

# STRUGGLES OF THE PERPETUALLY CLUMSY

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*I find very little time to devote to a hobby or learn a new skill because most of my time is spent tripping down stairs, being eternally scared the elevator doors are going to hit me as they close or sitting in a car terrified because each bump on the road is another chance my coffee is going to spill out of its cup and on me.*



**Yeah, I'm gonna need a leather jacket for when I'm on my hog and need to go into a controlled slide.**

When you are on the clumsier side, life has many obstacles. As a child my mom dressed me up head to toe in adorable outfits and somehow I carried it like a pro. Lately, as much as I love pastel shades, I keep having to shove them to the back of my closet because I know if I'm around food or stationary, my outfit will not emerge victorious.

Sometimes even acts of kindness go wrong. As I approached a door at university I saw an elderly teacher approaching so I opened the door for him and he smiled and nodded at me, pleased at what I did. While I stood holding the door open I hear a thud and then realise I totally miscalculated how long I had to keep holding

the door open in order for him to pass and had ended up hitting him with the door trying to close it. At this point I panicked and rapidly walked away.

During a presentation at university, instead of being glued to one spot, I decided to walk a little as I spoke while making direct eye contact with my audience to show everyone how confident a speaker I was. Clever right? Halfway during my presentation, I trip on the wires on the floor successfully knocking out connection to the computer as well as the projector.

I had to take an unwanted break in the middle of my presentation while a kind volunteer rebooted the computer, reset the projector while the rest of the

class patiently waited for me to pick up my presentation where I left off. Not just that, but due to the shut down the memory of the computer was wiped out completely and each student who came after me had to bring their slides again in their pendrive even though everyone had already copied it to the computer at the beginning of the class. Thankfully I only provided entertainment to the room and the teacher's marking scheme didn't include whether the student had their life together.

If there is a world record for how many times it is possible for someone to trip in a line waiting to order coffee, I have broken it. I realise I have very little chance

of ever being recruited by the secret service. Can you imagine me being tasked to break into a museum in the middle of the night, past the motion detector laser beams to retrieve a 7th century priceless ceramic vase? That vase has better chances of survival in the museum than a contestant with a heartbreaking emotional backstory in the elimination round of American Idol.

As for me, my chances of survival depend solely on how carefully I avoid solid objects that I can collide with.

*Mrittika Anan Rahman is a daydreamer trying hard not to run into things while walking. Find her at anan\_rahman7@yahoo.com*

# 7 Ways to Living Plastic-free

HIYA ISLAM

The advent of plastics has drastically changed how things work around here, on earth. It has thoroughly superseded its organic counterparts in terms of resilience, affordability and versatility. A vast majority of the population is reliant on plastic today. It truly was a game-changer when it first emerged and to a great many ignorant it is still regarded as one of the best. Maybe you'd choose one-time plates over doing dishes. Maybe you think there's nothing wrong with carrying plastic bags. Or maybe you do not know that plastic items can take up to 1000, yes a thousand, years to decompose depending on external conditions, type and size of the vile thing and whatnot. Put another way, a moment on the hands, forever in the lands.

Here are some ways you can cut down your plastic footprint and make headway to a much, much better earth.

## STRAWS ARE A NO-NO

One straw definitely seems fine. But on a broader perspective, one straw for all of the 8 billion people in the world is a pretty alarming amount of waste. Face it, straws are an absolute unnecessary. If you must use one, think of something creative and

above all, something bio-degradable. Pasta straws? No, glass straws! Just imagine how many straws you'll be saving with this new upgrade. Or try the ancient way of sipping, it feels good.

## GET A COOL, REUSABLE BAG

Every time you go for shopping, a cloth bag will save you from carrying plastic bags that will eventually go on to strangle marine life. This way, you're saving the limited storage in landfills.

## DITCH THE CLING FILM

Why? Unlike most forms of plastic, cling films are non-recyclable. But your half-eaten sandwich or the chunk of cheese can still be safely wrapped using beeswax food wrap or aluminum foil.

## ADIOS, DISPOSABLE PLASTIC

One-time plastic utensils (and other things) are not a sustainable option. Most of these items used remain largely in pretty good condition for reuse. So, it is strongly recommended that you reuse that spork from last night's coleslaw cup. And the cup too. Although it is best to resist the temptation of using these in the first place.

Stay off plastic packaging. This includes a whole lot of scenarios. Next time you order online, request for minimal packaging. Opt to buy fresh fruits in

a dozen, preferably packed in a paper bag, rather than showy cut slices draped in cling film. You can always say no to unnecessary plastic in restaurants and shops.

## SWITCH TO SILICONE

Silicone is said to be much more ocean-friendly. Unlike infamous plastic, silicone resists degradation by the sun and sea. So, silicone will not be creating as much havoc as micro-plastics infiltrating our ecosystems and food chains. Let silicone food bags, dishes, lids and cups prevail!

## DO YOUR OWN RESEARCH

Last but not the least, it is of utmost importance that you actively try to find new and better alternatives and ultimately kick plastic out of your life. Plastic is so ubiquitous that it is hard to imagine a non-plastic option. Identify areas in your lifestyle where plastic usage is predominant and with the combination of the Internet and the supermarket, call it quits. If you ever look it up, you'll find there are wooden toothbrushes, stainless steel ice cube trays, bamboo cutting boards and so on. And all of these bear one thing in common: they are 100% plastic-free.

*Hiya hates plastic but loves dogs. Send doggo pictures at hiyaiislam.11@gmail.com*

