



*Virtus Semper Viridis*

# The VILLEage Green



Lawrenceville's Sustainability Newsletter... For our community and for the Earth



## Earth Day 2020 and Earth Day 50th Anniversary SPECIAL EDITION

### Events

- Wednesday, April 29th at 9:30 am
  - [Ms. Tia Nelson](#), daughter of Earth Day founder Gaylord Nelson and Director of Climate Programs for the Outrider Foundation, will be available for a live chat on the 50th anniversary of Earth Day and her bipartisan work on climate change. A zoom link to the webinar will be sent out to the school community.
  - During the live chat, we will view a [short movie](#) featuring Ms. Nelson
- Join these free online summits:
  - [Earth Week Summit](#)
  - [We Don't Have Time Summit](#)
  - [Earth Day Summit](#)



Click on links for more information!

### Resources

- [Visit the Nelson Earth Day Website](#) for more information on the history of Earth Day
- See the new video about the Big Red Farm by Claire Rubenstein '21 with guidance from Mr. Domb, [on the BRF webpage](#)
- [Register for an individual cleanup](#):  
Record yourself doing an Earth Day trash pickup in an area around your home and post it on social media





A team of over 30 members, this year's Sustainability Council meets weekly to plan new events and initiatives for the School community and has achieved considerable accomplishments this school year. With the help of a dedicated crew and updated signage, we have successfully restarted the composting efforts in both dining halls, enriching the soil at the Big Red Farm. We have also piloted new programs for recycling, reusable plates, and reusable water bottles with promising results and will be expanding them to the whole school in the future. During Sustainuary, we hosted a series of events including the spectacular Trashion Show at Smeeting, a documentary screening at GCAD to raise climate awareness, sugar maple tree tapping sessions near the golf course, as well as a clothing drive for Goodwill to reduce our landfill contributions. Currently, despite the COVID-19 pandemic, we continue to connect via Zoom to plan events for Virtual Villeage and next year. We look forward to transforming Lawrenceville into an evermore sustainable community in the coming years.



# The History of Earth Day: A Timeline

Jan 28,  
1969

## Oil Spill in Santa Barbara

Off the coast of California, thousands of barrels of crude oil spill into the waters of the Santa Barbara Channel due to a blowout on a nearby offshore oil platform. The oil spill kills thousands of seabirds and marine animals and reaches more than 800 square miles of ocean and 35 miles of beach.

## Cuyahoga River Fire

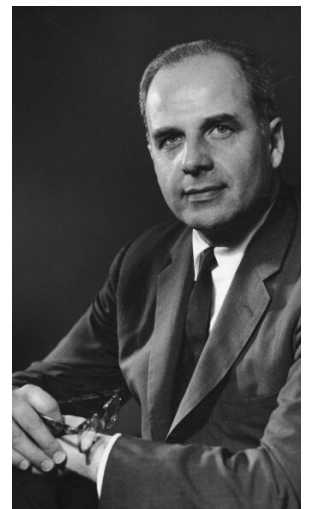
After decades of pollution from industrial and human waste, an oil slick on the Cuyahoga River's surface catches fire. News outlets report and publicize the fire and the Cuyahoga River becomes a symbol of American river pollution resulting from industrialism.

Jun 22,  
1969

Sep 9,  
1969

## Gaylord Nelson's Earth Day

Alarmed by recent environmental disasters and inspired by student anti-Vietnam War teach-ins\*, Wisconsin Senator Gaylord Nelson conceives of the idea of Earth Day. The day would feature organized student teach-ins to spread environmental awareness and push environmental issues onto the national agenda. On September 9th, 1969, Nelson presents his idea at a conference in Seattle, and April 22 is designated as Earth Day.



## First Earth Day

Organized by Gaylord Nelson and an additional staff of 85, Earth Day arrives. Over 20 million people, including students from thousands of colleges and universities, protest, march, rally, and educate in order to raise awareness for environmental issues and the responsibility of every person to protect the Earth and its resources.

Apr 22,  
1970



## New York, USA

[Learn More](#)

For the past several years New York's Earth Day Marathon, 5K, and Relay has remained an anticipated springtime favorite, taking runners through the beautiful countryside and participants are gifted with a tree seedling and a post-race festival. Additionally, the Union Square will feature exhibitors, green businesses, kids' activities and live performances, free and open to the public. There will also be music, screenings, tours and programming at the New York Botanical Garden.

[Learn More](#)

## Africa

For the 50th anniversary of Earth Day, the Earth Day Network aims to organize the largest environmental movement across Africa, virtually, to combat problems such as desertification, deforestation, and poor waste management. From online meetups, to strikes, to virtual challenges, the Earth Day Network has encouraged and promoted events world wide that provide environmental education and encourage sustainable lifestyle changes both within Africa and on a global scale.

## London, England

[Learn More](#)

Somerset House, a historic arts center in London, has been holding numerous events on Earth Days in the past few years. Whether it be through paintings, films, or even workshops on how to grow your own mushrooms, the center takes a broad scope on what they present to their visitors in terms of getting a complete experience. This year, they are still holding many workshops live streams and having online Q&A sessions with professionals in their field. Their extensive website also provides many articles and resources related to events held in the past.

[Learn More](#)

## Tokyo, Japan

In Tokyo each year, about 120,000 people sit in Yoyogi park where Japan's largest Earth Day celebrations have happened since 2000. They listen to lectures on topics such as sustainable energy and world peace, music and dance performances, and a variety of sustainable foods for visitors to try. In addition to the large gathering at the park, there were also events hosted by the Greenroom Festival, which included beach cleanups, music presentations, art exhibits, yoga, and other expressions for the love of the environment. The festival was scheduled again for mid-May this year but was postponed to the fall due to the virus.

During quarantine, it may seem difficult to stay sustainable, but there are many fun activities and steps you can take to become more environmentally friendly.

## 1 Composting at home

[Learn More](#)

For outdoors

- Find a dry spot near water
- Add compostable items in a pile while making sure to chop up bigger pieces and also to put fruit or vegetables at the bottom
- Add some water to the pile and keep it moist
- Cover the top
- When the bottom is dark brown it means your compost is ready
- Time frame: 2 months - 2 years



[Learn More](#)

## 2 Hydroponic gardening



As the growing season approaches, it may be a good idea to start a garden. Don't have soil handy? That's okay, you can try hydroponic gardening. Hydroponic gardening is the idea of using water and nutrients to grow a plant instead of soil. In fact, studies show that this method may make plants grow "30-50 percent faster than a soil plant".

## 3 Seed Bombs

[Video Tutorial](#)

### What you will need:

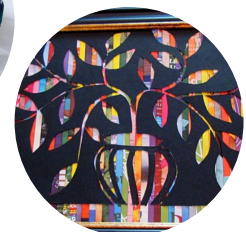
Recycled paper, Water, Blender, Sponge, Cheesecloth, Molds, Seeds



### Steps

1. Tear recycled paper into small pieces
2. Add 2 cups of water and blend
3. Strain mixture with cheesecloth
4. Add seeds to mushy paper and mix
5. Put in molds and wait 24 hours
6. Plant whenever the weather is good

## 4 Other Projects



[Make a soda tab bracelet](#)

[Make art or collages out of old magazines](#)

[Make other sustainable crafts](#)



**Click on links for more information!**

As we observe Earth day, it is important to take a look at how our ways of eating impact the environment. By educating ourselves about our actions and their impacts, we can combat environmental problems a lot more efficiently.

As many know, the Amazon has been disappearing in the last few decades; the immediate thought to combat this problem would be to reduce our use of paper. However, going one year without paper saves 8.5 trees, while going one year without beef saves 3,432 trees and reduces the 150 billion gallons of methane that cows produce annually.

For this reason, reducing one's intake of animal products is one of the most effective ways to contribute to a more sustainable world and protect our Earth. Small steps make a much bigger impact in the long run and are easier to sustain. Start by having a meat or dairy-free meal a few times a week.



## Eating sustainable doesn't have to feel so restricting.

### 1 BBQ Crispy Chickpeas

Add this recipe to any macro bowl to make a filling and healthy lunch!

#### Ingredients

- 2 cans low-sodium chickpeas
- 2 tablespoons olive oil
- 1 teaspoon smoked paprika
- 1 teaspoon chili powder
- 1 teaspoon garlic powder
- 1 teaspoon onion powder
- 1 teaspoon cumin
- 1/2 teaspoons sugar
- 1/2 teaspoon salt

#### Directions:

1. Preheat oven to 400 degrees.
2. Drain, rinse and dry chickpeas with a paper towel.
3. Toss in olive oil on a baking sheet.
4. Roast for 25 minutes or until chickpeas are crunchy.
5. Remove from oven and mix chickpeas with spices.





## Peach Raspberry Crumble

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### Ingredients

Filling:

- 1.5 cups frozen peaches
- 1 cup frozen raspberries
- 1/2 of a lemon
- 1 tbsp sugar
- 1 tbsp corn starch
- Crumb Topping

Dry:

- 1/2 cup flour
- 1/4 cup sugar
- 1/2 cup walnuts
- 2/3 cup old fashioned oats
- 1/2 tsp cinnamon
- 1/4 tsp nutmeg
- 2 pinches of sea salt

Wet:

- 1/3 cup melted refined coconut oil
- 1 tbsp maple syrup
- 1/2 tsp vanilla extract

### Directions:

1. Preheat oven to 350 degrees
2. In a large mixing bowl, combine peaches and raspberries with the juice from half of a lemon. Add the coconut sugar and cornstarch and toss until well combined. Set aside
3. Finely chop the walnuts (I use a food processor or high powered blender to make it easier) and add into a bowl with the remaining dry ingredients. Then add in the wet ingredients and mix well until a crumbly, sticky mixture forms.
4. Transfer the filling to a baking dish and loosely crumble half of the crumb topping on top. Freeze the other half to use for another day if desired.
5. Bake for 45 minutes or until the top is beautifully golden brown and the fruit is bubbling around the edges of the pan.
6. At this point you can remove it from the oven, let it rest for about 5-10 minutes, and then serve.

This crumble is perfect as a fall or summer dessert and always gets finished the day I make it. Baking vegan doesn't mean one has to live without our comfort food. This can be enjoyed with a scoop of dairy-free ice cream or whipped cream.

Taking a look at where our produce comes from has a lot to do with sustainability. A lot of the produce in grocery stores is imported from different countries because it is out of season in our neighborhood and that process produces a lot of carbon emissions. Using frozen fruit as an alternative option can be more beneficial as the fruit is picked at the time it is most ripe.

## A Brief Look at the Greenhouse Gas Emission-Car Connection

28%



of all US  
**greenhouse gas emissions**  
in 2018 are from  
**transportation sectors**

 < 1%

of people in the US  
rode a **bike** to work in 2018

3%



of people in the US  
**walked** to work in 2018



27

**minutes**

is the average one-way  
**commute to work**  
in the US in 2018

“ Think of bicycles as rideable art that can just about save the world. ”  
~Grant Peterson

Sources: United States Environmental Protection Agency, U.S Census Bureau's Economic Census, County Patterns, and American Community Survey

## The Newsletter Editorial Team

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