



# September 2023 Newsletter



## A New Year with Central Sustainability

Central Sustainability is excited to announce that it has many new projects and events in the works for the 2023-2024 academic year!

Newsletters with more information will be released on a monthly basis through our email [sustainability@cmich.edu](mailto:sustainability@cmich.edu).

## Campus Farmer's Market This Fall!

Support local businesses like Papa's Pumpkin Patch and Ignite Donuts directly on campus!

Fridays, Sept. 8 - Oct. 20  
11 AM - 2 PM

Located in Lot 33 N by the School of Music

## Who are we?

Central Sustainability is a platform dedicated to making the Central Michigan University community more sustainable through projects, policy, and programming. At CMU, Central Sustainability employs multiple student workers to tackle issues in our community related to food, waste, water, energy, transportation, and resiliency.

Some projects and accomplishments from just the past year include establishing a composting program for CMU residents, creating a high school sustainability program at H.H. Dow, partnering with the Saginaw Chippewa Indian Tribe to divert 8,000 lbs of food waste from landfills.

Stay tuned to hear more from us in the coming year!



## Topic of the Month: The Urban Heat Island Effect



*Photo taken from CBS News*

Ever notice the difference in temperature when you are in a city versus when you are in a rural area? This phenomenon is known as the heat island effect.

According to the U.S. EPA, heat islands are urbanized areas that experience higher temperatures than outlying areas. This is largely due to the fact that urban infrastructure absorbs and re-emits the sun's heat more intensely than natural landscapes. Additionally, vegetation is known to lower surface and air temperatures by providing shade and cooling through evaporation and transpiration, which is why a lack of greenery in urban areas also contributes to heat islands.

As a result, urban areas with highly concentrated structures and limited greenery become "islands" of higher temperatures relative to their surrounding areas, with daytime temperatures in urban areas ranging from 1-7°F than temperatures in outlying areas while nighttime temperatures are 2-5°F higher.

The heat island effect can impact a community in many ways. For one, energy consumption and electricity demand increases, which can also result in elevated emissions of air pollutants and greenhouse gases. These emissions contribute to complex air quality problems and also are harmful to human health. Other aspects of the heat island effect also impact human health, with older adults and young children tending to be more vulnerable to the effects of extreme heat exposure.

Strategies to minimize the heat island effect include eco-friendly building and constructing cooling stations for inhabitants.

To learn more about the heat island effect, visit <https://www.epa.gov/heatislands>.

Want to learn more about how to lead a sustainable life?

Check out our Sustainable Living Guide and make the CMU Sustainability Pledge today!

**CMU Sustainable Living Guide**



**Sustainability Pledge**



### Join Campus Grows!

Are you interested in gardening? Campus Grows is a new RSO that is centered around the maintenance of our campus garden, as well as fun, educational events that revolve around gardening!

No experience is needed to join! If you are interested, please email [sustainability@cmich.edu](mailto:sustainability@cmich.edu) for more information.



### Any Questions? Contact Us!

Stop by our office in Dow Science Room 275 or email us at [sustainability@cmich.edu](mailto:sustainability@cmich.edu).

Also check out our socials for more updates!

Instagram & Facebook @cmucentralsustainability