

CELEBRATING
OCTOBER
TOGETHER

Exclusive Issue

October 2022

TRES

Couquette

**A GEN Z
FASHION
RENAISSANCE**

*Best
Environmental
Books to Read*

**COUNTRIES WITH
LARGEST EXPECTED
ECONOMIC GROWTH**



"In the entire circle of the year there are no days so delightful as those of a fine October, when the trees are bare to the mild heavens, and the red leaves bestrew the road, and you can feel the breath of winter, morning and evening—no days so calm, so tenderly solemn, and with such a reverent meekness in the air."

-ALEXANDER SMITH





"After the keen still days of September, the October sun filled the world with mellow warmth...The maple tree in front of the doorstep burned like a gigantic red torch. The oaks along the roadway glowed yellow and bronze. The fields stretched like a carpet of jewels, emerald and topaz and garnet. Everywhere she walked the color shouted and sang around her."

ELIZABETH GEORGE SPEARE, THE WITCH OF BLACKBIRD POND



Team Unity for Equality wishes our lovely readers

**a Very Happy,
Warm, Cozy, and
Fun-Filled Autumn!**



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A GEN Z *FASHION* *RENAISSANCE*

Article by **VISCETTE VILLALOBOS**

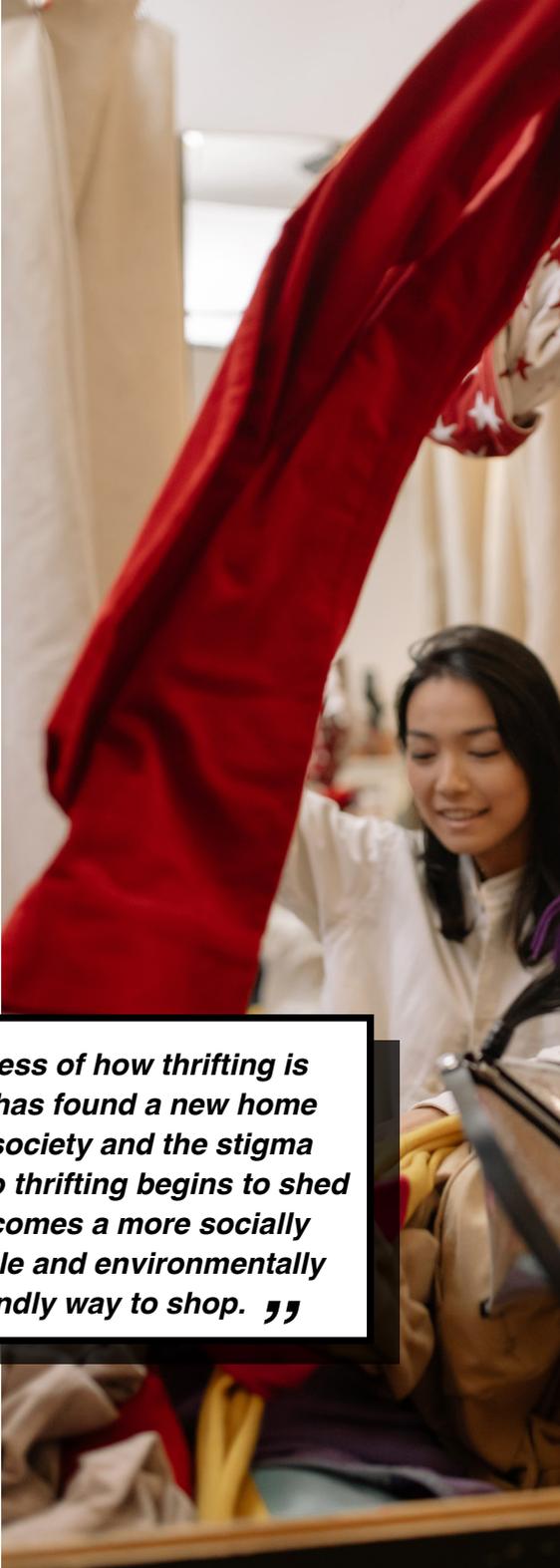
Thrift culture holds a strong stigma surrounding the idea that its primary consumers are typically of lower income, yet thrifting has recently also found popular ground among young adults. People are immediately drawn to the economic and geological aspects of thrifting, saving money and bettering the environment.

Thrift stores typically sell clothes secondhand, meaning the price of each item is usually in the single digits. Thrifting has gained traction particularly throughout the last few years as the youth of the world begin to find the uniqueness of an outfit more important than the cost. Thrifting is a great alternative because it enables more creativity to shine in something as mundane as getting dressed in the morning.

Finding one-of-a-kind pieces has turned into somewhat of a game with the rise of apps such as Depop and Poshmark where users find unique vintage pieces to list for sale on their own online profiles which also exist as their own secondhand shop. Other users are then able to purchase online, making thrifting that much more popular. However, users that gain platforms through sites such as Depop and Poshmark monopolize the apps by listing

pieces thrifted for astronomically high prices, stealing the charm away from traditional thrifting.

Regardless of how thrifting is done, it has found a new home among society and the stigma attached to thrifting begins to shed as it becomes a more socially acceptable and environmentally friendly way to shop.



“Regardless of how thrifting is done, it has found a new home among society and the stigma attached to thrifting begins to shed as it becomes a more socially acceptable and environmentally friendly way to shop. ”



Fast fashion is what a majority of the population shops. Our malls, department stores, online marketplaces are all examples of methods of ways to shop fast fashion.

These clothes are made for the current season and are often made to last as such, just for that season. The clothes produced are typically produced in large factories overseas which do not prioritize their workers pay or physical safety.

In 2021, an article by Wu Peiyue exposed the popular online fast fashion brand Shein, “It’s past 9 p.m., and the temperature inside the room is sweltering, but the women continue working at a rapid pace. As they finish each piece of clothing, they slip it into a turquoise plastic bag and toss it onto a towering pile of ready-to-ship items.”

Oftentimes, these workers in China receive no breaks during a shift and many are hired to work in illegal shops meaning there is usually no way to ensure the workers are actually being accounted for.

It is essentially a large leap away from any sort of workers’ rights for the country. Fast fashion surrounds the capitalist idea of “what’s popular?” To feed an endless and eternal cycle of shopping for new clothes each season because just as the seasons cycle, so do fashion trends.

According to the UN Environmental Program, the industry is the second-biggest consumer of water and is responsible for 8-10% of global carbon emissions – more than all international flights and maritime shipping combined. Compared to thrifting, secondhand shops pose no threat to the environment, many do not even provide plastic shopping bags.

This new renaissance of fashion brings peace of mind to anyone who feels “all trends are dead” and “our earth is dying”, sounds like gen Z right?

Best Environmental Books to Read

The topic of climate change and the environment is a pressing issue that has been at the forefront of modern-day problems. Media coverage often explores various happenings in terms of climate change, but many of these terms and concepts can go over our heads. While there's a lot of talk about the environment, it is crucial that we develop an understanding of what is truly happening to our planet. Although it may seem like we, as individuals, cannot single-handedly save the world, we are capable of providing assistance in a plethora of ways. If you're looking to widen your understanding of the environment, these books are enthralling and informative ways to learn more about our impact on the world and what we might do to save it.

1. Under a White Sky by Elizabeth Colbert

As the human race industrialized and progressed further towards the future, it left behind nature and treated it as something to be conquered. In this book, Pulitzer Prize writer Elizabeth Colbert details efforts of teams across the world trying to slow the destruction of the environment. The book leads us across the world to see how people rally together to find answers to our self-inflicted problems. A tale of inventions both helpful and harmful, *Under a White Sky* heralds a grim future but instills hope and inspiration that it is never too late to save the world.



By Melissa Bradley

2. Earth's Wild Music by Kathleen Dean Moore

Here, Moore tells the story of nature's creatures and their songs. Moore beautifully depicts the natural compositions of birdsong, whale calls, and more in a series of essays that seek to capture the auditory gifts of our environment. Yet, these essays not only seek to celebrate the beauty, but also serve as a warning of the changing climate.

As forests disappear, temperatures rise, and landfills overflow, the songs of nature grow quieter due to human interference. Though humans have contributed to these disasters, they are also the key to preserving what is left of the songs of nature. Ultimately, *Earth's Wild Music* is a lovely read telling us about all we have that will be lost if humans continue to silence nature's symphony.

3. Moby Duck by Donovan Hohn

A personal favorite of mine, *Moby Duck* follows the journey of Hohn as he ventures to explore what happens to toys and other goods that are lost to the ocean. Hohn's personal curiosity leads him on a journey aboard various boats to foreign shores as well as a manufacturing factory. By following abandoned rubber ducks, Hohn reveals the nature of ocean currents and how detritus from one beach can end up halfway across the world. On his way, he learns about the Great Pacific Garbage Patch and the impact of consumerism on our oceans. Throughout the entire book, Hohn writes detailed and inquisitive retellings of his experiences and lessons learned from one boat to another, imploring you to read more and more.



By Markus Spiske

4. Storming the Wall by Todd Miller

In *Storming the Wall*, Miller explores a side of climate change that many might not think about, but has very real consequences. Due to various climate disasters, certain areas of the world have become ravaged and uninhabitable causing people to look for shelter elsewhere. This climate-driven migration has uprooted people from their homes and placed them into new territories that are much more difficult to navigate. Going further to explore the disparities between the wealthy and the poor, Miller makes it a point that the changing climate has very visible effects on those who cannot afford to adapt with the environment. All in all, the book is an extremely insightful read into how the significant problem of climate change has an influence on sectors of our economy and social migrations.

5. Don't Even Think About It by George Marshall

Another topic that often remains unknown to us is why we ignore the looming problem of climate change in the first place. If it is such a threat to the wellbeing of our planet, why don't we choose to fix the problem? Marshall explores the psychology behind why we may subconsciously disregard the threat of climate change. From expert scientists to environmentalists and those who rebuke the concept of climate change altogether, Marshall recounts experiences with each group and explores how we might reframe our perspectives on the growing threat. As much an exploration into psychology as it is an environmental book, *Don't Even Think About It* seeks to enlighten the reader on what it will take for the human race to collectively start caring about the future of our world.



By Matt Palmer

6. Merchants of Doubt by Naomi Oreskes & Erik M. Conway

Oreskes and Conway join together in *Merchants of Doubt* to explain one of the most important factors that affect us in the fight against climate change: information. In the book, they delve into the tobacco industry and uncover how politics plays a large part in influencing our common thought. By combining sneaky politics with shady scientific opinion, the tobacco industry sowed seeds of misinformation that kept the product alive while the world suffered because of it. By shedding light on the information war between those trying to save the environment and those trying to deny environmental destruction, Oreskes and Conway attempt to level the playing field through their thrilling adventure into the depths of American politics.

7. The Ends of the World by Peter Brannen

Journalist Peter Brannen explores the world-ending nature of climate change. While the world is currently facing a global predicament, Brannen details how the world has actually ended five times before due to various catastrophes. From extreme temperatures to asteroids, the historical records of Earth's previous mass extinction events are explained in extraordinary detail. These accounts also serve as lessons for us to learn from as we grapple with our current climate disasters. Overall, this book makes for a gripping read as Brannen takes the reader on a journey through the past and spurs us on to tread carefully into the future.



By Patrick Hendry

Gig Jobs: A Complete Guide to Land your First Gig!



To put it simply, 'gig jobs' are the ones which allow you to work outside of your traditional 9-5 jobs. Gig jobs mostly consists of people who are willing to work part time. It is the kind of job that lasts for a certain period, these jobs could be done independently and are mostly done through an online platform. To break it down further, gigs are basically a one time job, you get the job done, you get paid, and move onto the next client. Most people often enjoy working gig jobs because it provides them flexibility. By the end of this article, you will find out if gig jobs are something which would interest you.

Pick a Niche that Interests you

I know it might sound extremely basic, but proper research and deciding on a niche which genuinely interests you is important. The market is filled with skilled people offering various skills so make sure you pick the one which you will be able to become a pro in. To become professional into something, it is crucial that you show your maximum

interest in it and practice frequently to become good at it. While picking a niche, there are a few general things to remember:

- Should fulfill customers' needs and wants
- Do proper keyword research
- Research about the competition

Once you have identified a niche based on your interest and abilities, then you should bring it into practice. Practice makes everything perfect, so the more you practice, the more chances of you landing a gig faster.

Start Applying

Once you have a hold onto your niche, then you should start applying. There are several different online platforms which connect the clients to the service providers. Fiver,

Upwork and freelancer are common platforms which freelancers use to provide their services. As I mentioned earlier, there are thousands if not millions of people on these online platforms, so to stand out make sure that you are making your cover letter stand out. In your cover letter, explain your skills in depth, make sure to list your previous experiences, highlight your projects and relate it to your skills. While writing your short gig paragraph, make sure that you address the client's problem. Get straight into addressing their problem, this will increase the chances of you getting the offer.

Communication

Communication is the key to landing your gigs. Good communications will attract clients and will show your professionalism. Make sure you listen to clients' needs, let the client speak, make sure the tone is professional, and lastly try to connect your experience with the client's needs. Communication is a key not only to obtain clients and land gigs, but also to maintain long term clients. One more effective communication tip is to empathize with the client's

needs. Do not be afraid to ask questions, it is better to know everything than to be confused and disappoint the client. As you get started on the project, keep giving them updates, send follow-up emails, it shows interest and dedication towards the project and a bonus point is that you will be able to make corrections as per client's wish.

Getting Started With your First Gig

Once you have reached the level where you have obtained your first gig, it is time to do research regarding the project itself. For example, if you are writing promotional emails for a company then it is important to go beyond what the client has already provided you with. Do a proper research regarding the company, services/ offers they provide, their style, theme and so on. Spend time to not only properly work on the project but also keep reviewing it to detect any errors. If it is a longer project, then you need to keep yourself highly organized, so you do not feel lost. Keep a separate folder for each project and add any relevant resources regarding that project to your folder.

Delivering the Work

It is particularly important to know that submitting your work to the client does not mean that you are done and should move on with the next project. I highly suggest building a professional relationship with the client and offer revisions if they want any changes. You want to provide excellent value to your client so they not only come back to you but can also refer you to other clients as well. I know that once the work is done,

we tend to get laid back and do not find much joy in doing revisions, but this extra effort will make you successful. Take it as this, Amazon is so known for their good customer service and so even if the product is a little expensive, people prefer to buy it from Amazon because of their great customer service. The same concept applies here, good customer service means your client will come back to you no matter how much you are charging because they will confide in your work.

Conclusion

Some Jews may choose to wear white during Yom Kippur. The color white indicates purity, which is fitting for a day of cleansing. Additionally, some may wear a kittel, a white robe-like garment that Jews are traditionally buried in. Thus, for Yom Kippur, the kittel symbolizes mortality and repentance. All in all, white symbolizes all the values that Jews want to acknowledge and honor as they observe the holiday.



What is Yom Kippur?

Also known as the Day of Atonement, Yom Kippur is a Jewish holiday that falls on the tenth day of Tishri. According to tradition, the tenth day of Tishri is the final day Moses descended from Mount Sinai after atoning for the Israelites' idolatry. While Tishri is the first month in the Hebrew calendar, Yom Kippur usually occurs around the month of September or October in the Gregorian calendar. This year, Yom Kippur begins at sundown on October 4th and ends the following evening. Even those who do not observe other Jewish holidays may opt to observe Yom Kippur as it is an important holiday full of significant traditions. So, what exactly are these traditions?



Abstinence

Yom Kippur mandates that all healthy, capable observants abstain from five main things: eating/drinking, wearing leather shoes, washing, applying lotion/makeup, and engaging in sexual relations. In abstaining from these practices, observants cast away worldly pleasures and focus on their spiritual connection to God. For the entirety of Yom Kippur, Jews are expected to follow these rules in order to afflict the soul. Rather than the discomfort of abstinence being a divine punishment, the purpose of it is more akin to cleansing and fortification. Moreover, there are exceptions for those who are unable to abstain due to illness, pregnancy, age, or other

factors. Though the purpose is to abstain from material things, it is not required of people to abstain if their health is endangered.

Food

Though Yom Kippur comprises a period of fasting for an entire day, food is still an important part of the tradition right before and right after the fasting period. The eve of Yom Kippur is spent eating together with friends and family right before the sun sets. The feast helps to gather strength and energy for the subsequent fast. Once Yom Kippur ends on the following evening, there is another feast at home to break the fast. This meal usually consists of baked goods and other breakfast foods.

Prayer & Services

For a majority of Yom Kippur, religious services are held at a synagogue for all to attend. Instead of going to work, people go to a synagogue and devote the day to worship. The services consist of songs, religious texts, prayers, and other customs. All throughout the day, these services are ways for attendees to become closer to God and focus on their spiritual connection. Observants who are unable to go to a synagogue in person are able to find services being streamed online so they can still worship. At the end of the services and to signify the conclusion of the fast, the shofar – a ram’s horn – is blown once.

Confession & Forgiveness

Being the Day of Atonement, it may be obvious that confession and forgiveness are vital values of Yom Kippur. Like the name suggests, observants spend this holiday atoning for their sins. This includes communal sharing of sins to acknowledge mistakes made in the past as well as an understanding that everyone has learned from these mistakes. Thus, Yom Kippur is not a day to punish the self due to mistakes. It is a way for everyone in the community to strengthen their bonds and try to live a more meaningful life.

Wearing White

Some Jews may choose to wear white during Yom Kippur. The color white indicates purity, which is fitting for a day of cleansing. Additionally, some may wear a kittel, a white robe-like garment that Jews are traditionally buried in. Thus, for Yom Kippur, the kittel symbolizes mortality and repentance. All in all, white symbolizes all the values that Jews want to acknowledge and honor as they observe the holiday.



These are just some of the traditions and values that Jews follow while observing Yom Kippur. While some Jews may be more religiously strict and others may observe in various ways, the spirit and intent of the holiday remains the same. Overall, Yom Kippur is a holiday all about acknowledging the past year, strengthening the spiritual connection, and striving to be a better person.





Countries with Largest Expected Economic Growth

Article by Humna Saqib

What is Economic Growth?

Simply put, economic growth is when there is an increase in production of goods and services, and that increase surpasses the ones in the previous years. Essentially, economic growth is for us, we produce goods for each other to further better our living standard, and perhaps provide better facilities. These facilities include good health, nutrition, a healthy environment, social help and many more. We are dedicated towards the increase of these production and services because these are the aspects we care about in our lives.

Countries with Fast Growing Economics

India is expected to record the fastest economic growth among the 132 countries covered by FocusEconomics over the next five years. Now the question arises that what exactly India did to reach that level of growth? What caused India's significant economic growth was reduced import tariffs and taxes, removing restriction from the market, and by allowing foreigner to invest in their country. These practices increased the investment flow in India, making its economic growth increase significantly. It is also shows that India's youth and their beneficial demography pushes more productive work hours which leads them to have fast growth and overtake China.

Bangladesh is expected to grow 6.9% by 2025. Bangladesh is known to have a very strong foundation of growth and development. They surely know how to jump back from crisis. Bangladesh's strong

demographics benefits, strong RMGS exports and stable macroeconomic conditions allowed them to become a powerful economy. It is believed that one of the major growth factors in this country was because of women empowerment. Social changes have helped Bangladesh's and its economy impressively. They gave more opportunities to women; they enforced equality and provided them security. Which directly resulted in women partaking workforce.

Rwanda is known to be the third country with fastest economic growth. Rwanda has come a long way because of their genocide since 1990s. Rwanda was able to achieve this through the declining of poverty. They used a 5-year economic development and poverty reduction strategy to reduce poverty. Rwanda was able to reach this level of success under the great



leadership of Paul Kagame. Rwanda had been through a genocide period; the country was completely torn due to it. Rwanda's president Paul Kagame had no choice and had to work with what he already had. One interesting fact that makes this country stand out even with more is because this unified country was built with the same people, some of were killer and other were survivors. They knew a change was needed, and so they did it for their own betterment. Just like I mentioned earlier that we are dedicated towards production; economic growth because in the end it is for us. We care about these aspects in our lives.



Fourth country on the list of expected economic growth is Vietnam, with an expected growth of 6.7% by 2025. The country is known to achieve this level of development growth because of their fast-growing electronics and garment sectors. Vietnam is known to achieve this growth by trade liberalization and by investing in human and physical capital. The agreement of fast liberalization allowed lower tariffs on both imports and exports. Vietnam also worked heavily to improve the life of their citizens by investing in education for the success if their country. People knew that for this development of the country, education was needed. All the investments were with it in the end when Vietnam had a strong foundation and became the center of investing and manufacturing in Southeast Asia.

it comes to the growth of all the countries mentioned above. It's the increased productivity with directly relates to growth. A country's leaders must know how to drive its citizens towards the betterment of the country and how to invest in human capital and sustain long-term goals. As much as it's on people to change their country and lead it towards growth for their growth, it is also important for the leaders to put forth the driven source for the citizens. enlightening them about new ideas, and how it will benefit them and their country. At the end it is important to have a vision and set plan for the country to grow and prosper with necessary investments and dedicated people behind it. The only way to achieve economic growth is through a unified team, who will continue to work towards the prosperity of their country.

With that being said, there is a common factor when



Diwali is now a New York City Holiday Article by Dana Roller



Diwali is a Hindu festival that celebrates the victory of good over evil. This festival of lights lasts for five days, which starts on the new moon day in October or November. Each day of Diwali is dedicated to performing separate traditions and celebrations, however, the most significant holiday of the week is Diwali.

Diwali is the third day of this celebration in India and other parts of the world. In 2022, Diwali was celebrated on October 24th with the k beginning on October 22 and ending on the 26th. This festival also marks the end of the harvest season in India.

Diwali is celebrated with great enthusiasm among people all over India, but it has different names depending on the region and its customs. This festival is also called Deepavali or the Festival of Lights. There are many stories about how this festival was first celebrated and what its true meaning is, but there is no consensus on any one story. One of the more common stories in Hindu mythology is that it is the day Lord

Rama or Vishnu, the God of Protection, returned to his homeland after being exiled for 14 years. Rama had defeated Ravana, the demon king, and was welcomed home with a lighted path.

Even though there are several different backstories for the festival, there are commonalities in the way that they celebrate the triumph of good over evil. The word 'Diwali' means "row of lighted lamps" and refers to the rows of oil lamps that are lit to commemorate this event. Diwali also has many traditions like exchanging gifts, lighting lamps, burning incense sticks, etc. The holiday is also celebrated similarly to the Chinese New Year in that it is a time for people to make big changes and fresh starts in their lives.

This year, that conversation about Diwali made big changes for the students of New York City. Starting in 2023, public schools in NYC will recognize Diwali as an official holiday. It will replace the old "Anniversary Day" in the school calendar, otherwise known as

Brooklyn-Queens Day.

This change means that students who celebrate this wonderful holiday can take the time to be with their families, without feeling the pressures of missing school. This is a time for spiritual reflection and prayer. It's important to celebrate this holiday with our friends and family because it brings us together and reminds us of the true meaning of life.

It's important for students to learn about their culture and history, especially when it comes to religions like Hinduism which aren't being taught in schools as much as, for example, Christianity. Even for students who don't celebrate this holiday, designating Diwali as an official public holiday teaches children about different cultures and religions.

Diwali is now a New York City Holiday
Article by Dana Roller



Tres Coquette

By: Viscette Villalobos



One of the generations most girly and flirtatious fashion trends stands as the rise of the coquette. Coquette quite literally translates to “flirtatious woman”, igniting images of lace, miniskirts, heels, and flesh tones to the focal point.

Anyone growing up in the 2000’s is familiar with the site Tumblr; coquette stands as a more filtered and matured 2014 Tumblr girl. Taking inspiration from the artists of that particular era, notably, Lana Del Rey and Marina Diamandis the coquette girl is idyllic and feminine. Frilly skirts and floral prints, pearls and ribbon bows are all iconography of the coquette girl. Think of coquette as a more playful take on a French ballet girl mixed light academia and pastel grunge.

Aside from the fashion aspect, the makeup of the trend is very simple and neutral toned. Light pink blush and peachy eyeshadows are prominent aspects of the look. Pale rosy lip combined with long wispy lashes emit an almost adolescent glow. Gold highlight and light shimmers along the high points of the face create a fairy-like aura. The coquette look is a whimsical and girly one.

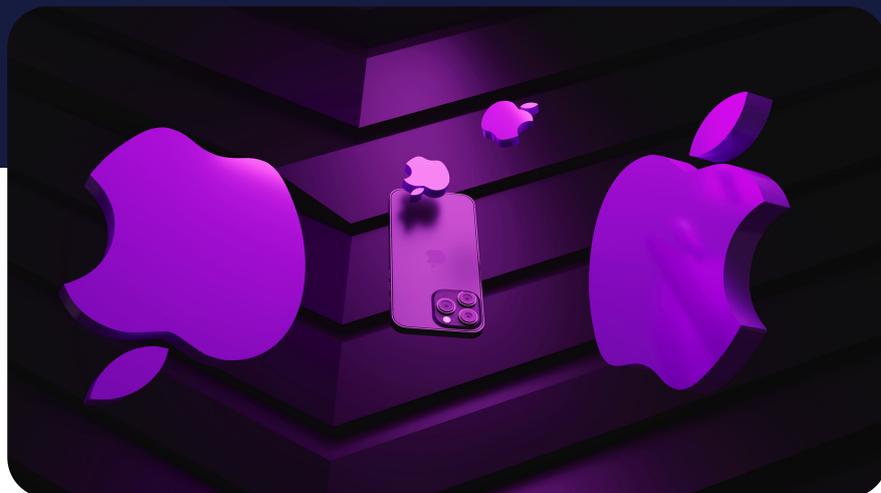
The uber-girly playfulness of the coquette trend has raised eyebrows over the difference between “Coquette” and “Lolita”. Where Lolita simply sexualizes female innocence and the lust for petite-ness border lining pedophilia; Coquette is all about empowering one’s inner hyper-feminine self and surpasses gender. Coquette has become a fun and interchangeable way to express femininity and the beauty of innocence. The simplistic yet divine nature of the trend serve perfectly to mirror the image of woman, beautiful.

From the music of our generation to the websites we scrolled upon, the amalgamation of various feminine fashion trends over the decade finds its home within coquette.



THE NEW IPHONE 14

By Dana Roller



In September 2022 Apple launched the iPhone 14 and three stunning variations of the model.

These iPhones are the first to be completely free of a SIM card. Instead, these newest editions to the iPhone dynasty come only with an eSIM. An eSIM (or embedded SIM) is software that replaces the physical and removable SIM card present in most current phones. The eSIM technology was first introduced in 2013 by GSM Alliance, with its first inclusion in a phone coming a few years later in 2017.

However, still a relatively new feature, you need a major carrier in order to take advantage of an eSIM. In the US you need either Verizon, AT&T, C Spire, UScellular, or T-Mobile USA. If you want to use the new eSIM to make travelling that much easier, you'll have to check with your intended country and what local carriers are compatible with an eSIM. Although a first for the iPhones, Apple has several other products that support eSIM technology including Apple watches iPads and more.

The setup is also surprisingly easy. Once you buy the new phone and connect it to your carrier, you are then given a QR code that can be used to activate the eSIM. After that, you just add the phone numbers you want and start using this new approach to SIM cards. On the iPhone 14 specifically, you can have eight or more eSIMs on your phone and use two phone numbers at the same time! This means that if you're a keen traveller or have multiple business endeavors, you can eliminate the confusion of multiple phones or frequently switching out your sim card.

Depending on what you're looking for in a phone, one iPhone 14 may suit you better than another. For example, compared to the iPhone 14, the iPhone 14 Plus is not only bigger, but the battery life also lasts longer by up to 6 hours. As with every new phone, however, these come with high price tags; the iPhone 14 starts at \$799 and the iPhone 14 Pro starts at \$999. Looking at reviews from people who have already bought the phone can be helpful in deciding whether getting a new iPhone is the move for you. For some, the improved cameras are all the encouragement they need, but for others, the new Emergency SOS feature is the iPhone 14's biggest selling point. This feature allows you to find and get help even when there is no cell service, a great addition for hikers and anyone else looking for a little more safety.

With technology reaching new heights every day, it's incredible to see these advances being made available to the public.

Do you have a new iPhone 14? Let us know your thoughts on this new line of iPhones!

Tap Water: The Intricacies That Go Unseen

By: Eponine Seccafico



Whether it comes from a well or the kitchen sink, tap water is not only abundant but very present no matter where we reside in the world. We use tap water to rinse, mend, or cleanse completely. So many uses and so, can we not add one more to the list?

If it is water, a natural resource that is essential to the lives we live, then it must be safe to drink. Is it not?

Although this perspective can be easily presumed, tap water can be not only unsafe to drink but is also extremely vulnerable to outside forces that can distort it. The dangers that it can bring onto people, how to recognize it, and what can be done to mend it, will be further explained down below.

THE DANGERS IN A SWALLOW

Unassuming of the elements inside and unbothered by the near-nonexistent taste, many people can consume tap water without so much as a blink of an eye. Little do they know that this simple swallow has not only given them refreshment but also a series of unimaginable complications.

Tap water, as usual, and harmless as it may appear, can be laced with detrimental poisons to the human body. Some of these toxins can be arsenic, lead, radon, and copper.

The consumption of these and others, no matter the severity of their amounts can cause a person to develop various hindrances. These can be as mundane as a headache or as fatal as kidney failure. Particular cancers, one of the most notable being lung cancer, can also be developed. No matter how much tap water is consumed, a single swallow can bring about life-altering and even life-ending ailments. However, as concealed as these contaminants may be, this does not mean they cannot be brought to light.



HOW TO RECOGNIZE AND MANAGE THE SIGNS

There are several ways that you can tell if your tap water has been contaminated. Some of the most simple are, searching for any cloudiness in the liquid's coloring, smelling for any trace of chlorine or sulfur, and tasting a little on your tongue to cross off any metallic or foul. Tap water subjected to harmful outside elements can be discovered by just a few of your five senses!

You can discard the water or apply a water filter to clear out these elements! Water filters as well as carbon filters aid in washing out the contaminants. We all know how water should look, how it should smell, and how it should taste. Any differences should be noted and then you must proceed with great caution.

Another way to know if your tap water has been compromised is to test it. This can be done through water testing kits that can either be used by you, your water provider, or anyone with the knowledge to work with them.

An additional way to see the signs of contaminated tap water, and one that is not so involved, is to look out for any government cautions for water contamination.

It is always important to keep yourself up to date as well as educated, especially when it comes to something so vital to your health being taken in or compromised. No matter the depths of poisons inside your tap water supply, there are always means that can better the water you consume.

You have to know what to look for and then how to go from there.

The Takeaway

Contrary to what can be innocently assumed, tap water is not safe to drink. Tap water can contain many harmful substances that will bring about either temporary pains or terminal illnesses. Tap water can be spotted through sensory tests—smelling, tasting, and seeing— as well as through less involved means, such as water testing kits and keeping yourself on the lookout for any governmental warnings. Once the contaminants have been discovered, there are always ways that you can make your tap water safe or safer to consume.





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