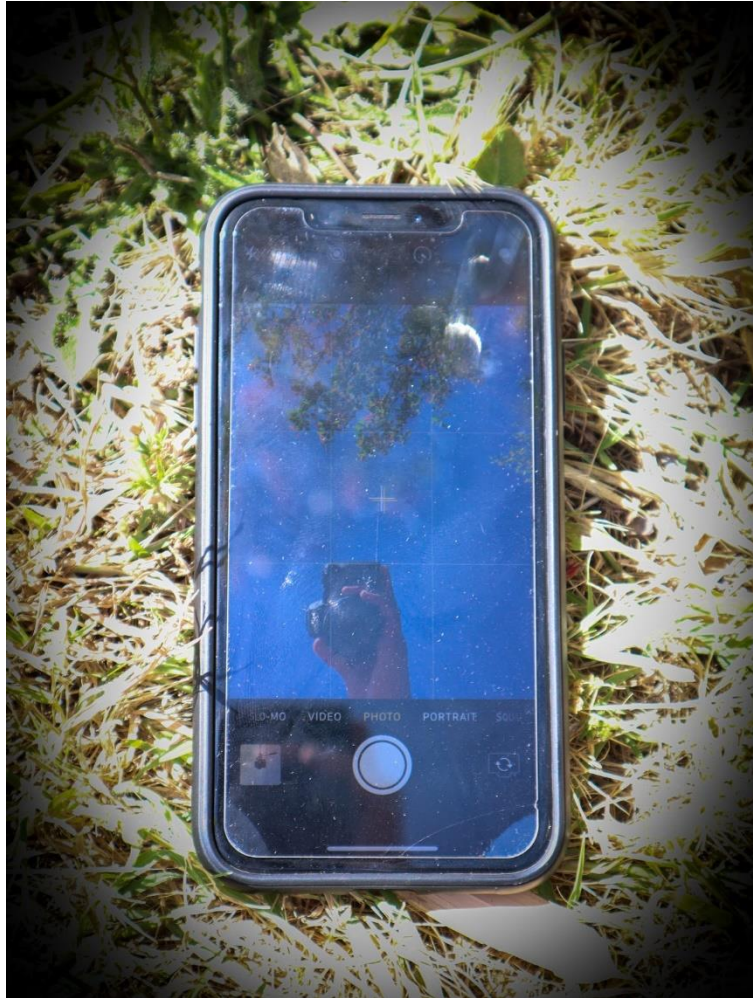


Nixon W., Alameda

May the 4Rs Be With You Contest 2020

Reflect, Reduce, Repurpose, Recycle



My 4Rs Reflection

My 4Rs are reflect, reduce, repurpose, and recycle. I chose these 4Rs because I think it directly 'combats' consumerism and the waste that comes from it. If you are thinking about buying something, reflect on it. Do you really need the product? Will it give you value when you have it or is it just another thing you want when you don't have it and later realize it's useless when you have it? One technique used by many is to go a few weeks, or maybe a month without it. Are you thinking about it everyday and is your life negatively impacted without it.

Reduce: you don't need said product and you can go without it, this reduces the amount of waste because you aren't buying said product and hopefully the people behind you will follow suit.

Repurpose: if something you already have can be used as substitute to the item you want, then repurpose it to your needs instead!

Recycle: if you have finally come to conclusion that the thing you've had on your mind is really essential to your life and it is replacing something that is maybe old, check if it is recyclable and if so, recycle it!

I think this photo represents my 4Rs very well. I used the front-facing camera on my phone and took a picture with the real camera. That shows reflection. Reflect before making decisions on buying something. The vignette from editing represents the pressures that society puts upon us to 'dictate' what we should have. But as you can see around the phone and in part of the phone's 'reflection picture,' there is grass and trees. The grass and trees represent what we are losing when we make rash impulse decisions that don't bring any value. The beauty of what we call Mother Earth is being affected everytime we buy something that is useless. We have to preserve our beloved Earth for the future generations.