family members or significant other with flowers, a fresh and beautiful Valentine's Day classic. Flowers represent love, romance and friendship. Challenge yourself to choose locally grown, seasonal or even dried bouquets for your Valentine. As an alternative, gift your Valentine a tree to plant that will last for decades to come.

BETTER BOUQUETS



Dried Bouquets



Tree or Forest



Low Impact Flowers



Glass Containers

For more sustainable gift, recipe and craft ideas visit the [ISU Live Green! Pinterest page](#).

UNITE FOR A SUSTAINABLE FUTURE

2021 SYMPOSIUM ON SUSTAINABILITY

SYMPOSIUM ON SUSTAINABILITY 2021

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

The pandemic has impacted everyone in a variety of ways, but it has especially changed the way we gather, connect and socialize. In order to adapt to these new circumstances, we have given much consideration to ensure safety precautions during this year's event.

With this in mind, the Symposium will not hold a poster reception, as in past years, and the keynote lecture will be attended virtually. This adjustment has allowed the opportunity for the University of Iowa and the University of Northern Iowa to join ISU in 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." Read more about Dr. Bullard's address and how to attend on [page 16](#).

The 2021 Live Green! Awards for Excellence in Sustainability will also be awarded. Learn more and find nomination forms on the [Symposium website](#).

Sustainapalooza, a companion event to Iowa State's Symposium on Sustainability, will be held in person, Mar. 3, 5:30 - 7:30 p.m., in the Memorial Union. This year's event theme, "Relentlessly and Resiliently United for a Sustainable Future," encourages 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.

Attendees will notice much consideration incorporated to ensure safety precautions during this year's event. While a bit different, the event will still offer many of the same opportunities.

Networking - Sustainability-related student organizations have the opportunity to table to showcase their work - and recruit new members and volunteers, and attendees can still earn unique and useful green prizes for visiting tabling organizations and filling in an electronic prize card. For sustainability groups interested in tabling, **SIGN UP TODAY!** Just complete this [form to register your organization](#) (Deadline Feb. 15, 5 p.m.). To access the electronic BINGO prize card, visit our Facebook event (you can start filling in your card NOW) or download the card via a QR code at the event.

GIY Centers - The GIY "green it yourself" stations have been adapted into "take-and-create" kits. The kits will have all the materials and instructions needed for attendees to create two GIY options at home

Food - There will still be food this year, but in the form of grab-and-go snack bags. The snack bags, featuring nibbles made from local ingredients and provided by ISU Dining, will include protein bites, veggie and apple chips, honey sticks and a \$1 voucher to the Roasterie.

Green Wall - This year's Green Wall will be done in the form of a virtual Green Word Cloud participants (at the event or attending virtually) can contribute to (without having all the "touchpoints" of our normal Green Wall). The word cloud will be projected onto screens throughout the event venue and change in real-time whenever an attendee adds a response.

Relentlessly and
Resiliently
United for a
Sustainable Future

LIVE GREEN! 



Calling all artists!! We would like to feature your art through a virtual sustainability-inspired art exhibit at this year's Symposium. Please email Caitlin Tipping (ctipping@iastate.edu) for more information.

Keep updated on this year's Symposium events on the [Live Green! Website](#) and social media platforms, @isulivegreen on Facebook and Twitter and @isu_livegreen on Instagram.

GREEN OPPORTUNITIES

REGISTER FOR THE NCUR 2021



Participate in the National Conference on Undergraduate Research (NCUR) on April 12 - 14, 2021. This year's event will be held virtually. The conference promotes student research, scholarship and creative activity from all areas of study and discipline. Each year NCUR plays host to more than 3,000 students who share, learn and discuss multiple research projects. For more information and to register for the event, go to the [Council of Undergraduate Research website](#).

RESEARCH CHEMISTRY AT OLE MISS



Gain experience through the Summer Chemistry Research Program at the University of Mississippi June 2, 2021 - Aug. 6, 2021. Each summer, ten students are selected to participate in the program. This program provides real research opportunities to students during the summer. Students are also given the opportunity to participate in mini-courses, lectures and peer presentations. Those interested should apply by Mar. 1, 2021. Information and registration can be found on [Ole Miss Chemistry Summer Research Program website](#).

ENGAGE FOR CARBON REMOVAL



Develop your knowledge of agriculturally-based carbon removal through the Carbon Removal Forum Mar. 10, 2021. ISU students, faculty and staff are encouraged to participate in this interactive virtual event to learn about ways to mitigate climate change through carbon removal practices and technologies. Coordinators hope to encourage participants to propose research, education and extension on agriculturally-based carbon removal. To participate and register, go to the [Iowa State Bioeconomy Institute website](#).

INTERN FOR WATER RESOURCES



Check out the 2021 Water Resources Summer Internship Program. Students interested in the environment, conservation and agriculture are encouraged to apply. This internship experience combines both research and outreach opportunities centered on Iowa environmental issues and challenges. Interested applicants should apply on the [Water Rocks website](#) by Thursday, Feb. 11, 2021 by 5 p.m..

LISTEN TO LIVE CONCERT MUSIC



Attend the new live music concert series "Virtually Anywhere" every Thursday night at 7 p.m. through March. Artists from around Ames and Central Iowa will be featured in this event streaming their music live from the Ames City Auditorium through YouTube and Facebook. Tickets are optional for purchase. Proceeds go to support the event and artists. To find out more information about upcoming artists and livestream links, go to the [Ames City Auditorium Facebook page](#).

LEARN ABOUT ISU FOOD SYSTEMS



Take part in the Iowa State Community Food Systems Annual Event, Feb. 12, 2021. This year's virtual event will focus on retail and leadership within community food systems, and look at best practices across all areas. Participants can engage, learn and collaborate, while finding ways to promote involvement in community engagement, collective action and food systems projects. Two virtual pre-event training are available for participants. Registration for the training and event can be found on the [event's Facebook page](#).

FELLOW FOR CLEAN ENERGY



Apply to be a RAY Diversity Fellow. Students who are interested in conservation and clean energy and who come from a racial / ethnic background underrepresented in the field are eligible to apply. Students who are interested in diversity, equity and inclusion, as well as promoting these elements are a good fit for this fellowship opportunity. Positions are added on a rolling basis and students are encouraged to continue to check online. Applications are due Mar. 26. For more info and to apply, go to the [RAY Fellowship Program website](#).

EXPLORE RENEWABLE ENERGY



Join the Mississippi State University Chemistry Department for a Food, Energy and Water Security Summer Research Program. This 10-week program, Jun. 6 - Aug. 8, allows undergraduate students to explore renewable energy research opportunities. For more information and to apply, go to [Mississippi State University Department of Chemistry's website](#). Applications are due Mar. 1, 2021.

GREEN-IT-YOURSELF

GREEN GIFTS FROM THE HEART

PRESSED FLOWERS

Supplies: desired type of flowers, scissors, paper, book for pressing, heavy books or extra weights, tweezers

Instructions:

1. Collect fresh flowers – picked, purchased or received for a special occasion such as Valentine's Day.
2. Prepare flowers by cutting off excess stems and leaves not desired for final pressed flower. For thicker flower(s), like a rose, cut the flower in 1/2 vertically.
3. Lay flower between two pieces of paper (can also use cardboard, tissues, and coffee filters). Place within pages of a book.
4. Weigh down with other books or heavy objects.
5. Change out paper sheets every few days. After 2 - 3 weeks flowers will be dry.
6. Use tweezers to carefully remove. Store or display as desired.
7. Check out [Cool Crafts for 40 ways to make art from pressed flowers!](#)



PLANTABLE SEED PAPER CARDS

Supplies: blender, water, paper (scratch paper, newspaper, junk mail, magazines, etc.), garden or flower seed packets (any kind), strainer, mixing spoon, piece of fabric (cloth or towel), sponge, decorating supplies (pens, markers, paint, etc.)

Instructions:

1. Tear paper into small pieces and put into blender. Add water (in a 2:1 ratio of the amount of paper) and blend until pulp-like consistency is achieved. Make sure there are no large clumps.
2. Add a teaspoon of seeds. Small variation seeds work best to create paper. Mix in seeds with spoon or hands.
3. Pour mixture into strainer or squeeze out extra water with hands, removing as much water as possible. Transfer mixture to fabric and spread out to achieve desired shape. Spread into a very thin layer for best results.
4. Use a sponge to absorb extra water. Dry completely on one side and turn over to dry other side.
5. Decorate and send as a greeting for Valentine's Day or other occasion.



VALENTINE'S DAY WREATH

Supplies: cardboard, scissors or exacto knife, old playing cards (could also use pictures, postcards, ticket stubs, etc.), hot glue or tape, ribbon

Instructions:

1. Create a heart-shaped outline from paper (of desired size). Use outline to trace onto cardboard creating a heart that is about an 1 1/2 in. thick. Cut out the cardboard outline.
2. Arrange playing cards, pictures, postcards, or ticket stubs onto the heart.
3. Attach each piece with hot glue or tape.
4. Secure ribbon to the back of wreath (with hot glue or tape) for hanging.
5. Finish decorating as desired.



Check out the Monthly Challenge for more Valentine's Day GIYs and Recipes!

RECIPES

SWEETS FOR CELEBRATING, INDULGING AND SHARING



HOT CHOCOLATE BOMBS

Ingredients: pink and red candy melts (or add food coloring to white chocolate), mini marshmallows (any flavor or type), cocoa powder (any flavor or type, including fair trade options), sprinkles (any shape and size)

Directions:

1. Melt candy using instant pot or microwave until smooth silky consistency. Follow package instructions carefully, to ensure overheating does not occur.
2. Lightly grease the inside of a silicone, candy mold. Using a silicone brush coat the inside of the mold with the chocolate. Swirl around to coat the entire wall.
3. Place in the freezer for 5 minutes. Gather your cocoa mix and marshmallows.
4. Take mold out of freezer. Add desired amount of cocoa powder and 2 - 4 marshmallows to fill each mold. Cover the top with melted chocolate to seal and put back in the freezer for 5 - 10 minutes to set.
5. Pop out of mold and decorate with sprinkles and leftover chocolate.
6. Put one or two bombs into a mug and pour hot water or milk overtop to enjoy!



MIXED BERRY POT PIES

Ingredients: 1 pie crust (homemade or store-bought), 7 C. mixed berries (fresh or frozen), 1 C. sugar, 1/4 C. corn starch, 1 tsp. vanilla extract, 1 Tbsp. lemon juice, 2 Tbsp. unsalted butter cubed, 1 egg beaten, coarse sugar for topping

Directions:

1. Preheat the oven to 350° F. Mix together berries, sugar, cornstarch, vanilla extract, and lemon juice in mixing bowl and set aside.
2. Roll pie crust to 1/8 in. thick. Cut into 10-12 crusts in the shape and size to cover top and bottom of mini pie dishes. Put one crust into each dish and fill with berry mix.
3. Brush lip of bottom dough with egg wash and add top crust. Seal crusts by pressing together with a fork or pinching together with fingers.
4. Brush top with egg and sprinkle with sugar. Bake for 35-40 minutes or until golden brown. Remove from oven, let cool for 30 minutes and enjoy with ice cream, whipped cream or desired topping.



DARK CHOCOLATE PB TRUFFLES

Ingredients: 3 1/2 C. dark chocolate, chocolate bars or chocolate chips, 3/4 C. coconut milk or heavy cream, 6 Tbsp. powdered peanut butter, flaky salt for garnish

Directions:

1. Place 1 C. chocolate in mixing bowl. Heat coconut milk or heavy cream in a saucepan on medium heat and pour over chocolate. Let stand for 3 - 4 minutes and stir until smooth.
2. Add peanut butter powder to melted chocolate 2 Tbsp. at a time, stirring in well after each addition. Cover bowl and refrigerate for 1 1/2 hours. Remove from refrigerator and let stand for 10 minutes.
3. Measure mixture into 1 Tbsp. portions and shape into balls (about 18). Place on a lined baking sheet and refrigerate 10 - 20 minutes.
4. Melt remainder of chocolate in microwave or double boiler, being careful to heat gradually. Dip balls into melted chocolate to cover. Place on baking sheet (sprinkle with salt if desired) and refrigerate for 5 - 10 minutes to set.
5. Enjoy!

FEBRUARY CALENDAR

01 **Compelling Ground Curator's Tour** **Virtual | 4 p.m.**

Explore the new Brunnier Art Museum exhibition Compelling Ground: Landscapes, Environments and Peoples of Iowa. The exhibit features artists from across the state of Iowa and highlights agriculture through an artistic lens. All tours can be viewed on the [University Museums YouTube Channel](#). The Compelling Ground tour will be available online after 4 pm. on Feb. 1. Cost: Free

08 **Honoring MLK Online Celebration** **Virtual | 11:50 a.m. - 7 p.m.**

Connect through the community's annual celebration honoring Martin Luther King Jr.. The event hosted by Ames/Story County features an ISU Campanile carillon concert at 11:50 a.m. - 12:10 p.m. that features the hymns honoring MLK. Tune into the Legacy Series Keynote presented by Isabel Wilkerson, a Pulitzer Prize winner. To register for the series visit the [ISU Lectures website](#). Cost: Free

10 **Backyard Bird Identification** **Virtual | 2 - 3 p.m.**

Prepare for the Great Backyard Bird Count (GBBC) with McFarland Park. Attend the virtual [zoom program on Feb. 10](#) to become familiar with identifying birds in your backyard. Take 15 minutes one day to birdwatch and share your results on the [Great Backyard Bird Count website](#). The GBBC begins Feb. 12-15. Register for the training program on the [My County Parks website](#) by Monday, Feb. 8. Cost: Free

12 **Innovators Forum: Civic Innovation** **Virtual | 12 - 1:30 p.m.**

Hear from entrepreneur Steve Johanns about his success and innovation in developing rural markets. Steve built his business to provide essential utilities to countries that were lacking infrastructure. Through his initiative, Villedge Solutions, he was able to provide power to these villages through solar energy. Register online on the [Iowa State University Student Activities Center website](#). Cost: Free

13 **Orchid Fest** **Reiman Gardens | 10 a.m. - 4:30 p.m.**

Tour the Reiman Gardens and engage in activities during the 2021 Orchid Fest Feb. 13-14. Various orchids from different climates and regions will be available for viewing and purchasing during the event. Join the Central Iowa Orchid Society for a growing and care seminar for visitors during 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, ISU Students: Free

16 **Arranging Flower Bunches** **Virtual | 6 - 7 p.m.**

Join State Fair Master Flower Show Judge Sandy Gossman for a virtual floral arranging class hosted by Reiman Gardens. Learn from Sandy as she shows a variety of ways to arrange flowers. In preparation for the class, visit your nearest florist or grocer to pick up an assorted bunch of flowers at an affordable price. For more information and to register for the event, visit the [Reiman Gardens website](#). Cost: Members: \$12, General Public: \$15, ISU Students: \$10.50

24 **Design Career Fair** **Virtual | 10 a.m. - 5 p.m.**

Attend the 2021 virtual Iowa State University College of Design Career Fair. Further, your career goals by conversing and making connections with industry professionals. The virtual event will take place within the online platform, [CyHire](#). Learn more on the [ISU College of Design website](#). Cost: Free

March 2021 ***Symposium on Sustainability***

01 **Keynote Lecture** **Virtual | 7 p.m.**

Often described as the father of environmental justice, and recent recipient of the United Nations 2020 Champions of the Earth Achievement Award, Dr. Robert Bullard will offer a framework for dismantling systemic racism and policies and practices that create, exacerbate, and perpetuate inequality and vulnerability, during his virtually-connected keynote lecture "The Quest for Environmental and Climate Justice." For more information visit the [ISU Lectures website](#). Cost: Free

03 **Sustainapalooza** **Memorial Union | 5:30 - 8:30 p.m.**

Unite resiliently and relentlessly for a more sustainable future at Sustainapalooza. The Office of Sustainability, in support of the Live Green! Initiative, invites students, faculty, and staff to engage in green activities and network with other student organizations. For more information visit the [Iowa State University Events Calendar](#). Cost: Free

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

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