

Haikus About Our Environment

Ha:şañ Preparatory
&
Leadership School Students

Butterflies

Ames
(12th grade)

Dancing butterflies
The light blue sky is the stage
On and on they dance

Till the sunlight dies
Continuing, they dance on
Keeping the sky blue

Doing all we can
By no longer polluting
They can keep dancing

Compost

Dakota & Kiara
(11th grade)

Put into the earth
Soon broken down into soil
Now part of Mother Nature

Green

Solanus
(11th grade)

Keep this planet clean
Reduce, reuse, recycle
Help our trees stay green

Ideas From Our Youth

San Carlos Secondary School Students

Untitled

Latasha (12th)

As people around the world try to cut down on their CO2 emissions, biking walking, and public transportation have become increasingly popular choices. However, not everyone has the ability to walk or bike to their destinations, nor does public transportation get everyone where they need to be. An alternative to these options that is still better for the environment than driving is to ride-share. Ride-sharing can greatly reduce the number of cars on the road. There are many new opportunities for ride-sharing, including websites where members can sign up as drivers or passengers and find common destinations.



Sweetwater Wetlands, Tucson, Arizona (Photograph by Taylor Wingfield).

To be fit and healthy you need to be physically active. Regular physical activity can help protect you from serious diseases such as obesity, heart disease, cancer, mental illness, diabetes, and arthritis. Riding your bicycle regularly is one of the best ways to reduce your risk of health problems related to a sedentary lifestyle. Cycling is a healthy, low impact exercise that can be enjoyed by people of all ages. It is also fun, cheap, and good for the environment. Walking is the easiest form of exercise to stay fit. It is convenient because it can be done almost anywhere and anytime whether you're walking to class or down the street. Surprisingly, brisk walking can be almost as challenging as jogging. When you walk at speeds faster than 3.1 mph, your stride length naturally increase. Research shows that at maximal levels of effort, oxygen consumption — a key factor in cardiorespiratory fitness — is only slightly lower for race walkers than it is for runners. At moderate levels, race walkers and runners are almost equal. Walking is safe for people of all ages and increasing your daily walking is directly related to your mental and physical well-being.



2016 Environmental Bootcamp students walk Sweet Water Wet Lands (Photographed by Taylor Wingfield)

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