



For the Love of Trees Part 5

By Maria Kootsikas, PharmD

Tree planting in the Bluff Heights area is just around the corner (no pun intended), and is scheduled for 2022 in cooperation with Long Beach's I Dig Long Beach tree-planting programs. You will receive an invite to join us in planting trees in the new year.

The Bluff Heights Neighborhood Association (BHNA) plans to hold several tree-planting sessions in 2022, and volunteers are needed. Not only is this a nice way to get to know your neighbors, but it is a means for Bluff Heights to support the city of Long Beach's initiative to achieve a carbon neutrality goal by 2045, consistent with Executive Order B-55-18. 1 "The City's 2015 emissions inventory totals 3.1 million metric tons of carbon dioxide equivalent (MMTCO₂e) with the majority coming from transportation (50%) and building energy use (44%)."¹

Even though the majority of carbon dioxide in Long Beach derives from transportation and building energy, planting trees can only help the city to lower carbon dioxide emissions. Trees absorb odors and pollutant gases such as nitrogen oxides, ammonia, sulfur dioxide, and ozone and removes,

on average, about 20 tons of carbon dioxide per year.² Photosynthesis (the process by which trees absorb carbon dioxide from the air, combine it with water and light, and make carbohydrate) removes carbon dioxide from the atmosphere and replaces it with oxygen. Regardless of the fact that the number of tons of carbon dioxide removed yearly by a tree differ in the literature ranging between 10-40 tons of carbon dioxide, any removal of carbon dioxide by trees can only benefit our lives.²

Good neighbors, let's do it. Let's plant trees and help to make the environment we live in that much more sustainable, healthy, and beautiful.

www.becomecarbonenegative.com

1 [GREENHOUSE GAS EMISSIONS-City of Long Beach](https://www.longbeach.gov/2020/01/08/greenhouse-gas-emissions-city-of-long-beach/)
2 <https://onetreeplanted.org/blogs/>

<https://public.tableau.com/app/profile/cmjones/viz/USHouseholdCarbonFootprintbyZipCode/Sheet2>



Maria Kootsikas and her husband, Paul Montalbano, are retired clinical pharmacists living the wonderful retired life in Bluff Heights. You might see them walking their beloved Cheeto.