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A quarterly journal that provides a space for critical voices to interrogate the conventional view of politics and society and offer alternative ways of thinking, of being in the world, and of organizing society.

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More information: lt-editors@sustainlv.org.

Left Turn is edited and produced by the Beyond Capitalism Working Group—a working group of the Alliance for Sustainable Communities-Lehigh Valley.

Sustainable Lehigh Valley

Directory of Organizations Promoting Sustainability

Voices of the Valley

essays by
Eden Bailie, Rebecca Canright, Eirlys Chui,
Stephen Hoog, Carter Humola, Jamie Ratchford,
Sakura Shinjo, Nandini Sikand, Bruce Wilson,
Margaret Wilson, Jenna Ashton Winton

Spring 2020
Acknowledgments

We thank all who made this edition of Sustainable Lehigh Valley possible, including the essayists whose thoughts, experiences, and visions give voice to many concerns, and the artists, whose images reach us through the other side of our brains.

Cover – design by Keri Maxfield, Art Director at Nurture Nature Center; photograph courtesy of Katy Hunter of Hunter Hill CSA.

Artwork – Our thanks to the following artists:
- Kathryn Amari* – pages 35, 40, 54, 60
- Eden Bailie – page 9
- Jessica Bodine Baskin* – facing page
- Vera Bergstein – page 48
- Caitlin Campbell – pages 32, 52
- Eirlys Chui – page 28
- Good Earth Gazette archives – page 89
- Jessie Horning – page 90
- Maria Kazakia – page 73
- Megan MCGlynn – page 85
- Tara Morrison – pages 59, 71, 76
- Jillian Paglieri* and Caitlin Campbell – page 2, 74
- Joris Rosse – page 81
- Tara Zrinski – page 31, 44–45

* former Alliance intern

Most of this work originally appeared in earlier editions of Sustainable Lehigh Valley, or its predecessor, the Directory of Organizations Promoting Sustainable Communities.

Note: Original writing, drawings, photographs, and other creative work remain subject to copyright by their creator and may be used only with permission of the artist.

Publishing Team: Peter Crownfield, Sheila Gallagher, Cathy Kimock, Suzie Rosse.
Editorial Intern: Eirlys Chui.

We bid fond farewell to former editor Martin Boksenbaum. (see page 74)

Call for Submissions – Essays, poetry, short stories, drawings, photographs, and more — see page 44–45 (center spread).

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Recognizing the Original Inhabitants of This Area

We are located in Pennsylvania’s Lehigh Valley, an area that is a small part of what was Lenni-Lenape territory. We understand that the Lenape were friendly and accommodating — until the settlers gradually, and often violently, forced them from their territory. We acknowledge the injustice and mistreatment indigenous people faced (and still face) as a result of colonialism. We recognize that they practiced many of the same values we hold, including respect and regenerative stewardship of the land and other living things, eating healthy natural foods, social justice and restorative practices, and community-based participatory decision-making.

The largest surviving groups of Lenape descendants are the Delaware Nation of Oklahoma and the Delaware Indian Tribe, but there are several other significant groups and organizations, including the Ramapaugh Mountain Lenape and the Lenape Nation of Pennsylvania.

The number of groups, their wide dispersal, and their strong identification with the Lenape are pretty clear indicators of the extent to which colonialism disrupted a strong Indigenous civilization in this area, paralleling impacts in other parts of the US and the continent as a whole.

For more information, see www.sustainlv.org/about-us.

FROM THE EDITORS

As we prepare this edition, the world faces a number of existential challenges.

There’s the coronavirus pandemic, of course, which may cause millions of deaths. And there are the slower-moving — but no less serious — threats from widespread environmental degradation, a climate crisis that is now a climate emergency, and a food system that undermines health instead of supporting it.

And we’re feeling the loss of Alliance co-founder Martin Boksenbaum, who was deeply involved in all the tasks and details of preparing what was initially called the Directory of Organizations Promoting Sustainable Communities. He recognized the importance of local voices and led the change to include more essays from local folk and the change to the Sustainable Lehigh Valley title. So we bid fond farewell to former editor Martin Boksenbaum. (see page 74)

Despite the challenges that face us, you will find many messages of hope and opportunity in the work of the 100+ organizations in our directory and the ideas and ideals expressed by the Voices of the Valley writers.

Note: The essays in this booklet were all written before the coronavirus struck, and the shutdown means the print edition will be delayed for at least several weeks. In the meantime, it is now available online as a PDF.
Call for Submissions

Essays…

Poetry…

Short Stories…

Drawings…

Photographs…

—and more

Are you a creative writer or artist who is interested in sustainability and wants to be heard or seen? You found the right publication! Starting with the next issue, Sustainable Lehigh Valley will welcome not only essays, but poetry, short fiction, photographs, drawings, and other artwork that is related to any aspect of sustainability. Your work can make a difference!

Please review our new guidelines! [www.sustainlv.org/slv-guidelines]

Any questions? — contact SLV-editors@sustainlv.org

Stories are better than predictions: predictions tell us that the future is inevitable. Stories tell us that the future is up for grabs.

—Cory Doctorow in ‘Science fiction and the unforeseeable future’

Editors’ note: The essays in this booklet were all written before the coronavirus struck.
Reawakening: A Story of Spring

The first rain of spring came as I sat inside my house on a warm April afternoon. My sister rushed over to tell me so I wouldn’t miss it.

“Come quick,” she said.

We stood at the back door watching the sky pour, peering eagerly through the glass pane. But that wasn’t enough. We needed to get closer. We needed to be a part of it.

“Take off your shoes,” she said.

We smiled at one another as we shed our burdens and darted outside into the midst of it. The feel of the cool wet grass beneath our feet; the warm refreshing drops on our bare skin; it was bliss. Adrenaline pumped through my veins as we danced joyously in the rain.

The sun had made its way north of the equator, bringing with it longer, sunnier days, heating the atmosphere to produce the first pleasant showers of the year. The early bulbs began to appear, bursting forth from the dark soil. The buds of the trees elongating, the chlorophyll eager to sup on the inviting light. The great emerging had begun and I was nowhere to be found.

As I sit here on this chilly March afternoon, typing these thoughts, I am harried by all the things I need to get done in the coming days. There are articles that need to be written, interviews that need to be scheduled, and countless other burdens on my mind. But then it dawns on me — spring is right around the corner. I pause and think about making some changes in my life, like hiking more often. I realize that there is nothing I want more than a chance to stand in the rain. I shed my shoes, step into the soft grass and look up at the sky. We are running out of time to reverse the worst effects of climate change. We have to wake from our sleep and remember who we are. We are the children of the earth, molded from the soil. And we are free.

Too often I get lost in adult responsibilities, busy trying to do things other people want of me. I get stuck keeping pace with the clock, setting my life to its advancing. Every morning I am startled awake to the ringing of the alarm. But I want this year to be different. I want to spend more time outside embracing the moments as they come. I want to greet the sunrise in the morning and bid goodnight to the moon. My childlike spirit has been sleeping, but today I have stirred it awake.

In the book of James (4:14) he said, “How do you know what your life will be like tomorrow? Your life is like the morning fog — it’s here a little while, then it’s gone.”

And the Blackfoot warrior Chief Crowfoot said, “What is life? It is a flash of a firefly in the night. It is a breath of a buffalo and restored sitting beside the stream. I can think of no better way to spend my life than to reside in nature’s glory.

As the eleventh hour grows near in the wake of the advancing climate crisis I will step outside, take off my shoes, step into the soft grass and look up at the sky. We are running out of time to reverse the worst effects of climate change. We have to wake from our sleeping and remember who we are. We are the children of the earth, molded from the clay. We are living, breathing, feeling creatures. And we are free.

Jamie Ratchford

Jamie is a writer, photographer, and 2014 Appalachian Trail thru-hiker. She has volunteered with many organizations such as Worldwide Opportunities on Organic Farms, The Appalachian Trail Conservancy, and PA-DCNR. She recently graduated from Northampton Community College with an Associate’s Degree in Journalism.

Jamie Ratchford’s essay speaks to two of the Alliance’s goals:

To create more equitable and livable communities, the Alliance works to:

• Protect the natural environment on which our communities depend;
• Promote discussion, education, and understanding of ways to maximize the health of individuals and communities.
Solutions Lie in Soil

Farmers often hold the most intimate knowledge of what’s good for the land. At the same time, farming has historically had a less-than-lovely impact upon wild ecosystems. How can we farm in ways that partner with Earth’s natural systems and reverse climate change?

Well, we can look to our indigenous brothers and sisters who have practiced small-scale growing of crops that are highly suited to their region. These crops often nurture each other; for instance, the Three Sisters — corn, beans and squash — have been historically planted together so that the bean vines grow and curl around the cornstalks, thereby shading the squash on the ground. The beans add nitrogen to the soil, and the squash’s broad leaves also help reduce evaporation and keep the corn’s roots moist and cool.

We can also integrate new and old science methods of “carbon farming.” Planting cover crops, using rotational grazing and practicing no-till agriculture all sequester carbon and nitrogen into the soil. For example, consider one plant family: leguminous plants (such as peas, beans and clover), which have tiny nitrogen-fixing bacteria attached to their roots. These nodules can absorb nitrogen from the air and convert it to a biologically-useful form, stored in the legume’s roots and in the soil. Research from New Mexico State University finds that legumes like cowpeas, fava beans and soybeans can sequester up to 250 pounds of nitrogen per acre in the soil. This greatly reduces the need for synthetic nitrogen fertilizers. Wow, our herbaceous brethren are powerful and wise.

More ranchers are practicing rotational grazing, which involves allowing livestock to intensively munch a particular swath of grass for a short time, then herding them to a new pasture. Ideally, each field has a few weeks to recover before being grazed again. Animal manure adds carbon and nitrogen to the soil, and planting trees throughout the pasture sequesters significantly more carbon. I also think it’s worth mentioning that reducing or eliminating our consumption of animal foods has a decidedly positive impact in the carbon reduction department! Perhaps it is not all black-or-white; there are a myriad of solutions to climate change mitigation. We can lean more plant-centric in our eating habits, and reap health and environmental benefits (the animals might thank us for sparing their sweet lives, too). What if instead of raising pastured cows to eat them, we allowed wild buffalo to repopulate their historic grazing lands? They deserve to exist and thrive just for the sake of the richness, beauty, and biodiversity they bring to the landscape.

Anyway, let’s return to the plant kingdom. Not tilling the soil keeps precious carbon in the ground, and preserves root structures and beneficial microbial and fungal communities. Invasive weeds are actually more likely to erupt in tilled soil, since native flora have been disrupted by the tiller. I grew up on an organic farm, and the fields that were tilled always presented more of a weedy challenge. I’m glad that my dad is planting more cover crops in an effort to reduce tillage.

It’s worth acknowledging that farming is not often easy, and unexpected obstacles have a way of arising. It’s tempting to go the “I-don’t-have-time-or-money-for-this” route, and cave to the machine: the plow, the weed whacker, the rototiller. While there may be situations where this is called for, there are also effective alternatives. What could really help advance regenerative carbon farming solutions is state or federal funding for farmers who implement them.

I know my family and many other farmers could more fully embrace regenerative methods if there were programs to encourage this. Local, state, or federal government should provide the necessary funds and a sound environmental policy to encourage these forms of solutionary agriculture.

I have been inspired by my mom’s work as an environmental policy analyst to enact positive change in our state legislature. Our family influences us in profound ways, as do our friends and wider community. Let’s bear this in mind as we practice being the wise change we wish to see, trusting that our love-based action may reverberate far into others’ lives, contributing to our collective healing.

Rebecca Canright’s essay speaks to several of the Alliance’s goals:

To create more equitable and livable communities, the Alliance works to:

- Protect the natural environment on which our communities depend;
- Foster strong local economies that provide secure and fulfilling livelihoods, foster enjoyable community life, work in harmony with nature, and strengthen the viability of independent local businesses and farms;
- Encourage people to consume food that is whole, locally produced, and grown in ways that sustain and rebuild soil, water, wildlife, vegetation, and the lives of all of us;
- Promote discussion, education, and understanding of ways to maximize the health of individuals and communities.

Rebecca grew up on a small organic farm in Asbury, NJ, and studies Environmental Policy and French at Evergreen State College in Olympia, Washington.
American soil

there were only elements and planetary breaths, water cooling magma, birth,creation-eating-creation, fungi feeding from a purer death
no cathedrals for praise, only treetops, trees for everyone
with swaying leaf steeple reaching up and out to touch a creator’s fingertips
and early-age worshippers led home in quiet night forests by shaman oaks.

then theft, progression
european shovels cutting
invisible lines drawn to separate unknowing dirt
learning how to disassemble fibers of wood and rearrange them into the shape of
home and capitol buildings; the process repeated until Forest became foreign
and the darkness between trees no longer guided by shamans but polluted by
folk tale witches

then the patches of dirt United.
and the soil became all-American, red
checker picnic blanket, striped and starred, cherry flavored,
chewed and fracked by metal teeth;
our nature reduced to national park pamphlets sitting in glove compartments with
ketchup packets
—and now, we’re left to pick up the pieces, with a segmented history of our
relationship with earth
mantras of fear hovering above us in hot clouds
while we contribute to a sour system because that’s all we know.
and guilty shaking questions of
what to do
how to do it
float up and dissipate like steam
as we watch our children run through fields that won’t be there for their children

so we hand our hope to them like a smoldering torch.
we decide to give them what remains; give them seeds to plant what will be
let them be born in their own homes
into the feeling of knitted wool and wooden floors
let them paint with beets, chew on roots
Teach them to pray over bee homes
give them backyards with a swell of decomposing scraps to feed the ground;
this year’s tomatoes feeding the next, this year’s children teaching the next
until the wounds heal.

Eden Bailie

Eden Bailie is a published poet and student based in Bethlehem, where she reads and writes to pass the time until the world ends.

Eden Bailie’s poem speaks to two of the Alliance’s goals:
To create more equitable and livable communities, the Alliance works to:
• Protect the natural environment on which our communities depend;
• Promote discussion, education, and understanding of ways to maximize the health of individuals and communities
While there are definitely challenges to cultural sustainability, there is a growing movement towards not only resisting these, but towards cultural revitalization! A great example of this is Jessie Little Doe Baird, who, in collaboration with an MIT linguistic professor, reconstructed and revived the Wampanoag language after it had been extinct for over one hundred years.

As every community is unique, so is their vision of a sustainable culture. So, I ask, what would cultural sustainability look like to you in the Lehigh Valley? What traditions are significant? What public places nourish the community you are a part of? What distinct activities do you participate in that expresses and confirms your personal and communal identity? What have you learned from your ancestors that you’d like to see the next generation embrace? What risks to these do you see? The answers to these questions are more important than you may realize.

Jenna Ashton Winton

Jenna Ashton Winton is a cultural sustainability practitioner working as a folklorist and program director for the Folk Art Alliance in Eastern Pennsylvania.
H ave you ever wondered what it really means to go organic? Regenerative organic agriculture is more than just a trend—it’s a method of farming that respects and works with nature. Organic farming relies on natural principles and techniques, as opposed to synthetic chemicals and pesticides, to produce healthy and abundant food. Organic farms go through a rigorous certification process and don’t use synthetic fertilizers, pesticides, or Genetically Modified Organisms (GMOs).

Organic farmers know that there is a direct connection between the food we eat and the health of our bodies. That’s why at Rodale Institute, we’ve strived for over 70 years to pioneer organic farming techniques that grow nutritious food free of toxins, pesticides, and other harmful substances. We know that for many people, protecting their family’s health is a top priority. That’s why we conduct rigorous research about the benefits of organic farming at our 333-acre experimental farm in Kutztown and work hard to ensure that organic food is accessible to everyone.

Our research has shown that conventional and organic agriculture methods have vastly different consequences for both the environment and people. Despite an abundance of calories in the modern diet, food today is less nutritious than it used to be. Conventional farming practices deplete the soil and make it impossible for plants to get the nutrients they need. When food is grown organically, those nutrients thrive in the soil and get transferred to the plants we eat, improving human health in the process.

The popularity of local events like VegFest in Bethlehem belies a broader movement in the Lehigh Valley—namely, a commitment to local food, plant-based diets, and responsible agricultural practices. As the organic market grows nationwide—worth more than $50 billion in the U.S.—the Lehigh Valley is becoming a microcosm of organic pioneers.

It is appropriate that the Lehigh Valley would become a hotbed of organic and plant-based fervor. The organic movement was born right in the Lehigh Valley with the Rodale family, who launched Organic Farming and Gardening from Emmaus in 1942 and started the first organic research site in North America on their farm on Minesite Road.

Eventually, the research started in Emmaus moved to Kutztown and what is today Rodale Institute, a sprawling 333-acre experimental farm in Kutztown and work hard to ensure that organic food is accessible to everyone.

Our research has shown that conventional and organic agriculture methods have vastly different consequences for both the environment and people. Despite an abundance of calories in the modern diet, food today is less nutritious than it used to be. Conventional farming practices deplete the soil and make it impossible for plants to get the nutrients they need. When food is grown organically, those nutrients thrive in the soil and get transferred to the plants we eat, improving human health in the process.

The Rodale Institute Agriculture Supported Communities (ASC) program is a farm share that offers a weekly selection of organic produce and pasture-raised meats to families in the Lehigh Valley region. ASC is a unique program that allows participants to pay week-to-week, rather than the upfront payment that is required by many traditional programs. Rodale Institute’s ASC shares and Farmers Markets also accept Supplemental Nutrition Assistance Program (SNAP) benefits, Farmers Market Nutrition Program, and WIC vouchers.

We purposely focus our ASC program on urban areas that do not have easy access to affordable, high-quality fresh food, known as food deserts. We prioritize these communities in order to ensure that the benefits of organic food are accessible to every family, not just those who are able to visit an organic grocery store or farm stand.

Membership applications for the Rodale Institute ASC program are accepted on a rolling basis year-round. Boxes are available for pick up weekly from June to the end of October. Members and non-members can visit our ASC pop-up Farmers Market at the Allentown YMCA on Saturdays from June to October. To sign up for one of our ASC shares or to find more information on pickup sites, visit RodaleInstitute.org/ASC.

Wondering what you can do to help encourage regenerative organic agriculture in the Lehigh Valley? Here are some easy ways Rodale Institute can help you get started:
- Sign up for a CSA or farm share box like Rodale Institute’s ASC to support local farmers and the organic movement.
- Volunteer or intern on our organic farm to learn where your food comes from.
- Join us for a workshop or webinar on topics like organic gardening or composting.
- Buy organic! Whether it’s at the grocery store or a farmers’ market, food companies pay attention to what consumers want. Voting with your dollars will help grow the organic movement.

Getting more organic produce into your diet doesn’t have to be difficult. Healthy food should be a priority of our food system—no matter where you live. Now, even those who live in the heart of the city can still have access to fresh, organic produce that has the power to improve the health and quality of life of those who eat it.

Learn more about regenerative organic agriculture, eating locally, and what you can do to help at RodaleInstitute.org.

Margaret Wilson

Margaret is a Content Creation & Media Relations Specialist at Rodale Institute.

Margaret Wilson’s essay speaks to several of the Alliance’s goals:
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- Encourage people to consume food that is whole, locally produced, and grown in ways that sustain and rebuild soil, water, wildlife, vegetation, and the lives of all of us;
- Promote discussion, education, and understanding of ways to maximize the health of individuals and communities.
The quality and concept of "regenerativity" is relevant to current debates in the fields of environmental studies and criminal justice, and central to understanding the concept of "sustainability" in both. The difference between "sustainability" and "regenerativity" is that sustainability focuses on the maintenance of an existing system, whereas regenerativity focuses on the system’s renewal. In terms of the criminal justice system, we need to refocus away from sustainability and onto regenerativity.

What would happen if we worked to regenerate populations of the incarcerated and the formerly-incarcerated by focusing not on the maintenance of the criminal justice system, as is currently the case, but rather on the renewal of these populations in a way that newly and deeply invests in our communities?

Currently, the United States incarcerates more than any other country in the world. The U.S. accounts for 5% of the world’s population yet holds 25% of the world’s prisoners. If these currently incarcerated people made up a city, it would be the 5th largest city in the country (following NYC, Los Angeles, Chicago, and Houston). When considering the great contributions—be they economic, cultural, social, civic—of these great cities, it is debilitating to consider the 5th largest city in the nation as essentially taken offline, made irrelevant, blocked from the chance at meaningful participation. Imagine, instead, what the next great city could do.

National rates of recidivism are extremely high—two-thirds of people released are rearrested within three years, and within five years of release, three-quarters are rearrested. In my work, as a documentary filmmaker and volunteer at Northampton County Jail in Easton, I found that parole violations are a primary reason for reincarceration. Under the current system, and even though no new crime has been committed, the individual is often unable to access public transport, find child care or afford the money needed for drug tests mandated by Northampton County, and are subsequently forced to violate parole. They are often reincarcerated driving up the rates of recidivism, and back in the revolving door of correctional facilities, setting them up for continued failure.

Some current approaches to criminal justice reform include addressing issues of reentry and access to jobs, healthcare, and reform around bail reform and mandatory sentencing on the outside. There is movement to address issues of job training, education, rehabilitation, and a move away from solitary confinement on the inside. These reforms help the incarcerated navigate an unforgiving system, but these approaches also keep the system in place. Poverty, access to education, redlining, structural racism, access to ongoing healthcare including mental health services for substance use disorder, and trauma-related addictions are some of the reasons this cycle continues. As a nation, we have outsourced basic social services to our prisons. The majority of women I met struggled with some form of substance-use disorder as a result of trauma as children, traumas which ranged from domestic violence, sexual assault and/or abuse and even witnessing homicide, caused them to turn to alcohol and/or drugs at young ages. Without access to long term counseling and support, these traumas morphed into other mental health issues, long term addictions, and associated behaviors.

If justice is to be truly regenerative we need to move from sustainable criminal justice reform towards regenerative justice, to engage more fully with prison abolition. What would a world without prisons look like? First, we need to acknowledge that the prison industrial complex is not a war on drugs but rather a war on its citizens, and the current system is built on the social liquidation of targeted populations achieved through domestic warfare. If retribution, rather than restoration and regeneration continues as the scaffolding of our justice system, this war will continue unchecked. Second, we cannot address criminal justice by focusing on low-level felonies but need to address the larger issue of violence in our communities, violence that exists before people are incarcerated. We cannot simply look at a crime in isolation but rather the circumstances that led up to that crime. Danielle Sered, in her book, Until We Reckon argues that perpetrators of violence are often victims of violence first and had no support to deal with the long-term trauma. And unless we acknowledge the relationship of state-acted violence of anti-Black policing to the prison industrial complex, we will continue to end people’s lives.

Third, we need to address the individual who committed the crime, the victim of the crime, the families and the communities to which they belong and will eventually return. Restorative and regenerative initiatives privilege conversations and interventions between the harmer and the harmed as a way to decarcerate communities. One successful example is STOP or the Storytelling and Organizing Project which has successfully used community approaches to settle disputes and initiate such forms of dialogue.

Finally, prison abolitionists ask us to imagine what an abolitionist solution would look like? The 10th point of the Black Panther Party’s 10-point program states simply, “We Want Land, Bread, Housing, Education, Clothing, Justice, And Peace.” If state funding focused on rebuilding vulnerable communities rather than punishing them, and addressing their basic needs, we could imagine and enact ways to regenerate our communities. Organizations such as Critical Resistance are one example toward ending carceral capitalism—to “dismantle” the Prison Industrial Complex, to “change” through community education by aligning with environmentalist groups to oppose new prison construction, and develop alternatives that do not depend on policing and carceral solutions—they are proof of regenerative justice in action.

Nandini Sikand

Nandini is a filmmaker and associate professor of Film & Media Studies at Lafayette College.

Endnotes
3. www.bjs.gov/content/pub/pdf/tbs08.pdf
4. thecrimereport.org/2018/04/09/recidivism-rates-unacceptably-high-says-sessions
6. www.stopviolenceeveryday.org
7. 7. untilwereckon.org
10. Organizations such as Critical Resistance (www.criticalresistance.org) and CURE are good examples of prison abolition. 60 Activists: Reclaiming Jails as Community-Oriented Social Service Facilities, Truthout, March 2010.

Nandini Sikand’s essay speaks to two of the Alliance’s goals:

To create more equitable and livable communities, the Alliance works to:

• Protect and extend fundamental rights and opportunities throughout the range of human diversity
• Promote discussion, education, and understanding of ways to maximize the health of individuals and communities
Many years ago, I began studying the Macrobiotic way of living and eating which was embedded in a comprehensive world view. Fundamental to the philosophy was the idea of life force or chi energy. Every food we ate had not only a nutritional effect but an energetic effect as well. Each type of cooking or preparation had a different effect and each type of fuel used did as well. By understanding our imbalances we could choose the right food, the right preparation and the right fuel to create balance within our bodies and a harmonious balance with the natural environment. It was an alchemical way of viewing nourishment.

Fuels used for cooking were very important. Macrobiotic teachers emphasized gas cooking as the best because the energetic effect was positive. Wood cooking on a stove or campfire was actually better — warming to the core and calming and centering for the body. But in modern times it was not as practical for most people. Electric was not recommended because electrical and magnetic fields generated affected the cook and the food — possibly creating a subtle nervousness and hyperactivity. Microwave was out because of how it affected the molecules of the food. Direct solar was not mentioned much probably due to a lack of availability but was considered OK for food prep.

With the coming climate crisis coming to a head environmentalists are promoting ways to quickly reduce CO₂ emissions in an attempt to slow climate change. One of the proposals by The Rocky Mountain Institute is to mandate all-electric buildings, with solar units providing the majority of the electricity. This creates a conundrum for those of us who are alchemists. We value the quality of vibration from cooking fuel to create healing food that creates harmony and well being as well as being delicious. Ethnic restaurants such as Mexican, Chinese, Southeast-Asian, and Indian are resisting efforts to make over everything to electric. I’m sure they are concerned that this change will affect the quality of the food that they produce and could affect their ability to survive as businesses. Whether they are concerned about the healing properties of food cooked on gas I cannot say for sure, but traditional cultures around the world often have a better sense of what effect the traditional methods of preparation have on people’s health.

The use of a fossil fuel like gas does not go too far back in time in terms of traditional methods of healing. Wood cooking has a longer history. But wood like gas has its negative effects on the environment. Michio Kushi, Macrobiotic teacher for many years, has stated numerous times that it is almost impossible to heal using electric stoves. So if gas and wood are generating problems and electric is not good from a health standpoint, that leaves direct solar for max healing and least impact. Yet that is not practical at this time for most people. Solar works for boiling and baking but styles like sautee, nihime, and pressure cooking aren’t as doable. This reduces the scope of energetic forms to effect different healing properties.

Research has been done on the effects of electromagnetic radiation in homes and its effect on human beings. There are mixed results. Magnetic fields may interrupt communications across cell membranes, slow the rate at which free radicals are recombined in the body, and suppress the production of melatonin. Kushi felt that regular cooking at an electric stove might create imbalances in the organs near the stove like genitals, bladder and intestines. Few studies show the effect on the food that is cooked on an electric stove. It may be years before we know the full story.

Magnetic radiation is measured in Gauss. Recent studies have shown microwave ovens emit about 264mG at about one foot distance, florescent lights 56.7mG, space heaters 75mG, and electric ranges 28.6mG. Magnetic fields from house wiring can also be generated by poor grounding and wiring practices as well as by appliances and computers. High-voltage electric transmission lines and local distribution lines add to the total. Now we have ‘5G’ coming into play. With human beings bathing themselves in electrical and magnetic fields, it is important that we do the best we can to minimize their effects. A key green building recommendation is to minimize electric and magnetic fields from alternating current (AC) and preserve the natural DC magnetic field of the earth.

Cooking electrically is just one more addition to the bath of electromagnetic radiation. This might not be necessary, if other forms of emissions like automobile, large corporate waste, and meat industry methane production were reduced drastically. If we could transform into a regenerative agricultural system this would help sequester CO₂.

Direct solar units might be developed which might be able to perform a variety of cooking styles. If the emphasis was on these things, then some gas and wood fuel might be fine.

It seems as though the dominant culture has created a system which is causing self destruction and one of the proposed solutions (all-electric buildings) seems to do likewise. We need a mix of innovative research and consultation with those who are holders of ancient wisdom concerning chi — life force energy — to come up with solutions that are life-enhancing rather than energy-depleting. We probably should be living in yurts, teepees, wigwams and other natural ‘primitive’ forms of housing and using fewer appliances, cell phones, TV’s, and computers. We should be lying on the earth, walking barefoot on the ground, meditating in sacred spaces, dowsing for negative and positive energy lines before building, forest bathing, doing yoga, tai chi, and chi gong exercises, and absorbing earth’s healing magnetic fields so we can make better decisions.

Steve is a Macrobiotic Counselor and Shiatsu practitioner. He does Cranio-Sacral Therapy, Lymphatic Drainage, Wild Food Walks, and offers Permaculture Workshops.

Steve’s essay speaks to two of the Alliance’s goals:

To create more equitable and livable communities, the Alliance works to:

- Encourage people to consume food that is whole, locally produced, and grown in ways that sustain and rebuild soil, water, wildlife, vegetation, and the lives of all of us;
- Promote discussion, education, and understanding of ways to maximize the health of individuals and communities
Energy Efficiency: Solution to Climate Change

Climate Change can lead to a feeling of helplessness, but we have all the tools we need to make a difference: we just need to use them! Last year four environmental leaders, Amory Lovins of the Rocky Mountain Institute (RMI), Bill McKibben of 350.org, Steve Nadal of the American Council for an Energy Efficient Economy (ACEEE), and Paul Hawken, editor of Drawdown: The Most Comprehensive Plan Ever Proposed to Reverse Global Warming, were asked about what we were missing in combatting climate change, and their answers were all essentially the same, Energy Efficiency! Last year, as our government’s attack on climate sanity continued, we improved our efficiency less than we have since 2010, and we must reverse that downward trend! Improving the efficiency of how we use energy is the fastest way to reduce our carbon footprint. The energy we save has zero emissions and eases the transition to renewable energy!

We all owe a debt to Jimmy Carter, who started us on the path towards energy efficiency (under the tutelage of Amory Lovins and others) with the first fuel economy standards for cars and trucks and the first renewable energy and energy efficiency tax incentives. Last year GreenBiz calculated that without the work he started, we would be at 650PPM of CO2 instead of the 410 PPM we stand at today. Under his leadership we reduced our energy use almost 15% in three years, which led to twenty years of lower energy prices and ten years of economic prosperity. “Energy efficiency is an urgently needed climate solution,” says ACEEE executive director Steven Nadal in the ACEEE report, “Halfway There: Energy Efficiency Can Cut Energy Use and Greenhouse Gas Emissions in Half by 2050.” Kathleen Gaffney, co-author of the IEA’s Energy Efficiency 2018 report says “Energy efficiency is indispensable to climate change mitigation…. It’s already made an immense difference. Without efficiency measures implemented since 2000, global emissions in 2017 would have been 12% higher.” Vignesh Gowrishankar, co-author of a related 2017 NRDC report, says energy efficiency is among the least expensive and most effective ways to reduce much of our emissions. “It also improves the cost and effectiveness of other critical solutions such as renewables, electric vehicles, and electric heat pumps,” he adds.

In a 2019 article in GreenBiz, Amory Lovins said, “Since 75, the cumulative energy saved by reduced intensity is 30 times the cumulative extra supply from doubling renewable output. But renewables get all the headlines because they’re visible. Energy is invisible, and the energy you don’t use is almost unimaginable. The biggest energy resource in the world, the one that’s bigger than oil, is efficient use — but it gets no respect and almost no attention. It’s quite astonishing to me that most of the conversations about decarbonization, especially in this country, are 99 percent on the supply side, and almost all with electricity, whereas something like two-thirds or more of the action is on the demand side.”

The biggest energy resource in the world, the one that’s bigger than oil, is efficient use — but it gets no respect and almost no attention. It’s quite astonishing to me that most of the conversations about decarbonization, especially in this country, are 99 percent on the supply side, and almost all with electricity, whereas something like two-thirds or more of the action is on the demand side. At the behest of the Clinton Climate Initiative, Johnson Controls, Jones Lang LaSalle, and Rocky Mountain Institute worked to design and model energy improvements to the Empire State Building. As a result of improvements done in 2009, the building saves 38% of its energy and the savings, plus Federal Tax Incentives, paid for the improvements in less than three years!

Three years later, RMI helped bring about an even deeper retrofit of Denver’s Byron Rogers Federal Center, cost-effectively saving 70% of the buildings energy use through improvements to lighting and reducing the heating and cooling load using integrated design to right size the HVAC equipment. The Rocky Mountain Institute’s Innovation Center in the extreme mountain climate of Basalt, CO, is a great example of a Zero Energy building that is certified by the Living Building Challenge and Passive House Institute (PHIUS) 2015+, and earned a LEED Platinum designation.

The National Renewable Energy Lab states that “There is mounting evidence that zero energy can, in many cases, be achieved within typical construction budgets.” The extra cost of more insulation and better windows is offset by savings on the heating and air-conditioning systems.

My contracting company did an addition on an uninsulated house with old leaky windows. We added 15% to the floor space, installed high performance windows, high levels of insulation, and a high-efficiency boiler and lowered the building’s energy use for heating by 80%. What the client likes most is the comfort. The house was cold in winter and hot in summer; now it only uses one tank of heating oil a year and needs barely any air conditioning.

If you want to reduce your carbon footprint at home get an energy audit done and do all the items listed in the audit. The energy savings pay for the improvements over time — and the improved comfort and air quality are an added reward. Your local electric supplier may have rebates for an audit and energy improvement. Steven Nadal, the Executive Director of the American Council for an Energy Efficient Economy, wrote last year that “for existing homes, energy efficiency often has a better return on investment than solar.” Tax incentives have been a great tool for promoting energy savings, and as part of the budget deal passed in December, Congress renewed the tax deductions for commercial buildings.

Make your voice heard on addressing energy-saving incentives!

Bruce Wilson

Bruce Wilson LEED AP, is an educator on green building and climate change since 2004 and the Valley’s oldest Green Builder celebrating 43 years in business.

Bruce’s essay speaks to three of the Alliance’s goals:
To create more equitable and livable communities, the Alliance works to:
• Protect the natural environment on which our communities depend
• Foster strong local economies that provide secure and fulfilling livelihoods, foster enjoyable community life, work in harmony with nature, and strengthen the viability of independent local businesses and farms
• Promote discussion, education, and understanding of ways to maximize the health of individuals and communities.
The Environment, the Beauty Industry, and the Responsibility of Women

We generally understand today that we need to cut our consumption of fossil fuels: we must end the use of plastics in our foods; we should try to make more responsible decisions in transportation; however, some of these issues are more easily tackled than others. Millions live in food deserts where the question of healthy foods cannot yet be asked. And the United States’ infrastructure is intended for personal vehicles, so it is difficult to simply transition to buses, rail, or bikes. There are systemic issues that are the primary movers in the world climate crisis, and so what I address here comes with the recognition that the United States’ military industrial complex is the greatest consumer of fossil fuels in the world, and that to end climate injustice, we need to fundamentally transform the world economy and international policies and orient them towards a radical understanding of equality and peace.

As individuals, however, we must continue to exist in this unjust system that compels us into certain lifestyles. For now, I focus on the way that this system pressures women to orient their bodies toward approval by the male gaze. It must be earned though, because we are inherently unworthy. And so today, rather than the one-dimensional, transparent windowpane of a human prescribed for the 1950’s housewife, “choice feminism” has co-opted the movement towards equality, which tells women they should find balance in their lives by aspiring to simultaneously be the career CEO femme fatale and nurturing mother. You can have it all.

This new type of pseudo-feminism is one that attempts to, and is generally successful in, guiding women like cattle back into the arms of consumerism and self-conscious concern for appearance — because that is the goal of capitalism. It continues to reinvent ways to consume anew, and women trapped by the socially constructed requirement to please men and find fulfillment in such other-pleasing, have long been the primary target of these campaigns.

Today, however, is no longer the time of Edward Bernays’ “Torches of Liberty” campaign of the 1920’s, which expanded the cigarette market to American women. Today is no longer the appliance revolution of the mid-twentieth century that sold the housewife essentials, with kitchen gadget galore in which to make Jell-O in fish-shaped plastic Tupperware molds. Today is the day of the mass beauty industry, where women are meant to feel that their natural face, body, or hair can be contoured, dieted, or removed to help them have it all.

Here I return to global climate disaster, because the tools we use to achieve these ends — the chemical-laden cosmetics, clothes, hair products, accessories — they poison not only the earth, they poison us as well. They contribute to climate change on the macro level, telling us that consumption of chemical-laden items is essential to our “image”, and they psychologically harm us for thinking so. They contain sulfates, which harm our waterways and our bodies. They contain alcohols, which dry our hair and skin to give us the sensation that we require more of the product, effectively causing chemical addictions. Clothes contain harmful dyes and are produced en masse through the use of petroleum-based fibers. These items tend to contain endocrine disruptors which can cause cancers, birth defects, and brain damage.

The beauty industry tells us to flock to diets and fix our bodies, the latest of which is the Keto diet. Despite its nutritionist seal of disapproval, many seem not to care because it has caused weight loss — thus is beauty.

This occasional weight loss comes with the sacrifice of vitamins and minerals that our brains and bodies need to sustain themselves long term, replacing those requirements with fats and proteins, mostly derived from animal products. And while I could invoke the 90% fecal contamination rate of poultry in the United States or the use of glues and fresh blood to make pork and beef more appealing for consumption after graying from decomposition, the point is that this feeling of the need to transform our bodies in a variety of ways is deeply tied to capitalist consumerism, the continued lack of awareness of what we as individuals do to the environment, and what these two elements do to our self-awareness as humans in society.

None of this is to advise women to stop wearing makeup, to stop shaving their legs, to stop trying to lose weight if they feel they could be healthier — but let’s not confuse feeling good, or physical and psychological health, with marketing designed for endless consumption. Women and men wore makeup, shaved, and lost weight long before the plastic revolution. What I am advising is that we start thinking responsibly about purchases that we know are only a result of desiring excess. Succumbing to this market-made desire reproduces the ideology that the more we have, the better we feel, and it is fundamentally contrary to how a sustainable future will look.

If a sustainable future can be achieved, it is going to radically transform how women think of their bodies and minds, which will include our gendered consumption habits. We need to transform the mutilated image that women are taught to have of themselves that then tells them the answer is to consume and change their bodies and appearance to please others at the risk of their own health on a chemical level, and at the risk of environmental health. At the same time, a sustainable future will tackle the narcissism that this type of consumer culture has produced in women, a preference for personal aggravizement over forgoing the next purchase that feeds the industry and the climate disaster.

As half of the human population, women are disproportionately impacted by climate injustice. We need to understand that a portion of climate disaster is tied to the gendered expectations of consumer culture that drive individuals to continue unhealthy and unsustainable practices that cannot be tolerated. While we cannot currently end fossil fuel consumption on a grand scale, we can begin to change how we view ourselves and the reasons for our actions. This must include a radical look inwards to understand how deeply tied gendered expectations that produce self-harm and environmental degradation truly are, and to begin to coexist with the environment rather than poisoning it with unjust expectations of female bodies.

Sakura Shinjo

Sakura is a second year PhD student of political science at Temple University. She studies political homophobia, homoprotectionism, national identity in Central and Eastern Europe, and critical feminist theory.

Sakura’s essay speaks to two of the Alliance’s goals:

To create more equitable and livable communities, the Alliance works to:

- Protect and extend fundamental rights and opportunities throughout the range of human diversity
- Promote discussion, education, and understanding of ways to maximize the health of individuals and communities.
A Student’s Struggle with Action

The world is rapidly approaching a tipping point, the likes of which the human race has never experienced before. This breaking point will not come with the tolling of bells nor will it be televised; rather, the day will come as any other. We will start our vehicles, eat processed meat, and plug in our electronic devices. But there will be a catastrophic change to our planet as we know it. The full brunt of this change will not be felt until years after the damage is done, but it is the steps we take now which will have lasting effects on our Earth. Even with the worst to come, the preliminary effects of climate change are currently being seen in both the increased severity and number of disastrous weather events. If current trends continue and no action is taken, our world will not only experience a change in climate, but a rise in sea level, a huge loss of wildlife, food and water shortages, and of course an enormous influx of displaced persons. With each of these stressors taken as isolated incidents, the planet might be able to rebound from one of these events, but as a whole there have been no models that show any major recovery is possible after the tipping point. This tipping point I speak of is a mere 1.5˚C change to the Earth’s climate. While this may not seem like a catastrophic change, it will have utterly devastating effects, most of which will go unseen until enough damage is done where reversing them is impossible. A real change needs to occur now. No more denying the facts and no more excuses — it is time for a change or it is time to admit defeat.

If the action taken thus far by lawmakers seems lackluster to you, you are not alone. The same rhetoric and lethargic behavior have proliferated election after election at all levels of government. Of course most candidates see the climate crisis as an issue: they make promises and the voters want to believe that they will evoke a real change. But little ever comes of it. The fear that politicians have to question the status quo keeps them from making any radical changes. Their dependency upon re-election forces them to prioritize appeasing the masses rather than attacking this expensive issue head on. Today, the climate crisis is too important to be left to the politicians.

While pressuring lawmakers into passing science driven laws can spur action, I argue that the more effective method of conjuring a change is living a more sustainable life. Changing one’s lifestyle shows how serious an issue the public views climate change and expresses to lawmakers the society’s desire for a more sustainable future. Rather than telling lawmakers of the change we wish to see, simply be that change. Becoming the difference you want to see in the world does not need to be buying a Tesla or installing solar panels. These methods are certainly beneficial, yet the cost of such large scale efforts is unfortunately outside of most people’s price range. Still, sustainable action can be as small as using reusable bags, turning off the lights when you leave a room, carpooling, even buying goods from a local source. There is no action too small nor step too insignificant, as long as it moves towards a greener future. To be this change, there is little to no barrier to entry and it is easier than most people believe. Starting small and working your way towards more substantial changes in your community can make pursuing sustainability less intimidating. Community action can be as simple as spreading the word about sustainability to those around you, organizing a litter clean up, or volunteering at a community garden or CSA. Playing an active role in your community’s sustainable efforts promotes a greener future for everyone in the Lehigh Valley and is a step towards preventing our looming fate.

Every action has an equal and opposite reaction. Whether you read this and decide to change nothing in your life or this article compels you to make a real change, it is ultimately you, the individual, who holds the power to spur a real world change. The steps that we take now will ensure the future of our planet, not only for ourselves, but for our children, and our children’s children. The time has passed to turn a blind eye to this calamitous and ever growing issue; if nothing is done in the months and years to come, this planet as we know it will be past the point of no return and I fear we will no longer recognize the world we have made for ourselves.

Change is slow; it is simply a part of democracy. But we do not need to subscribe to the idea that a law must be passed to evoke a real change. This small blue planet we call home is hurtling through space and it is up to us, the individuals — not the system we follow but the people — who have the power to manifest a real change.

“No one can do everything, but everyone can do something” — Max Lucado

Carter Humola

Carter is a senior at Moravian College, Majoring in Environmental Science with a minor in Political Science.

To create more equitable and livable communities, the Alliance works to:
- Protect the natural environment on which our communities depend
- Promote broad, meaningful participation in decision making to advance community interests and ensure that communities can assert their needs as a higher priority than the rights and priorities that corporations assert for themselves
Sustainable Food for Thought

As times are changing, so are the trends we see in today’s food system. People are growing interested in natural, organic, locally sourced, and sustainable food. They are exploring dietary selections such as vegetarian and vegan options that benefit personal health and that of the environment. Yet there are also arising obstacles—environmental degradation, diet and health problems, social inequalities.

There’s hunger, malnutrition, and starvation. There’s obesity and diabetes. In the Lehigh Valley, the local food economy is faced with the loss of farmland, and if the landscape is transformed too much, buying local might become impossible. In the end, if you live in the right place and have enough money, it may seem like the food system is functioning fine, when in reality, it’s become quite out of balance with the natural cycles it is grounded on. One more significant change: eating outside the home is now more than an occasional luxury—it makes up about half of our food purchases. In the months to come, we are challenged to navigate the exceptional changes to this trend incited by the novel coronavirus. But as concern for the earth is mounting around the globe and across generations, restaurants and consumers can work hand in hand to lead the way towards a sustainable future.

Here in the Lehigh Valley, several businesses have begun incorporating sustainable practices into their operations to help curb the consequences of the climate crisis. Last year, the Alliance worked on a project to identify these cafés and restaurants, featured on the following pages. They are businesses with initiatives to address food waste, product sustainability, and energy and water usage. Such practices may involve opting for paper straws, compostable boxes, and reusable containers to eliminate Styrofoam and single-use utensils, embracing “ugly produce,” donating surplus food, and switching to LED lighting to reduce energy usage.

Some of the barriers to implementing these necessary changes on a wider scale are cost, ease of transition, and concern about customers’ response. For instance, replacing Styrofoam products with more eco-friendly alternatives would increase total expense. However, what seems to be a big cost initially comes out to mere cents per sale in the end. Weighed against the sweeping ramifications of global warming and ecosystem degradation, the expense of transitioning to sustainable practices seems easily worth the price. Restaurants may also hesitate to make changes because they are uncertain of how their customer base will react. Fortunately, many business owners in this area have, on the contrary, received encouraging and positive feedback for making the switch to sustainability.

Incorporating sustainability into business operations has a wealth of social, economic, and environmental benefits. Converting to renewable energy and using energy-efficient lighting decrease demand for fossil fuels and save costs in the long run. Food recovery efforts redirect food from farms, distributors, and retailers to food banks in order to assist in alleviating hunger and improving food access. Restaurants that participate in composting programs can help reduce the food waste being sent to landfills, save on trash disposal costs, and conserve resources. Lastly, restaurants that collaborate with local farms and producers help reduce greenhouse gas emissions from food transportation, and whole-food, plant-based options mitigate deforestation and conserve resources, since meat and animal products require more land, water, and energy to produce.

Meanwhile, what more can we do as consumers? We can combat climate change with consumer change. We can replace plastic bags and disposable bottles with reusable ones, bring reusable takeout containers when we eat out, and support businesses that go sustainable. When the effects of environmental problems aren’t apparent in our daily lives, it’s difficult to feel the urgency of making change. But we must envision a system that provides nutritious and affordable food for all of society, produced and served in a manner that stewards the natural environment and benefits us and the planet for generations to come. So what will restaurants and businesses choose to do? What will you?

We have allowed greenhouse gases to clog our atmosphere, chemicals to seep into our soil, and microplastics to sink into our seas. These are issues that are not going to simply disappear, and if change is not implemented quickly, they will only worsen. We can turn a blind eye to all these problems, but that will not save us from experiencing the consequences of our negligence in the years to come. We must all bear this responsibility together with a paradigm shift in our attitudes and our actions. No one wants to see how our choices have brought about the plastics that pollute our oceans, the litter that suffles our streets, the trash that overwhelms our landfills. But doing what we can to promote food sovereignty, equity, and justice? Making reusables the trend and environmentalism the norm? Now that’s just my (reusable) cup of tea.

Eirlys Chui

Eirlys is a sophomore at Lehigh pursuing Environmental Studies and English.

Eirlys’s essay speaks to several of the Alliance’s goals:

To create more equitable and livable communities, the Alliance works to:

• Protect the natural environment on which our communities depend
• Foster strong local economies that provide secure and fulfilling livelihoods, foster enjoyable community life, work in harmony with nature, and strengthen the viability of independent local businesses and farms
• Encourage people to consume food that is whole, locally produced, and grown in ways that sustain and rebuild soil water, wildlife, vegetation, and the lives of all of us.
Last summer, a team of interns worked with a few of the many restaurants in the Lehigh Valley that incorporate some aspects of sustainability into their business operations. Sustainability in businesses that serve food includes the sourcing, preparation, and healthfulness of the food; energy conservation; reducing food waste; and minimizing packaging and waste.

Café the Lodge *
427 East 4th Street, Bethlehem, PA 610-849-2100

Café the Lodge is a local eatery that supports the community! Café the Lodge provides vocational opportunities and housing services for adults with mental health diagnoses in Northampton County. Believing that recovery is dynamic, Café the Lodge strives to offer programs that focus on the body, mind and spirit. The Lodge supports its members in establishing independent living arrangements, a productive and meaningful existence, and a wholesome lifestyle.

Deja Brew *
101 W 4th Street, Bethlehem, PA 610-865-2739

Deja Brew is a local coffee and lunch spot committed to sustainability, while simultaneously keeping their prices low. They have switched over from plastic straws and stirrers to paper and wooden ones respectively. Additionally, they bring all of their plastic bags and wrap to Lowes to be recycled properly. They have also recently made the switch to reusable cups and mugs for customers dining in to reduce their waste. A must-try is their iced coffee made with ice cubes created from unused coffee the day before.

Fegley’s Brew Works *
812 West Hamilton Street, Allentown 610-433-7777  |  559 Main Street #101, Bethlehem 610-882-1300

Family owned and operated restaurants and breweries providing eco-friendly dining. We strive to shorten time from field to plate, with most food sources within 100 miles. Most beers are brewed on-site. We partnering with local farms that use the brewerries spent grain for livestock; in turn, the livestock is purchased for the restaurants. We use all-natural, responsibly-raised proteins, produce, and ingredients whenever possible, GMO-free rice bran oil, recyclables. 100% renewable energy: wind, solar, LED lighting. More information on sustainability initiatives at www.thebrewworks.com

Green Harvest Food Emporium
140B Northampton Street, Easton 610-252-6360

Located in the Grand Eastonian Suites building in beautiful, downtown Easton. Our gourmet deli features wraps, sandwiches, salads, and paninis using the best and freshest ingredients. We also offer many vegan and gluten-free options for breakfast, lunch, and dinner. Ask about our special request vegan baked goods! We also do catering for social and corporate events: weddings, breakfasts, brunches, lunches, dinners, picnics and more. We use local, sustainable food whenever possible.

Greenmouth Table *
134 N 2nd Street, Easton 610-810-8302

Greenmouth is a juice bar and restaurant where healthy and sustainable eating is the keystone. Greenmouth serves juices and foods made from local, USDA Certified Organic produce, and composts all of their scraps. In addition, Greenmouth uses compostable cups and straws and reusable utensils and dinnerware for those dining in.

Highmark Farmstand *
325 Northampton Street, Easton 610-250-2072

The Farmstand at Easton Public Market offers a full array of organic and local fresh produce, complemented by regionally-sourced artisan grocery products. Vegetarian and vegan-friendly house-made salads, soups, snacks, and specialty meals are ready for grab-and-go. We donate food that would otherwise go to waste to the Easton Hunger Coalition, and we compost our other food waste. Customers have the option of a paper or reusable bag and are encouraged to return bags for reuse.

Cafés & Restaurants Working Towards Sustainability *

Jumbars *
1342 Chelsea Avenue Bethlehem 610-866-1660

Jumbars serves breakfast and lunch with delicious hand-crafted meals and baked goods. They are proud to use ingredients from local vendors whenever possible. Everything, from desserts to breads, is prepared from scratch on the premises. Jumbars has created a relaxing and comfortable atmosphere so you can sit back and enjoy conversation, the daily papers made available to their diners, or a good book. Jumbars uses wind energy and has reduced the use of plastic straws.

Lit Coffee Roastery and Bakeshop *
26 E 3rd Street, Bethlehem 484-626-0945

Lit Coffee Roastery and Bakeshop is a Bethlehem-based coffee roastery and rustic bakery, offering fresh baked goods and roasted coffee. Lit provides fair trade, organic chocolate in their baked goods, and composts food waste. Customers are asked whether they will be dining in or taking away. If dining in, customers are given reusable cups and mugs, and if taking away, they are given a compostable cup. All menu items are made from scratch and there are plenty of vegan and vegetarian options.

Modern Crumb *
325 Northampton Street, Easton

Modern Crumb bakery is in Easton Public Market, offering a variety of breads, scones, pastries, and desserts made from scratch in-house. The bakery reduces their impact on the environment by composting excess materials and giving leftover baked goods to employees at the end of the day. Additionally, they have come up with creative solutions to upcycle uneaten baked goods and incorporate them into cakes or other pastries to sell the next day.

Scratch Pizza *
325 Northampton Street, Easton 610-814-7774

Scratch offers farm-to-table artisan pizza and sourdough breads made fresh in house. Ingredients are sourced directly from their own farm right here in Pennsylvania to ensure their food is held to the highest standards of quality and sustainability. Their pizzas are cooked in an oven fueled by locally sourced wood. In addition to composting any food waste, they upcycle spent grain from the brewery to make beer bread. You can expect to see flavorful specials to reflect the weekly produce in season.

Switchback Pizza
525 W Jubilee Street, Emmaus 610-928-0641

Wood oven pizza made from local, seasonal ingredients. This restaurant uses LED lighting, donates unused food and composts scraps, has reduced water usage, recycles & uses recycled materials (printer paper, napkins), and uses local, organic, pesticide-free food as much as possible.

Terra Café *
321 Northampton Street, Easton 610-330-6900

Terra Café provides fresh, locally-roasted, organic coffee, plus a number of meal choices: from smoothies to sandwiches, from eggs to tofu scramble — something for everyone. At Terra, their focus is community and providing a friendly experience. “We love where we live and feel blessed by our customers.” Terra currently participates in composting programs offered in Easton. There is also a discount if you bring your own container for drinks!

The Joint *
77 W Broad Street #18C (off Sun Inn Courtyard), Bethlehem 610-419-9237

The Joint serves locally-roasted coffee and serves local produce when available. Mugs for in-house coffee, to-go comes in biodegradable cups. They use LED lighting throughout, promote recycling, and use environmentally-friendly cleaning products.

* Participated in the Alliance’s 2019 Sustainability for Cafés & Restaurants project.
We invite other interested cafés and restaurants to contact us at sustainable-dining@sustainliv.org.
350 Berks & Lehigh Valley Climate Action

350 Berks & Lehigh Valley Climate Action is a network of leaders of environmental, renewable energy, and sustainability efforts in Berks County and the Lehigh Valley who have joined together to spotlight the climate crisis. We are dedicated to educating and informing the public and taking action to mitigate the effects of climate change in our region. We invite interested individuals to join us!

ACLU of Pennsylvania – Greater Lehigh Valley

The American Civil Liberties Union (ACLU) is a nonpartisan organization devoted to the defense of civil liberties. It files legal briefs in civil liberties cases, discusses civil liberties problems with government officials, and testifies before legislative bodies. It provides educational information on civil rights in protests, immigrants rights, on being a legal observer, LGBTQ rights and other issues. Contact us to get on our chapter email list. All are welcome.

Allentown Hiking Club

The Allentown Hiking Club, founded in 1931, has approximately 275 members from throughout the greater Lehigh Valley. It has maintained a 10.3-mile section of the Appalachian Trail since 1931. Its quarterly newsletter includes articles and a 3-month activities schedule. Meetings are the first Wednesday evening of the month, currently at St. Timothy’s Lutheran Church in Allentown. An enthusiasm for outdoor recreation and adventure and concern for conservation of the resources which make their activities possible bind its members together.
Allentown Public Theatre (APT)
417 N 7th Street
Allentown, PA 18102
Zinnia Santiago
888-895-5645
info@allentownpublictheatre.com
www.allentownpublictheatre.com
NON-PROFIT ORGANIZATION

Dedicated to empowering our diverse communities through the performing arts, expanding opportunities for cultural participation and education in theatre, and creating works that address contemporary issues. APT offers after-school theatre programs, summer children's programming in downtown Allentown, original touring productions, educational workshops, and the curated arts series "Voices of Conscience: Toward Racial Understanding", which stretches across the Valley, engaging dozens of other arts organizations and sparking relevant community discussion through the arts. Community-based arts events build healthy, sustainable, cultural places that will last for generations to come. Like us on Facebook or sign up for our free e-newsletter on our website.

Arts Community of Easton
PO Box 465
Easton, PA 18044
Danny Moyer
info@eastonart.org
www.eastonart.org
NON-PROFIT ORGANIZATION

The Arts Community of Easton is a non-profit organization of artists, educators, and supporters of the arts. Monthly meetings showcase local and regional artists. Projects during the year include studio tours, art shows, art festivals, community art murals, and art education projects. Emphasis on community revitalization through the arts is a priority. Facebook: ACE

In the 2020s, let's imagine better things.
– Cory Doctorow in 'Science fiction and the unforeseeable future'

Beginning Over Foundation
PO Box 3223
Easton, PA 18043-3223
Heidi Markow
610-438-9112
heidibeginningover.org
NON-PROFIT ORGANIZATION

We pledge our time, energy, and voices to protect victims of domestic abuse. Our goal is to help shelter and protect families in crisis and support long-term solutions to help them rebuild and sustain healthy lives and to raise awareness about intimate partner violence through education programs. Facebook: Beginning Over Foundation

Alliance for Sustainable Communities-Lehigh Valley
c/o Morning Star Center
1966 Creek Road
Bethlehem, PA 18015
Suzie Rosse
484-893-0475
info@sustainLV.org
www.sustainLV.org
NON-PROFIT ORGANIZATION

We promote sustainability, advocating for and opposing threats to: the environment; the rights of communities, social groups, and individuals; local economies serving community needs via meaningful, nonexploitative work; healthful food and farms; healthy communities built on participatory democracy. We work to enhance the efforts of sustainability-minded organizations. Our projects include: the Sustainability Commons, Transitions Lehigh Valley and Transitions U, Sustainable Lehigh Valley and its directory, website, college internship program, support of the community rights work of CELDF, networking collaboratives, and working groups. Sign up on our website to receive our Sustainability Doings e-newsletter.

Arts Community of Easton

Berks Gas Truth
260 East Main Street
Kutztown, PA 19530-1517
Karen Feridun
610-678-7726
karen.feridun@gmail.com
www.gastruth.org
NON-PROFIT ORGANIZATION

Berks Gas Truth is a grassroots organization fighting for a ban on fracking and an end to natural gas infrastructure, including pipelines, compressor stations, power plants, LNG, ethane crackers, and other processing plants. Please visit our website for meeting notices, sign up for our newsletter on our site, or visit us on Facebook and Twitter.

Bethlehem Backyards for Wildlife
107 Mt. Airy Ave
Bethlehem, PA 18018
Martha Christine
bethlehembackyardsforwildlife@gmail.com
www.facebook.com/Bethlehem-Backyards-for-Wildlife-120776089812
NON-PROFIT ORGANIZATION

We are a subcommittee of the Environmental Advisory Council. Our mission is to work with the City of Bethlehem to support biodiversity and minimize negative environmental impacts by encouraging city residents, schools, businesses and other organizations to implement wildlife-friendly and sustainable garden practices. Visit our Facebook page.
The Greater Lehigh Valley chapter of Buy Fresh Buy Local is working to build the local food economy by
• educating consumers about the benefits of choosing locally-grown foods,
• promoting local food providers,
• improving fresh food access in low-income neighborhoods,
• facilitating local food purchases by wholesale buyers, and
• providing research about the Greater Lehigh Valley’s local food system.

Pick up a copy of our Local Foods Guide at your nearest producer-only farmers’ market.

Facebook @BuyFreshBuyLocalGreaterLehighValley or Instagram @bfblglv

518 Northampton Street
Allentown, PA 18101
Allison Czapp
610-253-4190
bfbl@NurtureNatureCenter.org
buylocalgreaterlehighvalley.org

NON-PROFIT ORGANIZATION

The Caring Place

931 Hamilton Street
Allentown, PA 18101
Mary Ellen Griffin
610-433-5683
cplace200@aol.com
www.thecaringplace.org

The Caring Place is a non-profit youth development center. Its services focus on the low-income, high-risk, inner-city youth of Allentown, Pennsylvania. The educational programs include science, math, reading, and art, just to name a few. Social programs include Sister to Sister and Boys to Men. Our entrepreneurship program is linked to the Caring Coffee Cafe, which is the most recent addition. Our goal is to improve the outlook for the lives of the children, today’s youth are tomorrow’s future.

NON-PROFIT ORGANIZATION
Supporting better bicycling, pedestrian experience, efficient and comfortable public transit, and our local trail network. CAT’s educational programs: CAT Bicycle Cooperative, community workshop and donated/refurbished bikes, bicycling classes for adults, bicycling education in schools, Bike to Work Week (every May), advocacy on municipal & regional levels, Adopt-a-Bus Stop (with LANTA bus), Love Our Local Trails. CAT envisions a Lehigh Valley with better quality of life and personal ways to decrease oil consumption. Appropriate transportation choices mean less traffic congestion, reduced pollution, and fewer road deaths/serious injuries, less suburban sprawl, less obesity, and lower medical costs.

Supporting the Children’s Home of Easton by providing prevention education and life skills training. For 37 years, we have delivered high-quality educational programming throughout the Lehigh Valley and have been dedicated to the philosophy that people learn best by doing. Our mission is to engage individuals in opportunities to prepare for life’s challenges through programs that encourage healthy decision-making, positive choices, and peaceful living. The majority of our work is in schools and with youth agencies. CHC also works with adults through the workplace and community groups. See our website for full details on educational programs!

The Children’s Home of Easton provides a caring, nurturing environment for children in need, as well as assistance for their families. We provide long-term care to guide, support, and encourage children to believe in their own self-worth and their future, and features a large organic garden used for better nutrition, education, and job training.

The Center for Humanistic Change is a private non-profit providing prevention education and life skills training. For 37 years, we have delivered high-quality educational programming throughout the Lehigh Valley and have been dedicated to the philosophy that people learn best by doing. Our mission is to engage individuals in opportunities to prepare for life’s challenges through programs that encourage healthy decision-making, positive choices, and peaceful living. The majority of our work is in schools and with youth agencies. CHC also works with adults through the workplace and community groups. See our website for full details on educational programs!

A public school guided by the Core Principles of Public Waldorf Education. An innovative leader transforming public education. We meet our 21st century students’ diverse needs using a holistic, child-development based approach, teachers, staff, and parents work together to support children’s physical, intellectual, emotional, social, and academic needs. We foster enthusiasm for learning, deep understanding, application of learning, examination, inquiry, critical thinking, reasoning, communication, and cultural, social, and environmental understanding. Interdisciplinary learning takes place in all settings. Students are offered a curriculum rich in fine arts, performing arts, applied arts, vocational skills, foreign language, and core subjects.

A public school guided by the Core Principles of Public Waldorf Education. An innovative leader transforming public education. We meet our 21st century students’ diverse needs using a holistic, child-development based approach, teachers, staff, and parents work together to support children’s physical, intellectual, emotional, social, and academic needs. We foster enthusiasm for learning, deep understanding, application of learning, examination, inquiry, critical thinking, reasoning, communication, and cultural, social, and environmental understanding. Interdisciplinary learning takes place in all settings. Students are offered a curriculum rich in fine arts, performing arts, applied arts, vocational skills, foreign language, and core subjects.

A megalithic stone monument and nature trail park located next to the Kirkridge Retreat Center near Bangor, PA. The park is designed to inspire the same spiritual energy and inner tranquility that many experience on the ancient Celtic monastic island of Iona, Scotland. Besides offering visitors a place to experience solitude, Columcille also holds festive celebrations at the summer solstice and on the ancient Celtic holidays of Beltaine and Samhuinn. Columcille is a non-profit organization established to promote personal and societal transformation toward a more sustainable world, manages the park and its associated activities. Facebook: Columcille Megalith Park
Colleges & Universities

The greater Lehigh Valley region’s many fine colleges and universities have a variety of resources that can promote sustainability, including courses, expert speakers, specialized libraries, workshops and lectures, and special programs. (Some colleges operate programs in more than one location.) Many events and resources are open to the public, but available resources and programs depend on the time of year and academic calendar. In most cases, the website offers a calendar of events and a variety of other information. Contact the institution directly for information about current offerings:

Cedar Crest College (Allentown)
www.cedarcrest.edu | 800-360-1222

DeSales University (Center Valley)
www.desales.edu | 610-282-1100

East Stroudsburg University (Bethlehem Campus)
www.esu.edu | 877-422-1378

Kutztown University (Kutztown)
www.kutztown.edu | 610-683-4000

Lafayette College (Easton)
www.lafayette.edu | sustainability.lafayette.edu | 610-330-5000

Lehigh Carbon Community College (Schnecksville)
www.lccc.edu | 610-799-2121

Lehigh University (Bethlehem)
www.lehigh.edu | sustainability.lehigh.edu | 610-758-3000

Moravian College (Bethlehem)
www.moravian.edu/sustainability | 610-861-1300

Muhlenberg College (Allentown)
www.muhlenberg.edu | muhlenberg.edu/sustainability | 484-664-3100

Northampton Community College (Bethlehem)
www.northampton.edu | 610-861-5300

Penn State University–Lehigh Valley (Center Valley)
www.lv.psu.edu | 610-285-5000

Community Action Committee of the Lehigh Valley (CACLV)

1337 E Fifth Street
Bethlehem, PA 18015
Alan L. Jennings
610-691-5620
adminsvcs-info@caclv.org
www.caclv.org

We are a nonprofit corporation located in Bethlehem, Pennsylvania, working with low-income residents to combat poverty. CACLV has been fighting poverty with the help of donors, volunteers, board members, advisory boards, and dedicated staff. CACLV hopes to improve the quality of life in the Lehigh Valley area by creating economic opportunities, giving local residents a voice in their community, and acting as an advocate to help people address the challenges of ever-concentrating wealth against ever-growing poverty and the failure of the marketplace in many urban neighborhoods.

Community Action Development Corporation of Allentown

523–525 N 7th St.
Allentown, PA 18102
Dan Bosket
610-433-5703
dbosket@caclv.org
cadca.caclv.org

CADC–Allentown works toward the stabilization of neighborhoods and the economic empowerment of residents by enabling and encouraging them to develop and own businesses in the neighborhood. Through training and business related programs, projects, and initiatives, CADCA promotes a diversified economy of small-scale, locally owned businesses and empowers residents to assume more active roles in the stewardship of their community. It’s our mission to assist and promote neighborhood revitalization and community spirit by providing access to economic opportunities. Visit our website for more information. You can also find us on Facebook at facebook.com/CADCAAllentown.

Community Action Development Corporation of Bethlehem

409 East Fourth Street
Bethlehem, PA 18015
610-807-9337
cadcb-syb@caclv.org
cadcb.caclv.org

Based on a belief in economic and social justice, we improve the quality of life in south Bethlehem by fostering economic opportunity, promoting community development, and empowering residents to actively participate in the decision-making processes regarding the future of our diverse community.
Succumbing to this market-made desire reproduces the ideology that the more we have, the better we feel, and it is fundamentally contrary to how a sustainable future will look.

Sakura Shinjo in "The Environment, the Beauty Industry, and the Responsibility of Women" on page 20

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Community Environmental Legal Defense Fund (CELDF)
PO Box 360
Mengersburg, PA 17236
Chad Nicholson
207-541-3649
chad@celdf.org
celdf.org

We are not a typical environmental organization. We assist communities to develop first-in-the-nation, groundbreaking laws to protect rights—including worker, environmental, and democratic rights, and rights of nature. CELDF provides free and low cost legal services, grassroots organizing, and education, to communities, states, and countries facing injustice. We help them to assert their rights to fight the harms they face. We have worked with and continue to be available to work with communities in the Lehigh Valley, conducting Democracy Schools, helping to draft ordinances, and serving as consultants.

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Easton Area Neighborhood Center
902 Philadelphia Road
Easton, PA 18042
Ross P. Marcus
Executive Director
610-253-4253
rmarcus@eastonanc.org
eastonareaneighborhoodcenter.org

A community organization located in Easton, PA south side, it provides many services and programs to low-income individuals and families living in and around Easton. These programs include: utility assistance, rental assistance, transitional shelter for homeless families, community food pantry, ASPIRE program for pregnant and parenting teens, social security rep, payee services, and community classes and groups. EANC has formed community partnerships with other area agencies and offers a comprehensive network of resources and information. Follow us on Facebook! Also home to the Easton Urban Farm! The mission is to encourage residents to access healthy food through purchase, cultivation, and sharing.

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Delaware and Lehigh National Heritage Corridor
2750 Hugh Moore Park Road
Easton, PA 18042
Elissa Garofalo
610-923-3548
elissa@delawareandlehigh.org
www.delawareandlehigh.org

We preserve the historic pathway that carried coal and iron from Wilkes-Barre to Philadelphia. Today, the D&L Trail connects people to nature, culture, communities, recreation, and our industrial heritage. Facebook: @DelawareandLehigh Twitter: @DLHeritage Instagram: @dl_trail

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Dharma Moon Sangha
1328 Chestnut Street
Emmaus, PA 18049
Michael Gill
emmaussangha@gmail.com
dharma-moon.blogspot.com

A meditation group. Meditation held every Tuesday evening at LivingRoom Yoga of Emmaus. Please arrive between 7:00 and 7:10 pm for a 7:15 start time. We end around 9:00 pm.

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Easton Mural Project

Easton Murals is dedicated to the creation of public murals in Easton, to improve the visual landscape of the City and create opportunities for the artistic community. The initial phase focuses on high profile locales to garner attention and help raise funds for future expansion of the project. Our goal is to spread into the surrounding neighborhoods once the program has been established. Easton Murals is a collaborative effort between Brick + Mortar Gallery owners Tom D’Angelo and Chaz Hampton and the Easton Main Street Initiative.

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The Foodshed Alliance is a grassroots, non-profit devoted to promoting fresh and healthy locally-grown food and profitable, sustainable farming in northwestern NJ. We believe that the future of our health, our land, and our communities depends, to a great extent, on the existence of local farms, that farmers are the keystone to our connection with our food, the land, and our sense of place. It is this conviction that drives us to work with farmers, consumers, and agricultural professionals to foster a self-sustaining foodshed that sustains farmers, nourishes people, respects the land, and strengthens our communities.

The FreeCycle Network is made up of many individual groups across the globe, including local groups in Allentown, Bethlehem, Easton, Emmaus, and many others. It’s a grassroots and entirely nonprofit movement of people who are giving (& getting) stuff for free in their own towns. Local groups are moderated by local volunteers."

Organic farmers know that there is a direct connection between the food we eat and the health of our bodies. ~Margaret Wilson in “Go Organic and Bring the Farm to You” on page 12

Environmental Advisory Councils are established at the local level, as provided by state law, to advise municipal governments on issues such as: Identifying environmental problems;

- Identifying environmentally sensitive areas such as flood-prone areas, swamps, and other unique natural areas;
- Making recommendations for the most appropriate use of open land;
- Developing Open Space plans and programs;
- Recommending and assisting in developing projects to protect the environment; and
- Promoting community environmental programs.

The following list shows Environmental Advisory Councils and committees that play a parallel or similar role:

**Lehigh County:** Alburtis Borough, City of Allentown, City of Bethlehem, Emmaus Borough & Upper Milford Township, Heidelberg Township, Lower Macungie Township, Salisbury Township, South Whitehall Township, Upper Saucon Township, Weisenberg Township, Whitehall Township.

**Northampton County:** City of Bethlehem, Bushkill Township, City of Easton, Lower Mount Bethel Township, Lower Nazareth Township, Lower Saucon Township, Moore Township, Palmer Township, Plainfield Township, Upper Mount Bethel Township.

**Bucks County:** Buckingham Township, Doylestown Township, Durham Township, New Britain Township, Nockamixon Township, Plumstead Township, Solebury Township.

**Harrisburg:** www.eacnetwork.org

For up-to-date information, check with your local government or with the EAC Network.

**Easton Urban Farm**

902 Philadelphia Road
Easton, PA 18042
Ross P. Marcus
Executive Director
610-253-4253
rmarcus@eastonanc.org
eastonareaneighborhoodcenter.org/Urban-Farm.html

The Urban Farm grows vegetables, herbs, and flowers on a 5/8-acre plot on Easton’s south side and encourages residents to access healthy food through purchase, cultivation, and sharing. We grow produce for:

- Tenth Street Veggie Stand (mid-July–mid-September).
- Neighborhood Center Food Pantry (Fridays)

For our volunteers, the real reward is: Seeing folks on limited incomes receive fresh-picked produce for their tables

- Working with youth from the South Side, as well as Lafayette College students
- Making new friendships and exchanging gardening information with volunteers from the community

**Foodshed Alliance**

27 Main Street, 2nd Floor
PO Box 713
Blairstown, NJ 07825
Kendrya Close
908-362-7967
kendrya@foodshedalliance.org
www.foodshedalliance.org

The Foodshed Alliance is a grassroots, non-profit devoted to promoting fresh and healthy locally-grown food and profitable, sustainable farming in northwestern NJ. We believe that the future of our health, our land, and our communities depends, to a great extent, on the existence of local farms, that farmers are the keystone to our connection with our food, the land, and our sense of place. It is this conviction that drives us to work with farmers, consumers, and agricultural professionals to foster a self-sustaining foodshed that sustains farmers, nourishes people, respects the land, and strengthens our communities.

**FreeCycle**

www.freecycle.org/browse/US/Pennsylvania

The FreeCycle Network is made up of many individual groups across the globe, including local groups in Allentown, Bethlehem, Easton, Emmaus, and many others. It’s a grassroots and entirely nonprofit movement of people who are giving (getting) stuff for free in their own towns. Local groups are moderated by local volunteers.

"changing the world one gift at a time"
Farmers’ Markets

Producer-only Farmers’ Markets in the Greater Lehigh Valley:

Bath Farmers’ Market
Keystone Park, Race Street (Route 329) & Green Street, Bath
Friday 3 PM–7 PM (May–September)
www.bathfarmersmarket.org

Bethlehem Farmers’ Market
Farrington Square
5 New Street & Morton Street
Thursdays 11 AM–3 PM (May–October)
www.bethlehemfarmersmarket.com

Bethlehem Rose Garden Farmers’ Market
8th Avenue & Raspberry Streets
Saturday 9 AM–1 PM (June–mid-October)
www.mana18018.org

Blue Valley Farmers’ Market
707 American Banger Road, Bangor
Sunday 10 AM–2 PM (May–October)
BlueValleyFM@gmail.com

Coopersburg Farmers’ Market
State & Main Streets, Coopersburg
Sunday 11 AM–2 PM (June–Thanksgiving)
www.coopersburgmarket.com

Easton Farmers’ Market
Summer: Centre Square, Easton
Saturday 9 AM–1 PM (May–December)
Winter: behind Easton Public Market
2nd & 4th Saturday of the month, 10 AM–noon (Jan.–April)
www.eastonfarmersmarket.com

Easton Public Market – Farmstand
325 Northampton Street, Easton
Wednesday–Saturday 8 AM–7 PM
Eastonpublicmarket.com

Emmaus Farmers’ Market
On the Triangle, Emmaus
May–November
2nd & 4th Sunday 10 AM–1 PM
January–April
2nd & 4th Sunday 10 AM–12 PM
www.emmausmarket.com

Macungie Farmers’ Market
100 N Walnut Street, Macungie
Thursday, 4 PM–7 PM (May–October)
www.macungiefarmersmarket.com

Nazareth Farmers’ Market
Center Circle, Main & Center Street, Nazareth
Saturday 9 AM–11 PM (May–October)
Holiday Markets in Nov & Dec
www.nazarethfarmersmarket.com

Northampton Borough Farmers’ Market
Laubach Avenue & Smith Lane, Northampton
Tuesdays 3–6:30 PM (May–September)
Northamptonboro.com

Northampton Community College Farm
3835 Green Pond Road, Bethlehem Township
Year Round, Wednesday 10 AM–11 PM
May–October on the Quad
November–April, Laub Lounge, College Center
Facebook: The Farm Market at NCC

Saucon Valley Farmers’ Market
Next to the Hellertown Library, Hellertown
Sunday, 9 AM–1 PM (May–Nov.)
www.sauconvalleyfarmersmarket.com

Trexletown Farmers’ Market
Velodrome, 1151 Mosser Road, Breinigville
Saturday 9 AM–11 PM (May–November)
Winter: 1st & 3rd Saturday 10 AM–noon (Jan.–Apr.)
trexletownfarmersmarket.com

More information: Buy Fresh- Buy Local, page 33

What would a world without prisons look like?…

What would happen if we worked to regenerate populations of the incarcerated and the formerly-incarcerated by focusing not on the maintenance of the criminal justice system, as is currently the case, but rather on the renewal of these populations in a way that newly and deeply invests in our communities??

–Nandini Sikand in “Regenerative Community Justice” on page 14

Friends of Johnston

Camel’s Hump Farm on the Johnston Estate Community Center, 1311 Santee Mill Road
Bethlehem, PA 18017
Victoria Bastidas
victoriabastidas@gmail.com
thefriendsofjohnston.org

Friends of Johnston is a volunteer-based nonprofit organization that preserved and restored 47 acres of the estate of Archibald Johnston, the first Mayor of Bethlehem, including the historic Camel’s Hump Farm that serves as a Community Center for Nature, Education, Wellness and the Arts. Community programming on the farm is focused on environmental education, health and wellness, community gardening, historic preservation, stewardship and the arts. We offer hands-on, project-based practical skills programs, nature-based preschool, afterschool programs for youth at-risk of failure, summer camp for students & adults with special needs, veteran reintegration and job skills training program.

Friends for the Protection of Lower Macungie

Scott Bieber
sieber@ptd.net
www.facebook.com/friendsLMT

A community facebook organization that critiques Lower Macungie’s land use policies and promotes discussion and civic action for farmland preservation and smart growth development practices in the township. The goal is to halt the uncontrolled sprawl and traffic congestion that threatens to erode the quality of life for township residents. “Friends for the Protection of Lower Macungie” on Facebook has almost 6000 likes. It was started in 2010 by a group of residents who sued the township to overturn the rezoning of 700 acres of prime farmland to allow warehouses. The lawsuit was lost, the warehouses are being built, but the cause for smart growth continues in Lower Macungie.
Coming soon…

the **NEW** Sustainable Lehigh Valley

Science informs our understanding, but stories and the arts can be much more effective when it comes to catching people’s imagination and raising awareness.

Starting this fall, we will produce Sustainable Lehigh Valley in both the spring and fall, and will provide more space for creative work (both visual and written)!

We are seeking work that is related to sustainability, including the climate emergency, the environment, public health, and social justice. We welcome submissions from people of all ages and backgrounds — poetry, short fiction, and essays — and drawings, photographs, and other artwork that reproduces well in black & white.

See our website for more information on how to submit your work! (www.sustainlv.org/slv-guidelines)
Godfrey Daniels
7 E Fourth Street
Bethlehem, PA 18015
Mary Radakovits
610-867-2390
correspondence@godfreydaniels.org
www.godfreydaniels.org
NON-PROFIT ORGANIZATION

Godfrey Daniels is a member-supported, volunteer-run, not-for-profit listening room, presenting the finest of folk music and performing arts through the “Godfrey’s Experience” that is, in a comfortable and spontaneous environment, accessible to all ages and backgrounds. Through the unique experience of live music, we create an intimate link among the musicians, audience members, and volunteers. Godfrey Daniels stands out by providing professional yet non-intimidating performance conditions, encouraging aspiring regional talent, and further developing the fabric of our local musical arts community. Godfrey Daniels is a vital part of the cultural fabric of the SouthSide Bethlehem and Lehigh Valley communities.

Heritage Conservancy
85 Old Dublin Pike
Doylestown, PA 18901
Linda Cacossa
215-345-7020
lcacossa@heritageconservancy.org
www.heritageconservancy.org
NON-PROFIT ORGANIZATION

Heritage Conservancy is a nationwide-accredited conservator and community-based organization dedicated to the preservation and protection of significant open spaces, natural resources, and historic structures. A champion of conservation best practices, Heritage Conservancy is dedicated to the idea that everyone is responsible for stewardship and seeks to enlighten, engage, and empower others to help achieve this mutual vision.

Habitat For Humanity of the Lehigh Valley
245 N Graham Street
Allentown, PA 18109
Jessica Elliot
610-776-7737
office@habitatlv.org
www.habitatlv.org
NON-PROFIT ORGANIZATION

We are a nonprofit organization that works to draw the local community together in a large-scale collaborative effort to build simple, decent and affordable homes for hard-working, disadvantaged families in the Lehigh Valley. Hundreds of local volunteers and thousands of supporters help make the Habitat mission possible. Our ReStore, at 1053 Grape Street, Whitehall, sells donated building supplies, home furnishings, and appliance in support of our mission. Please contact the office to see how you can help!

Linked In: www.linkedin.com/company/habitat-lehigh-valley
Facebook: @habitatlehighvalley
Instagram: @hfhlv610
Twitter: @HFHLehighValley

Culture is more than art and music; it is an expression of collective history and identity. It is the roots that stabilize us and connect us to our ancestors.

—Jenna Ashton Winton in “Cultural Sustainability” on page 10

Hawk Mountain Sanctuary
1700 Hawk Mountain Road
Kempton, PA 19529
Gigi Romano
610-756-6961
info@hawkmountain.org
www.hawkmountain.org
NON-PROFIT ORGANIZATION

The world’s first refuge for birds of prey, an international center for raptor conservation, and renowned for the thousands of hawks, eagles, and falcons that pass each autumn. Offers one of North America’s finest experiences in nature observation. It has a 2600-acre natural area, 8-mile trail system with scenic overlooks, and a visitor center. Its staff and volunteers conduct education, stewardship, and research programs. The Sanctuary remains the largest member-supported raptor conservation organization in the world. Its website lists public programs, events, and volunteer opportunities. Find Hawk Mountain on twitter and Instagram at @HawkMountain and on Facebook at facebook.com/HawkMountainSanctuary.

Good Government PA
2035 Fernway Avenue
Bethlehem, PA 18018
Tom Ulrich
610-882-1136
tomulrich41@gmail.com
goodgovernmentpa.blogspot.com
NON-PROFIT ORGANIZATION

Good Government PA is a statewide organization working to restore and maintain democracy with economic, environmental, and social justice for all in Pennsylvania. At the top of the list of changes needed are redistricting reform, strengthening voter rights and protections, reducing the role of money in politics, securing the vote in elections, and improving ethics in government agencies.

Godfrey Daniels
7 E Fourth Street
Bethlehem, PA 18015
Mary Radakovits
610-867-2390
correspondence@godfreydaniels.org
www.godfreydaniels.org
NON-PROFIT ORGANIZATION

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Linked In: www.linkedin.com/company/habitat-lehigh-valley
Facebook: @habitatlehighvalley
Instagram: @hfhlv610
Twitter: @HFHLehighValley
International Institute for Restorative Practices (IIRP)

531 Main Street
Bethlehem, PA 18018
Laura Mirsky
610-807-9221
lauramirsky@iirp.edu
www.iirp.edu

We are a private accredited graduate school in Bethlehem, Pennsylvania. The world leader in restorative practices education, the IIRP offers master’s degrees, graduate certificates, and professional development and works with schools and other organizations to implement restorative practices. The IIRP also produces books, videos, implementation tools, and free online communications. With affiliate and partner organizations in the U.S., Canada, Europe, Latin America, Singapore, and Australia and licensees worldwide, the IIRP is part of a large worldwide movement of scholars, policy-makers, and practitioners advancing the field of restorative practices.

Facebook: www.facebook.com/RestorativePractices
Twitter: twitter.com/iirpgradschool
Youtube: www.youtube.com/iirpgraduateschool
LinkedIn: www.linkedin.com/school/international-institute-for-restorative-practices

The Journey Home

60 Centre Square
Easton, PA 18042
Dr. Bonnie Winfield
484-515-9115
bonniewinfield@mac.com

The Journey Home is an expressive art-based program for women in the Northampton County Correction. The programming integrates trauma-informed care and restorative practices with expressive arts. Circles of Caring is facilitated by compassionate, dedicated, trained volunteers from the community and local colleges, offering support, mentoring, and advocacy. The Journey Home also has a physical space as a community art studio in the historic district of downtown Easton, PA. We offer creative experiences in the form of workshops, open studio, and expressive arts facilitation for individuals and groups. Our mission is to provide a creative open space for the creative spirit to thrive. www.facebook.com/TheJourneyHomeEaston

Kelwyn Foundation

PO Box 369
336 Bushkill Street
Tatamy, PA 18085
Meagan Grega, MD and Eric Ruth
610-730-8860
info@kelwyn.org
www.kelwyn.org

The Kelwyn Foundation is a 501(c)(3) non-profit corporation with a mission to develop, support, facilitate and implement programs that encourage family and community physical and emotional wellness.

Our four cornerstones combine to form the infrastructure for the “Healthy Neighborhood Immersion” Initiative
Kelwyn Schools – Healthy Lifestyle Education in classrooms, Garden as a Classroom, the Veggie Challenge
Kelwyn Food Access – Local Food Hub, “Eat Real Food” Mobile Market, Healthy Corner Stores, Nutrition Education
Kelwyn Kitchens – Hands-On Healthy Lifestyle Cooking
Kelwyn Health – Physician-led Lifestyle Medicine Programs to reverse chronic disease

To follow our journey, please like us at www.facebook.com/KelwynFoundation

Jacobsburg Environmental Education Center

400 Belfast Road
Nazareth, PA 18064
Rick Wiltraut
610-746-2801
jacobsburgsp@pa.gov
www.dcnr.state.pa.us/stateparks/findapark/jacobsburg

The primary purpose of the Jacobsburg Environmental Education Center is to serve as an outdoor classroom for environmental and heritage education and to provide opportunities for enjoying healthful outdoor recreation experiences and exercise. In meeting these purposes, the natural, scenic, aesthetic, and historical values of Jacobsburg and the Bushkill Creek Watershed are the first consideration of Jacobsburg and its partner organizations. Stewardship responsibilities should be carried out in a way that protects the natural outdoor experience for the enjoyment of current and future generations.

To join us on these experiences, please visit our website!

Kirkridge Retreat Center

2495 Fox Gap Road
Bangor, PA 18013
Janet Lewis
610-588-1793
janetl@kirkridge.org
www.kirkridge.org

Kirkridge is a place to be, and to become a people of hope, compassion, justice, and service.

Since 1942, Kirkridge Retreat and Study Center has provided a place for rest and renewal to pilgrims along life’s journey and a safe harbor for all. Our retreats, our hospitality, our gorgeous vistas, and our sacred grounds have blessed, and continue to bless, countless lives.

Our historic motto of “picket and pray” has now extended itself “to protect, tend, and embrace.” From the peak of the ridge to the clear waters in the valley below, the new century calls for stewardship, nurturing, and embracing inner stability with outer sustainability.
**Latino Leadership Alliance of the Lehigh Valley**

PO Box 572  
Allentown, PA 18105  
info@llalv.org  
www.llalv.org  

We strengthen the Latino community through leadership development, education, health, and advocacy. The Latino Leadership Alliance provides a public forum for discussion and dissemination of information. It seeks to improve the quality of life for the Latino community and the entire Lehigh Valley. We accomplish this through the work of the following committees: Education, Health, Leadership, and Public Relations. Committee membership is open to the public and members.

**League of Women Voters – Lehigh County**

PO Box 3275  
Allentown, PA 18106  
Janet Little  
610-442-1733  
email@lwvlehighcounty.org  
www lwvlehighcounty org  

A nonpartisan political organization that encourages informed and active citizen participation in government, increases public understanding of major public policy issues, and influences public policy through education and advocacy. The League’s position on natural resources is to promote an environment beneficial to life through the protection and wise management of natural resources in the public interest. Specifically, to promote management of natural resources as interrelated parts of life-supporting ecosystems and to promote resource conservation, stewardship, and long-range planning, with the responsibility for managing natural resources shared by all levels of government. Our social media accounts are: Facebook: facebook.com/LeagueofWomenVotersLehighCounty  
Twitter: @LVCountyLWV

**League of Women Voters – Northampton County**

PO Box 523  
Bethlehem, PA 18018  
Beverly Hernandez  
610-252-1339  
lwvnorthco@yahoo.com  
www.lwnv.org  

A nonpartisan political organization that encourages informed and active citizen participation in government, increases public understanding of major public policy issues, and influences public policy through education and advocacy. The League’s position on natural resources is to promote an environment beneficial to life through the protection and wise management of natural resources in the public interest. Specifically, to promote management of natural resources as interrelated parts of life-supporting ecosystems and to promote resource conservation, stewardship, and long-range planning, with the responsibility for managing natural resources shared by all levels of government.

**Lehigh County Farmland Preservation Program**

4234 Dorney Park Road  
Allentown, PA 18104  
Diane Matthews-Gehringer  
610-336-5680  
dianematthews-gehringer@lehighcounty.org  
www.lehighcounty.org/tabid/59  

The Lehigh County Farmland Preservation Program works with landowners to preserve agricultural land with conservation easements. The program is also known as the purchase of development rights program. Under this volunteer program, landowners are financially compensated to preserve their properties for agricultural production perpetually. Over 25,000 acres of farmland have been preserved in Lehigh County.

**Lehigh Gap Nature Center**

PO Box 198 -  
Business Address: 8844 Paint Mill Road  
Slatington, PA 18080  
Chad Schwartz / Brian Birchak  
610-760-8889  
mail@lgnc.org  
www.lgnc.org  

Nestled within the Kittatinny Ridge alongside the Lehigh River, the Lehigh Gap Nature Center (LGNC) is a nonprofit environmental education center and wildlife refuge located between Slatington and Palmerton, Pennsylvania. Our mission is to protect the wildlife and enhance the habitats of our Refuge, the neighboring Kittatinny Ridge, and the Lehigh River Watershed through conservation, education, research, and outdoor recreation to improve the quality of life of present and future generations. According to the United States Environmental Protection Agency, LGNC is the only environmental education center in the country that has been created upon the ashes of a Superfund toxic waste site. An outdoor classroom, environmental laboratory, and recreational hotspot, LGNC’s 756-acre refuge today hosts thousands of local, regional, and international visitors each year. Contact us about programs or membership information.

**Lehigh Valley Arts Council**

840 Hamilton Street  
Suite 201  
Allentown, PA 18101  
Randall Forte  
610-437-5915  
info@lvartscouncil.org  
www.lvartscouncil.org  

Incorporated in 1991 as a nonprofit arts-service organization, our mission is: To promote the value of the arts, foster collaboration in the community, and encourage arts engagement for all people in the Lehigh Valley. The region’s central voice for the arts, the Arts Council has 127 nonprofit organizations, 54 businesses, and 640 individual artists and arts patrons. We focus on making the arts accessible to all citizens and providing services to area artists and arts organizations, services that include arts research, advocacy, accessibility for people with disabilities, professional development, special events, publications, and cooperative marketing initiatives.
Lehigh Valley Audubon Society

Our mission is to help people gain an appreciation and understanding of nature through birds, provide educational services on local wildlife to our community, and protect local habitats that are critical to local (and international) wildlife populations. Facebook group, www.facebook.com/groups/lvaudubon/ and Meetup events page, www.meetup.com/Lehigh-Valley-Audubon-Society

PO Box 290
Emmaus, PA 18049
Barbara Malt, Vice President
vicepresident@lvaudubon.org
www.lvaudubon.org

NON-PROFIT ORGANIZATION

Lehigh Valley Bartering Community

We are a local initiative to build a network of gardeners, crafters, artists, hobbyists, tinkerers, farmers, and anyone else dedicated to sustainable, alternative exchange. Everything offered for trade within this community is grown and/or made right here in the Lehigh Valley, minimizing the product’s dependence on fossil fuels and substandard labor practices abroad. This bartering group emphasizes local, event-based community gatherings. Keep in touch with LV Bartering Community members between events by joining the group on Facebook, where you will be among the first to hear about upcoming barters. Join a mailing list by contacting Adam by email.

Bethlehem, PA 18018
Adam Heidebrink-Bruno
507-360-9888
adam.heidebrink@gmail.com
www.facebook.com/groups/LVBarter

NON-PROFIT ORGANIZATION

Lehigh Valley Audubon Society

Lehigh Valley Black News Network

The Lehigh Valley Black News Network is an informative eNewsletter & blog designed to inform you about events and community information related to the connection and inclusion of communities of African-Black-African American descent throughout the Lehigh Valley and the State of Pennsylvania. The LV BNN e-letter is distributed and viewed by over 5000 internet readers from the Lehigh Valley Region, parts of Philadelphia, Harrisburg, and Reading.

Allentown, PA
Kevin Easterling
484-661-1161
info@lvbnn.com
www.lvbnn.com

NON-PROFIT ORGANIZATION

Lehigh Valley Center for Independent Living (LVCIL)

The Lehigh Valley Center for Independent Living (LVCIL) is dedicated to empowering individuals with disabilities and promoting the full inclusion of persons with disabilities in all aspects of life. LVCIL provides services for its consumers such as information and referral, peer support, independent living skills, and individual and systems advocacy. The organization also provides housing search and support, services for landlords, a 24-hour sign language interpreter referral service, youth transition services, waiver supports coordination and community outreach through specialized programs and groups.

713 North 13th Street
Allentown, PA 18102
Greg Bott
610-770-9781
info@lvcil.org
www.lvcil.org

NON-PROFIT ORGANIZATION

Lehigh Valley Audubon Society

Bird Town is an Audubon Pennsylvania program that enlists municipalities to commit to promoting environmental stewardship and programs that benefit birds and people. The Bird Town Coalition builds on this program by bringing together Lehigh Valley municipalities and local organizations promoting individual and community environmental stewardship, with a focus on birds as an indicator of success.

Allentown, PA 18104
Arundhati (Tinku) Khanwalkar
484-515-8628
tinkuvolk@me.com
www.meetup.com/Lehigh-Valley-Bird-Town-Coalition

NON-PROFIT ORGANIZATION

Lehigh Valley Gas Truth

Grassroots group fighting for a ban on shale gas development, clean air, clean water, and a sustainable future free of fossil fuels. For more information on how to get connected, please contact Karen Feridun, Founder of Berks Gas Truth.

260 East Main Street
Kutztown, PA 19530
Karen Feridun
610-678-7726
karen.feridun@gmail.com
www.facebook.com/lehighvalleygastruth

NON-PROFIT ORGANIZATION

Lehigh Valley Audubon Society

We need a mix of innovative research and consultation with those who are holders of ancient wisdom

–Stephen Hoog in “Solutions—Not More Problems” on page 16
**Lehigh Valley Humanists**

522 West Maple Street  
Allentown, PA 18101  
Kate Wilgruber  
kwilgruber@lvhumanists.org  
www.lvhumanists.org

Lehigh Valley Humanists focuses on a progressive life stance that, without supernaturalism, affirms our ability and responsibility to lead meaningful, ethical lives capable of adding to the greater good of humanity. Our goal is to promote Humanism and foster the building of a vibrant community dedicated to a positive ethical life-stance in the Lehigh Valley Area.

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**Lehigh Valley Progressive Events**

2035 Fenway Avenue  
Bethlehem, PA 18018  
Tom Ulrich  
610-882-1136  
tomulrich41@gmail.com  
lehighvalleypgressiveevents.blogspot.com

Lehigh Valley Progressive Events is an email and online newsletter published twice each month. It is a grassroots effort to publicize events about peace & justice, the environment, global warming, media/framing healthcare, election integrity, and corporatism/democracy in the Lehigh and Northampton County area in Pennsylvania. Email us to get our updates.

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**Lehigh Valley Research Consortium**

1309 Main Street  
Bethlehem, PA 18018  
Hannah Stewart-Gambino  
610-625-7888  
stewarth@lafayette.edu  
www.lehighvalleyresearch.org

The Lehigh Valley Research Consortium (LVRC) combines the expertise of researchers from the Lehigh Valley Association of Independent Colleges (LVAIC) and community partners to examine various issues (e.g., political, economic, social, health, and environmental) in a regional context. Through its efforts, the LVRC functions as a community-based information resource for Lehigh Valley government agencies, not-for-profits, businesses, and citizens.

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**Lehigh Valley Sustainability Network**

1885 Dartford Road  
Bethlehem, PA 18015  
Andrea Wittchen  
610-730-8246  
andrea@lv sustain.org  
www.lvsustain.org

Mission: to create avenues for collaboration, education and action facilitating the creation of a sustainable Lehigh Valley. Goals include cultivating leaders who promote sustainability, increasing the visibility of sustainability and engaging the community in addressing sustainability issues. It provides a web resource that serves as a regional portal on organizations, events, projects and education in sustainability. Open to any organization or individual interested in sustainability. On Facebook, Twitter (@lvsustain), and LinkedIn (group: Lehigh Valley Sustainability Network).

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**Lehigh Valley Food Policy Council**

1337 E Fifth Street  
Bethlehem, PA 18015  
Sue Dalandan, Coordinator  
484-893-1106  
Cell: 484-523-2781  
sdalandan@lvfpc.org  
www.lvfpc.org

The Food Policy Council was formed to promote policies and action towards a local food system that benefits our community, our environment, our farmers, and our economy in ways that are equitable and sustainable. The Council fosters awareness and understanding of the role played by an environmentally healthy food system in food security, economic vitality, and health and well-being.

The Council’s Steering Committee of stakeholder representatives meets monthly. Working Groups meet periodically across the Valley, and the Council as a whole meets semi-annually. Membership is free.

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**Lehigh Valley Zoo**

5150 Game Preserve Road  
PO Box 519  
Schnecksville, PA 18078  
Melissa Borland  
610-799-4171  
MBorland@lvzoo.org  
www.lvzoo.org

Lehigh Valley Zoo’s mission is to create a safe, engaging and enlightening wildlife experience for guests of all ages as it demonstrates leadership in the cultural, scientific and conservation communities. Find us on social media: Facebook: www.facebook.com/LVZoo  
Instagram: www.instagram.com/lvzoo  
Twitter: twitter.com/LVZoo  
YouTube: www.youtube.com/channel/UCnSf6E-hiADCgd-1mO-6Mw

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The purpose of this Network is to facilitate partnerships with others who have the capacity to enact climate policies. Whether through the LVPC, or at the county level, or the municipal one, we should continually be working towards building these relationships along with others who have the vision, expertise, and drive to initiate these climate polities.

Bethlehem, PA  18018
Brian Hillard
bhillard@rocketmail.com

The Martin Luther & Coretta Scott King Memorial Project
Allentown, PA
Kevin Easterling
484-661-1161
info@mlkmemorialproject.org
www.facebook.com/MLKmemorialLehighValley

The Mid-Atlantic Renewable Energy Association (MAREA) is a volunteer-driven, nonprofit organization that promotes environmentally-friendly energy and lifestyle choices for individuals and small businesses. We are dedicated to informing and educating the public on renewable energy production, energy efficiency, and sustainable living through meetings, workshops, educational materials and energy fairs. Our monthly meetings, free and open to the public, are held on the last Tuesday of each month at TEK Park, Route 222, Breinigville, PA, 18031. Please see www.themarea.org for a current schedule of speakers and detailed directions.
**Mock Turtle Marionette Theatre**

421 Second Avenue  
Bethlehem, PA  18018  
Doug Roysdon  
610-867-8208  
doug@mockturtle.org  
www.mockturtle.org

Based on the puppets and scripts of Doug Roysdon and developed through collaborations with many artists, Mock Turtle Marionette Theatre exploits the versatility of the puppetry arts. After a fairly extensive touring career, beginning with its founding in 1978, Mock Turtle turned its focus to activities at the Ice House in Bethlehem and over thirty collaborative partnerships with Valley arts and community groups, ranging from the Community Action Committee of the Lehigh Valley to Pennsylvania Sinfonia to the DaVinci Science Center. Increasingly, their partnerships are established to emphasize important children’s issues such as literacy, diversity, and child abuse prevention.

**Mutual Aid Network of the Lehigh Valley**

info@mutualaidnetwork.org  
Kathy Perlow  
kathyp@mutualaidnetwork.org  
mutualaidnetwork.org

We address the social determinants of health that impact life outcomes for some of our most vulnerable community members (i.e., formerly incarcerated, juveniles aging out of the foster care system, homeless populations, individuals recovering from addiction, and newly settled refugee communities). MANLV addresses social needs of isolation, lack of community engagement, lack of a sense of belonging, poverty, institutional racism, restorative practices, health outcomes, education, and violence. One of eight pilot sites around the world in a global cooperative designed to build and share knowledge, resources, and experience in order to create a cooperative egalitarian economy from the ground up.

**NAACP – Bethlehem Branch**

PO Box 1474  
Bethlehem, PA  18016  
Esther Lee  
610-866-2078  
bethnaacp@bethnaacp.org  
bethnaacp.org

The mission of the NAACP—Bethlehem Branch is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate racial hatred and racial discrimination. The vision of the National Association for the Advancement of Colored People is to ensure a society in which all individuals have equal rights and there is no racial hatred or racial discrimination.

**NAACP – Allentown Branch**

PO Box 9418  
Allentown, PA  18105  
Dan Bosket  
610-797-1107  
dbosket@caclv.org  
www.facebook.com/AllentownNaacp?fref=ts

The mission of the NAACP—Allentown Branch is to ensure the political, educational, social and economic equality of rights of all persons and to eliminate racial hatred and racial discrimination. The vision of the National Association for the Advancement of Colored People is to ensure a society in which all individuals have equal rights and there is no racial hatred or racial discrimination.

**NAACP – Easton Branch**

PO Box 703  
Easton, PA  18042  
Lance Wheeler  
484-602-8714  
membershipnaacp2260@gmail.com  
www.naacp-eastonpa.org

The mission of the NAACP—Easton Branch is to ensure the political, educational, social, and economic equality of rights of all persons and to eliminate race-based discrimination. Our vision is to ensure a society in which all individuals have equal rights without discrimination based on race.
Penn State Cooperative Extension Service – Lehigh Valley
4184 Dorney Park Road
Allentown, PA 18104
Tina M. Schucker
610-391-9840
LehighExt@psu.edu
lehigh.extension.psu.edu
NON-PROFIT ORGANIZATION
Penn State Cooperative Extension Service – Northampton
14 Gracedale Avenue
Nazareth, PA 18064
Megan Chawner
610-746-1970
mzc335@psu.edu
extension.psu.edu/
northampton-county
NON-PROFIT ORGANIZATION

Peace-Youth was started in 2015, soon after the group’s neighborhood was targeted for the path of the PennEast pipeline. Our focuses currently are threefold: Stop the PennEast Pipeline, ban fracking, and help switch our communities to sustainable energy and sustainable living practices. We support all environmental practices and ecosystem restoration. As we develop, we hope to collaborate with schools and offer curriculum support for teachers to integrate this awareness into the classrooms and help youth recognize the incredible dangers we face — but also the amazing opportunities that come with an energy revolution.

PEACE-Youth
Durham, PA 18039
Ann Marshall
durhamccap@gmail.com
NON-PROFIT ORGANIZATION

Science-based organization that combines science, art, and community dialogue to get people talking and thinking about environmental issues. Its main exhibit is Science on a Sphere, a giant animated globe that displays breathtaking visualizations of Earth and planetary science. Visitors can also experience programs and exhibitions in the science theater and four art galleries. Regular hours: Wednesdays and Saturdays, noon–4 p.m.; Thursdays, 6–9 p.m. NNC hosts special programs: on the Sphere, frequently Thursday evenings and Saturday afternoons; gardening presentations; and hands-on art and garden projects. Visit the Urban Recycle Garden out back any time. More information: website and Facebook page.

Nurture Nature Center
518 Northampton Street
Easton, PA 18042
Rachel Hogan Carr
610-253-4432 x 0
rhogan@nurturenature.org
www.nurturenaturecenter.org
NON-PROFIT ORGANIZATION

Neighborhood Health Centers of the Lehigh Valley (NHCLV) is a local, federally-qualified Health Center in the Lehigh Valley. One of the opportunities that NHCLV offers to patients, community members, and organizational partners is time banking, which is a model that is used to encourage reciprocity and mutual respect within our community by facilitating the exchange of skills and talents through time. In time banking, we believe that everyone has something to contribute, and that each individual should be valued for the gifts and talents that they have to offer.

The Natural Builders Guild is made up of professionals and homeowners who formed the Guild to promote and foster the Natural Building trades, methods, and practices in the Greater Lehigh Valley. Regular monthly meetings held late afternoon/early evening. Everyone is welcome to attend.

A working group of the Alliance.

Peter Christine
contact@naturalbuildersguild.org
dor naturalbuilders@sustainlv.org
www.naturalbuildersguild.org
NON-PROFIT ORGANIZATION

Kathryn Anne

Planting cover crops, using rotational grazing, and practicing no-till agriculture, all sequester carbon and nitrogen into the soil.

—Rebecca Canright in “Solutions Lie in Soil” on page 6
**Pennsylvania Association for Sustainable Agriculture (PASA)**

PO Box 419
Millheim, PA 16854
814-349-9856
info@pasafarming.org
www.pasafarming.org

PASA’s mission is promoting profitable farms that produce healthy food for all people while respecting the natural environment. PASA hosts educational and social events throughout the year in every corner of Pennsylvania. Check out our website for more information and join us at an upcoming event.

**Pennsylvania Land Trust Association**

119 Pine Street, 1st Floor
Harrisburg, PA 17101
Nicole Faraguna
717-230-8560
info@conserveland.org
www.conserveland.org

The Pennsylvania Land Trust Association works to protect Pennsylvania’s special places by helping land trusts acquire land and conservation easements. Land trust efforts revolve around working cooperatively with landowners and crafting projects with win-win outcomes for communities.

**Pennsylvania Community Rights Network**

107 Center Street
East Pittsburgh, PA 15112
Malinda Harnish Clatterbuck
717-576-0794
clattermu@gmail.com
pacommunityrights.org

A 501(c)(3) nonprofit whose mission is to help Pennsylvania communities establish their rights for democratic local self-government, social justice, and environmental sustainability.

**Planned Parenthood Keystone**

Planned Parenthood
Allentown Health Center
29 N 9th Street
Allentown, PA 18104
610-481-0481
info@ppkeystone.org
www.ppkeystone.org

Planned Parenthood promotes and protects universal access to reproductive health care and freedom of choice to determine reproductive needs. Our health centers provide routine gynecological services, pregnancy testing and options counseling, diagnosis and treatment of sexually transmitted infections, emergency contraception, abortion services, colposcopy, and cryotherapy. Our education programs provide healthy relationship information, decision-making skills, risk reduction, and information about birth control and sexually transmitted infections, among other things. The advocacy component seeks to educate the public around issues important to our mission. Health centers are located in Allentown, Bensalem, Harrisburg, Lancaster, Quakertown, Reading, Warminster, Wilkes-Barre, and York.

**Pennsylvania Farmers Union**

PO Box 863
Stroudsburg, PA 18360
Heidi Secord
717-576-0794
pafarmersunion@gmail.com
www.pafarmersunion.org

A 501(c)(4) policy and advocacy organization. A dedicated policy voice of family farmers and supportive rural and urban residents and consumers across the Keystone State. Through policy, advocacy and education, PFU works to preserve a sustainable local economy while ensuring domestically grown, healthy food choices for our community. PFU is a grassroots organization where policy positions are initiated locally. Whether it’s food safety, dairy, specialty crops, trade or any other issue facing Pennsylvania family farmers, PFU listens to farmers, trade organizations, conservation organizations, and food co-ops, in sharing a deep commitment to conservation and the success of family agriculture.

**Pennsylvania Community Rights Network**

A 501(c)(3) nonprofit whose mission is to help Pennsylvania communities establish their rights for democratic local self-government, social justice, and environmental sustainability.

**Pennsylvania Land Trust Association**

The Pennsylvania Land Trust Association works to protect Pennsylvania’s special places by helping land trusts acquire land and conservation easements. Land trust efforts revolve around working cooperatively with landowners and crafting projects with win-win outcomes for communities.

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**Planned Parenthood Keystone**

Planned Parenthood promotes and protects universal access to reproductive health care and freedom of choice to determine reproductive needs. Our health centers provide routine gynecological services, pregnancy testing and options counseling, diagnosis and treatment of sexually transmitted infections, emergency contraception, abortion services, colposcopy, and cryotherapy. Our education programs provide healthy relationship information, decision-making skills, risk reduction, and information about birth control and sexually transmitted infections, among other things. The advocacy component seeks to educate the public around issues important to our mission. Health centers are located in Allentown, Bensalem, Harrisburg, Lancaster, Quakertown, Reading, Warminster, Wilkes-Barre, and York.

**Pennsylvania Farmers Union**

A 501(c)(4) policy and advocacy organization. A dedicated policy voice of family farmers and supportive rural and urban residents and consumers across the Keystone State. Through policy, advocacy and education, PFU works to preserve a sustainable local economy while ensuring domestically grown, healthy food choices for our community. PFU is a grassroots organization where policy positions are initiated locally. Whether it’s food safety, dairy, specialty crops, trade or any other issue facing Pennsylvania family farmers, PFU listens to farmers, trade organizations, conservation organizations, and food co-ops, in sharing a deep commitment to conservation and the success of family agriculture.

**Plant a Row Lehigh Valley**

153 Steepchase Lane
Allentown, PA 18106
Karen Fitzpatrick
610-530-7728
info@plantarowlv.org
www.plantarowlv.org

We are a group of local gardeners with the common goal of providing fresh produce to our neighbors in need. During the growing season, area gardeners are encouraged to dedicate a row in their garden to donate to local food pantries, soup kitchens and meal centers. We provide convenient drop-off points throughout Lehigh and Northampton counties from April to October. Overflow produce is gladly accepted. Don’t have a garden - purchase extra produce and bring it to a drop-off point. Visit our website to register your garden, find the nearest drop-off point, and/or learn additional ways to volunteer. Like us on Facebook
POWER Lehigh Valley

916 W Turner Street
Allentown, PA 18102
Jude-Laure Denis
484-240-1201
jdenis@powernortheast.org
www.powernortheast.org

Improving the health and well-being of people and the planet since 1947. Building on the prescient visions of J.I. and Robert Rodale, the Rodale Institute has been pioneering organics through innovative research, education and outreach, and advocating organic food production to renew human and environmental health. Long before environmental issues were news-worthy or organic was trendy, our organic and regenerative research taught millions of people around the globe how to transform their lives and their communities. Rodale Institute hosts classes, workshops, webinars, and events focused on organic gardening and farming. The Kutztown farm is open to the public year-round.

Second Harvest Food Bank

6969 Silver Crest Road
Nazareth, PA 18064
Jessica Dokachev
484-821-2408
shfb-info@caclv.org
www.caclv.org

Operates in Lehigh, Northampton, Carbon, Monroe, Pike, and Wayne counties, last year distributing more than 9 million pounds of food to more than 200 emergency food pantries, meal centers, homeless shelters, child care agencies, addiction treatment programs, and just about any agency that feeds people as part of their operation—a network serving more than 60,000 people each month. Also administers supplemental nutrition programs for children, seniors, active-duty military reservists and veterans, SNAP outreach and application assistance, a nutrition education program, and anti-poverty advocacy initiatives. Second Harvest is committed to providing the healthiest food possible to families most in need.

ProJeCt of Easton

320 Ferry Street
Easton, PA 18042
Janice D. Komisor
610-258-4361
jkomisor@projecteaston.org
www.projecteaston.org

ProJeCt has served at-risk people and families in the Lehigh Valley for more than 50 years. ProJeCt believes that education and an inter-connected set of services are the keys to helping people help themselves break the cycle of poverty. We offer adult education, family literacy, school-based programs and safety-net resources (including a food pantry), all at no charge, to help our clients work toward self-sufficiency. ProJeCt’s research-based programs, combined with hands-on case management services, help clients achieve success in school, work and life.

The Seed Farm

A nonprofit organization dedicated to cultivating the next generation of farmers. We offer new farmer training and an agricultural business incubator on our 42-acre site in Emmaus. New and aspiring farmers learn skills that are critical to farming success. The workshops and classes teach organic vegetable production, equipment operation, marketing, business planning, and more. The Seed Farm’s agricultural business incubator brings farm ownership within reach by providing access to expensive and critical resources. Beginning farmers with adequate experience and business plans may launch their farm businesses in the incubator, accessing land, equipment, infrastructure, mentoring, and more, at reduced rates.

Rodale Institute

611 Siegfriedale Road
Kutztown, PA 19530-9320
610-683-1400
info@rodaleinstitute.org
www.rodaleinstitute.org

Improving the health and well-being of people and the planet since 1947. Building on the prescient visions of J.I. and Robert Rodale, the Rodale Institute has been pioneering organics through innovative research, education and outreach, and advocating organic food production to renew human and environmental health. Long before environmental issues were news-worthy or organic was trendy, our organic and regenerative research taught millions of people around the globe how to transform their lives and their communities. Rodale Institute hosts classes, workshops, webinars, and events focused on organic gardening and farming. The Kutztown farm is open to the public year-round.

Shanthi Project

PO Box 3716
Palmer, PA 18045
Denise Veres
denise@shanthiproject.org
www.shanthiproject.org

Teaches therapeutic yoga and mindfulness classes throughout the Lehigh Valley to hundreds of at-risk youth and trauma survivors, including children in the foster care system, veterans, and the incarcerated. Also, presents in-class mindfulness to thousands of school children and their teachers each school year. Through controlled movement, breathing, and mindfulness, students learn valuable coping and life skills that cultivate self-awareness, enhance compassion, and promote positive emotions, helping to establish healthy and productive relationships. Shanthi Project’s teachers have received specialized training in trauma-informed yoga, including how to work with at-risk youth and those who have survived emotional and physical trauma.
In 1966 Russell Keich and Don Herring, avid gardeners and artists, purchased a farm and transformed it into a living museum, using salvaged materials from dismantled churches, barns, and other classic structures. Gradually the surrounding cornfields and stream were transformed into six acres of breathtaking gardens interspersed among waterfalls, water gardens, and ponds. Today, Stonehedge is a nonprofit, perpetuating the continuing creative expressions of nature, the arts, and metaphysical and holistic healing. Our mission is to provide a healing, sacred, inclusive environment for personal and community transformation and wellness.

The Sierra Club’s mission is to explore, enjoy, and protect Earth’s wild places, to practice and promote the responsible use of earth’s ecosystems and resources, to educate and enlist humanity in protecting and restoring the quality of the natural and human environment, and to use all lawful means to carry out these objectives. The Kittatinny (Berks and Schuylkill) Group, in concert with the national Sierra Club and the Pennsylvania Chapter, works on local, regional, state, and national environmental issues. We publish the Berks-Lehigh Sustainable Farm Directory, organize educational events and hikes, and evaluate environmental records of local political candidates.

Slate Belt Rising (SBR) is a neighborhood revitalization initiative designed to integrate and capitalize on the substantial assets of the individual Slate Belt communities. By leveraging the unique history, architecture, and culture of each municipality into a regional approach, SBR will use a Neighborhood Partnership Plan to foster comprehensive community and economic development. While SBR specifically targets the boroughs of Bangor, Wind Gap, Pen Argyl, and Portland, some initiatives promote development and the coordination of services for the entire region.

SSI brings together Lehigh University faculty, students and staff with the people of Bethlehem to share knowledge, foster democracy, and improve the quality of life in our city. SSI rests on the proposition that the teaching and research mission of the university—and the quality of life in Bethlehem—will be enhanced by this collaboration that allows for the sharing of local forms of knowledge, historical memory, and cultural practice with those in the university. SSI ultimately provides a forum to address pressing challenges in the life of the city by creating opportunities for informed democratic deliberation and action.

The SouthSide Film Institute is a grass-roots organization dedicated to promoting and preserving the art of independent filmmaking, offering choices to patrons of the arts, and showcasing the cultural community of the South Side of Bethlehem. The Institute presents the 17th Annual SouthSide Film Festival June 16-20, 2020. To date, the SSFF has screened over 1,500 independent films from 47 States and 102 Countries. The Festival is Carbon Neutral. Like us on Facebook. Follow us on Twitter.
Our mission is to provide educational information on the health and safety risks to our food, water, communities, and environment of the backward and dangerous use of sewage sludge wastes as a false fertilizer and irrigation supply. United Sludge-Free Alliance is dedicated to shining light on the issue of sewage sludge solids and liquid wastes disposal. By highlighting known dangers, contamination "mysteries", industry-resistant science, political history, personal stories of community and worker contamination, alternative uses and actions to take, we empower you to recapture your health, food, water, air, outdoor environments, and the wonderful places we call home.

PO Box 39
Kempton, PA 19529
Darree Sicher
610-823-8258
info@usludgefree.org
www.usludgefree.org
NON-PROFIT ORGANIZATION

The biggest energy resource in the world, the one that's bigger than oil, is efficient use—but it gets no respect and almost no attention.

—Bruce Wilson in “Energy Efficiency: Solution to Climate Change” on page 18

Tackling T.I.N.A.
Bethlehem, PA
Adam Heidebrink-Bruno
507-360-9888
adh216@lehigh.edu
wordpress.lehigh.edu/tacklingtina
NON-PROFIT ORGANIZATION

Tackling T.I.N.A. is a public discussion series on various aspects of economic justice, helping participants dispell one of the most prominent myths about contemporary capitalism, that "There Is No Alternative" (T.I.N.A.). We do this by celebrating the many alternatives that already exist today and thinking about how to use these models to create an economic system that works for everybody. We partner with numerous Lehigh Valley organizations to have staff, activists, community leaders, and long-term area residents serve as facilitators for these important topics. Visit our website to find an upcoming event or learn how you can get involved.

Sustainable Energy Fund
1005 Brookside Road
Suite 210
Allentown, PA 18106
610-264-4440
thesef@thesef.org
www.thesef.org
NON-PROFIT ORGANIZATION

Sustainable Energy Fund is a non-profit organization that assists energy users in overcoming educational and financial barriers to a sustainable energy future: a future in which energy is harvested, converted, distributed and utilized in a manner that allows all to meet their energy needs without compromising the ability of their children and grandchildren to meet their needs. See our website for information about our annual EnergyPath Conference!

Touchstone Theatre
321 E Fourth Street
Bethlehem, PA 18015
Emma Ackerman
610-867-1689
emma@touchstone.org
www.touchstone.org
NON-PROFIT ORGANIZATION

Touchstone Theatre is a professional, nonprofit theatre company located in our multi-ethnic and multi-lingual Bethlehem. At its heart is a resident ensemble of theater artists rooted both in our local community and the international community of ensemble-created theaters. The ensemble is engaged in the creation of original work; the on-going development of theatre productions in which image, movement, space and sound play an important role as the text; touring selected original and ensemble-created works; offering educational programs that inspire students of all ages to discover their creative voice; and demonstrate the power of theatre as a community-building tool.

United Sludge-Free Alliance

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PO Box 39
Kempton, PA 19529
Darree Sicher
610-823-8258
info@usludgefree.org
www.usludgefree.org
NON-PROFIT ORGANIZATION

Transitions Lehigh Valley

Transitions Lehigh Valley is one of over 100 official Transition Initiatives in the U.S. and part of the global Transitions movement. The Transitions movement looks to communities for meaningful action regarding peak oil, climate instability, and economic chaos. Currently, our focus is on creating Transitions U, a means for providing workshop, training, hands-on learning, strategizing, and think tank sessions throughout the Lehigh Valley to engage and empower people in each community so as to unleash their creativity and their collaborative strength and enabling them to work toward resilience and sustainability. We are also exploring residential solar energy projects.

444 E Susquehanna Street
Allentown, PA 18103
Lori G. Sywensky
610-797-0530
www.turningpointlv.org
NON-PROFIT ORGANIZATION

Turning Point is the domestic-violence agency for Lehigh and Northampton counties. Its mission is to eliminate domestic violence in the Lehigh Valley through empowerment, education, and engagement. Services include a 24-hour helpline, safe housing, crisis, and options counseling court advocacy, children and teen programming, and community education and outreach. Healthcare professionals are trained through medical advocacy programming. All of the agency’s programs and services are available in English and Spanish and are provided free of charge.

Need Help? Call Our 24-HR HELPLINE 1-610-437-3369

444 E Susquehanna Street
Allentown, PA 18103
Lori G. Sywensky
610-797-0530
www.turningpointlv.org
NON-PROFIT ORGANIZATION

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The biggest energy resource in the world, the one that’s bigger than oil, is efficient use—but it gets no respect and almost no attention.

—Bruce Wilson in “Energy Efficiency: Solution to Climate Change” on page 18
The Watershed Coalition of the Lehigh Valley serves as an umbrella organization for community watershed associations in Lehigh, Northampton, and surrounding counties. The Coalition’s mission is to preserve and enhance watersheds throughout the region. It pursues its mission through outreach and education to the public, resource and information sharing among its community watershed organization members, and advocacy on key issues critical to water resource health in the Lehigh Valley and surrounding region. Most recently, the Coalition initiated Pennsylvania’s first Master Watershed Steward Program, which serves to train ordinary citizens to be effective volunteers in local water resource protection. See facing page for a list of Lehigh Valley watershed associations.

Watershed Associations

For more information and a map showing the areas served by each watershed association, visit watershedcoalitionlv.org.

- Bertsch-Hokendaqua-Catasauqua Watershed Association (NW Northampton County)
  - www.bhcwa.org • 610-829-6278
  - nprichard@northamptoncounty.org

- Bushkill Stream Conservancy (Tatamy)
  - www.bushkill.org
  - bushkillstreamconservancy@gmail.com

- Carbon County Groundwater Guardians
  - www.carbonwaters.org • 570-335-1947

- Cooks Creek Watershed Association (Springtown)
  - www.cookscreekpa.org • 610-346-1604
  - info@cookscreekpa.org

- Fry’s Run Watershed Association (Easton)
  - www.frysrun.org • 610-252-7633
  - frysrun@gmail.com

- Little Lehigh Watershed Coalition (Emmaus)
  - www.llwcpa.org

- Maiden Creek Watershed Association (Kutztown)
  - www.maidencreekwatershed.org • 610-372-4992

- Martins-Jacoby Watershed Association (Martins Creek)
  - pmcine4125@aol.com • 610-253-7623

- Monocacy Creek Watershed Association
  - on Facebook • monocacycrwa@gmail.com
  - 610-317-8073

- Musconetcong Watershed Association (Asbury, NJ)
  - www.musconetcong.org • 908-537-7060

- Perkiomen Watershed Conservancy (Schwenksville)
  - www.perkiomenwatershed.org • 610-287-9383

- Saucon Creek Watershed Association (Hellertown)
  - Facebook • kmax@enter.net

Through collaboration, advocacy, and education, VAST empowers survivors and encourages the community to take action in the local anti-trafficking movement.

Please contact the National Human Trafficking Hotline to report tips, request services, or get help for you or someone in need.

National Human Trafficking Hotline: 888-373-7888 or contact the VAST Hub for Helpline 484-560-6836.

Valley Against Sex Trafficking (VAST)

1341 Linden St.
Allentown, PA 18102
Catharine Kessack
Executive Director
484-560-6836
info@thevast.org
www.thevast.org

NON-PROFIT ORGANIZATION

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See facing page for a list of Lehigh Valley watershed associations.

Watershed Coalition of the Lehigh Valley

14 Gracedale Avenue
Nazareth, PA 18164
Julie Pi’eiro, Secretary
610-746-1971
pineirojulie@gmail.com
www.watershedcoalitionlv.org
NON-PROFIT ORGANIZATION

Watershed Coalition of the Lehigh Valley

14 Gracedale Avenue
Nazareth, PA 18164
Julie Pi’eiro, Secretary
610-746-1971
pineirojulie@gmail.com
www.watershedcoalitionlv.org
NON-PROFIT ORGANIZATION
**Wildlands Conservancy**

3701 Orchid Place
Emmaus, PA 18049

Elizabeth Dugan
610-965-4397
edugan@wildlandspa.org
www.wildlandspa.org

Wildlands Conservancy is a nonprofit land trust of the Lehigh Valley and Lehigh River watershed. We’ve been creating lasting connections to nature since 1973, through land protection, environmental stewardship, and education. Wildlands has protected more than 54,000 acres of high-conservation-value lands, it benefits more than 19,000 school-age children annually through environmental education and is focused on improving water quality and wildlife habitat within and beyond its nine nature preserves totaling more than 2,600 acres. Wildlands’ main office and the Air Products Environmental Education Center is at its 77.5-acre Pool Wildlife Sanctuary in Emmaus.

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**Young People Making Peace Summer Day Camp (Peace Camp)**

313 West 4th Street
Bethlehem, PA 18015

Amanda Zaniesienko or Marcie Lightwood
610-691-8730
lepoco@fast.net
www.lepoco.org/peace-camp

Young People Making Peace Summer Day Camp (Peace Camp) takes place every summer in late July. Founded in 1990, this one-week camp involves children (Kindergarten through 7th grade) and teen/adult volunteers in fun and creative songs, games, stories, craft projects, mostly in small groups, with a focus on peace and justice themes. Registration forms are usually available in the LEPOCO Office by March.

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**YWCA of Bethlehem**

3895 Adler Place
Building A, Suite 180
Bethlehem, PA 18017

610-867-4669
info@ywcabethlehem.org
www.ywcabethlehem.org

Dedicating to eliminating racism, empowering women, and promoting peace, justice, freedom, and dignity for all. Our services include: a caring and affordable place for adult day services; center for adults age 60 years or older diagnosed with Alzheimer’s and Parkinson’s disease, and intellectual disabilities; case management; and recreational activities for seniors at Fred. B. Rooney Building; Great Decisions Foreign Policy Lecture Series; girls’ and women’s empowerment programs such as TechGRYLS after-school STEM program, Prom Dress Day, and LPGA-USGA Girls Golf of Lehigh Valley; and racial justice education programs such as Study Circles on Racism and Race Relations.

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**WDIY 88.1 Lehigh Valley Public Radio, NPR**

301 Broadway, 3rd Floor
Bethlehem, PA 18015

Alison DelRe
610-694-8100 ext 4
info@wdiy.org
www.wdiy.org

Tune in for NPR programming, WDIY Classics, The Blend, public affairs, folk and jazz programming Monday through Friday. See our website for the complete schedule of programming. The mission of WDIY as a public radio station is to engage the Lehigh Valley community through a wide-ranging exchange of music, arts, news and culturally diverse information. WDIY partners with various community and business organizations in the Lehigh Valley. Facebook: www.facebook.com/wdiy881 Twitter: twitter.com/WDIYFM
Martin William Boksenbaum

1939–2019

We bid fond farewell to Martin Boksenbaum, co-founder of the Alliance who was deeply involved in preparing each of the previous 16 issues of this Sustainable Lehigh Valley booklet.

It’s hard to think of the Alliance—and especially this publication—without Martin. He was integral to nearly every aspect of it from its inception. Martin died last summer, but we’re going to continue and move forward in the same direction. To quote Martin: We pursue the positive outcomes the sustainability movement seeks as well as effectively oppose threats... from the entrenched system.... We continue to work to unite efforts, promote connections and collaborations, to educate, communicate, advocate....

For those who didn’t know Martin, he was a visionary who worked with others to form the Alliance for Sustainable Communities–Lehigh Valley. He was deeply involved in every aspect of developing the Alliance’s Declaration of Principles and its Vision, Mission, and Goals to its many current programs. Martin played key roles in focusing attention on corporations, raising awareness of the importance of healthy food, developing our annual directory of organizations that promote sustainable communities (now this Sustainable Lehigh Valley booklet), establishing the Sustainability Commons and other collaboration efforts, and fostering our extensive internship program. He was a leader of the Beyond Capitalism Working Group of the Alliance and helped publish and edit Left Turn. One of his most recent contributions was the innovative SouthSide Together program that brought people, community groups, enterprises, non-profits, institutions, and agencies together to share and exchange ideas.

Presenté!

The Alliance’s Vision, Mission, and Goals

Vision

We envision a sustainable, regenerative society, based upon enduring wisdom and careful stewardship. We envision a future characterized by a self-healing environment, honorable and ethical behavior, self-determination, and secure freedoms for a diverse people.

Mission

The Alliance is dedicated to working for community sustainability. This will involve wholistic approaches to the environment, social justice, health, participatory democracy, and local economies. We are committed to active, collaborative approaches to achieving long-term positive outcomes.

Goals

To create more equitable and livable communities, the Alliance and its members work to:

1. Protect the natural environment on which our communities depend
2. Protect and extend fundamental rights and opportunities throughout the range of human diversity
3. Promote broad, meaningful participation in decision-making to advance community interests and ensure that communities can assert their rights as a higher priority than corporations claim for themselves
4. Foster strong local economies that provide secure and fulfilling livelihoods, foster enjoyable community life, work in harmony with nature, and strengthen the viability of independent local businesses and farms
5. Encourage people to consume food that is whole, locally produced, and grown in ways that sustain and rebuild soil, water, wildlife, vegetation, and the lives of all of us
6. Promote discussion, education, and understanding of ways to maximize the health of individuals and communities.

By working towards these goals, the Alliance aspires to accomplish the broader purpose that led to its formation in 2003.

For a more detailed discussion, see the Declaration of Principles on our website.
As it has done since its inception in 2003, the Alliance supports the many and varied sustainability efforts of individuals, non-profit organizations, communities, sustainable businesses, farms, and other groups. As we pursue the positive outcomes the sustainability movement seeks, we also fight against the negatives, the entrenched system’s threats to sustainability.

We believe more than ever that collective organizing and action are needed to be effective. This includes recognizing our debt to and kinship with others on the road to a sustainable, regenerative society, based upon enduring wisdom and careful stewardship—a future characterized by a self-healing environment, honorable and ethical behavior, self-determination, and secure freedoms for a diverse people. The Alliance acknowledges the debt to the Indigenous people of this area (see ); in 2018, we signed on to the Lenape Nation of Pennsylvania’s Treaty of Renewed Friendship.

Our listing on page 30 provides additional information about our broad definition of sustainability, what we do, and how to contact us.

Join us in working for more sustainable communities!

If you see your values in the Alliance’s Mission, Vision, and Goals (see page 75), join us as we work to develop more sustainable communities. Here are some opportunities, some examples of work that you could support and participate in:

**Working Groups**

- Beyond Capitalism Working Group (see page 32)
- Communications and outreach—through our website, the ‘Sustainability Doings’ e-newsletter, the Sustainability Commons, and tabling at events
- Left Turn (see inside front cover)
- Natural Builders Guild (see page 60)
- Sustainable Lehigh Valley
- Transitions Lehigh Valley (see page 69)

**Community Dialogues, Workshops, and other Public Gatherings**

The Alliance creates and hosts events to encourage thinking and discussion. Here is a sample of recent events:

- SouthSide Together with Christine Ussler, Artefact; Janelle Zelko of Neighborhood Health Centers of the LV; Santiago Rivera, SoBeCoWorks; Shamus McGroggan, WDIY (March 28, 2019)
- Natural Building Information Seminar (April 3, 2019)
Transitions U
A major focus of our Transitions Lehigh Valley working group is to provide multi-session training, learning, and concept development workshops and courses. Under the TU banner, we include the programs of sustainability-minded organizations and institutions throughout the Lehigh Valley as well as those developed by the Alliance.

- Film and Politics — Faramarz Farbod's current Transitions U course. Participants in the course view and discuss a different film each time — over 60 films as of this writing — and it’s free and open to the public! Upwards of eighty persons have attended some sessions, with an average of 10–15 people (Fara has provided several re-thinking courses for the Alliance.)

Left Turn
The Beyond Capitalism Working Group created this progressive publication in 2018; we published issue #5 in March 2020.

Sustainability Commons
The Sustainability Commons is a virtual intranet workspace that unites, empowers, and engages individuals and organizations – a work space for collaboration and developing effective action. Note: Due to technical difficulties with the software platform, we’ve had to suspend the Sustainability Commons for a few months while we develop a new platform.

Internships for college students
Since 2004, over 125 students—from all six Lehigh Valley colleges and universities—have worked on projects as diverse as campus sustainability, climate action, healthy food for healthy communities, climate & sustainability for teachers, sustainable business, community & restorative justice systems, and community planning for resilience and sustainability. These internships help students develop their ideas and find alternatives to 'business as usual'. (For more information, go to internships.sustainlv.org.)

Summer Internships—In the summer, interns come from the local colleges and universities, but also have included students from Boston University, Cornell, Northwestern, and Shippensburg—students who live here but go to school elsewhere. The summer schedule also allows us to take on larger, more complex projects. In the summer of 2018, for example, a team of students did a Sustainability Impact Assessment for the Da Vinci Science City proposed for downtown Easton. In 2019, teams of interns completed projects on Climate Action Planning for the Lehigh Valley and on Sustainability for Independent Cafés & Restaurants.

Plans for summer 2020 include work on community-based & restorative justice systems and on developing ways that this Sustainable Lehigh Valley booklet can feature more creative writing and art. (see page 44–45)

Schools Initiatives
We have developed interdisciplinary teaching guides to encourage and help teachers cover sustainability topics. In 2017, we published Let’s Talk About Climate!, encouraging and assisting teachers to make climate and sustainability a major focus across all subject areas and grade levels, using inquiry-based approaches.

Similar initiatives are in the works for teaching about healthy food for healthy communities and for community-based & restorative justice systems.

SouthSide Together
A series to engage SouthSide Bethlehem organizations, businesses, residents, institutions, and students to encourage community awareness and collaboration. At the time of publication we are exploring ways to organize SouthSide Together as a virtual event.
How We Began

_We include the story of our startup for those not familiar with the Alliance._

Back in 2002, Jerry Brunetti and Martin Boksenbaum organized a forum at the Cathedral Church of the Nativity in Bethlehem on October 9, 2002. The forum focused on how townships, boroughs, grassroots activists, regional coalitions, food producers, and community organizations could work together to build regional sustainability and democracy. Jerry, for the Lehigh Valley Chapter of the Weston A. Price Foundation, and Martin, for the Lehigh Valley Greens, invited as many activists and organizations doing good work in the Lehigh Valley as we could think of.

Some fifty or so Lehigh Valley activists and representatives of organizations arrived, and Jerry gave the welcome. State Rep. Bob Freeman made an introductory statement. Stacey Schmader spoke about her nonprofit supporting local food systems in South-Central PA. All in attendance got the chance to stand and talk about what they and their organizations were doing—but the person who really shook things up that evening was Tom Linzey of CELDF (Community Environmental Legal Defense Fund).

The thrust of his presentation was that all our single-cause efforts, while able to have a win here or there, did not have the clout to win in any lasting way against the power of the entrenched system, the system that was doing the harms each of us was battling against. To be truly effective, Tom said, meant working collaboratively, collectively.

We held a series of follow-up meetings, culminating in Tom Linzey’s return for a meeting at Morning Star Center at the end of February 2003. The thirty or so people present shared the belief that to have any power, we needed to work together—and we decided, right then and there, to create that united voice.

In the course of the next few months, a core group developed a comprehensive Statement of Principles, which we then used as the basis for a compact statement of our Vision, Mission, and Goals (see page 75). We lost some people during the long wordsmithing process, but a core group plunged ahead and new people came on board. We incorporated and became a 501(c)(3) tax exempt nonprofit. We organized community dialogues, developed energy projects, published the first Directory of Organizations and Businesses That Promote Sustainable Communities in 2004, created our website, started our internship program, and organized a number of working groups.

And we’ve been at it ever since.
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Advertise in and Support Sustainable Lehigh Valley

Do you have a commitment to sustainable communities?

Then please consider advertising in Sustainable Lehigh Valley — this booklet reaches thousands of people who are already interested in sustainability and thus a good target audience. At the same time, your ad helps support this publication and raise public awareness of the need for concerted action.

In addition to the ad itself, you get a descriptive listing in the Advertisers section, and these are posted for a full year in the online directory on the Alliance website.

You can edit the online listing at any time — and because it’s online, your listing will show up in Internet searches. For businesses that do not have a strong online presence, our directory is often the top hit in an online search.

We would like to do more to promote businesses and professional practices that promote sustainability. That’s how reciprocity works. We wholeheartedly invite you to support Sustainable Lehigh Valley by placing an ad.

For more information, see “Advertising” and how to “Submit a Listing” on the Alliance website, www.sustainlv.org.

Thanks. We appreciate your support!
Frey's Better Foods

1575 Main Street, Hellertown, PA 18055 | www.facebook.com/FreysBetterFoods
610-838-6989 Bruce or Diane | bhaas30745@aol.com

We offer a complete line of health food products and vitamins, a wide selection of organic foods and organic produce, gluten-free products, hormone- and antibiotic-free meats, and bulk items. We support local farmers! An unsolicited testimonial: “As a steady customer for all these 25 years of Frey’s Better Foods, I cherish the friendly atmosphere, the go-local feel, and the high-quality goods. If what you’re looking for is not one of the vast number of stocked items, Diane will usually be able to special order it for you.”

See our ad on page 91

Green Harvest Food Emporium

140B Northampton Street, Easton, PA 18042 | www.greenharvestfood.com/
610-252-6360 Doreen Repsher | greenharvestinc@aol.com

We’re located in the Grand Eastonian Suites Hotel building on Northampton Street in beautiful, downtown Easton, Pennsylvania. Our gourmet deli features wraps, sandwiches, salads, and paninis using the best and freshest ingredients. We also offer many vegan and gluten-free options for breakfast, lunch, and dinner. Ask about our special request vegan baked goods! We also do catering for social and corporate events: weddings, breakfasts, brunches, lunches, dinners, picnics and more. We use local, sustainable food whenever possible. www.facebook.com/GreenHarvestFood

See our ad on page 92

Hunter Hill CSA

901 Frost Hollow Road, Easton, Pennsylvania 18040 | www.hunterhillcsa.com
Dan Hunter | hunterhillcsa@gmail.com

Since 2010, the farmers at Hunter Hill CSA have grown a variety of vegetables, fruits, and herbs on 2 acres of our family farm in Forks, PA. We care deeply about no-till, regenerative agriculture that enriches the soil, traps more carbon dioxide, and makes heaps of nutritious, chemical-free produce. Our CSA members value the freshness and quality of our produce, as well as the fact that we farm using organic practices. They love the ease of picking up from a farm so close to home, creating meals centered on farm fresh produce, and what a great value CSA ends up being over buying from the grocery store.

See our ad on page 92

Jenny’s Kuali

102 E 4th Street, Bethlehem, PA 18015 | jennyskuali.com
610-758-8088 Jenny and Roy Lim | jennyskuali@gmail.com

Located in South Side Bethlehem, Jenny’s Kuali is proud to be part of the sustainable community, serving this area for over seven years. We specialize in Malaysian and vegetarian cuisine, as well as noodles and dumplings, and we offer some gluten-free and vegan options. We support our local farmers by using fresh and local ingredients when possible. We support the environment and only use paper straws upon request to our customers. Facebook:jennyskuali

See our ad on page 91

JPT Contracting

Jim Thorpe, PA | www.jptcontracting.com
610-737-4286 Paul Theissen | jptcontracting@gmail.com

JPT Contracting is a family owned and operated home remodeling company that strives to provide clients with top-quality craftsmanship and products through sustainable practices. We are experienced with all types of interior and exterior projects and have always been valued by our clients for the excellent quality and service that we provide. As a family, we feel strongly about supporting sustainable products and services, and this practice carries into our work as we provide updated spaces for our clients to thrive. Please visit our website to check out some of our latest projects.

See our ad on page 92

Nature’s Way

143 Northampton Street, Easton, PA 18042 | www.naturewayeaston.com
610-253-0940 Karen Neuman or Sarah Adams | easton.natureway@gmail.com

Nature’s Way Market is located in the historic district of Easton, Pennsylvania and has been serving the community for over 42 years. We offer local and organic dairy, meats and vegetables, and an impressive bulk section which includes herbs, grains, beans, fruits, and nuts. We have a large selection of quality supplements and a knowledgeable staff on hand to answer your questions. Our mission is to educate and inform. Visit Nature’s Way on Facebook at Easton-Nature’s Way.

See our ad on inside front cover

WDIY 88.1 Lehigh Valley Public Radio, NPR

See our listing on page 73
See our ad on back cover
This was an absolutely wonderful and invaluable experience for me... a major reason why I was offered this job.

— GP, Moravian College (Democracy In Action)

Unlike any traditional class, I was given an opportunity to gain first-hand knowledge on real challenges... while working towards real progress within the community. — BB, Lehigh University (Sustainability In Healthcare)

“Working with the Alliance allowed me to work with individuals who share my passion for sustainability, as well as to voice my own ideas... Being able to work on something I really care about was a truly rewarding and enjoyable experience, and I would recommend it to anyone who has a passion for sustainability. — LB, Muhlenberg College (Communication & Media)
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