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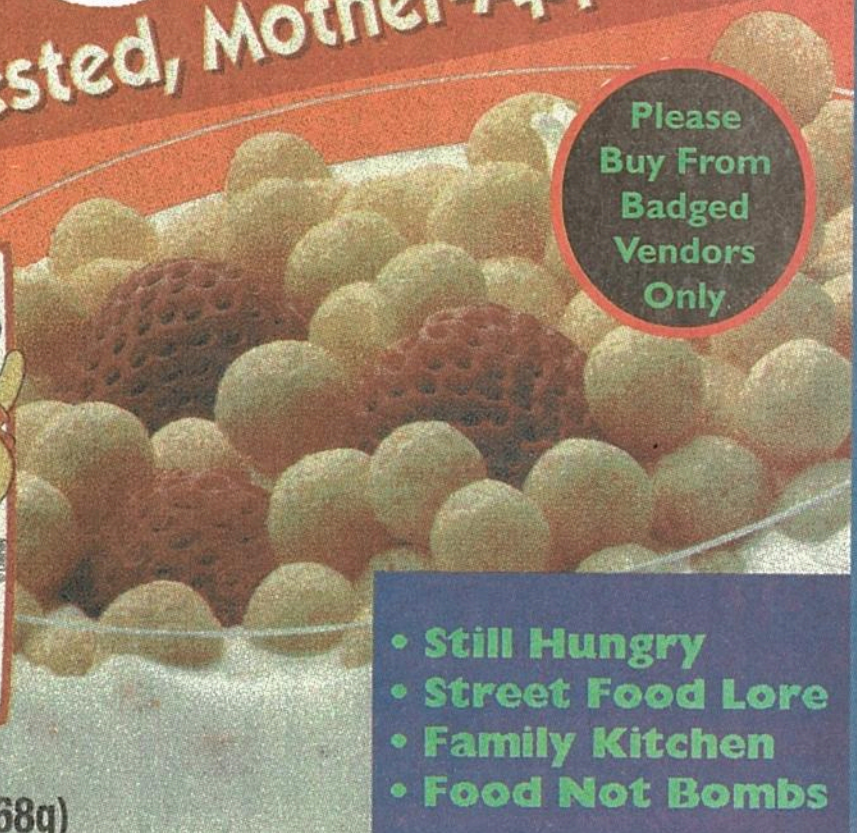
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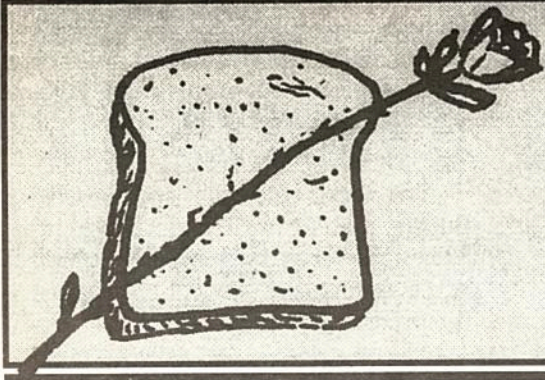
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PHOTO BY JOSH ROOT



In Clear View

Food Not Bombs fights City Hall to feed homeless

BY TODD MATTHEWS

It seemed like business as usual for Eric Wirkman and his fellow Food Not Bombs (FNB) volunteers. Two weeks ago, Wirkman was preparing to pack up the progressive group's weekly feed in Occidental Park when a police car cruised past, stopping nearby. Wirkman and the group were told by police that they had been "warned." According to Wirkman, police indicated that further action would be taken if the group set up in Pioneer Square again.

"From what I have seen," says Wirkman, "this is just part of a whole lot of police presence in Pioneer Square. Homeless folks have been telling us that police have been doing emphasis patrols and making themselves a lot more known in the area."

But the FNB run-in with Seattle police has more to do with paperwork than a police crackdown, says Officer Pam McCammon, a media spokesperson at the Seattle Police Department. "Technically, it is illegal for Food Not Bombs to host a feed in Occidental Park," says Officer McCammon. "I know that they set up frequently, and they do so unpermitted. If there is no permit, then there is no quality assurance about the food that is being served."

FNB has a history of setting up in Occidental Park and serving food to homeless and low-income people. The group also has a history of conflict with the police. In January 1998, FNB hosted a rally at Westlake Center and marched to Occidental Park — an event that called much media attention to an ongoing "threat" by police to shutdown its charitable operation.

"We're not just feeding people. We are feeding people in a public place to call attention to massive inequity of power and wealth."

"This has been a continuing issue for us," says FNB member Chris Flanagan, referring to the permitting concern. "Periodically, we go through the rounds of making phone calls and contacting various bureaucrats in the Parks & Public Health Departments. Although we are trying to meet all the requirements of the health permit, we have found that the stumbling block isn't so much sanitary as it is political. The Parks Department will not give us permission to serve in Occidental Park. Therefore, the public health department will not give us a permit."

George Long, Park Scheduler at the Seattle Parks Department, says the main reason that feeds are not permitted in Occidental Park is logistics. "There are no restroom facilities at the park," says Long. "If somebody is serving the food and needs to use the restroom or wash their hands, there is no place to do that there."

Dee and others at FNB believe that the action taken two weeks ago was the result of pressure from residents and business owners in the Pioneer Square neighborhood.

Chris Martin at CleanScapes, an organization permanently employing seven homeless people to keep the Pioneer Square neighborhood clean of litter, is aligned with police, and shares concerns about FNB operating without a permit in Occidental Park. "If you talk to service providers, shelters, or the Health Department," says Martin, "you will find that nobody is saying, 'Don't feed the homeless.' What they are saying is, 'Feed the homeless in an

Continued to page 14

Galloping Toward Health

An Interview with Graham Kerr

We know what you're thinking: Why in the world would *Real Change* interview the Galloping Gourmet? A bestselling author, television show host, and esteemed chef for nearly five decades, the Galloping Gourmet (a.k.a. Graham Kerr) came to the attention of our newspaper for several reasons. First, Puget Sound residents may recognize his wily British accent on radio airwaves, offering promotional spots for the Fare Start program in Seattle — a culinary school for the homeless and low-income.

But Kerr's interest in charitable causes extends beyond simple radio promotions. He is no longer the wild and lavish Galloping Gourmet, where he practiced "hedonism in a hurry," and created dishes overflowing with cream, butter, egg yolks, and other fatty substances. Kerr's culinary career has taken a turn of sorts, and he is now espousing healthy eating, healthy living, and healthy relationships with others.

Real Change recently interviewed Kerr to discuss the transformation of his career and his interest in social causes.



GRAHAM KERR, BACK IN THE DAY WHEN BUTTER WAS A-OKAY.

REAL CHANGE: The direction of your culinary career has changed from the "richest and best food possible" to a more nutritious and health-conscious focus due to health concerns in your family. Can you describe this change and the circumstances surrounding it?

GRAHAM KERR: Forty-one years ago, when I began TV, I was 25 years old with a national show, albeit in New Zealand. At 25 one seldom thinks of food as a threat. My search for the very best paid no attention to portion size or fat content—it simply had to be *fantastic!* That was, after all, what people loved to see (they still do).

Then life came knocking at our door. The love of my life, my wife Treena, had a stroke, then a heart attack. She is hypertensive and has diabetes. I do most of the cooking at home and I wanted her well. I changed, both at home and in public.

RC: You stress the importance of not only a balanced diet but also a balanced lifestyle, using the metaphor of a chair. Can you explain this concept?

KERR: Being well, and truly celebrating that feeling, isn't achieved by a single decision such as a low fat

Continued to page 14

Real CHANGE

**Puget Sound's Voice of the
Poor and Homeless**

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Mission Statements:

Real Change organizes, educates, and builds alliances to find community-based solutions to homelessness and poverty.

Goals

- Provide a foundation for grassroots organizing.
- Publish the views of marginalized communities.
- Create direct economic opportunity.
- Build bridges with a broad range of allies in the struggle against poverty.

The Real Change Homeless Empowerment Project is a 501(c)3 non-profit organization that sponsors the StreetLife Gallery, StreetWrites, and the Homeless Speakers Bureau. The RCHEP raises the voices of the poor by supporting cultural, artistic, and literary expression to place a human face on homelessness and poverty. All donations to the RCHEP support these programs and are tax-deductible to the full extent of the law.

Editorial Policy

Articles appearing in *Real Change* reflect the opinions and perspectives of the authors. We encourage the submission of journalism, opinion, fiction, poetry, and artwork, and hope to create a forum where the many perspectives on poverty and homelessness can find expression. The editorial committee reserves the right to edit any material for length and style. Articles considered libelous or which encourage violence, sexism, homophobia, or racism will not be considered for publication.

MAILBAG

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Wash & Wear Housing

Dear *Real Change*,

I was interested in Mike Leavitt's idea of portable log cabin housing for the homeless. It's too bad that migrant workers in eastern Washington are not legally entitled to such an efficient system. I am also interested in developing the idea of cheap, breathable, water-resistant clothing that might be filled with a biodegradable insulation. Such clothing could then provide an instant "sleeping bag" for a homeless person. I am especially interested in answers for the alcoholic . . . the bane of shelters across America. I have been homeless and have seen a man who froze to death in Reno because he was drunk and had only one blanket. Anyone with ideas or an interest in cheap, insulated clothing may write me.

Don Ricks
P.O. Box 1392
Wenatchee, WA 98807

The Church Challenge

Dear *Real Change*,

After reading the letter from Share/Wheel (Vol. 7, No. 2, "Still Waiting"), I began to think about the challenges faced by all of the churches and shelters in finding a bed for the many homeless that are left to the streets after all of the beds are full. I

also gave some thought to the city's lack of commitment to resolving this problem.

Why can't several groups pool their resources and work together to find a solution?

One thought I had was for the city to donate the use of a warehouse to be used for homeless housing. The city could enact a temporary zoning clause to allow the shelter. Then the numerous contractors that have prospered from all of the development of the downtown area could give back a little time and material to put the warehouse together. The complex could be manned by a collection of people from all of the shelters and churches that are working so hard to resolve this problem.

If this project could be completed, it would be a win for everyone.

Homeless people could be off of the streets, and a central place would be established for all of the social organizations to assist in getting people back on their feet again.

The plan is colossal to say the least! But attainable? Sure. Especially with a lot of prayer and help from City Hall and everyone who has benefited from the prosperity of downtown.

Jim Freeman,
Seattle

Correction: It was reported in "The Longest Night, Real Change Vol. 7 No. 1, that Councilmember Richard Conlin's office did not meet with the First Things First Coalition. That information is incorrect. Councilmember Conlin supports the efforts of First Things First. Councilmembers Drago and Pageler, however, unapologetically blew us off.



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Down at the Food Bank

Hungry vote with feet — Food stamps not worth the hassle

You'd think it couldn't happen here. In a state where more people than ever are working, one in ten families can't afford to eat nutritious meals on a daily basis. In a county drenched in stock-option affluence, families line up at food banks and soup kitchens in order to make ends meet. In a prosperous city, families get groceries at local churches and agency offices, not grocery stores.

Adam Holdorf

Washington is the eighth-hungriest state in the nation, according to a report released last fall by the US Department of Agriculture. Twelve of every hundred families suffer from "food insecurity," with parents unsure of where they'll get their next meal, serving the same cheap nutrient-free food for dinner every night, or going hungry so their kids can eat. But the state poverty rate is lower than the national average. In a relatively wealthy state, why can't everyone eat well?

Nobody knows yet, says Laura Strickler of the Children's Alliance Anti-Hunger Outreach Program. The Children's Alliance and other advocates want the state legislature to commission a study to answer that question.

But we do know a few things.

We know that more working families qualify for Food Stamps than the state Department of Social and Health Services currently serves. Some may be walking away from the Food Stamp program because the application process is simply a big hassle. A 1999 study showed that applying for Food Stamps is a five-hour ordeal. It's unreasonable to expect any worker to get five hours unpaid leave simply to apply for assistance. State Rep. Kip Tokuda is sponsoring a bill, supported by the Children's Alliance, that would call on established

customer-service goals for DSHS to meet. Evening office hours would be a step in the right direction.

We also know that people are returning to food banks more frequently. Without a stable source of grocery income, poor families turn to food banks and hot meals programs. At 28 food banks in the Seattle area, households came for food an average of nine times a year; now they're returning ten and one-half times a year, according to Trish Twoney of the Fremont Public Association.

Lorrie Johnson, manager of the University District Food Bank, distributed over a million pounds of food last year. She says that the same clients are requesting more food to make it through the month. "People are frustrated with the Food Stamp program. They were dropped from the program and

now they're told they can reapply, but they have to jump through a lot of hoops for a very little amount. Food banks are a lot easier, and more accessible."

Ruth Velozo is executive director of Northwest Harvest, one of the largest food banks in Washington. She has fought hunger for 33 years, but knows that food banks aren't the solution. "Everyone's in danger of getting satisfied with food banks as the answer to poverty; and it isn't. We must evaluate what it takes to get people fed in this society. My heart is with changing the system to reflect our values."

While policymakers study their options, food programs will continue to fill up with people waiting for donations from more affluent circles. Donations come from the strangest places: every day, a program called Seattle's Table delivers unserved meals from restaurants and corporate caterers to shelters and day centers. Run by Food Lifeline, the program distributed more than half a million pounds of food last year. In a town cursed with raging economic inequality, it's only fitting that the poor are eating the box lunches untouched by the full-bellied Babbitts of the Convention Center. [A]

"We must evaluate what it takes to get people fed in this society. My heart is with changing the system to reflect our values."

Ruth Velozo, Exec. Dir., Northwest Harvest

What do food banks want? Tips for donors

"No pickles, no olives, no sardines," said Catherine Hillard, eastside coordinator of the Emergency Feeding Program. "Sometimes, when people donate to food banks, they go to the cupboard and pick out things they don't want. When you donate, you should think of what you like to eat." Stuff like:

- Peanut butter
- Tuna fish
- Boxes of instant macaroni and cheese
- Other non-perishable staples like rice, beans, pasta, and canned tomatoes.
- Portable stuff that kids like: juice boxes, dried fruit rolls, and other ready-to-eat snacks that "can be ready when a kid comes home from school," says Ruth Velozo of Northwest Harvest.
- Baby formula, especially food fortified with iron
- Fresh produce. "Lettuce is worth your life," says Velozo. Staff at her food distribution center at 711 Cherry St., who distribute food to more than 1,200 people daily, will "strip your car clean" if you bring fresh produce.

Beyond Charity

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This little paper, which now publishes twice a month, receives no foundation or government support, and your donations matter a lot. *Real Change* depends upon the grass-roots support of our readers to do a lot with very little money. Your contribution goes beyond simple charity. *Real Change* helps people help themselves while they work for a more just world for everyone. Donations to the Real Change Homeless Empowerment Project (RCHEP) are tax deductible and support our work with StreetWrites, StreetLife Gallery, the Macworkshop computer lab, and the Homeless Speakers Bureau. Checks written to *Real Change* are not tax deductible, and support the newspaper itself.

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Some Lives are Cheap

HE WAS TRACKED DOWN, BEATEN, KICKED, AND STABBED REPEATEDLY. HE WAS LEFT FOR DEAD BENEATH A FREEWAY OVERPASS. Two of his three accused killers — all teenagers — are free on bail. One hopes to finish high school when his trial is over. Another is working part-time and also attending school.

Teenagers accused of murder, yet free to roam the streets? Not in Seattle, you say? Yes, in Seattle: but only if the victim is a homeless man.

According to the police report, on August 9, 1999, Jay Stewart, 18, Vito Caffee, 19, and Shelton Musgrave, 19, fought with a homeless man named David Ballenger, 46, near Greenlake. The three young men later tracked Ballenger back to his camp beneath a freeway overpass, say police, where they beat and stabbed him to death. Caffee and Musgrave were released from jail at the end of last year, when a judge reduced their bail from \$500,000 to \$100,000. At press time, Stewart was scheduled to appear in court, and it was expected that his attorney would seek the same bail reduction.

Why are Musgrave and Caffee out of jail? *Real Change* attempted to contact the young mens' attorneys; one was out of town and two did not return phone calls.

Trials for all three are scheduled to begin April 10, 2000. Whether or not the trials will interfere with any of the young mens' spring break plans is uncertain.

—Todd Matthews

Steinbrueck denies tracking plans

A FLORIDA-BASED TELECOMMUNICATIONS COMPANY is developing a device that could help the Seattle City Council fulfill a major goal of the Safe Harbors plan: to gather statistics about where the city's homeless sleep, eat and spend their days. But the city's saying "No thanks" to the cutting-edge technology.

The company, Applied Digital Solutions, wants to patent the "Digital Angel." Surgically implanted under the skin and powered by your body movements, the subcutaneous soulmate would beam your location to satellites orbiting the earth. Societal guardians would have a better leash on us all. Cops could keep tabs on ex-cons. Parents could monitor their children by radar. And a snoopy city government could track down homeless people — for help, for prosecution, for whatever.

The so-called Safe Harbors resolution, passed in October, gets city-funded agencies to collect information on services used, in order to establish an "outcome-based" funding system which would let the city do any number of things, including prioritizing the "best" types of services. Some homeless people have said they'll refuse to give out personal information or submit to computer tracking of their use of shelter, meal programs, and the like.

City staff say they have no plans as yet to implant homeless people with the subdermal device.

"Absolutely not. There is no way," said legislative staffer Tiffany Stilwell, aide to city Councilmember Peter Steinbrueck. "I could see doing them with pets or something. But why the hell should we want to know where people are?"

Stilwell might ask her boss that question.

—Adam Holdorf

The Morrison Hotel: New millennium, same debacle

IF YOU HAVE BEEN KEEPING SCORE AT HOME, THE NEW YEAR NOT ONLY MARKS A NEW MILLENNIUM, it marks year three of an ongoing battle between Citizens Organized to Save the Morrison (COSM) and Seattle Housing Authority (SHA) over management at the Morrison Hotel — a low-income building that is home to 205 men and women with various degrees of disabilities, alcoholism, and medical problems.

According to John Fox at the Seattle Displacement Coalition, a service agency that formed COSM, conditions at the Morrison are deplorable and have threatened the health and safety of its tenants. COSM has demanded several items addressed. Namely, the group wants the removal of the Burns Security Service — a security firm that, according to COSM and some Morrison tenants, has "engaged in improper, threatening, and perhaps criminal behavior... including reports of sexual assaults on at least three residents" at the hotel. Moreover, COSM sought additional SHA staffing and new management.

Virginia Felton, Communications Manager at SHA, says that while the agency plans to increase case management and replace security personnel, funding has been an issue. "I think we were a little ambitious about timelines," says Felton. At press time, funding for additional case managers will be awarded in late-January, and security personnel will be replaced by SHA staff, says Felton.

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Felton says that SHA suffered a huge blow when it lost McKinney funding for the Morrison two years ago. "The bottom-line is it's important to find more resources in order to better serve the population at the Morrison," says Felton. "One thing Morrison advocates have pointed out well is that, in order to better serve residents at the Morrison, SHA really needs an enhanced service environment. The competition for resources for that type of environment is very stiff."

Last month COSM secured a spot on the SHA Commission Meeting Agenda. At that meeting, says Fox, SHA indicated that they may convert the Morrison into a "mixed-income" building, serving an altogether entirely different population.

Does SHA plan to change the residential population at the Morrison? Felton says no. "We're not trying to avoid serving this population," she says. "SHA will not entirely back out of being involved in the building." Felton says the plan for new management will be structured in a way that serves the same population.

—Todd Matthews

Homeless women, supporters spin for Meal of Fortune

FROM 1996 TO 1999, HOMELESS WOMEN, THEIR CHILDREN, FRIENDS AND VOLUNTEERS SERVED EACH OTHER IN THE MEAL OF FORTUNE, a project run by Boomtown Cafe. When the meal moved into the Women's Referral Center (WRC) last year, critics say all that changed. The center, run by Archdiocesan Housing Authority (AHA), served only homeless women. What was once a self-managed community feeding program had merged with a referral service specifically for women seeking shelter. Only the food, prepared by Boomtown, remained the same.

Women's Housing, Equality and Enhancement League (WHEEL) and a coalition of service providers called Community Action for Homeless Women are looking for a new place to serve the Meal of Fortune. They're eyeing the new Boomtown Cafe space below the Morrison Hotel in Pioneer Square, and want to find a space where the same women can dine together in an atmosphere of mutual respect.

Gillian Parke, who directs the nighttime operations at WRC, sees the need for both programs. The referral center contracts with Boomtown to serve 70 to 100 meals a night, though they sometimes stretch the food to serve as many as 120. She acknowledges the difference between AHA's program and the Meal of Fortune's emphasis on mutual aid.

"What used to be the Meal of Fortune also needs to be put back into place," says Curtis. "Even if 110 meals were served here, there still would be women who need to be served — women with children, women who already have housing. There need to be more options, always."

—Adam Holdorf

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Where Everybody Knows Your Name ...

Family Kitchen Celebrates 25 Years

BY SCOTT FISCHER

Imagine a place where as soon as you walk in you feel welcomed, most people know your name, and everyone is glad you came. It may sound like the premise of a popular television show, but it is actually the environment at the Family Kitchen, a program that feeds homeless and low-income people at the St. James Cathedral on Capitol Hill each weekday.

"The Family Kitchen has always provided a tasty, nutritious meal in a warm and inviting atmosphere," says volunteer Kathleen O'Hanlon. "I want to make people feel welcomed. I want them to know that this is a place where they can belong, feel comfortable, make friends, and form a community."

Later this month, the Family Kitchen will mark its 25th year in Seattle with a celebration of sorts. A short program will follow an appreciation dinner for volunteers, with stories about the Family Kitchen's long history. Live music and dancing will also be a highlight of the evening.

Since its beginning, the Family Kitchen has served women and children, and senior men 55 years of age and older. Women and their families find the place of particular interest because it carries a unique sense of security. "We try to provide a place where women, seniors, and people with kids can come and eat and feel

safe," O'Hanlon says. While there are many programs in Seattle that feed homeless men, she adds, there are very few that target the needs of women and children.

The Family Kitchen opens each weekday at 4:00 p.m., and feeds an average of 120 people per night. Two decades ago, that number swelled to nearly 200 — something O'Hanlon attributes to a poor economy. The number has dropped, she says, but under unfortunate circumstances. "The amount of affordable housing in downtown, First Hill, and Capitol Hill

has dwindled," O'Hanlon says. "People who would normally use the Family Kitchen can't afford to live in neighborhoods near the Family Kitchen."

Volunteers see a great deal of satisfaction, says O'Hanlon. The people they meet have changed their hearts and lives, and relationships have been forged. Volunteers are encouraged to get a plate of food or cup of coffee and sit down with the program's visitors. "It is really important to us that there not be these barriers between server and served," says O'Hanlon. "A lot of people are trying to find ways to open their hearts. A lot of that has to do with meeting people and break-

ing down walls."

The obvious strength of a program like the Family Kitchen lies in its longevity. Many people learn about the program through word of mouth. Some may not know the name of the program, or the people who run it, but they do know that dinner is served five nights a week on Capitol Hill. Also, the veteran program receives an ample supply of food, and is able to serve more people in the community.

And the program is completely free of religious influence. "There are no questions to answer," says O'Hanlon. "People don't have to listen to sermons before they eat. We don't pray before meals. We don't care about an individual's religious background or faith. We don't care whether they financially need the meal or not. It doesn't matter. It's really important to us that people feel

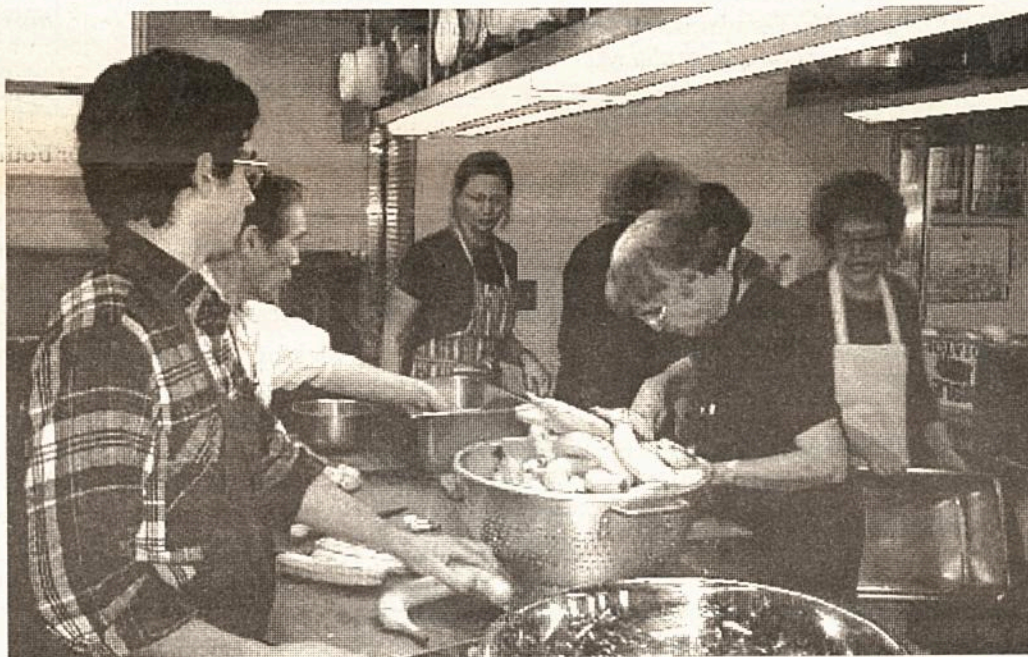
welcomed the minute they walk through the front door."

Twenty-five years is a long time for any organization to last — not to mention a small, volunteer-based program like the Family Kitchen. Though O'Hanlon has seen many changes over the years, the future goals for the program seem clear: continue to provide meals for homeless and low-income people as long as is needed. "We do seriously think about how peoples' needs are changing — if they will continue to be needing our program at the location we are at now," says O'Hanlon.

She cites the lack of low-income housing in the neighborhood, and wonders whether the services will be needed much longer in the Capitol Hill area. "The Family Kitchen may not exist the same way it currently exists right now," she says. "We have been run by a core community and volunteers for 25 years, and right now that core has dwindled."

Until that core dwindles to zero, though, low-income and homeless folks can at least rest assured that dinner will be served five nights a week — a comforting thought for people facing some real economic challenges on the streets. ☐

"People who would normally use the Family Kitchen can't afford to live in neighborhoods near the Family Kitchen."



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Stone Soup

Bringing the best out of discards

"I can make a meal out of anything," Mom told her friends proudly. She liked to brag about "Everything Stew," a dish invented while she was concocting a casserole out of a two-week old turkey carcass...She put the turkey and a half can of mushroom soup into the pot...She found some leftover broccoli and added that. A few carrots went in, and then a half carton of sour cream. In a hurry, as usual, she added green beans and cranberry sauce. And then, somehow, half an apple pie slipped into the dish. Mom looked momentarily horrified. Then she shrugged and said, "Who knows? Maybe it will be good." ...I was shaped by my mother's handicap, discovering food can be a way of making sense of the world.

—from Ruth Reichl's *Tender at the Bone*

"I wish I didn't think about food so much," I overheard a volunteer say at the Friday Feast at University Baptist Church. But we all do, and we're especially forced to think about food as a means of survival and comfort when we're poor. Being poor forces us to find more ingenious ways to feed ourselves, physically and emotionally; makes us remember that food is a way to measure and make sense of the world.

For this third Food Issue of *Real Change*, we surveyed vendors and other homeless and low-income people about their tastes and their tricks for feeding themselves. Their stories helped show how people get by, and how programs and meal projects do (or don't) honor food as a metaphor for comfort and community.

The Ingenuity of People

Food It shouldn't be surprising that even in this boomtime, lots of people are still dumpster-diving and harvesting from any possible source to survive. Robert, a *Real Change* vendor, says, "Fast food places throw out tons of food." Condiments gathered from various fast food establishments also spice up found food or the more questionable meals served at vari-

Marion Sue Fischer's Zesty Early Spring WHEEL Soup
(all from foodbank donations, so precise measurements are not possible. Not that Marion ever uses precise measurements anyway.)

Lentils, split peas, water, red onion, garlic, celery...
cooked for a while

Add carrots, potatoes, turnip

Then, green beans, parsley, (a little) spinach, canned mexican
tomatoes

Salt, pepper, hot sauce, and lime are the spices. When done, serve!

ous shelters. Cups of noodles serve as the base for a lot of meals, since you can always find hot water or a microwave to use.

Martin, one of the Friday Feast volunteers, tells this story: "When I was in Santa Barbara County I found it real easy to harvest the sea snails off rocks. These were about the size of a quarter. I would boil them in sea water. When done the little doors would open and you could pull out the whole snail from its shell with a toothpick. The flesh is identical, to my taste, to an oyster—same texture too! Great eating, and to be preferred to mussels."

If you're sleeping outside, "you can buy a one-burner stove and cook outdoors," says Kirk Byrd. My dear friend Jerry, who became a chef at Boeing, had lots of ways to make fabulous food while he was tramping. He had a gift for making something wonderful out of practically nothing, a gift I miss terribly. Once he cooked duck in clay mud around a campfire. "You get a little sand in it, but it tastes good."

Cooking potatoes in hot coals works, but not eggs, since "they tend to bust." For cooking outdoors he said, "There ain't a whole lot of boy scouts out there who can start a fire with one match," so carry candles. A lot of it is trial and error, and any means of getting food outdoors is OK: "Net it, hit it with a rock, it don't matter," he said.

Years ago, a group of tramps picked a lot of blackberries in and around Seattle. They put the berries in a wide-mouth jar,

shook like hell, and made juice!

Beverages like juice are important, since they're hard to come by and everyone needs Vitamin C. And so is wine, which adds an essential pleasure to otherwise difficult days. Jerry made potato peel beer, although he said, "You take a hell of a chance on some of that stuff." He once added raisins to a batch of potato peel beer—a lot of people had to get their stomachs pumped. Pruno is a drink a lot of merchant marines I used to know at St. Martin de Porres would make when they were stuck on their ships. Often it was made out of prunes, although any fruit, including peel-on oranges, would do. They told me blindness was a possible side-effect of this drink. I think the guys were just kidding.



The Best

The University Baptist Friday Feast (see *Real Change* story 1/15/00) is known as the best of all soup kitchens. Sinan Demirel, who helped found the meal, says, "We do what we do out of necessity. Some people use discarded food as a means not to waste, and we support that. But we just use what's at our disposal." Most Fridays the group has no idea what will be served until after the Northwest Harvest pickup at 11 a.m.; the meal is completely created of donated food.

Martin's Sea Snails

Harvest sea snails off rocks. Steam in sea water. Serve with butter, if available. Tastes as good as oysters, and better than mussels.

That notwithstanding, the Friday Feast rivals most restaurants in terms of quality—steak and a pasta-vegetable dish last week, barbecued chicken and potatoes the previous week. "It's a little bit of loaves and fishes," Demirel says. "You believe it's going to happen, you show up, and it happens." The fundamental Feast philosophy is that "we want this to be a place of dignity. People should be treated the same way as at a fine restaurant. The people here are not less deserving of what I would expect if I were to shell out 25 bucks at a restaurant. It should not be goulash; it should be identifiable and delicious."

Boomtown's Meal of Fortune (in the old days) operated under much the same principle. There is the now-famous story of the night Boomtown staffer Zane came into 40 whole small chickens and stuffed

Beverages

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Robert's What to do with Microwave Noodles at Harborview

Add onion (sliced), cheese (crumbled), and hot sauce.

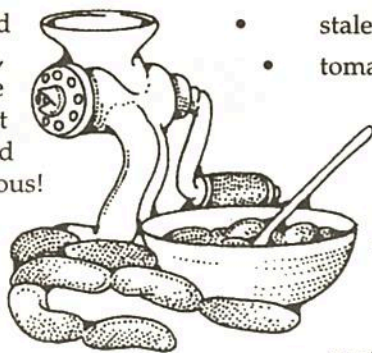
them, inside and under the skin, with a mixture of the finest herbs and cheeses. Delicious! Boomtown's Meal of For-

tune meals, like the Friday Feast, were created from donated food, and emphasized the four food groups—all four of them. Meal of Fortune served fresh, identifiable food in many courses—salad, entree, side vegetables, and dessert, and with table service. It's no wonder the homeless and formerly homeless women's community is pushing for its rebirth.

The Worst

The other editors can take responsibility for reviewing and rating—on our one-to-four dumpster scale—the meal programs in town. Here, without naming names, are some of the worst-ever foods served at a variety of soup kitchens.

- macaroni with mustard sauce (I imagined that this might not be so bad, depending on the base for the sauce and what kind of mustard was used. A little white sauce, I thought, a little dry mustard, a few vegetables. "No, no," Sue said, "It was macaroni with a little of that yellow French's mustard squeezed in.")
- undercooked rice and/or beans and/or potatoes
- moldy cheesecake (delicious underneath its green crust)



- stale bread
- tomato bread
- salmon—very unpopular
- hot dog stew (especially when it is mixed with salmon stew)

Like Ruth Reichl's mother, perhaps the cooks here thought to themselves, "Why not, it might be good?" More often than not, though, the diners say, "My god, what were they thinking?"

Isn't It a Picnic?

Jerry once described the years when he was a "Rubber Tramp" (car camping): "You can put your canned goods on the engine," he said, "go a few miles, and they're nice and hot. It's like being on a nice long picnic."

"Sitting at a park someone asked me if I was hungry, and I ended up at a picnic," relayed a vendor who asked not to be named. During his homelessness, that unexpected invitation from strangers was incredibly important.

Shane's Spam Salad

Chop onion and Spam. Mix with mayo and serve on wheat bread.

The picnic image in these two stories is the key to the meaning of our emphasis on food—its celebration, its role in embodying community. Indoors or out, isn't the goal always to make meals like picnics, for ourselves and for others? Whether it's found food, leftovers, soup kitchen meals, whatever: is this a meal you would consider a picnic? ☺

—Michele Marchand

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Sue Inglis Pico de Gallo

- 3 tomatoes
- 1 small onion
- 1 clove garlic
- 1 Tbsp. hot sauce
- cilantro (if available)
- dash salt

Chop veggies, cilantro, and garlic. Mix together, let sit at least 1/2 hour, then serve.

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Takin' Care of Business

A Day in the Life of Fare Start Student Everett Heuer

Photo Essay by Erik Castro
Text by Everett Heuer



6:00 A.M. — LEAVING THE INTERNATIONAL DISTRICT WHERE EVERETT'S HOMELESS SHELTER IS LOCATED. HIS MORNING BUS RIDE TO FARE START WILL BE THE START OF A BUSY 14-HOUR DAY.

My name is Everett Heuer. I've got family scattered all over the place. My biological mother passed

away first, and I'm not even sure how old she was at the time. Then I wound up in different foster homes because my dad was an alcoholic. When my mom died, he just hit the sauce hard. He lost custody of me and my siblings, and we went into a foster home for a while.

When I was 9 or 10 years old, my father was murdered. My step-mom tried to get witnesses to testify in court, but they didn't want to get involved for fear of retaliation by teenagers still on the loose. So she moved us to Sacramento and got us out of the way. They never solved the murder and that's sad because my father never saw any justice.

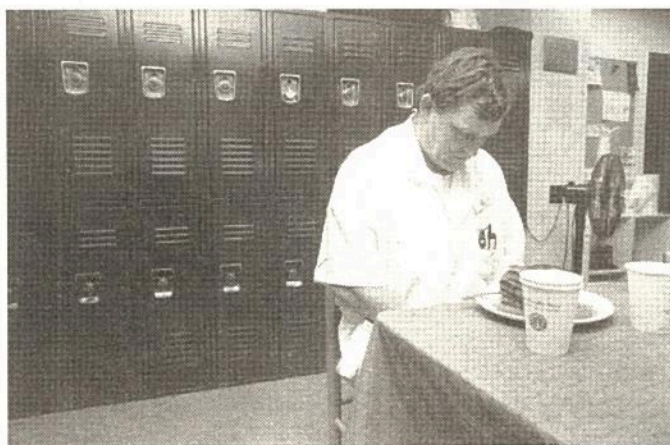
If you don't get justice down here on earth, God's going to take care of you up there because he's going to remember this stuff. So I don't have to worry about getting back or trying to get even. My job is to do what I got to do here to get back my life. I can't get my dad back. Oh well, life goes on. I'm



11:00 A.M. — FARE START NOT ONLY PAYS FOR ALL NECESSARY CLOTHING, BUT ALSO COVERED THE COST OF THIS ALTERATION ON EVERETT'S PANTS, WHICH HE PLANS TO BE WEARING AT HIS FIRST JOB INTERVIEW.



7:00 A.M. — EVERETT BEGINS HIS DAY AT FARE START WITH THE MORNING SHIFT OF PREPARING BREAKFAST FOR HIS FELLOW STUDENTS.



8:00 A.M. — TAKING A MOMENT FOR PRAYER, EVERETT SITS TO ENJOY THE FRUITS OF HIS LABOR.



11:30 A.M. — EVERETT MAKES SURE HE'S ON SCHEDULE AFTER PICKING UP AN APPLICATION FOR A POSSIBLE JOB AT THE WASHINGTON ATHLETIC



12:00 P.M. — IN THE ATRIUM OF THE JOSEPHINUM HOTEL, EVERETT SITS DOWN TO ENJOY HIS ABILITY TO PLAY THE MANY SONGS HE LEARNED BY EAR.

kind of bitter, but there's nothing I can do about it. I've had a lot of deaths in my life and I'm tired of it.

Living Under a Bridge....

After the military, I was homeless for a while. I got involved in a relationship and we had a son. But my drinking and alcohol killed the relationship. One day I came home and all my stuff was packed. I took all my stuff to my brother's house, but he couldn't put me up at his place. So I went and lived under a bridge. I saw the inside of a shelter, turned around, and didn't go back. It was good weather then. Middle of summer in California. Winter hadn't even set in down there yet. So I stayed under bridges and slept in boxes with my sleeping bag. I dug out of garbage cans and dumpsters to eat. That was my first homeless experience.

Getting a 'Fare Start'....

How I got involved with Fare Start is kind of ironic. I had gone up to Seattle Central Community College to check on how much it would cost to enter their culinary school. I had been thinking of going into their culinary school for quite awhile. I have about 15 or 16 years total time working in various restaurants as a dishwasher. So I went up to the school and I just saw big dollar figures. I thought, "I can't do this. I can't even afford to get through the door."

So I went back to the Bread of Life where I was staying. Every night they have a prayer request. I didn't want to be real greedy because there were other people there with more needs than me. I said, Lord, I need some help here, too. I wrote down my prayer and gave it to the preacher. He put all the prayers on a list, read them aloud, then we prayed over the list. So, this young fellow walks up and says, "You want to go to culinary school? Have you ever heard of Fare Start? Call them and check it out."

He gave me the coupon about orientation. Nine weeks later, here I am.

When I initially started Fare Start, I was excited yet apprehensive. It was new territory. I knew it was a cooking school of sorts, but I didn't know how it was run. Like I said, I have cooking experience. And I'm kind of a bonehead. It's not like a chip on my shoulder, but I was taught a certain way. Unless you can prove to me it's an easier method, I won't use it. So I really had to do some personal work in keeping my mouth shut in the beginning. And now it's like, cool, people really know what they are doing.

Fare Start is teaching me the skills to work in a kitchen. I am learning how to use a grill. I'm learning how to use a multiple-burner stove. It's an experience. I'm having a blast here. I'm pumped up every morning I go in there.

An Older Body, A Fresh Mind....

Your body gets older, but your mind is still fresh. Well, some of our minds are still fresh. I've reached a point where my body is starting to tell me, "Slow down. Relax. Don't be so hard." I can't do the things I used to do. I can't run very good. I see these young people and they bounce up the stairs and I'm thinking, "Man, I wish I could do that again." But I can't. Now I'm hugging a handrail to get up the stairs. I

was told that by the time I was 45 I would be in a wheelchair. I told the doctor, "You wanna bet? You're gonna lose."

I'm almost 45 and I'm hoping I don't lose. I don't want to go into a chair. That's going to take away a lot of my mobility. I'm determined, yes, and I keep telling myself I'm determined. But my body does not want to cooperate. It's going fast. Faster than I really want it to. I have my dreams and goals that I want to see fulfilled, and I'll be damned if I'm going to let my body say I can't do it.

I want to be the greatest chef possible. Cooking is a passion to me, just like life is now. I refuse to give up. I've done some

8:00 P.M. — WHEN ASKED HOW HE FELT THE DAY WENT, THIS WAS EVERETT'S RESPONSE.

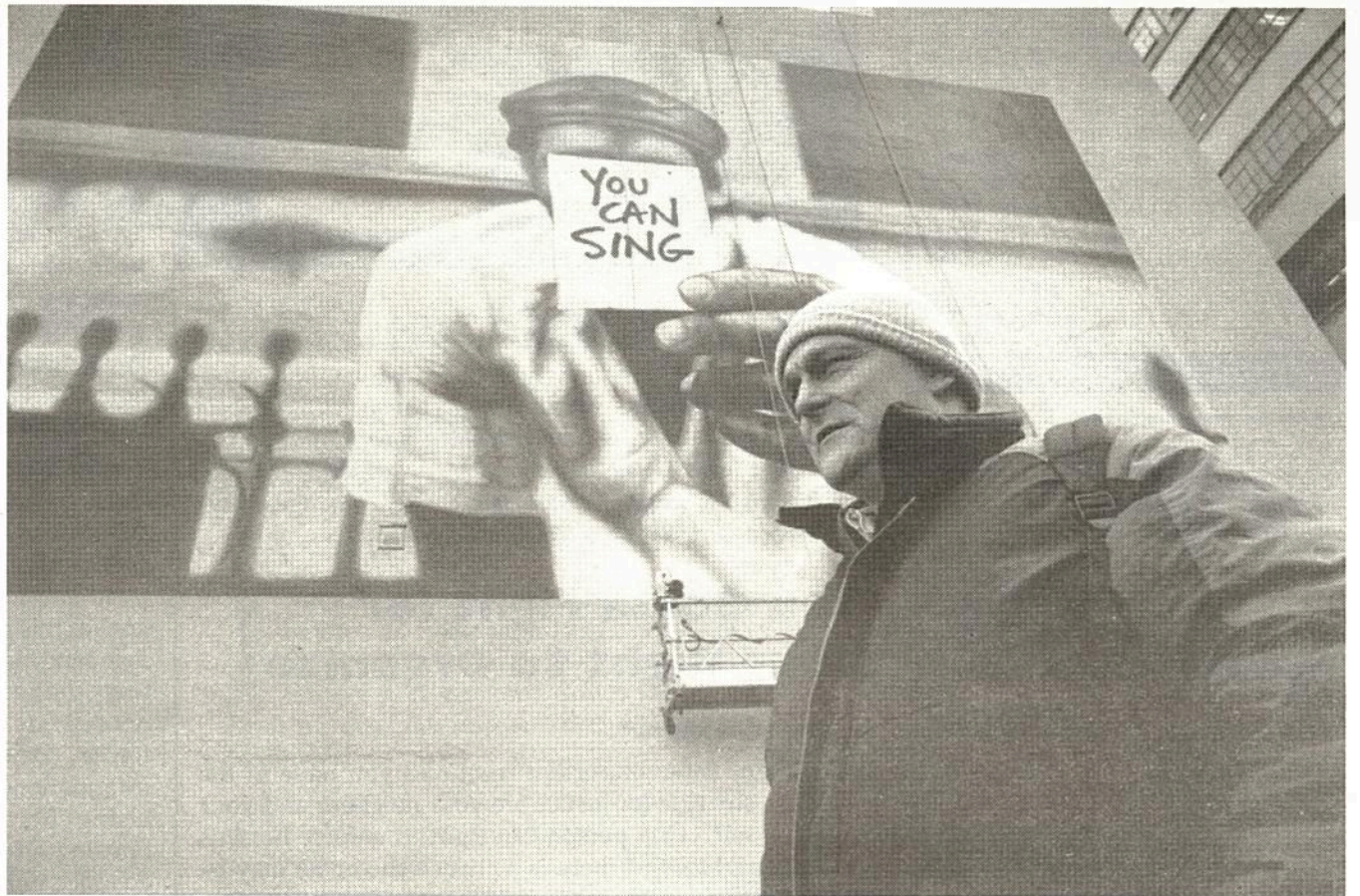
5:00 P.M. — JENAYA DAWE CALLS OUT ANOTHER SANDWICH ORDER AS EVERETT GETS A CHANCE TO WORK UNDER THE PRESSURES OF AN AFTER-CLASS RUSH AT ANTIOCH CAFE.

My Future..?

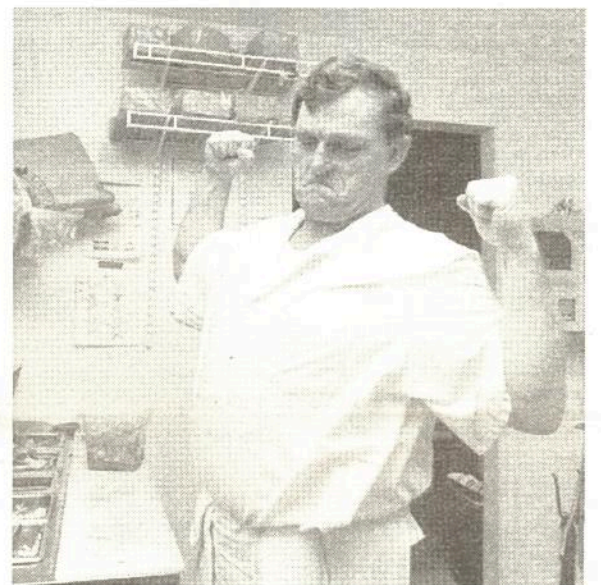
I can't go back to driving a truck because of my health. My eyesight is failing me and I have arthritis. So I'm not going to be climbing up and down inside of the cab of a truck, going across country, loading and unloading a trailer. Through Fare Start I have a chance to do what I want to do, which is cook.

Where do I see myself in five years? I see myself as being either a sous chef or a lead chef, and perhaps maybe an executive chef. I would like to go to work eventually for a cruise ship so that it would give me an opportunity to use it as a stepping stone to get to Europe and travel. ☐

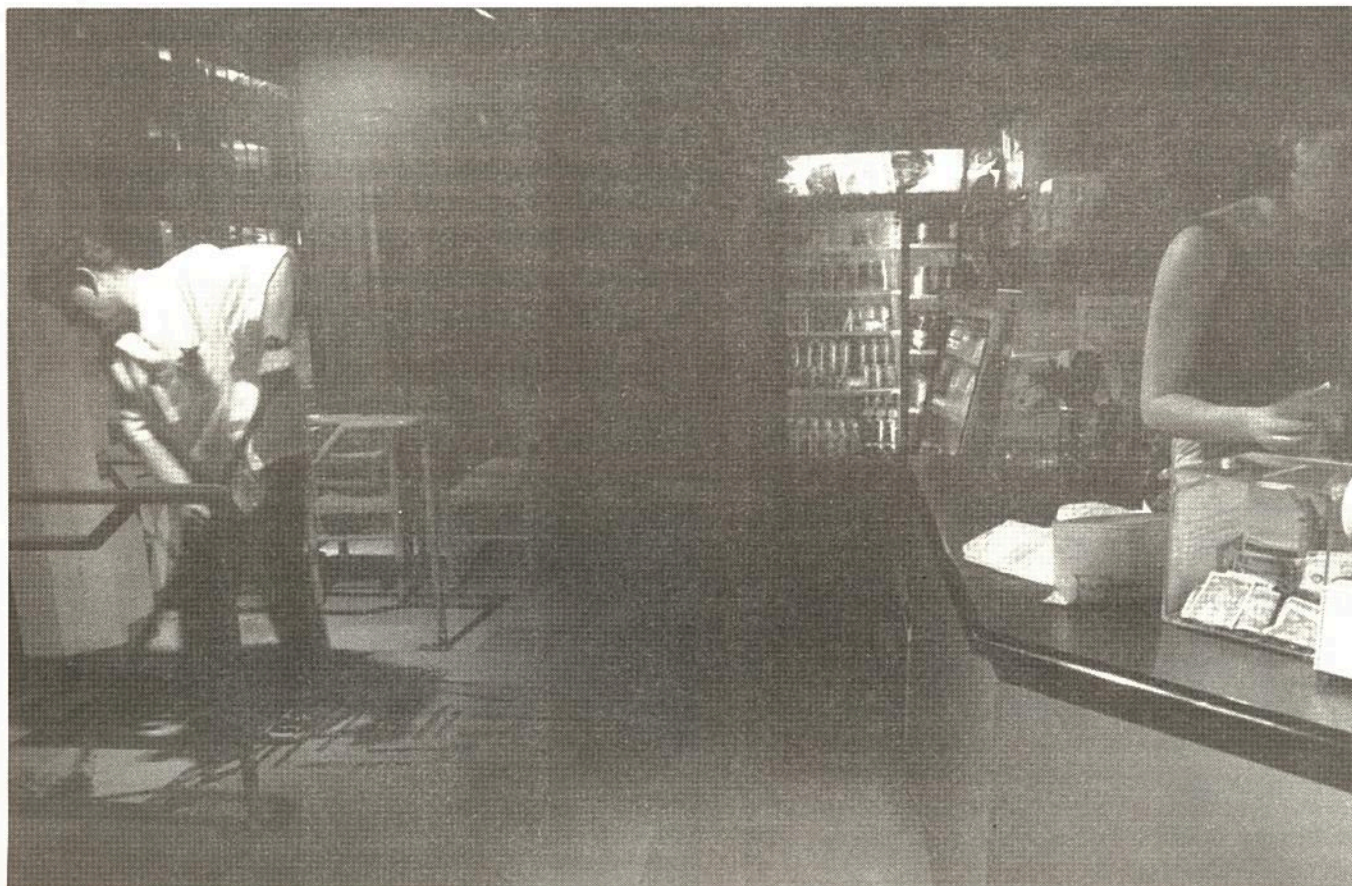
8:45 P.M. — EVERETT FINISHES A LONG DAY GIVING THE CAFE ONE LAST MOP AS HIS CO-WORKER AND TRAINER, JENAYA DAWE, CLOSES HER TILL.



1:30 P.M. — EVERETT STROLLS BACK TO FARE START AFTER A VISIT TO PIKE PLACE MARKET, WHERE HE FINDS PEACEFUL ENJOYMENT IN PEOPLE-WATCHING.



pretty bad things to my body over the years, and it's now catching up with me.



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Tenant Talk now comes to you in every issue! We'll still feature the letters column, in which attorney Mark Chattin responds to tenants by telling them their rights under the law. In the alternating issue, organizers from the Tenants Union will write about organizing, education, and empowerment opportunities for tenants. As always, if you have a question or comment, anecdote, or issue to raise, write to Tenant Talk, c/o Real Change, 2129-2nd Ave., Seattle 98121, or email rchange@speakeasy.org.

You Gotta Fight for Your Right to Organize

BY STEPHANIE SHEERIN

The most important resources you have in the struggle for justice are your neighbor and your self. One person can fight to enforce her/his rights, and there is a chance she or he may be able to succeed. But when neighbors join together, they are much more likely to succeed. Over and over, low-income people have organized and have been able to successfully fight oppression, environmental degradation, and exploitation. Just the act of joining together challenges the isolation that allows these injustices to continue.

That is why many people in power, such as landlords, try to intimidate and harass people who start organizing. Many tenants have found that when they organize to enforce their legal rights, the landlord responds with harassment, an eviction notice, or a rent increase. Landlords do this because they realize the power of organizing: that people united do not need money to enforce their rights. Landlords and other people in power try to "divide and conquer," but by organizing we can "unite and win!"

Even just two tenants working together are twice as powerful as one tenant alone. By working together, tenants have more power and also have more protection. When a large number of tenants are working to improve their housing, it is much more difficult for a landlord to retaliate. Given the rapidly increasing cost of housing in Washington and decreasing vacancy rates, it is important for tenants to realize not only the power of their collective action but also their legal right to organize.

Everyone in this country has the right to freedom of assembly and freedom of speech. These rights are clearly stated in the First Amendment to the Constitution. The Supreme Court also ruled (Martin vs. City of Struthers) that we all have the right to go door-to-door to organize our neighbors. U. S. Supreme Court Justice Hugo Black stated, "Freedom to distribute information to every citizen wherever he desires to receive it is so clearly vital to the preservation of a free society that, putting aside reasonable police and health regulations of time and manner of distribution, it must be fully preserved."

"Given the rapidly increasing cost of housing in Washington and decreasing vacancy rates, it is important for tenants to realize not only the power of their collective action but also their legal right to organize."

Tenants in housing subsidized by the government, or Section 8 housing, have an even more specific right to organize. The Department of Housing and Urban Development (HUD) regulations explicitly state that tenants have right to organize, to meet without the manager or owner present, to post fliers about tenant rights and meetings as well as to organize a residents' council. The HUD Management handbook states, "Owners/agents may not impede the reasonable efforts of residents to organize or activities of resident organizations to reasonably represent resident interests" (4381.5 REV-2). In addition, it is against Washington State law for a landlord to retaliate against any tenant who has legally asserted their rights as a tenant (R.C.W. 59.18.240 and 59.18.250).

The Tenants Union is running two campaigns that are the result of organizing and that will provide even more protection and opportunities for tenants to organize. The first campaign is a notice campaign for tenants in government subsidized housing (Project-based Section 8). The goal of this campaign is to provide tenants in these buildings with clear advance notice if the owner has decided to leave the Section 8 program. The law that exists now does not provide adequate information and is not properly enforced. When tenants have had adequate time and clear information, they have been able to organize. These organizing efforts have been successful in keeping the tenants' housing affordable. That is why clear information and advance notice is so important: it will give all Section 8 tenants the information they need and the opportunity to organize to save their homes.

The Tenants Union is also working for a statewide law that allows evictions only with a 'just cause.' With a Just Cause Eviction law, landlords must have just cause (a valid reason) for giving a tenant a notice to vacate. Right now, at the end of a lease term or on a month-to-month lease, any tenant can be given 20 days to vacate their home without a reason. This is very expensive for individuals and families that have to pay to move, and it is disruptive for the community as a whole. Landlords often give a notice to vacate as a way of retaliating or discriminating against tenants. With a Just Cause Law, tenants will have vitally important protection against retaliation. Stronger protection against retaliation will give tenants more freedom to organize.

Call the legislative hotline and leave a message for your legislators about the Section 8 Notice Bill (House Bill 2789 and Senate Bill 6663) and the Just Cause Bill (HB 2435 and SB 6551). The legislative hotline number is 1-800-562-6000, and the TTY number for the hearing impaired is 1-800-635-9993—both these calls are free. Better yet, start the process of organizing: talk to a friend, a co-worker, or a neighbor about these important issues. All organizing efforts start by just one person reaching out to their neighbor about a common concern. Again, the most important resource you have in the struggle for equity and justice is your neighbor and yourself. Together, we have and can create a more equitable, just, and humane world.

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BY PERFESS'R HARRIS

When the editorial committee informed Classics Corner that this was to be a food issue, my thoughts naturally turned to one of the great culinary stories of all time, the unsavory history of the House of Pelops.

Fellow lovers of obscurity will appreciate that nearly all things classical have an extensive background most people couldn't care less about. As everyone knows, classics geeks love annoying others with their wealth of useless knowledge. At one time, however, these were the ideas that bound the culture together.

While we third millennia sophisticates knowingly discuss Monica Lewinsky's weight problem, the relative values of Pokémon paraphernalia, and whether freak Scientologist Tom Cruise deserves yet another Oscar, the ancient Greeks had their own ideas about what was important. They knew all of the stories.

This was why their most popular epic, *The Iliad*, focused on just a few days of a 10-year war. Everyone had heard the rest. Those few days were just the part they liked best.

Everyone back then knew that Agamemnon, commander of the Greek army, would be murdered by Clytemnestra, his adulteress wife, who had taken up with Aigesthus, son of Thyestes, who was getting revenge for when Uncle Atreus, Agamemnon's father, served Thyestes his own children at a banquet, saving a platter full of heads and hands as the surprise dessert course.

"The ancients had the charming notion that some things were so beyond the pale that nature itself would react with revulsion."

Later, of course, Orestes, son of Agamemnon, would take non-meal related revenge by killing Aigesthus and his own mother. That, however, is another story, coming long after Tantalus, a frequent house-guest of the Gods and the father of Pelops, father of Atreus and Thyestes, started it all by feeding his son to the Gods. While Pelops survived with minor injuries, the Gods were so miffed over Tantalus' poor menu choice that they condemned him to forever stand waist deep in cool, clear water he couldn't drink, with fresh, ripe fruit dangling just out of reach.

Now we think of being tantalized as a good thing, but originally it was probably a lot like being on the public housing waiting list.

While there is much to love about this little family history, my own favorite part of the story is when the sun, upon seeing the horror of Thyestes unwittingly slather Heinz 57 over his dear sons, turned course and set in the east, thus darkening the day in mid-afternoon.

The ancients had the charming notion that some things were so beyond the pale that nature itself would react with revulsion. I wish it were true.

I remember feeling that way eight or nine years ago, during the Bush administration, when hundreds of Iraqi troops, mostly unwilling conscripts, were buried alive by U.S. bulldozers. Horrified, I felt life was out of sync. People worked, shopped, fed their children, watched TV, brushed their teeth, and went to sleep. I needed the sky to rain blood or the moon to rise red.

But it never did. Instead, war criminal Colin Powell became a national hero. And the sun continued to rise and set, more or less indifferently, and we created the myths we need to live with ourselves. And we proceeded to our politely distracted conversations about Monica, Pokémon, Tom Cruise, and the rest while God snored on. ☐

The Northwest Society for Classical Studies seeks fellow freaks. Visit at <http://members.home.com/nscs>

Reading

Fed Up

Old wisdom about eating in a new world of advertising

DIET FOR A NEW AMERICA
BY JOHN ROBBINS
H. J. KRAMER, \$14.95

REVIEW BY BRIAN GOEDDE

I am a consumer. I ingest that which is set before me. Some products I have to chew up, swirling it around with my tongue. Others just get sent down the hatch. Chewing does not necessitate thinking. It is mechanical.

John Robbins' book, *Diet for a New America*, surfaces the issues that most leave deeply hidden: not only are you what you eat, but the earth and other humans are as well. That is to say, the food you consume has an effect on the world community, one that is often unhealthy to the humans who provide it and probably to yourself as well.

There are those who make money off of your palate, who convince the public that it is healthy to eat meat and dairy every day. Tastes are market-driven, and while we have a healthy suspicion of ads for cars, computers, clothes, etc., Robbins proposes that we are what we eat, and that food industries deserve at least the same scrutiny.

In a serious way, Robbins points out, the food industry has the most insidious indoctrination plan: the industry operates in classrooms (remember the four food groups?). Food is the most primary and important material—physical and conceptual—that needs monitoring, and although I am conscientious about what I eat, the concern is more often fi-

"Can we facilitate the changes we need ourselves, or will we need some sort of crisis to act as a catalyst?"

nancial than nutritional or ethical.

Robbins brings to the table perspectives that always seemed right, but were in opposition to the misinformation fed by corporations to continue their profits. As animals, doesn't it make sense that humans should drink their mother's milk as babies and renounce milk as adults like all other animals? Then why are synthetic formulas (which have been proven

to be conducive to infant illnesses) pushed in hospitals and cow's milk pushed on adults?

And what is this about there being plenty of protein in a diet without meat or dairy? As a highly evolved species that can intellectually determine what sustains good health for the body as well as the earth, why is one quarter of the earth's population malnourished and the wealthy countries overweight?

An old-world mentality in a new-world consumerism is what Robbins is working to modify in *Diet for a New America*. He recognizes

that our minds live in a world radically different than that of our ancestors, but our bodies do not. It is evident that our bodies dictate our appetites, since our evolved minds are sluggish to realize that a change in our eating habits is necessary for humanity's improvement -- maybe even for our survival.

His book is partly a series of exposés on food corporations, partly a diet mentality manifesto, and partly a politicized recipe book. The world food economy, says Robbins, is what you eat.

Ultimately the issue is of larger-than-self thinking and our power of empathy. Can the sound thoughts of "I shouldn't consume like this" supersede the long-standing selfish tradition of appetite? Can we facilitate the changes we need ourselves, or will we need some sort of crisis to act as a catalyst? The solution begins at your next meal. ☐

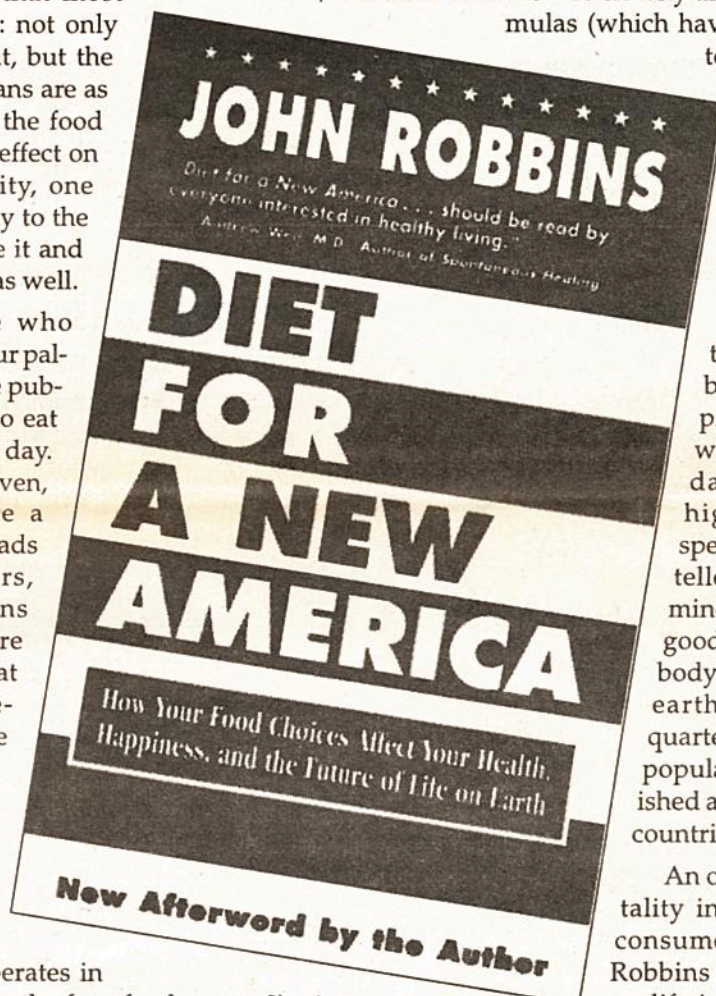


PHOTO BY MICHAEL LEAVITT

www.reachangenews.org February 1, 2000 Real Change

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A small school community focusing on the education and development of middle school children, grades 6 to 8.

4273 Woodland Park Ave. N.
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Food Chain

If a chain is only as strong
as its weakest link.
How strong are those
we refuse to link up to?
In a dog eat dog world
do we bury the bones. —
To honor the departed
or to conceal the crime?

—Walt Stawicki

Texturized
Vegetable Protein

TVP, artificial meat.
Yes that artificial meat.
Good old reconditioned dog food.
I might as well eat Alpo like the hobos do.
At least it's got all the vitamins you need.
TVP, artificial meat.

—Storm

Untitled

Food is how we live. The quality of our food will also reflect the
quality of our life. The farther we go from our food the less we know
about it, the stranger it becomes. If you don't see where your food
comes from, a laboratory is just as good a place as any other. It's
reasonable to assume farmers delight in eating what they grow. I
wonder if the lab tech is so eager about his own fruit.

—Jose Ornelas

Food & Anitra

Like any other relationship
I often take this one for granted

I do not give it enough time or attention
I expect food to be there for me
I never consider what food needs from me

I may be expected to say Grace, Thank You's to God
Thank you to the friend or host or chef that serves me —
how many times do I say Thanks to the apple?

Thanks to the chicken for the drumstick and the eggs;
Thanks to the cow for the beef and the cheese;
Thanks to the calf who didn't get the milk;
Thanks to the fish and the clams;

Thanks to the carrots, potatoes and broccoli;
Thanks to the mushrooms and onions and thyme;

Thanks to the grass that feeds the cattle;
Thanks to the grain that feeds the hen.

My mind stretched wider remembering my giftors,
my heart in an ecstasy of gratitude,
now I must ask myself one final question —

What do I owe to smears left on my plate?

—Anitra L. Freeman

The Sharing Lesson

The family shelter my daughter and I were staying in was pretty deluxe for a shelter.
There were eight units, four on each side of a common courtyard. It was one of those
cheap apartment complexes thrown up in the 1960's.

One night I made a huge batch of spaghetti and shared it with everyone. We had
kitchens, but they were sparsely furnished. I was the only one in the group of folks
staying there who had a large cooking pot, and it was soon making the rounds. Five or
six nights a week one or two of us would feed us all. The children loved it, it was easier
for us adults, and the food variety was a treat. I still remember Margie's fried chicken.
Yum.

We all made some lasting friendships and the children learned a lesson in sharing they
could not have learned in books.

—Reneene Robertson

Food (3 Poems)

an essence of life.
To one a meal,
another their life.
Bugs like plants and other bugs.
Animals eat bugs, plants and other animals.
Humans may have preferences.
It covers everything,
plants, animals, and even bugs.
Be ye vegan, or carnivore,
the food of life is here, on planet Earth.
Bon Appetite (good eating!)

In the grocery store, at the market
looking, poking, sniffing & pricing
selecting the foodstuff, and spices,
for the envisioned meal.
Home for a bath, stripped bare,
clean, dressed in spices, marinade, or dip.
Sliced, diced, cut, garnishes on the side.
Hot or cold laid out
for your sight, and smell
salivating,
it's time to dine.

We were eating beef stew.
Smothered in onions and mushrooms.
Grandma we crooned this food is so good.
She showed us the can,
The can said Alpo on it,
and we changed our tune. (Howling like wolves)

—Ruanda Morrison

Spaghetti

First we made the dough for the noodles.
Then we ran it through the pasta cutter: It makes long noodles.

Then we made the sauce:

Sauce bubbles singing sauce, sauce...
Peppers settle in for a long hot bath.
Mushrooms simmer and begin to float
Onion cries too hot too hot...
Garlic says more of me...
Meat and cheese begin to fight
no me no me...

—Wendy

Anita Williams

December 29, 1959 — January 2, 2000

"Ravens, let there be peace among us. May we fly as one idea. Ravens, give memory to my dreams, so that I may hear the voices of my ancestors telling me that the world is changing and my fears will turn to leaves."

—from poems found among Anita Williams' belongings

A small book was found among Anita Williams' possessions after she died unexpectedly, just five days after her 46th birthday. The book contained page after page of poetry Anita had pencilled in neat script. We believe the poems to be hers; at the very least they came from the heart of the Anita we loved. No one knew before this discovery that she wrote or appreciated poetry in this way, although like any poet she had profound gifts of observation, empathy, and understanding. Her gifts will be deeply missed.

A quiet, loving Tlingit woman from Southeastern Alaska, Anita sel-



dom stayed in shelters, preferring the freedom of sleeping outside. Night and morning she spent time at Regrade Park, perched atop the grassy hilltop there with her friends, watchful, impassive. When her father died last year she travelled to Alaska, pitched a tent, and spent the summer there camping. She felt a deep connection to nature and to the "web of life," as she wrote down in one of the poems: "The web of life connects grass to fish, trees to turtle, sky to caterpillars ... connects me to everything that came before, even to the moment when earth herself was born."

Anita had the same passionate, empathic connection to her friends and street family in Seattle, who packed

into Angeline's for her memorial. "She had a hard front, but she never hated anyone," said her cousin Gina Maria. "She had a love of people." "Anita was like my godmother," said her friend Tracy. "She always hugged me and asked me 'How you doing?' She was always telling me God would take over." Her adopted brother Gary broke down in tears many times during the service and said, "I told her one thing I never had was a sister. She said, 'You want a sister, you got one right here.'"

Her best friend Linda called her an "old soul; a healer," and described

how Anita loved her five children, now in their 20s in Alaska. One of the found poems says that our children are "like flowers...like stars...like life" to us, each "precious and unpredictable," each "having to let go of us."

And how do we let go of Anita? We gather in a circle within a circle, in mismatched chairs at the women's day center, to honor her and "help release her spirit to fly home," said chaplain Vivian Bowden, who presided at the service. Elements of Anita's cultural heritage—Native American flute songs and prayers—helped make the path for that journey.

And the poetry was like music in that room! Many "wise, beautiful, mournful" poems were read from Anita's book, and brought the room to tears. They helped reveal the truth of Anita's life: her attempt to live without judgment, her attempt to embody that paradoxical, heroic acceptance of difficult circumstance while remaining faithful to a conviction that one day we all will finally be home.

Perhaps we did not know or understand this truth until that small book of poems was found among Anita's belongings. ☐

—Michele Marchand, with gratitude for help from Vivian Bowden. Any mistakes are mine.

The Circle

All is a circle within me.
I am ten thousand winters old.
I am as young as a new-born flower.
I am a buffalo in its grave.
I am a tree in bloom.

All is a circle within me.
I have seen the world through an eagle's eyes.
I have seen it through a gopher's hole.
I have seen the world on fire
and the sky without a moon.

All is a circle within me.
I have gone into the world and out again.
I have gone to the edge of the sky.

Now all is at peace within me.
Now all has a place to come home.

—from the poems found in Anita Williams' book

ADVENTURES IN POETRY

by © Dr Wes Browning

Stupid for Jesus

Welcome to the sporadic food issue of the *Real Change*, wherein we talk about sporadic food once in a while. Since I have nothing better to do, I have just resigned myself, at this very moment, to talk about sporadic food as long as possible in this column, hopefully for a bit more than 600 words.

By doing so I will kill two birds with one stone, as we who like to entertain clichés say. The one bird will be this column. The other bird will be my obligation to contribute a piece of writing about food to the StreetWrites workshop, which is going on right at this moment as I type.

Tonight's facilitator, Anitra "On Whose Kitchen Floor I've Slept & Who Needs No Introduction" Freeman, is running around forcing unsuspecting innocent workshop members to write about food or, in my case, to write about food. I mean, in my case there is no "or."

OK, well then lets kill that pigeon, or should I say "ledge chicken"! How's that for sporadic food?

But, actually, since I've never tried pigeon, I wanted to talk about a whole

different kind of sporadic food, namely the bribe.

It is a little discussed fact that certain people and organizations regard the offering of food as an excellent means of bribing homeless people into listening to sermons.

For example, Bob "Not His Real Name" Bob. I met Bob when I was starving, before I knew where the soup kitchens and the food banks were. Bob, who ought to know who he really is, told me he felt my pain. He bought me sandwiches. Not your cheap baloney sandwiches, but your five dollar hot sandwiches. He even let me order them myself. I usually got the hot turkey and cheddar on rye with the works including hot peppers.

But I began getting more turkey than I expected. I began getting Bob turkey.

He didn't jump right in with the sermons the first time. He waited until after he'd bought me four or five

sandwiches over the course of two weeks. He clearly wanted me to be hooked first. Bob was a hot turkey sandwich pusher and he knew how to string his clients along.

Suddenly, after I'd gotten used to the sandwiches, Bob needed to "have a little talk with me," he said. "You can't just take and take," he said, "You have to give something back."

I told him I didn't have any money to pay for the sandwich. He said, "I'm not talking about money, I'm talking about Jesus."

"Whoa, I have to give you Jesus?! I don't have any Jesus to give you either!"

"You don't have to give me Jesus," he said. He was clearly annoyed with me. I thought he was going to grab the sandwich away. "You need to receive Jesus."

"In addition to receiving the sandwich? That's more taking isn't it?"

Needless to say Bob did not think that that contribution to our conver-

sation was as amusing and entertaining as I thought it was. But he continued buying me sandwiches, each time pressuring me more and more to accept Jesus, each time extending the sermon a little longer and longer until one sandwich required listening to a half hour's worth.

What I want to know is why do people like Bob think that anyone is going to accept [insert religious figure and/or concept here] based on the bribe of food. Just because I'm starving I'm supposed to believe in the religion of anyone who happens to provide me with gumbo soup, or a Snickers Bar, or a bag of Tim's Genuine Cascade Style Sudanese Flavored Potato Chips? Do you Bobs out there really think that poor people are all that shallow and stupid?

Gee, let's calculate how stupid we are. One half hour of work listening to a sermon, pretending to care. One five dollar sandwich. Not bad, ten dollars an hour. We could be a whole lot stupider than that, thank you, Bob, et al. ☐



KERR, CONTINUED FROM PAGE 1

diet or even exercise — it's broader than that. I came to see the chair, with its six components, as a metaphor. The legs (main supporting issues) are food, exercise (or activity), relationships (friendship), and personal reflection. These support the idea of goal setting (the seat itself), literally establishing where one is, say 210 pounds and aiming for 200 pounds at the other side of the chair. You'll use food, activity, relationship, and reflection in achieving that goal. Finally, the chair back is your sense of values. I see this as the ultimate goal, to be well enough to care about someone else and have the energy to do something to help.

RC: Tell me about your interest in Fare Start in Seattle. Are you doing more than promotional spots for the program? Do you think programs such as Fare Start are important? Why or why not?

KERR: Homeless men and women are those who have, for some reason, been "left out" of the normal distribution of food and service in our well-served community. When a homeless individual is given an opportunity to be "included," they really do have a choice. If they choose not to accept, then it is their choice. However, the choice is not always well considered with real values, real instruction, real support, and real future. I'm absolutely convinced that the opportunity offered by FareStart is among the most creative in the world today. I'm committed to do whatever I can to help them to continue in this real opportunity.

RC: Do you think your audience has followed your transition to a health-conscious chef? What sort of feedback have you gotten from fans dating back to The Galloping Gourmet show?

KERR: I've come to see myself as having the "stamp

of the salmon" on my life. It's my time to swim upstream and to stop the endless "Pacific" feasting! Not all my original viewers are salmon. I do realize this as a fact; habits are so hard to change, especially when literally garnished with fat, salt, sugar, and large portions of meat. My task as a salmon is to reach the breeding ground of new habits, new attitudes, and new methods by which we can still celebrate the table and each other's lives. A huge number of people know this, a few can do it. I'm eager to make the journey with them.

RC: Tell me about your interest and involvement in the National Cancer Institute's "5-a-Day Program."

FNB, CONTINUED FROM PAGE 1

organized place where there are sanitary facilities and the food is safe.' Food Not Bombs isn't doing that."

Rebecca Roush, Executive Director of the Pioneer Square Business Improvement Association (BIA), shares similar thoughts with Martin. "Occidental Park is a public park, and people come down to the park with good intentions. But they often leave the park worse off than they found it."

Many people in the neighborhood wish that FNB would work with existing homeless services in Pioneer Square, says Roush.

A site established by city officials at the Public Safety Building is available for feeds — a site equipped with washrooms and kitchen facilities. "It's a place people can go every single day and get food," says Long at the Parks Department. "It's not a hit and miss situation like Occidental Park."

FNB is familiar with the opportunity at the Public Safety Building, and has taken advantage of the facilities in the past. The group served there in 1997.

KERR: I've seen the research and I'm absolutely convinced that a daily menu that includes at least two portions of fruit and three vegetables is going to play a major role in preventing up to 35 percent of several common cancers, as well as helping to prevent both heart disease and making diabetes more manageable.

Scientists will say that they *may* do this, but I'm not subject to their restraints, I'm personally convinced (even though I must say the word *may* when speaking for the National Cancer Institute). If one is convinced personally, then I believe one should be committed publicly. One is, after all, either part of the problem or part of the solution. That's why I'm passionately involved with the promotion of prevention as a chosen lifestyle."

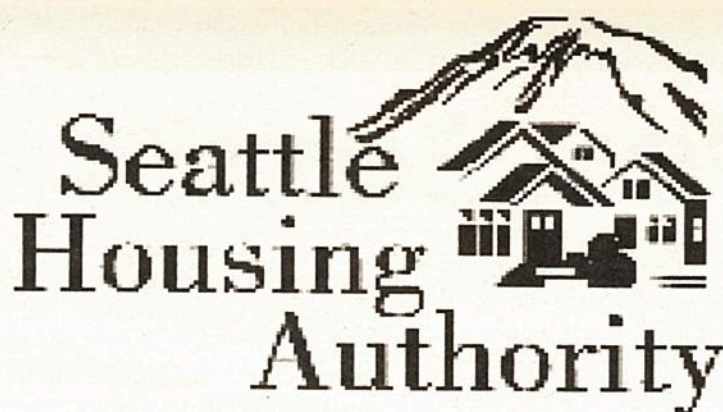
But Flanagan says FNB was "pushed" out of the building and threatened with legal action.

"During our time there," says Flanagan, "we had little contact with city officials or workers. The improved facilities that had been promised us at the location — such as a vermin-free space, access to hot running water, and public sanitary facilities — never materialized."

In some ways, the permit skirmishes are, for FNB, beside the point. The group sees the conflict in broader, more political terms. "We're not just feeding people," says Wirkman. "We are feeding people in a public place to call attention to massive inequity of power and wealth."

Perhaps this, given the out of sight and mind location of the Public Safety Building meals, is the point for FNB opponents as well, and all this talk of permits is code for a bigger discussion about the politics of place.

Meanwhile, soup's on in Occidental Park, permits be damned. □



would like to recognize our community partners for their outstanding work and for their commitment to our residents.

Aging and Disability Services	ARC of King County	Asian Counseling and Referral Services
Catholic Community Services	Central Seattle Recovery Center	Community Psychiatric Clinic
Creative Living Services	Downtown Emergency Services Center	Evergreen Community Tenant Support
Harborview Mental Health	King County Department of Health	Northwest Aids Foundation
Robert Woods Johnson	Tri Arm	United Cerebral Palsy
	YWCA	

Thank you all for the tremendous work that you do.

Celebration of Martin Luther King Jr. Day and Black History Month 1/17-2/26

with works of photographer Dan Budnick; Artist's reception Feb 3, 6 - 8 p.m.; Weekdays 10 a.m. - 5 p.m., Sundays noon - 5 p.m., artist's reception Feb 3, 6 - 8 p.m., at Benham Gallery, 1216 First Ave; Info. Marita Holdaway or Erin Spencer 206-622-2480

Black Dollar Days Week 2/1-7

Support Black business and keep the dollar in our community; Info. 323-0534

Demonstration and leafleting calling for Statehood for the District of Columbia 2/1

so the citizens of Washington, D.C. will have equal rights with other US citizens; This event commemorates the 40th anniversary of the Southern Student Sit-in movement which started with the sit-in at the Woolworths lunch counter in Greensboro, NC in 1960; Noon - 1 p.m., at the Federal Building, 2nd and Marion, downtown; Info. 206-323-2187.

UW Women's Center presents "In Poetic Words: Women and Violence" with 2/2

Angela Ginorio, Ph.D., director, Northwest Center for Research on Women, \$13 includes lunch, registration at least 4 days in advance; 11:30 a.m. - 1 p.m., at University of Washington Faculty Club, downstairs; Info. 206-685-1090

Meeting of Latino Workers to discuss activism to achieve better wages, medical insurance, pensions; in Spanish with translation to English available, 7 p.m., at Labor Temple, Hall 8, 2800 1st Ave; Info. Jose 800-202-1433 or Jimmy 800-202-9748

Homeless Youth Day 2/3

coordinated by Homeless Youth Task Force/WCH Advocacy Day; **Human Services Day** coordinated by WA State Human Services Coalition; **Early Childhood Day** coordinated by Head Start/ECEAP Early Childhood Education and Assistance Program; at State legislature in Olympia

Belltown Bazaar: Sidewalk Sale and Fundraiser for Studio X (a new community broadcasting facility streaming onto the web at microradio.net and somewhere within your FM dial); Rain or shine with LP's - ten cents each or by the pound, Studio X T-shirts, Voices of Occupied Seattle CD's (a compilation of Studio X's broadcasts during the WTO); Outside of the Speakeasy Cafe (2304 - 2nd Ave.) or (if rainy) in the Speakeasy - Backroom; For more information about how to sign-up yourself or your organization for a time slot, Studio X announcements and updates, call the X Hotline at 736-1400

Talk by Barbara Smith, author and independent scholar who has played a groundbreaking role in opening up a national cultural and political dialogue about the intersections of race, class, sexuality, and gender; the speaker is the co-founder and publisher of the Kitchen Table/ Women of Color Press, editor of the groundbreaking anthology, "Home Girls," co-editor of the anthology "All the Women are White, All the Blacks are Men, but Some of Us are Brave"; Free, reception 6 p.m., presentation 7 p.m., at New Hope Baptist Church, 124 - 21st Ave; Info. 206-684-0479 or 206-233-2774

March & Rally for Justice for imprisoned Native American activist 2/5

Leonard Peltier, marking the 24th year since Leonard's arrest; Noon, start at Portland Ave Park, on Portland Ave. between E. 34th & E. Fairbanks Ave, Tacoma, 1 p.m. rally at U.S. Federal Courthouse, 1717

Pacific Ave; Info. NatAimer@aol.com or bayou@blarg.net

Nonviolence Dialog Group welcomes Jamil Razzak from the Seattle 2/7

Northgate Mosque, who will speak on "The Concept of Peace in Islam." 7 - 8:30 p.m., at Christ Episcopal Church, 4548 Brooklyn Ave. NE, ring bell at 47th Street entrance; Info. Andrea Franklin 206-236-9536

Legislative Advocacy Workshop for Housing Advocacy 2/9

1 - 3 p.m., at Four Angels Cafe, 14th & Union; Info. Aline, Tenants Union, 206-722-6848 x 114

Celebration of the life of Hazel Wolf, human rights and environmental activist, 2/11

who died recently at the age of 101 at Town Hall, 1119 8th Ave at Seneca

Gray Panthers of Seattle presents the film "Showdown in Seattle: Five Days that Shook the WTO" 2/12

, followed by discussion and question / answer session with one of the film's producers invited to speak, 10:30 a.m. - 12:30 p.m., at Good Shepherd Center, 4649 Sunnyside Ave N; Info. 206-675-8859

Pozole: A Food Benefit to Support Community Radio; join the X - Collective for pozole (a spicy corn grain dish served all over Mexico) and beer with ambiance by Studio X DJ's; 6 pm, bring your friends - \$6 plate (veggie and non-veggie option) and \$1.50 beer at Jackie's house (near Cafe Flora), 409 - 29th Ave. E. (between Republican and Harrison); Info. gretchen 729-2437

Second Annual City-wide celebration Seattle Neighborhood Arts Celebration

honoring artists and arts groups working to enhance their communities with music, poetry, dance, and theater staged in a warm, "living room" atmosphere; many short performances; plus exhibits by selected Neighborhood Arts groups and fine artists; the popular election of the City's 2nd Poet Populist, 4 - 8 p.m., at Gregory Falls Theater, A Contemporary Theater, 700 Union St; Info. Nick.Licata@ci.seattle.wa.us

Potluck Meeting of Out Front Labor Coalition / Gay Pride at Work, AFL-CIO 2/14

, which works to promote social justice, especially in the context of the Gay / Lesbian / Bisexual / Transgender and Labor communities; everyone who is pro-union and pro-GLBT is welcome and encouraged to join OFLC and come to meetings (You don't need to be a union member), 6:30 p.m., at Labor Temple, Room 208, 2800 1st Ave at Broad St., Room 208; Info. co-chairs Ed Hunt or Sarah Luthens at voicemail 206-903-9488 or ofcpride@aol.com or Out Front Labor Coalition, PO Box 23215, Seattle 98102

Housing Advocacy Day, 2/17

join the Tenants Union, Low-Income Housing Network, and others, meet with your Legislators, lobby for decent affordable stable housing for all in Olympia; free transportation and lunch but donations welcome; Register or Info. Aline 206-722-6848 x114 or alinebc@hotmail.com



Black History Month Celebration, all welcome, dinner 6:30 p.m. for \$6.50 do-

FEBRUARY

nation, 7:30 p.m., 5018 Rainier Ave S, Radical Women Meeting; Info. 206-722-6057 or 206-722-2453

Ongoing

Books to Prisoners. Visit our new space. Ongoing volunteer project could use your help answering letters & sending books to incarcerated individuals; Info. 206-322-2868 <http://weber.u.washington.edu/~jargon>

Sundays: Seattle Food Not Bombs collects food and serves free vegetarian meals to the homeless each & every Sunday, 2 p.m., cook, Green Tortoise Hostel, 1525 2nd Ave; 5 p.m. share dinner at Occidental Park; Info. 206-346-0335 or <http://www.scn.org/activism/foodnotbombs>

Continue to call the City Council 206-684-8888 and tell them to fund Services for Homeless People, not studies, and tracking systems; when shelters don't turn people away they will know they have enough of them!

Join in the efforts of Jubilee 2000, press Congress to cancel the debts in the 41 most heavily indebted poor countries; Structural Adjustment Programs, conditions imposed by the International Monetary Fund cause hardship and desperation all over the world; payments on international debts eat up half the national budget of these nations, with nothing left over for education, healthcare, call 202-783-3566 for an information packet, Info. Ann McLaughlin 360-779-4774

Free Video Rentals of Citizen Vagrom's Micro-Media Offerings, a video magazine highlighting independent, micro-media from Seattle and beyond, (also on TV Channel 29 Sundays 8 p.m.), at Rain City Video, Fremont, Ballard, Sunset Hill; Video Vertigo, 913 East Pike; Broadway Video, Broadway Market; Scarecrow Video, 5030 Roosevelt Way; Info. 206-344-6434 or citizen@speakeasy.org

Special Thanks to Jean Buskin at bb369@scn.org

For complete listing with meeting times for local advocacy and peace groups, see her fine calendar at

<http://www.scn.org/activism/PJ-cal.txt>

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CITIZENS PARTICIPATION PROJECT

ACT NOW! No Cuts!

WA Welfare on Locke Chopping Block

ISSUE: Prevent Governor Locke From Reducing Welfare Funding by \$36 Million

BACKGROUND: As Legislators struggle with how to make-up cuts in revenue created by the passage of I-695, Governor Locke has proposed reducing our annual expenditure for our state's welfare program by \$36 million. Last session the Governor was successful in transferring nearly \$200 million out of our state's welfare budget and into other program areas. These cuts are of grave concern as recent studies have shown that while our welfare caseload has dropped by almost 40% families are still struggling. A federal USDA study ranked Washington as 8th worse in the nation for prevalence of hunger and the state's own study of former welfare recipients shows that families leaving welfare continue to live in poverty, and are unable to meet their most basic needs.

Governor Gary Locke's proposed supplemental budget would reduce the state's portion of spending for welfare by five percent. This reduction equals \$36 million for the biennium. The state portion of welfare money is known as "Maintenance of Effort" (MOE). Federal law requires that states spend at least 80% of the amount they have spent on welfare in the past, this is what is called MOE. States can reduce their welfare spending to 75% only if they meet the federal work participation requirements for all families including two parent families.

If states fail to meet these work requirements, they will be subject to a severe financial penalty of about \$40 million a year. Washington State failed to meet its work requirement in 1997 and 1998, but because they were spending 80% of MOE, our fiscal penalty was only \$325,000. Only recently has the state met the two-parent work participation rate. If there is an economic downturn, this decision could surely lead to a financial penalty. There is also the possibility that the Department of Social and Health Services, faced with the threat of fiscal penalties, will impose "get tough" measures, such as cutting the entire family off of welfare for non-compliance with the rules. (Not complying with the rules can be something as simple as missing a meeting).

The work of welfare reform is not done. There are still many unmet needs including access to childcare, education and training, medical services, and transportation. We need to ensure that we maintain the state funds currently earmarked for welfare to protect our state from fiscal penalties and continue to support low-income struggling families.

ACTION NEEDED: Contact Governor Gary Locke and tell him that reducing welfare funding by \$36 million will only hurt low-income families. Governor Locke may be reached via telephone at (800) 562-6000 (legislative hotline) and via email at governor.locke@governor.wa.gov.

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