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Can you believe summer break is almost over? We can't wait to meet the class of 2023! Make sure to lookout for the Cardboard Recycling Crew during move-in and check out our earth friendly move-in tips below if you are joining us back on campus for the fall semester! We would also love to meet anyone that stops by the International Student Orientation Fair at the Student Life Center Ballroom on August 15 from 8:30-10:30am or the University Resources and Services Fair in the Commons Center on August 17 from 5:30-7:30pm. Additional information about the stories and events included in this newsletter are available on the FutureVU Sustainability [website](#), [Instagram](#), [Twitter](#), and [Facebook](#) page. Stay cool this month!

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Vanderbilt Farmer's Market – August 1, 8, 15, 22, 29

The Vanderbilt Farmers' Market at Vanderbilt University Medical Center will be held every Thursday from 1:30-5pm at the VUMC plaza through Oct. 31. Stop by to check out fresh, local produce and other locally-made goods! More information [here](#).

Urban Runoff 5K and Water Quality Festival – August 3

[Nashville's Metro Water Services](#), the [Tennessee](#)

Earth Friendly Move In

Whether you're a first-year or returning Commodore, we are excited to have you back on campus soon! While moving into your room or your office, please try to minimize waste and recycle.



The VU Cardboard Crew will assist first-year students at the Commons with recycling their cardboard, Styrofoam, and plastic film wrapping. FutureVU Sustainability will also host a booth at the International Student Resource and Vendor Fair at the Student Life Center Ballroom on August 15 from 8:30-10:30am and the University Resources & Service Fair in the Commons Center on August 17 from 5:30pm-7:30pm, so please come and say hi!

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. See a map of recycling locations across campus and a list of accepted materials [here](#).



10 Tips for saving energy at Vanderbilt this summer

Vanderbilt is one of the largest energy consumers in Middle Tennessee. As

temperatures climb into the 90s and higher this summer, faculty, staff and students are encouraged to do their part to reduce energy consumption on campus. Small changes can produce big results when everyone does their part.

When at work:

1. Close window blinds in your office or lab during the hottest part of the day to keep temperatures lower inside.

[Department of Environment & Conservation](#) (TDEC), and the [Tennessee Stormwater Association](#) (TNSA) are hosting Urban Runoff 5k run. The run is being held in Shelby Bottoms Park and Greenway starting at 7:30am, and weaves its way past several cool and innovative green stormwater management practices. The Urban Runoff will lead into a family festival from 6:30am–10:30am. The Festival celebrates clean water and green infrastructure and includes kids' activities, hands-on education, and more! More information [here](#).

International Student Orientation Resource and Vendor Fair – August 15

SEMO and many other campus groups will be tabling at the Resource and Vendor Fair during International Student Orientation from 8:30-10:30am in the Student Life Center Ballroom. More information [here](#).

US Green Building Council Materials Now Seminar – August 16

2. Moderate thermostat settings to 76-78 degrees.
3. Adjust thermostats more radically in unoccupied classrooms and when you leave for the day, weekend or vacation.
4. Dress for the hot weather so you can remain comfortable in more moderate temperatures.
5. Turn off lights in your workspace when you leave, even if only for a short period of time.
6. Turn off lights to common areas such as kitchens, bathrooms, break rooms and conference rooms.
7. Clean air intake registers as well as vents on appliances such as refrigerators or freezers regularly to remove any dust buildup and to allow equipment to run more efficiently.
8. Turn off office equipment. If allowed in your area, computers, printers, copiers and scanners can be turned off when you leave for the day. Otherwise, activate sleep modes and energy-saving settings.
9. In laboratory spaces, close fume hood sashes when not in use.
10. If your office, room, or area seems unusually cold or hot, or you have trouble regulating the temperature, please call VU Plant Operations at 343-9675 to let them know.

Read more [here](#).

National Farmers' Market Week August 4-10

Celebrate [National Farmers' Market Week](#) from by taking advantage of the [Vanderbilt Farmers' Market](#) on Thursday, August 8 from 1-5:30 pm at the Vanderbilt Medical Center Plaza. You can also celebrate by checking out one of the many local farmers' markets in Nashville or surrounding counties. For a complete listing of



Join the USGBC Tennessee to learn about how to incorporate sustainable materials in building projects to achieve LEED certification. The event will be held from 11:30am-1pm at Hastings Architecture in Nashville. More information [here](#).

University Resources & Services Fair – August 17

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 .

Tour of Nashville's Wastewater Treatment Plant – August 19

Join on a 1-hour walking tour of the Whites Creek Wastewater Treatment Plant and see how Metro Water Services reclaims water contaminated by residential and commercial sewage, cleans it, and returns it to the river. During the walking tour of the treatment plant, you will learn about wastewater

farmers' markets available throughout all Tennessee counties, visit [Pick Tennessee Products' Farmers' Market](#) page.

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.

Learn more about the Vanderbilt Farmers' Market at the [Vanderbilt Health and Wellness website](#) and National Farmers' Market Week at the [Farmers Market Coalition website](#).

To volunteer with Vanderbilt's community garden, email maya.m.sandel@vanderbilt.edu or reilly.k.menchaca@vanderbilt.edu. For more information, check out the VU Community Garden Instagram [here](#).

FutureVU Sustainability, Facilities Department find way to give fallen trees a new purpose



In partnership with FutureVU Sustainability, Vanderbilt's Plant Operations Grounds Department created a way to give fallen and removed trees on campus a second life. Whether a tree is removed or falls naturally, a team from the Grounds Department will assess the tree to determine if it can be repurposed as lumber to be used later in university projects.

treatment processes and what Metro Water Services is doing to stay ahead of the curve as Nashville grows. More information [here](#).

Splash the Trash in Warner Parks – August 31

Have fun, get wet and do some good as volunteers team up to clean the Little Harpeth River. The clean-up will be held from 10am–1pm, and will begin at the Warner Park Nature Center. More information [here](#).

Dragon Boat Festival – September 7

The Cumberland River Compact Dragon Boat Festival is hosting the Dragon Boat races off the East Bank Landing of the Cumberland at 10am. The races support the work of the [Cumberland River Compact](#) to keep the Cumberland River and its tributaries clean and healthy for future generations. More information [here](#).

The team begins the process by cutting the tree into sections and relocating them to dry. Once the wood dries, it is transported to a millwork company, kiln dried and cut into lumber. Vanderbilt began this practice in 2008, using repurposed lumber in the LEED Gold Certified Commons Center, and today Campus Planning & Construction has integrated such lumber into many of Vanderbilt's notable construction projects. Read more [here](#).

For more information on any of these stories, events and more, visit vanderbilt.edu/sustainability or contact the Sustainability and Environmental Management Office at futurevusustainability@vanderbilt.edu or 615-322-4551.

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