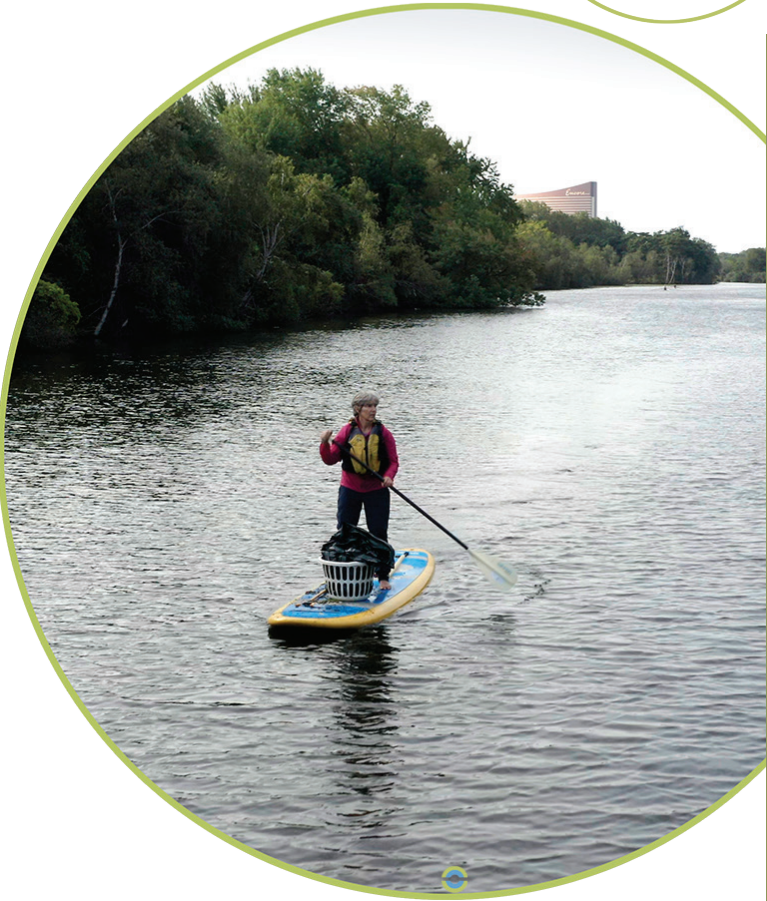


# TURNAROUND FILMS



## Karen Buck picked up trash and started a movement.

The narrow Malden River, just north of Boston, was a major conduit for industry for hundreds of years. So much of the river had been buried in pipes beneath the city, that many residents didn't even know that it existed.

Today, even though the polluting businesses have been cleaned up, the river still receives much of the trash that is washed down catch basins in the three neighboring cities. Trash in the Malden collects along the banks and is carried into the Mystic River, Boston Harbor, and out into the ocean.

This just wasn't acceptable to Karen Buck, a local resident. Often working alone or with her children, Karen began removing the trash. She cleaned on foot and from boats. Out on the river, she discovered the city had installed a trash boom — a floating barrier — to stop the trash, but it had long been abandoned. Karen added the arduous task of cleaning the boom to her list and started building a coalition to clean the river.

Now, years later, Karen takes hundreds of volunteers out onto the river and the community has begun to adopt the Malden River as their own.

**Watch *Karen and the River* and other environmental/climate change films on [turnaround-films.com](https://turnaround-films.com)**

## Karen's "Waste Diet"

- **Suss out the Trash: It is yours, mine and ours!**  
Take a look at what you throw away and think about how you might significantly reduce it.
- **Trash doesn't disappear; it reappears.**  
How do you see what we throw away come back to haunt us?
- **Go on a "Waste Diet"**  
Small daily lifestyle changes make big timely differences!
- **Flex your consumer and political power!**  
Buy thoughtfully, locally, and thank those who truly act in favor of our planet.
- **Buy less; Save More!**  
The first question before purchasing should be, "Do I really need this?"
- **Make more!** No Greenwashing there!
- **Buy local!**  
Check how far your foods and goods are traveling.
- **Embrace Discomfort and Inconvenience**  
Turn down the heat and put on a sweater, bring your own coffee cup, containers, and shopping bags, choose reusable over disposable.
- **Be grounded with strong roots!**  
Have fun with your challenges...Bring it on! Live your environment.

## Simplify, simplify, simplify

Be a model for the next generation.