



Safety~Net

October 2007
Vol. 3, Issue 3

Sustainable living increases social security

Each issue of Safety-Net has reports from Bloomington social service/non-profit agencies and an extensive Agency Guide. There are also articles about programs and services provided by the City of Bloomington as well as focus articles about a particular topic of community interest, and Special Sections. The Special Sections in this issue are: Criminal Justice Programs (p. 19); Volunteering Opportunities (p. 17); Youth Programs (p. 14); Directory of agencies and services (middle section of paper).

Focus articles; sustainability. The

focus articles in this issue are about sustainability. The articles cover subjects such as recycling of food to feed the hungry, other recycling programs, a Community Food Project organized by Middle Way House, community gardening, nutrition education, making homes more sustainable, solar energy use in the Bloomington EverGreen Village homes, the potential future of solar energy projects in Bloomington, the need to preserve our "Greenspace", and reports from the Bloomington Commission on Sustainability, the Indiana University

Task Force on Campus Sustainability, the Caldwell Center for Culture and Ecology, the Center for Sustainable Living, and the Local Growers Guild. For a complete listing of articles, please see the quiz on p. 2.

Upcoming public forums. There will be two important public forums taking place during the second week in October. One will be "A Conversation about Poverty" with mayoral candidates Mark Kruzan and David Sabbagh. This will take place October 9, 6 p.m., at the First United Methodist Church. The other

public forum will be "Decriminalizing the Mentally Ill in Bloomington" featuring representatives from the criminal justice system, Bloomington Hospital, and the Center for Behavioral Health. This will take place October 11, from 7-9 p.m., in the Monroe County Public Library Auditorium. For more information, please see the advertisements on p. 11.

Hispanic Heritage Month. During September 15 to October 15 Bloomington celebrates Hispanic Heritage Month. Please see the bilingual article on p. 3 by Melissa Britton, Latino Outreach Coordinator for the City of Bloomington.

Bloomington: Working toward a sustainable city

By Mark Kruzan, Mayor, City of Bloomington

Four years ago, while running for Mayor, I based my campaign on three fundamental principles:

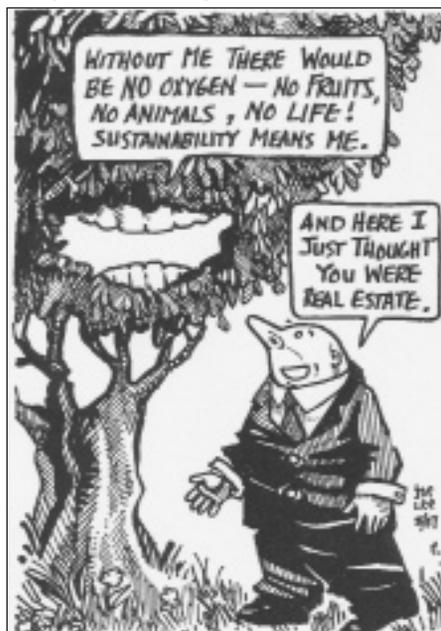
- Promoting economic vitality.
- Improving the human condition.
- Preserving and enhancing community character.

I didn't realize it then, but I soon came to learn that these concepts mirror the principles of sustainability, a word that fast has become part of our everyday language.

Sustainability is a word loaded with complexity. What does it mean? To some it means development that meets the needs of the present without compromising the ability of future generations to meet their own needs.

To others it is the simultaneous approach of addressing the "three Es" of sustainability: Environmental health, Economic development and social Equity. In other words, for a society to be sustainable it must have a thriving economy, a healthy environment and must meet basic human needs.

Now, translate that to the development of a community. When you're talking about "spending" in a community (or a world for that matter), you've got to include the economic spending (money), as well as the human capital and the



Editorial cartoon by Joe Lee.

natural and environmental resources. When you're talking about "earning," there's the community's economic condition, and the condition of its citizens.

When a community employs sustainable approaches to development, it aims to provide opportunities for all of its citizens to enhance their condition. I feel strongly that that goal should be at the heart of all that local government does, and it is certainly at the heart of our Sustainable City Initiative.

See "Sustainability," page two

Hoosier Hills Food Bank 'rescues' unserved food

By Stephanie Solomon, Volunteer Coordinator, Hoosier Hills Food Bank



Photo by Pam Kinnaman

A Shalom Community Center guest (left) and a friend from the Hoosier Hills Food Bank stand in front of an HHFB truck.

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96 billion pounds of edible food in America is discarded

In a country where 35 million people are food-insecure and landfills continue to multiply, it is unconscionable that 96 billion pounds of food go to waste each year. America's Second Harvest cites that of the food produced for human consumption, 27% is wasted annually, and on average most Americans throw away over 160 pounds of food annually. At the

Hoosier Hills Food Bank here in Bloomington there is an emphasis on food rescue and salvage, and a constant attempt to get food out fast enough to cut down on waste while providing those in need with quality food.



See "HHFB," page two

This publication is made possible by the financial support of the City of Bloomington.

Meal Share program “rescues” unserved food

The Food Bank program that most directly addresses both the issues of cutting down on waste and feeding the hungry is the Meal Share program. In 2006, the Meal Share program rescued and distributed 57,231 pounds of food, creating 43,030 meals from food that might have gone to waste.

How is this done? Each day, a food bank truck circulates Bloomington, as well as heading twice a week to the casino in French Lick, to pick up prepared but unserved food from area restaurants. Meal Share staff are certified in safe food handling and ensure that food safety regulations are followed in the collection, repacking and distribution of the rescued food. Also, the kitchen is regularly inspected by the county and state health departments.

Food Bank Meal Share driver Jonas Flanary brings empty food containers to

a variety of restaurants and loads up on foods varying from vegetable stir-fries and baked chicken to pizza. The food is stored on a refrigerated truck and delivered to the food bank at the end of each work day. Some of the regular donors of food to the program are the Indiana Memorial Union Tudor Room, the Bloomington Hospital cafeteria, the Cyber Café, Pizza Hut and Avers Pizza.

You can volunteer at the Hoosier Hills Food Bank

Three times per week, groups of 5-15 volunteers arrive at the food bank and help repackage the food into family-sized bags, which are then frozen and distributed to local feeding agencies. These volunteer sessions are open to anyone interested in volunteering, and are run by the food bank’s Food Rescue Coordinator, Colette Eno. Volunteers come from all over the Bloomington area, and the sessions often are populated by local church members, Girl Scout troops, IU students and other dedicated volunteer groups. To volunteer, reference the directory of agencies and services.

Mother Hubbard's Cupboard: Community food security

By Brooke Gentile, Executive Director

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Hunger is a serious problem in the Bloomington community. With an 18.9% poverty rate in Monroe County, it is clear that many families need assistance in meeting their basic needs. Eighty-five percent of Mother Hubbard’s Cupboard’s clients have incomes of less than 30% of our area median income. While it is imperative that people in need have easy access to food, too often nutritional quality is compromised by the overall expensive nature of healthy foods. The wellbeing of people in our community, particularly those most in need, suffers as a result. Mother Hubbard’s

Cupboard (MHC) is a community food pantry organized around the belief that all people, regardless of economic status, deserve access to food that will benefit their health. This is why we stock healthy foods in our pantry, grow organic vegetables in our gardens, and teach about healthy cooking.

Food Pantry

Our mission is to provide wholesome, healthful foods to people in need, as well as nutrition and gardening education to build a healthier, more self-sustaining and self-sufficient community. MHC is Bloomington’s largest food pantry, currently serving an average of over 1,415 clients per week.

See “MHC,” page three

Sustainability

Continued from page one

The Sustainable City Initiative involves a

new perspective on the management of city government and requires an active effort to employ sustainability measures in the promotion of economic vitality.

With this in mind, we are enhancing our economic development efforts to, well, sustain sustainability.

I see a future where public dollars leverage human as well as physical capital. That’s why City Council members and I have restructured the City budget to finance the following initiatives:

- Social services as economic developers.
- Arts as business.
- Increased investment in small businesses.
- Additional staff support for sustainable

economic development.

By supporting social service agencies that help those most in need, the City is reaching out in terms of social equity. In the past three-plus years, we have increased social service funding in several key areas. Below are a few examples:

NETS (Nurturing Each To Success) is a partnership with the Monroe County Community School Corporation (MCCSC) to actively reduce the high school dropout rate through a participatory, community process.

The HIRE (Help In Reaching Employment) program supports the development of a documented, ready workforce through a collaborative effort with Ivy Tech Community College – Bloomington, MCCSC Adult Education, Work One and Hoosier Hills Career Center. HIRE Certification is designed as the next step of documented

education beyond a high school diploma/GED.

Beyond these two important programs, my administration has supported increasing the Jack Hopkins Social Service Fund for the third consecutive year. Even though the City received more requests for assistance than dollars available, these funds supported such programs as: El Centro Comunal Latino, Community Kitchen of Monroe County Inc, Martha’s House, Middle Way House Inc., Monroe County United Ministries Inc., My Sister’s Closet, Shalom Community Center, Inc., South Central Community Action Program Head Start, Stepping Stones, Stone Belt Arc, Inc. and Volunteers in Medicine of Monroe County.

The creation of a citizen-driven Commission on Sustainability and formal Sustainability City Initiative policy and staffing led by the economic development team will advance the cause and reap significant rewards. The concepts and processes are ambitious, but doable. Here are a few ways to achieve our goals:

- Utilize local production to fit local needs.
- Foster smart growth.
- Preserve the natural environment.

- Develop ordinances that encourage a sustainable future.
- Launch energy-efficient initiatives.
- Use green building design.
- Fund greenspace acquisition.

Finally, that new perspective on management is finding its inspiration from all levels of City employees. In early 2006 the City’s economic development team created Team Green. Composed of employees from each department, Team Green identifies ways to make the City more sustainable and environmentally sound. Team Green is the vehicle by which conservation methods and sustainable practices are implemented in City Hall and other City facilities. Members of Team Green act as liaisons between their departments and the Team, sharing best practices and generating new ideas on how the City can achieve a greater level of sustainability.

I believe the Sustainable City Initiative will help us create new ways for our community to thrive without compromising future generations of Bloomingtonians. I look forward to the continued community dialogue and newfound partnerships that will arise to implement these new ideas.

Quiz

1. How many billion pounds of food are discarded in America? Is anything being done about this locally? See Hoosier Hills Food Bank article, p. 1.

2. What is the poverty rate in Monroe County? How is Mother Hubbard’s Cupboard helping poor people locally? See p. 2.

3. How does Bloomington WIC serve local women and children of low income? See p. 4.

4. What is the Local Growers Guild, who is involved, and why is it important? See p. 5.

5. Is the use of solar energy in homes happening in Bloomington? Why should solar energy resources be developed? See p. 6.

6. Why is “green infrastructure” necessary for our survival? What are “green buildings”? See p. 7.

7. How are the City, I.U., and local agencies addressing sustainability issues? Are there commissions and task forces? Can you become involved? See pp. 8, 9, 10.

8. What is happening at the Farmers Market? Does the Farmers Market accept food stamps? See p. 9.

9. How is Middle Way House developing a “local food system”? See p. 12.

10. What important fundraiser for the Monroe County Public Library will soon occur at the Buskirk-Chumley Theater? See p. 12.

11. Do you know your right to fair housing? See p. 13.

12. What is the CBH Breakfast Learning Series? See p. 13.

13. How do the Library, PALS, Stepping Stones, Boys and Girls Club, Big Brothers Big Sisters, and WonderLab provide for Bloomington youth? See Youth Programs, pp. 14-16.

14. Why is volunteering important, and how can you volunteer? See Volunteer Opportunities, pp. 17,18.

15. What is the Drug Treatment Court? What rehabilitative programs are offered at the jail? Are there re-entry programs? See pp. 19, 20.

16. If someone needs help with housing, food, utility bills, health issues, and other services, where do they go? See Directory of Agencies and Services, pp.

About Safety-Net

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Safety-Net is a volunteer driven free quarterly newspaper coordinated by the Shalom Community Center, a daytime resource center for people experiencing homelessness and poverty. Articles are written by representatives of the City, County, and local social service/nonprofit agencies, and are about programs and services that are provided, as well as issues that should be addressed in our community. Our thanks to the City of Bloomington for providing the funds for printing Safety-Net. Previous issues of Safety-Net can be accessed at www.shalomcommunitycenter.org.

CONTACT US

Comments and suggestions can be transmitted to the editor at white@indiana.edu.

National Hispanic Heritage Month is for everyone

By Melissa Britton, City of Bloomington Latino Outreach Coordinator

National Hispanic Heritage Month is a time to recognize the multiple contributions Hispanic-Americans have made to the United States. We often refer to the Latino and Hispanic sectors of our population as a separate "community" when in fact they are part of something larger: our community. President Bush once said: "The warmth and vitality of the Hispanic culture are great gifts to America and are part of the unique fabric of our country," and I agree with him.

In 1968, President Lyndon B. Johnson proclaimed a week in September as National Hispanic Heritage Week and the observance was changed in 1988 to a month long celebration (Sept. 15-Oct. 15). During this month, we celebrate the culture, traditions and contributions of Hispanic-Americans. September 15 is a starting point for the celebration because it is the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. Mexico and Chile celebrate their independence days on September 16 and September 18. Be sure to take advantage of all the events and educational programs offered throughout Bloomington in observance of Hispanic Heritage Month.

For a complete listing of Hispanic Heritage Month events, please visit the online City of Bloomington Multicultural Calendar at www.bloomingtononline.net/calendar. Here are some events to look

forward to:

September 14: National Hispanic Heritage Month Opening Reception. 4-6 p.m. at the Neal-Marshall Black Culture Center Grand Hall). The Center for Latin American and Caribbean Studies, Latino Studies and La Casa cordially invite you to the opening celebration of National Hispanic Heritage Month. Program runs September 15 through October 15.

September 15: Festival Latino. 1-6 p.m. at Dunn Meadow (corner of Indiana Ave and 7th St). This festival is a free outdoor concert open to all on campus and in the community. The event provides the opportunity for individuals to visit the food, cultural activities and information booths set up throughout the meadow area. The festival will kick off National Hispanic Heritage Month.

September 20: International Latin American Student Association Latin Film Series. 7 p.m. at the Leo R. Dowling International Center (111 S Jordan Ave). Pan's Labyrinth (El Laberinto del Fauno) 2006 - In this fairy tale for adults, 10-year-old Ofelia (Ivana Baquero) stumbles on a decaying labyrinth guarded by Pan (Doug Jones), an ancient satyr who claims to know her destiny. Spanish with English subtitles.

See "Heritage," page four

El Mes Nacional de la Herencia Hispana es para Todas y Todos

Por: Melissa Britton, Coordinadora, City of Bloomington Latino Outreach

El Mes Nacional de la Herencia Hispana es un tiempo para reconocer las contribuciones que han hecho los hispanoamericanos a los Estados Unidos. Con frecuencia nosotros calificamos a los sectores Latinos e hispanos de nuestra población como otra "comunidad" separada, pero son parte de algo más grande: nuestra comunidad. El Presidente Bush dijo "la cordialidad y vitalidad de la cultura Hispana son regalos especiales a América y son parte de lo que hace a nuestro país único," y en esto, estoy de acuerdo.

En 1968, el Presidente Lyndon B. Johnson proclamó una semana en septiembre como La Semana Nacional de la Herencia Hispana, pero la observancia fue cambiada en el 1988 a una celebración que dura un mes entero (15 de septiembre – 15 de octubre). Durante este mes, celebramos la cultura, tradiciones y contribuciones de hispano-americanos. El 15 de septiembre comienza la celebración porque es el aniversario de independencia de cinco países latinoamericanos: Costa Rica, El Salvador, Guatemala, Honduras y Nicaragua. México y Chile celebran sus días de independencia el 16 de septiembre y el 18 de septiembre. Aproveche todos los eventos y programas educativos ofrecidos en Bloomington en observancia del Mes de la Herencia Hispana.

Para una lista completa de los eventos del Mes de la Herencia Hispana por favor visite el calendario multicultural de la Ciudad de Bloomington: www.bloomingtononline.net/calendar. Aquí están algunos

eventos a disfrutar:

Septiembre 14: Recepción de Inauguración del Mes de la Herencia Hispana. 4-6 p.m. en el Neal Marshall Black Culture Center, Grand Hall. El Centro Para Estudios Latino Americanos y del Caribe, los Estudios Latinos y La Casa cordialmente le invitan a la celebración del comienzo del Mes Nacional de la Herencia Hispana (15 de septiembre – 15 de octubre)

Septiembre 15: Festival Latino. 1-6 p.m. en la Pradera de Dunn (esquina de la Avenida Indiana y la calle 7). Este festival es un concierto al aire libre y gratis para todos en el campus y la comunidad. Este evento será en Dunn Meadow y le provee la oportunidad a visitar los puestos de comida, actividades culturales e información. El Festival será el comienzo de la celebración del Mes de la Herencia Hispana.

Septiembre 20: (ILASA) Serie Cinematográfica Latina. 7 p.m., en el Centro Internacional Leo R. Dowling (111 S Avenida Jordan). Pan's Labyrinth (El Laberinto del Fauno) 2006 - En este cuento de hadas para adultos, Ofelia (Ivana Baquero), una niña de 10 años de edad, se encuentra con un laberinto que es protegido por Pan (Doug Jones), un sátiro antiguo que reclama saber su destino. En Español con subtítulos en Inglés.

Ve "Herencia," página cuatro

MHC

Continued from page two

In 2006 MHC distributed 577,000 pounds of

food to 69,550 client visits. Since this time last year MHC has experienced a 20% increase in client services. Though it is hard to keep pace with demand like that, we were able to succeed thanks to the support of our dedicated volunteers, community donors, and the valuable work of Hoosier Hills Food Bank, that provides our food supply. We offer our services in ways that build community while enhancing the dignity, respect, and self-care of all involved. Patrons enjoy a simple sign in process rooted in the honor system, a grocery bag for each person in their household, the opportunity to select from a diversity of food items, and the ability to shop at MHC once a week.

At MHC we do more than provide people with food. Our Community Gardening Program goes straight to the source of our interest in food—growing nutritionally robust produce ourselves. In this program, we teach patrons, volunteers and community members the skill of organic

gardening, while raising fresh produce for the pantry. Thanks to increased garden size with The City of Bloomington Parks and Recreation and Harmony School this season MHC's gardens and volunteer crews have already grown over 2,000 pounds of local organic produce for our pantry shelves. Throughout the growing season we offer hands-on gardening classes where clients and community members can learn about anything from seed starting to compost making. We work to minimize food waste by composting food scraps from our food pantry and local restaurants to turn it into healthy soil for our gardens. MHC also partners in the local Plant-a-Row for the Hungry campaign, which encourages local gardeners to grow and donate fresh produce to alleviate hunger.

Through our Nutrition Education Program, we offer information about the benefits of proper nutrition and how to use the food available in our pantry. We provide recipes, food samples, handouts on nutritional issues, and even workshops on special topics like canning, bread baking, seasonal cooking, and fermenting. We



Photos submitted

Top: MHC volunteers harvesting beets from the Harmony garden.

Right: Volunteer Kevin Polk, with a leek harvest.

partner with local health professionals to lead classes and pass on knowledge about healthy eating habits.

It is our vision that, as a result of our programs, all those involved will begin to see the interrelatedness of nutrition, health, community sustainability, and the natural environment. We envision a community in which everyone has equal access to nutritious food, waste is minimized, and all members are healthy, self sufficient, and empowered to reach their full potential.



We create sustainable culture by building meaningful relationships with our volunteers and providing them the opportunity to give back to their community. MHC relies on over 70 active volunteers, 80% of whom are also food pantry patrons. To volunteer, reference the directory of agencies and services.

WIC: Multiple services for local women, children

By Amanda Roach, Media Relations Coordinator Bloomington Hospital

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Every month, more than 150,000 Hoosiers count on the Special Supplemental Nutrition Program for Women, Infants & Children—better known as the WIC Program—to help them provide healthy, nutritious food for their families. WIC serves to safeguard the health of low-income women, infants and children, up to age five.

In order to qualify for WIC, women must be pregnant, a new mom (up to six months after delivery), or a breastfeeding mom (up to one year after delivery). Infants and children under the age of five are also eligible. In addition, the woman, infant and/or child must live in Indiana and meet specific income guidelines.

Once accepted into the WIC program, women are provided with checks that can be used to receive nutritious food at no cost.

“The checks can be cashed at local grocery stores, and in the summer months, special checks are issued to use at Bloom-

ington’s Farmers’ Market to purchase fresh fruits and vegetables,” says Kathryn Knecht, RD, CD, IBCLC, WIC Program manager. “In addition to these checks, WIC also strives to provide education and information to help families make healthy choices when choosing foods.”

In addition, breastfeeding education and support is a major part of the WIC Program. WIC works with soon-to-be moms to provide education on breastfeeding before the baby is born to help ensure breastfeeding gets off to a good start. After the baby is born, WIC’s Lactation Consultants are available to help new moms with any problems they may have as well as answer questions. Breast pumps are also available at no cost to new moms in need.

“The Monroe County WIC Program has one of the highest rates of breastfeeding in Indiana. In 2006, 75 percent of our new moms were breastfeeding their babies,” Knecht says. “Our WIC team is passionate about helping new moms meet their breastfeeding goals.”

In October, Bloomington’s WIC Pro-

gram will be making changes to improve the customer’s experience at the clinic. The most significant change will be the move to a paperless system, meaning applicants will not have to complete any paper forms to apply for services. This, according to Knecht, will allow the WIC team to focus their efforts on the needs of the customers rather than completing paperwork.

She says, “We’re looking forward to advancing our systems and further improving the service we provide to our customers.”

The team at Monroe County’s WIC Program strives to provide each customer with quality care, information, education and the support they need. As one WIC participant says, “The wonderful women at WIC have always been so helpful. Cory is 15 months now, but I can still remember one of my first visits. I had called WIC when my son was a few days old and I couldn’t get him to nurse. Amy Truelove (WIC team member) got me right in and helped. Cory is still nursing thanks to them. I recommend WIC to everyone.”

Are you eligible?

To be eligible for WIC, women must meet specific income guidelines. Even if a woman does fall within these income guidelines, it is not a guarantee that she will be accepted into the WIC Program. For more information on applying, contact WIC at the information listed at the top of this article.

Household Size*	Annual income up to \$ (total before deductions)
1	\$1,899
2	\$25,327
3	\$31,765
4	\$38,203
5	\$44,641
6	\$51,079
7	\$57,517
8	\$63,955
9	\$70,393
10	\$76,831
11	\$83,269
12	\$89,707

*Household means a group of people (related or not) who are living as one economic unit. If you are pregnant, count yourself as two.

Herencia

Continúa de página tres

Septiembre 23:

Festival Multicultural

de Bloomington. 12 -4 p.m. en City Hall Showers Plaza (en caso de lluvia – las actividades serán movidas a la Municipalidad). ¡Celebrando a las poblaciones diversas en Bloomington y el Condado de Monroe por medio de entretenimiento, comida, y actividades para toda la familia! Patrocinadores: La Ciudad de Bloomington, Universidad de Indiana, el Colegio Técnico Ivy Tech, Corporación de la Escuela de la Comunidad de Condado de Monroe, Gobierno del Condado de Monroe.

Septiembre 29: Aprenda Nuevos Platillos. 10:30am-12:30pm en Showers City Hall Plaza (401 N. Calle Morton). Venga a celebrar el Mes Nacional de la Herencia Hispana, visite el mercado de los granjeros y aprenda a cocinar algunos platillos latinos magníficos. Las demostraciones empiezan a las 10:30am y terminan a las 12:30pm. La demostración de cocina será presentada por el Departamento de Recursos Comunitarios y Familiares de la Ciudad de Bloomington.

Septiembre 29: MCPL Celebración del Mes de la Herencia Hispana. 2-4 p.m. en la Biblioteca Publica del Condado. Habrá un festival con artes manuales para los

niños, Mariachis en vivo, comida y un artista haciendo caricaturas. Este evento es gratis y todo el público es bienvenido.

Octubre 12: “Talented pero Indocumentado: El Impacto del Debate Reciente Sobre los Asuntos de Inmigración.” 12 p.m. en el Centro de Cultura Asiática (807 E. Calle 10th). ¿Cuáles son las consecuencias de la ley fracasada de inmigración para los inmigrantes sin documentos y para la sociedad en general? Reúnase con nosotros para discutir los asuntos importantes del debate sobre la inmigración. Un almuerzo ligero será proveído a los participantes. Patrocinado por IU Asian Culture Center, Asian American Associa-

tion, Latinos Unidos y La Casa.

Octubre 13: Fiesta del Otoño. 12-4pm en el parque Bryan (1001 S. Calle Henderson). El Departamento de Recursos Comunitarios y Familiares de la Ciudad de Bloomington orgullosamente presenta la segunda Fiesta del Otoño Anual que será el fin del Mes de la Herencia Hispana. Venga para disfrutar música en vivo, interpretaciones, baile latino, y comida latina. ¡Estamos buscando patrocinadores y artistas! Para más información por favor comuníquese con Melissa Britton, Coordinadora Latino Outreach al número 349-3860.

Heritage

Continued from page three

September 23:

Bloomington

Multicultural Festival. 12 -4 p.m. at City Hall Showers Plaza (In case of rain, activities will be moved indoors to City Hall). Celebrating diverse populations in Bloomington and Monroe County through entertainment, food and activities for the whole family! Sponsors: The City of Bloomington, Indiana University, Ivy Tech Community College, Monroe County Community School Corporation and Monroe County Government.

September 29: Latin Cooking Demonstration. 10:30 a.m.-12:30 p.m. at Showers City Hall Plaza (401 N. Morton Street). Celebrate National Hispanic Heritage Month and visit the Farmers’ Market to sample and learn how to prepare authentic Latin dishes. The cooking demonstration is brought to you by the City of Bloomington Community and Family Resources Department in conjunction with the City of Bloomington Parks and Recreation Department.

September 29: Hispanic Heritage Month Celebration at MCPL. 2-4 p.m. at the Monroe County Public Library. Fun for

the whole family, with crafts for kids, a live mariachi band, food and a caricature artist. This event is free and open to the public.

October 12: “Talented but Undocumented: The Impact of the Recent Debate on Immigration Issues.” Noon at the Asian Culture Center (807 E. 10th Street). What are the consequences of the failed immigration bill on undocumented immigrants and to the U.S. society in general? Join us as we talk about the main issues involved in the immigration debate. Light lunch provided to participants. Sponsored by IU Asian Culture Center, Asian American

Association, Latinos Unidos and La Casa.

October 13: Fiesta del Otoño. Noon-4 p.m. at Bryan Park (1001 S. Henderson Street). The City of Bloomington Community and Family Resources Department proudly presents its fall fiesta, bringing National Hispanic Heritage Month to a close. Join us for live music, performances, dancing and authentic Latin foods. Now seeking sponsors and artists! For more information please contact Melissa Britton, Latino Outreach Coordinator, at 349-3860.

Choosing local, sustainably grown foods is affordable

By Bobbi Boos, President, Local Growers Guild

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The Local Growers Guild, a cooperative comprised of small farms, individuals and retailers promotes the sustainable production and use of local foods in southern Indiana. Together we build a food network which strengthens our farms, communities and local economy. A local food network includes everyone, hence we strive to find solutions to the questions below.

Why do local, sustainably grown foods cost more?

It doesn't. We pay for it differently. Conventional grocery store food is subsidized by your tax dollars, and most of the money ends up in the hands of U.S. corporations. Here's how it works. The farmer buys his inputs, including seed, petroleum-based chemical herbicides and pesticides, and synthetic fertilizers (or feed, hormones, antibiotics, for meat and dairy) all from the same corporation. After harvesting, the food is trucked, processed, packaged, and warehoused by partner corporations until it finally reaches the grocery. On a typical grain farm a bushel costing \$3.40 to produce, sells for \$2.20. The USDA gives roughly 22 billion tax-dollars each year in farm subsidies to "help the farmer" even though most of the money ends up going to wealthy corporations for the inputs and equipment. If

small sustainable farms received the same subsidies, all food would seem cheap.

Choosing local foods directly pays the farmer. Without farm subsidies these growers must charge a fair price that reflects all the costs of food production. Local farms tend to be small operations run by one or two people who are trying to make a living, rather than huge corporate farms where the work is often done by migrant laborers who make less than minimum wage. Successful local farmers have a vested interest in the health of their land, their community and in you, the customer. They use sustainable growing practices which improve the quality of the water, soil and air.

Why should I pay more?

Food choices greatly affect our health and health costs. Healthful nutritious foods decrease the risk of heart disease, cancer, stroke, diabetes, hypertension, and obesity. These conditions cause considerable medical expenses, lost work, disability, and premature deaths. Similarly, several schools have documented major behavioral improvements in students after the cafeteria replaced high-sugar, high-fat foods with fresh, nutritious options.

Foods grown sustainably in healthy soils have higher nutritional value. Cheap food is nutrient poor. Consider "Where do I get the most vitamins, minerals or proteins for my dollar?" How do you want to spend your money? Local farms strive to pro-

vide healthy, flavorful foods at the lowest cost possible.

Buying locally also strengthens our communities. Supporting local farmers, who in turn support a local welder or dentist or mechanic builds relationships. Taxes generated from local business stay local, improving our schools, parks, etc. We have more say in how local tax dollars are spent. Choosing healthful local foods will pay off as health costs decrease and communities grow stronger.

How can I afford healthy, sustainably grown foods on a low income?

• Once we prioritize healthful, sustainably produced foods, we can choose quality without increasing costs. The USDA reported that every adult and child drinks, on average, 2 ½ servings of soda each day totaling \$54 billion/year. That's roughly \$300 per person to spend on nutritious foods.

• Cooking also saves a significant amount of money over nutrient poor, processed convenience foods. Recipes and suggestions for cooking with healthful foods can be found at Monroe County Purdue Extension Office and at Mother Hubbard's Cupboard (MHC).

• Growing some of your own food is very satisfying. This can be done in a backyard, with containers on a porch or a plot in a community garden. Consider gardening with a neighbor; having fun while sharing the work and the harvest. For classes or

volunteer opportunities contact MHC or Bloomington Parks and Rec.

• Visit the Bloomington Community Farmers Market. Many vendors accept food stamps and WIC vouchers. Growers also have excellent ideas for cooking and storing their foods. When you buy foods in season the prices are generally lower. Some farms have "seconds", which are full of taste and nutrition, but have small dents and scrapes. These are great for canning, drying or freezing. Preserving foods for winter saves lots of money. Workshops on food preservation are also available through MHC.

No food is cheap. It all requires varying degrees of time and/or money. Investing in local sustainably produced foods has personal health and economic benefits which expand into our communities and the larger environment.

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CROP Hunger Walk weaves a safety-net for the hungry

By Roger Heimer, Coordinator, Bloomington-Monroe County CROP Hunger Walk

333-5664

There is a connection between eleven huge community centers in Darfur and five emergency food outlets in Bloomington. That connection is the Bloomington CROP Hunger Walk scheduled for Sunday, October 21 at 2 p.m. The Walk is a living, human network of sponsored walkers who raise money to end hunger as they journey between our primary local food agencies. The Hoosier Hills Food Bank, Monroe County United Ministries, Community Kitchen, Mother Hubbard's Cupboard and the Shalom Center will receive grants representing 25% of the Walk proceeds. Seventy-five percent of the funds raised will be sent to food and development projects in war-ravaged areas like Darfur, or to rebuild following earthquakes and floods, or to other places where food and safe drinking water are lacking.

CROP stands for Communities Responding to Overcome Poverty, but long-time walkers just call it the CROP Walk. The veteran walkers will tell you that CROP nationally is the oldest walk, the original walk among all those projects where runners or walkers raise money for good causes. And just as other walks seek to affect the causes of specific diseases through research and education, this walk strikes at the root causes of hunger, especially overseas. That is a big undertaking in a global economy where 800,000,000 people go to bed hungry every night. (While current world food production is adequate to provide a healthy diet for all!)

CROP-related overseas projects do drill wells and send food shipments. They also enable refugees to organize themselves into new communities. In the U.S. supporters are given information to help them advocate for generous and effective

CROP Walk at a glance

When: Oct. 21 at 2 p.m.

Where: Starts at Monroe County United Ministries, 827 W. 14th Ct., Bloomington

How to join: If your religious institution doesn't have a group, contact Roger Heimer at 333-5664.

Why to join: Twenty-five percent of the walk's proceeds go to locally-run organizations to aid hunger locally. The remainder goes to assist hungry people around the world.

international aid programs.

The reason this oldest walk first began is summarized in the decades-old motto "We Walk Because They Walk". Women in developing countries still walk an average 3.6 miles each day to secure water and to carry it home. The Bloomington walk is approximately six miles long, but no one is required to carry a water jar along the route. In fact, the 5 hunger-related agencies will each provide their hospitality

with water or refreshments. Participants are asked to remember the women who fetch water for their households and to remember the two million children who die each year from infections spread by dirty water and lack of access to decent sanitation. CROP partners have been digging wells in Niger for drinking water and for crops, for thirst and hunger.

CROP and its affiliate, Church World Service, are part of the micro-credit movement organized, for example, in Pakistan through the Lower Sindh Rural Development Association. There a woman may begin a business with an average \$40 loan. All the international projects of CROP-Church World Service are run by local, indigenous partner groups. These are usually made up of ecumenical or inter-faith leaders of all possible religious and community organizations.

See "CROP," page six

The solar standard

Natural energy from the sun provides a great alternative to living on the grid

A sustainable, affordable development

- EverGreen Village makes economic, ecological impact on Bloomington

By Lisa Abbott, Director, City of Bloomington Housing and Neighborhood Development Department (HAND)

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(812) 349-3576

www.bloomington.in.gov/evergreen

As part of the City's efforts to work toward a sustainable city, the Housing and Neighborhood Development Department is developing a sustainable, affordable housing project on the city's southwest side. Located off of Rockport Road, HAND is creating 12 LEED (Leadership in Energy and Environmental Design) certified homes to be sold to owner-occupants who are at or below 80% area median income. This creates an opportunity for low to moderate income citizens of Bloomington to enhance their living condition by stabilizing their monthly housing costs and build equity in a home that they own which will provide long term economic benefit.

It has long been the philosophy of HAND that

a necessary component of our housing programs shall be to lower the operating costs of the homes that we build or rehabilitate. To that end, HAND has always been on the leading edge of energy efficiency technology. EverGreen Village is a product of that philosophy and prior use of technology. These homes are constructed using 2" x 6" framing, dense-pack insulation (made from recycled newspapers), Energy Star windows and doors, and cement board siding. The construction envelope (house structure) was built to be as tight as possible to maximize heating and cooling efficiency. The HVAC units were selected to use electricity efficiently and to fit the need of the homes exactly – not too big or too small. The appliances are Energy Star rated.



Photo by David White

One of 12 ultra-efficient LEED houses with solar panels being built in Bloomington by HAND. For another photo, see p. 11.

See "EverGreen," page seven

Solar energy in travel, living: We can choose a future

By Vid Beldavs, Secretary, Citizens for Effective Justice

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Within a decade the cost of solar energy will have dropped from the astronomical to become a viable source of electrical energy for Indiana homeowners. That is the promise of the new thin film solar technology that will begin to be deployed starting in 2008. Choosing solar is not simply replacing, for example, coal with the sun. Solar makes possible a radically different energy future with implications for the environment, for local sustainability, for survivability against disasters, and for local jobs.

Solar energy for both houses and cars

Many forecasts of the future based on climate models anticipate much more severe weather with the likelihood of more severe and more frequent power outages. Factor in the prospects for terrorism whose likely target would be large central power plants and you have a compelling argument for decentralized power production and energy storage ideally at the level of the home. With the prospect for solar at 10% of current pricing, the practical means for developing a decentralized power generation network becomes thinkable. Given that every home and every building can become its own power source, extend your vision

to include other uses for energy – principally transportation. Plug-in electric-hybrid automobiles can be charged with solar power during the day and can feedback power to the home and to grid at night with even the possibility of running the onboard internal combustion engine if required to supply power to the house. Most cars in this community travel less than 50 miles per day in typical travel -- a requirement that can be fully met with electrical power almost eliminating gasoline consumption. With a decentralized power production network it would make sense to make full use of smart house technology to optimize energy usage across the full spectrum of needs with

widespread deployment of groundwater heat pumps and similar energy conservation technology.

Solar energy is an alternative to the Duke Energy coal-gasification plan

Duke Energy Corp. is proposing to build in southwestern Indiana a coal-gasification plant (an advanced integrated gasification combined cycle power plant) at an estimated cost of \$2 billion expected to come on stream 2011 and to generate 5,533,692 KWH of power annually and to create 77 to 97 jobs in one county in the state with no job generation in other counties.

See "Choice," page seven

CROP

Continued from page five

Here in Bloomington the typical participant

in the CROP Hunger Walk is an active member of a religious institution who comes with a group organized within his or her congregation. Some education about hunger before the walk may be followed by a reflection on the experience after the event. Together, adults or children ask, "How can we continue to help make this a less hungry world?"

The Walk itself is easy for some children and young people. It is a challenge for many adults. Remembering that "We Walk Because They Walk" in distant places seeking water, food and firewood, a CROP walker ideally begins to feel a part of the struggle of oppressed people for their own survival. Some call it a spiritual experience of identification with the hungry people they are helping and empowering. After raising some money, they are more willing to raise their voices for change.

Red octagonal "Help CROP Stop

Hunger" signs mark the route. These "non-stop stop signs" remind everyone to stop and reflect on the serious task of ending hunger.

To participate in the Walk: first ask at your religious institution. If they don't have a plan for recruiting walkers, you may offer to put your own walk team together for them. For full information call Walk coordinator, Roger Heimer at 333-5664. Get a kit for your group and begin asking your friends and neighbors for donations to sponsor you and to "Help

CROP Stop Hunger".

Any of the hunger-fighting agencies can help you connect: Hoosier Hills Food Bank, Community Kitchen, Shalom, Mother Hubbard's Cupboard, and Monroe County United Ministries.

Business sponsorship is welcomed.

Starting from Monroe County United Ministries at 2 P.M. on Sunday, October 21, the CROP Hunger Walk becomes a visible network of caring people within the Bloomington safety-net.

Careful use of land preserves 'green infrastructure'

By Heather L. Reynolds, Associate Professor of Biology, Indiana University

hlreynol@indiana.edu

Roads, power plants, water and sewer lines, storm drains, landfills, water and waste treatment plants, jogging trails and playgrounds... such facilities make up the infrastructure of the human built environment. We depend on this "gray infrastructure" every day for a multitude of basic services: transportation, the supply of fresh water, the energy that air conditions us when it's hot, warms us when it's cold and runs our appliances, flood control, disposal of our solid and liquid wastes, recreation and more. This infrastructure costs money to build and maintain, and we, the public, provide much of this money through our tax and utility bill payments.

While gray infrastructure is very apparent, we go about our daily lives often forgetting, or perhaps never realizing at all, that a largely silent but powerful "green infrastructure" of nature underlies the human built environment. We often think of nature in aesthetic terms, as beautiful and wild areas of land or water that are isolated from humans. In fact, however, human systems are inconvertibly embedded in and fundamentally dependent on nature.

Nature is organized into ecological systems (ecosystems) comprised of communities of plants, animals and microor-

ganisms interacting with one another and with the air, water and soil around them. From tiny bacteria to beautiful wildflowers to graceful herons, it is organisms interacting within ecosystems – capturing and transforming energy and nutrients through feeding, digesting, breathing, growing, defecating, tunneling, pollinating, photosynthesizing, nest building, and other activities – that result in an array of life-supporting services without which human life would cease.

Familiar ecosystem services include food, fiber and timber production, recreational and aesthetic experiences, and the provision of pharmaceuticals such as the cancer-fighting drug taxol, derived from the bark of the Pacific Yew tree. Less obvious, but just as fundamental, are many other life-supporting processes that ecosystems provide, including the supply of fresh air and water, climate regulation, ultraviolet (UV) protection, and the creation of soil and the maintenance of its fertility.

Did you know, for example, that we owe the oxygen content of our atmosphere to cyanobacteria, phytoplankton, plants and other organisms that produce oxygen as a by-product of photosynthesis, the process that uses light energy to produce sugar from carbon dioxide and water? That

by taking up and storing carbon dioxide, vegetation can help us to control this greenhouse gas and mitigate global climate change? That about seventy percent of human food crops depend on wild pollinators such as bees, butterflies, and birds to produce the fruits, nuts and seeds that we harvest? That in soil, intricate webs of bacteria, fungi, algae, crustaceans, mites, worms and other organisms process over a billion metric tons of dead organic matter every year, removing waste, returning nutrients to soil, and keeping additional amounts of carbon dioxide out of the atmosphere through long-term storage in soil humus, a rich, spongy component of soil that also improves soil fertility and water-holding capacity? That not only do trees and other vegetation produce oxygen and store carbon, but their roots hold soil in place, preventing erosion and providing storm water control, while leaf canopies filter pollutants from air, provide shade and evaporative cooling in summer, and insulating wind breaks in winter?

Thus, when cities such as Bloomington lose their natural lands, or greenspace, to development of the built environment, many vital life-supporting services are lost. Many of these losses show up in your taxes and utility bills as increased costs for gray infrastructure – storm water drains

and water filtration plants, for example, or increased heating and cooling capacity – built to replace what was formerly freely provided by green infrastructure. Furthermore, while any given city may be able to function with reduced greenspace, cumulative greenspace losses at the global scale threaten the existence of all life, because the human built infrastructure can certainly not compensate for all of nature's services.

In 1958, the influential animal ecologist Charles Elton wrote the following words: "From now on, it is vital that everyone who feels inclined to change or cut away or drain or spray or plant any strip or corner of the land should ask themselves three questions: what animals and plants live in it, what beauty and interest may be lost, and what extra risk changing it will add to the accumulating instability of communities." A 2003 study by the City's Environmental Commission found that the rate of land development in Bloomington would lead to loss of all currently unprotected greenspace in less than 40 years. It's clearly time for us to start asking Elton's questions. For more information, including actions you can take to promote the healthy functioning of your own greenspace, visit <http://www.bloomington.in.gov/beqi/greenSpace.htm>.

Switch to green living not as daunting as some think

by John Hewett, HAND Program Manager, City's Green Team

It seems that every day we hear someone talking about or read an article about "going green" or "sustainable living". But just what is this green movement and how does it affect the performance of your home? Green building can be defined as a high efficiency building or the incorporation of high efficiency, energy saving systems which could be anything from earth friendly- low carbon footprint build-

ing to incorporating high-performance, energy efficient appliances in your home. Everyone should be able to find a comfortable place in that wide range. I don't think anyone has to install solar panels or a "living green" roof on their house to be green when there are so many simple things we can do to make our homes more energy efficient and thus, green friendly. This includes:

- Weatherizing doors and windows;
- Installing a programmable thermostat;
- Purchasing Energy Star appliances when upgrading appliances and home electronic devices, and
- Upgrading the insulation in your home.

Weatherizing your doors and windows will slow the transfer of conditioned air from inside to outside. This can be as

simple as installing weather stripping on doors and replacing the glaziers putty on your windows, or as extensive as replacing old inefficient doors and windows with more modern ones. The thing to remember is that doors and windows are expensive to replace and the payback period for regaining your money in savings may be a very long time.

See "Green Building," page eight

EverGreen

Continued from page six

In addition, Duke Energy has generously donated

photovoltaics (solar panels) for each home and they will be net metered. This means that sometimes the home will provide electricity to the grid and sometimes it will take electricity from the grid. Duke estimates that this will reduce the homes'

energy usage by one-third.

On top of energy efficiency, the homes are environmentally friendly. The building materials were selected to meet LEED standards. Wherever possible, the building materials were from within 500 miles of the construction site. The designs were specifically made to reduce waste. The carpet was made from recycled materials (soda bottles), and all of the flooring,

carpet and paint is low VOC (volatile organic compounds) which improves indoor air quality. The neighborhood as a whole is also environmentally friendly. Rather than collecting and piping storm water, this site uses a natural drainage system which includes a crush stoned ribbon surrounding the street rather than curbing, a permeable concrete sidepath rather than regular concrete sidewalks,

and rain gardens for additional storm water filtration. This releases cleaner water into the restored creek which borders the neighborhood. The bridge that crosses the creek was constructed from Trimax structural lumber which is made from recycled milk containers and saw dust. All of these details create a pleasant, environmentally friendly environment for our environmentally friendly houses.

Choice

Continued from page six

Carbon sequestration will add substantially

to the required investment. If solar costs drop to 10% of current costs before 2020 an alternative future could take a \$2-3 billion investment to create perhaps 100-200,000 solar homes across the state

creating thousands of well-paying jobs spread across every community. One approach creates a large centralized power plant that is vulnerable to disasters and the other distributes power production in a network that is much less vulnerable to widespread disruption. Before investing \$3 billion the distributed power alternative needs to be investigated based on likely

dramatic reduction in pricing for photovoltaic power, the imperative to cut use of imported oil, the urgent need to reduce carbon production and the needs for job creation.

Implementation of solar energy can provide job opportunities

Our primary interest as a criminal justice

reform advocacy organization is more jobs for disadvantaged people especially those released from prisons and jails. However the other benefits of distributed power generation are compelling. Perhaps a coalition of organizations can be built that spans social justice and environmental concerns to make the case for a decentralized energy future.

City and I.U. addressing sustainability issues

By Jenny Amanda Sumner, Bloomington Commission on Sustainability and IU Sustainability Task Force

City and IU campus policies encourage sustainability

Whether addressing sustainability as a means to cut costs, preserve the environment, or foster economic growth, local governments and college campuses are taking action. Over 600 cities, including Bloomington, have signed on to the Mayors Climate Protection Agreement, voluntarily reducing greenhouse gas emissions to 7 percent below 1990 levels by 2012. College campuses are leading the way to by educating students on sustainability and improving campus infrastructure and landscape.

In order to address sustainability in Bloomington, the City Council and the Mayor established the Bloomington Commission on Sustainability (BCOS) in May, 2005. The 12 Commissioners are Bloomington residents unified by a common interest in sustainability and draw on experience in government, business, academia, local nonprofits. BCOS has promoted sustainability around Bloomington in 2007 by hosting monthly seminars on energy efficiency, providing low-cost energy saving light bulbs, and hosting a local foods tour:

• Energy Efficiency Seminars

Joining with the City of Bloomington's Environmental Commission, BCOS is sponsoring a series of monthly seminars on home energy efficiency. The seminars

cover building science regarding foundations, framing, caulking, windows and doors, insulation, heating and cooling, ventilation, and water heating. The next free seminars are being held September 17th, October 15th, and November 5th, in the Rogers Room of the Bloomington Convention Center, 6:30-8:30 pm.

• Change a Light

Mayor Mark Kruzan and City Council-President Dave Rollo announced the start of the year-long "Change a Light, Change the World Campaign" on April 14th, 2007. The campaign encourages local residents, businesses and landlords to take action against global warming by switching incandescent light bulbs to compact fluorescent light bulbs (CFLs). CFLs are available at a reduced price at Bloomington's Coop. Replacing one incandescent bulb with a CFL is estimated to save at least \$36 over the lifetime of the bulb.

• Local Foods Tour

BCOS held a local foods tour on June 16th, 2007, modeled after the popular Garden Walks. The tour was a free event to educate, demonstrate and raise awareness that growing, consuming, and supporting local food has many benefits for the community. The tour featured Bloomingfoods, Butler Winery, Chickens in the City, Complex Urban Polycultures, Crestmont Community Gardens, Middle Way Food Works, Musgrave Orchards,

Solar Powered Energy Efficient Home Greenhouse, SPROUTS, and the Wylie House.

Indiana University Task Force on Campus Sustainability

Indiana University Task Force on Campus Sustainability was established by Vice President Clapacs on March 7, 2007, after years of effort by staff, faculty, and students to address sustainability on campus. The 15-member task force, comprised of IU Bloomington staff, faculty, and students, is charged with the development of a framework for campus sustainability.

• Working groups

The Task Force has addressed sustainability on campus by developing working groups in the areas of Resource Use and Recycling, Energy, Built Environment, Food, Education, Outreach and Student Engagement, Environmental Quality and Land Use, and Transportation.

• Summer internship program

The working groups were assisted greatly this past summer by the establishment of a summer internship program. 13 half-time interns researched issues of sustainability as defined by the Task Force committee groups. In addition to providing useful information to the Task Force, the development of the summer internship program fostered awareness of sustainability in the

IU community. Over 200 students applied for the positions.

In addition to the internship program, the Task Force has connected with national campus sustainability efforts and developed communication with the media to educate the Bloomington community about IU sustainability efforts. During the fall semester, the Task Force will develop a final report that will include a proposal for a long-term, comprehensive sustainability program for the IUB campus, including both operational and academic issues related to sustainability.

Contact information

For more information on the Bloomington Commission on Sustainability, contact Adam Wason, Asst. Director of Economic Development for Small Business and Sustainability, at wasona@bloomington.in.gov or 812-349-3419. More information can also be found at the BCOS website: www.bloomington.in.gov/sustainable.

For more information on the IU Sustainability Task Force, contact Sustainability Task Force Co-chair Paul Sullivan at psullivan@indiana.edu or 812-855-4155, or Co-chair Michael Hamburger at hamburger@indiana.edu, 812-855-0239. The Task Force is also developing a website, which can be found at <https://www.indiana.edu/~sustain>.

Personal sustainability: Living within one's means

By Lucille Bertuccio, Center for Sustainable Living

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The Center for Sustainable Living

Sustainability is in the news everyday - but what does this mean to you and your family? This term, as it is discussed in the media, is a huge concept. However, in relationship to YOUR quality of life it is very simple - to be sustainable, we must

live within our means! Living sustainably very often means that you save money, encourage healthy habits and foster environmentally sound practices.

The Center for Sustainable Living (CSL) has been focusing on ideas for living sustainably since 1991. We are an umbrella organization under which are housed the Community Bike Project, Bloomington Transportation Options for

People (BTOP), the Food Project, Grow Organic Educator Series, Bloomington Organic Gardeners Association, the Natural Building Group, Bloomington Community Wildlife Habitat, Riverwatch and Green Dove Network.

Transportation

Transportation in individual cars is expensive. It costs a family approximately

\$8000 a year to maintain, and buy gas and insurance for a car. If your family made a commitment to riding bicycles (or walking) when possible then you would exercise, save money, and become healthier. Bloomington Community Bike Project can help you and your children to buy a reconditioned bike, teach you how to maintain it, and help you understand the bicycle rules of the road.

Green Building

Continued from page seven

Installing a programmable thermostat is another quick

relatively simple way to reduce energy costs in your home and make your home more green. These thermostats allow you to save energy while you are away or sleeping by adjusting the temperature.

Energy Star is a joint program of the U.S. Department of Energy and the U.S. Environmental Protection Agency. The aim of this program is to promote energy efficient products and practices to reduce

greenhouse gasses and help homeowners save money on utility bills. Many new electronics items and appliances conform to the energy star requirements and are labeled with the Energy Star logo. Homes can also earn an Energy Star rating by meeting certain criteria in the areas of insulation, energy efficiency and building techniques. Formal testing by an independent testing agency is needed to earn the energy star label for a house or building. There are even tax credits available for purchasing Energy Star Appliances. For more information you can go to www.energystar.gov.

[energystar.gov](http://www.energystar.gov).

Upgrading insulation is another way to increase the energy efficiency of a building. Here in south central Indiana the recommended insulation for attics is about R-36 to R-38 and for exterior walls it is R-13 to R-19 depending on attic space clearance and wall thickness. Insulation helps protect your home from the weather elements penetrating your home and keeping it cold in the winter and hot in the summer. Insulation is only effective when properly installed, so do your homework if you plan to upgrade the insulation of

your home. You may be eligible to deduct up to \$1000 on your Indiana State income tax returns.

Over the past year, the Bloomington Environmental Commission and the Commission on Sustainability have been hosting monthly seminars on making your home more energy efficient, so check out their websites for the next meeting- www.bloomington.in.gov/commission.

So, whether you do a little or a lot is up to you, just do what you can to help keep our environment green!

Bloomington Farmers' Market becomes more inviting

By Lori Appler, AmeriCorp Member- City of Bloomington Parks and Recreation Farmers' Market Assistant



Photo provided by visitbloomington.com

A man arranges vegetables at his table at the City of Bloomington Farmers' Market.

www.bloomington.in.gov/parks
812-349-3738

The City of Bloomington Community Farmers' Market has brought life and sustainability to downtown Bloomington for over 33 years. Fresh peaches, watermelon, tomatoes, and squash are savory samples of the plethora of fruits, vegetables, plant life, herbs, and prepared food items the Market brings every Saturday morning. The Market also provides musical entertainment, chef demonstrations, and special events throughout the season to enhance the Market experience for all patrons. The fresh foods and Market atmosphere have sustained the life of the Market and its patrons by nourishing the body and spirit.

Food stamp benefits

The Market attracts patrons from all walks of life and welcomes everyone to

enjoy its festive atmosphere. Unfortunately, some patrons have been unable to fully enjoy the Market experience due to financial hardship and the inability to purchase the bounty of fresh farm products they observe every weekend. Thankfully, those individuals may now be able to indulge in the flavors of the market.

On August 18th the Bloomington Community Farmers' Market became the first farmers' market in the state to accept Food Stamp benefits. The Farmers' Market will serve as a pilot program that will allow other farmers' markets across the state to accept Food Stamp benefits. The Market is currently participating in WIC and Senior Farmers' Market Nutrition Programs as well, which provide low-income seniors and individuals receiving WIC benefits with the opportunity to purchase fresh local produce.

See "Market," page 10

The human dynamic in creating a sustainable reality

By Lisa-Marie Napoli, Operations Director, Caldwell Center for Culture and Ecology

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When people talk about sustainability issues, you often hear discussions about the external environment such as how our natural resources (including land, trees, air, and water) are being depleted or contaminated at unhealthy, unsustainable rates for the future well-being of planet earth. Additionally, there is talk about the major role of corporations and their inadequate attention and destructive behaviors, for the most part, as they work against initiatives leading toward a healthy, balanced, and sustainable planet.

It is less often that we hear discussions about how each individual human being affects each other and the larger planet – one person and one choice at a time. There

are many spiritual groups and "forward thinking" groups that acknowledge the human potential to influence sustainability issues – but that is less likely to occur in mainstream America. It seems that, for many people, it is easier to complain and participate in the "drama" of the current crisis we are living in. In observing these behaviors, it appears exhilarating for people to participate in being angry at corporations and for feeling helpless about the current threatening and detrimental state of the world. On the surface, neither of these approaches contributes to creating a healthier, more balanced, or more sustainable future. At a deeper level, it is understandable that anger is a common reaction to what feels like an overwhelmingly devastating crisis on planet earth.

However, it is important to acknowledge that the "energy" of anger only further

exacerbates our current crisis. When we react to a negative situation with more negative energy, then that energy escalates. At a time of devastating crisis with most of our critical natural resources depleting exponentially or becoming more contaminated, it is important to recognize that the greatest need on planet earth now is in the form of constructive energy and positive solutions. This is not to say that corporations should not be held responsible for their actions or that we should naively ignore devastating actions toward the planet, however, it is critical to recognize that each individual's reactions to the current crisis contributes to the long-term outcomes.

The idea that individuals have choices that shape future outcomes is basic for sustainability. This idea is similar to teachings in conflict resolution: there is a

belief that the world can be changed one conversation at a time leading to different choices and behaviors. There is an immeasurable power and energy . . . that leads toward action . . . behind constructive conversations. Breaking through opposing positions on issues requires a willingness to participate in open, creative, and constructive conversations. The major question becomes "how do we persuade corporations (or more appropriately, leaders and employees of corporations) to participate in conversations and behaviors that lead to more sustainable outcomes?" Since we can not control the behaviors of others, this question is at the crux of the issue.

In the words of Mahatma Gandhi, "we must become the change we wish to see in the world."

See "Dynamic," page 10

Sustainability

Continued from page eight

If we calculated all of the money spent on roads,

garages, snow and salt removal police and traffic control (as well as hospital costs for those in accidents) encouraging public transportation would cost the city and its citizens far less for transportation! Bloomington Transportation Options for People (BTOP) has been encouraging the city to increase bus routes and discouraging car use since it was started in 2004!

Organic Food and Flowers

Healthy food results in healthy people and a healthy environment. Organic food

does not contain pesticides and chemical fertilizers that can damage your health. It also has more vitamins and minerals than does traditionally grown food. CSL and Bloomington Parks and Recreation collaborate to provide people with the GOES (Grow Organic Educator Series) class, a three hours per week, thirteen week exploration of growing food and flowers organically that starts in September. Do you only have access to a balcony or a porch? - you can still grow organic produce and save money and your health in the bargain!

Our Food Project operates every other Wednesday from our office at 323 South Walnut (332-8796). We try to provide organic, vegetarian food from the Hoosier

Hills Food Bank to our patrons.

Bloomington Community Wildlife Habitat

CSL works with the National Wildlife Federation to encourage Bloomington citizens to maintain their gardens for wildlife (Backyard Wildlife Habitat). To qualify your yard needs food, water, shelter and places to raise young. The program encourages less mowing, which helps to prevent climate change; planting native species which need less water, and no pesticides or fertilizers since they are acclimated to our weather and soil. These actions require less money and the end result is healthy soil, water and air making

a healthier environment for all of us, AND more beautiful birds and butterflies to delight us and our children.

Natural Building Group

Using alternatives instead of building with new lumber is explored by the Natural Building Group. Did you know homes can be made out of cob (adobe), straw bale, or the whole tree (trunk and branches) which is called cordwood construction? Building a home in this manner costs less to build and to maintain; because of the insulation properties of the material, the building stays warmer in the winter and cooler in the summer.

Sustainability is a multifaceted, complex concept

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It is difficult to adequately define sustainability in a way that is acceptable to everyone. This is because sustainability is a term of differing definitions, depending upon who is asking and why. In order to give sustainability (the term) a realistic focus as a process, our community must first define what is to be sustained, how, when, for how long, and by whom.

The most common definition used is “meeting present needs without compromising the ability of future generations to meet their needs.” But who defines needs? There are many stakeholders who are affected in different ways. Asking people to make short-term sacrifices for the sake of future generations who they do not personally know is a difficult task, especially when you are hungry, abandoned, or without a home.

A greater question is: “what does our

By Jeffrey S. Miller, Director, The Caldwell Center for Culture and Ecology

community wish to sustain, for whom, and for how long?” This answer will determine how Bloomington meets the challenges and opportunities of the future and importantly, what kind of place and space we wish to create in the future.

The most basic unit for sustainability is not the government or corporation, but the individual. Without realistic individual ethical commitment to make the necessary behavioral changes, all other efforts to achieve a sustainable future will be compromised.

Recognizing this, Lynton Caldwell and I offered a set of five positive statements to the UNESCO Encyclopedia of Life Support Systems as guides to rational action:

- We must find a way to mitigate the excessive growth of our population.
- We must actively seek to develop meta-disciplinary scientific and mental frameworks to evaluate harmful or self-destructive trends so that we may foresee or forbear.

with seasonal arts and crafts in addition to traditional farm products. The Market is located in Showers Common, 401 North Morton Street next to City Hall.

Transportation

The Market attempts to accommodate to the transportation needs of all patrons by providing parking, access for those with disabilities, and bike racks for those who like alternative travel. The Market is located on Bloomington Transit Route 2, and certainly walkers are always welcome.

Free events at the Market

The Farmers’ Market hosts a variety of free events for all Market patrons. A Tomato Tasting and Salsa Contest were two successful events already enjoyed this season by hundred of patrons. The remainder of the Market season promises to bring even more exciting events. October 20 will be an exciting day at Market with the annual Apple Tasting and additional nutritional education available from 9 - 11:30 a.m. November 3 will bring a new event to the list of Market attractions with a Soup Tasting, featuring soups prepared by local chefs. The Market also hosts cultural events such as A Fair of the Arts on October 13 during Market hours for local and regional artists to display and sell their artistic creations. These events are free to attend.

Market

Continued from page nine

Now that Food Stamp benefits

are accepted at Market, the Market has become more inviting to all members of the community. The addition of the Food Stamp Initiative to the Market will reduce limitations Market patrons and community residents may experience while increasing the sustainability of life for Food Stamp recipients, the Market, and the City of Bloomington.

Food Stamp recipients may simply bring their current EBT card to the atrium of City Hall during Market hours to participate in the program. EBT benefits may be exchanged for Market Bucks, paper vouchers printed in \$3 increments that may be used to purchase eligible food products. Eligible food products are those outlined by Food Stamp regulations which are observed throughout the state by all markets and grocery stores. Market Bucks may be redeemed any time throughout the Market season and at both Tuesday and Saturday Market.

When the Market is open

The Market is open every Tuesday from 3 - 6 p.m. during the months of June through September. Saturday Market is open from 8 a.m. - 1 p.m. May through September and 9 a.m. - 1p.m. in October and November. The Holiday Market takes place November 24 from 10 a.m. - 3p.m.

- We must shift our mental perspectives away from short-term assessment of opportunity toward long-term survival.
- We must consciously and actively make every effort to respect natural systems, ensuring their long-term health and survival.
- We must place technology (and its consequences) within the proper context in our society.

The previous five statements, when followed, allow for the creation of a more sustainable community. Correspondingly, to achieve the above behaviors, seven underlying psychological “sins” of sustainability are identified to be avoided:

- We must not continue to deceive ourselves, thinking things that are demonstrably untrue.
- We must seek to be rational, allowing for our actions to correspond with observable reality.
- We must be prudent when long-term interests conflict with other, short-term, goals.
- We cannot let our short-term desires create a condition of single-mindedness, called myopia.
- We must understand that not every aspect of the human condition can be accurately measured by a monetary value; a condition termed “economism.”
- We cannot let our hubris or ego compromise any one of the above patterns of thought.
- We should always seek to apply compassion in ways that are directed toward

Dynamic

Continued from page nine

Therefore, as we continue

to participate in negative reactions and destructive conversations about the “state of the planet,” the more energy is moved toward the reality that the negative state will continue. On the other hand, if citizens participate more willingly and openly in exploring and implementing positive and creative solutions, then the reality will, indeed, change.

For people and groups who work diligently in educating, creating programs, and supporting others to “wake up” and find new ways to make things right for the planet, there is oftentimes frustration because it is a slow process. Also, it can

improvement of the human condition.

No one person can be exempt from the above. Every single citizen needs to begin to order their behavior and institutions toward maintaining ecological integrity, broadly conceived, in their relationships with our community of life. And as I

Asking people to make short-term sacrifices for the sake of future generations who they do not personally know is a difficult task, especially when you are hungry, abandoned, or without a home.

mentioned earlier, it is impossible to realize these lofty goals without meeting people’s basic life support necessities. Our community cannot live

by the above guidelines if we are without healthy food, housing, clean air, water, open space, sanitation, and some form of indigenous (e.g. Native, East, West) health system.

Mayor Kruzan, local non-profits, and our local governments have done much. But there is still much for each one of us to do. In order to meet these needs, the mission of the Caldwell Center for Culture and Ecology is to help others see and understand their meaningful relationships within the natural world. Our staff and volunteers will soon embark on a series of dialogues with the community to develop a working definition of sustainability as a process that will serve as a foundation for meaningful action. The dialogues are open to the community and will begin next month (November) in the Monroe County Public Library. Public Service announcements and invitations will commence October 1. Anyone interested in participating should contact the Caldwell Center at 333-8277 or send an email to Lisa-Marie Napoli, Operations Director: napoli@thecaldwellcenter.org.

be challenging to think about the future of the next seven generations, when current, basic needs for many people are not being met. Taking one day at a time and addressing these issues is necessary for meeting these challenges.

It is important to remember that the intention behind each choice impacts the longer-term future. To this end, the Caldwell Center is offering a series of dialogues to further discuss important local sustainability issues, such as planting and managing organic gardens, dealing with PCB’s, and other environmental and social issues. We hope that a variety of individuals will participate in allowing their creative ideas to contribute to positive solutions in our community.

NAMI: Decriminalizing the mentally ill in Bloomington

By Jill Bolte Taylor, Ph.D. NAMI/GBA President

Hello Friends of NAMI and the mentally ill. Please place October 11, 2007, from 7-9pm in the Monroe County Public Library Auditorium on your calendar for our upcoming panel discussion and business meeting titled "Decriminalizing the Mentally Ill in Bloomington." We have a wonderful panel of speakers who will discuss the current state of affairs in Bloomington. Sheriff Jim Kennedy will speak about the overpopulation of the jail and Prosecutor Chris Gaal will discuss the potential for a really effective Jail Diversion Program. Captain Mike Diekhoff will

speaking about the current process involved in implementing the CIT program while a representative from Bloomington Hospital will elaborate on the advantages of the 24 hour Hold Law over the 72 Hour Hold Law to expedite the CIT process. Dr. Denny Morrison will speak about the role CBH plays in this system, and lastly, Judge Kenneth Todd will close the panel presentations by speaking about where we might go from here. Each panel member will speak for five minutes and at the end, questions from the public will be taken for discussion. If you would like to submit a

question by email, please send it to Jill.taylor@insightbb.com or call me at the number listed below. Also, you will have the opportunity to submit questions on the night of the event.

NAMI panel at a glance

When: Oct. 11 from 7-9 p.m.

Where: Monroe County Public Library Auditorium

About: Several speakers will discuss the criminal justice system as it relates to mentally ill persons. Questions from the public will also be discussed; to submit your own, email Jill Bolte Taylor at Jill.taylor@insightbb.com.

his involvement in both the establishment of the program and its successful implementation. The public panel discussion will run from 7pm-8:30pm. We will conclude our Fall program with

In addition, our NAMI Greater Bloomington Area board will present Judge Todd with the very first "NAMI Beautiful Mind Award" for his efforts with the Monroe County Drug Treatment Court. Although we recognize that many individuals have worked very hard to create this wonderful program – which both saves taxpayers money and reduces jail recidivism, we have chosen to recognize Judge Todd for

a brief NAMI business meeting scheduled to run from 8:30-9pm. Both Cathy Korinek and Vid Beldavs have chosen to step off of the NAMI GBA board, and we will be voting for our new members. If you have any interest in serving on the NAMI Greater Bloomington Area Board of Directors, please contact me at 812-335-0459. We look forward to seeing you on October 11th!

One man's trash...

By Joan F. White

My earliest lesson in sustainability was taught me by my mother. She recycled everything! Smashing the cans down with her foot was, I believe, cathartic for her as she had seven children. Aluminum went to American Can, paper to Keys Fibre, glass to the basement for future use, and the Goodwill Truck came every year to pick up used, recyclable household items.

I moved to Bloomington as a young adult and my friend, Debby Toth, having spent several years in Holland, where recycling is ingrained in the European mindset, took over my mother's job as recycling mentor. Over time it became unthinkable for me to throw something into the trash that I could recycle, although I am certain there remains room for improvement as I peruse recycling websites on the Internet.

Bloomington still seems to be in an infancy stage with respect to recycling, as it is a wholly voluntary project. Many households in Bloomington recycle, but

how many landlords provide recycling bins to their tenants?

As I walk around my neighborhood I am reminded of a childhood vision of highways littered with debris before heavy fines were enacted for those who litter. My neighbor Jenny and I occasionally clean up but it is a constant problem.

Recycling is so easy to do, although it does require effort, and results in energy and natural resource conservation as well as reduction in air and water pollutants. Perhaps it is time to offer incentives encouraging recycling.

The famous Portuguese writer Jose Saramago wrote a book entitled "All the Names" which features a fictitious city overrun and surrounded by a cemetery. This is my worry about our garbage situation. Bloomington has had a "crisis" with regard to landfill space so...the obvious next step is to "encourage" all of its citizens to recycle.



Photos submitted

EverGreen Village's LEED houses are built in part with recycled materials. For more information on these homes, turn to page six.



shalom community center
helping people in need

Save the Date!

You are cordially invited to
the Annual Meeting of the
Shalom Community Center

featuring
"A Conversation about Poverty"

with mayoral candidates
Mark Kruzan and David Sabbagh

When: Tuesday, October 9
6 p.m.

Where: Great Hall
First United Methodist Church
219 E. Fourth St.
Bloomington

Tickets are free and will be available at the Shalom Community Center as well as other locations. Call 334-5734 for more information.

Middle Way House: Growing a healthy community

By Charlotte Zietlow, Middle Way House Economic Development Coordinator

Sometime in the next year and a half or so, Middle Way House, Inc. will move into a new 4000 sq. ft. commercial kitchen on the ground floor of the old Coca-Cola building at 318 So. Washington. The kitchen will be the home of Middleway Food Works, and a community kitchen incubator. The kitchen incubator will provide facilities and equipment where local growers and local aspiring food products developers can create value-added products for local consumption and regional re-sale. Ideally, it will become the starting place of many new food-product businesses that will spin off and become free-standing in the future. And it will be the focal point of a developing local food system.

Developing this local food system is a Community Food Project, entitled Growing a Healthy Community, funded by the US Department of Agriculture. It involves nine local organizations, each uniquely critical to the effort, with Middle Way House, Inc. as the project leader.

Middleway Food Works (MFW) was established in January, 2002, as an employment and training program of Middle Way House, Inc. MFW caters healthful lunches to child care programs, and the senior nutrition sites in two counties—producing and delivering ca.

900 meals a day. MFW also does a lot of more upscale catering for groups and individuals throughout the community, purchasing very substantial quantities of fruits, vegetables, and other food daily. MFW currently works out of two rented sites. But even in these smaller sites there are many hours when the excellent professional equipment stands unused.

The Local Growers Guild (LGG) is a dynamic organization, committed to creating a local food economy. It is working to connect growers with consumers, farmers with restaurateurs and local grocery stores, and to develop value-added products. Members hope to develop a reliable food supply for local consumers on an ever-increasing basis.

Responding to a USDA call for proposals to develop local food systems, MFW and LGG reached out to related organizations, inviting them to participate in a larger effort. Mother Hubbard's Cupboard, with its food pantry, its gardening program, its educational efforts to improve nutrition, and its work with low income participants was a natural partner. The Center for Sustainable Living, too, with its efforts to develop urban gardening, backyard habitats, edible schoolyards and landscaping, and vermiculture (yes, the cultivation of worms for their nutrient-



Photo by King Tufu (flickr.com). Used with permission.

Middle Way House plans to move part of its operation to the old Coca-Cola bottling plant "in the next year and a half or so."

rich castings), also joined the effort. The Purdue Extension Agricultural Educator was an obvious participant, as well, as was the City of Bloomington Parks and Recreation Department (which manages the Bloomington Farmers Market, the

Local Food Policy Council, Community Gardens, and People's University educational programs on raising and preparing food and on nutrition.)

See "Middle Way," page 13

Acclaimed author Urrea to speak in support of library

By Dana Burton, Co-Chair, Marketing for Urrea Author Event, The Friends of Library

Monroe County Public Library
(812) 349-3228
(812) 360-9352
www.mcpl.info/friends

Luis Alberta Urrea, (oo-RAY-uh), a nationally acclaimed novelist, poet, and storyteller, will speak at the Buskirk-Chumley Theater, 114 East Kirkwood Avenue, Bloomington on Friday, November 16 at 7 p.m., followed by a book signing and reception in his honor. His presentation, "Magical Realism, Immigration, and Life on the Border", is a fundraiser for the Monroe County Public Library, sponsored by The Friends of the Library. Publishers' Weekly describes Urrea as a "poetic writer who draws strong characters and wears his literary compassion on his sleeve, and he uses all of his gifts to full advantage ..." His presentation is sure to capture your spirit and challenge your mind.

Born in Tijuana, Mexico to a Mexican father and an American mother, Urrea is an award winning author of 11 works of fiction, nonfiction, short stories and poetry. In 2005, Urrea was a Pulitzer Prize finalist and American Book Award winner for his courageous book *The Devil's Highway*. This is a compassionate, even-handed recount of the moving journey



Photo submitted.

Author Luis Alberta Urrea.

and tragic deaths of Mexican immigrants abandoned in May, 2001 in the Arizona desert. Urrea is the only author to be nominated for both fiction and non-fiction Kiriyama Prize. He was nominated in 2004 for *The Devil's Highway*. In 2006, Urrea won the Kiriyama Prize for fiction with his epic novel *The Hummingbird's Daughter*. This book, twenty years in the making, is the fictionalized account of Urrea's own great-aunt Teresita during Mexico's Civil War. The novel brings a deeply pious character to life amidst the

tumultuous landscape of pre-revolutionary Mexico.

Tickets, available at the Sunrise Box Office and The Friends of the Library Bookstore, are \$15 in advance and \$20 the day of the performance. Premium tickets are available for \$65. The premium ticket includes premium seating at the event, an autographed bookplate, as well as an hors d'oeuvre, champagne and dessert reception with the author. This is an after hours event in the atrium of the Monroe County Public Library immediately following his

Urrea presentation at a glance

When: Nov. 16 at 7 p.m.

Where: Buskirk-Chumley Theater

About: Pulitzer Prize finalist Luis Alberta Urrea will give a presentation entitled "Magical Realism, Immigration, and Life on the Border."

Tickets: \$15 in advance (can be purchased at Sunrise Box Office and Friends of the Library Bookstore); \$20 at the door. Premium tickets (\$65) include premium seating, an autographed bookplate, and a reception with the author immediately following the presentation.

lecture. For additional information you may call The Friends of the Library office (812) 349-3050 extension 1080.

The Friends of the Library provide extra support for Monroe County Public Library's innovative programming and outstanding services to the community. Donations from this event will help to refurbish the library's Silent Reading Room.

For more information about the author and this event, visit the Friends of the Library page on the Monroe County Public Library web site, listed at the beginning of this article.

CBH, drug court give client a second chance in life

By a CBH client and Drug Court graduate

A few years ago I'd never really been in trouble with the law before, but I wound up with two DUIs in a three-month period, and it looked like I was going up the river. I was just so scared. I decided to check into Intensive Outpatient Program (IOP at Center for Behavioral Health—CBH) immediately, under house arrest. I had some college; I was married; I had a job—I wasn't their "typical" addictions case. But I knew something was going on with me – I was risking everything! So I went to CBH and for the first time in my life, I got honest; I didn't shirk on anything. Then I found out about drug court and got accepted. That very first initial meeting, when I went in to trial to plead guilty, was incredibly frightening. It was shocking to sit and listen to a prosecutor talk like that about me. That wasn't me!

I completed IOP and then started drug court—the first six months was a blur but I went there and to CBH because I was dedicated to figuring out what was going on with me. I used to be a party girl, and then when life threw me a big curve, I became a problem girl. Those bad behaviors set me up real nice to fall

into something almost deadly. I was a manipulator too. I can't say that I didn't go into IOP to make things look better for the judge, but when I started coming to CBH the big thing I got from them and Judge Todd was that I'm valuable. That's the biggest thing. Somebody cares! I'm not ashamed now. Being a party girl was a way of coping, but I can now say I have no desire to escape from life anymore. The drama's gone.

Since then I've gone back to school, graduated, and will start graduate work soon. I wouldn't have been able to do it had the criminal justice system not ripped the rug out from under me and given me a second chance in life. That chance and CBH are a blessing, an absolute blessing. The one big thing I got from CBH is that I don't for one moment think that when you find yourself on the bottom it's over. CBH didn't think so either. It wasn't, "Okay, now we're throwing you away." But my counselor there would not let me slide. She made me work and say my role. She held me accountable every time I walked in the door and she held me accountable for everything that happened in between.

CBH Breakfast Learning Series

The Center For Behavioral Health (CBH) conducts a monthly educational "Breakfast Learning Series". All meetings are at 8:00-9:30 a.m. at the Unitarian Universalist Church (2120 N. Fee Lane, Bloomington). No reservations required; continuing education credits available upon on-site request; breakfast provided; and no admission fee. General public is welcome. For more information contact Cathi Norton, cnorton@the-center.org (812-355-6387), or visit the CBH website at www.the-center.org.

Breakfast Learning Series schedule

September 21

"Court Preparation & Testimony for Non-Attorneys or What You Need to Know Before You Go to Court". Aviva Orenstein, JD. IU Prof/Law, and Jessica Hersch, ACSW, LCSW, LMFT

October 19

"Creative Interventions for Three Types of Inner Bullies". Lynn James, LMHC, M.Div

November 16

"Dealing With People with Asperger's Syndrome". Kathleen Hugo

December 14

"Considerations and Strategies for Effective Response in Crisis Intervention". Matt Oliver, MBA, Ph.D

Nobody else did that – nobody.

So Drug Court couldn't work unless the incredible buffet of social services we have in Bloomington didn't work with it. We're so lucky here. CBH is a community gem. It is. I've utilized it for family coun-

seling when my husband and I periodically wake up and realize the kids are in charge. I've used it for IOP and personal reasons. It's a place that offers so many different services and I've never been turned away. NEVER have I been turned away when needing help.

Be sure you know your right to fair housing

By Barbara E. McKinney, Director, Bloomington Human Rights Commission

(812) 349-3429
www.bloomington.in.gov/legal/hr.php

The Bloomington Human Rights Commission enforces Bloomington's Human Rights Ordinance. The BHRC conducts investigations in a fair and timely manner, educates community members about their rights and responsibilities under vari-

ous civil rights laws, raises awareness of human rights-related issues, ensures that contractors and subcontractors pay employees applicable common wages, ensures that the City, as an employer, governmental entity and provider of public accommodations, complies with the Americans with Disabilities Act (ADA)

and provides the community with information about the ADA.

Fair housing laws prohibit discrimination in housing on the basis of race, color, national origin, disability, familial status, ancestry, religion, sex, sexual orientation or gender identity. A few examples of possible discrimination:

- A woman is harassed by her apartment complex manager because of the number of children she has and because her children are bi-racial. This might constitute discrimination on the basis of race, color and/or familial status.
- A landlord tells a prospective male tenant that he rents only to women because they maintain the property better. This might constitute sex discrimination.
- A landlord refuses to allow a tenant to install a ramp at the tenant's expense. This might constitute disability discrimination.
- An Asian woman calls about the availability of an apartment. When she meets with the owner, he tells her the apartment is already rented. When her white friend calls about the apartment, the landlord tells her it is still available. This might constitute discrimination on the basis of

race and/or national origin.

- A landlord refuses to rent an apartment to a family with young children because he's concerned that the railing on the balcony is not safe. This might constitute discrimination on the basis of familial status. He needs to make the railing safe for his tenants instead of refusing to rent to families.

If you think you have been a victim of housing discrimination, take action. First, document your complaint as best you can. Jot down names or descriptions of people you talked to. Write down what was said. Keep a list of witnesses. Keep a copy of the ad.

Second, contact the Bloomington Human Rights Commission, 349-3429 or human.rights@bloomington.in.gov. You have 180 days from the date of the alleged discrimination to file a complaint. But the earlier you file, the more effective the investigation will be. Filing a complaint is free. We conduct an impartial investigation, working to protect you from housing discrimination as well as to protect landlords from unfounded complaints.

Middle Way

Continued from page 12

An essential part of our local food system is the Hoosier Hills Food Bank, both as a potential supplier of food that has been grown and/or processed locally, and as a distributor of products, as well. Bloomingfoods provides a ready-made-distribution outlet and expertise in marketing. An area in which growers often need assistance in is developing a business plan to lead them to more systematic—and reliable—production and marketing efforts. SEED Corp., the local microenterprise program, provides this piece of the picture, regularly offering classes in How to Start a Small Business and loans secured by the SBA up to \$35,000. SEED Corp. is prepared to offer agriculture-oriented classes for local and regional growers. These nine organizations, then, are working together to develop a local, sustainable

food system. When the kitchen incubator in the old Coca-Cola building is finished in late 2008, as part of MWH New Wings Community Partnership, it will be open to the community for food producers or would-be food-processors, bakers, tamale makers—whatever—to develop their potential businesses in a licensed commercial environment. The incubator will be owned and managed by Middle Way House and MFW, providing training for the use of equipment, offering technical assistance, and time-sharing use of the facilities in a structured environment. All of these organizations are committed to the concept of growing, processing and eating healthful local foods, and encouraging more local gardening, better nutrition, excellent food preparation and enjoying the fruits of our labors in creating a local food system well into the future.

Special Section: Youth Programs

Library serves community youth in many ways

349-3050
www.mcpl.info

Children and teens, as well as their parents and caregivers, can find resources and programs year round at Monroe County Public Library (MCPL) to foster reading, creativity, and academic success. During the school year, the library also offers homework help at the Main Library on Kirkwood Avenue in Bloomington.

Homework Help for Elementary School Children

If a child is struggling with reading, or if after-school homework sessions have become an endless chore, the library can help.

The Children's Reading and Math Team (CRMT) program starts September 17 in the Children's Homework Center at the public library. CRMT has two parts: one-to-one reading sessions and drop-in homework help. Parents or guardians can register their elementary school child for ongoing one-on-one sessions with an Indiana University (IU) student tutor. Sessions focus on reading and writing skills. Tutors typically read a story out loud with the child and then do follow-up activities to reinforce what was learned. The CRMT program is especially dedicated to helping struggling students become more

by Margaret Harter, Josh Wolf, and Sarah Bowman, Monroe County Public Library confident readers. Questions? Call MCPL Children's Services at 349-3100.

In addition to one-on-one sessions, the CRMT program offers drop-in help at the Homework Center. IU tutors help children study for a test, understand their math, or organize an essay. If kids are doing a report, the tutors will help them "look it up" and then go through the resources with them. Students should bring their assignments with them.

Drop-in homework help for elementary school children is available starting September 17 from 3:30-7:30 p.m., Monday – Thursday, and 1:30-4:30 p.m., Sunday.

Math Homework Help for Teens

In 1988, Monroe County Public Library staff visited area high schools and asked the question: "If the public library could provide help with homework, what subject should it be?"

Ninety percent of the teens surveyed checked "math." Instead of simply purchasing additional math books, the library decided to take a more proactive role in addressing an educational need in the community, and, in 1989, Math Homework Help at the Public Library was created. The program provides a social, out-of-school environment in which secondary school students can get help from tutors who have an enthusiasm for this

difficult subject.

Each Monday night during the school year, starting September 10, middle school and high school students are encouraged to come to Monroe County Public Library (MCPL) to get help with their math assignments. They can drop in anytime between 7:00 and 9:00 p.m. Volunteer tutors are available to help on a first-come, first-served basis.

"Tonight was my first time using math help at the library. It helped me immensely. The people are helpful and with other students there it is almost fun. It is a great learning atmosphere because everyone wants to be there," one local student said.

Tutors come from the community and include students and faculty from Indiana University, local teachers, engineers from area businesses, as well as teens themselves. MCPL, the Monroe County Education Association and the Monroe County Community School Corporation share the cost of hiring a tutor coordinator for the Monday night sessions at the Public Library.

Wednesday Night Homework Help

Teens also can get math tutoring on Wednesday nights at the Westside McDonalds. Owners Ronald and Rachel Long provide their own tutor coordinator



Photos submitted

Students from elementary to high school can get homework help from the MCPL.



and their West Third Street restaurant as a location.

The atmosphere is relaxed at both locations and students feel good about coming and as a result many have achieved a better understanding or higher grade.

After almost 20 years, Math Homework Help continues to support teens in Monroe County by supplementing their education and investing in their future.

PALS: Equine therapy improves quality of living

By Fern Bonchek, Executive Director

PO Box 1033
812-336-2798 office/fax
812-824-3000 barn
www.palstherapy.org

People & Animal Learning Services, Inc. (PALS) is a nonprofit 501(c) (3) organization in Bloomington, Indiana, that offers Equine Assisted Activities (EAA) such as therapeutic riding and hippotherapy to children and adults with disabilities and to at-risk youth. Since the 1950s, EAA have been identified as beneficial forms of exercise and recreation for people with a wide range of disabilities. EAA combine goals in sports, recreation, therapy, and education.

In 2007, PALS will provide over 1,700 therapeutic riding lessons and hippotherapy sessions to children and adults with disabilities and to at-risk youth.

See "PALS," page 15

Quotes from PALS riders

"I think anyone with any kind of disability should join PALS, because you can do things you never dreamed you would be able to do."

- Sierra L., 16, three-year PALS rider

"They structure the lesson to the person. I mean, if you're having trouble with math, they'll incorporate that into the lesson to show that it's not just in school and not just some torture device. . . . Now, I hope they'll never put algebra in there!"

- Emma R., 15, two-year PALS rider

"PALS is fun. You can ride horses there. You should get there early so you can play with the kitties and look at the horsies. They are good horsies. [My horse] Cody is the most difficult one, and I do it."

- Vincent B., 9, five-month PALS rider

"...Vincent loves PALS. It is something he feels successful with, never a question. There is a huge smile on his face most of the time he is there and especially when he is riding. There is nothing happier for a mother than to see her small child beam with joy, after the challenges that the rest of the day and the world might bring."

- Diane, Vincent's Mom



Photo submitted

PALS client Emma rides Macho, one of the agency's horses.

Maldonado one of many Stepping Stones successes

By Linsay Riddle, Development Coordinator, Americorps VISTA Volunteer

www.steppingstones-inc.org
339-9771

Felicia Maldonado is a Stepping Stones resident with big style and a big heart. She was born with style and has always had a big heart, but since entering the Stepping Stones program, Felicia has noticed her heart grow.

Felicia grew up in Gary, Indiana in a rough neighborhood and in a home where some lifestyles were unacceptable. She realized a new environment would be better for her and moved to Bloomington to be closer to some of her extended family. Without a stable place to stay, Felicia found Stepping Stones in October 2006 through a friend and former resident. Originally, Felicia planned only to stay a short time until another place came along. As she worked through the program, her goals began to change. She now plans to be the first Stepping Stones "graduate" and to use the skills she has learned to rent her own apartment, continue her education in college, and eventually get a job working with mentally challenged individuals.

Felicia has high aspirations, not only for her education and career, but also for her personal maturity. Her friends have noticed a change in her since last October, a change she is proud of. She is getting closer to her goals step by step, and is thankful to the Stepping Stones program for that.

Felicia's story is only one example of the help that Stepping Stones has been able to provide to youth that are experiencing homelessness. This past June, five of "our kids" graduated high school. We are currently at full capacity, housing six youth in supervised apartments. Our residents have been very active this summer from visiting both the police station and fire house, where they learned about job opportunities and safety, to a trip to Holiday World that they helped raise money for through bake sales and car washes.

For the rest of 2007 we look forward to continuing to help our residents, as well as other community youth, strive for success in their education through our after-school tutoring program.

Stepping Stones will be participating in



Photo submitted

Stepping Stones guests perform a variety of positive tasks.

the volunteer fair at the Farmer's Market on Saturday, September 15th from 9am-1pm and at the IU Volunteer Fair on Tuesday, September 25th in Alumni Hall of the

Indiana Memorial Union from 11am-2pm. We will also be holding a volunteer orientation on Monday, October 1st at 6:00pm in our community center.

Boys and Girls Club member shares story

by Laura Hopkins, age 15, BHSN sophomore, 2005 Youth of the Year for B&GC of Bloomington

(812) 332-5311 x13
311 S. Lincoln St.

This article was originally printed in the Dec. 2006 edition of Safety-Net.

The Boys and Girls Club to me is a second home. Without the Boys & Girls Club, I would probably be in a boot camp. I wouldn't have met my best friend, Rishan Brown, who keeps me coming back every day. I wouldn't have met Becca, the director, who is like a big sister to me. Without Becca, I would have never got on a roller coaster. Without the Club and Becca, I wouldn't have all of the crazy and funny memories of my childhood. I would have never had a water fight in the Club kitchen with two staff that would not be engaged right now if I hadn't played Cupid. I probably wouldn't have met my big sister, Meghan Overmyer, who I've been matched with for 3 years now. I probably wouldn't have gone home with so many headaches from laughing so hard. I probably wouldn't have anyone to talk to when I'm having troubles at home. The Boys & Girls Club is my family.

Another person that keeps me coming here everyday is Aaron Haack, a.k.a B-ball coach. He makes the Club a fun place because he always has a smile on his face and he always makes me happy when I'm having problems. He's like my big brother. When I was having boy problems, he told me not to worry about anything because any guy

would be lucky to have a nice and smart girl like me. He also said any guy that makes me mad, he would personally mess him up.

The way that the Boys & Girls Club prepares me for the future and to become a good citizen is that they encourage me to never judge a person and always get to know a person; to always be kind to others; to always give a person a chance and always help others when they need help. The Club showed me a way to meet new people, not to be afraid to say what I feel as long as it is said in a nice way. The biggest way that the Club has helped me is that it has built me up to be a kind person, but when it's time to bring out the claws, I can and will. The Boys and Girls Club to me is a place to come where I can act like a big kid all the time, but still be a role model for the younger kids that looks up to me.

The Boys and Girls Club to me is a place that I can go and get help on anything, if it's from problems with my brothers, to problems at school, or even when I feel like crying and there's no one else I can go to. The Boys and Girls Club to me is a place that I can go and act silly. I can run around with the little kids and I can work on projects to make the club a better place. The Boys and Girls Club is a place where I can go and hang out with college students that will be my close friends for a long time. The Club is a place that doesn't have an age limit. The club is a place you can go to have fun and always learn something new. The Boys and Girls Club is a place of opportunity. The club is a place to make new friends and meet people that will change your life for a long time.

PALS

Continued from page 14

Since the 1950s, EAA have been identified as beneficial forms of exercise and recreation for people with a wide range of disabilities. EAA combine goals in sports, recreation, therapy, and education.

In 2007, PALS will provide over 1,700 therapeutic riding lessons and hippotherapy sessions to children and adults with disabilities and to at-risk youth. PALS

has a strong and successful history. Since 2000, PALS has provided 6,800 high-quality equine assisted lessons, improving the lives of hundreds of children, youth, and seniors in our community. Riding a horse at PALS is the highlight of the week for over 150 persons with disabilities and at-risk youth. PALS is the only NARHA Premier Accredited Center (see www.narha.org) in the area, and we are actively involved with the Indiana Horse Council. In addition, PALS is a United Way of

Monroe County Member Agency. It is our desire to provide services to all who apply regardless of financial status; therefore, scholarships are offered to our riders as needed. PALS serves riders from Monroe, Bartholomew, Brown, Greene, Jackson, Johnson, Lawrence, Marion, Morgan, Owen, and Putnam counties.

PALS has over 65 weekly riders (150 riders per year) and over 150 weekly volunteers. Volunteers assist in lessons as leaders or sidewalkers or help with barn

chores. For more information about riding or volunteering at PALS, for general information, or to set up a barn tour, please contact Fern Bonchek at pals@indiana.edu, 812-336-2798, or www.palstherapy.org.

You can learn more about PALS and Equine Assisted Activities by attending the 7th Annual PALS Fun Show on Saturday October 27th from 10:30am - 5:30pm at Ellington Stables - 680 West That Rd, Bloomington, IN.

Big Brothers Big Sisters: A positive outlet for kids

By Deborah Meader, Case Manager, Big Brothers Big Sisters of South Central Indiana

418 S. Walnut Street
334-2828
www.bigsindiana.org

This article was originally printed in the August 2005 edition of Safety-Net.

A Little Help From Our Friends

Long before Ringo sang about it, Big Brothers Big Sisters of America not only knew that we all "get by with a little help from our friends", but was responding to it! At the local level, Big Brothers Big Sisters of South Central Indiana (BBBS) has brought caring adult volunteers ("Bigs") into the lives of children ("Littles") since 1973.

These matches are about sharing simple activities that develop into friend-

ships. And these important friendships are what open a world of possibilities and opportunities for kids. Our Bigs experience the satisfaction of having a positive and lasting impact on a child's life while having fun along the way. Like all good friendships, every one benefits.

Mentoring Works

While we all know in our hearts that a relationship with a caring adult helps kids overcome the challenges they face, research also shows this to be the case. Little Brothers and Sisters are less likely to begin using illegal drugs, consume alcohol, skip school and classes, or engage in acts of violence. They have greater self-esteem, confidence in their

schoolwork performance, and are able to get along better with their friends and families.

Who We Serve

BBBS serves children ages six through seventeen in Monroe and Owen Counties. Our mission is to empower community youth. Our vision is to bring a Big Brother or Big Sister to every child who needs and wants one.

In 2004, we served over 1,000 children. In our Community and Club Bigs programs, we matched 345 children; in our School Bigs program, 350 students were matched.

Getting Involved - Becoming a Big Brother or Sister

Becoming a Big Brother or Big Sister is an opportunity to make a new friend, to have fun, to see a child grow and learn new skills, and to make a positive difference in a child's life. Volunteers can learn more about specific mentor-

ing programs by attending one of our Information Sessions or by calling 334-2828. Applications are available from our website (www.bigsindiana.org).

BBBS offers a variety of programs to fit any interest, lifestyle, or schedule. Our Community Bigs and Couples Match programs offer friendship, support, and fun for children and teens. Bigs and their Littles meet approximately 8 hours each month. Whether it's a trip to the park, a movie, or a game of cards, all of these times become memory-making moments in a child's life. Our School Bigs and Club Bigs programs match volunteers with Littles at school (one hour a week, on school grounds only) and at the Boys & Girls Club (2-3 hours once a week at the Club's facility or exploring the surrounding neighborhood).

Other volunteer opportunities include Reading Coaches with the Indiana Reading Corps, First Friends events, and our programs for adolescents.

Where I'm From

A poem by Jasmine, 16, former youth shelter resident

*I'm from emotions and unbound love,
Seasonal decorations and every color of
Spray paint
From hype parties and kiddie sleepovers,
And the house in the neighborhood where
Everyone plays*

*I'm from parents who work business,
Both occupation and family
And though daddy's little Rain princess is
16 years old, he still works hard for me*

*I'm from sugared spaghetti sauce
And mom's famous juicy chicken stir fry,
And all the amazing baked goods and sweets,
With love in every bite*

*I'm from pain and struggle,
To fun and great memories,
From tears and chuckles and everything in
Between
From the strength I've grown to have,
And the love and appreciation to have and to
hold*



Photo by Pam Kinnaman (Originally published in the July 2007 edition of Safety-Net) BBBS pairing M. Gerth and B. Burris spend lots of time together.

Many events at WonderLab in coming months

308 West Fourth St.
(812) 337-1337
www.wonderlab.org

WonderLab Museum of Science, Health and Technology is a private 501(c)(3) non-profit organization. Donations to the museum are tax-deductible to the fullest extent of the law. WonderLab does not receive annual state or local tax funds for operations.

Public Hours: Tuesday-Saturday, 9:30 am - 5:00 pm ; Sunday, 1:00 pm - 5:00 pm . General Admission: Free for members and children under 1 year ; \$5.50 Child / \$6.50 Adult / \$6.00 Senior.

WonderLab's Discovery Time
Every Wednesday
Time: 10:30 am - 11:00 am

WonderLab's First Friday Evening With Pizza!
Friday, October 5
Friday, November 2
Time: 5:00 pm - 8:30 pm

Night Fliers! A Live Bat Presentation
Saturday, October 13
Show Times: 11:00 am and 1:00 pm

Teen Challenge Night: Mad Lab
Friday, October 26

Time: 5:30 pm - 8:30 pm

Creepy Chemistry Weekend

Saturday, October 27
Time: 2:00 pm - 4:30 pm; Demos: 3:00 pm and 4:00 pm
Sunday, October 28
Time: 1:30 pm - 4:30 p.m.; Demo: 3:00 pm

Meet the Instruments Weekend

Saturday, November 17: Symphonic and Jazz Day
10:00 am - 12:00 pm Bloomington Symphony Orchestra
12:00 pm - 3:00 pm Little Bands School

11:30 am - 3:00 pm Activity Stations in Gallery

World Music Day

Sunday, November 18
1:00 pm - 2:00 pm Hoosier Hotcakes
2:00 pm - 2:30 pm Dmitri Vietze (demo)
2:30 pm - 4:30 pm Dmitri Vietze (gallery)
1:00 pm - 4:30 pm Activity Stations in Gallery

Canopy of Lights

Friday, November 23
Time: 9:30 am - 6:30 pm

Special Section: Volunteer Opportunities

Kids 'Volunteer on the Spot' for Volunteer Network

Elizabeth (Bet) Savich, Director, City of Bloomington Volunteer Network



Photo submitted

Volunteers of all ages had a great time at the "Volunteer on the Spot" event.

401 N. Morton St., Suite 260
(812) 349-3472
www.bloomington.in.gov/volunteer

On Tuesday, August 7th, during the celebration of National Night Out at the Crestmont Public Housing project, gobs of children participated in a "Volunteer On the Spot" activity organized by the City of Bloomington Volunteer Network. The kids decorated colorful foam door hangers which will be given to senior citizens at a nursing home. Girls at Girls Inc. will make the additional door hangers needed to give one to each resident in the Golden Living Center (formerly Beverly Health Care and Fontainbleu). Girls Inc. will take a field trip to the facility to personally present the gifts with a smile or hug.

The door hangers are decorated with foam cut-outs with either an under-the-sea or birds 'n butterflies motif. Most of the children signed their names and many parents joined in the fun, adding personal messages, including "love, swim on in, have a nice day, welcome, keep a smile on your face, we love you all, keep safe, chill out and relax, get well soon, God bless you, There's eight ways to have fun, seven of them are all you, lovely days, it's a swimming day, love life, cool, love each other, someone loves you, hi-you're cool, you're wonderful, I hope your days are as colorful and bright as these are." The kids enjoyed making gifts for the senior citizens and volunteering on-the-spot. Danielle Cave, Bloomington Volunteer Network intern, was a great help with the project. To learn about upcoming volunteer opportunities through the City of Bloomington Volunteer Network, contact them at the information listed at the beginning of this article.

What motivates my science outreach activities?

By Robert K. Togasaki, Professor Emeritus of Biology, Indiana University

I was born in San Francisco, CA, grew up in Tokyo, Japan, and was educated in USA from high school through graduate school. I joined the I.U. faculty in 1968 and became Professor Emeritus of Biology in 1997. Currently, I am involved with several science outreach activities which include part time instruction at Harmony High School and Middle School.

David White asked me what motivates me to participate in k-12 science outreach programs. The following is my answer.

My goal is to impart the love and excitement of science to young people, through the experience of reaching a conclusion based on one's own observation or experimental data. My classes are heavy in hands on activities so that students can actually carry out experimenting and reasoning themselves. They are simple but real activities and not the elegant virtual activities you might see on a T.V. screen.

What makes me teach this way? Many people have influenced me during my life, but two of them stand out above all others in their impact on my current teaching.

The first mentor was Fujita Yoshio, my elementary school teacher in Tokyo, Japan from 1942-1944 during 4th and 5th grade. It was wartime and the whole society was regimented, with standard text books and lessons mandated by the Ministry of Education. Conformity was the name of the game. Fortunately, I met an exceptional teacher Fujita.

Fujita graduated from The Physics Academy, a forerunner of today's Tokyo Institute of Technology. Instead of a lucrative industrial career, he opted for elementary school science education. After requisite educational training he became our teacher in 1942 and we became guinea pigs for his educational experimentation.

At the time, there was a single science

textbook for each grade level. Fujita totally disregarded the official text. For example, in one class, he told us to bring in lots of tin cans. So we did. We cut open the lower side of some cans so that we could insert and burn tinder. We placed another can on the top and added water to it. Finally we placed an inverted funnel on the top and watched steam jetting out as we boiled the water. In the country of origami or paper folding, we had no problem folding oily paper into a pinwheel form. Now we could spin the pinwheel with the steam jetting out from our hand made generator. While we were immersed in these hands on activities, he taught us the concept of heat conduction, convection and evaporation.

Two years of this teaching style left a permanent imprint. From that point on, I was determined to be an experimental scientist of some kind and eventually I

became a professional scientist.

Later in life, I often wondered why Fujita had such strong impact on me. The answer came in the summer of 1996 when I was participating in a cross-disciplinary faculty workshop on effective freshman teaching. George Pinney from IU Department of Theater and Drama came to one session and made all the professors stand up and move their bodies. We formed a line with our eyes closed and our hands on the shoulders of the person in front. The group moved around the room, led by the only open-eyed person at the head of the line. I believe he called this a trust exercise. He showed us how important our physical activity and bodily experience was to our thinking and perception.

See "Togasaki," page 18

Positive Link looking for volunteers, on-site and off

Bloomington Hospital Positive Link
333 E. Miller Dr.
(812) 353-9150

This article was originally published in the July 2007 edition of Safety-Net.

Bloomington Hospital Positive Link, the regional HIV/AIDS Care Site, offers a host of volunteer opportunities, including many suitable for youth. Often, volunteers help Positive Link to coordinate awareness events, such as the World AIDS Day

By Jill Stowers, Program Manager, Bloomington Hospital Positive Link Celebration or the AIDS Walk. These events include significant amounts of time, and volunteers are often the key to assuring the events run smoothly. This spring, students from Ivy Tech's Pride student group played a key role in facilitating the AIDS Walk, which had an incredible turnout and was a great success.

For those who would like to volunteer without having to come to the office, Positive Link's CareLinks program is the perfect fit. CareLinks gives volunteers the

opportunity to make an immediate and gratifying impact by offering support over the phone to clients who are ill. Other opportunities include delivering meals prepared by Community Kitchen to clients in the Nutrition Links program, facilitating social groups with the Live and Learn program, or assisting with office duties such as filing. Busy folks who cannot be tied to a schedule can still help by serving as an on-call volunteer, helping with events or tasks as they come up but not

working a specific schedule. Volunteers who speak both English and Spanish are always needed. This summer, Positive Link will be promoting HIV awareness at several local county fairs and community events. This outreach project is a chance to volunteer while having fun at the fairs!

If you or someone you know is interested in volunteering with Positive Link, please contact Tammy Dutkowski at (812) 353-3241 or tdutkowski@bloomington-hospital.org.

Volunteers worth much more than fiscal estimates

By Pamela G. Kinnaman, Volunteer Resource Coordinator, Shalom Community Center

This article was originally published in the July 2007 edition of Safety-Net.

The Independent Sector estimated the national dollar value of volunteer time* at \$18.77 per hour for 2006. For Indiana the value was determined to be \$15.79. Wow, that is quite impressive and it sure is handy to have those numbers when trying to calculate the value of our volunteers in

our agencies, but what is the true worth of our volunteers?

We all have volunteers that do boring, menial tasks such as stuffing envelopes. If we were to hire someone to do that job, we wouldn't pay that person \$18.77 or even \$15.79 but yet, how important it is to have people willing to stuff envelopes. To work for hours folding, stuffing and sealing (hopefully not licking) thousands

of envelopes. How many not-for-profit agencies' paid workers have the time to commit to such a task? Most not-for-profits are understaffed as it is. Who else would do that task but a volunteer? How can we put a price on that?

Many agencies have volunteer receptionists. Hmmm, a simple task, just pick up the receiver and talk to the person at the other end. No, it is more than that.

Those volunteers are an extension of our agencies into the community. What they say and how they say it is a reflection on the work that we do. It may make all the difference in the world to a person in distress that is calling for assistance to have a kind, helpful and pleasant person to talk to and put them at ease after finally having the courage to make the call.

See "Kinnaman," page 19

Volunteer describes why he works with Shalom

By Hank Cooper, Shalom Community Center volunteer



Photo by Pam Kinnanan

Hank Cooper has volunteered at the Shalom Center for the past year and a half.

Togasaki

Continued from page 17

Yes, that was Fujita's method! He let us practice

and experience scientific activity and not just talk about it. The very fact we made those simple steam turbines by our own hands, was important. Using both our body and minds together to pursue simple experiments made science part of us. Now my hope is to create hands-on activities so that students can make science part of them. To that end, I am fortunate to have the opportunity to try my ideas

with young people at many levels, from WonderLab to Harmony School. My hands on science experience under Fujita took place many decades ago in Tokyo, a city, an ocean and a continent away from Bloomington. It led me to a rewarding life as a research scientist and university professor, privileged to meet many inspiring people, old and young. Now it is my turn to give back to the coming generation what I have received so abundantly. It is payback time! Science is fun if you actually practice it!

I have enjoyed volunteering at Shalom for the last eighteen months, and have been fortunate to meet a lot of wonderful people. It is truly awesome to see what some have to endure in order to survive. It is truly a blessing for me to be around folks who try to "lighten the load" a bit for so many.

"Life is not fair." It just seems evident that part of our society from birth enjoys great family life, physical, psychological and emotional stability, strong financial and educational support, and many other supports. Others have not experienced some or many of these blessings. Yes, it's not fair, but that's not important. What we choose to do about any unfairness or injustice is what matters.

Volunteering at Shalom, I see and

admire folks who care deeply about the well-being of others. We see on a daily basis, the staff, volunteers, and guests trying to help others in all kinds of circumstances. It's rewarding to watch guests who have huge struggles themselves, making the effort to help a fellow guest. That's really remarkable.

Finally, volunteering at Shalom helps satisfy the inner drive to live a life we were created to live. I like to believe we were made in God's image to love one another. Shalom gives us the opportunity to live out our most basic calling—we are our sisters and brothers keeper. Our efforts, while imperfect and with many short-falls, are still an effort and maybe that's what matters.

Do you have a need for volunteers? A volunteer story? Pictures from a volunteer event?

Do you want to see it in the paper?

Safety-Net is always looking for stories to put in its Volunteer Opportunities section. If you have a volunteer-related story, email white@indiana.edu with "Safety-Net Volunteer Submission" in the subject line.

Special Section: Criminal Justice Programs

Intake: An evolving journey in helping inmates

By Velma Davis, Citizens for Effective Justice volunteer

In January of 2007, Hal Taylor invited four people to develop a group for inmates just entering the Monroe County Jail. We were all members of Citizens for Effective Justice, and had an interest in shaping a more therapeutic experience for people serving time. Our initial goals for the group included:

1. To provide inmates with an opportunity to share the story of their arrest, and their feelings about it.
2. To both share ways of coping with the daily struggles of being locked up, and to learn new coping skills.
3. To learn more ways of managing their anger and frustration.
4. To recognize ways to be a support for each other.
5. To develop more skills in problem solving.
6. To reflect on how behavior and choices relate to personal life goals.

We did not look on this group as an arena for selling our individual approaches to life. Rather, we hoped to provide skills and discussions that would help each inmate to better manage this juncture in his life.

Group meetings are held for an hour every day for one week. On Mondays new people enter the Multipurpose Room not knowing exactly what to expect, although they have volunteered for a group that they are told might help them adjust to the jail setting. Hal and this writer start off by introducing ourselves and talking about the two meetings in the outside community that the men can join upon discharge: the Citizens for Effective Justice (CEJ) group, and Crossroads. The first is mainly an advocacy group, and the second is a support group run by people who have served time. We tell the inmates that we are volunteers and members of the

CEJ group. After saying a little bit about ourselves, the conversation turns to how the men have been adjusting since their jail entry. This can be a heated venting period, and we often refocus on what has helped individuals cope with the stress. This helps add some sense of being able to control their experience. The men often take turns telling their stories, and points of similarity are readily acknowledged.

The above is just an example of how the week's sessions start off. On Tuesdays we spend further time if needed on venting and looking at coping skills, or we explore supports, and discuss behaviors and choices made in relation to values and long range goals. On Monday or Tuesday we often end the group with a systematic relaxation and visualization exercise. Although this is our overall plan for starting the week, we may alter it to discuss an issue that the group requests. A daily part of our sessions is enjoying doughnuts that

Hal generously procures for our program from free sources (usually the Shalom Center).

On Wednesdays the group is led by another volunteer, who focuses on skills in managing anger. And Thursday's group focuses on problem solving. Friday is a day for wrap-up led by Hal. At this time he informs the men present that they can continue meeting with another group that uses a recovery plan workbook in subsequent weeks. The Intake Group format is continually being revised, as we more fully understand the needs of the inmates at Monroe County Jail. We are always looking for volunteers who enjoy running groups. There are also opportunities for which people can be trained to work one-on-one with inmates. Call Tania Karnofsky at her jail office for further information about our program, and how you might help (812-349-2890 c 219-1349).

Drug Treatment Court has many benefits for taxpayers

By MaryEllen Diekhoff, Judge, Monroe Circuit Court, and Steve Malone, Drug Court Coordinator

This article was originally published in the July 2007 edition of Safety-Net.

Drug treatment courts are one of the fastest growing programs designed to reduce drug abuse and criminal behavior in non-violent offenders in the United States. The first drug court was implemented in Miami (Dade County), Florida in 1989. As of January, 2007 there were more than 1900 adult and juvenile drug courts in operation in the United States.

Monroe County's Drug Court movement began in November of 1999 as a pilot project and was officially certified as a Drug Court by the Indiana Judicial Center (IJC) in May of 2005. The Drug Treatment Court targets non-violent felony offenders with significant alcohol and/or drug problems. The offenders who are accepted into Drug Court volunteer to participate in the rigorous two (2) year program. Once the offender completes all requirements of the program (payment of all fees, documented sobriety for at least one year, and completion of all recommended treatment) the charges they initially plead to will be dismissed and they graduate from drug court. Graduation is referred to as Commencement because

participants are "commencing onto a better life". The commencement ceremony is held on the second Wednesday of every month, provided there is at least one participant scheduled to graduate. To date 249 offenders have been accepted into the Drug Court and 106 of them have successfully completed all requirements and have graduated from the program. If one subtracts from the 249 the number of participants still enrolled, which is 77, this translates to a 61% success rate for past enrollees.

In 2006, NPC Research out of Portland, Oregon was contracted by IJC to begin a process, outcome, and cost study of five (5) Indiana adult drug courts. The Monroe County Drug Treatment Court was one of the drug courts selected for this study. The evaluation was designed to answer several key components of the 10 Key Components for a successful Drug Court, which the Monroe County Drug Court said it would achieve. Those include the following:

- 1) Has the Monroe County Drug Treatment Court been implemented as intended and are they delivering planned services to the target population?

- 2) Does the Monroe County Drug Treatment Court reduce recidivism?
- 3) Does the Monroe County Drug Treatment Court reduce substance use?
- 4) Is there a cost-savings to the taxpayer due to drug court participation?

The evaluation concluded that, not only, is the answer yes to each question mentioned above, but the Monroe County Drug Treatment Court also fully satisfies the 10 Key Components to a Drug Court through its current policies and structure. In fact, the report established the following about the Monroe County Drug Treatment Court:

- 1) Monroe County Drug Court participants were significantly less likely to be re-arrested than offenders who were eligible for the program but chose not to participate.
- 2) Monroe County Drug Court participants consistently showed less drug use as measured by percent positive urine drug screens over a 12 month period.
- 3) Due to positive outcomes for drug court participants (including fewer re-arrests, less probation time and fewer new court cases), there were substantial avoided

costs for Monroe County Drug Court participants. Over a two (2) year period, the cost of Monroe County Drug Court participant outcomes were \$364.00 per participant compared to \$7,040.00 for an offender that did not participate in the program. This translates to a savings of over \$1,400,000.00.

In short, the evaluation found that there is strong evidence to support that the Monroe County Drug Treatment Court is both beneficial to participants and to the Indiana taxpayers. The Monroe County Drug Treatment Court continues to be successful and with the help and support of the community, individuals are getting clean and sober, reuniting with their families, maintaining employment, and continuing their education. The participants in the program have gone from taking to becoming more productive members of society, which in turn allows them to give something back to the community and their families.

More information about the Monroe County Drug Treatment Court and the NPC evaluation can be found at <http://www.co.monroe.in.us/>.

Kinnaman

Continued from page 18

How can we put a price on that?

Another volunteer may be doing dishes in a hot, busy kitchen helping to clean up after meals. Yuck! Who would want to do that job for money, let alone as a volunteer? Those meals feed people in poverty that

would not have a meal if it wasn't for those kitchens in our community. Volunteers, who prepare meals, serve meals and clean up after those meals are helping to keep people alive. How can we put a price on that?

These are just a few tasks that need to be done in many of our not-for-profit agen-

cies. If we were to hire people to do such jobs, sure they probably would not make the kind of salaries that were quoted by the Independent Sector. Those tasks may be simple and in the professional arena not worth a whole lot but I say, all our volunteers doing those menial, less than glamorous tasks are truly priceless!

*The value of volunteer time is based on the average hourly earnings of all production and non-supervisory workers on private non-farm payrolls (as determined by the Bureau of Labor Statistics). Independent Sector takes this figure and increases it by 12 percent to estimate for fringe benefits.

Programs offered in the jail by volunteers for CEJ and New Leaf/New Life, Inc.

By Vid Beldavs, Executive Director, New Leaf-New Life, Inc.

In addition to the Intake Group program described on page 19 by Velma Davis, several other programs, summarized below, are taking place in the jail. To find out more about jail and re-entry programs, visit the New Leaf/New Life website at www.newleaf-newlife.org.

Programs offered in the jail

There are no magic bullets that will cure all addicts of their addictions and all criminals of their criminal behavior. This is why a panoply of programming is offered to help each inmate address the unique combination of issues that they are struggling with. New Leaf-New Life is seeking to develop a continuum of care that starts when the inmate is booked into the jail and concludes with the successful reentry to the life and work of the community by the released inmate.

• **Intake Program** – Reentry planning begins with Intake. The inmate is coun-

seled in how to adjust to being in jail and how to succeed at jail to achieve successful reentry. This program spans roughly a week of intensive contact with New Leaf-New Life volunteers.

• **Life Renewal Training (LRT)** – Is a substance abuse group therapy program

• **Re-entry Planning** – Each inmate is provided with a re-entry guidebook to help plan for the issues that will be faced upon release from jail. Volunteer and inmate mentors are available to help the person.

• **Transition Program** – “Transition Navigators” meet with inmates in the blocks and following their release from jail, to offer support and assistance with practical needs such as obtaining identification, school applications, information on employment and housing, and referrals to community resources.

• **Treatment and Enrichment Programs** – Trained volunteers offer a variety of programs including classes dealing with

substance abuse, anger management, and interpersonal and parenting skills. Programs where inmates can express themselves through art, writing, and drama are also offered. New programs are welcome from volunteers in the community who may have specialized training or experience with programs in other jails or who have entrepreneurial skills.

• **Family outreach programs** are being developed that will help inmates maintain and strengthen their connection with their children and families. One such program, which is already in place, allows inmates to record tapes for their children that are then sent to the child.

• **Community Model (CM) programs.** The idea behind CM is that the community of inmates creates a therapeutic process that works to build pro-social attitudes and behavior among the participants with guided reading and discussion of books, videos and other training materials pertinent to their stage of development.

This program is designed for people with moderately serious problems with addictions and a real desire to change. It takes place in designated cell blocks isolated from other cell blocks. Participants who volunteer and are accepted into this program agree to participate in a highly structured schedule of activities that includes watching videos, reading, and discussion on topics such as substance abuse, community building, and anger management.

How can inmates learn more about these programs?

• Transition “Navigators” visit most of the blocks every week and can answer questions inmates may have. Inmates can also send a note to New Leaf-New Life, through in-house mail requesting a visit from a volunteer.

• New Leaf-New Life is developing an “orientation video” that, when completed, will be shown on T.V. in each block.

Outreach and educational programs outside the jail

By Vid Beldavs, Executive Director, New Leaf-New Life, Inc.

For a more complete description of the jail programs in Bloomington, including the history, see the September 2006 issue of Safety-Net which is focused on the jail, reducing recidivism, and re-entry programs. This issue as well as other issues can be accessed at www.shalomcommunitycenter.org.

Volunteer-led programs Advocacy

Citizens for Effective Justice (CEJ) meets every Saturday from 1:30 to 3 at the First Presbyterian Church at 221 E. 6th street. CEJ addresses local, state and national concerns with criminal justice. Sub-committees will meet on specific issues such as overcrowding of the jail, reentry court, lifting the ban on public assistance to people who have had a drug conviction, closing criminal records after five years, jobs for released inmates, arrest policies, war on drugs, and other issues.

Public education and community forums

CEJ has organized several public forums on issues aimed at improving the criminal justice system. The first were aimed at launching a Crisis Intervention Team (CIT) approach in Bloomington which ultimately led to CIT training in July 2006 for a group of about 35 officers

from area law enforcement organized by Captain Mike Diekhoff of the Bloomington Police Department. The CIT program was described by Captain Diekhoff in the July 2007 issue of Safety-Net. These early meetings were followed by meetings aimed at opening the jail to volunteer-based programming which resulted in the LET program started in the jail followed by the Transition Program and later by the multiplicity of other programs that are now underway.

In January 2006 CEJ organized a community forum aimed at launching a City-County Task Force on Reentry with panelists representing the city and county councils, the board of judges and Morgan Moss from the Center for Therapeutic Justice who keynoted the program presenting the concept of the Community Model as a therapeutic process self-managed by participating inmates. This forum eventually led to a currently active project in the Monroe County jail that includes a men’s and a women’s cell block operating under the Community Model. Other problems addressed by the forums include jail overcrowding, recidivism, limited availability of addictions recovery programs, and the establishment of re-entry programs. As a consequence of the first forum, the Bloomington community, including the local politicians, became

much more aware of issues that need to be addressed. Also, as a consequence of this forum, there is more support for establishing a City/County Task Force on Re-entry which has received endorsement from Mayor Krizan and from the County Commissioners.

Another educational forum which will take place soon has been organized by the National Alliance for Mentally Ill (NAMI), and will be concerned with “Decriminalizing the Mentally Ill in Bloomington”. This forum is described in an article by Prof. Jill Taylor on p 11.

CEJ has also organized issue forums at area churches which are intended to lead to greater understanding of the problems facing the jail and the criminal justice system as well as to make known the many opportunities that exist for volunteer involvement with the jail. To date issue forums have been held at St. Marks Methodist and Trinity Episcopal with several others planned in the coming months.

Support group for ex-inmates

A support group, called CrossRoads, for ex-inmates meets once a week Thursday nights at 6:30 p.m. at the First Presbyterian Church at 221 E. 6th street with committee work in-between meetings. The meetings are attended by people who have been incarcerated in the local jail

as well as Indiana prisons. In addition to being a support group where individuals share stories and concerns, receive support and sometimes training, there are certain projects being discussed, such as educating the public as to the advantages of hiring people who have been incarcerated (including tax benefits), establishing a facility where therapeutic programs started in the jail can be continued for released inmates, establishing a living facility for ex-inmates perhaps coupled with a small business to employ ex-inmates.

Family outreach

New Leaf-New Life is slowly developing a family outreach program. During the past few weeks a group of volunteers has manned a table outside of the jail entrance during the Sunday afternoon family visiting period to listen to the concerns of family members and to learn about their interest in participating in family programs that include both support and educational programming for adults as well as interesting enrichment activities for children. Our hope is that by working with the inmate inside the jail and their family outside that chances for positive change will increase that will keep more people from returning to jail.

Directory of agencies and services

This directory outlines several agencies and services available to residents of Monroe County. Additionally, many listings provide contact information for prospective volunteers. For more extensive articles about many of these agencies and services, see earlier issues of Safety-Net at www.shalomcommunitycenter.org. Several of the agencies and services described provide multiple forms of aid. Unless otherwise noted all services and agencies are located in Bloomington. Several of the agencies listed below send representatives to the Shalom Resource & Family Center in the basement of the First Christian Church at 205 E. Kirkwood Avenue at specific times during the week to meet with people. If you are interested in talking with someone from an agency, call the Shalom Center at 334-5728 and ask for the schedule.

Addiction Counseling Clothing, furniture, housewares

Amethyst House

Address: 645 N. Walnut St.

Phone: (812) 336-3570

Web: www.amethysthouse.org

Volunteer Contact: Gina Lovell ([812] 336-3570 x10; amethyst@bloomington.in.us)

About: Provides structured living environments, treatment, and recovery services for individuals with addictions. Amethyst House operates three transitional living facilities: (1) a men's 1/2 way house, (2) a women's 1/2 way house that serves women and their dependent children up to 6 years old, and (3) a men's 3/4 way house. Amethyst house also operates an outpatient treatment facility in Bloomington as well as Evansville.

Center for Behavioral Health

Address: 645 S. Rogers St.

Phone: (812) 339-1691

Web: www.the-center.org

About: Provides services for people with behavioral and mental health challenges, such as depression, stress, panic disorders, alcohol and chemical dependencies, phobias, child behavioral disorders, grief and loss, marital and family problems, and severe and persistent emotional disorders. Services provided include psychiatry, 24-hour emergency services, and vocational and residential services. CBH hours are Monday through Friday from 8:00 a.m. to 5:00 p.m. Appointments must be made for services in the evening and weekend.

Alcoholics Anonymous

Address: Hours and locations vary.

Phone: (812) 334-8191

Web: www.alcoholics-anonymous.org

About: Provides support for those wanting to stop alcohol consumption.

AIDS/HIV Services

Bloomington Hospital Positive Link

Address: 333 E. Miller Dr.

Phone: (812) 353-9150

Web: www.bloomingtonhospital.org

About: Provides HIV testing and support services for infected individuals.

Monroe County United Ministries

Address: 827 W. 14 Ct.

Phone: (812) 339-3429

Volunteer Contact: Rebecca Gordan ([812] 353-9150; mcumhelp@bloomington.in.us)

About: Provides a subsidized Child-Care Program for low-income families in Monroe County, which includes a year-round program for children two to six years old, and a summer camp subsidized child-care for children ages six to ten, when school is out of session. All care-givers in the families either work full time or attend school part-time and work part-time. There is also an Emergency Services Program that assists families who are experiencing a short-term crisis. The Emergency Services Program includes a food pantry, a clothing program, and financial assistance for rent or utility payments.

My Sister's Closet of Monroe County, Inc.

Address: 1010 S. Walnut St.

Web: www.mysistersclosetofmonroeco.org

Volunteer Contact: JoAnne Bunnage ([812] 335-6603; jbunnage@indiana.edu)

About: Provides low-income women with free interview and workplace apparel, helping them overcome hurdles they face to independence and family self-sufficiency. Also sells used, affordable clothes to the public.

Salvation Army

Address: 111 N. Rogers St.

Phone: (812) 336-4310

Web: www.amethysthouse.org

Volunteer Contact: Monica Clemons ([812] 336-4310 x10; monica_clemons@usc.salvationarmy.org)

About: Provides a variety of services, including: food pantry, food vouchers, seasonal assistance, clothing and clothing vouchers, furniture, appliances, household items, hygiene items, rent/mortgage assistance, utility assistance, medical assistance, disaster relief, summer child care, after school programs, summer residential camps, adult programs, child care connection, nursing home visitation, gas vouchers, bus tickets, a place of worship, and a thrift store. All services are without charge with the exception of Child Care Connection and thrift store.

St. Vincent de Paul Society

Address: 4607 W. SR 46

Phone: (812) 876-1974

Web: www.bloomingtonsvdp.org

Volunteer Contact: Donna Wenstrup, ([812] 876-1974 x301; salber@bloomingtonsvdp.org)

About: A Catholic led ecumenical society of volunteers dedicated to helping those in need. Assistance is offered in the form of community resource information, vouchers for furniture, and in some cases limited financial help with a utility bill, rent, rent deposit or other essential need. Almost all funding comes through donations and assistance is given without regard to religion, race or creed. Volunteer opportunities abound.

Disabilities assistance programs

Abilities Unlimited

Address: 2620 N. Walnut St.

Phone: (812) 332-1620

Web: www.abilitiesunlimited.net

Volunteer Contact: Lynne Argent ([812] 332-1620; au@abilitiesunlimited.net)

About: Supplies free services to citizens with disabilities, including the elderly. Services include the temporary loan of durable medical equipment after an accident or illness, such as a wheelchair, walker, bath seat. Individuals who do not have insurance can borrow equipment for as long as they need it. Other services include the supply of Home Modifications for Accessible Living to low income City of Bloomington residents. This includes installation of wheelchair ramps, safety railings, and bathroom renovations. Also offers camp scholarships to young people with disabilities.

Citizen Advocacy of South Central Indiana, Inc.

Address: PO Box 1732

Volunteer Contact: Jo Gilbertson ([812] 219-5566; j.gilbertson@insightbb.com)

About: Facilitates the recognition, promotion and protection of the rights and interests of people with disabilities through Volunteer Advocates.

Mental Health America

Address: 120 W. 7th St., Ste. 104

Phone: (812) 339-1551

Web: www.monroementalhealth.org

Volunteer Contact: Donna Graves ([812] 339-1551 x12 or mha@bloomington.in.us)

About: The MHA mission is promoting awareness in the prevention of mental illness. The programs include an Ombudsman Program (assists people involved with mental health services with respect to arbitration and conflict resolution with those services), Jail Diversion (a support network for services to this sector of the community), and support groups that provide education and advocacy for families and friends of persons coping with specific types of mental illnesses.

Options for Better Living

Address: 200 E. Winslow Rd.

Phone: (812) 332-9615

Web: www.optionsfbl.com

Volunteer Contact: Melissa Copas, ([812] 332-9615 x218; mcopas@optionsfbl.com)

About: Works with people with disabilities to find a job that matches their skills, and then works one-on-one with the person and the employer to create barrier-free work environments.

People & Animal Learning Services (PALS)

Address: 680 W. That Rd.

Phone: (812) 336-2798

Web: www.palstherapy.org

Volunteer Contact: Jan Gavin ([812] 325-7863; jbgavin@indiana.edu)

About: Provides Equine Assisted Activities (EAA) such as therapeutic riding and hippotherapy to children and adults with disabilities and to at-risk youth from South Central Indiana. PALS is a NARHA Premier Accredited Center (www.narha.org) and a United Way of Monroe County Member Agency.

Stone Belt

Address: 2815 E. 10 St.

Phone: (812) 332-2168

Web: www.stonebelt.org

Volunteer Contact: Amy Jackson (332-2168 x314; ajackson@stonebelt.org)

About: A community-based organization with over 48 years of experience in serving persons with developmental disabilities. Supports include residential, employment, life skills training and psychological services. With locations in Monroe, Lawrence, Owen, Bartholomew and surrounding counties, Stone Belt's mission is to prepare, empower, and support persons with developmental disabilities and their families to participate fully in the life of the community.

Employment resources and job counseling

WorkOne

Address: 450 Landmark Ave.

Phone: (812) 331-6000

About: Assists individuals and businesses in meeting their employment and training needs. WorkOne provides employment services, job counseling and assessment services, training services through WIA, older worker services through Experience Works, vocational rehabilitation services through Indiana Vocational Rehabilitation, veteran services and unemployment insurance benefits.

Options for Better Living

See disabilities assistance programs.

Stone Belt

See disabilities assistance programs.

Job Links

About: An Area 10 Agency on Aging RSVP program that helps people write resumes, find employment, and prepare for job interviews. Job Links takes place at several locations, including the Shalom Community Center at 334-5728.

Family Services

Family Service Association

Address: One City Centre

Phone: (812) 339-1551

About: The FSA mission is strengthening the health quality of family life in its various styles and many relationships. The programs include Oak Tree Counseling (provides individual and family therapy), Court Appointed Special Advocates (CASA), who work with the Court to make recommendations for rehabilitative and protective services for children and families, and Families in Transition/Family Strengthening (provides parenting classes for both the community and for incarcerated parents.)

Family Resource Center at Templeton School

Address: 1400 Brenda Lane

Phone: (812) 330-7735 x 50117 and 50120

About: Provides pre-school play groups and story hours, a Free Family Market (a free food source) on Fridays, 2:00-3:30 p.m., and programming for families focused on literacy and family fun; information and referrals for the needs of children and families.

Head Start Program

Address: 1520 W. 15th St.

Phone: (812) 334-8350

Web: www.headstart.bloomington.in.us/

About: Guides children aged 3 to kindergarten towards gaining cognitive skills, patience, sharing, problem solving, hygiene, safety, and practice in good decision making. Free to income eligible.

Monroe County United Ministries

See clothing, furniture, housewares.

Office of Family and Children

Address: 401 E. Miller Drive

Phone: (812) 336-6351

About: Provides aid to families with dependent children (Temporary Assistance for Needy Families, TANF), food stamps, Medicaid, and child welfare services.

Stone Belt

See disabilities assistance programs.

WIC Program

Address: 333 East Miller Drive

Phone: (812) 353-3221

About: The WIC Program serves pregnant, breastfeeding and post partum women, infants and children up to 5 years of age. Applicants must meet income guidelines, live in Indiana, and have a nutritional need. The WIC Program provides checks for nutritious foods that are cashed at local grocery stores, nutrition education and breastfeeding support. All services are provided free of charge.

Food stamps

Office of Family and Children

See family services.

Health care

Futures Family Health Clinic

Address: 338 S. Walnut St.

Phone: (812) 349-7343

About: provides family planning health services for adolescents, men, and women. Services are provided on a sliding fee schedule based on income. Services offered include annual exam and Pap smear, pregnancy testing, STD and HIV testing, birth control counseling, emergency contraception, health education, birth control pills, birth control shots, IUD (intrauterine device), and condoms.

Hospice of Bloomington Hospital

Address: 619 W 1st St.

Phone: (812) 353-9818

Web: www.bloomingtonhospital.org

Volunteer Contact: Melanie Miller ([812] 353-9818; mmiller@bloomhealth.org)

About: Provides care and support for people who are terminally ill and their families through direct patient care, assistance with errands and deliveries, household and clerical assistance, and fundraising. Training classes for new volunteers are offered twice a year.

Hoosier Healthwise for Children

Address: 401 Morton St., Suite 260 (City Hall)

Phone: (812) 349-3851

Web: www.hoosierhealthwise.net

About: A state sponsored health insurance program for children, pregnant women, and low-income families. Applicants must meet eligibility criteria. Free or low cost, depending upon income.

Planned Parenthood

Address: 421 S. College Ave.

Phone: (812) 336-0219

Web: www.ppin.org

About: Services provided include pelvic exams, breast exams, testing and treatment of sexually transmitted infections, HIV testing and counseling, pregnancy tests, various types of birth control, emergency contraception (the "morning after pill"), as well as abortion services.

Bloomington Hospital Positive Link

See AIDS/HIV services.

Vistacare Hospice

Address: 1801 Liberty Dr., Ste. 103

Phone: (812) 330-9640

Web: www.vistacare.com

Volunteer Contact: Cathi Counterman ([812] 340-3467; cathi.counterman@vistacare.com)

About: Provides caregiver relief and companionship for terminally ill patients and bereavement support for family members.

Volunteers in Medicine Clinic

Address: 333 E. Miller Dr.

Phone: (812) 353-3533

Web: www.vimmonroecounty.org

Volunteer Contact: Loraine Addison ([812] 353-3533 x6; info@vimmonroecounty.org)

About: Provides free medical care, including dental care at the offices of participating dentists, for people living in Monroe or Owen County who lack health insurance and have an income at or below 200% of the federal poverty level. This means that the income must not exceed \$20,420 for a 1 person household. For each additional person, add \$6,960. To qualify for medical care individuals must fill out an eligibility form about their economic situation and set up an eligibility interview. Children or adults who qualify for health care at the clinic will receive free care at Southern Indiana Pediatrics.

Housing (abused women)

Middle Way House

Address: 404 W. Kirkwood Ave.

Phone: (812) 336-0846 (Middle Way) (812) 337-4510 (The Rise)

Web: www.bloomington.in.us/~mwhouse

Volunteer Contact: Colleen Yeakle ([812] 333-7404; mwhouse@bloomington.in.us)

About: Middle Way House is an emergency shelter that provides services to protect and help women who are victims of domestic violence and sexual assault, and women who feel they are in danger. Services include a safe place to stay, case management, in-house children's programs, legal advocacy. There is also a transitional housing program called The Rise which has self-contained apartments for families leaving abusive relationships. Women and their children can stay at The Rise for up to two years.

Housing (emergency, for adults)

Backstreet Missions

Address: 215 Westplex Ave.

Phone: (812) 333-1905

Web: www.backstreet.org

About: A men's shelter with services including a crisis and 12 month housing program, meals, the provision of clothing, ministry to spiritual needs, job and life skill training, GED classes, and employment and volunteer opportunities. There is also a Thrift Store.

Martha's House

Address: 1010 S. Walnut St.

Phone: (812) 332-1444

Volunteer Contact: Meredith Short ([812] 332-1444; [812] 355-6841; merediths@juno.com)

About: An emergency shelter with 28 beds for homeless men and women. Services provided include case management, food, and clothing.

Housing (Pregnant women)

Hannah House Maternity Home

Address: 808 N. College Ave.

Phone: (812) 334-2662

Web: www.cpcbloomington.org

About: A comprehensive residential program for pregnant women and teenagers. Offers access to prenatal and pediatric care. Also offers life skills training and assistance in achieving longer-term educational and career goals.

Housing (Rental)

Bloomington Housing Authority

Address: 1007 N. Summit St.

Phone: (812) 339-3491

About: Subsidized housing, Section 8, Public Housing. Cost varies to income eligible.

Housing and Neighborhood Development

Address: 401 N. Morton Street, Ste. 130
Phone: (812) 349-3420

Web: www.bloomington.in.gov/hand
About: Creates affordable housing opportunities in the City of Bloomington by working through its partnerships with local non-profit and for-profit developers and through its in-house housing programs. HAND provides housing counseling to individuals with housing needs or difficulties and provides a variety of learning opportunities for the community on housing related issues. In addition, HAND enforces the Property Maintenance Code and the City's weed and trash ordinances.

South Central Community Action Program, Inc.

Address: 1500 W. 15th St.

Phone: (812) 339-3447

Web: http://www.sccap.monroe.in.us/
Volunteer Contact: Beth Pankoski ([812] 339-3447 x233; beth@sccap.monroe.in.us)
About: State and federal anti-poverty programs for low income individuals and families. Weatherization Assistance, Energy Assistance, Owner Occupied Rehabilitation, Section 8 rent subsidy program.

Housing (homeless youth)

Stepping Stones

Address: PO Box 1366

Phone: (812) 339-9771

Web: www.stepsstones-inc.org

About: Transitional housing program and supportive service for homeless young people aged 16-20.

Youth Services Bureau

Address: 615 S. Adams St.

Phone: (812) 349-2506

Web: www.youthservicesbureau.net

Volunteer Contact: Ron Thompson ([812] 349-2588; rthompson@co.monroe.in.us)

About: Provides short term residential care and crisis intervention for youth ages 8-17. Provides other services as well.

Legal and court-related services

Community Justice & Mediation Center

Address: 120 W. 7th St., Ste. 310

Phone: (812) 339-1551

Web: www.bloomington.in.us/~mediate

Volunteer Contact: Amanda Nickey ([812] 336-8677; vorpcm@bloomington.in.us)

About: Programs include the Victim-Offender Reconciliation Program, Shoplifter's Alternative Program, Workshops, Trainings, and Community Mediation Services for neighborhood, school, family or business conflicts.

Legal Services Organization of Indiana, Inc. Bloomington

Address: 214 S. College Ave.

Phone: (812) 339-7668

About: Cannot help people in criminal cases. Helps people in civil cases, including: Housing (eviction, foreclosure, landlord/tenant); Public Benefits (food stamps, SSI, unemployment, poor relief, Temporary Assistance for Needy Families (TANF); Health (Medicaid, Medicare); Divorce or child custody where there is child abuse or spouse abuse; Child In Need of Services (CHINS); Consumer (collections and repossessions); Education (including expulsion and access to special education services and Vocational Rehabilitation); Access to Justice (e.g. denial of a court-appointed attorney in certain civil cases).

Monroe County Court Appointed Special Advocates

Address: 120 W. 7th St., Ste. 104

Phone: (812) 339-1551

Web: www.monroementalhealth.com/casa.asp

Volunteer Contact: Sandy Rampley ([812] 339-1551 x23; casakids@bloomington.in.us)

About: Provides direct advocacy for child victims of physical abuse, sexual abuse and neglect. Volunteer advocates represent children in the court process to protect the child's best interests.

Monroe County Prosecutor - Victim Assistance Program

Address: 301 N. College Ave., Rm. 211

Phone: (812) 349-2670

Web: www.co.monroe.in.us

Volunteer Contact: Sarah Lanman ([812] 349-2670; slanman@co.monroe.in.us)

About: Helps to ease the trauma victim's burden by explaining the criminal justice process, accompanying victims to court, updating them on current cases and obtaining restitution.

Meals and pantries (no cost)

Meals

Backstreet Missions (Gino's Cafeteria)

Monday-Friday: Lunch: 11-12 p.m.;

Dinner: 4-5 p.m.

Saturday: Breakfast 8-9:30 a.m.; Lunch

11-12 p.m.

Bloomington Meals on Wheels, Inc.

Address: 714 S. Rogers St.

Phone: (812) 323-4982

Web: www.bloomington.in.us/~meals

About: Provides meals to homebound people who are unable to cook for themselves. No age or economic restrictions. To enroll, call number listed. A volunteer will arrange for meal delivery and special dietary needs, explain the costs and how payments can be made.

Community Kitchen

Address: 917 S. Rogers St.

Phone: (812) 332-0999

Web: www.monroecommunitykitchen.com

Volunteer Contact: Annie Brookshire ([812] 332-0999; volunteer@monroecommunitykitchen.com)

Monday-Saturday: Dinner: 4-6 p.m.

About: Provides hot meals in a sit-down area as well as cold carry-out boxed meals after 5 p.m. Also provides meals for after-school programs at the Boys and Girls Club, The Rise, and Girls Inc.

Community Kitchen Express

Address: 100 W. 11th St.

Monday-Saturday: Dinner: 4-6 p.m.

About: Provides hot meals in a sit-down area as well as cold carry-out boxed meals after 5 p.m. Provides hot and cold meals as carry-out only. See Community Kitchen listing (above) for phone and volunteer information.

First Christian Church

Address: Corner of Kirkwood Ave. and Washington St.

Sunday: Breakfast: 8-9:30 a.m.

Harvest House Soup Kitchen

Address: 1107 S. Fairview Dr.

Phone: (812) 339-4462

Sunday: Lunch: 2-4 p.m.

Shalom Community Center

Address: 219 E. 4th St. (entrance off alley at back)

Phone: (812) 332-5728

Web: www.hoosier.net/~shalom

Volunteer Contact: Pam Kinnaman ([812] 334-5734; pkshalom@ix.netcom.com)

Monday-Friday: Breakfast: 8-9:30 a.m.; Lunch: 12-1:30 p.m. (except Wednesday lunch, 12-1 p.m.)

About: A daytime resource center for those experiencing homelessness and poverty. The FUMC facility is open all day and functions as a Day Shelter for guests, where they can use restroom facilities, make phone calls, and do their laundry. Shalom's Hospitality Center is located in the First Christian Church. Guests can go there to see case workers, employment counselors, connect with visiting agencies, seek assistance through the Family Homelessness Prevention Project, store belongings, receive mail, use restroom facilities, and take a hot shower.

Pantries/Groceries

Backstreet Missions Thrift Store

Address: 1928 Arlington Rd.

Phone: (812) 333-1501

Hours: Tuesday-Friday, 10 a.m.-noon.

About: Offers patrons one week's worth of food once a month.

Hoosier Hills Food Bank

Address: 615 N. Fairview St.

Phone: (812) 334-8374

Web: www.hhfoodbank.org

Volunteer Contact: Stephanie Solomon

(334-8374; volunteer@hhfoodbank.org)

About: Collects, stores and distributes donated food to 84 nonprofit organizations with feeding programs that directly serve needy and hungry people. Distributes about 2 million pounds of food to hungry people each year.

MCUM Emergency Pantry

Address: 1010 S. Walnut St.

Phone: (812) 355-6843

Hours: Monday-Friday 8-11:30 a.m.; 1-3:30 p.m.

About: Canned goods only. One week's worth provided. Must be Monroe County resident. Must present photo ID, SS#, last 30 days income.

Mother Hubbard's Cupboard

Address: 827 W. 14th St.

Phone: (812) 339-3429

Web: www.mhcfoodpantry.org

Hours: Monday-Friday 4-6 p.m.

About: Provides nutritious food to people in need. Most of the food is received from the Hoosier Hills Food Bank. Also operates a Nutrition Education Program and an organic Community Gardening Program.

Salvation Army

Address: 111 N. Rogers St.

Phone: (812) 336-4310

Hours: Monday-Thursday, 9 a.m.-noon; 1 p.m.-4 p.m.

About: Need ID. Depending upon income and resources, can offer one week's supply of groceries. Will not provide again for at least 30 days.

Shalom Community Center, First United Methodist Church

Address: 219 E.4th St.

Phone: (812) 334-5728

Hours: Wednesdays, 3:30-5:30 p.m.

About: Provides brown bag lunch, groceries.

Township Trustees Food Pantries Bloomington

Address: 2111 W. Vernal Pike

Phone: (812) 336-4976

Hours: Monday-Friday 8 a.m.-4 p.m.

About: Provides canned goods. Must be a resident of Bloomington Township.

Perry

Address: 1010 S. Walnut St.

Phone: (812) 336-3713

Hours: Monday-Friday 9 a.m.-3 p.m.

About: Provides canned goods. Must be a resident of Perry Township.

Medicaid

Office of Family and Children

About: Medicaid is a federal and state funded medical assistance program that pays for approved and needed medical care for persons who meet eligibility requirements. For more information on the Office of Family and Children see the family services listing.

Older citizen programs

Area 10 Agency on Aging

Address: 630 W. Edgewood Drive
Ellettsville, Indiana 47429

Phone: (812) 876-3383

Web: www.bloomington.in.us/~area10

About: Offers programs and services, as well as being a resource of information about services for older and disabled citizens living in Monroe and Owen Counties. Services that can be accessed include in-home health-related services, home-delivered and congregate meal sites for the elderly, support groups, affordable housing, assistance for the homebound, handyman services, a long-term-care ombudsman program for residents of area nursing homes, a Retired and Senior Volunteer Program, an Older Workers Program for those 55 and older seeking employment, recreational and arts programs at Area 10's Endwright Center in Ellettsville, and also manages the Rural Transit bus service.

Pregnancy testing, counseling, education

Crisis Pregnancy Center

Address: 810 N. College Ave.

Phone: (812) 334-0104

Web: www.cpcbloomington.org

About: Free programs and services provided include: pregnancy testing and counseling, material support, childbirth and parenting education. Also operates Hannah House, a residential program for pregnant women and teenagers.

Planned Parenthood

See health care.

WIC Program

See family services.

Rent, utility, bill assistance

First call the Township Trustee in the Monroe County Township in which you live: Bean Blossom (876-5109), Benton (332-6081), Bloomington (336-4976), Clear Creek (824-7225), Indian Creek (824-4981), Perry (336-3713) Polk (837-9446), Richland (876-2509), Salt Creek (332-9777), Van Buren (825-4490), Washington (331-0809).

South Central Community Action Program

See housing (rental).

Monroe Co. United Ministries

See clothing, furniture, housewares.

St. Vincent de Paul Society

See clothing, furniture, housewares.

Shalom Community Center

See meals and pantries.

Youth programs

Big Brothers Big Sisters

Address: 418 S. Walnut St.

Phone: (812) 334-2828

Web: www.bigsindiana.org

Volunteer Contact: Andrea Smith ([812] 334-2828; amsmith@bigsindiana.org)

About: Serves the emotional and social needs of 6 to 17-year-olds by facilitating professionally supported relationships with adult volunteers. Programs also exist where children are visited in school or at a partner site by adults or high school students. Volunteers mentor, bring support, and engage in fun activities with the children with whom they are matched.

Bloomington Boys and Girls Club

Address: 311 S. Lincoln St.

Phone: (812) 332-5311

Web: www.bgcbloomington.org

Volunteer Contact: Donnie Morgan ([812] 332-5311; domorgan@indiana.edu)

About: A guidance organization which fosters the physical, intellectual and social growth of boys and girls ages 6-18 with a special concern for those most in need of service.

Girls, Inc.

Address: 1108 W. 8th St.

Phone: (812) 336-7313

Web: www.girlsinc-monroe.org

Volunteer Contact: Nathan Rumble ([812] 336-7313; nrumble.monroe@girls-inc.org)

About: Provides after-school, summer and holiday programming for girls ages 6 to 18, inspiring them to be strong, smart and bold. Services include transportation, organized sports, a teen room, technology, self-defense and homework help.

Harmony School

Address: 909 E. 2nd St.

Phone: (812) 334-8349

Web: www.harmonyschool.org

Volunteer Contact: Libby Gwynn ([812] 334-8349; libby@harmonyschool.org)

About: An independent pre-Kindergarten through 12th grade school providing education to youth ages 3 to 18 from a wide range of economic and educational backgrounds.

Monroe County Court Appointed Special Advocates

See legal and court-related services.

Monroe County United Ministries

See clothing, furniture, housewares.

People & Animal Learning Services (PALS)

See disabilities services.

Rhino's Youth Center

Address: 331 S. Walnut St.

Phone: (812) 333-3430

Web: www.rhinosyouthcenter.org

Volunteer Contact: Brad Wilhelm ([812] 333-3430; rhinosdirector@ameritech.net)

About: Provides entertainment as well as other programs for the youth of our community in an alcohol, tobacco, and drug free environment. In addition to music and shows, Rhino's provides programs in partnership with the City of Bloomington Parks and Recreation Department through the week after school. Media classes and practical applications, art programs, classes, workshops, mentoring, tutoring, Internet access, community service, one on one informal counseling, service referral, and more are available.

Youth Services Bureau

Address: 615 S. Adams St.

Phone: (812) 349-2506

Web: www.youthservicesbureau.net

Volunteer Contact: Ron Thompson ([812] 349-2588; rthompson@co.monroe.in.us)

About: Alongside youth shelter (see housing [youth]), provides counseling, education, supervised recreation, and transportation to and from school, as well as referrals to a variety of agencies for other needed services. The Youth Outreach Program, in collaboration with MCCSC, works with suspended and expelled middle school youth, and provides these students with intensive, one-on-one teaching to help them keep up with their education while they are out of school.

Additional services

Catholic Charities-Bloomington

Address: 631 North College Avenue

Phone: (812) 332-1261

Web: www.CatholicCharitiesBtown.org

About: Provides education, social service delivery, and advocacy. Takes special interest in poor, disabled, and otherwise disadvantaged persons. Serves residences of Brown, Lawrence, Morgan, Monroe, Orange and Owen counties, especially through mental health services. Provides individual, family, couples and group counseling to the English and Spanish-speaking clients.

Midwest Pages to Prisoners Project

Address: 310A S. Washington St.

Phone: (812) 339-8710

Web: www.pagestoprisoners.org

Volunteer Contact: Tess Hannah (339-8710; midwestpagestoprisoners@yahoo.com)

About: Provides free reading material to inmates upon request. Encourages self-education among prisoners in the United States.

Monroe County Public Library

Address: 303 E. Kirkwood Ave.

Phone: (812) 349-3050

Web: www.mcpl.info

About: Offers books, magazines, audio-visual materials, Internet computers, and free programs for all ages. It serves the county through facilities in Bloomington and Ellettsville, the Bookmobile (with over 25 stops weekly), and the Outreach Van. Library cards are available at no charge to all county residents. The VITAL literacy program offers one-on-one confidential tutoring to adult learners and ESL classes. During the school year the Main Library offers homework help to elementary students and math homework help to teens. During tax season volunteers offer tax help. The library also offers public meeting rooms to nonprofit groups. Anyone in the community may produce a program through CATS for the Public Access Channel

Monroe County Wrap-Around

Address: 645 S. Rogers St.

Phone: (812) 337-2225

About: Monroe County Wrap-Around is a multi-agency committee that provides needed services to families with children. For example, a case is brought to a particular agency, then a representative from that agency can present the case to Wrap-Around and all participating Wrap-Around agencies can play a role in coordinating help to the family in the most effective way. The planning process is done with the families "in the driver's seat". Each family identifies a "team" that works with them, and the team develops a plan based upon the strengths and needs of the specific family. Representatives from families also serve on committees that examine the policies and goals of Wrap-Around. This summer, the Lost Child Fund, which operates within Wrap-Around, is accepting funds to send children of working single parents to camp.

New Leaf - New Life, Inc.

Address: PO Box 7071

Phone: (812) 857-4999

Web: www.newleaf-cej.org

Volunteer Contact: Tania Karnofsky ([812] 857-4999; tania@newleaf-cej.org)

About: Coordinates volunteers who serve as "navigators" for inmates and those released from jail to find sources of support for re-entry into the community.