



# Groundswell News

Newspaper of The Go-Back Club, a Simple-Living/Action Brigade

*These are OUR stories: [www.gobackclub.org](http://www.gobackclub.org)*

Our Motto: Use it up, wear it out, make it do or do without.

Issue No. 41: August 2018

## **Iona's Column:** Changing Method for Incoming Articles and Photos



Dear Reader,  
I admit to being upset that Agence France-Presse's PicRights.com is asking me to pay \$1,695 for a photo I used back in January 2016

which went with a good story about female genital mutilation in Africa being banned.

At this point, I'm trying to get free legal advice and am going to "play it safe(r)" in this issue. I've been eagerly using the Fair Use Law to support my tiny attempt to get great stories and photos to my readers and relying on it to protect me from such nonsense. I happen to be a firm believer in the rapid dissemination of quality stories during these troubling times and that's what I've tried my best to do.

Fortunately, two of our members (John Conner and Chiwundu Charles Ekwe) have written their own work and even though it's long, it's safe to publish their pieces.

I am leaning toward protecting myself for the most part and yet I love the article about the 10 Most Dangerous Countries for Women so much that I tried to get permission to use their photos and went round and round in circles with no results. The text is allowable but I had to screenshot the magnificent photos so you could see them. I want the whole world to know about this.

That story and pictures went viral globally so what's the difference? For the Earth,

*Iona*



## **Teenagers' Climate Lawsuit Against Trump Can Proceed, Supreme Court Rules**

By Julia Conley  
Common Dreams: July 31, 2018

**Children will be able to present "scientific evidence linking the U.S. government's actions and policies to climate change impacts like wildfire and droughts" in U.S. District Court.**

The Supreme Court rejected the Trump administration's request that it halt a case brought by several teenagers and children, who say the President has not done enough to help halt the climate crisis.

A group of teenagers and younger children secured a victory in their case against the Trump administration this week, as the U.S. Supreme Court ruled that their lawsuit demanding that the federal government take stronger action against the climate crisis can proceed.

The high court rejected the Trump administration's request that the case be halted. The ruling follows similar decisions from the U.S. District Court in Oregon and the U.S. Court of Appeals for the 9<sup>th</sup> Circuit. The case, known as Juliana vs. the United States, will now be heard by the Oregon court.

"This decision should give young people courage and hope that their third branch of government, all the way up to the Supreme Court, has given them the green light to go to trial in this critical case about their unalienable rights," said Julia Olson, chief legal counsel and executive director of Our Children's Trust, which is representing the plaintiffs. "We look forward to presenting the scientific evidence of the harms and dangers these

children face as a result of the actions their government has taken to cause the climate crisis."

Twenty-one children and teenagers – ranging in age from eight to 19 – first brought the case against the federal government in 2015, arguing that the Obama administration was not doing enough to curb carbon emissions and other activities that contribute to the warming of the Earth.

"Kids understand the threats climate change will have on our future," then-13-year-old Zoe Foster, one of the plaintiffs, told Slate at the time. "I'm not going to sit by and watch my government do nothing. We don't have time to waste. I'm pushing my government to take real action on climate, and I won't stop until change is made."

Since President Donald Trump took office in 2017, the President has withdrawn the U.S. from the Paris climate agreement and spearheaded a number of anti-regulatory actions, weakening clean car standards and rolling back portions of the Clean Air Act.

The plaintiffs argue that such actions violate their constitutional rights to life, liberty and the pursuit of happiness.

"The scientific evidence linking the U.S. government's actions and policies to climate change impacts like wildfire and droughts that harm us youth must be presented before our country's justice system in its entirety to ensure that our rights may be protected," said a 21-year-old plaintiff named Jacob.

***This work is licensed under a Creative Commons Attribution-Share Alike 3.0 License.***

**Source:** <https://www.commondreams.org/news/2018/07/31/teenagers-climate-lawsuit-against-trump-can-proceed-supreme-court-rules>

# What on Earth is The Go-Back Club?

## A Simple-Living/Action Brigade

**Our Motto:** *Use it up, wear it out, make it do or do without.*

**Founder/Editor:** Iona Conner

**Wire Editor:** Allen Hengst

**Established:** September 2013

**Web site:** [www.gobackclub.org](http://www.gobackclub.org)

**Published several times a year:** \$10 a year via email; please send check to address below

**Contact:** The Go-Back Club, c/o Iona Conner, 21431 Marlin Circle, Shade Gap, Pennsylvania 17255; 814-259-3680; [gobackclub@pa.net](mailto:gobackclub@pa.net)

**Contributors:** John Conner, Chiwundu Charles Ekwe

### What is The Go-Back Club all about?

We want to change people's hearts. Our members live simply (or try to) so that our collective carbon footprint grows smaller and smaller every day. We are working toward a common goal of reducing our individual impacts on climate change to protect future generations and all life.

### Who are we trying to attract?

We hope to reach people who are concerned about global warming and realize that they are

part of the problem but don't know what to do. We invite them to join our Club. Please tell your family and friends about us. They can go to [www.gobackclub.org](http://www.gobackclub.org) to learn more.

### What are we trying to achieve?

Our members are part of the global movement of people who know that global warming is an immediate threat and who want to prevent further harm and even reverse the situation.

### We look to others for inspiration.

People are "like a blind man walking randomly toward a cliff. The only thing that will save him is to go backwards." Michael Mann (GBC board member, climate scientist, member of the Intergovernmental Panel on Climate Change), told us a couple of years ago referring to tipping points on a visit to Penn State, where Mann is director of the Earth Systems Science Center

"Our life is frittered away by detail. Simplify, simplify, simplify! Simplicity of life and elevation of purpose." Henry David Thoreau

*Please send me your stories and photos. I rely on our members' contributions.*

*I'm not looking for ugly.*

*I'm not looking for dark.*

*I'm not looking for hatred.*

*I'm looking for the opposites*

*to help raise our readers' spirits. There is enough ugly*

*and dark and hateful in*

*the world. This newspaper*

*provides an antidote—*

*BEAUTY, LIGHT, LOVE.*

*Thank you for sending*

*me your material for*

*consideration.*

## Fair Use Law: <http://copyright.gov/fair-use/more-info.html>

Fair use is a legal doctrine that promotes freedom of expression by permitting the unlicensed use of copyright-protected works in certain circumstances. Section 107 of the Copyright Act provides the statutory framework for determining whether something is a fair use and identifies certain types of uses—such as criticism, comment, news reporting, teaching, scholarship, and research—as examples of activities that may qualify as fair use. Section 107 calls for consideration of the following four factors in evaluating a question of fair use:

**(1) Purpose and character of the use, including whether the use is of a commercial nature or is for nonprofit educational purposes:** Courts look at how the party claiming fair use is using the copyrighted work and are more likely to find that nonprofit educational and noncommercial uses are fair. This does not mean, however, that all nonprofit educational and noncommercial uses are fair and all

commercial uses are not fair; instead, courts will balance the purpose and character of the use against the other factors below. Additionally, "transformative" uses are more likely to be considered fair. Transformative uses are those that add something new, with a further purpose or different character, and do not substitute for the original use of the work.

**(2) Nature of the copyrighted work:** This factor analyzes the degree to which the work that was used relates to copyright's purpose of encouraging creative expression. . . .

**(3) Amount and substantiality of the portion used in relation to the copyrighted work as a whole:** Under this factor, courts look at both the quantity and quality of the copyrighted material that was used. If the use includes a large portion of the copyrighted work, fair use is less likely to be found; if the use employs only a small amount of copyrighted material, fair use is more likely. . . .

**(4) Effect of the use upon the potential market for or value of the copyrighted work:** Here, courts review whether, and to what extent, the unlicensed use harms the existing or future market for the copyright owner's original work. In assessing this factor, courts consider whether the use is hurting the current market for the original work (for example, by displacing sales of the original) and/or whether the use could cause substantial harm if it were to become widespread. . . .

Please note that the Copyright Office is unable to provide specific legal advice to individual members of the public about questions of fair use. See 37 C.F.R. 201.2(a)(3). For further information, see <https://www.copyright.gov/fair-use/more-info.html>.



Fair Use Logo



## Climate Change Report August 2018

### Consequence of Climate Change: Intense Heat

By John Conner, Shade Gap, PA

#### Basic Change Necessary

*The New York Times* 7/16/18 (<https://www.nytimes.com/2018/07/16/opinion/climate-change-parenting.html>): "It's not unreasonable to say that the challenge we face today is the greatest the human species has ever confronted. And anyone who pays much attention to politics can assume we're almost certainly going to botch it. To stop emitting waste carbon completely within the next five or 10 years, we would need to radically reorient almost all human economic and social production, a task that's scarcely imaginable, much less feasible. It would demand centralized control of key economic sectors, enormous state investment in carbon capture and sequestration and global coordination on a scale never before seen, at the very time when the political and economic structures that have held the capitalist world order together under American leadership since World War II are breaking apart. The very idea of unified national political action toward a single goal seems farcical, and unified action on a global scale mere whimsy.

"And even if world leaders somehow got their act together, significant and dangerous levels of warming are still inevitable, baked into the system from all the carbon dioxide that has already been dumped. There's a time lag between carbon dioxide emissions and subsequent effects, between the wind we sow and the whirlwind we reap. Our lives are lived in that gap.

"Barring a miracle, the next 20 years are going to see increasingly chaotic systemic transformation in global climate patterns, unpredictable biological adaptation and a wild spectrum of human political and economic responses, including migrations and war. After that, things will get worse. The middle and later decades of the 21<sup>st</sup> century promise a global catastrophe whose full implications any reasonable person must turn away from in horror.

"We cannot save the world through individual consumer choices. Society is not simply an aggregate of millions or billions of

individual choices but a complex recursive dynamic in which choices are made within institutions and ideologies that change over time as these choices feed back into the structures that frame what we consider possible. All the while, those structures are being disrupted and nudged and warped and shaken by countless internal and external drivers, including environmental factors such as global warming, material and social innovation, and the occasional widespread panic. Which is just to say that we are not free to choose how we live any more than we are free to break the laws of physics. We choose from possible options, not *ex nihilo*.

"Our children will not face the choices that we face. They won't have the opportunities we now have for action. They'll confront a range of outcomes whose limits were determined by the choices we made. Yet while some degree of warming now appears inevitable, the range of possible outcomes over the next century is wide enough and the worst outcomes extreme enough that there is some narrow hope that revolutionary socio-economic transformation today might save billions of human lives and preserve global civilization as we know it in more or less recognizable form, or at least stave off human extinction. But the range of outcomes decreases every day, shifting month by month toward the more apocalyptic end of the spectrum, and waiting even five years may see the window of opportunity for saving humanity shut."

#### Grounds for Hope

Today, many of us are motivated to take steps aimed at curtailing Climate Change. But our numbers are currently too small to prevent the coming global catastrophe.

We may be only a small percentage of the population, but our knowledge and commitment enables us to design and start the implementation of a process which will curtail Climate Change when that global catastrophe comes to pass and moves millions to get involved. In other words, the process we're now designing and starting + the coming global catastrophe + the involvement of

millions = rescue from the dire consequences of Climate Change, at least for some of humanity and nature.

The steps for curtailing Climate Change include: 1) Reflecting on the gravity and magnitude of Climate Change and its consequences, both now and to come; 2) Keeping abreast of Climate Change developments as they worsen; 3) Using the traditional means to urge the federal, state and local governments to radically intensify conservation of energy, the use of renewable sources of energy and the elimination of fossil fuels; and 4) Inviting and assisting as many currently inactive people as possible to join us.

Naomi Klein's book: *Shock Doctrine, the Rise of Disaster Capitalism* provides enlightenment and guidance. In her mind, only great ruptures (e.g. floods, droughts, famines, wars, wildfires) can generate the vast, clean canvasses required for radical change. It is in these moments, when people are psychologically unmoored and physically uprooted, that revolutionaries take a real plunge and begin their work of transforming the world.

#### Extreme Heat

*Dire Predictions* by Michael Mann and Lee Kump, 2015: "Thermometer records have been kept for more than a century across much of the globe; and during the last few decades, records have been kept almost worldwide. Records include surface air temperatures measured over continents and islands and sea surface temperatures measured over oceans.

"The instrumental temperature record shows that surface warming has taken place across the oceans and land, and that the rate of warming has accelerated over the most recent decades. The average rate of global warming over the full 20<sup>th</sup> century was slightly less than 0.18° F per decade, but in the past few decades the warming rate has increased to more than 0.27° F per decade. . . . The warming observed so far is only a small fraction of the total warming expected during the course of the next century, if we continue to burn fossil fuels at current

**Heat** continued on next page

## The Go-Back Club #41, August 2018: Page 4

**Heat** *continued from previous page rates.*

*The New York Times* 1/16/15: "In 2015, NASA and NOAA reported that 2014 was the Earth's warmest year since 1880, underscoring warnings about the risks of runaway greenhouse gas emissions. 2014 surpassed 2010 as the warmest year. The 10 warmest years have all occurred since 1997. Scientists expect the heat to get much worse over coming decades, but already it is killing forests around the world, driving plants and animals to extinction, melting land ice and causing the seas to rise at an accelerating pace."

*The New York Times* 8/20/16: "July wasn't just hot – it was the hottest month ever recorded. And this year is likely to be the hottest year on record. Fourteen of the 15 hottest years on record have occurred since 2000, as heat waves have become more frequent, more intense and longer lasting. A study in the journal *Nature Climate Change* found that three of every four daily heat extremes can be tied to global warming. By the end of the century, the number of 100-degree days will skyrocket, making working or playing outdoors unbearable, and sometimes deadly. The effects on our health, air quality, food and water supplies will get only worse if we don't drastically cut greenhouse gases right away."

*The New York Times* 7/17/18: "Extreme heat can kill, as it did by the dozens in Pakistan in May. But as many of South Asia's already scorching cities get even hotter, scientists and economists are warning of an even quieter, more far-reaching danger. Extreme heat is devastating the health and livelihoods of tens of millions more."

"If global greenhouse gas emissions continue at their present pace, they say, heat and humidity levels could become unbearable, especially for the poor."

"Indeed, a recent analysis of climate trends in several of South Asia's biggest cities found that if current warming trends continue, by the end of the century, wet-bulb temperatures – a measure of heat and humidity that can indicate the point when the body can no longer cool itself – would be so high that people directly exposed for six hours or more would not survive."

*Washington Post* 7/22/16: "Record-shattering temperatures this summer have scorched countries from Morocco to Saudi Arabia and beyond, as climate experts warn that severe weather could be a harbinger of worse to come."

"In coming decades, UN officials and climate scientists predict that the region's mushrooming populations will face extreme water scarcity, temperatures almost too hot for human survival and other consequences of global warming."

"Stepping outside is like walking into a fire," said Zainab Guman, a 26-year old university student in Basra in Iraq. "It's like everything on your body – your skin, your eyes, your nose – starts to burn." Guzman has rarely left home during daylight hours since June, when temperatures started rising above 120°F and metal objects turned into searing-hot hazards. Oil company employees were ordered to stay home for several days in the past month."

*Common Dreams* 5/5/18: Weather experts at the UN just said that the highest April temperature may have just been recorded – an ominous sign that comes on the heels of the monthly average concentration of carbon dioxide in the atmosphere hitting the highest level on the books. The World Meteorological Organization referenced the extreme heat in the Pakistani city of Nawabshah, which reached 122.36°F on Monday.

"Earlier in the week, the Keeling Curve, which charts the daily measurement of atmospheric carbon dioxide levels taken at the Mauna Loa Observatory in Hawaii, said that April's monthly average was 410.31 parts per million (ppm). That marks the first time in recorded history that a monthly average has been above 410 ppm."

*Washington Post* 5/7/18: "In four of the past five winters, the North Pole has witnessed dramatic temperature spikes, which previously were rare. Now, in the lead-up to summer, the temperature has again shot up to unusually high levels at the tip of the planet."

"Scientists say this warming could hasten the melt of the Arctic sea ice, which is already near record low levels."

"In just the past few days, the temperature at the North Pole has soared to the melting point of 32°F, which is about 30 to 35°F above normal. Much of the entire Arctic north of 80 degrees latitude is abnormally warm. The temperature averaged over the whole region appears to be the warmest on record for the time of year. It is about 18°F above the normal of 4°F."

"These Spring intrusions of warm, moist air can initiate sea ice melt that extends to a large area through the summer and fall. Already, Arctic sea ice is near its lowest extent on record."

"The warming of the Arctic and loss of ice are likely strongly connected to the buildup of greenhouse gases in the atmosphere from human activities. Recently, a NOAA study found that the extraordinary heat that affected the Arctic in 2016 could not have happened without the steep increase in greenhouse gas concentrations."

*New York Times* 4/5/18: "Even in Pakistan, no stranger to blistering heat, the temperature on Monday stood out: 122.4 Fahrenheit. This was the highest temperature ever recorded, anywhere in the world in the

month of April."

"Intense, life-threatening heat waves have become more threatening as the climate has warmed, and Asia has been especially hard-hit. During a heat wave in April, Pakistan set a record that lasted only until this Monday. One in June 2015 killed more than 1,000 people in Karachi, Pakistan's largest city."

"Worldwide, 17 of the 18 warmest years on record have occurred since 2001, according to NOAA (recently forbidden by Trump to say anything about Climate Change), and the past four are the four warmest."

### To Do

In early 1942, Germany and Japan had been at war for several years, and had developed and fielded powerful militaries which the U.S. was ill prepared to fight. Radical changes had to be made in the economy. Instead of cars and washing machines and all the other requirements of the good life, we immediately shifted to tanks and ships and planes and began to create an army of several million soldiers who were willing to sacrifice their lives for their country.

No less is needed in today's Climate Change crisis. We have dawdled far too long and now it's almost too late. The entire planet is at risk. We need to engineer a massive shift from business as usual to an all-out effort by the federal government to increase conservation and renewables and eliminate fossil fuels.

This is possible only if those who grasp the gravity and future prospects of Climate Change gain control of the federal government. Only if you get involved politically in the election of candidates who advocate radical change. Only if you do whatever you can, as much as you can, as soon as you can. And only if you reach out to many others to facilitate their participation in this effort.

Even if you are 60 or 70 or 80 years old and may not live long enough to experience the worst consequences of Climate Change, think about the grim prospects in store for those who are younger than you – your children and grandchildren – and in store for the completely innocent animals and birds and plants and fish and insects.

Two offers:

- Ask for our 90-page Summary of Climate Change. I'll send it free by email.
- If you would like me to discuss Climate Change with any group to which you have access, let me know. I'll ask only for travel expenses and lodging, if you're far away.

**Grassroots Coalition  
for Environmental  
and Economic Justice**

21431 Marlin Circle  
Shade Gap PA 17255  
814-259-3680; [grassroots1@pa.net](mailto:grassroots1@pa.net)

# GBC Milk Basket Partner Earns Teaching Diploma in Nigeria and Has Thesis Published

Advances in Social Sciences Research Journal – Vol.5, No.6

Publication Date: June. 25, 2018

DoI:10.14738/assrj.56.4795.



Ekwe, C. C., & Ngozi-Olehi, L. C. (2018). Teacher's Perception Of The Contributions Of Oil Exploration To Educational Development In Oguta L.G.A. *Advances in Social Sciences Research Journal*, 5(6) 584-589.

## Teacher's Perception Of The Contributions Of Oil Exploration To Educational Development In Oguta L.G.A.



**C. C. Ekwe**

Alvan Ikoku Federal Of Education, Owerri, Imo State

**L.C. Ngozi-Olehi**

Alvan Ikoku Federal Of Education, Owerri, Imo State

### ABSTRACT

**This study examined: Teachers Perception of the contributions of Oil Exploration on the Development of Education in Oguta Local Government Area of Imo State. Two research questions were developed and one null hypothesis was formulated. The design of the study was the population survey design. All the 80 teachers in Imo State Government owned schools were involved in the research. A 20 item researcher developed structured questionnaire was the instrument for data collection. Content validity was established for the questionnaire while the Cronbach alpha was used to establish its reliability. Data for answering the research questions were analyzed using mean score. The analysis of data for the null hypothesis was carried out with the t-test for independent samples and tested at 0.05 level of significance. The two research questions were answered in the negative. The null hypothesis was accepted and the findings showed that there is no relationship between the contributions of oil exploration and educational development in Oguta Local Government Area. The observational findings showed that the schools located in Oguta Local Government Area were in a state of abandonment. Among others researcher recommended that the Multinational Oil Companies bear the responsibilities of employing teachers who will teach in partner with teachers recruited by government in public schools located in Oguta Local Government Area. The educational implications of the findings were discussed. Suggestions for further studies were also put forward.**

### INTRODUCTION

Oil exploration in Nigeria can be traced back to 1907 when German surveyors working for the Nigerian Bitumen Corporation, carried out exploratory work for Tar Sand deposit in the South-Western Nigeria, although they left the country at the onset of the World War 1. Subsequently licenses were given to D'Arcy Exploration Company and Whitehall Petroleum. Nigeria's proven oil reserves are estimated by the United States Energy Information (1997) at between 16 and 22 billion barrels ( $2.5 \times 10^9$  and  $3.5 \times 10^9 \text{m}^3$ ). Nigeria's reserves make her the tenth most petroleum-rich nation and by far the most affluent in Africa.

The most productive region of the nation is the coastal Niger Delta Basin in the Niger Delta or

Teacher continued on from previous page

South-south region which encompasses 78 of the 159 oil fields. Most of Nigeria's oil fields are small and scattered, and as of 1990, these small unproductive fields accounted for 62.1% of all Nigerian production. This contrasts with the sixteen largest fields which produced 37.9% of Nigeria's petroleum at that time (Khan, 1994). Offshore rigs are also located in the well endowed coastal region. According to a Niger Delta Environmental Survey carried out in September 1997 Nigeria owns a total of 159 oil fields and 1481 wells in operation. Her petroleum is classified mostly as light and sweet as the oil is largely free from sulphur. The oil is similar in composition to petroleum extracted from the North Sea.

Educational development can be defined as helping colleges and universities function effectively as teaching and learning communities" (Felten, Kalish, Pingree, & Plank, 2007). It could be referred to as actions "aimed at enhancing teaching" (Amundsen & Wilson, 2012,). Sorcinelli, Austin, Eddy & Beach (2005) defined Educational development as a "key lever for ensuring institutional quality and supporting institutional change.

### **Statement of the Problem**

Educational development is regarded as a key tool for ensuring institutional quality and supporting academic and social change (Sorcinelli *et al.*, 2005). It is expected that organizations like multinational companies operated in an area have some social responsibilities to fulfill. Part of this social responsibility is for such organizations to contribute positively to the educational development of the areas of operation like in the oil producing areas. The Federal Government of Nigeria obviously has policies that govern or oversee the implementation of Social responsibilities that affect educational development in oil producing areas.

As a result of the above this study will examine teachers perception of the impact of oil exploration on the educational development in Oguta Local Government Area of Imo State.

### **Purpose of the Study**

The main purpose of this study was to investigate

1. Teacher's perception of the impact of oil exploration on the development of education.
2. The level of assistance of oil and gas companies to the educational needs of host communities.
3. The input of multinational oil companies in developing education in Oguta L.G.A.
4. How oil companies can help educators keep abreast of technological advancements that support innovations and improvements in instructional design and delivery.

### **Significance of the Study**

Results from this investigation will help government and decision makers urge oil companies to support teacher training programs similar to that which is obtainable in their employees children's schools.

It is expected that the results from this study will improve information to the government on teacher training activities supported by multinational companies in the area.

Findings will help government articulate the rate of educational development influenced by oil exploration.

Both the study and its literature will help researchers working on related studies compile a sound literature on the matter and will also help teachers realize the need for current innovative trainings that facilitate learning.

Teacher continued on next page

## The Go-Back Club #41, August 2018: Page 7

Teacher *continued from previous page*

Findings from the study will highlight critical aspects of educational development which has not been given proper attention in oil producing areas.

The study will help decision makers in education realize the need of incorporating oil exploratory companies in ensuring efficient teaching and learning by organizing useful teacher training programs and equipping laboratories annually to aid practical learning and science.

Finally the study will direct oil exploratory companies and firms on the importance of contributing more to educational development as it directly affects learners attitude to learning in oil producing areas.

### Research Questions

The following research questions were formulated to guide the study.

1. What is the perception of teachers on the contributions of oil exploration to educational development in Oguta Local Government Area?
2. What benefits do teachers perceive in the contributions of oil firms to teacher education in Oguta Local Government Area?

### Hypothesis

The following hypothesis was raised:

There is no significant difference between male and female teachers perception of the contributions of oil exploratory companies to the educational development in Oguta Local Government Area.

### Research Methodology

It describes the design of study, area of study, population of study, sample and sampling technique, instrument for data collection, validation and reliability of instrument, administration and scoring of instrument and method of data analysis.

The research design is a population survey design because the entire population of 80 (Eighty) teachers, teaching in the 10 (Ten) Government owned schools in Oguta Local Government Area was used for the study. There was no sample size and sampling technique used.

**Table 1: Participants in the study**

S/N	NAME OF SCHOOL	NO OF TEACHERS	NO OF STUDENTS	YOUTH MUST WORK
	<b>OGUTA L.G.A</b>			
1.	Agwa Sec. School	9	1455	10
2.	Comm Sec. Sch. Awa	9	339	7
3.	Egbuoma Sec. School	10	825	6
4.	Ejemekwuru/Akabor Sec.	9	776	11
5.	Eziorsu Sec. School	4	394	7
6.	Izombe Sec. Comm. Sch.	10	735	11
7.	Priscillia Mem Sec. Sch.	9	1075	7
8.	St. Michaels Sec. Sch Orsuobodo	7	375	8
9.	Trinity High School	5	442	7
10.	Umunwama Girls Sec Sch	8	336	8
	<b>TOTAL</b>	<b>80</b>	<b>6752</b>	<b>82</b>

Teacher *continued on next page*

Teacher *continued on from previous page*

A researcher developed structured questionnaire was used to gather data for answering the research questions and analyzing data for testing the hypothesis. It will be made up of 20 items. The response pattern to the questionnaire items is based on a modified 4 point Lickert scale with rating as follows. Strongly Agree (SA) = 4, Agree (A) = 3, Disagree (DA) = 2, Strongly Disagree (SD) = 1.

Face and content validity was established for the questionnaire items Test-retest reliability was obtained by administering the same questionnaire twice over a period of time to a group of teachers. The scores from Time 1 and Time 2 was then be correlated using a Cronbach's alpha in order to evaluate the test for stability over time.

**Data Collection Procedure**

The researcher went to the schools involved in the study and administered the questionnaires to the respondents. The researcher made explanations of items they found unclear. The questionnaires was collected on completion. This ensured the high return of the completed questionnaires.

**Data Analysis Procedure**

Mean score was used to analyze data for answering the research questions. The t-test was used to analyze data collected for testing the null hypotheses which was tested at 0.05 level of significance. The criterion mean is 2.5 calculated thus:

$$x = \frac{4 + 3 + 2 + 1}{4} = 10 = 2.5$$

**RESULTS AND DISCUSSION OF FINDINGS**

This chapter dealt with data presentation and analysis. Data for each research question and hypothesis are presented in tables.

**Research Question One**

What is the perception of teachers of the contributions of oil exploration to educational development in Oguta Local Government Area?

Questionnaire Items	No of Respondents	Strongly Agree		Agree		Disagree		Strongly Disagree	
		No	Score	No	Score	No	Score	No	Score
1. Construction of science laboratories	63	7	28	10	30	11	22	35	35
2. ICT facilities	63	3	12	5	15	29	58	26	26
3. Employing qualified teachers	63	2	8	1	3	16	32	44	44
4. Reconstruction of schools	63	1	4	2	6	22	44	38	38
5. Availability of transportation	63	4	16	2	6	27	54	30	30
<b>TOTAL</b>	<b>315</b>	<b>17</b>	<b>68</b>	<b>20</b>	<b>60</b>	<b>105</b>	<b>210</b>	<b>173</b>	<b>173</b>

**Table 2: Perception of teachers on the contributions of oil exploration to educational development in Oguta local government area.**

Teacher *continued on next page*



Teacher continued from previous page

Table 2 presents the questionnaire items and data for answering research question one. Data in table 4 show that the mean score of the responses is 1.62 which is lower than 2.5, the mean score of decision making.

Findings in table 2 showed that teachers perception of the contributions of oil exploration firms to educational development in Oguta L.G.A. was negative. This finding of the present research is in line with that of Omotor (2000) which found that the oil industry impacted non-oil producing areas in Nigeria than the oil producing areas.

**Research Question Two**

What benefits do teachers perceive in the contributions of oil firms to teacher education in Oguta Local Government Area?

Questionnaire Items	No of Respondents	Strongly Agree		Agree		Disagree		Strongly Disagree	
		No	Score	No	Score	No	Score	No	Score
1. Lack of teacher training support by MNOCs	63	39	156	7	21	7	14	10	10
2. Seminars and Conferences	63	3	12	1	3	29	58	30	30
3. ICT training	63	5	20	2	4	31	62	25	25
4. Teacher sensitization programs	63	4	16	6	18	13	26	40	40
5. Distribution of laptops by oil companies	63	1	4	5	15	24	48	33	33
<b>TOTAL</b>	<b>315</b>	<b>52</b>	<b>208</b>	<b>21</b>	<b>61</b>	<b>104</b>	<b>208</b>	<b>138</b>	<b>138</b>

**Table 3: Contributions of oil firms to teacher education in Oguta local government area**

Table 3 presents the questionnaire items and data for answering research question three. Data presented on table 3 shows that the mean score of the responses is 1.95. Findings in table 3 of showed that teachers do not perceive any benefits in the contributions of oil firms to teacher education in Oguta Local Government Area. Findings of the present study are similar to that of Orji (2013) which showed that the crisis which has engulfed the Nigerian education sector especially in oil producing areas centers on lack of good teacher education policies and politicization of education, changing political environment, incessant change of educational policies and corruption.

**Hypothesis**

Hypothesis one was stated thus: There is no significant difference between male and female teachers perception of the contributions of oil exploratory companies to the educational development in Oguta Local Government Area.

	Male	Female	Cal t	Table t	P level
$\bar{x}$	6.15	6.81	-2.06	1.98	0.05
SD	1.31	1.73			

$df = N_1 + N_2 - 2 = 20 + 43 + 63 - 2 = 61.$

Teacher continued on next page

Teacher continued on from previous page

The findings in table 4 show that male and female teachers do not significantly differ in their perception of oil firms contribution to teacher education in Oguta Local Government Area. The educational implication of this is that the quality of students being produced from these schools will remain poor or average.

### RECOMMENDATIONS OF THE STUDY

As a result of the findings made in this study, the following recommendations are made for the development of education in Oguta Local Government Area.

1. The Niger Delta Development Commission and Multinational Oil Companies should sign an MOU that requires these companies to render developmental services to schools in host communities annually. They should be able to improve what is in place by renovating science laboratories and provide opportunity for teachers development intellectually. MNOCs need to provide sustainable and qualitative education that ultimately reaches all the people in these communities by employing teachers who will teach under their supervision and payroll to help teachers who are employed by the state governments measure up with the challenges of teaching in these communities.
2. More qualified teachers should be posted to these communities and attention should be directed towards issues involving the control of teachers, as in the case of teacher competency testing, certification, replacement of retired teachers and efficient supervision of in-service teachers. Teachers salaries in oil producing communities must be reviewed and improved. Fair wages will also motivate teachers to do their job on a high-quality level. Also, there should be regular payments of teachers' salaries. This will attract qualified and dedicated teachers to schools in these communities and will change the attitude of young people towards the teaching profession and youth will study to become teachers.

### CONCLUSIONS

From the finding of data analysis the following conclusions were drawn.

- \* Teachers did not perceive oil exploration firms as contributing to the educational development of Oguta L.G.A.
- \* Teachers do not receive any benefits from the contributions of oil exploration firms.

### References


- Amunden, C. and Wilson, M. (2012). Are we asking the right questions? A conceptual review of the educational development literature in higher education. *Review of Educational Research*. **82**: 90–126.
- Felten, P., Kalish, A., Pingree, A. and Plank, K. (2007). Toward a scholarship of teaching and learning in educational development. In D. Robertson & L. Nilson (Eds.), *To Improve the Academy: Resources for Faculty, Instructional and Organizational Development*. **25** : 93–108.
- Khan, A. (1994). *Nigeria: The Political Economy of Oil* ISBN 0-19-730014-6
- Omotor, D. G. (2008). The impact of oil exploration on the inhabitants of the oil producing areas of Nigeria. *Journal of Food, Agriculture and Environment (JFAE)*. **2**: 726-730.
- Orji, K.E.(2013). The Role of Education in National Development: Nigerian Experience. *European Scientific Journal*. **28**: 1857 –1868.
- Sorcinelli, M.D., Austin, A.E., Eddy, P.L. and Beach, A.L. (2005). *Creating the future of faculty development: Learning from the past, understanding the present*. San Francisco: Jossey-Bass.
- United State Energy Information Administration (U.S. EIA), "Nigeria Country Analysis Brief," December 1997.

**Note from the Editor:** When I first met Chiwundu 3 1/2 years ago via email, his goal was to use his youth to help end hunger and poverty in the Niger Delta, where oil companies have plundered and polluted the land and ignored the people left behind in poverty with little access to education. When he traveled there to interview teachers, he found some schools abandoned or in chaos. The photo was taken by Nneji Chisom after he did his proposal for research to earn his Master's degree. in Food Science and Technology. He's developing a weaning product for babies in the Niger Delta area made from local, underutilized legumes. He needs about \$1,000 to finish the project and get his degree after working hard for two years to reach this final point. Please say a prayer that he find the money he needs soon.

# How Buddhist Meditation Kept the Thai Boys Calm in the Cave

Submitted by C.B., Blairs Mills, PA

The boys' coach lived in a Buddhist monastery for a decade and taught them to meditate in the cave.

By Eliza Barclay   
Vox: July 12, 2018

When the 12 Thai boys who were trapped in a cave (and were rescued one-by-one) were first discovered by British divers last Monday, they were reportedly meditating. "Look at how calm they were sitting there waiting. No one was crying or anything. It was astonishing," the mother of one of the boys told the AP, referring to a widely-shared video of the moment the boys were found.

Turns out that their coach, Ekapol Chanthawong, who led them on a hike into the cave when it flooded on June 23, trained in meditation as a Buddhist monk for a decade before becoming a soccer coach.

According to multiple news sources, he taught the boys, ages 11 to 16, to meditate in the cave to keep them calm and preserve their energy through their two-week ordeal. And British diver Ben Reymentants, who



Photo by Fran Staret  
Seen on the streets of Philadelphia.



Photo: Thai Navy Seals  
*Ekapol Chanthawong, left, is the 25-year-old coach of the trapped boys who taught them to meditate to stay calm in the cave.*

was involved with the rescue operation, told Vox on Thursday that each of the boys did an hour of meditation with the coach before they were brought out of the cave between Sunday and Tuesday.

"He could meditate up to an hour," Ekapol's aunt, Tham Chanthawong, told the AP. "It has definitely helped him and probably helps the boys to stay calm."

Ekapol, 25, went to live in a monastery at age 12 after he was orphaned. According to the *Straits Times*, he trained to be a monk for 10 years at a monastery in Mae Sai, Thailand, but left to care for a sick grandmother. He then was hired to be the assistant coach of the team, known as the Wild Boars.

Coach Ake, as he is known, still maintains close contacts at the monastery. The abbot there told the *Wall Street Journal*, "He's a responsible young man who meditates regularly."

That meditation would be a useful practice in an extremely stressful situation like being trapped in a cave is really no surprise. Buddhist meditation has been around for 2,600 years, since the Buddha began teaching it as tool for achieving clarity and peace of mind, and ultimately, liberation from suffering.

Recently, scientific researchers have shown in clinical settings that mindfulness meditation (a specific meditation practice

and one that's taught in Thai Buddhism and elsewhere around the world) can reduce anxiety and depression, as well as pain.

Though there are few randomized control trials on meditation and mental health, a 2014 meta analysis by Johns Hopkins researchers for the Agency for Healthcare Research and Quality found that meditation, and in particular mindfulness, can have a role in treating depression, anxiety and pain in adults – as much as medications but with no side effects. Meditation can also, to a lesser degree, reduce the toll of psychological distress, the review found. The research on kids is still fairly preliminary, though more and more schools are implementing mindfulness meditation programs.

## Why Buddhism is True

As Brother Phap Dung, a senior disciple of the Zen Buddhist master and author Thich Nhat Hanh, told me in a 2016 interview: In meditation, "you're cultivating [peace, kindness, clarity] so you can offer it to others. When you sit with someone who's calm, you can become calm. If you sit with someone who's agitated and hateful, you can become agitated and hateful."

Source: <https://www.vox.com/2018/7/9/17548512/thai-cave-rescue-soccer-boys-meditation-buddhism>

## The 10 Most Dangerous Countries for Women

Seven years ago a Thomson Reuters Foundation experts' survey found the five most dangerous countries for women were seen to be Afghanistan, Democratic Republic of Congo, Pakistan, India and Somalia. This year they set out to see if the situation had changed. They expanded their poll to the 10 most dangerous countries with some surprising results. They evaluated risks based on: Health, Culture & Religion, Non-Sexual Violence, Sexual Violence, Discrimination and Human Trafficking. The poll made headlines and sparked debate around the world.

Source: <http://poll2018.trust.org/country> Photos by Reuters



**#1** India was named as the most dangerous country for women after coming fourth in the same survey seven years ago. The world's second most populous nation, with 1.3 billion people, ranked as the most dangerous on three of the topic questions – the risk of sexual violence and harassment against women, the danger women face from cultural, tribal and traditional practices and the country where women are most in danger of human trafficking including forced labor, sex slavery and domestic servitude. Violence against women in India has caused national and international outrage and protests since the 2012 gang-rape and murder of a student on a bus in New Delhi. As India's rape epidemic gets worse by the year, critics have pointed fingers at Prime Minister Narendra Modi's government for not doing enough to protect women.



**#2** Afghanistan was ranked as the second most dangerous country for women after topping the poll in 2011. Nearly 17 years after the overthrow of the Taliban, many women still face dire situations daily despite Western donors pumping billions of dollars into the country. Afghanistan ranked as the most dangerous country for women on three of the topic questions – the most dangerous in terms of non-sexual violence such as conflict-related violence and domestic abuse, the worst access to health care and a lack of access to economic resources and discrimination over jobs and land. Afghanistan was listed as 171 out of 188 countries in the United Nations Development Programme's 2015 global Gender Inequality Index. The United Nations has accused the Afghan state of allowing widespread gender brutality to go unpunished by failing to prosecute criminal violence against women who are often confined to the home and seen as subordinate to men.



**#3** Syria was named as the third most dangerous country for women after seven years of civil war which has decimated services across the country and killed about 510,000 people. Some 5.5 million Syrians are living as refugees in nearby countries and another 6.1 million of the 18 million population are still in Syria but forced to flee their homes. Respondents ranked Syria as the second most dangerous country for women in terms of access to health care and regards non-sexual violence, which includes conflict-related violence as well as domestic abuse. Syria was a joint third with the United States with regards to the risks women faced of sexual violence and harassment and named seventh worst for lack of access to economic resources.



**#4** Somalia was ranked as the fourth most dangerous country for women after coming in fifth in the 2011 poll. The impoverished country located in the Horn of Africa has been mired in conflict since 1991 with the government struggling to assert control over poor, rural areas under the Islamist militant group al Shabaab. The United Nations has estimated about 6.2 million people in Somalia – half the population – need emergency aid, such as food, water and shelter, due to the conflict and unprecedented drought. The poll ranked Somalia as the third most dangerous country for women in terms of access to health care and for putting them at risk of harmful cultural and traditional practices. Somalia was named as the fifth worst country in terms of women having access to economic resources, tied ninth when it came to non-sexual violence such as conflict-related violence, and tied 10<sup>th</sup> on sexual violence.



**#5** Saudi Arabia was ranked as the fifth most dangerous country for women. The conservative kingdom was named the second worst country in terms of economic access and discrimination which includes job discrimination, discriminatory property rights and an inability to make a livelihood. It came in fifth in terms of the risks women face from cultural, religious and traditional practices and seventh regarding non-sexual violence including domestic abuse. Saudi Arabia has made headlines in recent years for moves to boost female participation in the workforce from the current 19 percent and for lifting a decades-long ban on women driving. But customary gender segregation in most workplaces still limits the way in which women can be employed and a guardianship law by which women need permission from a male relative to travel abroad, marry and other activities remains in place. Saudi Arabia has come under international fire in recent months for the arrest and jailing of some women's rights activists.

## The Go-Back Club #41, August 2018: Page 13

Women continued from previous page



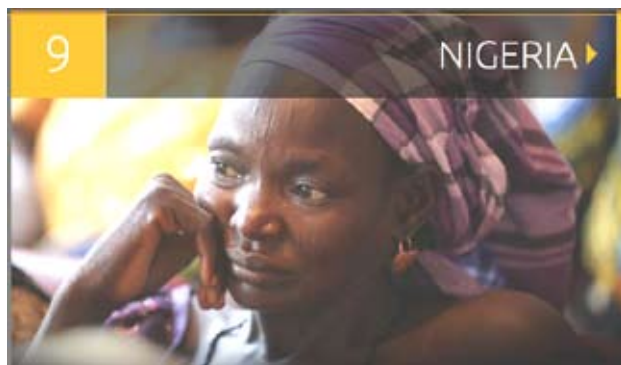
**#6** Pakistan was ranked as the sixth most dangerous country for women after coming in third in the 2011 poll. Pakistan was named as the fourth worst nation when it came to economic resources and discrimination in the workplace and regarding land, and also regarding the risks women faced from cultural, religious and traditional practice including so-called “honor” killings. Pakistan ranked fifth when it came to non-sexual violence including domestic abuse, and joint seventh regarding sexual violence and harassment. World Bank data shows almost one in three married Pakistani women report facing physical violence from their husbands, although informal estimates are much higher. Rights groups say hundreds of women and girls are killed in Pakistan each year by family members angered at perceived damage to their “honor,” which may involve eloping, fraternizing with men or any infringement of conservative values regarding women.



**#7** The Democratic Republic of Congo (DRC) was named as the seventh most dangerous country for women after coming second in the 2011 poll. The United Nations has warned that millions of people face hellish living conditions in DRC after years of factional bloodshed and lawlessness. About 4.3 million people have been displaced amid endemic violence, including machete attacks and gang rape, with NGOs saying this year that women and children were being exposed to the “worst sexual abuse ever.” The vast Central African country ranked as the second most dangerous country for women as regards sexual violence. It ranked between seventh and ninth in four other questions including non-sexual violence, access to health care, economic resources and cultural and traditional threats.



**#8** Yemen was named as the eighth most dangerous country for women. It ranked poorly on access to health care, economic resources, the risk of cultural and traditional practices and non-sexual violence. Saudi Arabia and regional arch-foe Iran are locked in a three-year-old proxy war in Yemen that has killed more than 10,000 people, displaced three million and pushed the impoverished country to the verge of starvation. Yemen is still reeling from the world’s most urgent humanitarian crisis where 22 million people needed vital assistance.




**#9** Nigeria was ranked as the ninth most dangerous country for women with human rights groups accusing the country’s military of torture, rape and killing civilians during its nine-year fight against Islamist insurgency Boko Haram. The conflict has killed more than 30,000 people and spawned one of the world’s worst humanitarian crises. Africa’s most populous country was named as the sixth worst nation regarding the risks women face from cultural and traditional practices and tied 10<sup>th</sup> when respondents were asked about the risks of sexual violence. But Nigeria was named as the fourth most dangerous country along with Russia when it came to human trafficking. Studies have shown that tens of thousands of Nigerian women have been trafficking into Europe for sexual exploitation.



**#10** The United States ranked as the 10<sup>th</sup> most dangerous country for women, the only Western nation to appear in the top 10. The United States shot up in the rankings after tying joint third with Syria when respondents were asked which was the most dangerous country for women in terms of sexual violence including rape, sexual harassment, coercion into sex and the lack of access to justice in rape cases. It was ranked sixth for non-sexual violence. The survey was taken after the #MeToo campaign against sexual harassment went viral in October last year as Hollywood movie mogul Harvey Weinstein was accused of sexual misconduct by more than 70 women, some dating back decades. Hundreds of women have since publicly accused powerful men in business, government and entertainment of sexual misconduct and thousands have joined the #MeToo social media movement to share stories of sexual harassment or abuse.

# Study: Pennsylvanians Who Live Near Fracking Are More Likely To Be Depressed

Submitted by John Conner  
Shade Gap, PA

By Kristina Marusic   
DailyClimate.org: July 27, 2018

Stress and depression are higher among those living closest to more and bigger wells.

People who live near unconventional natural gas operations such as fracking are more likely to experience depression, according to a new study.

For the study, which is the first of its kind and published today in *Scientific Reports*, researchers from the University of California at Berkeley and Johns Hopkins University looked at rates of depression in nearly 5,000 adults living in southwestern Pennsylvania's Marcellus shale region in 2015.

They found that people living near fracking-related operations are more likely to be depressed than the general population, and that stress and depression went up among people living closest to more and bigger natural gas wells.

"Previously we've looked at the links between unconventional natural gas development and things like asthma exacerbations, migraine headaches and fatigue," study co-author Joan Casey, a post-doctoral scholar at UC Berkeley's School of Public Health, told Environmental Health News. "The next step was thinking about mental health, because we had a lot of anecdotal reports of sleep disturbances and psychosocial stress related to unconventional natural gas development."

By the end of 2015, 9,669 wells had been drilled in Pennsylvania's Marcellus shale, and by 2016, the region led the nation in shale gas production. While there have been other small studies on the links between fracking and depression, this is the first to investigate a link between the two using a validated survey among a larger population.

The researchers compared data on the number of wells, the phase of extraction and the volume of production in order to group residents into categories of "very low," "low," "medium" and "high" levels of exposure to fracking operations. To assess the severity of depression symptoms, they used a patient health questionnaire that included questions like, "How often have you been bothered by feeling down, depressed, hopeless?"

"People in the highest group of exposure were 1.5 times more likely to have mild depression symptoms than those in very low exposure group," Casey said, noting that the

greatest increases in rates of depression occurred among people with mild to moderate symptoms living near high-volume fracking operations. "Based on our observations, it seems like living near unconventional natural gas development may not cause an increase in diagnoses of severe major depressive disorders, but might exacerbate symptoms in those with mild or moderate depression and create some depression and stress in otherwise healthy people," she added.

In order to minimize over-reporting of depression symptoms among people concerned about the industry's environmental and health impacts, survey participants weren't informed that the study was related to fracking. While that strengthened the study, Casey pointed out, was that it also limited their ability to examine the causes of depression in those living near fracking operations.

"Some people in these communities might have positive associations with natural gas extraction," she pointed out. "Maybe they're leasing their land and getting economic benefits, so it's actually lessening their symptoms, while others may only be getting exposures and have concerns about its health impacts, which could be worsening their symptoms."

The researchers also looked at electronic health records to determine whether there was an increase in physician-diagnosed sleep disorders or prescriptions for sleep aids in the region, but did not observe an increase in those instances associated with proximity to fracking operations.

Another question unanswered by the study is whether exposure to the chemicals being released into the environment could play a role in the increase of depression symptoms among those living near unconventional natural gas operations.

"I think we've probably now done enough epidemiological studies showing the links between unconventional natural gas extraction and health," Casey said. "The next step will be to tease apart what our exposure pathways are. Is this being caused by air pollution and volatile organic compounds? Is it more about perception and psychosocial stressors than actual exposure? We just don't know the answers to these questions, and I think to be able to move forward, we have to start unraveling those mysteries."

**Source:** <https://www.dailyclimate.org/pennsylvanians-who-live-near-fracking-are-more-likely-to-be-depressed-2590340536.html>



# Global Climate Movement Celebrates as Ireland Set to Become First Country to Fully Divest From Fossil Fuels

Submitted by John Conner  
Shade Gap, PA

“Countries the world over must now urgently follow Ireland’s lead.”

By Jessica Corbett  
Common Dreams: July 12, 2018

Climate activists across the globe celebrated Thursday after the lower house of the Irish legislature passed a divestment bill with support from all parties, effectively ensuring that Ireland will become the first nation in the world to fully divest public money from the fossil fuel industry.

“This week, packed with divestment announcements from churches, universities and now the first full divestment by a national government, is sending a clear signal that breaking the ties with fossil fuel companies is becoming the new norm: investing in them is no longer economically viable nor morally right,” responded Nicolò Wojewoda of 350.org Europe. “The only way to meaningfully address the climate crisis is to stop funneling money into the fossil fuel industry and instead to support the momentous rise of renewable energy.”

“The **groundswell** that’s been building around the planet for divestment derives its power from everyone working together toward the same end. It’s all one big fight. And we’re winning more and more of that fight,” declared 350.org co-founder Bill McKibben. “Irish activists have done amazing work to make this happen — I’ve watched with awe as activists from environmental groups and the Catholic social justice movement have transformed the debate in the country,” McKibben added, turning to Twitter to highlight a few key groups:

“*The landmark divestment debate in the Irish Parliament this a.m. was full of tributes to the campaigners @Trocaire, who deserve so much credit (Hi Lorna Gold). Also @SCC\_Ireland @foeireland and the amazing student divestment campaigners from Galway, Trinity and Queens Belfast.*”

Calling the vote a “massive victory,” author and activist Naomi Klein retweeted Bill McKibben:

“*Breaking my two-weeks off social media (so far) to amplify this massive victory for our movements (not to mention our hopes for a*



Photo: <https://twitter.com/trocaire>

*Climate activists across the globe celebrated after the lower house of the Irish legislature passed a divestment bill with support from all parties, effectively ensuring that Ireland will become the first nation in the world to fully divest public money from the fossil fuel industry.*

*habitable planet). Way to go Ireland!!!!”*

The Fossil Fuel Divestment Bill, passed Thursday by the Dáil Éireann, mandates that the €8.9 billion (\$10.4 billion) Ireland Strategic Investment Fund divest all investments in coal, oil, peat and gas “as soon as practicable” but within five years, and bars future investments in the industry. The bill, the *Guardian* reports, “is expected to pass rapidly through the upper house, meaning it could become law before the end of the year.”

“The [divestment] movement is highlighting the need to stop investing in the expansion of a global industry which must be brought into managed decline if catastrophic climate change is to be averted,” Thomas Pringle, the lawmaker who introduced the bill, told the *Guardian*. “Ireland, by divesting, is sending a clear message that the Irish public and the international community are ready to think and act beyond narrow, short-term vested interests.”

“For once, Ireland is a genuine climate leader, not a laggard,” reacted Friends of the Earth Ireland director Oisín Coghlan. Last month, Climate Action Network Europe’s Off Target report ranked Ireland as the sec-

ond-worst country in the European Union in terms of taking steps to address the global crisis.

The Dáil has just passed @ThomasPringleTD’s #Divestment Bill, to make Ireland the first state in the world to move to pull all its sovereign funds out of fossil fuels. For once, Ireland is a genuine climate leader, not a laggard. Onward, in hope, to build a #FossilFree future.

Global Legal Action Network’s Gerry Liston, who drafted the measure, emphasized the need for other nations to make similar moves.

“Governments will not meet their obligations under the Paris agreement on climate change if they continue to financially sustain the fossil fuel industry,” Liston said. “Countries the world over must now urgently follow Ireland’s lead and divest from fossil fuels.”

Source: <https://www.commondreams.org/news/2018/07/12/global-climate-movement-celebrates-ireland-set-become-first-country-fully-divest>

## 'The Pressure Is Working': Watchdogs Welcome FCC's 'Serious Concerns' With Sinclair-Tribune Merger

Chairman Ajit Pai introduced an order that would require the merger applicants to participate in an administrative review process often seen as a “deal-killer.”

By Jessica Corbett  
Common Dreams: July 16, 2018

“The pressure is working!” declared the advocacy group Free Press, a critic of media consolidation, in response to Federal Communications Commission (FCC) Chairman Ajit Pai’s remarks on Monday that he has “serious concerns” about right-wing Sinclair Broadcast Group’s proposed \$3.9 billion merger with Tribune Media.

In a statement announcing a draft order that would require merger applicants to attend a hearing in front of an administrative law judge, Pai said Monday, “Based on a thorough review of the record, I have serious concerns about the Sinclair/Tribune transaction. The evidence we’ve received suggests that certain station divestitures that have been proposed to the FCC would allow Sinclair to control those stations in practice, even if not in name, in violation of the law.”

Reuters reported that the FCC has the three votes needed to approve Pai’s proposal, and the draft order – which has not been publicly released – notes that, “Sinclair’s actions here potentially involve deception” and possible “misconduct.”

“This is a giant win for the public and a huge setback for Sinclair’s mega-merger plans,” responded Free Press policy director Matt Wood.

“Public outcry has been building over Sinclair’s takeover of local television for months. Just last week, Common Cause and its allies delivered over 600,000 signatures to the FCC urging the agency to block Sinclair’s merger,” noted Michael Copps, Common Cause special adviser and a former FCC commissioner. “The message is loud and clear: local news should reflect the concerns and interests of the communities they serve, not the will of a wealthy, powerful few. Sinclair’s merger would make it too large and too powerful.”

Although the Communications Act re-



Photo: William Thomas Cain/Getty Images

*A sign for the Sinclair Broadcast Group building is seen in a business district in Hunt Valley, Maryland. Sinclair Broadcast Group, owner of the largest chain of television stations in the nation, hopes to buy Tribune Media’s 42 stations for \$3.9 billion.*

quires that the FCC allow applicants to argue their case before a merger can be denied, as Wood explained, “It is extremely rare for transactions to be sent to a hearing in the first place, much less for parties to fight it out and beat the FCC in that hearing. That’s why analysts and investors rightly see today’s news as potentially a fatal blow for this merger.”

In other words, an approved hearing order kicks off “a lengthy administrative process often viewed as a deal-killer,” Politico pointed out. “The agency used the same move in 2015 with the Comcast-Time Warner Cable deal, which the companies abandoned rather than go through the hearing process.”

Wood added that, “Perhaps the most interesting part of Pai’s announcement is his recognition that several of the divestitures Sinclair proposed are a sham that would leave the company in control of stations it purportedly sells off to relatives and cronies of Sinclair executives.”

Earlier this year, 15 members of the Coalition to Save Local Media, including Common Cause, sent a letter to the FCC raising alarm about “sidecar arrangements” that Sinclair planned to use to make the merger appear to comply with federal audience-cap rules, even though the company would continue providing all services to the “sold”

stations.

“We’re encouraged by Chairman Pai’s apparent recognition that Sinclair’s proposed divestiture of stations to shell companies is in fact unlawful,” Wood concluded. “We encourage the FCC to examine all other such shell-company arrangements held by Sinclair, Tribune and other broadcasters, too.”

The development came as a surprise considering that Pai is a Trump appointee and former Verizon lawyer who often has been accused of being too cozy with industries and companies he’s charged with regulating – including Sinclair.

The sole Democratic FCC commissioner, Jessica Rosenworcel, welcomed the chairman’s move. “As I have noted before, too many of this agency’s media policies have been custom built to support the business plans of Sinclair Broadcasting. With this hearing designation order, the agency will finally take a hard look at its proposed merger with Tribune,” she said. “This is overdue and favoritism like this needs to end.”

**Source:** <https://www.commondreams.org/news/2018/07/16/pressure-working-watchdogs-welcome-fccs-serious-concerns-sinclair-tribune-merger?cd>

*This work is licensed under a Creative Commons Attribution-Share Alike 3.0 License*

QUIET THE MIND AND THE SOUL WILL SPEAK.

Submitted by Linda Lowber, Idaho



# Mark Your Calendars: September 8, Major Global Actions for People's Climate Movement

July 11, 2018 email from the Sierra Club

Trump (and his administration) is putting our friends, our families and our communities in danger, from rolling back vital clean air, water and climate protections to mass deportation and detainment, to assaults on communities of color, women, marginalized communities and truth itself.

We are at a crossroads and the stakes are high. The fight for climate, jobs and justice could not be more important than it is right now. That's why on September 8th, people will be rising up together all around the country in their own local communities for the next action of the Peoples Climate Movement.

Hundreds of actions are being organized on September 8<sup>th</sup>. Find one near you and say you'll be there! Remember: To change everything, it takes everyone.

Positive change starts in our communities. City after city is committing to a 100% clean-energy economy. Sanctuary cities are creating a safe haven for the thousands of thousands of people who call our country home. Local elected officials are fighting back against the Trump administration's policies. And neighbors are supporting their neighbors who are put at risk by Trump's hate.

On September 8<sup>th</sup>, Sierra Club members and supporters will join people from across the country – and around the world – to demand that our elected leaders fight for a just, 100% clean-energy economy that works for all of us. We need you to join with us and raise your voice to show that our movement is united going into the tough fights ahead.

And it's not just about September 8th. We are calling on all elected officials to bring this change to every level of government by fighting for a 100% clean-energy economy; for family-sustaining jobs, especially in communities left behind by the fossil fuel industry; for justice for everyone in this country regardless of age, gender, race, ethnicity, religion, sexual orientation, national origin or immigration status.

As we face increasing attacks on communities, people and our environment from this administration, we must recommit ourselves to resisting Trump and everything he stands for. It's not going to be easy. That's why we need you to ensure that going into the critical November elections, we are going to make sure we are heard.

Show up on September 8<sup>th</sup> to tell our leaders we demand a just transition to 100% clean-energy economy that works for every-



## United We Dream

one. Sign up to attend a rally, march or action near you!

Thank you for your continued commitment for climate justice,

**Maura Cowley**  
Resist Campaign Director  
Sierra Club

P.S. Want to learn more on how to get involved in the Peoples Climate Movement and what's being planned around the country? Here's what Action Network says:

On September 8, we're planning thousands of rallies in cities and towns around the world to demand our local leaders commit to building a fossil free world that works for all of us. No more stalling, no more delays: it's time for 100% renewable energy for all.

This September, cities, states, businesses and civil society from around the world are gathering in California for the Global Climate Action Summit.

The Summit has invited every mayor, governor and business leader in the world to make a bold climate commitment to help the world reach the goals of the Paris Climate Agreement.

Plan or join an event on September 8. If your elected officials commit, your rally can be a celebration. If they fail to act, it's a chance to hold them accountable.

Let's have a talk about our toolset. With a nonprofit, user-driven model, we've built the most powerful, accessible, intuitive and full-featured online mobilization toolset on the market – and it's just for progressives!

### A COMPREHENSIVE ONLINE TOOLSET

Whether you're a grassroots organization or an international NGO or a labor federation, Action Network tools are right for you. Raise money for your campaigns, collect RSVPs for events, sell tickets or ask others to host their own as part of an event campaign anywhere in the world (and in various languages too!), create online surveys and other forms, have your activists email their elected officials, upload images and files, create stunning action centers and engage activists deeply on desktop and mobile with Action Network.

### MASS AND AUTOMATED EMAIL, BUILT IN

Email a thousand, a hundred thousand or ten million activists you've organized through our built-in mass mailer, complete with complex targeting options, randomization for A/B testing, full statistics to measure success and industry-leading deliverability. Or let your activists move through sophis-

**Action** continued on next page

# Pennsylvania Grandmother, Landowner and Environmental Advocate Arrested

Submitted by Marjorie Hudson

Press Release, StopETP.org: July 28, 2018

HUNTINGDON, PA: Late this afternoon, four officers with the Huntingdon County Sheriff's Department arrested Ellen Sue Gerhart, 63, on her own property. The arrest comes after pipeline builder Energy Transfer Partners (ETP) filed a motion to revoke Gerhart's bail, making a slew of ludicrous claims against her. Among ETP's claims, supposedly Ellen baited bears and mountain lions onto the easement of the Mariner East 2 Pipeline which runs through the Gerhart property. Mountain lions have not been spotted in Pennsylvania since the 1930s.

Ellen Sue Gerhart is a retired special ed teacher and longtime Huntingdon County resident who has lived in peace on her family's land for 35 years. The numerous claims made against her – as well as her late-Friday arrest – appear to constitute direct retaliation for Ellen and her family's legitimate, ongoing advocacy to protect their land and Pennsylvania's waterways from environmental threats posed by the Mariner East 2 project.

"Energy Transfer Partners is yet again fabricating charges against my mom in an attempt to silence her," said Ellen's daughter Elise. "Claims of wild animal baiting are ludicrous. There aren't even mountain lions anymore in Pennsylvania. ETP are the ones doing the baiting, goading our local authorities with lies to intimidate and abuse my family. Look at who has actually inflicted damage here: ETP has poisoned dozens of families' wells across the state, spilled over 100 times and harassed and intimidated anyone who opposes them."

Since pipeline construction began on the



**Ellen (right) and Elise Gerhart.** Ellen Gerhart, 63, has been targeted by Energy Transfer Partners with contempt of court claims for monitoring pipeline construction on her own land. Elise did a months-long tree-sit on their property

Gerhart property, Ellen has spent countless hours monitoring and documenting construction activity. Given that ETP has recorded well over 100 spills and contaminated well water of over a dozen families since construction began, Ellen and her family did not trust state regulators to protect their land and water. Ellen has documented dozens of instances of environmental damage to her property during construction thus far. Evidence of sedimentation, spills, improper erosion controls and more are all available.

This legal bullying adds insult to injury for the Gerhart family, who already have had their land seized and destroyed via eminent domain to enable ETP to build the natural gas liquids pipeline through their property. The Gerharts have never given Sunoco permission to enter their property.

A video of Ellen's arrest can be seen at <https://www.facebook.com/Camp-WhitePinePA/videos/2163643553905440/>

**Stop ETP.org is a group of communities working together to protect water, air, land, and sacred sites from the company behind the Dakota Access, Bayou Bridge, Trans-Pecos, Mariner, and Rover pipelines.**

**Source:** <http://stopetp.org/2018/07/28/gerhart-arrest/>

**NEWS FLASH FROM DESMOG BLOG:** By Sharon Kelly; August 1, 2018: Retired Schoolteacher Sentenced to Two to Six Months by Pennsylvania Court of Common Pleas Judge George Zanic After Sunoco Claims She Violated Court Order in Mariner East Pipeline Dispute

## Action *continued from previous page*

ticated ladders of engagement you design for them, sending them customized emails based on their actions automatically.

### FOR ORGANIZERS, BY ORGANIZERS

Action Network was built by organizers for organizers. We believe in doing one thing and doing it well, rather than trying to be all things to all people, and digital is our thing. Best practices are baked in. Social media is ready to spread the word on every action. Target with advanced queries or manage activists individually. All the data you need to make digital organizing decisions is right up front.

### PARTNERSHIPS FOR ALL SHAPES AND SIZES

As a nonprofit dedicated to building power for the progressive movement, we don't have clients – we have partners. Individuals and small groups can use our tools for free, partners get access to additional features and larger federated organizations get access to our networks tools, perfect for federated organizing. We're proud to have partners large and small throughout the movement. You can view just a few of our partners: <https://actionnetwork.org/partnerships>.

### PRICING

Action Network is a nonprofit that seeks to be accessible to the entire progressive

movement, and partners typically contribute half to a third of what they would be paying for-profit vendors. Action Network partnerships begin at \$10 per month, which enables a partner to send an average of 10,000 emails per month.

Your price typically depends on the average total volume of email you send. We're glad to provide you with quotes based on your expected usage, just contact us.

You can find out more about these features and the rest of our toolset at <https://actionnetwork.org/toolset>.

**Source:** [https://actionnetwork.org/event\\_campaigns/rise-for-climate](https://actionnetwork.org/event_campaigns/rise-for-climate)

## Forests are the Basis of Life on Earth, Mr. Juncker, and Deserve Your Attention

By Hannah Claustre Mowat, Campaigns Coordinator for Fern, an organization based in the heart of the EU, dedicated to protecting forests and the rights of people who depend on them.

Thomson Reuters Foundation: July 13, 2018

The EU is in danger of failing to deliver on its commitments to protect forests and land. It's easy to appear alarmist when talking about the state of the world's forests. Yet sober analysis – not scare-mongering – makes protecting them one of our most urgent tasks.

Consider the data released last month by Global Forest Watch: 2017 was the second worst year on record for tropical-tree-cover loss. Every minute the equivalent of 40 football fields of trees vanished. The findings, if anything, seem grimmer when broken down nationally.

Colombia suffered a 46 percent increase in tree-cover-loss in 2016; Brazil experienced its second highest rate of recorded tree-cover-loss ever; in the Democratic Republic of Congo, tree-cover-loss exceeded previous records.

In the EU, things don't look much better. The EU's own models show that their forests will absorb half as much carbon in 2050 as today, due in part to an increase in harvesting forests for energy. The recently concluded Renewable Energy Directive has done little to prevent this from happening. And the EU's Land Use Change and Forestry Regulation contains so many caveats that even experts can't tell us if the EU will be able to count the real emissions released from forest destruction.

Yet humanity's fate is inseparable from that of the planet's forests. More than 1.5 billion people rely on them for their survival, and as the recent Nature4Climate initiative shows, they are crucial in the fight against climate change. Since deforestation is responsible for 11 percent of global emissions, it will be impossible to limit warming to 1.5 degrees without protecting them. They cradle 80 percent of the world's plants and creatures, and protect land and water. Their health benefits are also legion: spending even a short time in a forest improves people's mood, cardiovascular health and reduces blood pressure and stress.

Today, forests' perilous condition will be the focus of U.N. and government officials, NGO representatives and others gathered in New York reviewing progress towards the 15<sup>th</sup> Sustainable Development Goal (SDG), namely: to "promote the implementation of sustainable management of all types of forests, halt deforestation, restore degraded forests and substantially increase afforestation



Photo by Joe Mabel ©

*Riparian forest, Nisqually National Wildlife Refuge, Washington, USA.*

tion and reforestation globally?"

It seems an opportune moment to reflect on the EU's role in driving deforestation across the world – and its alarming failure to stop it.

Agriculture is the biggest cause of deforestation globally, and the EU is the world's second biggest importer of agricultural goods which cause deforestation. Most of this is happening illegally. Nearly half of tropical deforestation for commercial agriculture is the result of illegal clearing, which a recent study estimates leads to U.S. \$2,300 per hectare in lost taxes in forested countries. This also means there is no level playing field for products that we also produce like soy, putting EU farmers at an unfair disadvantage.

The EU has made the first steps. It has made commitments to act. Aside from its commitment to tackle deforestation under the SDGs, there is its pledge under the 7<sup>th</sup> Environment Action Programme to draw up an Action Plan on Deforestation, as well its undertaking to halve the rate of deforestation by 2020 under the New York Declaration on Forests. It has also explored options for making a change.

Earlier this year a much-delayed feasibility study showed how the European Commission could fight deforestation, including what the authors said was the most effective way: new legislation to make it mandatory for companies importing and consuming forest-risk commodities to conduct due diligence on goods they place on the EU market.

So now, it's time for the EU to take this effective action. And it's not only Fern who

are saying this. Scores of NGOs – among the largest in Europe – and 167,000 citizens have made a direct plea to President Juncker to act. The European Parliament is pressing for action. All the biggest importers of so-called forest-risk commodities – Netherlands, UK, France, Germany and Italy are calling for action. The 470 companies who import forest-risk commodities have already pledged to eliminate deforestation from their supply chains, though progress is slow and it is unlikely they will meet them without help from governments.

With only 18 months left to meet the SDG deadline to halt deforestation, the foot needs to be on the accelerator. But so far, we are witnessing a spectacular display of the EU at its worst, with an administrative logjam blocking action to protect the basis of life itself, forests.

At this rate, there is a high risk that SDG 15's 2020 goal to end deforestation will sail by, unmet. Worse, it may sail by without a plan. It is this kind of apathy that makes cynical citizens, anxious at a lack of protection, into angry voters, triggering the waves of populism that we have seen across Europe and beyond.

Imagine a world without forests, Mr. Juncker? Don't let this be your legacy.

**Hannah Claustre Mowat is Campaign Coordinator at the forests and rights NGO.**

**Source:** <http://news.trust.org/item/20180711130842-4jim820180711130842-4jim8item/20180711130842-4jim8/>

## PA Township Bans Corporate Industrial Farming

Submitted by Marjorie Hudson  
McConnellsburg, PA

### Community Enacts Law to Protect Family Farms and its Environment

Last night, supervisors in Todd Township, Huntingdon County, voted 2-1 to adopt a Community Bill of Rights ordinance banning industrial farming. The rights-based law prohibits farming operations when the animals are not owned locally and when most of the farm's revenues do not stay within the Township. Farming operations that are contrary to the scenic and esthetic values that provide Todd Township's rural character are also prohibited.

Industrial farming operations threaten drinking water supplies, allow inhumane treatment of livestock and severely lower the quality of life for community members.

The ordinance was drafted by residents with the assistance of the Community Environmental Legal Defense Fund (CELDF), which has supported nearly 200 communities across the U.S. that have adopted Community Rights laws to protect themselves from harmful activities such as fracking, sludging, pesticide spray and other harms. Todd Township's ordinance recognizes the community's rights to local community self-government and to clean air and water. The ordinance also ensures that local family farm operations are encouraged and protected.

"This is actually a pro-farming ordinance," said Stephanie Perez, a member of Todd Township Community Action, the group that spearheaded the creation of the ordinance. "We want to make sure that our farming heritage is allowed to continue in Todd Township, which means protecting our environment and our family farms from the harms that come from industrial farm operations."

Chad Nicholson, Pennsylvania community organizer for CELDF, stated, "Todd Township residents and supervisors have worked tirelessly over the past year to pro-



Photo by Joe Calzarette

*Jacks Mountain, as viewed from Shirleysburg in Huntingdon County, Pennsylvania, Wikipedia Commons*

tect their community from industrial-scale agriculture operations, which would harm the environment, treat animals inhumanely and destroy the community's quality of life. This isn't just about farming, it's about a community's right to protect itself from harmful corporate activities that are permitted and legalized by our own state government."

### Pennsylvania Communities Part of Growing Movement

Todd Township and other Pennsylvania communities are advancing Community Rights as part of the broader Community Rights movement building across the U.S. Local communities and state Community Rights Networks are partnering with CELDF to advance and protect fundamental democratic and environmental rights. They are working with CELDF to establish Community Rights and the Rights of Nature in law, and prohibit fracking, factory farming, water privatization and other industrial activities as violations of those rights.

Communities are joining together within and across states, working with CELDF to

advance systemic change – recognizing our existing system of law and governance as inherently undemocratic and unsustainable. Pennsylvania joins state Community Rights Networks in Oregon, New Hampshire and Ohio, where residents are advancing Community Rights state constitutional amendments.

For additional information regarding petitioning communities, contact CELDF at [info@celdf.org](mailto:info@celdf.org). To learn about the Community Rights Movement, visit [www.celdf.org](http://www.celdf.org).


**CELDF is a non-profit, public-interest law firm providing free and affordable legal services to communities facing threats to their local environment, local agriculture, local economy and quality of life. Its mission is to build sustainable communities by assisting people to assert their right to local self-government and the rights of nature. CONTACT Chad Nicholson, PA Community Organizer, 207-541-3649, [chad@celdf.org](mailto:chad@celdf.org).**

Source: <https://celdf.org/2018/07/press-release-pennsylvania-township-bans-corporate-industrial-farming/>

---

## She Cut Her Weekly Trash Down So Much it Fits in a Tiny Jar

Submitted by John Conner  
Shade Gap, PA

By Victoria Adams Fogg, excerpt   
*Washington Post*: July 7, 2018

Tippi Thole recycled. She composted. She thought she was doing a pretty good job environmentally. Then she heard a talk on

plastics, and the container of trash that she and her eight-year-old son emptied out every week began to look irresponsible.

Thole replaced her 10-gallon kitchen can with the small wastebasket that had been under her bathroom sink, and she started to change the way she shopped and lived.

Within 14 weeks, the family's weekly trash

fit into a 2½-inch-tall Mason jar. With room to spare. . . .

Read entire story at [https://www.washingtonpost.com/national/health-science/she-cut-her-weekly-trash-down-so-much-it-fits-in-an-unbelievably-small-jar/2018/07/06/a062bd26-73d9-11e8-805c-4b67019fce4\\_story.html](https://www.washingtonpost.com/national/health-science/she-cut-her-weekly-trash-down-so-much-it-fits-in-an-unbelievably-small-jar/2018/07/06/a062bd26-73d9-11e8-805c-4b67019fce4_story.html)

## The Go-Back Club #41, August 2018: Page 21

By Robert Mueller from *Most of All, They Taught Me Happiness*

Photos by Fran Staret.

*Flowers found on the streets of Philadelphia.  
May you have a flower garden in your heart.*

decide to be happy  
render others happy  
proclaim your joy  
love passionately your miraculous life  
do not listen to promises  
do not wait for a better world  
be grateful for every moment of life  
switch on and keep on the positive buttons in yourself, chose  
marked

optimism, serenity, confidence, positive thinking love  
pray and thank God every day

meditate

smile

laugh

whistle

sing

dance

look with fascination at everything

fill your lungs and heart with liberty

be yourself fully and immediately

act like a king unto Death

feel God in your body, mind, heart and soul

and be convinced of eternal life and resurrection



# All the Ways Social Media Is Affecting Your Mental Health

Submitted by Bill Boteler  
Washington, DC

By Maxwell Barna in Tech   
Highsnobiety: Apr 18, 2018  
Titelmedia / Eva Al Desnudo / Highsnobiety



Photo: Titelmedia/Eva Al Desnudo/Highsnobiety

The internet has given us something extraordinary. At the touch of a button, we can know where the nearest bars and restaurants are. We have the answers to all the questions we could ever ask in the palms of our hands. We can talk to friends and family from thousands of miles away in real time, without having to leave the comfort of our bedrooms. We know what our friends from high school are doing, how we feel about politics and what people we barely know ate for dinner – all at the click of a mouse or tap of an app icon.

If you were to ask the average person, they'd probably tell you the world has never before been connected like it is now.

But for all the praise we give social media, there's more to it than meets the eye and not all of it is good. When was the last time you had lunch with a friend without one of you checking your email or your Instagram feed? When you're wondering what your friends back home are up to, do you pick up the phone and call, or do you simply check their snap stories?

At the end of the day, it's an important conversation to have, and at the root of it is the question: Have inventions like Facebook, Twitter and Instagram put us in touch with each other in ways we never thought possible, or is it possible that these incredible inventions are actually harming our personal development and stunting our

social growth?

Well, it turns out social media is pretty shitty, according to hundreds of scientific and psychological studies. Here below you'll find a roundup of all the ways social media is affecting your health.

## It Creates Unrealistic Expectations About Life

This one is shocking to absolutely no one, but social media – the things we see in places like Facebook, Instagram and Twitter – is often a window into exaggerated and even misleading versions of peoples' lives. It's nothing new; people have postured about their day-to-day extravagance since man created extravagancies.

What is interesting – and troubling – is that the way we see others behaving on social media is starting to have real-world impact on the ways we behave. A study surveyed people across the United Kingdom, Spain, France and Italy and found that over 66 percent of the people surveyed make posts on social media designed to make it look like their lives are more interesting and adventure-filled than they actually are.

What's worse is that of the British people who took the survey, over 52 percent of them said they post pictures specifically to make their friends and families jealous. And other studies have found that once we set those bars for ourselves, we distort our self-images and self-worth until we realize we can't live up to what we've created about ourselves on the Internet. It's a vicious cycle.

## It Makes Us Sadder



Photo: Getty Images / Domitrios Kambouris

This one is a little less obvious, especially if you're like us and 90 percent of your

social media feed is sneakers, memes and animal pics – things that make us happy.

And for all intents and purposes, that's what we expect from social media. We go there when we're stressed-out or bored, then scroll through our various feeds looking for a momentary reprieve from the real world going on around us. That doesn't sound too bad on the surface, but its side effects can be nothing short of dangerous.

While social media definitely plays at least a somewhat beneficial role in helping maintain our psychological well being, the studies are becoming increasingly clear: these "social connections" actually increase our mental anxieties and stress.

One study from a research team at UC San Diego found that the more people use Facebook over time, the more likely users are to experience negative mental health and negative life satisfaction. Another study conducted by the Young Health Movement and the Royal Society for Public Health survey found that 14- to 24-year-olds believe that social media is worsening bullying, body image anxiety and feelings of depression and loneliness. Instagram was found to be the worst offender.

It seems to be that while things are all good when our faces are tucked deep into our screens – once we put our phones away and pick our heads up, coping becomes even more difficult.

## It Makes Us Irrationally Jealous

This is one we're probably all guilty of. Derrick from high school, that you never thought was going to go anywhere in life, has somehow managed to make a living traveling the world and experiencing the finer things in life – all through a glorious set of perfectly curated filters.

But you? You work in an office. You get two vacations a year – every year – and you usually spend them in bed, hiding away from the world outside for a couple days. Ugh. Fuck Derrick.

That's how it starts. And then Derrick's incessant traveling turns into Mark's handsome baby boy, Jen from sales' new BMW and Jerome's smokin'-hot new girlfriend. Suddenly, your life – your mid-level marketing gig, your Toyota Corolla, Stubbles (your cat) – ain't shit. Or so it seems, at least.

If that analogy cut some of you a little deep (it probably didn't, I know), well

**Social Media** *continued on next page*



*Remember your dreams.*

## Letters and Emails from our Members



**Hi Iona,**

I love to reading your Earth so beautiful.  
**Monica Lu Pennell**, Huntingdon, PA

**Iona,**

Congratulations for hanging in there! You may want to cover the events in Lafayette, CO, where citizens have been saying “No” to fracking, even had a Climate Bill of Rights enacted to stop it, but City Council is trying to implement regulations to allow the drilling. Last week, the people stopped that effort by taking over the Council meeting, shutting it down and occupying

the chamber. Here’s a link on CELDF’s web page about it: <https://celdf.org/2018/06/lafayette-co-residents-shut-down-city-council-meeting/>

**Ben Price**, Bowmanstown, PA

**Hi,**

I just reread the Social Media article. It’s horrible what they’ve done. They’ve addicted a civilization. So, I really do hate capitalism. We can’t reform an economic system that does so much damage to people and planet. If someone says to me, “Look at all the good it does, look at the hot and cold

running water and the microwave oven,” I’ll say – yes, but we survived 50,000+ as tribal people. Do you think we can survive another 500 years doing things like this to ourselves? I don’t think we will.

**Bill Boteler**, Washington, DC

**Hi, Iona.**

All those little cave boys got ordained as monks, in honor of the two people who died saving them.

They are living in the monastery and meditating for nine days. How sweet.

**C.B.** Blairs Mills, PA

**Social Media** *continued from previous page* you’re not alone. A study conducted last year by Kaspersky Lab showed that the more people use social media, the more jealous they become of their peers. According to the study, nearly 60 percent of participants said they viewed at least one friend as having a better life than them based solely on their social media presence, and almost half of them said they’ve been upset after viewing photos of a friend’s life event. A quarter of participants said they feel jealous if they see a friend like someone else’s post and not theirs.

This is one we’re probably all guilty of.

### It Can Ruin Relationships



Photo: Titelmédia/Blake Rodich

If you’re not careful, social media can ruin relationships. And I’m not just talking about those couples we can’t stand that do everything together for the ‘Gram.

A study from researchers at the University of Michigan examined the associa-

tion between attachment insecurity and electronic intrusion (unhealthy stalking of peoples’ significant others using social media). The researchers found that, in high schoolers, higher levels of attachment anxiety (and trust issues) were associated with more frequent use of electronic intrusion.

In regular people terms, it means that the more you use social media, the more likely you are to be too far up your significant other’s ass, and – shocker – the less likely you are to trust one another.

It’s not just in teenagers, of course. Another study, published in *Psychology Today*, explored the relationship between people in relationships, their usage of Facebook and the frequency of Facebook-related conflicts. Out of 205 participants, they, too, noticed a correlation between Facebook use and Facebook-related conflict. They also found a noticeable relationship between Facebook-related conflict and negative relationship outcomes.

### It’s Highly Addictive

On top of everything else, the cherry on the cake, the *pièce de résistance*, is the fact that research also demonstrates that no matter how shitty it makes us feel, how negatively it affects our relationships and how much it actually affects our everyday lives, we’re still addicted to it.

Like, we’re literally addicted to it. Worse still, we’re addicted to it because its creators specifically designed them to be addictive. Even now, when we’re more conscious of it than ever before, it’s still not getting better.

In fact, it’s so bad that a place like The Center for Internet Addiction actually exists.

That all sounds crazy, until you realize that there are billions of social network users worldwide, over 300 hours of video are uploaded to YouTube every minute and 70 million photos are uploaded to Instagram every damn day.



Photo: Titelmédia/Eva Al Desnudo

We present these social platforms as extensions of ourselves, and in the process, we use them for our own personal validation, to explore our fear of missing out, to compare ourselves to others, to feed our egos, etc. We love it, and the more popular it gets, the deeper into the rabbit hole we go.

It looks like all the funny kitten videos in the world won’t be enough to fix the damage we’re doing.

**Source:** <https://www.highsnobiety.com/p/social-media-and-mental-health/>