

Atmospheric Litter Stoppers, ALS123, Jericho High School

Reflection:

In the article I read, I learned about, food crises and nutritional problems facing the world today. The obstacles for some people trying to achieve a wholesome diet are economic disparities among communities. It is possible that different people don't have access to food with good nutrients because of their economic situation therefore they won't be able to gain the nutrients they need. Sometimes important parts of a good diet are not available, in certain regions of the country due to different environments preventing people from getting good nutrients. In my own community I do see evidence of food deserts and food insecurities I think that these problems can occur anywhere and must be brought to the awareness of the public and solved. The only way that these problems can be solved is by bringing awareness to them. The action in the article that I will choose is there is not enough to eat. An unprecedented number of troubled people are turning to federal nutrition programs for help in the wake of the COVID19 pandemic. The latest study commissioned by the Center for Food Action and Research shows that among 2.629 million adults, or 11 percent, reported that members of their household sometimes or frequently did not have enough to eat in the months following the pandemic outbreak. The federal nutrition programs respond to America's deepening hunger crisis, I will bring awareness to this topic by speaking to one of the leading members of the student council in my school. I am planning to meet with her to bring awareness to the problem of, not enough food for all, we hope to have announcements and fundraisers to bring money into poor communities to buy food as well as food drives.



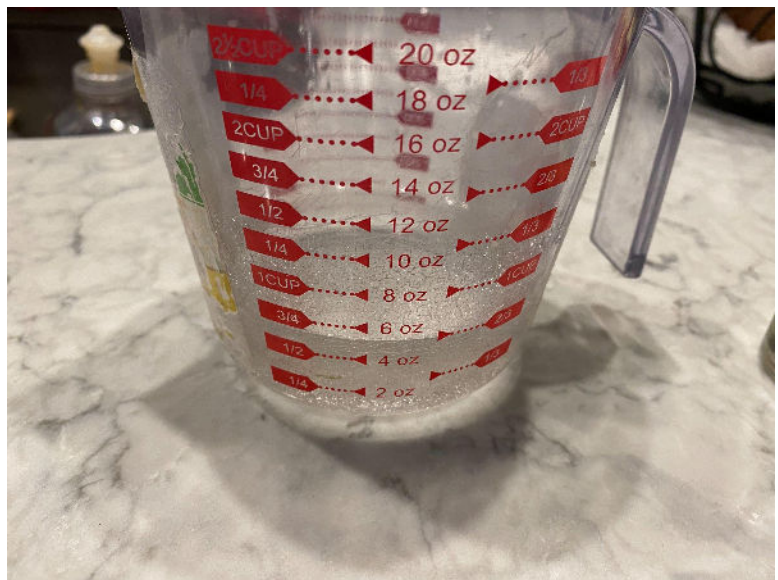
Instagram: [atmospheric_litter_stoppers](#)

Check our list of natural DIY recipes that you can make to replace a conventional body product, or look up a few on your own. Think about the products you use most often.

Which would be easy to replicate? I think Shampoo would be easy to replicate. The four ingredients are actually easy to acquire, all I needed to buy was the soap (I substituted the castile soap with aleppo soap).

What ingredients might you already have on hand? I already have the essential oil and water on hand.

Document the process with photos and/or video and respond to the following:



Top left: Empty shampoo bottle that was going to be recycled; instead, I used it as the new DIY shampoo bottle. The bottle is shown after the full DIY shampoo was made. **Top Right:** Measuring cup with $\frac{1}{2}$ cup of water. **Bottom Left:** Essential oil (lavender scented). **Bottom Right:** Large bottle of organic aleppo soap.

What recipe did you choose? I chose the Homemade Rosemary Peppermint Shampoo (more like Homemade Lavender Shampoo).

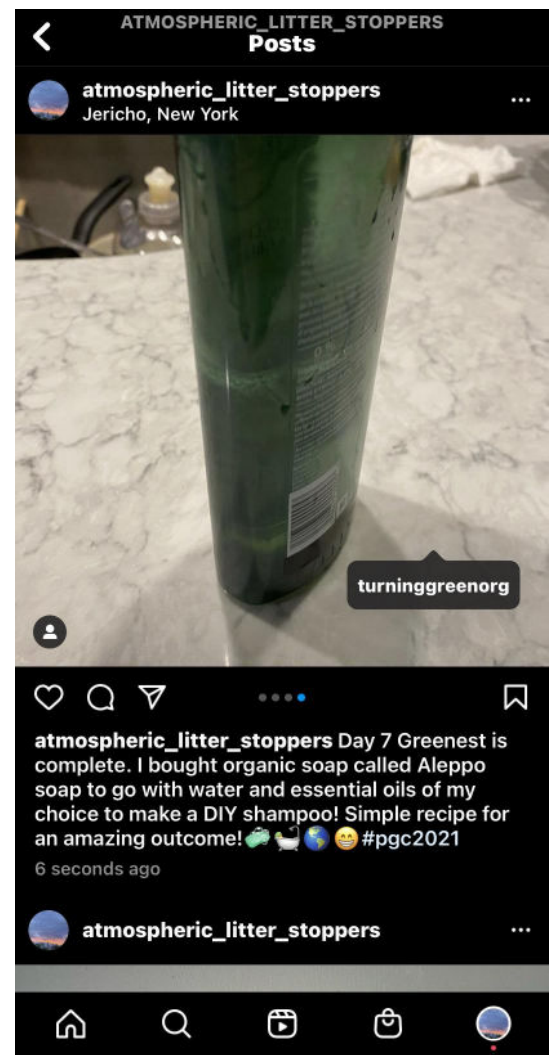
How did you select ingredients? I used a combination of ingredients available to me at home with a new soap product that I was interested in trying.

Could you source any organically? The Aleppo soap from Alépia was certified organic from a cosmetic store.

What did you put your product in? A repurposed container? Plastic-free? I put my product in a plastic shampoo bottle that was reused since it was going to be recycled anyway: perfect timing!

Post a photo and description on Instagram to show off your creation! Tag @TurningGreenOrg and #PGC2021, so we can get in on the good clean fun.

Now it's time to share your DIY product with a friend, housemate, or family member. Explain why you chose to make this product, let them try it (or watch you use it!), and share 3 facts you learned from the body challenge.



1. 5 Liters of organic Aleppo soap costs about \$59.99, which in reality is quite the bargain in bulk.
2. Essential oils are safe for use in hair; they are an easy way to customize DIY products to your mind's end!
3. You can toggle water concentration to achieve the strength of the shampoo on a per-drop basis. For my curly, caribbean hair, I used a bit under ½ cup of water because I felt I needed a significant soap presence to permeate my high hair volume and thickness.

Capture their responses: Did they enjoy using your DIY product? Were they surprised by any of the facts? Will they follow your lead and take a look at ingredients in their current products? Are they open to switching to conscious personal care products?

I let my mom try my DIY shampoo. She had a lot of misconceptions, like \$60 was way too much for a big bottle of soap (hence the smaller one being purchased and used) and that DIY shampoo simply could not clean hair well enough, especially since it is even more curly and thick than mine. However, when she tried my product in a quick shower, she noted that it cleans a lot of the oils that build up and allows for her hair to be a “blank canvas” for styling and conditioning. She is definitely now on board with buying the soap ingredients in bulk and experimenting with different essential oils and combinations of oils to keep the shampoo scent new and enjoyable!

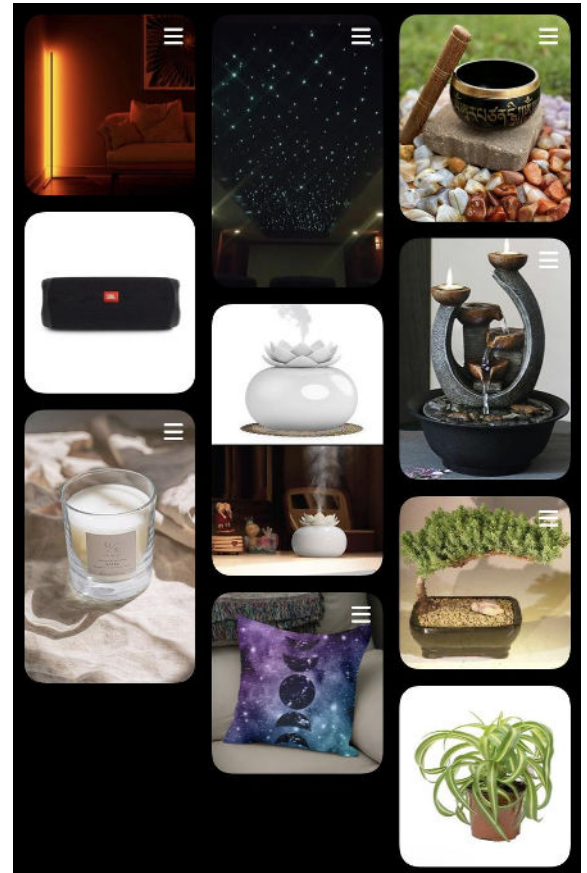


My Latino Heritage not only inspires me on a day-to-day basis but also unifies me with billions of people around the world connecting me to their struggles giving me reasons to give back. Many people in the Latino community are struggling to either survive or protect their environment. Approximately 3.9 billion trees removed in the past 100 years most coming from the amazon rainforest in Brazil a Latino community. There are only about 20% of Latinos in higher education and these people must impact their communities greatly by allowing them to give back and help others making strides in the community and helping future generations. These two pictures posted by @latinooutdoors, made a huge impact on me because they display a connected community partying and display a college-educated student giving back to her community. I hope to go to college and give back to my community and unify the Latino community more as a whole.

Day 16 Green Challenge: Wellness

Today, I made the outline for my self-care sanctuary. My plan includes 10 components that will contribute to a calm, rejuvenating space

- **Small corner-** In my pinterest board I chose a small, dark corner to represent that “nursery” corner in my home with lots of plants. I envision this being the locale of my self-care sanctuary because it is tight in a comforting way while being dark and free from outside light and intrusion.
- **Space ceiling-** I used to like having glow in the dark stars in my bedroom when I was younger and I think this would be a nice addition to help me feel comforted and peaceful with the way nature is at my current point at any given time. It makes a detailed and intriguing place to look when my eyes are not closed.
- **Tibetan singing bowl-** Some of my teachers have had this interesting trinket and I also saw some Youtube videos on these things and they really intrigued me. With this project, I am inspired to get my own and become more attentive as I listen for the true stopping point of the noise
- **Speaker-** Hopefully I can get one for my birthday, but if I had one, I would definitely play music in my self-car sanctuary. Although it is closeby, I want a high quality speaker



that allows me to hear every frequency, every ounce of bass. I listen to an endless variety of music to whatever one and volume level fits my mood.

- **Essential oil humidifier-** The one my parents had broke, so investing in a new one would help my self-care sanctuary. They invoke happiness and calamity quite easily; I foresee meditation both with and without scent, likely of lavender or cinnamon!
- **Mini fountain-** I love the sound of water rippling, and I have always wanted a home fountain. They are a lot more inexpensive than I thought and I think they would add well to the atmosphere I am trying to create of nature both on earth and throughout the universe, because it is all connected.
- **Candle-** I love candles and so do all of my household members, so I'll use the ones that we have. They are a far more energy-efficient process for lighting, and also provide the perfect amount of lighting needed for a self-care sanctuary; homelights are disturbing, intrusive, and over-the-top really.
- **Pillow-** Even though I wasn't intending this, I would love the idea of the space pillow shown in my pin. Nevertheless, any sorts of pillows would make the sanctuary so much more enjoyable. I would like a bean pillow or even some memory foam ones to divy them up and achieve maximum comfort level! Pillows and their covers can also be bought organic!
- **Bonsai tree-** I love the bonsai tree because it has a lot of peaceful and natural symbolism behind it. The bonsai tree would seem tall without context, but is actually a very small plant that is still considered a tree. It symbolizes how nature comes in all sorts of shapes and sizes, nevertheless each member of nature has its own role and purpose. The bonsai tree has to survive, maintain homeostasis, and reproduce just like every other organism.

- **Spider plant-** On day 13 I learned of the spider plant, and after learning what I did, I decided to make a connection between day 13 and day 16 by integrating this plant into my self-care sanctuary. It is easy to maintain, needing little water and light. Most importantly, it takes in formaldehyde and carbon monoxide gases that are harmful to human health. And to top it all off, I get to have a physical memory of PGC 2021 every time I go to meditate and practice mindfulness; a sure way to evoke happy memories!

I took some time to meditate in my prototype self-care sanctuary and it was a great way to de-stress. Especially, after a PSAT exam in the morning, I quickly understood how much I was in need of this asset to my health especially given the fact that I didn't even know of this need. Even from constructing the room, I had to think mindfully and plan out what I would like or not like, what looked pleasing and what looked calming, which evoked my mindful mind. In sum, I am very grateful to have been enlightened in self-care now.



