

**A RESOLUTION OF THE STUDENT GOVERNMENT ASSOCIATION OF  
NORTHERN KENTUCKY UNIVERSITY, HIGHLAND HEIGHTS, KENTUCKY, TO  
INCREASE THE NUMBER OF PLANTS IN THE COMMON AREAS INSIDE OF THE  
BUILDINGS ON CAMPUS.**

WHEREAS: Plants clean the air by filtering out known carcinogens and removing toxins such as benzene, ammonia, and carbon monoxide; including formaldehyde which is often found in furniture manufactured with Medium Density Fiberboard (MDF), and

(Shuster, Joseph. Beyond Fossil Fools. Edina, MN: Beaver's Pond Press, 2008.)

WHEREAS: “New research shows that plants can also help to reduce background noise levels inside of buildings, particularly those in which hard, reflective surfaces dominate. If you have marble or tile flooring, plaster walls, or large glass windows or doors, you will see a significant noise reduction benefit by following the 1 plant for every 100 square foot rule. Noise reduction is beneficial to health and lowers stress levels,” along with increasing creativity and productivity, and

(<http://www.naturalnews.com/022796.html>)

WHEREAS: According to a Chicago cardiologist, Bruno Cortis, M.D., indoor plants make people feel more optimistic and calmer than those without plants. “Interestingly, [Cortis] says that studies have shown that hospital patients who face a window with a garden view recovered more quickly,” and

([www.sixwise.com/newsletters/05/02/01/  
the\\_health\\_benefits\\_of\\_house\\_plants\\_including\\_the\\_top\\_nine\\_healthiest\\_plants.htm](http://www.sixwise.com/newsletters/05/02/01/the_health_benefits_of_house_plants_including_the_top_nine_healthiest_plants.htm))

WHEREAS: “Interior plants actually stabilize the humidity in your house by releasing moisture according to the existing levels of humidity in the air. Although houseplants help raise humidity levels, they too can suffer when the levels drop too low. Plants will tell you if your humidity is too low by displaying brown tips on their leaves,” and

(<http://www.naturalnews.com/022796.html>)

WHEREAS: The Norwegian University of Agriculture produced a study showing that indoor plants “reduce fatigue, coughs, sore throats and other cold-related illnesses by more than 30 percent, partially by increasing humidity levels and decreasing dust,” and

([http://www.sixwise.com/newsletters/05/02/01/  
the\\_health\\_benefits\\_of\\_house\\_plants\\_including\\_the\\_top\\_nine\\_healthiest\\_plants.htm](http://www.sixwise.com/newsletters/05/02/01/the_health_benefits_of_house_plants_including_the_top_nine_healthiest_plants.htm))

WHEREAS: NKU is the first campus in the United States to be awarded the Tree Campus USA status which includes a \$1,000,000 grant for outdoor plants, and

WHEREAS: The Resolution has suggestions attached of types of plants and possible common locations for the plants.

**PASSED**

BE IT THEREFORE RESOLVED, on this 9<sup>th</sup> day of February 2009, that the Student Government Association recommend the continuation of NKU to be a greener and brighter campus by bringing more plants indoors, and to keep our college community healthy.

Signed:

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Gabriel W. Cronon  
President, NKUSGA

Attest:

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Joe McGinnis  
University Improvements Committee Chair, NKUSGA

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Sean T. Henry  
Senator, NKUSGA

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Marilyn C. Henry  
Senator, NKUSGA



**PASSED**

**Suggested Plants:**

- Green spider plant or variegated spider plant
- Dracaena fragrans 'Massangeana', (corn plant)
- Golden pathos
- Chinese evergreen
- Philodendron selloum
- Sansevieria, snake plant (Mother-in-Law's Tongue)

**Some examples of sound dampening plants:**

- Spathiphyllum, (peace lily)
- Philodendron, (sweetheart plant)
- Dracaena marginata, (dragon tree)
- Ficus benjamina, (weeping fig)

**Suggested Areas on Campus (accompanied by photos)**

- Student Union
  1. Lowest Level Entrance Windows
  2. I-Beam Shelf Area Level with Third Floor
  3. Game Room
- Steely Library
  1. Cafe Area
- Science Building
  1. Each floor near windows
- AS&T
  1. First and Second Floor Study Areas

\*These are only some suggestions, but this list is not complete or limiting in any way.