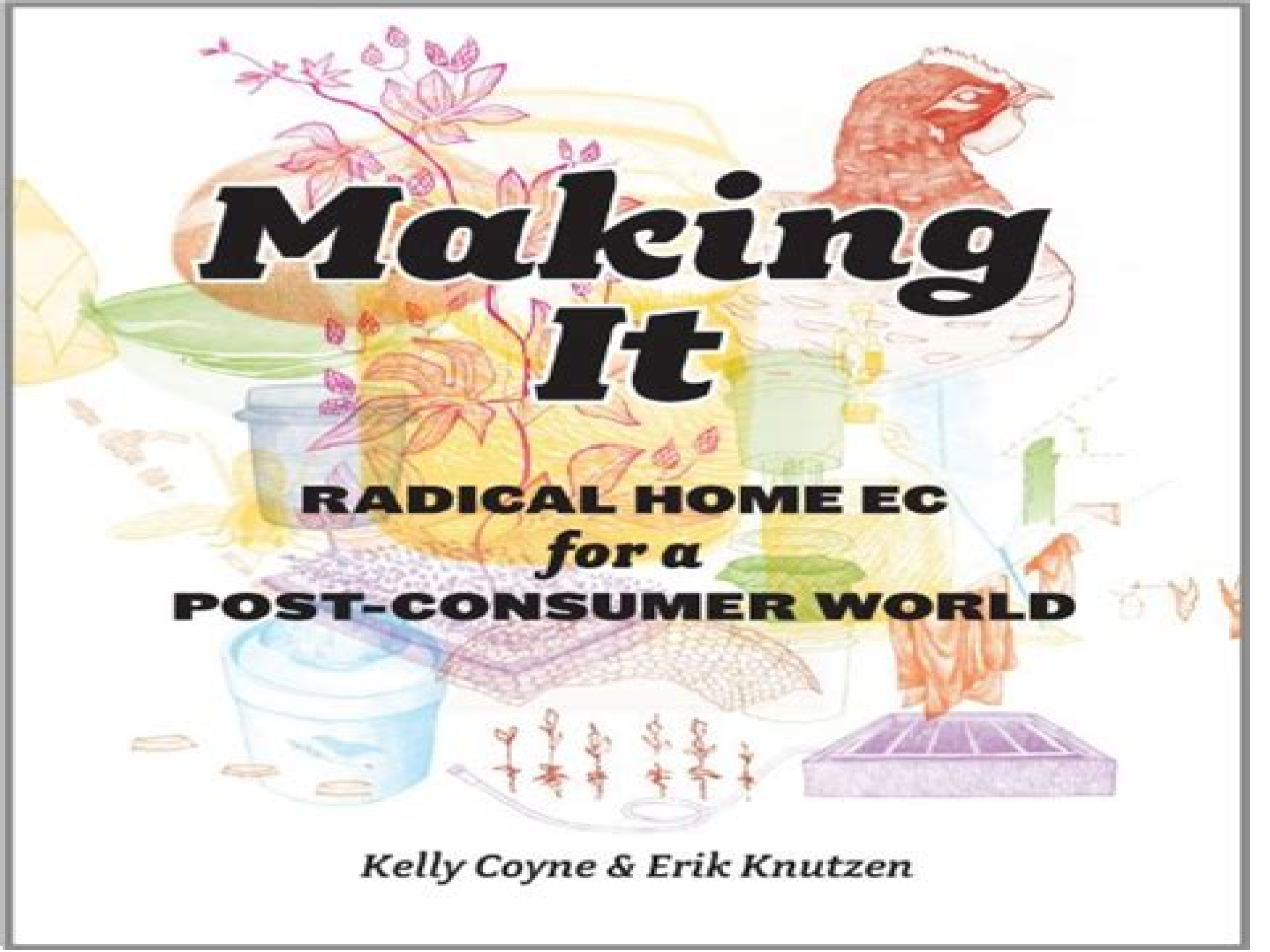




Making It

**RADICAL HOME EC
for a
POST-CONSUMER WORLD**

Kelly Coyne & Erik Knutzen

Making It Radical Home Ec For A Post Consumer World

Shelley Ingram, Willow G. Mullins



Making It Radical Home Ec For A Post Consumer World:

Making It Kelly Coyne, Erik Knutzen, 2011-04-26 Spending money is the last thing anyone wants to do right now We are in the midst of a massive cultural shift away from consumerism and toward a vibrant and very active countermovement that has been thriving on the outskirts for quite some time do it yourselfers who make frugal homemade living hip are challenging the notion that true wealth has anything to do with money In *Making It* Coyne and Knutzen who are at the forefront of this movement provide readers with all the tools they need for this radical shift in home economics The projects range from simple to ambitious and include activities done in the home in the garden and out in the streets With step by step instructions for a wide range of projects from growing food in an apartment and building a ninety nine cent solar oven to creating safe effective laundry soap for pennies a gallon and fishing in urban waterways *Making It* will be the go to source for post consumer living activities that are fun inexpensive and eminently doable Within hours of buying this book readers will be able to start transitioning into a creative sustainable mode of living that is not just a temporary fad but a cultural revolution

Remaking Home Economics Sharon Y. Nickols, Gwen Kay, 2015-06-15 An interdisciplinary effort of scholars from history women s studies and family and consumer sciences *Remaking Home Economics* covers the field s history of opening career opportunities for women and responding to domestic and social issues Calls to bring back home economics miss the point that it never went away say Sharon Y Nickols and Gwen Kay home economics has been remaking itself in study and practice for more than a century These new essays relevant for a variety of fields history women s studies STEM and family and consumer sciences itself take both current and historical perspectives on defining issues including home economics philosophy social responsibility and public outreach food and clothing gender and race in career settings and challenges to the field s identity and continuity Home economics history offers a rich case study for exploring common ground between the broader culture and this highly gendered profession This volume describes the resourcefulness of past scholars and professionals who negotiated with cultural and institutional constraints to produce their work as well as the innovations of contemporary practitioners who continue to change the profession including its name and identity The widespread urge to reclaim domestic skills along with a continual need for fresh ways to address obesity elder abuse household debt and other national problems affirms the field s vitality and relevance This volume will foster dialogue both inside and outside the academy about the changes that have remade and are remaking family and consumer sciences

Making It Kelly Coyne, Erik Knutzen, 2011-04-26 Spending money is the last thing anyone wants to do right now We are in the midst of a massive cultural shift away from consumerism and toward a vibrant and very active countermovement that has been thriving on the outskirts for quite some time do it yourselfers who make frugal homemade living hip are challenging the notion that true wealth has anything to do with money In *Making It* Coyne and Knutzen who are at the forefront of this movement provide readers with all the tools they need for this radical shift in home economics The projects range from simple to

ambitious and include activities done in the home in the garden and out in the streets With step by step instructions for a wide range of projects from growing food in an apartment and building a ninety nine cent solar oven to creating safe effective laundry soap for pennies a gallon and fishing in urban waterways Making It will be the go to source for post consumer living activities that are fun inexpensive and eminently doable Within hours of buying this book readers will be able to start transitioning into a creative sustainable mode of living that is not just a temporary fad but a cultural revolution

Being the Change Peter Kalmus,2023-07-14 A plethora of insights about nature and ourselves revealed by one man s journey as he comes to terms with human exploitation of our planet Dr James Hansen climate scientist and former director of NASA s Goddard Institute for Space Studies Life on one tenth the fossil fuels turns out to be awesome We all want to be happy Yet as we consume ever more in a frantic bid for happiness global warming worsens Alarmed by drastic changes now occurring in the Earth s climate systems Peter Kalmus a climate scientist and suburban father of two embarked on a journey to change his life and the world He began by bicycling growing food meditating and making other simple fulfilling changes Ultimately he slashed his climate impact to under a tenth of the US average and became happier in the process Being the Change explores the connections between our individual daily actions and our collective predicament It merges science spirituality and practical action to develop a satisfying and appropriate response to global warming Part one exposes our interconnected predicament overpopulation global warming industrial agriculture growth addicted economics a sold out political system and a mindset of separation from nature It also includes a readable but authoritative overview of climate science Part two offers a response at once obvious and unprecedented mindfully opting out of this broken system and aligning our daily lives with the biosphere The core message is deeply optimistic living without fossil fuels is not only possible it can be better In this timely and provocative book Peter Kalmus points out that changing the world has to start with changing our own lives It s a crucial message that needs to be heard John Michael Greer author of After Progress and The Retro Future

The Hands-On Life Amy E. Weldon,2018-01-30 Stressed out Swimming in a sea of screens Worried about our beloved endangered earth yet uncertain how to work for change If this sounds familiar you re not alone In this intelligent guide to mindfulness in the digital age writer and teacher Amy Weldon describes how practicing life as an artist can help you wake yourself up and take back control of your attention your money your time and the health of our society and our planet Traveling from farm to protest march to classroom and engaging a range of thinkers from Hannah Arendt to George Orwell John Keats and Henry David Thoreau The Hands On Life is a book for students and for everyone who dreams of building a better world

The Kaufmann Mercantile Guide Sebastian Kaufmann,Alexandra Redgrave,2015-10-06 Modern living isn t easy It often seems to require some know how our parents didn t pass on or a special tool Happily Kaufmann Mercantile has both and in this comprehensive field guide they share their expertise on a huge range of topics from frying an egg tying a tie or brewing coffee to things the inner utilitarian in all of us aspires to do like splitting wood building a fire growing our own

food or making our own soap Fifty how tos are organized into five sections Kitchen Outdoors Home Garden and Grooming Written in clear detail and extensively illustrated The Kaufmann Mercantile Guide teaches us what we ought to know how to do as well as what we d like to Supplemental sidebars feature the best tool for the job whether a dibber for planting the best rawhideand ash snowshoes or flammable smoking bags for making authentic BBQ This book is a must have reference tool for living well in the twenty first century **The New Homemade Kitchen** Joseph Shuldiner,2020-06-02 Revive the lost arts of fermenting canning preserving and creating your own ingredients The Institute of Domestic Technology Cookbook is a collection of 250 recipes ideas and methods for stocking a kitchen do it yourself foodcrafting projects and cooking with homemade ingredients The chapters include instructions on how to make your own food products and pantry staples as well as recipes highlighting those very ingredients for example make your own feta and bake it into a Greek phyllo pie or learn how to dehydrate leftover produce and use it in homemade instant soup mixes Each chapter includes instructions to make your own pantry staples like ground mustard sourdough starter and miso paste Complete with recipes that utilize the very ingredients you made Filled with informative and helpful features like flavor variation charts extended tutorials faculty advice and instructional line drawings Also included are features like foodcrafting charts historical tidbits 100 photos and illustrations how tos and sidebars featuring experts and deans from the Institute including LA based cheese makers coffee roasters butchers and more From the Institute of Domestic Technology a revered foodcrafting school in Los Angeles each chapter is based on the school s curriculum and covers all manners of techniques such as curing bread baking cheese making coffee roasting butchering and more Complete with beautiful food photography this well researched and comprehensive cookbook will inspire chefs of all levels Great gift for foodcrafters food geeks food pioneers farmers market shoppers as well as people who feel nostalgic for a slower way of life Add it to the collection of books like Salt Fat Acid Heat Mastering the Elements of Good Cooking by Samin Nosrat The Food Lab Better Home Cooking Through Science by J Kenji L pez Alt and The Homemade Pantry 101 Foods You Can Stop Buying and Start Making by Alana Chernila **Homeward Bound** Emily Matchar,2013 Current date of publication from iPage IngramContent com Urban Farms Sarah.C Rich,2014-11-26 Profiles of sixteen innovative farms in major cities across America plus basic how to tips for composting canning beekeeping growing vegetables and more Urban Farms takes readers on a journey across the country to sixteen established and emerging urban farm leaders from Edible Schoolyard NYC in New York to Novella Carpenter s Ghost Town Farm in California Sarah C Rich s profiles about each farm as well as her basic how to tips on such activities as kitchen composting and beekeeping offer insight and inspiration Matthew Benson s photographs meanwhile reveal the quirky individuality that is innate in these green spaces tucked among city buildings and empty lots In addition five essays by experts in the field examine a variety of roles that urban farms can play in our lives today Praise for Urban Farms These snapshots of urban farms reinforce the truth about farming in a city is one of the surest ways to build community feed our children real food become fiscally responsible and

support a sustainable future Alice Walters chef author and founder of the Edible Schoolyard Rich's handsome intelligent Urban Farms chronicles a movement to bring kale to the people an effort that stretches across the country from Brooklyn to Oakland Benson's spirited photographs capture the joy and beauty of urban farming's bounty New York Times Book Review

Who Gets to Go Back-To-the-Land? Valerie Padilla Carroll, 2022-12 In Who Gets to Go Back to the Land Valerie Padilla Carroll examines a variety of media from the last century that proselytized self sufficiency as a solution to the economic instability environmental destruction and perceived disintegration of modern America In the early twentieth century books already advocated an escape for the urban white collar male The suggestion became more practical during the Great Depression and magazines pushed self sufficiency lifestyles By the 1970s the idea was reborn in newsletters and other media as a radical response to a damaged world allowing activists to promote the simple life as environmental gender and queer justice At the century's end a great variety of media promoted self sufficiency as the solution to a different set of problems from survival at the millennium to wanderlust of millennials Nevertheless these utopian narratives are written overwhelmingly for a particular audience one that is white male and white collar Padilla Carroll's archival research of the books newspapers magazines newsletters websites blogs and videos promoting the life of the agrarian smallholder illuminates how embedded race class gender and heteronormative dogmas in these texts reinforce dominant power ideologies and ignore the experiences of marginalized people Still Padilla Carroll also highlights how those left out have continued to demand inclusion by telling their own stories of self sufficiency rewriting and reimagining the movement to be collaborative inclusive and rooted in both human and ecological justice

Wait Five Minutes Shelley Ingram, Willow G. Mullins, 2023-05-18 Contributions by Emma Frances Bloomfield Sheila Bock Kristen Bradley Hannah Chapple James Deutsch Mirt Hanley Christine Hoffmann Kate Parker Horigan Shelley Ingram John Laudun Jordan Lovejoy Lena Marander Eklund Jennifer Morrison Willow G Mullins Anne Pryor Todd Richardson and Claire Schmidt The weather governs our lives It fills gaps in conversations determines our dress and influences our architecture No matter how much our lives may have moved indoors no matter how much we may rely on technology we still monitor the weather Wait Five Minutes Weatherlore in the Twenty First Century draws from folkloric literary and scientific theory to offer up new ways of thinking about this most ancient of phenomena Weatherlore is a concept that describes the folk beliefs and traditions about the weather that are passed down casually among groups of people Weatherlore can be predictive such as the belief that more black than brown fuzz on a woolly bear caterpillar signals a harsh winter It can be the familiar commentary that eases daily social interactions such as asking Is it hot or cold enough for you Other times it is simply ubiquitous If you don't like the weather wait five minutes and it will change From detailing personal experiences at picnics and suburban lawns to critically analyzing storm stories novels and flood legends contributors offer engaging multidisciplinary perspectives on weatherlore As we move further into the twenty first century an increasing awareness of climate change and its impacts on daily life calls for a

folkloristic reckoning with the weather and a rising need to examine vernacular understandings of weather and climate Weatherlore helps us understand and shape global political conversations about climate change and biopolitics at the same time that it influences individual group and regional lives and identities We use weather and thus its folklore to make meaning of ourselves our groups and quite literally our world *El Estoicismo Hoy, Escritos Selectos (Volumen I)* Patrick Ussher, 2018-04-08 Fundada por Zen n el estoicismo atrajo a sus filas a hombres de la estatura de Seneca el abogado Epicteto el anterior esclavo y Marco Aurelio el emperador quienes resaltan como estrellas de la primera novela Sus escritos sean las Cartas de Seneca los Discursos de Epicteto o las Meditaciones de Marco Aurelio inspiran elevan y ennoblecen El título de esta segunda edición tiene dos significantes estoicismo y hoy lo cual sugiere que el estoicismo ateniense antiguo esa escuela de filosofía helenística práctica no tiene algo que decirnos hoy Los estoicos lucharon contra el sufrimiento querían conformar su voluntad al mundo deseaban cultivar la virtud para florecer Creían firmemente que el comportamiento significaba más que las palabras Consideraban la filosofía menos como una disciplina arcana académica técnica o difícil y más como una forma de vida para aquellos que estaban enamorados de la Sabiduría Sophia y el Bien Agathon Este libro refleja y representa una amplia variedad de temas desde la ética estoica y las emociones hasta la paternidad los sentimientos y Viktor Frankl desde los principios estoicos y el mindfulness hasta la filosofía práctica la crianza la psicoterapia y las ciencias desde Star Trek y Séneca hasta los abogados estoicos la literatura y la vida en general Como tal hay algo para todos en esta compilación ecléctica

Making-Aktivitäten mit Kindern und Jugendlichen Martin Ebner, Sandra Schön, Kristin Narr, 2016-03-09 33 Projekte rund um das kreative digitale Gestalten mit Kindern und Jugendlichen in der Schule in der Freizeit und MINT Initiativen werden in diesem Handbuch vorgestellt Dazu werden Hintergründe zum Making beschrieben Unter den Projektbeschreibungen sind Konzepte für offene digitale Werkstätten für Kinder Jugend Hackathons Makerspaces an der Schule Workshop Angebote und Unterrichtsstunden rund um 3D Modellierung Optik Stereoskopie und virtuelle Realität Ob Programmieren 3D Druck Fotografie mit Smartphone oder Trickfilmerstellung mit Tablets das Leuchten von LED oder die Arbeit mit Raspberry Pi dem MaKey MaKey Kit oder andere neue und alte Werkzeuge Immer dreht es sich darum wie gemeinsam mit Kindern die Welt rund um Digitales und Technik kreativ gestaltet und neu erfunden werden kann Dabei werden bevorzugt Projekte beschrieben die auch von Einsteigerinnen umgesetzt und für eigene Zwecke angepasst werden können Upcycling Müllvermeidung Partizipation günstige Materialien und kostenlose Tools sowie weitgehender Verzicht auf spezielle und teure Bauteile sind dabei Grundlage der Auswahl Mit Beiträgen von Ralf Appelt Matthias Andrasch Silvana Aureli Dominik Bartel Gerhard Brandhofer Henrike Boy Guido Brombach Martin Ebner Gerald Geier Steffen Griesinger Tobias Hübner Julia Kleeberger Gregor Löffel Victoria Mader Kurt Meister Werner Moser Kristin Narr Zvetana Penova Markus Peil Hans Bodo Pohla Ingrid Reip Eike Risch Bettina Scheurer Martin Schönl Sandra Schönl Björn Schreiber Christine Schwarz Daniel Seitz Friederike Siller Markus Sindermann Michael Spitzer Michael Tillmann Karin Winkel Mathias Wunderlich Isabel Zorn und

Yvonne Zylka **Stoizismus heute** Patrick Ussher, 2015-06-08 Von stoischer Ethik zu Emotionen von stoischen Bergrmeistern und Achtsamkeit zu praktischer Philosophie Elternschaft Psychotherapie und Gefngnissen von Star Trek und Sokrates zu stoischen Rechtsanwälten Literatur und dem Leben im Allgemeinen dieses Buch vereint eine umfassende Sammlung von Reflexionen zu Möglichkeiten der stoischen Lebensweise in der heutigen Zeit Sie finden Ratschläge zur Bewältigung von Widrigkeiten Reflexionen zum Glück und guten Leben und eindrucksvolle persönliche Zeugnisse der Umsetzung des Stoizismus in die Praxis Sie lesen aber auch über die Zusammenhänge zwischen Stoizismus und Psychotherapie Stoizismus und Achtsamkeitsmeditation und die unerwarteten Orte an denen der Stoizismus in der modernen Kultur erscheinen kann Dieses Buch ist sowohl für Akademiker als auch Nicht Akademiker von Interesse und stellt die vielfältigen Möglichkeiten dar wie die 2 300 Jahre alte Philosophie als Lebensstil für die Anliegen und Bedürfnisse der heutigen Zeit relevant bleibt **Vivre le stoïcisme aujourd'hui** Patrick Ussher, 2017-01-26 Le stoïcisme philosophie pratiquée comme un mode de vie par les grecs et les romains de l'Antiquité sonne encore aujourd'hui dans notre monde Cet ouvrage a pour vocation de faire découvrir les multiples aspects du stoïcisme moderne tout en invitant chacun à appliquer cette philosophie dans sa vie quotidienne De nombreux auteurs issus de divers horizons témoignent des solutions qu'ils inventent chaque jour pour vivre le stoïcisme et dépasser les obstacles qui ne manquent pas de se présenter En trente sept essais ces stoiciens d'aujourd'hui abordent une large palette de thèmes propres à ce courant de pensée les motions éthiques l'adversité la pleine conscience le bonheur Mais ils explorent aussi de nouveaux domaines les liens entre la psychothérapie et le stoïcisme la surprenante place qu'il occupe dans la culture moderne ou encore les armes dont dispose un stoïcien contre la société de consommation En offrant des pistes d'action ainsi que des éléments de réflexion chacun universitaires ou non connaisseurs ou novophytes Vivre le Stoïcisme Aujourd'hui montre que cette philosophie vieille de 2300 ans demeure un moyen pertinent et concret de faire face aux difficultés et aux besoins de notre époque **Lo Stoicismo Oggi** A cura di Patrick Ussher, 2019-04-02 Lo Stoicismo Oggi Pratiche filosofiche per la vita quotidiana raccoglie saggi testimonianze e riflessioni sulla filosofia praticata da Epitteto e Marco Aurelio Una saggezza antica che ancora oggi può insegnarci a vivere con maggiore serenità di animo le sfide e le avversità quotidiane A parlarci dell'attualità delle pratiche filosofiche e di vita dello stoicismo sono autori con diverse esperienze e background culturali Meditazione buddista ricerca della mindfulness terapia cognitivo comportamentale pratiche oggi molto seguite mostrano molti punti in comune con l'approccio stoico alla ricerca della felicità Uno stile di pensiero improntato all'autoconsapevolezza all'autocontrollo al distacco dagli interessi materiali ma anche alla compassione verso gli altri **O Estoicismo Hoje: Sabedoria Antiga para a Vida Moderna** Patrick Ussher, 2015-08-31 Da tica estoica sabemos de prefeitos estoicos e a atenção plena filosofia prática criação dos filhos psicoterapia e superpenitências de Star Trek e Sócrates a advogados estoicos literatura e ao viver estoico em geral este livro apresenta uma coletânea abrangente de reflexões sobre como viver uma vida estoica hoje em dia Você encontrará conselhos sobre como lidar com a adversidade reflexões sobre a

felicidade e a boa vida e depoimentos pessoais significativos de pessoas que colocam em prática o Estoicismo Conhecer também as ligações entre o Estoicismo e a psicoterapia a meditação plena e as partes da cultura pop em que o Estoicismo surge inusitadamente O livro será de interesse para acadêmicos e não acadêmicos pois diz respeito a várias formas com que essa filosofia e modo de vida de 2300 anos permanece relevante para as preocupações e necessidades dos dias atuais *The Goods of Design* Ariel Guersenzvaig, 2021-04-07 A 2022 Choice Reviews Outstanding Academic Title What ends should designers pursue To what extent should they care about the societal and environmental impact of their work And why should they care at all Given the key influence design has on the way people live their lives designing is fraught with ethical issues Yet unlike education or nursing it lacks widespread professional principles for addressing these issues Rooted in a communitarian view of design practice this lively and accessible book examines design through the lens of professions offering a critical vision that enables practitioners academics and students of design in all disciplines to reflect on the practice's overarching purposes Considering how these are connected to others flourishing and moulded by community interactions *The Goods of Design* argues for a practice based approach to cultivate professional ethics it provides a normative direction that can meaningfully guide professional design activity both individually and collectively The volume also looks into the implications work has for the designer's self growth as a person offering ways to discover and navigate the complex tensions between personal and professional life *A Dictionary of Contemporary World History* Christopher Riches, Jan Palmowski, 2021-02-18 This authoritative dictionary provides expansive coverage on the most important people organizations events movements and ideas from the beginning of the twentieth century to the present day This new edition has been updated to reflect recent developments and contains new entries on people organizations and events that have come to prominence or had a major impact in the last year Recent new entries include b Alternative for Deutschland AfD Brexit Donald Trump Erna Solberg Justin Trudeau b and b Moon Jae In b Maps complement the text to allow for easy reference and tables include lists of office holders for countries and organizations and winners of the Nobel Peace Prize This dictionary is updated regularly throughout the year and via annual new editions ensuring that all recent developments are included in its coverage It is a reliable resource for students of history politics and international relations as well as for journalists policy makers and general readers interested in the modern world *The Literary World* , 1882

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