



Lee Burgess: Welcome back to the Law School Toolbox podcast. Today, we are excited to have a special guest with us today, Friday Apaliski, the Sustainability Concierge. Your Law School Toolbox hosts are Alison Monahan and Lee Burgess, that's me. We're here to demystify the law school and early legal career experience so you'll be the best law student and lawyer you can be.

We're the co-creators of the [Law School Toolbox](#), the [Bar Exam Toolbox](#), and the career related website [CareerDicta](#). Alison also runs [The Girl's Guide to Law School](#). If you enjoy the show, please leave a review or rating on your favorite listening app. And if you have any questions, don't hesitate to reach out to us. You can reach us via the [contact form](#) on LawSchoolToolBox.com, and we'd love to hear from you. And with that, let's get started.

Welcome back. Today, we have a very special guest; it's a non-lawyer. I know everybody gets really excited when we have non-lawyers come to the podcast. But her name is Friday Apaliski, and she is the Sustainability Concierge.

Friday Apaliski: Hi.

Lee Burgess: Which is such a big title to have.

Friday Apaliski: Thanks.

Lee Burgess: Yes. So, Friday and I met through mutual friends. Actually, didn't we meet at a Stacey Abrams events?

Friday Apaliski: We did.

Lee Burgess: We did, yeah. Here in San Francisco, so at a political event. But it turns out that we run in a similar circle with lots of other people, and then we got really excited talking about reusable items. And then it just went from there.

Friday Apaliski: Yeah, because I could talk about reusable items all day long.

Lee Burgess: Right. But in this day and age this conversation around sustainability is something that I think everyone is having, with concerns about climate change. We just lived through another season of terrible fires. I hope that the season is over, when we're recording this in the Bay Area and in Southern California. So it's something that I think a lot of people are thinking about, and I think the student population, the law student and young lawyer population, is kind of ripe to make some lifestyle changes, but it's hard to figure out how to think about it. So that's kind of what we wanted to talk about today.

Friday Apaliski: Yeah, you can't blame people for not wanting to think about it, right?



Lee Burgess: No, because who needs more on their to-do list? Not you and I.

Friday Apaliski: Let's be real, nobody.

Lee Burgess: Nobody, nobody.

Friday Apaliski: But it is definitely a topic that is unavoidable.

Lee Burgess: Yeah.

Friday Apaliski: It seems to be in every aspect of the news, in every aspect of daily life, and rightfully so. It affects all of us, all the time. And so, it is something that we need to take into consideration. Certainly, I sympathize with students who have a lot on their plate, who are just trying to keep their head above water. And I think also being a student is a very traditional thing. It's been done in the same way for a long time.

Lee Burgess: Yeah.

Friday Apaliski: And so, taking the time to figure out how to do it a little differently is challenging. But hopefully, we can make it easier.

Lee Burgess: I know. We're going to make it easier and give you some really concrete things that you can think about doing. So first, before we dive in, when we were getting ready to do this podcast, you and I were talking a bit about this loaded word "sustainability", that's getting thrown... It's kind of like "climate change". It's getting thrown around a lot, it's a touchy subject for some people. So how do you like to think about sustainability in a way that can help people and invoke positive change?

Friday Apaliski: Sustainability is a word that has historically been used by this movement to describe being in harmony with the earth and with the environment, and if we could just sustain, stay in the same way. I think we could all argue now that we actually aren't aiming for sustainability right now, because we're a little bit out of balance. And that maybe what we're really aiming for is regeneration and repair. And so, when you start going down that rabbit hole, the words can get a little... They change fast, it can get frustrating. And that's not my goal. Really, what I'm trying to say is, sustainability is a practice for you personally. What can you do that puts you in harmony with the environment? And how can you work towards being better and better? Because better is better. So, you don't have to be perfect. In fact, nobody is perfect. We're going to leave a footprint – that's part of being a human, and that's okay. We just want to do the best we can. And the best you can today or the best you can with this one choice – that's what matters.



- Lee Burgess: Right.
- Friday Apaliski: And so, if the word "sustainability" helps inspire you to start down that journey, great. If it's a different word, that's okay too.
- Lee Burgess: Right. Well, before we dive in too deeply into this list, because I'm having a bit of a scatter day, I forgot to have you introduce yourself.
- Friday Apaliski: Oh, whoops!
- Lee Burgess: So we'll go ahead and pause here. Now that we know what sustainability means, you can tell us a bit more about what it means to be a sustainability concierge, and how did you get involved in this? And what do you do in your daily life, besides go to political events with me where we can chit chat about things?
- Friday Apaliski: Oh, right, yeah. Well, that's definitely part of it. So how did I get here? Well, I have an advertising background. I started right out of school and I had a nice long career in advertising, and got a little burned out. I think probably something that your audience might be familiar with.
- Lee Burgess: Oh, lawyers are never burned out. I don't know what you're talking about.
- Friday Apaliski: And so I thought, "What am I going to do?" And I happened to give a presentation actually at my office about recycling and composting. It was totally on the whim. I just put some rubber gloves on and sorted 10 people's trash cans and was like, "Look at this, you guys, we made zero trash." And afterwards everybody goes, "Oh my gosh, Friday, that was such a fantastic presentation." And it was really not that fantastic. It was just sorted trash. But I would do this job in a heartbeat if... I would leave this job and do that as my job in a heartbeat if I could. And somebody said, "A friend of mine works at the San Francisco Department of the Environment." I was like, "What? We have a Department of the Environment? That's amazing. I want to work there." And sure enough, there was an opening and I thought, "What's the worst thing that happens? It's that I get this job and it's crazy, and I leave it and do something else." It was supposed to only be for a year.
- Lee Burgess: That's always how these stories start.
- Friday Apaliski: Yeah, always.
- Lee Burgess: I've moved places for a year and then been there for like a decade.
- Friday Apaliski: So six years later, I basically built the entire marketing department at the Department of the Environment, which in San Francisco is one of the leading policy agencies in the world. They were the very first people to pass a plastic bag



ban. They were the very first people to implement mandatory recycling and composting. We are really leading the way, certainly as it relates to zero waste, but on the sustainability front as a whole. So, of course, all of these policy makers and scientists were very skeptical of anybody who wanted to come in and talk about marketing or language and advertising, and all of that seemed really scary. So, they had me sit with them every single day, and go to the facilities and learn it as deeply as I could learn it, so that they would trust me to communicate about it accurately and still in a way that doesn't sound like a scientist or a policy maker. And so, that's what I did. And it was really fun, and I got a phenomenal education out of it.

But at the end of the day, everybody kept texting me, "Hey, Friday, yeah, yeah. I get it about this issue. Can you just tell me what mattress do you buy? What shampoo do you use? Should I buy this lipstick? Pictures. Does this go in the compost or the recycle? Is this compostable? Is this recyclable?" Time and time and time again, everybody is saying, "I definitely want to do the right thing. I just don't know how. Can you tell me how?" And it was very easy for me to see that the places we go that we trust, like the government to be the authority, is very good at telling us what the problem is, and very good at saying, "You should bring a reusable container." But not what reusable container, and for when, and where do I buy it, and how much does it cost. The logistics of actually doing the right thing – there's not really anybody there.

Lee Burgess: Well, it's true. And I think sometimes you don't even know that there's a better option.

Friday Apaliski: Right, you don't know what you don't know.

Lee Burgess: I think I was interviewing doulas, no joke. And somebody told me about your Instagram handle. This is before I met you. I don't know if you know this story.

Friday Apaliski: I don't.

Lee Burgess: But I was Internet stalking you before I met you. And then...

Friday Apaliski: I'm so flattered!

Lee Burgess: I know. And we have children of similar age.

Friday Apaliski: We do.

Lee Burgess: And you posted something about being able to pump breast milk into glass bottles.

Friday Apaliski: Yeah.



Lee Burgess: And I literally as someone who has pumped breast milk for now probably almost four years of my life...

Friday Apaliski: Oh my gosh.

Lee Burgess: I know. But until I'd seen that, it never dawned on me that you could buy these little... They unfortunately are plastic, but you could buy these little adapters and use these glass bottles that I already stored milk in that you could pump into. And then I found out that a different brand of bottles, you could screw them directly into the pump things. Until I saw that post it didn't even occur to me to look for that stuff, because I didn't know that existed.

Friday Apaliski: Well, right. And also, you're exhausted.

Lee Burgess: Yeah.

Friday Apaliski: Right? And so, your brain isn't working at its max capacity anyway, because you're tired and you're busy thinking about a million other things. That is really what brought me into the job that I do now, which is to be that person who helps you understand what are the choices you can make, and where do you buy these things or not buy them, and how do you make this work for you? Which is not the same thing as, how does everybody make this work?

Lee Burgess: Right. This is about individual change, not institutional change.

Friday Apaliski: Exactly. And ultimately it leads to that. So, inevitably, the next question I get is, "But does it really matter if just me does this one thing?" And it does. This is where I can say, coming from city government – yes, policy is the way to make large scale systematic change, but government does not lead on anything. And so, what happens when you bring your metal straw or you say, "No, thank you, I don't want a plastic straw"? You tell the business, "Hey, I'm your customer, and I'm willing and able to make a change. I want to make a change." So enough of us do that, then when the policy makers go to that business and say, "We're thinking about writing a policy that requires a change. What do you think about that?" And they say, "Well, you know, I've had a bunch of customers who are open to this change. Yeah, okay, I won't fight you on this one. Let's do it." And that's where you get real change.

Lee Burgess: And meanwhile, maybe when you say, "You know, I don't want that plastic straw, because I saw it stuck in the nose of a turtle and that really killed me", the person next to you hears that and goes, "Oh, I hadn't thought about that." And so it really, like an ecosystem, is all connected. And so, it is important. I think, again, back to this idea that nobody is perfect – better is better. If everybody does their best, we'll be in such a better place. And so, that's really where I'm



coming from, is how can we help people? How can I empower individual people to do their best? And use this crazy knowledge library in my brain. There's an answer for that. Let's get it out there.

I think social media is quite a mixed bag, but I think that's one of the things in this area for me that social media has been a very passive way to educate myself, because I think if you start to follow people like you or there's... I don't remember how I discovered them, but I've bought stuff from a company up in Oregon, called [Marley's Monsters](#).

Friday Apaliski: I love them.

Lee Burgess: Yeah. That's where all my UNpaper towels come from. Don't worry, guys, we're going to talk about those in a second. I know everyone's on the edge their seats.

Friday Apaliski: They're in Eugene by the way, and I'm a Duck. So I like them even more.

Lee Burgess: I see. Of course, even more. But I've discovered them through something and then I followed them. And sometimes they'll be like, "Oh, did you know you could replace X with Y?" And sometimes I'm like, "No, I didn't know I could replace X with Y. I didn't know that someone was making Y." And so, I do like that if you're interested in this kind of stuff, and we're all short for time, that there are some passive ways that you can get these different ideas and these kinds of life hacks that I think are really awesome. And you start to see people in your circle. I now have a ton of friends and mom friends, and we now all start reusing jars, which I thought would be not my jam. But our mutual friend who introduced us, my kid was at her house and then came home with a jar of figs in a leftover yogurt jar. I mean, a long time ago, would always have been as a block. And then I'm sure the next time her kid comes to my house I'll fill that yogurt jar with something else and send it right back. And those little things, those little tiny systematic changes I think are pretty phenomenal when they really add up over time.

Friday Apaliski: Yeah, it's about sharing it with each other. That's such an important aspect of this, which is knowing that taking on this burden all yourself, that you have to do all the research and you have to figure out how to do it all right – it's overwhelming and it leads a lot of people to do nothing.

Lee Burgess: Yeah, it's true.

Friday Apaliski: And certainly if you're a student, you're like, "I just don't have time for this right now." Or a parent. Name your thing, everyone's busy. So, if you can just focus on, "What's the best thing I can do right now? This one choice that I can make. And if that's the only thing I do today, still, it's a win." Then you learn about another thing you can do from someone else. And that's so much easier than



trying to get on the Internet and look it all up and figure out the best. There's just so much conflicting information, and a gazillion bloggers who all have different ideas about what the right answer is. You just get into this vortex that can be just really tough.

- Lee Burgess: Yeah. And I think what's interesting too is if you're thinking about being a student and setting up a new space, typically whenever you relocate you have to buy a bunch of junk anyway. Especially if you've relocated across the country, you've typically given away everything. So then you have this kind of situation where you need to invest and make choices. For me, when I think about that time of setting up my home, I had to buy containers that food went in, and you had to buy glasses, and you had to buy things. And I know in my house I think Ball jars can be used for absolutely everything, because my kids can't break them.
- Friday Apaliski: Oh my gosh.
- Lee Burgess: I'm sure they would, but I've never seen one break. And they've got handy dandy sizes, and I put everything in them.
- Friday Apaliski: I put everything in them.
- Lee Burgess: Literally, I drink out of them, I brew coffee out of them, I slice up snacks.
- Friday Apaliski: I have one pint jar that holds my avocado every day.
- Lee Burgess: Oh, I like that. Every day. I think when you start to have these things around your house, things become really easy to utilize. We were also both poll workers at the election.
- Friday Apaliski: That's right.
- Lee Burgess: This is post-election that you guys are listening to this. But I noticed, because we had to pack in food for the whole day, which I typically don't live that way anymore, because I work from home. But lucky for me, I have a whole cabinet of sustainable food containers, because I send my kid to school with his lunches. And so, I totally pulled out his little insulated lunch thing and opened up his Planet box that had all the little sections in it, and I just packed in all my food. And then, it was really easy because it was all there. I think what was interesting to me as I started to see that you can create these new habits when you start being thoughtful about having some of these things and then you just start pulling them out.
- Friday Apaliski: Totally.



- Lee Burgess: And you really can start to see... It's not that I'm never going to use a plastic bag again. It happens, but you can see a great reduction in the amount of times. Or you go for that plastic bag and you're like, "Actually, I could use the Ball jar."
- Friday Apaliski: Totally. So, similarly at my polling place, one of the ladies went and bought a salad and came back and went, "Oh, I forgot a fork. I'm going to have to go get a plastic one." And I was like, "No, no. I actually have a fork in my backpack."
- Lee Burgess: Yeah.
- Friday Apaliski: I think students and moms are similar in that we carry a lot of stuff.
- Lee Burgess: That's true, we definitely do.
- Friday Apaliski: And so, I have a backpack. In my backpack, I keep a handful of things all the time. There is always, always in my backpack, a cloth napkin, always. I use it for all kinds of stuff. There is always, always in my backpack, a fork, a spoon, a straw, and chopsticks. These are not fancy ones that I went and bought from some thing or whatever. And if you don't have a fork and a spoon and a straw and chopsticks, that's fine. Go buy one of these fancy kits that everybody is selling, eco whatever. I literally just grab them from my kitchen.
- Lee Burgess: Right, from your forks and...
- Friday Apaliski: And when they get dirty, I put them in the dishwasher, and grab another fork. This idea that you have to buy something new for everything... Now, what I did buy for myself was this really beautiful handmade cloth holder for these things, and it makes me feel special every time I use it. It also means I'm not going to lose it, because I love this thing.
- Lee Burgess: Right, it's special. Yeah.
- Friday Apaliski: And it's beautiful. And I think there's something to that as well. If you are using things you don't care about, you will lose them and you will break them.
- Lee Burgess: That's true.
- Friday Apaliski: If you buy one thing that maybe costs a little extra money, so you don't want to replace it all the time, and you love it, and it is beautiful to you... Doesn't necessarily have to be actually beautiful, but if you love it, you won't lose it. I tell this to people all the time. So I said my napkin, I said my utensils. Always, I have my cup. Always. And as it turns out – I just have to say this out loud – my commuter cup that I use for tea, it also works for cold drinks.
- Lee Burgess: Ah, it's magic.



Friday Apaliski: It also works for water. I've actually put soft serve ice cream in it. I've put leftovers in it. Sometimes when I have a banana peel and there's no compost around, I can stick my compost in it. It's kind of an amazing vessel actually.

Lee Burgess: Yeah, that's true.

Friday Apaliski: And I just feel the need to say that out loud.

Lee Burgess: That you don't need to have multiple things.

Friday Apaliski: You don't need multiple things. And so those things are in my bag all the time. And then I've started also bringing a cloth baggy for a half-eaten sandwich or a cookie or whatever. You could end up with a backpack full of stuff if you wanted a thing for every possible scenario, but those things alone get me through just about everything I need. And again, it's invoked to have a big purse or a backpack, and most of the time when I see people on the bus, those purses and backpacks are near empty. So, I know there's room in there for a cup.

Lee Burgess: Totally.

Friday Apaliski: You totally can do that one.

Lee Burgess: And sometimes when you're trying to save money, if you bring your own cup you get a discount.

Friday Apaliski: Oh yeah. At Philz it's not just a little discount. I imagine you lawyers like Philz coffee because it really gets you going.

Lee Burgess: It's got a jolt.

Friday Apaliski: If you bring in a large cup, they will charge you for a small, no matter.

Lee Burgess: That's amazing. That's a huge change.

Friday Apaliski: It's like a dollar off.

Lee Burgess: Yeah.

Friday Apaliski: It's huge.

Lee Burgess: Yeah, and so I think it's these things about starting to use reusable thing, starting to use reusable containers. If you do bring your food to school, which I think can be a really great way to save money and also to be a bit healthier, so you don't eat pizza all the time. Law schools are notorious for having pizza at every event.



You end up eating pizza, like for... A lot of pizza. I can't even begin to describe how much pizza you eat in law school. I was not gluten-free yet when I went to law school. I ate a lot of pizza. But you can do these things, and then if you're thoughtful about what you collect, I think a lot of these things have multiple uses. And I think if you bring your own stuff, there's that extra little like, "Ugh, I have to wash it." But in the end it's also nice to have nicer things, which I do when I've got my nice clean canteen water bottle or whatever that I take places. It's nice, it's not going to break. I've had it at the polling place. And then we were at a firehouse and I just kept going to refill it. I would have probably drank 10 bottles of water that day if I hadn't brought my own thing. And I just kept going to refill it at the kitchen in the firehouse. These little things.

Friday Apaliski: Speaking of bottled water.

Lee Burgess: Yes.

Friday Apaliski: So, there's this very interesting thing about how... I really like to talk about how sustainability is all the things. And it's very easy to start on the road of zero waste – again, a very aspirational term, but waste isn't all of it. So, yes, plastic water bottles are terrible. They're made out of oil. And plastic lasts forever and it never gets digested by the earth and there are a million reasons why plastic is terrible. Oh, by the way, the water in those bottles – not at all regulated, not tested. Could be from anywhere. So, I really like that the tap water is at least tested multiple times a day.

Lee Burgess: It's true.

Friday Apaliski: It is also free, so that's helpful. But there is a toxics aspect to this as well, when you think about reuse and when you start digging into plastic packaging and food packaging, and what's in that. The PFAS chemicals that are on the inside lining of the chip bags, so that the chips don't stick to the bag – that's not great for your health. It is actively bad for your health. And when you start thinking about your organic whatever item, but that it's wrapped in hot plastic – not so helpful. One of the things that drives me bananas, especially on social media, is you'll find people who are really focused on one aspect of something – really focused on having only one mason jar full of trash, or really focused on having nothing toxic in their environment or whatever it is, or being super energy efficient. But the truth is, if we could all kind of dip our toes in all aspects of that, it would be better, for our personal health, and also for the health of the planet. And again, if we don't take an absolutist view, but we do all of the things a little bit better, we're in much better shape.

Lee Burgess: Yeah, I think that's true. I also have noticed around my own home that these incremental changes start to multiply on each other.



- Friday Apaliski: 100%.
- Lee Burgess: Also, I feel like Marley's Monsters should totally just promote this podcast. I'll send it to them because I'm going to talk about how many of their products I'm really obsessed with. One of them is their UNpaper towels.
- Friday Apaliski: I love the UNpaper towels.
- Lee Burgess: Which I actually do not do on the roll, because that was too much of a commitment for me, but I do fold them.
- Friday Apaliski: Oh really? I do them on the roll.
- Lee Burgess: Well, I'm sure you do. That doesn't surprise me.
- Friday Apaliski: But mostly because of people who come and visit my house. My husband and my son, and even my mom, who started this a zillion years ago, they think to grab a towel, and there's a drawer of napkins that everybody knows you can use for whatever you want. But if you have someone coming into your house from outside, they look around the kitchen aimlessly, like, "How could there possibly be no paper towels here?" So having this thing that looks like paper towels is actually a really nice cue.
- Lee Burgess: That's really true. So I keep mine folded in half in a fruit bowl.
- Friday Apaliski: Perfect.
- Lee Burgess: Basically, by my sink. And I use them for everything. They clean the cutting board, they clean up the mess on the floor. We have small children and I won't even begin to tell you what happens in my kitchen. I have a laundry basket in my kitchen that all of our kitchen towels and stuff go in, and there are just more in there. They go in my kids' lunch, they're in my bag. I took them with me to my polling place. And they just go directly back in there. And then I read on their social media that if you take out the thread, you can compose them when they get totally tattered, I believe.
- Friday Apaliski: Well, that's fantastic. I did not know that.
- Lee Burgess: Because I think they're just felt.
- Friday Apaliski: You also can recycle them. There's a lot of textile recycling, which is great. And you should never, ever throw any cloth, anything into the landfill. Really never. And as much as it pains me – and believe me, this is a painful thing for me to say out loud – but there is an H&M in every single city, in every single place. If you can put your blinders on, and just walk in there with your tattered Marley's



Monsters rags, or your sock with a hole in it, or your ripped sheet, or your shirt that doesn't fit anymore, or whatever it is that you no longer want – they have a great recycling program.

Lee Burgess: That's really cool. I didn't know that.

Friday Apaliski: There is another company that does it for them on the back end that is legit and good.

Lee Burgess: That's great.

Friday Apaliski: There are also other great companies that do that – Levi's, The North Face – that you will find that there is, if you start looking for it, textile recycling everywhere. So there really is no reason to throw anything cloth in the garbage. But yes, if you get something that is 100% cotton, you can compost it.

Lee Burgess: Yeah, which is also awesome. We're big composters here in San Francisco, if you're not from the Bay Area. It helps that we have municipal compost. I'm not composting in my back yard.

Friday Apaliski: Right. The other thing I will say about using cloths is that it really matters that you have your system set up right.

Lee Burgess: Oh, fair point.

Friday Apaliski: You said it, and I do this all the time, but if you don't have a place to put those dirty cloths, it doesn't work. And so, what I wish Marley's Monsters would do is only sell cloths with a laundry basket. They should sell them as a pair, because if you have one without the other, you're going to get frustrated.

Lee Burgess: Right, because they do that with the facial rounds, which I also have from them. They have a little knit basket that I keep in my bathroom, and that I stuff all the used little facial rounds in and then I dump them into my laundry hamper, which is also in my bathroom, and then they get washed.

Friday Apaliski: Right. And it's not like you're not doing laundry. Everybody is doing laundry all the time. So doing more laundry is not a big deal. Inevitably, the question comes up: "Well, what about the water?" And here we are in California, a very drought-prone state, and it is not a joke that we don't want to waste water. That said, the environmental footprint of a disposable item, the amount of water and fuel and everything else to mine it, to make it, to ship it, and then for you to use it for five seconds and then throw it away, even if you're throwing it in the compost...

Lee Burgess: It's still waiting for the garbage to pick it up.



- Friday Apaliski: It has to be picked up. And so never, never, never is a disposable item going to win the environmental award over a reusable item. Never.
- Lee Burgess: Yeah. Okay, that's a very good point.
- Friday Apaliski: I just feel the need to say that because every once in a while you get these news reports that make it confusing for people. The most recent one, which just made me pull my hair out, was this idea that your plastic bag has a lower carbon footprint than your canvas reusable bag.
- Lee Burgess: Oh, I think I did see that.
- Friday Apaliski: Did you see that?
- Lee Burgess: I don't think I read it, but I saw it.
- Friday Apaliski: Okay. So yes, that is true, because it weighs less, it doesn't take as much to make it or ship it. This study did literally nothing about the end of the life of this bag. Well, let's talk about what are the costs for when it becomes litter and blight? What are the costs for when it clogs up the sewer system? What are the costs for when a bird eats it and dies? And then, by the way, what happens when it turns into little tiny pieces of fish food and then the fish eat it, and then you eat the fish? Nobody's talking about that part of it. So, the other thing I will say is basically plastic is never the answer, because it is an unnatural product that is made out of dinosaur bones, and will never ever, ever, ever be digested by the earth. So, I don't want you to go out and buy a million canvas bags, but I wouldn't mind you having five that you use and use and use and use and use and use and use forever. That would be the most sustainable thing.
- Lee Burgess: Yeah. That's a really good point. Alright, so to wrap up what some of our favorite things that are low-cost things.
- Friday Apaliski: We have so many favorites.
- Lee Burgess: We have so many favorite things, but we'll just do a quick list. I think if you're setting up a new house or let's say you're making a list for holiday shopping or birthday shopping, you can also ask other people to contribute to help you do this.
- Friday Apaliski: Totally.
- Lee Burgess: So we've already discussed our love affair with Ball jars, which are amazing. And everything at Marley's Monsters, but specifically some sort of cloth, like you



were mentioning cloth napkins or something like these felt UNpaper towels. But using fabric instead of using things like paper towels and paper napkins.

- Friday Apaliski: Yep. Also, we're talking about school supplies, we're talking to students – [Wisdom Supply Co.](#)
- Lee Burgess: Oh yes, you sent me this link, it's pretty cool.
- Friday Apaliski: It's amazing. They do all school supplies and office supplies plastic-free.
- Lee Burgess: That's amazing.
- Friday Apaliski: It is. And they are high quality things that you don't need to buy a ton of. I know the women who run it, and they are real rad.
- Lee Burgess: That's awesome.
- Friday Apaliski: And super committed to truly no plastic. So, put that on your holiday wish list for sure. There are some great things there. Truly, my favorite is the highlighter pencil.
- Lee Burgess: Oh yes, you were telling me about this. I have not played with it myself.
- Friday Apaliski: I love it, because when I was a student, it would just drive me bananas that the highlighter pens when you get them, would ink through paper...
- Lee Burgess: True, and then they run out, because law students go through a lot of highlighters.
- Friday Apaliski: Yeah, right, and then they run out. None of those annoyances happen with the highlighter pencil and it lasts for a really, really, really, really long time. And anyway, costs like nothing when you compare it to the price of a gazillion plastic ones. Side note, that whole thing about Crayola recycling their markers – bogus.
- Lee Burgess: Well, that's too bad.
- Friday Apaliski: Yeah, they incinerate them. That's not recycling; it's actually really terrible. Just in case you were feeling better about sending your highlighters back, no way.
- Lee Burgess: No way.
- Friday Apaliski: Okay, what else do I love? I have a Tiffin that's like a three-stack with a handle on the top, and I love it. And people comment on it all the time. It's the best little lunch container. And you can get a pretty modern-looking version of them at [Food52](#).



Lee Burgess: Oh, nice. They have some really cool looking stuff there.

Friday Apaliski: They do have some cool stuff. So Food52, the Tiffin, I'm totally in love with it. If you have not been to [Life Without Plastic...](#)

Lee Burgess: Oh yes, I do love them too.

Friday Apaliski: It's a great store.

Lee Burgess: That was kind of my gateway drug before I met Marley's Monsters.

Friday Apaliski: Yep. My all-time favorite item, the thing that I am personally known for and is attached to my hand more than my cell phone, is my glass reusable commuter mug. And they sell it.

Lee Burgess: Nice.

Friday Apaliski: It's \$20, and it's beautiful. You will get compliments wherever you go on it.

Lee Burgess: And many coffee places... It will pay for itself in a couple of weeks.

Friday Apaliski: Oh, very quickly. So definitely add that to your holiday list. What are my other favorite things? If you haven't been to the [Wild Minimalist](#), that's a great website to go to. They also carry Marley's Monsters.

Lee Burgess: Oh, nice.

Friday Apaliski: And then the other thing I would say... And really, there's a reason why all these Rs start with "reduce". Reduce and reuse, and then recycle, and then rot. Rot is compost. But slow down and see if you can use less things. We just listed off all of our favorite places to go shopping, but believe me, you don't have to buy a bunch of stuff to be helpful to the planet. In fact, the less stuff you buy, the better. One of the mantras that I have, especially around the holiday, is, "Perishable, not cherishable." Perishables, not cherishables. Can you buy somebody an experience? Can you buy them flowers? Can you buy them food? I mean, students love food.

Lee Burgess: That's true. Do you know what I am making for my holiday gifts? Spoiler alert to anybody who's on my holiday group. I'm doing preserved lemons.

Friday Apaliski: Oh, I love it!

Lee Burgess: Well, you can get some when they're done. We have a lemon tree, and I'm going to use my handy-dandy Ball jars that people can reuse. But we're making



preserved lemons, and then candy lemons, which I'm also going to do in a secondary thing. I was trying to come up with a project to do, because I like to incorporate my kids, but I was also just like, "What do we have?"

Friday Apaliski: "What do we have?"

Lee Burgess: And then what can I not dump on somebody that they're like, "Great, now what do I do?" If they don't want the lemons, you can dump them in the compost. That's fine. Keep the Ball jar.

Friday Apaliski: Put them in some whiskey, you'll be fine.

Lee Burgess: Yeah. But I think there is something to just not giving people more stuff.

Friday Apaliski: Totally, especially when you are living in a small space, and you don't want to have more stuff. The other thing is slowing down and trying to find the things that you actually need elsewhere. Convenience is what kills the earth, truly. When you are rushing around to set up your apartment or moving or whatever, you go, "Oh my gosh, I have to have this thing right now. Amazon overnight." Or, "I'm running to Target and it doesn't matter that everything in there is plastic." That's when those things happen. If you can take a deep breath and say, "Well, I'm really looking for a lamp. I want a white lamp." [Craigslist](#), right? Craigslist is a great place, especially if you're a student. Think about it – all the stuff that you got rid of, someone else is getting that.

Lee Burgess: Oh, for sure.

Friday Apaliski: So, there's a great exchange of stuff that's happening. Craigslist is my generation's version of it. The new version is [Facebook Marketplace](#), or [Buy Nothing](#), or whatever. There's a gillion of them. So I would say that's a great option. There are consignment stores.

Lee Burgess: When we talked about this on... We did a [fashion discussion](#), where we were talking about using places like [thredUP](#) and consignment stores to buy clothes for interviews and to be able to invest in maybe more expensive pieces of clothing than you can typically afford, for young law students who really only need one or two of these interview suits. And I never really thought about that also as being an avenue for solving fashion problems.

Friday Apaliski: Oh, huge.

Lee Burgess: Because when you could get maybe a suit at H&M, it's not going to last very long or not going to be as nice of a fabric or may wrinkle more if it's stuffed in your suitcase and has to go on an airplane.



- Friday Apaliski: Right, and makes your heart feel bad when you find out who made it.
- Lee Burgess: Yeah, yeah.
- Friday Apaliski: There's that.
- Lee Burgess: There's that, too. So yeah, I think that is also something that a lot of people are just starting to really do more, is look at consignment as a way to fill that void as well.
- Friday Apaliski: Totally, and hand-me-downs. Who has something and what can I borrow? And what can I reuse? Again, when you speed up and you say, "I need to have it right now", that's when you don't have the time to look around and find what you really need, or what you really want. And so, my biggest thing on how to be sustainable is to slow down. Look at what's in your local stores. If you want to have local stores, you've got to buy from local stores. And that means you've got to know what's in them. So, walk around, see what is around; and when you need something, go to the store down the street. That helps your local economy and it builds community. Getting everything delivered to your door is just not a great thing for the earth. And don't get me wrong, sometimes you need to do that.
- Lee Burgess: It's true.
- Friday Apaliski: I'm not shaming anybody who has the emergency where you have to go on Amazon and get something. That happens. It's okay. Thank goodness we have a resource for when those things happen. But if most of the time you can avoid it, great.
- Lee Burgess: Yeah. So, the other things that we've kind of brainstormed, and we talk about this at our own virtual office space, is trying to go as paperless as we can. One of the things we talk about on this podcast a lot is the importance of handwriting, because handwriting does make touch points with the brain that typing does not. Alison and I recently invested in iPad Pros, which have much better electronic pencils. And if I was sitting in a class, now I could take notes on the iPad Pro, and then save them in that different way, and still get the benefit of the paper notes without necessarily having the paper. There are now electronic casebooks. [Casebook Connect](#) through Wolters Kluwer is one of the options. You can actually have your whole casebook electronically and you can kind of highlight on that. And so, if you're interested in reducing your paper footprint and even what you have to invest, I think there are a lot of new options. I think my only caveat is that if you use some of this technology to do activities that typically were done offline, figure out how to make it an offline environment. So if you're going to do your reading on your computer or on your iPad, turn off the Internet.



- Friday Apaliski: Of course.
- Lee Burgess: Turn off the notifications, because I think that's where this becomes kind of problematic. It's like the computer is also the void you go in for distraction. And when you want to scan Instagram for the hottest next sustainability suggestion, that's great, but not when you're supposed to be doing your practice exams for your final exams.
- Friday Apaliski: Right. And if you do need to use paper, make sure that it is 100% post-consumer recycled content paper.
- Lee Burgess: And print both sides.
- Friday Apaliski: Print both sides, recycle it when you're done, and don't pour your soda on top of it after you put it in the recycle bin. Clean paper is what is recycled, is recyclable. Dirty paper is not. So yeah, there are things that you can do. Again, if you're a student, paper is inevitable. So, just buy the best paper you can. Look for FSC certification, make sure it's recycled content. The post-consumer part of that is what matters. The deal is that, like in fashion and everything, there is waste that is part of the manufacturing process. So, recycled paper is just virgin paper where they chopped the sides off and that stuff would have gotten thrown away anyway, and they make new paper out of it. Post-consumer recycled paper is the paper that you wrote your notes on and you put it in the blue bin, and then it got turned into more paper.
- Lee Burgess: Got it.
- Friday Apaliski: So there's a difference there. But make sure it's a 100%. There's no reason that it shouldn't be. It's available everywhere. And print both sides, and use less.
- Lee Burgess: Yeah, and just be a little more thoughtful. I think that's really what we can all take on, is it doesn't take much more money. Even just being a little more thoughtful doesn't take much more time. And I think some of this stuff, going back to other ways of doing stuff, can be kind of a fun side hobby. We were just talking about how I made butter this morning. No joke. And I learned some things about it. But it was so interesting. I think in a consumer world, where we don't... I actually don't think about how the butter is made. Now, granted, I had to buy the things that went into the butter and I don't know that my butter is particularly sustainable, although it is delicious, I will give you that.
- Friday Apaliski: I'll give you another example.
- Lee Burgess: Okay.



- Friday Apaliski: Yesterday my mom went with some of her girlfriends and did a little class, just among themselves, on how to can.
- Lee Burgess: Oh, nice.
- Friday Apaliski: And so they did. They made cranberry sauce for Thanksgiving, and they did a little lesson and they canned it.
- Lee Burgess: Nice.
- Friday Apaliski: I have been making my own jam for all of the years of my life. It was a thing my mom and I would go and pick the fruit every year and make jam. And now I am super spoiled and I don't want to eat jam from a store, because it tastes like, bleh. But it's super easy, and it's one of those things where it actually saves me a bunch of money, it saves me a bunch of time. It's one day where I use my hands and make a thing and feel super proud about it. Do I do it for all of the food that I eat? No. But I definitely do it for a bunch of stuff. And again, this is an example of, do the best you can.
- Lee Burgess: Right. And it can be fun.
- Friday Apaliski: I don't imagine that you're making all of the butter that you eat.
- Lee Burgess: No, we eat a lot of butter at my house. So, no. This is only my first butter experience. But it is interesting to think about it, and what could that butter maybe replace? We talked a little bit, a tiny bit about the toxic load of stuff. I wasn't thinking about it until today, when I was mixing the salt, because I like salted butter. But I was mixing the salts in the butter and I was like, "Wow!" I know I'm using Himalayan salt or whatever is the specific salt that I've decided to put in it, and then I sprinkled some sea salt on the top, which is also very good. But I was like, "I don't know what kind of salt is in my butter." And I consume a lot of butter. And so, it was kind of an interesting idea of, I'd never really thought about the quality of the salt that's in a lot of the other butter that I'm consuming. And at least now I know in this one stick of butter – hopefully not my last stick of butter – but in this one stick of cultured butter, I know what's in it. And I just think that is kind of also interesting. Like your jam – you know what's in it.
- Friday Apaliski: Yep.
- Lee Burgess: Alright. Well, we're running out of time, but the last thing I wanted to touch on is one of the things that you've written about and that you talk about, is emergency preparedness. Because I know you lived through the '89 quake here in the Bay Area and that you put together earthquake kits. We've recently had a lot of people who've had to evacuate for fires in this area. There are hurricanes



happening everywhere. And so, I think for transient folks, who I think a lot of students feel transients, I think that an emergency kit is not on everyone's list of things to do. Although everybody's getting a solar-powered cellphone charger in their holiday gifts from me this year, after all the power outages in California.

- Friday Apaliski: A solar-powered cellphone charger is number one on the list.
- Lee Burgess: Number one, number one on the list.
- Friday Apaliski: Well, that's not true. I think water technically. I would do myself a disservice if I didn't take water. Water is number one.
- Lee Burgess: Water is step one.
- Friday Apaliski: But power is a real close second.
- Lee Burgess: Water and power, yeah. And so, a lot of people don't have a lot of space and they don't want to spend a lot of money. What are a couple of things that you think people need to just always have on hand, besides our solar chargers and some water, to get them through a tough time, that may or may not be coming?
- Friday Apaliski: So, quickly about why sustainability and earthquakes or disasters have anything. They're related.
- Lee Burgess: Okay.
- Friday Apaliski: So, being resilient is part of being sustainable.
- Lee Burgess: Oh, true!
- Friday Apaliski: And if your house is filled with toxic products, if there is a disaster, no matter what the disaster is, it is going to be tenfold worse, maybe a hundredfold worse for you to clean it up after the fact. So, this is how these things are connected. We don't want you to have these toxic products to begin with. Then when they flood or burn or break, we don't want you to be dealing with the aftermath of that either.
- Lee Burgess: Right.
- Friday Apaliski: So, here's what you need. Here what I don't want you to do.
- Lee Burgess: Okay. We'll start with the don'ts.
- Friday Apaliski: I don't want you to go onto Amazon, or even Google, and look for an emergency backpack.



Lee Burgess: Yeah, I've flipped through those, yeah.

Friday Apaliski: Yeah, so here's why. There are two varieties: The first variety that almost everybody can afford is just really crap. The products are terrible. The food that they put in there, it's literally flour.

Lee Burgess: Ew!

Friday Apaliski: I tasted it, and I would rather die than ever eat it again. I'm 100% serious. So, the cheap ones are cheap and terrible. The other ones are designed for people who are in the outback. They are survival kits for people who are truly off the grid.

Lee Burgess: Right.

Friday Apaliski: I don't imagine that's any of your students.

Lee Burgess: Probably not. If you're in a law school, you're probably near the grid.

Friday Apaliski: Yeah, you're near the grid.

Lee Burgess: You're near the grid.

Friday Apaliski: So, for \$150 you can put together a backpack that is totally complete. You need some water. Bottled water from the store would fine, or there's an Aqua box that lasts for five years, they come in square juice box sized. So you need some water. You need some food. I vote for granola bars.

Lee Burgess: That's in my earthquake kit. I think I have almonds and bars.

Friday Apaliski: Pick your favorite bar. Yep, I do not like canned food – a) because I don't know anybody who likes to eat anything that's canned food, and b) they leak and rust. So that's just not a thing anybody wants to think about. You're also going to need a minor first aid kit. I always put in excrement bags, because as a lady...

Lee Burgess: Things happen.

Friday Apaliski: The tree is not my friend in that way. I also always put in a head lamp and a flashlight. You need a radio, like a hand-cranked radio. You need an extra pair of shoes. So, those old sneakers that you were going to throw away, that you were going to take to H&M and recycle.

Lee Burgess: That's right, perfect.



- Friday Apaliski: Put those in your emergency backpack, or in your car, or in a bag under your bed.
- Lee Burgess: Right.
- Friday Apaliski: All of those places actually. Put them in all of those places. Let's see, what am I forgetting? Oh, and then the solar power.
- Lee Burgess: The solar power, yeah. And Alison lived through a couple of earthquakes in Mexico City. And one of the things she has in her earthquake kit that I also now include, although they have become somewhat controversial, because people do not wear them correctly, are the N95 masks.
- Friday Apaliski: Oh yeah, yeah.
- Lee Burgess: Because one of the things that she did not realize when she was in an earthquake in Mexico City was how the air is very, very toxic and dirty. And you're just walking around; it can be very, very hard. And if your power's out, you cannot run all the air purifiers that we all own now here in California. So, that's another thing to consider.
- Friday Apaliski: Yep, I always put those in there too. That was a good reminder, thank you.
- Lee Burgess: You're welcome.
- Friday Apaliski: And I should say that in the mini first aid kit that I usually work with, there's a whistle, there's scissors, and a multi-tool. It's just like a little flat...
- Lee Burgess: Yeah, a little Swiss army knife.
- Friday Apaliski: Yeah, it's a little bit like a Swiss army knife, or something along those lines.
- Lee Burgess: Yeah.
- Friday Apaliski: Essentially you just want to be able to either grab this bag and go some place and be kind of okay for a day or two, or have this bag in your car when you're stuck some place.
- Lee Burgess: Right.
- Friday Apaliski: Also you might consider a couple pairs of underwear, a tooth brush, maybe some floss, depending on how dental hygiene...
- Lee Burgess: I was at the dentist yesterday, so I'm thinking a lot about my dental hygiene.



- Friday Apaliski: Yeah, and then the other thing I will say is, often times lawyers are in big fancy buildings. Not always, but on occasion. Or near them. So, if you are working in an office or interning in an office that is near downtown or in a really tall building, I would like you to keep three things at your desk – sneakers, leather gloves, and a hard hat. Because if there is an earthquake, you are going to eventually walk outside and maybe walk a long way to wherever you're going, so you need some comfy shoes. There's going to be glass all over the ground, and you're going to slip. And the first thing you put down when you slip is your hand. We don't want your hand to get cut. And the last thing is, everybody puts their desk up against the window because that's the pretty way to be.
- Lee Burgess: Right.
- Friday Apaliski: And now the stapler on the seventh floor is a projectile. So, I would like you to have a hard hat on your head. And they're really not expensive, right?
- Lee Burgess: No.
- Friday Apaliski: I was at Home Depot today. You can get a pair of leather gloves for \$1.50 at Home Depot. You can get a hard hat for \$15 \$20 bucks. And everybody has an old pair of sneakers.
- Lee Burgess: Yeah. Well, see, that could be your next office warming gift. That's amazing tips. That's really good, I had not thought about that. Well, unfortunately, we are out of time, but if you'd like to learn more about Friday and her work – Friday, how can they find you?
- Friday Apaliski: You can find me on Instagram at [Sustainability Concierge](#). You can also look at my website at sustainabilityconcierge.com. And you can email me.
- Lee Burgess: Alright. Well, thanks so much for stopping by on the podcast; this was really interesting. And we will link to you and your work and some of the stuff that we've talked about in this podcast. And I hope everybody's able to make maybe one different choice today about being a bit more sustainable.
- Friday Apaliski: I would love that. You know what I would really love?
- Lee Burgess: What?
- Friday Apaliski: If everybody who's listening to this podcast writes a comment about the one sustainable thing they're going to do...
- Lee Burgess: Oh, I love it!
- Friday Apaliski: Because they felt motivated after listening to this.



Lee Burgess:

Alright, let's do it. Comments about what you're motivated to do. Alright, if you enjoyed this episode of the Law School Toolbox podcast, please take a second to leave a review and rating on your favorite listening app. We'd really appreciate it. And be sure to subscribe so you don't miss anything. If you have any questions or comments, please don't hesitate to reach out to Lee and Alison at lee@lawschooltoolbox.com or alison@lawschooltoolbox.com. Or you can always find us via our website [contact form](#) at LawSchoolToolbox.com. Thanks for listening, and we'll talk soon!

RESOURCES:

[Sustainability Concierge](#)

[Friday Apaliski's Instagram account](#)

[Marley's Monsters](#)

[Wisdom Supply Co.](#)

[Food52](#)

[Life Without Plastic](#)

[Wild Minimalist](#)

[Craigslist](#)

[Facebook Marketplace](#)

[Buy Nothing Project](#)

[thredUP](#)

[Casebook Connect](#)

[Podcast Episode 201: Fashion Law & Men's Fashion \(w/Douglas Hand\)](#)