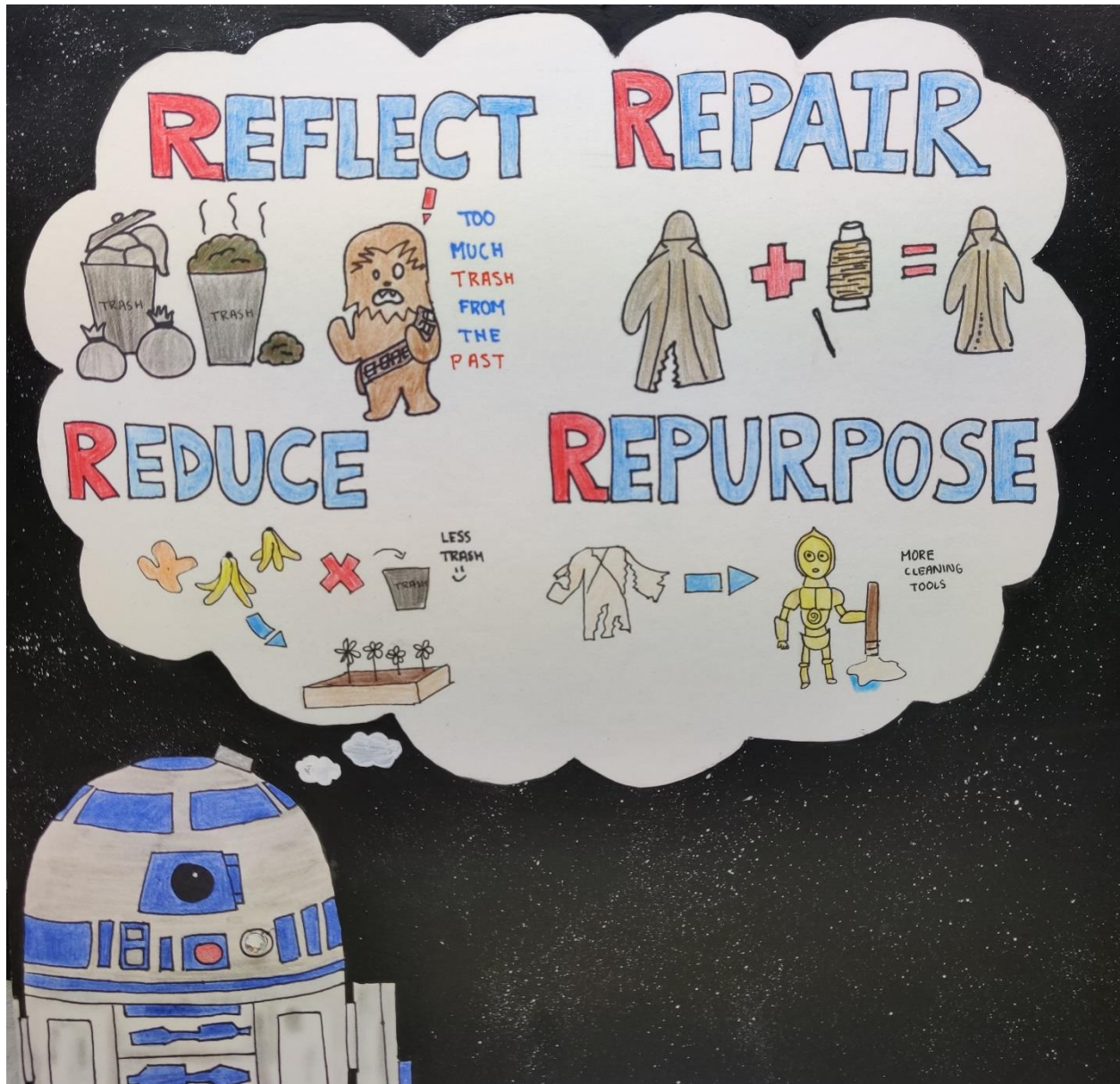


Courtney D., Alameda

May the 4Rs Be With You Contest 2020

Reflect, Repair, Reduce & Repurpose



My 4Rs Reflection

The four R's that I have chosen to demonstrate that I am part of the Regeneration are reflect, repair, reduce, and repurpose.

First of all, I chose to reflect because understanding my past will allow me to move forward and not repeat what I had done. It's important to learn from my mistakes because it signifies that I

understand the consequences of disregarding what is consumed and thrown in the trash. I realize that in the past, I genuinely never bothered to understand what happened to the things I used and wasted so I didn't see how my actions were contributing to the massive amount of trash and carbon dioxide produced.

Furthermore, I also selected repair to demonstrate that I am part of the regeneration because repairing things not only benefits me but it also benefits the earth. When I have to repair something, I am given the opportunity to learn a new skill such as sewing when a shirt is ripped. It is also a way to save money and use things to the fullest so nothing is wasted and there would be no need to purchase new items. Similarly, if the things cannot be fixed I could use the R repurpose. Sometimes things are broken beyond repair so I have to use it for its non-intended purpose. For example, if there is a shirt that I cannot fix, I can use it as a cleaning tool. In addition, some things can be used in a different way before being thrown away such as using package boxes to store items. That way I wouldn't need to purchase new boxes and waste the package boxes.

At last, the final R that demonstrates that I am part of the regeneration is reducing. Reducing the amount of trash I throw by using it for another purpose benefits the earth by decreasing the amount of trash I produce. If there is a chance that I could avoid purchasing things with plastic, it would limit the amount of plastic I bring home which in return decreases the plastic trash I produce. All in all, my 4R's reflect, repair, reduce, and repurpose demonstrates that I am part of the Regeneration.