

Living Green Quarterly

September 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?

The hue of envy – The expression “green-eyed monster” referring to jealousy or envy, comes from William Shakespeare’s play Othello.

SOURCE:
<https://nosweatshakespeare.com/quotes/famous/green-eyed-monster/>

Large AI models like GPT-3 can consume millions of liters of water, primarily for cooling their massive data centers. One estimate suggests that a short conversation of 20 to 50 questions with ChatGPT consumes about 500 mL of water.

SOURCE:
<https://gizmodo.com/chatgpt-ai-water-185000-gallons-training-nuclear-1850324249>

The Butterfly Effect for Pollinators

By Heidi Adams

In the warmth of the summer, walking my normal routes in the community, I couldn’t help but notice an uptick in the numbers of fuzzy bumble bees and brilliantly colored butterflies. Still a modest amount, but more than I can recall having seen in recent years. With just a bit of sleuthing, I found there are several optimistic trends happening in an effort to protect a diverse group of pollinators and the habitat that allows them to thrive. To provide a little context, the diversity of pollinators is crucial for maintaining healthy ecosystems, supporting biodiversity as well as ensuring the reproduction of many plant species. Unfortunately, a combination of factors, including habitat loss, pesticide use, climate change and the introduction of invasive species, have been decimating the population of pollinators at a rapid rate year-over-year. The good news is that there is an increase in public awareness that is currently driving conservation initiatives that support and encourage our pollinators to do what they do best.

Throughout the country, many individual states are doing their part to inform the public and enhance the habitat specifically for our wildlife gardeners, and they are doing so with the following measures: dedicated outreach programs, public events, pesticide and coated seeds regulations, comprehensive pollinator protection plans, agricultural programs that work with farmers and ranchers to create better habitats on their land, and some states are even planting “pollinator-friendly” gardens at state facilities in urban and public areas. A few specific examples of state programs include Colorado’s “Pollinator Highway” throughout Interstate 76, or Texas having a “Pollinators and Prairies” program that help conserve native pollinators and grasslands by creating and restoring all habitats



that provide food, shelter and nesting sites to help increase the various populations. There are also states, including Maryland, New Jersey and New York, that are limiting or banning neonicotinoid insecticides that have been detrimental to our beneficial insects. These are just some of both large and small measures that help to make a big difference. Though it is hard to quantify the results of a lot of these new programs, we do know that the recent population increase of the iconic eastern monarch butterfly, after years of decline, offers encouraging signs of recovery.

Starting in August and through the autumn months, the monarch butterflies with their vibrant orange and black wings take an incredible journey up to 3,000 miles away from Canada and the US to the warmer climates of Oyamel Fir Forrest in Mexico – turning the green and brown mountaintops into a mesmerizing sea of orange. The monarch butterfly is more than just a beautiful sight, however; it is a vital player in maintaining the health of our planet. Which is why I am delighted that, although their numbers are still far from what they were in the mid-1990s, officials from the WWF foundation in partnership with Mexico’s National Commission of Protected Natural Areas, have found that the population has been growing in the last six years. Better yet, they have nearly doubled their numbers from 2024 to 2025. Which is to say, that while there is work to be done at every level, the measures that have been, and continue to be, implemented are a good start for all our pollinator friends to bounce back and flourish.

Sustainability Spotlight

By Karen O'Brien



Jennifer Swearing

General Manager
La Costa Apartments

What does sustainability mean to you?

It means doing my part in making sure the community stays clean and presentable for both residents and the wildlife surrounding us. It also means looking at the bigger picture when considering the role of manager and ensuring my choices for the company reflect the intention of reducing waste.

What steps have you taken to ensure that sustainability concerns, such as environmental impact, are considered in new projects?

We order supplies all at once to reduce carbon footprints when delivering supplies. We switched over to an aerated faucet to reduce water waste and we use LED lightbulbs to reduce energy waste. This brightens up the community, giving it a refreshing look in the process.

How are you engaging your staff in your sustainability efforts?

We meet weekly to discuss any concerns and brainstorm with the leasing and maintenance staff to get their perspective on sustainability. I know they all have a role to play, and a different perspective based on their backgrounds and studies. We all contribute to creating a more sustainable tomorrow.

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

As part of our move-in gift package for residents, we have fridge magnets that educate people on how to properly recycle and how to reduce waste within the community.



Where the Sea Meets the Sky

Sustainable Aviation is on the Horizon

By Carrie Sitterley

The future of flight is looking brighter, and greener than ever! As aviation turns to nature for inspiration, exciting breakthroughs are taking shape that promise to dramatically reduce carbon emission and help protect our planet. Though said inspiration would previously and obviously come from birds in flight, some of the current and most promising sustainable technology for airplanes are using sea animals as their muse.

The International Air Transport Association (IATA), representing 350 airlines worldwide, has set a bold goal of having net-zero CO2 emissions by 2050. With aviation currently accounting for around 2.5% of global CO2 emissions, this commitment is a formidable step toward a cleaner, more sustainable future.

One of the more compelling developments comes straight from the ocean, as Delta Air Lines – a pioneer in aviation since its crop-dusting beginning in 1925 – launched its Sustainable Skies Lab in 2023. This revolutionary innovation hub is the first of its kind in the airlines industry, with a mission to reimagine air travel through cutting-edge research, design and testing, all aimed at meeting their ambitious climate goals. Among the lab's standout projects is a collaboration with MicroTau, an Australian aerospace tech company that's taking its cues from sharks.

Micro Tau's innovation called Riblets, which is inspired by, named after and mimics the tiny grooves on a shark's skin that help them reduce drag in the water, are now being applied to and tested on the aircraft surfaces of Delta's Boeing 767 fleet. These transparent sheathes of microscopic grooves are lightweight, durable enough to withstand both UV radiation and extreme temperatures and can cut aerodynamic drag; are being used to hopefully improve fuel efficiency and reduces carbon emissions by up to 4%.













Adding to their ingenuity, Delta is also working with Vortex Control Technologies (VCT) to test Finlets, which are small, fin-like structures inspired by fish. Attached to the rear of the fuselage, finlets help streamline airflow and reduce drag, potentially lowering fuel consumption and emis-

sions by 1% to 6%, depending on the aircraft. These finlets are currently being tested on their Boeing 737 fleet.

With nature as a guide for innovation, the aviation industry is soaring toward a more sustainable future. From birds in the sky to shark riblets and fish fins in the ocean, the wonders of the natural world are helping us fly smarter, cleaner and greener.

Match Making Time!

Help me find my favorite flower

	
1. MONARCH BUTTERFLY	A. MAGNOLIA
	
2. RUBY-THROATED HUMMINGBIRD	B. CACTUS BLOOM
	
3. BEETLE	C. MOONFLOWER
	
4. BAT	E. SUNFLOWER
	
5. HONEYBEE	D. MILKWEED
	
6. MOTH	F. SALVIA

Volunteer Appreciation with the Boys and Girls Club

**Asprey at Lake Brandon,
Axio at Carillon,
Bonterra Parc,
Egret's Landing and
Versant Place
in the Tampa Area**

By David Rodriguez

Sentinel Real Estate encourages employees to give back through volunteer work, and we are very excited to show our Volunteer Appreciation to the employees at Asprey at Lake Brandon, Axio at Carillon, Bonterra Parc, Egret's Landing Apartments and Versant Place Apartments in the Tampa area, for volunteering their time with the Boys and Girls Club. They helped to set up 2 youth summer programs called Boys & Girls with Confidence, and Boys and Girls with Leadership.



Boys and Girls with Confidence is a program that helps young girls from K – 5th grades to develop positive self-esteem and confidence at an early age.



Boys and Girls with Leadership works to empower kids in 5th – 12th grades to become strong confident young adults and teaches teens the life skills that often take adults a lifetime to learn.

Great work everyone! We sincerely appreciate your collective efforts in helping set up such a wonderful cause.

From Scraps to Soil: One Step Closer to Living Sustainably

By Malak Zougari

What Is Composting?

Composting is the process of recycling organic waste, including the roughly 300 pounds of food scraps that each household throws out per year, into nutrient-rich “black gold” that helps enrich soil. When used correctly, composting improves soil health, supports plant growth, and reduces the need for purchasing chemical fertilizers.

Why Compost at Home?

Up to 30% of household waste is compostable, according to the U.S. Department of Agriculture. Composting at home helps remove this waste from landfills and is an effective way to reduce your environmental footprint.

How do I know what to Compost?

Figuring out what scraps you can compost is an easy task! Compostable materials fall into two groups: “greens” (nitrogen-rich) like fruit and vegetable scraps, coffee grounds/filters, fresh plant cuttings and weeds; and “browns” (carbon-rich) such as, dry leaves, shredded newspaper and eggshells. When composting there are also things you should try to avoid depending on your composting method, these usually include meat, dairy, oils, bones, pet waste, and dead plants, as these can attract some pests and can disrupt the composting process.

How do I Compost?

Freezer Method

For a clean and cost-efficient option, one can choose the freezer method. The idea is to simply collect scraps in a reusable container or bag and store them in the freezer. This prevents the smell and speeds up decomposition. Once the bag is full, you drop off the materials at a local compost site, farmers market or community garden. Many cities offer municipal composting programs that partners with organizations that accept unused food and scraps. This is one of the methods recommended towards apartment living individuals that don't have a private backyard to set up a composting bin and must follow the buildings regulations.

Smart Composting Appliances

Another, often overlooked, way to compost is with an electric kitchen composter, such as the Lomi, which is designed to make composting easy, discreet, and convenient, especially for apartment residents. These devices are a new technology that breaks down food waste into nutrient-rich dirt in just a few hours. It uses an aerobic composting process that mimics natural decomposition but accelerates it by using heat, aeration, sensors and different microorganisms to break down the matter.



An additional and innovative way to compost is the Mill Smart Food Recycler, which uses heat and grinding paddles to dehydrate food scraps of the day overnight, turning it all into a uniformed material that is shelf-stable and nutrient rich. It is a higher-end investment, as it is larger, able to compost a larger range of food scraps, has a built-in auto-cleaning function and is a large step in technological sustainability.

Why it Matters

Composting benefits the environment by reducing landfill waste and greenhouse gas emissions. It can also improve soil health by sequestering carbon and increase water retention, as well as conserve landfill space by diverting a significant portion of waste from landfills, extending their life and reducing the need for new ones. Donating your compost to a local drop-off site or green market will ensure a full life cycle of what you would normally throw away, which is wonderful news for not only us, but for the environment as well.

Found our Matches!

1. MONARCH BUTTERFLY/ D. MILKWEED
2. RUBY-THROATED HUMMINGBIRD/ F. SALVIA
3. BEETLE/ A. MAGNOLIA
4. BAT/ B. CACTUS BLOOM
5. HONEYBEE/ E. SUNFLOWER
6. MOTH/ C. MOONFLOWER

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 Apple and Cider Bread Pudding recipe showcases a way to create a dessert with ingredients found at your local green market: apples, brioche or challah, eggs and apple cider are just a portion of fall's amazingly delicious flavor profile.

Apple and Cider Bread Pudding



Ingredients

- | | | | |
|----|--|----|--|
| 1 | pound brioche or challah bread
- cut into 1 inch pieces | 3 | cups milk |
| 3 | tbs unsalted butter | 1 | tbs vanilla paste |
| 2 | large apples | ½ | cup brandy (Calvados apple brandy preferred) - split in half |
| 1⅓ | cup sugar (split 3 ways) | 1½ | cup apple cider |
| ½ | tsp cinnamon | 1½ | tsp cornstarch |
| 4 | large eggs (beaten) | 1 | tbs sugar in the raw to sprinkle over |

Directions

- 1) Preheat the oven to 350°. Toast brioche cubes on a large cooking sheet for about 15 minutes, stirring occasionally to ensure it is toasty and dry but not burnt.
- 2) In a large skillet, melt 3 tbs of butter over medium heat then add the apples and ¼ cup of sugar. Stir occasionally until the apples are golden and softened, around 15 minutes. Add cinnamon and ¼ cup of brandy (away from heat momentarily to avoid flame). Then let it cook for another minute, allowing the sauce to caramelize.
- 3) In a bowl, whisk the eggs with milk and ¾ cup of sugar. Add vanilla paste and add the apple and brioche mixture. Toss until evenly coated.
- 4) Butter an 8x11 baking sheet then evenly distribute the apple bread pudding and sprinkle Sugar in the Raw on top. Bake until golden brown, around 50-55 minutes.
- 5) While baking, boil down apple cider until it is reduced by half.
- 6) Sift ⅓ cup of sugar and 1½ tsp of cornstarch into reduced apple cider, and simmer until it thickens. Add ¼ cup of rum.
- 7) Allow the bread pudding to cool – serving warm with warmed cider sauce, and your favorite scoop of ice cream.

Food and Toy Drive



As the holiday season approaches each community will be participating in local food and toy drive collections. Donations will be collected at our clubhouses to make drop-offs easy for our residents.



Please look out for donation boxes in your management office this fall. Details on how to participate will be emailed to you soon. We look forward to working together to help those in need in our communities this holiday season.

Source: Skye Randazzo's recipe