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Earth Day 2025

Over the last couple years, I've been learning more deeply about sustainability and the ways our everyday choices impact the planet. Global warming is becoming more serious every year, 2023 was the hottest year on record, and we're seeing irreversible damage to ecosystems across the globe. In the U.S., industrial farming alone contributes over 10% of our greenhouse gas emissions and pollutes over 145 million acres of soil and waterways. Fast fashion giants like Shein and Temu are fueling this crisis by producing billions of garments each year, often in unsafe, exploitative factories with massive environmental costs. And it's not just fashion, tech companies are also driving environmental destruction. The push for smartphones, electric vehicles, and batteries is creating massive demand for cobalt, much of it mined in the Democratic Republic of the Congo under horrific, near-slavery conditions, including child labor. Over 70% of the world's cobalt supply comes from the DRC, where workers often earn less than \$2 a day while digging by hand in toxic environments so billion-dollar companies like Apple, Tesla, and Samsung can keep profiting. So much land in our country is at risk of hysteresis, a dangerous tipping point where ecosystems are so damaged they can't bounce back, even if we stop the harm. Multi-billion dollar corporations like ExxonMobil, Nestlé, Amazon, Coca-Cola, and Meta are some of the biggest polluters on Earth, pumping out millions of tons of plastic waste and CO₂ while billionaires like Elon Musk and Jeff Bezos pour money into space vanity projects instead of fixing the world they live on. The recent all-female space mission, for example, may look empowering on the surface, but it's still a PR stunt that costs millions and contributes to environmental harm while the planet burns. It is important to try and to take action. Shop locally. Support brands that prioritize the planet like Patagonia, Reformation, Allbirds, and small businesses who prioritize all natural, safe, and sustainable products. Stick to AZA-accredited zoos to support animal conservation—these are the only zoos held to real ethical and environmental standards. Documentaries like Cowspiracy, Seaspiracy, Kiss the Ground, and Our Planet on Netflix are a powerful place to start. Organizations like the Environmental Working Group (EWG), Earthjustice, NRDC, and the UN Environment Programme also provide facts and updates to stay educated and on top of current issues. Vote for legislators who believe in climate action, not greed. According to the IPCC, we must cut global emissions nearly in half by 2030 to avoid the most catastrophic impacts of climate change, yet we're currently on track to overshoot that target by more than double. Wildlife populations have declined by an average of 69% since 1970. Glaciers are melting 31% faster than just 15 years ago. Our oceans are acidifying, forests are burning, and weather patterns are becoming more extreme each year. Change is urgent and we can't afford to be distracted. Educate yourself, and remember that even the smallest shifts in your life, from what you buy to who you support, can help change the future.