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* We have a verbal confirmation that this article will be published in our school's newsletter, The Crossover, in its next issue

A Green Campus

Ever wondered why Burlington, Vermont has been named one of the “greenest” cities in the United States of America? Well look around you! Champlain College has a significant impact on those headlines. Champlain doesn't use a power plant because they have other resources available to them! Champlain purchases their energy from the Burlington Electric Department which has recently achieved 100% renewable energy. In residential housing on campus, the energy that is used to heat the buildings are through gas-fueled boilers in the buildings. Electricity is used to bring power to the kitchens, machinery, and every outlet! One often project that many students aren't aware of are what are referred to as the “giant boxes” behind the residence hall known as “Carriage House.” What many people don't know is that inside these boxes are ice tanks that cool down the parts of the campus during the summer. Christina Erickson, the Service & Sustainability Learning Director in charge of the Center for Service of Sustainability states “During off-peak electricity hours, these tanks create ice, while during peak hours, they melt the ice.” This process helps air condition certain academic and residential buildings on campus! How *c o o l* is that?

Champlain's Master Plan from 11 years ago is still in effect today with many goals near or in the process of completion! The Master Plan states:

- Seeking alternative practices and procedures to reduce our fossil fuel energy consumption and minimize negative impacts on the environment
- Conserving natural resources and restoring environmental quality
- Protecting the biodiversity of Our Lake Champlain region
- Considering the social, economic, and environmental impacts of CHamplain College's operational policies on the greater Burlington Community
- Fostering a participatory process in developing “sustain champlain policies
- Striving to construct LEED certifiable buildings
- Continuing to support the Post Carbon Committee's activities

Now these all sound great! And Champlain IS working towards these goals! To make sure not only the heads of related departments are keeping on track with these goals, but the students are too, Champlain's Eco-Rep Program helps bring these issues to light on campus. The program has student representatives that work within residence halls in an effort to get students engaged and involved in making changes not only on a student-level, but a community degree as well! One example that Champlain's upperclassmen know all too well is the annual Kill-A-Watt Challenge usually held every February. For this event, students of all years come together within their residence halls and vow to save as much energy as they can during a two-week period. The event has led to residence halls reducing as much as 20% energy usage. To do so, eco-reps promote habits such as unplugging devices that use phantom power, televisions, and video game consoles, turning off lights when leaving a room, and using power strips! Additionally, Eco-Reps come into the halls and hold events such as board-game nights that get students off of using their electronics for the night, or hold discussions about the effects and impacts of energy usage on campus and on a worldwide level. Many residents take this event very seriously which leads to a great turnout every year! Just ask Eco-Rep Maggie Woodman who stated "The killawatt challenge is really fun and I love trying out new ways to save energy and see how it impacts our score."

Every semester at Champlain, I experience all of the changes we make as a community first-hand. From the free bus rides we were given with our Champlain ID's upon our first arrival to campus, to the introduction of the bike-share program just this year, I have enjoyed being a part of it. My passion for community engagement and involvement has passed through the lens of a job task or a resume builder, but has grown to become a passion of mine. Alongside water, waste, transportation, and land, energy is one of the most important topics that needs to be looked at with more focus and intent on action. I am lucky to attend an institution that holds its promises to sustainable standards. With the annual Kill-A-Watt Challenge increasing in participation and event-attendance each year, I know our campus and community are on a great track to sustainable awareness and living.

– Hansel Alexander Carter IV
Eco-Rep Area Coordinator



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Champlain College

Outline of Presentation

- Contents
- Uses of Water
- What is Insecurity
- Insecurity on Local Levels
- Insecurity on Global Levels
- Insecurity in the News
- TV Show Example
- Solutions

Content of Presentation

- **Topic: Water Insecurity**
- **What is Water?**
 - It is the essential component for sustainable living. 90% of our body weight is water. We need to stay hydrated to survive.
 - What do we use water for?
 - Drinking/hydration
 - Sanitation
 - Bathing/Hygiene
 - Cleaning/Household
 - Cooking
 - Agriculture
- **What does it mean to be Water Insecure?**
 - <https://www.youtube.com/watch?v=b1f-G6v3voA>
- **Where is this an issue?**
 - In the United States we view it in a different sense. Because our tap water is polluted, we have to go to the store and buy bottled water.

- However in a global sense, such as places like Tanzania and India, locals have to deal with getting water from a contaminated source because there is no other option, and even then this source can be miles from their home.
- **News Articles Examples**
 - <https://www.nytimes.com/2018/10/18/opinion/climate-change-saudi-arabia-water.html>
 - Saudi Arabia and China are coming to the United States because they lack the water that is required to produce the pork/other products that they sell.
 - http://www.xinhuanet.com/english/2018-10/02/c_137507412.htm
 - 300 million have not received improved access to water and 1.7 billion lack access to basic sanitation
 - <https://www.unicef.org/press-releases/yemen-millions-children-could-soon-be-without-food-or-water-economic-crisis-deepens>
 - “The cost of food and water supplies has skyrocketed as the national currency value has plummeted”
 - <https://www.globalcommunities.org/node/37493>
- **What would Water Security even look like?**
 - Examples from each aspect of community living that contributes to water security
 - Government
 - Economic Development
 - Water Hazards
 - Governance
 - Financing
 - Cooperation
 - Ecosystems
- **Sense8 Example**
 - I strongly believe that film is such a powerful tool in today’s media-driven society and I felt it was the best way to get people to empathize with people who are dealing with these issues. Sense8 is a series about strangers around the world being connected. They can feel, think, and see what the other characters are going through and experiencing. This scene depicts the effects of a water shortage in a community in Kenya. The man who drives miles away and retrieves water in his truck and drives it back to this community has increased his price for his services without notice. The community protests against his choice and in doing so, the main characters from the show experience the anger and frustration and chaos this community is living in. I have a video here I think does an amazing job of showing the direness of the issue. This clip from the netflix series Sense8. : https://www.youtube.com/watch?v=Og7-73_KJPM

- **Solutions**
 - Personal Level
 - What can you do as a citizen of your community? State? Country?
 - Government Level
 - What steps should the government take in addressing this issue?
- **Effects of Water insecurity**
 - Diseases such as
 - Harmful health effects such as
 - Less time for family, social life, economic comfort, other amenities of life

Presentation



The Eco-Rep team watching a moving video example of a community going through a water riot occurring in Kenya. Me! discussing the lengthy trips local women would take to get



Zoe learning about water insecurity!



Me! discussing the lengthy trips local women would take to get water for their families, often in an unclear state

Summary of Conversation

I was excited to have these conversations having lived in India and Egypt and visited Tanzania. After my presentation, we moved towards a discussion about what we had learned. What I had gathered was that for half of the group, most of this was new information. Everyone has heard of Flint, Michigan, and everyone knows that “things are different” in foreign countries but no one knows the specifics. Hailey, a student who attended my presentation said “I thought everyone in the world had safe water. It’s 2018!” Another student, Alicia said “I didn’t realize there are so many places in the US that are water insecure! I thought it was only in far away places like Africa. Even a developed country can have water insecure cities!”

What people found to be the most shocking piece of information was the foam that has created out of the toxic polluted waters of the Yamuna River. We got to conversation on the idea

of government involvement on these issues, both in the United States and in India. In India it is against the law to pollute the rivers. Rivers such as the Ganges and the Yamuna are viewed as holy and to pollute them would be disrespecting Mother Earth. Even with these laws and spiritual beliefs in place, the river is still the most polluted on this planet. Companies based in western countries such as the United States and some in Europe outsource their labor and work to cities in India where people are desperate to work and accept low wages, unfair labor practices, and unsafe working conditions. In connection to this Maggie brought up a great point about the ethics of this issue. "We can't go and tell India to stop accepting Western companies' offers of work in their countries. Without the work, people are unemployed and then it becomes an issue of unemployment." The companies from the United States, from Switzerland, from Germany, etc. send their work to India and use it as a loophole. Then they pollute the resources of India and here we are in the United States completely blind to the fact of the effects our consumption is having on the environment over there." We also talked about the water sources in the United States. Zoe said "I just got back from Pittsburgh. I had no idea the water was contaminated with radium!" It seems that it is not an issue of "They are on the other side of the world so I didn't know" because even Zoe being in the same town as the issue didn't make her realize it was happening. Another student, Morgan said, "I live right by Flint, Michigan and it's so scary that the whole thing happened so close to me! They had to come and test my pipes and everyone asks me about what it's like being there. There's a noticeable difference, even when just driving by Flint." Another student, Jack mentioned another crisis, "Have you heard about the water crisis in South Africa? We should spread awareness of what will happen if we don't conserve our water."

All of what we had was great conversation. We talked about so many aspects from governmental policies, the well-being of humans, how we are affecting both land and aquatic animals (Don't get me started on this topic, I have so much to say) We then tried to look at more realistic goals in changing the way we use water. "Since most of our water use is in farming, why don't we just invent more sustainable farming methods that consume less water?" - Adam D. I once took a class called *Food For Thought* and in it, we learned about crickets/bugs being a sustainable option for food. We had cookies that were made out of cricket powder and had a discussion about how much less water cricket farmers use to farm crickets. I brought up the points I had learned in the class. Adam went back to the point about more water recycling facilities. Overall, what I had hoped to gain from this presentation was reached. I educated students on the vast issue of water insecurity in all corners of the globe and engaged them in critical thinking about the topic. I wanted to ingrain in their minds that these issues are something that people deal with every day and have been dealing with for years. And hopefully will take their newfound knowledge to their own communities and share, educate, and change the way people view water insecurity.

Video Link to Presentation:

<https://drive.google.com/file/d/1q3q17wyUttswefWrtImtgYiR8zPl3Xer/view?usp=sharing>

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PGC 2018: Day 13

What does your school do with leftover food?

In a meeting with our school's food sourcing company just last week, we asked him this very same question. "What do you do with leftover food in the dining hall and in on-campus events such as Open Houses or Admitted Student Days?" His response was that of course, the college would like to preserve the food and give it to whoever needs it however, the issue comes when it is all food that is left out all day at events and unattended. It becomes a sanitary and health issue at some point and the line is very gray. Acknowledging this, he also let us know that he is definitely interested in setting up a program in the future where any leftover foods could be given to a shelter or food shelf in some way shape or form but for the time being it is not exactly feasible. For the time being, everything that goes uneaten in dining halls or at events gets composted.

Does dining services donate any food to the school pantry or local community? (Is there a food pantry on your campus?)

Although Champlain College Dining Services does not donate to any pantry or local community, the Champlain Office of Diversity of Inclusion has started a Food Pantry this past year. Students and members of the community are free to take or leave any items they are in need of such as

grains and boxes of pasta, canned foods, and hygienic supplies as well! It's available during business hours of every weekday to make sure anyone who needs to access it can find a time in their busy schedule to make use of it.

Is your school part of the Food Recovery Network?

At the moment, Champlain College is not part of the Food Recovery Network, however the neighboring school University of Vermont is.

What percentage of students from your school are food insecure?

At the moment, there has not been a conducted study of any kind at our school that estimates how many students at our school are food insecure that is accessible to the student body.

Conversations with Food Insecure Students

After talking to two students who have faced issues of food insecurity, I have witnessed firsthand how drastic the situation is. As a student you would obviously state that your main focus would be on your studies, secondarily your jobs, then your social life or clubs, etc. However, to food insecure students, their first focus is on where their next meal is going to come from. "If I'm too focused on when my next meal is going to be, I can't exactly pay attention in class because i'm worried about money." The student informed me that she would become more irritable and start

experiencing physiological effects if she wasn't getting enough calories. "You get low energy, more irritable. You can't get work done and you're too tired to get up and stay your whole day."

She also stated that this issue was prominent in her life because the issue isn't just a problem when she's on campus. It's in fact worse on campus because "[she is] supporting myself financially, [she] comes from a low income family and money's short. There won't be a lot of food in the house, and we have to spend money on a lot of other household bills so food is the general go-to for what gets cut in the budget. In general a lot of colleges students go through this a lot of this are not from supportive families and if you're just here on your own and you have to survive, you have to choose between paying a bill and eating. It's gonna be a problem for you." Something that is not thought about often is the support students get from their families. It is widely assumed that everyone has family who sends care packages, takes care of bills and whatnot, but this is not the case for most students.

Write up a plan to reduce food waste on your campus

In doing research on how to best combat food waste around campus, I have found that the best way is to go about the issue is not by bombarding them with statistics and negative effects that may be caused (that's for later in the process!), but by reminding them the alternatives to throwing out food.

Having something as little as signage either in their personal rooms, around campus, or in residence hall kitchens goes a long way in changing habits. (And so does a persuasive viral video!) I created individual signage that addresses the alternative solutions of “Planning,” “Storage,” and “Cooking Leftovers.” Each of these solutions discusses important information that is never really thought about when knowing how to properly purchase, store, and consume a product! In researching Harvard’s sustainable practices, I have found these topics to be ones that are displayed to students on campus.

Planning:

- Keep a pad and pen in the kitchen (or use a note or app on your phone) and write down items when they run out so you don't buy things you already have.
- Work out a weekly meal plan. Shopping for specific ingredients with meals in mind and taking a list helps ensure we use what we buy.
- Don't plan every meal! Life at Harvard is busy and there are always events that come up during the week. Just thinking about 4-5 meals allows you to be flexible with unexpected leftovers, especially if you keep some meals in the freezer as a back-up in case your plans fall through.
- Buying foods that can be used for several different dishes gives us flexibility to create different meals.

Storage:

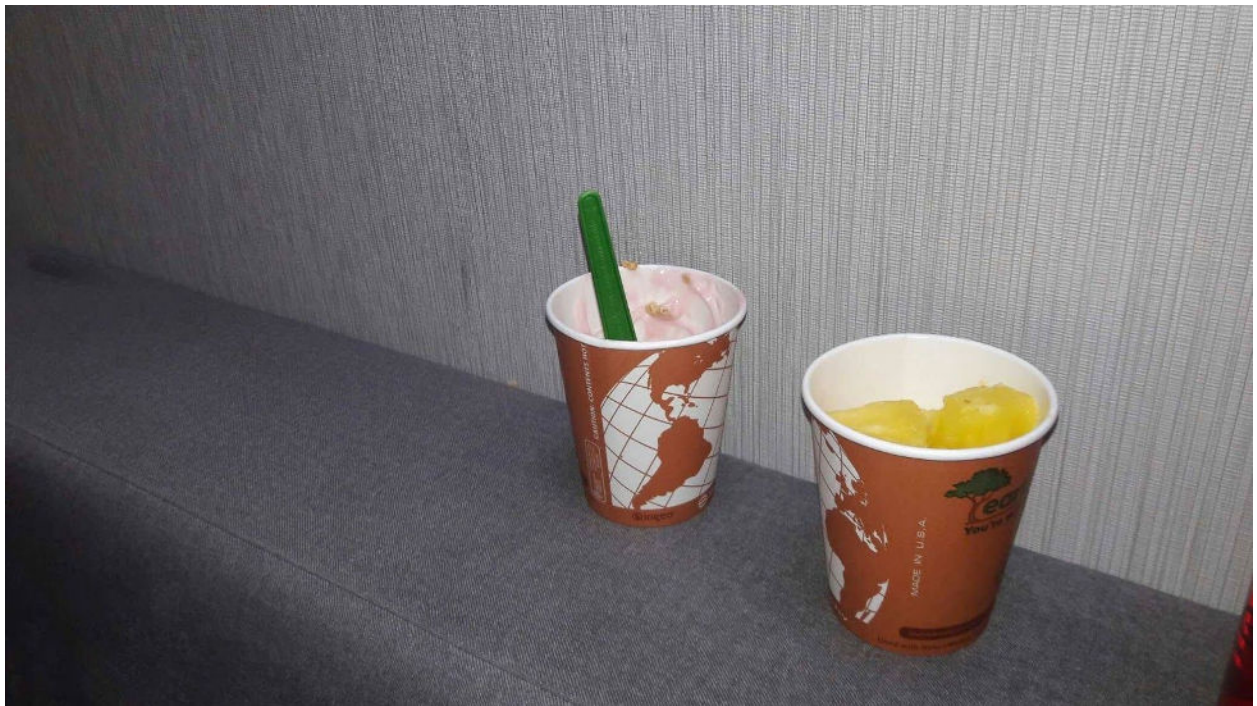
- Make sure you store food correctly according to the label. Often, foods come with lots of packaging which seems wasteful, but is often designed to help keep the food fresh, so keep it in its original packaging when you store it.
- Make sure your fridge and freezer are at the correct temperature. A fridge that is too warm will lead to waste.
- Use your freezer! It's an amazing resource to prevent waste when your plans change.
- Food can be frozen any time before the 'use by' date on the label so if you buy something and don't use it straight away, you can freeze it anytime before the use by date and it will still be safe.

Cooking Leftovers:

- Try to keep your store-cupboard and freezer well-stocked with a variety of canned, dried, and frozen goods. These store-cupboard essentials have a long life and can be mixed with other foods to make delicious meals.
- Use leftovers for lunch the next day! Find out where there is a fridge and a microwave at your department or school, make sure you remember a fork and you're all set to eat well, save money, and reduce waste! A small investment in a plastic tub to carry leftovers can pay-back very quickly.

Share your plan with someone you think could make a difference on your campus' approach to food waste. Who did you meet with and what was their response?

After talking to the Student Government Association here at Champlain College, they informed me that they would be interested in helping me out in putting out flyers and promoting these solutions to food waste. They said that if I can get access to the individual halls, which I and my great team of Eco-Reps do, I could hand out small pieces of signage that residents can have posted on their mini-fridges, communal fridges, and cabinets! This way, they have a constant reminder of how to go about purchasing, storing, and cooking food! They asked that the signs have super light text and be brief in each category because students won't read a full text flyer. I also inquired about getting digital flyers posted onto the SGA's official page and if they would be interested in posting in different facebook groups their members are a part of and they told me to simply email the flyer to their communications associate and they would do that as soon as possible! They were very helpful and receptive to what I had to say!



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Day 15 - Meatless Monday

The following three meals I would typically eat in a day for breakfast, lunch, and dinner are:

Breakfast

Scrambled Eggs with cinnamon french toast

Lunch

A Bacon, Lettuce and Tomato Sandwich

Dinner

Fettuccine alfredo with chicken & broccoli

After researching ways to substitute meat and dairy ingredients, here is what I've found!

Breakfast

Vegan scrambled eggs (made from a combination of chickpea brine, firm tofu, olive oil, nutritional yeast, himalayan black salt, and ground turmeric)

Vegan Cinnamon French Toast (made from Westsoy's organic soy milk, nutritional yeast, vanilla extract, coconut oil, salt, bread, cinnamon, and chickpea flour!)

Lunch

Vegan BLT (made with Grainiac's Organic Whole Grain Bread, avocado, coconut bacon, tomato, salt, pepper, and butter lettuce)

Dinner

Vegan Fettuccine Alfredo with Chicken (Made with seitan and vegan seasonings as a meat substitute and Westsoy's unsweetened organic soy milk with olive oil, as an alfredo sauce substitute with garlic, shallots, basil, salt, and pepper)

*The recipes can be found below from various vegan cooks and chefs around the globe!

Breakfast Recipe: Vegan Scrambled Eggs & Vegan French Toast

Ingredients:

- *Firm tofu.*
- *Aquafaba (chickpea brine/canning liquid).*
- *Cold-pressed olive oil.*
- *Nutritional yeast flakes.*
- *Kala namak (i.e., black salt with an egg-like sulfuric taste).*
- *Ground turmeric (for color).*
- *Freshly ground black pepper (if you desire).*

Instructions:

Step 1: Gather Ingredients

Step 2: Blend all the ingredients together

Step 3: Cook the tofu-aquafaba mixture in a hot pan for 10–15 minutes, skimming and scrambling as you go.

Step 4: Serve

Then move onto the french toast,

Ingredients:

- *1 cup (240ml) Soy Milk (or other non-dairy milk)*
- *4 Tbsp Chickpea Flour (or sub all purpose flour)*
- *2 Tbsp Nutritional Yeast*
- *1 Tbsp Maple Syrup or Date Syrup*

- *1 tsp Vanilla Extract*
- *1/2 tsp Cinnamon*
- *1/2 tsp Salt*
- *6 Slices Bread (thickly sliced)**
- *Coconut Oil (for frying)**

Instructions:

Step 1: Gather ingredients

Step 2: Whisk up the wet ingredients in a bowl

Step 3: Slice up bread into thick sturdy slices, then dip it in the wet mix (both sides)

Step 4: Fry it in a hot frying pan with a little coconut oil. The frying pan should be very hot and the combination of the mix that you dip the bread in, plus the coconut oil creates the perfectly browned result you see here. It's crispy on the outside, soft on the inside, with a deliciously light flavor.

Lunch Recipe: Vegan BLT

Ingredients:

- *2 slices eureka! Grainiac® whole grain bread*
- *1 medium ripe avocado*
- *Salt, to taste*
- *1/4 cup coconut bacon*
- *1 medium ripe red tomato*
- *Freshly ground black pepper*
- *Several small leaves of romaine or butter lettuce*

Instructions:

Step 1: Be sure to make the coconut bacon before you get started on the sandwich (it's easy to make, and you'll have lots of leftovers, which freeze well).

Step 2: When you're ready to make sandwich(es), first toast the bread to your desired doneness.

Step 3: Halve and pit the avocado, and scoop the avocado flesh into a bowl. Add a pinch of salt, and use a fork to mash the avocado until it's pretty smooth and easily spreadable. Taste, and add more salt if necessary.

Step 4: Spread avocado on top of both slices of bread. Spread coconut bacon heavily on one piece of toast, and lightly press it into the avocado to help it stick.

Step 5: Slice the tomato into 1/2" thick slices. Top the bacon-covered toast with 2 to 3 slices of tomato, and sprinkle it with black pepper. Top the tomato with lettuce, and place the remaining slice of bread on top, avocado side down. If you prefer, carefully slice the sandwich in half with a serrated knife.

Step 6: Serve!

Dinner Recipe: Vegan Chicken Broccoli Alfredo

Vegan "Alfredo Sauce" Ingredients:

- 1/2 tbsp olive oil
- 4 cloves garlic minced
- 1 shallot finely chopped
- 2 cups low-sodium vegetable broth (see notes)
- 1 and 1/2 cups plain, unsweetened non-dairy milk (see notes)
- 1 tsp salt plus more to taste (reduce if using a salty broth - mine is low-sodium)
- 8 oz dry fettuccine
- black pepper, dried oregano and red pepper flakes to taste
- chopped fresh basil or parsley for serving

Vegan "Chicken" Ingredients:

- 1 plant-based egg (flax egg or your favorite commercial egg replacer)
- 12 oz unsweetened soy creamer
- 1/2 cup water
- 2 teaspoons Creole seasoning salt (more to taste)
- 3 Tablespoons Creole or spicy brown mustard

½ cup hot sauce (Crystal and Frank's Red Hot are favorites)

Seasoning Ingredients:

3 cups unbleached all-purpose flour
¼ cup cornstarch
1 Tablespoon Creole seasoning salt (more to taste)
2 teaspoons paprika
2 teaspoons black pepper
2 teaspoons garlic powder
1-1/2 teaspoons cayenne pepper
1 teaspoon onion powder
1 teaspoon smoked paprika
1 teaspoon white pepper

Instructions:

Step 1: Blend dry ingredients together thoroughly and set aside.

Step 2: Blend liquid ingredients together and sit next to the flour mixture.

Step 3: Place 1-2 cooling racks on top of cookie sheets, and sit it near your work area on the counter.

Step 4: Take one piece of the chicken style seitan and place it in the liquid dip. Remove quickly and shake off excess.

Step 5: Immediately roll in the flour dip, coating all sides lightly. Place on cooling rack.

Step 6: Repeat with each piece of seitan chicken, being sure to leave enough room on the cooling rack so that the seitan has air circulating on all sides. Leave for 30-45 minutes for coating to “set”.

Step 7: Repeat the process again, and leave out to dry for another 30-45 minutes or longer.

Step 8: Heat your cooking oil to 350 degrees in a heavy-bottomed pot or frying pan.

Step 9: When your oil is hot, drop in one or more pieces of chicken, being sure not to crowd the pan which will lower the temperature of the oil and result in a soggy product.

Step 10: Remember, this is not flesh so there is no lengthy frying time required to cook anything – all you're doing is developing a crispy brown coating for your seitan. (Should take about 3 minutes per side)

Step 11: When it's brown and crisp on one side, flip seitan over and brown the second side. Remove to a rack to drain while you fry the remaining portion.

Step 12: Serve immediately!

Instructions for Sauce:

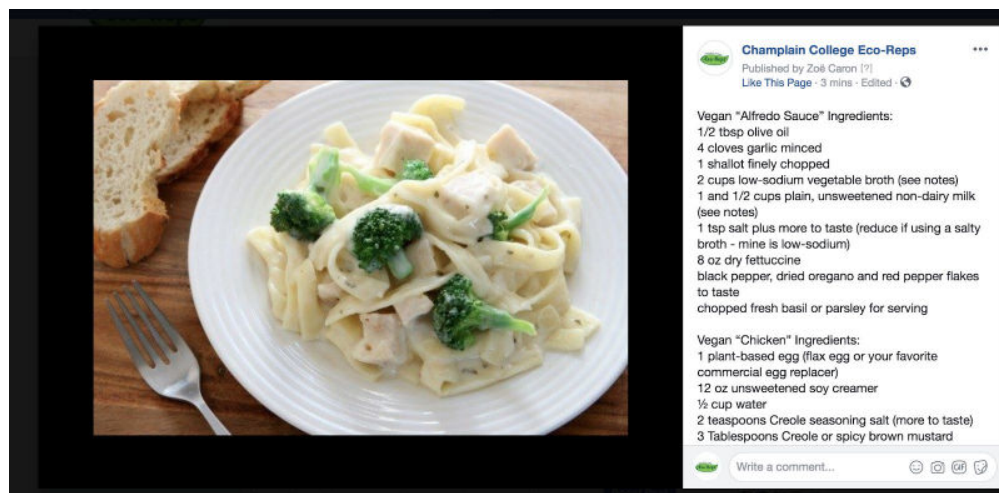
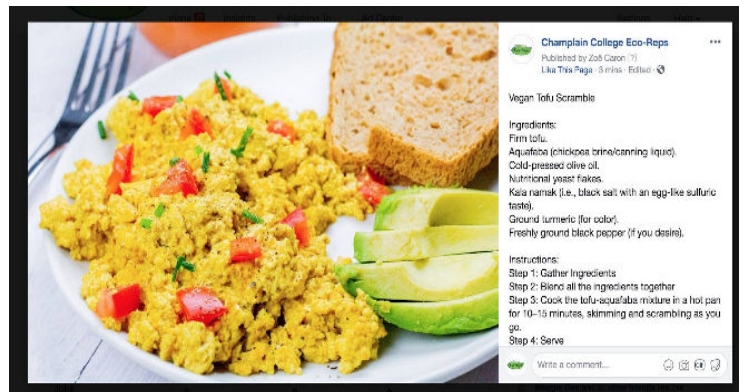
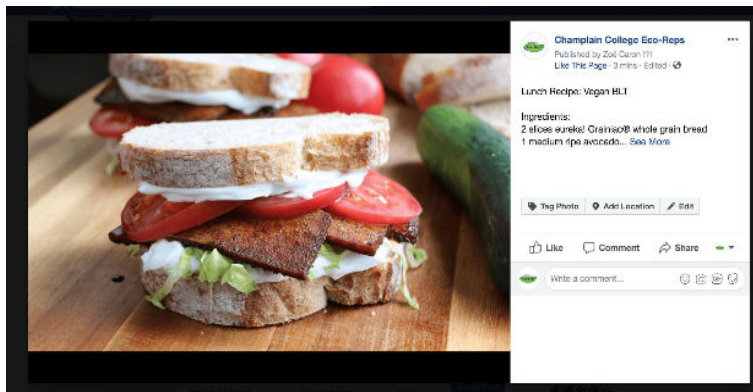
Step 1: Heat the olive oil in a large skillet over medium heat. If possible, choose a skillet that is wide enough to completely fit the fettuccine. Smaller pans will work, but require a bit more fuss to stir and submerge the pasta as it cooks.

Step 2: Add the garlic and shallot to the pan along with a sprinkle of salt, and stir. Cook for about 2 minutes, stirring occasionally, or until the garlic is softened and the shallot is turning translucent; avoid browning.

Step 3: Add the vegetable broth, nondairy milk, and salt, and stir. Add the dry pasta and gently prod it around to submerge it under the liquid. If not all of it fits now, you will need to gently push it into the pan after the submerged portion has softened later.

Step 4: Bring to a boil, then reduce to a simmer. Stir occasionally, gently separating any pasta that starts to stick together. Cook for about 20 minutes, or until the sauce has thickened onto the pasta and the texture is to your liking. If too much of the liquid is cooking off, reduce the heat a little bit, and add more nondairy milk.

Step 5: Adjust seasoning to taste, and serve with fresh herbs and other toppings if desired. Best served immediately, but leftovers will keep for 3-5 days in the fridge (cool completely to room temperature before boxing up and refrigerating).



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I decided to take the route of mindful eating today for dinner. Before eating, my mind was on work I had needed to get done by the end of the day, requirements I need to meet to fill out a study abroad application, and my upcoming staff meeting later in the evening. I didn't feel stressed but I felt I had to constantly deal with upcoming events of the day. After the practice, I had felt a lot better about what I had to do for the rest of the day. In the past, I have taken a class where we took the time to appreciate the food we were eating called "Food For Thought" where we placed chocolates and other foods in our mouths and took time to experience our individual senses whilst having the foods in our mouths. It was an interesting experience doing this again for this challenge in the way of focusing on self-care instead of focusing on the food. I felt relieved and less nervous about my responsibilities. There was definitely a difference in my motivational levels as well. Before the practice, I was reluctant to do my work. There was a lot of very small tasks I had to do like email my advisor, charge my devices, organize a list for the clubs I head, and plan an event for the weekend. Afterwards, I felt empowered to do the things I had to accomplish and looked forward to my free time afterwards. I immediately gathered a to-do list and went through each task one by one!

Another practice I decided to do when I got back to my residence hall was the Body-Scan meditation. I had just come back from a staff meeting with my coworkers where I was given

another handful of assignments. I had practiced this meditation in my psychology class at my school in Egypt as a sophomore in high school many times. Doing it here in Vermont for the first time since then created a sort of connection between that time period and now that was very calming for me. I took more notice of my breathing pattern and where tension in my body resided which eventually left. This was also a very relaxing activity.

Overall, I would say I preferred the mindful eating activity more than the Body Scan activity. I felt that with the mindful eating, you were more in touch with your body in a physical sense rather than an emotion or psychological one. Although both activities were relaxing, the eating activity felt more fulfilling in the sense that you were able to put your focus on one sole activity rather than move from body part to body part in the scanning one.

While doing “mindfully eating” I would focus so much on the taste that I would think about the flavors in the meal and my mind would wander that direction and not focus on the speed at which I was eating. So at time, I did catch myself eating at a normal pace that I usually do but it was sort of a funny calling out of reminding myself about the activity at hand. In the future I might try to remember the point of the activity and focus on the importance of slowly eating so I can fully experience this. In terms of external barriers, I continuously saw people I knew passing by me so that would interrupt my experience but a simple wave acknowledged those people and I did not have to socialize. So in effect, I was able to accurately do my activities! In the future I might take a meal from a dining area to go so I can practice the activity in the comfort of my own room.

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Champlain College

#SustainCoffee

Capital and Economics

- From doing research for previous challenges like Meatless Monday, I knew that products like eggs, chicken, and beef take up copious amounts of water to be produced. What surprised me in this video was that even something as small and prevalent in our society as an average cup of coffee takes 140 liters to grow! With climate change affecting these regions in the slightest of ways, the inability for farmers to produce it will affect everyone in the chain of economics from the producers themselves needing to fill a quota to us consumers on our way to our 9 to 5's every weekday.
- Being a non-coffee drinker, I realized how far removed I am from coffee in any sense. What people often forget is that the world's forests are a significant factor in combatting the effects of climate change as stated in the tagged articles. The trees are what take in the carbon dioxide that we continuously push and pour into the atmosphere. If we remove them from the environment, we remove our first line of defense against the drastic changes that come with climate change.
- At the moment, the demand for coffee is ever-increasing along with the human population while the supply for this product is decreasing. The reason this creates problems is because as the supply reaches its end, businesses will not stop there, they will find alternative locations to grow the product they need to survive as a business. This will lead to deforestation in areas of the world that will directly influence the harmful effects of climate change.

Intentional and Informed Coffee Purchases

- The piece of the article that discussed cold brew coffee grabbed my attention the most. Cold brew coffee uses twice as many coffee beans as hot coffee does to make a cup! In making a decision to purchase hot rather than cold, you are making a change for the betterment of the environment. Keeping in mind how your purchase affects everyone down the line of production, including yourself!
- It is of the utmost importance that you do your part as a consumer to ensure you are getting your products from sustainable sources. Once you do your research, you play your part in society by voting with your money. In economics, businesses are always told to "follow the money" because that's the way society works. So if you as an individual put your money towards a sustainable source, there's no doubt companies will catch on and follow what you've cast your vote towards: a sustainable future.

- Simply asking about the store's policy on sourcing their coffee is a first big step to making a change. But there is more to be done! In contacting the company, you are directly informing them that people do in fact care about sustainability and that society does indeed want change.

My Footprint

Two items I use daily are my toothbrush and my deodorant. I conducted research about toothbrushes to see what I could do to change the footprint of this product. Because of the length of time between purchasing and disposing of a toothbrush, I did not realize the combined impact of other people in how that disposed item affects the environment. I read that 1 billion toothbrushes are thrown away every year in the U.S. What really caught me off guard was finding out that a female albatross in Hawaii was recently found to be regurgitating a plastic toothbrush to its chick. It has come to the point that wildlife isn't only eating it but passing it to its newborns.

When I researched about my deodorant, I found that there are so many chemicals that go into the production of this product! From aluminum, parabens, and triclosan to talc, propylene glycol, and triethanolamine. All of which have carcinogens! The deodorants we normally buy have "high amounts of volatile organic compounds" that contribute to the formation of ground level ozone, a "key component of smog."

In purchasing deodorants that are made of natural products such as coconut oil or arrowroot powder, I can reduce the risk of obtaining harmful health effects and reduce the spread of these chemicals within my home and into the water systems (when I take showers.) And with a little bit of research and sustainable purchases, I can always make my own deodorant! In purchasing toothbrushes, I have found a company that makes toothbrushes that only need to be charged twice a year and only needs one replacement brush per year! And there's more! When it is time to dispose of this head, it will be converted back into "inorganic, harmless ingredients," such as water vapour. And with an old toothbrush, I can use as a cleaning product in my household, reducing the waste that goes to the landfill and eventually being used as a baby bird's first meal of the day.

- Sources:
 - <https://www.foreo.com/mysa/how-toothbrushes-affect-environment-infographic/>
 - <http://greencleanguide.com/effects-of-deodorant-on-health-and-environment/>
- **Here are some infographics to grab people's attention about this important topic!**

#SUSTAINABLECARE

101 Facts about Toothbrushes (Give or take 96)

- Over 1 billion toothbrushes end up in landfills in the North America alone.
- Toothbrushes are made up of harmful chemicals that when dumped in a landfill, are exposed to the environment
- Plastic toothbrushes take over 400 years to decompose!
- They don't burn easily and when they do, they expose dangerous chemicals

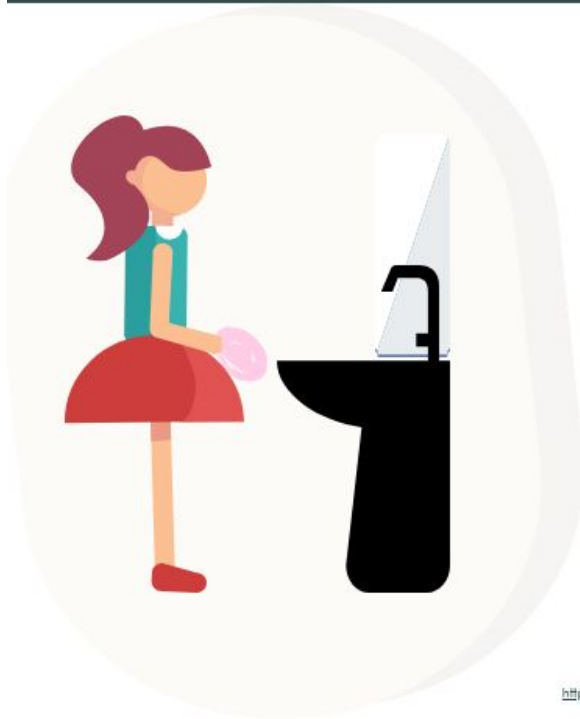
How can you help?

- Use Bamboo toothbrushes: they're anti-microbial, made of moso, one of the fastest growing bamboo in the world, and biodegradable!



Source: <https://www.bambrushes.com/blogs/news/7-ways-your-plastic-toothbrush-is-evil>

#SUSTAINABLECARE



What about Deodorant?

- The aluminum in deodorants is thought to be linked to breast cancers. Research is still being done.
- There are other harmful chemicals and toxins that are known to affect hormone functions
- The waste from everyday deodorants end up in landfills!
- When we shower, the chemicals from deodorants end up in surface water

How can you help?

- Purchase deodorants made from organic materials such as coconut oil and whose packaging is also recyclable!

<https://slate.com/technology/2010/07/what-are-the-health-and-environmental-impacts-of-deodorants.html>

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Audience Reflection

- “Depression. Sad. Injustice. I will shop at H&M due to their cheap clothing but I feel bad about it. I will still tell my friends about the negative ethics of shopping this way. There are bad labor practices that go on in this world. We should do our best to keep from endorsing these cruel malpractices.” - Katie
- “SHOP. WITH. PURPOSE! We should not buy to fit in with the latest trends or fit in with other groups. We should only buy when we absolutely need. And even then, we should purchase from thrift stores or from resource centers that recycle items and clothing-wear like furniture or t-shirts and jackets. I’m going to tell people about stores I’ve learned about in this film and how them shopping their supports what they do. ” - Roger
- “Never buy clothes again. I really think once you grow up, there can’t possibly be that many reasons to continue buying clothing items unless they’re worn out torn or broken. And even then, you should take steps to repair them.” - Aidan
- “Disappointing. Unethical. Capitalist. It’s sad that we exist in a society where cost is valued over quality. It’s too bad that we have such easy access to cheap fashion and that our culture encourages us to buy more and more.” - Zoe
- “My three words? We. Need. Change. I can’t believe how many new clothing items people can buy in a year.” - Maggie

Audience Response

From what my friends have stated in (in a few words or less,) I found that they all took a similar stand to what I felt. Clothing isn’t something that needs to be continually bought. By purchasing we are promoting this detrimental system. I enjoyed seeing that my friends acknowledged that they themselves are part of the problem, even I am. And that is the first step of this process. Acknowledging that there is an issue comes first, and addressing it is next. Overall, change is the theme that comes up in everyone’s responses. From the ground level of our shopping and spending habits to a global level of our ability to spread awareness about this topic, there is work to be done.

My Response

Change. Alarming. Injustice.

I am currently a film major in college at the moment and watching films like *The True Cost* are what inspire me to do the work I’m involved in. So many techniques are used in the film to

inform the audience in a creative and engaging way about the environment, laborers in developing countries, how we fit into this overarching picture. These tools are also used to make the audience feel like a part of the film and remind them that this is an issue that needs to be discussed and reflected upon.

My main takeaway from watching this film we as consumers have to change our lifestyles to better the environment. I feel empowered as a consumer after watching the film. We have the power to promote our beliefs through the flow of our capital. I can't emphasize enough how important using our money is in today's society. As I stated in my economics submission, businesses "follow the money." If we use our power to put money towards businesses that follow fair labor practices, that will go a long way. But we do need to do more. I realized with our growing population, that the consumer population grows, and not the educated consumers. With social media and the power of celebrities, consumers are influenced by what they see. They need to find the power within themselves to realize the effects of their actions and what they are indirectly promoting. I have watched this film a few years ago for an *Introduction to Film* class and it was very different for me watching it this second time around while doing Project Green Challenge. Now before I leave the house to go shopping I will make sure I do research about the companies I am shopping from. I will also make sure to check in with thrift stores too! Nine times out of ten, thrift stores have much better options too! Shopping for clothes should also not be a regular thing. If you really can't resist the urge, keep yourself restrained to companies who support fair and ethical practices in and out of the country. I want more people to watch this documentary and learn about their part in this vicious cycle of fast fashion. I have posted the trailer to the documentary on my personal social media on twitter (because I feel it is the best way to reach the broadest possible audience.) In doing so, I hope people will understand the significance of their spending.

Almost halfway through the documentary, there was a quote I wrote down "In consumptionism, there are two kinds of products. There are the kinds that you use like washing machines, cars, and so on. Things that you use one time. And then there are the things that you use up. Like chewing gum other perishables. Consumptionism is all about getting people to treat the things they use as the things they use up." I thought this was a super important quote that brought together the central theme of the film. We as a consumer populace need to open our eyes and realize what we are doing, how we are affecting human populations around the world, and how we are affecting the environment. We need to make changes in the way we operate in terms of fashion and spending. We have the power to change these businesses and in effect, change lives.

Below is my social media post on twitter sharing the documentary! It's just so good!



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Day 24: Biodiversity

There is so much complexity in biodiversity. My main takeaway from these readings, infographics, and videos is that every single thing on this planet is connected. From the seeds in Kyrgyzstan to the sea urchins in the East Australian Current. Everything has a purpose, even if they seem to be a random collection of hedges in the middle of a field. (They're crucial for water filtration.) Interconnectedness is an ideology that is often forgotten by people. We do not live on this planet alone. There are other people, other humans who use and use up resources. There are other mammals, birds, amphibians, fish, and more. There are millions of species on this planet that have a place in this world. And each of these species has something to offer. A fungi in the forests can treat cancer patients while the bark of a willow tree can be used to relieve pain. If all of these diverse species have so much to offer this world, why are humans turning a blind eye?

What impacted me the most was the idea that every day 100-200 species are going extinct due to human intervention and manipulation of the environment. Before we get a chance to examine and research what they have to offer, they are wiped out of existence because of acts of deforestation, pollution in water, land, and air, and our overall contribution to climate change. With our current rate of these detrimental actions, we are looking at a planet that would be very easy to wipe out. With our continuous modifications to foods and livestock in traits that we look for, we are allowing for a species of superbug to arise and take out what may soon come to be our only sources of foods. With diversification, we won't have that issue because we will have more options. With biodiversity, there is hope.

I also liked reading the section on bugs. The quote "If we lose the insects, then everything is going to collapse" from Professor Dave Goulson at Sussex University opened my eyes to their purpose in our ecosystem. We see insects as these bothersome beings that are a nuisance to our living and lifestyle. But what we fail to do is understand their purpose in relation to the environment. I hate cockroaches more than anything, but do I wish their extinction? No! Species of all kinds contribute to different aspects of the ecosystem. Contributing to the cycle of life. One interesting thing I found during this project was that termites turn the food they eat back into soil as nutrients. Who knew? What we see as pests, Mother Nature sees as her last shot at returning the world back to its natural order. A world that isn't run by corporations, materialistic values, and polluted waterways, but living together as a connected community of species.

I found this video that simplifies the explanation of biodiversity so anyone of all ages can learn!

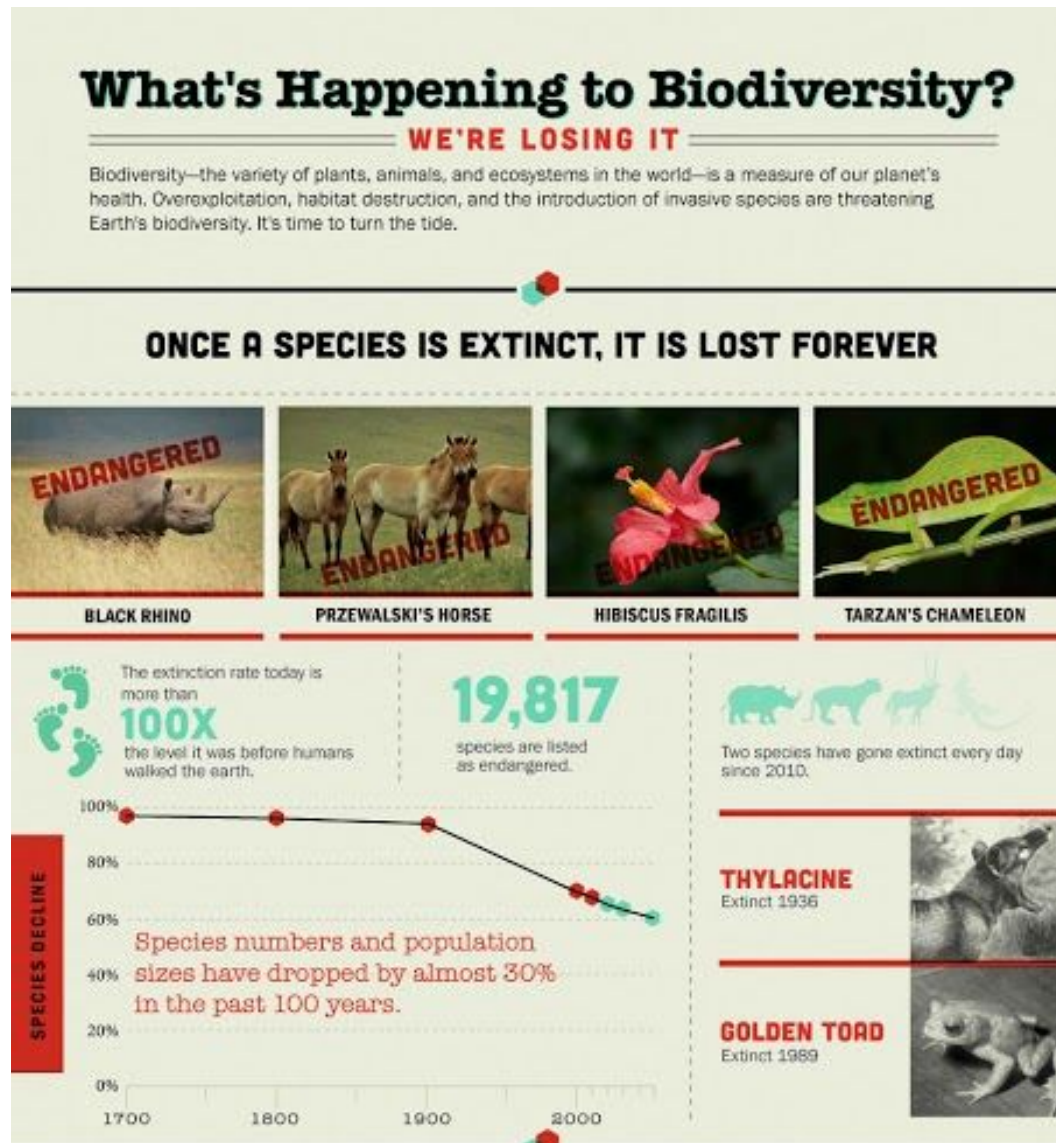
What is Biodiversity & Its Importance? <https://www.youtube.com/watch?v=ErATB1aMiSU>

Plants, animals and climate work together to maintain the balance of nature. They act as nuts, bolts and oil of a perfectly tuned machine.



I found this infographic on www.savingspecies.org!

What's Happening to Biodiversity?



THREATS TO BIODIVERSITY

OVER-EXPLOITATION



85%

of ocean fisheries are categorized as fully exploited, over-exploited, or depleted.



50%

of the Earth's wetlands were destroyed in the 20th century.

INVASIVE SPECIES

- A Nile Perch
- B Zebra Mussels
- C Water Hyacinth

Annually, invasive species such as these cost economies **\$1.4 trillion.**



Invasive alien species were a factor in more than 50% of vertebrate extinctions where the cause was known, and they were the sole cause of 20% of extinctions.



BLACK-MARKET DEMANDS

The global black market in wildlife smuggling and poaching, illegal fishing, and illegal logging is valued at \$70.5 billion per year. That's more market value than software piracy (\$59 billion).



\$70.5 B



\$59 B

0 \$20 B \$40 B \$60 B \$80 B



An estimated 600 rhinoceroses will be poached in South Africa alone this year, up from 13 in 2007. Rhinoceros horns can sell for \$30,000 per kilogram.



Fewer than 3,500 tigers are left in the wild. Tiger skins sell for up to \$20,000.

WHY BIODIVERSITY MATTERS



Biodiversity provides the raw materials for the food, medicines, and industries that support life.



Humans consume **7,000** plant species as food.



1.6 billion of the world's 7 billion people rely on forests for their livelihoods.



1/2 of synthetic drugs have a natural origin, including 10 of the 25 highest-selling drugs in the U.S.



70% of the world's poor live in rural areas and depend directly on biodiversity for their survival and well-being.



LOSING BIODIVERSITY COSTS JOBS

The collapse of the Canadian cod fishery industry due to overfishing in the early 1990s cost tens of thousands of jobs and \$2 billion in income support and retraining.

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SIGNS OF HOPE

THE SIZE AND NUMBER OF PROTECTED AREAS AROUND THE WORLD ARE GROWING.



THE PRIVATE SECTOR IS EMBRACING CERTIFICATION



INVESTMENT IN BIODIVERSITY IS INCREASING.

Official development aid for biodiversity more than doubled between 2005 and 2010, from:

\$3.1 billion
2005

\$6.9 billion
2010



The World Bank has \$4.9 billion invested in active projects that bolster biodiversity, protect vulnerable landscapes, and secure livelihoods in 65 countries. It provides more funds for biodiversity protection than any other international financial institution.

SOURCES: Pirren 1995 // IUCN 2011 // UNEP 2012 // UNODC 2012 // Pimentel et al. 2004 // Havocscope 2012 // UNEP 2012 // CBD 2012 // MEA 2006 // UNDP 2010 // OECD-DAD 2012 // UNODC 2011 // Business Software Alliance 2011 // IUCN // Kew Royal Botanical Gardens



THE WORLD BANK

Learn more at www.worldbank.org/biodiversity

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Day 26: Eco Hero



Tshering Tobgay. Does this name ring a bell? If you've taken part in Turning Green's Project Green Challenge, it definitely should. Tobgay is the Prime Minister of Bhutan who appeared in a Ted Talk back in 2016 about Bhutan's progress in sustainability.

Born in 1965, he is the oldest of six sons. He received a scholarship from the United Nations which he used to attend the University of Pittsburgh obtaining a Bachelor of Science in Mechanical Engineering. From college to becoming the Prime Minister of Bhutan, Tobgay has achieved many accomplishments in his life. or 5 years remained as the leader of the opposition in the 'National Assembly' He was a founding member of the first registered political party of Bhutan, the "People's Democratic Party," of which he has served as President. He also served as a civil servant in the 'Department of Education' and worked for the Technical and Vocational Education Sector there. What inspires me about Tobgay is his method of working from the ground-level up. He is devoted to stopping corruption in the government system, handling youth unemployment, and working towards strengthening the economy and giving communities access to farming equipment. He is also focused on working with other countries on tackling climate change which is crucial in today's climate. All systems of government need to be on the same

page when it comes to the one planet that we all share whose resources we all take advantage of and need for a sustainable life.

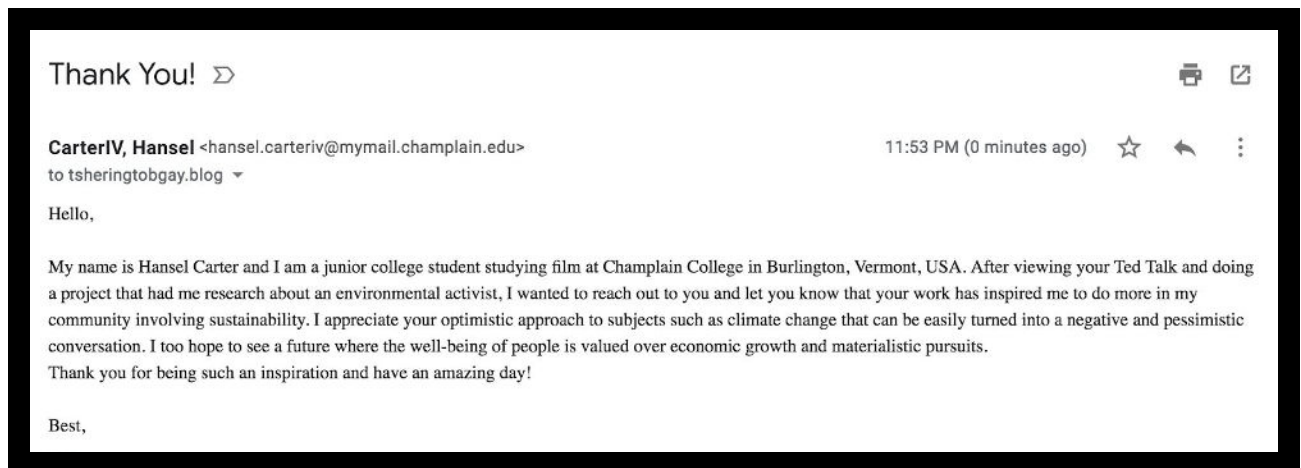
In Bhutan's most recent election, the ruling party (that of Tshering Tobgay) was outvoted in the first round of elections. This will no doubt have an impact on where the country is headed next, however, Tobgay will still have a strong presence that he has built and maintained over the last five years of his leadership. What I appreciate is his engaging personality and ability to connect with any generation of people. His blog is followed and promoted by people of all ages so much that they spread and teach others about the ideas he shares with the online world. And not only he the Prime Minister a professional speaker, but he is also a humorous and funny person. He has publicly stated "I think I can take President Obama one on one in basketball. I've got some special moves." What I admire about him is that while being a spokesperson for such dire issues both in his home country of Bhutan and globally, he is able to spread positivity in both political and social forms.

After viewing his Ted Talk and doing research on his more recent activity, I've been reminded of my passion and interest in activism. I always appreciate seeing leaders take the extra step (on top of all of their other responsibilities) of going out into the community and talking with their fellow members to have face-to-face conversations with the people they are affecting. When talking about leadership, there is a difference between checking off your to-do list of duties and achieving goals you've set for yourself in taking that position. What do you want to change? How do you intend to do it? What effects will these have on different members in your community? Tshering Tobgay has committed to his position and more. If we want to see change, we have to elect people who examine all facets of solutions to issues that impact not just one community, but all communities. And we need to reach a state where we look at the well-being and sustainable living of all people over money.

If I could meet Tshering Tobgay in person, I would ask the following questions.

1. What kinds of changes will Bhutan go through in regards to sustainability now that a new political party will be in place?
2. With the current political climate in the United States, what do you believe should be our main focus in reaching sustainability while providing this notion of “Gross National Happiness”?
3. What discussions have you had with your neighboring countries China and India about improving sustainability practices? And if there have not been, are there any plans to in the near future?

I was able to find an email address and I emailed him the following. Here is a screenshot.



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The Project Green Network

With a network like the one proposed, I believe students and communities across the globe will benefit. This challenge has truly been a rollercoaster of emotions and competition, but at the same time it has been a drive for hope and change. While the “challenge” aspect gathers attention and students who are passionate about the environment to participate as separate entities, it creates a community of like-minded individuals and brings our diverse skill-sets and backgrounds together. In reading other students submissions who have won certain challenges, I’ve seen similarities in what we are passionate about and the steps we plan to take to address these challenges. With a continued connection after the project is over, I feel students will be more inclined to stay on this track of social justice, learning new concepts, being inspired, organizing events and info-sessions, and more based on what they are sharing with other PGC participants!

I would definitely be interested in taking on a leadership role in this kind of network. On my campus, I am President of our schools *International Community Club*, a club that focuses on sharing and experiences of cultures around the world through events and presentations, and Vice President of Communications of *CHAMP*, a club that hosts large-scale events throughout the year. I am also an Eco-Rep with a specialization in on-campus engagement and a Resident Assistant overseeing 80+ residents each semester. I do all of this all while being a full-time student in my filmmaking major. With each of these roles, I have gained, developed, and improved my skills of communication, conflict management, leadership, organization, adaptability, teamwork, and independence. I will also be leading the Eco-Rep team at my college at the end of the year and this will be a great opportunity for me to take on more social justice work!

In taking on this role, I would expect for there to be a team of other student leaders who first establish a way of connecting (via email/facebook/etc.) once Project Green Challenge ends. This way, schools immediately have a connection with one another and everyone who wishes to stay connected is committed. After making

this connection, leaders can have discussions about what's next for each of their schools. We can come up with our own themes for certain weeks or months (just as there are themes for each day in the challenge) that we hope to accomplish at our own schools or communities. We could also share issues that are occurring in one another's communities. For example, if one student shares that their school's dining hall is not sourcing sustainable food as much as they could be, leaders could discuss the best courses of actions for making change. What are the reasons they're not sourcing it this way? Is it a cost issue? Are the dining hall staff simply unaware? Are there no sustainable options in a close enough radius? After examining these questions, leaders could discuss what to do next and bring those answers to their own groups. I would expect leaders to continue staying connected and getting back to the other schools with a summary of conversation they had with their own groups and formulate a plan to tackle the issue. Leaders would continue to update each other with their groups progress, informing one another of setbacks, obstacles, and challenges they may be facing while also saying what did work for them, how they did it, and share ways they can address these challenges.

In terms of organization, there could be different groups of leaders that are connected in this way. For example in the United States, we could have leaders be connected on a state level, and from their, anyone interested could connect with leaders on a national level, and from their, a global level. Having levels could better provide coordination and planning in small-scale events within towns with similar government styles to large-scale events in states or countries.

Another great idea would be to plan meet-ups with leaders and their teams. Having the opportunity to meet face-to-face with other participants is so important and can really strengthen the bond and boost optimism. This would take place weeks or even months into the school-year when everyone has shown their commitment and willingness to make change. I believe this would definitely inspire more and more students to keep doing what they're doing.

In staying connected and up to date with student progress from around the globe, there is an ongoing feeling of hope moving through each participant. This entire project, the Project Green Challenge, proves that people do care about the environment, people's rights, and the climate. Students from all over the world from our small Vermont College to the University of Hanoi in Vietnam are now connected via our commitment to social justice and we have shown we want change. Now is our chance to change the world.

WHY JOIN THE

PROJECT GREEN NETWORK?



DEVELOP LEADERSHIP SKILLS

Create a vision and set others in a positive direction. Motivate students to follow their passions and learn more about yourself while doing so!

REACH YOUR GOALS

With the help of this network, you will get help staying on track, making progress, and making sure your goals are attainable.

STAY CONNECTED

Don't go off the grid! So many students just like you want to keep making change in their communities. Talk to others and plan your ideas together. Discuss challenges, progress, and successes! Sharing is a powerful tool!

INSPIRE

Remember Day 27's Challenge, The Ripple Effect? Even though you may not see an immediate effect overnight, someone in your town or across the globe may see your work or your projects and be inspired to create change based off of your art piece, an essay, or simply your expression of concern towards an issue!

TAKE IT ONE STEP FURTHER

Take your passion and turn it into a tool for change. Let it guide you towards something greater. Be a leader. Create goals. Get Connected. Inspire Others. And start a movement.

BE THE CHANGE

Project Green Challenge 2018