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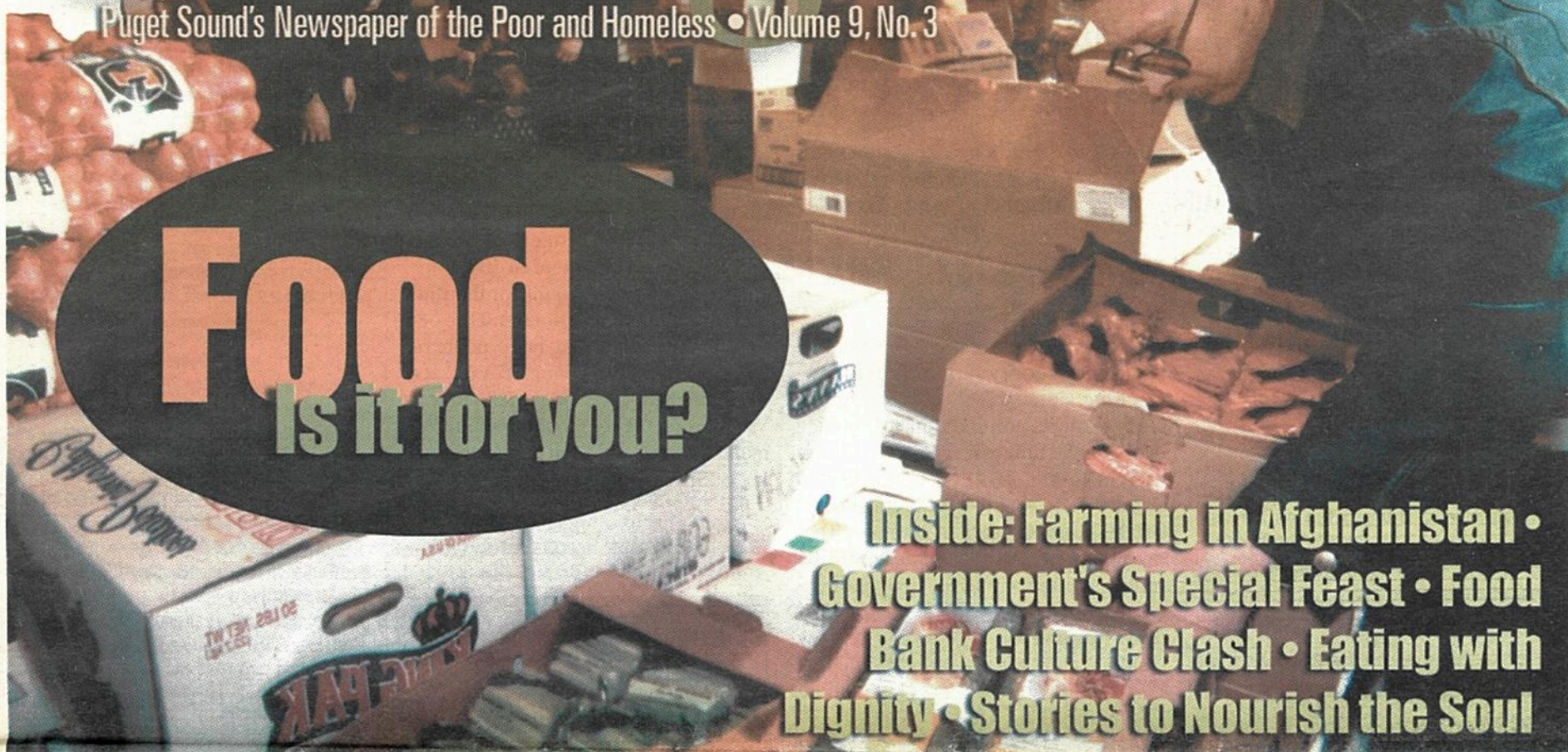
Puget Sound's Newspaper of the Poor and Homeless • Volume 9, No. 3

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Jan. 24 - Feb. 6, 2001

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Food

Is it for you?

Inside: Farming in Afghanistan • Government's Special Feast • Food Bank Culture Clash • Eating with Dignity • Stories to Nourish the Soul

TERRY BOSSEL GATHERS FOOD FOR THE MILLIONAIRE CLUB AT NORTHWEST HARVEST'S MAIN WAREHOUSE. PHOTO BY CASEY KELBAUGH.

Beautiful Soup

Food reviews by Jim McCormick, Reneene Robertson, Kevin Vanderhoef, Edwin Knowles, Sylvester Jenkins, and Anitra Freeman of StreetWrites

Daily bread, French bread, breaking bread, the bread of life: food is a necessity of life, a characteristic of a culture, part of social bonding, a spiritual symbol.

If you want homeless people to come to a meeting, you ought to provide food, which is why StreetWrites workshops include snacks and coffee. But it's not just true of homeless people. I was on a nonprofit board for a while with bankers and lawyers and such, and attendance went *way* up as

soon as they moved meetings to lunch hour and started bringing in pizza. Food is important to all of us at — pardon me — a gut level.

Food banks and meal programs for poor and homeless people concern themselves with preventing physical starvation. Some, however, go beyond the minimum, serving the full range of the needs implied by "feed my people."

We couldn't use the entire paper for this, so we couldn't review all of the meal programs and food banks in the

Seattle area. These are just some of our favorites. Programs are rated by mouths, with five mouths as the highest rating and one mouth the lowest.

Breakfast

It's hard to starve in Seattle, but it's not easy to find something your mother would approve of you eating. Finding something more nutritious than a "continental breakfast" of donuts and coffee has always been a challenge, but it has become much easier since Boomtown Café opened at 3rd and James.

My best choices for a good hot filling meal are a Boomtown egg scramble with country potatoes, or oatmeal with jam, or hotcakes with bacon.

I like a lot of what's happening in that building, The Morrison Hotel, now that DESC is on board and running the ship. Last Friday, I was a guest for their weekly dinner meal. Although it was only frozen chicken lasagna, salad and ice cream, it was served with a smile.

At this time I live in the shelter in the same building. I am so grateful for the mat I sleep on and the food they serve at dinner time, but maybe they could throw in a little Boomtown along with the big smile. Get some more funding for FareStart (which provides dinner for DESC) They do a good job with what they have to work with, but if they had more funds, the people they feed might be healthier. Then fewer

funds might be spent on health care!

Boomtown: 

FareStart meals at DESC: 

— Edwin Knowles

Lunch

Monday I go to the Central Lutheran on Capitol Hill (by the reservoir) for lunch at 12 noon. On that day they serve soup and sandwiches. The sandwiches are usually of deli quality and there is a large selection of desserts to choose from. There are always milk and other refreshing beverages.

Wednesday: Immanuel means God is with us, and with this meal at Immanuel Lutheran Church it's usually the truth. This meal is a blessing. You can choose to go to the church service or not; it's not mandatory. The food is prepared with real food and with love. If you don't believe me, go there yourself. It's the white steeple behind the Greyhound garage, at 11 a.m.

Thursday it's back to the Central Lutheran at noon, and it's just as good. So I tell you to round up the energy for this feed.

— Jim McCormick

Food Bank Facts

University District Food Bank

Address: 1413 N.E. 50th
Seattle, WA

Areas Served: 98102, 98103, 98105, 98115, 98125

Coordinator: Lorrie Johnson

Phone: (206) 523-7060

Fax: (206) 527-1990

email: udfb@seattler.com

Mailing Address:

4731 15th N.E.
Seattle, WA 98105

Distributes: Commodities, food, and

baby goods

Required: Proof of address and ID

Donation times:

Tuesday and Wednesday 9-2 p.m.,

Thursday 7 p.m.-8:30 p.m.,

Friday 9-4 p.m.

Requested donations : protein items such as peanut butter, beans, beef stew, canned foods, baby formula, baby food, diapers, hygiene products and toiletries

Serves: up to 700 families a week



As Jim implies, it takes some energy to travel around to the best meal. If

Continued On Page 10



Breaking news

Hey *Real Change*,

Just checked in on the Seattle weeklies online from my little vacation in New Mexico. *Real Change* scooped *The Stranger* and the *Seattle Weekly* weeks, and in some cases, months ahead! The library story in the *Weekly* ("Unsafe Harbor," Dec. 13, 2001)? The story about the Hyatt in *The Stranger* ("The Disappearing Rich People," Dec. 13, 2001)? Old news! Or, at least, *Real Change* broke the stories as far as I know ("Outside All Day," Oct. 4, 2001, and "Party While You Can," Nov. 15, 2001, respectively.) Too bad comparatively so few others know as well.

Trevor Griffey

Real Change contributing writer

A wonderful gift

Dear Casey LaFran,

I can't express the joy that your article brought into my heart when I read it ("Getting a Grip," Dec. 27, 2001.) I love the way you were able to tell the story of Mamma's Hands in such a small space. I have already received a few calls because of this article, and I know that it will help us reach more people in need on both sides of the track.

What a wonderful Christmas gift *Real Change* has been to Mamma's Hands. You have extended our reach.

Much Love and a blessed new year,
Denny Hancock
Mamma's Hands Founder

Follow the lead, SHA

To the Editor:

It's unfortunate that the Seattle Housing Authority (SHA) is not following King County Housing Authority's lead — on its commitment to replace every single unit lost in its Hope VI redevelopment project — for SHA's Rainier Vista redevelopment project.

Despite two years of promises that every unit at Rainier Vista would be replaced one for one for people of extremely low income (30 percent of median income or below), SHA now claims it can't afford to do this.

In the memorandum of agreement

it has negotiated with the Seattle City Council, SHA will be required to replace only 80 percent of public housing units for people with extremely low incomes. As a result, at least 96 units will be lost. Although SHA has committed to find replacement housing for everyone displaced from Rainier Vista, the real losers are the thousands of people on SHA's waiting list.

Why did SHA undertake this project and make its promises to the community if it doesn't have the funds to follow through? And why only now is SHA saying it can't afford to do so? A disclosure request to SHA for its projected building and operating costs revealed that SHA has not updated its projections since the original grant application to federal Department of Housing and Urban Development in 1999.

SHA needs to account for the rapid increase in housing prices and the economic downturn that have occurred since 1999. Before giving SHA the zoning it needs to carry on with its Rainier Vista project, City Council should demand an audit and a full public accounting of SHA's financial status.

Sincerely,
Carolee Colter

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RC Profile

Rachael Myers

When she was studying to get her master's degree at the University of Washington's School of Social Work, Rachael was struck by the gap between the top-notch education she and her classmates were receiving to help them change the world, and the University District youth sleeping outside their doors. So she and some of her classmates, guided and helped by Professor and social activist Nancy Amidei and the U-District-University Partnership for Youth, decided to start applying their knowledge to the community around them.

Rachael helped develop training for staff and volunteers at the University District Youth Center, and helped youth get access to showers in the center's basement when no other hygiene centers were available.

Through these projects, Rachael became involved in the University Youth Shelter, then just in its beginning stages. Over the next seven years, she was part of the organization's evolution into one of the largest youth shelters in the city.

When *Real Change* was looking to expand its staff to include someone to work full time on both its advocacy wing, First things First, and on vendor organizing and other job-skills-training-oriented-programs, Rachael was a perfect fit. It was also a perfect opportunity for Rachel to talk one-on-one with the vendors at the heart of *Real Change*.

"I live on Capitol Hill, and would see people selling the paper all the time," says Rachael. "But now, I get to hear their stories, not just about homelessness, but about all kinds of things. I get to find out what they're about." ■

— Molly Rhodes

Change

Puget Sound's Voice of the
Poor and Homeless

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<http://www.realchangenews.org>

Email rchange@speakeasy.org

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Mission Statement:

Real Change organizes, educates, and builds alliances to create solutions to homelessness and poverty. We exist to provide a voice for poor people in our community.

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. Programs include the *Real Change* newspaper, the **MacWorkshop** computer lab, **StreetLife Art Gallery**, the **StreetWrites** peer support group for homeless writers, the **Homeless Speakers Bureau**, and the **First things First** organizing project. All donations 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. *Real Change* 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.



PHOTO BY MOLLY RHODES.

Hunger Is Still with Us

By the staff of Northwest Harvest

On the day before Christmas, the line at Northwest Harvest's Cherry Street Food Bank snaked up the hill and around the corner. People waited patiently, somehow knowing it might be worth the wait. So much food had come in, that we took advantage of the cold weather and moved items needing refrigeration outside. Turkey, pies, chocolate milk, and produce waited to become part of special holiday meals.

Inside, in addition to the normal fare of rice, beans, and pasta, the counters overflowed with canned fruit, stuffing mix, juice, canned vegetables, and soups, while a wide variety of bread, rolls, and cookies lent a festive air.

The following week, there was less food available, but the line at our food bank was just as long. The holidays are over, but hunger is still with us. Every day, people still line up at food banks, and day in and day out, thousands of people across our state do not have enough to eat. At Northwest Harvest, we're trying to do something about that. Our mission is to fight hunger in the state of Washington in a manner that respects the dignity of those we serve.

What does that mean? When people come to our Cherry Street Food Bank for help, we provide it - no questions asked. We don't ask them for social security numbers, proof of residence, why they're there, or what their income is. We believe them. We offer food for their bodies and nourishment for the spirit. And we ask our member hunger programs to provide the same kind of service.

The only statewide hunger relief agency in Washington state, Northwest Harvest operates the Cherry Street Food Bank and distributes food - almost 16 million pounds in the last fiscal year - through warehouses in Grays Harbor, Yakima, Stevens County, and King County. We supply this food, without fees of any kind, to more than 300 hunger programs across the state. In an average month, these programs provide more than 434,000 services to people in need. More than half of those served are children and the elderly.

And the numbers are growing. In the last few months, the number of people seeking our help has increased by about 10 percent. With layoffs at Boeing and our state unemployment rate one of the highest in the country, we know that even more people will be turning to us for assistance. Meeting that need is one of our biggest challenges.

Our regular donors are now becoming clients and, with the holidays behind us, many in our community are no longer focused on the issue of hunger.

We help people year round. We give them food, we refer them to agencies that offer other kinds of assistance, and we provide a place where they will be treated with dignity and respect. We provide a voice to those who may not be heard and to those who may not be able to speak for themselves. As we do that, we hope people will understand that hunger does not go away after the holidays and that the need is there throughout the year.

Our dream is that we will open our doors one day and no one will come. Until then, we will continue to be there for them. ■

For more information on Northwest Harvest programs, call (206) 625-0755, or visit www.northwestharvest.org.

Food Bank Facts

Cherry Street Food Bank

Address: 711 Cherry St.
Seattle, WA 98104

Phone: (206) 625-0755, (800) 722-6924

Fax: (206) 625-7518

Email: info@northwestharvest.org

Mailing Address: P.O. Box 12272
Seattle, WA 98102

Distributes: Foods and baby goods

Required: No ID or certificates needed; Thursday is baby day, and

birth certificate is required

Donation times: Mon-Fri, 9-5 p.m.; Donate at food bank or the warehouse at pier 91, 9-4:30 p.m., Saturday 9-3:30 p.m.

Requested donations: diapers, formula, canned fruits, whole meals such as spaghetti, chili, tuna fish, soups such as chicken noodle, and spam

Serves: between 1,500 and 1,800 on any given Wednesday



Notice about the Mockingbird Times

The *Mockingbird Times* will be in the February 7 *Real Change* issue. The paper will continue to appear mostly in every other *Real Change* issue, with an occasional paper coming out every third *Real Change* issue. Please contact the *Mockingbird Times* at (206) 323-KIDS for more details on publication dates.

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More Than Meets the Eye

Real Change is much more than just a newspaper. We are a respected voice of the poor that reaches more than 30,000 people each month. We are a powerful grassroots organizing project that wins real gains for the homeless. We offer cultural and educational opportunity through our art gallery, writers workshops, and computer lab. Your support makes our work possible. Please give generously. All donations are tax deductible to the full extent of the law.

Yes! Real Change Matters.

Here's what I can do to support work, dignity, and hope.

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NAME(S) _____

ADDRESS _____

CITY / STATE / ZIP _____ PHONE _____

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Mail to: *Real Change*, 2129 2nd Ave, Seattle, WA 98121

New place to call home

By the end of this month, Nativity House's search for a place to call home in Tacoma will come one step closer to completion. This should come as a relief to the 250-plus homeless who frequented the drop-in center regularly until it was forced to shut its doors in November, stranding a sizable portion of Tacoma's homeless population without day shelter, long-term storage, and meals.

On January 30, Nativity House will begin sharing facilities with Hospitality Kitchen, another downtown Tacoma-based homeless relief organization, until construction on Nativity House's new facility is complete, possibly by the end of the year. By the time their new location in Tacoma's brewery district is finished, the group will be looking back on four tumultuous years since the rumors first surfaced that the city government wanted to buy their old building as part of their new convention center construction project.

It was not supposed to be this hard.

In the best of circumstances, it can be difficult to find a property owner willing to sell to a charity serving the homeless. However, early last year the group finally thought they had found an acceptable location and purchased the property as a site for their new building. Then the protests began.

"We understand that no matter where we go there is going to be opposition, but we've got to go somewhere," said Scott MacKay, executive director for Nativity House. "There's not a lot of communities willing to say 'Hey, homeless shelter, come live in our neighborhood.'"

After strong community opposition to their proposed center, the city council withdrew its promise of financial support to Nativity House as part of their relocation deal to make way for the convention center. So after already spending more than \$100,000 on the first property and blueprints, Nativity House went back to the drawing board to look for a second location. When they settled on the second property in the brewery district, the city ended up contributing \$730,000 towards the \$2 million project.

"We feel what they gave us was reasonable, but what they couldn't give us was time," said MacKay.

While the community uproar and new building search delayed Nativity House's relocation, the convention center construction proceeded apace. Thus last November, the day shelter facility was forced to shut its doors without a new home in place.

The end result for the area's homeless that used Nativity House was a void in services. Now many of these same homeless have taken to spending their days in the Tacoma Public Library's main branch, causing controversy among patrons and raising the larger question of how the government and residents of Tacoma let commerce and community concerns derail vital social services for the area's indigent.

Now, with Nativity House folding up their temporary street mission and moving in with Hospitality Kitchen, there is some hope that life for the homeless and downtown residents will return to normal. And much like the population it serves, the 22-year-old Nativity House is hoping that their quest for a permanent place to call home will soon be over. ■

— Dan Amdur

Promise made true

After months of promises, more shelter beds could be available as early as mid-February.

The Downtown Emergency Service Center (DESC) plans to open a shelter with 25 beds for mentally ill homeless women in its Kerner Scott House in the Cascade neighborhood. The Compass Center plans to provide 40 beds for homeless men at the First United Methodist Church in downtown Seattle. Both providers hope to open these new shelters by next month.

These 65 beds are part of \$1 million in Seattle city funding awarded to eight different projects the end of November. Along with another \$1 million in matching grants, the city funds will help provide an additional 185 beds and related support services. The Fremont Public Association, the International District Housing Alliance, New Beginnings, University Temple, the YWCA, and the Salvation Army also secured funding for new or expanded projects.

Providers have been devising their projects since fall 2000, when they first heard about the city's plans to set aside \$2.75 million in its upcoming budget for more shelter and transitional housing, thanks to the efforts of Seattle City Councilmember Peter Steinbrueck. Yet by the time they began applying for grants in June 2001, the city was facing a worsening economy and put a freeze on the funding. In October, homeless advocates in Citizens for Shelter with Dignity, which led the Initiative 71 campaign, agreed not to pursue voter approval for more shelter beds and services in exchange for the original city funding. The compromise with the city also guarantees a downtown day center and hygiene facility, and a commitment to use Housing Levy money — which the voters will have to approve in November 2002 — to house



those most in need.

The concept of I-71 — that new shelter beds should be tied to appropriate services to help people who use the shelters, and should help those who are currently underserved by the shelter system — was also part of the recent round of city funding awards. DESC already operates mental health services for homeless people, and plans to dedicate a mental health worker to help the women at its Kerner Scott shelter. The Compass Center's yet-unnamed shelter at First United marks the center's first foray into emergency, overnight shelter for men without children. "Not that there's really any population (of potential shelter users) that's being overserved," notes Kim Sather, program coordinator for the new men's shelter.

This shelter — which will share the space used by Mary's Place day center for women — will not provide any specialized medical services. But like the Compass Center's overnight shelter for women, Hammond House, a case manager will be on hand to advocate for whatever the men might need.

"They'll try to make sure the men are getting the services they need," describes Sather, "or will work to just improve their quality of life." ■

— Molly Rhodes

Top honors for bottom solutions

Once again, cities like New York, Atlanta, and San Francisco beat out Seattle for the top spot. However, this might be an honor Seattle doesn't mind losing: the meanest city when it comes to treating homeless people and the issue of homelessness as criminals.

The list of the 12 meanest cities for people who are poor and homeless was just one part of a massive report on the criminalization of homelessness put together by the National Coalition for the Homeless and the National Law Center on Homelessness and Poverty over the last 18 months. While the Law Center has compiled five similar reports in the past decade, this year's is the largest of its kind.

The report studied 80 communities in 37 different states, the District of Columbia, and Puerto Rico, judging them on the number, severity, and application of their anti-homeless laws, the level of advocacy for the homeless within the area, and the political climate toward homelessness, among other factors. Almost 80 percent of the cities surveyed had laws prohibiting camping or sleeping in public areas. All of the cities lacked enough shelter beds to meet demands.

While Seattle didn't rank among the 12 worst — which included Baltimore, Salt Lake City, Santa Cruz, Chicago, and Honolulu — this isn't a sign that all is fine in the city, noted National Coalition for the Homeless executive director Donald Whitehead.

"Seattle is still definitely up there as one of the worst cities for the treatment of homelessness," he said.

Other Northwest cities included in the survey were Lynnwood — which recently banned sleeping in cars — Anchorage, and Portland.

Whitehead hopes that the report will act as a catalyst to rally people to try to change laws within their own cities.

"Homelessness will not disappear simply by putting people behind bars," he said in a written statement. "Affordable housing, health care, and livable wages are what we need to truly bring an end to homelessness." ■

— Molly Rhodes

Eating for life

What do eating and shelter funding have in common? At Sacred Heart Shelter's 10th annual fundraiser, Downtown Soupline, the \$10 you spend on your meal goes directly to supporting the shelter's operating costs.

On February 15 at Plymouth Congregational Church, the public can enjoy food donations from restaurants, grocers, and hotels around the city, including Ivar's, Macrina Bakery, and Cyclops, as well as listen to the bluegrass band Duwamish Mountain Boys and compete for weekend getaway raffle prizes. Food will be served from 11 a.m. to 2 p.m. at the church, located at Sixth Avenue and University Street.

In past years, this fundraiser has netted as much as \$11,000 for the Sacred Heart shelter, which provides 25 single women and women and their families with immediate shelter and the possibility of more permanent housing. In the last two months, two families have moved on to transitional housing in Sand Point, and one family to permanent housing.

"Our goal is to make the event enjoyable," says DeWitt, "and to raise people's consciousness about the Sacred Heart shelter in particular and homelessness in general."

To reserve tickets for the Downtown Soupline fundraiser, call Sunshine at (206) 285-7489. ■

— Molly Rhodes

Do you have any stories we should look into? Call Adam at 441-8143, and just maybe we will.

Government Food

By Michele Marchand

The USDA website proudly and patriotically proclaims that "Food and Nutrition Services (FNS) reduces hunger and food insecurity in partnership with cooperating organizations by providing children and needy families access to food, a healthful diet, and nutrition education in a manner that supports American agriculture and inspires public confidence."

FNS administers the 15 food assistance programs of the USDA, which altogether serve one in six Americans. One of the programs FNS administers is the commodity distribution program. Probably everyone (with the exception of former President George Bush, who did not know what a UPC code was when visiting a grocery store) knows that familiar, white, generic commodity label, adorning canned meat, vegetables, juices, etc.

Even the United States government seems to appreciate a good paradox: According to the USDA website, "The paradox of food being plowed under and livestock being destroyed caused the Federal government to act" to develop the commodity program during the Great Depression.

John Steinbeck's description of this phenomenon of destruction, in *The Grapes of Wrath*, was published five years after the Commodity program began.

"There is a crime here that goes beyond denunciation. There is a sorrow here that weeping cannot symbolize. There is a failure here that topples all our success. The fertile earth, the straight tree rows, the sturdy trunks, and the ripe fruit. And children dying of pellagra must die because profit cannot be taken from the orange... The people come with nets to fish for potatoes in the river, and the guards hold them back; they come in rattling cars to get the dumped oranges, but the kerosene is sprayed. And they stand still and watch the potatoes float by, listen to the screaming pigs being killed in a ditch and covered with quicklime, watch the mountains of oranges slop down to putrefying ooze; and in the

eyes of the people there is the failure; and in the eyes of the hungry there is a growing wrath."

As the market was flooded with surplus produce that even out-of-work Americans could not afford, making prices (and profits) plummet, growers and producers would destroy their crops in order to keep prices stable. The commodity program began in the early 1930s as an outgrowth of federal agricultural policies to help American farmers who were suffering—but also as a form of market control.

The Commodity Credit Corporation was established in 1933 to get loans to farmers and help them store non-perishable commodities until prices rose. Farmers could forfeit their crops to the government to repay loans; since prices didn't rise for a long time, the government was eventually forced to distribute them to domestic and international food programs to prevent waste and spoilage (and, almost secondarily, to provide hunger relief).

Originally distributed to organizations (schools, summer camps) and needy families and administered federally, U.S. commodities are now distributed via state governments to public or private non-profit organizations that provide food assistance, and to households (and individuals, including homeless people) who meet state eligibility criteria.

The genesis of U.S. commodities spawned the school lunch program and other child-feeding programs. President Nixon's unsuccessful efforts to end the commodity program in the late 1960s actually served to institutionalize — by Congressional vote — commodity donations to domestic food programs. And although the expansion of Food Stamp programs decreased the number of needy families and individuals receiving commodities, the commodity program later expanded its quantity and variety of donations to school lunch and other children's programs.

This commodity program is now called The Emergency Food Assistance Program (TEFAP). Congress provided

\$135 million for TEFAP in 1999 — \$90 million to purchase food, and \$45 million for administrative support for State and local agencies.

A sampling of currently available commodities: all-purpose egg mix, apple juice, canned peaches, tuna, beef stew, black-eyed peas, rice, peaches, tomato soup, whole dried figs, rice crisps, cherries. And frozen meat: chuck roast, finely ground beef, goose, ground bison, lamb leg or shoulder. The smaller, canned items are often available to individuals at food banks; the frozen meats to food distribution programs (although frozen meat is less frequently available now than five years ago).

The TEFAP website is fairly comprehensive, and online fact sheets about each commodity come with nutrition information, calorie counts, and recipes for things like "quick and easy cake" and "apple bread pudding." Luncheon meat — "a ready-to-eat pork product"—is available through the commodity program, and has an accompanying recipe for "glazed baked dinner loaf."

The most creative recipes currently on the TEFAP website are for the ground bison: "bison chili," "bison loaf," and "devilish bison burgers." There are also a wealth of recipes for pork with natural juices (canned): "pork pizza snack," "10-minute pork BBQ sandwich," "pasta with pork and green pepper sauce," and "breakfast pork burritos."



GRAPHIC BY ELEANOR O'NEILL.

The canned foods are sometimes unappetizing, and the most common complaint among soup kitchen purveyors is that the foods have been processed to a point of institutionality. Sinan Demirel, founder and facilitator of University Temple United Methodist's Friday Feast, says, "It forces you to get *really* creative in order to put together edible meals."

Certainly, with our American ingenuity and public confidence, we should be able to get fresh food to needy people. ■

With thanks to Sinan Demirel, founder and facilitator of the University Temple United Methodist Friday Feast, for research assistance. For more information (and recipes), go to <http://www.fns.usda.gov>.

Food Bank Facts

Volunteers of America Greenwood Food Bank

9747 Greenwood Ave. N.
Seattle, WA 98103

Areas Served: 98103, 98117, 98133,
98177

Director: Virginia Sprague
Phone: (206) 782-6731
(425) 252-9052

Fax: (206) 782-6731
email: vsprague@qte.net

Distributes: Commodities, foods, and

baby goods

Required: Proof of address, Photo ID,
Proof of people in home

Donation times: Tuesday 9:30-6 p.m.,
Wed, Thurs, Fri 9:30-4 p.m.

Requested donations: anything; very
low on all foods

Serves: 4,000 to 5,000 people a
month; never turns anyone down



An Evening with Bill Frisell and Greg Leisz (A Benefit for Real Change)

Tickets on Sale starting January 30!

**March 17, 7 p.m., \$20
Town Hall,
1119 8th Avenue, Seattle**

Tickets available
through
www.ticketweb.com,
or by calling
1-866-468-7623
For more information,
please call *Real Change*
at 206-441-3247.

TICKETWEB

Music mixing rock and
country with jazz and the
blues, together Bill and
Greg will provide a
rich, eclectic
contemporary
masterpiece.





If Anything Goes

If anything goes
why not talk to the man on the bus
with blurry glasses
bushy moustache
and an AIRBORNE pin on his grungy hat?

I am not a kind soul
rescuing the young girl
Trying to escape what she mistakenly believes is the captivity of endless chatter

I am tired of consenting
to the charade of HIM as mentally ill veteran wanderer
and ME as attractive professional woman commuting by bus,
that ecologically friendly transportation

I breathe,
look for the hole
and wait.

It opens,
predictably as death.

And with the grace of the trickster's help
I let myself in.
And the world begins to return to
its natural state
Where WE are talking
and WE are equals
and HE in his wisdom
offers me a gift
of encouragement
on a platter of pain and refusal to be crushed
and I take it.

— STACI SPROUT

"Sentient"

I sat on the park bench
the wood's texture
became lines
on my
face.

People run, skateboard
and circle the
lake. An empty container
laid on the
grass.

Sparrow leapfrogged
on the rocky shore
water lapping
darkening
the earth.

Ducks bobbed on the green
they navigated to the bent
cattails which were nestled
between willows;

long boughs
riff on the
surface.

Morning sun sneaked
pierced grey clouds
creating nature's
rippling
mirror.

as I count the waves.

— EARLE THOMPSON



Adventures in Poetry with ©Dr. Wes Browning

Everybody else is talking about food for this issue. I wanted to talk about food too. Unfortunately, after two weeks of concentrated thought on the subject, the only thing I've come up with is that you can't buy domestic Limburger cheese in the supermarkets anymore (how come?), and that canned raviolis can be eaten cold.

So instead I've decided to talk about nakedness. For example, I'm not wearing any pants right now. In fact, all I'm wearing is a pair of socks and a scruffy beard that barely covers my neck. That's because I'm nearsighted, so when I use the computer to write I don't need to wear my glasses. Otherwise, I would be wearing glasses.

When I was growing up I made myself promise that I would never be the kind of guy who sits around the house in his underpants all day. I felt sorry for kids that had dads like that, kids who couldn't invite you over until dad was notified and suitably clothed. Or worse, they would invite you over, and dad wouldn't do anything. There'd just be a man in his underpants in the middle of the living room. Yuck.

I am proud to have kept that promise to myself. I dispense with the underpants.

Some of you are probably wondering, "Wes, what does this have to do with homelessness?" Well, lots.

You see, if you have ever been homeless, you have probably found it impossible to be naked for long stretches of time. Or if not impossible, then extremely risky.

Let's say you're camping in a public park illegally, for lack of any alternative. Do you wear your clothes in the sleeping bag or do you strip down? If you wear the clothes all the time you'll probably develop a rash. If you strip down, you can bet that's the night you get busted.

One time when I was homeless I was lucky enough to have an office where I could pretend to work at night. I slept on the floor. I trained myself to wake up whenever I heard noises. That way I could be up and dressed before any-

one reached my door, which was on the third floor.

After doing this for a few weeks, I learned the night watchman's schedule. I became overconfident. One winter's night, I judged that not only could I sleep naked safely, but I could even make a run to the bathroom on my floor in a naked state and make it back to my office without being caught by anyone. Actually I wasn't completely naked, I was wearing shoes and socks. This will turn out to have been my salvation.

I was absolutely correct in my judgment for as far as I judged. My mistake was not in misjudging the time but in forgetting that, as my naked body has no pockets, I was not carrying my keys. Therefore I should not have closed and locked my office door behind me when I ran to the bathroom. I should have included that factor in my considerations of my actions.

Recently I heard of another story of a naked man. In this other story, which may not have happened, the naked man is running around in the snow in some residential neighborhood, banging on doors and begging to be let inside. Nobody opens their door to him. All the neighbors are afraid of him, so eventually he enters one house by breaking a window, cutting himself in the process. Then the owner of the house comes upon the naked man and, "thinking he might have a gun," beats him with a golf club.

My case ended much better. I found an open office, climbed out its window onto the third floor ledge, crawled along the ledge to the window of my office, used my shoes to break the window and get inside uninjured, got dressed, and left for a warmer office.

My guess is, the other story did indeed happen and that the poor man was just some guy who had been sleeping naked in his car and thought he could make a bathroom run without getting caught.

At any rate, now that we aren't homeless, we will indulge ourselves. ■

**Actually I wasn't
completely naked, I
was wearing shoes
and socks. This will
turn out to have been
my salvation.**



Howdy Doo Like an Angel

It's too cruel to see
How you have been used.
Close your eyes for it seems that way
You can see completely to forever,
But no clue appears
As to the author of your pain,
No whisper of intuition,
No sign, no mark on the wall.
When you open your eyes
Numerous hands, numerous strangers,
But nothing betrays the demon in your blood.
Howdy doo like an angel.

The city spins around ya
Bridges umbrella your head
The garrulous streets scrape your shoes into rags
Your dreams into rubble
As paper dolls pad the pages of the newspaper chairs
Seats made of concrete and ashes
Howdy doo like an angel.

The book of mortality
Came laden with firefights
Your response time was fast
As the radar of bats
But a big piece of the moon
Dropped out of the sky
And fell on you
All dead weight
Free men are fools
For a luckless fate.
Howdy doo like an angel.

— MAC CRARY

Crossing Roads

a cold, unhappy, unhallowed night be this
with the lost and fading light
a stillness in the air precedes
the black encroachment of this night
from the shadows all dark beings come
for whom this night was made
come they are to haunt the land
raising dead out of the grave
witches brewing goblins
goblins brewing toads
toads not brewing any one
they just get flattened
crossing roads

— HENRY DEAN DENROW

it's a gem
that diminishes the curve of your hand
it's a voice
that elevates by command
the excitement of the wet land
it's a pulse
that exclaims, "you are finally a man!"
it's a joy
that has no one there
to understand
it's a piece
of the one who extends a hand
it's a sorrow
that wishes you off to
never-never land
it's a gun
that you raise with your hand
it's the noise
of those who defeat the only choice
it's a song
and the confusions of War
it's a bold step forward
for some one who is no longer enjoyed
it's a light
that rises from your tongue and teeth
to be soiled
it's the Nose
burrowing deep into your bag of fresh bread
it's the wait for the arrival of some one who's late
it's the darkness
which shelters your hate
it's the brick
held up by some other's hand
it's the collision
of two or more grains of sand
it's a beacon
that bleeds its light across a teasing sea
and it is you
as you walk ahead of me

— PATRICK BISSELL

Interview by Molly Rhodes

Although much of the world has only recently become keenly aware of the current humanitarian crisis in Afghanistan, World Concern has been helping the poorest people in the country for 20 years. As a member of the International Assistance Mission (IAM), a private voluntary agency made up of more than 30 aid organizations from around the world, World Concern was able to help in providing healthcare, economic development, better education, and rehabilitation to thousands of people throughout Afghanistan.



WORLD CONCERN IS CURRENTLY WORKING IN THE DARKENED PORTION OF THE TAKHAR PROVINCE IN NORTHEASTERN AFGHANISTAN.

World Concern is currently working in the darkened portion of the Takhar province in northeastern Afghanistan. All of that changed the end of August, when IAM and other aid organizations suddenly had all of their operations shut down by the Taliban regime. World Concern had hoped to secure a \$1 million United States government grant through the Office of Foreign Disaster Assistance to help 250,000 internally displaced people at a camp just outside Herat, in western Afghanistan. Now, it faced the prospect of no government money and no more IAM connection into the heart of Afghanistan.

Yet within a couple of months, World Concern's relief efforts, under the guidance of relief director Kelly Miller, were beginning to pick up. It was not to the scale they had originally hoped and planned for, but through a combined effort with a group of like-minded organizations — including Northwest Medical Teams, Food for the Hungry, and the Central Asian Development Agency — and an estimated \$5.45 million in private donations — including \$450,000 in cash and \$5 million in goods-in-kind — they have been able to provide basic food, clothing, shelter, and medical supplies to 10,000 families, or 70,000 people, in the Takhar province in northeastern Afghanistan.

Real Change sat down with Kelly Miller to talk about World Concern's efforts and its role in helping the people of Afghanistan to one day be able to help and provide for themselves.

Real Change: I'm curious why World Concern first became involved in Afghanistan.

Kelly Miller: We put together a human quality of life index. Basically it's a human suffering index. We look at death rates for adults, infant mortality rates, education, food, food production — a whole variety of factors that say this is a country in poverty, or this is a region of a country in poverty.

From the countries that sit at the top of the index we choose and target the countries we want to work in. And generally that list of countries doesn't change too regularly. You wish they did, but you don't get a lot of flux in that ranking. Afghanistan has been our top-rated country for a number of years. It's an extremely challenging place, not only to work, but of course to live. There's very little infrastructure, from a development standpoint, in terms of factories and manufacturing and things of that nature — road systems, electrical systems. There are some, but it's really minimal. It's got one of the shortest life expectancies, infant mortality rate is very high, work is very difficult to find, let alone provide income for your family.

RC: What kind of work have you been doing in Afghanistan?

Miller: We had been working in development: medical clinics, eye clinics, education programs, agricultural programs, these type of things. To help the local community to be self-sufficient. Relief is ex-

actly what you see right now in Afghanistan. What you see when hurricane Mitch hits Honduras or the Kosovo situation. It meets an immediate need, almost like a triage. You need to get in and feed and clothe, provide security, water, shelter, what's needed to care for people. And in that sense you've got to stop the bleeding. Development would be, set the bone, put the cast on and rehabilitating that limb, getting it functional again.

The relief phase is absolutely where Afghanistan is right now, and has been for quite a while. In the last six years, the development phases have gotten less and less and less and the relief phase has gotten more and more and more.

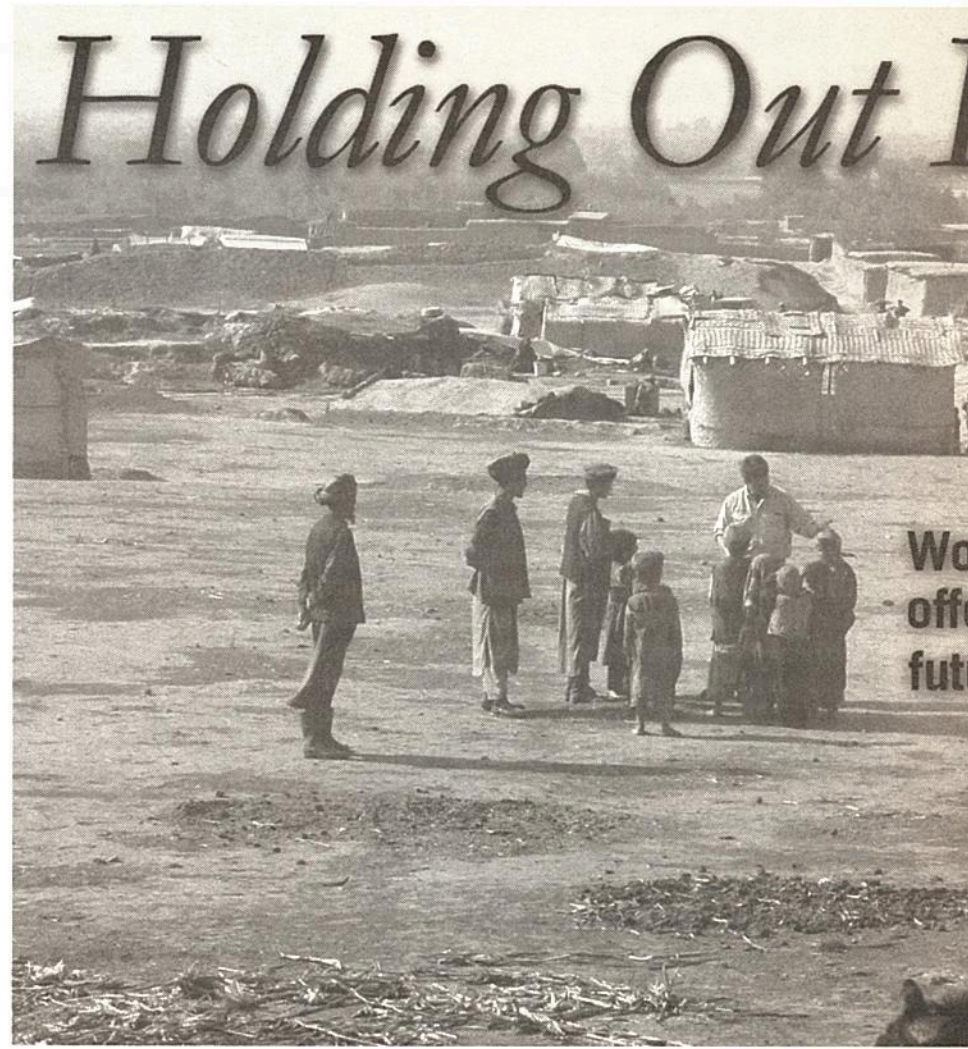
RC: Why is that?

Miller: There are three main factors. One is 20-plus years of internal conflict. Both from the then-Soviets, and then from the warlord groups fighting each other. Second is the drought, and the drought has just been, I mean, debilitating is a light word to describe it. It's been three years, now going in to a fourth year. I just had communication today from the United Nations that if the current rainfall is any predictor for the coming spring, then they're predicting another drought this year. It's really hard. And that has really devastated so many people, and has caused so many people to move, and to pick up their home and whatever livelihood they have and move around the country and try

to find a place they can gather subsistence. And then the third layer on top of that would be the Taliban regime. They came to power in 1995-96, and at that time were very welcomed by the Afghan people, because they wanted peace and stability, and early on that's what the Taliban offered them. And then, shortly, within a year or so, the Taliban started their own terror conflict. They'd go in and sack a village and destroy a lot of the land and conscript the men, or kill them.

The drought and the Taliban combined, you have close to a million people who were displaced within Afghanistan. At the same time you had a lot of Afghan people leaving Afghanistan as refugees, upward of 4 million people.

So, by this last summer, Afghanistan was and had been for a while the number one humanitarian crisis in the world for aid agencies to respond to. The events of September 11 and post-September 11 were certainly not a cause of the current humanitarian crisis. It was huge much longer before this. And it's going to be for quite a long time. The relief phase is at least



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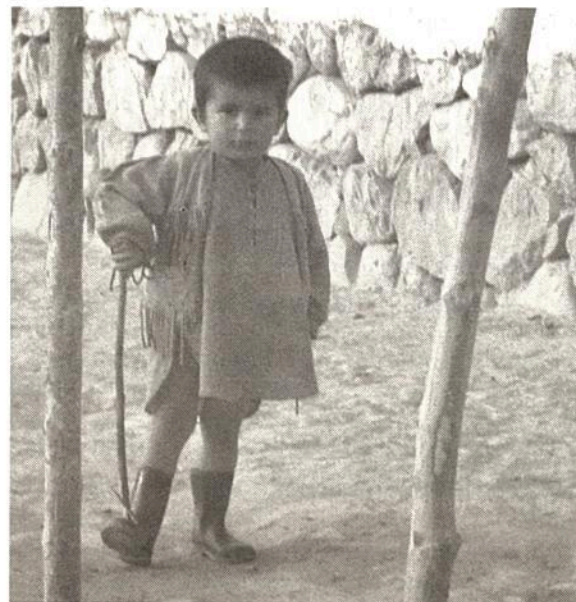
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BELOW: AN AFGHAN BOY SHOWING OFF HIS BOOTS. PHOTO PROVIDED BY NORTHWEST MEDICAL TEAMS. RIGHT: WORLD CONCERN AND THEIR PARTNERS MEET WITH LEADERS FROM AN IDP CAMP IN NORTHEASTERN AFGHANISTAN. PHOTO BY ADAM BUCHANAN, COURTESY OF WORLD CONCERN.



Food Bank Facts

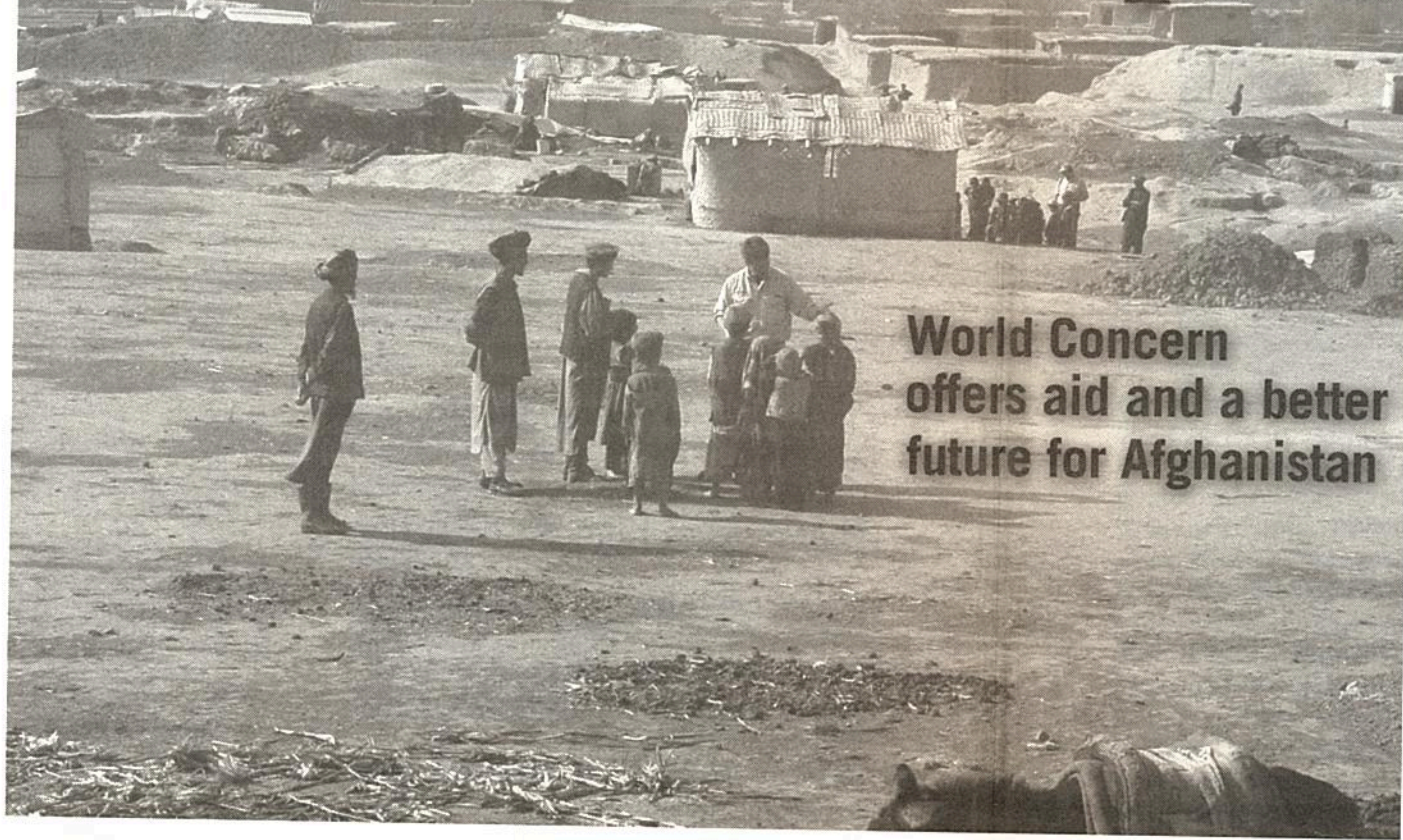
The Food Bank at St. Mary's

611 20th Ave. S.
Seattle, WA 98144
Area Serves: East half of 98144, Seattle
Coordinator: T. Savusa
Phone: (206) 324-4596; Fax: (206) 329-4596
email: stmaryfb@teleport.com
Distributes: Commodities, food, baby

goods
Required: ID and bag for groceries
Donation times: taken every day except Sunday, best to call ahead
Requested donations: soup, stew, peanut butter, tuna, cup-o-soup, granola
Serves: 4,500 to 4,700 people a month



Holding Out Hope



World Concern offers aid and a better future for Afghanistan



ABOVE: PHOTO OF KELLY MILLER BETWEEN TAJIKISTAN AND AFGHANISTAN. ADAM BUCHANAN, COURTESY OF WORLD CONCERN. LEFT: KELLY MILLER TALKS TO A GROUP OF DISPLACED PERSONS CAMP IN THE TAKHAR PROVINCE, NORTHEASTERN AFGHANISTAN. PHOTO BY ADAM BUCHANAN, COURTESY OF WORLD CONCERN.

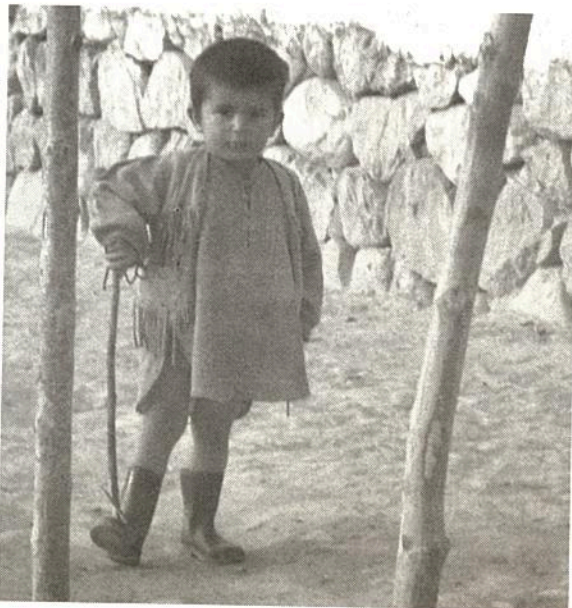
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through this year, and who knows how much longer? It's not a situation that is cured. We're seeing reports in the news about the famine being over and there's now plenty of food. Well, that depends on how you define the word famine. I guarantee you there are little-known people that do not have food and will not have food. **RC:** Why can't they get food? **Miller:** A lot of that is because of logistics, finding a way to distribute because of

where people live. You've seen reports about the donkey trains. It's very mountainous area. The people high up in the mountains are at-risk of not having enough food. The dynamics of what I do is a line of work in developing countries so similar to what happens in Afghanistan to populations that don't have food. It's just greatly exaggerated times over, with some obvious. But so often it's distribution in the system that block the

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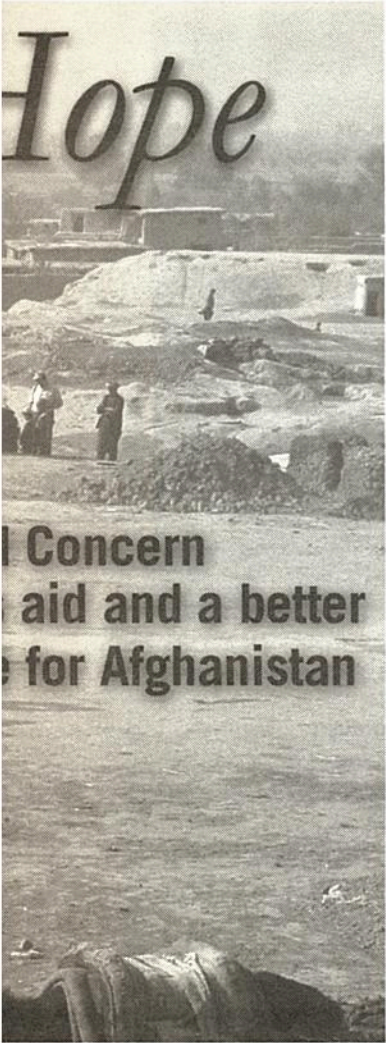


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where people live. You've seen or read about the donkey trains. It's all real. It's a very mountainous area. There are a million people high up in the mountains. People are at-risk of not having enough food.

The dynamics of what happens in our line of work in developing countries are so similar to what happens here in the U.S. to populations that don't have access to food. It's just greatly exaggerated, many times over, with some obvious differences. But so often it's distribution and inequities in the system that block the ability to get

food from point A to point B.

RC: How does the distribution system work in Afghanistan. Does World Concern take the food right up to the villages?

Miller: We're the ones who distribute the food, and not only food, but equally important, of shoes, clothing, and blankets. You see the linkage between everything. I was in a camp in October, a camp of about 1,000 families. They had been there for the better part of 18 months. And as you walked into the camp, you looked off at a hillside, and you could see all these little dots, these mounds of dirt. Little tiny things, about yay-big. (Miller holds his hands about 3 feet apart.) Just the whole hillside. That was the children who had died last winter. Most of them under the age of two. It was a combination of exposure and cold. These are families that had to live either in makeshift shelters of straw mat or small tents, and a lot of people literally dig holes probably the size of this room (about 10 feet square) in the ground, and throw a tarp and a couple of meters of snow on top. So little kids don't have the clothing, don't have the shoes to ward off the cold. They don't have enough food for their bodies to be strong enough to ward off the cold. And inadequate medical care, along with that, to ward off disease. And it all adds up to death. And that's what's happening today. You can provide food, but if you don't provide clothing and shoes, people still die. And you can provide clothing and shoes, but if you don't provide food, people still die. So there's a real need to provide all these services.

RC: What kind of food programs are you hoping to provide?

Miller: Part of our project in the whole area of food and what we're going to plan for food future is agricultural recovery. We have systems for seed procurement and distribution and putting wheat seed in the ground and special seasons and that type of thing. But the issues on top of that are, (a), do you have water, and (b), do you have security? Without either of those, you don't have agricultural recovery. Right now, in that northern area, security is actually pretty good. But if the drought continues, it's going to be another extremely hard year in terms of agricultural recovery.

Our planning involves changing the whole irrigation system, either rebuilding

or building it. And those fit in to what we call food for work programs. Often times, you get into these kinds of situations, and yeah, people are hungry and they want food, but they also want to work. It's pride. I have pride, people in Afghanistan have pride. They're very good farmers, they know what to do. They just need the equipment, the seeds, the fertilizers, the animals. They don't need us telling them how to farm or how to care for their animals. But again, the drought is key.

RC: What kind of food do you give families?

Miller: You've got to provide them culturally appropriate food. We provide what's called a food basket, with wheat, beans, vegetable oil, sugar, and salt. All aid agencies provide the same food items for people, so there are not inadequacies and discrepancies. We will be giving out agricultural kits by March 1 — wheat seeds, some barley seeds, and a variety of vegetables.

What's really important when you have a situation like this, like drought, is that you have to continue to give out the food because until those seeds are growing and there's enough harvest for them to feed themselves, people eat the seeds. And there's no guarantee the harvest is going to happen. Any idea that the famine is over, that there's enough food in the country, is optimistic.

RC: Do you feel that you're making a difference in Afghanistan?

Miller: Sure. You can look at the whole situation and go, what can you do? Nothing you can do. Or you can go to a village, to a family, or an individual and start there, and realize that you do have impact. When you can look in the eyes of a child and hand a pair of boots to that child and see that child's face light up and realize as she puts those boots on, literally, it could save their lives, yeah, you're happy to do that.

The flip side of that is you see a lot of heartache. You see some of the worst situations on the face of the planet. But it's what drives you to do this work. You're touching lives. And when we can, I won't say walk away, but when we can extract ourselves from a development situation and see a community taking care of itself, or a family taking care of itself, and realize we've had some part of that, it's unbelievable. And we get that. Not all of the time, but regularly. And it takes time. ■

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**Afghan relief director
Kelly Miller**



Want to get involved?

- **Donate Money:** A \$35 donation to World Concern feeds a family for a month.
 - **Volunteer:** People are needed at World Concern's warehouse in Lynnwood to help sort through donated goods and package them for distribution.
- Call (800) 755-5022, or visit World Concern's website at www.worldconcern.org.

SOUP Continued from Page 1

you're on foot and it's raining, you might hole up in the nearest shelter and settle for a bagel. You can *always* get a bagel.

There is a downtown alternative, however, that is much better than a bagel: "Operation Sack Lunch" at the Wall, 4th and Cherry (opposite the Municipal Building). The people who volunteer with this group are often homeless or formerly homeless people themselves, including several former StreetWrites members and a current member, Sylvester Jenkins. As Sylvester describes it: "Caring smiles, good meals, and friendly faces — Op-Sack provides hungry people with both physical and emotional sustenance." And the dignity of being part of the work.

Op-Sack: 

**Hot Meals, Mon., 1:30 - 3 p.m.,
Sun., 3:30 - 5:30 p.m.**

**Sack lunch, Tues., Thurs., Fri., Sat.,
1:30 - 3 p.m.
No service, Wed.**

Dinner

Friday it's off to the U-District to University Methodist, on 15th Ave between 42nd and 43rd, at 7 p.m. Now if you can't get full at this one, then you're just a freak. The best thing about this one is they give ya a

20-oz. Coke product. Not to mention the food is super, so this is a must go.

— Jim McCormick

The Friday Feast is a more balanced meal than I'd get at home. (Dr. Wes considers bread a vegetable. Anything that isn't animal or mineral is a vegetable.) And it is delicious. You get a real plate and real silverware. (This is a big thing with me. Eating off paper plates with plastic-ware day after day, while I was homeless, made me feel ... cheap, I guess.) Sinan Demirel and the rest of the folks who volunteer talk very easily with everyone; none of them have the "wary among the natives" manner of social workers and primary school teachers. Donated clothing is also available, as are packages of food — like good bread, and vegetables — to take with you.

All of us rate the Friday Feast:



— Anitra Freeman

Special meals

Saturday: Soup, sandwich, and a movie? Sounds like a day out on the town, but it's not, it's all in the warmth of Gethsemane Lutheran Church. It's located on Stewart, right by the Greyhound station. You have



TONI FORBES GATHERS CITRUS FRUIT FOR THE ALOHA INN AT NORTHWEST HARVEST'S MAIN WAREHOUSE. PHOTO BY CASEY KELBAUGH.

to get there at 9:30 a.m.-ish to get your tickets, and they let you in at 10:45 a.m. It's a fun time, and the movies are usually pretty good. The food is above average, too.



— Jim McCormick

Food banks

The subsidized apartment building where Dr. Wes and I live, The Union Hotel, is operated by DESC. Many of the residents use the Cherry Street Food Bank. Once every couple of weeks, Northwest Harvest brings food to the building. Once a year we have a cooking class, too — something like Kevin Vanderhoef suggested, that all food banks have an optional class in food handling and preparation.

— Anitra Freeman

Some of the food banks I have used also have a clothing bank on site. This is a great combination. Not only can you pick out new clothes while waiting your turn for food, but it is also a great way to pass on the (washed) clothes you no longer need. The food bank in Bothell has a clothing bank. They also have one of the most efficient distribution systems I have seen. They serve hundreds of people a week. My daughter and I were able to use this food bank for a month while we were staying at the family shelter in Kenmore.

My daughter was hooked up with a food bank in Lynnwood that was excellent. They only allowed people to come once every two weeks, but the quality, quantity, and variety of

food made it worthwhile. Numbers were given out as people arrived, so that it was not necessary for parents to try to make their children stand in line with them. There were tables with benches and some play equipment available for those waiting. The atmosphere was very respectful.

The food bank I currently use is in Burien. The people are friendly and helpful. The tables are laid out so that there is a group for commodities and a section for the rest of the food. The first visit each month allows you to go through both lines.

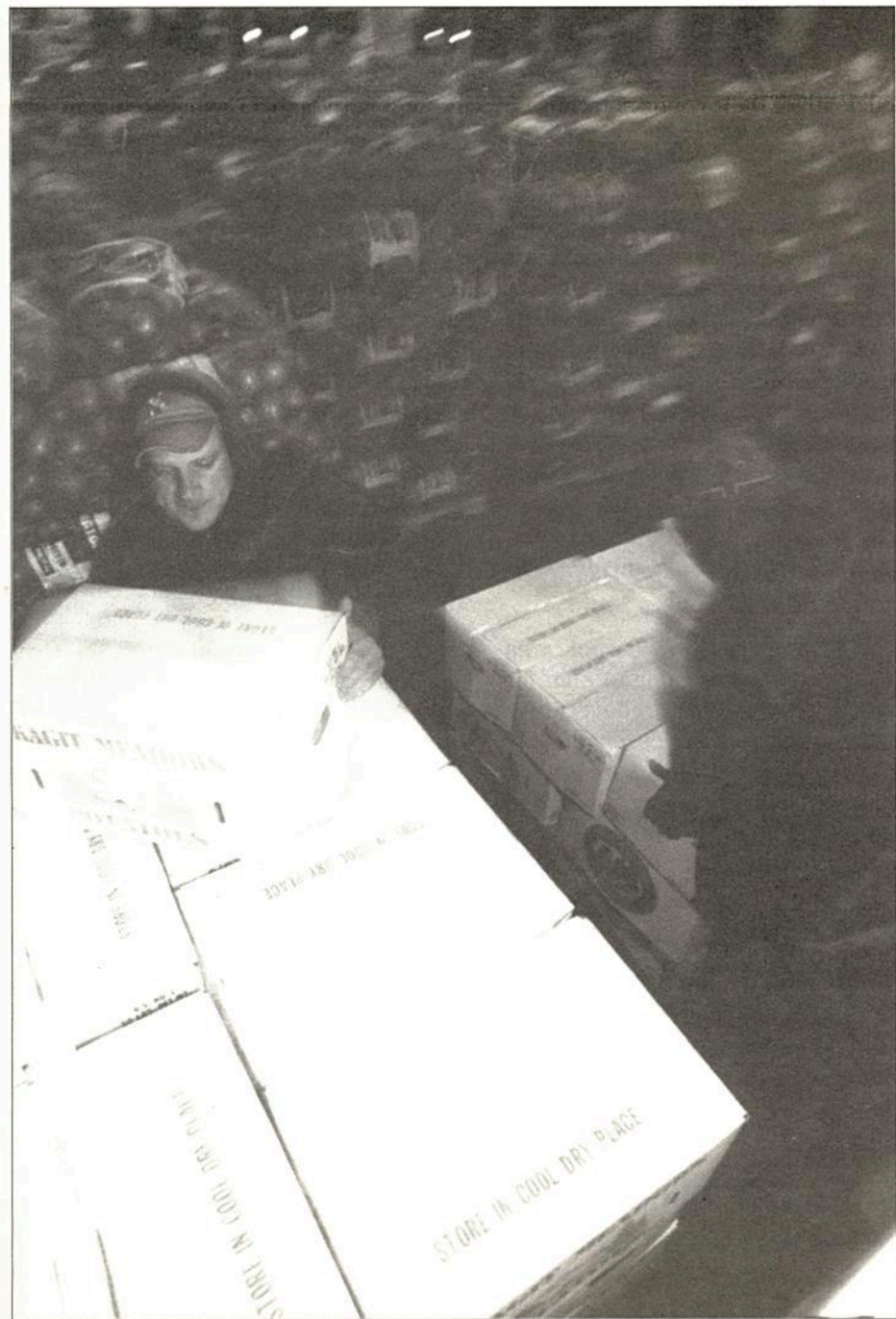
The bread section is last and even though the sugar section has limits, there is usually no limit on the bread itself. We are talking gourmet bread here. Olive loaves and garlic bread and bagels. Many times I have grabbed lots of extra and brought it to StreetWrites to share. When they hear where I am taking the extra bread, they will sometimes pull out really special loaves from behind the table.

In addition to area food banks, there are meal programs, too. The one I miss the most is Meal-of-Fortune. This was a meal for women served on real plates, with real cutlery and glasses and cups. In addition to excellent nutritious food, there was always a huge serving of respect for all who showed up.

I have eaten at the Women's Referral Center sometimes. The food is okay, but the atmosphere for self-respect is missing.

All this talk of food has made me hungry. Time to go hit the StreetWrites snacks.

— Reneene Robertson ■



DAN RICHARDSON, LEFT, AND QUINN SPALDING HELP UNLOAD PRODUCE AT NORTHWEST HARVEST'S MAIN WAREHOUSE. PHOTO BY CASEY KELBAUGH.

Food Bank Facts

Asian Counseling and Referral Service

720 8th Ave. S. Suite 200
Seattle, WA 98104

Areas Served: Culturally specific emergency food to the Asian-Pacific Islander community and residents of 98104

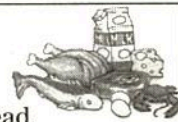
Phone: (206) 695-7600

Fax: (206) 695-7606

Donation times: Call ahead, Elsa Valle 695-7522, Edwin Tsai 695-7549, Karen Bowman 695-7542

Requested donations: any Asian food: rice, Top Ramen, soy or fish sauce

Serves: 5,000+ bags of food a month, 8,051 people last month, sometimes up to 10,000



"Please, Sir, I Want Some More"

Food and deprivation in literature

By Michele Marchand

If it's true, as Goethe said, that all writers are homesick, then they are homesick as much for the comfort of food as for a sense of place and community. From the beginnings of literature, writers have written plentifully about food—the realities of starvation and plenty, and food as a metaphor for longing, love, comfort.

Everyone needs food to survive, and its survival quality sometimes drives us to obsess about food. Even *Real Change* has a cooking column, where our own Liz Smith waxes poetic about "Chicken, symbol of eternal love" and writes about childhood meals made memorable by the "squash of Gibraltar in a pool of squash juice."

Many writers have tried their hands at cookbooks: Novelist Laurie Colwin wrote two memoirs of food: *Home Cooking* and *More Home Cooking*. Gertrude Stein's partner, Alice B. Toklas, never wrote a novel, play, or memoir, but she did write *The Alice B. Toklas Cookbook* (with its controversial recipe for hashish fudge). Ntzoke Shange wrote *If I Can Cook You Know God Can*. Even Lillian Hellman (with Peter Feibleman) wrote a cookbook: *Eating Together: Recipes and Recollections*.

Hunger at the bone

The experience of hunger in childhood leaves an indelible mark; many children's book writers have given a picture of poverty simply by writing about hunger. Reading about childhood hunger gives a sense of immediacy, and forces empathy.

When I was quite young, I got the complete set of Laura Ingalls Wilder books one Christmas. I went into hiding (to read, uninterrupted) under the dining room table while my mother and aunts prepared the Christmas feast. I am relatively certain I was aware, even then, of the irony of my reading about starvation on the prairie during *The Long Winter* even as the table above me groaned with plenty. (You, too, can prepare Ma's blackbird pie, with *The Little House Cookbook* by Barbara M. Walker.)

Charles Dickens remains the master of hunger writing. In *Oliver Twist*, young Oliver is chosen among orphans

to approach the head of the workhouse with his courageous question: "Please sir, I want some more." What he wants more of is gruel, which each boy gets one bowlful per meal, "except on occasions of much public rejoicing, when he had two ounces of bread besides. The bowls never wanted washing... the boys polished them with their spoons till they shone again... sucking their fingers most assiduously, with the view of catching up any stray splashes of gruel."

Charlotte Bronte's *Jane Eyre*, when sent to an oppressive orphanage, has few meals with thin porridge and "rusty meat." In Roald Dahl's *Charlie and the Chocolate Factory*, Charlie's four grandparents are relegated to the same bed, eating the same thin soup. Who can forget the delight of the errant grandfather, who steals away with Charlie and some found money to buy potentially gold-ticket-containing bars of chocolate that melt in their starving mouths? Even J.K. Rowling features food as a metaphor for greed and deprivation. Poor Harry Potter, in his Muggle family, is forced to eat leftovers while his cousin grows fatter and fatter on every treat imaginable.

Comfort me with apples (or pork chops, or pot roast, or...)

Anne Tyler's novel *Dinner at the Homesick Restaurant* is a classic in the genre of "food as metaphor" literature. Ezra Tull's family can never finish a meal together for the family fights that interrupt them. Ezra spends his life trying to find his own sense of comfort and place at this broken family table. He inherits the restaurant he has worked at (and loved) for many years and starts his own Homesick Restaurant.

"He was fully capable of serving a single entree all one evening, bringing it to your table himself as soon as you were seated. Other nights he'd offer more choice, four or five selections chalked up on a blackboard. But still you might not get what you asked for. 'The Smithfield ham,' you might say and up would come the okra stew. 'With that cough of yours, I know this would suit you better,' Ezra would explain. But even if he'd judged correctly, was

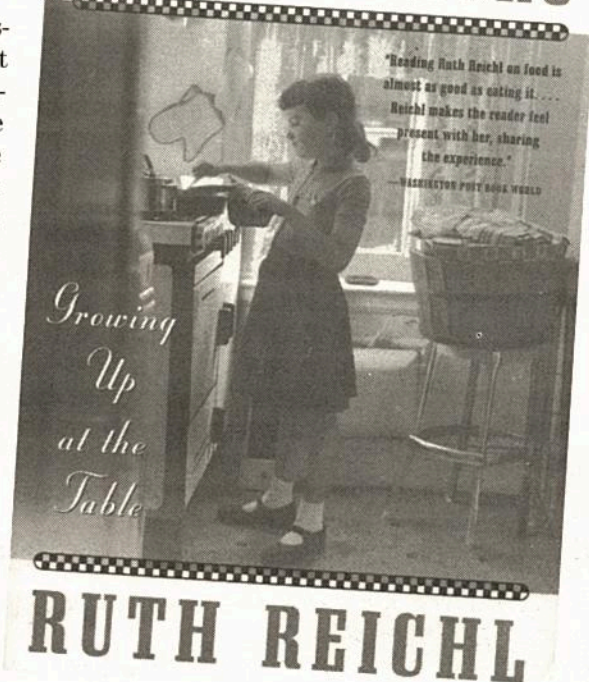
that any way to run a restaurant?"

One night the Homesick Restaurant serves nothing but pot roast: "A really special kind—consoling." In Tyler books, food is the quintessential metaphor for love and family dysfunction. (Check out her hilarious Thanksgiving scenes in *The Accidental Tourist* and *Ladder of Years*.)

Food can also be used as a metaphor for mental health. In Ruth Reichl's food memoir *Tender at the Bone*, she gives this image of her mother's bipolar disorder: "Most mornings I got out of bed and went to the refrigerator to see how my mother was feeling. You could tell instantly just by opening the door. One day in 1960 I found a whole suckling pig staring at me. I jumped back and slammed the door, hard."

And food can give us hope during times of great grief, can offer communion, and reconciliation. In Raymond Carver's beautiful story, "A Small Good Thing," a couple's grief after the unexpected death of their young son causes them to forget to pick up the expensive, hand-made cake they have ordered for his birthday. The baker, sure they have stiffed him as a joke, starts to make cryptic and torturous phone calls to them late at night, until the couple drives over to the bakery to confront him. The baker is ashamed and tries to help: "You probably need to eat something," the baker says. "I hope you'll eat some of my hot rolls. You have to eat and keep going. Eating is a small, good

NATIONAL BESTSELLER *Tender at the Bone*



thing in a time like this."

Food often tells its own story. I once told my father of my ravenous hunger as I reread John Steinbeck's *Grapes of Wrath*: "By the time the Joads finally got good work and a boxcar to live in, when Ma was able to spend their \$3 picking wages on a meal of pork chops and fried potatoes, I was so hungry — and happy for them — that I stopped reading, went up to the QFC and got myself pork chops to eat."

"I know exactly what you mean," my father said, over the greasy spoon breakfast of pork-chops-and-eggs he'd bought me at Mickey's Diner in St. Paul. Food: a form of hope, and how we show our love for one another. ■

Food Bank Facts

Northwest Community Services Food Bank

Address: 4205 Rainier Ave.
Seattle, WA 98118

Serves: general public, Sat. 9:30 a.m.-
2 p.m.

Director: Anther Teague
Phone: 723-4105

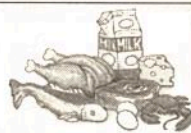
Distributes: Foods, and commodities

for home bound

Donation times: Wed. and Fri.
8-2 p.m., Sat 8-2:30 p.m.,

Requested donations: Top Ramen, Rice,
canned fruit, canned goods, juice

Serves: 500 or more people a week,
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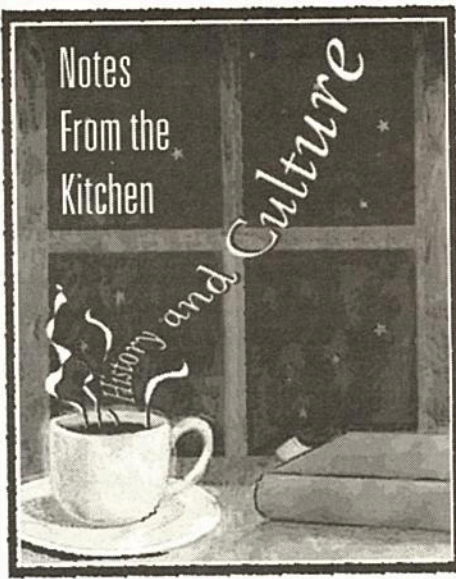


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Doing More with Less

By Liz Smith

The rich get their ice in summer, and the poor get theirs in winter. I like this saying. It's short and expressive, and can be applied to a lot of different situations. Take the matter of the kitchen you cook in. I am in my kitchen a lot, chopping vegetables, testing recipes, and trying to blend art and science and craft to give you all something worthwhile to cook. My kitchen is a minimalist's dream. When I stand in the exact center, three steps in any direction take me to the limit. Two steps south land me in at the sink where I do the dishes (this is the Wailing Wall).

Where I should be cooking, if life were fair, is in Bill Gates' kitchen. I called Microsoft to inquire about the remote possibility of getting a tour of the world's greatest kitchen. The professionally frosty voice at the other end of the line gave me a fax number. "If Mr. Gates is interested, he'll call you back." That was three months ago. He's not going to call. I just know it. I will never get to see, much less cook in, the best kitchen ever built by mortal man. He probably never even goes in there except to see if the machines are properly dusted. What a waste of good ice!

The rest of us, those of us who have ordinary kitchens, must struggle on somehow. I'm here to tell you, you can do a lot with even a very small kitchen. When we lived in a dump in Belltown, the kitchen was a sink and a two-burner stove, directly on top of the microscopic refrigerator and above two square feet of counter space. I was making pesto and

poaching salmon and concocting béarnaise sauces.

"What an insufferable know-it-all," you're thinking. "All I've got is a hot plate and a cheap knife from the Dammitol Kitchen Supply Store."

Well, good. In today's column I have two recipes for some delicious dumplings, especially designed for the extremely sparse kitchen.

Before we start with the recipes, I want to give you some information about the ingredients. I made this recipe with two types of pork. The first type had been injected with a 10 percent solution of water and chemicals. It was not good. Stick with regular pork, using a loin or shoulder cut.

When selecting your ginger, the smaller it is, the more tender it will be. Prime it and scrape off the outer layer with the back of your paring knife. It can be grated and finely minced, to ensure even distribution.

There are two kinds of wonton wrappers. The round ones have 44 wrappers. The square ones have 60 wrappers, and are easier to fold into delectable two-bite morsels.

The cornstarch is necessary to keep the wontons from tearing or becoming soggy, thus ruining the structural integrity.

Siew Shui Mai – Pork Dumplings

Yields: 60 portions

- 1 cup finely chopped cabbage (1/2 head of cabbage)
- 1-1/2 cups chopped mushrooms (about 10 large mushrooms)
- 1 cup grated carrots (2 carrots)
- 3 garlic cloves, grated, then finely chopped
- 3 Tbsp soy sauce
- 6 Tbsp cornstarch
- 2 cups pork, finely diced (about one pound)
- 1 package square wonton wrappers.

1. Mix first seven ingredients in order given.
2. Lay out 15 wonton wrappers. Place a spoonful of filling in each and put your bowl back in the refrigerator. With your fingertips, moisten the four edges of the wrapper. Fold in half to look something like a bishop's hat. After each batch is filled and folded, put them in the refrigerator.
3. To steam: use a sauce pot 1/3 full of rapidly boiling water. A steamer basket can be improvised using two disposable aluminum pie tins, with some holes punched in the lower tin. Lay a paper towel across the top of the steamer basket to keep the condensation from dripping on your dumplings.
4. Keep an eye on your water level. Make sure the paper towel is away from the burner. *Take the pot off the heat when removing the dumplings, as a steam burn can be quite painful.*
5. Steaming time is 7-8 minutes, until wontons are translucent.

Dipping Sauce for Pork Dumplings

Yields: about 1/2 cup

- 1 Tbsp soy sauce
- 1 Tbsp Worcestershire sauce
- 2 Tbsp hot chili sesame oil
- 1 Tbsp grainy mustard
- 1 Tbsp sugar
- 1/2 Tbsp rice wine vinegar

Whisk until sugar dissolves. At service time, stir a few times and spoon a little on the plate. Store covered in refrigerator. (This also cleans brass and polishes silver!)

Casa De Pobres – Dumplings from the Poorhouse

Yields: 60 portions

(These turned out better than expected. They taste great even without the dipping sauce, are more filling, and are less expensive to make.)

- | | |
|---------------------------------|--|
| 1 carrot, grated | 2 ounces pepper-Monterey jack cheese, grated |
| 1/2 cup prepared salsa | 8 ounces flank tip sirloin steak, finely diced |
| 4 Tbsp cornstarch | 1 package square wonton papers |
| 1/2 cup canned refried beans | |
| 2 ounces cheddar cheese, grated | |

Mix first seven ingredients in order given. Prepare wontons as directed in pork dumpling recipe. Steaming time is 7-8 minutes, until wontons are translucent. ■

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Thursday, Dec. 20, 2:38 p.m., Café Septieme, Broadway. A known public inebriate, who had been drinking, who was intoxicated, and who had also soiled his clothes with urine, entered the café. He began disturbing customers, and was asked to leave by the owner. He refused to leave, and café employees removed him physically from the store. The police arrived to find him on the sidewalk, yelling obscenities. He was arrested and booked into King County Jail for trespass.

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Friday, Dec. 21, 4 p.m., 23rd Ave & Pike St. An officer was on a traffic stop when a 62-year-old transient black male approached him, complaining he had just been assaulted. The attack had occurred just a few minutes prior — a tall black male had struck the victim in the back with a metal pipe. The suspect could not be located, and the victim was transported to Harborview Medical Center for medical attention.

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Friday, Dec. 28, 3:10 a.m., E. Pine St. A 36-year-old homeless white male called 911 and stated he wanted to go to Harborview. He said that he was very angry, and wanted to kill someone. Officers contacted the man — he was very intoxicated and refused to talk to the police. He was transported to Harborview without incident.

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Sunday, Jan. 6, 12:52 a.m., 2400 blk E. Cherry St. An officer on patrol noticed two transients, a 62-year-old black male and a 31-year-old black female, acting in what he thought was a suspicious manner. They appeared to be wandering aimlessly up and down the street. The officer observed them enter a market on Cherry, and then go and sit at a bus stop. After observing two buses go by and the subjects making no attempt to board, the officer approached them. He could see that they were consuming what he recognized to be Olde English 800 malt liquor in the economical 22 oz. can. As he approached, the subjects put down their beers. Officer requested that they hand them over, and also asked for ID. He then noticed that the male had a 4-1/2"-blade buck knife attached to his belt. The knife was handed over without incident, and the man was taken into custody for having a concealed weapon. His companion was given a warning for drinking in public; the man was booked into King County Jail.

Sunday, Jan. 6th, 12:56 a.m., 900 blk E. Seneca St. A 35-year-old transient black female called 911 to say that she wished to kill herself. Upon arrival of the officer, she stated that she was bi-polar, homeless, and had planned to commit suicide tonight by using a metal strip to cut herself, or by throwing herself under a bus. She was transported to Harborview for a mental evaluation. ■

Streetwatch is compiled from Seattle Police Department incident reports by Emma Quinn. Do you have your own story to tell? Call Real Change, (206)441-8143, and we'll get the scoop.

Feeding the World

Food banks look to provide culturally diverse meals

By Molly Rhodes

Sometimes, barriers to food are more than just how much you can afford to buy.

At food banks across Seattle and King County — where people can come pick up food for free from one time a year to two times a week — food providers are having to contend with an ever-increasing demand for foods that meet particular cultural needs and diets.

"We give out a ton of rice," says Susie Kemp, the Executive Director of the Operational Emergency Center (OEC) in South Seattle, who estimates that 70 percent of the 1,200 people and families served on average a week are from the Pacific Rim. "That along with fresh vegetables, which they can't get enough of. And fish, which is difficult to come by."

The International District Food Bank, part of Asian Counseling and Referral Service, pegs its rice distribution at around 2.5 tons, or 5,000 pounds, a week. They even have a special Walk for Rice every year to raise enough money to meet the demand. Last time, they raised \$100,000, and hope to stretch it to feed an average of 9,000 to 10,000 families a month.

"People can take as much food as they want," says Edwin Tsai, the food bank assistant for the International District Food Bank, describing the scene when 25 boxes of fresh produce are brought in from Uwajimaya Asian market. "By the end of the day, it's all gone."

However, this trend is not true of all foods.

"They're very edgy about anything that says diet on it," says Kemp. "We get a lot of it in, but they won't touch it. And they shy away from canned vegetables. It's not that they don't like it. They're just not used to it in their countries."

Agrees Tsai, "Most of our clients don't speak English. They won't take

some goods because they don't know what's inside."

Or because they're used to certain foods having other applications in their home countries. Eastern European and Russian clients at OEC shy away from sweet corn, because they associate it with field corn that was used to feed only the pigs on their family farms. Asian families aren't fond of potatoes and cheese, because they're not part of typical Asian diets.

However, what might not work for one group of people could be great for another. As more and more eastern Europeans and Russians start coming to Asian-oriented food banks — usually in search of fresh produce — they also take the potatoes and dairy products, a big part of their diets. At the Emergency Feeding Program, packs designed to feed Asian or Latino families for a couple days are also a big hit with European and West African immigrants, says operations manager Nilsa Nicholson.

"I'm very proud of these packs," she adds, noting that they are distributed throughout Seattle and King County. "They're not only culturally sensitive but also nutritionally balanced."

A typical Asian pack includes, among other goods, juice, fruits, Chinese noodles, tuna fish, fish sauce, and rice. A Latino pack includes chili, diced tomatoes, powdered milk, pinto beans, red kidney beans, and taco shells.

While the Emergency Feeding Program aims to provide emergency food only once a year, it doesn't turn anyone away, feeding 2,000 people per month. There's even a Band Aid Pack for people living on the streets, designed to be easy to open and easy to consume without having a kitchen.

"We'll see anyone," said Nicholson. "You don't need an ID. You just need to be hungry." ■

CLASSICS CORNER



by Perfess'r Harris

We at Classics Corner feel that life would be much improved if we understood things a bit less and imagined them a little more. Take winter, for example, caused by the distance and the angle of the earth relative to the sun. We are pained by the absence of poetry in this arrangement. There is no drama, no mystery. Winter, for us, would not exist were it not for a pomegranate, a mother, a daughter, a funny uncle, and an inbred family of immortals, back in the day when Gods walked the earth.

The Persephone myth, in its essentials, is known to almost everyone. Persephone, daughter of Zeus, is playing with her friends in a field of flowers when she is taken "all unwilling" by Hades, King of the Underworld and brother to Zeus, to be his child bride. Her mother, Demeter, who is also

If it wouldn't be
too much trouble,
a little barley
water steeped
with pennyroyal.

Zeus' and Hades' sister, goes on strike and fertility ceases throughout the world. A compromise is struck and Hades relents, but only after having young Persephone eat a single pomegranate seed. Henceforth, for a third of each year, Persephone must return to Hades to preside as Queen of the Underworld while Demeter mopes and the world goes gray.

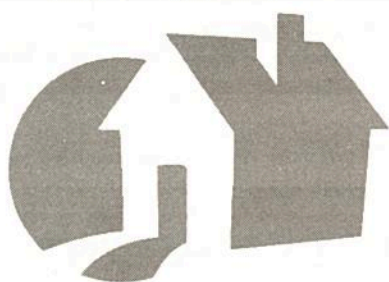
All of this and more will be found in the 2,700 year old *Hymn to Demeter*, a 495-line poem that is wrongly attributed to Homer. Demeter, in her well-established role as fertility goddess, was perhaps the most widely worshipped deity in ancient Greece. Before she became Demeter, the Egyptians knew her as Isis, and there is some reason to believe that she was last seen as the Virgin Mary.

After Persephone disappears, all-seeing Helios reveals that Hades and Zeus conspired in the kidnapping, and Demeter abandons the Olympians in disgust. She walks the earth as an elderly woman and arrives in Eleusis, where King Celeos and Queen Metaneira provide hospitality. Our favorite line comes when the King and Queen offer honeyed wine, and Demeter refuses, asking, if it wouldn't be too much trouble, for a little barley water steeped with pennyroyal. The Queen happens to have some on hand.

Demeter is employed as a nanny, but has a few odd child-rearing practices. For example, she buries their son Demophoön in hot coals every night. When Metaneira stumbles upon the roasting boy she kind of freaks, at which point Demeter drops her humble servant routine and demands to be worshipped by the stupid humans as the God she is. The people wisely comply, and their town becomes home to Demeter.

But the Goddess is still unhappy. Despite the nice new temple and all the trembling worshippers, all she can do is sulk. She stops doing her job. "Oxen in vain dragged the bent plows through the fields, and white barley was scattered without avail on the ground. By terrible famine she would have destroyed the whole race of men."

Happily, the Gods work things out. We get cycles of life and death, Demeter gets her daughter for most of the year, and Hades gets laid every winter. This is what is known as a win/win scenario. Poetry brings good things to life. ■



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Mid-Winter Notables

Thursday, 1/24

Pierce County Diversity **Job Fair Extravaganza**. 10 a.m. - 2 p.m. at Bates Technical College, 1101 S. Yakima Ave., Tacoma; info Hank Rivera 425-652-9250 or nrcinfo@aol.com.

Women in Black are sponsoring a Peace Vigil and leafleting to **stop the war on Afghanistan**, this and subsequent Thursdays, 5 - 6 p.m., at Westlake Park arch at 4th and Pine; info 206-208-9715.

Dr. Vanessa Northington Gamble of the Association of American Medical Colleges will speak on the **history of African Americans and western medicine**. 7 p.m., in Kane Hall, Room 130, University of Washington. Free tickets available at any UW Bookstore. Info 206-634-3400.

Saturday 1/26

UW Harry Bridges Center for Labor Studies presents "Beyond the Boycott: **Worker-Consumer Alliance Conference**." Participants include Dana Frank, author of *Buy American*, Jeffrey Ballinger of Press for Change, Deborah James of Global Exchange, and Daisy Pitkin of the Campaign for Labor Rights. Free,

8:30 a.m. - 9 p.m., with breaks for meals, at Mary Gates Hall, Room 241, University of Washington; info 206-543-7946.

Congressman Jim McDermott holds a hearing on the American First Act, legislation to **extend assistance to those who lost their jobs** in the slumping economy. 10 - 11:30 a.m., at Carpenter's Hall, 209 Vine St., Seattle; info 206-553-7170.

Lance Selfa of the International Socialist Organization talks on "**Rebellion, Revolution, Reorganization**: the role of a Revolutionary Party." Open discussion follows. 2 p.m., at Seattle Central Community College, 1701 Broadway, Room 3201; info 206-292-8809.

Sunday 1/27

Northwest Labor and Employment Law Office (LELO) monthly radio program, "**Speaking for Ourselves, To Each Other**," with host Bev Sims, this and subsequent 4th Sundays, 8:30 a.m., on KEXP Radio, 90.3 FM.

The James Connolly Unit of the Irish Northern Aid Committee presents a theatrical remembrance of the **30th anniversary of Bloody Sunday** in Ireland. 3 - 5

p.m., at the Ethnic Culture Center Theater, 3931 Brooklyn NE, University District, suggested donation \$5.00 to benefit the Bloody Sunday Justice Campaign; info 206-329-5514.

Peace activist Bill Moyer talks on "**Doing Democracy: Strategies for the New Peace Movement**," with Mary Lou Finley as moderator. 1 p.m., at University Friends Meeting, 4001 9th Ave NE, Seattle; info Mary Lou Finley 206-322-6789.

Monday 1/28

Community Dinner and Forum on **Race**, with Frank H. Wu, author of *Yellow: Race in America Beyond Black and White*. 6 - 9 p.m., at Asian Resource Center, 1025 S. King, in International District. \$5-\$10, includes buffet dinner (sliding scale, no one turned away). Please RSVP to Monika Wleklinski before Jan 25 monikawul@attbi.com; info Charlene Mano 206-623-4124.

Peace Action of Washington's Peace Café presents a celebrity guest barrista. Join them for **espresso, pastries, and politics**, this and subsequent last Mondays, 7:30 - 9 p.m., at the Peace Café, 5828 Roosevelt NE.; 206-529-8081.

Paul Gilroy, professor of Sociology and African American Studies at Yale University, speaks on "**Anti-Racist Hope or Resignation to Race**," part of the speaker series Human Agency in a Globalizing World; info 206-616-1190 or tayloruw@u.washington.edu.

Radical Women public study group on **women, war, and resistance**. Discussion articles from *The Women & War Reader*. 7 - 8:30 p.m., this and subsequent Mondays (except Feb 18), at the University of Washington, Ethnic Cultural Center, Native American Room, 3931 Brooklyn Ave. NE; info 206-722-6057 or 206-524-9353 or crw@u.washington.edu.

Wednesday 1/30

Episcopal Peace Fellowship meeting,

a community of Christians working for **peace, justice, reconciliation, and nonviolence**. This and subsequent 5th Wednesdays, 7 p.m., at St. Mark's Cathedral, 1245 10th Ave E; info Thomas Walker 425-641-9247.

Thursday 1/31

Housing Advocacy Day, in Olympia, WA; info Kate Speltz of SKCCH advocacy kates@lihi.org. For alerts on housing issues, contact the Low Income Housing Network at alerts@wlihn.org.

Saturday 2/2

Regular meeting of the Interfaith Network of Concern for the People of Iraq, with major focus on joining others nationwide in **challenging the U.S. embargo against Iran**, 4 p.m., this and subsequent 1st Saturdays, at the Keystone Congregational Church, 5019 Keystone Place N.; info co-chairs Dick Blakney 206-522-4934 or Kathleen Williamson joka@worldnet.att.net.

Monday 2/4

Jubilee 2000 NW Coalition meeting, working for **debt relief for world's poorest nations**, this and subsequent 1st Mondays, 5:30 p.m., at St. Mark's Cathedral, 1245 10th Ave. E.; info Betsy Bell 206-933-1889 or Mary Margaret Pruitt 206-382-3785.

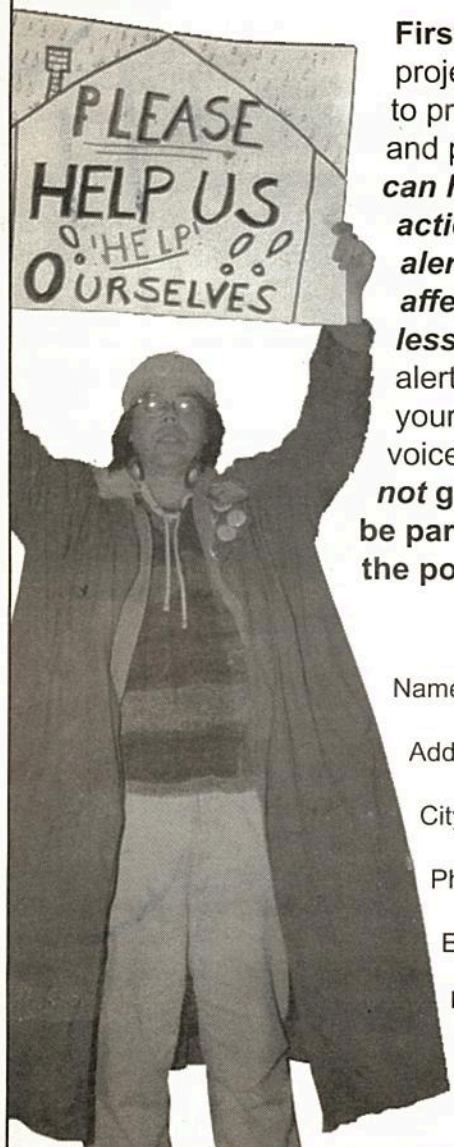
Thursday 2/7

General **Radical Women** meeting. Learn more about their current activities and campaigns, 7:30 p.m. Dinner, with vegetarian option at 6:30 p.m., for a \$6.50 donation. New Freeway Hall, 5018 Rainier Ave. S., Seattle; info 206-722-6057 or 206-722-2453.

Ongoing

Free reading, writing, math, and ESL classes for adults at the People's Learning Center. Classes meet in the Central District. Call 206-325-8308 for more information. ■

Do Something!



First things First is the organizing project of *Real Change* that works to preserve low-income housing and put a roof over every bed. **You can help by pledging to take action when First things First alerts you to critical decisions affecting the poor and homeless.** When you join our action alert list we will contact you by your preferred method when your voice needs to be heard. **You will not get a lot of junk mail. You will be part of creating real change for the poor and homeless.**

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What's New in Computer Corner?

The Mac Workshop Coordinator!

Questions, comments, complaints, and kudos concerning the Mac Workshop can go to the new

Coordinator, **Lily North**.

Still keep your eyes peeled right here for computer lab updates!

This issue, *Real Change* would like to thank all the businesses and individuals that have donated to the Mac Workshop, including:

Adobe Systems Inc. and Gifts In Kind International

If you have any questions about the computer lab or how to make donations, call *Real Change* at 206-441-3247 and ask for Lily

citizens participation project



ACT NOW!

Get Involved in Holding Seattle Police Accountable

Issue: The Seattle City Council is seeking qualified citizen candidates for the Seattle Police Department's Office of Professional Accountability Review Board.

Background: The OPA Review Board, legislated in December 1999, will be composed of three citizens. The OPA Review Board is a key part of Seattle's system for police accountability, which also includes the Police Department's Office of Professional Accountability (OPA) and the OPA Auditor.

The OPA receives citizen complaints of officer misconduct, conducts investigations, and makes recommendations to the Chief of Police on the disposition of complaints. The OPA Auditor audits all complaints to the OPA and all OPA investigations, and makes public reports on the audits to the mayor and the city council.

The role of the OPA Review Board is to review independently the OPA's handling of citizen complaints of officer misconduct. OPA Review Board members will be appointed by the City Council. The OPA Review Board will:

- review completed OPA investigations, including redacted files of unsustained complaints
- review the OPA Auditor's reports
- report to the Council on issues, problems, and trends in citizen complaints and in the resolution of the complaints by the Police Department
- review the implementation of the OPA, including planned improvements in processes for receiving complaints and community outreach.
- advise the city council on policies and procedures to improve complaint handling, ensure police accountability, and prevent officer misconduct.

The OPA Review Board may also conduct its own community outreach.

Members of the OPA Review Board will serve two-year terms, and may be re-appointed. At least one Review Board member will be a member of the State Bar Association, at least one will have five years or more of law enforcement experience, and at least one will have significant experience in community organizing and outreach. Members must have a reputation for integrity and professionalism, the ability to protect confidential information, and a commitment to enhancing citizen oversight of police conduct. Members must be citizens of Seattle, be at least 21 years of age, and not have been convicted of a felony. Other eligibility requirements are contained in the Seattle Municipal Code. Nominees for membership will be subject to background checks by the Police Department.

Councilmember Jim Compton, chair of the Public Safety Committee, considers implementation of the OPA Review Board a major step toward improving relations between police officers and citizens, and helping officers avoid charges of misconduct due to lack of clarity about expectations. The role of the Review Board will be to help the council and the city ensure fairness and accountability for officers and citizen complainants alike.

Action: The deadline for applying to the OPA Review Board is February 5, 2002, at 5 p.m. To be considered, please send a letter of interest and resume to:

Seattle City Councilmember Jim Compton
Attn: Irene Namkung/OPARB
600 Fourth Avenue, 11th Floor
Seattle, WA 98104-1876

The City of Seattle is committed to promoting diversity on the City's Boards and Commissions. Women, persons with disabilities, sexual minorities, and persons of color are encouraged to apply. ■

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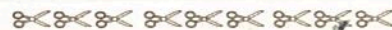
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