

MEET THE GEEKS

What would you give up to save Mother Earth?

EDITORIAL

EDITOR-IN-CHIEF

Katrina Rivere-Diga | katrina@speed-mag.com

MANAGING EDITOR

Aritha Zel Zalamea | zel@speed-mag.com

ONLINE EDITOR

Patricia Mae Calica | pat@speed-mag.com

EDITORIAL ASSOCIATES

editorial@speed-mag.com

Antonio Jose Galauran | anjon@speed-mag.com

John Sosmeña | john@speed-mag.com

CONTRIBUTING EDITORS

Val Gonzales, Andy Leuterio, Candy Villanueva-Lykes, Gadjoo Sevilla (North American correspondent)

CONTRIBUTING WRITERS

Ron Cruz, Erik Paolo Escueta, Carmela Maraon Fernando

DESIGN

ART DIRECTOR

Christian J. Veril | chris@speed-mag.com

SENIOR GRAPHIC ARTIST

Melai Balitaan | melai@speed-mag.com

FINAL ARTIST

Arnaldo G. Santos

PHOTOGRAPHERS

Marlon Pecjo, Shaira Luna, Jay Tablante, Xander Angeles

SALES & MARKETING

SENIOR SALES MANAGER

James B. Orlanda | james@speed-mag.com

DIGITAL SALES MANAGER

Richard L. Torres | richard@speed-mag.com

ADVERTISING ACCOUNT MANAGER

Mia C. Morales | mia@speed-mag.com

MARKETING OFFICER

Clang E. dela Cruz | marketing@speed-mag.com

ADMIN | CIRCULATION

PRODUCTION OFFICER

Charissa Tandoc | production@speed-mag.com

HRD OFFICER

Lala Nañola-Talob | lala@speed-mag.com

ACCOUNTING SUPERVISOR

Lorena Avenido | lorie@speed-mag.com

CIRCULATION MANAGER

David R. Domingo Jr. | circulation@speed-mag.com

CIRCULATION ASSOCIATE

Maria Carla Ellyn Leaño

PUBLISHER

Airo Media International, Inc.

CEO/PRESIDENT

Marcos A. Sosmeña | nmsosmena@speed-mag.com

CHIEF OPERATING OFFICER

Susan M. Sosmeña | smsosmena@speed-mag.com

LEGAL COUNSEL

Tolentino Corvera Macasaet & Reig

CTP AND LITHOGRAPHY

Megatone Printhaui, Inc.

Plastic bags when shopping. Eco bags are the way to go.

Cotton shirts. These being my everyday uniform, it's a huge sacrifice.

The comfort of cars, cabs, and ride-sharing services. I'll use mass transport systems instead.

Plastic utensils. I'd rather bring my own, or use the edible ones.

Instead of buying, I'll organic grow my own organic vegetables on our rooftop, pesticide-free. It's about time we do some urban gardening.

I stopped using straws months ago, so now I'm aiming to give up other disposable products such as water bottles and plastic bags.

Washing machine. I'll handwash all my clothes.

I would give up the internet to save Mother Earth, because you cannot post nothing.

Some conveniences such as always using my car. I'll use mass transport when possible, and also use non-conventional energy resources.

Styro. I'd rather use reusable containers or paper plates

Contributors



Macy Añonuevo-Arcega is a marine biologist and science communicator. She earned her MS Marine Science degree from the UP Marine Science Institute and will talk about coral reefs and sustainability to anyone who will listen. She blogs over at www.thislandergirl.com



A creature rarely seen in populated areas, **Erik Paolo Escueta** can be difficult to locate and capture. He possesses vast knowledge of videogames, anime, comics, and seemingly anything related to popular culture. If given a videogame console, Erik can evolve into his mega evolution form where his geek level surpasses normal levels. Is easily swayed with grilled chicken sandwiches, cheese pizzas, and cinnamon buns.



Antonio Jose Galauran is a contemplative introvert who draws inner vitality from shooting street and travel photographs, and engaging in sports. While his hobbies frequent the outdoors, quiet laidback nights by a bedside lamp armed with a thought-jotter notebook are the perfect day-ender.

Speed

MAGAZINE

Speed is published monthly by Airo Media International, Inc. Address all correspondence to #911-B Panay Avenue, South Triangle, Quezon City 1103. Our telephone number is (02) 3746771 to 74 with telefax number (02) 3746775.

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MACY ANONUJEUVO-ARCEBA

Surviving hell

HOW TO LIVE THROUGH CLIMATE CHANGE

CLIMATE CHANGE IS COMING,

and like a Westeros winter, it's going to affect our lives for a long, long time. We're seeing the effects now; stronger typhoons, droughts, and mass coral bleaching are just some of the products of the shifting climate. But unlike those folks in Westeros, we can do something about climate change.

According to the Intergovernmental Panel on Climate Change (IPCC), the rapidly changing climate is due to all the greenhouse gases, mostly carbon dioxide, that we've released into the atmosphere since the 18th century. We need to curb our GHG emissions now before climate change gets any worse. I'm sure nobody wants to be part of the generation that dealt the death blow to the planet.

"Sustainable living" is about making sure that how we live our lives today won't have a negative impact on how tomorrow's people live their own lives. While living sustainably sounds like an impossible dream, especially considering how unsustainable our current lifestyles are, any big task is made easier by breaking it down into smaller steps. No one is asking you to live in the woods, but baby steps in the right direction will help us get there. Here are some of the small but powerful adjustments we can make in our daily routines to help save the planet:

At home

Be mindful of the 3Rs: reduce, reuse, recycle.

While I'm sure that almost everyone is familiar with this already, what you may not know is that these are actually in order of priority.

Reducing waste comes first. Buy less stuff! At your next party, nix the disposable plastic spoons and forks. If you can't, use compostable wooden cutlery instead. Instead of buying individual packs of crackers for your commute snack, buy a bigger tub and just refill a small container.

Reusing is also pretty awesome. Buy stuff that will last for a long time. For things you don't use anymore, give them away or sell them off. For maximum impact, try organizing a big garage sale party with your neighbors: you get to meet them and keep stuff out of landfills at the same time.

If it can't be reused anymore, then recycle. Don't throw hazardous wastes like batteries, busted bulbs,

and printer cartridges in the trash! Save them and bring them to a recyclables fair for proper disposal.

Choose environment-friendly cleaning products. Local company Messy Bessy makes biodegradable cleaning and personal care products, like laundry detergent, hand and bodywash, and disinfectant sprays. I've only tried their laundry detergent and dishwashing liquid but so far, so good!

Choose energy-efficient lighting fixtures and appliances. While they may be more expensive at first, CFLs and LEDs last longer and use less electricity. A habit I've picked up from my dad is that I label all the new bulbs with their installation date. The last CFL my dad changed lasted for five years. Choosing a refrigerator or air conditioning unit is even more critical as these consume way more electricity and will be in use for a longer time.

Conserve water. Golden Rule: if you're not using the water RIGHT NOW, then close the tap. Aside from annoying you with that constant dripping noise, a leaky faucet left unattended can also waste hundreds of liters of water. Laundry water can also be used to clean the bathroom.

Eat more vegetables. Aside from being healthier for you, producing a kilo of meat uses up more water and land, and produces more pollution than growing a kilo of vegetables. Now, I'm not asking you to turn vegetarian (steaks are awesome!) but we could all use more veggies in our diets.

At work

The 3Rs also apply in the office.

If you're buying takeout for lunch, bring your own reusable container (extra points if it's glass instead of

plastic). If you'll be in the coffee shop for a while, remember to request for a "for here" ceramic mug instead of the paper cup. Bring a refillable tumbler instead of buying bottled water every time.

Connect office equipment to power strips and remember to turn them off before leaving. Our office has a big sign to remind people to unplug the Wi-Fi router and printer.

Carpool to work. Conduct a survey on people's commuting routes to work and match passengers with drivers. Passengers get a more comfortable ride, drivers get help paying for gas, and we have fewer cars on the road. Who knows—you might even make some friends.

When traveling

The 3Rs strike back! Bring small refillable bottles of your favorite products instead of foil sachets. Skip the itty bitty plastic bags and carry a foldable bag for all your souvenir shopping. That said, may I suggest that you bring back food or local handicrafts as *pasalubong* instead of little plastic knickknacks that will get thrown away.

Be a responsible traveler. Patronize companies with a track record of operating responsibly: making a profit while empowering employees, respecting the local culture, and protecting the environment.

Since terraforming Mars isn't going to happen anytime soon, we're stuck on this planet we call home. Let's all work together to not break it before the next generation comes along. ♻️

