

Living Green Quarterly

March 2026



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?

While “green” currently means being environmentally conscious, it originally meant inexperienced or gullible, derived from the imagery of unripe fruits and vegetables in the late 16th century.

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

Water conservation is vital because 97% of Earth’s water is saltwater, 2% is frozen and only 1% is usable for daily needs. Since the human body is 75% water and can survive just 5-7 days without it, preserving this limited resource is crucial.

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

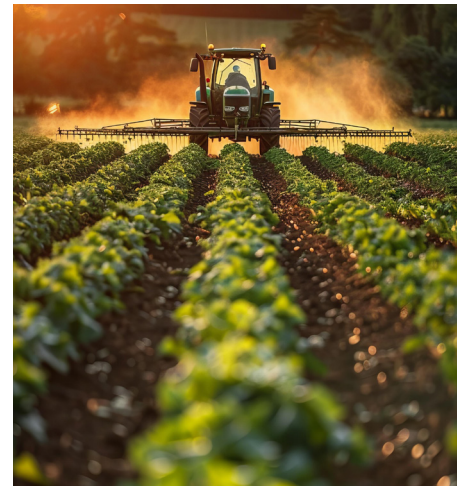
From Farm to Forecast: *Eating Our Way to Solutions*

By David Sanchez-Rodriguez

Climate change and food have a very impactful relationship with each other. According to the Stanford Doerr School of Sustainability, as climate change accelerates, global food production is heavily affected, even as farmers attempt to adjust in the face of uncertainty. As scientists and researchers continue to learn more about how climate change is impacting our daily lives, one of the more concerning findings is its impact on our global food production. Meanwhile, the foods that we choose to eat and how we dispose of our food both play a significant role in the trajectory of climate change.

Research shows that with every additional degree Celsius of global warming, food production could decline by 4.4% of current daily consumption. Changes in rainfall patterns, longer dry spells and hotter temperatures are reducing yields of staples like wheat, rice and corn, putting global food security at risk with higher possibilities of food shortages and surging prices. Furthermore, rising CO2 levels are diminishing the nutritional quality of food. Scientists at the University of Washington explain that a warmer climate accelerates photosynthesis, causing plants to produce more sugars and carbohydrates, effectively “diluting” the concentration of essential minerals and proteins. It is clear that climate change impacts food production, but the foods we choose to consume also influence climate change – either mitigating or exacerbating it.

Choosing a low-carbon diet is a powerful way to support the environment, according to UN.org. Some foods require more energy and resources to produce, leading to higher greenhouse gas emissions. Unsurprisingly, beef, lamb and dairy top the list of high-carbon foods due to methane emissions and extensive land use. Less obvious, but nearly as impactful, are rice, farmed shrimp, coffee, chocolate and items with palm oil, all contributing to climate change. In contrast, fruits, vegetables, whole grains and fish generally have smaller footprints.



While a fully vegan diet may not be feasible for everyone, there are sustainable alternatives. The Mediterranean diet, for example, offers a balanced approach with lower emissions. Another option is the climatarian diet, which emphasizes eating local, seasonal foods and sourcing protein from nearby farms, reducing transportation emissions and supporting local ecosystems. These approaches provide practical pathways toward a more climate-friendly diet without requiring a complete dietary overhaul.

Finally, how we dispose of our food and other organic waste also plays a role in human made emissions. When food waste is discarded, it often ends up in landfills where it produces methane emissions. Conversely, if organic waste is composted, it significantly reduces its carbon footprint by returning nutrients to the soil and avoiding methane emissions. Ultimately, our relationship with food plays a significant role in climate change and while it may seem that we can do little to improve food production, it turns out that how we consume and dispose of food is directly connected to how that food is produced, creating opportunities for meaningful impact.

Sustainability Spotlight

By Karen O'Brien



Alan Greenberg

First Vice President
Residential Transactions

What does sustainability mean to you?

Taking inspiration from a favorite Dr. Seuss character, The Lorax:

Sustainability is a way to ensure that our planet is able to give, providing a healthy place for people to continue to live.

It means keeping our world spinning strong, so we can breathe clean air and drink water all lifelong.

Working towards a planet filled with clean energy, means we can enjoy life that is smogulous smog free.

But oh, the sad tale of Lake Erie's plight, a reminder to guard our world both day and night.

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

In acquisitions, we integrate ESG metrics into due diligence by identifying properties with green spaces and energy-efficient features or retrofitting them with things like LED lighting to positively impact communities.

What business value have you seen from your sustainability efforts?

Our sustainability effort is to use renewable energy like solar panels to tap into the earth's endless energy, while adding long-term value and preserving vital resources. This also fosters clean, healthy neighborhoods that attract residents and help build vibrant, resilient and lasting communities.

Sustainable Libraries A Real Page Turner

By Karen O'Brien



For years, it puzzled me to think that so many people still believe our public libraries are solely about lending books when, in fact, they offer a wide array of free, comprehensive services. Your local library, for example, may provide lending materials beyond books, such as tools, home equipment, nature kits, board games and potentially offer services like 3D printing, resume assistance, tutoring, cultural passes, access to ancestry.com and local history databases. With all these possibilities and more being offered, it has been fascinating to observe how, over the past few years, libraries have begun to turn the page toward a new, sustainable chapter as well.

In 2019, the American Library Association (ALA) adopted sustainability as one of the Core Values of Librarianship to help guide members in building more sustainable institutions. Libraries have long been community leaders in reducing consumption with the simplicity of its business model of providing temporary access to shared resources, dramatically cutting down material over-consumption in communities throughout the country. While services vary by size and local priorities, most of the 13,937 libraries in the United States offer outreach programs or sustainability initiatives that may be worth exploring. Let's dig into some of these novel ideas and services that promote community over excess.

Resource sharing: Reducing the need for individual ownership of books is just the beginning of this story. Libraries also lend puzzles, board games and even gaming consoles, allowing patrons to borrow and donate a variety of items with their library card.

Longevity and Energy Efficiency: Libraries often open their doors after repurposing underused or historic buildings such as former schools, post offices, warehouses or churches. Preserving architecture heritage while avoiding demolition

waste as well as alleviating the environmental impact caused by new construction. They often enhance these spaces with green building features like natural lighting, solar panels, efficient HVAC systems and sustainable materials, to minimize their environmental footprint.

Environmental Education: Local libraries often hold workshops on climate change, zero waste living, gardening and more, empowering communities with knowledge and practical skills. And don't forget that they also lend out tools, equipment or provide seeds to encourage sustainable practices like gardening, home repairs and DIY projects, reducing consumer waste.

Resource Conservation: Many libraries will host "repair cafes" where volunteers with expertise in diverse fields help you fix tattered clothing or broken household items to keep them out of landfills. They will also host book drives, clothing swaps and sustainability fairs, encouraging community involvement and preservation.

Sustainable Wellbeing: Recognizing that a healthy body thrives in a healthy environment; libraries promote sustainable lifestyle and health habits by organizing inclusive fitness events such as yoga classes or themed fun runs for all levels of fitness. A fun run is a walking or running event designed for enjoyment, not speed. All individuals, families and even pets are invited to go for a walk, usually with a twist or theme, providing fun while encouraging sustainably healthy habits.

Though reading is very illuminating, it's good to know that public libraries are not just a boring place to quietly read. It's a place where sustainability and community can also come together. It is definitely worth the trip to access free resources, reduce waste and fuel your knowledge all in the same space.

EMOJI GAME OSCARS EDITION

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🚂 + 😞 + 🌩️

4. _____ (NETFLIX)

💣 + 🔥 + 💣 + 🔥 + 💣 + 🔥 + 💣 + 🔥

5. _____

The Sheffield SoNo Apartments

By Skye Randazzo

PAWS Pet Animal Welfare Society



Ending the year 2025 on a paw-sitive note, the residents and management at Sheffield SoNo in Norwalk, Connecticut, generously donated to the Pet Animal Welfare Society (PAWS). As a local no-kill shelter, PAWS is dedicated to rescuing and rehoming homeless and maltreated dogs and cats. Since 1962, PAWS has provided shelter, medical care, and essential support to abandoned pets in the Norwalk community.

Sheffield SoNo's contribution included a variety of food, treats and toys from PAWS' wish list, enabling the organization to focus on providing compassionate care and finding loving fur-ever homes for animals in need.

We are proud to highlight the impactful work being done to support animals and applaud Sheffield at SoNo for contributing to this meaningful cause.



Plastic *Without* The Microplastics

By Skye Randazzo



In a promising leap toward cleaner oceans and a healthier planet, scientists in Japan's Riken Center for Emergent Matter Science (CEMS) have developed a revolutionary plastic that dissolves completely in seawater within just 2 to 3 hours, without leaving behind harmful microplastics. Led by Takuzo Aida, the team's research, published in late 2025 in the Journal of the American Chemical Society, introduces a plant-based plastic that balances strength with rapid environmental breakdown.

This new plastic matches the durability of conventional plastics but offers a game-changing environmental benefit: when exposed to saltwater, it breaks down quickly and harmlessly. The secret lies in its molecular design. Scientists combined two monomers, including FDA-approved, plant-derived carboxymethyl cellulose (used safely in food products), which form chemical bonds that saltwater dissolves. This process releases the plastic's original components, allowing natural bacteria to complete the disintegration. Unlike many biodegradable plastics that fragment into persistent microplastics, this material leaves no trace. Just pure clean ocean water.

Microplastics have been and are a growing global threat. The UN Environment Program reported that 2.7 million tons entered the environment in 2020 alone. A figure expected to double by 2040. These tiny particles have infiltrated the food chain, contaminating fish, vegetables and have recently been found to be in human tissues, filled with toxic chemicals and causing inflammation. While the full health impacts remain under study, the urgency to find alternatives is clear, and this innovation offers hope by addressing this issue at the source. Creating plastics that don't shed the dreaded microplastics.

Beyond the ocean, the plastic can decompose in soil, vanishing entirely within eight days under natural conditions. This versatility is exciting news, because it means it could reduce plastic pollution not just in marine environments but on land as well.

There are limitations, however. As Newton once stated, for every action, there is an equal and opposite reaction, and this cutting-edge plastic is no different. It comes with a large agricultural footprint, for example. Raw materials come from crops that need land, water and fertilizers, which can contribute to deforestation and other environmental issues. Methane emissions may also be an issue. This is not true if the plastic is in seawater or soil, but if discarded into landfills, plant-based plastics can add to the copious amounts of methane already being emitted. There are also minor issues such as durability, as it is designed to dissolve quickly, thus making it a difficult choice for long-term durability or for high heat instances.

All of that being said, Riken's seawater-dissolvable plastic is a remarkable example of how science can innovate with nature's principles. Using plant-based materials and natural decomposition to tackle pollution. While not a silver bullet, it represents a hopeful step toward reducing plastic pollution and the microplastic crisis. Inspiring a vision of plastics that support human needs without sacrificing the health of our oceans and ecosystems.

🎬 Emoji Answers Revealed 🎬

1. WICKED FOR GOOD



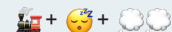
2. BUGONIA



3. F1: THE MOVIE



4. TRAIN DREAMS (NETFLIX)



5. ONE BATTLE AFTER THE OTHER



Spring Asparagus Quiche



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 Spring Asparagus Quiche recipe showcases a way to create a dish with many ingredients found at your local green market; Eggs, asparagus, leeks, goat cheese, dill and parsley are just a portion of spring's amazingly delicious flavor profile.

Ingredients

- | | |
|--|-------------------------------|
| 1 pie crust that will cover a 9-inch pie crust | 3 oz creamy goat cheese |
| 2 tbs butter | 2 tbs of chopped dill |
| 1 leek sliced thinly | • Pinch of red chili flakes |
| 1 pound of green asparagus | • Salt and Pepper to taste |
| 3 large eggs | • Dill or parsley for garnish |
| ¾ cup half and half | |

Directions

- 1) Preheat the oven to 350° F.
- 2) Place pie crust over 9 in pie tin. Pinch the crust with a fork then pierce the crust at the bottom of the pan to release trapped steam and prevent warping while baking. When the oven reaches 350°, place the crust in the oven for 8-10 minutes or until the edges start to turn golden brown. Let cool on the side.
- 3) Clean and remove the fibrous ends of the asparagus. Peel and cut asparagus into 2-inch pieces. In a medium saucepan, bring water to a boil and add the cut asparagus. Bring the water back up to a boil and drain the asparagus – let it cool on the side. Pro-tip, save the asparagus tips to add to create a design at the top of the quiche.
- 4) Cut the fibrous dark green top off the leeks (pro-tip, save the top of the leeks to make a homemade vegetable or chicken broth.) Slice the more tender light green to white part of the leek lengthwise and clean the dirt that gets caught in the layers. Let dry and then slice thinly.
- 5) Heat 2 tablespoons of butter in saucepan used earlier, add the sliced leeks. Cook the leeks until caramelized, about 10-15 minutes. Put it to the side.
- 6) Chop the dill.
- 7) In a bowl add eggs, half and half, dill, chili flakes and salt and pepper to taste.
- 8) Take the pie shell and add the caramelized leeks to the bottom, then layer goat cheese and asparagus above it. Take the egg mixture and pour it in slowly and evenly over the rest of the contents.
- 9) Bake for 40-50 minutes, test the center of the quiche with a toothpick. If it comes out clean, let it rest for 10 minutes.
- 10) Chop your preferred herb for garnish and serve warm.

Source: Skye Randazzo's recipes