

LIVE GREEN! MONTHLY



**"THE HUMAN MIND IS OUR FUNDAMENTAL RESOURCE."
- JOHN F. KENNEDY**



**NOW YOU KNOW:
CELEBRATING
THE COLLEGE
OF HUMAN
SCIENCES**



**ISU STUDENTS
ADVANCING AND
DEVELOPING
THE HUMAN
POTENTIAL**



**CHALLENGE
YOURSELF TO
REDUCE YOUR
FASHION IMPACT**



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IOWA STATE UNIVERSITY

LIVE GREEN!

Living Cardinal, Gold and GREEN!

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March Social Media Campaign

March is a month of lots of happenings and long-anticipated rejuvenation. With both of these in mind, Live Green!'s monthly social media campaign has been designed to offer unique ideas, opportunities and resources to assist you in renewing your ecological footprint. From water to waste and energy to emissions, the effects make such a collective difference.

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. On March 1 at 7 p.m., join us in welcoming Dr. Robert Bullard for a virtual keynote address, "The Quest for Environmental and Climate Justice." Join us in person on March 3 for Sustainapalooza, 5:30 p.m. - 8:30 p.m., in the Memorial Union Great Hall.

For more information about this year's Symposium events, refer to [page 16](#) or visit the [Symposium webpage](#) on the ISU Live Green! website.

Relentlessly and
Resiliently
United for a
Sustainable Future

LIVE GREEN! 



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 Human Sciences



DIRECTOR'S MESSAGE

Welcome to March, Cyclones!

Often referred to as the month of expectations, March is most definitely highly anticipated. It is during March that the natural world starts its yawn toward spring awakening. Wildlife becomes more plentifully visible and audible, little shoots of spring green start to appear and more and more daylight floods into our waking hours. On campus, we too start our own welcoming of spring. Campus teams coax the "sprouting of campus," both outdoors and indoors, and students, faculty and staff abide to the beckoning of spaces ready to welcome new activity.

In essence, March is the visioning kick starter for the remainder of the academic year. This month's issue of Live Green! Monthly most certainly illustrates March at work. For example, three significant sustainability events and discussions, encompassing environmental, economic and social sustainability, are taking place this month – [The 2021 Symposium on Sustainability](#), March 1 and 3; the [21st Annual Thomas L. Hill ISCORE: Iowa State Conference on Race and Ethnicity](#), March 4 and 5; and [The Carbon Removal Forum](#) on March 10.

This month's issue also continues our celebration of the creative and impactful efforts, achievements and visioning of our university colleges as we feature the College of Human Sciences. As with every college featured to date, it was once again impossible to fully represent the impressive and diversified commitment given by the College's students, faculty and staff in supporting, applying and enhancing a sustainable difference within their curriculum, engagement and outreach. What we do feel is apparent; however, is the focus, dedication and passion toward ensuring a sustainable future.

Happy anticipations!

Yours in green-ness,
Merry Rankin



Photo by Pedro Vieira Marasciulo

MERRY RANKIN is Iowa State University's Director of Sustainability and the City of Ames Sustainability Coordinator. She works with both the ISU campus and the community of Ames in developing a working relationship with sustainability.

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

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

Hello all! I hope everyone's semester is going well!

The Sustainability Committee of Student Government has made progress on a number of projects this past month. Waste Subcommittee: received funding for the purchase of six additional solar-powered recycling compactors to be added to campus and is kicking off a paper towel composting pilot project this month (read more about the project on [page 15](#)). Events/Education Subcommittee: planning a Cleanup Day in Frederiksen Court April 10, 10 a.m. – 3 p.m. and a clothing donation drive for late April. Energy Subcommittee: partnering with the Inter-Residence Hall Association, Department of Residence and Facilities Planning and Management to host an energy conservation, Kill-A-Watt Challenge, for residence halls during the month of April.

I am excited to announce that there were 51 submissions to the Climate Stories Contest! Winners will be announced near the end of March and featured in the spring event for the Midwest Climate Summit! Check back on the [Summit website](#) for updates and information about the spring event.

If you have any questions or project ideas, please don't hesitate to email me!

Jennifer Seth



Email Jennifer with ideas or questions,
jsbeth@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 HUMAN SCIENCES

Famous for their endeavors focused on the collective well-being of humanity, Iowa State University's College of Human Sciences offers students endless possibilities to pursue careers in professions committed to ensuring a sustainable difference. Focused on education and impact in over 30 different human science disciplines, the College provides over \$1.3 M in annual scholarships, houses over 80 student clubs and organizations and offers nearly 300 online courses to nurture and support educating, engaging and empowering human potential.

SUSTAINED EDUCATION

Iowa State University's College of Human Sciences is composed of students who share a strong passion for people and strive to help preserve and assist humans. In furthering this passion, the College offers a wide range of diverse opportunities within fields of study including apparel, events and hospitality management, education, food science and human nutrition, human development and family studies and kinesiology. Each dedicated to improving the understanding, quality and performance of everyday human life.

A unique way the College makes this possible is through the combination of classroom teaching and hands-on immersive opportunities - offering a well-rounded education and relevant connection to the society to which the education applies. For example, the Joan Bice Underwood Tearoom has added to the student experience through the world-renowned ISU Hospitality Management Program.

Dated back to 1926, the TeaRoom was built as an addition to MacKay Hall and is named after Joan Bice Underwood, an ISU graduate in Home



Photo courtesy of the College of Human Sciences

Economics and Tearoom employee. A generous donation recently renovated and restored the Tearoom to look and function as it did when Underwood was employed. The Tearoom currently functions as a non-profit, approximately 90-seat learning laboratory, providing meal service to students, faculty, staff and visitors.

To learn more about the Joan Bice Tearoom and make your reservation for dine-in or to-go lunch, visit the [Joan Bice Underwood Tearoom webpage](#) on the College of Human Sciences website.

Another unique immersive and educational opportunity is offered through partnership with the College of Agriculture and Life Sciences. The Iowa State University Creamery resurrects a hands-on, farm-to-table dairy production experience provided to students from 1927-1969.

The newly reestablished Creamery places Iowa State University among a few universities in the country to offer a dairy food science program that produces and sells dairy food products. From milk marketing and butter manufacturing to making cheese and ice cream, the Creamery teaches students safe and proper handling and preparation of dairy products while simultaneously stimulating the sale of dairy products. The purpose and impact extends far beyond the ISU campus to communities and industries locally, nationally and internationally.



Photo courtesy of ISU Creamery

Currently, ISU extension programs are serving struggling dairies nationwide to meet the needs of farmers, production and manufacturing of alumni in all 50 states. ISU food and dairy scientists are working to sustain dairies through the currently struggling industry by conducting research and reaching scientific achievements. This visionary consideration and commitment will aid current and future generations of dairy operations, farmers, processors and consumers in sustaining and prevailing.

For more information about the history of the Iowa State University Creamery and the delicious products offered for purchase, visit the Iowa State University [Creamery website](#).

As well as immersive opportunities related to food and hospitality, the College of Human Sciences also offers experiences focused on research, care and service through education and development. This commitment is especially evident through the College's [Child Development and Laboratory School](#). Offering full-day, year-round programs for infants,

toddlers and preschoolers, students are able to participate in an exemplary early childhood education connection with children as they prepare for their future careers as early childhood teachers, administrators and child and family specialists.

Visit the [Child Development Laboratory School website](#) for more information.



Photo courtesy of CDLS

CHANGE LEADERS

To grow leaders, the College of Human Sciences aligns with other University colleges in offering students the opportunity to find connection and a sense of belonging from their first semester at Iowa State through [learning communities](#). These communities provide the synergy to introduce and connect incoming students, with similar interests, to one another. This early attachment cultivates learning, creativity and accomplishment that extends throughout the entirety of a student's degree program; and can result in life-changing impacts.

For example, in 2011, students from the Food and Human Sciences learning community noticed a need for food assistance among students at ISU. To address this need, students created [The SHOP](#) (Students Helping Our Peers) to alleviate food insecurity among fellow students. Through student leadership and support of individuals, businesses and campus and community organizations, The

SHOP has expanded to now offer assistance to faculty and staff, as well as students, and has added remote and mobile dispersal locations and options during certain times of the year. Over 100 campus community members are offered food security each month due to the motivation and commitment of student leaders toward achieving a common goal..

GREEN REACH

One unique opportunity engaging students in solutions-driven research is offered through the Dietetic Internship Program. The College of Human Sciences, in collaboration with the Ivy College of Business, encourage students to conduct research to find solutions that support sustainable food systems. The six-month program focuses on an all-encompassing consideration of sustainability – environmental, economic and social, within the focus of understanding, identifying and reducing food waste, and ensuring access to nutritious and safe food. During the internship, interns conduct hands-on waste reduction research while working in different food consumption settings such as grocery stores, hospitals, long-term care facilities and schools.

Another student-engaged research opportunity in kinesiology puts specific focus on health through cardiovascular solutions. The [CardioRACE project](#) (Comparison of the Cardiovascular Benefits of Resistance, Aerobic and Combined Exercise), involves students in the opportunity to create one-year exercise intervention for adults at high risk for developing cardiovascular disease toward the solution of improving quality of life through discovering the most effective combination of physical fitness activities.

Reach through solutions-driven research is not just provided by students and researchers, it can also be provided to them from the individuals and communities they engage. The [Design Dialogues project](#) is a relevant example. Starting as an outreach initiative to encourage youth dialogue related to what was needed in their communities, the collaborative effort engaging the College of Human Sciences, College of Design and ISU Extension and Outreach transformed into a transferable and easy-to-use curriculum – aimed at assisting any community organization interested in engaging youth.

These represent only a fraction of impactful and impressive “green reach” initiatives pursued by the College of Human Sciences. From fashion to financial planning, and from hospitality to event management, the College offers connective and profession-relevant experiences to their students, extending well beyond campus. To read about more “green reach” initiatives, visit the [College of Human Sciences News webpage](#).

Through commitment to excellence in curriculum, research and outreach, Iowa State's College of Human Sciences ensures a sustainable future through the advancement and achievement of sustaining human function and existence.



Photo courtesy of College of Human Sciences

SPRING STAYCATION

RELAX AND REJUVENATE WHILE STAYING LOCAL

With COVID considerations and no official spring break this year, that does not mean rejuvenation and relaxation are out of reach. This month, take advantage of unique opportunities (like these) and embrace a more simple and less expensive “at home” staycation.



TRY A NEW HOBBY

Spend some staycation time trying out a new hobby. Starting a new hobby can have many mental and physical health benefits, including reducing stress, keeping you active and improving creativity. Check out the [Life Hack website](#) for a list of 50 low-cost hobbies.



EMBRACE A NEW WORKOUT

Save time, money and get in shape through working out at home. Working out helps release energizing endorphins, reduces stress and improves mental clarity. Join the [ISU Recreation Services](#) for their [virtual at-home fitness classes](#) free to students.



TEST YOUR GREEN THUMB

Add some color to your apartment or dorm room by growing plants indoors. House plants are proven to improve mood, productivity and concentration. For tips and tricks on how to get started growing indoor plants, visit [Ambius blog](#), [Guide to Growing Indoor Plants](#).



EAT ADVENTUROUSLY

Change up your routine by preparing a meal you have never made before. Cooking allows you to choose the ingredients you are using and experiment with different side dishes to pair with your main course. Refer to [page 11](#) and the [Live Green! Pinterest page](#) for some unique dishes.



HAVE A SPA DAY

De-stress and save money on vacation spa days by treating yourself to a “just-for-you” all-day, at-home pamper. Spoil yourself with facemasks, [shower steamers](#) and [healing lotion](#). For more ideas, recipes and treatments, visit the [At Home Spa Day website](#).



RESERVE MEDITATION TIME

Restore your inner peace and de-stress through meditation. This easy and inexpensive exercise offers many health benefits. Some of these benefits include reduced anxiety, improved self awareness and enhanced and shared kindness. Learn how to meditate with [Mindful](#).

BUILDING RESILIENCY

RECOVERING AND REBUILDING FROM CHALLENGES

Defined as the capacity to recover quickly from difficulties, resiliency ensures restoration, recovery and moving forward. This past year, each of us, our hometown communities and every facet of the university campus faced challenges. Despite the challenges, as reflected in the [2021 Symposium on Sustainability](#) theme, “United for a Resilient and Sustainable Future”, each of us were a part of discovering and ensuring resiliency. As we continue our individual and collective journeys toward a resilient and sustainable future, it’s also an opportunity to educate, engage and empower ourselves in further developing our own resiliency and adaptability. [The Bounce Back Project](#) shares that resiliency is made up of five pillars: self-care, self-awareness, purpose, mindfulness and positive relationships. Discover opportunities and resources within the information below to guide your journey.



SELF-CARE

SELF-CARE is an important aspect of taking care of both our mental and physical health. During times of stress or challenge, it is important for us to take a step back and evaluate how we can continue to make our own care a priority. This may look different for everyone. Some self-care examples include going to bed earlier, reading a book, journaling, eating healthier or just stepping away from technology. Psychology Today offers additional self-care ideas in the article, [“Seven Types of Self-Care Activities for Coping with Stress”](#).

SELF-AWARENESS allows the opportunity for a clearer understanding of ourselves from considerations including our personality, strengths, weaknesses, morals, values and motivation. Becoming self-aware can allow us to more effectively and considerately motivate ourselves and interact with others, toward addressing stressors and building resiliency within our lives and for our community. The [Iowa State Student Wellness Center](#) offers a multitude of information and resources to help develop individual self-awareness.



SELF-AWARENESS



PURPOSE

PURPOSE helps us understand who we are, as well as our priorities and personal goals that keep us getting up every morning and doing what needs to be done every day. Purpose helps us overcome obstacles in our lives and strive for something bigger than ourselves. Finding purpose can help develop goals, attitudes and mindset. Purpose can come from family, friends, faith, work, clubs, hobbies or any passions we may have. Defining our purpose can take time and may change as we grow older and our priorities shift. Develop your purpose through the [“Who Am I Meant to Be?” Quiz](#) on the Oprah website.

MINDFULNESS is being present, aware and attentive in the current moment. Understanding our thoughts and feelings and not detaching from the moment at hand is important in addressing challenges within our lives. Practicing mindfulness has been proven to boost the immune system, improve concentration, reduce stress and help us be less reactive and more proactive in difficult situations. The [Iowa State Wellbeing Mindfulness 2021](#) website offers a number of tools and practices to nurture mindfulness.



MINDFULNESS



POSITIVE RELATIONSHIPS

POSITIVE RELATIONSHIPS can connect us to people who care, support and bring us happiness, and allows us to do the same for others. Creating and building positive relationships brings benefit into our lives, helping us to be healthier, happier, and more resilient. A great opportunity to find and build positive relationships in college is through connecting with others through joining a student organization. Learn more about the over 800 student organizations to connect with on the [Iowa State University Student Organizations website](#).

STUDENTS LIVING **CARDINAL, GOLD & GREEN**

The College of Human Sciences provides students the opportunity to develop their human potential through a multitude of organizations, clubs and extracurricular activities. The opportunities to get involved are just as diverse, unique and relevant as the curriculum from which students can choose. Whether pursuing degrees in health, education, fashion or food, College of Human Sciences students are making a sustainable difference in and out of the classroom, locally, nationally and internationally. A few of the many are highlighted in this month's issue.

LEADERS IN EDUCATION AND DIVERSITY

ISU Leaders in Education and Diversity (ILEAD) is an organization committed to preparing future education leaders on topics of diversity, innovation and professional development. This tight-knit organization addresses topics such as diversity, equity and inclusion in education, as well as ways to prepare for a multicultural classroom.

Through community and campus partnerships, students involved in ILEAD gain networking and professional development opportunities. During club meetings, topics often revolve around conversations not often addressed, such as: education gaps, diversity within the classroom and how society and the classroom correlate.

"ILEAD continues to hone in on people's talents, gifts and abilities to create strong leaders, not only for Iowa State, but for our communities," shared club treasurer, Dominiqua



Dominiqua Watts
ILEAD | Treasurer

Watts, a sophomore in Elementary Education. "Education is evolving extremely quickly, so we are developing the tools and abilities in those future teachers to go out and be great leaders."

Through having these discussions on often overlooked topics, students involved in ILEAD are striving towards not only building a sustainable and inclusive future for themselves, but also for future students. ILEAD members are truly building the resilient leaders of our future education system.

Students interested in the mission and goals of ILEAD and ways to get involved with the organization can find more information on the [Iowa State Students Organizations page](#).

CULINARY SCIENCE CLUB

The Culinary Science Club at Iowa State creates an inviting space for those interested in culinary arts, science and food production to meet, interact, learn and share about food. This space allows students who love food to educate, engage and empower with fellow foodies.

Club meetings often involve learning about the science and production behind food, while enjoying and sharing new foods and snacks that fit within the meeting's theme. Club meetings also provide opportunities to create self-sustainability practices through teaching members how to cook and prepare new recipes on their own.

Other opportunities offered to club members include industry trips where participants learn about culinary science and production of food, as well as volunteer opportunities within the community, allowing members to engage with local elementary schools to educate youth about food and science.

"Although we do focus on the science of food, we also just love food and sharing that love with others! We have created a space within the College of Human Sciences where anyone can come and bond over food, no matter what background or major," shared club president, Alyssa Rosenbaum, a senior double majoring in horticulture and culinary

Even with COVID-19 challenges, the Culinary Science Club has been committed to providing members with fun and food during virtual meetings. Members are excited to reconvene in-person meetings and industry tours, as possible in the



Alyssa Rosenbaum
Culinary Science Club | President

Photos courtesy of Alyssa Rosenbaum and Dominiqua Watts





Image courtesy of Culinary Science Club

future. For more information about the Culinary Science Club and how to get involved, visit the [Iowa State Student Organizations website](#).

THE FASHION SHOW

One well-known organization and highly anticipated event unique to the College of Human Sciences is The Fashion Show. Beginning in 1982, the Iowa State University Fashion Show was a simple classroom runway show attended by a few students. The show has now grown into a student organization and annual production that involves over 200 students.

For the students involved, this show has become so much more than stunning clothing designs and runway walks. Today, this event has become a great success story, and is now one of the nation's largest student-run fashion shows.

The Fashion Show provides student members with many leadership and professional development



Image courtesy of Iowa State Daily
Copy and layout by Amanda Fortman



Image courtesy of Iowa State Daily

opportunities. As a completely student run event, from production to design, students are able to build their portfolios and enhance their professional experience. Collaboration and teamwork skills are vital to the completion, success and sustainability of this annual event.

The impact of The Fashion Show reaches well beyond the event itself. Throughout the year, the philanthropy committee works with and gives back to several organizations, including Hughsats, Days for Girls and Dress for Success. Creating a sustainable impact throughout communities across Iowa and the world.

This year, The Fashion Show is set for Saturday, April 17, 2021. For more information about the event, visit [The Fashion Show 2021 webpage on the Department of Apparel, Events and Hospitality Management website](#).

NETWORK AGAINST HUMAN TRAFFICKING

The Iowa State campus chapter of the Iowa Network Against Human Trafficking (Iowa NAHT) is a part of a statewide organization devoted to ending all forms of human trafficking. Students involved with Iowa NAHT are striving to put an end to crimes against human rights, caused by

human trafficking, for all women, men and children.

Iowa NAHT recognizes that human trafficking is a complex issue involving social, economic, health, political and legal considerations and challenges, and works to support both local and statewide efforts to eliminate these obstacles. On campus, student members work to build awareness and educate the campus community in recognizing signs of human trafficking and utilizing resources to combat it.



To find ways to get involved with the Iowa Network Against Human Trafficking, visit the [Iowa State Student Organizations website](#).

With a multitude of options to get involved within the College of Human Sciences, students from all disciplines and interests can find somewhere to get involved. For more information on all clubs and organizations, go to the [Iowa State Student Organization website](#).

GREEN-IT-YOURSELF

INDULGE IN SELF-CARE WITH THESE RELAXING CREATIONS

SHOWER STEAMERS

Supplies: 2 C. baking soda, 1 C. citric acid, witch hazel, 2 tsp. your choice of essential oil, silicone mold (ex. 12 ct. silicone muffin pan), bowl, spoon, spray bottle

Instructions:

1. Pour baking soda and citric acid into a large mixing bowl. Stir to combine.
2. Add up to two tsp. of the essential oils of your choosing to the mixing bowl.
Optional: add food coloring to change the color of the steamers.
3. Spray the mixture with witch hazel and stir. Continue spraying and stirring the mixture until it reaches a wet sand consistency.
4. Divide the mixture evenly into each cup of the silicone muffin pan. Pack each cup and press down firmly with your hands until each cup is completely full.
5. Allow steamers to dry and become solid. Remove the steamers from pan and store in an air-tight container. This recipe will make up to 12 steamers.
6. Place on the floor your shower and enjoy the relieving effects while showering.



SOCK HEATING PACK

Supplies: 1 cotton knee sock, 1/2 C. uncooked white rice, scissors, thread, big eye needle or iron-on velcro, optional: dried aromatic herbs

Instructions:

1. Fill the sock 3/4 full with uncooked rice. (Leaving empty space in the top of the sock will allow it to form to areas of your body.)
2. Optional: fill the remaining 1/4 of the sock with dried aromatic herbs for a soothing smell. Shake the sock to distribute the herbs.
3. Using the thread and needle, sew the sock opening shut. Alternatively, use iron-on velcro to close the opening.
4. Optional: decorate the sock heating pack by using thread, felt and a pencil (see the [Perma Crafters website](#) for more details).
5. To Use: for hot packs, microwave the filled sock in 30-second intervals, not exceeding two minutes. For cold packs, place in the freezer for 45 minutes.
6. Place on areas needing pain relief, and enjoy the calming benefits.



HEALING LOTION

Supplies: 1/4 C. of cocoa butter or shea butter, 1/4 C. olive oil, 1 tbsp. beeswax, 1/4 tsp. vitamin E, double boiler, 8 oz. glass mason jar

Instructions:

1. Fill bottom pan of a double boiler halfway with water and add top pan. Heat water to a simmer on low heat.
2. Pour cocoa butter or shea butter, beeswax and olive oil into the top pan of the double boiler. Heat until melted.
3. Pour the mixture into a glass jar. Let cool.
4. Add vitamin e oil to the mixture and stir.
5. Use on cracked hands, dry feet and enjoy the soothing healing from the lotion.
6. To store between uses, secure the jar with an airtight lid.



RECIPES

ENJOY AND SHARE THESE HEARTY, HEALTHY SNACKS



HEALTHY SHAMROCK SHAKE

Ingredients: 1 overripe frozen banana, 2 Tbsp. chocolate chips or cacao nibs, 1/4 tsp. peppermint extract, 1 C. milk, 1/4 C. frozen spinach, pinch of salt

Directions:

1. Place frozen overripe banana, peppermint extract, milk, frozen spinach and salt in a blender.
2. Blend the mixture until fully combined and well blended.
3. Pour mixture into a serving glass.
4. Top shake with chocolate chips or cacao nibs, as desired.
5. Enjoy your healthy shamrock shake!
6. Use any leftover frozen bananas to make banana bread!

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



BANANA BREAD

Ingredients: 2 C. all-purpose flour, 1 tsp. baking soda, 1/4 tsp. salt, 1/2 C. butter, 3/4 C. brown sugar, 2 beaten eggs, 5-6 medium sized mashed ripe (to overripe) bananas

Directions:

1. Preheat oven to 350 degrees Fahrenheit.
2. Combine flour, baking soda and salt in a large bowl.
3. In a separate bowl, cream brown sugar and butter together. Add in eggs and bananas. Stir until blended.
4. Pour banana mixture into the flour mixture. Mix until all of the ingredients are well combined.
5. Pour batter into a greased 9x5 in. loaf pan.
6. Bake in preheated oven for 60 to 65 minutes, testing for doneness.
7. Remove from oven and let bread cool (in loaf pan) for 10 minutes.
8. Turn banana bread onto a wire rack. Serve and enjoy!



BREAKFAST EGG MUFFINS

Ingredients: 12 large eggs, 2 Tbsp. chopped onion, 1/4 C. of your choice of protein or vegetable, salt, pepper, non-stick spray

Directions:

1. Preheat oven to 350 degrees Fahrenheit. Spray a 12 capacity muffin tin with a non-stick spray.
2. Whisk together eggs and onion in a large mixing bowl. Season mixture with salt and pepper.
3. With a ladle, add the egg mixture into each cup of the muffin tin 1/2 full.
4. Add 1/4 C. of toppings (vegetables or protein) to each of the egg-filled muffin cups.
5. Place the tin into the preheated oven and bake for 15-20 minutes.
6. Let cool and serve, or store in the refrigerator (1 week) or freezer (two to three months) to enjoy later.

MONTHLY CHALLENGE

REDUCE YOUR FASHIONPRINT IMPACT

Taking inspiration from highlighting the College of Human Sciences' impressive and diversified commitment to sustainability, which includes fashion, this month's challenge focuses on opportunities to reduce the impact we make through our wardrobe-related decisions and choices. Each year, the total amount of clothing thrown away in the U.S. is the equivalent of 80 pounds for each American. As we start to think about putting away winter clothing and coordinating our spring apparel, let's challenge ourselves to make a more sustainable fashionprint, starting with these six steps.

TAKE INVENTORY

Taking inventory of your current wardrobe helps you utilize the pieces you currently have and downsize effectively and strategically. To do an inventory, take everything out of your closet and drawers, categorize each item as "keep" or "donate" and make a list of everything designated as "keep." Refer to this list before your next shopping trip (to reduce overbuying and overspending). Building a capsule wardrobe offers another option for fashion efficiency. Learn more on the [MasterClass website](#).



MEND & UPCYCLE

Bring new life into your wardrobe by repairing, reusing and redesigning pieces you no longer love and use, to ones you will. Try upcycling an article of clothing into a new use (aka t-shirt bag or cleaning cloths) or you can attempt dyeing, sewing or accenting your old clothes to give them a new look. Check out some great alternative upcycle and repurpose ideas for your clothes on the [Good onYou website](#).



DONATE

Think twice before throwing away clothes - donating unneeded, but still useful clothing makes an impactful sustainable difference. Donating to a charity, friend or family member is a great way to keep textile waste out of the landfill, and help connect others to a clothing item they may love! Even clothes that are really worn, can be donated to textile recycling programs. Look for opportunities in your community. For information on options and locations to donate, visit the [Good Housekeeping website](#).



THRIFT & SWAP

Look for alternative options when adding new items to your clothing collection. Thrift stores, second-hand shops, swapping with friends and even renting items are great ways to reduce your textile consumption. Hosting a clothing swap with friends is a great way to find affordable and fun "new to you" styles. These gently used items will be a beautiful and sustainable addition to your wardrobe. New to thrifting? The [VIBE website](#) offers guidance with Thrifting 101.



CHOOSE QUALITY

Invest in quality pieces of clothing if you do buy new items. Some things to inspect when buying a new item of clothing include the stitching on seams, retention of shape ("bounce back" after being stretched), attachment of buttons and zippers and fabric quality. Quality clothes not only are more durable and last longer, they maintain their color and fit and reduce clothing replacement costs. Follow these seven tips from the [New York Times](#) article, "How to Buy Clothes That Are Built to Last," to find your quality wardrobe.



SHOP SUSTAINABLE

When buying your next item of clothing, research brands and companies that incorporate sustainability into their business mission, manufacturing and align with your own values. Look for business committed to environmental, economic and social sustainability. There are a number of ecolabels you can look for when researching brands and shopping to assist in making informed and empowered purchases. Read more about fashion ecolabeling in the "[Guide for Eco-Friendly and Ethical Labels](#)" on EcoCult website.



Copy and layout by Amanda Fortman

For more ways to green your wardrobe, go to the [Sustain Your Style website](#).

MARCH ENVIRONMENTAL HOLIDAYS

PRESERVE AND CELEBRATE THE EARTH'S RESOURCES



WORLD WILDLIFE DAY

Unite with the United Nations (UN) in preserving forests and livelihoods by sustaining people and the planet through the celebration of World Wildlife Day. The 2021 World Wildlife Day is themed, "Forests and Livelihoods: Sustaining People and the Planet." The day is focused on highlighting forest ecosystems and sustaining indigenous livelihoods with historical ties to these forests. Join the UN in the [global virtual event](#) on Mar. 3, 2021. For more information, visit the [World Wildlife Day website](#).



WORLD DAY OF ACTION FOR RIVERS

Join diverse communities around the world on Mar. 14, the International Day of Action for Rivers, and advocate for the importance of clean flowing fresh water. The day is dedicated to bringing awareness and celebration to the world's rivers and put an end to destructive water development projects. Help restore the vision for a healthy future for communities that rely on rivers for freshwater. Find more information and learn how to get involved on the [International Rivers website](#).



GLOBAL RECYCLING DAY

Preserve the planet and participate in this year's Global Recycling Day on Mar. 18, 2021. Help prevent further climate change and save the earth's natural resources by recognizing the importance that recycling plays in preserving our planet's future. This year focuses on identifying people, places and activities that contribute to a greener future. Learn how to get involved and find more recycling information and resources on the [Global Recycling Day website](#).



INTERNATIONAL DAY OF FORESTS

Celebrate and save the world's forests on Mar. 21, 2021. Forests play a large role in combating climate change, providing natural resources and contributing to communities livelihoods. Many indigenous cultures rely on forests for medicine, fuel, food and shelter. Participate in International Day of Forests by becoming involved in local tree planting campaigns in your area. Learn how to get involved and find out more information on the [International Day of Forests website](#).



WORLD WATER DAY

Raise awareness for the importance of freshwater on Mar. 22, 2021. World Water Day (WWD) celebrates water and recognizes the global water crisis. WWD also focuses on achieving the United Nations Sustainable Development Goal 6: water and sanitation for all by 2030. For the 2021 WWD events, challenge yourself to think about what water means to you. Learn more about this year's event, how to get involved and find more information on the [WWD website](#).



EARTH HOUR

Participate in the 2021 Earth Hour at 8:30 p.m. on Mar. 27. Join millions of individuals across the globe and bring awareness to issues facing our planet. Take part in the online event, make history and bring awareness to climate change through "powering off" for one hour. Learn how to get involved and find more information and resources on the [Earth Hour website](#).

GREEN OPPORTUNITIES

CONSERVE THE LAND



Apply for the Conservation Land Manager position with the Whiterock Conservancy (WRC). Duties include overseeing and developing WRC conservation programs. WRC is dedicated to conserving Iowa to make it a place where people can learn, enjoy and experience the environment.

Qualifications for the position include a degree in environmental science or a related field. To apply send a resume and cover letter to cfreland@whiterockconservancy.org. Find more information on the position on the [WRC website](#).

FARM FROM HOME



Attend the virtual program, Diversify Your Landscape and Eat Your Yard, Mar. 3 with McFarland Park. Make practical use of your landscape by growing plants that are not only beautiful but you can also eat! Learn how to utilize your landscape this upcoming spring through this two-part educational series emphasizing the use of edible plants suited for your climate.

To find more information and register (and pay the \$10 registration fee) for the online event, visit the [My County Parks website](#). Registration ends at 4:30 p.m. Monday, Mar. 1. All payments will be non-refundable after the Mar. 1 registration deadline.

PURSUE INDEPENDENT SCHOLARSHIP



Chart your future career through the Iowa State University Undergraduate Research Assistant Program. The program offers students pursuing a graduate degree a hands-on learning experience in a formal research environment. The program encourages students to become skilled, effective independent scholars. Applications

for spring interviews are due Mar. 26. For more information on how to apply, visit the [Iowa State Office of Financial Aid website](#), or connect with Julie Arnold at jaarnol@iastate.edu.

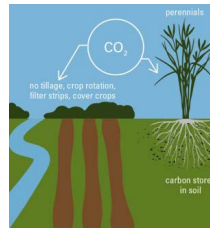
FIGHT FOR CAMPUS EQUALITY



Submit a digital project proposal for the Tracing Race, hosted by the ISU Digital Scholarship and Initiatives (DSI) department. The project focuses on the history of racism and seeking social justice, and abolishing ongoing inequality and discrimination. All proposals must be submitted by Mar. 31, and will be further evaluated by the

advisory group. For more information, visit the [DSI website](#).

CONTRIBUTE TO CARBON REMOVAL



Join Iowa State University in their efforts to curb climate change at the 2021 Carbon Removal Forum. Hear from speakers G. Phillip Robertson and Daniel L. Sanchez on their investigation of technologies and practices for carbon removal from the atmosphere through agricultural-based research, extension outreach and education. Attend the virtual Forum on Mar. 10 from 9:00 a.m. - 12:00 p.m.. For more information and to register for the event, visit the [Iowa State University Bioeconomy Institute website](#).

EXPERIENCE ENVIRONMENTAL ART



Hear from Mary Swander, a former poet and distinguished professor of the College of Liberal Arts and Sciences, on her virtual zoom program, Mar. 28, 2 - 3 p.m. Mary will be leading a conversation about farming and the environment in the state of Iowa. Also joining the conversation, artist Adrienne Gennett will be discussing her process in creating and contributing to the publication of the latest exhibit featured at the Brunner Art Museum, *Compelling Ground: Landscapes, Environments, and People of Iowa*. Register for the Zoom program and learn more about the exhibit go to the [ISU Museums website](#).

STRIVE FOR SCHOLARSHIP



Check out the scholarship opportunities available from the National Environmental Health Association and the American Academy of Sanitarians offered to students pursuing a degree in environmental health sciences. The scholarship is given to students that have shown dedication and commitment to the Environmental Health curriculum. Online applications, unofficial transcripts, and letters of recommendation must be submitted on the [NEHA website](#) no later than Mar. 31. For more information, visit the [NEHA website](#).

GAIN THROUGH FELLOWSHIP



Learn from Lynette L. Pohlman, the mentee of the late Lori A. Jacobson, a museum professional, educator, curator and exhibit designer, in an employed fellowship opportunity with Iowa State University Museums. The fellowship offers one-on-one mentoring for undergraduate students that are seeking to further their careers in the museum field. Students chosen can expect to work 10 hours a week and be compensated at least \$1,500 per semester. Applications are due on April 1. For more information, visit the [ISU Museums website](#).

RECYCLING NEWS

MARCH 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 (RECYCLEMANIA) UPDATE

The "Campus Race to Zero Waste" competition has commenced, and Iowa State University is actively participating in Diversion, Per Capita, Electronics and "Race to Zero Waste - One Building Challenge" categories. The competition, which runs till March 27 provides a unique opportunity to create awareness on waste reduction and recycling among campus stakeholders. As of week two of the competition, Iowa State was ranked 30th out of 73 schools in the diversion category with a recycling rate of 38.5 percent, and 54th out of 90 schools in the "per capita" category at 0.67 pounds per capita. Ranking of other categories (Electronics and "Race to Zero Waste - One Building Challenge") will be available at the end of the competition.



Your support for the university's waste reduction efforts is highly appreciated! Together we can achieve zero waste.

PAPER TOWEL COMPOSTING PILOT KICKS OFF MARCH 1

The much-anticipated paper towel composting pilot will start on Monday, March 1, 2021, at the Lloyd Veterinary Medical Center, and continue through the end of the semester. The main goal of this pilot is to explore ways in keeping paper towels, which make up about 40% (by volume) of the campus waste stream, out of trash dumpsters and composting them instead. If successful, opportunities to expand this pilot initiative to additional buildings will be explored.

Through assistance from the Student Government Sustainability Waste Management Subcommittee, education and awareness signage about the project, as well as instructional signage for successful paper towel diversion, was developed and is posted throughout the test site. Each of the nine "pilot" restrooms are equipped with one large trash can lined with a green (compostable) bag for "paper towels only", and a smaller trash can lined with a black (non-compostable) bag for "regular trash". Contamination rates and the effectiveness of signage will be tracked throughout the project to evaluate success and impact.



Image courtesy of Student Government

FOLLOW YOUR TRASH MAP

In conjunction with the Office of Sustainability, we have put together a [map](#) tracking the destination of all campus waste after disposal, whether recycled, composted or trashed. At Iowa State University, there are various pathways in place for waste disposal — many of which keep it out of the landfill.

We encourage you take a moment to "follow your trash" and consider opportunities to take personal responsibility of how your actions can impact waste reduction and management on campus and in the Ames community.



Image Courtesy of Live Green!

MARCH CALENDAR

01

Sustainability Symposium Keynote **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 Lecture Series 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 network with sustainable organizations and collect upcycling kits and green giveaways. For more information visit the [Sustainapalooza 2021 Facebook Event page](#). Cost: Free

04

ISCORE 2021

Virtual | 8:45 a.m. - 2:30 p.m.

Attend the 2021 Thomas L. Hill Iowa State Conference on Race and Ethnicity (ISCORE) Virtual Conference, Mar. 4-5, 2021. ISU students, faculty and staff are invited to take part in this comprehensive forum discussing issues of race and ethnicity. For more session details and to register for the event, visit the [ISCORE website](#). Cost: Free

11

Women of Achievement Announced **Virtual | TBD**

Celebrate the inspiring women in Story County and the Iowa State community at this year's Women of Achievement event. The YMCA of Ames gives this award to deserving women who promote their mission of eliminating racism, empowering women, and promoting peace, justice, freedom and dignity for all. For more information about the event, visit the [YMCA Ames website](#). Cost: TBD

16

Fresh-Cut Floral Class: Plants to Paper **Virtual | 6 - 9 p.m.**

Discover the history of plants used for paper making with Lindsey Smith, Reiman Gardens' Plant Collections Curator. Also, learn from Education Manager, Sara Merritt, about the process behind papermaking. Register on the [Reiman Gardens website](#) by Sunday, Mar. 14. Cost: ISU: \$10.50, Members: \$12, Public \$15

19

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

Louis Carr, President of Media Sales at BET Networks, shares about leadership, culture, strategy, vision, success and diversity in this lecture series entitled "Someone Saw Something In Me and Did Something About It." Register on the [Student Innovation Center website](#) for this event. Cost: Free

13

Day of Insects

Reiman Gardens | 8 a.m. - 4:20 p.m.

Enjoy this year's annual Day of Insects at Reiman Gardens. Learn from professionals, academics, advocates and enthusiasts during a day of presentations focused on insects. This event will be held in a hybrid format with a limited amount of in-person seats available. Pre-registration and payments are due by Mar. 18. For a full list of presenters and to register, visit the [Reiman Gardens website](#). Cost: TBD

14

Iowa State University Lecture Series **Virtual | 7 p.m.**

Engage virtually with ISU Professor of Political Science, Dave Peterson, during his lecture, "Ignored Racism: White Animus Toward Latinos." Based on his book, this discussion will dive into the history of how institutional discrimination targeting Latinos has resulted in negative stereotypes and influenced elections, politics and public policy. For more information, go to the [ISU Lecture Series website](#). Cost: Free

SAVE THE APRIL DATE

06

15th Annual Iowa Water Conference **Virtual |**

Join the 2021 Iowa Water Virtual Conference April 6 - 8, 2021. Learn about the role that Iowa's diverse water landscape plays through the consideration of education and outreach, conservation, policy and regulations. This conference brings together multi-disciplinary individuals to discuss issues with Iowa water today. Applications are available for poster presentations, photo contest entries, and student scholarships. Find more information on the [Iowa Water Center website](#). Cost: TBD

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

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