

To the Project Green Challenge Family,

Thank you for sharing this unique training module with the world and giving me an opportunity to receive the sustainability education I never got in school. I feel privileged to have undergone this transformation. I feel powerful because when I have learned can change my life, improve the lives of my friends, revolutionize the modern world. I feel extremely emotional over this whole process. Project Green Challenge helped unleash my inner child because I felt super passionate about something and was allowed to be creative in my learning process. Connecting with the uninhibited child I thought was lost, was the most moving part of this whole experience. Feeling completely infinite!

There were two specific challenges that made me emotional for unique reasons; Hemp and Eco Hero. After learning about Hemp, I was flooded with anger. I felt like this world was set up for greedy corporate rats could make money. Why do they not value health and happiness over dollars? My rage then translated into creativity and acceptance. I would like to have something to do with hemp research and activism in the future. I do not think I can not go without hemp in my future. Hemp can revolutionize fast fashion and fossil fuel. These are two extremely unsustainable industries. The second challenge that was personal to me was Eco Hero. I am usually extremely confident about posting on the internet but it is different when you fossilize yourself in a post for everyone to see. After receiving the positive feedback, I feel inspired to continue using my voice to communicate issues to my social media family.

Overall, this has been wonderful. Project Green Challenge is unique and unlike any activism I have ever encountered. I am grateful for the experience and will carry it with me forever.

- The **Day 5, Energy Greener Challenge** demonstrates my ability to apply sustainable ideals to my life. It shows how I can summarize principles of saving energy into a creative visual graphic.
- The **Day 11, Wellness Greenest Challenge** indicates a time where I reached out to a friend to discuss physical and mental wellness. I enjoyed challenges that allowed me to connect deeply with my friends and colleagues. It shows the efforts I have mustered to create a “safe space” platform for people to talk.
- The **Day 13, Fair Trade Greenest Challenge** displays my ability to analyze Stony Brook’s inventory of goods and conduct online research to decide if they are ethical and how improvements can be made.
- The **Day 19, Fashion Greenest Challenge** exhibits my activist potential by showing my audience disturbing content and facilitating a post-documentary discussion that helped them reconcile the newfound truths with their habits.
- The **Day 21, Clean Greenest Challenge** shows my dedication to removing harsh chemicals from my home and my desire to keep humans safe from toxins.

- The **Day 22, Hemp Greenest Challenge** absolutely blew me away! In my submission, I show how I can channel humor to deliver a new concept to my audience. This silly spin on “Humpty Dumpty” indicates my ability to make information palatable for a younger audience.
- The **Day 24, Fitness Greener Challenge** shows my dedication to health. When I feel physically and mentally healthy and being the best version of myself, I will be in the best shape to be a steward of the earth. This submission shows my ability to maximize nutrition and show that vegan snacks are super protein dense.
- The **Day 26, Eco Hero Greenest Challenge** exhibits the confidence boost PGC has given me. I otherwise would have been too self-conscious to make an Instagram post that was self-celebratory. PGC has raised my confidence without boosting my ego. I am not afraid to share my knowledge because my voice is so important and worthy of listeners. This was so challenging and I was so happy about the positive feedback, I feel encouraged to continue sharing!
- The **Day 27, Ripple Greener Challenge** shows the positive energy I have radiated to my friends. It is proof that the consciousness I have acquired is rubbing off on them.
- The **Day 28, Mobilize Greener Challenge** shows my ability to work with a team to find creative solutions to pressing sustainability issues. Teamwork is so fun because when everyone is able to remove their egos, we can develop innovative ideas! I find that I am a leader and this challenge allowed me to be a worker bee in the group.

Thank you,
Ashley Zebro

Name: Ashley Zebro

Username: worstofwildlife

Email: ashley.zebro@stonybrook.edu

School: Stony Brook University



NOTE: The following appliances, despite their Edward Cullen glow and sharp teeth, are not actually vampires.

A close-up photograph of a microwave's control panel. The panel is white with various buttons and a digital display showing "8:11". A black vampire logo with a red teardrop is overlaid on the bottom center of the panel.	A photograph of a laptop screen that is glowing brightly. A black vampire logo with a red teardrop is overlaid on the bottom center of the screen.	A photograph of a blue iHome alarm clock with a digital display showing "8:13". A black vampire logo with a red teardrop is overlaid on the bottom center of the clock.
Microwave	Laptop	iHome
The microwave, always plugged in, sucks energy all day long.	My laptop, has poor battery life because it is a cheap model and I always have to keep it plugged in.	I keep my iHome plugged in all day while I am not at home.
Microwaves are not a favorable cooking option because it is unknown how it affects our food. Instead of using a microwave, I can keep it unplugged and use my electric stovetop to heat food instead.	In order to reduce power used by my laptop, I will keep it plugged into a power strip that I can turn off when I leave.	Keeping my iHome plugged into a power strip with my laptop and switching it off during the day will help reduce the amount of vampire energy that is sucked up during the day.

10 ways to reduce energy consumption



- 1. Simplify your mode of transportation. Walk, take the stairs and bike. Avoid elevators, trains, buses and cars when possible.*
- 2. Use energy efficient light bulbs. Replace incandescent and halogen bulbs with flourescent and LED alternatives.*
- 3. Choose cold water for bathing and cleaning. Enjoy a crisp shower and always run your washing machine on cold.*
- 4. Regulate your thermostat. Every degree makes a huge impact on energy consumption. Consider lower your thermostat by one or two degrees in the winter and raising the temperature by one or two degrees in the summer.*
- 5. Unplug all appliances when they are not in use.*
- 6. Regulate your refrigerator. Make sure there is a tight seal around the door, switch energy saver mode on, and set the temperature at their energy saving sweet spots. Freezer, 3 degrees Fahrenheit. Fridge, 37 degrees Fahrenheit.*
- 7. Ensure your home is properly insulated and remedy drafty windows and doors with curtains and draft blockers.*
- 8. Embrace natural light when possible. Invite the illuminating and inspiring glow of the sun into your life by opening curtains and skylights.*
- 9. Keep electronics and warm lights away from your thermostat to prevent it from overworking.*
- 10. Be mindful and always opt to engage your body before using an appliance. Manually mash potatoes instead of using a food processor. Towel dry your hair before using a blow dryer. Embrace the time it takes to accomplish your routine. Spend time on yourself, not energy.*

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During my work shift this afternoon, Ariel came by to sit with me at my desk. I am grateful for this seemingly serendipitous moment because it led into a great time in “Simons Garden.” This place on campus is not very well known, but is a great place to soak in the sun or watch the sunset at dusk. At about 5:30, Ariel and I got together to talk about what we are grateful for. One thing I expressed was being grateful for his friendship! How many other friends would sit by you during your shift? (Of course, I got my assignments done before we talked)

I am grateful he agreed to having an open hearted discussion with me, and agreed to have some of it recorded. He was so patient as I ran back and forth from the garbage can trying to document our experience using the timer setting on my phone camera. Here is a little snippet of our experience in the garden: <https://clyp.it/m4qve0me#> We were both super nervous about being recorded but I am grateful he stuck it out anyway and was willing to be a part of my Project Green Journey!



Simons Garden



*Ariel and I spoke about what we are grateful for. I expressed gratitude for the energy to manifest my current reality and live a life of positivity and intention. He talked about being grateful for the present moment. Shout to his friends and family too!
Photo courtesy of the nearby garbage can.*





Ashley @worstofwildlife · now

We are grateful for being in the present and manifesting a reality of our dreams. #PGC2016 #wellness #SimonsGarden @TurningGreenOrg



Ashley @worstofwildlife · now

More from Wellness day in Simons Garden #PGC2016 @TurningGreenOrg

Simons Garden



Ariel and I spoke about what we are grateful for. I expressed gratitude for the energy to manifest my current reality and live a life of positivity and intention. He talked about being grateful for the present moment. Shout to his friends and family too! Photo courtesy of the nearby garbage can.



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Free-trade agreements harm small scale producers by:

1. **Devaluing products**, free trade companies will price their goods under the threshold of a farmer being able to make an adequate living, thus putting them out of business. Goods become more expensive for small scale producers to grow and harvest than to purchase.
2. **Compromising quality for quantity**, free-trade companies are focused on making money and exploit the environment and people, small scale producers would have more intention and care in their products
3. **Devalues the workers**, workers need to make money but companies will take advantage of them. They will not earn fair wages or have a percentage of a company's profit donated to their communities like they would in the fair trade scheme.

I took action! Two campaigns I chose to support were:

1. For Barack Obama to sign the 4/1000 Initiative because it ensures fair prices for farmers, equitable access to land, credit and seeds, as well as institutional safeguards, including reforming unfair trade agreements.



2. Demanding fair fashion, not fast fashion because I stand in solidarity with disadvantaged workers in the apparel sector!

Name	Supporter Ideas...
Ashley Zebro	Low wages, unhealthy working conditions, poorly made goods are unacceptable! I will be purchasing my next goods from a thrift store or a certified fair trade company. Forever 21, you are dead to me.

5 things that could be made Fair Trade at Stony Brook University

Starbucks Coffee. There are 3 Starbucks coffees on my campus. Starbucks claims to be ethically sourced by has no fair trade certification. Stony Brook students are drinking a lot of questionably sourced coffee beans.



Negative Impact. Starbucks sources their beans from the Asia-Pacific, Africa, and South America. For example, in Guatemala, coffee pickers are required to pick a 100-pound quota in order to achieve the minimum wage which is less than \$3 per day.

Positive Impact of Fair Trade. Many coffee farmers receive prices for their harvest that can be less than the costs of production, forcing them into a cycle of poverty and debt. Fair trade would give these farmers a threshold at which their prices can be bought and break the cycle.

Stony Brook Apparel. All of the merchandise that is used to advertise the University and for students to represent their pride is not fair trade. This shirt was marked as “imported,” but the specific country was not given.



Negative Impact. Free trade clothing is often made by child workers in dangerous factories.

Positive Impact of Fair Trade. Fair trade workers are of appropriate working age and work in places where health and safety regulations are implemented.

Personal Care Products. In the Stony Brook Bookstore and Marketplace, only conventional self-care products are available such as: shampoo, conditioner, tampons.



Negative Impact. Conventional pads can be made from 90% crude oil plastic. They undergo a bleaching process that is not free of chlorine. The workers have to facilitate these processes. These plastic parts build up as indestructible waste and build up on our Mother Earth.

Positive Impact of Fair Trade. Fair trade items are Non-GMO and organic, so consumers have safe products to use on their bodies. Plus, the environment is not being exploited!

Chiquita Bananas. These bananas are available in our dining halls.



Negative Impact. The carbon emission in transporting bananas to my town is more than harvesting the bananas. Chiquita particularly was found guilty for supporting violence and terrorist groups.

Positive Impact of Fair Trade. In the case of bananas, opting for locally grown fruit would prevent your support of hard, unsafe labor in South America. It would stimulate your local economy.

Hershey's Chocolate and other chocolate candy. One day, my housemate came home after watching a documentary on conventional chocolate products...



Negative Impact. The cocoa industry employs young child. Employes? More like, enslaves. Children are purchased from their parents or kidnapped. This is heavy to hear.

Positive Impact of Fair Trade. Avoiding the horror of the child enslavement system of the chocolate industry.

Sources:

https://www.organicconsumers.org/old_articles/starbucks/coffeelabor.htm

<http://www.ecowatch.com/5-reasons-you-should-buy-fair-trade-1881803195.html>

<http://www.joyoushealth.com/blog/2012/06/19/conventional-vs-organic-tampons-pads/>

<http://www.onegreenplanet.org/animalsandnature/the-human-and-environmental-impact-of-bananas/>

<https://foodrevolution.org/blog/child-slavery-chocolate/>

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Reaction: The general reaction to the documentary was horror and emotional paralysis. How something so prevalent could be hidden so well? One major theme among my friends (Ariel, Kurt, and Myrka) was knowing about sweatshops in other countries but, **not realizing the harm that was being done on American soil.** For example, the Texas cotton farms... The story about the farmer who died from a brain tumor really struck me. How is this happening in my backyard without my knowledge?

Future: Each of us are now committed to purchasing only fair trade goods. Avoiding the fast fashion industry is imperative to ecological health and my moral well-being as well. Not only did everyone commit to avoiding fast fashion but, purchasing secondhand goods is the most popular solution among my friends. This way no further production is needed at all to support their purchases.

Voice: How are we all going to share this with family and friends? Kurt suggested hosting a movie night with some club members of our school's primary environmental organization, the Sierra Club. Tomorrow, Ariel and Kurt have a challenge to see who can go the day longer with their shirt inside out! I thought this was a cute way for them to spread the word and challenge their inner confidence. Social media is always an important factor of spreading important news. People are addicting to scrolling the world beneath their thumbs and will not be able to avoid the message if we collectively share it to our timelines. (Ironic how this technological mode of sharing is not sustainable. There is no such thing as fair trade electronics)

Conclusion: The main point we took away from this film was to stop! Right now! Cold turkey! We do not need to fill our lives with materials goods to feel better. Do not be victim to consumptionism, where things that we use are becoming things that we use-up. **Companies make GMOs and then make the pesticides to fight the GMOs and then make the medicine to heal the effects of pesticides and then make the MONEY from this cycle.** The rapidity of

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I am inspired by [Lisa Bronner's blog post](#) about using vinegar and castile soap separately to clean. I like this idea of having a strong dirt scrubber plus a disinfectant rinse. **I made a short video documenting my experience that you can view [here](#).** It was **inexpensive** because I used ingredients we already have: water, Dr. Bronner's Castile Soap, and vinegar. What I noticed when cleaning with my DIY products was that I did not have to open the window to avoid fumes. Typically, I experience a **headache** when inhaling bathroom detergents. This time, I just smelled **lavender**. I will definitely continue to use this homemade duo instead of buying chemicals from the store that cost way too much.



My starting materials: Water (from the sink), Dr. Bronner's Lavender Soap, Vinegar

Recipes:

Bathroom "Shampoo"

1. **1** part Dr. Bronner's Castile Soap
2. **4** parts water

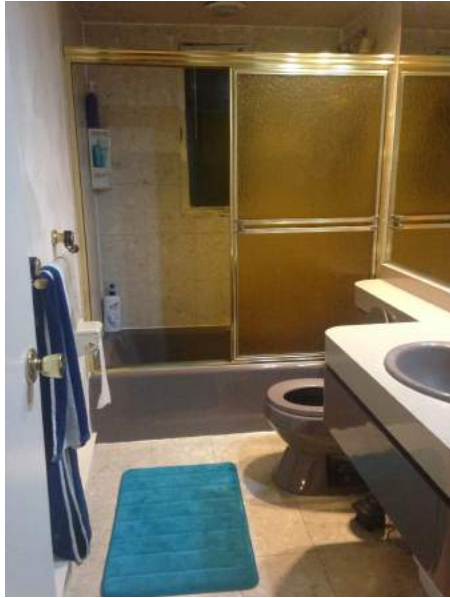
Bathroom "Conditioner"

1. **1** part vinegar
2. **4** parts water

First, scrub the bathroom with the "shampoo" and then rinse with the "conditioner." I used an old white rag which you can see in my video clip. Both solutions were stored in mason jars, making this a zero waste project. The simple and inexpensive ingredients make this so awesome! It is not

crucial to measure, eye balling the ratio is perfectly acceptable if you do not have a measuring cup.

Before



Dirty bathroom with stale towels

After



Fresh bathroom with clean towels



Ring dirt stains above the handles, toothpaste stains on the spout and handles



Clean and sparkly sink, with no ring stains around the countertop



It is really hard to keep mold and dirt build up out of this area of the shower



A lot cleaner now and the vinegar will perpetually keep mold away



worstofwildlife

25 likes

1h

... solution (left) is a ratio of Dr. Bronner's
Castillo Soap to water. The second solution
(right) is 1:4 ratio of vinegar to water. By
separating the soap and vinegar you get
the grease cutting effects of soap and
disinfectant effects of vinegar without their
basic and acidic pH's neutralizing.

Cleaning green is important because
companies are not obligated to disclose
the chemicals in their products. Plus, you
don't get a headache or have to open the
window when using these natural
alternatives! They are also super
inexpensive. @turninggreenorg
#greenclean

tai_444 Sounds super complicated, but
beneficial

youngcalderon this is amazing, come
clean my house with these neat natural
ingredients! :]

♥ Add a comment...



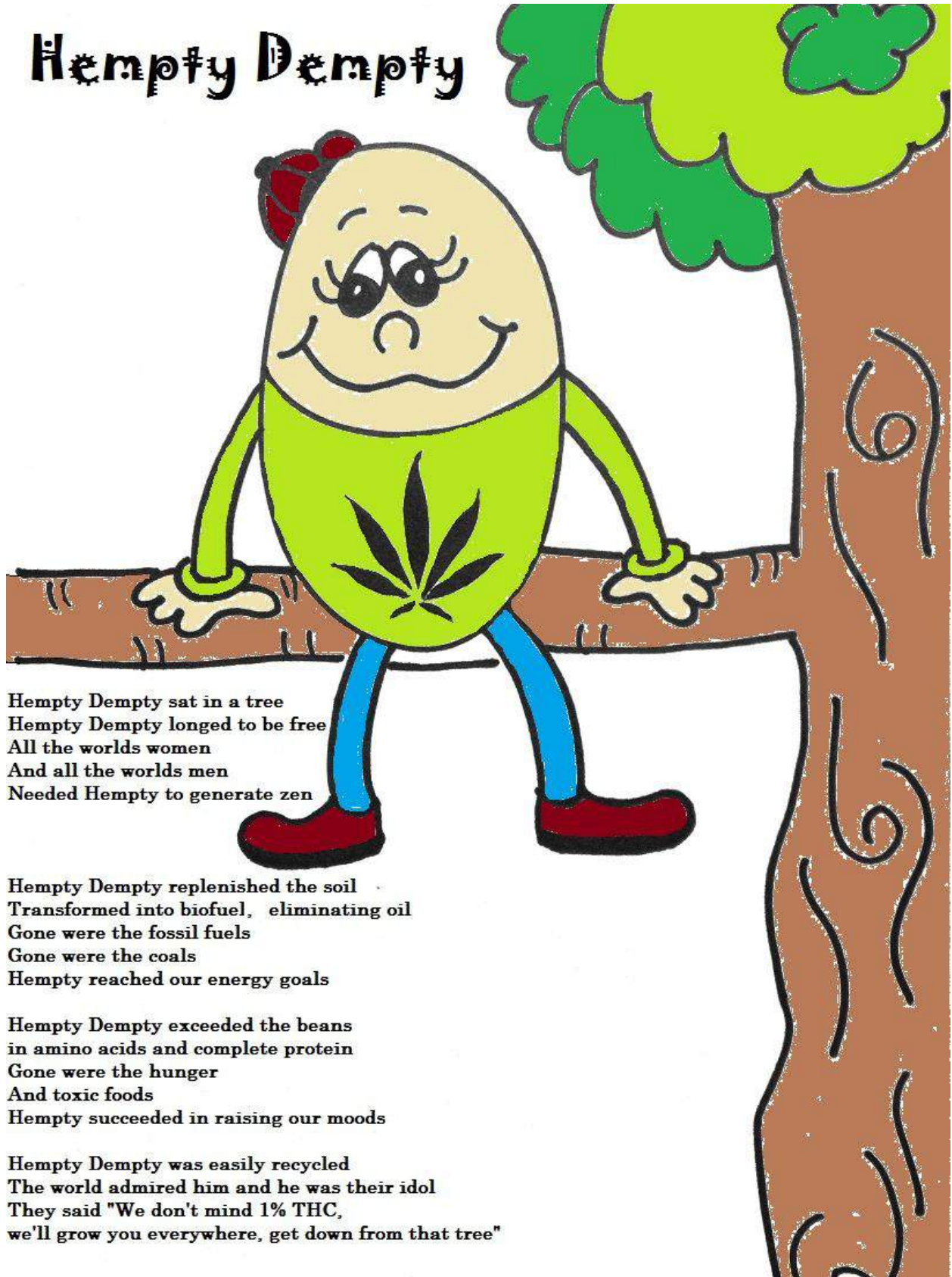
Name: Ashley Zebro

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Empty Empty



Empty Empty sat in a tree
Empty Empty longed to be free
All the worlds women
And all the worlds men
Needed Empty to generate zen

Empty Empty replenished the soil
Transformed into biofuel, eliminating oil
Gone were the fossil fuels
Gone were the coals
Empty reached our energy goals

Empty Empty exceeded the beans
in amino acids and complete protein
Gone were the hunger
And toxic foods
Empty succeeded in raising our moods

Empty Empty was easily recycled
The world admired him and he was their idol
They said "We don't mind 1% THC,
we'll grow you everywhere, get down from that tree"

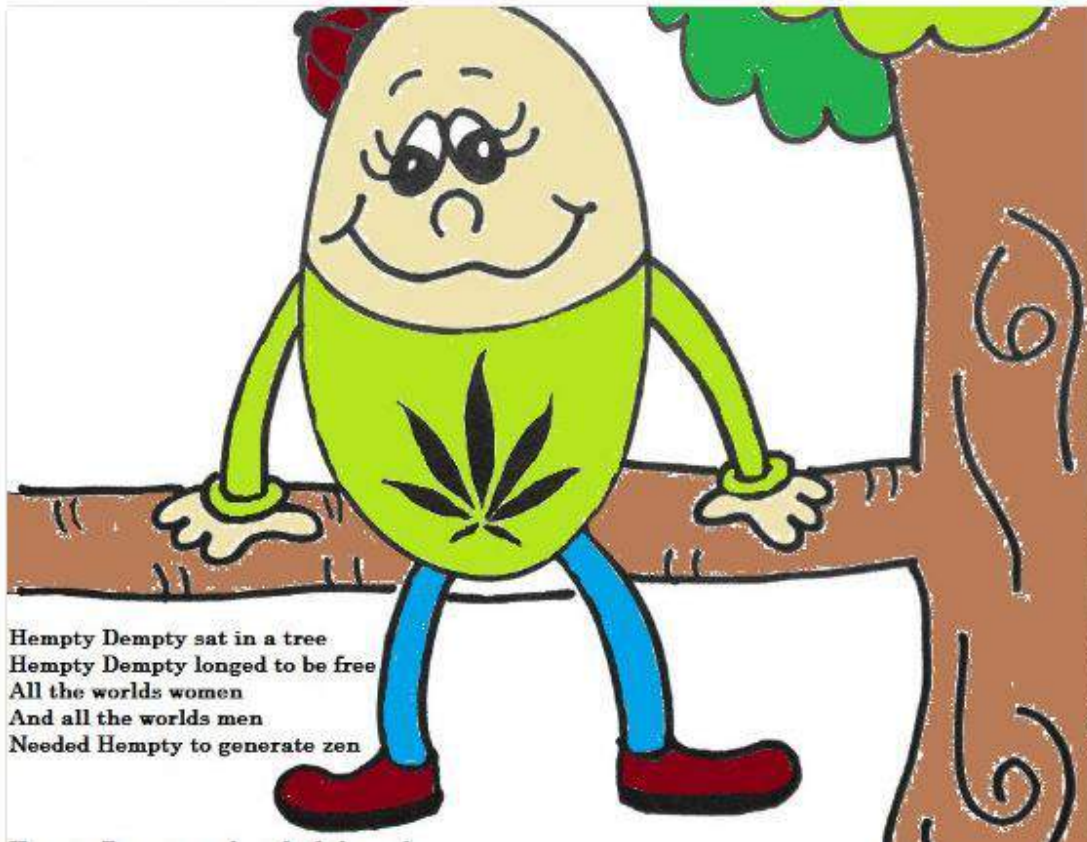
Social Media Post:



Ashley

@worstofwildlife

Industrial hemp can revolutionize the fuel,
plastic, paper, clothing industries + more!
@TurningGreenOrg @votehemp #PGC2016
#industrialhemp



Hempty Dempty sat in a tree
Hempty Dempty longed to be free
All the worlds women
And all the worlds men
Needed Hempty to generate zen

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After Workout Protein Snacks



Greenade Smoothie

4 organic bananas = 4 grams protein

4 tbsp organic Daily Green Boost = 6 grams protein

2 tbsp organic hemp and chia seed blend = 6 grams protein

1 tbsp Maca powder

Water to facilitate blending

Total Protein: 16 grams

I love having a banana based smoothie because it removes the need for any nut milk. Almond milk, for example, has an extremely high water footprint at almost 2,000 gallons per pound of almonds. Bananas, on the other hand, are only 103 gallons of water per pound. Bananas are high in potassium which is healthy for your muscles after a workout. It helps prevent cramps and muscle spasms. Potassium and magnesium from bananas are perfect for an after workout replenishment. **This Greenade Smoothie is the bomb.com!**



Hazelnut Rice Cakes

1 rice cake = 1 gram protein

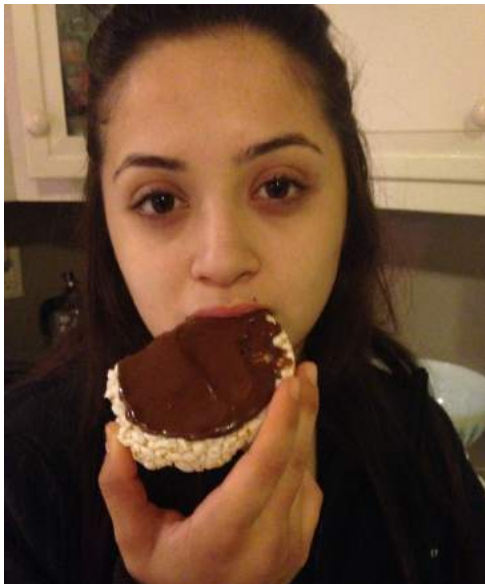
2 tbsp Nutiva Hazelnut Spread = 3 grams protein

Total Protein = 4 grams

I have been missing the vegan version of Nutella in my life and after receiving this from Nutiva, I am hooked. I wanted to use items that I already had in my home instead of going out and buying new snacks because I am trying to reduce my consumption. (Being mindful of themes such as Zero Waste, Economics, DIY) We loved these rice cakes with hazelnut spread and it even upped our total protein for our after workout snack!

Total Snack Protein: 20 grams

The recommended daily protein intake for a woman is about 46 grams, this snack satisfies almost half of the daily requirement.



I have to include my GRATITUDE for Yoselin posing with our creations. We had a really fun time hiking today and enjoying these snacks!

Social Media Post:



worstofwildlife

13 likes

9m

contains 20g of plant protein!

Greenade Smoothie
4 organic bananas
4 tbsp organic Daily Green Boost
2 tsp organic hemp and chia seed blend
1 tsp Maca powder
Water to facilitate blending

Hazelnut Rice Cakes
1 rice cake
2 tsp Nutiva Hazelnut Spread

Vegan "Nutella" exists, friends!
#PGC2016 #fitspiration

the_alchemian You are such an inspiration! You make being environmentally friendly seem so easy!

the_alchemian 🍌🍌🍌

♡ Add a comment...

Name: Ashley Zebro

Username: worstofwildlife

Email: ashley.zebro@stonybrook.edu

School: Stony Brook University



I have learned so much during my Project Green Challenge journey that inspires me to initiate dialog relating to fair-trade fashion, irresponsible consumerism/waste and sustainable energy. One chapter of PGC, that can revolutionize all of the above issues, has ignited the activist in me. This topic is Hemp! Hemp makes a sustainable clothing fabric, can be manufactured into biodegradable plastic, and can be transformed into a biofuel. It feels like my personal duty to share this information with the world, especially because it is in the face of adversity. Hemp is mostly illegal to grow in the US because it contains a “dangerous” 1% THC. The irksome part is that it is also a DANGER to billion dollar enterprises such as fast fashion, petroleum based plastics, and other fossil fuels. I am dismayed by this injustice and I have to talk about it. I want to remind people that they have a voice, too. Never let anyone silence you. Be diplomatic in how you deliver your ideals because “People never want to be told what to think, feel or do. But, when you exude positivity, you will inspire people to THINK critically, FEEL empowered, and DO big things.”

-Ashley Zebro

Social Media Posts:



P.S. This challenge is really pushing me to be confident in my accomplishments and share my voice in a way that I never have before. I am comfortable face to face interacting with people and collaborating with our ideas. Leaving a fossil of myself on the internet like this makes me feel

extremely vulnerable. “What if I wake up to a controversial comment? Did I say something too provocative?” I feel grateful that I am being pushed to embrace my own power. My voice is worthy of being heard and it feels SO GOOD.

A person wearing a dark jacket and pants is walking on a paved path, holding a light-colored umbrella. The path is adjacent to a grassy area and a pond. In the foreground, there is a large, vibrant bed of orange flowers. The background shows a green lawn and some trees. A blue sign is visible on the left side of the image.

Today I was inspired by my friends. Inspired by the rain. Inspired but the reflection on the flowers on the blacktop. Inspired by the magnificent orange vibrating along the roadway.

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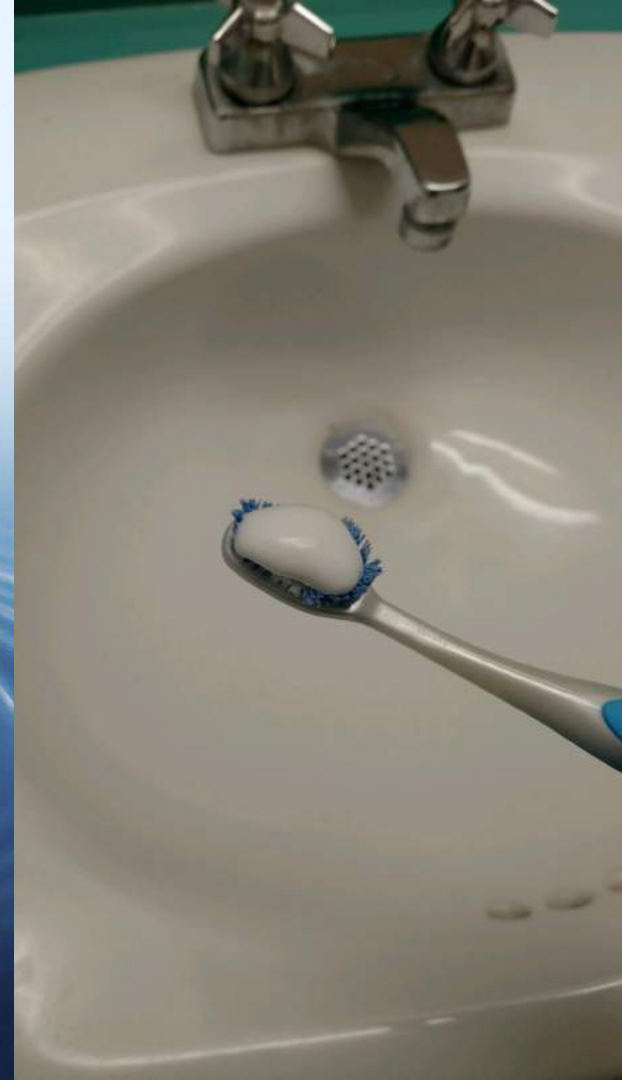
Email: ashley.zebro@stonybrook.edu

School: Stony Brook University

*I asked my friends what kind of **IMPACT** my **Project Green Challenge** journey has had on them. This is what they sent me...*

Ariel

When Ariel sent these photos of him brushing his teeth, I thought it was just a photo of him turning off the water but he also captioned the photo with “Microbead free toothpaste.”



KURT

Kurt expressed his absorption of the fashion themes I shared with him. His minimalism reduces his contribution to clothing waste and free-trade clothing companies. In this selfie, he is wearing a hand-me-down sweater from his grandmother. It's vintage! Made from wool! Kurt pledged to stop buying from fast fashion brands entirely.



Nana

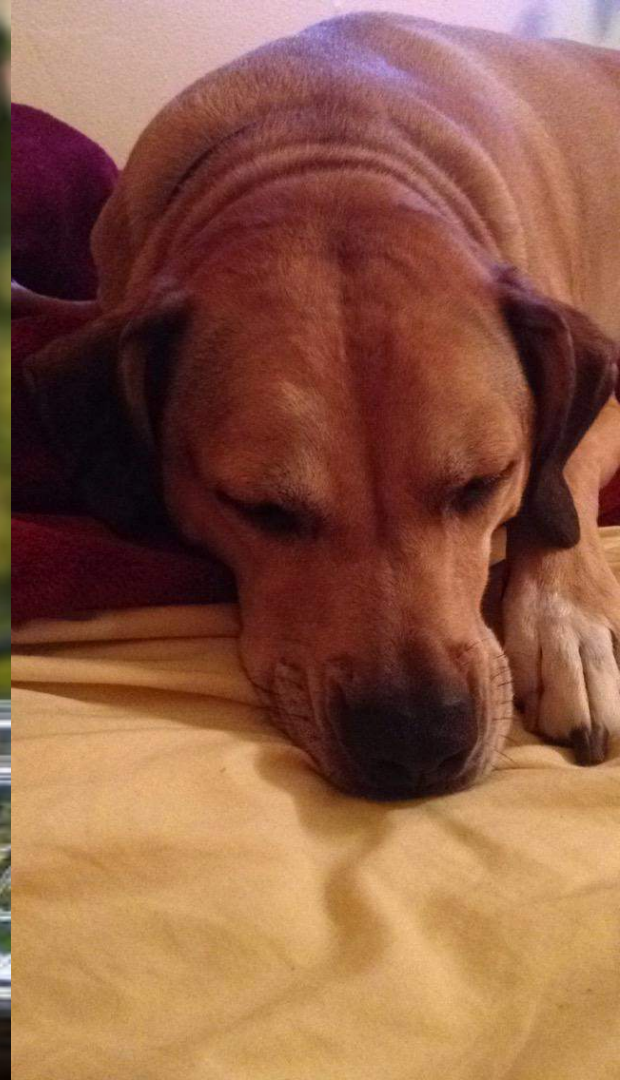


Nana has been eating meat everyday for 80 years, But in the light of the ripple effect, she pledged to eat vegetarian for the day! I am so proud of the impact she is making for climate change. She said she might even try Meatless Mondays on a regular basis. I am most inspired by her breaking an 80 year habit to align her day with PGC values. Thank you for your undying support, Nana.



TOBY

I asked my mom to commit to a zero waste day and she tried really hard but has a hard time resisting her beloved, bottled diet coke however, I asked her to bring the poop scooper on Toby's walk instead of a plastic bag. She complied and snapped this picture of a good boy after his walk! Thanks Toby for being zero waste today.

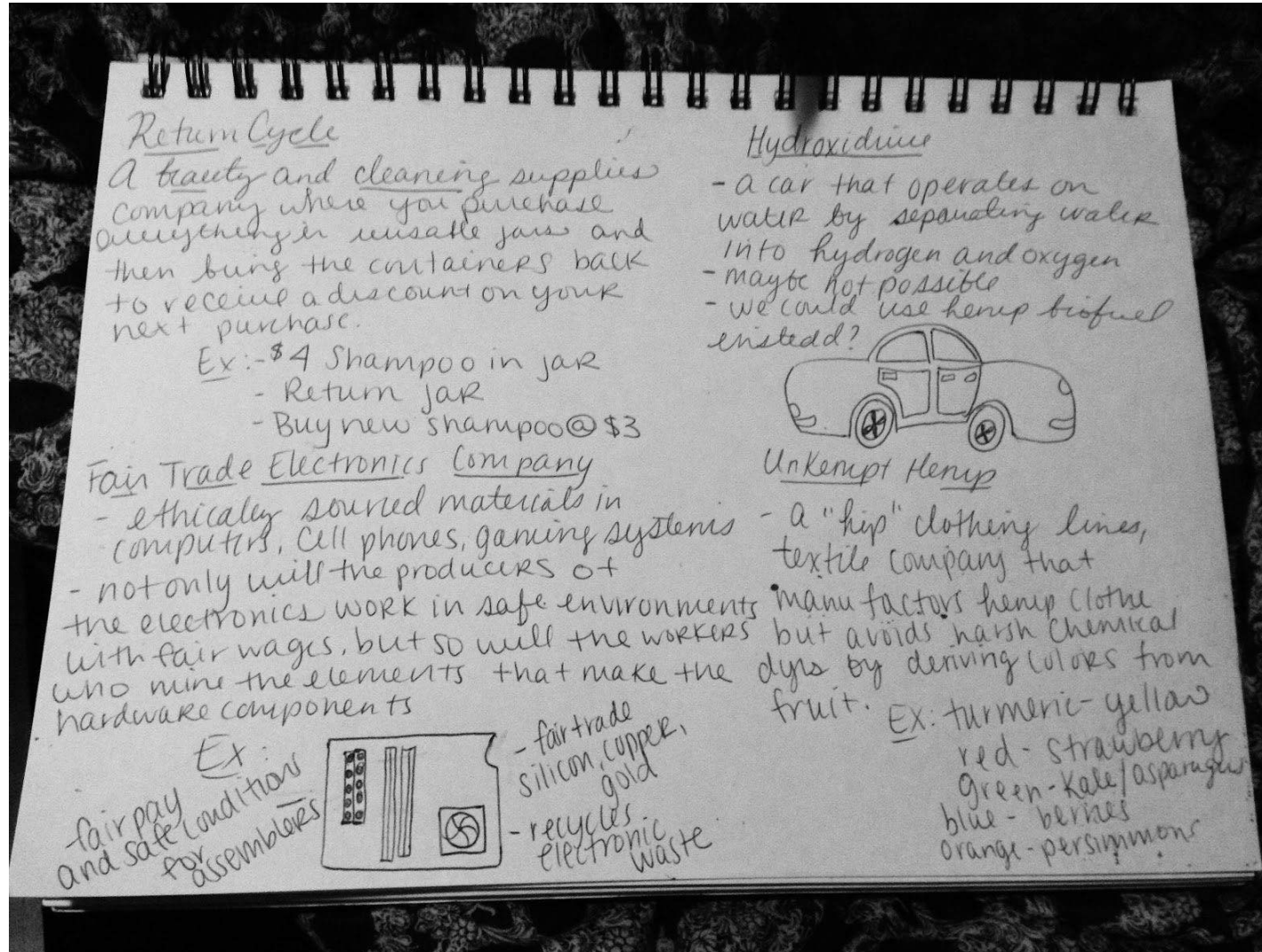


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Return Cycle, a company that sells all products in reusable jars tackles the "zero waste" initiative. A discount is offered on new cleaning or self-care products upon the return of a previous products packaging.

Fair Trade Electronics, wwwwhhhhaatt? There are NO fair trade electronics!!! We researched that a fair trade phone is in development but it is the first trace of a fair trade technology company. To produce computers fair trade, would revolutionize our technological world. This would help so many hard workers that mine for the raw elements that comprise electronics. It would also provide proper wages and safety to employees in the manufacturing stage.

Hydroxdrive, in theory, a few people mentioned a water powered car but after googling, we learned that it might have been a scam. I suggest Hemp as biofuel as the alternative because of my new affair with Hemp <3 Theoretically, Hydroxydrive would abolish the fossil fuel industry.

Unkempt Hemp, wouldn't be such a bad thing... unkempt implies messy and out of control but a clothing line that appeals to the "hobo chic" trend made of all hemp textiles, might be interesting. The reason this hemp clothing company is different is because of using toxic chemicals to dye the cloth, we will use fruit. Some examples were kale for green and turmeric for yellow! This would reduce our absorption of dangerous toxins in clothing and decrease interest in fast fashion entities.