

Living Green Quarterly

March 2023



Sentinel believes that sustainability – or living “green” – is at the heart of protecting our future. Working together we can find the fun in being Green.

GREEN VS. GREEN

Which fun fact will you show off at the next dinner party?

The term “green-eyed monster” refers to jealousy because of Shakespeare’s use of the term “green-eyed jealousy” in Othello.

A gasoline lawn mower emits as much pollution in an hour as a 300-mile car trip, according to the California Air Resources Board.

SOURCE:
The New York Times



Saving Water For A Not So Rainy Day

By Amber Grell



Lantern Woods Apartments, a Sentinel apartment community in Fishers, Indiana, has made great strides in water conservation over the years by utilizing city programs and implementing a water sensor irrigation system. By making these small changes, Lantern Woods Apartments is working to protect the local water supplies, both by giving the local water supply a much-needed boost and helping to control stormwater runoff in a meaningful way.

One of the city programs utilized by Lantern Woods Apartments is the Rain Barrel program where the city sends the property a barrel to be placed under downspouts to collect rainwater. The rainwater is then used for landscaping, watering internal plants in the office and shared areas and is also available to the residents at the property for their houseplants. To receive a rain barrel, the property took a water quality-related pledge at Indiana.clearchoicescleanwater.org and filled out a Rain Barrel Program application. By completing this application, Lantern Woods Apartments joined a city-wide initiative that helps reduce pollution by allowing less runoff, which produces adequate ground drainage that in turn promotes better water quality and an enhanced quality of life in the community.



Lantern Woods Apartments has also installed a drip/smart irrigation system that uses the water from the property’s retention pond (that uses captured rainwater) in place of using city water from an overused source. The smart irrigation system is equipped with sensors that are easily adjustable to change with seasons and humidity levels and ensures the sprinkler system shuts off when it is raining. This helps lessen pollution that finds its way into drinking water because the soil is not able to soak up the water adequately. This upgrade has greatly improved performance and efficiency, as well as the property’s sustainable water practice.

Using recycled water and having sensors may seem like small changes, but it is just a portion of the larger picture. Lantern Woods Apartments is looking to the future and working hard to do more, including the future installation of native and drought tolerant landscaping, but that is more exciting news for another rainy day.

Sustainability Spotlight

By Karen O'Brien



Skye Randazzo

Going the extra mile to save the planet

Everyone wants to save the planet from global warming and pollution. Recently, Skye Randazzo decided to take an extra step towards minimizing her ecological footprint. She bought a Lomi Compost Machine for her house, which turns her food waste into dirt that can be used for planting and gardening.

What made you decide to purchase a food composting machine? How does it work?

I simply wanted to do something about the food I was discarding. I love to cook, but didn't love how much was being thrown away daily nor the smell the trash would emit. When I read that Americans discard 80 billion tons of food away each year, and how much greenhouse gas is produced because of it, I decided to get the Lomi to do my part. You can't put hard items like bones or stone fruit pits in but just about everything else goes into the Lomi. After turning it on, it takes about 8 to 22 hours to become dirt or compost with that can be added to indoor plants or thrown out with the garbage without any guilt of it creating greenhouse gases.

Have you always been environmentally conscious? What has influenced your commitment to cutting down on waste?

I have always been passionate about nature in general. I grew up around beaches and didn't understand how people would consistently leave their trash behind when they left, and would often clean up behind them.

What does sustainability mean to you?

Being sustainable is having a neutral or positive impact on the planet and is something worth at least attempting. I agree with the quote, "We do not inherit the earth from our ancestors, we borrow it from our children."

Being Sustainable While Living the *Suite* Life

By Karen O'Brien



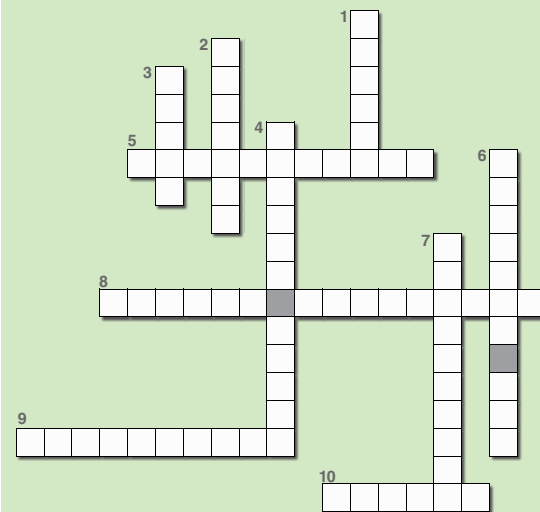
There has been a growing movement of conscientious travelers that have propelled positive change in the travel and hospitality industry. Hotels and vacation tours have made efforts to adopt many worthwhile green practices into their day-to-day operations, including recycling, buying and serving local food and utilizing LED light bulbs. There are some hotels and excursions that are going the extra mile to be eco-friendly by implementing electric car stations, using smart AC units that automatically turn off when the room is unoccupied, using energy star appliances, offering hydration stations, eliminating single-use plastic and offering tours and volunteer programs that are provided by local entrepreneurs and communities.

Many websites can help you find and plan a sustainable trip; whether you are looking for a luxury trip in the world's most fascinating cities or if you want to backpack through a remote rainforest, informative blogs and sites offer a plethora of choices. TripAdvisor, for one, uses a "Greenleaders" badge; it is a program that helps travelers identify environmentally friendly hotels, ranking them different levels from bronze to platinum. Google also places an "eco-certified" badge next to hotels that meet high standards of sustainability from independent organizations, like Green Key or EarthCheck.

These certified hotels are the epitome of sustainable, as they must demonstrate their commitment to conserving the environment and local communities, as opposed to just saying they are green, eco or sustainable. They are regularly audited by reputable international entities and engage in programs that save energy and water, help conserve biodiversity, utilize local produce, or grow their own produce, and have suitable working conditions for their employees. Looking for certified hotels, tour operators and services while traveling guarantees you are getting the most bang for your buck while leaving a positive social, economic and environmental footprint.

Lastly, beyond accommodations and excursions, there are additional ways to lower your carbon footprint, including requesting a digital invoice upon check-out, hanging bath towels for reuse, bringing reusable bottles and reusable bags for all outings, using public transportation where feasible and bringing your own soap, bar shampoo and bar conditioner to avoid using the plastic bottles offered by the hotel. These effortless changes in your travels can make all the difference to the earth you are exploring.

SUSTAINABLE SPRING



DOWN

1. MOTHER _____
2. OPPOSITE OF COOLING _____
3. CHEERFUL; SOMEONE'S DISPOSITION _____
4. DECOMPOSED PLANTS AND ANIMALS _____
5. INSECT AND ITS ACCOMPANYING NOSIE _____
7. SEASON WE ARE IN _____

ACROSS

5. THE NATURAL WORLD AS A WHOLE _____
8. EMISSIONS DUE TO CONSUMPTION _____
9. DESERT AND TUNDRA, TO NAME 2 _____
10. COMMON SOURCE OF ALLERGIES _____

THE AIRDRIE

AT PAOLI STATION

The Airdrie at Paoli Station's Green Roof Program

By Skye Randazzo and Amber Grell

The Airdrie at Paoli Station, a Sentinel property located in Paoli, PA, is creatively using its roof to aid in lowering its environmental impact. Every man-made structure impacts the environment; together, the materials we choose, technology we use and construction sites we build all generate carbon gases that add to global warming. With approximately 50% of its roof being covered with plantings, The Airdrie at Paoli Station is using a roof garden to bring nature back to the same location it was before, with different layers of vegetation to mimic a natural soil profile. These layers ensure that vegetation can thrive for as long as the structure lasts and can help eliminate the negative carbon footprint.



Photo taken during the winter, turns green during spring and summer months.

This green roof garden was installed by the professionals at Green Roof Technology. They bring their experience to produce diversity in the garden, utilizing as many native plants as possible and introducing plants and invasive species of flora and fauna that can survive the different microclimate that comes from being in an exposed location. This allows resiliency to the garden, creating biodiversity, including a habitat of thriving vegetation and homes for various birds and invertebrates. Even more, it alleviates water runoff, capturing water when it rains and slowly releasing it through evaporation!



Photo taken during the winter, turns green during spring and summer months.

We are excited to give a shout out to a program that promotes a greener future, and we thank The Airdrie at Paoli Station for working towards a cleaner footprint.

Making a Terrarium: Unbeleafable Fun for the Whole Family

By Carrie Sitterley

Though April showers bring May flowers, they can often cause us to be stuck indoors seeking ways to keep occupied. A fun, creative project you can do is to build your own terrarium. It is a terrific way to teach kids about sustainability and bring the outdoors inside!

What is a terrarium?

A terrarium is a miniature garden planted inside a small glass container that is a fully functioning ecosystem. When sealed or closed on top they are mostly self-sustaining, using condensation and transpiration to water themselves!

How do terrariums work?

A closed terrarium becomes its own self-sustaining ecosystem. When the sun warms the glass, it will evaporate moisture from the plants, which creates condensation that drips down the glass to water the soil. An open terrarium does not require a lid and is perfect for plants that prefer drier conditions. Succulents and cacti seem to do better in open terrariums, while tropical plants like ferns, nerve plants, polka dot plants and moss all do well in closed terrariums.



Getting started:

Keep in mind the type and size of plants you want, as you will want to consider the size of the glass container. The plant should fit nicely in the glass enclosure without concern that the plant will lift the lid. Once you take this into consideration, the items can be found easily in your local craft store or home improvement store. You may also find you want to order a kit for your first terrarium. These are easily found online and come complete with everything you need to add to your container and plants. The items you will need to create a closed terrarium include a glass container with a lid, pumice stones or rocks for drainage, potting soil, activated charcoal (helps remove toxins and keep terrarium clean), plants of your choosing and decorative rocks and/or moss.



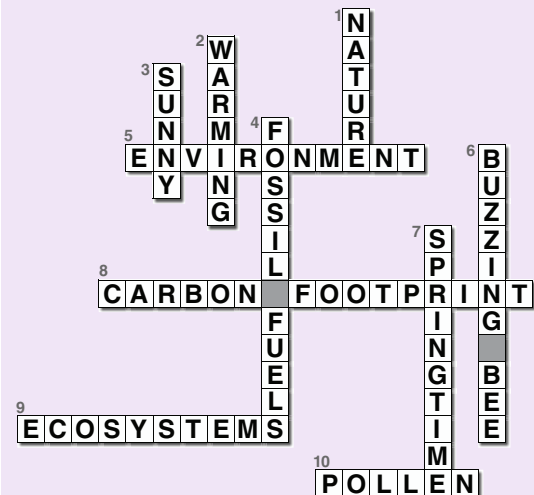
Instructions:

1. Clean and dry your glass container
2. Gently add a layer of pumice stone or small rock to help with drainage
3. Put a thin layer of soil on top of pumice/rock
4. Add a layer of charcoal on top of the soil
5. Start arranging soil and plants in your container
6. Design your container by adding decorative rock or moss to your liking

Now you have a terrarium! Terrariums can last a long time with minimal care. Just watch to see if it needs pruning as it grows, remove any mold or dead material, wipe the glass clean when needed and occasionally fertilize.

As you explore further into terrariums you will find they can be a beautiful works of art and an addictive hobby!

SUSTAINABLE SPRING CROSSWORD PUZZLE ANSWERS



Risotto with Spring Vegetables

Ingredients

- ¼ cup olive oil
- 1 medium-sized leek, white and light green soft parts only, halved lengthwise and sliced into thin strips
- 3 cups Arborio rice
- 2 cups of good, dry white wine split in two portions – room temperature
- 7 cups warm chicken broth (mushroom broth for vegetarians is great)
- 1lb asparagus, tough ends removed and cut into one-inch sections
- 1 cup shelled garden or English peas
- 1 tbs salt plus more to taste
- 1 tbs or tab of butter
- ⅓ cup of Parmigiano-Reggiano cheese
- Freshly ground pepper to taste
- Pea shoots for garnish (optional)



Local and Seasonal Eating

By Skye Randazzo

Today, supermarkets provide a diverse array of food at any time of the year. Unfortunately, sourcing food from all over the world that is neither local nor seasonal can have a negative environmental impact; transportation alone is a large contributor of pollution to our air and waterways and adds to our dependency on fossil fuels. The food provided has diminished nutritional value because it is picked prematurely and produced with chemicals to survive the long journey from overseas.

To help lower our carbon footprint, support your nearest farmers markets that offer fresh, local and seasonal produce. Our Risotto with Spring Vegetables recipe showcases a way to create a dish with many ingredients found at your closest green market; leeks, asparagus, peas, pea shoots and even wine are just a portion of spring's amazingly fresh flavor profile.

Directions

- 1) Bring small pot of water to a roiling boil. Add 1 tbs of salt to water, then add sliced asparagus and peas. As soon as the water starts to boil again (about 1 minute), drain and rinse vegetables in cold water to stop the cooking process. Set aside.
- 2) Reusing the vegetable pot, add the stock. Bring contents to a simmer, then keep on low heat during the cooking process.
- 3) In a large, heavy bottomed pan add olive oil and warm over medium heat. Add the leek slices and sauté until softened. Add Arborio rice and stir until each grain is coated and is mostly translucent (about 3 minutes). Add 1 cup of wine and stir until it is almost absorbed.
- 4) Once mostly absorbed, add a ladleful of stock and stir frequently. Wait until broth is absorbed, then add ¼ cup of wine plus a ladleful of stock and stir frequently. Repeat the process, saving ¼ cup of stock to add at the very end.
- 5) After approximately 17 to 18 minutes of stirring in the wine and most of the stock, the rice should still have a little bite of firmness at the center, or just before al dente. Stir in the asparagus, peas and saved stock until asparagus and peas are warmed through. Add salt and pepper to your taste.
- 6) Remove the risotto from the heat and stir in the tab of butter and ¼ cup of grated Parmigiano-Reggiano.
- 7) When serving risotto, add a few pea shoots to the top of the risotto for garnish and enjoy!

Source: Skye Randazzo's recipes