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**Cvetanka Rizvanovic**

October 29, 2019

**Turning Green**

2330 Marinship Way  
Suite 205  
Sausalito, CA 94965

Dear Turning Green,

My name is Cvetanka Rizvanovic, and I have been an active participant in Project Green Challenge throughout the entirety of my high school career. In order to best demonstrate my passion for environmental sustainability, I consistently applied the skills I gained from PGC 2019 to the challenges presented. Throughout these entries, I implemented artistic aspects and included infographics in an effort to encourage individuals in my community to take action towards climate justice. The information I included was accumulated through self-directed research that was inspired by the core message of the Turning Green Organization. I then integrated this knowledge into my presentations in an inventive manner that promoted a community-centric movement. As a result of the many campaigns that were prompted by this challenge, I learned how to act as an efficient leader, especially in regards to the enactment of climate advocacy projects. Above all, participating in this annual challenge made me more mindful of the impacts of my lifestyle choices. Through making the decision to live more consciously, I have taken advantage of opportunities that allow me to educate others and solidify my work ethic while doing so.

Sincerely,

Cvetanka Rizvanovic





# Project Green Challenge Greener



Cvetanka Rizvanovic, Cveta281, Cveta281@yahoo.com, Highland  
High School

# *Sustainable Living Space - Essentials*



Item	Image	Why?
<p>The Sleep Store-Organic Bamboo Sheets &amp; Bedding</p> <p><a href="https://thesleepstoreusa.com/our-brands/">https://thesleepstoreusa.com/our-brands/</a></p>		<p>This company uses only organic, &amp; non-toxic materials within all of their products. They ensure the use of sustainable transportation as well, therefore helping to reduce greenhouse emissions.</p>
<p>Coyuchi Organic Towels (GOTS Certified)</p> <p><a href="https://www.coyuchi.com/temescal-organic-bath-towel.html">https://www.coyuchi.com/temescal-organic-bath-towel.html</a></p>		<p>These towels are derived from organically grown fibers, and manufactured with water recycling methods helping to eliminate waste. Coyuchi is a brand driven by a deep reverence for nature and a desire to fill homes with sustainably sourced, ethically made goods.</p>
<p>EarthSake Organic Cotton-Filled Pillow</p> <p><a href="http://www.earthsake.com/store/organiccottonpillow.html">http://www.earthsake.com/store/organiccottonpillow.html</a></p>		<p>This pillow is made with 100% organic cotton, which is free from formaldehyde, &amp; bleach. This creates much less waste, &amp; doesn't release any toxins into the atmosphere during the production process. It's a high quality, sustainable, and comfortable pillow all in one.</p>
<p>Healthy Choice Organic Mattress Bed Frame</p> <p><a href="http://www.hcmattress.com/brookfield-sustainable-bed.aspx">http://www.hcmattress.com/brookfield-sustainable-bed.aspx</a></p>		<p>This bed frame is derived from repurposed wood, taken from 19th century barns from Wisconsin to Vermont. It is locally milled then handcrafted. The stains are all-natural and toxin free and are then finished with a hand rubbed natural wax. The milk paint is made using an original 19th century formula and is so non-toxic you could actually drink it.</p>

## Saatva Loom & Leaf Mattress

[https://www.saatva.com/mattresses/loom-and-leaf/?utm\\_source=mindfulmomma&utm\\_medium=partner&utm\\_campaign=&click\\_id=110116DqpYeR](https://www.saatva.com/mattresses/loom-and-leaf/?utm_source=mindfulmomma&utm_medium=partner&utm_campaign=&click_id=110116DqpYeR)



Made with organic cotton, plant oils, as well as natural thistle wood pulp. These materials are combined to create a high-quality and comfortable non-toxic mattress. The environmental benefits are extensive, as it is produced 100% sustainably.

## ECORUG Kerala Natural Jute Rug

<https://www.ecofriendlydigs.com/Kerala-Natural-Jute-Rug/p/62278>



This artisanal rug is handmade using sustainable materials and ethical labor practices. It is completely environmentally friendly, and easily opens up a space due to its size.

## DIY Cleaning Products

<https://www.greenandgrowing.org/eco-friendly-cleaning-products/>



Cleaning with green cleaning products is important due to the fact that the carcinogenic chemicals found in conventional cleaning products negatively impact human and environmental health to a great extent. These are some good options for eco-friendly household cleaners.

## Organic Basics Recycled Bamboo Toothbrush

<https://bravelyblonde.com/sustainable-living-basics-you-need/>



These toothbrushes are well made, recycled, and are completely composed of bamboo. Because they are so well made, they help to reduce the amount of resources we pull from our planet in order to create more waste. They are not plastic like traditional toothbrushes, making them non-toxic and extremely lightweight.

## Reusable Shopping Bag

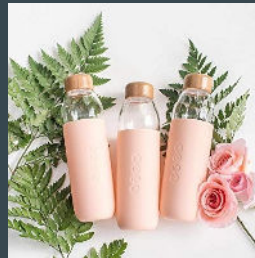
<https://www.tenthousandvillages.com/the-essential-companion-tote>



This specific reusable tote is made from materials that will eventually break down and biodegrade. Unlike many popular reusable bags which are made from plastic (mostly recycled plastic), this is a great way to avoid petrochemicals and the production of nitrous oxide which is a very potent greenhouse gas, 310 times stronger than carbon dioxide.

## Reusable Water Bottle

<https://bravelyblonde.com/sustainable-living-basics-you-need/>



Reusable water bottles like these are great options for reducing single-use plastics. Refilling one container can significantly aid in environmental benefits regarding waste reduction and atmospheric carbon emissions.

## Mason Jars With Lids

<https://www.amazon.com/mason-jars-lids/s?k=mason+jars+and+lids&page=3>



Implementing the use of jars rather than excessive packing will help to achieve a more conscious and plastic free lifestyle. Using jars is a great way to store foods in bulk, especially beans and rice.

## The Detox Market Candle

[https://www.thedetoxmarket.com/collections/limited-cycle/products/sage-candle?sscid=alk3\\_c0m3z](https://www.thedetoxmarket.com/collections/limited-cycle/products/sage-candle?sscid=alk3_c0m3z)



Each candle from this company is crafted through an intricate process featuring essential oils extracted through the cleanest methods available. Each candle includes non-GMO vegetable wax and an organic cotton wick.

## Natural Hemp Rope Woven Laundry Basket

<https://www.alibaba.com/showroom/hemp-baskets.html>



This laundry basket is a better alternative to polyester-based laundry baskets because it requires that the toxic emissions produced by polyester manufacturing don't occur, reducing the total amount of pollution overall. Hemp is valued for its strength and durability, therefore this product will last a long time.

# Project Green Challenge Greener



Cvetanka Rizvanovic, Cveta281, Cveta281@yahoo.com, Highland  
High School



# My Art



# *Meaning*

I created this piece of art in order to highlight the many aspects of buying and supporting fair trade. This painting exemplifies the positive environmental developments that the fair trade movement extends, such as biodiversity, organic farming, and minimizing waste production. I aimed to encompass all of the benefits of fair trade through the shape of a circle because it demonstrates a theme of connection and community.

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# Social Media Post

 **Sabira Cveta Ahmic** Just now · 👤

Hi again! It's Cvetanka! Today is the 21st day of #PGC2019! The theme of the day is fair trade!!


According to the International Fair Trade Association, Fair Trade is a trading partnership based on dialogue, transparency, and respect that seeks greater equity in international trade. It contributes to sustainable developments by offering better trading conditions to marginalized producers and securing the rights of underprivileged farmers and workers. Fair Trade organizations are actively engaged in supporting producers, raising awareness, and campaigning for changes in the rules and practices of international trade.

Here is some art I made to highlight all the beneficial aspects of buying and supporting fair trade!





beneficial aspects of buying and supporting fair trade!

**Turning Green**  
**Fair World Project**  
**Dr. Bronner's**  
**Fairtrade Campaign**



Tap to tag friends





# Project Green Challenge Greenest



Cvetanka Rizvanovic, Cveta281, Cveta281@yahoo.com, Highland  
High School

# *My Campaign*



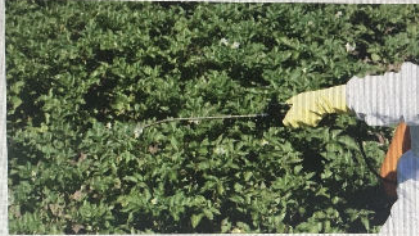
*Ban the use of glyphosate in Utah's educational facilities!*

# *Why?*

Every day, schools across the United States spray pesticides and herbicides without fail. It occurs in parks, schools, playgrounds, and daycares where children commonly reside. These toxic chemicals have been designed to kill, so it's no wonder they are such a huge risk to human health. These various weedkillers happen to be hormone-disrupting carcinogens and are released into the atmosphere from which we breathe, as well as the water we drink and even the food we eat. Communities we live in are consequently affected by an increase in medical costs, as well as a lower quality of life.

Pesticides are linked to conditions like attention deficit hyperactivity disorder, Parkinson's disease, infertility, birth defects, cancers, etc. These chemicals are usually applied several times per year and can leave long-lasting effects on the environment for years on end. Glyphosate is one of the most harmful varieties of herbicide, yet people in the United States are commonly exposed to it. The most worrisome thing of all is the lack of concern towards those pursuing an education in my home state as well as many others. An effective and safer alternative to pesticides that provides equal efficiency in deterring pests is the practice of organic landscape management. This method of protection against pests utilizes enriching and strengthening the health of soil in order to naturally deter unwanted pests and weeds. Implementing this method of maintenance especially within schools would spare vulnerable individuals from the negative effects of pesticides and herbicides impeding their educational endeavors. In order to actively combat the enactment of harmful pesticides and herbicides, I plan to join the efforts of many other cities such as Seattle and Austin in their battle against these dangerous operations.

## Ban the use of glyphosate in Utah's educational facilities



Created & started this petition by Mayor Wilson on 11/20/14

Every day, schools across the United States spray pesticides and herbicides without fail. It occurs in parks, schools, playgrounds, and daycares where children commonly reside. These toxic chemicals have been designed to kill, so it's no wonder they are such a huge risk to human health. These various weedkillers happen to be hormone-disrupting carcinogens and are released into the atmosphere from which we breathe, as well as the water we drink and even the food we eat. Communities we live in are consequently affected by an increase in medical costs, as well as a lower quality of life.

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1 has signed. Let's get to 100!



Show on Facebook

Send a Facebook message

Send an email to friends

Tweet to your followers

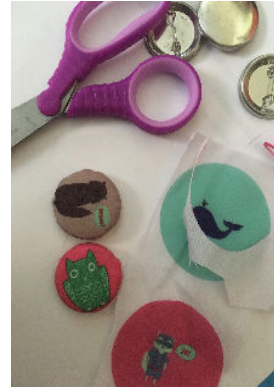
Copy link

# Creating A Petition

- <https://www.change.org/p/mayor-wilson-ban-the-use-of-glyphosate-in-utah-s-educational-facilities>

# *Promoting My Campaign*

In order to spread the word about my campaign, I made pins so that people could be reminded of the significance of biodiversity, as well as the dangers of pesticides when wearing them.



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# My Call to Action

## The Dangers of Glyphosate



Herbicides such as glyphosate are linked to conditions like attention deficit hyperactivity disorder, Parkinson's disease, infertility, birth defects, cancers, etc. In some cases pesticides poisoning can occur, and can become lethal. This variant of weedkiller is most commonly used in public spaces including school campuses. This means that the most vulnerable individuals are most frequently exposed to it, impeding on their ability to reach their full potential in an educational setting.




These various weedkillers happen to be hormone-disrupting carcinogens and are released into the atmosphere from which we breathe, as well as the water we drink and even the food we eat.

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***If you want to ban the use of glyphosate in Utah's educational facilities, sign the petition:***

<http://chnng.it/cGb8FsOw>







# Social Media Post

 **Sabira Cveta Ahmic** Just now ·  

Hi everyone! It's Cvetanka! Today is the 18th day of #PGC2019! The challenge of the day was to campaign for the elimination of glyphosate on my school campus! Here is a call for action poster I created as well as the link to the petition I made!







Every day, schools across the United States spray pesticides and herbicides without fail. It occurs in parks, schools, playgrounds, and daycares where children commonly reside. These toxic chemicals have been designed to kill, so it's no wonder they are such a huge risk to human health. These various weedkillers happen to be hormone-disrupting carcinogens and are released into the atmosphere from which we breathe, as well as the water we drink and even the food we eat. Communities we live in are consequently affected by an increase in medical costs, as well as a lower quality of life.

Pesticides are linked to conditions like attention deficit hyperactivity disorder, Parkinson's disease, infertility, birth defects,

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**Turning Green**

**Turning Green Highland High**

<http://chnng.it/cGb8FsQw>



Like Comment Share

# *Sources*

- <https://www.mamavation.com/motherhood/bill-bans-spraying-pesticides-at-schools.html>

# Project Green Challenge Greenest



Cvetanka Rizvanovic, Cveta281, Cveta281@yahoo.com, Highland  
High School

# My Neighbor's Garden



# Evaluation

The garden I decided to research was my neighbors backyard garden, as we are very close with her granddaughter so I thought this was a great opportunity. I went over to her house and asked her if she'd be willing to assist me throughout this challenge, and she agreed. The entire time she showed me around her garden, she made sure to mention all of the regenerative gardening methods she had already implemented. Several examples that she named are her composting bin and natural fertilizer. I also made sure to bring along my teaching tool so that I could explain why I think regenerative agriculture is so important. Overall, my neighbor has already adopted many aspects of carbon farming, but she hopes to integrate more in the future, specifically mulching her soil in order to restore the carbon balance.

## Chickens - Zero Waste

These are my neighbors chickens, she is able to collect their eggs and use them in her cooking rather than going to the store and buying eggs there. She also feeds these chickens any food waste she might produce. This eventually leads to them acting as a natural fertilizer for her backyard. Their waste aids in the health of the soil as well as the plants growing in it.



# Composting - Regenerative Agriculture

This is her compost that she keeps up throughout the year as much as she can. Whatever the chickens don't want, as well as their eggshells, are tossed into her compost bin to decompose. This slurry of biodegradation eventually becomes a beneficial topsoil addition when she begins to start up her garden annually.



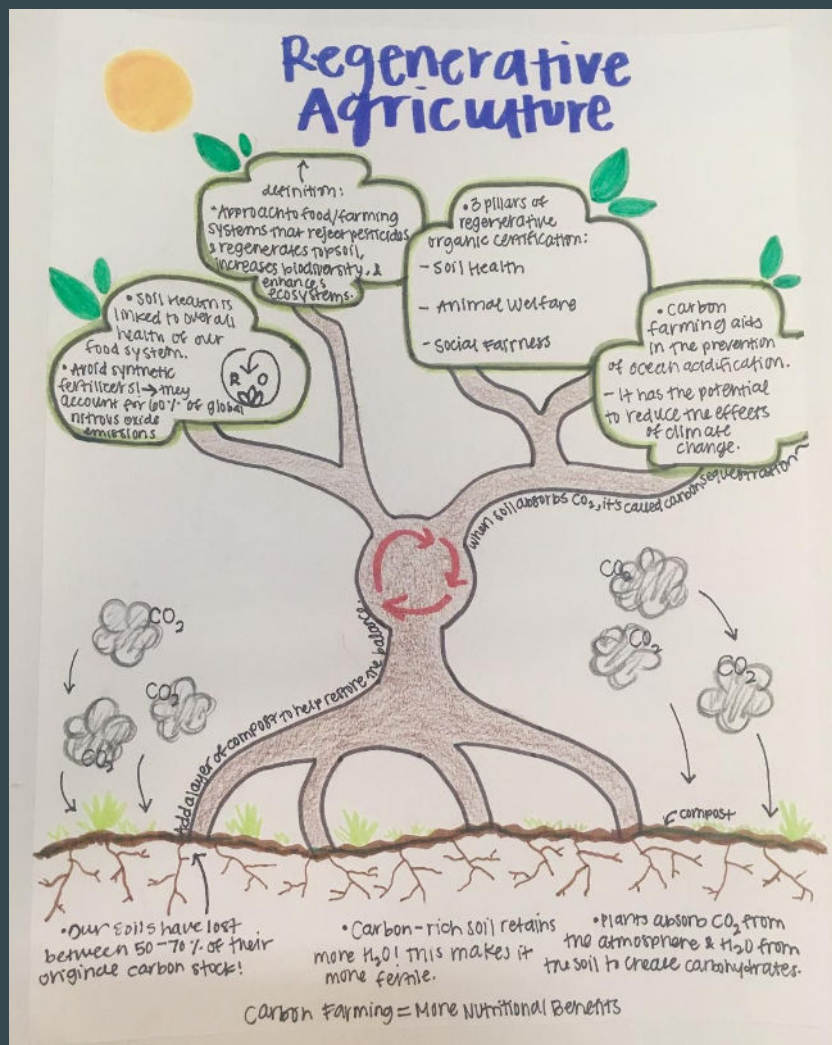


# Soil Health

She also maintains the health of her soil by introducing a diverse variety of plants. Due to various plant additions, the microbial population in the soil becomes stronger, therefore helping ecosystems thrive. My neighbor also avoids pesticides or herbicides altogether which helps to produce organic foods and cultivate biodiversity. Her use of natural fertilizer has prevented the contamination of groundwater, as well as elimination of pollinators.



# My Teaching Tool



# Registering Her Garden

Thank You!

You've officially registered your **Climate Victory Garden** and it has been added to the **map**.

Thank you for committing your garden to be a part of the climate change solution. We are grateful to people like you who are making a difference in the world.

We're building an international movement of climate gardeners, and we want you to be an active part of this community!

Join the [Climate Victory Garden Facebook Group](#) to connect and share resources. Let your friends and families know that you have joined the Climate Victory Garden and get them involved in fighting climate change. Make sure to follow Green America on the hashtag [#ClimateVictoryGarden](#) when sharing about your garden.

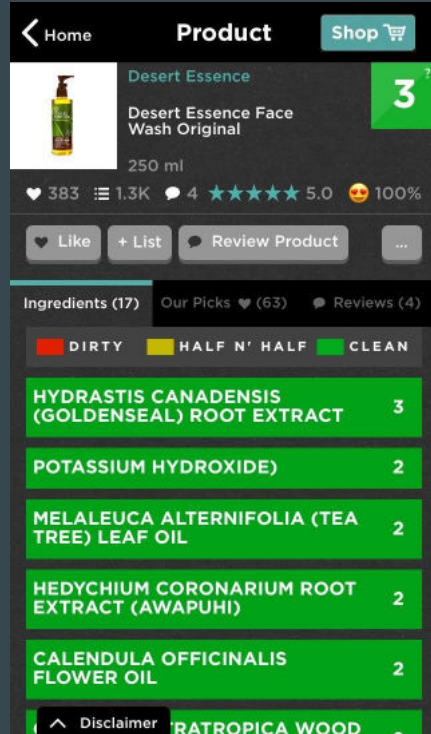


# Project Green Challenge Greener



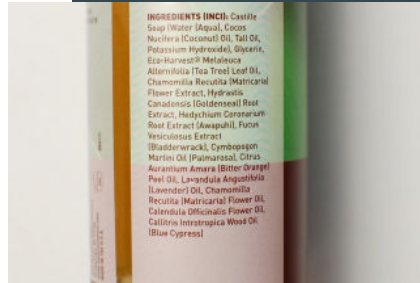
Cvetanka Rizvanovic, Cveta281, Cveta281@yahoo.com, Highland  
High School

# Face Wash Evaluation



This is one personal care product I cannot live without on a daily basis, as it's a very effective and eco-friendly cleanser. According to the "Think Dirty" app, the rating it has is 3. This means it doesn't contain any ingredients which have a documented potential negative health impact.

# Organic VS Conventional



INGREDIENTS (INCI): Castile Soap Water (Aqua), Coos Nacina (Coconut) Oil, Talc Oil, Potassium Hydroxide, Glycerin, Epi-Hurresol® Melaleuca Alternifolia Tea Tree Leaf Oil, Chamomilla Recutita (Matricaria) Flower Extract, Hydraxis, Camadissia (Goldenseal) Root Extract, Hedychium Corsarium Root Extract (Awapuhi), Fucus Vesiculosus Extract (Bladderwrack), Cymbopogon Martinii Oil (Palmarosa), Citrus Aurantium Amara (Bitter Orange) Peel Oil, Lavandula Angustifolia (Lavender) Oil, Chamomilla Recutita (Matricaria) Flower Oil, Calendula Officinalis Flower Oil, Callitris Intraparctica Wood Oil, Blue Cypress

Here is the face wash I use on a day to day basis. It's from "Desert Essence" and is completely environmentally friendly. I purchase it at my local Natural Grocers or Whole Foods for \$10.



Sie enthält Aloe Vera und Gurken-Extrakt sowie Vitamin B3. Die pH-neutrale Formulierung ist sanft zu der Haut und hilft Unreinheiten täglich vorzubeugen. Für empfindliche Haut geeignet. Dermatologisch getestet.

Ingredients: Aqua, PPG-15 Stearyl Ether, Glycerin, Stearyl Alcohol, Cetyl Betaine, Distearyltrimonium Chloride, Oxidized Polyethylene, Salicylic Acid, Sodium Lauryl Sulfate, Cetyl Alcohol, Steareth-21, Steareth-2, Alcohol Denat., Behenyl Alcohol, PPG-30, Sodium Hydroxide, Niacinamide, Aloe Barbadensis Leaf Juice, Butylene Glycol, Cucumis Sativus Fruit Extract, Disodium EDTA, Isopropyl Alcohol, BHT, Potassium Sorbate, Sodium Benzoate

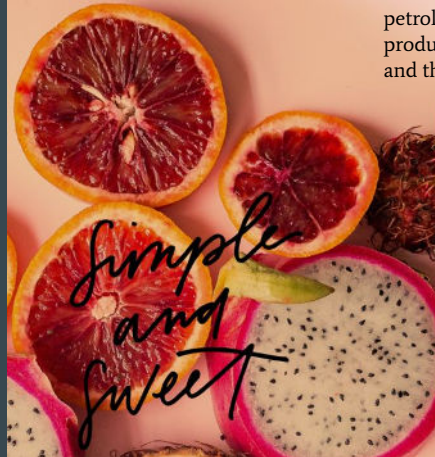
Mindestens haltbar bis: siehe Flaschenhals  
Date limite d'utilisation: voir goulot



This is the Oil-Free Face Wash from "Clearasil". It retails for \$8, and can be found at any typical grocery store such as Smiths, Fresh Market or Walmart.



**Conventional  
VS Organic  
-Personal Care-**



- This cleanser contains isobutylparaben which is a carcinogenic chemical.
- Conventional body products like this face wash aren't sustainably manufactured. This is why buying organically is better for you & the planet.
- Clearasil cleansers also contain endocrine disruptors such as butylparaben which should be avoided at all times..

- This organic facial cleanser is Non-Gmo & B-Corp Certified.
- In organic body care products like this cleanser, there aren't any synthetic fragrances or parabens/sulfates whatsoever.
- This specific cleanser is also free of petroleum-derived ingredients. Unlike the product above, it is 100% safe for the body and the environment.



# Social Media Post



The infographic is set against a light pink background. At the top left is a white tube of Clearasil Hydro-Blast. Below it, the text reads 'Conventional VS Organic -Personal Care-'. To the right of this text are three bullet points. At the bottom left is a collage of fresh fruits including blood oranges, dragon fruit, and kiwi. In the center bottom is a small image of a green spray bottle labeled 'IT'S SAFE!'. The text 'Simple and Sweet' is written in a cursive font over the fruit collage.

**Clearasil**  
Hydro-Blast  
Hydro-Blast  
Hydro-Blast  
Hydro-Blast

**Conventional VS Organic**  
**-Personal Care-**

- This cleanser contains isobutylparaben which is a carcinogenic chemical.
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*Simple and Sweet*

**IT'S SAFE!**  
IT'S SAFE!  
IT'S SAFE!



**Sabira Cveta Ahmic**



1 min · 👤 ▼

Hi everyone! It's Cvetanka! Today is the 6th day of #PGC2019! The challenge for today was to create an infographic comparing two personal care products. I took a cleanser I use on a daily basis and found a conventional alternative. I listed reasons as to why I choose to buy organically when it comes to body products as well. Many shampoos or lotions, etc. contain carcinogenic chemicals which can bioaccumulate and cause serious health concerns. Parabens and sulfates can also cause hormone disruptions which can easily be avoided via a more eco-friendly & conscious lifestyle. Not to mention, conventional products are harmful to the environment. The manufacturing process isn't sustainable, therefore contributes negatively to the global climate crisis.

Turning Green

@SafeCosmeticsHQ

Made\_Safe



Write a comment...





# Sources

- <http://18165-presscdn-0-1-81385.laedukreationpvt.netdna-cdn.com/wp-content/uploads/2017/02/Clearasil-Daily-Clear-Hydra-Blast-Oil-Free-Daily-Face-Wash-Sensitive-Review.jpg>
- <https://2.bp.blogspot.com/-hXZA7SJFlxY/UXTtBqc3nsl/AAAAAAAAAB18/OiUxJzy4Az4/s1600/desert-essence-thoroughly-clean-face-wash-ingredients.JPG>