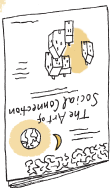


Power of the Press!



The Art of Social Connection (a Quarantine for the Quarantine!)
Remember the phrase: "Social Distancing"? Oh, no, I thought, we must remain closer than ever. On day 3 of our state-wide stay-at-home order, I stayed home and went to work.
Orienting the Heart: A gathering of pointers that can help us steer a path during turbulent and troubling political times.
Winter 2025. At a dinner get-together, our host asked: "How are you responding to the political moment?" Zine Material, I thought.

2 More Examples of FREE Zines that I've Made

Habits of the Heart: A Primer for Embracing Earth Care Practices
Around 2008, I read Pat Murphy's *Plan C* and learned that in the US about 2/3 of our energy use is under an individual's personal control. Our habits truly matter.
Within a year Michael and I reduced our energy consumption by half. Two biggies: Travel and our relationship with food. Delightfully, we discovered that our quality of life did not diminish. The opposite proved true... What fabulous news! I decided to spread the word. Since then I've shared over 8,000 of these zines! Then I stopped counting.



My Brief Case History of a FREE Zine

"Your job is to draw a line from your life to your art that is straight and clear."
David Bayles and Ted Orland

Dissemination

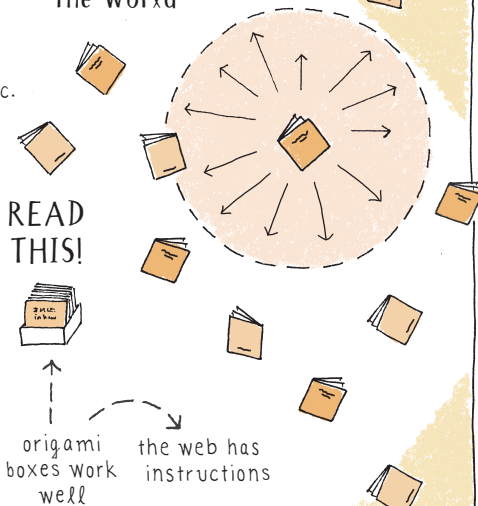
Our work is not complete until it is out in the world.

ZINES may be:

- for sale in a bookstore or on the web, etc.
- or freely available
 - ... at bus stops
 - ... in coffee shops + bakeries
 - ... at the Farmer's Market
 - ... at community centers + events
 - ... downloadable on your website
 - ... sent via postal carrier to family and friends. A single Forever Stamp lets you mail two 8-page zines
 - ... etc. etc.

YOU DECIDE
You are in control!

Sending Democratic
Multiples Out into
the World



When demand for my Earth Care zine was very high, I organized a couple of folding parties.

- * **How to Wait Without Looking at Your Phone** by Wendy Fernstrom
- * **Start with a Park: A Practice to Connect with Your Ecosystem** by Tracy Kugler
- * **Stories About Leaving + Stories About Returning** (2 zines by an unknown author)
- * **The Bean Zine** by Paula Foreman (It's about heirloom beans Paula sells at the Farmers' Market)
- * **Seven Simple Sayings to keep in mind during this time of Civil Unrest** by Erica Spitzer Rasmussen

A few examples from my zine collection

ZINE is short for **MAGAZINE**
ZINES are usually:

- inexpensively produced
- they can be made on a kitchen table or a desk and then photocopied
- often quirky

ANYTHING GOES (though personally, I think it's good to be kind.)

A zine may contain:

- thoughts on poverty and its causes
- a personal journal
- a history
- a how-to guide (like the one you are holding)
- a utopian vision
- etc. etc.

("Zine" rhymes with "seen." You are holding a zine.)

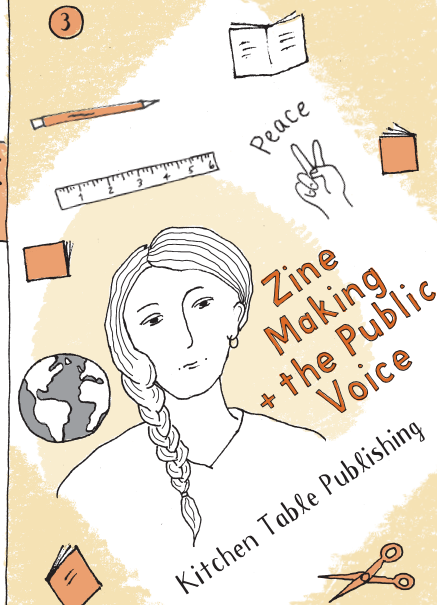
REMEMBER:
In the arts,
a single voice
can take part
in a large, public
conversation.



CEDAR FENCE PRESS
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www.RegulaRusselle.com

GRATITUDE to TJ Gortitz and Jennifer Bilton for creative input many years ago, and to Elizabeth Jarrett Andrews who inspired the quote above.

Regula Russelle, 2025



* a tiny **HOW TO** zine *