

Living Green Quarterly

September 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?

Leaves change color in fall not from the cold, but because of photoperiodism. Trees have light sensors that detect shorter days which triggers deciduous trees to stop producing chlorophyll, revealing hidden pigments.

SOURCE:
<https://www.highmowingseeds.com/blog/photoperiodism/?srsltid=AfmBOoqM0a-F-Z9vEviPRfSyQx7RX5v-iQ1NFLR6D44vwmi0iDL9vR6B>

Leaking just one drop of water from a hot water faucet per second wastes 165 - 250 gallons of water every month, which is more than an average person uses in two weeks!

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

The Hidden Language of Trees

By Kayla Noll

Walking through a dense forest or hiking trail, it is hard to miss the feeling of vibrant life all around. Trees are living things, this we know, but how alive are they? Can they feel, think, and communicate? New science discoveries say yes.

Scientists in recent years have discovered trees don't just simply grow on their own and compete for resources, they are able to reach enormous sizes and live to be 100's of years old through a web of relationships, alliances and networks. Forest trees have evolved to thrive in cooperative, interdependent relationships, maintained by a shared communication system. In a healthy forest, trees are connected to each other through underground fungal networks, where they share water and nutrients. They send distress signals about drought and disease, and other trees will alter their behavior when they receive these messages. These are called mycorrhizal networks. Fine, hairlike root tips of trees join with microscopic fungal filaments to form basic links, which operate as a relationship between trees and fungi. In exchange, the fungi consume about 30% of the sugar that trees photosynthesize from sunlight. The sugar is then used as fuel as they pull nitrogen, phosphorus and other nutrients from the soil, which are then absorbed by the trees. Young saplings in a deeply shaded portion of the forest survive off this system. Without adequate sunlight for photosynthesis, they survive because large “mother” trees pump sugar into their roots. These larger and older “matriarch” trees are so important to the network, smaller trees and saplings will not totally abandon them if they are sick or dead. A large stump left from one of the “matriarch” trees, will continue to produce green chlorophyll, showing the network of trees surrounding it are still sending sugar and nutrients.



To communicate through the network, trees send chemical, hormonal, and slow-pulsing electrical signals to each other, like an animal's nervous system. They can also communicate through the air, by using pheromones and other scent signals. In sub-Saharan Africa, when a giraffe starts chewing umbrella thorn acacia leaf, it will emit a distress signal, telling the others to pump tannins into their leaves, which can sicken a large herbivore if enough is ingested. They also have a sense of taste. When elms and pines are being attacked by leaf-eating caterpillars, they can detect saliva and release pheromones that attract parasitic wasps, who come to attack the caterpillars. When a deer bites a branch, defending chemicals make the leaves taste bad. They even know the difference between human and animal/insect attacks. When you break a branch or rip a leaf with your hands, the tree will produce nutrients to heal the wound.

So, next time you see a large tree, stop and see if you can spot its local network, and think twice about plucking that leaf or snapping a small branch.

Sustainability Spotlight

By Karen O'Brien



Andrea Klein

Legal Assistant, NY Office

What does sustainability mean to you?

To me, it means using what is on hand to sustain all flora and fauna for this generation and the next. To pay it forward.

I also think that being sustainable means getting creative to keep things from being unnecessarily thrown out. For example, when we were moving from one office space to another, I started a "recycle table" where items that would otherwise be thrown out due to moving, had a second chance at life when coworkers took those items home instead.

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

I garden. I have five gardens at home. 2 vegetable, 1 herb, 2 flower and a house full of plants that I have saved from various places. The flower gardens are stocked with plants to attract pollinators and birds. While the herb and vegetable gardens are filled with things I cook with or make teas out of, and save the uneaten crops in the basement to enjoy all year. All the kitchen scraps get composted to feed the soil that my gardens grow from. I also volunteer and share my gardening knowledge with neighbors, friends and a nonprofit group that spreads the knowledge further.

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

To use what is available and to make the most of what I have in a creative and useful way.

Concrete Solutions to a Cooler Planet

By David Rodriguez-Sanchez



As the climate emergency intensifies, people everywhere are asking what they can do to help turn the tide on climate change. Scientists are a step ahead of us and answering this call by pioneering bold, innovative solutions to heal our planet by mitigating climate change and preserving our habitats. Different technologies target different current impacts of climate change such as construction emissions and access to fresh water. Some of these technologies are already possible but require investment along with public demand. I would like to highlight a few various innovative approaches to battling the rapid change in climate today.

Green Concrete:

Revolutionizing the construction industry by replacing traditional, high-carbon concrete materials with recycled alternatives; green concrete is a blend of recycled materials with carbon-capture technologies to significantly reduce its environmental footprint. By substituting a portion of Portland cement, concrete's most polluting component, green concrete slashes energy use and CO2 emissions while diverting industrial waste from landfills. This alone makes a difference when trying to lower your carbon footprint, but the most groundbreaking aspect of green concrete, is that carbon-capture technology injects CO2 into the concrete during the curing process, mineralizing it into stable calcium carbonate and trapping it permanently as a mineral that delivers a superior durability. This doesn't just minimize the environmental impact that traditional concrete creates; instead, it actively helps to reverse it.

Regenerative Desalination:

Conventional desalination is a technology that currently exists and is used worldwide, but it comes at a steep environmental cost. It relies heavily on fossil fuels for energy and releases a toxic hypersaline brine back into the oceans, disrupting marine life and wasting valuable minerals. Regenerative desalination, on the other hand, focuses on using renewable power to minimize its environmental footprint while capturing and transforming the brine waste into a treasure trove of recoverable chemicals that can be sold for other uses, drastically reducing waste. Some cutting-edge plants even generate electricity from the excess saline it creates, turning waste into watts. This creates a circular economy where freshwater production doesn't just avoid doing harm. It actively helps to restore the ocean's ecosystem.

Direct Air Capture:

An innovative system that removes carbon dioxide (CO2) directly from the atmosphere, including emissions that are hard to eliminate, including car, plane and farm emissions. With massive fans and specialized filters, DAC systems capture CO2 using chemical or physical filters, then releases clean air back into the environment. The captured CO2 can be stored permanently, or transformed into useful products like synthetic fuels, plastics or building materials, creating a circular carbon economy. While Direct Air Capture is energy-intensive, pairing it with renewable energy sources like solar and wind makes it a powerful tool for achieving net-zero or net-negative emissions.

Where in the world is...?

Can you figure out what city in the world is one of the most scenic places during autumn?



Clues:

1. This city has the world's longest metro.
2. It is surrounded by 44 breathtaking mountains.
3. There's a Karaoke bar for every 333 people in the city with around 30,000 karaoke rooms.
4. More than 50% of the country's population lives in this city.
5. It is a dynamic metropolis renowned as the birthplace of beauty and skincare, cutting-edge technology, a rich traditional culinary culture and historic royal palaces.



Versant Place Apartments and Asprey at Lake Brandon Apartments

By Skye Randazzo

Beginning the school year on a *soup-er* high note! Teams from both Versant Place Apartments and Asprey at Lake Brandon volunteered at the Seeds of Hope food bank to sort food and bag meals for local students in need. We think it's a *big dill* that they are doing their part to help kids fuel their minds and bodies, directly supporting their focus, comprehension and better overall health in schools.



Lettuce all celebrate by highlighting the impactful work being done by Seeds of Hope to aid kids in need of nourishment, and by applauding both Versant Place Apartments and Asprey at Lake Brandon for contributing their time and effort to this meaningful cause.



Small Changes, Big Impact: Sea Turtles Are On the Rise

By Heidi Adams



For decades, sea turtles have been considered among the world's most threatened marine animals. However, recent conservation successes have demonstrated that positive environmental actions can help wildlife recover. While not all sea turtle species are free from danger, several populations, particularly green sea turtles, have experienced significant improvements due to habitat protection, reduced hunting, and stronger environmental regulations.

One of the most important factors behind this recovery has been the protection of nesting beaches. Governments, conservation organizations, and local communities have worked hard together to safeguard areas where female turtles lay their eggs. By limiting coastal development, reducing artificial lighting, and protecting nests from predators and human interference, more hatchlings are successfully reaching the ocean.

Another major achievement has been the reduction of accidental capture in fishing gear. Conservationists and fisheries developed Turtle Excluder Devices (TEDs), which allow sea turtles to escape from shrimp nets while preserving commercial catches. These devices have proven highly effective and have contributed to the recovery of several sea turtle populations.

Green sea turtles have become a notable conservation success story. In 2025, the International Union for Conservation of Nature reported that the global green turtle population had increased significantly compared to levels seen in the 1970s. This improvement was driven by decades of international conservation efforts, including the protection of nesting beaches, restrictions on turtle harvesting, and measures to reduce bycatch in fisheries. As a result, the species' global conservation status was upgraded from "Endangered" to "Least Concern".

Environmental restoration has also played a huge key role. Healthy seagrass meadows and coral reef ecosystems provide critical feeding grounds for sea turtles. Efforts to protect marine habitats have improved their food availability and strengthened the ecosystems that sea turtles depend upon for survival.

Although these improvements are encouraging, experts emphasize that sea turtles still face challenges from climate change, pollution, habitat loss, and fishing-related threats. Continued conservation efforts will be necessary to ensure that these remarkable animals remain on a path toward long-term recovery.

In conclusion, the recovery of many sea turtle populations demonstrates that environmental protection works. Through habitat conservation, sustainable fishing practices, and international cooperation, sea turtles are making a comeback in many parts of the world. Their recovery serves as a powerful example of how positive human action can help restore endangered wildlife populations.

The answer is...

SEOUL



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 Cider Glazed Chicken recipe showcases a way to create a dish with ingredients found at your local green market: chicken, apple cider, honey, rosemary, cipolini onions, sweet potatoes, apples and garlic are just a portion of fall's amazingly delicious flavor profile.

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.

Cider Glazed Chicken



Ingredients

For the glaze:

- ½ cup apple cider
- ½ cup chicken broth
- 3 tbs honey
- 1 bay leaf
- 3 rosemary sprigs
- 1 tbs dijon mustard
- salt to taste

For the chicken thigh:

- 6 Cipolini onions – quartered
- 2 cup of sweet potato – cut into 2-inch cubes
- 1 Honeycrisp apple – cored and sliced
- 8 whole cloves of garlic
- 3 rosemary sprigs
- 6 chicken thighs – bone-in and skin on
- 1 tbs of olive oil
- salt and pepper to taste

Directions

- 1) Heat the oven to 425° and season the chicken thighs with salt and pepper to taste.
- 2) Saving the honey and mustard for the end, put apple cider, chicken broth, bay leaf, rosemary sprigs in a sauce pan and stir to incorporate everything together. Bring it to a light boil on medium-high heat, then bring the temperature down to low and let it reduce until it thickens. After it thickens, add the mustard, honey and salt to taste and let the flavors incorporate for 2-3 minutes.
- 3) Salt and pepper the chicken thighs, then in a heavy bottomed, oven-safe pan, add the olive oil and sear the chicken, skin-side down first, over medium-high heat. Let it cook for 5 minutes or until golden brown. Do this to both sides, then remove the chicken and put it to the side.
- 4) Add the cubed sweet potatoes, sliced apples, cipolini onions, rosemary sprigs and garlic cloves to the pan and toss them with the juices in the pan. Add the chicken to the top of the mixture skin-side up.
- 5) Brush the chicken thighs with the glaze, then place the pan into the oven for 20 to 30 minutes until the sweet potatoes are soft and the chicken is cooked through. Bring the glaze back up to a quick boil and drizzle over chicken or keep on the side for dipping.

Source: Skye Randazzo's recipe