I WILL FIGHT CONVENIENCE AND **AVOID SINGLE USE PLASTIC. I WI** LL NOT WASH SYNTHETIC GARM ENTS WITHOUT FILTERING THE W **ASTEWATER. I WILL REUSE ALL VA** LUABLE MATERIALS, I WILL SEPA RATE WASTE. I WILL REPAIR BEFO RE I BUY NEW STUFF. I WILL BE CR ITICAL TOWARDS MISLEADING A **DVERTISING. I KNOW I DO NOT N** EED MUCH AND FOCUS ON THE ESSENTIAL, I ACKNOWLEDGE TH AT MY CONTRIBUTION TO PROTE CT NATURE MATTERS. IF WE CO NTINUE AS IT IS, THE POLLUTION OF OUR OCEANS WILL BE IRREV **ERSIBLE. PLEASE REFLECT AND C** HANGE YOUR HABITS AND CON VINCE OTHERS TO DO SO, TOO. SPREAD THE WORD. WE NEED TO ACT NOW, STOP! MICRO WASTE