

Project Panda - Greenest

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Marin School of Environmental Leadership

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Link to video: https://www.youtube.com/watch?v=urc5VfPk_34

Throughout the discussions we started off by talking about what they already know and think about organic and what it is. We then talked about the price of organic and why it costs as much as it does. Because most people were surprised to hear about organic products that weren't food, I went into more details about non food organic products. We talked about GMOs, chemicals, and what the consequences were of using those. I closed off the discussions by asking if their view on organic has changed since before we talked and if they would consider buying more organic products.

My friends mostly understood what organic is with a few exceptions including one of my friends only thinking of it as the chemical definition of having carbon in it. One of the main issues that came up was the cost of organic. There are ways that organic can become more affordable in the future, but as of now it is often too expensive for someone who is living paycheck-to-paycheck to purchase often. Another topic that was often mentioned was that they know GMOs, pesticides, and fertilizers are bad, but they don't know why and they don't know what they can do to your body and the environment. Most of my friends were also surprised to hear that products that don't have

to do with food can be organic. They have never heard of organic clothes and similar items.

Judging by the responses from my friends I can tell that most have been briefly educated about what organic means. The amount they get educated on the topic is not enough to make an impact on their decisions. They know non organic can often be bad for the environment, but they are never taught why or even that it can be bad for yourself as well. In order to make a difference the general population need to be taught more in depth about organic. This change needs to start with our education system, because there are very few places that people will learn about organic at a high enough level besides in our schools. We must also work together to find a way to make organic cheaper because many shut down the idea of buying organic as soon as they see the price of the organic products compared to what they normally buy.

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So it took a lot of drafting, but we came up
with 3 meal plans.

Entree:



A beet and zucchini crust pizza with homemade tomato sauce, mozzarella cheese, mushrooms, green onions and arugula

Recipe: **(Talk about Creative/Yummy!)**

2 cups of shredded zucchini

1 cup of cooked beets

½ to 1 cup of almond flour

For the sauce:

About 2 lbs of Roma tomatoes

Organic coconut oil

Sage and oregano for seasoning

For the toppings:

A handful of..

Shredded mozzarella cheese

Mushrooms

Arugula

2 tablespoons of green onions

Method:

For the sauce...

Wash the tomatoes, peel them, then mash them in a large baking pot with a lid. Add a tablespoon of coconut oil, turn the stove on to medium high heat, cover the pot and let sit for about 45 minutes, stirring every 5 to 10 minutes. Once the sauce has reduced down to your desired consistency and taste, season with salt and oregano and sage. Turn off the stove and let sit.

For the crust...

Preheat the oven to 450 F.

Blend the beets, zucchinis and almond flour in a food processor. Add more flour if it looks too liquidy. Grease a baking sheet with coconut oil, spread the batter into a circle about an inch thick, place into the oven middle lower rack. Bake for 10 minutes or until golden on the edges, take out of the oven.

For the toppings...

Wash some arugula, mushrooms and green onion. Spread the cheese evenly then, top with arugula and chopped mushrooms and green onions. Place back into the oven, at 350 F.

Take out after 10 minutes and serve!

Beverage:



Guava, pomegranate iced tea mixed with lemonade into the form of an Arnold Palmer.

Ingredients:

1 or 2 guava leaves

Handful of pomegranate seeds

4 cups Boiling water

Organic, local honey

3 large lemons

About a cup of water

Lemon balm and pineapple sage flowers for decoration/added flavor

Method:

Boil 4 cups of water, place the guava leaves and the pomegranate seeds into the boiling water, steep for 5 to 8 minutes.

Squeeze the three lemons into a pitcher, add the water and honey to taste to your liking. Pour the tea through a strainer, into the lemonade. Serve with ice cubes.



Dessert:



crushed walnuts and pecans toasted with coconut oil and honey, then topped with a sweet potato ginger butter and some apple slices.

Recipe:

Handful of pecans and walnuts (each)

Organic coconut oil (3 tablespoons)

Organic, local honey

1 sweet potato
½ of crushed apples (apple juice)
1 root of ginger (about 2, 3 teaspoons)
An apple

Method:

Preheat your oven to 350 F. Toss the pecans and walnuts and 2 T of coconut oil into a food processor until the mixture looks coarse and broken down (note: do not mix for too long or it will turn to butter and be more liquidy.). Grease a 4 by 4 baking dish with coconut oil, and press the nut mixture to the bottom. Next, in a medium saucepan on medium high heat, pour the apple juice, and ginger and cut up the sweet potato really thinly, stirring occasionally. Stir occasionally, once most of the apple juice has burned off and the sweet potatoes are soft, pour the mixture, add some honey to taste into a food processor and pulse till smooth, lay the mixture in the baking pan on top of the nut mixture. Cut up an apple (note: brush the apples with lemon juice to prevent browning) and lay the pieces on top with some drizzled honey. Bake for about 10 to 15 minutes until the bottom looks toasted. Take out of the oven, let it cool for a few minutes before serving.

Surprisingly, the only things we had to buy for this project were almond flour, honey, a pomegranate, mushrooms, cheese and some ginger, which were purchased at whole foods and summed up to be 10.45\$. We had everything else on hand in either my

home garden



Or in one of my neighbors' gardens. We got lemons, apples and zucchinis and a selection of walnuts and pecans from the neighbors (who are all firm believer in organic produce) and I grew beets, I have a guava tree



arugula, tomatoes and herbs myself. We had the coconut oil on hand, so we spent around 10 dollars on all of the products total.

Some zero waste changes we tried implementing were using old jam jars and glass containers to store dried herbs instead of ziplock baggies. Any food waste we had went into our compost. We use that compost in the garden to help grow more healthy ingredients for more amazing FL0SN recipes.



Our entire team (the four of us) helped, but our entree wouldn't have been nearly as good without our team member Lizzi!



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This challenge was timed perfectly because I had just run out of my store-bought face scrub! Through all of my Pinterest research, this was the face wash that appealed to me the most:

1 cup of sugar

2 T of coconut oil

2 teaspoons of honey

½ T of lemon juice

½ T apple cider vinegar

The sugar acts as an exfoliant, scrubbing your face clean of dirt and dead skin, mixed with coconut oil, it hydrates your skin.

Honey is a natural antibacterial and eliminates acne causing bacteria, apple cider vinegar is a natural toner and lemon juice erases scars and brightens your skin overall.

Method: Melt down the coconut oil, add in the sugar and stir. Add in the honey, lemon juice and apple cider vinegar, mix together.

At this point, I took the liberty of adding in some flower petals and ginger root to add fragrance. Once it's finished, scrape the contents into a container of your choice! I repurposed an old applesauce jar.



Then my mom, my sister and I all had facials! I told them these facts:

- Skin is the largest organ in the body and absorbs 60% of the cosmetics you apply everyday
- Nearly 22% of all personal care products, including children's products, contain a KNOWN cancer causing chemical, 1,4 Dioxane
- Beauty products don't have to pass through high, safety regulations, and go unregulated by the government. And the testing the manufactures do use is animal testing, which is

cruel and inhumane and leads to the eventual death of the animal.

- The vast majority of conventional lipsticks contain large quantities of lead which can lead to lead poisoning since you consume large amounts of lipstick throughout the day.
- Most of our cosmetics contain petroleum byproducts which can alter hormone levels and brain function. Nail polish even contains a form of formaldehyde, which is used to preserve organs in laboratories.

My mom found it really terrifying that there are almost no health standards on Britt products and that producers can, essentially manufacture whatever they want, even if it's a known carcinogen. My sister was really impacted by the cruelty of animals testing and how we wouldn't even have to use it if companies didn't put foreign chemicals into their products. They were both appalled that their skin was absorbing lots of their makeup and topical products.

I will definitely be creating more diys, I feel a strong sense of security in knowing where my product came from and what's in them. Also I love that you can be as creative as you want, customizing different scents and colors, without the use of artificial colors and scents that are toxic.

Sources:

<http://ronandlisa.com/2013/07/30/dangerous-chemicals-beauty-products/>

<http://fashionobsessedforever.blogspot.com/2013/11/diy-blemish-erasing-body-scrub.html?m=1>

http://m.humanesociety.org/issues/cosmetic_testing/qa/questions_answers.html

<http://www.organicmakeup.ca/ca/PetroleumCosmetics.asp>

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Monthly Expenditures

Food - \$160

Gas - \$120

Clothes - \$100

Hair Product - \$8

Acne Care - \$5

Shampoo - \$5

Toothpaste - \$2

Deodorant - \$2

Total - \$402

Weekly - \$100.5

Daily - \$14.36

Food (\$160) - Currently I always buy lunch and sometimes an afterschool snack at school or at the local mall just a few minutes down the street. These meals are often not very healthy as we are given very few options at both school and the mall's food court and none of these options have a significant nutritional value and often are filled with chemicals that harm myself and the environment. This cost of buying food at or around my school builds up quickly. I have also noticed that I save a significant amount on weekends where I usually eat at home. To save money I can make a one time investment on reusable food

containers to bring food from home to eat for lunch. These containers cut down on the amount of plastic I use by eliminating any packaging that comes with my school lunch. I can also use what I learned from the food challenge to create cheap, healthy, and FLOSN meals.

Gas (\$120) - The second most expensive thing in my monthly expenditures is gas. Fortunately this has changed recently for me. I used to have a car that I would go through one tank of gas a week at about \$30 dollars every time I filled the tank. I recently changed to a Nissan Leaf. This car is 100% electric. The cost of charging my car at home makes a surprisingly small increase in my family's electricity bill. I also made a decision to buy a used car for two reasons: one, it's cheaper than a new car, and two, a lot of emissions and negative environmental impacts are created with making a new car and with a used car you aren't creating any of those negative impacts. I now save on gas and my transportation is now emission free.

Clothes (\$100) - As a teenage boy I am growing at an accelerated rate. This becomes a major problem with the clothes I wear. I am constantly growing out of them and my wallet is suffering. Alone, it would be fine. I would be able to afford it from just my summer job, but as soon as you add my other expenses it becomes a problem. Luckily my parents are nice enough for me to borrow money from them when I need it. By cutting down my expenses in other areas I will be able to afford the clothes that I buy.

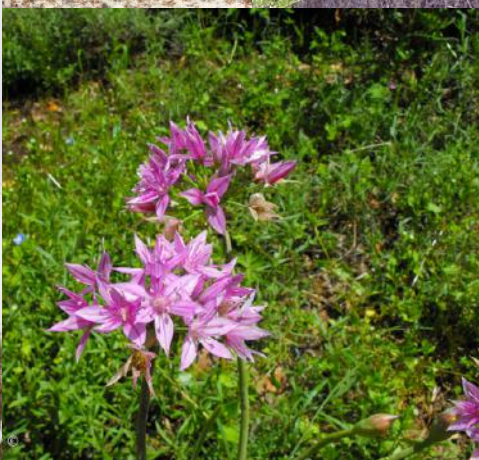
Other (\$22) - I need all of these things (hair product, acne care, shampoo, deodorant, and toothpaste). Some of these things people would claim I don't need, but I really do. I need hair product because of the nature of my hair. My entire family has

this problem and if we don't use any hair products we end up with afros - you should see it on a humid day. I need acne care because I'm a teenage boy (I think you get it). The other stuff we can all agree that everyone should have, especially the deodorant (again, I'm a teenage boy). Even though I need these things there are alternatives. I learned from yesterday's challenge (day 8- Body) how to make cheap products that are also healthier for me than the chemicals in the regular products, and more environmentally friendly. This is a very small expense for me compared to the other ones, but I can still cut it down because every little bit helps. Also, if for nothing else, It would be more environmentally friendly to make my own products.

These solutions to lower my expenses come with many benefits (way more than I mention here). First, the obvious one, **it's cheaper!** I can use this saved money on other things that I may want, but currently can't afford, or save it for when I may really need it later in life. Second, many of them are healthier for me than what many people, including myself, currently do. It can be a range of reasons from not putting harmful chemicals directly on my skin or something as indirect as the air I breathe will be healthier for my lungs. Third, it helps the environment. It cuts down on major pollution as well as something literally as small as micro beads. A Healthy environment leads to a healthy us.

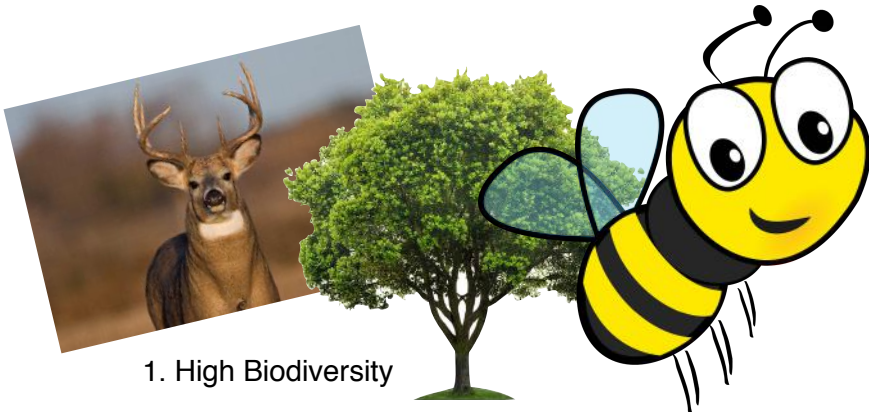
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Included are native California plants which assist in the pollination process. Whether they are trees to shelter bee hives and hummingbirds or the actual flowers themselves. All of these examples do not include artificial pesticides and have existed in California for millennia.



Biodiversity

Biodiversity is one of the most important factors which determines the health of an ecosystem. With a proper assortment of plants, animals, and non-living factors, an ecosystem can thrive. In the preceding picture chart, we included many native California plant and tree species which can be found in a variety of climate zones from the Mojave desert to Yosemite. Without the necessary factors, an ecosystem will die due to lack of nutrients.



1. High Biodiversity



1. Faster/More efficient plant and animal reproduction



3. High resilience within ecosystem and less susceptible to unusual weather and predators

Pollinators of Marin



Two of the most common pollinators in Marin county (and most of the world) are the European and Africanized honey bees. Both species originated from Europe, Asia and Africa, but with the discovery of the America's and their large capacity for honey production favored by most beekeepers, they were widely introduced into new parts of the world.

So I found this interesting, some of our most important pollinators are not even originally from California? What did California plants do before them? Part of this is probably because of the chaparral environment we live in, consisting most of oaks, shrubs and grasses, don't need the extensive pollination. Acclimated to California's natural conditions, they use wind pollination and rely minimally on mutualistic bonds with animals for their reproduction. However in present day California, the increasing demand for exotic flora species and California's huge agricultural zone in the Central Valley have made the honey bees pollination skills necessary for our way of life.



Bumble bees are a native species from California. They are not as productive as honey bees and they live underground in small hives. I should know, I had a nest of them in my backyard! They are friendly and rarely sting, a great gust of honor to have visit your backyard garden.



The rufous hummingbird visits our region in the summer months. As the fall season approaches and their food begins to die off, they migrate hundreds of miles south towards Mexico. Hummingbirds have an incredible sense of navigation (associated with most migratory birds) and memory. They take note of every meadow and feeder they come across, and on their migration back, they revisit most of these spots. They are avid pollinators in spring and summer, a hummingbird has a very fast metabolism and needs to eat every 5-8 minutes, this is good news for your plants!



The Anna's hummingbird is even more common than the rufous hummingbird. It also doesn't have a long annual migration during winter. Anna's hummingbirds tend to stay in Northern California and casually make their way south, then follow the blooms of spring back north. Hummingbird feeders give the Anna's hummingbird even less incentive to migrate, which is a good way of ensuring you get pollination year round.



Butterflies are also excellent pollinators in the summer months, some species include monarch, tiger swallowtail, painted lady and cabbage butterflies. All of which are ubiquitous and widespread. The above picture I just took today in my backyard.



Some species that don't get too much credit for pollination are bats and moths, the pollinators of the night. Mexican long tongued bats love cactus fruit, with a growing influx of cacti here in Marin, sighting of them are starting to pop up. Moths are also excellent pollinators, just like butterflies but they feed off morning blooming plants like morning glories that close up in the heat of the day.

So there you have it! A some up of Marin counties both native and nonnative pollinators! All important to our local ecosystem of today.

<http://www.batcrew.com/cabats.html>

<http://www.helpabee.org/common-bee-groups-of-ca.html>

All other information came from my biology class or previous knowledge.

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Our school is mostly made up of concrete walkways and paths, so we don't have vast amounts of plants growing everywhere, but we do have three main locations.



The courtyard is sandwiched between the history and language hall, the math hall, and the library and it is open roofed. It's a popular place for most students to go eat lunch, there's tables and benches and a few shade trees and bushes. Last year, MSEL students Natasha, Sophia and their lead project group tried to make the courtyard more drought tolerant. Since California is in a prevailing drought, they planted succulents because they use minimal water and would lower our water usage. Many of these succulents came from Natasha's house and to prevent weeds from growing, the group used mulch, spreading it around the succulents instead of harsh herbicides. Though the courtyard looks great, I think future steps towards improving it would include planting more native plants and eliminating invasive flowers. An interesting thing I learned while researching bees is that often times nurseries biologically augment flowers to have prettier, fuller blooms that people desire. These augmented flowers however make it nearly impossible for bees and hummingbirds to feed off the nectar in them because they just have too many petals. Our courtyard is full of flowers like these and though they are pretty, their natural, unaugmented cousins are as well. If we want to support our local pollinators, our next step should be to replace these flowers with native plants.



Outside in the front of the school we have a native plant garden. It used to be a barren strip of dirt sitting, overlooking the parking lot. But two years ago Esther, Jasmine and other MSEL students transformed it into a beautiful, self-sustaining and drought tolerant, native garden. In the past two years this garden has done remarkably well even though it doesn't receive any attention from the gardeners. All of the plants were either planted from seeds or donated by Sloat garden center in San Rafael, who believe in organic practices. Some of these plants include coyote brush, California poppies, Lupin and seasonal wild flowers. Ideally, this is what most of our school should look like. Once the plants grow bigger, they will not only provide a food source for our local pollinators, but will provide habitats for other animals as well. Many of Marin's wildlife is accustomed to living in the dense, chaparral landscape and our coyote brush will provide cover for Western Fence lizards, garter snakes and songbirds.



In back of the school, we have a garden called the MSEL garden where we grow produce to sell at the local farmers market. All our products are organic, we don't use pesticides of any sort. There are some beneficial herbs we use such as mint that are a natural deterrent to some species of insect and planting arrangements that help protect vulnerable plants against pests. Such as planting onions with tomatoes to protect the tomatoes against horn worm invasions. Also we have a chicken coop and our own compost, which we use to feed our plants. This means we don't have to use synthetic nitrogen fertilizers which contribute to dead-zones in our water. Overall, I think our little garden is very eco friendly. We use drip irrigation, we don't use any pesticides or herbicides, and we compost. Although the MSEL garden is doing well, it still requires constant care from the MSEL freshman to maintain it. I think for future years, we should consider the concept of permaculture. The main idea in permaculture is to have as little human interference as possible. Plants are arranged on slopes so that gravity from local rains will water them according to their needs. All of the plants and crops in permaculture are designed to resemble their natural state in nature, corresponding with the role they play, in other words their niche. No two plants occupy the same niche, therefore the plants aren't competing for an energy source. Plants in permaculture are also meant to interact with animals of their local environment, like bees and hummingbirds, so flowers that entice these crucial pollinators are planted to attract them to the garden. Since permaculture resembles a natural system, it has positive effects on soil and groundwater and does not deplete resources and acts harmoniously with its surrounding environment. I think it would be amazing if we could incorporate permaculture into our garden in the future. Not only would it lower our carbon footprint, but it would also benefit our local ecosystem and our soil quality, thus improving our school dramatically.

I was very surprised by the impact TL students have had on our campus. Because of these groups of students, our school is healthier for both us and our environment. I was also surprised by the sheer amount of sustainable gardening practices we have in place and I feel optimistic that they will only improve in the years to come.

Marin School of Environmental Leadership - Project Panda - Greener



- 1- Mr. Clean Hi-Endurance Soap
- 2- CLR Bath & Kitchen Cleaner
- 3- Lysol Orange Antibacterial Soap
- 4- Mr. Clean Multi-Purpose Cleaner
- 5- Lysol Disinfecting Wipes
- 6- Pledge Multi-Surface
- 7- Windex (see below)

Windex Product Rating: D

Ammonium Hydroxide - F
(High Concern: acute aquatic toxicity; Moderate Concern: respiratory effects; Some Concern: damage to vision, skin irritation/allergies/damage)

Ethanolamine - F
(Moderate Concern: respiratory effects, general systemic/organ effects; Some Concern: chronic aquatic toxicity, nervous system effects, skin irritation/allergies/damage)

Hexoxyethanol - D
(Moderate Concern: general systemic/organ effects)



Windex Alternative:
BioVert Eco Glass Cleaner

Cost: US \$13.77

<http://www.bio-vert.com/en/nettoyant-vitres.php>

Ingredients:

Water, Alkyl polyglucoside, Sodium olefin sulfonate, Sequestrant based on natural amino acid salt.

See Next Page

F

Windex

Ingredients:
AMMONIUM
HYDROXIDE,
ETHANOLAMINE
HEXOXYETHANOL,
FRAGRANCE,
POLYQUART,
AMPHO 149
POLYMER,
DISODIUM
COCOAMPHODIPRO
PIONATE,
LIQUITINT SKY
BLUE,
ISOPROPYL
ALCOHOL,
WATER,
PROPYLENE
GLYCOL



VS

BioVert

A

Ingredients:
Water,
Alkyl polyglucoside,
Sodium olefin
sulfonate,
Amino Salt



I will definitely consider making the switch to greener cleaning products. It seems like a no-brainer to improve you health, your home, and the world. I will try to educate my friends on the benefits on cleaning green.

Instagram Post



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DAY 24 - Greener

1. For a food item I created an organic, non-gmo raisin/apple/almond granola. I chose this because it is quick, simple, and extremely yummy. Also, it contains a high protein content which is perfect after a long jog in the rain (see our green challenge).

This recipe I made uses an apple, 1/4 cup of almonds, and a teaspoon of raisins. It came out great!!! I also had a chance to use the mini-cutting board which I made last week out of scrap wood! (Pictured bottom).

The first step to making "Panda Power Granola" as I am now calling it, is to chop up an apple. (Preferably an "Ugly apple" as to cut down on supermarket food waste. They taste just as good!)



Next, cut up your almonds. Be sure that you are careful not to cut yourself. I like to dampen the cutting board a bit whilst cutting dry almonds so they stick and avoid flying everywhere. Finally add the raisins on top. This snack is great because it can be brought anywhere. Also, the only food waste while creating the Pand Power Granola was the apple seeds and stem, which went right into my compost.

2. Beverage:

Buzzing Bee Iced Tea!

This iced tea was super fun and easy to make. It was also super tasty. The only ingredients are water (liquid and ice), tea bag (I used lemon mint), and some fresh mint (Apple mint it turns out) from my garden. Aside from it tasting amazing, I also felt very refreshed after drinking

it. This iced tea came out super amazing, so i'll probably make it more in the future! I took a lot of pictures of both the tea and the apple/almond granola, so please contact me if you want more images. Luckily, the rainy day didn't get us down because of PGC. (Also California needs some rain!)



Social Media Post: <https://www.instagram.com/p/BL97nxxg4r8/>

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My eco hero is Philippe Cousteau. Philippe Cousteau, grandson of Jacques Cousteau, is a TV host and author. He primarily focuses on marine life and environmental activism. One of his inspirations was his grandfather who was also a documentary and TV host. Jacques was an inventor of scuba diving technology and this opened his eyes to the marine world. Growing up around his grandfather, Philippe was drawn to the water and followed in his grandfather's footsteps. Philippe Cousteau participates in many environmental activist groups as well as starting a few organization of his own. One group that he is involved with is the Climate Reality Project. That organization holds multiple events and training a year around the world not only teaching about the environment and climate change, but trains attendees on how to become activists themselves. The Climate Reality Project supplies all participants with a presentation that they can share with their community when they get back home. The skills needed to give this presentation are taught to participants by the organization's

founder, Al Gore. When I went to the 2015 Climate Reality Project training in Miami, Florida I was able to see many people ranging from scientist to politicians like Al Gore present. I was fortunate enough to personally meet Philippe Cousteau. It is truly inspirational, the amount of work he puts into the things he cares about, and still has time for a small high school student like me. When I met him I had the chance to ask a few questions. I asked him about what inspired him to do what he does. The simple answer could have easily been his grandfather, but he responded on a level that I can easily connect with. He talked about the beautiful coral reefs and how each day the color fades away because of ocean acidification. I also asked him what I can do to make more of a difference. What he said had a major impact on me. He said that I'm already doing it. He made me realize how easy it is and how something that seems so small can actually have a big impact. Just by going to this training I was already making change. Looking back on it now I realize I am just missing one part. I wish I asked him how can I get people to listen? I have the knowledge, I have the presentation, but my only audience is people that already agree with me. How can I make a difference in someone's mind and make them realize how important this is?



Michael Kessell <michael.kessell2018@gmail.com>

12:24 AM (0 minutes ago)



to info

Hello,

I am not sure if you will get this or not as this is just one of the organizations you started, and not your direct email. I just want to say how inspirational you are. You have such an impact on people and so much knowledge that it is far more than just being the grandson of Jacques Cousteau. You probably don't remember me, but I met you last year at the Miami Climate Reality training. A few of the students, and teachers that I went with, including myself, talked to you. You were so inspirational. Not only the presentation you gave, but the individual conversation you had with us afterwards had such a great impact on me. Thanks for answering all my questions, but I still have one more. I now have all that knowledge you helped share with me and the presentation Gore gave, but how do I get people to listen to me. No, I don't mean my parents. How do I get people from the community that don't already agree with me to actually listen so that I am given the chance to possibly make a difference in someone's mind and make them realize how important the environment is and how we must protect and preserve it?

Thank You,
Michael Kessell
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projectpanda2k16

Be the first to like this.

1m

projectpanda2k16 @pcousteau is my #ecohero because he makes such a difference in the world. He takes advantage of his family legacy to benefit the environment instead of using his fame for selfish reasons. Not only are you an environmental activist, but you have taught others, including myself, how to be through @climatereality thank you for all you have done. #pgc2016 @turninggreenorg

♡ Add a comment...



Project Panda

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Marin School of Environmental Leadership

Day 27 - Greener

Throughout all of the work we have done and will do, my group, Project Panda, strives to create change in our community. This change, as we have noticed in the past few days, has really made a difference in ourselves and in the people around us. The following collage only scratches the surface of the people which we have effected for the better.

We found one of our purposes, and are attempting to make real change in our world one person at a time.

***"You must be the change you wish to see in the world."
-Mahatma Gandhi***



Ben recycling his latest can of Amy's Tomato Soup!



Michael making sure that his latte has a similarly luxurious ending... in the recycling bin!



Lukas sorting his trash!



Rachel putting her recycling bin to good use!



My sister enjoying nature through photography!



Linda being responsible with her waste!



Natasha, Michaela, and Lein experimenting with alternative modes of transportation!



Lizzi hugging her newest loaf of USDA Organic Bread!

When we asked people in our community to take action towards a sustainable lifestyle, we got tons of positive feedback. The one that stood out to us the most was when Natasha, Lein, and Michaela decided to work together. Throughout the month, they have watched our team working towards a greener lifestyle and were inspired to do something themselves.

They have become passionate about transportation and reducing greenhouse emissions associated with transportation, so they decided to start planning a project, with our insight, to raise awareness for the transportation issue at our school. In our brief conversation that included our teacher we started talking about ideas of how to reduce our footprint.

They came up with a carpool map for neighborhoods that had a large population attending our school, ways to motivate people to bike to school, and also an idea to help fix the current ineffective bus system we have at school. Fixing the bus system and schedules may sound very difficult, but my teacher has a connection with Marin Transit who is open to feedback and is ready to create change. This new project is inspired by what we have done this month and is much bigger than the change we expected to make when we started the PGC journey. It will take time, but anything we set our hearts to can be done.

(Instagram Link) <https://www.instagram.com/p/BMF0YOQAgyM/>