



## THE EARTH IS FALLING OUT OF ORBIT

HUMANITY HAS STOLEN THE EARTH. ONCE A THRIVING WORLD, THE MASSIVE IMBALANCE OF POWER THAT OUR SPECIES HAS OVER NATURE IS PROVING FATAL. THOSE WHO HOLD THE MAJORITY OF THIS POWER USE IT FOR THEIR OWN GAIN, FORGETTING THAT EVERYTHING AND EVERYONE ON THIS PLANET PLAYS A PART IN MAINTAINING A BALANCED ECOSYSTEM. THE SCALE HAS TIPPED AND WE NOW WATCH AS THE ENVIRONMENT BURNS ALL AROUND US. WHEN OUR BIG BLUE HOME CEASES TO PROVIDE FOR US, ANIMALS AND HUMANS ALIKE WILL BE FORCED TO SEE THE CONSEQUENCES.

THERE ARE FIVE OF US:  
NICHOLAS RODRIGUEZ  
IZADORA LOPEZ MCGAWLEY  
CARLA GUTIERREZ  
THALIA PERALTA  
ADRIAN PEREZ HERRERA

EACH OF US HAS CHOSEN A DIFFERENT TOPIC THAT EXPOSES OUR FAILED MISSION TO TAKE CARE OF THE EARTH.



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## Community Resources



**Sierra Club San Diego Chapter**  
[sandiegosierraclub.org](http://sandiegosierraclub.org)

**Center For Biological Diversity**  
[biologicaldiversity.org](http://biologicaldiversity.org)



**Environmental Health Coalition**  
[environmentalhealth.org](http://environmentalhealth.org)



**Hope For Paws**  
[hopeforpaws.org](http://hopeforpaws.org)



**Congress For New Urbanism**  
[cnu.org](http://cnu.org)

**San Diego Animal Advocated**  
[animaladvocates.org](http://animaladvocates.org)



**PrAna**  
[prana.com](http://prana.com)



# SUSTAINABLE FASHION

Citations

Everyone has heard of fast food, but not everyone knows about fast fashion. Humans have become so used to affordable clothes that the average consumer now almost expects to be able to buy a brand new outfit for less than the cost of dinner and a movie. The items are cheap, but consumers are not aware of what the low prices of big fast fashion brands, like H&M, Zara, Forever 21, and Gap actually cost. Cheap clothing incorporates much more than simply not causing the buyer to spend loads of money. The fast fashion industry could make themselves more eco friendly by using sustainable fibers and fabrics, not wasting unused material, and producing the clothing in sweat free factories.

With new trends emerging so rapidly, clothes are seen as unfashionable and no longer wearable. People then end up with clothing that is unwanted. Instead of these garments being recycled, they are usually just thrown away by the owner. In Britain alone, about 65 pounds of unwanted clothing a year are improperly discarded, and only about an eighth of it goes to charities to be reused. The garments that are thrown out improperly ends up finding their way into landfills where it then stays and pollutes the ground and water around it. Fast fashion garments are made using artificial, and inorganic material. Since these garments are made from synthetic and inorganic material, they do not deteriorate and end up stays in our ecosystem forever.



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The definition of a sweatshop is: "An employer that violates more than one federal or state labor law governing minimum wage and overtime, child labor, industrial homework, occupational safety and health, worker's compensation or industry regulation." Sweatshops are located all over the world. Sweatshops are most highly focused in developing countries like India, Bangladesh, etc. Sweatshops have also been found in the United States.

Clothing made from natural, organic materials is much healthier for the environment. It does not use as much energy as its synthetic and inorganic material, also it does not use any harmful chemicals. A couple of sustainable fibers include: Bamboo, hemp, organic cotton, wool, and silk. These clothes will have a longer lifetime. Recycled fibers are also a great alternative. Brands such as Aquafil are the start of completely re-thinking how the fashion industry will run in the future. Progress that has been made on sustainable fibers is still in the sea of waste and overconsumption that is a ginormous smudge in fashion industry.

There are also disadvantages that come with organic clothing. It is important to highlight that organic clothes is much more expensive. Organic material is usually much more expensive than synthetic material. Another disadvantage of organic materials is that it can take more than 20,000 liters of water to produce 1 kg of cotton; equivalent to a single T-shirt and pair of jeans. The cotton industry has been tied to forced labor and the suicide of the farmers of grow it, but this does not depend on the crop being grown organically or not; the unsustainable volumes are



driven by global apparel demand and the culture of fast fashion, among other factors.

Lots of people haven't even heard about fast fashion and have no idea what it is. Without any information and education about it, people are not going to think about the harm they are doing when shopping and purchasing. Little does anyone know about the problems that are being caused by their shopping habits and the effects that their habits have on our environment, themselves, and other human lives.



WE WOULD LIKE TO GIVE THANKS TO ALL THE PEOPLE WHO HELPED US MAKE THIS POSSIBLE

THE FOLLOWING PEOPLE WE WOULD LIKE TO THANK FOR HELPING US IN THE PROCESS OF CREATING OUR ZINE:

AKIKO SURAI  
LUISA MARTINEZ

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ALLIAH EUSIBIO  
ANA CASTRO REYNOSO  
ESPERANZA-----  
KIMMIE VEIHL  
MARI HERNANDEZ





Another thing we can do to save the endangered species is to spread awareness. Animalplanet.com says “Start an animal appreciation club”. If this club existed it would be a good place to discuss animal issues. Also taking action like feeding animals and helping put a stop to the hunters. We would talk about Rhinos, Dolphins, Pandas, and Wolves. Animalplanet.com also says to “Organize an event in your local community center”. This is a good way to spread awareness because you can reach lots of people from planet earth. The goal is let them free and into the wild. Animals are the species from our world and we have to share the same planet. We can help endangered animals by doing two things, giving them medical attention and raising awareness.



## ENDANGERED SPECIES

Right now we have to do what's right for animal life to keep peace in this world. Over 1.8 million years ago after the end of the dinosaurs, new creatures had appeared. These are known as the fantastic beasts which are called mammals. They lived for over a century, then the new species known as humans came to be. They were skinny and hairy. They were also known as The Caveman. The caveman hunted all kinds of animals. They made tins, clothing, and also some weapons known as spheres to hunt down some large beast like Mammoths or Woolly Rhinos. Now, these animals that we knew of the most, started to disappear. We can help endangered animals by doing two things, giving them medical attention and raising awareness. Medical attention for those that are endangered species is one thing that we can do to help save them. German Carias from *The Costan Rican News* says that, "The Tasmanian devil and its plight with a contagious form of facial cancer have perplexed zoologists for some time now. Now, research is being conducted on how to save these animals... Scientists are using gene therapy to discover ways to help cure the animals of the pandemic." This information is important because animals need to be saved to be healthy.





## WELL, WE SAVED THE POLAR BEARS...

Coverage on environmental issues comes from an upper class white perspective when the people really suffering are low income people of color. Solutions concerning environmental degradation need to better address the harsh realities of corporate America's negative impact on air, water, and public health within black and brown communities.

Barrio Logan, is polluted by multiple waste disposal lots, a large naval ship repair facility, and a freeway in its residential area. According to the California Office of Environmental Health Hazard Assessment (OEHHA), "Asthma-related hospital visits in the 92113 ZIP code fell within the highest 10th percentile in the state." Many of these polluters go unregulated, sometimes even invited by San Diego government in the name of economic development. This is not solely a concern in San Diego, Southern California, or even California. A report called "Toxic Wastes and Race" found that, "more than half of the people who live within 1.86 miles of toxic waste facilities in the United States are people of color." Yet, communities of color go without protection. Instead, our government sways in favor of corporate america, and allows for toxic industry to move in on these neighborhoods more and more each day.







In Flint Michigan, a predominantly black/low income community, the Environmental Protection Agency (EPA) found that there were, “dangerous levels of lead in the water at residents' homes”. When a government does not give a neighborhood the proper monitoring of infrastructure, contamination levels, or the fiscal resources to maintain drinking level quality, situations like this arise. In more extreme cases, like the Colonias in Texas or certain Native American reservations, entire populaces can end up with no piped water. When studied in 2007, the American Journal of Public Health found that for Navajos, “30% were without piped water”. The rest of the water was highly contaminated from mining corporations that exploit Navajo labor. For similar reasons, many migrant farmworker communities are also found to have water with high levels of pesticides or nitrates, poor overall sanitation, and “grossly inadequate” water systems. Even in more populated regions, these problems persist, affecting people of color disproportionately. Despite an immense outrage over the current issues in Flint, the scope of water injustice in America goes largely unaddressed.



In many Black communities throughout the US, lead poisoning is anything but uncommon. In fact, in Chicago, a city that is 33.8% African American and 22.8% Latino, “approximately 17.3% of children tested were found to have an elevated blood lead level.” (Chicago Department of Public Health) Lead poisoning can lead to physical, psychological, and behavioral damage. Connections have also been made between lead exposure and children in juvenile detention. Because many adults already stereotypically associate this rowdiness or lack of comprehension with children

of color, a child will more likely be reprimanded for their compromised brain development than be treated for it. Moreover, the connection between exposure and juvenile detention shows that lead exposure is one of many contributors to the cycle of poverty. “African American children are 12 times more likely and Hispanic children are 5 times more likely than white children to have elevated blood lead levels.” (Chicago Department of Public Health)

U.S. Representative Keith Ellison once said, “We [people of color] carry the environmental burden even though we don’t create it. I don’t know any African Americans that own coal plants but we suck in all the lead and mercury. We bear a disproportionate environmental burden but we don’t contribute nearly as much to the problem.” The restoration of our planet should not be something that is solely dependent the individual, but on the companies that profit off of the crumbling Earth beneath their feet.

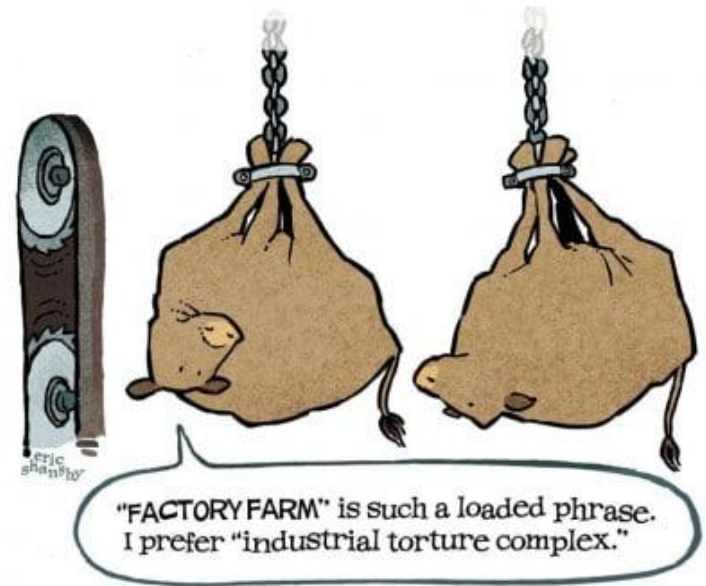


Since it is not getting taken care of especially hygienically, it spreads illnesses to the animals. Humane Society International estimate that more than 115 animals are used annually for testing worldwide

A form of animal cruelty that is beneficial but to an extent is animal testing. It is viewed as a necessity to do so to make products and medications safe for humans. Since we cannot test on humans we do it on animals, but with things like products, there is a rising demand for more effective products and that causes companies to rush for new products in resulting in more animal testing. Since disposing of the animals and tools used cause waste in the environment it affects things living around it.

A way to spread awareness and get rid of the obliviousness that we have is by knowing where they come from. Along with scheduling a speaker from your local humane agency to discuss animal rights and the types of animal cruelty. The mistreatment of animals is often overlooked merely because people are oblivious of the extend the abuse can reach; the continuous mistreatment can actually end up affecting people and the possible future of the environment. If we focused on the basic needs of the animals, it will strengthen their needs and the needs of humans.





Animals have a huge impact on our lives, whether we know it or not, the treatment of animals affect our day to day lives. Since what we consume from animals is a lot, there is a high count in factory farms and animals who live their lives in the factory and are not being properly maintained. The consumers are provided meat that lived in a environment that did not provide any room to spread its body, burned and suffocated by ammonia, and force fed the same meal that does not provide nutrition.

Another example of animal abuse that can directly affect people is that the abuse of animals can slowly grow to instability which can result into domestic violence. Intentionally harming animals also correlates with harming others and other crimes. People who are involved in dog fighting or other are related to other crimes like drug trafficking and domestic violence. With domestic violence and child abuse, the abusers also target their pets along with the victims.

Not only it affects the living of the animal but also the environment. Factory farms affect the environment because the waste pollutes the water, air and land. Factory farms is one of the main forms of animal cruelty that affects the environment in a drastic way. With the livestock producing 18% of total greenhouse gases, it increases climate change and global warming.





## PROTECT NATURES BEAUTIES

The absence of knowledge of animal cruelty feeds onto growing numbers of cruel acts that our lives are being influenced by. The lack of knowledge can shelter our view from animal cruelty and the depth thinking it as a person hitting their dog rather than factory farms or puppy mills. The mistreatment of animals is often overlooked merely because people are oblivious of the extent the abuse can reach, the continuous mistreatment affecting people's lives and the possible future of the environment.

Animal cruelty is portrayed in a way that only shows pieces of a greater picture. The information given to the public eye is selectively displayed as seen fit. Animal cruelty is not regarded in a higher value than it should be. People prioritize the wellbeing of their future generations. Nobody talks about the future of their children's dog, they only talk about the future of their children's education and wellbeing. If only they understood how the neglect of animals especially farm and wildlife affect the food and environment that their children will be depending on, things would be different. The lack of public discussion about animal cruelty and its consequence being extreme animal suffering, is probably due, in part, to affected ignorance of animal behavior and maintenance.





## A NATURAL SOLUTION

Urbanization has been said to be a convenient way to reach all types of essential resources, but without a care for natural resources, these city-like settings are meaning less time for humans existence. Today's form of worldwide urbanization must be fused with an architectural design principle of nature in order to increase happiness, decrease violence, and prolong the existence of humans on Earth.

Most people who move to urban areas are people seeking job opportunities, education and health benefits. They get there and find themselves negatively affected by the dense, concrete cities are found to have an increased level of mental health issues. Mental health is one of the prime diseases affecting the world due to an immense increase in urbanised nations. A study found a significant positive correlation between the amount of green space people encountered daily and the decline in cortisol, a hormone that gets elevated in response to physical or psychological stress. This meaning that *concrete jungles* are feeding humans worry and stress. Urbanism is funding the promotion of mental health when compacting areas without appealing to the connection humans have with nature. It is incapable of fitting so many people in a given space, which results in lack of proper life quality. By including nature as a core principle of architecture, it allows for an aesthetically gratifying design and solves the stress aspect that







comes with an urbanised world. Compared to cities, rural and suburban areas experience daily life closer to nature. Those living near the trees exhibit fewer aggressive and violent acts against their partners. When a group of urban women took a test for researchers, they expressed low levels of concentration. This is linked to mental fatigue meaning that the ability to concentrate is refreshed by green views, along with the ability and willingness to deal with problems thoughtfully and less aggressively. With constant contact to greenery in urbanized areas, it will positively impact the violence and aggression trending worldwide. In order to be compliant with the natural design, sustainable sources of energy must be used in order to shift this new way of life. The amount of energy and space that is dedicated to making the world more urban is killing the planet. Urbanization plays a key role in resource depletion from the ways that urban areas are created to the amount of energy the cities consume. Energy consumption creates climate change along with leaving a city or town unprepared for a natural disaster. By incorporating a natural design principle to architecture, we embrace a relationship that requires us to take into account the environment. At the rate of damage humans are doing to the earth, resources will deplete sooner than expected. Many would say that a natural design is not accomplishable because cities provide job opportunities that people



cannot give up. "As more enterprises and organizations are being established, more people can have jobs and also the added value increases. Just think what would happen with economics, if there was no cities," Janis E. In 2014, research found that while urbanization may not lead to economic development, other factors have played an important role in inducing economic growth and raising living standards. 22 countries have positive urbanization processes, negative economic growth rates still occur. Although there have been cases of a strong urbanization sprawl correlated with economic growth, it does not entirely link the two together. There is a negative trend of urbanization developing countries due to dense cities, infrastructure, and violence that leads to negative mental health. While urbanization may be a way to make things more accessible to all, it fails to do so because of how poorly planned the cities are. What we need is a form of urbanization that will show us positivity and light, which we can find through a greater environmental design.

