

The Peacock Planet

Saint Peter's University Sustainability Council Newsletter

April 2021



Photo by Dr. Laura Twersky

Happy Earth Day and Week!

We hope you can join us for these enlightening conversations this week. Simply copy and paste these links into your calendar, or click on the links below on the listed day and time.

Monday, April 19 from 12pm to 12:50pm: Sustainably Eating

A presentation by Dr. Wanlu Li, Dr. John Ruppert, Dr. Marilu Marcillo, and Mr. Erich Sekel
<https://saintpeters-edu.zoom.us/j/92617311943>

Tuesday, April 20 from 11am to 11:50am: Climate Change in the Classroom

A presentation by Professor Mary Anne Gallagher-Landi of NASA
<https://saintpeters-edu.zoom.us/j/98676066403>

Wednesday, April 21 from 12pm to 12:50pm: Hydroponics

A presentation by Dr. Brandy Garrett-Kluthe
<https://saintpeters-edu.zoom.us/j/94348741702>

Thursday, April 22 from 12pm to 12:50pm: How Much Plastic Do We Consume Every Day?

A presentation by Dr. Laura Twersky, Deyna Aquino, Shawn Ali, and Stephanie Martinez
<https://saintpeters-edu.zoom.us/j/96276783772>

Friday, April 23 from 12pm to 12:50pm: Change the Climate

A presentation about smoking cessation by the Jersey City Dept of Health & Human Services and Hackensack Meridian Quit Center

<https://saintpeters-edu.zoom.us/j/96910490520>

Friday, April 23 from 6pm to 8pm: Film Night: Sustainable

A screening of the film 'Sustainable' followed by a discussion, moderated by Dr. Xiaoyang Huang and Marybeth Duong <https://saintpeters-edu.zoom.us/j/95966497441>

Other April Events

- Friday, April 23 at 11am: [Liberty State Park Civic History Panel](#)
- April 24 and 25 (multiple sites) from 10am to 1pm: [Jersey City Neighborhood Cleanup](#). Click on the link to volunteer for any one of these local Jersey City clean-up events.
- Wednesday April 28 at 10am: NJDEP Speaker Series on [Exploring Food Waste Recycling & Energy Generation](#) Click the link to register

Neighborhood CLEANUP

BERGEN-LAFAYETTE

Come join your neighbors from **10am - 1pm** to help keep Jersey City clean and sustainable! Spread the word to your neighbors, friends, and family. Bring your own mask, reusable water bottle, and a bag to hold your belongings. Gloves, bags, and pickers will be provided. **Community service hours offered to students.**

Unable to attend the scheduled day in your neighborhood? No problem! Do your part by cleaning up another area.

Date	Neighborhood	Meeting Point
04/17/2021	Berry Lane Park	Garfield Ave and Bramhall Ave
*04/24/2021	*Cornelison Ave	*77 Cornelison Ave
05/01/2021	Lafayette Park	Lafayette St. and Manning Ave
05/08/2021	Lena Edwards Park	Pine St. and Johnston Ave
05/15/2021	Gateway Park	Bright St.
05/22/2021	Summit Ave	Summit Ave and Fairmount Ave
05/29/2021	Arlington Park	Grand St. and Bramhall Ave

*Note: Cleanup on 04/24/2021 is scheduled from 1pm - 4pm.



Register with the QR code or reach out to
CleanGreenJerseyCity@gmail.com with any questions.



What We're Reading & Watching

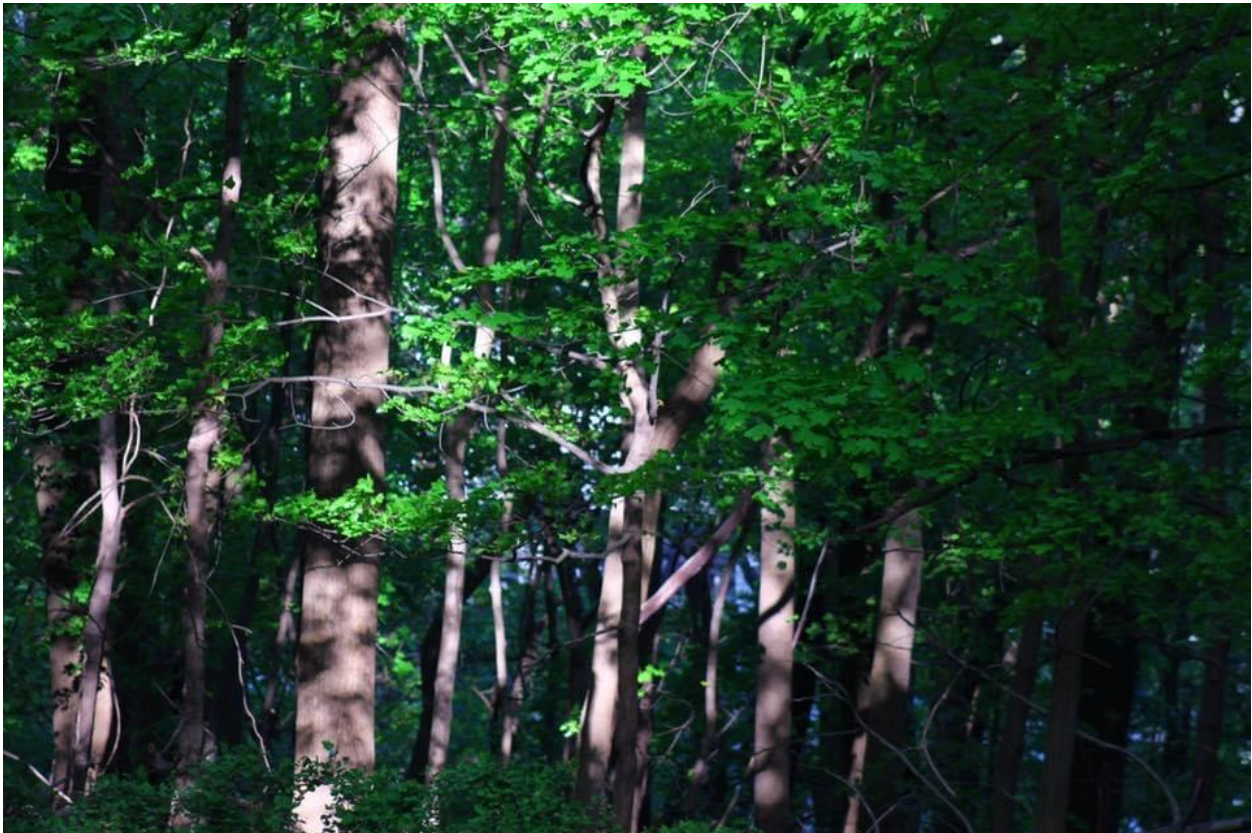
Here are some media recommendations from Council Members:

- [Live bald eagle cam from Duke Farms, NJ](#) live video
- [Live barred owl cam](#) live video

- [Google Maps Will Start Showing You Slower Routes. Here's Why](#) article
- [Women in STEM: Apply for a Watermark Scholarship](#) scholarship application
- [How Climate Change Affects Hummingbirds' Feeding Behavior](#) article
- [These Sea Slugs Can Remove Their Own Heads and Regrow Their Bodies](#) article (wow!)
- [Scientists Have Created Invisible Solar Panels Which Look Like Windows](#) article
- [Sustainable](#) Film about food, available on Amazon and Itunes
- [40 Minutes of the New Jersey Pinelands to Celebrate 40 Years of Protection](#) video

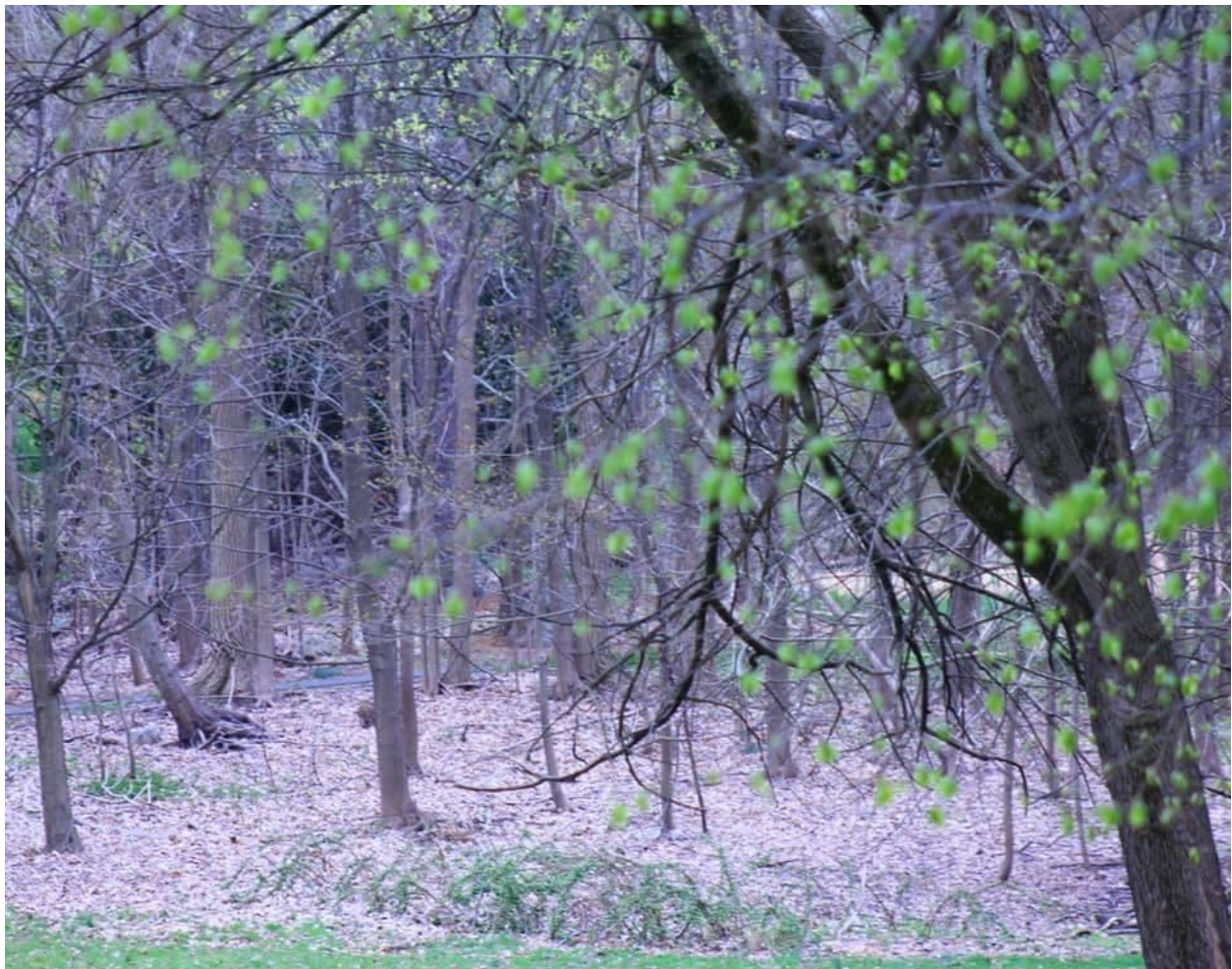
Community Voices: "Nature Deficit Disorder"

Article and photos by Dr. Laura Twersky, Professor of Biology



Many believe that it is beneficial to your health to spend time outdoors in nature, but what is the scientific evidence for it? Is "nature deficit disorder" a valid diagnosis? Does "forest bathing" result in positive health consequences?

"Nature deficit disorder", a term coined by Richard Louv in [Last Child in the Woods: Saving Our Children from Nature Deficit Disorder](#) discussed the issue of lack of connection to nature, particularly in children and in part due to decreased play outside and increased attachment to technological devices. It is reported that "nature deficit disorder" is not yet listed in medical manuals of disorders but includes symptoms such as attention/cognitive deficits, obesity, decreased uses of senses, increased risk of depression, increased stress, decreased creativity and social skills problems.



"Forest bathing" or "*shinrin-yoku*", is a Japanese term for a therapeutic connecting to nature. Effects include blood pressure reduction and alleviation of depression (review [article here](#)). [Click here](#) for an interesting article on peer-reviewed research on forests and health including information on phytoncides (antimicrobial essential oils) given off by trees that boost our immune system. The New York Botanical Garden has a self-guided meditative forest bathing tour – [click here for audio tour info](#). There is wonderful hiking in the Thain Forest's 50 acres, as well as in the additional 200 acres of gardens!!

A thought to leave you with.....

"I took a walk in the woods and came out taller than the trees."

-Henry David Thoreau

The Saint Peter's University Sustainability Council, founded in 2012, is a group of students, faculty, and staff who strive to make our campus community and our world more sustainable for future generations.

Your feedback, photos, event notices, and story ideas are always welcome. Please email them to skeller1@saintpeter.edu

Saint Peter's University Sustainability Council
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