

Dear Virginia,

# TIME TO SHOW UP!



## What are we voting for? What are we fighting for?

It's not just about policy. It's about who we are as human beings. I believe we are fighting for the soul of humanity as well as for our democracy.

One side is fighting for the priorities of love, generosity, compassion, kindness, dignity, respect, inclusion, integrity, honesty, civility, cooperation, understanding, connection to others and the planet, freedom and moral values.

The opposing side exhibits and promotes lying, violence, suppression, hatred, lack of respect and abuse of all kinds.

We are fighting for the future we want.  
We are fighting for values that enhance life.

**Time to fight. Time to vote.**



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](#)

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[Desert Rose Press](#)

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## This Month's Feature

Some final thoughts about the  
election from Bruce Springsteen

He speaks of what America stands for: freedom, social justice, equal opportunity. **"Donald Trump is the most dangerous candidate for president in my lifetime."** [See the video.](#)



### **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



### **Hospitals providing healthy food**

**Boston Medical Center** has a rooftop garden (pictured above) and operates the Preventive Food Pantry. The pantry opened in 2001 after doctors raised the alarm that many of their patients reported not having enough food for their families. The pantry was initially expected to serve 500 people a month. Today, it serves



### **California takes on fast fashion**

The environmental impact of the fashion industry is becoming increasingly difficult to ignore, and California is leading the way in addressing the growing issue of textile waste. With the fast fashion cycle overwhelming consumers and landfills, California's new law,

more than 6,200. This medical center's approach is part of a growing movement of collaboration between health providers and anti-hunger programs. With options ranging from medically tailored meal deliveries to produce prescriptions to pantries working out of health facilities, experts say these connections are having positive health impacts, improving access to high-quality foods and reducing stigma. [Here's the article.](#)



**Banning Fossil Fuel Advertising**  
**The Hague** has become the first city in the world to pass a law banning advertisements promoting fossil fuel products and "climate-busting" services. Legislation spells the end of publicly and privately funded advertising for petrol and diesel, aviation and cruise ships in the streets of the Dutch city, including on billboards and bus shelters. It takes effect from the start of next year. [Read more.](#)

the Responsible Textile Recovery Act, could make the state the first in the nation to require manufacturers to assume responsibility for recycling the apparel and textiles they make. [Read more here.](#)



### Bye bye smartphones in class

As this school year gets underway, a growing number of schools are banning or restricting smartphones. [France](#) has banned them in primary and secondary schools since 2018, the Netherlands since the beginning of this year, and Italy, Germany and Great Britain are currently discussing implementing restrictions. In the US, [Florida](#) passed a law last year that bars students from using personal digital devices in public schools, and several other states, including Indiana, Louisiana and South Carolina, are following suit starting this school year. [Read here.](#)

## Wisdom for Our Time



"In that first letter five years ago [referring to her daily post, *Letters from an American*], I wrote: 'So what do those of us who love American democracy do? Make noise. Take up oxygen.... Defend what is great about this nation: its people, and their willingness to innovate, work, and protect each other. Making America great has never been about hatred or destruction or the aggregation of wealth at the very top; it has always been about building good lives for everyone on the principle of self-determination. While we have never been perfect, our democracy is a far better option than the autocratic oligarchy Trump is imposing on us.'" —Heather Cox Richardson

### Jane Goodall with Stephen Colbert *Vote for Nature*



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

Jane Goodall celebrated her 90th birthday in April and she is still an inspiring advocate for our planet and for a healthy future for all of us. [In this video](#) she talks with Stephen Colbert on *The Late Show* about how she embarked on her dream to live with, research and write about animals in Africa, and about her recent project [voteornature.com](http://voteornature.com). She urges us to vote for candidates who will protect our natural world, fight for clean air, water, a stable climate, and who care about our future. Her birthday wish is simple. **VOTE!**

*I hope you have a positive and energizing month!  
Virginia / Gibi*

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!**

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

[My Column](#)

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