

Rock Canyon High School

October 29, 2019

Project Green Challenge Team

Dear PGC Team,

I selected these submissions because I believed they accurately represent my journey with PGC. My first submission is Day 8 greenest, where I went to my sister's elementary school garden and learned what schools could do to teach students about organic agriculture. My second submission was Day 11 greenest, where I wore my jacket inside out so that people would talk to me, and I could tell them what fast fashion is and what it does to the world. My third submission was Day 14 greenest, where I learned even when traveling to different states/countries does not mean you can't help the environment. Going meatless for the day was fun, and we ate lots of delicious food along the way. Fourthly, I submitted Day 24 greener, where I wrote a poem. Doing this pushed me out of my comfort zone, as I have not always been known for my poetry skills. Lastly, I submitted my Day 23 greener, where I was able to work hands-on, making a creative bag out of an old pair of jeans. Overall, experiencing PGC has broadened my horizons, led me on new adventures, and brought me to a new level of awareness. I appreciate the opportunities PGC has given me and the changes I have made in my life because of it.

Best regards,

Morgan Wetzel

PGC Participant

Name: Morgan Wetzel, Team name: persephone, Username: wetzelme2, email address: wetzelme2@s.dcsdk12.org, School: Rock Canyon Highschool

Gather a few friends or family members and watch the eye-opening 90-minute documentary, *The True Cost*, on Netflix, Amazon Prime video or other outlets. If you are unable to access the documentary, you can screen other videos on the topic. Following the screening, host a Q&A with at least 3 friends. Gauge their reaction to the film by asking the following questions (or some of your own):

What did you take away from this film? Can you sum up your reaction in three words? What changes will you make when you go shopping in the future? What will you do to spread the message about the impacts of fast fashion to friends and family? Summarize your friends' comments and answer the discussion questions yourself in one or two paragraphs.

There are parts of the fashion industry that we don't see or hear about so we don't do anything to stop this. "The business model is unsustainable." Cheap Have Costs. Everything Has Consequences. Knowledge Is Powerful. We need to change the industry. In the future I'll try to look for brands that are locally made or more sustainable. However, there probably isn't much we can do as almost all clothing is due to fast fashion. We need to change people's mindsets and then we can change the world. I will take a second to think, do I really need this piece of clothing. I will also try to bring it up the topic of fast fashion in conversations. I also may host clothes exchanges, where my friends and I get together with all the clothes we don't wear anymore and then grab something from the pile that you would wear and donate whatever is leftover.

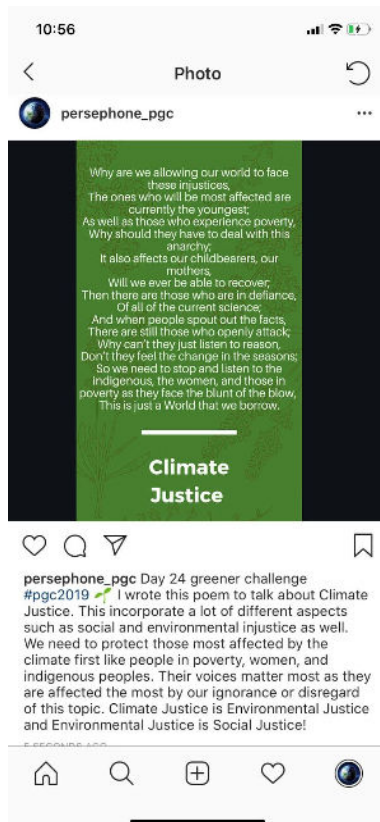
Works Cited

Morgan, Andrew, director. *The True Cost*. Cmv-Laservision, 2016.

Name: Morgan Wetzel, Team name: persephone, Username: wetzme2, email address: wetzme2@s.dcsdk12.org, School: Rock Canyon Highschool

Watch these short videos about climate justice, indigenous rights, environmental racism, and women and climate change to further define climate justice.

- Synthesize this massive dose of information about the inequities facing our world and develop a creative and powerful way to share what resonated with you. This could be a video, concept map, song, poem, etc.
- Share your creation on social media. Caption it with two sentences about the importance of what you addressed around CLIMATE JUSTICE. Tag @turninggreenorg with #PGC2019, as always!




Climate Justice

Why are we allowing our world to face these injustices,
The ones who will be most affected are currently the youngest;
As well as those who experience poverty,
Why should they have to deal with this anarchy;
This also affects our childbearers, our mothers,
Will we ever be able to recover;
Then there are those who are in defiance,
Of all of the current science;
And when people spout out the facts,
There are still those who openly attack;
Why can't they just listen to reason,
Don't they feel the change in the seasons;
So we need to stop and listen to the indigenous, the women, and those in poverty as they face the
blunt of the blow,
This is just a World that we borrow.

Works Cited

“Environmental Justice, Explained.” *YouTube*, Grist, 26 Jan. 2016,

www.youtube.com/watch?v=dREtXUij6_c.

“Indigenous Communities Are on the Front Lines of Climate Change | Hot Mess .

Hot Mess, 13 Sept. 2018, www.youtube.com/watch?v=xlGnve1cjOY.

“Please Update Your Browser.” *Canva*,

www.canva.com/design/DADpQ_INm-0/o22jL7RMDI4fxX_HCZWtdg/edit?category=t


ACZCuMaFhc.

Robinson, Mary, director. *Why Climate Change Is a Threat to Human Rights*. TED, 2015,

[www.ted.com/talks/mary_robinson_why_climate_change_is_a_threat_to_human_rights/t](http://www.ted.com/talks/mary_robinson_why_climate_change_is_a_threat_to_human_rights/transcript#t-1291036)

ranscript#t-1291036.

“Why Climate Change Is Anti-Justice | Hot Mess .

Mess , Hot Mess, 3 May 2018, www.youtube.com/watch?v=Q5KjpYK12_c.

“Women and Climate Change.” *YouTube*, NRDCflix, 7 Mar. 2017,

www.youtube.com/watch?v=paeptDl4znA.

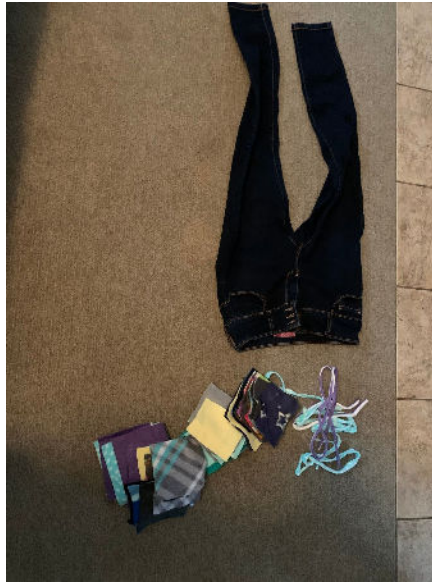
Name: Morgan Wetzel, Team name: persephone, Username: wetzelme2, email address: wetzelme2@s.dcsdk12.org, School: Rock Canyon Highschool

First, watch today's [video](#) explaining the basics of the **circular economy** and its potential for creating a sustainable future. Then, read [this](#) article about how to implement circular economic principles into your everyday life.

Time to get creative! One of the coolest ways to think circularly is to repurpose old items into something new, beautiful, and useful AKA upcycling. Upcycle something in your life! Check out ideas [here](#) and [here](#) or be entirely unique. There is no wrong way to upcycle!

Take a photo of your creation and post it to social media, along with a caption describing your upcycled creation, what the circular economy is, and how consumers can implement ways to 'close the loop' in their own lives. Tag @TurningGreenOrg and #PGC2019.





Works Cited

Beta-i. "The 7 R's Of The Circular Economy." *Medium*, Medium, 22 Feb. 2019,
medium.com/@beta__i/the-7-rs-of-the-circular-economy-11d27e933f01.

"Re-Thinking Progress: The Circular Economy." *Re-Thinking Progress: The Circular Economy*,
Ellen MacArthur Foundation, 28 Aug. 2011,
www.youtube.com/watch?v=zCRKvDyyHmI.

Name: Morgan Wetzel, Team name: persephone, Username: wetzme2, email address: wetzme2@s.dcsdk12.org, School: Rock Canyon Highschool

Research a garden in your community, whether a student/school garden, public community garden, or even neighbor's garden! Meet with someone who works in or leads the garden to discuss implementing regenerative organic practices. Use your teaching tool and any other information you've learned to convey its importance. Be sure to document the process with pictures and/or video.



I went to my sisters school, wildcat mountain elementary school, and talked to Jamie Stoller, a lady who works at the school and knows about the farm. I asked her about what kind of farming techniques they used and they used a lot of regenerative organic agricultural techniques already. They recently harvested pumpkins.

If they agree to begin implementing regenerative organic practices, register their Climate Victory Garden [here](#).

Write a reflection about this experience.

This was an interesting experience to see what schools and community gardens can do to create food in a way that benefits the environment. Also, by having these gardens at schools and allowing time during school for kids to learn about these environmentally friendly practices, hopefully it will influence them to make better choices when they'll eventually have to buy their own food.

What was their reaction?

They liked how I wanted to learn more about what they were doing. They also enjoyed learning more about how the farming techniques they were using and how it was helping the environment/planet.

Will they switch completely or start to implement some practices?

They already had a lot of regenerative practices inacted like crop rotation, using compost as fertilizer, and not using chemicals/pesticides. Although they are thinking of getting chickens and will have to find room to let them roam but still keep them safe from wildlife that lives in the area (mountain lions & coyotes).

Name: Morgan Wetzel, Team name: persephone, Username: wetzelme2, email address: wetzelme2@s.dcsdk12.org, School: Rock Canyon Highschool

It's Meatless Monday. That means NO MEAT TODAY! Invite a friend or family member to join you for Meatless Monday. **Make sure at least one of you typically consumes meat.** Consider replacing animal products with fruits, vegetables, nuts, seeds, legumes and plant proteins. A plant-based diet offers a great opportunity for creativity. Struggling with ideas? For super simple and inexpensive recipes, check out these popular plant-based YouTubers [here](#), [here](#), and [here](#) or search a relevant hashtag on Instagram: #vegan, #plantbased, #plantbaseddiet and more. Record everything you and your friend or family member eats for the day — and have *both* of you answer the following questions:

Name	Breakfast	Lunch	Snack	Dinner
Morgan (me)	Smoothie (mango, strawberry, & bananas)	Veggie monster crepe (pesto, cabot cheddar, spinach, & onions)	Bagel with cream cheese, gummy bears, fruit roll, chips and salsa	Potato pancakes with applesauce & sourcream, cauliflower soup, mixed green salad, pierogi filled with potato and cheese
Teagan (sister)	Pancakes	Crepe with nutella	Clif bar, goldfish, chocolate almonds, chips and salsa	Potato pancakes with applesauce & sourcream, cauliflower soup, mixed green salad, pierogi filled with potato and cheese

Was it easier or harder than you thought to go without meat for the day?

Teagan: Harder, because I'm so used to eating meat in my everyday life.

Me: For breakfast and lunch it was really easy to find vegetarian options but when we went to a polish restaurant for dinner there were fewer vegetarian options other than soup, salad, and appetizers.

How do you feel after a day of no meat?

Teagan: I feel that I could eat greens more if I wanted to because it made me feel healthier.

Me: I feel like I was eating a healthier meal and that I don't need meat to have a good meal.

Do you think you will continue to participate in Meatless Mondays or consider adopting a plant-based, vegetarian, vegan, or flexitarian diet?

Teagan: Yes, I think I could adopt a flexitarian diet by trying to only eat meat once or twice a week.

Me: I have been wanting to adopt a vegan diet but I'm going to try and work my way up to it. I'll start by being a flexitarian eating meat two or three times a week to transitioning into a vegetarian diet to being a full on vegan.



Breakfast:

Having our breakfast at the airport! Looking very tired, as we were up before sunrise! I got a smoothie from freshens and my sister got pancakes from Mcdonalds.



Lunch:

Stopped in Burlington, Vermont at the skinny pancake and had a veggie and chocolate crepe.



Dinner:

Had dinner in Montreal, Canada at Cafe Stash, a polish restaurant. We got a mixed salad, potato pancakes with sourcream and applesauce, pierogi filled with potato and cheese, and cauliflower soup.