

SustainVU
Growing Responsibly

vanderbilt.edu/sustainvu



VANDERBILT  UNIVERSITY

Engage Green: Pervious Pavement & NetZero Building – August 3

Concrete is one of the most prevalent building materials in the world, and great strides are being made to make it a more sustainable component of any building project. Come learn about all of the innovative and sustainable uses of concrete with [Urban Green Lab](#) and the [Tennessee Concrete Association](#) on August 3 at 6pm! Read more [here](#).

Vanderbilt Farmers' Market – August 4, 11, 18, 25

The Vanderbilt Farmers' Market will be held every Thursday from 2-5pm through October 27. The market is

Can you believe Move In is right around the corner? We can't wait to meet the class of 2020! We will be working alongside many upperclass students welcoming first-years on campus as part of the Move-In Cardboard Recycling Crew. We would also love to meet anyone that stops by the University Resources and Services Fair in the Commons Center on August 20 from 5:30-7:30pm. If you are a student, make sure to check out our [earth-friendly move in tips](#). There are lots of exciting community events this month and a few of them will be offering bike valets so you can leave your car at home! Nashville is also asking your input through two surveys this month so be sure to click through to give your feedback! Additional information about the stories and events included in this newsletter are available on the SustainVU [website](#) and [Facebook](#) page. Stay cool and have a sustainable August. Welcome back students!

Andrea George, Director
Sustainability and Environmental Management Office
Vanderbilt University (615) 322-4551 | [e-mail](#) | [Web site](#)

located on the Medical Center plaza near Eskind Library. Celebrate National Farmers' Market Week on August 11th! Stop by and shop for local fruits and vegetables, dairy products such as goat cheese, milk and yogurt, grass-fed beef, free-range chicken, honey, flowers, and more! More details [here](#).

WalknBike Community Meeting – August 6

Residents, business owners, and community members are encouraged to join the [WalknBike](#) project team and steering committee to learn about the sidewalk and bikeways planning process, participate in an interactive prioritization exercise, and share ideas on how to improve the environment in our community. The meeting will be held on Saturday, August 6th from 10am-12pm at the Autumn Hills Assisted Living Center located at 1010 Camilla Caldwell Lane. Read more [here](#).

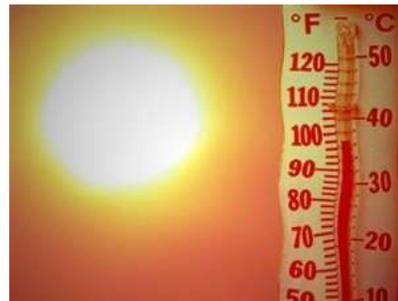
Lightning 100's Live On The Green Music Festival – August 11, 18, 25

Lightning 100's [Live On The Green Music Festival](#) has returned for its 8th Season! Live On The Green is [Lightning 100's](#) outdoor concert series promoting live music, active transportation, green initiative, and community engagement at the door step of our City Courthouse. Live On The Green is an environmentally-friendly, pet-friendly, and family-friendly concert series spotlighting local artists and national acts. Check out the website for alternative



Beat the Heat – Save energy on campus and at home

As the thermostat tops out this summer, don't let your energy use follow the same trend! Vanderbilt is one of the largest energy consumers in Middle



Tennessee, and all faculty, staff and students are encouraged to do their part to reduce energy consumption in this heat. Small changes can produce big results when everyone does their part!

Here are some energy-saving tips for your office and home to beat the summer heat while staying green!

When at work:

- Close window blinds in your office or lab during the hottest part of the day to keep temperatures lower inside.
- Set your thermostat to 76°-78°. Adjust thermostats more radically in unoccupied classrooms and when you leave for the day, weekend, or vacation.
- Dress for the hot weather so you can remain comfortable in more moderate temperatures.
- Turn off lights in your workspace when you leave, even if only for a short period of time.
- Turn off lights to common areas such as kitchens, bathrooms, break rooms and conference rooms.
- Turn off office equipment. If allowed in your area, computers, printers, copiers, and scanners can be turned off when you leave for the day (or even when attending meetings if out of the office for several hours at a time). Otherwise, activate sleep modes and energy-saving settings. (Instructions for modifying power settings can be found on the [SustainVU Energy Saving Tips page](#).)
- In laboratory spaces, close fume hood sashes when not in use.
- If your office or area seems unusually cold or hot, or you have trouble regulating the temperature, please call VU Plant Operations at 3-WORK (3-9675) to let them know.

Read the home energy savings tips [here](#)!

Welcome back students! Don't forget these earth friendly move-in tips

transportation resources! Read more [here](#).

Tomato Art Fest Bike Valet – August 13

[Walk Bike Nashville](#) will be providing free valet bike parking for the [Tomato Art Festival](#) in East Nashville. Ride your bike to the valet station at 11th and Russell to enjoy the festivities, or volunteer for the bike valet! This is a great opportunity to promote active transportation and participate in community sustainability. Find out more about volunteering [here](#) and read about the event [here](#).

Nutrition Workshop Superfoods – August 17

Did you know you can help your body detox more efficiently without depriving yourself of food? Nature provides delicious detoxifying foods that will help you have more energy, clearer skin, and fewer sugar cravings. Join this interactive discussion about how toxins get into your body and how to get them out using healthy, natural produce grown right here in Middle TN. Find out what's currently in season, and how to add these items to your regular diet. Read more [here](#).

Earth Friendly Move-In – August 20

Whether you're a first-year or returning Commodore, we are excited to have you back on campus! While moving in, try to minimize waste and recycle. The VU Cardboard Crew will assist first-year students at the



Whether you're a first-year Commodore or are returning for your senior year, consider making it an [earth friendly move-in!](#) Try packing your belongings in reusable

totes to minimize waste during move-in. If you have cardboard boxes, remember to break them down and toss them into [cardboard recycling](#) dumpsters located near your dorm. The VU Cardboard Crew will assist first-year students with recycling their cardboard boxes at the Commons. For more information about recycling at Vanderbilt, visit the [SustainVU website](#). Welcome back to Vandy!

Give your input on two Nashville community surveys!

Nashville citizens are encouraged to give input on two surveys! Metro Nashville is seeking your feedback on waste and recycling as well as parks and greenways as they plan for future improvements.

Metro Nashville
Public Works



The [Metropolitan Nashville Department of Public Works](#) is conducting an online survey to gather input from citizens on their vision for the future of Nashville's waste and recycling to incorporate into their upcoming master planning process. Share your feedback on waste and recycling in Nashville [here](#).

[Plan To Play](#) is a Metro Parks and Recreation-led initiative for a countywide parks and greenways master plan, which will serve as a guide for future investments in and growth of our park system in the coming decades. Take the Metro Parks Community Survey [here](#).

2016 Warmest on record so far

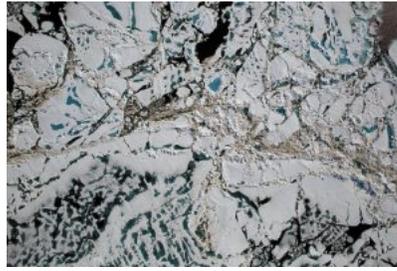
Commons with recycling their cardboard, Styrofoam, and plastic film wrapping. For more information, visit the [SustainVU website](#). We will also be at the University Resources and Wellness Fair at the Commons Center from 5:30-7:30pm – stop by and say hello! Welcome back to Vandy!

Urban Runoff 5K – August 20

Nashville's [Metro Water Services](#), the Tennessee Department of Environment & Conservation ([TDEC](#)), and the Tennessee Stormwater Association ([TNSA](#)) are teaming up together for the 4th Annual chip-timed 5k Urban Runoff run in Nashville. This year, the race moves to Shelby Bottoms Greenway and Nature Park to showcase a park setting and weaves its way past several cool and innovative green stormwater management practices. Register online today! Read more [here](#).

First Day of Classes – August 24

Undergraduate classes at Vanderbilt will commence on August 24th for the Fall semester. Welcome back to our students and faculty!



Each of the first six months of 2016 set a record as the warmest respective month globally in the temperature record, dating back to 1880.

The January-June period was also the planet's warmest half-year on record with an average temperature 2.4° F warmer than the late nineteenth century.

Arctic sea ice, a second climate change indicator, has also been record setting in 2016. Five of the first six months set records for the smallest respective Arctic sea ice since satellite records began in 1979. [NASA](#) reports that "While these two key climate indicators have broken records in 2016, NASA scientists said it is more significant that global temperature and Arctic sea ice are continuing their decades-long trends of change. Both trends are ultimately driven by rising concentrations of heat-trapping carbon dioxide and other greenhouse gases in the atmosphere." Read the full article [here](#).

Follow us on our social media accounts!

We have added more accounts to our social media arsenal! Here are more ways you can connect with us online:

- [Facebook @SustainVU](#)
- [Instagram @SustainVUVanderbilt](#)
- [Twitter @SustainVU](#)
- [Google+ @Vanderbilt SustainVU](#)



For more information on any of these stories, events and more, visit the SustainVU website at www.vanderbilt.edu/sustainvu or contact the Sustainability and Environmental Management Office at sustainvu@vanderbilt.edu or (615) 322-2057.

