

# Living Green Quarterly

March 2025



**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?**

Green eyes are an illusion! They are a result of a combination of both types of dark and light brown melanin in low levels, and a scattering of light.

<https://www.rochestereye.net/blog/9-fascinating-facts-about-green-eyes>

Paper comes from trees and can be recycled a maximum of six times, after which, its fibers become too weak to hold together.

<https://kpwb.org/environmental-fun-facts-2/>

## The **BUZZ** About Earth Day

By **Skye Randazzo**



We all may have heard the story before. That in a time of growing concern for environmental health, and the effect that it has on our own health, 1969 became the pinnacle of what had been a growing movement to protect the environment. After years of enduring deteriorating city air, litter and debris in natural areas and contaminants in previously potable water, Americans started forming conservation groups to help remedy the pollution that was running rampant. One of the activists, John McConnell, along with Wisconsin Senator, Gaylord Nelson, thought up a national day of teach-ins and demonstrations to study and raise awareness about the environment. Senator Nelson formally proposed the idea and was able to announce that the first “Earth Day” would be April 22, 1970, and invited the public to participate. The idea took off with over 20 million participants, compelling President Richard Nixon to create the EPA in December of 1970 in order to protect human and environmental health. But did you know that all of this may never have happened if it wasn't for the menacing mosquito?

When these tiny pests were imported by explorers and conquistadors to the “new world”, they brought with them malaria, plaguing all inhabitants for generations. The disease notably afflicted George Washington, Abraham Lincoln and large numbers of soldiers during the Civil War and WWI. In fact, malaria was the leading cause of soldier fatalities during WWII. Meanwhile, the spread of malaria was also causing both physical and economical strain

on the US, influencing the decision to control the spread for both military and civilian populations with the invention of DDT. This synthetic insecticide, that ultimately staved the spread of disease, was effective for insect control in crop and livestock production, institutions, homes and gardens. It was used for years. That is, until a marine biologist and nature writer by the name of Rachel Carson published a book named *Silent Spring* that fastidiously described how DDT entered the food chain, how it stored itself in the body and the correlation it had with cancer and genetic damage. The years that followed, as competing scientific studies flooded the media, revealed a public that was highly motivated to becoming solidly pro-environment.

Ironically, the invention of DDT, according to the National Academy of Science, has actually saved approximately 500 million lives in the over two decades of use by impeding the persistent spread of malaria. But it was this synthetic pesticide coupled with the pesky mosquito that initiated the environmental consciousness, which allowed for 1 billion people to celebrate Earth Day across the globe each year, according to earthday.org.

In 2025 we celebrate the 55th anniversary of Earth Day, and there are many ways to get involved. Whether you get involved in a big or small way, it always makes an impact to go green. Happy Earth Day Everyone!

# Sustainability Spotlight

By Karen O'Brien



## Camille Lee

Property Manager at Arazo

### What does sustainability mean to you?

Maintaining a stable, healthy, and prosperous world, either directly or indirectly, by making choices that will aid in preserving our natural environment.

### How are you engaging your staff in your sustainability efforts?

I encourage them to use reusable cups, plates, and cutlery by having them readily available in the break room. We will pick through recycle bins and pull out any trash. When doing apartment turnovers, if a resident leaves non-perishable foods, we gather the items and donate them to Care To Share (food pantry). Our cleaners & pest control service uses environmentally friendly cleaning products and pest sprays.

### How do you encourage residents to live an environmentally conscious lifestyle?

For their move in gift, we provide them with Arazo coffee mugs to use at the coffee station. We provide a tote bag from Waste Management at move in with photos of items that can be recycled imprinted on the bags. We have various recycle bins throughout the common areas and water fountains specifically designed to fill a water bottle. There are signs and posters in every trash room of what is recyclable as well as individual chutes for recycling and rubbish. There are also three charging stations in the community for residents to use.

### What made you decide to get more involved with your community's sustainability efforts?

Just one person can make the environment better, make a difference and inspire others to jump on the bandwagon in the process!



## Is Nuclear Power Worth the Energy?

By David Rodriguez-Sanchez

As new technologies with high energy demands have grown, including the influx of artificial intelligence (AI), utility companies and local governments are looking for ways to meet the demand. This poses two difficult questions though: how do we meet this demand without increasing the price of electricity for everyone? And how do we meet the demand without drastically increasing carbon emissions? One word that keeps coming up more and more is nuclear, but could nuclear energy be as explosive an idea as we hope? Or is it a dud?

The first nuclear power plant in the U.S. began operation in Shippingport, Pennsylvania in the year 1957 and provided electricity for the Pittsburgh area where the benefits were immediately evident. Nuclear power was reliable, had zero emissions, required a relatively small land footprint and developed little waste. Though the electricity output was far less than it is by today's standards, reactor technologies vastly improved, and nuclear energy continued to become more efficient over the years. Today the US is the world's largest producer of nuclear power, accounting for close to 30% of worldwide generation of nuclear electricity.

The US at one time had 135 nuclear reactors, but 41 plants have been shut down over the years leaving us with only 94 reactors operating as of today. This is due to the challenges that come with developing nuclear energy, including construction of nuclear reactors which are extremely expensive, costing between \$5-\$10 billion per reactor on average. There are also risks around nuclear accidents including the most notable occurrences at Three Mile Island, Chernobyl and Fukushima as well as the fact that renewable alternatives are now cheaper and much more rapidly scalable, making nuclear less competitive. Lastly, though only a relatively small amount of waste is developed, it can remain radioactive and dangerous to human health and the environment for thousands of years. All these factors make it difficult to get approval for new plants to be built. Yet there is the undeniable reliability and sustainability nuclear energy provides. All these factors point to the existing plants needing to be a complementary energy source to meet the high demand for energy.

Ultimately nuclear energy once active is sustainable but resource exhaustive, which highlights that along with other technologies, like renewables, nuclear energy may be just one of the various solutions we need to meet today's increased energy demands while ensuring a sustainable future.

### Sources:

<https://world-nuclear.org/information-library/economic-aspects/economics-of-nuclear-power>

<https://world-nuclear.org/information-library/country-profiles/countries-t-z/usa-nuclear-power>

<https://crsreports.congress.gov/product/pdf/R/R46820/3>

## Which of the following is a true sustainability statement? See if you can spot them from the following lists.

1. You can recycle pizza boxes.
2. The world used five trillion plastic bags a year. Americans use an average of 365 plastic bags per person per year.
3. Handwashing dishes is greener than using the dishwasher.
4. Up to 254 lbs of edible food goes to waste in America per person each year.
5. All plastic containers are recyclable.
6. Paper bags are a 100% better option than plastic bags when grocery shopping.



## La Via Apartments

By Skye Randazzo



In celebration of Valentine's Day, La Via was able to spread a little bit of cheer with a build your own bouquet day. Accompanied with treats and make your own card station, it was a day to get in the St. Valentine spirit, while trying to keep sustainability in mind.

While residents were creating an elegant bouquet, all clippings and organic scraps were gathered to be composted; in compliance with California law aiming to reduce harmful methane emissions from landfills.

We think this is a wonderful embodiment of Valentine's Day, to spread joy and love, while showing we care for the planet.



Please join us for La Via's Valentine's Day

# Bouquet Building Party

Thursday February 13th

Where: Residential Lounge in the River Building

Time: 1:00pm-5:00pm

Hand made Flower  
Bouquet Building Station |  
Sweet Treats | Cards

Big thank you to AT&T for sponsoring this event!

# It's a Gouda Time for a Picnic

By Carrie Sitterley



Spring is in the air, and after what felt like an eternity of frosty weather and short days, it is finally time to venture outside and enjoy the warming air and sunshine. One of the most overlooked ways to relish the vernal season, while avoiding the large crowds, is with a picnic. Even better, enjoying our blossoming surroundings, while being mindful that Mother Nature is worth preserving.

**Finding the Right Spot:** When searching for the perfect location for friends and family to meet, choose a place convenient for everyone that is easy to locate. Bonus points for a location that is easy to walk or bike to, preventing gas usage and avoiding a long drive goes far to lower emissions. Luckily for residents in our garden-style communities, you can find beautiful picnicking areas and green spaces that may include picnic tables, grilling station and a multitude of other luxury amenities and views to enjoy, just a few steps from your apartment. Making the commute a breeze!

**Making it Comfy:** The easiest option will always be finding a location that has enough picnic tables and seating for all that are invited. If that is not an option at your chosen venue, keep comfortable with your dedicated picnic blankets. If that is not an option either, it isn't necessary to run out to purchase one. Consider using older blankets or throws that are stored away and rarely used. Use beach towels, bed sheets or a tablecloth as a base to add some padding. This helps to cut down on textile waste while giving your older linens new life.

**The Dining Experience:** Having a plant-based meal while having a picnic is a great way to reduce your carbon footprint. This is the perfect time for sliced veggies with hummus, a pasta salad, or even a black bean burger for the grill; while incorporating some finger foods such as cheese, nuts and fruit that require less storage and produce less waste. No matter what you want to nosh on, however, bring it

from home. Avoid the pre-packaged single-use foods and create your own dishes from home that are easy to store and carry. Pack only what you think you will eat to keep food from spoiling, and if it is possible, source in-season fruits and veggies from your local green market or zero-waste market for an extra sustainable step.

**Cleaning Up:** The Boy Scouts of America have a good rule of thumb that we should all take note of. Which is to leave your area cleaner than you found it. A simple and considerate courtesy that benefits the nature around you, as well as the people who will enjoy the space after you. This also guarantees that food is not left behind for wild animals to consume, as most human foods can be harmful to our animal friends, and they can become malnourished or worse if they eat the wrong things. This can be done simply by making sure that all refuse is discarded properly, and you take everything else home with you.

Most importantly, have fun! Enjoy the sunshine, the cool spring breeze and your appetizing spread. As always, if you choose to utilize the picnic area on apartment grounds, check out the other amenities too. Play a game of corn hole or ping pong, utilize the sport court, lay in a hammock or enjoy a seat around an outdoor fire pit. Enjoy the community to its fullest!

## True Sustainability Statements Revealed

2. Over a trillion plastic bags are used every year worldwide. Which creaks down to almost one million plastic bags every minute.
4. Up to 254 lbs of edible food goes to waste in America each year.

## Chimichurri Ingredients

- ½ cups parsley, minced fine
- 1 tbs fresh oregano, minced fine
- ¼ cup mint, minced fine
- ¼ cup cilantro, minced fine
- 1 shallot, diced fine
- 4 cloves of garlic, minced fine
- 1 tsp – red pepper flakes
- ¾ cup extra virgin olive oil
- ¼ cup red wine vinegar
- Salt and Pepper to taste

## Vegetables

- ½ lb asparagus, bottoms trimmed
- ½ lb new potatoes, halved
- 2 large carrots, sliced on a bias
- 1 large sweet onion, sliced into thick rings
- 2 tbs olive oil, halved
- Salt and Pepper to taste

# Chimichurri Over Roasted Vegetables



## 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 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.

One thing we can do to lower our carbon footprint is to support local farmer's markets that offer local and seasonal produce. Our Roasted Vegetables with Chimichurri showcases a way to cook with many ingredients that are often found at a local farmer's market in the spring; parsley, oregano, mint, cilantro, shallot, garlic, asparagus, new potatoes, carrots and sweet onions are just a portion of spring's delicious flavor profile.

## Directions

- 1) Preheat oven to 400° F
- 2) Finely mince the parsley, oregano, mint, cilantro and garlic and add them all to a bowl.
- 3) Finely dice the shallots and add it to the herbs.
- 4) Add the extra virgin olive oil, red wine vinegar and salt and pepper and toss together. Put it to the side.
- 5) Take two sheet pans placing asparagus and sliced onions on 1 cooking sheet, and potatoes and carrots on the other.
- 6) Drizzle a tablespoon of olive oil on the vegetables of each sheet pan, making sure the vegetables are coated well then add salt and pepper to taste.
- 7) Place the cooking sheet with potatoes and carrots into the oven.
- 8) After 20 minutes add the cooking sheet with asparagus and onions to the oven. Then take out the potatoes and carrots and flip them over to cook evenly and place back into the oven for 25 minutes.
- 9) Remove all of the vegetables from the oven, transfer onto a nice platter and drizzle with the prepared chimichurri sauce.

Pro-tip: Make this dish a whole meal with a protein of your choice. Chimichurri goes well with nicely cooked steak, salmon or chicken.

Source: Skye Randazzo's recipes