

Recycling Update Winter 2015-16

COMPOST FOR THE FARM

Expanded composting efforts at the Harvard Business School and its caterer, Restaurant Associates, have established composting protocols at all catered events at the campus. At the same time, they replaced all petro-plastic film bags with compostable BioBags and other serviceware approved by our composter, Rocky Hill Farm. Thanks to HBS sustainability champions Leah Ricci, Allison Webster, Nicole Messuri-Swan and Restaurant Associates' Director Todd Mulder. Our refuse collection vendor, Republic Services, picks up over five tons of clean organics daily. See Page 8 for a photo of Republic's brand new compost truck. Please be sure that your local food service, restaurant, kitchen or food truck is using compostable ware and bags so that Harvard can keep sending clean loads to the farm. More photos on Page 7.



Visitors to Rocky Hill Farm in Saugus, MA from Harvard and Republic Services learn how compost farmer Fran Buzun and family process organic waste into high-grade soil amendment.



Rob Gogan welcomes visitors to Harvard Recycling's Thursday Surplus Distribution. Image from WCVB's 11-3-15 show.

"CHRONICLE" FEATURES HARVARD RECYCLING

WCVB's "Chronicle" aired a story on Harvard Recycling's Surplus Distribution on 11-3 -15. Since the broadcast, we have had over 200 new visitors to our weekly Thursday event. At the same time, departmental office moves related to the Smith Campus Center renovation generated over 30 truckloads of furniture, which gave the visitors a lot to choose from. We still have abundant file cabinets, desks and tables! Thanks to Colin Durrant and especially to Mike Conner for help in arranging the shoot. See the "Chronicle" video here:

http://www.wcvb.com/news/bargains-harvard-hand-me-downs/36242322

CAMBRIDGE BANS BAGS AND POLYSTYRENE

The City of Cambridge passed the "BYOB Ordinance" last year. This bans single-use checkout bags at all Cambridge retail and restaurant locations, including Farmer's Markets and food trucks. The new law takes effect 3-31-16. Any establishment selling food or other products in Cambridge must put sold items into a reusable bag or charge the customer 10 cents for a single-use bag. These single-use take-out bags must be either recyclable paper or BPI-approved compostable plastic bags. For more information, click here:

https://www.cambridgema.gov/theworks/ourservices/recyclingandtrash/aboutrecycling/Businesses/bringyourownbagordinance

Please let us know if you want us to get in touch with any caterers or retailers that operate in your Cambridge department or building about how to comply with this new law.

The Cambridge City Council also approved a ban on all polystyrene products to take effect in September, 2016. This ban includes both foam and rigid PS #6 resin products like flatware, cups, cup covers, plates and stirrers. If you are using anything made of PS now, please plan to use it up by this summer and substitute with a certified compostable material. Cambridge Department of Public Works will announce details of the new ordinance including enforcement later this summer.

While these new rules may seem inconvenient, they serve an important function. Non-compostable plastic bags and take-out goods cause litter and marine "Garbage Patches." Preventing their use in Cambridge is a significant boost for the health of our environment.



HARVARD SUPPORTS CITY'S REUSABLE TOTE BAG DRIVE

Harvard Recycling joined the City of Cambridge's Reusable Bag Drive. Now through February 11, please bring your surplus tote bags to the dropoff sites at Harvard Information Center in Smith Campus Center and elsewhere around campus. We can accept tote bags at any Valentine's Cosmetics Station (see story on Page 4) or via interoffice mail to our warehouse at 28 Travis Street, Allston. The City is collecting bags to give to needy residents of Cambridge so they can avoid the 10-cent bag fee on single-use bags. We are sending half the bags we collect to residents of the YWCA shelter and the other half to the City to send to other locations. Not only will the totes save money by helping the needy, they will also cut trash. So if you have extra bags, please do-

HARVARD RECYCLES YENCHING RESTAURANT

After 40 years in business at 1326 Mass Ave in Harvard Square, Yenching Restaurant closed its doors this December. Owner Peter Lee donated the entire inventory of kitchen equipment, tables, chairs, and appliances to Harvard Recycling. Using volunteer labor, Harvard Commercial Real Estate and Harvard Recycling emptied the building in six sessions in December.

Charities which benefited included a Harvard department (café tables), a Boston vocational institute (chairs), Sisters of Divine Mercy of Port au Prince, Haiti (mixer, freezers, walk-in cooler), Jeffrey's Place sober living centers (café tables) and other needy organizations and individuals.

After connecting with Harvard Recycling, the Benjamin Franklin Institute of Technology let us know they had over 200 stacking chairs to donate. We linked them up with Sisters of Divine Mercy, who sent a volunteer to pick them up and pack them into their container headed to Haiti later this winter.

Thanks to Peter Lee of the Yenching Restaurant, and good luck in your retirement! Thanks also to Arif Khan and the other Loeb Fellows of Harvard Graduate School of Design, who donated labor to move tables and chairs out of the restaurant (see related article about Good Fit on Page 5). Thanks to Carole Andreotti, Myftar and Anne Cademenos of BFIT. Finally, thanks to Harvard Commercial Real Estate, especially to Chuck O'Brien, Tony Pendenza, Gabrielle Ritter, Brandon Smith and Jimmy Nee for making arrangements to let in volunteers, often on weekends.



Yenching Restaurant donated all its appliances and furniture...



...to charities like Benjamin Franklin Institute of Technology, where the chairs started the next chapter of their lives.

14th ANNUAL VALENTINE'S COSMETICS DRIVE

Now through February 10, Harvard Recycling will set out and monitor tall, slim boxes to collect cosmetics and toiletries for the annual Valentine's Day Cosmetics Drive. Collections benefit the Cambridge Family Center of the YWCA. For the 14th straight year, members of the Harvard community will have the opportunity to donate new or nearly-new make-up, hair and skin treatments, feminine hygiene products, shaving and other grooming goods to make this winter a little brighter for homeless women.

"The holiday season is hard for our residents," says Shelter Case Worker Christine Keating. "They look forward to the Valentine's Day Party as a bright spot in the winter."

Donors can either put cosmetics and toiletries in the labeled boxes at over 70 locations across campus or mail them to us via Campus Mail Services. Please let us know if you'd like to be Cupid's Helper. We can send you an electronic file of the poster below if you'd like. Feel free to set up a box and put on the sign below. Feel free to adorn, augment or make your own sign. Please also include any reusable tote bags you want to donate to the City of Cambridge's Reusable Tote Bags Drive (see Page 2).

Does your bathroom have shampoo, conditioner, and shaving cream that you won't use? Do you have unused nail polish crowding your make-up bag? Want to give feminine hygiene products and tote bags to needy Cambridge neighbors?

Recycle your toiletries by donating them to the

HARVARD VALENTINE'S DAY COSMETICS, HYGIENE & TOTES DRIVE!

Toiletries, feminine hygiene products & reusable tote bags should be in new, un-opened condition (nail polish & hair treatments OK opened). All donations will be delivered to the Cambridge Family Shelter of the YWCA. Drop off your donations by Wednesday, February 10th in this labeled box, or ask your REP, Green Living rep, SSA or Super for information. We can also receive boxed goods via mail to Harvard Recycling, 28 Travis St, Allston.









HARVARD VISITS E-WASTE & LAMP RECYCLER

Complete Recycling Solutions of Fall River, MA hosted a busload of Harvard recyclers to show how they recycle the University's fluorescent lamps, computers and other electronic wastes. President Keith Boyea generously gave us the run of his operation, showing his disassembly and processing stations. CRS staff diligently sorts waste into hundreds of categories, filling Gaylord cardboard boxes to the brim with circuit boards, CRT monitor tubes, smoke detectors, shredded hard drives and components of every type of electronic waste imaginable. CRS is fully certified with the EPA's Responsible Recycling (R2) credential, which requires extensive record keeping and demanufacturing before shipment. Keith also showed us the mercury retort system for distilling Hg out of lamps. Harvard guests were pleased to see what happens to our goods once they leave Harvard. For questions about CRS, R2 certification or anything else related to e-waste recycling at Harvard, please contact us [rob_gogan@harvard.edu].



CRS welcomes Harvard tour to its plant.



Electronic components of televisions (CRT's and flat screen monitors recycled separately) dismantled for shipment.



KEITH BOYEA shows mercury distillation system to Harvard visitors including Kris Locke of the Office for Sustainability.



"Michelin Man" ventilated suits protect workers loading lamps into crusher from mercury on phosphor powder and glass dust.

"GOOD FIT" HELPS YOUR HEART in TWO WAYS

Arif Khan, 2015 Loeb Fellow at the Graduate School of Design, launched the Good Fit app program to combine fitness work-outs with social service this fall. At the GSD and Harvard Yard Rake-ins, Arif distributed rakes and participants manually swept the leaves into large piles for easy collection by Landscape Services staff. This reduced the need for noise- and air-polluting leaf blowers and provided rakers with a light cardio work-out. Lesley College students bagged up some of the leaves to take back on their bicycles for their campus garden's compost. GSD volunteers displayed their design creativity by building a scarecrow liberally stuffed with leaves.

For more vigorous work-outs, Good fit teams moved furniture for Harvard Surplus Distribution. In December, an illustrious crew of 10 Loeb Fellows and staffers picked up 30 tables from the closed Yenching Restaurant (see related story) and loaded our truck within 20 minutes, extremely helpful in Harvard Square's congested streets. Arif limbered up the volunteers with stretches before the big move.

At some events, professional staff from Cross-Fit Boston and Somerville helped advise on how to get the best "muscle confusing" workout while helping out. If you'd like to pitch in and help build community while getting fit, see their YouTube video here: https://youtu.be/kdapYi6bjb8



HUPD Officer Mile Arsenault pitches in with the rake.



Loeb Fellows breathe easy after removing all tables and chairs out of Yenching Restaurant.



Above right: Harvard Yard Rake-in not only swept the lawns without leaf-blower noise and exhaust; it also gave volunteers the chance to play in the leaves. Rakers included Harvard alums, students, faculty and police. Many passing children also enjoyed the piles.

MORE FROM OUR VISIT TO ROCKY HILL COMPOST FARM





Farmer Fran Buzun of Rocky Hill Farm in Saugus, MA shows his compost tumbler, which mixes and aerates organic wastes. The two big drums greatly accelerate decomposition by creating ideal habitat for the microbes to metabolize the nutrients, leaving 100% organic soil amendment. It takes each load four days to go from one end of the drum to the other. After the first four days, compost must season for another year before screening and sale.



Composting is hot! Energy released by decomposition gushes water vapor as Fran turns the compost. Clean loads of fruits and vegetables free of all BioBags, boxes and other carbonrich packaging can mix directly with the post-tumbled organics for curing in windrows.



Mama sow is protective of her healthy little piglets, who once weaned will forage on cooked food scraps delivered to Rocky Hill. Microbes consume 99% of the organics delivered to the farm but the Buzun's keep a few representatives of the farm's former livestock on site.

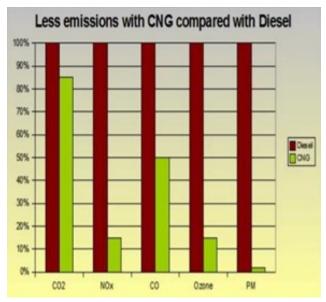
TRUCK TALK: WINTER PREP; NEW COMPOST PACKER



We re-print these photos from last winter's Recycling Update to remind building managers to keep snow clear of all dumpster wheels and driveways. Remove snowbanks and prevent cars from obstructing trash and recycling trucks, which have a wide turning radius. With clear access, our trucks can empty your containers. Thanks for "thinking like a truck driver" to help us pick up your refuse promptly and safely.







ANDREA LORD, Republic Services' organics collection driver, shows off her new compost compactor truck fueled by compressed natural gas (CNG) during winter break. Republic had to up-size its compost truck last year after Harvard's organics set-out surpassed 100 cubic yards daily, overwhelming the capacity of the old 15-yard truck. While the original smaller compactor ran on CNG, the company had to substitute with a larger diesel-burning truck while waiting for delivery of a new CNG truck. For environmental reasons, Harvard Recycling's contract with Republic mandates that all trucks dedicated to our campus be powered by CNG. The new Mack truck runs on compressed natural gas, which is 30% quieter and much cleaner than conventional diesel-powered models and eliminates nearly all soot from its exhaust. See chart above from C. Melchers GmbH & Co. [http://www.cng.com.sg/environmentally-friendly.html]. We wish Andrea many years of safe, happy collection of organic refuse in this brand new, clean-burning packer truck!

PEER-TO-PEER MARKETING SHAPES GREEN ACTIONS

Read how Harvard Office for Sustainability's Resource Efficiency Program works with students to app;u peer-to-peer marketing techniques to encourage recycling, waste reduction and other sustainability measures. Freshman REP Theodora Mautz '19 (pictured left below in a Yard recycling room), REP Captain Mary Jiang '17 (pictured left below in the Biology courtyard) and others offer inspiring examples of the kind of leadership that will give us all a greener future.

http://news.harvard.edu/gazette/story/2015/10/environmental-awareness-grows-from-peer-to-peer/





HARVARD ATHLETICS RECYCLES ON GAME DAYS

Harvard once again joined the GameDay Challenge along with 52 other campuses around the nation. Though we didn't have the big Yale game at home this year, we made up for it by making a big effort at the Princeton game on October 22, 2015. As before, we recovered compostables and recyclables, but this year we also worked closely with the caterers to recover unserved food that was still edible. Food for Free was extremely responsive in sending a van one hour after the luncheon for the Freshman Parents Weekend. The group recovered 3,500 pounds of sandwiches, salads and drinks that otherwise would have been wasted. Thanks to Harvard Athletics (Todd Rutledge), Crimson Catering (Amy Grant, Crista Martin, David Rand), Food for Free (Adam Collins, Sasha Purpura, Joanne Vanden) and most important, the Office for Sustainability (Kelsey Grab and her REPs, Anthony Michetti and Brandon Geller). See national results here:

http://gamedaychallenge.org/participating-schools/2015-results/

Our performance was excellent; we recovered 79% of the refuse for recycling, just behind #10 Clemson University. The weekend of 2-19-16, we will be going for maximum diversion at the Basketball Gameday Challenge of RecycleMania. Go Crimson!



SURPLUS AVAILABLE

We have 20 truckloads of desks, file cabinets and other office furniture from the moves related to renovations at Smith Campus Center. Come down any Thursday from 11-2 to see what we have available. Harvard departments and non-profit organizations can come on Mondays 11-2.

Goods are available at our Recycling and Surplus Center in Allston every Thursday at 156 Western Avenue from 11 AM – 2 PM. We are open until 2 PM but for best selection you need to come at

or shortly before 11 AM, but not before 10 AM. At that time you may sign up for an appointment to "shop" in the warehouse. Harvard departments and non-profits may come on Mondays from 11-2. If donating furniture, please instruct your movers to contact us 24 hours before delivery < rob_gogan@harvard.edu > so that we can receive and display everything safely. We can take material only from Harvard buildings which use FMO Recycling & Waste Services, and we can never receive any trash or hazardous waste. Movers must unload items one at a time so we can photograph and inventory the goods. All loose items must be placed on shelves or in hampers available here.





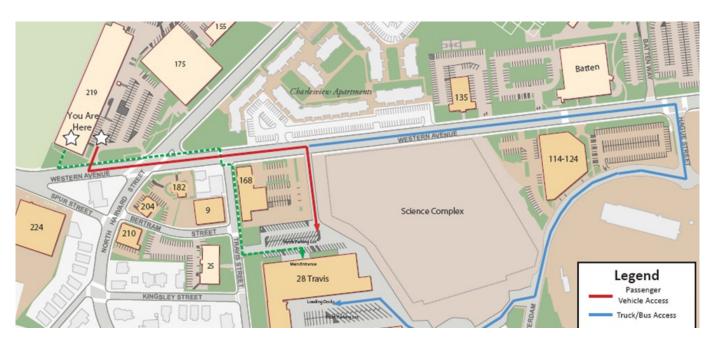
When donating file cabinets and desks, please unlock, open up and clean out all drawers. We cannot receive any furniture with unknown contents. Likewise, please make sure all computers, smart phones and other electronic devices are purged of any confidential information. Harvard Recycling does not shred or otherwise destroy any confidential materials we pick up or that are delivered to the recycling and surplus center. Thus it is the responsibility of the donor or recycler to make proper arrangements to protect confidential information. Please call us if you need extra recycling barrels or more pickups when cleaning out offices and furniture. Also, please ask us for contact information for confidential destruction vendors serving the campus. Our preferred vendor is DataShredder at 1-800-622-1808.

Please keep in mind that parking space limitations force us to be STRICT ABOUT PARKING RULES. Please respect our neighbors' need to maintain safe traffic flow around the Recycling and Surplus Center. When here for Thursday's Surplus Distribution, follow the parking monitor's direction and park only in designated areas. You may also park in the free spaces in the streets adjacent to the property. If you are interested in seeing any of the items now available, come to our Recycling and Surplus Center at 156 Western Avenue, Allston. For directions, see map and text on next page. We may be able to deliver goods to Harvard departments for a small fee.

By the "T" then walk-- For GPS directions use "156 Western Avenue, Allston."

Take the Red Line to "Harvard" station up double escalators to main exit. Walk south on JFK St across Charles River, where road becomes N. Harvard Street. Walk past Harvard Stadium on right to first traffic light at Western Avenue. Turn left (east) onto Western, then walk one tenth of a mile past Flint Cleaners and Swiss Bakers. Just after the SwissBakers parking area is the driveway to 28 Travis.

By the "T" then bus: Leave Harvard Station by "Church St." exit. Walk north one block on Mass. Ave. (opposite traffic flow) across Garden St. to Dawes Island bus stop. Take either Bus 66 or Bus 86 and tell driver you want to get off at Western Ave. in Allston. Sit on right side of bus and



look for Harvard Stadium on right. Turn left (east) onto Western, then walk one tenth of a mile past Flint Cleaners and Swiss Bakers. Just after the SwissBakers parking area is the driveway to 28 Travis.

By car—For GPS directions use "156 Western Avenue, Allston."

From I-90: take I-90 east (Mass. Pike) to exit 18, "Allston - Cambridge." Bear left after toll booth towards Allston, onto Cambridge Street. Take Cambridge Street to second light approx. one quarter mile to gas station on right. Go right just past gas station onto North Harvard Street. Take North Harvard Street one quarter mile to traffic light at intersection with Western Avenue. Turn right (east) onto Western, then go one tenth of a mile past Flint Cleaners and Swiss Bakers. Just after the SwissBakers parking area is the driveway to 28 Travis. Park in one of the striped spots.

From I-93: take I-93 to Charles Circle (Cambridge/Somerville exit). Get onto Storrow Drive westbound 3 miles. Look for "Allston/Harvard Square" exit. Go right up ramp to North Harvard St. and take a left. Go four tenths of a mile, past Stadium, to first traffic light. Turn left (east) onto Western Avenue, then go one tenth of a mile past Flint Cleaners and Swiss Bakers. Just after the SwissBakers parking area is the driveway to 28 Travis on the right. Park in one of the striped spots. *Directions continued on next page*

Directions to Harvard Surplus Distribution (continued):

From Route 2/ Soldiers Field Road: get onto Soldiers Field Road. Go past athletic fields to exit sign: "Allston/ Harvard Square." Take right at top of ramp onto North Harvard Street. Go four tenths of a mile, past Stadium, to first traffic light. Turn left (east) onto Western Avenue, then go one tenth of a mile past Flint Cleaners and Swiss Bakers. Just after the Swiss-Bakers parking area is the driveway to 28 Travis on the right. Park in one of the striped spots.

All delivery trucks-- For GPS directions use "114 Western Avenue, Allston."

Follow above directions for "By Car." Go to intersection of Western Ave and N. Harvard St, Allston and turn EAST on Western Avenue. Go .3 mi and turn RIGHT at the light onto Hague St opposite Harvard Business School. Bear RIGHT at dead end onto Rotterdam St. Go three tenths of a mile to driveway to 28 Travis. Follow signs past wooden fences to large white building. Go to Loading Dock C (first on right), Harvard Recycling and Surplus.

SURPLUS WANTED—Please help Jenny!



Jenny is a second year PhD student at the Harvard John A. Paulson School of Engineering and Applied Sciences. She's looking for an ion chromatography system to measure fluoride and sulfate for her research. If you can help, please contact us and we'll connect you. Typical manufacturers of this equipment include Dionex, Shimadzu, Agilent or SCIEX.

Pictured at left is a typical configuration for the equipment Jenny needs.

DANES DECLARE WAR ON FOOD WASTE

See how Denmark encourages its citizens to cut their food waste. Composting is good, but reducing food waste before you generate it is even better! See this article from Grist:

http://grist.org/news/denmark-wages-war-on-food-waste/? utm_medium=email&utm_source=newsletter&utm_campaign=weekly



CAMPUS NATURE WATCH

Perching atop a street light along the south side of Memorial Hall, RED-TAILED HAWK dines on a mouse. Photo on left by Tom Lingner... Hovering on unseasonably warm southwesterly December breezes, a pair of red-taileds scans JFK park and the riverbank, each bird alternately peeling off in a fast downwind spiral and shrieking to its mate, but returning to a new, more eastward hovering spot no

more than 100 yards from river or partner... On successive mornings early in the New Year, [the same?] red-tailed hawk glides across Cambridge Common to perch first on Hemenway weathervane, then on the raised gilded eagle wing atop the flagstaff in the namesake park between Harvard Yard and the Common, as the waning crescent moon falls past Venus and Saturn and deeper into the Scorpion rising shortly before dawn...

Female WILD TURKEY feeds by the Widener Gatehouse and under the wild cherry tree behind Grays Hall (facing Mass. Ave.)... [Many other turkey sightings here. We quote from the October postings of Eamon Corbett's Harvard Naturalist Club website. For more fascinating photos and field trip reports, see their website here: https://harvardnaturalists.wordpress.com/:]

"The female Wild Turkey(s) that frequents the area around Mass Ave has become a campus celebrity, and you can follow her exploits on her Facebook page: https://www.facebook.com/harvardturkey/?fref=ts. Just a sampling of recent sightings: in front of Lehman Hall...Mass Ave....the Holyoke Center.

A Naturalist Club trip around campus on the 18th turned up a wide variety of trees—dawn redwoods, black walnuts, apples, tuliptrees, and many more-- as well as both RUBY-CROWNED and GOLDEN-CROWNED KINGLETS in Leverett Courtyard. Check out the full trip report at our blog: https://harvardnaturalists.wordpress.com/2015/10/18/kinglets-redwoods-and-no-owls-in-harvard-yard/.

For those in river houses, a GREAT BLUE HERON was visible from JFK Ave on the Boston side of the Charles at night on the 25th and a migrant YELLOW-RUMPED WARBLER was near the river during Head of the Charles on the 18th. MUTE SWANS have also been seen with the usual CANADA GEESE and MALLARDS.



RACCOON photographed on Lowell House fence in November by Christian Perez. Published in Nature on Campus blog.

Other migrants in the area include numerous BLACKPOLL WARBLERS in the MAC quad and the yard, and a PALM WARBLER was behind Robinson Hall on the 26th. Jeff Ott reports a BLACK-AND-WHITE WARBLER on the 28th near the Divinity School.

A number of the more common resident birds have been out in force in recent days. RED-TAILED HAWKS were on Sever on the 18th, Memorial Hall on the 29th, and over the Old Yard on the 28th. BLUE JAYS were near Robinson on the 18th, and near the Holyoke Center on the 31st. DOWNY WOODPECK-

ERS were on Oxford Street on the 27th and in the dawn redwoods next to Sever on the 29th, the latter of which was also joined by BLACK-CAPPED CHICKADEES. A female Northern CARDINAL was in front of the Barker Center on the 18th, and a WHITE-BREASTED NUTHATCH has frequented the trees in from of Kirkland the past couple weeks.

Insect sightings have trailed off, but AUTUMN MEADOWHAWK dragonflies continue in the MAC quad, as late as the 31st.

Professor Pfister reports a Laetiporus sulphureus fungus, commonly known as sulphur shelf or CHICKEN-OF-THE-WOODS, growing on a swamp white oak between Sever and Emerson. This is an edible wood-rot polypore fungus. Tristan Wang reports a similarly-named but quite different Grifola frondosa fungus, commonly called HEN-OF-THE-WOODS, growing under an oak in front of the MCZ.

To see fungi, turkey, and kinglet photos, check out our blog: https://harvardnaturalists.wordpress.com/2015/11/04/nature-on-campus-october-15th-31st/.

BLACK SQUIRREL climbs up and down CRABAPPLE TREE near Chase Hall at Harvard Business School. Photo by Rosalyn Reiser.

MASKED BANDIT samples food scraps discarded in trash at Harvard Hillel, Eliot House and Winthrop House. Pest control vendor sets out live traps but the bandit is too elusive and escapes capture, except by the camera lens of Christian Perez. See his photo above left.

Horde of STARLINGS busily strips fruit from the red and yellow crab apples on the grass roof of Pusey Library.

Just after the last Recycling Update went to press, Jean Martin and Jan Carling of Harvard Magazine sighted a large BARRED OWL roosting in the SECKEL PEAR behind 7 Ware Street. BLUE JAYS screaming before dusk alerted the pair... the owl flew briefly to a fire escape attached to the

window of an apartment at 9 Ware, where Jen photographed it (Jan's photo to far right)... Jean speculates that the owl was responsible for the skeletal pair of rodent legs on the roof outside her office...

The Harvard Naturalist Club blog published the unattributed photo to near right, taken outside the Barker Center (two weeks before the Harvard Magazine sighting) and posted on the English Department's Instagram. This is likely the same barred owl.





Thanks to Campus Nature Watchers Jan Carling, Sonia Ketchian, Tom Lingner, Jean Martin, Anthony Michetti, Rosalyn Reiser and Les Takacs!

"The more keenly our antennae are tuned to the sounds, sights, and other sensory input from our world, and the more of our brains we engage, the more we get in touch with our ancient instincts and the instinctive abilities that all animals automatically manifest."

"Nature seems to be a critical nutrient to the well being of the human being."

Both quotes from Jon Young, "What the Robin Knows," Houghton Mifflin Harcourt (www.hmhco.com).