

## Earth Week

2020

A LETTER FROM  
THE DIRECTOR

While these are unprecedented times that we are experiencing, we must not ignore the opportunity we must protect our global ecosystems and local environments. We must not ignore our responsibility to live our lives as sustainably as possible. Although the Environmental Sustainability Commission could not celebrate Earth Day this year in the way that we had hoped or planned, we still hope to connect with Titans from home about how we can continue to be CSUustainable. Happy Earth Day Titans!

*Brooke Acosta*

The Dangers  
of Single-Use  
Plastics During  
a Pandemic

By  
Maya  
Castillo

As the coronavirus pandemic has spread around the world there are many concerns about everyone's health and preventing the spread of the virus. As businesses have had to make the switch to only serving through take-out, the amount of one-time use plastic food containers, cups, and plastic bags has increased significantly. This amount of single use plastic and supplies is concerning because the amount of trash this will produce is astounding and when not properly disposed of, will leave a negative impact on the environment. It very important to stay safe by social distancing and minimize physical contact during this time but in doing so, please keep in mind the amount of single use plastic that is being used and discarded. Any plastic bags you receive from take-out can be kept and stored to hold other items in your house, re-purposed, or reused. While being cautious for your health you can also be cautious and conscious about single use plastics you consume as well.

How COVID-19  
Has Impacted  
Air Quality

By Brooke Acosta

As more and more individuals have been forced to stay safe at home since the onset of the COVID-19 pandemic, cities around the globe have observed a sharp decline in air pollution. These historically low Air Quality Index (AQI) levels are being attributed to the drastic reduction in traffic congestion and factory emissions. AQI levels in cities like Delhi, India have fallen from an average of 200 to below 20. While these AQI levels are unlikely to persist as global communities are released from tight safe at home restrictions, this offers a hopeful challenge to global leaders. Will leaders see these AQI levels as a source of inspiration for a future with breathable air? How will this affect the future of transportation infrastructure? Will global leaders take this as their motivation to move urban centers away from a car-centric design to a more sustainable one to lower AQI levels? We, as a society are, in a unique position for significant change in how sustainable options impact our daily lives. Let us choose wisely.

Source: <https://www.theguardian.com/environment/2020/apr/11/positively-alpine-disbelief-air-pollution-falls-lockdown-coronavirus>



Applications to join the Environmental Sustainability Commission for 2020-2021 are now open! If you have a passion for environmental sustainability and community outreach, this commission is for you!

<https://asicsuf.wufoo.com/forms/environmental-sustainability-commission-20202021/>



# Staying Sustainable During Quarantine!

By Jada Smith

Although most of us will be stuck inside this Earth Day there are still plenty of ways to celebrate Earth Day as well as ways to stay sustainable during quarantine! A few tips on how to stay sustainable and celebrate Earth Day can be found below!

## Start an At-Home Garden

Staying at home can sometimes make it hard to get your hands on fresh produce. One solution, start your own garden at home! Starting your own garden at home not only allows for closer access to fresh produce, but it's a fun activity for all ages! Gardens can be started nearly anywhere, from the smallest of apartments to larger homes. Guidelines on how to start your own at home garden can be found below!

### For outdoor gardens:

<https://www.almanac.com/vegetable-gardening-for-beginners#>

### For indoor gardens:

<https://www.americanmeadows.com/start-seeds-indoors>

## Re-purpose leftovers

Going to the grocery stores has become a complicated ordeal for many. A good way to skip the store and still keep meals fresh and interesting is to try and revamp leftovers from previous meals. Re-purposing leftovers cuts down on food waste - Not to mention it allows you to test your creativity in the kitchen!



# A Look at the Long-Term Effects of Quarantine Waste

By Claire Jenkins

There have been many surprising consequences of the COVID-19 pandemic, including improved air quality. However, people may not realize that they are contributing to unsustainable practices in other ways - especially during their hunts for the last package of toilet paper. The founder and CEO of the recycling company, TerraCycle,

mentioned that the world will likely "wake up" to a bigger garbage crisis, as the perceived sanitary issues with recycling have caused many recycling companies to temporarily close the doors. They, like everyone else, are doing their part to help stop the spread.

Early on in the Stay-At-Home order, people's purchasing habits indicated that they believed bottled water to be an absolute necessity during this time, but the infrastructure systems which provide people with running water in their homes were not ever expected to fail. This caused an over-purchasing of plastic bottles, nowhere to put them, and no one to recycle them. As a result, the decrease in smog will be balanced out with the significant non-biodegradable material pile-up, that will only continue to grow as the pandemic continues. This is not the time to panic. This is the time to make smart, thoughtful, and communal decisions, realizing that the events that happen now will leave a mark in our history books and eco- footprints on our planet. Our final thoughts? Keep using your Hydro Flask!

## Have Some Extra Time on Your Hands?

Enjoy some live streams of your favorite animal! Check out the link below:

<https://www.insider.com/live-animal-cams-zoos-aquariums-watch-from-home-2020-3#virtually-visit-with-snow-leopard-cubs-who-might-be-sleeping-in-their-nesting-box-or-exploring-their-habitat-at-an-australia-zoo-5>



## Looking to Support Some Local Businesses from Home?

Here is a list of some environmentally conscious small businesses near you!

### ECO logical

Online & mobile zero waste market place!  
[@ecologicalmarket](#)

### Eco Now

Orange County's 1st zero-waste shop & bulk refill station!  
[@eco.now.ca](#)

