

Virtual summits and campus activities for this year's Earth Day

ALEX CLARK

LIFE EDITOR

Earth Day may not be until tomorrow, but demonstrations demanding climate action are already occurring.

The Global Youth Summit led by Earth Uprising International began yesterday afternoon, with panels, speeches and messages from climate activists such as Greta Thunberg. The virtual summit was held online and open for anyone to attend, with sessions based on issues such as freedom to protest, climate education and transitioning to renewable energy.

Following this summit, youth climate activists will create a list of climate demands they want to be addressed at president Biden's World Leaders Summit, which will be held tomorrow.

Yesterday evening, Hip Hop Caucus held a virtual summit called "We Shall Breathe," combining climate issues with issues such as police brutality and the pandemic. On their website, information about the event said, "Hurting people, hurts the planet. If the people are taken care of, the planet will be taken care of."

President Biden will also be hosting a virtual World Leaders

Summit, with intention to show that the U.S. is ready to take climate action. Up to 40 world leaders are expected to attend the summit, and Biden invited leaders from countries with the highest carbon emissions, as well as leaders from countries which are already feeling the effects of climate change.

After becoming president, Biden began making moves to take action about climate issues. He re-entered the U.S. in the Paris Climate Agreement, which the U.S. left during Trump's presidency. The Paris Climate Agreement is an international treaty on climate change. The goals of the agreement are to limit global warming and reach global peaking of greenhouse gas emissions as soon as possible to achieve a climate neutral world by mid-century. In the agreement, countries were to submit their plans for climate action and long-term low greenhouse gas emission development strategies by 2020. The agreement provides financial, technical and capacity-building support to

countries who need it. Starting in 2024, countries will report transparently on actions taken and the progress they are making. Here at A-State, the Environmental Club will be hosting Earth Day on The Lawn tomorrow from 1-5 p.m., an event where campus organizations and corporations come to campus to celebrate Earth Day. The event will feature activities to participate in, giveaways, prizes



GRAPHIC COURTESY OF INSTAGRAM (@VOLUNTEERASTATE)

and a table to sign up for the campus clean-up on Saturday.

The Environmental Club works to help the A-State campus become more eco-friendly by hosting campus clean-ups, sustainable item giveaways and highlighting sustainable items on their Instagram page (@astate_environmental_club) to show students ways to replace less eco-friendly items. Before COVID, they would go to classes to educate students on

what they can do to live sustainably on campus and in their lives, and they partner with local and national organizations who promote sustainability such as Jonesboro Chambers of Commerce Green Business Committee, Keep Jonesboro Beautiful Campaign and the Citizens' Climate Lobby.

In addition to Earth Day on The Lawn, Environmental Club will be hosting a screening of the documentary "I Am Greta" in the Mockingbird Room on the third floor of the Student Union at 6 p.m. tomorrow.

Volunteer A-State, Student Government Association and the Student Activities Board will be hosting a campus-wide clean-up at the same time as Earth Day on The Lawn. The first 100 volunteers to show up for this clean-up event will receive a free t-shirt and goody bag.

In recent years, A-State began to reduce waste and energy consumption by adding recycling bins all over campus, recycling cardboard collected from move-in days and selling reusable straws, water bottles and bags in the campus store. The campus store now also charges 25 cents for plastic bags. In ad-

dition, the Embassy Suites hotel is the first Leadership in Energy and Environmental Design certified building on campus.

Fighting climate change isn't always attending protests and summits. Fighting climate change can be recycling regularly, using reusable bags when shopping, unplugging electronics when they're not in use, utilizing natural light as opposed to lightbulbs during the day and switching to more eco-friendly appliances such as programmable thermostats and electric stoves.

Joseph DaVault, the Environmental Club treasurer and a senior Spanish major from Paragould, Arkansas, said, "Reduce, reuse and recycle. It sounds cliché, but it really works. One of the easiest ways to be more sustainable is to make small changes one step at a time to make your normal routine more sustainable instead of trying to go zero waste all at once. Some of the best ways that help are to cut down on water usage, walk or ride bikes instead of driving, eat less meat, cut out single use plastics and finally to follow our Instagram page for more information about being eco-friendly!"

TAKE A MOMENT AND AVOID BURNOUT

JESSICA MCMILLAN

STAFF WRITER

It's that time of the school year at A-State -- deadlines have to be met and assignments are getting done at the very last minute. Summer is getting closer, and almost all of us are ready for a long break. Some may have vacation planned out to whatever their heart desires, others may just be working, and some might just be staying home and relaxing their body like it has been to war and back.

With everyone doing something, there is one thing in common and that is needing a break. A break from late night assignments, trying to get intouch with group members about a project ...

Often when we are busy, we are crossing things off our to-do lists. We get so caught up on what needs to be done and how long we have, we forget to take care of ourselves. The result of that is being burnt out, or as my father would say, "you are burning the candle on both ends."

What it means is that your body is getting close to a point where it becomes harder to function as it is. We become unfocused and work harder to stay on-track with the to-do list. That results in us getting worn down even more. Signs of being burnt out

include lack of motivation, constant frustration, difficulty paying attention and even isolating yourself from those around you. It is easy to forget about your own well being and just focus on your priorities. Even writing this, I am burnt out from all I have been doing to stay on top assignments and just want to sleep.

What I have learned over time here at A-State is that it never hurts to just take a moment and step away from what is keeping you up at night or driving you up the walls. The action of "taking a moment" is different for everyone. For one person, just walking around outside brings enough peace to recharge. For another person, it could be talking with a friend over the phone; seeing how they are doing and venting to each other about the day.

For me, when I have been in my room for far too long, I get restless and start overthinking things. For example, this past weekend, I was focused on one of my class projects and could not settle on an idea. Every hour would be a new idea and thought. Even before going to bed, I had to take a piece of paper out and write it down before I forgot it.

What I do for my "taking a moment," is leave my room with a few things. I go to the

student union and figure out what I should eat. I search for an area that is busy and slightly noisy. I sit down and just listen to the people around me. It could be from people talking to type notes on the many laptops. Hearing the noise around me clears out my head and gives me a moment of peace.

My favorite spot is the Starbucks here on campus. My usual order is a Black-and-White Mocha Frappuccino (which tastes like chocolate milk, for those who would be interested) and a bacon, gouda and egg sandwich.

I say this place is my "favorite spot" for a few reasons: first, it is the closest one I can get to; second, it's the best place to spend flex when the year is about to end and you still have a lot left; third, and final, is that it gives me a sense of peace when sitting down in the Sunbelt Lounge. Hearing the different groups talking, the sounds of laptop keys, the blenders starting up and names being called out. More often than not, I will be at Starbucks either taking a moment or working in peace.

For those of you who are on the edge of being burnt out, it wouldn't hurt to step away for a minute instead of pushing yourself until you have reached your limit. Step back and take a moment.

10 WAYS TO BE ECO-FRIENDLY IN JONESBORO, AR.



Arkansas State University Environmental Club

- 1** USE CANVAS INSTEAD OF PLASTIC BAGS
Canvas is sturdier than plastic and typically holds more.
- 2** DON'T PURCHASE PLASTIC BOTTLES
Purchase a reusable glass or steel water bottle. If you don't like drinking tap, invest in a water faucet filter.
- 3** CUT DOWN ON WATER USAGE
Take shorter showers. Install a 3.5 gallon flush toilet, it will reduce your toilet water usage by 60%.
- 4** PURCHASE THE RIGHT LIGHT BULB
When your next bulb burns out, replace it with a compact fluorescent light. CFL bulbs last 5x longer and use less electricity.
- 5** START A COMPOST BIN/PILE
Why buy compost when you can make your own? Use your food scrap waste to feed your garden.
- 6** EAT LESS MEAT
Animal agriculture is responsible for 51% of greenhouse gas emissions, 91% of deforestation, using 1/3 of Earth's fresh water.
- 7** DRIVE LESS
Carpool when possible, walk or ride a bike when going short distances. Utilize the Jet system.
- 8** CHOOSE CLOTH OVER PAPER
Instead of cleaning with paper towels, use a cloth rag or cut up an old t-shirt.
- 9** BORROW NOT BUY
Rent movies, borrow books from libraries and buy secondhand goods. You'll reduce those items that need to be kept in a landfill and save yourself money!
- 10** Bring your own coffee cup
500 billion single-use coffee cups go to landfills each year! Some coffee shops give discounts for bringing your own cup.

GRAPHIC COURTESY OF INSTAGRAM (@ASTATE_ENVIRONMENTAL_CLUB)

Interested in reporting? Join us every Monday at 5 p.m. in room 224 in the Communications Building.

DEREK CHAUVIN FOUND GUILTY FOR MURDER OF GEORGE FLOYD

ALEX CLARK

LIFE EDITOR

The jury found former Minneapolis police officer Derek Chauvin guilty on all three charges in the murder of George Floyd.

Chauvin was charged with second-degree unintentional murder, third-degree murder and second-degree manslaughter in the case of Floyd's death. The jury found him guilty yesterday after over 10 hours across two days of deliberation. The judge read the verdict at around 4:06 p.m. yesterday.

May 25, Chauvin knelt on Floyd's neck for nine minutes and 29 seconds while Floyd told the officers he couldn't breathe. The murder was recorded by multiple witnesses, including Darnella Frazier, who testified during the trial.

The next steps will be the court looking at written arguments from Chauvin within a week, a presentence investigation report will be ordered returnable in four weeks, there will be a briefing on the presentence investigation report six weeks from now and finally, the sentencing will be in eight weeks.

The sentences that come with Chauvin's charges are 40 years for second-degree unintentional murder, 25 years for third-degree murder and 10 years for second-degree manslaughter. However,

under Minnesota sentencing guidelines, for a person with no criminal history each murder charge carries a presumptive sentence of 12.5 years in prison, while manslaughter has a presumptive sentence of four years. A presumptive

sentence is the baseline for the judge handing out the sentence.

While the verdict was being read, George Floyd's brother Philonise Floyd was present. Philonise was reported to have his hands clasped and his head bowed in prayer

during the verdict, and he told a CNN reporter, "I was just praying they would find him guilty. As an African American, we usually never get justice."

President Biden and Vice President Harris watched the verdict and called Floyd's

family from the Oval Office afterward. Biden shared he was pleased the jury found him guilty on all counts.

While delivering remarks later in the evening, Biden praised the jury for carrying out their civic duty in the conviction. During his remarks, Biden said, "It was a murder in the full light of day and it ripped the blinders off for the whole world to see ... the systemic racism ... a stain on our nation's soul, the knee on the neck of justice for Black Americans."

Minnesota government officials and even U.S. Congress members have shared their thoughts on the verdict. Minnesota Gov. Tim Walz said in a statement, "No verdict can bring George back, and my heart is with his family as they continue to grieve his loss. Minnesota mourns with you, and we promise the pursuit of justice for George does not end today."

Aside from Chauvin, three other officers have been charged in the murder of George Floyd: Tou Thao, J. Alexander Kueng and Thomas Lane are charged with aiding and abetting unintentional second-degree murder and aiding and abetting second-degree manslaughter, and the three will go on trial together Aug. 23.



PHOTO COURTESY OF CNN

Derek Chauvin was found guilty on all three charges in the murder of George Floyd. He was taken into custody by the Hennepin County Sheriff's Office.



President Biden @POTUS

United States government official

No one should be above the law.

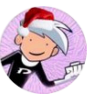
Today's verdict sends that message, but it is not enough. We can't stop here.

In order to deliver real change and reform, we can and we must do more to reduce the likelihood that tragedies like this ever occur.

6:17 PM · Apr 20, 2021

SCREENSHOT COURTESY OF TWITTER (@POTUS)

In addition to remarks delivered live from President Biden and Vice President Harris from the White House, Biden took to Twitter to share hopeful words for Americans moving forward.



viking

@notviking

i am glad derek chauvin was found guilty but taking 11 months to convict someone of murder when we had it on video shows just a fraction of how up our justice system is

4:22 PM · Apr 20, 2021 · Twitter for iPhone

SCREENSHOT COURTESY OF TWITTER (@NOTVIKING)

While many are relieved by the guilty verdict, others such as popular Twitter user "viking," are critical of the U.S. justice system. As President Biden said, "It was a murder in the full light of day."

Since George Floyd's death, 181 Black people have been killed by police in the U.S. according to Newsweek.

Minnesota Gov. Tim Walz said, "It's an important step towards justice for Minnesota, trial's over, but here in Minnesota, I want to be very clear, we know our work just begins. This is the floor, not the ceiling of where we need to get to."

HOROSCOPES

ALEX CLARK

MYSTIC CORRESPONDENT

<p>ARIES (March 22 - April 19)</p> <p>Stop stalling to avoid difficult decisions. Putting things off just makes them harder.</p>	<p>TAURUS (April 20 - May 20)</p> <p>Don't let yourself get burnt out. It's not a flex to work yourself to death.</p>	<p>GEMINI (May 21 - June 20)</p> <p>Make sure you have all the facts in a situation. Misinformation can lead to unnecessary fear.</p>	<p>CANCER (June 21 - July 22)</p> <p>If things are not working out right now, they will be soon. Keep moving forward.</p>
<p>LEO (July 23 - Aug. 22)</p> <p>Look to yourself for answers instead of others. You can pave your own way.</p>	<p>VIRGO (Aug. 23 - Sept. 22)</p> <p>Don't let fear of the future consume you, and don't let your past define you.</p>	<p>LIBRA (Sept. 23 - Oct. 22)</p> <p>Not everything is as good as it seems. It's okay to leave things behind.</p>	<p>SCORPIO (Oct. 23 - Nov. 21)</p> <p>You are completely capable of making good things happen. Just work toward your goals.</p>
<p>SAGITTARIUS (Nov. 22 - Dec. 21)</p> <p>You're reaching a new chapter in your life. Go into it with an open mind.</p>	<p>CAPRICORN (Dec. 22 - Jan. 19)</p> <p>You may be experiencing something new. Allow your intuition to guide you.</p>	<p>AQUARIUS (Jan. 20 - Feb. 18)</p> <p>Stop falling into self-destructive patterns. You have to work for things to get better.</p>	<p>PISCES (Feb. 19 - March 21)</p> <p>Stop blaming others for problems you create. Learn that it's OK to reach out for help.</p>