

The Lockdown Logbook

25th March

Guest editor: Lucie V. from BCPST2

Cheers!

Mood of the day: [I believe in a better way](#)

By Ben Harper (music to soothe the soul)

Video: [Is your plastic actually being recycled?](#) The New York Times | Opinion

The greatest trick corporations ever played was making us think we could recycle their products.

In the Video Op-Ed above, we debunk a recycling myth that has lulled us into guilt-free consumption for decades.

This holiday season, the United States Postal Service expects to ship almost one billion packages — cardboard boxes full of electronics and fabric and plastic galore. And the Environmental Protection Agency estimates that Americans generate 25 percent more waste in the period between Thanksgiving and New Year's than during the rest of the year, an additional one million tons per week.

But hey, most of it is recyclable, right?

Well, not really.



Article: [No-waste' Japanese village is a peek into carbon-neutral future](#)

(The Guardian, 20 March 2020)

Exercise: Improve your pronunciation with tongue twisters

Your tongue might be a little numb by now, as you don't get much opportunity to speak English these days: here are common tongue twisters, which you can practice saying faster and faster

1-She sells seashells by the seashore (easy)

2-A big black bear sat on a big black rug (a bit harder)

3-Nine nice night nurses nursing nicely (really hard)

4- I wish to wash my Irish wristwatch (impossible)

5- He threw three free throws (a nightmare...)

[Some more on video here, which you can try and repeat with the help of the speaker](#)