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VOLUME 3

# The News

CCHS EcoCats



## Newsletter Highlights

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Eco-Anxiety

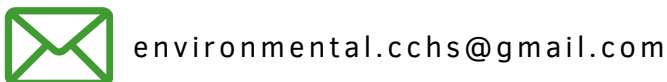
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Women's History Month

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Upcoming Events

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# Crash Out by Climate Change: Understanding Environmental Anxiety

By River Martin, Senior

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Environmental anxiety, also known as eco-anxiety, is a common emotion, driven by uncertainty about the future of animals, plants, and the planet as a whole. Although it may seem like a new term popularized by the media, the feeling itself is not new — it's something most of us have experienced in one way or another.

Maybe you've felt sadness after learning that your favorite animal is now endangered. Or perhaps you've experienced anxiety after seeing images of polluted oceans or fear when hearing that hurricanes are becoming more intense. These feelings are valid, and it's important to acknowledge them. However, eco-anxiety doesn't look the same for everyone — and that's okay. Your experience, whatever it may be, is valid too.

So how do you cope with these feelings of stress while still taking steps to protect the environment? Here are a few ways:

- **Educate Yourself:** Stay informed about environmental issues and learn how you can make a difference. Knowledge is power — use it. Email your local and state representatives to advocate for climate policies, sign petitions, or attend community meetings about environmental action.
- **Try New Things:** Take small, meaningful actions like reducing plastic use, joining a local clean-up, or advocating for policy change. You can also talk to someone about your feelings — whether it's a friend, family member, or counselor — because you're not alone in feeling this way. Sharing your thoughts can help ease the weight of eco-anxiety.
- **Have Hope:** Focus on the beauty of nature and the importance of preserving it. This can help turn anxiety into action.

Just like eco-anxiety, the way we engage with the environment looks different for everyone. To explore this, I asked a group of students and two teachers a few questions:

- How do you stay informed about environmental issues and sustainability trends?
- Can you describe a time when you felt influenced to make an environmentally conscious choice? What was the choice?
- What's one thing about the environment that you appreciate the most?

Their responses shed light on the diverse ways people connect with and care for the planet — whether or not they personally experience eco-anxiety. The important thing to remember is that no matter what your relationship with the environment is, your contribution and feelings are valid.

**Jaedyn Bropleh, Age 18:**

1. How do you stay informed about environmental issues and sustainability trends?

“I follow multiple magazines and news publications, and I try to stay updated with local organizations”

2. Can you describe a time when you felt influenced to make an environmentally conscious choice? What was the choice?

“Whenever I'm out at restaurants, when the offer us straws I say ‘I don't need a straw’ because I know it's making a slight difference”

3. What's one thing about the environment that you appreciate the most?

“I appreciate a lot of the ecosystems we get because they provide us with a lot of services like food, clean,air and things even like tourism I've learned to appreciate”





### Joshua Locklear, Age 17:

1. How do you stay informed about environmental issues and sustainability trends?

“Through AP news, it has a environmental stories whether it be through industrial impacts of legislation changes”

2. Can you describe a time when you felt influenced to make an environmentally conscious choice? What was the choice?

“Driving down Saint Marys road and seeing a turtle trying to cross an intervention, so I grabbed the turtle and took it to the nearest shelter...because its a moral obligation to protect those living in the environment impacted by our industrialization”

3. What’s one thing about the environment that you appreciate the most?

“I appreciate the natural sounds and peace it brings”

### Layla Lamm, Age 15:

1. How do you stay informed about environmental issues and sustainability trends?

“The news, I watch tik tok too, I’ve found they have a lot of accessible factual stuff”

2. Can you describe a time when you felt influenced to make an environmentally conscious choice? What was the choice?

“I was influenced to do community service when I saw other people doing community service... I felt positive after the experience because I could help”

3. What’s one thing about the environment that you appreciate the most?

“The versatility of the environment, how things look different. It can be in the same place but so many different things that are all natural to Earth”



**Dr. Tracie Nicolai, Teacher:**

1. How do you stay informed about environmental issues and sustainability trends?

“I subscribe to various environmental organizations and I'm an active member of ny counties keep nassau beautiful environmental organizations, and I read the news”

2. Can you describe a time when you felt influenced to make an environmentally conscious choice? What was the choice?

“Yes, I researched problems with overfishing and the impact of China’s “flett”, and shared information with people I know and contributed to an organization fighting against overfishing”

3. What’s one thing about the environment that you appreciate the most?

“I appreciate the impact it can have on our mental health and physical health, helping us have clean air... I especially love nature walks and hiking”

**Chandler Mann, teacher, 27:**

1. How do you stay informed about environmental issues and sustainability trends?

“I guess by national media outlets”

2. Can you describe a time when you felt influenced to make an environmentally conscious choice? What was the choice?

“When we moved into our new house the hoa provided a trash can and a recycling bin so i felt pressured t o start recycling so i did”


3. What’s one thing about the environment that you appreciate the most?


“The natural beauty of it. I enjoy the Woods the beach the mountain anywhere where is just natural landscape”

Ultimately, make sure to remind yourself to value the joy you have for the world you grew up in, even in the face of fear. Remember, anxiety doesn't have to be a constant part of your life. Every action you take for the environment, no matter how small, can make a difference. You may feel like you're planting seeds in a garden you'll never see, but that garden will grow, nourishing and spreading happiness to others. So, be kind to yourself, and most importantly, be kind to the Earth.


Want to learn more about eco-anxiety,  
the environment, and ways to help?  
Check out the links below!

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 [TIME. \(2022, MARCH 23\).  
CLIMATE ANXIETY IS REAL:  
HERE'S HOW TO COPE.](#)

 [HARVARD HEALTH PUBLISHING. \(2022,  
JUNE 13\). IS CLIMATE CHANGE  
KEEPING YOU UP AT NIGHT? YOU MAY  
HAVE CLIMATE ANXIETY.](#)

 [U.S. ENVIRONMENTAL  
PROTECTION AGENCY. \(N.D.\).  
ENVIRONMENTAL TOPICS. U.S](#)

 [NATIONAL OCEAN SERVICE.  
\(N.D.\). EARTH DAY:  
PROTECTING THE OCEAN AND  
OUR ENVIRONMENT.](#)

## It's Women's History Month! Let's Celebrate Women Who've Made an Impact on Environmental Advocacy and Science

By River Martin, Senior

Wangari Maathai, born in Nyeri, a rural area of Kenya, earned her degree in Biological Sciences and later implemented sustainability ideals with a holistic approach to development, embracing democracy, human rights, and women's rights. Her work eventually led her to become the first Black African woman to win a Nobel Prize. One of her most famous accomplishments is founding the Green Belt Movement, one of the most effective grassroots organizations, which empowered women to plant trees in order to restore the Mau Forest.



Xiaoyuan Ren Charlene Ren, also known as Xiaoyuan Ren, is a Chinese environmental engineer. At the age of 23 she founded MyH2O which worked as a server that connects thousands of rural communities to clean water. With a B.A. in Physics from Vassar College and dual M.S. in Environmental Engineering & Technology and Policy at MIT Ren has utilized her background in technology in hand with environmental engineering to create a data based network that also empowered rural citizens of China to learn how to use their voices and unite as a community in finding solutions to water pollution. Additionally, Ren is a member of China Youth Climate Action Network and continues to advocate for sustainable, accessible solutions for monitoring policy structure in rural areas.



Born in Los Angeles, California, Winona LaDuke attended Harvard University and graduated in 1982 with a degree in rural economic development. LaDuke is best known for her work in sustainable development, renewable energy, and food systems, particularly for Indigenous tribes in the United States. One of her most significant contributions was her testimony advocating against toxic mining practices on Native land that polluted water and destroyed Indigenous agriculture and the environment. She succeeded in securing a \$1 billion settlement from a subsidiary of Anadarko Petroleum, Kerr-McGee, to the Navajo Nation for uranium-laced water cleanup and compensation for those living with the health effects of uranium contamination. LaDuke continues to advocate for Native groups, amplifying the voices of not just the people living on the land but also giving a voice to the land itself. Her work has highlighted numerous instances of neglectful actions toward Native land, including oil pipelines and mining.



# UPCOMING EVENTS

Looking for things you can do nearby this month? This is where you'll find them!

You can find more opportunities at this link.

State Parks & Historic Sites  
Department Of Natural Resources



## LOCAL



LITTER  
CLEANUPS



COASTFEST



LOW-TIDE PADDLE  
RIVER TOUR



TURTLE CRAWL



FREE TREE  
EVENT



HILLIARD CLEAN UP  
AND COOK OUT



WILD NITE - RIGHT  
WHALE UPDATE

Thank you for reading our newsletter! As we produce more we plan to have more involvement from EcoCats and other students. A form is posted for anyone who would like to submit articles, photography, etc! Be on the lookout for updates on Google Classroom.

