

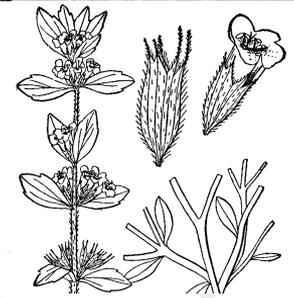
# The Valley As A Laboratory

*Honors College Praxis Lab*



# Edible Landscaping at the Sustainability Resource Center

*Regenerative design for a more delicious, healthy, ecologically-intuitive campus*



# TICK TALK

*Addressing Health in the Homeless  
Population*



# Problem:

- Personal Observations
- Miss appointments are a problem for
  - the clinic staff – delays care
  - the patients – health

Currently calling patients for appointment reminders

# Solution:

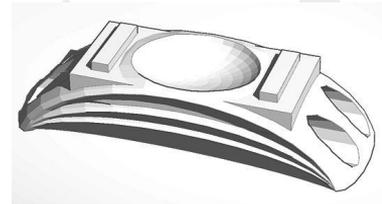
- Initially identified our solution as a **wearable device**
- Given to patient to remind them of appointments
- No cost to patient
- Reusable and transferable

Future features

- Goal: Reduce no-show rates

# Where we are now:

- Received \$13,000 of funding from the University Office of Sponsored Research and the Ivory Homes Capstone Initiative Fund
- Patient centered design conference in Boston
- Currently have non functioning prototype
- Alpha-test finished in approximately six months



# Summary:

The wearable device project will provide populations without access to telecommunications a simple and easy-to-use reminder system, ultimately improving the health of the homeless population.

TICKTALK

# The Schoolyard

Urban Ecology's Role in Schoolyard Design

# Where do the Children Play?

*“Society today has become so estranged from its natural origins, it has failed to recognize our species’ basic dependence on nature as a condition of growth and development.” (5)*



# Some Components of a Natural Schoolyard

**Present Natural Systems**

**Native Landscaping**

**Schoolyard Habitats**

**Edible Gardens**

**Building Forts**



# Preserving the Night

Courtney Hoyt  
Ashley Ikegami

## Mission:

We endeavor to educate students, faculty, staff, and citizens of the Salt Lake Valley on the detrimental effects of light pollution occurring in our own backyard and around the globe.

# Help Us Preserve the Night

Night Life at  
the University of  
Utah



## About

As a part of the University of Utah Honors Basic Lab, The

## Project

The ultimate goal is to offer an outlet for citizens to become

## Education

There are many reasons as to

## Get Involved

Please visit [www.darksky.org](http://www.darksky.org) to learn more about how the world

## Educate Yourself

Here are some areas to investigate in order to educate yourself on the effects that light pollution has on ecosystems.



### Wildlife Impact

Light Pollution has a very big impact on wildlife. Most nocturnal species surrounding a highly lighted city are affected by the light pollution. The light may serve as a distraction to nocturnal species, or it may allow more predators to find prey and this affects the foodchain populations. One of the greatest impacts that light pollution has on wildlife is fatal attraction to nocturnally migrating bird species. This means that when groups of birds are migrating at night the light projecting upward distracts them and makes them fly lower around tall buildings. The birds will then fly straight into the windows and die on impact. To Learn more about the impact that light pollution has on wildlife, please visit The International Dark Sky Association Light Pollution and Wildlife brochure using the link below.

[Learn More](#)



### Energy Waste



### Human Circadian Rhythms

The Circadian Rhythm is our natural sleep cycle that develops based on the time we fall asleep and the time we wake up. Naturally, humans sleep during the dark hours of the night. During our sleep, our body not only undergoes necessary cellular repairs, but also the slowing of our metabolism and the increased production of melatonin occurs. Melatonin is a chemical hormone produced in the pineal gland of the brain at the peak of the human circadian cycle. Melatonin functions in the body not only to keep the circadian rhythm regulated, but also as an antioxidant. However, melatonin can only be produced during our sleep when it is dark. If while sleeping the brain receives information from the optic nerves that it is light outside, melatonin production is severely decreased. A lack of melatonin production in the body has been observed in several scientific studies to be linked to insomnia and some forms of cancer. To learn more about human circadian rhythms please visit The International Dark Sky Human Health brochure using the link below.

[Learn More](#)



### International Dark Sky Places

## U of U Projects

Here are a few projects that are happening on campus right now! This is exciting for us, because going into this subject, Ashley and I didn't know how much was being done to eradicate light pollution. Please read all about them and consider how you can make a difference in the fight against light pollution.



### Bettymaya Foott

Bettymaya is currently a U of U student, graduating in May, with a SCIF (sustainable campus initiative fund) project regarding light pollution up in Fort Douglas. Her Honors Thesis is centered around the fatal attraction of nocturnally migrating birds to lights within cities. She applied for a SCIF grant through the Sustainability Resource Center on campus, and used the money to put in 3 new light fixtures that are dark sky compliant. One is shown in the image to the right, it is the one that is closest to the camera. These fixtures shine light directly to the ground to allow for maximum visibility and do not allow any light to shine upward. The problem now is actually legal, because according to state legislature there needs to be at least 3 different types of fixtures up in Fort Douglas, and they need to maintain the historical integrity as well. It took a long time for Bettymaya to find the first fixture, and we are betting that it will take just as long to find two more. Bettymaya is also working on signage for these fixtures, as a part of her SCIF grant. She was told that she may not be able to create the signage herself, but she may have the opportunity to do so. When we first met with her she asked if we would be willing to confer with her on the signage, but we have not gotten word of whether she is allowed to decide what will be presented or not. We will keep you updated as her project progresses and hopefully expands across campus!



### Mr. Bill Leach- Lighting Facilities Management

Bill Leach is the Lighting Facilities manager here on campus. We were referred to him by Bettymaya Foott with the promise that he had a map of every single light fixture on campus, and he did not fail to deliver! When we met for the first time, he showed us this sacred map and then told us the most wonderful news! The University of Utah passed a new regulation in the summer of 2014 that stated

## Get Involved!

Here are some examples of what YOU can do to get involved right now!



### Capitol Reef

Another way to get involved is to travel to some International Dark Sky Places that are right here in our own backyard. This is a great way to get back to nature, and to experience why it is so crucial to stop light pollution. This is an image of Capitol Reef, the most recent Dark Sky Park to be designated, and we are so lucky to have it be so close to us! To learn more about where these International Dark Sky places are, please visit the link to the International Dark Sky Association  
[Go to link](#)

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Please click on any of  
the images to learn

These images illuminate several ways of how to get involved in the community and around your own homes to stop the spread of light pollution. The more we do, the more we can educate and get people involved in eradication of light pollution everywhere!

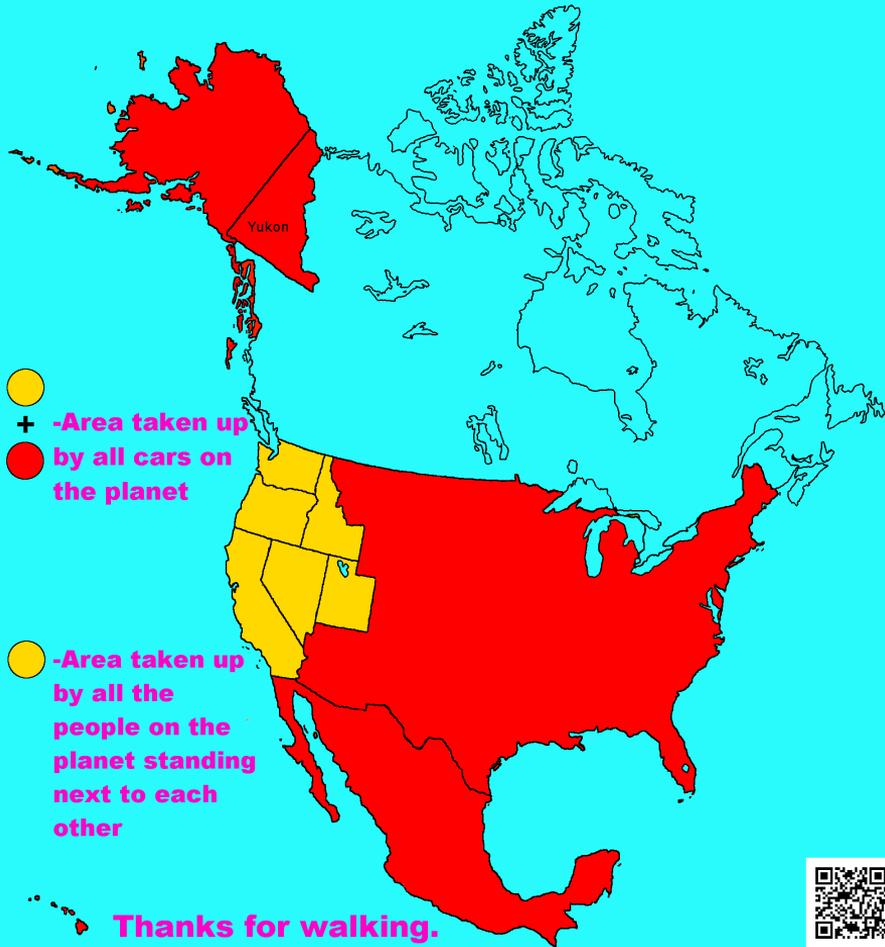
# Making the Invisible Visible

Anna Carter

Changing the transportation culture of the Salt Lake Valley  
through the University of Utah

# Making the Invisible Visible

## Did You Know?





**Have you appreciated the  
air yet today?**

# KIOSK on COMMON WEALTH

*Corinne Galland, Madison Thomas,  
Kendra Still*

# MISSION STATEMENT

Kiosk on Common Wealth is a response to the lack of intimacy and creative expression, the isolation, disengagement, and apathy on campus.

We hope to create a space for community and sustainable human connection.

# CONCEPT



# USE

Art  
Installation

Clip Wall

- information
- awareness
- student projects and campus events

Thirteenth Street Market vending

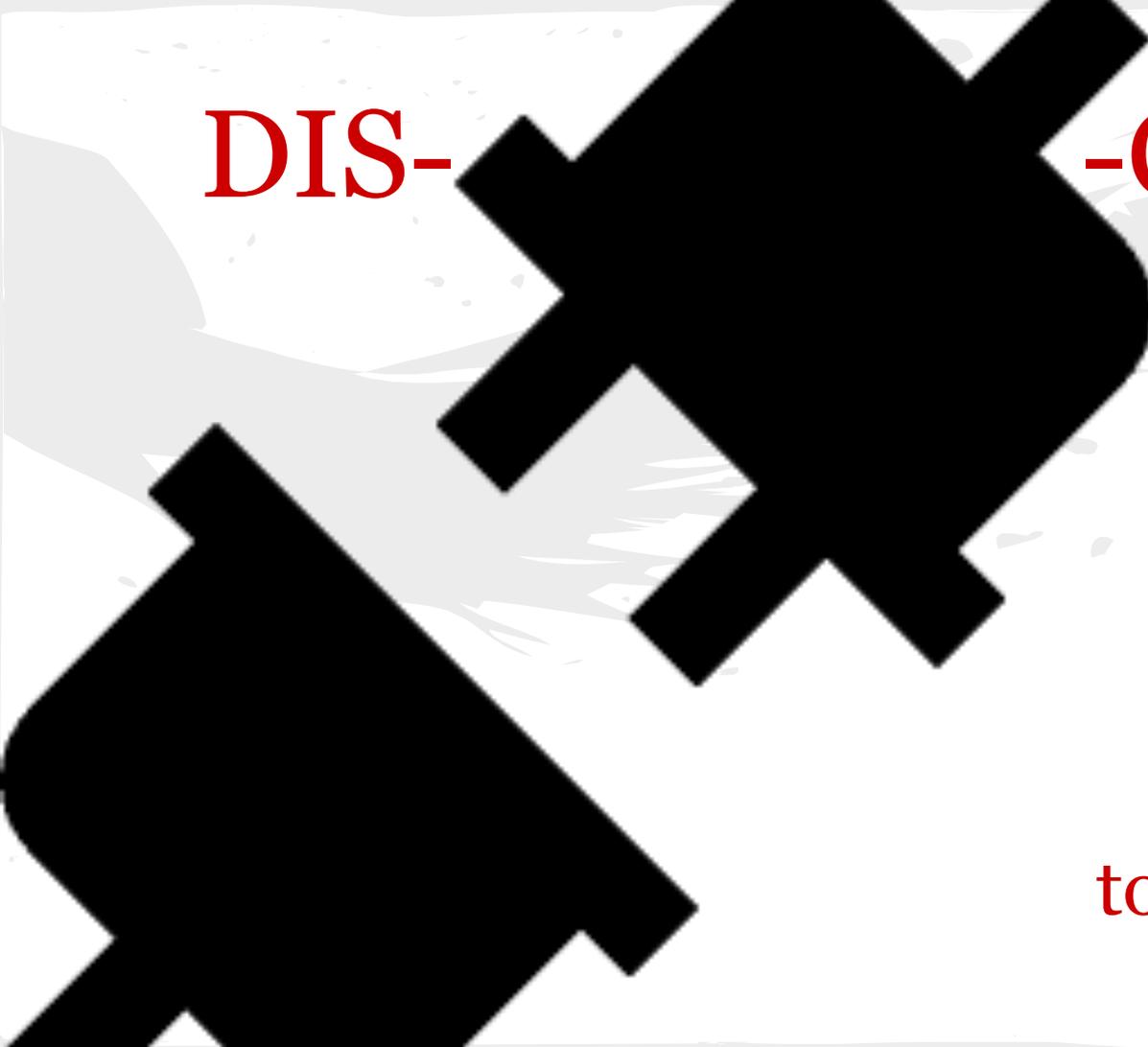
- fresh fruit, coffee, flowers!





# PROBLEMS:

- \*Lack of Information
- \*Threat of Violence  
or Death
- \*Lack of Identification
- \*Not Allowed in  
Most Shelters



DIS-

-CONNECT

Programs

Available

*but*

Programs

Unknown

to Hotlines, etc.



FINANCIAL  
RESOURCES

MEDICAL CARE

SAFE HOUSING

EDUCATION  
PROGRAMS

SKILLS  
DEVELOPMENT

ETC.





Images courtesy of [FreeDigitalPhotos.net](http://FreeDigitalPhotos.net)

# THANK YOU

We are The Valley As A Laboratory

Making the Invisible Visible

