

PGC was a hugely transformative experience for us, which we cannot stress enough. We have had every aspect of our life dissected, examined and improved, from fashion and water to renewable energy and food waste. These daily challenges completely changed our preconceptions on many things, and we now see many items that we would not have given a second thought from an environmental point of view. We have gained a brand new perspective: a perspective that is sustainable, a perspective that is informed, a perspective that allows us to make better choices and act in a way that will preserve our planet. It also showed us what a large amount of work we can accomplish in such a short period of time. Now that we have completed the challenge, it feels great to achieve our goal and we strive to continue this valuable work ethic PGC has taught us and helped us maintain and develop. We are honored to have been a part of this program, and know we will continue to promote and practice its ideas, values, and beliefs far beyond the month of October.

The first project we chose was our greenest submission on day four, water. We selected this project because it was one of the best examples of our creativity in PGC, and while the story is funny, it still manages to touch on serious issues affecting our world. Through doing this project, we were exposed to not only to issues related to water quality, pollution, and accessibility, but also environmental justice which we learned a lot about. We thought that this submission shows one aspect of our PGC submissions which is using creativity to convey hard to talk about topics and making them more approachable.

Secondly, the next project we chose was plant-based greenest. I shared a lot of things with family and friends in this project, and this shows one thing that we shared with them but it was by no means the only thing. This project is definitely representative of all the things we taught those around us and how we impacted others including on biodiversity day, home day, and fashion day. We put as much effort as we could in each day to get the most out of every challenge and I think this is very visible in our submission that as we tried many different vegan and plant based foods, as well as made dessert so we could get a more complete experience and expose others to more recipes and inspiration.

The next submission that we thought was one of our best was the adventure photos and reflection. This shows another aspect of PGC and ourselves-- a reflective side. It forced us to consider new things and really think about our experience thoroughly. Adventure day was hugely impactful; I never expected the topics like nature and wellness to be so powerful. We can't show you the entire experience through the reflection but it was truly one of the most fun, beautiful, and peaceful activities we've done.

After that, we have our food waste diorama. The diorama shows all the information we learned in PGC that day, as well as represents the new info we learned about energy, water, food, soil, agriculture, fashion and more. We spent a lot of time on it rather than making another infographic which seemed a bit bland and we thought this would be more entertaining and eye-catching for people to notice and learn from. We believe that the diorama really shows all of the technical info we learned and will never forget, as well as our creative side and the amazing work we can create if we put in the time and work to achieve our goals.

Finally, our song about voting was the last submission we picked. We spread findings throughout PGC and my mom sent this video to so many people, and we are so delighted to know that it reached such a large audience. Although singing was very out of our comfort zone, we wanted to put the work in and really finish the video despite our sub-par vocal skills. This project demonstrates our willingness to persevere and complete the song regardless of the challenges we faced making it. We think that this video is one of our best projects because we shared information and made content for people to see and enjoy, which reached more people than we intended.

We hope you enjoy our top five submissions!

Addie Foote and Claire Abbott (SAHS ECC)

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## **A History of Water on Navajo Nation Interpreted Through The Diary of Gary, the Literate Rock**

August 9, 1306 B.C

Dear Diary,

Today marks the best day of my life. I am positively certain of it. I have finally separated from those arrogant canyon rocks. Good riddance! Air screamed past as I fell for what seemed like eternity, admittedly this lack of time perception was to my confused state. I fell into the water and the water took the wheel, guiding me wherever it pleased. All of this led up to now, as I sit here with water sprinting and sand whizzing past me. I know the everdecent moon's ripples of light on the water is foreshadowing my next millenia. My time in this river will be thrilling, my destiny untouchable.

May 23, 1850 (C.E.)

Dear Diary,

My sharp edges have long been worn off along with any aspirations for a future outside of here. Today the son of Mr. Fred was carried away. He wasn't much of a rock, always small and weak, but anything to take an edge off the boredom is worth something. I feel more and more lethargic every day despite all those pesky grains of dust and sand eroding my outer layer. I don't know why I'm writing: each day is the same. The water flows by and little rocks ask me for permission to stay here. Anyway, that's what happened.

July 16, 1979

Dear Diary,

This is absolutely, utterly, and completely outrageous. I have been aware of the presence of "people" or as the scientific community calls them "homo idiots". I have stayed in my part of the river as they made the decision for me to sacrifice the intensity of the current in MY RIVER. But have I complained?? No ma'am. Now, it's different. This morning 100 million gallons of radioactive acidic garbage liquid came crashing over me and everyone else in the river. I writhed in pain as I felt the acid on my skin. Oh but that's not all, I looked over to see the people's sheep falling over and dying in the river. And what did they do? Clean them up? Nooooo, they were

too busy crying and hugging each other because without their sheep they would have no money and no food. The audacity of these people is astonishing.

January 2, 1985

Dear Diary,

I have learned much since my last writing. Apparently there are two groups of people. I could not tell you why, but there are the Navajo Native Americans and there are the white people. I can only distinguish between the two by their action: the former are poor, drink water from all parts of the river, and make nearly everything themselves and the latter are rich, and march in with material goods and an ego issue. But now to the point of my writing: the water is not as concentrated with acid as it was before, however it is still quite dirty and toxic. I heard the original catastrophe was from the white people's Uranium mine. Unfortunately, typical. The Native people have only gotten poorer since the tragedy and despite my intentions to hate them, I have begun to understand. They are a bit like me. They've broken free of their own canyon rocks, their past persecution from colonists, to find themselves in an even more desperate situation, unimaginable poverty. There's no more hope for them than there is for me. The poorest among them (being already the poorest group in The "United" States) have to drink undrinkable water and have no money to escape the vicious cycle that traps them here. I suppose we'll both be here forever until I disintegrate and their population collapses.

October 4, 2020

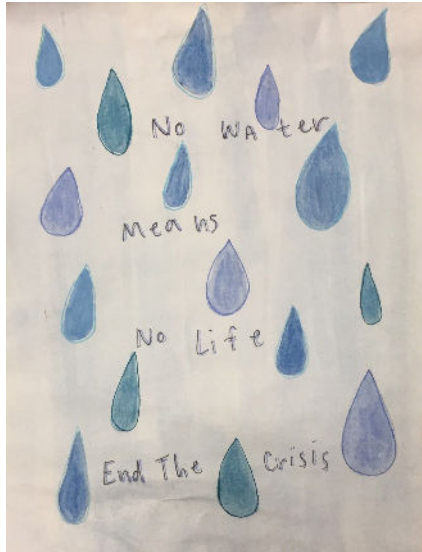
Dear Diary,

I'm excited. Not because the Navajo Nation has the highest rates of poverty in America. Not because the Navajo Nation has the highest rates of COVID in the world. Not because 5 years ago another spill, originating in Colorado, introduced more Arsenic and Lead into the water, and the poorest Native American's in the outskirts of this reservation still drink this contaminated water. Because 85% of people have running water now. Yes, that's terrible. But it's half the rate it was just 17 years ago. I'm optimistic because just yesterday I saw a 16-year-old girl with a passion for helping other people bring food and water to dozens of people. I can see the light at the end of the tunnel. A future where Native Americans are rich in every way and where no one drinks polluted water from my river is within reach. I know that I'll one day be gone, but these people will survive, carrying with them a legacy of resilience, and hope for a long time to come.

- How would you bring awareness to the people and leaders of the community in which this problem exists? How would you build a campaign with a clear call to action that would help this community fight back?

I would mainly use social media to show people the extent and importance of the issue. I will start a social media campaign and be posting about this on social media, tagging local leaders, and am hoping to message someone who has or does live at Navajo Nation because this problem as well as other problems that they face are interesting and important. I think one major thing that would help the community fight back is funding for another nurse on the reservation to inform and help people come up with solutions to their individual problems with toxic water. I could start a GoFundMe and donate myself, or volunteer in some way that would benefit them. Additionally, I think funding for research on the levels of toxins in the water and at which points would also be beneficial and would enable those living in the Navajo Nation to take control of their health and their life.

- Create a poster with a bold message that will mobilize people to create change.





# One Day Plant Based

SAHS ECC

With Addie Foote and her mom, Julie

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# Meal Planning

BREAKFAST



Chia seed pudding will be our vegan breakfast today. We already have some in jars in the fridge and can put it in a bowl and eat it with fruit.

LUNCH



Normally we would have leftovers, but today I am going to make a quinoa salad and we will eat it with leftover roasted vegetables on the side as well as fruit.

DINNER



After looking at recipes, I asked my vegan friend, Claire, for advice and she gave me a soup recipe which I plan to eat with bread.

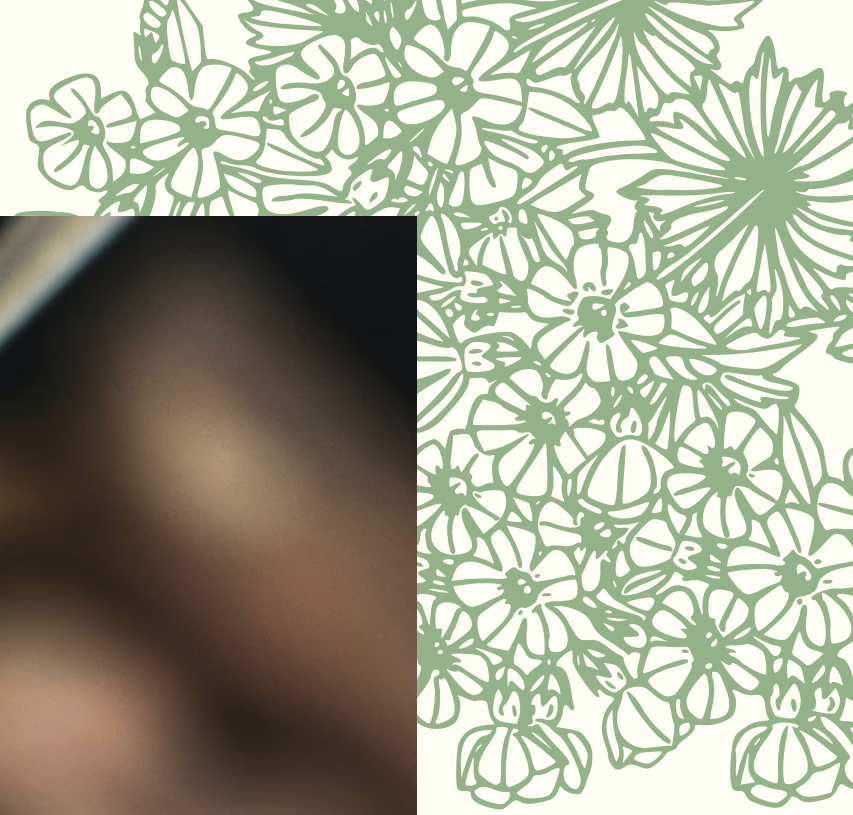


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## Breakfast

We had chia seed pudding. We made it with coconut milk, maple syrup which we made earlier this year from sap from our maple trees, chia seeds, and cinnamon.

My mom is dairy free and I try to eat plant-based meals for breakfast and lunch, so this was a pretty typical breakfast for us, though I often just have a piece of fruit.





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## Lunch

For lunch I made a quinoa salad with black beans, tomatoes, cilantro, onions and quinoa of course. It had a dressing that was olive oil, lime juice, cumin, salt, and pepper. I also ate a banana with peanut butter.

This was really easy to make and we both liked it a lot. Sometimes quinoa can be a little bit bland, but the dressing and tomatoes made it taste really good.





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## Dinner

For dinner we made a wild rice soup, a Minnesota classic. It included onion, celery, carrot, veggie broth, wild rice, almond milk, salt, pepper, onion powder, and garlic powder.

Typically wild rice soup includes chicken and sometimes has a dairy based creamy broth, but we was delighted to find that this was equally as good.





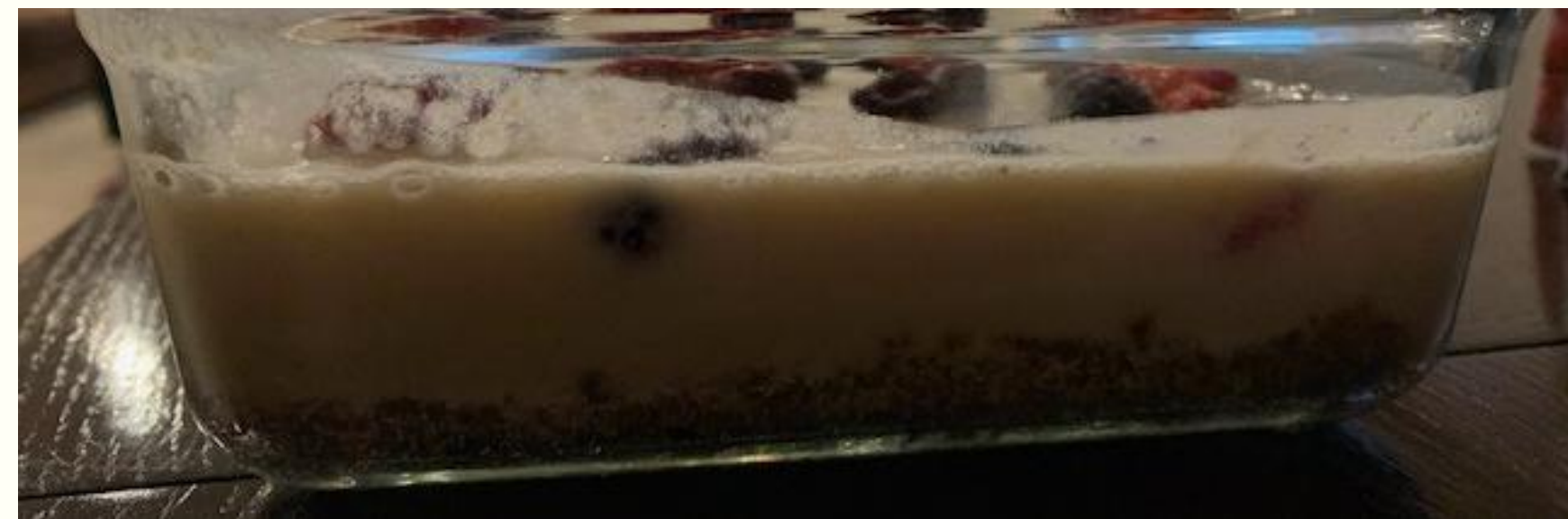
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## Desert

I made lemon cheesecake bars that had a crust made out of dates and almonds and a filling made out of cashews, coconut cream, lemon juice, coconut oil, and organic sugar. You can also top it with fruit like we did.

I decided I wanted to make a desert for this, so I could get a full idea of what eating as a vegan would be like, even though I don't always eat desert. Once again, I was surprised how fast this recipe was and how well it turned out.

The only problem I encountered was that we did not have enough dates, but I just made a half batch and put it in a smaller container.





# HOW DO YOU FEEL AFTER A FULL DAY PLANT BASED?

## Me

I feel the same as normal mentally and physically. I was able to focus just fine and I went on a bike ride too. I do not feel hungry at all and did not feel like I was missing dairy or meat products throughout the day. I was very impressed how good the meals tasted. They all were very flavorful and exciting. I know being vegan has some amazing health effects, but I would imagine it would take a while before one could notice any difference. I really liked all of the meals and will definitely make them again.

## Mom

(I just asked my mom these questions out loud and am writing down what she said) She felt pretty normal and liked all of the meals today. She said she felt weird not eating meat for dinner, but the soup was very good and she would make it again and after dinner she did not feel like she still needed to have something else. My mom also has had quinoa salads more than I have and said that this one was really good and she would be saving the recipe.





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# WAS IT EASIER OR HARDER THAN EXPECTED?

## ME

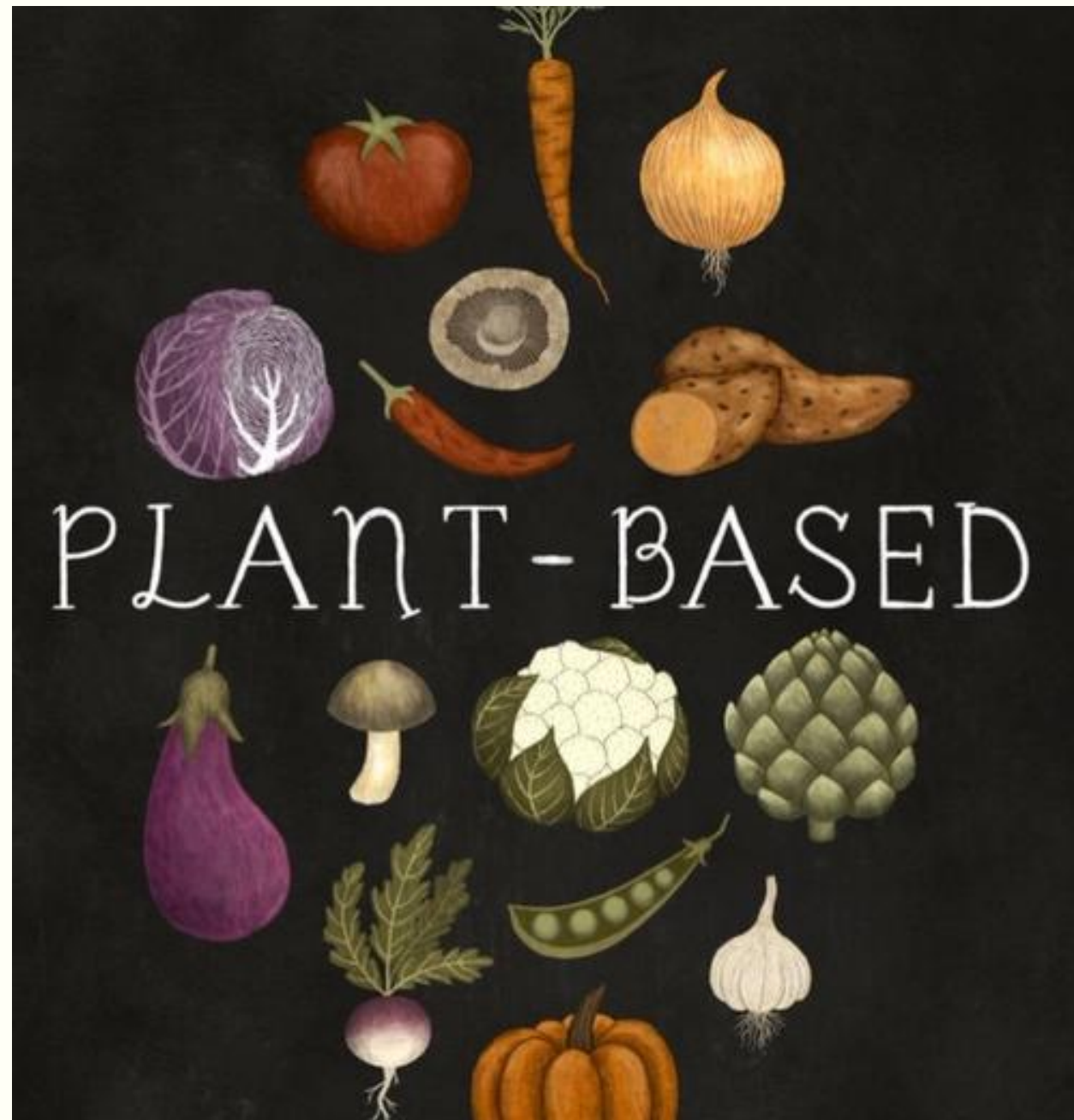
This was pretty easy actually. I normally do eat meat, but I try to reduce my meat intake by eating plant based breakfast, lunch, and snacks, but for dinner I almost always have meat because I eat with my family and do not cook dinner. Though I did go to school, no one offers food to others anymore because of COVID and because we leave school before lunch. I think today it was really easy to eat all plant based because I did not eat in a group, but if I did this on a day that I had an activity or was eating with someone it would be more difficult. It was not hard to find good recipes and they tasted great.

## MOM

My mom said that it was easy because I did the cooking and she did not have to cook anything. She thought that while today was easy, it would be hard to do every day because she often cooks for my family and my brothers and dad want to eat meat. She also enjoyed the food and was surprised how quick the recipes were.

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# WILL WE CONTINUE TO EAT MORE PLANT BASED?



Digital art by scociety7

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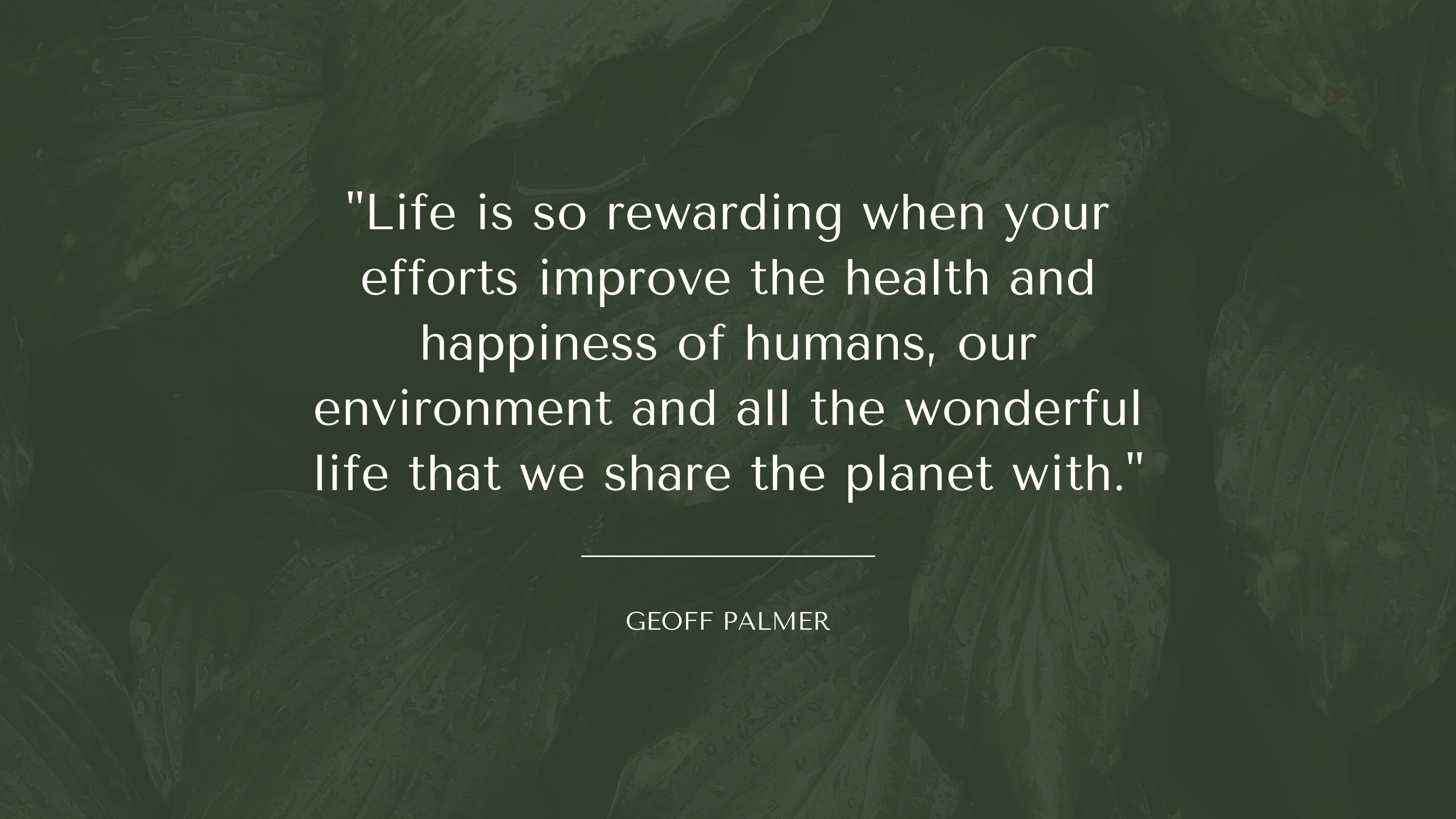
## ME

I definitely will be eating more plant based meals. Today really showed me that it can be easy and fun to eat plan based. I think for now I will not be going fully vegan or vegetarian, but someday, when I am in college and do not eat dinner with my family every day, I think I will become a vegetarian or maybe even vegan. For now I want to limit my meat and dairy intake to 5 or less times per week. This is a bit less than I'm at right now, but this is a change I want to make for the environment and for my health.

## MOM

She said that she liked the plant based meals and wants to eat plant based a few times per week. She is really interested in nutrition and gut health, so was particularly intrigued about the correlation of meat eating and heart disease. She says that she will aim to eat meat 9 or less times per week which is less that she does on average right now.



The background is a dark green, textured surface featuring a pattern of overlapping leaves, possibly basil, which are slightly out of focus. The leaves have prominent veins and some small brown spots, suggesting a natural, organic theme.

"Life is so rewarding when your efforts improve the health and happiness of humans, our environment and all the wonderful life that we share the planet with."

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GEOFF PALMER





# TEAM INFO

## USERNAME

addiefoote

## TEAM NAME

SAHS ECC

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## SCHOOL

Stillwater Area High School







sahs.pgc



sahs.pgc Today, my mom and I ate plant based for the entire day. I was delighted that all of the meals were fun and tasted great. Also, eating plant based has much lower greenhouse gas emissions and environmental impact in general along with nutritional benefits and lower risk for cardiovascular disease, the most common cause of death in the US! Above is a picture of my vegan wild rice soup with an apple and some whole grain bread. We used FLOSN and all of the ingredients were organic and most of them local or from our garden! ❤️ @turninggreenorg #meatlessmonday #pgc2020

1m



1 like

1 MINUTE AGO

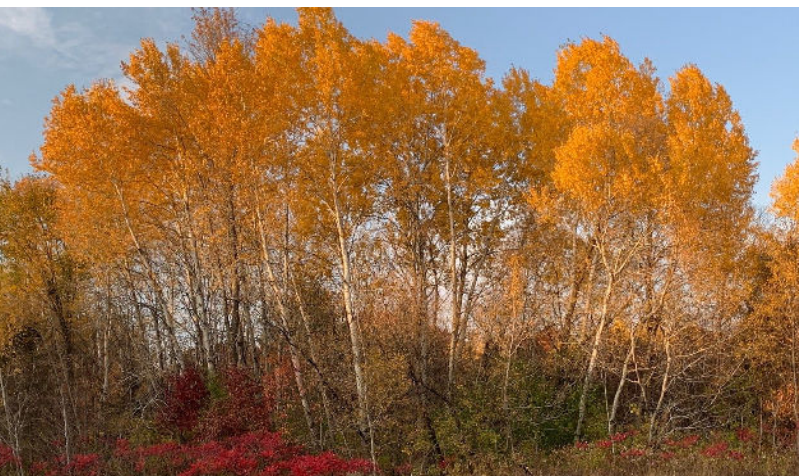
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The first imagery upon arriving at Reid Park was a cluster of tall birch trees with bright, yet natural, yellow leaves that let go and danced through the air with each gust of wind.

Given that we biked here we parked our bikes. I took the time to observe some wildflowers. Almost like magic the note I had written earlier fluttered out of my pocket, compelling me to take this photo. "Everything has a purpose." This terrain only extended for a few dozen feet but within the area there's tons of living things, a number so large it is incomprehensible, and this was a unique ecosystem that contrasts the rest of the park.



We went hiking on the trails and came across this mess! It's beautiful, even visually appealing, yet it's comprised of dead, curved trees that formed a network of branches supporting each other. The random yet specific complexity of this was interesting and it looked cool. Again, I thought of the note in my pocket and wondered what beauty might be involved and hidden in these trees that I missed?



A variety of trees towered over me throughout the entire hike. Oaks, maples, birch, and various pines to name a few. I was impressed by the lack of buckthorn that is unfortunately prevalent in many parks and trails nearby.



We rode back home on our bikes as the sun was beginning to set. I realized that hike was the most observant and present I have been in a long time. This proved to be an inspirational, thought-provoking experience. I considered my note again and applied the idea that "everything has a purpose." This thought ran through my brain and eventually was transformed into everything has an effect. A huge effect. The trees yes, but even the microbes in the soil and each and every leaf and twig on a tree. They all affect something that affects another thing. In nature this is very specific. . . very purposeful.

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

My intention was to focus and consider the statement "everything has a purpose." At first this seemed exaggerated, but as I continued to spend time in nature it began to make sense. This idea that everything has a purpose was illustrated when I realized there were no mosquitos, but last time I was here a few months ago there were a lot of mosquitos. This was because it had dropped below freezing at night a few times so all the remaining mosquitoes died. As I am never outside at night, I was oblivious to this clearly impactful event. However, the mosquitoes died from it and it had many other effects as well. Just because I was unaware did not mean it was unimportant. Furthermore, there are some things that I cannot see, and cannot reason out, and even things that scientists do not know. Yet these things have an effect. It is true that everything has a purpose. This idea deepened my personal connection with nature.

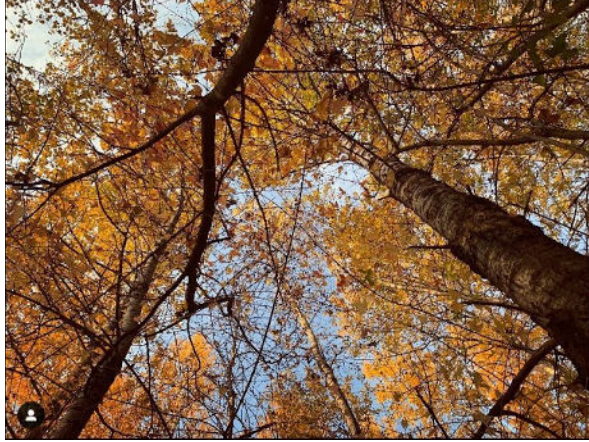
Were you able to stick to the plan you made in the Greener challenge? How did it change?

The plan was pretty consistent. We met in between our houses, biked to the park, hiked, set up hammocks, and had a snack according to plan. We did end up staying

later than we intended despite both of us being insanely busy. I think being in nature provides an opportunity for quiet spontaneity. This is a bit of an oxymoron, but what I mean is that it involves such peace and stillness and at the same time planning ahead only gets you so far. Oftentimes you have to let nature take control and accept the unknown if you are going to truly appreciate nature. Over MEA break next weekend I am going to return to nature and hike on these trails. This time, I hope to go alone because it's not something I do often and is a good way to reflect and consider things of importance.

How did the experience make you feel? Has it strengthened your relationship to Earth and our individual and collective responsibility towards the environment? This experience definitely gave me a sense of connection towards nature and with that, an increased sense of responsibility of the environment. Humans have not adequately appreciated the innate beauty present in nature and often completely disregard it. Nature offers a kind of tranquility that is irreplaceable and after this hike I really understood the urgency of, not just climate change, but also the destruction of natural habitats and the decreasing biodiversity of this world. As Elizabeth Kolbert describes in "The 6th Extinction" the Earth is becoming a "new pangea" and the introduction non-Native species and exposure of Native species to new pathogens is having detrimental effects on global biodiversity. I feel a sense of responsibility towards this, particularly after this hike, because as I came to understand, everything has an effect and a purpose.

Share a reflection on Instagram that includes one inspirational takeaway, along with a picture of your adventure *and* a call for others to go on an adventure of their own. Tag @TurningGreenOrg and @KleanKanteen and use #PGC2020




 sahs.pgc

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 sahs.pgc It's fall and nature is beautiful as always. We focused on the idea that "Everything has a purpose" during a hike today. It was a ton of fun and very enlightening. The peaceful ambiance was a invited break from our loud and busy life!  
@turninggreenorg #pgc2020  
@kleankanteen

8h



 Liked by funskatergirl and 7 others

8 HOURS AGO

Add a comment...

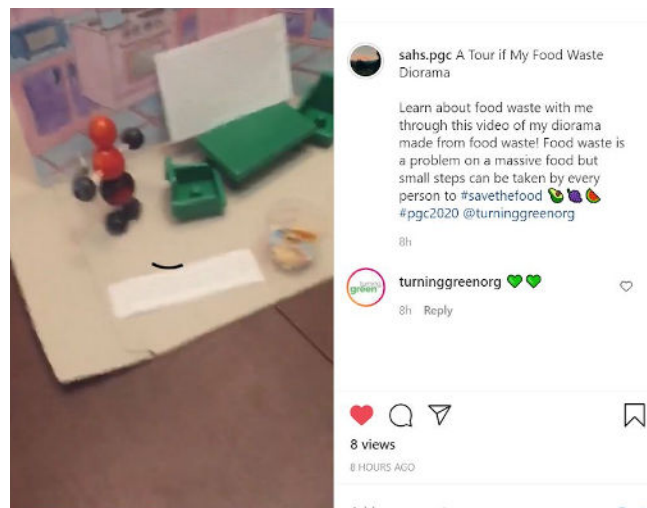
Post



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I made a diorama out of food and food waste (but did not waste any food in the process) and here's a video of it.

[https://drive.google.com/file/d/1juovPtFX2qZp-4V9BgMr\\_bRzZGNl3y/view?usp=sharing](https://drive.google.com/file/d/1juovPtFX2qZp-4V9BgMr_bRzZGNl3y/view?usp=sharing)



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Here's a link to our video. <https://youtu.be/hZQpa8FEqS8>

Lyrics are below.

## VOTE

"It doesn't matter" is what they always say  
After voting day  
But, that's your voice, on what our world will be  
Our democracy

Your choice, from your vote  
Power, in your vote  
It's bad, so go vote  
I'm handing you the antidote  
And "It doesn't matter" is simply incorrect  
Look at the effect

So go vote! Choose a candidate!  
It's our obligation to determine that  
Go vote! Choose a candidate!  
It's our obligation to determine that  
Go Vote!  
*Ooh waaaaaaaa ee ya ee ya*  
*Ooh waaaaaaaa ee ya ee ya*  
So go vote! Choose a candidate!  
It's our obligation to determine that

"It doesn't matter"  
That's true if no one knows, true if you don't vote  
Elections, your chance to be involved  
Shape the problems solved

Your choice, from your vote  
Power, in your vote  
It's bad, so go vote  
I'm handing you the antidote  
And "It doesn't matter" is simply incorrect  
Look at the effect

So go vote! Choose a candidate!  
It's our obligation to determine that  
Go vote! Choose a candidate!  
It's our obligation to determine that  
Go Vote!

Ooh waaaaaaa ee ya ee ya  
Ooh waaaaaaa ee ya ee ya  
So go vote! Choose a candidate!  
It's our obligation to determine that



\*\*It's also posted on our instagram