

Dear Virginia,

## The Home Stretch



**The media has insisted on billing this presidential election as a horse race, as if each candidate were equally deserving and capable of serving this country in the White House.** Yet one candidate is a convicted felon, a conman, a rapist, an instigator of violence, and a perpetual liar. You know whom I'm talking about so I won't go on. It's hard to believe we have a close race here!

The media purposely stimulates fear and anxiety. It's click bait and profits for them. So I was glad to see this article from the *NYTimes*, which is an exception to the paper's usual horse race headlines. This editorial elaborates more fully on what matters in choosing a candidate (moral fitness, principled leadership, character, a president's word, the rule of law), and why Trump is "dangerous in word, deed and action." Read and share: "[Donald Trump is Unfit to Lead.](#)" It concludes, "**When someone fails so many foundational tests, you don't give him the most important job in the world.**"

(My Note: Even though I feel positive about the outcome of our election in favor of democracy, we are doing everything we can to elect the Harris-Walz ticket and get out the vote. I believe action absorbs anxiety, but I still have times of [election anxiety](#). Maybe you do too!)



**Stories, insights and action for a world that works for all of us**

~ ~ ~

*Justice is what love looks like in public.*

Jim Hightower

~ ~ ~

## Favorite Resources

[Fix the News](#)

(Future Crunch)

[Reasons to be Cheerful](#)

[Chop Wood, Carry](#)

[Water](#)

[350.org](#)

[Climate Reality](#)

[Project](#)

[Local Futures](#)

\*\*\*

[Desert Rose Press](#)

[VirginiaMudd.com](#)

~ ~ ~

## This Month's Features



### Republicans Speaking Out

**Retired federal appeals court Judge J. Michael Luttig**, a prominent conservative Republican legal scholar is endorsing Vice President Kamala Harris over former President Donald Trump, whose candidacy he describes as

an existential threat to American democracy. It will be the first time Luttig, a veteran of two Republican administrations, has voted for a Democrat.

“In the presidential election of 2024 there is only one political party and one candidate for the presidency that can claim the mantle of defender and protector of America’s Democracy, the Constitution, and the Rule of Law,” As a result, I will unhesitatingly vote for the Democratic Party’s candidate for the Presidency of the United States, Vice President of the United States, Kamala Harris.” [Read more here.](#)



### **Liz Cheney endorses Kamala Harria**

“As a conservative, as someone who believes in and cares about the Constitution, I have thought deeply about this. And because of the danger that Donald Trump poses, not only am I not voting for Donald Trump, but I’m voting for Kamala Harris.” [Read the article.](#)

Judge Luttig wrote: “There was never a doubt that the courageous Liz Cheney would endorse Vice President Harris, because Liz Cheney stands for America. She is the very embodiment of country over party and country over self. And she fears no one—least of all the former president.”

Liz Cheney's father, former vice president Dick Cheney, has also announced he will be voting for Harris saying that "Trump can never be trusted with power again."



### **Action Sites for Democracy and Climate**

Given the threats to our democracy and our Earth, I am leaving this resource guide in until the election in November. **Everyone is needed to do whatever they can!**

#### **Protect Our Democracy: Every Action Counts!**

[Chop Wood, Carry Water](#): Provides daily actions for our democracy.

[thecivicscenter.org](#) : Mobilizing the youth vote in America.

[civicinfluencers.org](#): Also working to register young voters.

[Iwillvote.com](#): Everything you need to know to vote.

[steady.substack.com](#): Dan Rather's excellent commentary on current affairs.

[RobertHubbell.substack.com](#): Reflections on and summary of today's news.

[guides.vote](#): Non-partisan guide to how candidates stand on issues.

[votefwd.org](#): Write letters to encourage folks to vote.

[Postcards to Swing States](#): Write postcards to help get out the vote.

**[Blue Wave Postcards: Clifford and I are doing this. Easy and straightforward.](#)**

[statesproject.org](#): A pro-democracy organization working at the state level.

[VoteRiders](#) will tell you what you need to know in order to ensure you can vote.

#### **Climate Action: Every Action Counts!**

[100 Things You Can Do to Help in the Climate Crisis](#)

[15 Actions to Make a Difference](#)

All Kinds of Good News



### Reforestation

In the past year, the National Forest Foundation has planted over 8 million trees — of 25 different species — and reforested over 21,000 acres of land. That’s equivalent to 198,000 NBA basketball courts. [Here's the article.](#)



### Gym Energy

Students on certain treadmills at Brown University fitness center generate energy for the building as well as get a workout. One student says, “When you see that even your gym equipment can do something . . . you start seeing that it is possible to have habits in your life that are positive for the environment, and that can help push people away from some of the climate pessimism. You can implement climate-friendly options into your lifestyle very seamlessly and easily. [Read more.](#)



### South Korea makes good news

**Dozens of South Korean children sued their government** over poor climate change policies — arguing that their rights to live in a clean environment were violated — and won! The suit now compels the government to set more ambitious goals for preventing climate change. [Read more here.](#)

\*\*\*

**South Korea's composting system is a model for the world.** South Korea operates a comprehensive composting program that recycles almost all of its discarded food into fertilizer, animal feed or biogas. In the city of Seoul, population 10 million, this means 2,500 tons of food waste a day is recycled into usable material. Food waste accounts for 6-8% of human-caused greenhouse gas emissions. Household waste is collected in yellow bags and treated at a central location. (It doesn't say what these bags are made of or if they can be recycled. . . . ) [Here's the story.](#)

## Wisdom for Our Time



“The vote each of us casts this year will determine whether democracy and freedom will prevail. It’s that simple. It’s that serious. And the power is literally in your hands. History is in your hands.... America’s future is in your hands.” --  
—President Joe Biden

### Unimaginable Perspective

HELP OTHERS



The greatest force for saving our democracy from a wanna be dictator is voter turnout. You can help by





### Let's understand light years a little more

Last month I posted an image by one of our favorite news commentators, Robert Hubbell, who is also a skilled amateur photographer specializing in telescopic photographs of the night sky. He always notes how many light years these nebulae are from Earth. Here is Nebula Sharpless 2-108. It is 1,500 light years from Earth and has a diameter of 26 light years. He explains "light years:" Light travels 5.88 trillion miles in a year. For comparison, the Earth is 93.6 million miles from the Sun. Driving a car at 60 miles an hour without a break would take about 11,000 years to drive one light year. If you drove day and night at 60 miles per hour without stopping, it would take you 286,000 years to drive across Sharpless 2-108.

*I hope you have an active and upbeat month!  
Virginia / Gibi*

telling folks how to register and get absentee ballots. You can support groups that are registering new voters. Check out the links listed above. Don't sit this one out.

**Do something!**

\*\*\*

We're not just fighting for democracy—the soul of America. We're fighting for the soul of humanity.

[My Column](#)

Virginia Mudd | Box 50 | San Jose, NM 87565 US

[Unsubscribe](#) | [Update Profile](#) | [Constant Contact Data Notice](#)



Try email marketing for free today!