**“Glen’s Parallax Perspectives”** is a series of TV programs offering **fresh ways for people to see issues** such as foreign policy, social and economic justice, the environment, governmental functioning, and so forth. We provide **voices and viewpoints that are rarely heard in mainstream media**.

**Mainstream media, politicians, and culture see the world in conventional ways. Therefore, in order to solve problems, we need to see things in fresh ways.** Glen Anderson created this TV series to help people see things differently so we can solve problems at all levels from the local to the global.

This series title refers to “***parallax***,” which is the view you get by looking from a different perspective. For example, put one finger in front of your nose and another finger farther away. Close one eye. Then open that eye and close the other. Your fingers will seem to move. This is called a “parallax” view. **This TV series invites you to look at issues from fresh perspectives.**

Each program airs three times a week (currently every Monday at 1:30 pm, every Wednesday at 5:00 pm, and every Thursday at 9:00 pm) for the entire month on Thurston Community Television (TCTV), channel 22 for cable TV subscribers in Thurston County, Washington. TCTV is part of Thurston County Media. You can see their schedule at [**www.tcmedia.org**](http://www.tcmedia.org)

**You can also watch the program summarized below through your computer** at [**www.parallaxperspectives.org**](http://www.parallaxperspectives.org). All episodes of “Glen’s Parallax Perspectives” are posted on this blog’s “TV Programs” part and also in one or more of the categories listed in the right side of the blog home page. Also, see information about various issues at the category headings at [**www.parallaxperspectives.org**](http://www.parallaxperspectives.org).

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**🡪 I saved this document in Word format with live links.** If this document does not load or print properly for you, please e-mail me at **glenanderson@integra.net** and I’ll promptly send you the links you request.

🡪 I boldfaced a few parts to highlight some of the main points and help you flow through the interview.

**🡪 Please invite other people to watch this video and/or read this thorough summary through these parts of my blog,** [**www.parallaxperspectives.org**](http://www.parallaxperspectives.org)**, including the categories for “TV Programs” and “Nonviolence” and “Organizing.”**

**“Nonviolent Ways to Heal Our Society’s Dysfunction”**

Glen’s Parallax Perspectives TV Series

February 2023

Glen Anderson (360) 491-9093 **glenanderson@integra.net**

**Glen welcomed viewers, introduced this month’s topic, and introduced our guest, Rivera Sun:**

This month’s interview on “Glen’s Parallax Perspectives” helps people understand some of the problems that have been getting worse in our society.

After mentioning some problems, we pivot toward proposing some smart, compassionate ways to solve the problems. This TV interview is positive, upbeat, creative and practical.

**Rivera Sun** is the expert guest who helps us explore these topics. Rivera Sun is an author, activist, and the Programs Coordinator for Pace e Bene/Campaign Nonviolence. She is a nationwide trainer in strategy for nonviolent movements. Her award-winning novels include ***The Dandelion Insurrection*** and the Ari Ara Series. She is the editor of **[Nonviolence News](http://nonviolencenews.org" \t "_blank)** – **http://nonviolencenews.org**. See more at her website, which is [**www.riverasun.com**](http://www.riverasun.com)

**Glen provided an overview of this TV program’s topics and how the interview will flow:**

Glen said we will have fun during this interview while we help the TV viewers understand serious problems – and pivot toward smart, positive solutions.

He said that more and more nowadays, public opinion polls are reporting that the American people are saying our nation is “on the wrong track.” Here are some examples:

* We are seeing more cruelty toward vulnerable demographic groups.
* We are seeing more abuse of the environment and climate.
* We are seeing many people deny the facts of election results.
* We are seeing bizarre conspiracy theories.
* We are seeing attacks on honest science.
* We are seeing more corruption in politics.
* We are seeing more politicians that – instead of solving problems – simply want to destroy the government’s ability to function, so the government will not be allowed to solve the problems.

He said these escalating abuses have caused many people to feel cynical, despairing, and powerless. But those feelings interfere with solving the problems, so they allow the problems to get worse. Our interview emphasizes solutions.

This TV interview looks at the problems and what’s been causing them. But **we invest more time in exploring powerful and practical strategies for solving the problems**. So instead of feeling depressed and powerless, Rivera Sun and I help you gain new insights and feel empowered and better equipped to solve our society’s problems.

**Rivera Sun mentioned some of our society’s problems:**

Beyond the problems Glen said our society is experiencing nowadays, he asked Rivera to discuss other problematic behaviors and feelings our society experiencing nowadays.

Rivera said that her organizing through “Campaign Nonviolence” ([**https://paceebene.org/campaign-nonviolence**](https://paceebene.org/campaign-nonviolence)) has been tracking what they call the “culture of violence” throughout the past ten years or so. She said violent behaviors are not new, but they are heightening, escalating and intensifying. She said many of our systems are stressed. These include environmental systems, economic systems, social systems, and cultural systems. Therefore, she said, it is not surprising that people who are caught up in these systems are stressed. They have short fuses. For several reasons we are seeing increased violence.

Glen said our interview will discuss some of these problems and explore some very positive solutions.

**We discussed the factors that have been causing our society’s current problems:**

Glen said that in order to solve problems, we need to understand what has been causing the problems. He invited Rivera to mention some of the **specific** causes and some of the **systemic** causes of our society’s current problems.

Rivera said people are dealing with many serious challenges nowadays, and some of these have been compounding throughout our nation’s history. She said that while we have made progress on some of those challenges, others are still plaguing us. Discrimination, racism, and hate crimes persist. She added that nowadays some of our mass media are pumping out lies and hatred, and some people respond in a cycle that makes those problems even worse.

Glen said that when we were preparing for this TV interview, Rivera had mentioned that our nation is based on domination and oppression and the assumption that “might makes right.” These historical patterns are continuing nowadays. She said we need to “unpack U.S. history” and see that our nation was founded on conquest, genocide and slavery. She said those oppressions and injustices are continuing still in our present day, and we are still feeling those reverberations.

She said the assumption that “might makes right” is embedded in our big business corporations, our politics, our foreign policy, our schoolyard bullies, and our addiction to guns and gun violence. Therefore, she said, at a very deep philosophical level we must question the assumption that “might makes right.” Let’s stop assuming that just because we can use massive violence, that makes us right. She said that assumption “is nonsense when you really say it out loud.”

She urged us to look at the stories we tell, the entertainment we watch, the cultural norms that we have accepted. In many ways we have been training ourselves to accept this destructive belief.

Glen said he’s old enough to remember the late 1950s and early 1960s when many TV western programs were broadcast. Typically the 30-minute TV program would end when a good guy (wearing a white hat) had a shoot-out on Main Street with a bad guy (wearing a black hat), and this violence is what would solve the problem. He said that pattern wraps up the plots of many movies by using a car chase that crashes the bad guy’s car, or a shoot-out that stops the bad guy, or an explosion that kills the bad guy. All of those movie plots present violence as the only way to solve the problem. He said this pattern has been called “the myth of redemptive violence” – the myth that violence is how to solve problems.

Glen said we see this all the time in U.S. foreign policy as part of the “might makes right” myth that Rivera told us about. He said that Americans feel entitled to go to other countries and shoot people and bomb cities and overthrow governments because that is our right as militarily powerful Americans.

He said “the myth of redemptive violence” is embedded in American culture and politics and how we teach history in schools (as largely a sequence of wars). We need to challenge the myth and replace it with more ethical and valid public policies and more comprehensive and valid ways of understanding history.

**We discussed some other big and systemic sources of the problems:**

Our society needs to understand the big and systemic sources of society’s current problems.

Rivera said we have been living through a pandemic that has been causing intense social strains. The strains came not just from the disease itself and the measures we had to take to protect ourselves and each other. Strains also arose within families and networks of friends when different people had different thoughts and feelings about the crisis, the facts, the politics, and so forth.

She said this is an example of the polarization our nation has been experiencing. Sometimes polarization can be a good thing if it precedes positive changes in thinking and behaving about social justice issues. However, at other times polarization becomes toxic, and we push ourselves so far apart that we dehumanize each other and “think violence is the only way to stamp out the other person’s view.” She said this can quickly become very dangerous. She said we are reaching that point of toxic polarization on several issues.

Glen agreed that we can look at the positive ways of understanding differences of opinion. He said Martin Luther King wrote about this in his famous “Letter from a Birmingham Jail.” [See [**https://billofrightsinstitute.org/primary-sources/letter-from-birmingham-jail**](https://billofrightsinstitute.org/primary-sources/letter-from-birmingham-jail)] Glen said King was in jail in Birmingham, Alabama, because of his nonviolent activities for the Civil Rights Movement for racial justice. Some of the nice white Christian ministers there criticized King for stirring up trouble. King’s “Letter from a Birmingham Jail” calmly explained that problems of racial injustice had been existing for a long time, so the Civil Rights Movement was nonviolently exposing them so people could see and understand and talk about and solve the problems. So long as public discussion is suppressed, people will remain oppressed – so let’s recognize the problems and solve them. He said this is a positive way to pay attention to polarization.

He said this is altogether different from the toxic kind of polarization that Rivera mentioned. Glen said that around the time of the November 2020 election, he produced two of his TV programs to help people understand and deal with the polarization that was occurring. [See [**https://parallaxperspectives.org/how-to-de-polarize-american-society**](https://parallaxperspectives.org/how-to-de-polarize-american-society) and [**https://parallaxperspectives.org/practical-ways-to-de-polarize-american-society**](https://parallaxperspectives.org/practical-ways-to-de-polarize-american-society)] His TV guests were well grounded in nonviolence and how to resolve conflicts. They help our TV viewers understand the polarization and understand the different needs and values and feelings of various kinds of people so we can all understand each other and heal the toxic polarization.

**A few additional resources not mentioned on TV:**

1. Authentic journalism – especially in local newspapers – has been replaced by online baloney, which often has a right-wing bias. See the article in the Dec 2022 – Jan 2023 issue of ***The Progressive Magazine***: [**https://progressive.org/magazine/revitalizing-americas-news-deserts-pickard/**](https://progressive.org/magazine/revitalizing-americas-news-deserts-pickard/)

2. A friend sent Glen this information and this resource: The prominent historian Peter Turchin updated his book ***Ages of Discord*** on cycles of violence and disruption in US history, peaking during the Civil War and again in the 2020s, now with much more global data. See images at: [**http://peterturchin.com/wp-content/uploads/2019/11/MPF2019.pdf**](http://peterturchin.com/wp-content/uploads/2019/11/MPF2019.pdf) Turmoil keeps happening, but we can get smarter about how to deal with the turmoil.

3. Glen edited information from another source to provide these notes here: For 20 generations, the U.S. has become stupider for several reasons, including the U.S.’s military and economic empire (which has bi-partisan support) and our persistent abuses of the environment. The word “stupid” is derived from Latin ***stupere*** – to be stunned, numb or astonished, act insensibly, and is related to stupor, a state of near unconsciousness, numbness, mental suspension of sensibility. One expert wrote that although the German people were well educated, they allowed themselves to become stupid under the rule of Hitler and the Nazis when they relied on slogans, and catchwords that have the effect of mesmerizing people under a spell or trance. Another expert said that people become stupid *ad hoc* when they do not want to understand because understanding honestly and accurately would cause anxiety, or guilt feelings, or would endanger an existing neurotic equilibrium. For more than 200 years Americans have been living with a false narrative quite divorced from reality. The author whose writing Glen summarized in this paragraph was suggesting that being immersed in our religion of “Exceptionalism” for 400 years has *de facto* made us a stupid people, supporting narcissistic values and imperialist policies that seriously endanger our species’ survival on finite Planet Earth. Our survival requires empathy, but our culture’s stupidity discourages empathy.

**We discussed how the American people are feeling about the problems:**

Glen suggested that we pay attention to what people are feeling about the problems. He said that Marshall Rosenberg’s famous method of Nonviolent Communication (See [**https://www.cnvc.org/**](https://www.cnvc.org/)) encourages us to pay attention to what we and other people are actually feeling during a conflict. Glen said this is a four-step process to help people resolve conflicts. It includes paying attention to each person’s feelings and identifying each person unmet needs. Glen said when he explains Nonviolent Communication during workshops, he refers to both needs and values. If we can help people identify their values and needs as well as their feelings, we can make a lot of progress toward solving conflicts.

He said that our TV interview has been addressing problems that have been hurting our society – and hurting individuals. To move us toward solving problems, he invited Rivera to say how people have been feeling about the problems.

Rivera said people’s feelings are very much on the surface. Many people feel the world is very uncertain. They are feeling stressed out, anxious, worried, afraid, depressed and despair.

Young people are expressing record-high levels of anxiety – and for very good reason because their future is very uncertain. She said some older people are feeling a sense of futility and despair. These feelings are widespread, so we need to name them and acknowledge them in order to be able to deal with them realistically.

Glen agreed we need to understand what’s happening and deal with the realities head-on. In order to solve these emotional problems we must solve the underlying causes.

He agreed with Rivera’s mention of the stresses young people are feeling. He said people in their 20s and 30s will be the first generation in U.S. history to do less well economically than their parents did. He said wages peaked (in relation to inflation) in the 1970s – and BOTH political parties have been enacting laws and policies that have caused most people’s economic situation to get worse.

He said young people are right to be terrified about the climate crisis. He said two years ago he interviewed two 16-year-olds who have been working on climate issues. One of them said her peers are feeling “existential angst” about the climate crisis. That’s a very heavy thing for a 16-year-old girl to have to say about what her generation is feeling.

He said people are having to deal with many serious perils. “If we can’t offer better ways of dealing with them than what mainstream politics and mainstream media have been doing, we’re going to be in a lot of trouble.”

Rivera added that what mainstream politics and mainstream media do is notice when people are afraid and then tell you to blame somebody. Typically they want you to blame certain kinds of targets, so the politics and media benefit, but the targets suffer and ordinary people do not really benefit. “Blame migrants.” “Blame crime.” “Blame the other political party.” She said she asks herself after seeing media focus on an issue, “Did I get a better understanding of the issue and the people involved in it? Or did I just get more afraid?” She said if news media do not really help us understand the issues better, they are failing their duty.

Glen said that when journalists on TV, radio or a newspaper do a piece about homelessness, they interview people who have power talking **about** homeless people, but they almost never interview homeless people **themselves** about their own first-hand experiences. “What’s it like living in a tent in freezing weather or in the pouring rain?” They almost never talk with the people who are directly affected. Low-income families who receive public assistance almost never get interviewed in mainstream media. Media interview politicians talking **about** “welfare mothers.” We need to pay attention to real people – the people who are actually involved.

Rivera added that in her work with violence and nonviolence – and the field of conflict studies – they know that often before an act of violence occurs, someone has dehumanized the person who will become the victim. They might get turned into a “monster” (so we’ll hear them called insulting names, slurs, epithets, etc.) or they might get put “out of sight, out of mind,” like many people try to do with people who have no place to live. These behaviors cause those people “to recede from our awareness.” This reduces our empathy, so it becomes easier to commit an act of violence against them. This could be an act of direct violence – such as hurting them – or it could be perpetuating an injustice (*e.g*., failing to provide affordable housing) so they suffer and could even die.

She said we need to reverse those processes. We need to re-humanize people. Look into their eyes. Hear their stories. Understand who they are. She said these are part of the work her organizations do in promoting nonviolence.

Glen followed up on Rivera’s mention of how people get called “monsters.” He said that since the 1980s he has done a huge amount of work toward abolishing the death penalty. He said that when a murder occurs, news reporting and politicians often label the suspect (the defendant) as a “monster.” He said we’ve all seen enough “monster movies” to know that – because of “the myth of redemptive violence” – the only way to deal with a “monster” is to kill it, and this will resolve the problem at the end of the movie’s plot. So the news reporting and the politicians’ rhetoric are pushing for the death penalty as the only possible solution. We members of the public need to recognize how the media and politicians are setting us up to perpetuate the cycle of violence.

He said many Americans who claim to be “pro-life” keep supporting the death penalty and all of the wars and nuclear weapons. They want to cut funding for health care and food programs. Are the really “pro-life”?

Glen urged us to clearly understand what our best values really are, and to act according to our best values.

**What do people really need? What better values do people hold?**

Glen urged people to pivot toward **solving** the problems. A good starting point is to understand **what people really need** – and **what better values people hold**.

For example, Glen said our society would be better if we had more empathy and more compassion. He showed on the screen a few seconds of a video of Joan Baez starting to sing her classic song, “There But for Fortune,” which recognizes that any of us could be suffering the troubles that other people are suffering, so we need to practice empathy and compassion. The song is at this link:

**https://www.youtube.com/watch?v=rwXO0sbN4pc**

He urged us to recognize the full humanity of anyone who is in a more difficult situation than we are in – someone who is poor or in prison, for example.

He also expressed appreciation for the concept of ***ubuntu***. This word expresses a concept that is widely used in the southern part of Africa, but it is not easily translated into Western languages. Desmond Tutu once explained the concept in this way: “My humanity is caught up, it is inextricably bound up, in yours.” Really, all of us are in this together, and we need to recognize our common humanity and not let anyone separate us from this. This concept is in the culture of some parts of southern Africa. Our own society would be better off if we were to recognize this truth and build it into our own culture.

**We provided a basic overview of what nonviolence is:**

Glen said that both he and Rivera share a commitment to **nonviolence** as a core value – and also as a methodology for living our lives and for making progress to help our society in a variety of ways. Nonviolence supports smart, humane strategies for solving problems. He invited Rivera to help people understand what nonviolence is.

Rivera said she describes nonviolence as a philosophy, a way of life, a science, an art, a toolbox for making change, and more. It includes a field of related skills and practices. She said although this might sound esoteric, it is very practical, and people have seen it used in protests, boycotts, labor strikes, and so forth. She said people have seen nonviolence practiced in our communities, such as conflict resolution skills that are increasingly being taught in classrooms as well as for adults. People use nonviolent skills to help two of their friends settle down instead of fighting.

She said nonviolence is a core principle in “restorative justice,” which is a smart, compassionate and healing alternative to the typical criminal justice system. “Restorative justice” heals the conflict and restores right relationships within the community beyond the individuals involved.

Glen said he has studied “restorative justice” and produced one of his TV programs about this in 2010. (See [**https://parallaxperspectives.org/tv-restorative-justice-and-restorative-practices**](https://parallaxperspectives.org/tv-restorative-justice-and-restorative-practices)) It deals with “restorative practices” as well as “restorative justice,” because it is used in many settings (schools, workplaces, etc.) besides an alternative to the criminal justice system.

He explained concept briefly by saying that our criminal justice system typically focuses on “catching the bad guys” and then “punishing the bad guys.” Instead of this, “restorative justice” recognizes that when something happens that we think of as a crime, that really reveals a brokenness within the community. We need to heal that brokenness – and make whole the person who was victimized in the crime. But our current criminal justice system does NOT do that. He said if someone assaults him and goes to prison, imprisoning the offender would not help Glen. “Restorative justice” figures out what the victim needs in order to be made whole again – and it also figures out how to heal the brokenness of the person who committed the crime, so they can become a member of the community again.

He said in many parts of the world, traditional societies have long practiced these ways of healing their communities. They bring together members of the community – including the victim and the offender and their families and friends – and figure out how to heal the brokenness and make the community whole again. This approach and methodology have become more common in more places, even in Canada and the U.S.

He said “restorative justice” and “restorative practices” are practical examples of how to practice nonviolence actively in a practical, healing way. He said this is a good example of what this TV interview seeks to do: heal the dysfunctions in our society.

**We did not have time for Glen to mention this:**

If we would practice nonviolence in many ways through all sectors of society, our society would function better in many ways. This interesting quotation came from a book: “Societies which rely heavily on the use of force are likely to be less efficient, more costly, and more unpleasant than those where trust is maintained by other means.” -- Diego Gambetta in “Can we Trust Trust?” in ***Trust: Making and Breaking Cooperative Relations***, which he edited. Oxford: Blackwell, 1988) page 221.

**We corrected some common misunderstandings about nonviolence.**

**Specifically, we explained that nonviolence is both practical and powerful:**

Glen said that in order to help people understand what nonviolence **IS**, we should also clarify some common misunderstandings, so people can understand what nonviolence **is NOT**. He asked Rivera to clarify some people’s common misunderstandings about nonviolence.

Rivera said we do live in a culture of violence, so this starting point is important to recognize. We teach violence, show it in our entertainment, practice it in our streets and communities, and export it worldwide through our foreign policy.

But, she said, when someone uses the word ***nonviolence***, people scratch their heads because they do not understand what this means. Too often, people wrongly assume that it means passivity or doing nothing or getting yourself killed – or that nonviolence is weak or cowardly or ineffective.

She said we need to turn all of those misperceptions upside down, because nonviolence is the opposite of all of those. “It is active. It is engaged. It is proactively confronting a conflict. It requires courage to use.”

She added that many people are surprised to know that research has proven that “it is powerful and effective.” She said that it didn’t just work for Gandhi and King, but it has worked effectively over and over again in thousands of case studies around the world. This includes small goals such as making positive changes in workplaces – and big goals such as throwing dictators out of power. She said these successes are pretty impressive.

Glen showed on the screen a list of resources about how nonviolence works and how it is effective. One of the resources is the book ***Why Civil Resistance Works*** by Erica Chenoweth and Maria J. Stephan. Glen said he read the book and found it very easy to understand. He agreed with the authors’ methodology in researching a few hundred examples of organized efforts to stop oppression or dictatorships or win civil wars, etc., throughout a century ending a few years ago. They found that the movements that were **totally nonviolent** were about **twice as likely** to win as those that used some violence. Also, they found that the **totally nonviolent** movements – if they won – were much more likely to result in a new society that was an **egalitarian democracy** that respected **human rights**.

This makes sense because – while violent movements are led by a few macho men in top-down “vanguard” movements – **nonviolent movements included all kinds of people** (women, children, elderly people, people with disabilities, urban and rural people, etc.) in fairly **inclusive and egalitarian and collaborative** efforts, so they had already laid the groundwork for a humane new society to prevail after they won. The book by Chenoweth and Stephan is very credible and has been cited widely as **proving the powerful effectiveness of nonviolence**. Nonviolence is not merely theoretical. It has been proven to be **solidly practical**.

Glen also mentioned that some of the smartest writing about the power of nonviolence – and how to organize effective nonviolent movements against dictators and other oppressors – has been written by Gene Sharp. He wrote powerful books and articles for decades and proved that nonviolence has been used effectively for thousands of years in many, many kinds of situations all over the world. People have translated his writings and used it to nonviolently overthrow dictators and accomplish other bold goals in many nations.

Glen said Gene Sharp explains nonviolence as practical – rather than as a “nice and moral” thing. Strategic nonviolence is how you actually accomplish bold results! This is what actually works! Gene Sharp kept emphasizing the need to **be scrupulously nonviolent in all of our activities** in order to accomplish our goals – and to **develop very smart strategies**. He died just a few years ago. His website is [**www.aeinstein.org**](http://www.aeinstein.org). People can buy many of his books and also print out many of his writings for free.

Glen said nonviolence is powerful even against gigantic oppressors. Gandhi’s movement in India expelled the British Empire through persistent and strategic nonviolence. The U.S.’s Civil Rights Movement accomplished major victories for human rights against hundreds of years of brutal racism that had totally dominated the U.S. South for hundreds of years. Nonviolence has been used successfully in many, many places, but most Americans underestimate how powerful it has been.

Rivera said she read a study that reported fifteen successful nonviolent revolutions in a 30-year period of time just a few decades ago. She said, for example, Latvia, Estonia and Lithuania all won independence from the Soviet Union by using nonviolence. In the Philippines, the nonviolent “People Power” revolution threw out the U.S.-backed dictator Ferdinand Marcos. Nonviolent organizing in Chile got rid of their dictator, General Pinochet. She said many other examples are less well known. For example, in Liberia, women stopped the second civil war and got rid of dictator Charles Taylor. A movement in India nonviolently protected many trees. These stories are so inspiring, she said.

Glen said mainstream media fail to cover these and fail to give credit to nonviolent grassroots organizing.

He said his May 2022 TV program made a compelling case that NONVIOLENT national defense would actually provide BETTER national security than our military system. We could abolish nuclear weapons and abolish the Pentagon and develop nonviolent strategies of protecting against invasion. People can watch the video and/or read what Glen said at this link: [**https://parallaxperspectives.org/nonviolent-national-defense-a-practical-way-to-be-more-secure**](https://parallaxperspectives.org/nonviolent-national-defense-a-practical-way-to-be-more-secure)

Glen followed up on Rivera’s mention of nonviolent victories in Latvia, Estonia and Lithuania. He said they used to be independent nations, but the Soviet Union had tried to impose the Russian language upon them, so the people gathered more often and in larger numbers to sing their traditional folk songs in their own national language. This nonviolent “Singing Revolution” enabled Estonia to win their independence shortly before the Soviet Union collapsed.

**We did not have time for Glen to say these:**

* Violence is so prevalent – and so deeply embedded in society – that people don’t realize how powerful nonviolence is. We need to publicize the power and practicality of nonviolence and the great goals it has accomplished.
* Besides the examples we gave, nonviolence has been used to achieve rights for various kinds of oppressed minorities, to protect the environment, to oppose nuclear power plants, and so forth.
* Bold, positive goals that used to be unthinkable (such as rights for LGBTQ persons) are becoming realities because of nonviolent grassroots organizing.
* Society has agreed upon some nonviolent ways of functioning, but we don’t recognize them as such. For example, society agrees for safe ways of driving (stopping at traffic lights, driving in the correct lanes, etc.).

**Martin Luther King mentioned 3 systemic evils: racism, poverty and war.
Rivera added a 4th systemic evil: environmental abuse.**

The U.S.’s Civil Rights Movement was boldly nonviolent. Some members of the Civil Rights Movement suffered horrible violence, and some were murdered. But Martin Luther King never called any **individuals** “evil.” He always knew people could be healed and reformed. He did identify **3 SYSTEMIC evils: racism, poverty and war**.

When we were preparing for this interview, Rivera mentioned a **4th systemic evil: abuse of the environment**. Now during our TV interview she explained why we must add this fourth systemic evil – environmental destruction – to the list of grave systemic evils. She said this and the climate crisis have become existential threats to humankind and other species. Environmental toxins are causing cancer and other health problems. We all rely on earth’s ecosystems, but they are collapsing. Pesticides are killing the bees that we need to pollinate agricultural crops. “Environmental destruction is a violence to the earth.” She said, “This very quickly translates into a violence toward humanity.” This is why we need to add this systemic evil to the list.

Glen added that environmental violence is worst toward people who are most vulnerable. He said toxic waste dumps are located near Indian reservations and other low-income communities. For example, he said that in southern Louisiana many oil refineries, chemical plants, and other toxic projects are located near poor black communities. Environmental abuses are related to other kinds of systemic injustices.

Rivera added that working class communities often suffer from pollution, including the persistent “forever chemicals” and lead poisoning in their water pipes. She said the Poor People’s Campaign Rev. William Barber had suggested adding this fourth systemic evil to King’s list of three. She said her organizations – Pace e Bene and Campaign nonviolence – have been working with the Poor People’s Campaign in working to build a culture of peace and active nonviolence that will be free from poverty, racism, war and environmental destruction.

Glen said that before we discuss solutions, he wanted to mention a few other problems that we need to solve. These include the ever-expanding military budget, the worsening concentration of wealth, the U.S. imprisoning more people than any other nation, and so forth. Under both Trump and Biden the U.S. has been violating international law by prohibiting people from seeking asylum here. The U.S. abuses immigrants in detention centers and in other ways.

**We affirmed that nonviolent principles and nonviolent actions can solve many problems:**

Next we pivoted our interview strongly toward solving problems. Our interview shifted to the need to transform our culture of violence into a culture of nonviolence. We need to create and implement nonviolent solutions and alternatives like restorative justice, living wages, affordable housing and health care, environmental protection and much more. We need to understand nonviolence on many levels, including towards one’s self, others, and the whole world. We need to recognize the power of nonviolent action for achieving social justice.

Glen said big problems need big solutions. He invited Rivera to propose some **overall values, principles, strategies and approaches** that could help our society solve its problems. He asked her what **individuals** could do and what **our society** overall could do.

Rivera said her organizing starts by understanding that we currently have a culture of violence – and we could transform that into a culture of **non**violence. Our society needs to make systemic and structural changes, so we can live in a society that cares for our well-being and our health – a society that takes care of people and the environment that we rely upon.

So, for example, instead of trying to simply lock up criminals, we need to understand what actually causes crime (such as economic hardship) and solve those problems by paying wages that people can afford to live on and by providing affordable housing. Let’s recognize those economic reforms as ways to reduce crime.

She said a culture of **non**violence would implement these kinds of solutions. We would implement various ways to achieve racial equity and to heal the various kinds of trauma that people experience. We would implement restorative justice in our criminal justice system, in school systems, and in all other sectors of our society.

She said we need to find ways so every person will understand how to nonviolently navigate their personal conflicts. Then if you are out in public and you see a conflict starting to escalate into a fight, you will know how to de-escalate and resolve it. She said she recently saw a petition from workers at a Burger King store who were asking management to provide this kind of training because they were seeing so many people coming there who were very much wound up and near the point of violence. She said those fast-food workers on the front line knew they needed better skills for calming people down, preventing violence, and helping people deal with conflicts in better ways.

Glen said people can learn those skills and practice them at the local community level. He said in the county where he lives, the local Dispute Resolution Center is a non-profit organization that trains people how to resolve conflicts and how to mediate conflicts. They conduct mediation sessions to help people do that.

So, for example, if you have a neighbor with a barking dog or a tree that overhands and shades your vegetable garden, there are better alternatives than unilaterally cutting down your neighbor’s tree or shooting your neighbor’s dog (or shooting your neighbor). If both you and your neighbor are willing, you can go to a mediation session and a trained mediator will help you figure out a solution that is acceptable to both of you. He said the Dispute Resolution Center does a lot of good work helping divorcing couples figure out good arrangements for child custody. The DRC helps in workplaces and in many other ways.

Also, he said, local police keep getting called to intervene when individuals in downtown parks are acting weirdly. Very often the persons are having mental health episodes or drug reactions. Very often the police end up shooting them instead of providing the help that they really need. Instead of this inappropriate response, some cities – including Olympia WA – have created alternatives that are NOT police. These community-based entities hire persons who understand how to de-escalate problems and deal with mental health problems, and so forth. Instead of calling the police, people can call this entity, which will send these community response professionals to come out and resolve the problems. They might help people settle down, provide medical help, or whatever – perhaps shoes because the person is barefoot in cold weather and freaking out. People who need other services should not be suffering from police violence in addition to their underlying problems. These alternatives to policing are actually reducing violence and saving lives (and tax dollars).

**He said these kinds of solutions are examples of nonviolent strategies at the system level.** Local governments and other levels of government can devise and implement many kinds of alternatives to replace some policing and some other systems with truly nonviolent solutions.

Rivera agreed that society has been placing unreasonable burdens on police departments that are not equipped to handle situations that are not appropriate for them. She said the results often are unjust and end up causing harm and being tragic. She urged us to learn about and provide resources for these alternatives. She said she gets hope by seeing the many viable solutions that do already exist and have been tested and proven throughout the U.S. and in other countries around the world – some for 30 years or longer – and often with tremendous success rates. We need to replicate these nonviolent solutions and make them more widespread.

Glen expressed appreciation for the work that Rivera and her organization – Pace e Bene – have been doing in training people in nonviolence and how to organize nonviolent grassroots movements for social change. Before we talked about Pace e Bene and its activities, he invited Rivera to mention the need for **training people** in **nonviolence** and in **grassroots organizing**.

Rivera said we really have a big toolbox of ways for practicing nonviolence and organizing solutions from the grassroots up. She said tools include rallies, marches, boycotts, strikes, sit-ins, shutdowns, and hundreds of other methods.

She said we cannot merely improvise those activities. She said if you want to build a house, you can’t just grab any ol’ tool in the toolbox and toss it in the direction of your hypothetical house. The house would not get built. She said the same reality exists when we want to make social and political change. We need to understand the tools in the toolbox and how to use each one. (For example, she said you can’t use a saw as a hammer or vice versa.) We need to design our goal with a blueprint. We need to bring other people together and plan how to collaborate to achieve our goal.

This is why people need good training in nonviolence – training in how to nonviolently organize the social and political changes we want to accomplish. People need to understand how to use each tool in our toolbox. People also need to be trained how to develop strategies for our nonviolent campaigns – and training in nonviolent discipline while using these tools. Nonviolent discipline keeps everyone safe – ourselves and the people around us. Power saws are powerful tools, so we must use them safely. She said smart strategies and nonviolent discipline have helped nonviolent organizing efforts – including nonviolent revolutions – succeed all over the world for many, many years. She said, “If every single person in our community got trained in these skills, we would see change happening much more quickly.”

Glen agreed that “this would transform our culture.” He said that for many years he has been conducting workshops about how to organize nonviolent grassroots movements. Some of the workshops have included participants who care about a wide variety of issues, and sometimes he has conducted them with a specific issue focus such as the climate or nuclear weapons or gun violence. He said the basic principles are the same across all issues. When he conducts the series of workshops with a specific issue focus, all of the group discussions of outreach strategies and messaging will focus on that particular issue. (He said he’s offering the series on six Wednesday afternoons from February 1 through March 8, 2023, with a special focus on abolishing nuclear weapons.) These are FREE for all participants, and they use Zoom online. He invited anyone interested in future workshop opportunities to contact him at (360) 491-9093 or **glenanderson@integra.net**

**We did not have time for Glen to say these:**

* Training people how to de-escalate conflicts and stop bullying also helps solve pervasive, deep problems such as cruelty, cynicism, despair, alienation, meaninglessness, anomie, disempowerment, etc. – the kinds of social problems we discussed at the start of this interview. Nonviolence helps to transform complacency and victimhood into empowerment and engagement.
* Public “leaders” must actually follow grassroots movements. Just like our nation’s founders said, “We the people” are who’s really in charge, so we need to take leadership and organize nonviolent grassroots movements that will cause our “leaders” to follow us.
* Grassroots organizing convinced several state legislatures to pass laws to restrict the death penalty in a certain way. After enough states did this, the U.S. Supreme Court extended this humane reform nationwide because the Court recognized what it called “evolving standards of decency.” A few years later, this happened again – state by state – to restrict the death penalty in a different way, and again the U.S. Supreme Court said it recognized “evolving standards of decency” and extended this new reform nationwide. Grassroots organizing really does work from the bottom up to make progress nationwide!

**We expressed support for Pace e Bene, an organization in which Rivera is very active:**

Glen said that for a good number of years he has been appreciating the work of the non-profit organization with which Rivera works – Pace e Bene, whose website is [**https://paceebene.org**](https://paceebene.org). He said the organization’s Latin name translates approximately into “peace and all good stuff.” He said he also has enjoyed contributing financial support. He invited Rivera to tell our TV viewers about Pace e Bene and what it does.

Rivera said Pace e Bene works to make nonviolence better known in the mainstream. She said the organization promotes understanding and skills, the toolbox, training programs, working with young people, and a lot more. One of their big activities is a Season of Nonviolence that runs every year from September 21 (the International Day of Peace) through October 2 (Gandhi’s birthday and the International Day of Nonviolence). She said 4,000 events and activities happen during the year’s Season of Nonviolence. Glen said he has posted to their list some of the activities that he has organized to occur during that time. She emphasized how good it feels to experience the solidarity and support of so many people doing so many good things. The website for 2002’s Campaign Nonviolence – Days of Action is here: [**https://paceebene.org/action-days**](https://paceebene.org/action-days)

She mentioned Pace e Bene’s “Nonviolent Cities” program: [**https://paceebene.org/nonviolent-cities**](https://paceebene.org/nonviolent-cities) She said this helps local communities organize and implement some of the systemic and structural solutions we’ve mentioned during this interview. They also do creative activities, including podcasts, a music festival, and other arts, including posters. You can see some of their posters at this link: [**https://docs.google.com/presentation/d/1oBZg7QbgSZV-\_IyCYWaMrR4hjQAwNda1lWDYDReupPc/edit?usp=sharing**](https://docs.google.com/presentation/d/1oBZg7QbgSZV-_IyCYWaMrR4hjQAwNda1lWDYDReupPc/edit?usp=sharing) We showed a few posters on the TV screen. She said their posters are intended to help people understand what nonviolence is and what it looks like. The posters she showed on the screen show beautifully that nonviolence means ending gun violence in our communities, it means implementing restorative justice in our schools and communities, it means making sure everyone has decent houses and living wages, it means people helping each other through mutual aid activities, it means building windmills instead of weapons, it means healing the trauma that people have been enduring, it means re-imagining entire systems such as schools, and so forth. She said these posters have been helping people actually see what nonviolence could actually look like instead of being merely hypothetical, so it becomes tangible – something we can actually touch and feel. People are already working at accomplishing these nonviolent transformations.

She said Pace e Bene’s activities help people have fun while they change the world in positive ways.

Glen asked her to tell us more about the Nonviolent Cities project. She showed some slides on the TV screen. She said Pace e Bene started this project many years ago. They work with communities of all sizes from large cities to small towns and local neighborhoods. They organize a variety of activities to foster a culture of nonviolence at local levels. Her slides showed that they use trainings, gatherings, celebrations, visual arts, and other methods. They use these to help local communities develop and implement the kinds of nonviolent solutions we mentioned a moment ago, such as restorative justice, decent housing, living wages, and other social and economic justice solutions.

She showed a slide listing the “isms” that the Nonviolent Cities project works to dismantle, including racism, classism, sexism, homophobia, and other kinds of oppression and injustice. Those “isms” are acts of violence, so we must dismantle those cultural systems, she said. Also, we need to move the money in municipal finance, pension funds, etc., away from harmful uses (weapons, fossil fuels, private prisons, etc.), and reinvest the money in positive activities that will help everyone’s well-being. Their Nonviolent Cities project also provides training to help people stop violence at interpersonal, relationship, and domestic levels. They also work to stop various kinds of violence toward the environment and create nonviolent alternatives. Nonviolent Cities also works to stop police violence and militarized policing – and to use nonviolent ways to protect public safety. The last slide she showed in this series said they work to build people’s skills in using nonviolence to make positive changes throughout all aspects of society.

Glen said there are many positive things we can do. The title of today’s TV episode is **“Nonviolent Ways to Heal Our Society’s Dysfunction.”** He said his intention for this interview is to promote positive alternatives instead of letting our society’s big problems bog us down in frustration, despair and powerlessness. He said we can pivot toward empowering ourselves so we can actually solve those problems.

He said that when he posts our TV video to his blog, he will also type up a very thorough summary of what we said during this interview – with links to the things we have been discussing – and additional resources. (You are reading this document now.) He encouraged people to visit his blog, [**https://parallaxperspectives.org**](https://parallaxperspectives.org) and clicking the “TV Programs” category (or the “Nonviolence” category of the “Organizing” category) to read this document and watch the video. The blog’s dozens of other issue categories provide much other information. Please tell your friends about this.

**More links:**

* People can donate to Pace e Bene through this link: [**https://paceebene.org/donate**](https://paceebene.org/donate)
* Rivera Sun is the author of award-winning novels include ***The Dandelion Insurrection*** and the Ari Ara Series. Her own website is [**www.riverasun.com**](http://www.riverasun.com)
* She edits [**Nonviolence News**](http://nonviolencenews.org)

**Rivera Sun offered some closing thoughts:**

At the beginning of this interview when Glen introduced Rivera, he mentioned that she is a novelist. Now she said that her novels take a typical genre such as fantasy and tell stories of heroines using nonviolent tools in the books’ plots. For example, they stop wars instead of trying to win wars.

Also, she said she devotes a lot of time to imagining a completely different world. Somebody might think this sounds kind of “airy-fairy” or esoteric or indulgent. But, she said, the kinds of positive examples we have been discussing during this interview are the kinds of stories we need to be telling each other. These are the kinds of things our heroic heroines need to be founded on. These are the feature films and blockbuster movies that need to be made – and that we need to be watching.

So, she said, when she thinks about a culture of nonviolence, she thinks about the need to tell different stories. She thanked Glen and our local cable TV station [Thurston Community Media, [**https://tcmedia.org**](https://tcmedia.org)] for lifting up these different stories – and being part of changing the narrative of our times – and making sure people get the information they need to re-humanize their communities and their world. People need to know that alternatives exist and that they have the power to work with other people and actually reshape the world that we live in.

She thanked Glen for being part of this change – and for being part of the culture of nonviolence. She said Pace e Bene and Campaign Nonviolence are working very hard to change the world in positive ways.

Glen said that when Rivera mentioned her fiction writing with new plot lines that could go in positive directions, he remembered what the World Social Forum had boldly proclaimed two decades ago: **“Another world is possible!”** He encouraged us to “envision the world we want to eplace the crappy status quo. If we envision that world and start building the steps toward that world, we can get there!” He said that the work Rivera is doing through Pace e Bene and through her novels are part of the work we need to be doing.

He said this TV series is part of it too. He said he has produced and hosted more than 400 one-hour TV programs since February 1987 on a very wide variety of topics, including nuclear weapons, many specific nations, various kinds of social justice and economic justice, alternative ways of looking at religion and spirituality, the power and practicality of nonviolence, racial justice, young people’s efforts, and on and on and on. Often, he said, an episode in this TV series will grapple with problems by offering fresh information and insights about the problems – and then pivot toward fresh ways of solving those problems.

He said that when we deal with problems we need to use this fresh approach – including solutions – instead of doing like so many politicians and media do and oppress us into despair and cynicism and powerlessness by lamenting “ain’t it awful,” “ain’t it awful,” “ain’t it awful.” Too often people simply try to find some powerless people to blame or fear because their skin is darker than ours or they have a religion that we don’t like, or they differ from us in some other way as “The Other.”

We need bold, compassionate and nonviolent solutions to break the cycles of violence and the cycles of injustice.

Yes, **“Another world is possible!”**

**We invite you to connect with other sources of information, trainings, organizing, etc.
We mentioned these during our TV program:**

**<https://paceebene.org>**

[**https://nonviolencenews.org/**](https://nonviolencenews.org/)

[**Campaign Nonviolence**](https://paceebene.org/action-week)-- **https://paceebene.org/action-days**

[**Nonviolent Cities**](https://paceebene.org/nonviolent-cities) -- [**https://paceebene.org/nonviolent-cities**](https://paceebene.org/nonviolent-cities)

**Posters:** [**https://docs.google.com/presentation/d/1oBZg7QbgSZV-\_IyCYWaMrR4hjQAwNda1lWDYDReupPc/edit?usp=sharing**](https://docs.google.com/presentation/d/1oBZg7QbgSZV-_IyCYWaMrR4hjQAwNda1lWDYDReupPc/edit?usp=sharing)

[Joan Baez – “There But For Fortune” **--**](Joan%20Baez%20%E2%80%93%20) **https://www.youtube.com/watch?v=rwXO0sbN4pc**

[**www.riverasun.com**](http://www.riverasun.com)

***Why Civil Resistance Works*** by Erica Chenoweth and Maria J. Stephan

Gene Sharp’s writings at [**www.aeinstein.org**](http://www.aeinstein.org)

[**https://parallaxperspectives.org**](https://parallaxperspectives.org)🡪 Click “TV Programs” category and this February 2023 episode, “Nonviolent Ways to Heal Our Society’s Dysfunction.”
🡪 Click “Nonviolence” and “Organizing” categories

For more resources, trainings, etc., contact Glen Anderson at (360) 491-9093 or **glenanderson@integra.net**

**Resources for Organizing Nonviolent Grassroots Movements:**

People who support human rights, civil liberties, environmental quality, the climate, and other humane values were stunned by the November 2016 election and its radical damage to our civilization and ecosystems. We immediately started suffering more oppression, corruption and attacks on honest, constitutional government. Trump’s abuses continued throughout his term of office and beyond.

But instead of feeling immobilized like “deer in the headlights” or freaking out, we can nonviolently resist!

We need to understand that Trump and the recent increases in cruelty and abuse are only the latest symptoms of serious underlying problems that we addressed in this TV program. Demonizing one person or one political party can distract people from solving the **underlying systemic problems**.

During this TV interview program, we said now is the time to **organize strategically smart and nonviolent grassroots movements** to effectively counter the oppression, repression, and harmful policies that have been hurting our nation – and to work effectively for our positive goals. We really can organize nonviolent grassroots movements so ordinary people solve these long-standing problems.

**See the resources listed below:**

**Books**

**Many, many, many books and resources are excellent for this topic. Here are just a few:**

* ***Why Civil Resistance Works*** by Erica Chenoweth and Maria J. Stephan (2011)
* ***This is an Uprising*** by Mark Engler and Paul Engler (2016) (Also see **www.thisisanuprising.org**)
* ***Doing Democracy: The MAP Model for Organizing Social Movements*** by Bill Moyer, JoAnn McAllister, Mary Lou Finley, and Steven Soifer
* ***A Force More Powerful*** by Peter Ackerman and Jack DuVall – and the DVD/VHS series
* Many books and other resources offered (some by simple downloads and some for free) by the Albert Einstein
Institution, [**www.aeinstein.org**](http://www.aeinstein.org)
* May books listed as resources on nonviolence at the Lutheran Peace Fellowship’s website. Visit[**www.lutheranpeace.org**](http://www.lutheranpeace.org). Click “Resources” link. Then click “Nonviolence” link.
* I highly recommend books by and about Mohandas Gandhi and Martin Luther King, Jr.
* I highly recommend writings by Michael Nagler and George Lakey that are widely available in stores and online.

**Non-Profit Organizations**

**Many non-profit organizations and their websites offer excellent information, insights, and resources. In addition to many listed earlier in this document, I especially recommend these:**

* Albert Einstein Institution: [**www.aeinstein.org**](http://www.aeinstein.org) For decades I have been recommending the amazingly smart resources by Gene Sharp and others here. You can buy many of them and download and read many others for free.
* American Friends Service Committee (AFSC) is a Quaker-based organization that works for nonviolence, peace and social justice in a variety of ways in the U.S. and worldwide: [**www.afsc.org**](http://www.afsc.org)
* Backbone Campaign organizes creative nonviolent ways to reach the public: [**www.backbonecampaign.org**](http://www.backbonecampaign.org)
* Dispute Resolution Center of Thurston County: [**www.mediatethurston.org**](http://www.mediatethurston.org)
* East Point Peace Academy promotes nonviolence in the greater Oakland, California, area and beyond: [**www.eastpointpeace.org**](http://www.eastpointpeace.org)
* The Friends Committee on National Legislation (FCNL) is a Quaker-based organization that lobbies Congress and educates the public about a variety of issues: [**www.fcnl.org**](http://www.fcnl.org)
* Fellowship of Reconciliation is the U.S.’s oldest organization working for nonviolence, peace and social justice: [**www.forusa.org**](http://www.forusa.org)
* Greenpeace works nonviolently worldwide for the environment and related issues: [**www.greenpeace.org**](http://www.greenpeace.org)
* International Center on Nonviolent Conflict: [**www.nonviolent-conflict.org**](http://www.nonviolent-conflict.org)
* Metta Center for Nonviolence: [**www.mettacenter.org**](http://www.mettacenter.org)
* Nonviolence International: [**www.nonviolenceinternational.net**](http://www.nonviolenceinternational.net)
* Nonviolent Peaceforce trains people in serious violent conflict areas worldwide so ordinary people can take nonviolent actions to reduce the violence and promote understanding and peace: [**www.nonviolentpeaceforce.org**](http://www.nonviolentpeaceforce.org)
* Pace e Bene: [**www.paceebene.org**](http://www.paceebene.org)
* PeaceWorkers [**www.peaceworkersus.org**](http://www.peaceworkersus.org)
* Peace and Justice Action League of Spokane (PJALS): [**www.pjals.org**](http://www.pjals.org)
* Popular Resistance: [**www.popularresistance.org**](http://www.popularresistance.org)
* Voices for Creative Nonviolence: [**www.vcnv.org**](http://www.vcnv.org)
* Waging Nonviolence: [**www.wagingnonviolence.org**](http://www.wagingnonviolence.org)
* War Resisters International: [**www.wri-irg.org**](http://www.wri-irg.org)
* War Resisters League (WRL) is the U.S. part of War Resisters International: [**www.warresisters.org**](http://www.warresisters.org)
* Western Washington Fellowship of Reconciliation is the FOR’s local entity for the western part of Washington State: [**www.wwfor.org**](http://www.wwfor.org)
* Also click the “Resources” link and then “Nonviolence” link at the website of the Lutheran Peace Fellowship:
[**www.lutheranpeace.org**](http://www.lutheranpeace.org)

For more resources, trainings, etc., contact Glen Anderson at (360) 491-9093 or **glenanderson@integra.net**

**Glen offered some closing encouragement:**

He thanked Rivera Sun for sharing her information, insights and wisdom. He thanked the people who have been watching this interview.

Our world – and our nation and our local communities – are suffering very serious problems. It is easy to feel afraid, overwhelmed, and powerless. But **we really can solve the problems!**

Most people have better values – and need real solutions – so we can work with people to organize nonviolent grassroots movements to inform the public and organize practical, humane solutions.

For a number of years Glen has been offering FREE workshops – now online and available to people everywhere – to help people develop the insights, skills and strategies to organize nonviolent movements for social and political changes throughout our society. Contact him for the next opportunities. See the next page.

You can get information about a wide variety of issues related to peace, social justice and nonviolence through my blog, [**www.parallaxperspectives.org**](http://www.parallaxperspectives.org)or by phoning me at
(360) 491-9093 or e-mailing me at **glenanderson@integra.net**

I end each TV program with this invitation to help make progress:

**We're all one human family, and we all share one planet.**

**We can create a better world, but we all have to work at it.**

**The world needs whatever you can do to help!**