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ACCEPTING MEDICAL COUPONS FOR HER WORK, SPEAKING FLUENT SPANISH, AND HAVING A FIRST-HAND EXPERIENCE OF LIFE'S HARD KNOCKS HELPS DR. MARIA ORDOÑEZ SERVE HER DOWNTOWN SEATTLE PATIENTS. PHOTO BY ANDREA LEE.

Reason to Smile

Latina dentist bridges health care gap

By DIAN MCCLURG
Contributing Writer

Larry Johnson loves going to the dentist.

As one of about 3.1 million people in Washington with little or no dental insurance, Johnson feels lucky to see a dentist at all. But that's not the only reason the 44-year-old Seattle resident enjoys his now-regular oral-care visits. About six months ago, Johnson met Dr. Maria Ordoñez.

Ordoñez owns a two-chair dental office on the seventh floor of the Medical Dental Building in downtown Seattle, where she sees about 1,000 regular patients. She's been there since 2003 and just this year took over the business when her partner retired.

"Dr. Ordoñez is affordable," says Johnson, who lives on unemployment benefits. "I like her office because you can make payment plans. She works with you. And when I called her office, they got me right in."

Ordoñez accepts medical coupons and Medicaid, she has openings for new patients and emergencies, she is willing to arrange payment options for uninsured patients, and she speaks

Spanish fluently. These are all rare traits for a dental office today — as anyone who's done some searching will know.

Only about 50 percent of private practicing dentists in Washington accept Medicaid, according to the Washington State Dental Association. And while the Seattle-King County Dental Society has a referral database of 1,200 dentists in the King County area, only 144 of those offices are staffed by people who speak Spanish. The database does not specify whether the people speaking Spanish in those offices are just the staff or whether the dentist is also fluent.

For Ordoñez and her small staff, including one receptionist and her 23-year-old daughter, Diana Cortes, who works as dental assistant, this is the only way to operate: friendly, affordable and professional dental care offered with dignity and trust.

"Sometimes people think that because they don't have insurance, they don't have access," Ordoñez says. "Money is important, sure. People go to work to make money. But sometimes that's not what's important. I always trust people. I love to make them feel good and feel they have value."

See SMILE, Continued on Page 12

Broadcasting the Backlash

Media profits from humiliating women, says critic Jennifer Pozner

BY CYDNEY GILLIS
Staff Writer

After Hurricane Katrina, it didn't take people long to see the racial bias in the coverage of New Orleans and its flood. The captions of two photos shown side by side on the Internet told the story:

A Black man in one photo "looted" the food he had. A white couple in the other photo "found" their groceries.

If only it were that easy to show the bias against women in the media, which is relentless and damaging. On reality TV shows such as *Extreme Makeover* and *The Swan*, for instance, women are physically examined for flaws and surgically rebuilt to meet an image of "perfection" — white, waifish clones of Britney Spears.

In the second season of the talent show *American Idol*, says New York media analyst Jennifer Pozner, the judging of two Black vocalists tells the story. No one said a word about the heft of the winning vocalist, Ruben Studdard. But judge Simon Cowell told vocalist Kimberley Locke that she sang better after she got rid of her kinky hair.

"You sing better with straight hair?" Pozner asks incredulously. "How does hair affect vocal tone?"

Pozner, 31, is founder of Brooklyn-based Women in Media & News, a three-year-old organization that works to fight bias — a subject she will talk about Oct. 19 at Seattle Central Community College in a presentation on reality TV. The talk is part of "Love Your Body Week," a series of feminist events, Oct. 17-21, that will close with an appearance by Sarah Weddington, the attorney who won abortion rights in the 1973 Supreme Court case *Roe v. Wade*.

The events were organized by a Seattle Central student affiliate of the National Organization for Women called EMPOWER (Empowerment Means Political Organizing for Women).

See WOMEN, Continued on Page 12

MASTER SCAN

While the network channels frustrate, community cable awaits.

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Citizens' panels convene across the U.S. to check up on health care spending.

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A positive economic outlook for 2006 means some city programs are in the pink.

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Paul Allen's personal yacht collection proves the country is in treacherous waters.

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ALL IN GOOD TIME

Television producer John de Graaf wants us to take a vacation from the 40-hour work week.

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Independent Access to Media — Now More Than Ever

Preserve SCAN TV, the one cable channel for the people

By ANN SUTER
Guest Writer

Like the forests and clean air and water, the people's channel is something you must protect and preserve. You may never be a producer or even a viewer. You may disagree with the content. But it is the only place in town where you can walk in and get access to air time without buying it

Six large media conglomerates control what you see on broadcast and cable TV. Their program choices are targeted to sell products and services and make money for their companies. It is all about profit, not content choice. It's about controlled speech, not freedom of speech.

The broadcast system uses the airwaves that belong to all of us. Yet large profitable companies control content. The cable program system, that was spawned to bring quality broadcast signals to small towns, was developed under federal legislation which guaranteed channels for the public, education, and government, collectively known as PEG access.

As we stand on the brink of new technology enhancements, it is increasingly important to ask ourselves whether the current companies limit what we see, what we hear, and who gets to put their spin on it on broadcast and cable channels. And the answer is, of course they do!

Believe it: when a decision maker is choosing programs for target demographic markets, their qualification is the bottom line. When the local news team is putting together the nightly news, they lead with stories designed to get your attention — and frankly, what gets people's attention is blood, gore, angst, conflict, and sex. Leading with a story comparing the costs for a bridge versus a tunnel does not bring a lot of eyes to the screen and does not make money for the company. And public-affairs programming largely vanished years ago.

SCAN Community Media (cable channel 77 on Comcast and 29 on Mil-

lenium) is a cable channel that doesn't sell advertising time. In fact, it doesn't permit programs to "sell" directly or indirectly. While this prohibition was created to protect the cable companies or broadcasters' use of these networks to make a buck, today it means that potential commercial income has no effect on what content is chosen to air on the people's channel.

In fact, the content is not "chosen" at all. It is provided from your neighbors, your colleagues, and your friends. The local video producers and program originators have the opportunity to use this one channel — among the 99 commercial channels available to subscribers of the extended basic cable service — to bring you content of their choice. And every resident in King County has the same opportunity. It is the people's television channel; nothing else exists like it in this area. NOTHING ELSE. As the City of Seattle negotiates a new cable franchise, you, the public, must speak up for this precious resource. It exists only when government demands it on your behalf. When you lose this resource, it will be gone forever. The current franchise, which expires in January, had a term of 10 years, and the new one may be even longer. The city's Office of Cable Communications may release a draft of the franchise agreement within weeks.

Like the forests and clean air and water, the people's channel is something you must protect and preserve. You may never be a producer or even a viewer. You may disagree with the content.

But it is the only place in town where you can walk in and get access to air time without buying it. It is the only media channel that provides unfettered opportunity to state your ideas and to provide your views. It is

yours; but without your support, it will not last!

If Seattle loses these resources, it really means the community didn't use its voices to preserve and protect speech from purely commercial interests. If you care about the future, now is the time to write or call.

To sign a petition of support, go to the SCAN website, www.scantv.org/outreach.htm. Better yet, write a letter to Mayor Greg Nickels (online at www.seattle.gov/mayor/citizen_response.htm) and explain why public access is important to you. Let your elected officials know that you think it is crucial to have an independent channel of the people and help us preserve SCAN Community Media. ■

[Resource]

SCAN is hosting two forums in October on the city's cable franchise renewal and what it means for public access. This is your opportunity to hear how the cable franchise process works and what it may mean for SCAN and the viewing community. Wed., Oct. 12, at 7:30 p.m. in the SCAN Classroom, or Sat., Oct. 16, in the SCAN Studio. RSVP at (206)522-4758 ext. 103

Ann Suter is Executive Director of SCAN Community Media, the citizens' media communication center providing channels for diverse expression and community development through access to non-commercial television, other media, and training. She can be reached at anns@scantv.org or (206)522-4758

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Mission Statement:

Real Change exists to create opportunity and a voice for low-income people while taking action to end homelessness and poverty.

The Real Change Homeless Empowerment Project is a 501(c)(3) non-profit organization. Programs include the Real Change newspaper, 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.

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Change Agent

Shelley Cooper-Ashford is troubled by how Seattle's health care disparities fall along racial lines.

For instance, she says, a disproportionate number of African Americans suffer from diseases related to tobacco use. And in the African American community, Cooper-Ashford has found that a significant number of people don't visit doctors regularly.

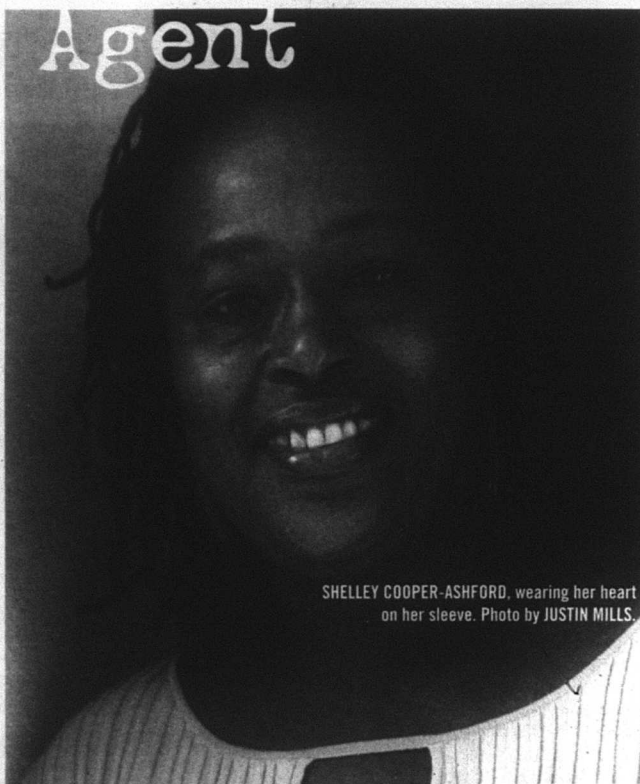
Immigrants and refugees have a hard time linking with social services, she says, and they need help becoming naturalized citizens so they qualify for adequate health care.

Organizations such as Seattle's Center for Multicultural Health help with these and other issues of inequality in health care. And Cooper-Ashford has found her niche as executive director of the center, where she's been for 12 years.

Cooper-Ashford comes from a family of small business owners, but she says that as a Black woman she is keenly aware of the inequities in society.

"My father always made us kids aware that we had a lot, and we had a responsibility to help others," she says. "Basically I'm just sort of giving back."

—Dian McClurg



SHELLEY COOPER-ASHFORD, wearing her heart on her sleeve. Photo by JUSTIN MILLS.

An "Insidious Cycle"

Citizens' panel gathers testimony on health care spending

[Speak Up]

Seattle is one of 14 cities where the Citizens Health Care Working Group will convene for public input on the state of the nation's health system. The meeting, has not yet been scheduled. Find out more at www.citizenshealthcare.gov.

By JOANNE ZUHL
Street Roots • Portland

Federal, state, and academic luminaries filled Portland's City Hall Sept. 23 to give their diagnosis on the nation's health care system. The occasion was the Citizen's Health Care Working Group, a federal panel created by Sens. Ron Wyden (D-OR) and Orrin Hatch (R-UT) to determine where the nation's \$1.7 trillion in annual health care costs actually goes.

Speakers included Wyden and former governor John Kitzhaber, who gave a rousing speech about the trials and tribulations of the Oregon Health Plan. But perhaps the person whose presence resonated loudest in City Hall was Douglas Schmidt, who died in 2003 after suffering a massive, debilitating seizure. His seizure, hundreds of thousands of dollars in medical care, and subsequent death came after the state stopped paying for the anti-seizure medicine for his epilepsy — medicine that cost \$13 a day. He died, it was said, of fiscal expediency.

How money flows in and out of the public health care system, and through the lives of people like Douglas Schmidt, is what the working group hopes to answer.

"There's nobody else in the world that's spending as much as we do in health care," said Sen. Wyden in his testimony. "How can it be that with all these wonderful doctors, our nation ranks 29th in the world in terms of health expectancy? We don't have health care, what we have is sick care."

The working group is seeking answers to several questions: What health care benefits and services should be provided? How do Americans want health care delivered? How should insurance be financed? What trade-offs would the public make in either benefits or financing to ensure access to affordable, high-quality health care?

This was the latest in a series of meetings by the working group that included events in Boston, Houston, Texas, Salt Lake City, and Jackson, Miss. Testimony the group receives will be presented to the president and Congress. And while most reports would end there, the statute creating this group requires congressional action through hearings before no less than five congressional committees — including the House Ways and Means Committee.

"We can't hold a gun to their heads, but we can put the fire to their feet," said Working Group member Frank Baumeister, Jr., a private physician and clinical professor at Oregon Health Sciences University.

Working Group vice-chair Catherine McLaughlin said Oregon was the ideal place to learn about public health care. She cited the creation of the Oregon Health Plan a decade ago. But OHP Standard, for uninsured people in extreme poverty, was virtually dismantled in 2004, dropping approximately 60,000 people from its rolls. Kitzhaber, who was among the political leaders who helped create the plan, talked about its rise and fall and the looming health care crisis across the nation.

"At a time when Washington, D.C., is obsessed with Social Security, the real problem is with Medicare and Medicaid," Kitzhaber said. Where Social Security faces a \$5 trillion deficit, he said, Medicaid is looking at \$60 trillion in unfunded liability in the coming years.

In his testimony before the panel, Kitzhaber spoke emphatically about his time in the state legislature, during which the state tried to ration costs by categorically removing thousands of people from public health care access and then parceling out funding to limited numbers of people.

Those cuts dropped epilepsy medicine for Douglas Schmidt, who as a result needed hospital care that cost more than \$7,000 a day. This is the single major structural flaw in the nation's health care system, according to Kitzhaber: it's built around categorical eligibility, not universal coverage.

Just Heard ...

Piqued at Parks

It seems the citizen plan for Occidental Park isn't the only one Mayor Nickels has junked. Neighbors around Woodland Park Zoo are also hopping mad the mayor overturned their plan for where to put a zoo parking garage.

At Occidental, a group called People Of Pioneer Square (www.ohnoyoudont.net) is fighting a legal battle with the city to save 17 trees the city plans to cut down. The city also plans to replace the park's benches, cobblestones, and pergola with movable chairs, pavers, and an information booth — a plan quite different than the one residents and workers had developed.

Now it turns out that the city hasn't disclosed its final plan. On Sept. 22, in testimony before the city Hearing Examiner, a witness revealed that the city has never turned over its final engineering drawings for renovating the park.

The city's attorney and the head of the Planning Department refused to provide the plans, which Jim Klausner, the attorney for POPS, is seeking copies of through a public disclosure request. While the legal battle continues, the fate of the trees remains up in the air.

Port pains

A funny thing happened on the way to this week's TV debut of the locally made documentary *Fishermen's Terminal*. The Port of Seattle complained to KCTS Channel 9 about its content and got an extra half-hour to respond to the film after it's shown.

Never mind that Seattle filmmaker B.J. Bullert already gave Port officials plenty of camera time in the film to explain a change at the Ballard terminal. In 2002, the Port decided to let pleasure boats moor at the facility, which is one of the last working fishing wharves on the West Coast.

Port spokesman David Schaefer says the issue is dead and calls the Bullert's film a "hatchet job" — in large part for its point of view, which is grounded in the fact that *Fishermen's Terminal* is responsible for 5,000 jobs compared with 87 at the Port's recreational marinas.

KCTS will air the show and the port's response Thursday (6 p.m.), Sunday (1 p.m.) and Monday (3 a.m.).

—Cydney Gillis

Short Minute

The Minutemen had set out to help the U.S. Border Patrol guard a 25-mile stretch of the western Washington border with Canada on Oct. 1 ("Up to the Minutemen," Sept. 28). But so far, the vigilantes' talk has outpaced their deeds. The 60-some people needed to man six border crossings failed to show; instead, it was just state leader Tom Williams and his dog, reports the Vancouver newspaper *The Province*.

—Adam Hyla

More cash means that city officials won't have to make some tough calls

By ADAM HYLIA
Editor

City Hall's balance sheet is well into the black these days.

Seattle Mayor Greg Nickels opened the season's deliberations over the 2006 city budget on Sept. 28. Next year, sales and property tax revenue will cause the city's General Fund, which pays for most day-to-day operations, to swell by \$14 million more than forecast a year ago. Business and real-estate excise tax money will bring capital spending up too. That brings a combined total of \$29 million more tax money for the city in 2006.

More cash means that city officials won't have to make some tough calls. The mayor's budget proposal, which the City Council will amend and ratify by Thanksgiving, includes several measures to please firefighters, who had requested the city put four-person emergency crews at three stations. The budget would also pay for 25 additional police officers.

Twenty-eight acres of open space in West Seattle will not be sold; the city had planned to use the proceeds to support three local non-profit organizations. Now, Nickels says in a 14-page report of budget highlights, the city won't have to sacrifice one for the other. The Soundway property, so called because it was once slated for a freeway project connecting Highway 99 with Vashon Island, provides urban deciduous forest near the Duwamish industrial corridor.

There's a more modest expansion of direct services for people in need. Spending for health and human services gets a net increase of \$1.7 million in Nickels' budget, but most new funding is going to plug the widening hole created by less money from the federal government.

The Office of Housing commits an extra \$2.4 million to build affordable housing in the South Lake Union area, pursuant to an agreement with Vulcan NW over a property sale in the area. But there's no other substantial

Economic outlook helps city add funding

amplification of shelter or affordable-housing funds.

Prominent projects of the Department of Neighborhoods get nicked: the Neighborhood Matching Fund and the Small and Simple fund for neighborhood groups making local improvements are being cut by \$300,000.

And fiscal problems are ahead in 2007, according to a Department of Finance report. Federal money for urban infrastructure and human services will be diverted from citywide needs to the Rainier Valley Community Development Fund in an attempt to offset the impact of at-grade light rail in southeast Seattle. State law will slow the flow of local Business and Occupation taxes to the city. And high fuel prices spell uncertainty for the future of the economy.

Not only that, but Nickels has announced that a small-business exemption to the B&O tax will rise for businesses with \$50,000 or less in gross receipts to those with \$75,000 or less.

It's the first time the exemption has been lifted since 1994, according to the Department of Finance.

At a sparsely attended town hall meeting on the budget last week with Finance Department director Dwight Dively, citizens called for more arborists and gardeners in municipal parks and a renewed commitment to public safety. Some cheered the addition of police officers, but questioned where they might be deployed. Speaker Valerie Rose noted the city's vacancy at the head of its Disaster Assistance and Readiness Team, questioning the city's track record in preparing residents for a Katrina-scale crisis.

The meeting was attended by city councilmembers Tom Rasmussen, Richard Conlin, David Della, Richard McIver, and Peter Steinbrueck — five of the nine councilmembers who will amend and ratify the budget by Thanksgiving. ■

[Resource]

Find out about the 2006 city budget:
www.seattle.gov/financedepartment.

Short Takes

Peace: The Wheels

Those who stand for peace and justice have just been given a new tool in their fight against the warmongers of the world: a remodeled van called the Peace Mobile.

Unveiled on Oct. 1, the Peace Mobile is a 1991 white Chevy van that, thanks to a makeover, now comes equipped with a changeable billboard and fully functional bullhorn. Longtime peace activist and Spanish Civil War vet Abe Osheroff believes the van will be a motivating force in the local peace movement's future. "This will become a fixture of Seattle life," claims Osheroff.

The nonagenarian activists says the idea for the Peace Mobile got its genesis when he began to comprehend that his mobility was decreasing. Still wanting to interact with people, he sought a tool that would allow him to keep on moving. Once he hit upon the notion of using a remodeled vehicle for the purpose, he realized the van had greater potential: it could become a tool to help

any peace-loving individual throughout the area. Losing contact with the peace movement is a future to which Osheroff says he isn't ready to succumb. "I drool at the thought of sitting next to a driver and using the sound equipment," Osheroff says.

Organizations that display a commitment to nonviolent principles may apply for use of the Peace Mobile. Approval requires a pledge the vehicle will only be involved in raising awareness of issues relating to peace and justice. Rental fees, which help to defray upkeep, along with investing in future improvements such as a rear projection screen, will be decided on a case-by-case basis. Applications and information can be found online: www.peacemobile.info.

Thus far, the Peace Mobile is planning to hit the road later this month to attend a rally about militarism in schools. The notion excites Osheroff. "Yes," he says, "we're up and running."

— Rosette Royale



ABE OSHEROFF, SEATED, AND CREWMEMBERS OF THE PEACE MOBILE AT VICTOR STEINBRUECK PARK OCT. 1. PHOTO BY ELLIOT STOLLER.

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Visualize Enough

Paul Allen's other yacht is a reminder of who gets helped in the U.S.

We're told we don't have enough resources. Yet in the richest country in human history, we make it a point at every turn to help those of vast wealth accumulate more and more.

By Paul Rogat Loeb
Advisory Board

In the wake of the New Orleans disaster, I thought of an article I read about Paul Allen's other yacht. The 300-foot *Tatoosh* carries a 30-person crew, two helicopters, a swimming pool, a spa, a private movie theater, six other surface boats, and a submarine.

Reading about the *Tatoosh* and a third yacht just slightly smaller made me wonder about Allen's yacht of choice. Did it have two swimming pools? Four helicopters? Twelve other on-board boats? And what was Allen doing with two yachts, when he could only ride on one at a time?

Allen bought the *Tatoosh* in 2000, when it was America's second-largest. Three years later, he added the *Octopus* (aptly named for a Microsoft man), enabling him to leapfrog the founder of Victoria's Secret to own the largest yacht in the world. It's 413 feet long, with seven decks, a 60-person crew including several former Navy SEALs, seven other on-board boats, a basketball court, the obligatory movie theater and swimming pool (just one?), and two submarines, one of which can stay two weeks on the ocean floor. Allen also owns two personal Boeing 757s.

Maybe Allen's yacht collection comes as no surprise. But the Republicans are talking about permanently ending the estate tax in the new Congressional session. Our leaders are already lavishing more and more gifts on those who have more than they can ever use, even in the midst of crises from Iraq to New Orleans to the shifts in global warming that, by warming the ocean, turned a routine hurricane into a cataclysmic one. Allen's yachts remind me of our choices about what we value.

As former Congressman Ron Dellums once said, you can tell a nation's soul by the state of its budgets. Time and again we have the chance to house people, feed them, give them a decent chance in life. Or to invest in renewable technologies to head off future climate-related catastrophes. Or at least to rebuild critical infrastructure and restore dignified lives to the wounded and displaced. Each time, we're told we don't have enough resources. Yet in the richest country in human history, we make it a point at every turn to help those of vast wealth accumulate more and more.

We might remember Dwight Eisenhower's famed words: "Every gun that is made, every warship launched, every rocket fired, signifies in a final sense a theft from those who hunger and are not fed — those who are cold and not clothed." So is each massive, regressive tax break.

Permanently ending the estate tax will cost the public another trillion dollars over 10 years. But we were already making things far worse before that. The top 5 percent of Americans now get \$110 billion a year from Bush's tax cuts, with most going to the top 1 percent, during a reign that's cut child abuse prevention, community policing, AmeriCorps, low-income childcare, health care, housing, and even support for military families. Because payment of Social Security taxes is capped at \$90,000, and because capital gains taxes have been cut to a maximum of 15 percent, self-employed carpenters making \$30,000 a year already pay a higher percentage of their income than do Paul Allen and Microsoft co-founder Bill Gates.

We should debate where our government should spend its revenue. But we also need to discuss how to share the burden equitably. As Bill Gates, Sr. wrote in opposing the estate tax repeal: "Our society has facilitated wealth-building by creating order, protecting freedom... and investing in an educated work force. What's wrong with the most successful people putting one-quarter of their wealth back into the place that made their wealth and success possible?"

That's one key argument: Those who have the most benefit infinitely more from the institutions of our society than do those who have far less. The other argument is the concept of enough, where we question whether our most important social priority really is to do everything possible to enable a few to buy as many yachts as they please. We might remember that there are more important goals to support with common resources, and more important things to live for. ■

Paul Rogat Loeb is the author of *The Impossible Will Take a Little While: A Citizen's Guide to Hope in a Time of Fear, and of Soul of a Citizen: Living With Conviction in a Cynical Time*. See www.paulloeb.org. He's keynote speaker at "Hope & Inspiration: A Celebration of Real Change" on Thurs., Nov. 3. See page 7 for details.

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Time Bandits

40 hours is enough, says Seattle t.v. producer John de Graaf

By KIMBURLY ERVIN
Contributing Writer

Fair Labor Law standards were created so that 40 hours at minimum wage would be enough so people could have a basic, decent standard of living above poverty. That idea has been lost in this country.

For a man who is paid for only 25 hours of work, he sure is busy. John de Graaf is one of the founding organizers of a movement known as Take Back Your Time. Working to combat an American culture obsessed with the newest technology on the market and subsequent need to work more to get more, Take Back Your Time aims to remind people that it is time which is priceless.

A producer for KCTS, de Graaf started researching the field of time poverty and the disease of consumption for a PBS documentary known as *Affluenza*. Through the success of the film, he went on to write a book of the same name and another known as *Take Back Your Time*.

With a following in the thousands, the organization will be sponsoring their yearly Take Back Your Time Day on Oct. 24 to remind people to take a day off, chat with a friend, and maybe smell a rose or two.

Sitting down with *Real Change*, de Graaf spoke of why Americans need to reassess their priorities.

Real Change: What is Take Back Your Time Day?

John de Graaf: It's an annual event: a celebration of sorts based on the concept of the first Earth Day. The first Earth Day in 1970 was started to call public attention to the crisis of the environment and the need for Americans to do something, which had enormous impacts on legislation. We thought if Earth Day could help raise awareness about a problem in our society, then maybe a "Time Day" could raise awareness about work and time poverty that we see as an epidemic in the United States today.

We set the date as Oct. 24, the Friday nine weeks before the end of the year, originally because it symbolized the nine weeks more that Americans work each



year compared to western Europeans. Several months later, we found out that Oct. 24 is also the date in 1940 when the U.S. adopted the 40-hour work week.

RC: Is there a special theme for this year's day, perhaps, to reflect upon?

De Graaf: For this year we actually have two themes. One is the Four Different Windows of Time. This came through our partnership with the Massachusetts Council of Churches, which has been an active supporter of Take Back Your Time for two years. They came up with this idea to encourage people to pick four times, or windows, between Labor Day and Take Back Your Time Day to just chill out, not buy anything, hang out with family, and just relax — to think about calming down. Of course, we hope that people will think about doing that all year long.

RC: And the other?

De Graaf: Then there is the more political side. This year, the date falls on the

65th anniversary of the adoption of the 40-hour work week, so our theme is "40 Is Enough."

We're saying that, for high-paid salary workers who tend to be exempt from the time-and-a-half paid laws, they should be compensated for the work they do that exceeds 40 hours a week. Hourly workers ought to have the right to refuse work that goes over 40 hours per week and certainly, if they take it, they should be paid time and a half — not to make more money, but to deter the use of overtime by employers.

We also believe that we need living-wage laws so that nobody has to work more than 40 hours a week in order to keep themselves and their family above the poverty line. Fair Labor Law standards were created so that 40 hours at minimum wage would be enough so people could have a basic, decent standard of living above poverty. That idea has been lost in this country.

Biding his time: Seattle television producer John de Graaf wants people to take a time-out on Oct. 24. Photo by Justin Mills.

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Continued from Previous Page

If the minimum wage had just kept pace with inflation since the 1960s, it would be around \$8.50 per hour, at least. If it had kept up with CEOs' salary increases, it would be about \$25. If it had kept pace with our western European counterparts it would be about \$9 to \$10.

RC: What is the movement doing to encourage change in the workplace?

De Graaf: We have a six-point legislative campaign. Unfortunately, I'm not really at liberty to discuss the politicians we're talking with who are interested in joining the campaign, but we're starting to get big political interest.

Classes at universities around the country are starting to teach time issues using *Take Back Your Time* as a text. Currently, I'm teaching a course at Evergreen called "Haste Makes Waste: Time Consumerism and the Environment."

We're partnering with Beringer Wines, which is launching a new campaign next week called "Living 5 to 9." It's kind of a flip on the working 9 to 5, and it's meant to carve out time away from work. They hope that people spend a little of that time drinking wine, and if that's their thing, that's fine. There is also a potential partnership with Universal Studios, which has run some terrific TV ads criticizing the lack of vacation time. What surprises me is how many companies would benefit from partnering with the movement: the travel and tourist companies, hotel chains. But they haven't come up to the plate.

We're a country that seems to be working ourselves to death. The other day I was on a bus talking with the bus driver who was about to get off a 16-hour shift with only an hour and a half break.

He was telling me how he consistently hears about workers dying at 50, at 45.

RC: What are some of the health effects of working the hours we feel we have to, just to make ends meet?

De Graaf: The health impacts are major; doctors often tell us that stress and burn-out cost the economy \$300 billion a year, in various ways: absenteeism, costs in medical care, in loss of productivity. Plus, we have people at work when they're sick. This is something that every other country thinks we are nuts for doing. But it is not even an issue that gets talked about in the United States.

We have way too many people coming to work sick in this country because they don't get paid sick leave, or because they feel like they will look like a slacker. The result is that people stay sick longer. They tax the medical system more. They get other people sick, decreasing everybody's productivity.

RC: Who is responsible for demanding better benefits for workers? Is this an issue where the government really needs to step in?

De Graaf: Oh, I think we have to encourage it at all levels. There are businesses out there that will do the right thing when they see it's in their self-interest. Also, we need organization. One of the truly sad things has been the destruction of organized labor, so that we don't have a force that really represents the

working and low-income people within the companies. Back in 1960, 30 percent of workers were in unions. Today, 10 percent are. That makes a huge difference in terms of who shares in prosperity. Thirdly, we need legislation. We need political leadership.

RC: Europe guarantees paid vacation, paid sick leave, paid family leave, and they pay their employees living wages. Do they really have it all?

De Graaf: I don't want to set up Europe as a utopia, because it's not. There are a lot of the same arguments and differences and subtle fights about all these

things in Europe like there are here. But overall, I think that the Europeans have agreed to a social contract that understands that we are in this together. The U.S. still has an ideology of everybody get what you can, look out for number one, devil take the best—even though the frontier closed 100 years ago.

It goes against everything that our spiritual values have told us are important. Our religious values are very clear about our responsibility to justice and to the poor. If there is anything central to the Christian message, it is "Be my brother's keeper." Instead, we have people out there calling themselves religious evangelicals or fundamentalists who never say a word about what is happening with poverty in this country or what's happening with time in this country and its impact on families.

RC: It's easy to complain about working too much, but what about those who are struggling to find a job in a tough job market?

De Graaf: It may seem silly to talk about overwork and time pressure to people whose problem may be that they have too much time on their hands: the jobless or homeless. But unemployment, underemployment, and poverty are just the other side of the coin of overemployment, overwork, consuming, and what I call *affluenza*.

We now have by far the widest gap between the rich and poor out of any industrial country. We claim that we need these terrible pay gaps between CEOs and employees to be competitive, but the World Economic Forum, a collection of these big corporations, has determined that the most competitive economy in the world today is Finland, which is also the country with the smallest gap between rich and poor, the largest middle class, and the fewest people in poverty.

RC: So, *Take Back Your Time* Day is meant to simply refocus people on what's truly important?

De Graaf: It is. It is about understanding that we in this country have become way too focused on money at the expense of time, and that time is really fundamental to living decent lives. The real answer to this is decent jobs for people: sharing the existing work. Instead of having some people work 70 or 80 hours a week and other people having a hard time trying to find a job or being homeless, we need to spread that around. ■

[Resource]

Oct. 24 is *Take Back Your Time* Day. For more information on local events or the *Take Back Your Time* movement head to www.timeday.org

"It may seem silly to talk about overwork and time pressure to people whose problem may be that they have too much time on their hands: the jobless or homeless. But unemployment, underemployment, and poverty are just the other side of the coin of overemployment, overwork, consuming, and what I call *affluenza*."

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of the creatively
maladjusted.

— Martin Luther King

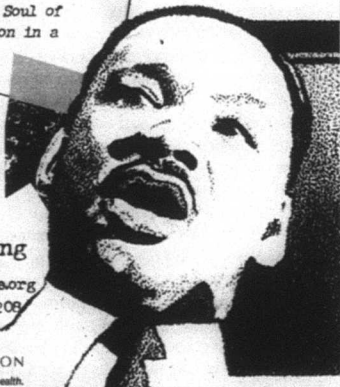
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Confessions of Harry the Hobo

Is it really all that strange to see me on the corner each day asking for change. A little too brown for your status quo, a little too dirty to sweep the dirt from your establishments floor. I'm only here because it's half past noon and I still don't have enough change for my early morning meal. I would go home but home is where the heart is.

Sir, ma'am, could someone please direct me to where the nearest public park is.

My only dream is to be clean and one day park my car next to where he parks his. The holes in my shoes sing the blues of how I get my two's and fews using the only tools I'm equipped to use seeing how I didn't graduate high school. My mouth piece. Sitting on my perch like a pigeon conspiring to apply at the next sign that says now hiring. Only person in line but the job's still taken. Well back to my park bench while that's still vacant. Damn shame I'm trapped in this shell game hoping that the next guy isn't that guy I just asked for change. Better luck next time, Better what next time. Next time I'll just say god bless you in hopes you see a man just like you.

Equality. Now that's real change.

—EDDIE SLEDGE

Destination: Nowhere

Created by three Australians, *Molvania* (a Jetlag Travel Guide) is a pitch-perfect parody of the excellent but relentlessly perky Lonely Planet Guides.

Molvania: A Land Untouched by Modern Dentistry
Written by Santo Cilaurio, Tom Gleisner, and Rob Sitch
Overlook Press: A Jetlag Travel Guide
Paperback, 176 pages, \$13.95

By JOHN SISCOE
Contributing Writer

Discouraged by hurricanes and what they have shown us? Sickened by the news from Iraq? Just plain tired of the to and fro of daily life? You need an escape, a reprieve, a vacation in an exotic land. Well, I have a suggestion for you.

The destination of choice is Molvania, a little-known and overlooked country in Eastern Europe. It is, among other things, the world's number-one producer of beetroot and the birthplace of the whooping cough. The population staggers about, half-nauseated by industrial fumes, while in the bleak countryside, bands of famished goats (and criminals) rove at will. The food is inedible, the folk dancing interminable, the local customs unspeak-

able, and civic discipline invisible. Here is a country with no past worth remembering, a present to be avoided, and a future, — perhaps it's best not to speculate about the future. In any case, a visit to Molvania will make your present woes seem paltry indeed.

I was all set to pack my bags until I realized that Molvania does not exist. However, the authoritative (and only) guidebook to Molvania does. Comprehensive, up to date, illustrated with alarming photographs and detailed maps, *Molvania, A Land Untouched by Modern Dentistry* contains all that you could ever stand to know about this preposterous yet oddly plausible country.

Created by three Australians, *Molvania* (a Jetlag Travel Guide) is a pitch-perfect parody of the excellent but relentlessly perky Lonely Planet Guides (or anything by Rick Steves): "Tourists tend to be a little wary of Western Molvania, perceiving it as little more than an arc of polluted factory towns full of high-rise tenement housing and even higher crime rates. They are, of course, right."

Every traveler's heart must warm to a country where the eternal flame at the Tomb of the Unknown Soldier burns only from Tuesday to Saturday, where the famous revolving restaurant (Gastrodizzi) can take up to six months to complete a rotation, and where municipal buses "run frequently and can be hailed by simply waving your hand or, during peak periods, a small handgun." Then there's the dining experience at the renowned Tzoyczec Restaurant, where "you can sit in the garden and order roast suckling pig or lamb. Of course you're unlikely to get it, as the place only does buttered rolls."

No, it's too tempting to go on quoting from this superb parody. Better that you check it out yourself. For me, I haven't laughed so hard since I lost my traveler's checks in Ljubjana and had to walk all the way back to Trieste. In the rain. This is a wonderful book. ■

John Siscoe is the owner of Globe Books in Seattle. He can be reached at johnsiscoe@zipcon.net.

Papa Was a Nazi Foe

Red Orchestra
Directed by Stephan Roloff
Opens Fri., Oct. 7, at the Grand Illusion Cinema
By LESTER GRAY
Arts Editor

Academics often remind us that history is written by the victors. *Red Orchestra*, a documentary, contradicts that view. It argues that despite losing World War II the fascists continued in later years to perpetuate the now-common misconception that the German people, excluding the Jews, of course, were nearly unified in their support of Hitler.

The resistance group Red Orchestra, so labeled by the Nazis, operated from 1932-1943. Working under unimaginable peril, the documentary informs us, this group of women and men comprised Germany's largest organized opposition to Hitler's regime. Once discovered, 100 members of the group were either executed or sent to concentration camps. The apparent objective of the film is to restore these unsung heroes to their rightful place in history and address the bizarre circumstances under which their true legacy was denied.

During the Third Reich, at least some members the Red Orchestra collaborated with the Soviet Union against Germany. Interviewed on camera, Helmut Roloff, one of the last surviving members of the group, says their goal was to "put an end to national socialism and the war." The German propaganda machine called them communists and traitors. The label stuck.

Mugshot of Helmut Roloff upon release from prison by the Nazi secret police in 1943.



Unintentionally, this story has dark comedic aspects reminiscent of Kurt Vonnegut's novel *Mother Night*, in which an American mole posing as a Nazi public relations officer finds himself in an irreversible identity crisis at the war's end. He is unable to convince anyone, at times even himself, of his true loyalties.

According to the documentary, the Red Orchestra retains their label as communist to this day by virtue of the same Nazi official who during the war helped convict them. With the fall of the Third Reich, he went to work for British intelligence. He continued to identify the group as enemies of the West, his direct familiarity with their history apparently giving him currency as a valued informer. As if this isn't misfortune enough, the Soviets helped to verify this incrimination.

Looking for heroes of the revolution, the USSR immortalized the Red Orchestra, citing their courage in helping the communists to defeat Germany. One member was even celebrated on a postal stamp.

The foundation of this saga depends on interviews with Roloff, Donald Heath, Jr., whose father worked as an American diplomat in Berlin in the late '30s, and other, sometimes poorly identified contributors, whose expertise is difficult to ascertain. The verisimilitude and compelling nature of the narrative notwithstanding, the degree of authenticity is hard to gauge.

The film is directed by Roloff's son, and we can assume this is to a certain extent a personal quest to correct history. The last remaining members of the resistance and their progeny want the Orchestra to be remembered as the group who defied Hitler: people facilitating and carrying out duties of espionage and counter-propaganda inside of Germany. They emphasize that they were a group diverse in gender, politics, and education — in other words, not a bunch of Commies.

Red Orchestra is a well-told if not totally arresting story. The dramatic reenactments of past events employ an effects technique that in itself merits attention, offering an option to the economized and challenged dramaturgies now so common to historical documentaries.

The idea that there was a collected opposition to the Third Reich — efforts by other than select individuals — is a critical concept. Given the ongoing analysis of this part of our history and its relevance, it certainly deserves revisiting. ■

Unintentionally, this story has dark comedic aspects reminiscent of Kurt Vonnegut's novel *Mother Night*, in which an American mole posing as a Nazi public relations officer finds himself in an irreversible identity crisis at the war's end.

Adventures
in Irony

Dr. Wes Browning

Harriet Miers has no other agenda EXCEPT THAT OF THE PRESIDENT. She doesn't have my agenda, she doesn't have your agenda, she doesn't have the nation's agenda, she has George's agenda.



A Pit Bull in Size 6 Shoes

Sometimes I just don't know what I'd do without George Bush.

This morning as I prepared to write this column I had no idea what I would write about. As usual I microwaved yesterday's leftover coffee to jumpstart my neurons while the new coffee was brewing. Then I sat down and checked my email, because I've come to believe that if ever the Apocalypse began overnight, someone would email me to let me know I missed it. Besides, I subscribe to a host of email news alert services. I call these "trumpets."

So today, a CNN trumpet, at 5:14 a.m., tells me that George W. Bush has picked Harriet E. Miers, current White House Counsel, to replace Sandra Day O'Connor on the Supreme Court. Thank you, George!

George referred to Miers as a "pit bull in size 6 shoes." I'm not going to dwell on her feet. I'm going to talk about the fact that she's never been a judge; she's the White House Counsel; she's been Bush's staff secretary; before that she was George Bush's personal lawyer. This raises two questions that have come up before, but that I have mostly avoided addressing until now: 1) How stupid does George Bush think we are? And: 2) He really is stupid, himself, isn't he?

OK, in the past there have been Supreme Court justices who were never judges. Miers was a clerk for a judge, so she could know as much about judging as, say, William Rehnquist did, before he became a Supreme Court justice. Oh boy, she could be another Rehnquist.

Does George Bush even understand that he isn't president of Bushland? The Supreme Court is a U.S. court for the people of the U.S. The people want their own judge, not George Bush's judge.

Please note that I'm not saying Harriet Miers can't be a great Supreme Court justice. How

should I know? All I or anyone else is going to have to go on, unless she screws up in the Senate, are these kinds of reassuring quotes from White House chief of staff Andrew Card: Harriet Miers is "one of the favorite people in the White House;" Harriet Miers, by being invited to join Bush at Camp David regularly, enjoys "a privilege that is not enjoyed by a lot of staff;" and Miers is "a quiet, highly respected force and someone who is seen as not having any agenda other than the president's."

Terrific. Let's firm that up. She's a George Bush pet. She has no other agenda EXCEPT THAT OF THE PRESIDENT. She doesn't have my agenda, she doesn't have your agenda, she doesn't have the nation's agenda, she has George's agenda. She's a quiet pit bull with tiny feet who will sneak up behind you in her size 6s and bite you in the butt and never let go — all for her love of George. Whoopy.

Wormtongue. She's been the lawyer whispering in George Bush's ear for longer than he's been president. Her most recent assignment was to advise George Bush in his selection of a replacement for Sandra Day O'Connor. Again, allow me to firm that up. My head is spinning, maybe it's the stale coffee. Her most recent job as White House counsel was, apparently, to advise George Bush on her own promotion to the Supreme Court. And he said yes, because she's a favorite!

Here's an interesting bit of history. Rehnquist's last job before being nominated for the Supreme Court was to help screen nominees for the Supreme Court. That seems to be good career direction for aspiring lawyers.

I like to call actions and ideas stupid. Not people. But I hear "Brownie, you're doing a heck of a job." How can that not represent stupidity incarnate?

Bush thinks the schools should teach Intelligent Design. I think the schools should teach the theory of Stupid Design: that a Creator as dumb as George Bush designed the world. It would explain everything. ■

office and they will help you to obtain child support. Typically, a judge will issue a support order setting out how much money each parent must contribute. You do not need an attorney to use this process, and often these hearings are conducted over the telephone. However, you should be ready to answer questions about your income and expenses.

Once DCS obtains a support order, it may take as little as a few months to obtain an order and start receiving support. The father would most likely need to live in Washington and work at a job, which could be sent a wage assignment notice. It will take longer if one parent lives outside Washington State.

Child support payments are sent to the Washington State Support Registry. Once the support is received, WSSR will then send the payments to you. If the parent stops paying, DCS will take action to collect support, including withholding wages or other types of income or filing a lien. DCS will also help locate out-of-state parents to collect outstanding child support.

DCS can help you establish paternity, set up a child support order, set up a system so that you can receive the payments, or get the order enforced. You can contact DCS at (206)341-7000, (800)526-8658, or www1.dshs.wa.gov/dcs/index.shtml. ■



Friday, Sept. 16, 11:02 p.m., Dexter Ave N. Officer was in the area of Dexter Ave. N. when he observed subject on foot, making contacts with pedestrians and motorists, typical of street prostitution. He also noticed that the subject appeared to be about 13 to 14 years old. He contacted subject, a transient white female aged 15, who admitted that she was attempting to engage in acts of prostitution. She stated an adult male had brought her to this area from Tacoma, and that she is working as a prostitute at the direction of this man. She also said that he receives all the cash she makes from her acts of prostitution, and that he is aware she is a juvenile. Officers located and detained the suspect, who was walking away from a motel on Dexter Ave. Subject positively identified suspect as the man she is working for. Suspect was arrested for Investigation of Promoting Prostitution, and booked into King County Jail. Subject provided officers with a written statement, and was transferred to Spruce Street Children's Facility.

Sunday, Sept. 18, 4 p.m., 6th & Seneca. On Sept. 18 at around 4 p.m., suspect confronted the victim, a transient white male aged 26, for sitting on the corner at Sixth and Seneca, begging for money. Suspect argued that victim was sitting on "his" corner. When victim refused to leave, suspect grabbed him and punched him several times around the head. He then grabbed the victim's wheeled duffle bag containing all his clothes, threw it into a nearby fountain, and then threw it over the guardrail onto the southbound off-ramp of I-5 below. An unknown vehicle hit the duffle bag, tearing it and knocking the wheels off. Angry about being assaulted and losing his belongings, victim attempted to run into a hotel. A dignitary motorcade was about to leave from the hotel, so the police escorted him from the premises and admonished him from returning. Angry with the police, he then found his way to freeway off-ramp to recover his bag. He was escorted to the side of the road and shielded from oncoming traffic by Washington State Patrol. Seattle Fire responded to the incident, and checked the victim for any serious injuries. He had a sore scalp from being punched, and had aggravated an old injury to his right wrist. Seattle Fire released him to his own doctor, but officers decided to take the victim to Harborview Medical Center for treatment to his injuries, for chronic intoxication and for a mental health review. Suspect is still at large. ■

Compiled from incident reports of the Seattle Police Department by Emma Quinn. Got your own experience to relate? Call us at (206)441-3247 ext. 207 and we'll get the scoop.



REAL-LIFE ANSWERS TO YOUR LEGAL HASSLES

The father of my newborn refuses to pay child support, even though he has a good job and can help out. What can I do to get him to pay?

According to King County prosecuting attorney Lori K. Smith, the father of your children is obligated to pay child support. However, state law has certain requirements that must be met before the father will be forced to pay.

Generally, when two unmarried parents have a baby at a hospital, they will both sign a statement called a paternity affidavit, which is an official document stating the name of the father of the child. If there is no paternity affidavit on file with the Department of Health and the man claims he is not the father, you can file a "parentage action" with the court to determine if he is the father.

In a parentage action, the court will decide whether a person is the father of a child, how much he should contribute to the support of the child, and what sort of visitation is appropriate.

If the father has signed a paternity affidavit, you can go to the Division of Child Support (DCS)

Answers are intended for general information only and are not intended to take the advice of your own attorney. Ask a lawyer is in partnership with the Access to Justice Institute, Seattle University School of Law and the King County Prosecuting Attorney's Office. Got a question? E-mail: atl@seattleu.edu.

HEALTH, Continued from Page 3

An aggravating factor is that poverty often causes poor health. "It's insidious and creates a cycle," said Kitzhaber, who told a troubling story of watching a baby die for lack of prenatal care. Higher costs in health care force public providers to cut people from access, creating more and more people in the gaps between eligibility.

"We're tenaciously clinging to a 40-year-old health care operating system, and we wonder why we can't manage 21st-century problems," Kitzhaber said.

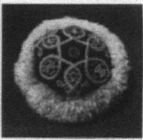
The nation's health care system also faces unprecedented obstacles ahead. Technology has enabled people to live longer, the cost of health care is skyrocketing, and by 2007, 50 million baby boomers will have retired, Sen. Wyden said. "All these forces are different than what we saw in the past 60 years."

Wyden suggested the panel look at ways that states could take more control over their health care funding systems if the federal government is incapable of providing adequate service. ■

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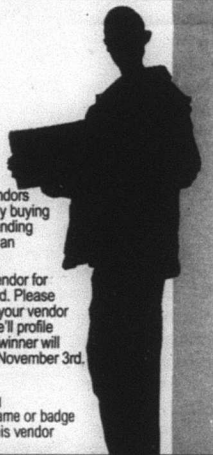
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Nominate your favorite Real Change vendor for our 1st annual Real Change Hero award. Please complete the form below to tell us why your vendor is a hero. Check back later because we'll profile some extra special vendors here. The winner will be honored at our annual breakfast on November 3rd.

Make your nomination:
www.realchangenews.org

Please be prepared with your vendor's name or badge number and a brief description of why this vendor is your hero.



How hard it is for those who have wealth to enter the Kingdom of God! Indeed it is easier for a camel to go through the eye of a needle than for someone who is rich to enter Kingdom of God.

— Luke 18:24-25

SO WE HAVE TO ASK, FOR THE SAKE OF THEIR SOULS: SHOULDN'T TAXES BE SUBSTANTIALLY RAISED FOR THOSE WHO ARE SHARING-IMPAIRED (I.E., THOSE WHO HAVE WEALTH)?



**Keystone
United Church
Of Christ**
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Seattle WA 98103
Worship Sunday 10:30

Letters

editor@realchangenews.org

No logo

Dear Real Change,

Thanks for the article "Roadmap to Freedom: Richard Grossman and Thomas Linzey are helping communities rebel against corporate rule" [Sept. 7]. We are fortunate to have folks like Richard Grossman and Thomas Linzey. Corporations are indeed empty logos, no soul, no heart, no mind — just fake citizens. A thing used by the wealthy few to rule the country.

So it's never "Boeing says" or "Weyerhaeuser says" or "Dow Chemical says" — it's some representative of the wealthy that does the saying. These folks must be pulled out from behind those empty logos. Take them on personally, because what they do affects us personally.

David Brennan
Seattle

Oxy moxie

Dear Real Change,

Concerning the removal of trees in Pioneer Square and potential damage to many more with the removal of cobblestone streets: I hope the city councilmembers take into consideration the factor of oxygen deprivation that occurs in inner cities. It goes without saying: trees should be protected at all costs and plans to plant more should be studied at every opportunity. Let's work at making cities more livable for people, not accommodating the soon-to-be extinct automobile.

Margot Brown
Duvall

Viaduct: a top-down plan

Dear Real Change,

It's time to rethink the entire transportation and waterfront financial package. I believe one mega-project could give satisfaction to all viewpoints if we consider doing the following at existing construction heights:

- Expand Victor Steinbrueck Park to the south to fill in at grade the

now open parking pit across from the Desimone Bridge in Pike Place Market. Wonderful views from here, more market parking below, more open space for all.

- Replace the Viaduct with a similar structure that has a monorail track above while creating an open-air boardwalk between the support columns. Result: a grand view, room for pedestrians and bicycles away from cars.

- Put car lanes on the next two levels down. Great views, expedient traffic mover, and the drive to Greenlake from Alki remains world-class.

- Use the rebuilt car lanes as the ceiling for commercial developments below. At street level, the rebuilt viaduct will provide a rain break that provides jobs, ongoing tax benefits, and enhanced waterfront security. Moving retail to the landward side of Alaskan Way is the key to freeing up the waterfront to open-space concepts.

All this can be done by combining the Monorail Tax with highway funding. A multi-level project at one location allows you to cut down on costs, construction impacts, and car traffic rerouting while preserving and enhancing a unique pedestrian- and vehicle-friendly view. Elevated architecture will work along Seattle's waterfront, showcasing one of the world's greatest views and drives at far less cost than independently funded projects!

Billy King
Seattle

Real Change welcomes letters to the editor of up to 250 words in length. Please include name, address, phone number, and email for author verification. Letters should be addressed to Editor at Real Change, 2129 2nd Ave., Seattle, WA, 98121, or emailed to editor@realchangenews.org.

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Events

Phinney Neighbors for Peace and Justice presents our sixth series of community forums at the Woodland Park Presbyterian Church, N 70th St. & Greenwood Ave. N, Seattle. Doors open at 6:30 pm — Forum begins at 7 pm, Wed, Oct 19. *Legal Genocide: The Misrule of Law and the U.S. Assault on the People of Iraq.*

Recreation

Emerald Spokes LLC, "powered by the people." Fun for all ages! Seattle's first and only 4-wheel pedi-cab. Events-Parties-Tours-Exercise. For reservations or advertising contact Candie: (206) FUEL-H2O, that's 383-5426. www.emeraldspokes.com.

Volunteer

Meet someone new... Volunteer Chore Services is looking for volunteers to assist low-income elders and adults with disabilities with household chores and yard work. The program is flexible; volunteers choose the time and location. Make a new friend while helping someone remain independent. For more information call Volunteer Chore Services, a program of Catholic Community Services, at 1-888-649-6580 or email vc@ccsw.org.

Real Change classifieds are an inexpensive way to reach 30,000 loyal readers. Call 441-3247 today, or email classified@realchangenews.org.

Calendar

This Week's Top Ten

Wednesday 10/5

Making Schools Work highlights the successes of schools nationwide that have raised student performance and closed achievement gaps for disadvantaged kids. These success stories involve more than a million students and school districts across the country, including Mount Vernon, Wash. 9 p.m., KCTS. Check your local listing: www.kcts.org.

Thursday 10/6

Be an educated voter and attend the **League of Women Voters'** nonpartisan debate of the ballot issues facing the electorate in the November election, including all state initiatives. 7:30 p.m., Seattle First Baptist Church, 1111 Harvard Av. Info: www.seattle.wa.lwv.org.

Thursday 10/6

Mark Sears with **People for the Puget Sound** will discuss the current and historical state of marine mammals in Puget Sound and the efforts made to reunite a lost orca calf named Springer with her family. Tickets: \$8 advanced, \$10 door, \$2 discount for members and students. 7 p.m., REI Flagship Store, 222 Yale Ave. N.

Friday 10/7

The film **Helen's War: Portrait of a Dissident** tracks Nobel Peace Prize nominee and veteran anti-nuclear campaigner Helen Caldicott as she tours the country after the release of her book *The New Nuclear Danger*. She battles with neo-conservatives for airtime, courts celebrities for financial support, and more. Presented by the Wallingford Neighbors Friday Night Meaningful Movies. Free, but donations appreciated. 7 p.m., Keystone Church, 5019 Keystone Place. Info: wnfp@bridgings.org.

Saturday 10/8

John Harrington, leader of the socially responsible investing movement, discusses his book *Challenge to Power: Money, Investing, And Democracy*. He explains how to invest ethically and use shareholder power to thwart corporate world dominance. 7:30 p.m., Elliott Bay Book Company, 101 S. Main, (206) 624-6600.

Saturday 10/8

Two-time Grammy Award-nominated Jazz singer Karrin Allyson takes the stage in Seattle. With her gorgeous voice, she communicates a sense of intimacy to her audience, and her emotional essence ranges from tender to sassy. Tickets: \$21.50 and up. 7:30 p.m. and 9:30 p.m., Dimitriou's Jazz Alley, 2033 6th Ave., (206) 441-9729, www.jazzalley.org.

Tuesday 10/11

A timely analysis of America's media, Normon Solomon's *War Made Easy: How Presidents and Pundits Keep Spinning Us to Death* presents

shocking facts about Washington's warmongers and uncovers the formulaic propaganda used to persuade Americans to support war, portraying America as a just and noble power and presenting the enemy as a Hitler-like violator of human rights. 7:30 p.m., Elliott Bay Book Company, 101 S. Main, (206) 624-6600.

Tuesday 10/11

Kayla Williams, author of *Love My Rifle More Than You: Young and Female in the U.S. Army*, comes to Seattle to tell what it's like to be a woman and vegetarian serving as a US soldier in Iraq. She tells all on the sexual dynamics, inedible rations,

horrible weather, and patriotism in her profanity-laced book. 7 p.m., University Bookstore, 4326 University Way NE. Info: www.bookstore.washington.edu.

Wednesday 10/12

After the bombing of Pearl Harbor, Mary Matsuda Gruenwald's normal teenage life was gone forever: she was sentenced, along with 110,000 other innocent people, to imprisonment in an internment camp. Her book, *Looking Like the Enemy: My Story of Imprisonment in Japanese American Internment Camps*, is a timely warning for the current era of terrorism and the Patriot Act. 7 p.m., University Bookstore, 4326 University Way NE. Info: www.bookstore.washington.edu.

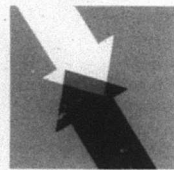
Director's Corner



The Mayor has released his new budget. Revenue is up by \$55 million, and for the first time in years we don't have a big defensive fight on our hands.

I remember when Seattle's economic downturn began especially clearly, since it coincided with our 2001 Initiative 71 ballot campaign for "a roof over every bed." The new services were to be paid for by the General Fund, which inconveniently began hemorrhaging dollars the day our initiative was written. We compromised for a few hundred new beds, support for the downtown service center that gets a million bucks in the Mayor's new budget, and a housing levy that was focused on the very poor. Not a bad deal for a lousy budget year.

This year, there will be negotiation over the budget—there's always room for improvement—but that's not going to be the big fight. Of far greater consequence are the Mayor's plans to construct huge vertical gated cities in the Denny Triangle and the long-term implications this has for the future of Seattle. Councilmember Peter Steinbrueck has presciently taken the lead on asking who benefits from the Mayor's plan. The skids are greased for the Mayor's density agenda to slide right by before most of us fully understand what's happening. Don't let it. Over the next several months we plan to give this issue the attention it deserves.



First things First

Get Involved • Take Action

Tell Gregoire to Spare Families

Issue: Governor Christine Gregoire is reviewing a state committee's proposals to improve WorkFirst, Washington's welfare-to-work program. This would erase a potential deficit of \$85 million from the program.

Background: Some proposals would streamline the process and increase the length of job training. However, there would be a harmful impact on thousands of low-income children and their families who depend on Temporary Aid for Needy Families (TANF) and child care to meet their basic needs ("Short Takes," Aug. 31).

Several recommendations will make it harder for parents to support their children:

- **Hard Five-Year Time Limit:** Washington State, as permitted by federal law, has granted extensions and exemptions so families can continue to receive cash assistance, even though they may have reached the five-year time limit. The committee recommends that these extensions be limited or eliminated, meaning families will lose their assistance. Research shows that families who are cut off by time limits have more barriers to employment and face economic hardship without cash assistance.
- **Full-Family Sanction:** Families not participating in WorkFirst activities receive only a portion of their TANF cash grant. The committee proposes that these families should receive NOTHING. Research shows that this would disproportionately affect African American and Hispanic families. Many families are unlikely to be self-supporting if assistance is terminated. These families will eventually turn to foster care and emergency shelters, which are far costlier to the state.
- **Reduced Child Care Eligibility:** Working families making 175 percent (about \$28,000 for a family of three) to 200 percent of the federal poverty level would be cut off from child care assistance. Many of these families will have to go back on welfare if they lose their childcare.
- **Reduced Support Services:** The committee recommends a reduction to vital WorkFirst support services, including transportation and clothing allowances.
- **Limit Payment in Child-Only Cases:** Extended family are eligible for TANF child-only grants if they care for needy children. This saves tax money, since these children do not have to be placed in foster care. The committee proposes to reduce or eliminate these TANF child-only grants.

The governor does not need to accept these recommendations. She can ask the Legislature to appropriate additional funds to erase the deficit. In the past eight years, hundreds of millions of dollars have been taken away from WorkFirst. It's time for the Governor and Legislature to put some of that money back into the program.

Action: Urge Governor Gregoire to reject these WorkFirst reductions because they will hurt low-income children and their families. If you can share personal stories to illustrate why these recommendations would be harmful, your message will be even stronger.

Governor Christine Gregoire
(360) 902-4111 or (800) 562-6000
www.governor.wa.gov/contact/govemail.htm

Welfare Rights Organizing Coalition
(206) 324-3063 or (877) 330-3063
www.wroc.org

WOMEN, Continued from Page 1

en's Rights). Co-founder Shea Savoy says the group took its theme from the national "Love Your Body Day" that NOW has designated for Oct. 19.

"We see the fundamental denial of women's human and civil rights as being grounded in body politics," says Savoy, 29. "If you cannot control your body, you cannot control anything."

Pozner, whose Oct. 19 presentation is titled "Bachelor Babes, Bridezillas & Husband-Hunting Harems: Decoding the Reality of TV's Twisted Fairy Tales," says the goal of reality TV programs, which producers edit to create storylines, is to humiliate women.

"I really do believe that reality television is being used as a cultural arm of the backlash against women right now," Pozner says.

She says the shows traffic in age-old stereotypes that women are dumb, bitchy gold-diggers who are not to be trusted. Contrary to appearances, she notes, the shows are "totally manipulated and scripted, just not in a traditional sense," Pozner adds.

While many people believe what TV executives argue — that humiliation sells, whether it's vying for a man or eating bugs in the wild, Pozner disagrees. She says reality TV isn't what sells as much as what's pushed on consumers by media monopolies with lots of money and vast networks of TV channels, radio stations, and billboards.



JENNIFER POZNER WILL SPEAK ON THE IMPACT OF TELEVISION PORTRAYALS OF WOMEN ON POPULAR CULTURE THIS OCT. 19.

Women In Media & News (www.wimonline.org) fights back by encouraging more women to get involved in and openly criticize the media. This

fall, the group is launching WIMN's Voices, a blog of 50 activists, authors, and journalists. Each will follow a particular media topic such as immigration, race, pop culture, and politics, and comment on how women were — or weren't — represented.

The project's Seattle participants include commentary on human rights and civil liberties by Naomi Ishisaka, editor of *ColorsNW* magazine, and coverage of criminal justice issues by Silja Talvi, a senior editor of *In These Times* and a member of the *Real Change* Advisory Board.

WIMN is also working to get reporters to quote more women in their stories — on every topic, not just so-called "women's issues" such as cooking, cleaning, and shopping. For example, given that most of the world's sweatshop workers are women, Pozner says trade is a women's issue.

So is the war in Iraq. Women's opposition and active resistance to the war has been substantial, she says, yet the mainstream press acted surprised by Cindy Sheehan's camp-out at President Bush's ranch, as if it came out of nowhere.

"When you don't speak to women," Pozner says, "you don't hear those things." ■

[Event]

Jennifer Pozner, founder of Women In Media & News, a Brooklyn, New York-based organization that challenges media stereotypes of women, will critique reality TV and its humiliation of women in a talk Wed., Oct. 19, 11 a.m.-12:30 p.m., at Seattle Central Community College, Broadway and Pine.

The event is part of SCCC's "Love Your Body Week," a feminist showcase of events Oct. 17-21. Sarah Weddington, the lawyer who won abortion rights in the 1973 case *Roe v. Wade*, will speak Fri., Oct. 21, 12 p.m., at SCCC's Broadway Performance Hall. For information, call 206-650-2599 or e-mail empowrnow@gmail.com.

SMILE, continued from Page 1

Socioeconomic factors are a major barrier to oral health across the nation, according to a report published in 2000 under Surgeon General Dr. David Satcher. These barriers can include lack of dental insurance or the inability to pay out of pocket, or problems of access that involve transportation and the need to take time off from work for health needs.

While 44 million Americans lack medical insurance, about 108 million lack dental insurance. Only 60 percent of baby boomers receive dental insurance through their employers, and most workers lose it upon retirement.

The public, policymakers, and providers sometimes consider oral health and the need for care to be less important than other needs, said the report. Those who suffer the worst include poor Americans, especially children and the elderly. Members of racial and ethnic groups also experience a disproportionate level of problems.

Ordoñez and her staff work to bridge some of these gaps. Ordoñez herself understands about overcoming fear and socioeconomic barriers to be successful. She learned empathy for many of her low-income and immigrant patients the hard way.

In 1990, she left her childhood home in Mexico as a single mother with two small daughters in tow to make a new life in Florida. In Mexico, she had been working for years as a dentist. When she reached the U.S., she realized she'd have to train all over again to continue her work. It took 12 years for her to feel ready to tackle the American Dental Association's requirements. She had to learn English first, and she had to leave her family — including a toddler son born in the U.S. — for two years to go to school in Chicago.

"It was the hardest thing I ever did," she says. But also, she says, the most important. Ordoñez comes from a family of medical professionals — three dentist and two physicians. Her father was the director of a small hospital in Mexico. He also taught at the local school.

"My father always encouraged us to help people," Ordoñez says. "He had so much energy. I wish to be like him."

And in turn, Ordoñez has inspired her younger daughter. Cortes, a University of Washington graduate, has applied for dental school to start in fall 2006. She is particularly interested in the type of work her mother does and statistics on disparities in health care for minority groups.

"Little by little, you learn that it's not all an equal playing field out there," Cortes says. "Preventable diseases are still high in minority groups, and also among the elderly and disabled."

Cortes believes that offices like her mother's are making a difference, and she wants to make a difference, too. During college she interned at a small dental clinic in Okanogan County, where she saw how rural professionals accepted the medical coupons of patients who'd traveled for miles to seek care.

"Those dentists don't have to do what they're doing," Cortes says. "They could be in posh Seattle clinics. I learned a lot from them." ■

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Mockingbird Times

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October 2005

Foster Care and Homeless Youth Speak Out Across the Nation

Volume V, Issue 10

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Barbara Bush, Hurricane Katrina and the Power of Words

MISTY
LOU COOK



Barbara Bush recently stated that the relocation of some of the Hurricane Katrina victims to the Houston Astrodome is "working very well" (1) for some of the thousands of poor people who lost their homes and livelihoods and had to relocate to Texas. She stated, during a radio interview with the American Media program that, "so many of the people in the arena here, you know, were underprivileged anyway, so this is working very well for them." (2) Yeah Barbara, I'm sure that some of the 23,600 hurricane refugees and poor people forced out of New Orleans, their homes and livelihoods they worked all their lives for are having a great time starting all over again in Houston, Texas ... but it's not very likely. Barbara's unsympathetic comments were made public while she, George H.W. Bush and Bill Clinton were visiting some of the Hurricane Katrina refugees at the Houston Astrodome.

Barbara Bush's commentaries regarding the victims of Hurricane Katrina got me all fired up ... how could a former first lady be so uncompassionate?? I started thinking about the power of words, how they can be used for positive change and inspiration or how they can be manipulated to install fear, hate, apathy or dangerous emotions. Words are so powerful, so potent, and they carry strong messages that can make you hate or love yourself, make you cry or laugh or sing or dance. Words can make people insecure or help an individual heal, depending on how a person uses them. I started thinking about strong media figures,

both using words for good and positive things and those that are using words for control and hatred of people that are not like them. Here are some of the examples of positive and negative influences that I researched.

Pat Robertson is a religious right leader and seems to have caught the torch of bigotry from such diversity-haters as James Dobson and Adolph Hitler. These are strong words, but rightly so, because Mr. Robertson has used his platform from "The 700 Club" to reach out to millions of people and spread hate and fear of people who choose alternative lifestyles through words and deception.

You might be asking yourself, "but what can words do?" Words are weapons of mass destruction if used to spread fear and hate. After all, Adolf Hitler used words to plant seeds of fear in the minds and hearts of Germany, and we all know what happened once those seeds of fear bloomed into full-fledged hate.

The Holocaust of hatred that bigoted religious right leaders spread leads to anti-queer (gay, lesbian, bisexual, transgender, two-spirited, etc.) hate crimes, queer youth suicides, bullying in schools and more and more **Brandon Teena** and **Matthew Shephard** cases across the country. When you invalidate someone's very being, tell them that they are sick, wrong, morally corrupt, going to hell for who they are and then tell everyone else to hate and fear them, you cause a Hate Holocaust. Mr. Robertson reaches out to millions of people through his popular television show, "The 700 Club", and tells them that gay people are bad and perverted. What kind of effect do you think this has on the parents of queer young people and indeed, the effect on queer young people themselves?

Pat Robertson once said that, "Feminism is a socialist, anti-family, political movement that encourages women to leave their husbands, kill their children, practice witchcraft, destroy capitalism and become lesbians." (3) He also has been quoted as saying, "It is the Democratic Congress, the liberal-biased media and the homosexuals who want to destroy all Christians" (4). Pat Robertson was also quoted for saying, "I know one man who was impotent who gave AIDS to his wife and the only thing they did was kiss" (4). Mr. Robertson is blatantly planting seeds of fear, hate and lies! According to the

American Red Cross, "The body fluids that transmit HIV are blood, semen, vaginal fluids, breast milk and other body fluids containing blood." (5) Saliva cannot transmit HIV or the advanced stage of HIV (AIDS) and to spread this kind of misinformation is immoral and wrong. Pat Robertson tells his millions of viewers and listeners that "homosexuality is an abomination" and that "It is unnatural". He imposes his own discrimination and prejudice on millions of people who trust him, and that is wrong. The results of homophobia and misogyny are ugly, really, really, really ugly, and yet Pat Robertson continues to spread his words of hatred in regards to queer people and women's rights. The only cure to negative forces and words are positive energy and hopeful words.

A prime example of a first lady who cares about people, their struggles and visions is former first lady **Eleanor Roosevelt**. Mrs. Roosevelt was married to **Franklin D.**

KATRINA CONTINUED ON PAGE 4

My Summer Experience in the Hospitals

JAMICA
HENDERSON



When I graduated from high school my summer goal was to get a chance to work in the health field, I am going to college to be a registered nurse. I want to work in trauma when I become a nurse. So I decided to look into the other positions that are offered to nurses. I applied to three internships and I had to let one go because it interfered with my job. I applied for a nursing camp at Children's Hospital and for a week everything was paid; I applied for a six week internship with the Project Hope Program where I would work at the Veterans Affairs Medical Center in the nursing home area helping nursing assistant-certified (NAC's); the third internship I applied for was at the Leon Sullivan Health Center. At this job I would be a recreational therapist.

I was accepted to all three but I had to choose two, so I chose the job at the VA and

Leon Sullivan health center. I wanted to do the camp but it interfered with my jobs. I worked everyday of the week except Sundays. This summer was fun but hard work at the same time. I was in a transition of moving from home into my own place. I had to save money to buy things for the house. I felt that I was doing too much, but once you get older you have to do whatever it takes to make things comfortable for you.

I was happy to have worked at those two jobs, because I got to see what it was like to be NAC and a Recreational Therapist. At the VA I was partnered up with a NAC who did a great job everyday. I worked at this job on Mondays, Tuesdays, and sometimes Sundays. The days I was there, I learned how to change the beds, learned about the patients that my mentor worked with, and how to put the information in the computer. The days that I worked I would make the beds, fill the water containers, empty and refill the gloves cases, then around 12:00 I would feed a patient. The majority of the patients were male. In the afternoons it was pretty mellow. Once a day we got a returning patient. They always sent them down before or after lunch. When we had a patient come back before lunch it was really busy because, I had to

find them a room and make sure the beds are made up. Then, I had to bring in all their belongings and tell them the rules again. When I finished that, I had to put all the information on the computer. Then once it's really settled we put up files and answer call lights.

Now, the other internship was more of a fun job. It was a nursing home setting but with people who can walk and talk more. I was a recreational therapist who does activities and gets to know the residents one on one. It was fun just hearing them laugh and talk to you about their life stories. Everyday we did something different. That was a pretty busy job too. The hardest working days were Fridays because every Friday we had some kind of party. The residents loved Fridays. One Friday we had Hawaiian and birthday celebrations. On this day we gathered all the residents and brought them down to the basement, where it was all decorated, and we had food, ice cream and cake. We sang happy birthday to those who had a birthday in that month, played games, danced, and ate. By the end of the day everyone was tired and ready to sleep.

HOSPITALS CONTINUED ON PAGE 4

Letter from the Editor

JIM
THEOFELIS

This issue of the Mockingbird Times is another amazing example of the passion, resilience and indeed brilliance of the youth reporters. One of our main goals is to raise public awareness regarding the youth who are in foster care or have experience with homelessness and dispel the many myths about who these young people are. In this issue you will see Misty's article on the power of words particularly when they come from individuals in authority positions. I can't tell you how many times I've heard survivors of abuse refer to the difference between physical and emotional harm almost always referencing the fact that the physical bruises go away but the deep wound associated with verbal condemnation remains. Misty closes her essay with "...I believe that love is powerful, one of the most powerful forces of energy...and that it can heal, transform lives, inspire, bring hope, laughter, singing and dancing." And then there is Jamica Henderson's piece on her determination to create not just a job for herself but a career. She worked the entire summer including internships at Seattle based health care facilities where she learned new employment

skills while giving fresh energy to the patients she cared for. She did all of this during following her June high school graduation and transitioning into new housing. As she so eloquently states: "...I felt I was doing too much, but once you get older you have to do whatever it takes to make things comfortable for you". Zachary's article and songwriting, Jacob's reminder to value the innocent play and fun of kids being kids and the other articles in this issue are full of powerful words and reminders of youth demonstrating their passion for life, commitment to humanity and willingness to work hard and take responsibility. I would like to give a very special welcome to Dietra Clayton our very special Ameri-corp worker who will be working with our Youth LEAD program. I also want to add a my own Thank You to Representative Jim McDermott and the entire Congressional Coalition on Adoption Institute for Mockingbird Society being selected as an Angel in Adoption. The honor is just that: an amazing honor and the events in Washington D.C. were truly fantastic! In closing I offer a heartfelt thank you to all of you who donate to the Mockingbird Society which allows us to continue to support these brilliant young people and their chosen path.

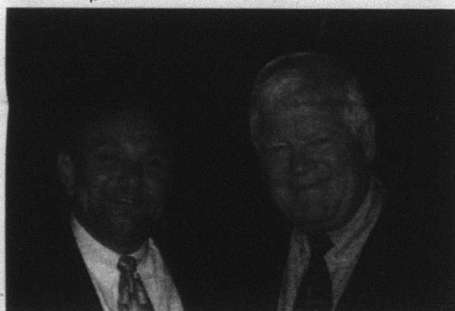
Jim Theofelis

Jim Theofelis

jim@mockingbirdsociety.org

"There is no such thing as an unwanted child—only unfound families."

Senator Mary Landrieu, Louisiana, Press Conference for Angels in Adoption.



Mockingbird Society Executive Director Jim Theofelis and Representative Jim McDermott at the Angels in Adoption gala.

All incoming Letters to the Editor should be addressed to Mockingbird Editorial Staff and will be opened by Editorial Staff. All incoming correspondence to reporting staff under 18 years of age will be opened first by Mockingbird Editorial Staff.

ABOUT US: The Mockingbird Society is a private non-profit organization dedicated to building a world class foster care system and improving the other systems that serve children and adolescents involved in homelessness and foster care. The Mockingbird Times is a monthly newspaper written and produced by youth who have experience in foster care and/or homelessness. All youth employees of Mockingbird Society are paid between \$7.50 and \$8.50 an hour. Additionally, youth from across the country submit articles, art work, poetry and are compensated up to \$25 per published piece. The Mockingbird Times has a monthly circulation of 40,000 copies being distributed across Washington State and the U.S.A. through a private distribution list and as an insert in Real Change, a Seattle-based community newspaper. Youth involvement is the key to the philosophy, values, and success of The Mockingbird Society and, as such, youth are involved in all aspects of organizational development and decision-making. Donations to The Mockingbird Society may be tax-deductible and are greatly appreciated. No part of the Mockingbird Times may be reproduced without the written permission of The Mockingbird Society. All contents copyright 2005 The Mockingbird Society.

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Letters to the Editor

Today the Mockingbird Society is receiving national recognition in Washington D.C. We who have been amazed by your excellent work and professionally outstanding newspaper, that speaks from the heart and the spirit, congratulate you. We hope this is the beginning of yet another set outward in empowering and encouraging young people all over the state of Washington and the United States of America.

Sincerely,
Chevy Kniesley
North Central Washington

Jim, How are you doing??? It has been a while since we have seen each other and I know things are busy for you and the staff at Mockingbird Times. I wrote to tell you and whole crew at MB Society CONGRATULATIONS on being recognized as an Angel. I guess some of us always knew you and Mockingbird were angles and now the Nation knows! Kudos to you my friend...you deserve it and much more for what you do.

Kikora Dorsey

Director, Practice Implementation and Support
Child Welfare Practice Improvement Team/Systems Improvement

Mockingbird Society: The Story Behind the Name

The 1962 American classic *To Kill A Mockingbird* by Harper Lee is the inspiration for our name, Mockingbird Society. Atticus, the widowed father of Jem and Scout, joins Miss Maudie in teaching his kids that it's a sin to kill a mockingbird because "...Mockingbirds don't do one thing but make music for us to enjoy. They don't do one thing but sing their hearts out for

us." What if we created an organization, a community, indeed a world in which our most vulnerable children and youth were protected and valued with the same commitment that Atticus had for mockingbirds? Join the Mockingbird Society today and help us give young people a safe place to nest and sing.

Thank You's

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Mockingbird Society is honored to have received the prestigious national Angels in Adoption Award from the Congressional

Coalition on Adoption Institute and extends a special thank you to: Representative Jim McDermott for nominating Mockingbird Society

Congressional Coalition on Adoption Institute (CCAI) Executive Director Deanna Carlson Stacy and Staff

CCAI Board of Directors: Representative Dave Camp (MI), Senator Mary Landrieu (LA), Senator Larry Craig (ID), Representative James Oberstar (MN), Rita Soronen (Dave Thomas Foundation for Adoption), Paul Singer (Target), Valdur Koha, Philanthropist, Barbara W. Walzer, Philanthropist

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Seattle Poetry Project Helps Homeless Youth be Heard

COURTNEY
KOMIETZKO

I got the chance to interview Zachary Prillhart, a green-mohawked 22-year-old young man who is a homeless poet that writes poems that sound like songs. Zach was involved in The Poetry Project as a core player. The project's name is simply The Poetry Project and was a collaborative work between the Sanctuary Arts Center, a safe space where youth can go to express themselves creatively, Partnership for Youth, an advocacy and social service agency, and 6 homeless young adults. The poetry project lasted for 6 weeks and the final result was a solid product; 12 poems published in a chap book and a spoken word CD which is amazing. Youth involved in the poetry project will get half of the proceeds from the chap book and spoken word CD. The other half of the proceeds will go towards funding more workshops for other homeless youth.

Zach has been seriously writing songs and poetry for 3 years. "Most of my songs are based about real life stuff that could happen to people - I hope that my songs will inspire people to not do bad stuff like suicide drinking. I would like to learn how to write poems better and add more detail to them so the reader can actually see the poem like they are there."

Zach is also instrumental in creating opportunities for homeless youth in the Seattle community. For example, Zach organized a fundraiser for Sports for Life which raised close to \$300. Sports for Life is the name of Partnership for Youth's (PFY) sports activities program, including the open gym and outdoor games. The open gym is a basketball program that Zach started for homeless youth, which was featured on King 5

TV as a program called Homeless Hoops. Zach mentioned jokingly, "I'm famous I've been on TV!"

The Open Gym was instrumental in helping homeless youth move on and get jobs. Rick Eberhardt, the head of PFY stated, "we are trying to provide opportunities that homeless youth would not get to experience [otherwise]." Sports for Life was the name of Zach's PE class in high school, that's how he came up with the name for PFY's sports program. According to Eberhardt the three hundred dollars will be used "to create more

living on the streets.) an all-day sports mini-camp at the UW Intramurals Activities Center; and attending an upcoming Seahawks games. The Seattle Foundation also recently awarded PFY a grant to be used for purchasing athletic equipment like footballs, athletic shoes, towels, etc."

The Sanctuary Arts Center had a music program for awhile and one of Zach's poems was put to music. (Zach smiles big while he talks about this) There is hope for the future that this can be done with more youth's work. Zach's poems have been described as having melody. Zach said the poetry project was fun and interesting and it was a good experience getting the chance to say what you liked about other people's writing and write more than you normally would. Zach says he "really hopes that another poetry project will happen again."

Some of the youth involved with the project were writers to begin with. Writers got paid a stipend as recognition for their work because "writing is valuable! Your work is important! Writing is work!" In the eyes of Rick Eberhardt, this is the reason there was a stipend, but nobody really needed an incentive to be there because they wanted to be there and write.



Zachary Prillhart, from the Poetry Project

Trick or Treat?

JACOB
HARRISON

I never really stopped to think about how Halloween actually started and where it came from. That's because I never really cared to. Even though I know the details now, I still couldn't care less because to me, it's all about candy and parties. Halloween started in the U.S in the 1840's. Irish immigrants brought the customs

over to America. Halloween comes from "All Souls Day". What is called, "Trick-or-Treating" today was once called "Soul-ing". The only difference is that instead of getting candy from people, people begged for soul cakes. It was a Christian celebration when Christians would beg different people for soul cakes that were made of bread. The deal was however many you got, you would have to pray for that amount of dead Christians.

The legend of the Jack-o-Lantern has the most unrealistic story behind it. A man named Jack was known around his village as a real prankster. He tricked Satan into climbing a tree then carved a cross into a tree. Then he carved his face into the tree. Because of Jack's acts, he was denied ac-

ceptance to Heaven and to Hell for tricking Satan. So instead, God turned him into a pumpkin and carved his mean harsh smile and eyes into a pumpkin and now every October 31st Jack sits on peoples doorsteps while kids knock on the doors for that thing that makes a kid happy, candy.

I was Trick-or-Treating a couple years ago with my friends. We got to one house just as the owners were leaving. They were so generous for leaving that big bucket of candy on their porch and expecting people to come by and only take a few pieces. They waved at us while pulling out of their driveway. We waved back and acted like we were just taking a couple pieces and started walking toward the next house. Right when they turned

the corner, we were at full speed heading back to that bucket and splittin' that candy up. I haven't missed a single year of Trick-or-Treating since then because I just love candy. I think this year it's time for a change. I think I'll just stop and raid a party or to for candy instead of wasting my time walking around for nothing.

Remember Us!

United Way is conducting their annual campaign during September-December. Please remember that you can designate that your donation to United Way be directed to the Mockingbird Society. Thanks for all your continued support.

Creative Corner

Life on the Streets

BY ZACHARY PRILLHART

Verse 1: Living on the streets you always could use some help. Other times you feel like you want to end it for yourself. People may ask you how you gonna do it my friend? If I'm having a bad day I'll answer, I'll take myself out of this world for good.

Chorus: Everyone living on the streets needs a place to live. Not a lot of people want to take the time to give. Everyday young people go out on the streets and sponge. You see people passing by saying they have no change.

Verse 2: As I walk around I look at all the drama I see. I just sometimes want to put myself in jail and throw away the key. I know that some kids don't like the cops out on the streets. All you have to do is keep your mind clear and keep on moving your feet.

Chorus

Verse 3: As I walk around the streets people try to sell me their weed. Even though it's so tempting, that killer drug will mess with your mind indeed. Crack, cocaine, meth, and PCP. All those crazy

drugs will make you want to mess up everything that you see.

Chorus

Verse 4: When I am out on the street, I wonder why other youth are out here. Then I say to myself don't worry about them because you have your own problems to fear. I really need to get my life back on track. I don't want to live my life out here all the time and that's a fact.

Chorus

Verse 5: No more drugs for me, they will just keep me down. If I do them, all the cops will be watching me all around town. Now there is a point to this song that I sing. Just get your life together and you'll soon feel like a king.

Chorus

Zach is currently staying at the ROOTS Young Adult Shelter. He organized basketball for homeless youth in the U-District and now works for the Partnership for Youth's advocacy table project.

Don't You Wonder?

BY BRIDGINAE GREEN

She was the one who birth me.
And she let them take me away from her.
She knew what she was doing
When she was on those drugs.
All I wanted was a simple hug.
She wasn't even there to give me that.
What was going through her head.
If she didn't want me she shouldn't have Laid in the bed.
Now I'm not tryin to be disrespectful.
But I'm just sayin whats on my mind
Since she doesn't have the time to call.
Not even once.
Don't she ever wonder what it would be like
just to hear my voice?
And know that I'm alright
All she has to do is make a simple choice.
She has kept it pushin this far,
So she can just keep on moving
Because I don't need her now
And I think I've already proved it
But people say I'm not old enough to say things like this
So I get told to "stay in a little kids place"
But I'm not a little kid
I'm a mature teen who has been through things in my life
And its all my biological moms fault

She the reason my aunt had to take care of me
She the reason why I have counselors on my jock
Its her fault that people always wanna treat me different because they feel sorry about what I've been through
But I don't need no pity
And yes everything you think is true
Yea my mom lost me at birth
Yea I lived with my aunt who I called mom
And yes she is deceased now
But I just hold all my anger and pain inside because I don't have no time for my feelings
So I just brush it off like nothing is hurting
But people say "B-Nae" you shouldn't hold things inside like that"
O well because I do
And there is nothing anyone can do because I'm bruised for life
And statistically I'll be the type who grows up and stabs people with knives
But guess what
I'm gonna prove them statistically wrong and be what I wanna be
But no matter what
I'm going to always be the same old B!!!

Mockingbird's Americorps Says Hello

DIETRA
CLAYTON



I was asked to introduce myself, and in all honesty I don't know where to begin. My name is Dietra Clayton a self identified ally to every minority. The previous job endeavors I have had vary from working with women who have been brutalized to working with homeless teens identified as queer, sexual minorities find there place with jobs, shelter and themselves. Another big part of my background is serving underserved portions of society as a mentor that taught AIDS awareness and STD prevention. I've also done a lot of traveling for the last three years; I actually started here in Seattle for two months. I adore Seattle

and it's commitment to and richness of various artistic platforms.

When I decided to look in to becoming an Americorps member, in all honesty there weren't many programs that struck me. Then they mentioned on opening at Mockingbird Society working with youth that were disenfranchised through foster care and homelessness and I decided that was perfect. Being an avid writer myself with a lot of drive and complete openness to hearing and directing the voice of young people made this opportunity an excellent fit. The placement further struck me, because I would be given a chance to inspire youth and young adults through art (which is also a strong point of mine). I've never held a job I didn't love coming to, but even being here at Mockingbird Society this short time has surpassed my expectations.

I began my Americorps service here at Mockingbird the second week of September and have only been given 11

months to contribute in as many ways possible. Some of my goals while here at Mockingbird Society are to help support staff with public speaking via spoken word events as well assisting with development of creative ways for youth to have a stronger "verbal" voice. Also, I hope to increase Mockingbird's visibility in the community through multiple community/school activities and various multimedia events. We will be visiting local public schools and higher learning institutions in order to enlighten people and raise a unified sense of awareness about the reality of foster care, homelessness and their impact on youth in our communities. Again, I am extremely excited to be here and look forward to what is ahead of me this next ten months. Thank you for reading my blurb and I look forward to an amazing year here at Mockingbird Society via Americorps and hope to cross paths with some of you along the way.

HOSPITALS CONTINUED FROM PAGE 1

In all I really enjoyed both jobs because I got to learn how to do things that I should be learning in college. The jobs that I worked with had internships for college students only. I was in training for a week at the VA learning how to do CPR, vital signs, charting and learning the oxygen tanks. A lot of the training from the VA helped me with the other job. The difference between the two jobs is: at the Leon Sullivan Health Center we got to build a bond with the residents. We helped them remember things and saw how long they could stay on the subject. We would read magazines with them and watch a little television. Every other day we would meet with the residents at least four a day for ten minutes. At the VA you are always doing something. The only way you would bond or know the patients is if they had family that came all the time or if they pressed the call light and started talking to you. So in all I got to see what a NAC actually does and what a recreational therapist does. Both jobs are different Recreational therapist is not a nurse. They're only there to keep the residents active. NAC's are nurses and they don't have time to play.

For all those involved in the production of the Mockingbird Times and on behalf of the staff of Mockingbird Society we extend our deepest condolences for the families and individuals affected by Hurricane Katrina. The disaster separated thousands of families, as well as left devastating effects on the already disadvantaged youth and parents in the child welfare system.

Please visit the following websites to find out how you can help lessen the pain, suffering and loss that adolescents and adults are feeling due to the hurricanes destruction. Families are now faced with separation and death of loved ones, homelessness and the loss of belongings and the sense of a community. We reach out to those affected by the devastation as they begin to repair the damage and rebuild the communities that once supported them.

National Resource Center for Family-Centered Practice & Permanency Planning, at the Hunter College School of Social Work
http://www.hunter.cuny.edu/socwork/nrcfcp/disaster_relief.html#funds

National Foster Parent Association (see Hurricane Relief Efforts)
<http://www.nfpainc.org/>
1-800-557-5238

We are looking for articles, poetry, artwork and photography from our young readers who have experience in the foster care system and/or homelessness. If you want to be published in the Times, contact us at 206-323-5437 or via email at newspaper@mockingbirdsociety.org. For more info and to check us out, go to www.mockingbirdsociety.org.

KATRINA CONTINUED FROM PAGE 1

Roosevelt, the 32nd US President of the United States, and was known to be outspoken, a leader in protecting wildlife and Human Rights, a United Nations diplomat, a humanitarian and was, "in her time, one of the world's most widely admired and powerful women." (6). After Mr. Roosevelt's polio attack, Mrs. Roosevelt became very politically active. "As first lady (1933-45), she traveled around the U.S. to report on living conditions and public opinion for her husband, and she supported humanitarian causes such as child welfare, equal rights, and social reforms." (7) After Mr. Roosevelt's death, Mrs. Roosevelt was "appointed a delegate to the UN (1945, 1949-52, 1961), whose founding she had strongly advocated. As chair of its Commission on Human Rights (1946-51), she helped draft the 'Universal Declaration of Human Rights' (1948). In the 1950s she traveled around the world for the UN and remained active in the Democratic Party" (8).

Mrs. Roosevelt, besides being chair of the Commission on Human Rights and one of the most powerful women of her era, also had a way with words. Eleanor Roosevelt has many inspirational and thought-provoking quotes, which can most likely be found in the several books that she wrote, as well as the internet. "The future belongs to those who believe in the beauty of their dreams." (9), "You gain strength, courage, and confidence by every experience in which you really stop to look fear in the face... do the thing you think you cannot do." (10) and "The freedom of man, I contend, is the freedom to eat" (11) are some of the many quotes from the mind and heart of Eleanor Roosevelt.

Ani DiFranco was born in Buffalo,

New York, and started creating songs from her poetry as a young teenager. She wrote songs about "the things that mattered most to her: the power dynamics of romantic entanglements, the fragmentation of her family, the choices she watched her friends making, and the state of life in her hometown and her country." (12) DiFranco, "hit the road with increasing frequency and growing confidence, developing her signature percussive finger picking and dynamic range in order to grab and hold the attention of noisy bar crowds." The teenager, "Rather than waiting for some A&R bigwig to sign her ... simply created her own record label, Righteous Babe, eventually turning down legions of potential deals when she realized they had nothing to offer that she couldn't provide herself." (13) DiFranco started out with homemade recorded tapes, a whole lot of determination, passion and love, and crafted a name for herself as one of the World's most beloved and well-known folk artists of all time.

Ani DiFranco didn't sit around and wait for some big record executive to "discover" her talents and take advantage of her, she took her fate into her own hands, developed her own unique voice and personal style, and "Nearly a decade and a half of hard work, glowing word of mouth, and relentless touring later, the self-described 'Little Folksinger' is packing joints like Carnegie Hall and amphitheaters around the world, though she still makes each venue she plays feel as cozy as a living room and as sweaty as a neighborhood dive. That DIY label of hers, still based in Buffalo (with a European branch based in London), has now released 16 of Ani's own CDs and about a dozen more by an eclectic hand-picked roster of artists whose music is as unclassifiable and un-

predictable as hers." (14)

Ani DiFranco, the "songwriter, vocalist and guitarist perpetually on the move" (15), has been quoted as saying, "I have something to prove, as long as I know there's something that needs improvement, and you know that everytime I move, I make a woman's movement." (16), "I was blessed with a birth and a death, and I guess I just want some say in between." (17) and one of my favorites, "Any tool is a weapon if you hold it right." (18)

Ani DiFranco didn't stop making "women's movements", even after she became world famous. "Through her Righteous Babe Foundation, she's been able to support grassroots cultural and political organizations around the country, and she has repeatedly lent her time and her voice to such diverse pursuits as opposing the death penalty, upholding women's reproductive rights, promoting queer visibility, and preserving historic buildings back in Buffalo (including a long-neglected church currently being transformed into the new headquarters of Righteous Babe)." (19)

I have been meditating on the quote, "Verbal cuts do not heal as quickly as those made with a knife." all throughout the time it took to write this article, and I'd like to leave you with some hope for the future, some of my reflections and a piece of my innermost heart. I believe that the Great Spirits/Gods/God/Goddesses/Deities that religions speak about are essentially all saying the same thing. I believe that all of the World Religions are saying that "God Is Love" and I believe that love doesn't discriminate between race, gender, class, background or any of the other things that we let divide us on a daily basis. I believe that love is powerful, one of the most powerful forces of energy on this planet, and that it can heal, transform

lives, inspire, bring hope, laughter, singing and dancing.

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