



Throwing plastic in the sea is 'criminal' and 'kills the Earth'. "We cannot allow our seas and oceans to be littered by endless fields of floating plastic. Here too, our active commitment is needed to confront this emergency."  
**Pope Francis**

Welcome to our November-December issue examining PLASTIC. Plastic is known as one of our most versatile and economical products. It is also known to be one of the most serious threats to our planet. It fills our homes and, sadly, our bodies as well. As we enter a new year, try making a resolution. Find out how many ways you can reduce plastic in your life...and ours! As Pope Francis stated, "There is a nobility in the duty to care for creation through little daily actions."

## HEAD

Did you know **you're eating a credit card worth of plastic every week?**

<https://nautil.us/you-eat-a-credits-card-worth-of-plastic-every-week-238481/>

Danish studies reveal **microplastics in meat, milk and blood of farm animals.**

<https://theguardian.com/environment/2022/jul/08/microplastics-detected-in-meat-milk-and-blood-of-farm-animals>

Fossil fuel industries see **plastic as a major growth market** to compensate for loss of revenues as the world shifts to renewable energy.

<https://www.cnn.com/2022/01/29/how-the-fossil-fuel-industry-is-pushing-plastics-on-the-world.html>

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## HANDS

All the convincing you'll need to ditch bottled water for good. The plastic of **your beloved water bottle may pose health risks.** Check out the experts' conclusions.

[https://apple.news/Ac\\_1-gcC4RPijrvwTvuUsA](https://apple.news/Ac_1-gcC4RPijrvwTvuUsA)

**Microplastics hide** in your personal care products.

<https://www.marketplace.org/2022/04/29/companies-might-find-microplastics-cheap-but-the-environment-is-paying-the-price/>

Ideas to help you **reduce your reliance** on plastic.

<https://marinedebris.noaa.gov/discover-marine-debris/how-help>

**Easy tips** for reducing plastic waste.

<https://www.stopwaste.org/at-home/reduce-and-reuse/reduce-packaging-waste>

Take action now: **Write to an official** to help end plastic pollution.

<https://earth911.com/inspire/earth-action-ask-an-official-to-help-end-plastic-pollution/>

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## HEART & HOPE

There are current **innovations** that are fighting plastic pollution.

<https://www.weforum.org/agenda/2021/12/fight-plastic-pollution-innovations/>

Humble **worm saliva** may thwart plastic pollutants.

<https://www.bbc.co.uk/news/science-environment-63125144>

A short talk by David Katz on "The Surprising Solution to Ocean Plastic." Can **plastics as currency** end extreme poverty?

<https://www.youtube.com/watch?v=mT4Qbp89nIQ>

In her short talk, "The One True Solution to Plastic Pollution," Wellsley Brown argues that plastic proliferation **requires drastic action from corporations**, not consumers.

[https://www.youtube.com/watch?v=JU4n1\\_3sBTs](https://www.youtube.com/watch?v=JU4n1_3sBTs)

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## HEAD

**Only 9% of plastic gets recycled.** What happens to the rest of it? Check out the video (PBS link) or written version (NPR article).

<https://www.pbs.org/wgbh/frontline/documentary/plastic-wars/>

<https://www.npr.org/2020/09/11/897692090/how-big-oil-misled-the-public-into-believing-plastic-would-be-recycled>

Ever wonder where plastic came from? How it's made? Where elephant tusks fit into the story? Watch the animation "**A Brief History of Plastic.**"

<https://www.youtube.com/watch?v=9GMbRG9CZJw>

Deluge of plastic waste: The **US is world's biggest polluter**". We generate more waste than all E.U. countries combined.

[https://www.theguardian.com/environment/2021/dec/01/deluge-of-plastic-waste-us-is-worlds-biggest-plastic-polluter?CMP=oth\\_b-aplnews\\_d-1](https://www.theguardian.com/environment/2021/dec/01/deluge-of-plastic-waste-us-is-worlds-biggest-plastic-polluter?CMP=oth_b-aplnews_d-1)

## HANDS

Plastics are expected to consume **20% of oil production** in the next 30 years!

<https://www.naty.com/gb/en/why-we-should-stop-using-oil-based-plastics.html>

**Seven pieces of technology** you may not know can be recycled.

<https://www.staplesconnect.com/articles/working/7-pieces-of-tech-you-may-not-know-can-be-recycled.html>

**Reduce the microplastics** entering the waterways **from your laundry** by buying Guppy Bags, Cora Balls, or a washer filter.

<https://earthfriendlytips.com/guppyfriend-vs-cora-ball-for-reducing-microfiber-pollution/>

Please provide feedback or suggestions for future topics to Joy Deignan (joydeignan@gmail.com) or Steve Tanneberger (stevetpotts@comcast.net)

## HEART & HOPE

**Barbie is going green** with a new doll modeled after Dr. Jane Goodall.

<https://apple.news/AkM0zReLGzK8NUx9VhB4rq>

**Chemical breakthrough** to recycle plastic into raw materials could help keep plastic litter out of the environment!

<https://www.anthropocenemagazine.org/2022/10/finally-a-way-to-recycle-a-notorious-plastic-into-something-useful/>

### Good news!

India, East Africa, Canada, and the United Nations are taking action! Here's how:

– **India bans single use plastics** as of July 1, 2022.

– **Kenya fines manufacturing or sale of single use plastic.**

<https://www.downtoearth.org.in/blog/pollution/single-use-plastic-ban-environment-lessons-india-can-learn-from-east-africa-84029>

– **Canada restricts single use plastics.**

<https://davidsuzuki.org/story/canadas-plastics-ban-is-a-necessary-first-step/>

- **United Nations resolves to create a legally binding international agreement on reducing plastic pollution by 2024.**

<https://www.unep.org/news-and-stories/press-release/historic-day-campaign-beat-plastic-pollution-nations-commit-develop>



Photo by Bill Anders, NASA

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