

The Wildcat's Project Green Challenge Portfolio



The Wildcats

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Jericho High School

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This past month has been a rollercoaster in the most fun way imaginable. We've learned so much not just about the content, but about each other, and about who we are as individuals. The submissions we are most proud of are a combination of the ones where we had to confront our limits, and push past them, and the ones that allowed us to showcase our creativity and personalities, all while learning how to save the world, one day at a time.

Day 1- Greenest: We really started off our experience in PGC with a bang! The very first day, we decided to be bold and create and share a silly music video where we dance around and sing about how to save the earth. This set the foundation for the rest of the month, and allowed us to come out of our shells and test out the waters before fully diving in.

Day 8- Greenest: This is one of the very fun submissions we created where we got to have a DIY party with a few of our friends, while being able to educate them in using natural body care products. It's one thing to try and make a change all by yourself, but to be able to educate others in a way that's hands-on and fun is a whole other experience. I truly believe that we were able to inspire them to make changes in their own lives, which is a feeling that I want to continue experiencing for as long as I can.

Day 9- Greenest: This submission with our drawing of the conventional vs. organic products stimulated us to think hard and do research about the differences, and inspired us to swap out our own conventional items for organic alternatives. We were so inspired, in fact, that Angie spent hours planning and drawing the graphics! This submission reminds us of how much we poured our hearts and souls into our mission from conventional to conscious.

Day 10- Greener: Going vegan for a whole day was hard for a meat-lover like me, but completing my goal showed me that it was possible, and now we both plan to eat vegan every Monday. We love reflecting on the projects that change a part of our lives in small ways, but have big effects, like this one! Also, making the graphics and the PDF was super fun, and will remind us of our work ethic throughout this project!

Day 12- Greener: Angie was back at it again with her amazing artistic talent, which was inspired by the topic of Biodiversity. We absolutely adored the Biodiversity topic, and were happy to spend so much time creating the depiction of our dream garden. Looking back, we hope to smile when seeing how hard we worked on this graphic, and how it's impacted our lives.

Day 12- Greenest: This submission allowed us to see how truly powerful we are. We emailed our ASSISTANT SUPERINTENDENT asking for a meeting, and he replied! We, two teenage girls, were able to gain the support of a very high-ranking member of the school board! I think this was the first day that we realized that what we were doing was powerful, and that the impact that we could make might just go further than a few friends. Because of this submission, we gained the confidence to reach out to more administrators, and be bolder and more confident.

Day 14- Greenest: This submission helped us to think on a deeper level about how we could make a change in our community, and how what we do can help people less fortunate than us, and help the environment. This submission reminds us that one small actions taken for one reason, like reducing carbon emissions, has other outcomes that help even more people than we could imagine, like helping feeding the local homeless citizens.

Day 19- Greener: That day's Challenge pushed me to wear my shirt inside out for the whole school day, resulting in stares and attention that I usually don't get. But I was able to realize that it wasn't as bad as I thought it would be, and all of the embarrassing parts were made up for when I was able to educate my classmates about corruption in the fashion industry! I thrive off of educating others, and this submission reminds me that being out of my comfort zone can lead to amazing things that I wouldn't have been exposed to otherwise.

Day 21- Greenest: This is an example of us having fun while completing a Challenge! I absolutely LOVE making DIYs, so this DIY cleaner was a blast. I got to dance around my kitchen and bathroom like a lunatic while cleaning and learning, and then make a video, which is also really fun for me! Overall, it was just an enjoyable day that I would like to look back on and remember that PGC was as fun as it was educational! (NOTE; On my original submission, I wrote the wrong day # ... hahaha 😊)

Day 24- Greenest: Fitness was one of the topics that I was passionate about even before I stumbled upon PGC, so it was really fun to work out with a friend! We're proud of this submission because we had fun, and put in a lot of time and effort into planning our workout, snack, video, and submission, while also teaching our friends, Mahina about fitness!

We'd like to thank everyone associated with the PGC team this year for being inspirational, helpful, and kind. Without your motivation and passion, we wouldn't have ever been able to come as far as we did. This month has been one of the most eye-opening of our lives, and we've become more observant, understanding, and HAPPY as a result. So, thank you, from the bottom of our hearts. We couldn't have asked for better moderators 😊

-Kristen and Angie

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What moved you as you were watching the film?

The creator of this film chose to speak of “someday” as the film begins. Then it was compared to the current state of the earth, which lets us see the contrast between the two. Because of this, we were very upset about how we treat our planet today. Seeing the children in less fortunate countries and seeing how they were making efforts to help the earth made us more encouraged to help the planet ourselves.

How did it make you feel?

While watching the film, we felt many emotions, one of them being happiness. We felt happy seeing all the cultural differences around the world and what they do to bring about change. We also, however, felt sad and disappointed that so many people misuse our resources and instead cut down more resources when we could be helping out instead.

Did the film inspire you to want to do something? What might you say given a platform to share a message that challenges the status quo and speaks to what you have learned, felt and discovered through today's challenge?

The film told me that change is possible and that change is actually happening right now. It inspired us not only to make little changes in our daily routines, like to recycle more and conserve energy, but also to think about new innovative technologies that could bring about change. Because we are given a platform, we would like to educate our peers about the fact that they are not as small as they think they are, and their actions do make a difference. If we work as a team, every small action we take to be environmentally conscious will bring about a change.

We made a parody of Don't Mind by Kent Jones, which can be found at this link:

https://www.youtube.com/watch?v=ZlFz_vM_0Xc

Lyrics:

You left the lights on
As you left the room
You think hurting the planet is a cool thing to do
So shut those lights off
And listen to me
We're tryna save the planet so just go plant a tree

[chorus]

Try to buy organically
And foods grown locally
Start gardens and composts
If you don't, our planet's toast
One person may be small
But we can do it all
If we work together
We'll make the earth better

[chorus]

Responses: (<https://www.instagram.com/p/BLCy3GbBvhd/?taken-by=krissycat1313>)



 **krissycat1313** [Follow](#)

59 views 59m

krissycat1313 This is our "green" cover of "Don't Mind" by Kent Jones. While it's incredibly cheesy, it was tons of fun to make!!!! (You can tell that the vocals are done by my wonderful partner (@angie.li_) and not me, because it doesn't sound like a cat is drowning.....) Honestly, it's so incredibly fun to work with such an amazing and creative partner, so thank you Angie!!! I can't wait to see what this month has in store... #pgc2016 @turninggreenorg

ke.ndra LOLHAHAHAHAH


japeshwar.singh So effort. Much good. Wow

angie.li_ If only i could actually sing 😊 i had so much fun co-producing this!

jasmine_yxin Lmao i love this @angie.li_ @krissycat1313

nigeriaontop I'm crying 🥹🥹🥹🥹

[Log in to like or comment.](#) ○○○

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59 views 59m

nao so much fun co-producing this!

jasmine_yxin Lmao i love this @angie.li_ @krissycat1313

nigeriaontop I'm crying 🥹🥹🥹🥹

nicolehuangg omg goalss

natalieadam07006 I'm actually dying of cringe rn but this made my day

hershey.suresh omg u guys that was awesome!!! ❤️

krissycat1313 #savetheearth #projectgreenchallenge @natalieadam07006

jpollyeh wow beauty and the earth

ariannapahlavan This is awesome!! I feel motivated!

jpollyeh suddenly global warming has ended with this lovely wonderfully heart stoppingly beautifully sincere video

[Log in to like or comment.](#) ○○○

DIY PARTY!

5 FACTS WE LEARNED



Many products we use everyday actually contain ingredients that will potentially cause serious health problems!

Making DIY shampoo and conditioner is very easy - you just have to mix ingredients together!



Using conventional shampoo strips your hair of natural oils, so making DIY shampoo decreases damage to your scalp.

Body care companies are actually allowed to put some dangerous fragrances into their products, and they don't even have to list them in the ingredients!



Some conventional body care products increase allergic reactions.

We were very surprised by all of these facts, and we'll be incorporating the DIY products we made into our daily life! We would definitely do this again!

RECIPES

HOMEMADE SHAMPOO

Homemade Shampoo Ingredients (wellnessmama.com)

- 1/4 cup coconut milk
- 1/4 cup Liquid Castille Soap
- 20 drops of Essential Oils of choice
- For dry hair: add 1/2 tsp olive or almond oil (optional)

How to Make Homemade Shampoo

1. Combine all ingredients in an old shampoo bottle or jar of some kind (pump soap dispensers and even foaming dispensers work well for this. If you use a foaming dispenser, add 1/4 cup of distilled water)
2. Shake well to mix.

Note:

- Keep in shower for up to a month.
- Shake before each use.
- Use about a teaspoon every time you shampoo.
- If you use a foaming dispenser, it also makes a great shaving cream- just dilute with 1/4 cup distilled water!

HOMEMADE CONDITIONER

Homemade Conditioner Ingredients (freepeople.com)

- 1 cup coconut oil (get organic if you can!)
- 1 teaspoon vitamin E oil
- 1 teaspoon jojoba oil
- 5 drops lavender essential oil

How to Make Homemade Conditioner

1. Place all ingredients in a mixing bowl.
2. Mix on high for about 8 minutes.
3. Transfer into a container and you're all set!

Note:

- Because coconut oil melts in high temperatures, those who live in warmth may want to store this in the refrigerator, but there is nothing wrong with using this conditioner in liquid form!
- This mixture should stay fresh until the coconut oil reaches its expiration date.

We made a video! Link:

<https://www.youtube.com/watch?v=uKhs4tyVGdw>

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Total is... ENVIRONMENTALLY FRIENDLY \$935.39

DIY Lamp
 \$4.95
 Take white roses (karmasacrafts.com)
 \$11.99 Simple lamp (Chayneale.com)

All-Purpose Cleaner
 (green shield organic.com)
 USDA Certified!
 \$4.99

Organic Cotton Washcloth
 Cookies
 Wholefoods
 \$5.99
 Make-to-Do Lists

Chalkboard \$1.87
 joanne.com
 aesthetically pleasing + keeps you organized!

DIY Plant Pot
 \$1.05
 glue magnet to cloths - pin to hanging photos
 drilled nail pot in a bucket of water and dip it in!

100% Organic Duvet + Sham
 \$198.00
 Coyuchi.com

Organic Bamboo 7' x 10' Rug
 \$330.00
 bambu2.co.com

Radius Organic Coconut Toothpaste
 Wholefoods
 \$7.99
 Certified organic

Yerba Mate Organic Tea
 \$5.45 on-thrive market.com
 Helps you relax!
 Certified organic if by USDA & Fair Trade by IMO

Mediterranean Sea Salt
 \$4.99
 Home Goods

Insignia Refrigerator
 \$309.99
 Energy Star Certified
 bestbuy.com

Dr. Bronner's 8oz. Lavender Pure-Castile Soap
 \$6.69
 dbronner.com

DIY Shampoo
 mrx: coconut oil, coconut milk, essential oil
 ~\$1.50 to make 1/2 cup

Pack of 3 Organic Lip balms
 \$8.95 honest.com
 Certified by USDA!

Diva Cup
 reusable!
 \$29.99 target.com

Total is...

CONVENTIONAL

\$841.75

Black Lamp

\$13.49
borning



target.com

Lysol Cleaner
dot.bazaar.com



All-Purpose Washcloth
\$3.50

non-organic
harmful environment

Simple by Design Washcloth
Kohl's



\$5.59
non-organic

Parenteses Chalkboard
Michael's

extra \$ for the design why not make your own?
non-organic



\$3.99

Wooden Plant Pot
Ebay-trail-blaze 21



extra money for design

Nia Velvet Quilt
non-organic

non-organic



\$207.00
potterybarn.com

7'x10' Rug

\$288.00
rugsusa.com



non-organic

Colgate Toothpaste
\$3.01 Walmart



non-organic

Bigelow Assorted Herbal Tea
non-organic



\$6.99 Ebay-simple pleasures TTTg

Maldon Sea Salt Flakes
\$4.95 thrive market.com



non-organic
we don't know where it comes from

Avanti Refrigerator
PG Richard & Son
\$279.97
does not save energy



Bath & Body Works Hand Soap
\$6.50
may contain potentially dangerous chemicals



non-organic

Pantene Shampoo
14 fl. oz.
\$11.39
non-organic
you don't know what's in it



~\$1.20 for 1/2 cup
contains chemicals that may be dangerous

Baby Lips Lip Balm
non-organic



\$6.99
Ebay-805online-deals

Tampax Tampons
\$6.99 Target



non-reuseable
creates a lot of waste
expensive over a long period of time

For my visual, we drew our shopping list on Adobe Photoshop. It was pretty hard for us to shop both affordably and sustainably; as seen in the last two pages, the conscious version of the products we decided to buy ended up being \$100 more than the conventional version. Nevertheless, we think that making that sacrifice and buying the environmentally-conscious version is worth it. Buying organic not only helps the environment but are good for our bodies as well!



Organic
Good for nature
Good for you

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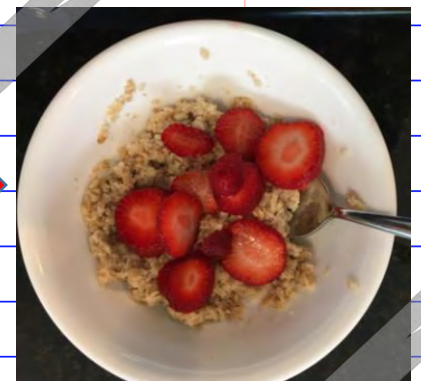
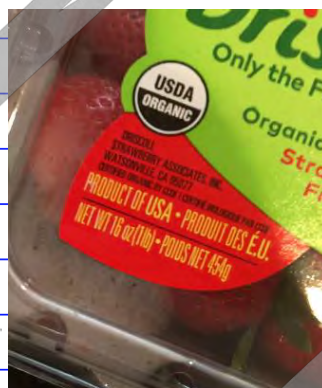
MEATLESS MONDAY**DAY 10- GREENER**

I was challenged to give up the consumption of meat today, in honor of Meatless Monday. But I wanted to take it one step further: a day in the life of a vegan. For 24 hours, I promise to give up any meat, eggs, milk, and the ever-so-tasty cheese. To keep me motivated, and encourage me, I enlisted the help of my wonderful mother, and inquired if she would go on the vegan journey with me. Below, read about how I managed to eat vegan for a day, including my diet, the struggles I faced, and more.

What did I eat?

Breakfast:

For breakfast this morning, I made myself oatmeal with whole wheat oats, and topped 'em off with USDA Certified Organic strawberries. I was definitely hungry when I woke up, and this hearty bowl of oatmeal definitely curbed that feeling.



Lunch:



A couple hours after breakfast, my tummy started to growl again. I thought of what I could make that would be delicious, and vegan. The first thing that popped into my head; salad. Leafy greens and vegetables are often associated with vegans, so I thought I'd incorporate one into my diet. I made myself a salad with organic baby spinach, organic arugula, lettuce, organic baby carrots, cucumber, and green beans. For the dressing, I mixed 2 parts olive oil with 1 part balsamic vinegar. My mom also made herself a salad, but used a lemon-pepper dressing instead.

Snacks:



To be honest, the salad I had for lunch did not quite fill me up. I found myself, and my mother, getting very hungry between lunch and dinner, so we had a few snacks. I chose to eat a package (or two) of Emerald Natural Almonds and Walnuts, which are non-GMO certified, while my mom noshed on a banana. At this time, I also enjoyed a can of Guayaki's Yerba Mate tea in the flavor Bluephoria.



Dinner:



Dinner was my favorite part of today. My mom and I made pasta together, and paired it with a homemade Italian tomato sauce. We added diced tomatoes, garlic, olive oil, and basil from our own garden into a deep pan, and simmered it on low heat for around 30-40 minutes. It was delicious!!! It also showed me that veganism isn't all about lettuce and vegetables and tofu, but can include a variety of meals that I even eat when I'm not trying to be vegan.

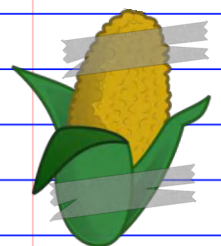
My thoughts and reflections on today

Today was a little harder than I thought it was going to be. There were many times when my mom and I wouldn't know if something was 100% vegan, or we found items that we thought were vegan, but really weren't. Also, I struggled finding recipes for meals that used the ingredients that I already had at home, or didn't require a lot of prep time. Overall, I think being vegan has its struggles, but is well worth it when it comes to health and environmental benefits. While I'm not ready to go full-blown vegan or vegetarian just yet, I'm looking forward to adopting Meatless Monday, and helping convince others to adopt it too.

If you want to see how I made my meals more in depth, meet my amazing mother, and see what my partner ate, watch this video we made!!!

<https://www.youtube.com/watch?v=YYjuCC29CVk&feature=youtu.be>

Wanna hear a vegetable joke? I'll tell you one, but it's a little corny!!!



DAY 12 GREENER

We drew our garden on Adobe Photoshop:



Biodiversity infographic Sources:

http://www.softschools.com/facts/biology/biodiversity_facts/404/

<https://www.nrel.colostate.edu/projects/iboy/biomonth/pdf/biofacts.pdf>

This is for the infographic we made ourselves on the next page.

Did You Know?

Agriculture and worldwide food security depend on **honey bee health**



Approximately **1/3** of world's agricultural crop production is affected by pollinators

Source: Food and Agricultural Organization of the United Nations

Approximately **\$18 billion** of U.S. agricultural production is **supported** by the **honeybee** pollination



Source: USDA

If we don't take action, **honey bee health** and the **global food supply** will be impacted



How You Can Help:



Educate Yourself



Spread the Word



Improve honey bee nutrition by providing diversity in forage

Pollination Infographic link:

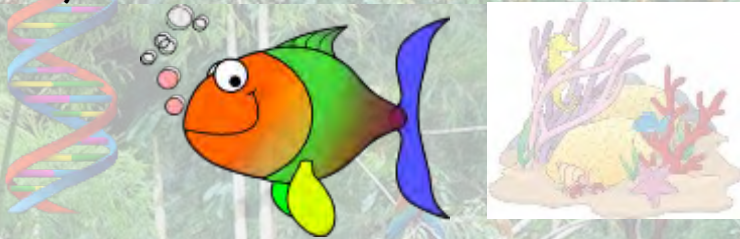
<http://www.fooddialogues.com/headlines/pollinators/did-you-know-pollinators-play-a-key-role-in-your-food-supply>

The picture next to this is the actual infographic picture

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Biodiversity

Biodiversity is the variety and variation of life on Earth, including variation of genomes of a species, diversity of species, and differentiation of ecosystems.



Because of human existence, species loss is estimated to be 100-1,000 times faster than if we didn't exist.

In the USA, there are almost 4,500 endangered species, including the manatee.



If we don't work together and change our exploitation of this earth's bio-resources, it's estimated that half of the world's species will be extinct by the turn of the century (2100)

Biodiversity benefits humans. The ecosystems provide goods and services for us.

Goods:

- organisms filter sediments and toxins from water
- insects pollinate crops worth over \$6 billion annually in the US
- predators kill disease-carrying prey

Services:

- over 7,000 plant species are used as a source of food for humans
- 20% of animal product consumed is fish, which results in over \$50 billion annually
- The majority of our medicines use chemicals derived from plants, fungi, and other organisms.

Coral reefs are the most diverse of all ecosystems on Earth.



Even with some governments passing laws to preserve some animals, there are still 300 extremely-endangered species with no legal protection.

The Wildcats

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Project Green Challenge

Day 12- Biodiversity

Greenest

To do this challenge, we contacted and enlisted the help of these kind people from our school..

Please meet:



Victor Manuel

Assistant Superintendent,
Business Affairs

(516) 203-3600 ext. 3214

vmanuel@jerichoschools.org

Brain D. Cummings

Curriculum Associate,
Science and Technology

(516) 203-3600 ext. 3238

bcummings@jerichoschools.org



We sat down after school one day and just talked about our school's garden and pesticide use.

Q: What pesticides, insecticides, and herbicides are currently used at our school?

A: *We do not use any pesticides whatsoever! Everything we use to maintain our gardens and grass is 100% organic.*

Q: Are there any native, pollinator-friendly plants at our campus?

A: *No, I don't think so.*

Q: Where do we source our plants?

A: *We get our plants from Hick's nursery. (**Side Note: my mom also gets her plants from there! It seems to be the most popular plant nursery in our area.)*

<- THE INTERVIEW

Q: Where can more native, pollinator-friendly plants be grown on campus?

A: *These plants can be grown in the school garden maintained by the Environmental Club!*

Q: You mentioned before that we do not use pesticides at our school. What do we use instead?

A: *We use vinegar, salt, and water as a substitute for pesticide.*



In addition to answering the questions I asked, Mr. Cummings also talked about our school's plan for a Farm to School program. The program is basically just that—the school will buy food directly from local farms or acquire them directly from the school garden. This will involve contacting local farms and coordinating with the Environmental Club. Mr. Cummings has already started this process; he informed me that he will be driving to a local farm with several other faculty members the same week. Both Mr. Cummings and Mr. Manuel are currently researching what grows naturally and looking into pollinating the plants at the school with the help of bees. They are also going to try to get the Environmental Club to build planters with cedar wood, which is chemical-free, and making on of the beds into an herb bed!



This experience was....

Informative! I've learned so much about the importance of pollinators through this challenge that I would definitely not have learned before, such as how the health of these pollinators directly affect the health of our nation.

Helpful! Not only have I learned about biodiversity on this planet, I have also learned how to communicate with people with more authority. In addition, I've learned how to step out of my comfort zone.





I was actually very surprised that our school is somewhat green. I didn't think that we would use alternatives for pesticides or anything like that.



What are we doing next?

I plan to follow up on Mr. Cummings' visit to the local farm and try to help out with the Environmental Club if they decide to plant herbs or pollinator-friendly plants! I will also try to educate others about this topic, starting with my friends. 😊

Soil

Day 14- Greenest



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What we learned from our research:

From the Rodale Institute, we learned about how not all compost is equal, and how some composts are more beneficial than others because of the microbiology living there. By reading the article “composting” on eartheasy, we came across a few facts that surprised us, like that dryer lint is compostable! We certainly didn’t know that before, but after learning it, we are going to be sure to add it, amongst other waste, into our home composts. Did you know that you can make a compost with no turning required? That’s always a big chore for our families, and can sometimes put people off from starting one. So this no-stir compost is a great solution. All you need to do is add a lot of coarse material, such as straw, when making your pile. On the Composting Guru’s website, we learned that composting really doesn’t need to be that hard, and only requires 3 simple things; a container, ingredients like newspapers and grass clippings (compostable materials), and to remember some chores like adding new materials and mixing it every couple of weeks. Also, you can tell if your compost is doing well by grabbing a handful after mixing, and making sure it’s damp. With all of this new information, we’re excited to test out some new methods of composting, and see if it goes well!

Sources:

<http://rodaleinstitute.org/not-all-compost-is-created-equal/>

http://eartheasy.com/grow_compost.html

<http://www.planetnatural.com/composting-101/>

Different plants grow better in different conditions, even conditions like the kind of microbe in the soil! Woodland plants prosper with more fungi present, while weeds grow better with more bacteria!



Composting can keep around 30% of a household’s waste away from the garbage, and eventually, away from landfills! So, you’re able to benefit the environment in several ways, while getting better crops.



Avoid putting leftover meat or fish into your compost, because they can attract wild animals, like raccoon, that won’t hesitate to ruin all of your hard work for a snack!!!



What can we do about our school's food waste?

It's no secret that schools generate a lot of food waste. On the daily, for 5 days per week, for 10 months a year, the faculty cook up enough food for the whole school to eat, students, teachers, and everyone else. With so much food being made, there are bound to be scraps and leftovers. But where do these scraps go? Unfortunately, a lot of them go right into the garbage. A few times, we've walked behind the main building to see food parcels, and even multiple whole pizzas, littered all over the floor, in a circle around the dumpsters. While our school does try to be environmentally-conscious, this is one area that they're lacking in, and our goal is to show them what they can do. So, what exactly can they do?

-To start, we need to identify the source of all of the waste being produced. In this case, it's the fact that our school and lunch staff overcompensate how much the students are going to purchase. Sometimes, they'll make enough "hot lunch" for 400 students, but only 200 will buy it. To solve this problem, I think the administrators should get more involved with the students. They could put out a survey of how many kids buy lunch, or bring lunch from home, or which meals the students would or would not buy if it was available. This small sample of data could help save the school so many resources and money, and reduce waste production!

-Start a compost!!! We have a small courtyard in the middle of our school building that unfortunately has fallen into disuse, and is now barren and covered with weeds and dead plants. We see this as the perfect opportunity to start a garden! The entrance to the courtyard is located in the cafeteria, allowing the lunch staff to have easy access to any vegetables or fruits grown. Also, the school wouldn't need to pay for any imported produce. While this could be a problem in the cold, snowy, New York winters, it would be perfect for the fall, spring, and even summer! To keep the garden fertile, we could use compostable scraps from lunch that day!

-All over the country, there are people who don't know where their next meal is coming from, and sitting on the streets starving. It's heartbreaking to see how some people, such as ourselves, have grown up so fortunate as to have food readily available to us whenever we need, while others have none. The best course of action here is to donate large quantities of food to our local homeless shelters and soup kitchens. There's no need for us to find whole pizzas on the ground near a dumpster, when that pizza could have been a matter of starvation or satisfaction for another person. Project Green Challenge isn't only about bettering the environment, but also the lives of others who are less fortunate than us. We are in a position of power, and we intend to use that power to help other, while helping the environment.



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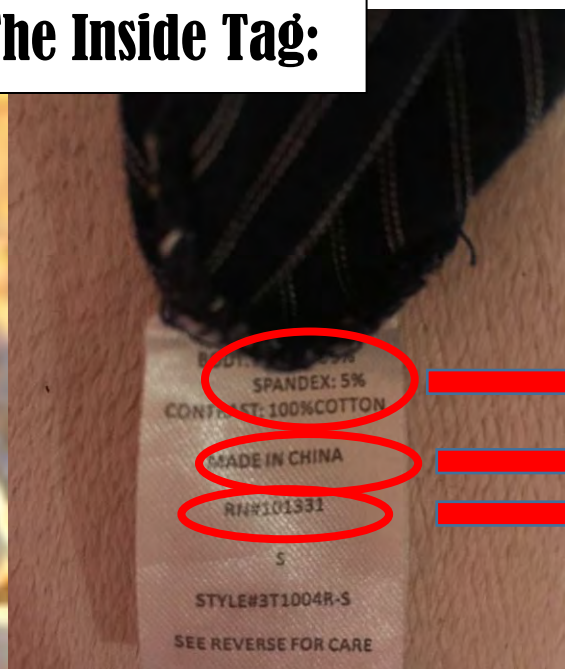
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Project Green Challenge
Day 19- Greener
The Wildcats

My Favorite T-Shirt:



The Inside Tag:



Materials

Production Country

Registration Number

This t-shirt was produced by Charlotte Russe in China, and is made of 95% Rayon with 5% Spandex material.

What impact could this item have had on the environment and those who produced it?



While doing research on Charlotte Russe, I came across extremely surprising facts, and I was dissuaded from purchasing from there ever again. To keep prices low here in America, Charlotte Russe sources their clothing from exploited workers and even child laborers in China, who are kept in unsafe working conditions, exposed to toxins, and are underpaid. They are making a profit by ruining lives of slave-laborers, which is unacceptable. This item also contains rayon and spandex, which consume huge amounts of raw materials and energy in production, and have added chemicals that could be harmful to humans, and the environment.

To protest the harmful materials used in the production of my shirt, I wore it inside-out for a day at school. Here's how it went:

Today, I got a lot of odd stares and snarky remarks about my inside-out shirt. And while I adored laughing along with them, and making some friends smile, I knew I had a mission to teach them why I was doing such a seemingly-ridiculous thing. Whenever I had the time, I explained to them that the sales that they grow so elated for, and the low prices they're constantly seeking out, come with an even bigger price; a human life. We discussed how adults and children in foreign countries are exploited, and forced to work in toxic, unsafe, and underpaying jobs. I also made sure to mention the materials of the shirt, and how they can play a big role in the degradation of our environment, in specific regards to the toxic chemicals they are treated with, including glycol, diamine, and magnesium stearate. Below are the reactions of my school-mates upon noticing my shirt, and having a conversation with me.



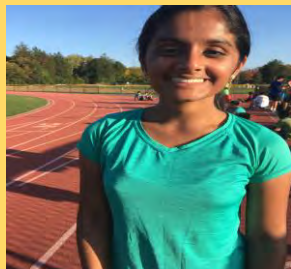
Amanda/ 16 Years Old/ Cross Country Teammate

"I'm glad I asked! I thought you just made a stupid mistake hahahah!!! It's cool you're promoting awareness, I never knew that about spandex before."



Steven/ 14 Years Old/ Classmate

"I really like that shirt, actually. But it's sad to think of like how it was made, and the people who had to make it and what conditions they're in."



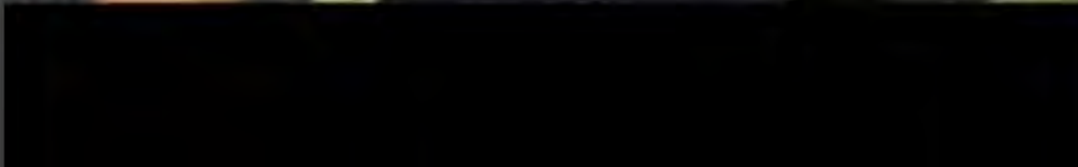
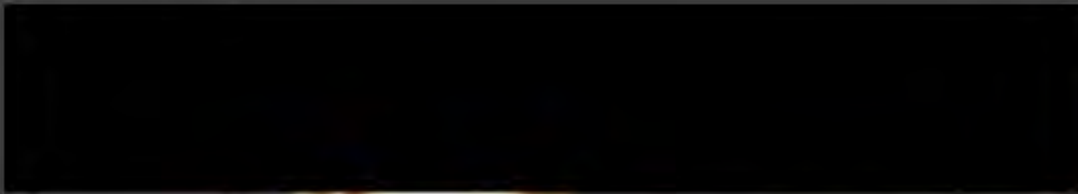
Harshini/ 15 Years Old/ Cross Country Teammate

"I always shop at Charlotte Russe! They're stuff is so much cheaper than other places, but I guess that makes sense if the company isn't paying for that much labor or healthy materials."

Check out my Instagram post here!!!!

<https://www.instagram.com/p/BLxQslvhgh8/?taken-by=krissycat1313>

Instagram



krissycat1313

jayhawkspgc, dshah14, jerichoresearch2019 and tomatogunn like this

While I'm glad I brought about a few laughs, the real reason I did this was to showcase the inner tags of my clothing, which are often overlooked. Today, just from reading the little tag, and doing a little research, I learned a lot about this shirt. It was made in China, where the workers were underpaid, put in dangerous conditions, and sometimes they're mere children. The listed materials, spandex and rayon, have negative impacts on our environment, and require many chemical treatments that pose environmental and health risks. With certified organic and Fair Trade items, you don't need to worry about how your shirt was made, because you already know! The conventional items you see in stores might not cost you much, but another worker is paying with their life for it. Think before you buy, and make the right decision. #pgc2016 #whomademyclothes

Add a comment

888

Sources:

<http://www.thepetitionsite.com/1/give-living-wages-and-fair-trade-to-charlotte-russes-suppliers/>

<http://www.thealternativedaily.com/pros-cons-spandex-underwear/>

The Wildcats

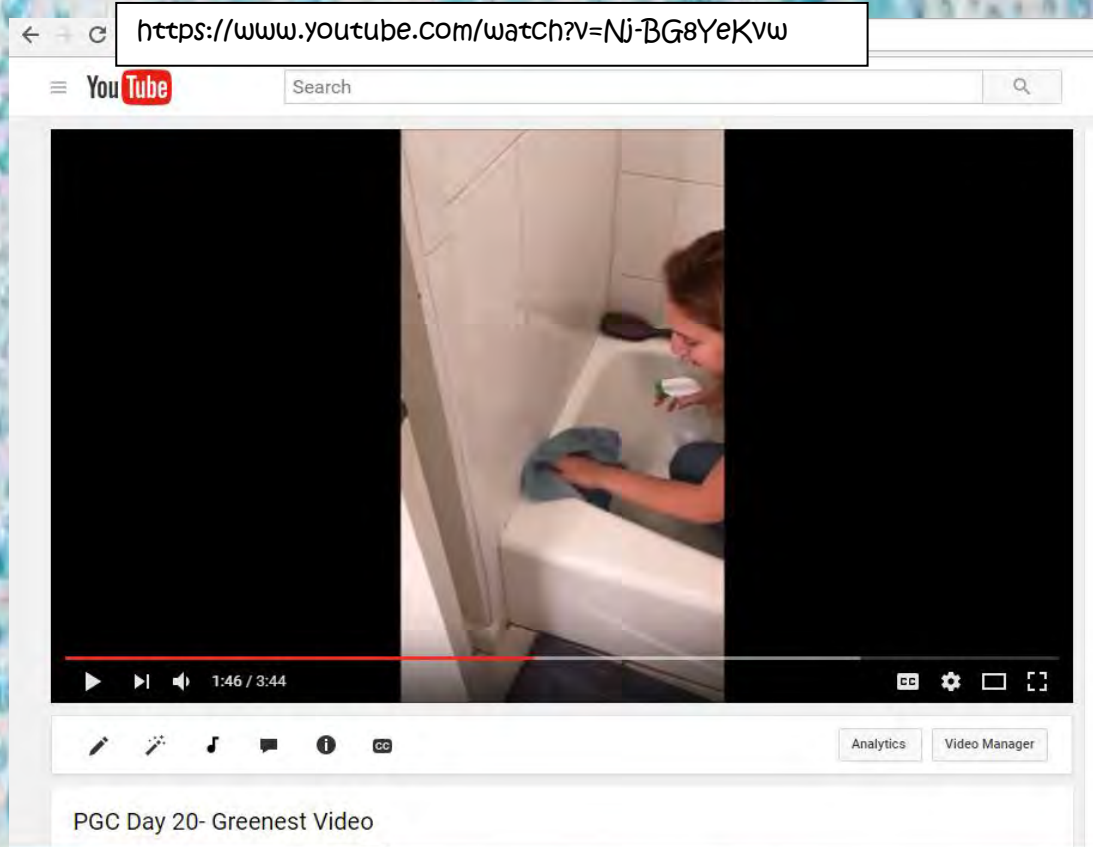
Kristen Saban and Angie Li

Jericho High School

Username: kristensaban

Email: kristen2177@gmail.com

Check Out Our YouTube Video for More Details!!!



Project Green Challenge
Day 20- Clean
Greenest

Today, we found an extremely simple recipe for a multi-purpose cleaner, that cleans showers, and counters, and mirrors, and sinks, and we could go on and on. All you need is:



Vinegar



Water

To make sure we didn't produce any waste while making this product and while cleaning, we used reusable bottles and microfiber cloths!!



Despite the strong-smelling vinegar in the cleaner I made, when actually applied, it lost its scent, which is great!

I decided to clean my bathroom and kitchen countertop with it. Here are the before and after results in the bathroom:



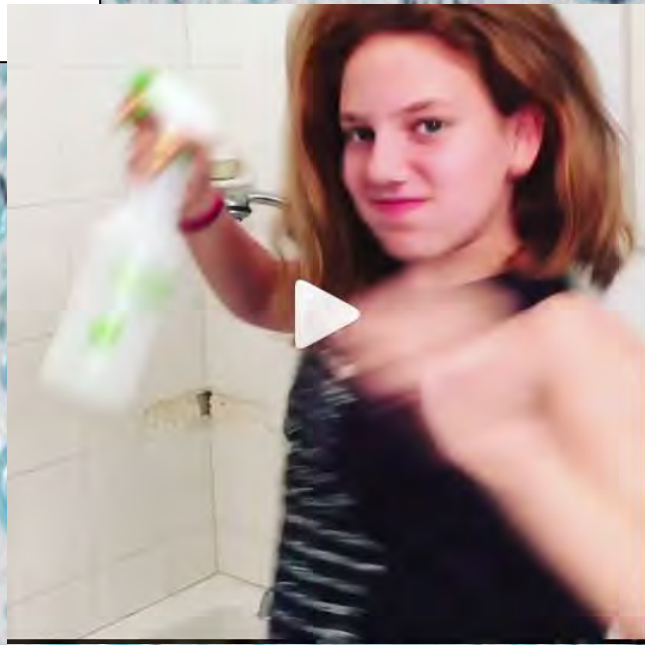
Before



After

I think that this cleaner worked out well! While it doesn't have quite the same impact as Windex or Clorox, it is worth it in the long run, to prevent future medical or environmental problems. I will continue to use it because it's convenient to apply and use, and it won't contribute to any health problems I may or may not get in the future.

Our Social Media Post:
<https://www.instagram.com/p/BL3EdAjBiU5/?taken-by=krissycat1313>



krissycat1313

4 views 34m

krissycat1313 If you ever wanted to see a clip of me dancing around my bathroom while flailing around a spray bottle, you're in luck. Today, I made a DIY all-purpose cleaner using only 2 ingredients; water and vinegar. Cleaning green is extremely important to human and environmental health because of you use conventional products and soaps, those toxins aren't just going to end up in your body, but down the drain and into the environment. You would be risking your own health and well-being, and the stability of our environment too. #greenclean #pgc2016 @turninggreenorg

Add a comment...

The Wildcats

Angie Li and Kristen Saban

Jericho High School

Username: kristensaban

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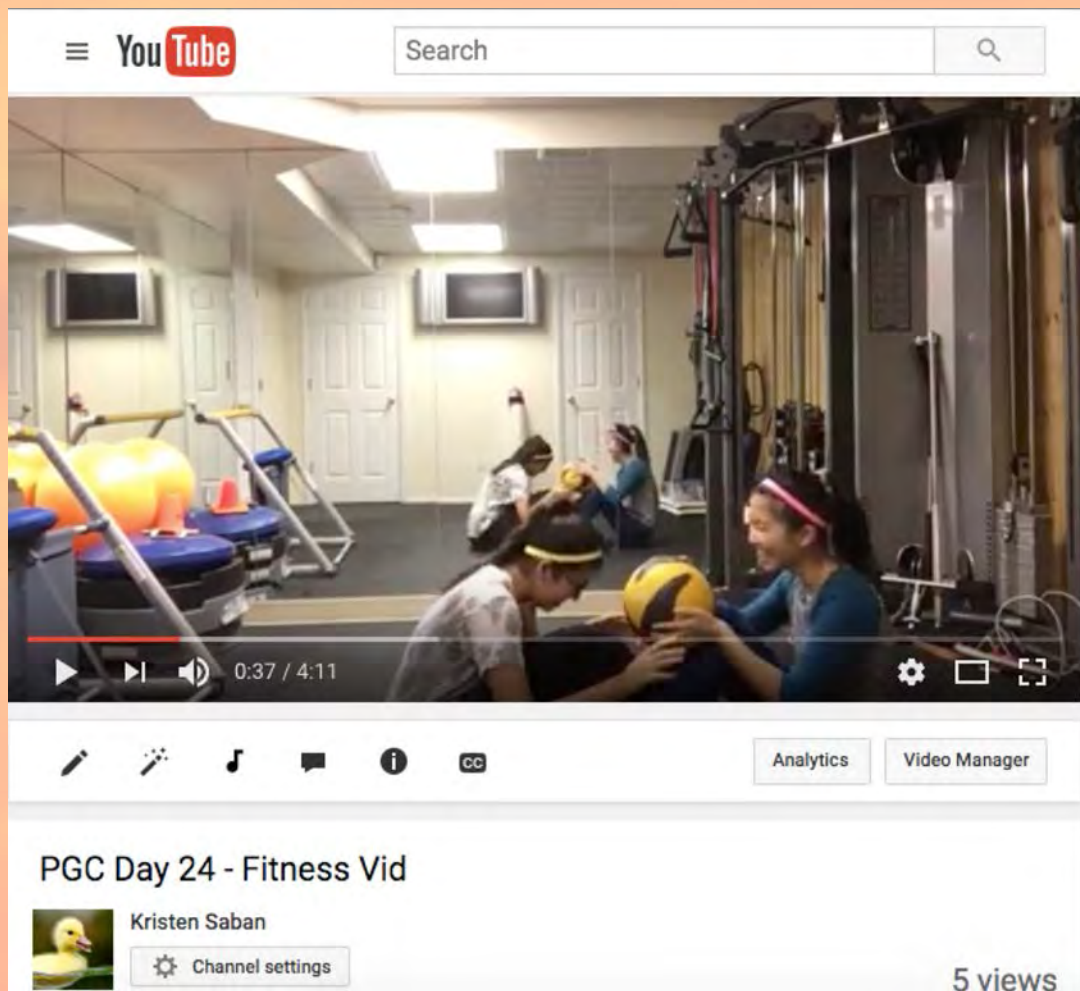


PROJECT GREEN CHALLENGE

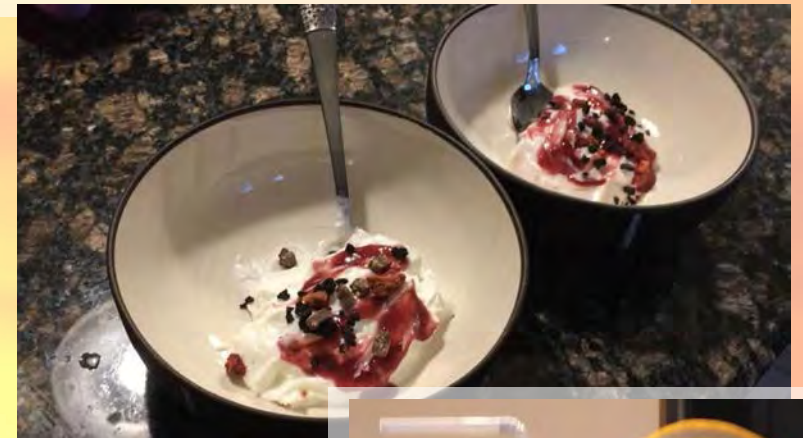
DAY 24- FITNESS

GREENER

TODAY, I WENT TO MY FRIEND MAHINA'S HOUSE TO EXERCISE AFTER SCHOOL. I MADE A VIDEO FOR BOTH THE GREEN AND GREENER CHALLENGES, WHICH CAN BE FOUND HERE: [HTTPS://YOUTU.BE/3CGCPOVD2BA](https://youtu.be/3CGCPOVD2BA)



AFTER EXERCISING, WE MADE A HEALTHY SNACK AND DRINK!



GREEK YOGURT



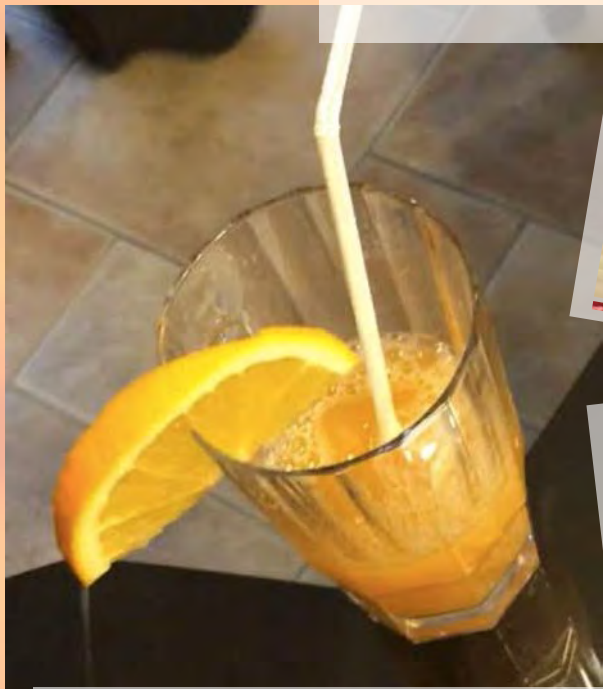
INGREDIENTS:

- ***GREEK YOGURT***
- ***RASPBERRY PURÉE***
- ***DARK CHOCOLATE***
- ***DRIED STRAWBERRIES***

**MIX INGREDIENTS TOGETHER,
AMOUNT DEPENDING ON PERSONAL
PREFERENCE. THAT'S IT! IT'S SUPER
EASY AND EVEN MORE DELICIOUS.
(MAKING IT PRETTY AND POSTING ON
INSTAGRAM OPTIONAL)**



ORANGE JUICE



INGREDIENTS:

- *FRESH ORANGES*

USE AN ORANGE SQUEEZER TO SQUEEZE THE ORANGES. FILTER THROUGH A SIEVE. AND YOU'RE DONE!

I WAS THOROUGHLY SURPRISED BY HOW BETTER THIS TASTED THAN ORANGE JUICE BOUGHT FROM A STORE.

INSTAGRAM POST:

LINK: [HTTPS://WWW.INSTAGRAM.COM/P/BL-LGNHHGFH/?TAKEN-BY=KRISSEYCAT1313](https://www.instagram.com/p/BL-LGNHHGFH/?taken-by=krissycat1313)



krissycat1313

Following

turninggreenorg

clifbarcompany

angie.li_, ariannapahlavan, kristina_choa, hi.its.steven, teehee_tim, nicolehuangg, nic.kewl, jerry.zhang.zhang, ke.ndra and justina__chano like this 48m

krissycat1313 Today, as a post-workout snack, I fixed myself some fresh orange juice, and Greek yogurt with a raspberry purée, dark chocolate, and strawberry topping! To make the orange juice, I used an orange squeezer, and filtered the pulp out using a sieve. (Remember to compost the leftover orange peel!) This snack definitely hit the spot after exercising! #fitspiration #pgc2016