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VANDERBILT  UNIVERSITY



SustainVU

Growing Responsibly



August 2017

Can you believe summer break is almost over? We can't wait to meet the class of 2021! 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 19 from 5:30-7:30pm, and don't forget to check out our [earth-friendly move-in tips](#) when you are packing to come back to school! 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 everyone!



Earth Friendly Move In

Engage Green: Socket, Unplug Nashville – August 2

Metro Nashville's Socket presents "Walking Tour of Metro's Center of Responsible Energy (CORE) & West Riverfront Park". Join for an insider tour of two of the city's sustainability gems. This event begins at 6pm. More information [here](#).

Fall Gardening and Composting – August 10

Whether you're a first-year or returning Commodore, we are excited to have you back on campus soon! While moving in, try to minimize waste and recycle. Check out some tips below or view our Earth Friendly Move-In Flyer. The [VU Cardboard Crew](#) will assist first-year students at the Commons with recycling their cardboard, Styrofoam, and plastic film wrapping. For areas outside the Commons, please use the existing recycling containers nearest you and either place boxes in cardboard recycling containers or flatten and place between recycling container and a wall.



Reduce

- Boxes: try packing in reusable totes or suitcases instead of cardboard boxes.
- Appliances/Electronics: if you bring appliances to your dorm, make sure they are ENERGY STAR appliances. If you have extra lamps, make sure you use energy efficient LED bulbs!

Reuse

- Fragile Items: use items like towels and bedding to wrap fragile items.
- Vandy FreeSwap: An online resource for the Vanderbilt Community to exchange unwanted items Donate: Clothes, Refrigerators, Microwaves, and Electronics.
- Dorm Supplies: check with family or find reused good like kitchen supplies/travel mugs/etc. before buying new items.

Recycle

- Packing materials: If you bring cardboard or Styrofoam onto campus, recycle them with Cardboard Crew.
- Check out the [map](#) of where to recycle materials when you get to campus.

The Vanderbilt Recreation and Wellness Center (VRWC) presents “Fall Gardening and Composting” with Ryan Cooper, an irrigation specialist with the VU Grounds department, from 12-1pm at the VRWC teaching kitchen. More information [here](#)

Splash the Trash – August 12

Join for a walk on the wet-side and pitch in with the ongoing effort to keep the waters of the Little Harpeth River clean as clean can be. Event from 10:00am – 1:00pm. More information [here](#).

TURBO Tomato Fest Installation – August 12

Come visit the TURBO “Street Team” when they turn a gas station parking lot into a pedestrian zone at 5 Points from 8am-4pm. More information [here](#).

Reducing Food Waste at Home Workshop – August 13

Learn how to reduce food waste at home by becoming more familiar with time-honored practices for preserving



Celebrate National Farmers' Market Week August 6-12



Celebrate [National Farmers' Market Week](#) from August 6 to August 12 by taking advantage of the [Vanderbilt Farmers' Market](#) or by checking out one of the many local farmers' markets in Nashville.

Sourcing your food from local sources, like farmers' markets or Community-Supported Agriculture (CSA) farms, has many benefits, including:

- Access to fresh, seasonal produce that is picked at its peak nutrient load;
- Reducing transportation costs and harmful emissions associated with non-local produce;
- Cultivating a relationship between growers and consumers;
- Supporting the local economy; and
- Promoting farmland, local farmers, and their families.

Read more [here](#).



Faculty Learning Community for Environmental Course Development

Proposals are invited from faculty who wish to participate in a learning community at the Center for Teaching in 2017-2018 focused on course design for new courses in the Environmental and Sustainability Studies minor. Proposal deadline is August 23, 2017. More information [here](#).



food like canning at the TN Recycling Coalition pre-conference workshop. Workshop from 1:30pm – 4:30pm at the Franklin Marriott Cool Springs. More information [here](#).

August UDF: Masterplans + New Development – August 16

At this Urban Design Forum, you will hear from architects and professionals from the Studio 615 masterplan, as well as the River North plan to talk about the inspiration behind these projects and their process to ensure good design for all the stakeholders of the project. Event from 5:30-7:30pm. More information [here](#).

Nutritious & Delicious – August 16

Join Team Green Adventures for their monthly workshop on promoting health and nutrition through in-season, local ingredients! This month's class will focus on weekly meal prep and will be held at the Nashville Farmers' Market from 6-7pm. More information [here](#).

Traffic Costs Tennessee Cities More than \$1.1 Billion Annually



Traffic congestion in Nashville makes it the 23rd worst city out of 240 cities nationwide, according to a new report gathered by nonpartisan think tank *Think Tennessee*.

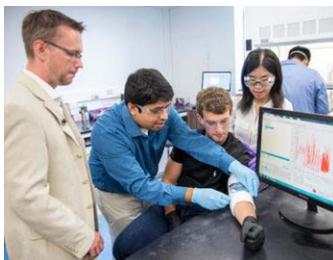
Using data from the INRIX Global Traffic Scorecard, *Think Tennessee* found that Nashville drivers spend nearly a full work week

(33.6 hours) sitting in traffic and lose an average of \$1,308 each year to traffic-related costs. The cost of sitting in traffic isn't limited to drivers themselves, though: the city of Nashville loses an estimated \$517 million per year due to factors such as lost time, additional fuel, and higher prices on goods and services. [Read More.](#)



Ultrathin device harvests electricity from human motion

Imagine slipping into a jacket, shirt or skirt that powers your cell phone, fitness tracker and other personal electronic devices as you walk, wave and even when you are sitting down.



A new, ultrathin energy harvesting system developed at [Vanderbilt University's Nanomaterials and Energy Devices Laboratory](#) has the potential to do just that. Based on battery technology and made from layers of black phosphorus that are only a few atoms thick, the new device generates small amounts of electricity when it is bent or pressed even at the extremely low frequencies characteristic of human motion. "In the future, I expect that we will all

University Resources & Services Fair – August 19

Join SEMO and many other campus groups at the University Resources & Services fair during Commons move-in day from 5:30-7:30pm in the Commons Center multipurpose room. More information [here](#).

National Honey Bee Day – August 19

Drop by the Warner Park nature center during this 2 hour open house for a chance to learn more about honey bees and their important role in nature! You can view honey bee hives, sample local honey, and take home information that can help you get more familiar with keeping honey bees and the benefits it provides. Event from 1-3pm. More information [here](#).

Dores in the Dark: Solar Eclipse 2017 – August 21

Experience the final exciting phases of a rare total solar eclipse and the moment of totality on Alumni Lawn with your fellow Commodores. Attendees will receive

become charging depots for our personal devices by pulling energy directly from our motions and the environment,” said Assistant Professor of Mechanical Engineering [Cary Pint](#), who directed the research. [Read More](#).



Department of General Services Division of Sustainability Internship for Fall 2017

An intern is needed to assist the Department of General Services’ Division of Sustainability, which is housed in the Center of Responsible Energy (CORE). The intern will work with the Assistant Director of Sustainability and the sustainability team on a variety of sustainability projects and outreach and educational initiatives. More information [here](#).



safe viewing glasses and enjoy music and ice cream on the lawn. Event is free and open to all Vanderbilt students, faculty, and staff from 1-2pm. More information [here](#).

Nashville Mini Maker Faire – September 30 – October 1

Maker Faire is a gathering of fascinating, curious people who enjoy learning and who love sharing what they can do. The Maker Faire will be held at the Wond’ry and registration is open now. More information [here](#).

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.

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