

Greetings!

A More Perfect Union



The Preamble of our Constitution

We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defense, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America.

I came upon this theme for the newsletter after watching a couple of videos produced by the More Perfect Union Foundation, a non-profit education organization. (Links below.) They presents a poignant look at poor rural America where folks feel utterly neglected and are without basic services. They voted for Trump in 2024 because he promised to fix the "broken system" and make things better for them. What comes forward from these videos is that **the deeper issue for Americans may not be the political divide of red vs. blue, right vs. left so much as the inequality divide and right vs. wrong.**

"The wealth inequality in our country is astounding and worsening. In 1970, 61% of the U.S. population was considered middle class. It's now down to 50% and shrinking. Today, the top 1% of Americans hold 31% of the wealth; the bottom half holds just 2.6%. We all might want to pause to fully consider those percentages." —Dan Rather. See further sobering statistics below.



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

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*Justice is what love  
looks like in public.*

Jim Hightower

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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](#)

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*We will and must  
resist and protest as  
long as it takes to get  
our democracy back*

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This Month's Features



More inequality numbers

The four richest men in the US are worth more than \$1.3tn. But it's not just them. The top 1% now owns more wealth than the bottom 93%.

Elon Musk, worth \$480bn, owns more wealth than the bottom 52% of American households. Tesla's board proposed giving him a \$1tn pay package if he meets certain goals.

800,000 Americans are homeless and more than 20m households pay over 50% of their limited incomes on rent or a mortgage. Since 2000, average rents have more than doubled and the median price of a home has soared to more than \$435,000. Real weekly wages for the average American worker are lower today than they were more than 52 years ago.

According to the Economic Policy Institute, over the past 45 years, top CEO compensation increased by 1,085%, while their typical worker's salary inched up by just 24%.

More than 85 million Americans are uninsured or underinsured – a number that will rise by at least 15 million under Trump's so-called big beautiful bill.



Videos for "A More Perfect Union"

In this 18 minute video, look into [Mingo County, West Virginia](#), and how folks live and think.

Here's a 16 minute video taken in [Elliott County, Kentucky](#), which voted for Democrats for 144 years until

Trump came along. After watching both of these videos I had a much better understanding of how people live and think in poor, rural America. And how we can find common ground for a more perfect union.



"Our way of life is at risk"

A fifth generation farmer in Illinois explains the fallout and risk of Trump's trade wars. This short video gives us another poignant look at the Americans who are hurting because of unfair, misguided and thoughtless authoritarian practices. [Watch here.](#)



World Central Kitchen is serving meals to laid off federal workers in Washington, D.C.!

The [World Central Kitchen](#) is a huge relief organization, which most commonly feeds the victims of war and natural disasters, is now serving meals to federal workers in Washington, D.C.! More outrageous is the fact that in case of a government shutdown, such as the current one, the Supplemental Nutrition Assistance

Program (SNAP) has the reserve funds to help the 42 million low income Americans who rely on food assistance. But President Trump will not release those funds.

Stand up for the America we love! For starters vote in local elections by Tuesday. And if you have a GOP representative, tell them to seat Adelita Grijalva and stop the Epstein Coverup, sometimes called the Epstein Shutdown.



Action Sites for Democracy and Our Planet

Given the continued threats to our democracy and our Earth, this resource guide lists our favorite sources of information, opportunities for action and hope. **We must**

protest as long as it takes to get our democracy back.

Reclaiming and Protecting Our Democracy is Every Day

[Chop Wood, Carry Water, by Jessica Craven](#): Provides daily actions for our democracy. Always encouraging.

[Steady, by Dan Rather](#): Excellent commentary on current affairs.

[Today's Edition Newsletter, by Robert Hubbell](#): Reflections on and summary of today's news.

[Letters from an American, by Heather Cox Richardson](#): Commentary on current news.

[The Status Kuo, by Jay Kuo](#): Commentary and analysis of today's news. (I recommend "Surviving the Next Four Years" for strategies such as: avoid doom and despair; be a voice of hope, not fear; unplug from network news; commit small acts of resistance." [Read here.](#))

[Hopium Chronicles, by Simon Rosenberg](#): Current analysis and frequent interviews.

[Indivisible.org](#): a good source for information on future rallies.

Climate Action: Every Action Counts!

[Climate Action Now!](#): Subscribe and get an action to do every day, plus climate hope.

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

[15 Actions to Make a Difference](#)

An old saying: We can all be the someone who is doing something.

All Kinds of Good News



The UN High Seas Treaty

"This is a super big deal, both for ocean protection and for proving that there's still hope in multilateralism, that countries can come together and do big things, even in these times where there's so much discord across the world," Arlo Hemphill, an oceans project lead at Greenpeace USA. The pact, now ratified by 60 nations, gives governments power to establish vast conservation zones across the two thirds of the ocean beyond national borders

[Here's the article.](#)



Healthier School Meals

California lawmakers are awaiting the governor's signature on a first-of-its-kind bill to define and ban ultra-processed foods in school meals. The state has already ditched certain food dyes; now it's aiming for fresher, less-processed lunches. With 20 states having initiated a similar ban on synthetic food dyes, there's hope that this new bill could set off a similar "California effect." [Read here.](#)



Ozone Layer Recovery

In another example of multinational cooperation the UN Meteorological Organization announced that it expects a full recovery of the ozone layer by mid-century. The ozone layer in the stratosphere absorbs a portion of the radiation from the sun, preventing it from reaching the planet's surface. Most importantly, it absorbs the portion of UV light called UVB. UVB is a kind of ultraviolet light from the sun (and sun lamps) that has several harmful effects. UN Secretary General Antonio Guterres said, "This achievement reminds us that when nations heed the warnings of science, progress is possible." [Read more here.](#)



River Restoration in China

China has made remarkable progress in cleaning and restoring its "mother river," the Yangtze. This 3 minute [video](#) takes you on a trip down the river to show the cleanup operation in progress. It explains that garbage is now incinerated to generate electricity, chemical pollution is reduced and fishing banned. It describes the challenges that still remain in this modern world.

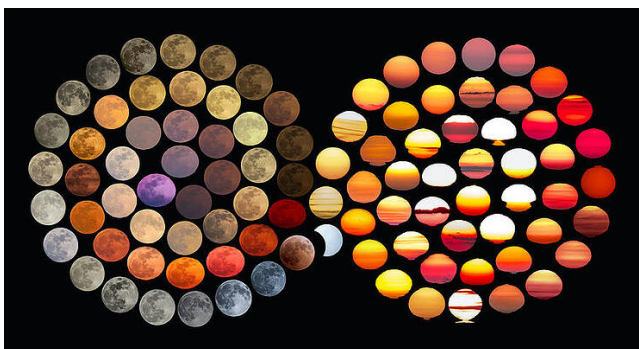
Wisdom for Our Time



Dr. Jane Goodall's final message to the world:

"I want to make sure that you all understand that each and every one of you has a role to play. You may not know it, you may not find it, but your life matters and you are here for a reason." [Watch this moving 4 minute video.](#)

Colors of the Moon Colors of the Sun



It took Italian artist and astrophotographer Marcella Giulia Pace ten years to create these and other images of the atmospheric affects on the moon and the sun. Here is [her website](#). Be sure to click for "English" unless you prefer Italian. It gives both languages. This second site, [Beauty is Truth](#) contains one of her images as well as four other stunning photographs. Savor it all.



**Time to shout!
Time to be loud!
Time to act!**

Rev. Cameron Trimble, author of [Piloting Faith](#), offers thoughtful insights about the No Kings Rally on October 18. "We came in fierce love, in deep solidarity, in the sobering clarity that this nation has entered a new chapter of repression, and in full-

*Have a colorful and active November!
Virginia/Gibi*

bodied refusal to cooperate
with it." Read more in
[my column.](#)

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