

# Environmental Action Newsletter

What YOU Can Do for Our People & Planet  
*Issue 1: Our Mission*

## Welcome to Our Newsletter!

*We are a handful of Environmental Studies Tri-Co Seniors.  
Here's a little bit about us & what you can expect in future issues*

### Anthony Sigman-Lowery / Call Your Rep's



Ever felt like Swarthmore College talks a big game about activism while drowning you in academics? Ever wanted to actually make a difference, but know that signing online petitions won't do a thing? I'll be updating this newsletter with information about upcoming bills that will impact the environment and who to contact in the Pennsylvania government to make your opinion heard.

*Not a Pennsylvania voter?*

*Email me at [alowery1@swarthmore.edu](mailto:alowery1@swarthmore.edu)  
and I can provide you with the numbers of your  
local representatives and local bills in your area.*

### Christina Chen / Stories of Hope & Action



Hi, everyone! I am a senior psychology honors major, environmental studies minor, and pre-med interested in exploring the intersections of environmental justice and health. I am the storyteller on the team: I will be curating, writing, and editing stories of environmental hope and action that take place on campus and in the surrounding communities. I hope that these stories will highlight creative individual and collective initiatives that you can draw inspiration from and/or plug into!

*If you are involved in any kind of environmental action and would like to share your story, email me at [xchen1@swarthmore.edu](mailto:xchen1@swarthmore.edu) to be featured on our newsletter.*



**Eileen Flanagan**  
of Earth Quaker  
Action Team  
*Author, Speaker &  
Activist*  
now at Haverford

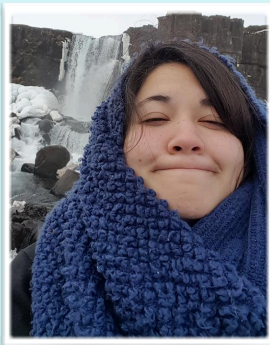
**Writing as Activism  
Workshop**  
Thurs. April 6th  
7pm, Stokes 106

**A Time of  
Crisis & Division**  
Fri. April 7th  
12pm, Magill  
Special Collections

**PEOPLE'S  
CLIMATE  
MARCH**

**Mass  
Mobilization  
for  
Climate Justice**  
Sat. April 29th  
Washington D.C.  
*Campus-wide email  
coming soon!*

## Erika Weiskopf / Mass Mobilization



Hey! I'm a senior biology major and environmental studies minor, and have been organizing in the environmental movement throughout college. In my section of the newsletter, I'll tell you about opportunities to engage in action and protest on a mass scale, as well as contextualizing mass actions within the broader environmental movement. I hope together we can think about how we can take what we observe and learn at mass actions and incorporate it into our daily activism.

Contact me at [eweisko1@swarthmore.edu](mailto:eweisko1@swarthmore.edu)

## Tip

### CARRY CLOTH NAPKINS

Instead of using paper napkins at the dining hall, carry a cloth napkin or rag with you (old t-shirt scraps work well!)

## Drew Langan / In the News



For some of us it is now less than two months until graduation, and for many of us in this position the specter of "now what?" weighs heavier with each passing day (especially those days when we get our job/grad school rejection emails!). This is going to sound ambitious or outlandish or just plain stupid, but I'm here to tell you that there is hope for those of you in search of a new crusade: try fixing climate change. In each subsequent newsletter, utilizing current

events and recent studies, I will be exploring potential solutions to climate change that begin (but certainly don't end) on the individual level.

Think I'm crazy? Email me at [elangan1@swarthmore.edu](mailto:elangan1@swarthmore.edu).

## DIY

### HONEY FACE WASH

- Wet face with warm water.
- Put ~1 tsp honey onto hands. Rub hands together & massage on face.
- Rinse with warm water (wait 5-10 mins for deep cleanse)

## Sarah Freda / Live Waste-Free



Tired of taking out the trash? Ever wanted to try a waste-free lifestyle but didn't know where to start? Ever since my roommate introduced me to waste-free living, I've been interested - but intimidated - to try it myself. So, I'd like to start with you! Each week, I will be providing you with tips on how to live a more environmentally friendly lifestyle. I'll be sharing recipes to create your own products, tips on how to reduce waste, and its impacts on our environment.

Have questions or tips of your own? Email me at [sfreda@brynmaur.edu](mailto:sfreda@brynmaur.edu)!

(Keep an eye out for pop-up DIY workshops coming soon)

## Fact

Food lost & wasted each year = more than 1/2 of the world's annual cereals crops. That's 2.3 billion tons in 2009/10! [worldfooddayusa.org](http://worldfooddayusa.org)

# The Potential of Individual Change

Drew Langan

How do behaviors as simple as what you eat impact the environment?

Big solutions can have small beginnings. I think the biggest mental trap we can fall into when thinking about climate change is that nothing we do on a day-to-day basis can make a difference. In the coming weeks, we look forward to sharing with you the messages of hope and action all of us have been studying and experiencing over the last two months, two years, even two decades. Each week we will be using a guiding issue or theme to help us highlight the many different levels of action we all can, indeed must, use to affect change. We must work on different levels because of the complexity of climate change and the system which has made it the 21<sup>st</sup> century's biggest challenge.

Take, for example, our food system which will be covered in more depth in a subsequent edition. It is a well-established fact that the standard American diet (or SAD!) has negative consequences for our health and for the environment. One recent study compared the standard American diet to healthy alternative diets (HADs) and examined the health care and greenhouse gas emission impacts of a potential switch. The authors found that by following USDA guidelines for consumption of red and processed meats, fruits and vegetables, and refined grains (eating less, more and more, and less respectively) the U.S. could cut emissions from food production by 11% and achieve savings of approximately 77 billion dollars from a reduction in coronary heart disease, type 2 diabetes, and colorectal cancer.

After learning about the profound effects our dietary choices can have on the climate and health, I began to change my eating habits. Less red meat, more vegetables. Pretty simple. This is not a plea for everyone to abandon meat-eating entirely; that would be both unrealistic and unnecessary. But it is a reminder to eat consciously. That slab of meatloaf that you grab from Sharples and only take one bite of has consequences. If you're like me, you'll start to lose the need to have meat with every meal. Maybe you'll even

tell your friends and they'll repeat the process. And maybe this groundswell of changed diets, in addition to creating an inherently healthy populous, will start to demand change from their grocers, favorite restaurants, even elected officials.

**“Big solutions can have small beginnings”**



This serves as a reminder, of course, that many people would like to eat healthier diets but simply do not have access to healthier options. There are people trying to tackle the issue of what are called “food deserts” on the local level through community gardening and food cooperatives. I maintain faith that if grassroots awareness and action against a too-often forgotten problem sufficiently grows, it will lead to long-overdue changes to our national food policies. There is no magic bullet that will solve our problem of climate change. But the silver lining of this daunting task is that it will allow all of us to reimagine the kind of society we want to live in. Our food system must continue to be efficient, but it must also provide us, all of us, with meaningful, healthy choices. I believe this systemic change can be catalyzed by people like us, the majority of whom *do* have the ability to change our habits in this way.

## WHAT IS LOCAL FOOD?

Prof. Julian Agyeman (who coined “Just Sustainabilities”) argues that the local food movement must challenge its understanding of “local” in order to keep the movement inclusive for trans-local, culturally diverse communities. He discusses food as more than just nutrition, an essential consideration when responding to “food deserts,” and gardening as a practice of place-making for immigrant communities. [Click here to watch](#) -Adina Spertus-Melhus

## Call Your Rep's: Bills of the Week

Here are this week's most controversial bills related to environmental issues. We've also included a sample script for you. Call your representatives and have your voices heard!

### Who to call:

#### Robert P. Casey Jr. (D)

+1 202-224-6324

*Line busy? Try local office numbers:*

Central PA: 814-357-0314

Erie: 814-874-5080

Harrisburg: 717-231-7540

Lehigh Valley: 610-782-9470

Northeastern: 570-941-0930

Philadelphia: 215-405-9660

Pittsburgh: 412-803-7370



#### Patrick J. Toomey (R)

+1 202-224-4254

*Line busy? Try local office numbers:*

Erie: 814-455-9925

Harrisburg: 717-782-3951

Johnstown: 814-266-5970

Lehigh Valley: 610-434-1444

Philadelphia: 215-241-1090

Pittsburgh: 412-803-3501

Scranton: 570-941-3540



#### Robert A Brady (D)

+1 202-224-4731

*Line busy? Try local office numbers:*

Delaware County: 610-874-7094

Philadelphia (E. Clearfield): 267-519-2252

Philadelphia (Memphis St.): 215-426-4616

Philadelphia (S. Broad St.): 215-389-4627



### Save Alaskan Wildlife

I'm calling in opposition to H.J.Res.69, the repeal of Alaskan wildlife protections. Inhumane hunting practices that target Alaska's bears and wolves don't belong in wildlife refuges.

### Save EPA Funds

I'm calling to oppose Trump's budget plan, which takes money from the EPA and gives it to the military. Military spending already represents half of our discretionary budget, and the EPA programs whose funding Trump would cut are vital to maintaining clean and livable communities.

### Save Arts & Humanities from Schools

I'm calling to take a stand against the Trump's proposed budget's elimination of funding for the National Endowment for the Arts, National Endowment for the Humanities, and the Corporation for Public Broadcasting. The total cost of these programs is a tiny fraction of the federal budget but they deliver a wealth of art, culture, education, and joy to our communities.

### Want your voice heard?

Go to [5calls.org](https://5calls.org) to find more issues & numbers for non-PA representatives!

### General Tips:

- ▶ Say your name, city, and zip code to the staffer who picks up
- ▶ Mention why you care! Add something related to why this bill matters to you
- ▶ If leaving a voicemail, give your full address
- ▶ Remember to thank them for their time & attention!