REMEDIES FOR CABIN FEVER

Our Simple Lifestyle Calendar always has gardening suggestions which may seem far too early to our northern readers. It is not that the seasons are so advanced here, only that we try to hasten the spring by extending the planting period backward into the winter, in preparation for the return of the mourning dove (do they ever leave) the copperheads (we saw one in mid-January) and the robins. As the first faint glimmers of spring appear, we want to be gardening. For that reason we plant in fall crops that will mature quickly in the very early months. Plants such as spinach and kale, when secured against the most bitter winter, will quickly give greens in March. Also, we have encouraged dandelion because it is so nutritious and our major source of greens in March and early April.

Think ahead on what is to be planted and when. Prepare for it by growing seedlings and sowing seed. The old Kentucky rule of thumb of getting the peas planted before the first of March and the brassica plants out in March still holds. Late winter gardening ensures early harvests before the insects have a chance to begin to feast. A combination of extenders, careful planning and making use of all growing opportunities is what should be on our minds to combat any possible bout of cabin fever.

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Congratulations on the January 18th wedding of ASPIer Jeff Cope to Angie Campbell. We wish them many years of happiness.

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ATTN: Non-Profit Groups

SHARING OUR EARTH HEALING PROGRAMS, a Resource Auditing Service conference/workshop will be held **August 14-16, 1992** in St. Louis.

PURPOSE: To share information on institutional resource audits and environmental planning and to discover common difficulties slowing the development of grounds and buildings.

COST: Room and board and a modest Conference fee.

FORMAT: Keynote talks by RAS team members, slides and details of institutional improvements, videotapes, literature, maps, plans and scheduled discussions.

Contact ASPI for further Information.

1993 CALENDAR

If you have looked over the 1992 Appalachian Simple Lifestyle Calendar you will note that at the very end it mentions that the 1993 theme is "Mountain People." The sayings have not yet been collected and Mark Spencer and Warren Brunner are finishing the design and photo selection for the coming year. Calendar makers never rest. We strive for as much participation as is reasonably possible and after over 4,000 sayings even Al Fritsch admits he is exhausted. We need your ideas. No rabbit-dishes at Eastertime please.

FOREST REPORT

Amid organizing tension associated with the two principal goals of the developing regional Heartwood organization the Kentucky counterpart has emerged. It has put aside for a moment the goal of no logging on public lands to concentrate on halting the use of off-road vehicles in the Kentucky National Forest and other public and private lands, where people do not like the assault of these instruments of destruction. Kentucky Heartwood presented a petition with over 900 names of Kentuckians to the supervisor of the Daniel Boone National Forest and to the Governor and to each member of the Kentucky Congressional delegation in early January.

At the same time we are organizing local eco-tours showing the devastation to both public and private lands from these vehicles.

As the danger to the future of our forestlands intensifies, we must take personal action and lend our efforts to those struggling to save them. In response to this we support and ask our readers to support H.R. 1969 **Forest Biodiversity and Clearcutting Prohibition Act** by Congressman John Bryant. This bill would protect 80 million acres of federal forests from even age logging. And H.R. 842 **Ancient Forest Protection Act** by Congressman Jim Jontz, which would preserve several million acres of Federal "Old Growth" forests from **any** logging.

Call or write your representatives and ask your friends if they will do so. Make your concerns about the mismanagement of our forests known. Contact the legislators, local media, the Forest Service, the President, and anyone who will listen. It is past time for us all to stand up and be counted.

Remember SUN DAY !
every day this year, especially **April 22**
(Earth Day) 1992

WHAT GOOD FROM APPALACHIA?

Often we get remarks such as "you spend too much time on projects outside the region." ASPI's technical expertise is something learned and proved in Appalachia, but it is not reserved for the region alone. It is our firm conviction that this region has something good to offer the rest of the world -- and we wish other groups would do the same. Appalachia is not a charity case; it has something to give. This approach challenges the receiver of our expertise to acknowledge the value of what the poor can offer to save our total environment, and it gains self-respect for Appalachians who suffer from too much charity and too few programs that attend to the deeper underlying systemic problems. We don't have all the answers. We do have a unique one that gets at the heart of Appropriate Technology as that which is suitable to all and not just to those who develop it. That is why we stay international in outlook and on occasion even go to various parts of the world to share resources and gain inspiration from others.

PUBLICATION NEWS

ECO-CHURCH: An Action Manual published by Resource Publications and DOWN TO EARTH SPIRITUALITY published by Sheed and Ward are the latest books by ASPI Director Al Fritsch. The first, a collaboration with Angela Cox provides practical suggestions for church parishes and congregations wishing to become good environmental models. **Down to Earth Spirituality**, offers essays and actions for the individual who desires a closer relationship with the Earth. Each essay is enhanced by the insightful photos of Warren Brunner, who's work you may know from the **Simple Lifestyle Calendar** . See insert for further description and ordering information.

GOING OFF THE BEATEN PATH: An Untraditional Travel Guide to the U.S., by former ASPI board member Mary Dymond Davis was featured in the travel section of the "Washington Post", December 22, 1991. The book is a valuable resource for the not-so-typical tourist who is interested in simple living and wishes to see more of alternative America. **GOING OFF THE BEATEN PATH** is available through ASPI for $15.95 plus P & H.

As our readers know, ASPI is creating technical papers to record the expertise and experience in Appropriate Technology developed here at the demonstration center. To date we have completed 12 papers on pertinent AT topics, with six more planned for 1992. Each paper describes techniques, structures, and equipment that are in successful operation at ASPI.

Now available (along with the original six) is the second set of papers from the **Technical Series**:

7. **Year-Round Gardening**
8. **The Yurt: An Excellent Low-cost Home**
9. **Breadbox Solar Water Heaters**
10. **Nature Trails**
11. **Composting for Gardens**
12. **Contraflow Masonry Heaters/Ovens**

We also offer Spanish translations of the first six papers:

1. **Cocedor Solar**
2. **Inodoros Para Producir Abono Organico**
3. **Cisternas**
4. **Invernadero Solar**
5. **Secador Solar de Alimentos**
6. **Edificaciones con Troncos de Madera Horizontales**

We try to keep our publications as low-cost as possible, so the English versions will be priced at $1.00 each and the Spanish translations at $2.00 each. Those of low-income need send only what they can afford.

Training and Technical Assistance Funding Available to Environmental Groups

The Environmental Support Center invites applicants for training and technical assistance funding in strategy, fund raising, communications and organizational management. Support is available to regional, statewide or local environmental groups or organizations serving low-income or people of color constituencies with environmental issues as a significant part of their agenda. The Environmental Support Center does not assist individuals, international, governmental or national organizations or their local chapters or affiliates.

To find out if your organization is eligible for support, call or write:
Training Assistance
Environmental Support Center
1731 Connecticut Avenue, NW Suite 200 , Washington, DC 20009
(202) 328-7813

ENVIRONMENTAL SUPPORT CENTER

Example of the hundreds of environmentally insensitive Out-of-Staters who are endangering the Daniel Boone National Forest.

THANK YOU TO . . .

M.V. Lager and Tom Lincoln for library books, Russ Tucker for library shelving, Peter Ayers for a sink, Dow Corning of Elizabethtown for 240 gallons of caulking, purchasers of calendars and reports, Jesuit Chicago Province Apostolic Fund for $6,000 for the Forest Project, to an anonymous foundation for $4,000 for the Safe Housing Project, to the Hoffman Foundation for $10,200 for our Library Building Fund, $1,000 for Eco-tours, Sheltowee Trace, and $16,500 for Technical Papers Series 13 to 18 and French translations of six; $500 general grant from the Sisters of St. Francis of Clinton, IA, $500 general grant from the Incognito Foundation, Wal-Mart of London, KY for a $502 donation, and consulting advice from Architect Paul Kissel, funding advice from Sister Ruth Agnes Delaney, Engineering advice from Charles Fritsch, photographic work by Steve Fleming, and volunteer help from a number of students from the University of Kentucky, Xavier University and University of Dayton.

We would offer a special thanks for all Thanksgiving Drive donors who almost doubled returns from the previous year's drive. The following with donations of $100 or more are recognized:

Wendell & Tanya Berry, Norbert J. Blum, Phil Conley, Judson Cramer, W.H. & Carol Berstein Ferry, Sharon Fradenburgh, Kristin Frechette & Maurice Shrader, Charles & Kathy Fritsch, Frank & Mary Fritsch, Mary E. Frtisch, G. Gallenstein, Frank Hare, Bishop William Hughes, Robert Lunnemann, Phyllis Machta, Judith McCandless, John McCook, Carl & Mary Moore, Chris & Della Oberst, Paul & Elizabeth Oberst, James Perkins, George & Charlesetta Perraut, Colin & Sherry Raitiere, WH. Shallenberger, Daniel Shine, McGregor & Jacqualine Smith, Gene Wilhelm.

We will recognize others in following newsletters.