

DAY 30
2016
CHANGE
GREENER CHALLENGE

Name: Mariah Carey Campbell | Username: mcampbe9 | E-mail: mcampbe9@my.hpu.edu

School: Hawai'i Pacific University

Introduce us to the new, conscious you!

- Provide a **high-resolution headshot** and a **head-to-toe photo** of yourself so we can put a face with your name. The headshot must be a **HEAD** shot that is 400 x 396 dpi. Please have someone take it with good lighting against a nice background or light colored wall. If you are selected for the PGC Finals, this will be the photo that will be posted on our website.





- Please provide a **one-paragraph bio** that tells us about you, where you're from, what school you attend and anything you would like to share about yourself with us. As well, tell us what prompted you to sign up for the challenge and what most inspired you over the past 30 days.

They call the wind Mariah, the waves Carey, and the earth Campbell; that's me Mariah Carey Campbell! I am studying business (hospitality and tourism) at Hawai'i Pacific University, but I am originally from Douglasville, Georgia! My favorite foods are broccoli cheese soup, ranch, and anything my mama cooks! I love to spend my days with my dog, exploring the islands, cooking, and proper beaching...after long hours of studying! My mission is to change the world and make an everlasting difference. My passion is teaching, coaching, and helping others. My core values are authenticity, connectedness, exploration, and love!

Put together your PGC portfolio:

- Pick 10 of your submissions from the past 30 days that you are most proud of and that truly depict the power of this journey for you. Assemble them into one PDF document.

DAY 1

FOOTPRINT

GREEN CHALLENGE

MARIAH CAREY CAMPBELL – TEAM HUMUHUMUNUKUNUKUAPUA’A

2 THINGS I LEARNED ABOUT MYSELF IN THE SELF-EVALUATION:

1. I learned that I am not as “green” or sustainable as I thought I was. Most of my answers were never or rarely, few were always and often.
2. It also made me realize that brand names and prices play a larger role than I noticed when purchasing products. If I purchased more sustainable products I would ultimately be saving money in the long run.

2 STEPS TO REDUCE MY HUMAN FOOTPRINT

1. After watching the video and reading the charts on Pinterest, I am going to start unplugging my phone and laptop charger when I am not using them and when I am using them I will plug them into my flat mate’s power strip instead of my wall outlet.
2. I am going to take shorter showers, so limit myself to two, then one songs. Instead of showering for the length of four or five songs. I will also make sure I turn the water off when I am brushing my teeth and heat water in the microwave versus letting the water run for a couple minutes until it gets hot.

DAY 3-4

ZERO WASTE

GREENER CHALLENGE

MARIAH CAREY CAMPBELL

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Hawaii Pacific University

BRAINSTORM OF WHAT TO DO WITH NON-RECYCLABLE/NON COMPOSTABLES

I feel like milk carton is recyclable, but I am so excited to use that as a flower vase!!!

I am now more aware and more in tune with not buying packaged goods!

I am also not getting another phone! (You can tell the screen is busted on my pictures).

I am using my plastic toothbrushes for cleaning around the house and my shoes. I will save up and invest in a bamboo/wooden toothbrush soon.

A FEW COLORFUL QUOTES FROM MY 24-HOUR ZERO WASTE CHALLENGE

Leah, "That's so sweet, you're picking up trash on the beach!"

Josh, "Wow, that's a &^*^-ton of trash."

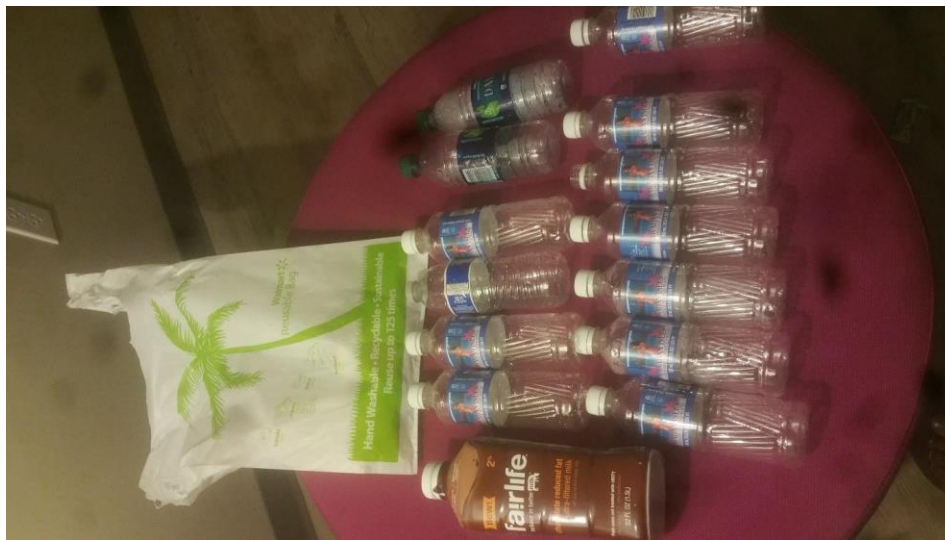
Thomas, "What the *&^% you doing with all that Junk?"

Meg, "Are you really collecting rubbish? Is it your rubbish or other people's? No dumpster diving right?"

MY SPECIFIC ZERO WASTE CHANGES I WILL MAKE TOMORROW AND FOREVER

I will no longer buy nor use plastic water bottles. I actually had the opportunity to use a machine that took the humidity from the air and produced limitless gallons of water hot and cold! So I decided to invest in a steel-like bottle that keeps my liquids extremely cool or warm for up to 12 hours! I am using reusable water bottles instead of plastic bottles.

AWESOME ZERO WASTE PICTURES...POSTED ON THE GRAM (INSTAGRAM)





DAY 9

ECONOMICS

GREENEST CHALLENGE

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Visit My Pinterest Board here: <http://pin.it/H8CZaEr>

Organic Bath Towels (2 sets)	\$18.50	Towels	\$30.00
Rice Cooker	\$10.00	Microwave/Oven	\$263.00
Tapestry/Sheet	\$14.76	Wall Art	\$80.26
DIY Shampoo	\$3.00	"Salon" Shampoo	\$18.00
Body Oil	\$8.99	Lotion	\$6.43
Organic Bedding	\$227.00	Regular Bedding	\$311.23
Dr. Bronner's Soap	\$13.00	Shower Gel	\$7.29
DIY Cleaning Mixture	\$2.00	Cleaning Product/Lysol	\$6.18
DIY Laundry Detergent	\$4.00	Detergent	\$17.50
Organic clothing	\$35.00	Pajamas	\$40.14
DIY Dog Food Feeding Station	\$24.58	Dog Food Feeder	\$89.99
Bed w/o Bed Post	\$200.00	Bed Set/ Furniture	\$899.00
Laundry Pod	\$40.00	Laundry Machine	\$1055.99
Kitchen, bathroom, hand towels	\$2.00	Paper Towels	\$14.00
Flat Plants (Herbs) 5	\$10.00	Plants	\$45.89

- Is it easier or harder than you thought to shop sustainably and affordably?

I was so shocked at how easy and economical it was to be healthier, greener! *It really made me think when I was comparing prices and doing the research.* You clearly save money...food may be a different story, but you get what you pay for. It is seriously like a No-Brainer!! I also pinned the info sheet on how to turn your house green one month at a time. Since I am currently in housing and will not be moving out anytime soon, I feel like this is the most economical, cost-effective, reasonable, and logical option to take! I have already started with food, the bathroom products are next to come. I have been looking for good deodorant FOREEEEEEVER, so I am so excited to try Everyone products!

DAY 12

2016

BIODIVERSITY

GREENEST CHALLENGE

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I have been in contact with Facilities Project Coordinator of Sustainability Clarence Ncube, he can be contacted at through Katie Scott at kscott@hpu.edu or directly sustainability@hpu.edu or face to face in building 3200 of Aloha Tower Market Place and a groundskeeper on the Hawaii Loa Campus on the windward side of the mountain who can be contacted five days a week around various parts of the campus tending to and keeping up the grounds. He has a special marked golf-cart.

Hawaii's culture of sustainability is so rich, even the residence halls were named after natural pollinator-friendly plants Kukui, Ilima, Melia, Mokihana, and Lokelani. Kukui is the state tree of Hawaii and its blossom is the state flower (which is a natural pollinator-friendly plant along with the others). I love how these plants can be found all over the HLC campus. The seeds are used to make oils and leis. Melia is a beautiful flower, the one you think of most when you imagine Hawaiian Leis. Mokihana is a round like plant seed used to make long leis and can be sound on drinking mats also. Ilima is a beautiful bright yellow flower that can also appear to have deep red center and sometimes orange-like petals, but it is mostly yellow and can be found all over the campus with pollinators (especially birds and bees) surrounding them. I actually took a picture of one for the challenge! Lokelani is also known as the Maui rose, but is found in Oahu also. The most beautiful thing to me is seeing these in person while you walk around campus, to class, through the fields, playing disk-golf, etc. it is simply amazing. I just feel like they were so consciously and sustainably thoughtful!

There are more natural pollinator-friendly plants, but these are the ones that flourish in the visible parts of campus. The amazing part about studying in paradise is that these plants are not sourced they grow free, naturally, and organically from the land!

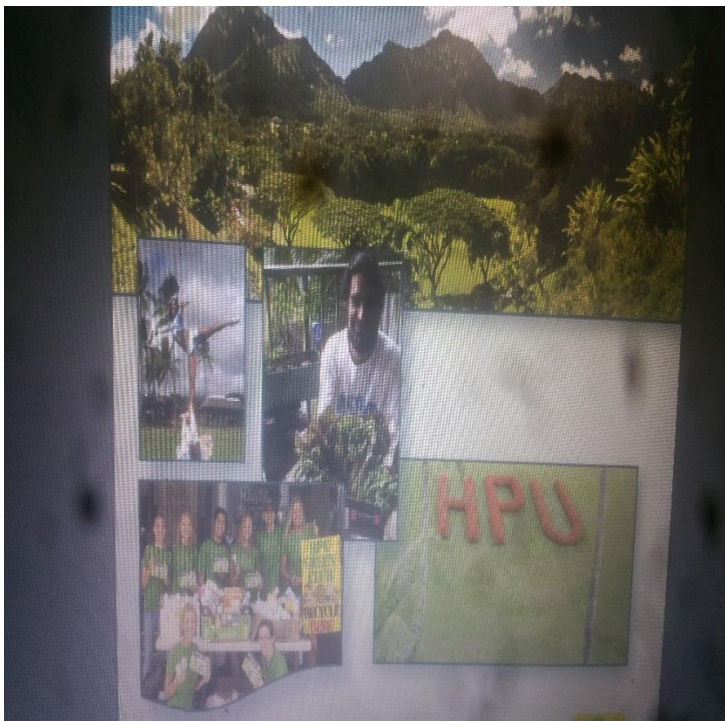
One concern would be growing more native, pollinator-friendly plants free of *neonics* on campus, although UH has a honeybee project going on, we are actually doing a campus sustainability week (WHICH I AM A PART OF!!!) <http://www.hpu.edu/sustainability/index.html> We will be giving away and plating seed kits on Monday!

- The methods I thought could be used on campus instead of pesticides to ensure health of people, plants and species are already being used. The employee told me that the ONLY thing they use one pesticide (they did not name) on is the blue buffalo grass on the outskirts of the campus, where people do not go and that is only to benefit the wildlife in area and keep the grounds well groomed. Everything else is NATURAL. The climate and the environment along with us helping, takes care of all the plants and animals. “The mountain, the island provides, takes care for its life (people and animals).”

Write up a report about your investigative experience. What did you learn? Were you surprised by your findings? Do you have any next steps in mind? If so what would they be?

This investigation was way smoother than I first assumed. I expected people not to know and to have to ask multiple people. When it was the exact opposite! Everyone who worked there, because you always need four reliable sources- you cannot just trust one. They all said the SAME thing. Water, the compost that we provide through the dining services, and some natural food. I was shocked to find out that we have Taro Patch and the community/university garden almost through a little Mona-like hike. Everyone was so transparent and I was encouraged to come and be part of the sustainability week on the participating side and behind the scenes. I know Mr. Ncube will be excited and intrigued when we can have a conversation about the PGC challenge, organization, and all that it has to offer. Regardless of if I get support or not I will be a campus representative for next year. However, once he hears about it and knows how huge our sustainability program is I have no doubt he will be on board! I was shocked to learn that they only use pesticide for that one form of grass and that they do not spray for weeds, they just pull them. It was/is just refreshingly organic grounds keeping/landscaping. Even when I saw the teams out cutting grass they were aware of the cranes and other birds. It just tickled me how the birds would come back to the freshly cut areas to get the bugs that may have been disturbed or hiding in the high grass. I was surprised a little, more so excited that the sustainability week is this week!!! My next steps are to be an active part of the week on the forefront and behind the scenes! I also want to see if we can maybe expand from a week to a month, get the campus involved in PGC like some of the other universities, and also see if we can add more to the agenda/develop a stronger social media presence so others can see some successful things that we are doing for a conscious campus!

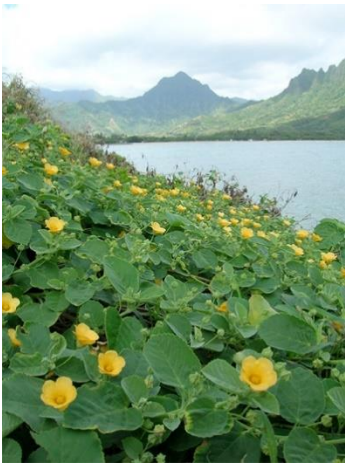
Below are some pictures of the plants and green life found all over campus that the residence halls are named after and a picture of my uncle working the grounds (Everyone is uncle or auntie here if they're older than you- it's the Ohana and aloha way of things, no relation at all, but you are still Ohana).



Kukui



Ilima



Melia



Lokelani



Mokehana



2012 Snippet I found to be fascinating when researching the biodiversity and sustainability at Hawaii Pacific University! "The Landscape Master Plan seeks to respect the natural setting, while emphasizing the use of native Hawaiian and Polynesian-plants to promote sustainability and create a Hawaiian place of learning. Where new plantings are required and specific species are not needed for aesthetic consistency to create an extension of adjacent plantings or for educational purposes, native Hawaiian and Polynesian-introduced species should be considered first." HPU's physical campus already includes numerous native Hawaiian and Polynesian plant species including candlenut tree, breadfruit, Hau, Hala, mountain apple, red ti, green ti, bamboo, elephant's ear, taro, bird's nest fern, and Moa. Conservation Planning In the summer of 2012, HPU signed a cooperative agreement with the Windward Oahu Soil and Water Conservation District. By becoming a cooperator to the district, HPU has agreed to develop a conservation plan for the Hawai'i Loa Campus. By signing the cooperative agreement HPU also agrees to maintain all conservation structures established, secure the required permits for work regulated by any other ordinance, code, or agency, refrain from starting any ground work or installing any conservation practices until a completed conservation plan is developed and approved by the district, permit access to the Department of Land and Natural Resources Conservation Service to monitor work, and develop a grading plan where large scale filling and grading is involved. Composting All green waste created from the maintenance crew at the Hawai'i Loa campus is composted on site in a large compost pile. Another location for composting green waste is in the organic garden, in the middle of a circle of banana trees."

DAY 22

2016

HEMP

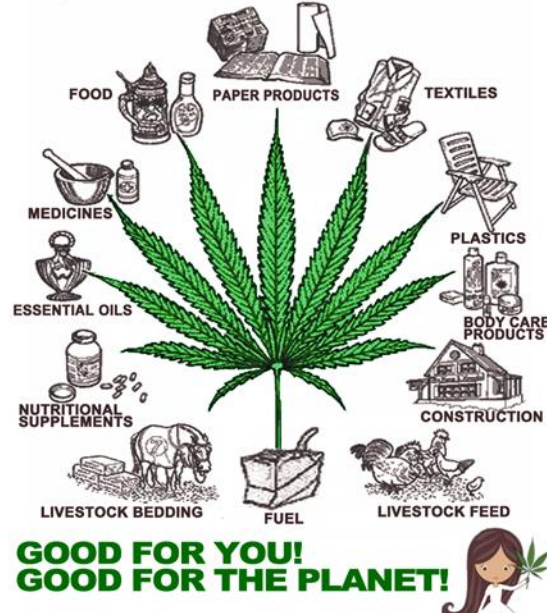
GREENEST CHALLENGE

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HEMP

50,000 USES & BENEFITS



They Look at Me Different

They look at me different, because of where I come from. I have to drive an hour just to get a “good” education, but I march to the beat of my own hemp-drum. I live on land that’s is filled with animals and plants-my favorite being hemp trees. I love our countryside hemp home and

I’m a simple person, the city life just doesn’t move me. I come from a place with chicken, horses, 40 acres of hemp and a mule. The car my daddy drives doesn’t use gas, but hemp fuel.

They look at me different, because I of what I wear. I have a hemp necklace that was passed down from my great grandmother to my grandmother, to my mother, to me –I never take it off and it means so much to me. I wear hemp undies, shirts, and jeans that are a soft sun-kissed gold like light honey. All of my clothes are fair-trade, sweat shop-free, no dyes, and cruelty-free!

They look at me different, because of how I write. I pull the same books out of my cool hemp bag, I use my sprout pencils (<http://sproutworld.com/us/product/sprout-pencil/>), but the paper I write on is organically and made from hemp –it’s not white. Even my pencil pouch, notebooks, and folders are hemp made, eco-friendly, and naturally bright!

They look at me different, even when I sit at the lunch table and eat. I am not sure if it is the hemp tea, hemp seed salad dressing I use, the hemp bread, or the hemp spread or maybe because I don’t eat meat?

They look at me different, as I walk by them with the fresh, soft fragrance in the air from my hemp soap and lotion. Even some of the kids are coughing like they are sick, but not me my

daddy gave me some of our hemp medicine. It tastes pretty good. I smile when I take it, but I've seen those other coughing kids scream and kick.

They look at me different, when I get ready to leave because I am happy to go home. I am excited to spend time with my dad and play with my dog, but they all just keep to themselves and stare at their phones.

My dad always hugs me and opens the door for me when he picks me up, and then we drive! I sit with my dog looking out the window as we pass the city streets headed cannot wait until we arrive! We enter our gate to the other side it's completely green –we filled that side with hemp trees. It's so beautiful, I have only seen rives, but I would imagine if these lush fields were water, they would be seas.

As we get home we go for a walk, check on the chickens' bedding, give hemp feed mixed with hay to the horses, and march with the mules. As the sun fades away dad watches me as I tell them each goodnight by their name. I love it here, because they all look at me the same!

Facts: Hemp can be used in all of the ways described in the short children's story about growing up Hemp. This crop has at least 50,000 uses and benefits. It can be grown organically. The industrial hemp business can provides many jobs in any community it is in. This crop can be used for all area of life: bath and body essential, medicine and supplements, cooking and food, clothes, carpet, furniture, and even construction! Hemp also naturally helps take away carbon, which can substantially reduce our carbon-footprint.

Screenshot: Facebook Post!



Mariah Campbell

5 mins ·

Challenge Day 22: Hemp

Please do not be deceived, hemp has over 50,000 uses and benefits! Industrial Hemp farming is the wave of the future and the past. Hemp can be used for nearly everything! Construction of houses, buildings, etc., feed for animals, clothing, bedding, fuel, cooking and food, ink, paper products, and the list goes on. Check out the Children's story I wrote, it's filled with examples of the various uses. #PGC2016 @TurningGreen

Like

Comment



Mariah Campbell



Like · Reply · More · 4 minutes ago



Mariah Campbell

@TurningGreen #PGC2016 @VoteHemp



Day 23

2016

WATER

GREENER

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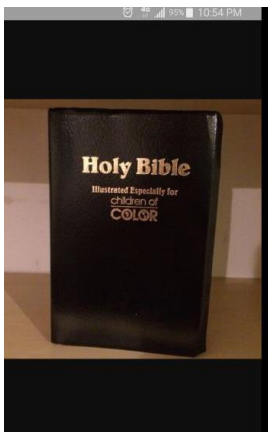


Take this time to discover the amount of water to make items that you use every day.

- Choose five items you use/ consume/ wear daily. Make sure they relate to different lifestyle categories, such as: food, energy, tech, clothing, transportation, etc.

I chose my contact/eye solution, my longboard, my laptop, pizza, jeans, the work golf-cart, and my favorite book.

- Take a photo of each item and research its' estimated "water footprint." How much water is required to produce each? Were you surprised by the amounts? If so, how?



Skateboard, from gluing to pressing to drilling to sealing to screen printing I would have to estimate 4,582 gallons. My contact/solution I would have to estimate 2,200 gallons, I just had to take a store picture (I bought the same thing at Charlotte's Clearance for \$5.00 in Georgia, it is 5.12 x as high in Hawaii #HiLife). My laptop uses 7,300 gallons of water to be produced! My favorite jeans cost 1,800 gallons of water in order to be produced. My Bible had to take (if paper takes 2.5 gallons per page) 1,700 gallons of water. My cup runneth over! Pizza uses about 2,480 gallons of water! The golf cart that the residence life department uses for campus transportation cost estimate is about

9,900 gallons of water to make, electricity included. I understand the golf-cart being the product that uses the most water, because it is a form of transportation and uses electricity daily. I was extremely shocked to see that my Bible uses as much water as a pair of jeans...but it is the good book. I was pretty surprised by the food also. One huge thing was the laptop, that is an insane amount of gallons of water used and it's just mindboggling to think of all of the laptops you see on campus-much less in the whole world then multiply it by 7,300...that is a huge amount of water!!!!

☒ Explain why those items require the amount of water that they do.

☒ Suggest an alternative to each item that has a smaller water footprint. What changes might you make and why? Is there an alternative to the item, or does conserving water mean changing your behavior?

I can have a smaller water footprint with both my longboard and the golf-cart by walking. The few bottles I would have to drink to replenish my fluid would be almost nothing compared to the amount of water I would save by not using them. I would definitely still have to have pants, but I can not only buy less- but purchase from companies that practice fair-trade, organic, and sustainable production practices and they would also use less water. If I had a better, more predictable, and set schedule I would not even use a computer or if my phone could do everything my computer can I would not need one. Aside from that I would use the uni(versity) computers instead of purchasing my own. Instead of pizza, which uses not only meat but other processed and packaged food, I can grab some fresh fruit from the farmer's market and work on my 100-mile diet or even have a salad instead -which would automatically be less water usage because there is no meat on my salad. These are just my ideas for an alternative for each item, there is always another option. I do believe that conserving anything or not even that, doing anything that is not what you normally/usually do is a behavior change, even more an attitude change.

DAY 26

2016

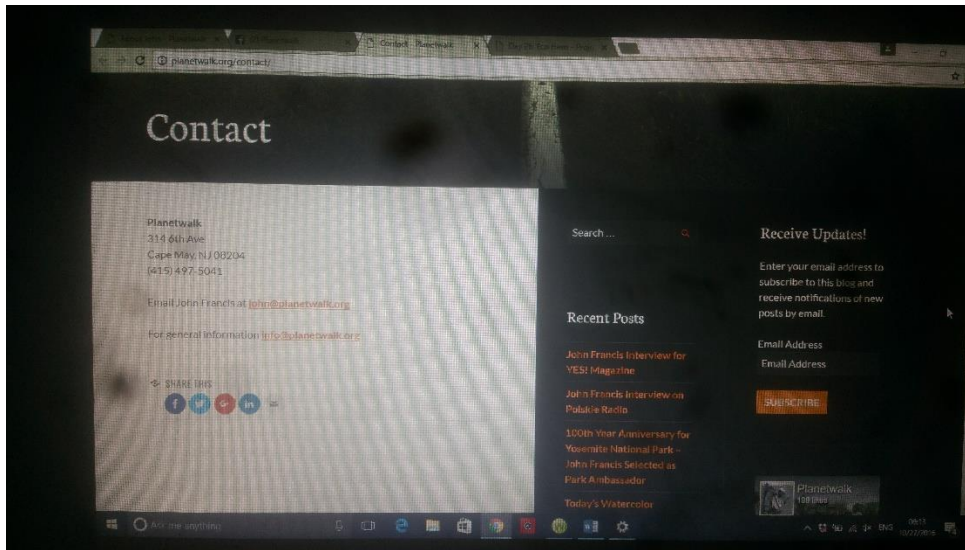
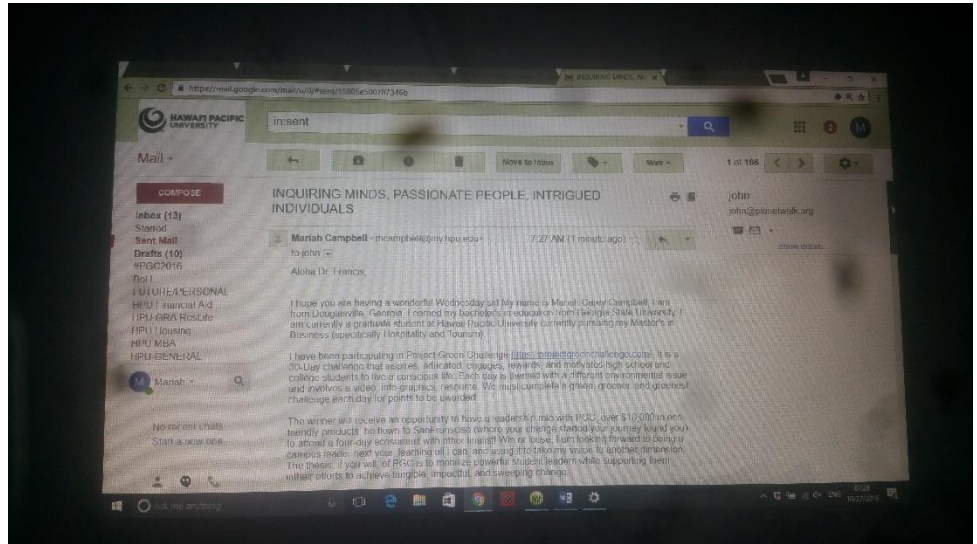
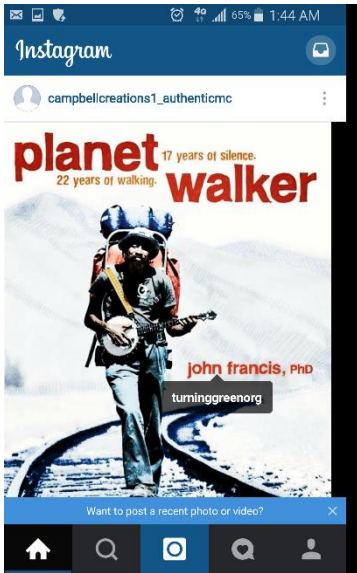
ECO HERO

GREENER CHALLENGE

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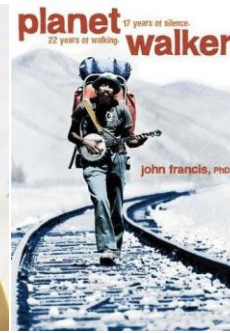
School: Hawai'i Pacific University

- What resonated for you from their experience? This was an amazing and moving story. I walk or use my longboard now, because I have to, but I still use the bus for great distances. It really made me self-reflect, not only about the “green” side of things, but the activist or putting things into action side of things. This gave me another perspective on how to stand for what you believe in, but also how small changes can change the world/make a huge difference. The silent walking man, became a doctor (PhD) and wrote laws about oil spills for the coast guard (all the waters of the world/the ones that we protect and serve)!
- If you were to meet this person, what would you share about how they have impacted you?
This is like the Eric Thomas of Environmental Motivation! I was just genuinely inspired and intrigued. Every picture on the “front page” of my paper were Eco-Heroes that I pondered writing about, but I read his bio, listened to the Ted talk, and still wanted to know more! I love being challenged and engaged! I am considering having an hour of silence every day or a day of silence every week (and rotating days each month).
- Write up three questions you would ask your hero?
Sometimes silence can make the most noise, what was the most difficult part of being silent, what kept you from talking...to everyone?
What is your why (what drives or is at the core of your passion, what kept you walking)?
Is this what you wanted to be when you grew up?
How do you spend your days now?
Were you wandering/lost, this was a time before google maps-what was the best/worst experience you had while planet walking?
May I please see an example of how two minutes in your (silent) class went?
What was the first car you got after you began to use motorized vehicles again & did you still remember how to drive? What was the first place you drove/rode to?
Are you still silent/walking? What shoes did you wear, how many times did you have to get new ones, did you save/showcase them?
What are your core values (name 3 please)?
Have you ever heard of Project Green Challenge?
- See if you can find an email address for your hero and tell them how they have inspired you. Extra points will be awarded for emails sent. His email is: john@planetwalk.org here is a screenshot of the email I sent:



EAGER ENVIRONMENTALIST

ECO-HERO EDITION



This Eco Hero edition, we want to take time to honor and share the legacy of an incredible man that was “green” before it was cool. John Francis was living a common and comfortable life as in 1971 until two ships crashed resulting in a half a million gallon oil spill in the San Francisco Bay. This changed his life in an unimaginable way! Feeling partially responsible, he joined the efforts of scrubbing beaches and “fought to save birds and sea creatures poisoned by petroleum”, but that was not enough for

him. He felt that he had to do something greater. For him, something greater meant seizing to use motorized vehicles! So he started walking...everywhere. People could not believe it, the way others reacted to his response ranged from shock to mockery. A few months later he decided to take a new approach and perspective at life and learning by being silent for a day, because he was frustrated with all of the arguments he would get in about walking. He did not speak, just listen...truly listen. That day turned into two, then into a week, then a

month, then he took a vow of silence that would last seventeen years. This silent, eco-philosopher, by foot began to be known as the "Planetwalker". "In 1991, for his work in raising environmental consciousness, John Francis known the world over as the Planetwalker, was appointed the United Nations Environment Program's Goodwill Ambassador to the World's Grassroots Communities. He founded Planetwalk a non-governmental organization, received a B.S. degree from Southern Oregon State College, a Masters degree in Environmental Studies from the University of Montana-Missoula (where he also taught environmental studies silently!), and a PhD in Land Resources from the Gaylord Nelson Institute for Environmental Studies at the University of Wisconsin-Madison. Upon ending his silence, John served as project manager for the United States Coast Guard Oil Pollution Act Staff of 1990, in Washington, DC, where he assisted in writing oil spill regulations. He was awarded the U.S. Department of Transportation's Public Service

Commendation. Over the years, John Francis has walked across the US, walked and sailed through the Caribbean, Venezuela, Brazil, Bolivia, Argentina, and Chile. He recently began a walk studying organic agriculture and sustainable development in Cuba, and is developing Planetlines, an environmental education curriculum based on the walking pilgrimage for high school, college and civic organizations. In 2005, he published Planetwalker: How to Change Your World One Step at a Time. The National Geographic Society will republished Planetwalker, April 2008. On Earth Day 2005, he began a walk retracing his route back across the United States, he looked for differences in the landscape and the conversations. He has one goal: to redefine the environmental problems we face into an inclusive concept, and to form partnerships among Native and non-Native people, cultures, businesses and organizations across America that might traditionally feel they do not share the objectives and values of environment and conservation.

500 WORDS END HERE...CONTINUE TO READ MORE IF YOU WISH!!! ALSO CHECK OUT HIS FACEBOOK PAGE!!!! <https://www.facebook.com/Planetwalk-1531709637145444/>

DAY 27

2016

RIPPLE

GREENEST CHALLENGE

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School: Hawai'i Pacific University

How will you start a ripple that won't stop until you've witnessed its impact? You **are** the power of one. Today we are giving you time to think expansively, deeply, boldly, and to be fearless.

CHALLENGE

In the Eco Hero challenge you were asked to identify a theme that resonated with you during PGC. And, you were asked to picture yourself as an **eco hero**. In this challenge, we invite you to channel your inner eco hero and bring these two concepts together.

What did you come to understand during PGC that you want to change? We want you to create a project that addresses that need and build a framework to accomplish it. The goal is to have an impact on student life or your campus community. It can be a simple action or the start of a movement. Up to you.

Be thoughtful. This is your chance to take your newfound wisdom and act on it!

- Describe your project. “**bE**ware 4 VAMPIRES!!!!” What do you want to accomplish? I will bring awareness to drainers of energy waste and also tips to use less. Write up your idea. IDEA- Send out an email and give a presentation during lunch and dinner and at the student government meetings, RAC meetings, and hall meetings (where all residents will be gathered).

- Set goals, outcomes and develop a timeline for completion (you have 4 days to finish this challenge)

Mission: Educate others and lower energy usage to reduce the carbon footprint, emissions, and the amount of climate change

Step 1: How

- Buy CFL lights and motion censored lights.
- Use solar panels as an energy source
- Adjust the water heaters
- Get different shower heads
- Turn Down Tuesday, everyone turns off their air and opens the windows. The other campus has open, slanted windows-no air conditioning and most homes do not in Hawaii because of the climate.
- LIGHTS OUT! Sleep in the dark, make sure
- Power Down, make sure everything is unplugged if it is not in use AND at night
- Lights off Friday, keep the lights off in the dining commons and student centers
- Hang & Save Sunday, because most people do laundry Sunday (save your money & electricity by hang drying instead of the drying machine)

- Important things to consider:

- How will you achieve your goals? I have to get more people and the right people involved.
- Who will be on your team to help bring this project to fruition? Mrs. Debbie the Dining Commons Director, Darnell Barksdale/Katie Scott/Jana Fryman the Area Coordinators and Director of Housing, Clarence Ncube the Project Manager/Director of Sustainability, President Gotunda the President of the University, and Chris the Student Government President.
- What expertise will you require? Someone who knows the rules and regulations (Clarence), someone who can make things happen (Katie, Jana, Darnell, Debbie), someone who has authority (President Gotunda), student involvement (RAC, SGA). They will be able to help me turn the vision into reality, from meetings to flyers to celebrations).
- Do you need to get permission to enact this change? Yes and No, I can propose the ideas to Housing, Dining, RAC, and SGA to accomplish most things. The underlined part of the list would have to have funds, permission, and support to happen. Yet, I still feel like all things are possible!
- If so, contact a leader on your campus who plays a key role in decision-making (depending on your idea, this could be a teacher, an RA, an administrator, or even your school's president).
- Set up a meeting and present your idea. Who did you contact? What was the outcome? I contacted President Gotanda's office, he is a very busy man. I also spoke with housing (Darnell) and was invited to a strategic planning meeting, where I was able to voice my opinions which was awesome! That was the most exciting, but they were all exciting! I also spoke with Mrs. Debbie again after her interview and she is very excited about changing the name to Turn Down Tuesday, is passionate about getting the motion censored lights, and is open to adding Friday as a lights off day in the dining commons (especially with the floor to ceiling windows we have in there). Katie is going to take a few more meetings for the waterfront lofts to have more conscious

changes, but she is open to doing some conscious living events in other areas. So, my plan is to start there and just keep working on her. She is also a liaison to Mr. Clarence for Sustainability, because he is also busy. However, I should be able to meet with him after sustainability week is over. I would love to limit it to a week (even if there are certain activities you want to highlight during the week). I would like to make certain conscious things and certain days part of the culture, expected, and established as our role as a sustainable college.

- Develop tools for communicating your idea. This could include a flyer, blog post, social media posts etc. to communicate the change you desire to make and engage others.

Social Media Posts:

- Meme: Turn Down For What?!?!?!...To Save Energy. Oh, Okay...That makes since!
- bEware of Vampires! (lights out and Halloween themed energy saving event)
 - Wash & Save...by Hang Drying on your laundry day!
 - Power Down Daily

Project Slogan: **Let's Make HPU Green Again!**

FLYER:

Join HPU Residents Life in turning down lights and AC on Tuesdays. WHY?!?!
You're so COOL, you don't need AC! We also want to reduce Our carbon footprint, Waste less energy, & Help the environment.

TURN DOWN FOR WHAT?!?!?!?

Have you ever left the air on all day, even though nobody was in the flat, is your air so high that you need a jacket in your flat? If so, YOU NEED TO CUT IT!

POWER DOWN DAILY

UNPLUG ALL THE THINGS!

SAVE ENERGY!
How would you like it if someone turned you on and then left?

I WILL FIND YOU AND I WILL SHOW YOU HOW TO SAVE ENERGY WITH 1E

- UNPLUG YOUR TV, PHONE, & LAPTOP
- DON'T DO AN OVERNIGHT CHARGE

WASH & SAVE
SAVE MONEY, TIME, AND ENERGY!
WASH COLD & HANG DRY!

bEware of Vampires!
THEY DON'T JUST COME OUT FOR HALLOWEEN! LET'S KEEP OUR LIGHTS OUT AND BEWARE OF OTHER ENERGY VAMPIRES!

WASH COLD & HANG DRY!

WARE THE ENERGY VAMPIRES

ENERGY VAMPIRES SUCK!

DAY 28
2016
MOBILIZE
GREENER CHALLENGE

Name: Mariah Carey Campbell | Username: mcampbe9 | E-mail:
mcampbe9@my.hpu.edu

School: Hawai'i Pacific University

OUR LIST OF ECO-FRIENDLY
BUSINESSES

ALL BUSINESSES ARE CRUELTY FREE!!!

Favorites are highlighted 😊

1. Eco-Friendly Amusement Park...ECO-WORLD, ECO-LAND, GREEN MARKET, FRESHLAND.
2. Eco-Creations...green business that creates eco-friendly furniture and repurposed furniture.
3. TeaTree - Tree House Business
4. Eco-friendly hats for males and females
5. Candles of the Earth
6. Certified Organic Weaves colored and made of hemp for hair extensions
7. Hempcrete Pouring Business
8. After Party (Clean houses or event halls after parties/events only using natural, organic cleaning products)
9. Punnett Squares (After-school program that features an environmentalist curriculum)

10. OrgAnIx (Organic sports complex)
 11. Ecofriendly Hairspray
 12. PuppyPoo (some way to use dog poo, similar to the way cow manure is used to help the soil)
 13. GreenWall (Use plastic bottles to grow plants or flowers on walls)
 14. EcoEddie Eco-friendly doggie daycare, one where your dog is never left alone! They are assigned a nanny for their entire stay! The nanny can also make house calls...
 15. Eco-Aide/Sustain (USDA certified electrolyte hemp sports liquid/drink/juice)
 16. Eco-shields (specialized sports shoes and sporting equipment that are 100% Organic and Eco-Friendly)
 17. Eco-eyes make-up that's sustainable and eco-friendly
 18. A machine, similar to the concept of the penny pressing machines, except it produces an art piece out of recycled objects
- Sip n Save...similar to sip and strokes, except you are sipping wine and making art pieces out of recycled items, instead of painting!

DAY 28

2016

MOBILIZE

GREENEST CHALLENGE

Name: Mariah Carey Campbell | Username: mcampbe9 | E-mail:
mcampbe9@my.hpu.edu

School: Hawai'i Pacific University

Read the following tasks. Your idea plus these tasks will become your outline for the remainder of the "Marathon Day."

- Name of business: Eco Island International
- Mission: "The mission of Eco Island International is to be one of the universe's major producers and providers of information and entertainment that is environment-centered. We aim to develop the most sustainable, natural, innovative, and connected entertainment experiences in the universe."
- Core Values: Environment + Innovation + Connection
- Why? There is not currently not a 100% organic, eco-friendly, environmentally entertaining amusement park. From the rides, to the food in the conscious café (concessions), to the toilet paper used in the restrooms. It is time to make a change and be the change.

Answer these questions: (pretend you are on Shark Tank and pitch it well!)

- How is this business different from the ones already out there? This is the first of its kind. There is no other ecofriendly amusement park themed with the environment and aloha spirit.
- Why can your business make a difference? Not only will this business generate revenue, bring jobs and economic growth to the environment, it will also give back to the community in many ways. The wet waste will be used to compost and for pig farms. The farm will be a community farm- which most of the food will come from. This will be the only amusement park with a 100-Mile diet menu. Energy star appliances and products will be everywhere. Hemp will be the crop of trade for the different products sold at the amusement park (shirts, uniforms, animals, necklaces, biofuel for rides, and food on the menu).
- How can you mobilize others to transition from the conventional product to your conscious one? There is nothing like this in the united states, there has never been anything like this, you have to set an example, invite others out, have round table discussions, but also be humble enough to know what others have done successfully and innovate it consciously.
- Draw the product so we can see what it looks like...I am not sure yet, but there will be a mix of something like this...



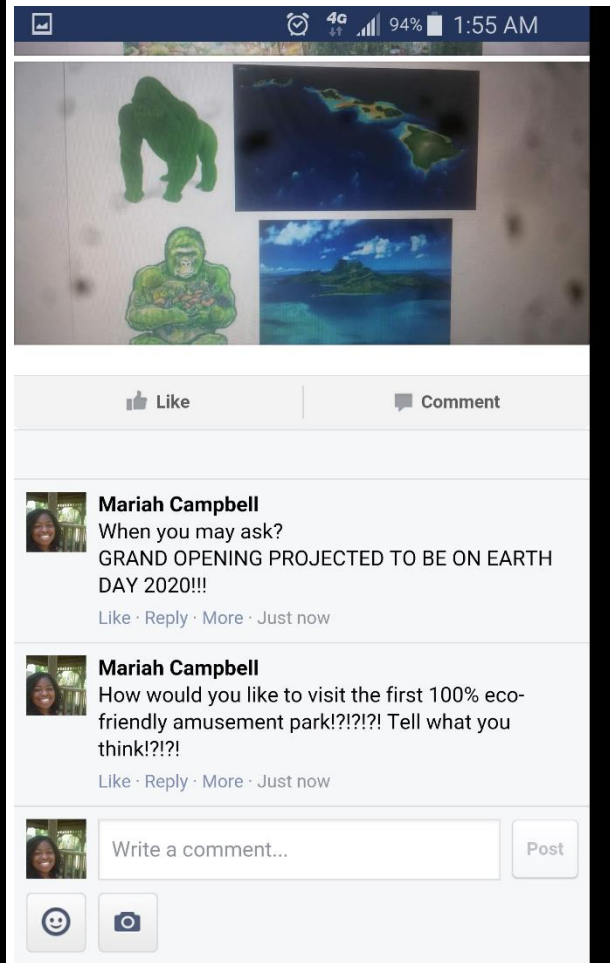
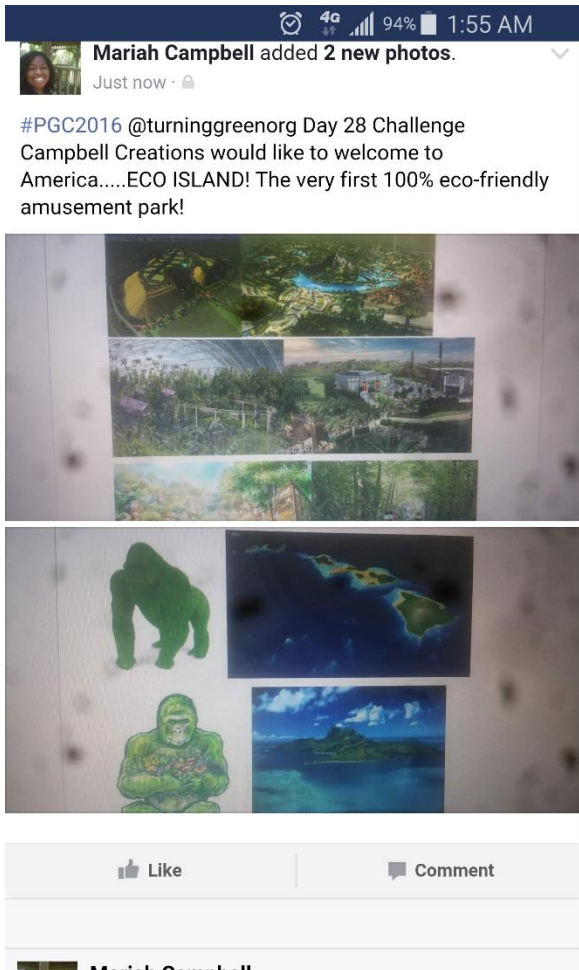


- What is the packaging made of? What is written on the packaging?

We are more of a service than direct goods, but 100% recyclable and/or biodegradable products will be used. Mostly wooden rollercoasters or recyclable metal, all non-amusement ride infrastructures (bathrooms, buildings, concessions, shops, etc.) will be made from hempcrete. The waterpark section will only be open in the summer for 2,739,726, 027 (27 days for one summer, then 39 days the next, then 72 days the next, then 60 the next, then 72 days the next – to represent how many gallons of water America wastes per day! Just an example of a few of the ways, it will be ECO EVERYTHING, even the wristbands/stamps at the gates.
- If you feel super creative, make a logo! (SOFT LOGO-IT WOULD BE 100% AUTHENTIC STILL ON THE DRAWING BOARD...LITTERALLY) I'm merging these somehow, but the green gorilla is the "mickey mouse" of Eco Island!



- Post your business/product on social media and ask people what they think. Include two comments from your post in your submission.
- Eco Island is coming to America 1st! How would you like to visit the 1st ever 100% eco-friendly amusement park!
 - Seriously When?
- Even the food is Non-GMO, 100% USDA organic! Grand Opening is ON EARTH DAY in 2022!!!



- Write us a cover letter explaining why you selected those submissions and what they say about you. Use this as an opportunity to share anything you feel we should know about your experience during this month.

I chose Day 1 Green Footprint. To some people it may not have even mattered. It was the least amount of points and you could not even win a prize from it. I chose this day and challenge because this day was monumental to me. This was the first day of my life changing transformation. It's ironic, because I have attempted to do project green challenge before back when it was teens turning green. However, I did not make it past the first few days...yet alone to the end of the challenge. I never even received more than the e-mail alerts, this time I won challenges, MORE THAN ONCE!!! I am a true athlete, I love all sports and can play all sports well. This was a total competition and winning challenges was like hitting a homerun in the last inning (especially after staying up and working until the last second)! This challenge was different. I am different. I am at a different part of my life than I was before. I made a personal

vow/resolution (those things that most people forgot about after New Year's) to myself that I would start and finish things this year...so when this email popped up in my inbox. I knew it was a test! I used to make and keep promises for everyone else, but not ones I made to myself. This PGC2016 is bigger than me, it's more than just a challenge. It genuinely changed my life. I know it has. I have proof, because the same promises I made that first day, I am still doing it! It is not a habit, but a lifestyle. Dr. Agrusa, my professor, told me every marathon starts with one step! Ever since this survey I have been stepping...from green to greener to greenest, day by day. I am proud, grateful, and overjoyed to say that I have made it! I have climbed the mountain and will enjoy the view (I am claiming the finals!)!!!

My next day of choice was Day 3/Day 4 Zero Waste Greener. This day was eye-opening, I was quite relieved that the challenges were a 2-day combined challenge. I started off doing it with a group of friends, my flat-mates actually. The same people I lived, ate with, and see every day. When we began we were already one mate short due to a boyfriend visit. So, myself and my other two flat mates were supposed to go strong! This was the day that they both dropped out, in my eyes. One was doing partial work and the other was studying for exams. I also had exams, but I talked to my sister back home and we both came to the same conclusion...she told me, "You're gonna have to go, the same way you gotta go to Heaven...BY YOURSELF." She still jokes and says YOYO (you on yo' own) to me. This was the day that I decided no matter what, I am going to keep pressing, I am going to finish this thing. "I CAN, I WILL, I MUST," Eric Thomas. This was the same day I got asked questions and weird stares from all kinds of people. Looking back I should have dressed a bit more "professional" walking down Fort Street (where a large presence of our homeless population is) with bags of trash and bottles could be some of those reasons for the stares. Nate (Nathan) was pretty intrigued and fascinated by it though. It was kind of cool to explain it and also cool that he understood and listened! This day was also a big step in my conscious living transformation. I was so shocked at how much trash I collected, from finishing my chocolate milk to my bottle of water every hour, to Udon take out, and everything in between. I can honestly say, I have created significantly less waste since this day. I know it is a little weird or extreme, but I still keep a small reusable Walmart bag (that they now charge 10 cents for to encourage shopping with reusable bags) and collect my waste each day. Then I recycle and compost! This was an awesome day!

My next memorable day was Day 9 Economics Greenest Challenge! This was big for me because this was the day that I realized I can do this. I can a more conscious life. I am not a scrooge, or cheap, but I am frugal and like to get the most for my money. Now I look at getting the best for my money! I am currently seeking financial abundance (also known as broke). This challenge was plain and simple, I realized that long-term this would save money! I even found some low cost conscious living items! So often we are discouraged by a price tag or even hearsay that something is "soooo expensive". This challenge was a bit of research, but the results were simple: it is worth it to spend money on conscious living and it is also POSSIBLE!

My Day 12 Biodiversity Greenest Challenge was among my favorites! It was awesome to get out into nature and explore our Hawaii Loa Campus! I loved this challenge from the start! The videos and infographics spoke volumes! This was my favorite Instagram picture, the one of the yellow flower (from the green challenge)! Also, it was nice to actually meet our grounds crew! They are always out and making the campus look stunning but there is more than meets the eye, there is a science, a gentleness, and art to what they do. I am so grateful for them. I came from a concrete jungle school, I had to drive thirty minutes without traffic, an hour with traffic to get to a safe greenspace, then find free parking,

then enjoy the park before it got dark. Here it is so natural and pure, the cranes eat the bugs after fresh cut grass, birds fly around, I even saw a mongoose for the first time! That is some of the wildlife, but the greenery, I wouldn't change it for anything in the world! It just puts me in awe how much thought and care went into this campus and continues to go into the campus. They have residence halls named after plants! Plants that you can find all around you as you walk across the campus!! They are so nice to the environment, they use NO CHEMICAL PESTICIDES, except for the outskirts of the campus towards the road at Kamehameha Highway for the blue buffalo grass. This was just a beautiful experience. I know I am at the campus every day, but this gave a chance to really take it all in and smell the melia, kukui, the lokilani, ilima, and everything. It was overwhelming and humbling.

This next one was one of my absolute most educating, correcting, and informing; even more so than the non-GMO day. My most informing day was Day 22 Hemp Greenest! I only knew hemp as marijuana. Disclaimer: I have never smoked, ate, drank, or anything else with the herb, plant, broccoli. I remember teaching a health lesson at the boys and girls club about marijuana. That was the extent of my knowledge, it is a drug and it is bad and it is not worth a scholarship. I even had friends that tried to explain the uses to me, but they were talking to deaf ears and a closed mind. That was the ignorant me. Ignorance is not always bliss. I was missing out and I should have been more open, because I am very open with many other things. This was the day that I was most intrigued and challenged what I knew...what I thought I knew. Hemp is a cash crop, it is a golden/green gift from God. Never have I seen a crop that can be used in so many ways, it is unbelievably versatile and naturally organic. I became so interested in the industrial agriculture of HEMP. I even got into a deep discussion with my roommate who surprisingly used to work on a hemp farm in northern California! I just loved this story and I channeled, nah...unleashed my creative side to write a short Children's story about hemp. I told myself if I won the challenge I would finish the story, sketch a book cover, and draw the pictures for it. I guess my first book will now be a children's book. I might even do a hemp series...who knows. If I do, I could print it on hemp paper! I loved this day it was truly enlightening!

This was a close tie, but in different ways. Day 23 Water Greener Challenge was more of a reflective day. It was a step back and think about it kind of day. I say this because everything we are surrounded by in this materialistic world is like a finished product. We see snacks packaged, books on shelves, clothes on hanger and racks, houses on street blocks, even food on a menu/in our plate...Yet we seldom think of the PROCESS, all we see is the PRODUCT. It was mind-blowing, I could not even wrap my head around how much water my Bible, jeans, skateboard, pizza, and other things used! It was insane to me to see X-gallons of water going into one product. It is true and it is something that we are so blind to. We are trained to see the PRODUCT and not the PROCESS. This resonated with my soul a little deeper, because it made me think about the past 23 days and how far I had come and how I have to trust the process; not only with this challenge, but in life. It also made me aware of how much water I use and waste. After the test and sharing it and hearing/seeing my friends' results I researched and watched about 82 minutes of youtube videos about ways to save water. It covers 70% of the Earth, but we have less than 1% access to clean water and we are literally just flushing it down the toilet. This was a challenge and reflective experience that I shared with others and challenged them to share with others!

My Day 26 Eco Hero Greener Challenge and my Day 27 Ripple Greenest Challenge were both inspiring and motivating, which is why I am addressing them together. Dr. Francis is an amazing individual. A man that was so moved by the negative effects of an oil spill that he refused to use a motorized vehicle. I some people that will push you out of the way to get to the elevator ON THE SECOND FLOOR, much less

would walk across the country and other countries –but he did! His years of walking and vow of silence earned him the name Planet Walker...and earned every letter of it! He is still active and I believe the part of his story that made the biggest shake for me, was his tipping point and how he decided to take a stand! This type of activism made me really re-evaluate and see how I could do more than just a recycling idea or more than dehumidifiers that produced water from air (before the challenge even started I was researching and exploring machines like that for our Hawaii Loa Campus, because nearly every building has a dehumidifier. That is another story, but the Planet Walker challenged me to think outside the box and see what else I could do or how I could focus my passion or drive toward a specific part of the environment, because they and we are all connected! Also, he actually replied to the e-mail that I sent him. The real Dr. Francis, the one and only Planet Walker on the whole planet replied to me...one empowered activist to another!

My final two challenges were Day 28 Mobilize Greener and Mobilize Greenest. I was just excited to be able to explore innovation and ideas for ways of the future. It was incredible to sit around and bounce ideas off of each other. NO matter big or small this was an awesome think tank. I had so many ideas and plans that it was hard to narrow it down to just one and the more I sat and thought or spoke the better the ideas got! I am all about being an entrepreneur, I absolutely love shark tank (in small doses). It would be nice and I plan to after the challenge explore some of these ideas and see if I can get something rolling and if not myself get it into the hands of someone that can! I know my idea was a little far-fetched, but I stand behind it. I feel like there is so much going on in and around the world. When you think of a place like Disney World it brings so much joy or a place like Hawaii is your thought of Paradise, so I would love to be able to bring a conscious, sustainable, and eco-friendly version of that to the world. I loved and appreciated the free range of creativity and innovation with the challenges for that day!

As you can see each day meant something different to me and each was a different path on my 30-Day Challenge journey. It was honestly quite a task to narrow it down to 1/3 of the challenge. This final day in itself is also a HUGE day for me! I am beyond grateful for this opportunity and have been forever changed by these 30 days. I have met new people, built connections, and unlocked endless possibilities for the environment, developed a deeper understanding, and discovered a precise passion for the environment and living consciously! My name is Mariah Carey Campbell and these are my top ten challenge highlights!