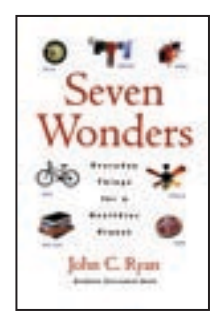


The Forgotten Horses (New World Library, 2008, \$45) features Tony Stromberg's stunning photos from 18 horse rescues and sanctuaries across the U.S. Order the book directly from Orphan Acres (below)—50% of the profits directly support the horses as a tax deductible, charitable contribution.

SimpleSolutions

for everyday ORGANIC™



In December 1999, a newspaper reporter from Washington called. He was writing a review of the book *Seven Wonders: Everyday Things for a Healthier Planet* by John C. Ryan. Michael Guilfoil of *The Spokesman-Review* newspaper asked me if I had my own “seven wonders.” The story that ensued was headlined “Simple Solutions.” Here, then, is the continuation of that story. Each issue of *MaryJanesFarm* will feature in detail new solutions, and will give you all the information you need to make them your own.

Solutions from previous issues are available in the magazine section of my website: www.maryjanesfarm.org/SimpleSolutions



7 Sanctuaries to Support
Storms and strife may sweep the globe, but don't get bogged down in the gloom. Instead, reach out a hand and make someone's day brighter (the gesture will also send your own heart soaring).

1. Girls Helping Girls
A whopping 94% of youth in America feel powerless to make a difference. Girls Helping Girls, a San Francisco nonprofit, is turning the tide by building a global culture of girls who collaborate to improve conditions of poverty, education, health, and peace. Girls in the U.S. partner with girls in developing countries to jointly identify issues. Each “sister” team is assigned a global goal on which they focus a year-long cooperative study to plan and implement a unique social change project.
www.empoweragirl.org

A Few Tips for a Simple Life

by Michael Guilfoil, *The Spokesman-Review*

Organic farmer MaryJane Butters long ago embraced Thoreau's dictum to “simplify, simplify.” As a Forest Service ranger in the 1970s, she spent two summers roaming Utah's Uinta Mountains with her home on her back. Later, she maintained the most remote wilderness ranger station in the Lower 48. Today, Butters and her family live eight miles outside Moscow, Idaho, on their farm, headquarters of her mail-order dry-foods business. But even e-commerce hasn't tempered Butters' enthusiasm for simplicity.

MaryJane's

2. Angel Food Ministries
This nonprofit, non-denominational organization provides food relief to communities nationwide. “Blessings by the Box” packages include fresh meats and produce, frozen foods, dairy products, and packaged items for \$30 per box. Each month's menu offers wholesome and varied options. Generally, one box of food helps feed a family of four for one week or a single senior citizen for almost a month. There are no qualifications, minimums, income restrictions, or applications.
www.angelfoodministries.com

3. Orphan Acres Horse Rescue
Recent instability in the economy has resulted in an increase in the abuse and neglect of horses. Orphan Acres is a 100% volunteer-operated sanctuary in Viola, Idaho, that rehabilitates abused and abandoned horses and finds safe, loving homes for those that can be adopted—2,500 to date. You can sponsor a horse for \$3/day. Because Orphan Acres is a neighbor, go to www.maryjanesfarm.tv to view a video we produced about them. Their website has stunning horse photos! <http://personal.palouse.net/orphanacres>

4. Arbor House
A living and learning motherhood community in Florida, Arbor House provides long-term assistance to homeless single mother families while they pursue goals that lead to self-sufficiency. Arbor House offers housing, counseling, life skills training, parenting classes, part-time employment, career counseling, and educational opportunities; and their “Cottage Industries” on-site work program allows residents to earn income while learning sewing and crafting skills as well as how to market their handmade products. www.arborhouse.org

5. Noah's Wish
This unique animal welfare organization rescues and shelters animals specifically affected by disasters. They provide efficient emergency response services, education, and networking systems across the U.S., Canada, and international locations as they prepare individuals, communities, and organizations to minimize the impact of disasters on animals. They maintain a team of trained volunteers and staff who are committed to providing whatever services are needed to ensure that animals survive large-scale traumatic events. www.noahswish.org

6. Bikers Against Child Abuse
Striving to create a safer environment for abused children, Bikers Against Child Abuse provides assistance, comfort, safety, and ongoing support to children who have been sexually, physically, or emotionally abused. Unconventional? Maybe. But this nonprofit force works in conjunction with local and state officials to protect children with the ultimate mission of empowering kids so that they can grow up feeling safe.
www.bacaworld.org

7. Shared Hope International
Shared Hope International fights sex trafficking worldwide, helping women and children find hope. Locally operated restoration programs address the immediate and long-term needs of each victim of trauma. Restoration services include residential facilities, medical and mental health care, education, job training, and economic development programs.
www.sharedhope.org

seven wonders