

Living Green Quarterly

June 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?

Color:

While green symbolizes wealth in many cultures, in some South American indigenous traditions, it represents the transition from life to afterlife. They believe that green symbolizes how the departed return to the earth to become one with nature.

Sustainable:

Scientists have discovered that Moringa tree seeds can remove 98% of microplastics from water by acting as a magnet and clumping them together for easier removal. Proving to be more efficient than chemical treatments or filtration.

Dad-ventures in Gifting

By Carrie Sitterley



Planned obsolescence, coined in the 1920s, describes the not-so-subtle strategy of designing products to expire early, pushing us back to the store to replace it. With Father’s Day approaching, maybe it’s time to break that cycle. Skip the gadget that breaks apart and consider something timeless instead. Something that is built to last.

When it comes to Father’s Day, finding the right gift isn’t always easy. But this year, if you are aiming for something that won’t end up in a landfill, or buried in the back of a closet, consider this your guide!

Prioritize brands with modularity and repairable components. Smart watches, phones, cameras and fitness trackers often use low-quality batteries, screens or materials that degrade quickly. A quick search on iFixit.com or repair café communities can help even the least tech savvy person to get the right gift for dad.

Before a purchase, ensure the product is repairable, backed by at least a one- to two-year warranty and made by a reputable brand. Going through reviews can be helpful too, just look for terms like “lasted 10 years” or “still works like new”. A little research goes a long way toward choosing something durable.

Supporting local craftspeople isn’t just a feel-good move; it’s a way to invest in quality. Look for local craft fairs, markets and pop-up events for one-of-a-kind items. Some small business with handmade items may also work with local artists, and may point you in the right direction.

Skip disposable items designed to fail. For outdoorsy dads, a Leatherman multi-tool, Swiss-made Swiss Army knife or a bear-proof Yeti cooler will not let him down. Woodworking and DIY dads may not even know they need a Japanese pull saw from Gyokucho or Silky. For a kitchen-loving dad, a Vitamix or Blendtec outlasts any basic blender, while John Boos cutting boards, Fullstar, Great Jones and OXO products are considered long-lasting items for everyday kitchens. Whatever you decide, look for quality that will endure.

Opt for sustainable, high-quality clothing to keep dad stylish. Brands like Patagonia, Muji and Darn Tough Socks stand out for durability. Darn Tough Socks, for example, use merino wool, are made in Vermont and guarantee all-day comfort with a lifetime warranty. Taylor Stitch offers handmade denim with a long-haul guarantee, while Red Wing boots and Carhartt workwear are designed to endure the toughest conditions. With quality and sustainability, the best gift will never go out of style.

Gifting a new or shared experience, like a road trip, fishing trip, wellness day, music workshop or national park pass, will show thoughtfulness and could create a lasting impression far beyond what any material item could achieve.

These ideas and brands share a common goal: lasting joy with less waste. Something Thoughtful. Reliable. Built to last.

Sustainability Spotlight

By Karen O'Brien



Kristen Tharrett
Monterra Las Colinas Manager

What does sustainability mean to you?

To me, sustainability means taking actions now, even just small actions, to ensure I am doing my part to protect and preserve the environment for my son, and future generations to enjoy. Simple things like recycling, growing our own little garden at home, and living in a walkable community or biking when we can.

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

Over the last few years, here at Monterra we have focused on water conservation within our landscaping projects. In several areas throughout the property, we have replaced grass or mulch with river rock, drought tolerant plants, and decorative boulders to create more sustainable landscaping by reducing sprinkler usage and maintenance costs as well.

What are the objectives of your sustainability efforts and what progress has been made in meeting your goals?

In addition to our ongoing landscape upgrades, we are converting lighting throughout our parking garage and common area hallways to LED this year. This has already improved energy and cost savings while reducing heat in interior hallways, which residents appreciate here in Texas!

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

Our wonderful residents actively participate in property events, providing a great opportunity to share environmentally conscious ideas and tips. Our annual Winter Weather Emergency Preparedness and Earth Day flower planting events are always a hit!

Beacons of Hope in the Uncertainty

By Skye Randazzo



Recent medical breakthroughs are defying odds and offering hope in cancer, Alzheimer's and schizophrenia research. Some findings are still in observational stages, while at least one new finding is being fast tracked by federal regulators. In any case, innovation and determination are providing a place for hope to dwell for so many.

A life-altering diagnosis can feel like the ground has shifted beneath you. A surreal moment, where your life pauses and a whirlwind of uncertainty, fear and isolation takes over. This is the time, however, for you and your doctor, the person who knows your medical history best, to explore every option together. Though in very different stages and for different prognoses, there are three promising findings that are worth our being optimistic.

Alzheimer's and Schizophrenia: Nature never fails to surprise us. While exploring Timor-Leste's shallow waters for an Ocean Census project, Dr. Svetlana Maslakova and her team from the University of Oregon discovered a ribbon worm whose neurotoxins could hold the key to treating Alzheimer's disease and schizophrenia. When threatened, this vibrant worm releases a substance to deter predators, that scientists are now studying for their potential to improve memory and cognitive function. In early testings, it has already shown much promise, offering a glimmer of hope for conditions long deemed untreatable.

GLP-1 Drugs and Cancer: In a surprising twist, researchers at the Cleveland Clinic presented findings at the American Society of Clinical Oncology's (ASCO) annual meeting that could redefine cancer care. They found that patients taking GLP-1 drugs like Ozempic or Wegovy were 38%-50% less likely to see their non-small cell lung cancer, breast cancer, colorectal cancer and liver cancer advance to Stage 4. While the study is based on over 12,000 patient records, it is observational and needs more research to confirm cause and effect. Though the real-world evidence is promising, particularly for high-risk patients

On The Fast Track: For over 40 years, scientists have known that pancreatic cancer is driven by a mutated gene called KRAS, but targeting KRAS has been nearly impossible because the surface, often described as a smooth sphere, lacks the grooves or pockets needed for traditional drugs to latch onto. But Revolution Medicines has upended the conventional treatment of this

disease with Daralutoclasib (DAR), a pill that acts like glue. Instead of searching for a groove to hold onto, it binds with a protein, forming a complex that sticks to KRAS and breaks it down. In Phase 3 of clinical trials, patients with metastatic pancreatic cancer who took DAR lived a median of over 13-months, or twice as long as those on chemotherapy alone. With a better quality of life. Federal regulators have already fast-tracked its review and expanded access. A rare move for a disease that has long defied progress. As one of the most diagnosed cancers, with a five-year survival rate of just 13.7%, fast-tracking it and working to make it a first-line treatment in place of chemotherapy is a testament to its potential to change the trajectory of pancreatic cancer.

While progress is not linear, and these treatments are still evolving, these breakthroughs aren't just scientific wins. They are reason to keep hoping for a brighter future ahead.

Match the Player to the Flag

- | | | |
|-----------------------------------|--|---|
| 1. Harry Kane | | |
| 2. Christian Pulisic | | |
| 3. Lionel Messi | | |
| 4. Mohammed Kudus | | |
| 5. Chris Wood | | |
| 6. Cristiano Ronaldo | | |
| 7. Wataru Endo | | |
| 8. Achraf Hakimi | | |
| 9. Vinicius Júnior | | |
| 10. Raúl Jiménez | | |
| 11. Adalberto "Coco" Carrasquilla | | 2 |
| 12. Kylian Mbappé | | |

Paws-itively Purrr-fect Cleaning Products

By Skye Randazzo

Pets and cleaning products don't often mix. In 2024, household cleaning products accounted for 6.5% of pet poison calls according to the ASPCA Animal Poison Control Center. Even dry surfaces can hide chemical traces, and pets ingest toxins by licking their paws or grooming. Cats are especially vulnerable due to their inability to metabolize certain chemicals. Having eco-friendly cleaning solutions that are toxic-free, effective and inexpensive, may be the answer to your fur-babies cleaning woes. Here are some DIY cleaning solutions for your pet-friendly home:



Floors (Hardwood, Tile, Laminate, Vinyl)

Pets walk, lie and roll on floors, picking up and ingesting residue. A DIY All-Purpose Floor Cleaner is to mix 1 gallon of warm water, ¼ cup white vinegar, 1 tsp castille soap, 5 drops pet-safe essential oil such as lavender or lemon in a bucket and mop as usual. For tough stains, sprinkle baking soda on the stain, scrub with a damp cloth, then mop with the solution above.

Carpets and Rugs

Many store-bought carpet deodorizers can be harmful to pets. Sprinkling baking soda on your carpet before vacuuming can give you the same results without the harmful effects. But for stains, mix 1 cup of water, 1 tbsp white vinegar, 1 tbsp dish soap. Blot the stain with a cloth dampened in the solution. Rinse with water and blot dry.

Bathrooms

We've all seen how dogs and cats will go to different water sources to lap up a separate water source than their water-filled bowls. Avoid the harsh chemicals for:

Toilet

Sprinkle baking soda in the bowl, add ¼ cup white vinegar, let sit for 10 minutes, then scrub with a toilet brush.

Sink and Tub

Mix equal part baking soda and water to form a paste. Scrub surfaces with a brush or sponge. For tough grime, use hydrogen peroxide on surfaces, let sit for 10 minutes, then rinse.

Pushing the Envelope in Sustainability

By Karen O'Brien



Technically older than the United States itself, the US Postal Service will observe 251 years of continuous service on July 26th, immediately after we mark our 250th anniversary as a free nation. The roots of this enduring institution trace back to 1775, when the Second Continental Congress recognized the need for a formal postal system and appointed Benjamin Franklin as the first Postmaster General. In his one-year tenure, he established a standardized, efficient postal system, including the foundations for home delivery. This network not only improved daily life but also helped win the Revolutionary War by providing a secure, independent system for coordinating military movements and distributing political pamphlets, while fostering unity among the colonies.

Over the generations, the postal service has evolved with innovations, including the introduction of stamps, both city and rural delivery, ZIP codes and automated sorting, boosting both speed and efficiency. Today, however, the objective has expanded beyond efficiency alone, adding sustainability as a new focus, aiming to modernize operations, cut costs and reduce environmental impact. To support this transition, The Office of Sustainability, created in 2008, has led efforts to reduce greenhouse gas emissions and manage environmental impact across the USPS fleet and facilities with targeted strategies. These include:

Climate Action: One of the ways the USPS is working towards their goal is by steadily expanding its electric and battery-powered delivery vehicles within its Next-Generation Delivery Fleet, prioritizing urban and high-density routes to maximize efficiency and emission reduction.

To improve energy efficiency in its facilities, they are also implementing energy-saving technologies, including LED lighting, Smart HVAC systems and building automation systems to optimize energy use.

Circular Economy: The USPS aims to divert 75% of its waste by improving recycling practices, using smarter packaging, reusing materials and enforcing operational changes. Essentially, each post office is shifting from a "throw-away" model to one where most materials are recovered and reused instead of being sent to the landfills.

Environmental Awareness: The USPS is boosting environmental education and engagement by promoting eco-friendly products and packaging, raising awareness about sustainability initiatives and offering carbon accounting tools to help businesses track and measure their shipping emissions. They also engage and train employees through dedicated climate literacy programs to foster a culture of sustainability.

These core values along with their ambition to optimize routes and shift from air to ground freight, when possible, reflects their commitment to innovation and sustainability. And this forward-thinking model gets our stamp of approval all around.



See How You Did!



1. Harry Kane
England



7. Wataru Endo
Japan



2. Christian Pulisic
USA



8. Achraf Hakimi
Morocco



3. Lionel Messi
Argentina



9. Vinícius Júnior
Brazil



4. Mohammed Kudus
Ghana



10. Raúl Jiménez
Mexico



5. Chris Wood
New Zealand



11. Adalberto "Coco" Carrasquilla
Panama



6. Cristiano Ronaldo
Portugal



12. Kylian Mbappé
France



Southwest Style Wedding Soup

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 Southwest Style Wedding Soup recipe showcases a way to create a dish with many ingredients found at your local green market; ground chicken, eggs, cilantro, garlic, carrots, onions, jalapeños, corn, and possibly chicken stock or bone broth are just a portion of summer's amazingly delicious flavor profile.

Ingredients

Soup:

- 2 tbs neutral oil (cut in half)
- 3 garlic cloves, minced
- 2 medium carrots, diced
- 1 onion, diced
- 2 celery ribs, sliced
- 3 tomatoes, diced
- 1 small jalapeño, seeded and sliced (optional)
- ½ cup fresh corn kernels
- 2 quarts chicken stock
- 1½ cups of small pasta of your choice, cooked and put to the side (stelline, acini di pepe, orzo, or ditalini)
- ½ tsp dried oregano
- 1½ tsp chili powder
- 1 tsp cumin
- ¼ tsp coriander
- Salt and pepper to taste

Meatballs:

- 1 pound ground chicken (or meat of choice)
- ¼ cup crushed tortilla chips
- 2 tbs taco seasoning
- 1 large egg
- 2 tbs fresh cilantro, minced
- ¼ tsp salt
- Pepper to taste

Your Choice of topping:

- Cubed avocado
- Sour cream, parmesan, cotija or cheddar cheese
- Extra cilantro as garnish
- Lime wedge

Directions

- 1) In a Dutch oven or large pot, heat 1 tbs of oil over medium heat. Add carrots, garlic, onions, celery, tomatoes and jalapeños until tender. Mix in salt, pepper, oregano and chili powder to the vegetables, then add chicken stock and corn. Increase the heat until ingredients begin to boil and bring down the heat, bringing the soup to low simmer and cover.
- 2) In a separate bowl, combine ground meat, taco seasoning, tortilla chips, egg, cilantro, salt and pepper; mix lightly until combined. With wet hands, shape mixture into 1½ inch balls. Pro-tip, have a good piece of parchment paper to place them on so that they don't stick.
- 3) In a frying pan, heat 1 tbs of oil over medium high heat. Brown the outside of the meatballs in small batches without cooking them all the way through. Once they are browned, add them to the soup gently. Let them finish cooking in the soup for 5 minutes.
- 4) Add the cooked pasta into the soup and serve with your toppings of choice.

Source: Kayla Knoll's recipe