

Brielle Taubenblatt
btaubenblatt
btaubenblatt@gmail.com
Winston Churchill High School

Dear Turning Green,

I am incredibly grateful for all that PGC has taught me during this 30 day journey, and I can't wait to implement what I learned to make a positive impact on my community and the world. I selected these five challenges because I feel that these challenges taught me the most, allowed me to step outside of my comfort zone, and connected me with my community.

On Day 3 Greenest (Food) I made veggie burgers with FLOSN ingredients. This was such a fun experience because I was able to make a healthy meal that my whole family could enjoy together for just \$1.82 per person. I decided to make a Stop Motion Animation video to document my cooking, which was a bit challenging between taking the pictures and chopping up veggies, but it was really fun overall. I experimented a little with the spices and the veggies that I added to the burger, and it turned out really tasty!

I liked the Day 6 Greener (Zero Waste) challenge because it allowed me to have really interesting conversations with other people. For this challenge, I collected all of the waste that I produced in a day, and I figured out ways that I could reduce this waste. One of the interesting conversations I had was about how recycling cannot be the solution to mass consumerism; instead, companies have to stop producing plastic in the first place and find more sustainable materials. We also need to be part of the solution by not buying plastic items whenever we can avoid it. After learning a lot more about the disastrous impacts that the plastic crisis has on the world, I have committed to using reusable containers, refusing single-use plastics, and seeking out items with less plastic packaging.

The challenge for Day 10 Greener (Body) was really eye-opening for me to see all of the hazardous chemicals in personal care products. I compared the ingredients in my conventional shampoo with the ingredients in Acure shampoo, and found that my conventional shampoo had ingredients that were possibly carcinogenic. For this challenge, I downloaded the "Think Dirty" app, which I now use to tell me what chemicals are in certain products; based on that information, I have made switches to cleaner, safer brands. Previously, I had not thought a lot about the ingredients in my personal care products, but now I always check the ingredients list before buying a new product.

The Day 11 Greenest (Adventure) was definitely a memorable challenge. I convinced my family to go on an adventure to Sugarloaf Mountain with me, even though there was a high chance of rain. As we hiked up the mountain, I spotted a turtle and frog along the trail, which was really cool because I have not seen that many turtles in Maryland. The view from the top of the mountain was amazing and I enjoyed seeing the many different colors of fall trees. Just as we were heading down from the top, it started to rain fairly hard, so I was glad that I packed a raincoat due to planning the adventure as part of the Greener challenge for the day. It was nice

to spend time outside as a family, while reconnecting with various parts of nature. Seeing all of the beautiful natural life (plants, animals, trees) reminded me of exactly why I am fighting to protect our planet.

The Day 21 Greenest (School) challenge was so much fun to do. I loved being creative and making my own class syllabus and calendar for a PGC themed class. I was able to incorporate a lot of the challenges into my course and come up with exciting events, such as movie screenings, book discussions, virtual field trips, and field-research opportunities. It was also interesting to do research on environmental programs at different colleges. I know that this information will help me next year to apply to colleges that practice sustainability in the community.

I am so glad that I came across Turning Green on social media during the summer and decided to sign up for the Project Green Challenge. Through PGC, I have not only learned *how* to live more sustainably and advocate for climate action, but I have learned *why* it is so important to take these steps and reduce my impact on the Earth. I know that all I have learned will help me create positive change for a more sustainable, just world.

Sincerely,
Brielle Taubenblatt

Brielle Taubenblatt
btaubenblatt
btaubenblatt@gmail.com
Winston Churchill High School

Ingredients:

Costco

- ½ cup organic quinoa (\$0.50)

Giant

- 15.5 ounce can of organic black beans (\$1.20)
- Two medium organic sweet potatoes (\$1.60)
- 1 medium cucumber (\$1.00)
- 3 large organic carrots (\$0.30)
- ½ tps ground pepper (\$0.05)
- 1 tsp organic smoked paprika (\$0.15)
- 1 tsp garlic powder (\$0.10)
- 1 Tbsp soy sauce (\$0.12)
- 4 Tbsp ketchup (\$0.35) - 1Tbsp per person as topping

Homestead Farm

- Two corn (\$1.50)
- 1/4 a white onion (\$0.40)

Price per person:

$0.50+1.20+1.60+1.00+0.30+0.05+0.15+0.10+0.12+0.35+1.50+0.40 = 7.27$

$\$7.27 / 4 \text{ people} = \text{\$1.82 per person}$

Percent FLOSN: around 90%

Recipe: Veggie Burger

1. Peel and cut the sweet potatoes. Then cook them for 25 minutes at 400°F.
2. Bring quinoa to boil with one cup of water. Reduce heat and cook on low for 15 minutes.
3. Grate the carrots and chop the onion into small pieces.
4. Mash the cooked sweet potatoes with the beans.
5. Add in the onions, carrots, quinoa, spices, and soy sauce. Mix together.
6. Form the mixture into patties and cook at 400°F for 20 minutes, flipping halfway through.
7. Serve with ketchup as a topping.

Sides:

1. Peel and cut the cucumber into ½ inch slices.
2. Cook the corn in the husks in the microwave for four minutes, flipping halfway through.
3. Take the husks off of the cooked corn.

Food leftovers and waste:

I composted the cucumber peels, sweet potato peels, and corn husks. I also recycled the bean can and tin foil. We had one veggie burger leftover, which we put in a reusable container in the refrigerator for tomorrow.

This is my **video** of making the meal. I used the Stop Motion Studio app.

<https://photos.app.goo.gl/DuumuWKE1AuystGEA>



pgc.brielle



pgc.brielle This is my veggie burger meal made with FLOSN (fresh, local, organic, seasonal, and nutritious) ingredients!

Ingredients:

*organic quinoa

*black beans

*organic sweet potatoes

Brielle Taubenblatt
btaubenblatt
btaubenblatt@gmail.com
Winston Churchill High School

Reusable alternatives:

- Instead of buying a can of beans, I can get beans from the bulk bins of the grocery store and store them in reusable glass containers.
- Instead of writing reminders on a sticky note, I can set alarms for them in my phone or type them in the notes app.

Conversations:

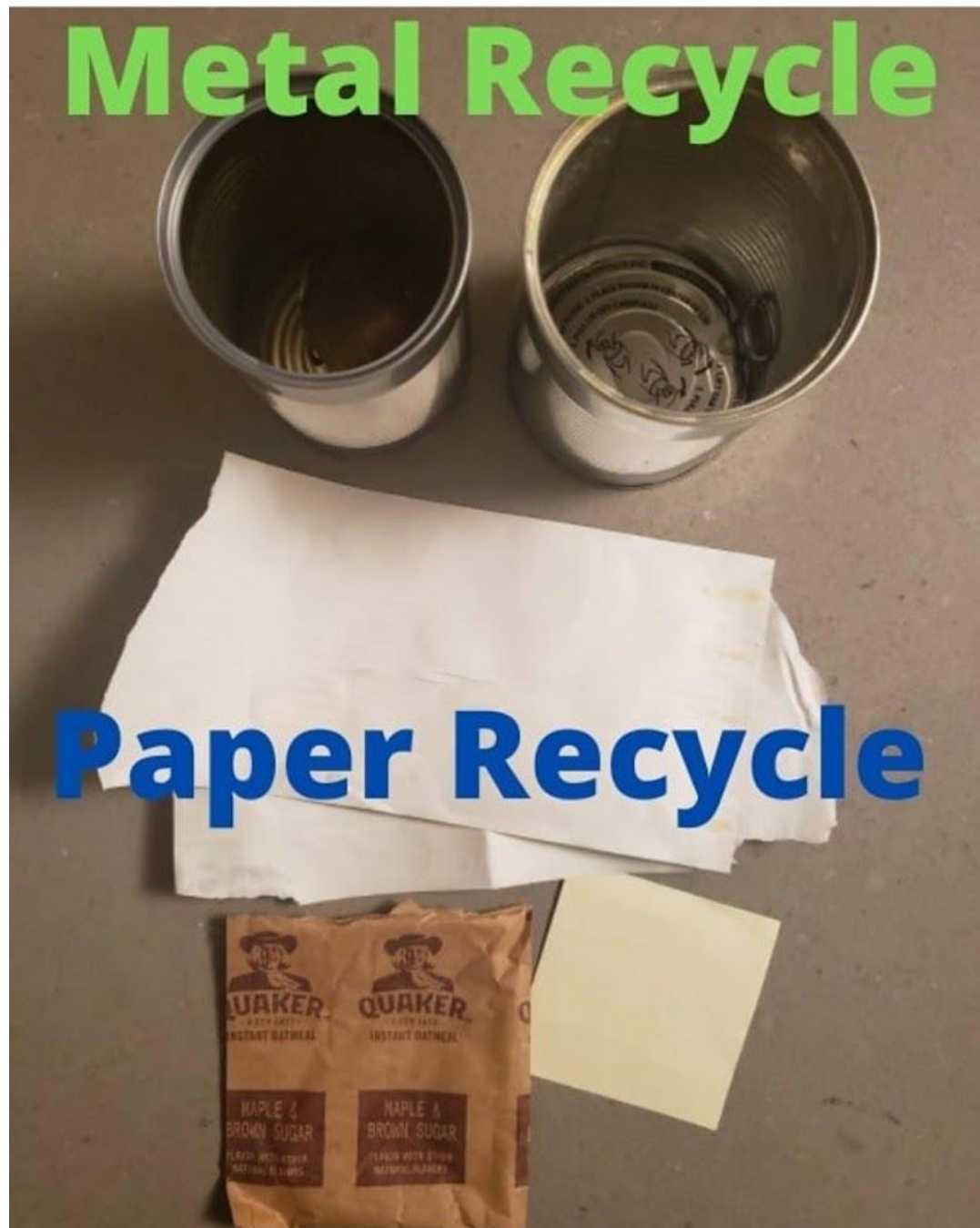
- I talked with my Dad about how, while recycling has many benefits, it is not the solution to mass consumerism. We discussed how many products can't be recycled, simply because they are a combination of many different materials that cannot be separated (such as in a juice box). We drew connections to how this applies to our own recycling because there have been times in the past when we weren't sure where a product should be recycled. We then researched how to best recycle items when they had two or more materials and found that the best thing we can do is separate them if it is possible.
- My younger brother asked me why I was collecting my trash for the day. I explained to him that I was learning about how much trash I make in a day and finding strategies to reduce my waste. I then shared with him ways that he could reduce his waste such as remembering his reusable bottle when he goes places. We also discussed the importance of reusable containers and how by bringing our lunch in a reusable container, we are reducing the trash that would be made from plastic bags or plastic wrap.

What will you do to be accountable in adopting reusable products into your daily routine to make this a realistic part of your life?

I will continue to use reusable containers whenever I pack my lunch to go somewhere, as well as reusable bags at the grocery store. Another way I will reduce the waste produced by single-use products is by refusing plastic items (such as straws, cups, bags, and small plastic giveaways). As I am now more aware of the damaging impact of single use items, I will continue to look for parts of my routines and habits that I can swap a reusable product for a single-use item.



pgc.brielle



pgc.brielle This is the waste that I produced in a day. It was interesting to learn about the destructive consumer culture in the United States and the true costs behind the products that we use.

Brielle Taubenblatt
btaubenblatt
btaubenblatt@gmail.com
Winston Churchill High School

Aussie Miracle Moist Shampoo:

- Hazard rating of 8/10
- Costs \$3.89
- Contains one “dirty” ingredient and 5 “half n’ half” ingredients according to the Think Dirty App
- The most hazardous ingredient is the fragrance which is an 8/10 on the hazard scale. It can cause skin irritation and respiratory issues, and is a possible carcinogen (causes cancer).

Acure Curiously Clarifying Shampoo:

- Hazard rating of 3/10
- Costs \$9.99
- All ingredients are ranked as “clean” with a hazard rating of 3 or below in the Think Dirty App
- The most “hazardous” ingredients are betaine and sodium methyl cocoyl taurate which ranked at 3/10 on the hazard scale. These ingredients have minimal dangers to them.

After learning about the toxic chemicals that go into the conventional shampoos, I will make the switch to a more eco-friendly shampoo.



pgc.brielle



Aussie Miracle Moist Shampoo

\$3.89

Hazard rating of 8/10*

The most hazardous ingredient is the fragrance which is an 8/10 on the hazard scale. It can cause skin irritation and respiratory issues, and is a possible carcinogen (causes cancer).



Hazard rating of 10 means that the product contains many toxic chemicals and has harmful health effects .



1/2

Acure Curiously Clarifying Shampoo

\$9.99

Hazard rating of 3/10*

The most "hazardous" ingredients are betaine and sodium methyl cocoyl taurate which both ranked at 3/10 on the hazard scale. These ingredients have minimal dangers to them.



pgc.brielle Read the labels on your personal care products! There are so many toxins in these items that are entering our bodies, which can cause cancer and damage to vital organs.

Look for safer brands such as Everyone, Dr. Bronner's, and Acure to switch to. After learning about the toxic chemicals that go into conventional shampoos, I will make the switch to

Full caption:

Read the labels on your personal care products! There are so many toxins in these items that are entering our bodies, which can cause cancer and damage to vital organs.

Look for safer brands such as Everyone, Dr. Bronner's, and Acure to switch to. After learning about the toxic chemicals that go into the conventional shampoos, I will make the switch to a more eco-friendly shampoo brand.

The hazard ratings in the infographic are according to the "Think Dirty" app, which informs people about the chemicals in their personal care products.

	
<p>Aussie Miracle Moist Shampoo</p>	<p>Acure Curiously Clarifying Shampoo</p>
<p>\$3.89</p>	<p>\$9.99</p>
<p>Hazard rating of 8/10*</p>	<p>Hazard rating of 3/10*</p>
<p>The most hazardous ingredient is the fragrance which is an 8/10 on the hazard scale. It can cause skin irritation and respiratory issues, and is a possible carcinogen (causes cancer).</p>	<p>The most "hazardous" ingredients are betaine and sodium methyl cocoyl taurate which both ranked at 3/10 on the hazard scale. These ingredients have minimal dangers to them.</p>
<p>*A hazard rating of 10 means that the product contains many toxic chemicals and has harmful health effects .</p>	

Brielle Taubenblatt
btaubenblatt
btaubenblatt@gmail.com
Winston Churchill High School



This is an interesting plant that I saw on the side of the hiking trail. I took a picture of it because the vibrant yellow color stood out against the brown and red leaves, I thought that the shape of the different flowers was really unique.



This is a turtle that I spotted in the leaves. I zoomed in the camera so that I could stand back enough to give the turtle space. The turtle's legs are a really bright orange and the turtle's shell has an intricate tan and dark green pattern to it.



This is the beautiful view from the top of the mountain. It was amazing to see all of the different colors of fall trees. It was starting to get pretty foggy because this was right before it started to rain.



I took this picture because I thought that it perfectly captured the ideas of the Leave No Trace principles. One of the really important ways that we can keep our natural environment clean is by taking all of our trash with us, which is what the sign is expressing.

Share the intention you expressed pre-adventure. How did it inform your experience?

My intention was to have fun and explore nature without leaving any damage to the natural life and environment. This intention influenced my experience because I made sure that everything I brought with me on the hike, I brought back home, leaving no trash on the trails. I also made sure to give space to the animals (frogs and turtles) that I saw so that I did not disturb or harm them. In addition, I stayed on the marked trails so that I did not step on or damage any of the plants to the side.

Were you able to stick to the plan you made in the Greener challenge? How did it change?

I did stick to my plan in the Greener challenge. I was really glad that I had planned ahead and checked the weather because packing a raincoat helped me stay mostly dry when it started to rain on my way back. Having proper sneakers with grip helped me avoid slipping on the rocks and bringing my reusable water bottle helped me stay hydrated on my hike. I didn't end up needing the snack I packed, so I will save the granola bar for another adventure.

How did the experience make you feel? Has it strengthened your relationship to Earth and out individual and collective responsibility towards the environment?

This experience overall made me feel really peaceful. I went with my family and it was really nice to spend time outside together. I was able to connect with nature by focusing on the different sounds I was hearing and the various parts of nature I was seeing along the hiking trail. This experience did strengthen my relationship to Earth and our responsibility towards the environment because seeing all of the natural life (the animals, plants, trees, ect.) reminded me of exactly why I am fighting to protect our planet. All of the natural life, small and large, must be protected, and in taking action to reduce the impacts of climate change, we are ultimately protecting all wildlife, ourselves, and the planet as a whole.



pgc.brielle



pgc.brielle I went on an adventure to Sugarloaf Mountain. It was a pretty steep hike up the mountain, but the view from the top was amazing! I saw a lot of interesting plants and animals (turtles and frogs) along the trail. On the way down, it started to rain pretty hard, but it definitely made for a memorable adventure.

I encourage you to go on an adventure of your own if you can

Full Caption:

I went on an adventure to Sugarloaf park. It was a pretty steep hike up the mountain, but the view from the top was amazing! I saw a lot of interesting plants and animals (turtles and frogs) along the trail. On the way down, it started to rain pretty hard, but it definitely made for a memorable adventure.

I encourage you to go on an adventure of your own if you can and explore the world around you!

Brielle Taubenblatt
btaubenblatt
btaubenblatt@gmail.com
Winston Churchill High School

Colby College (Maine)

What draws you to the programs?

The Environmental Science Program at Colby has a lot of mentorship for students who want to pursue internships and field research opportunities, which are both experiences that I would like to pursue in college.

What makes it unique, compared to other schools?

Colby's Environmental Science Program offers field research opportunities freshman year, which many other colleges do not offer until later years.

Can you find out why and/or when it launched?

Their Environmental Science Program launched in 1971 to address the diverse environmental issues that the world is facing.

If possible, find a specific class that interests you. Is there a syllabus you could share?

[ES126] **Environmental Activism** An introduction to the history, theory, and practice of environmental activism, incorporating both global and local perspectives. We focus on individual activists, grassroots groups, indigenous people, and large environmental organizations, analyze their motivations, strategies, and experiences, and determine how their actions have sparked effective social, political, and environmental change. We explore the social phenomena that underlay environmental activism, taking an interdisciplinary approach that encompasses history, environmental justice, social movement theory, political theory, public policy, and communications. We make significant use of primary source narratives by activists and communities on the front-lines of environmental struggles. We will place particular emphasis on climate and energy activism.

Their Environmental Activism class interested me.

How would you adapt this to make it your dream class?

I really like that they use "primary source narratives by activists and communities" in their class and this is something that I would like to incorporate in my class.

McGill University (Quebec)

What draws you to the programs?

McGill's Environmental major consists of classes that include direct learning from natural environments such as the St. Lawrence and Ottawa Rivers, the Morgan Arboretum, and the McGill Bird Observatory.

What makes it unique, compared to other schools?

McGill's Honors Environmental Program for upperclassman prepares students for graduate level research by requiring an Honors Research course, where students do a research project over a year period.

Can you find out why and/or when it launched?

I was unable to find this information.

If possible, find a specific class that interests you. Is there a syllabus you could share?

- **ENVB 210** The Biophysical Environment **3 Credits**

Environmental Biology: With reference to the ecosystems in the St Lawrence lowlands, the principles and processes governing climate-landform-water-soil-vegetation systems and their interactions will be examined in lecture and laboratory. Emphasis on the natural environment as an integrated system.

Their Biophysical Environment class interested me.

How would you adapt this to make it your dream class?

I would include actual exploration of some of the local ecosystems to have students experience what they are learning about.

Colorado State University (Colorado)**What draws you to the programs?**

They have a School of Global Environmental Sustainability, which is focused on research and problem solving surrounding the theme of sustainability. This sounded really interesting and I would be surrounded by other like-minded peers in the program.

What makes it unique, compared to other schools?

CSU has around 100 majors that are related to various aspects of environment issues. I really liked that they have such an expansive collection of classes so that I could explore different niches of environmental science to find what interests me the most.

Can you find out why and/or when it launched?

The School of Global Environmental Sustainability was founded in 2008 to address the need to research issues surrounding sustainability worldwide.

If possible, find a specific class that interests you. Is there a syllabus you could share?**GES 135 Applied Community Sustainability Credits: 3 (3-0-0)**

Course Description: Engaging with communities on real projects, teams of students develop workable solutions to problems related to food security, green infrastructure, urban wildlife conservation, and other sustainability topics. This course will be fully integrated with a writing course providing a complementary emphasis on values, ethics, meaning, critical thinking, writing, and speaking.

Their Applied Community Sustainability class interested me.

How would you adapt this to make it your dream class?

This class puts a lot of emphasis on writing, which I think is a valuable skill, however I would want my class to be more project-based.

PGC Course Syllabus
2021 Spring Semester

Instructor: Brielle Taubenblatt

Email: btaubenblatt@gmail.com

Office hours: M,T, Th, F 2:00pm -3:00 pm or by appointment

Class meeting days: Monday and Wednesday 10:30 am- 11:30 am

Course Description:

This course provides a broad perspective on climate issues and sustainable practices, both individually and on a global scale. Information learned in this course will be applied to real-world situations to develop an understanding of how these topics relate to our present climate crisis. Students will work independently and collaboratively to develop solutions to current climate issues. This course will include discussions of assigned texts, group laboratory assignments, and field-research opportunities.

Course Units:

Unit 1- Biodiversity: We will learn about how the future of the human race is dependent on the biodiversity of plants, animals, insects, microbes, fungi, and ecosystems.

Unit 2- Regenerative agriculture: We will learn about the importance of soil and how farming practices can be changed to put carbon back into the soil.

Unit 3- Clean energy: We will examine alternatives to non-renewable energy sources and discuss clean energy policies.

Unit 4- Climate justice: We will study how climate change disproportionately affects People of Color and developing countries.

Unit 5- Changing consumerism practices: We will explore ways in which consumer habits affect the environment and actions that can be taken to reduce your environmental impact.

Grading Policy:

A	90-100%
B	80-89%
C	70-79%
D	60-69%
F	59%- below

Supplies: notebook, blue/black pens, no.2 pencils, highlighter

Required texts:

Blue Mind by Wallace J. Nichols

Project Drawdown by Paul Hawken

101 Ways to Go Zero Waste by Kathryn Kellogg

PGC Course Calendar 2021*

Date:	Event:
January 27	Speaker**: Danni Washington, founder of The Big Blue & You
February 8	Movie screening: <i>Kiss the Ground</i>
February 24	Gardening Day: Work on our school's community garden
March 10	DIY day: Make your own personal care items
March 22	Movie screening: <i>The Story of Plastic</i>
April 7	Book discussion: <i>Project Drawdown</i> by Paul Hawken
April 19	Virtual field trip: Google Art and Culture National Park exploration
April 28	Field-research opportunity: Study invertebrates at the local creek
May 5	Movie screening: <i>The True Cost</i>
May 19	DIY day: Make your own cleaning supplies

*Some of these events are planned based on an in-person education, however this would likely not be possible currently due to the pandemic

**I would reach out to Danni Washington because I heard her speak at a science convention and she was very inspirational. I really liked how passionate she is about all of the work that she accomplishes. She and her mom are the founders of the non-profit organization, The Big Blue & You, which educates youth on ocean conservation through various forms of art and media. Danni Washington was also on several science education shows, such as *Untamed Science*.

Feedback that I got on my syllabus:

"Recommend swapping Unit 4 with Unit 1 in the order. Biodiversity is a good intro to the themes and Climate Justice is a little heavy to start with. Also, then the class will flow from nature-based topics to human-based ones."

"Suggestion, depending on if it's only supposed to be 1 page or if you want to make it longer: you could match the readings to the units to show what texts are supplementing which topics. But if it's just meant to be 1 page then this is good as is."



pgc.brielle 31m

These are some of the fun events that I would incorporate into my PGC class.

PGC Course Calendar

Date:	Event:
January 27	Speaker: Danni Washington, founder of The Big Blue & You
February 8	Movie screening: <i>Kiss the Ground</i>
February 24	Gardening Day: Work on our school's community garden
March 10	DIY day: Make your own personal care items
March 22	Movie screening: <i>The Story of Plastic</i>
April 7	Book discussion: <i>Project Drawdown</i> by Paul Hawken
April 19	Virtual field trip: Google Art and Culture National Park exploration
April 28	Field-research opportunity: Study invertebrates at the local creek
May 5	Movie screening: <i>The True Cost</i>
May 19	DIY day: Make your own cleaning supplies

My course would provide a broad perspective on climate issues and sustainable practices and allow students to work independently and collaboratively to develop solutions to current climate issues.

@TURNINGGREENORG



Seen by 2



Share to...



Highlight



More