



Blue Hour Theatre Group Presents

Continuity

By Bess Wohl

What can you do to combat climate change?



How to Help

What's one thing I can do when I get home?

The sensation of Climate doom is real. In a world with increasing greenhouse gasses, developing landfills, and fracking on the rise, in reality, there isn't much we can immediately majorly change about our planet's state. It will get worse before it gets better. **But we are not doomed!** Climate doom is a strategic tool used to deter consumers from participating in climate activism.

What changes can we make on a smaller scale, to perhaps not counteract the increasing climate crisis, but rather, build upon what we already have?

Taking on the whole planet's climate crisis can seem like far too much for any one person to handle. So let's narrow in a bit more: Our beautiful state.

Seattle is wonderful at utilizing many climate-aware methods city-wide, such as prioritizing public transportation, encouraging Washington's natural biodiversity, and reducing Seattleites' overall consumption. Below, you can find some resources on how to participate!

Option #1: Minimizing Waste - Composting

Two methods of minimizing waste in your life are participating in composting, and starting an eco-brick!



Seattle Public Utilities' Guide to Composting!

Composting is a valuable method of disposing of daily waste in a sustainable way! Seattle mandates that all residents and businesses compost, though many residents don't take advantage of this resource they pay for anyways!

Here are some compostable items many people can offer:

- Fingernail clippings
- Christmas trees
- Fruit peels
- Moldy food (old leftovers!)
- Dead plants/flower bouquets
- The last handful of cereal at the bottom of the box you're going to throw away anyways!
- Paper egg cartons, paper grocery bags
- 100% cotton balls/swabs
- Pet hair!

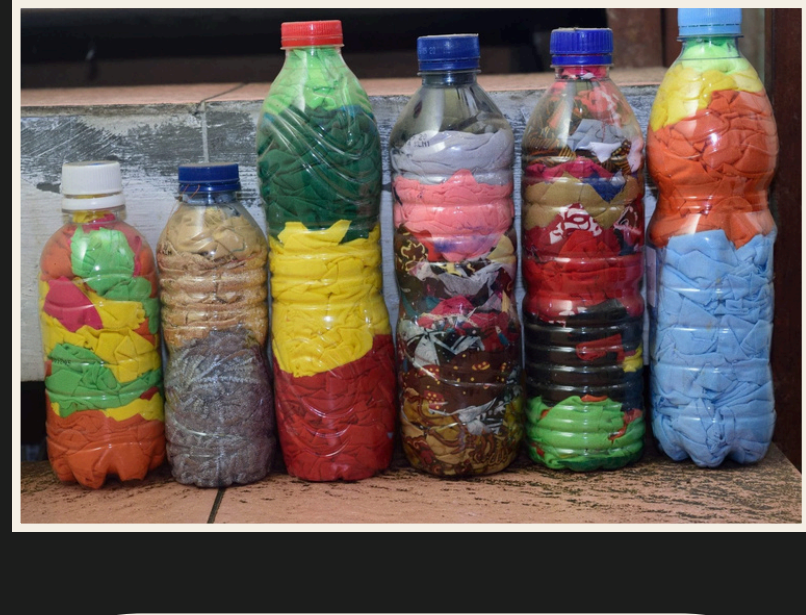
You can compost anything that is living or was once alive!

Option #1: Minimizing Waste - EcoBricks

According to the national site for eco-bricking across the world, "An ecobrick is a plastic bottle densely packed with used plastic to create a reusable building block that achieves plastic sequestration. To make one, all you need is a stick and a bottle" (EcoBricks.org).

These ecobricks have many uses! People use them to create a structure for gardens, strong bones for houses, and some even build furniture with them!

If you don't plan to use your ecobrick, there are many ways you can donate them to organizations that will! Learn more about ecobricks [here](#).



What can go in an ecobrick?

- Fruit stickers
- Bread bags/tabs
- Cling wrap
- Wrappers
- Straws
- + more!

Option #2: Encouraging Washington State's Natural Biodiversity

Washington State has a beautiful, complex, strong biodiversity of creatures holding it all together. **Biodiversity** is "all the different kinds of life you'll find in one area—the variety of animals, plants, fungi, and even microorganisms like bacteria that make up our natural world. Each of these species and organisms work together in ecosystems, like an intricate web, to maintain balance and support life. Biodiversity supports everything in nature that we need to survive: food, clean water, medicine, and shelter" (WorldWildlifeFund).

- What can you do to support our beautiful state's *biodiversity*?
- Avoid pesticides when gardening. This not only harms the insect population, but it can also affect your composting (: A few extra organic friends never hurt anyone!
 - Go through your yard and identify which plants are native, and which are invasive. Our state struggles with invasive plant species, so take some time to help her out, and pull some up from the root if you find any!
 - Support the birds this summer! You can do this by providing feeders, baths, and houses.
 - Find more options [here](#)!

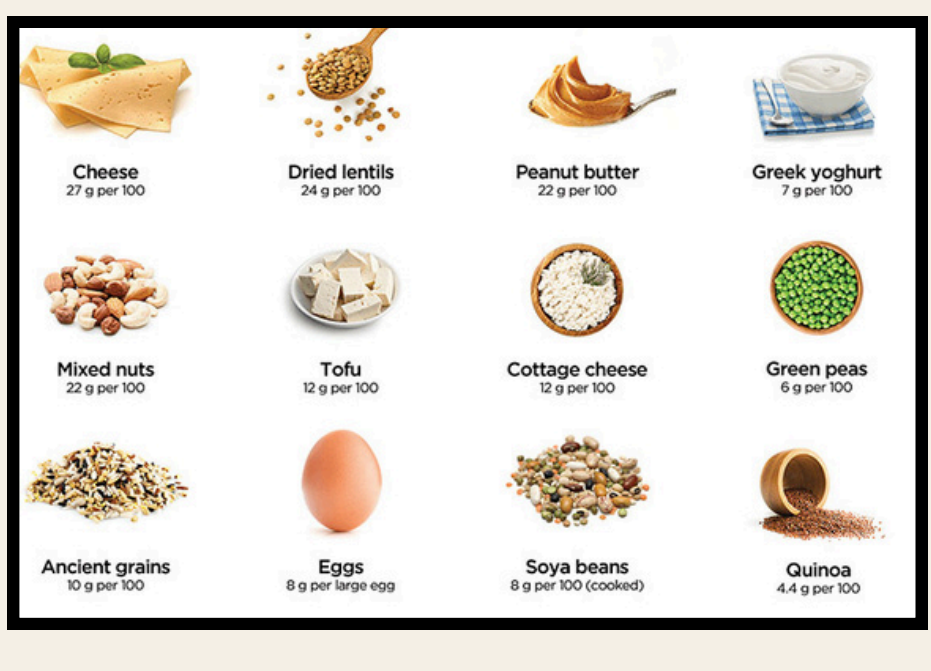
Option #3: Reducing Meat Consumption

In 2023, Nielsen (a global leader in market-research), ran a survey on the Seattle Metropolitan area and found that only 3.6% of Seattleites identified as vegan or vegetarian in some way. Seattle is a top ranking city in the US for providing plant-based options for its citizens, but as they found, not many of them take advantage of this.

However, you **don't** have to go converting to vegetarianism anytime soon to help here! Merely reducing your overall meat consumption or choosing plant-based options, such as soy-based foods, is not only better for our planet, but better for your wallet! With meat prices on the rise, now might be your chance to give some tofu a try.

How does meat consumption contribute to climate change?

Meat consumption contributors to many factors in climate change. Water use, deforestation, and greenhouses gasses are a few. Read more [here](#), provided to you by Stanford's Woods Institute for the Environment.



Climate doom overwhelms us all. The fear isn't unjustified, either. Our planet is in crisis. As helpless as we may feel without the power of a billionaire or political official, we still have options that *do* create change.

However, it is important to remember that the **leading cause of greenhouse gas emissions come from big corporations that are attempting to push the blame on us, the consumer.** Fracking, AI water and land consumption, and carbon emissions are the main contributors to climate change, which unfortunately, we do not control.

So, while participating in the options listed here are wonderful ways to support our state's ecosystem, it is important to remember that real change will come from above—who we consume from, and how we consume it. Do research on the major companies you purchase from, join a protest. Volunteer! Action is movement.