

# SustainVU

*Growing Responsibly*

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VANDERBILT  UNIVERSITY

## VU Farmers' Market – Thursdays through October 27

The Vanderbilt Farmers' Market features fresh fruits, vegetables, locally farmed meat, dairy, cheeses and bread from local farmers and vendors. The market is open each Thursday from 3 to 6 p.m. from June 2 – Oct. 27 in the Medical Center Plaza across from Langford Auditorium and at One Hundred Oaks next to the Cinema (One Hundred Oaks market begins June 9). Cash, check, and credit and debit cards are accepted (some vendors are cash or check only). [Read more...](#)

## Downtown Fireworks Music City Star Train – July 4

The Regional Transportation Authority (RTA) will operate its special Music

Hopefully you're still enjoying the heat and humidity! With continued warm temperatures throughout the Dog Days of summer, please remember to use electricity conservatively, both at home and at work. Visit the [ThinkOne energy conservation website](#) to learn ways you can conserve energy. We'd like to share numerous green events, opportunities, and news stories with you this month. Additional information about the stories and events included in this newsletter are available on the [SustainVU website](#) and [Facebook page](#). Have a sustainable July!

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## Recycling available at July 2 U2 Concert

With close to 45,000 tickets sold plus a small army of crew members,



City Star train on Monday, July 4 at 4 pm, starting in Lebanon and stopping at stations in Martha, Mt. Juliet, Hermitage, and Donelson, to Nashville's Riverfront Station for the Music City fireworks. The return train to Lebanon will leave 30 minutes after the conclusion of the Nashville fireworks. [Read More...](#)

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### Good Food Film Series: "Tapped" – July 5

Good Food for Good People presents the film "Tapped," a documentary about the big business of bottled water, on Tuesday, July 5 at 6:30 pm at the Warner Park Nature Center. [Read More...](#)

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### Summer Local Night Fair – July 6

Join Team Green Adventures and Nashville Whole Foods Market for an evening street festival with local farmers, food producers, and artisans on the sidewalks of the Green Hills Hill Center near Whole Foods Market and Whole Body on Wednesday, July 7 at 6 pm. Enjoy local live music, kid friendly activities and grilling! [Read more...](#)

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### Tour de Fat Nashville – July 9

New Belgium Brewing's Tour de Fat is coming to Nashville this year on Saturday, July 9, to promote the positive societal offerings of the bicycle. The Ride will begin at 10 am in Centennial Park, with music and entertainment to follow. Proceeds from the event will benefit Sound

the U2 concert at Vanderbilt on July 2 will bring loads of people to campus, and with them will come loads of potential trash that can be recycled. VU's Sustainability and Environmental Management Office will be going to extra lengths to recover as many recyclables as possible, starting long before the first fan arrives. The massive concert stage takes a week to build with crew and backstage staff eating meals and drinking water that they will now be able to recycle all along the way. On the day of the concert, aluminum and plastic recycling will be available for fans, who can help both inside and outside of the stadium by picking up their beverage containers and depositing them in a clearly marked recycling bin. Read the [full article](#). Visit [Vanderbilt's U2 site](#) for more information about the upcoming concert. *Photo by Richard Cawood*

### Incorporate sustainability into your summer excursions



As vacation season heats up, cars and planes rev up to meet the needs of eager travelers. Tourism takes a toll on the environment in several ways:

transportation to and from and within destinations; land use; water and energy demand and consumption; waste generation; and pressure on biodiversity systems. The added seasonality of tourism and the fact that some popular destinations are located in already environmentally-sensitive areas also contribute to tourism's taxing effects. By putting a little extra effort into the planning of your vacation, you can reduce the environmental impact of your trips with these handy and sustainable travel tips related to transportation, lodging, sightseeing, and more! Read the [full article](#). *Photo by iStockphoto*

### Green Building Council lauds One Hundred Oaks project

Vanderbilt Health One Hundred Oaks has received a Green Star Award from the Middle Tennessee chapter of the U.S. Green Building Council. The Green Star Award recognizes sustainable projects designed or built in Middle Tennessee. Vanderbilt Health One Hundred Oaks won in the existing buildings category in recognition of transforming an aging mall into outpatient clinical space. Read the [full article](#).

### Nashville Energy Works initiative

Forest and Walk/Bike Nashville. [Read more...](#)

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### **Nashville Community Garden Tour: “Homegrown Healthy” – July 9-10**

Take a self-guided tour through over 15 of Nashville’s neighborhood-led gardens throughout Davidson County. See the amazing variety of fruits and vegetables grown in Tennessee, and meet the diverse group of community gardeners dedicated to growing food and beautiful spaces in Nashville.

[Read more...](#)

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### **Good Food Film Series: “One Man, One Cow, One Planet” – July 19**

Good Food for Good People presents the film “One Man, One Cow, One Planet,” a documentary depicting the battle for agricultural control in India and the resurgence of environmentally-friendly biodynamic food systems, on Tuesday, July 19 at 6:30 pm at the Warner Park Nature Center. [Read more...](#)

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### **USGBC Middle TN Chapter Meeting: Big Box Retail – July 22**

The USGBC of Middle TN will host its monthly chapter meeting on Friday, July 22 at 7:30 am at the Adventure Science Center, featuring remarks from Danielle Tallman, Prototype and Sustainability Manager at Best Buy.

[Read more...](#)

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### **Garden Cooking**

## **encourages home energy upgrades for Davidson County homeowners**



Mayor Karl Dean’s Office recently launched Nashville

Energy Works (NEW), a Metro Nashville Government, Tennessee Valley Authority (TVA), and Nashville Electric Service (NES) partnership that aims to promote energy efficiency in existing Davidson County homes. Homeowners participating in the program receive up to \$1,000 in financial incentives including:

- An in-home energy evaluation by a trained energy advisor and a customized energy action plan that sets out specific energy improvement measures and the projected energy savings associated with those measures. The \$150 evaluation fee will be refunded when homeowners complete their energy action plans.

- A \$200 cash rebate for completing the energy action plan, which is considered complete when at least 15 percent projected energy savings have been achieved.

- \$50 monthly credits on NES bills when signing up for NEW as part of a team for up to a maximum of six months. The more team members who complete their energy action plan, the longer the credit lasts.

- A rebate of 50 percent of the cost of eligible energy improvement measures up to \$500.

- An inspection to ensure that the improvements meet TVA quality standards.

For more information or to enroll in NEW, visit the [Nashville Energy Works website](#).

## **Get to know Vanderbilt’s Sustainability Professional, Kendra Abkowitz**



Kendra Abkowitz, a Nashville native and VU alumna, began working at SEMO as a student worker during the summers of 2007 and 2008. Abkowitz joined SEMO full time in October of 2008, filling the newly-created Sustainability Professional position. Some of her

current work includes: coordination of the Eco-Dores residential peer education program; support of Vanderbilt University Medical Center’s recycling programs; management of the SustainVU outreach and educational efforts; coordination and support of various Vanderbilt energy and water conservation initiatives; and collaboration and support for Vanderbilt’s Environmental Management System and annual greenhouse

## Workshop – July 27

Join Warner Park Nature Center staff on Wednesday, July 27 at 10 am in the garden to pick and prepare a fresh feast from ripe summer vegetables.

Registration opens July 12. [Read more...](#)



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gas emissions inventory. Abkowitz has a Master of Arts in sociology from the University of Chicago and a Bachelor of Arts in sociology and economics from Vanderbilt University. She is currently pursuing a doctoral degree at Vanderbilt in Environmental Management. In her free time, you might find Kendra reading, cooking, and spending time outdoors with friends and family.



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

