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ISSUES • INSIGHT • IMPACT

NOVEMBER 8 - 15, 2006

Big-Box Butt-In

Goodwill "shopping fortress" could hurt Little Saigon, say nearby businesses

By **CYDNEY GILLIS**
Staff Reporter

Today, it's a run-down thrift store. But, in 2010, if all goes as planned, the Seattle Goodwill on South Dearborn Street will be part of a 10-acre retail complex that will include a Target discount store, a Lowe's hardware, a major grocer, and 30 to 40 smaller shops.

The four-story retail buildings will be topped by 400 to 500 condos and apartments and include two plazas, four water features, private streets, and 2,300 parking stalls. The result will be a condensed "lifestyle mall" that will be the largest shopping center between Northgate and Southcenter.

The question is: Whose lifestyle will it serve? And whose livelihood will it destroy?

That's what business owners and residents from Beacon Hill, Little Saigon, and Yesler Terrace wanted to know last week at a community forum on the proposed project, which will take up a four-block area bordered by South Dearborn Street, Rainier Avenue South, South Weller Street, and 13th Avenue East.

Opponents say the development will lead to traffic snarls and higher rents that could force out low-income residents and small businesses, particularly the Vietnamese-owned markets, shops, and restaurants of Little Saigon, which is just north of the Goodwill site along South Jackson St.

The district is a cultural and business hub that serves many other Vietnamese businesses throughout the city, according to Bang Nguyen, a Rainier Valley real estate agent who attended Thursday's meeting at the Jefferson Community Center on Beacon Hill.

The businesses of Little Saigon will be "financially pressured by this shopping fortress," Nguyen said. "If they go belly up, we disappear."

Nguyen also noted that the Lowe's, which is moving out of its current location in Rainier Valley, will leave a big



TOM SHORTLIFFE (LEFT), HARI KONDABOLU, SARAH ZOREF, and IJEOOMA OLUO listen to MANY UCH, WITH BACK TO CAMERA, DISCUSSING HIS IMMINENT DEPORTATION TO CAMBODIA. THE GROUP IS TAKING PART IN THE CONVERSATION PROJECT, A LOCAL BIMONTHLY SALON AT THE PANAMA HOTEL THAT USES PERSONAL STORIES TO HIGHLIGHT HUMAN RIGHTS ISSUES. PHOTO BY JUSTIN MILLS

For All

Through the Conversation Project, Seattleites discuss liberty and justice

By **ROSETTE ROYALE**
Staff Reporter

No more than a foot beyond the glass-jar menagerie of teas in the Panama Hotel, there's a section of the hardwood floor that's been replaced by Plexiglas. Visible through the clear plastic, down in the basement, reside the artifacts of lives interrupted: a wicker basket set atop a trunk, the basket cradling neatly folded clothes.

Left at the hotel for safekeeping by individuals of Japanese descent, prior to being shuttled to internment camps during World War II, the relics are a reminder of a time when racial prejudice collided head on with war hysteria.

Sixty-plus years have passed since those items were offered stowage. But it's the more current collision of xenophobia and the War on Terror that's being examined at the hotel, thanks in part to the Conversation Project. A program of the national Liberty & Justice For All campaign, the conversations, held bimonthly on the hotel's lower level, offer a forum to discuss the civil liberties of all people living on U.S. soil.

"And it's an opportunity for people to share information and stories," says Hari Kondabolu, organizer of the regional Liberty & Justice For All campaign, sponsored in the Northwest by Hate Free Zone.

Kondabolu feels that purposeful conversation can be a catalyst, sparking a deeper comprehension of the necessity to protect human rights. To facilitate discourse, he disseminates a leaflet bearing eight principles — among them, "non-citizens, as well as citizens, have constitutional rights" and "a government that keeps unnecessary secrets isn't 'by and for' the people" — that examine the schism between how justice and liberty are perceived versus how they may be realized.

And so, on a sun-laden Saturday in late October, amid the taking of treats and tea, Kondabolu initiated the conversation by asking the five participants to pinpoint the principle "that speaks to your heart."

The principle of open government was of concern to participant Tom Shortliffe. His attendance, he said, was spurred by a desire to increase interactions with those whose lives have felt the negative impacts of U.S. immigration policies.

Typifying such an experience was Many Uch, a Cambodian refugee, who, as the result of a felony conviction, faces imminent deportation to the country he fled with his family as a youth ["Sentenced Home," Sept. 6]. Noting he was "living day by day," waiting for the time he will be forced to permanently leave his fiancée and infant daughter, Uch said

GIVE IT UP

Money. Love. Meaning. That's what vendors want. Supporting our Winter Fund Drive will help 'em get it.

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NEXT UP: IRAN

Former U.N. inspector Scott Ritter contends that whether Iran has nukes or not, the U.S. will attack.

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LESS IS MORE

Belltown's drop-in center drops a bomb on clients: from now on, only 60 folks, not the usual 115.

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G.I. OBSTRUCTION

Pentagon nixes education benefits for reservists who choose not to re-enlist.

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PATRIOT FACT

Author Simon Schama finds evidence that slaves fought the good fight for the Brits.

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See **PROJECT**, Continued on Page 12

Money, Love, and Meaning

It takes a lot of reader support to make Real Change. Support the holiday fund drive

By TIMOTHY HARRIS
Executive Director

During the holiday season, when it's easy to get down over what one lacks — resources, family, community — the friendship of Real Change readers is what keeps our vendors going.

Recently, we at Real Change asked our vendors what they need out of this newspaper. The answer wasn't surprising. What they want most is money, love, and meaning, which makes them pretty much just like the rest of us.

Listen. Most of our vendors sell the paper to put money in their pockets. That's a given. We're an immediately available work opportunity that offers an alternative to panhandling and other ways by which desperate people get cash. Each month, more than 250 people get a hand up to helping themselves by selling Real Change.

But here's the surprising part. About half of our vendors say that the people they meet while selling the paper mean more to them than the money. When people sell Real Change, they get something that maybe they're not used to: it's called respect.

Our readers often tell our vendors how much they value their newspaper. This makes our vendors feel valued themselves.

Real Change readers are able to reach across barriers of class and circumstance to offer support, friendship, and a little human warmth to those who, while sharing much in common, often live very different lives.

During the holiday season, when it's easy to get down over what one lacks — resources, family, community — the friendship of Real Change readers is what keeps our vendors going.

Finally, our vendors, by being a part of Real Change, have an opportunity to make a difference in the lives of others. They can talk to their customers about issues that matter, pass out flyers with

their papers, and sometimes even testify at hearings themselves.

Our vendors and readers are building a community in action that empowers all of us to create the kind of society we want to live in.

During the Holiday Season, we at Real Change reach out to our readers for the help we need to make our work a success. Publishing a quality weekly newspaper, offering opportunity and support to more than 250 vendors a month, working to end poverty and homelessness: All of this takes resources, and we depend upon the generosity of our readers for more than 40 percent of our budget.

We need to meet this year's goal of raising \$80,000 over the Holiday Season to enter 2007 with the resources we need. It's a big number, but we've done it before and know that — with your help — we can do it again.

This year, we've spent a lot of time thinking about what Real Change needs to do next. While we're still working on the details, we have a pretty good idea of where we're going. Key directions include:

Regional Distribution: Real Change will seek out partners throughout Puget Sound, beginning with the Eastside, to extend this opportunity to readers and vendors in new communities. Expanded distribution will also regionalize our advocacy reach, enabling us to make a greater difference to the poor and homeless.

Broadened Readership: We are an activist community newspaper that reflects the vitality of a broad progressive community. We believe that, if more people understood what Real Change is, we could double our readership and help our vendors even more. We will aggressively court new readers with a smart, targeted outreach program.

Deepened Community Organizing: As the Ten Year Plan to End Homelessness enters its second year of existence, there is a great need to build grassroots support for enlightened anti-poverty public policy. Over coming years, Real Change will develop the capacity to build this base neighborhood by neighborhood.

A Real Voice of the Poor: As we work toward solving homelessness and poverty, it's vital that poor people have a place at the table. Real Change will broaden opportunities homeless people have to inform the decisions affecting them.

A Voice for Inclusion: Real Change is committed to covering news and events in all of the communities that make up Seattle, and building relationships that lead to greater unity across race and class. An anti-bias strategy is a key part of our planning for the next five years.

Over the past 12 years, Real Change has succeeded beyond our wildest expectations. We are an award-winning

weekly community newspaper that has, time and again, demonstrated an ability to take on City Hall and win. Yet there is so much more that we need to do.

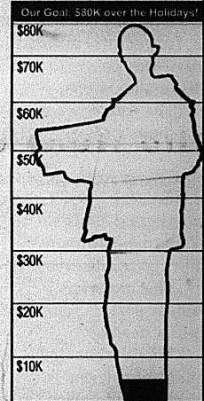
This Holiday Season, please support our work with a gift that makes sense for you. Money, love, and meaning. This is what we offer, and we can't do it without your help. ■

[The Drive is On]

Last week, Real Change raised \$5,314 in

reader support during the first week of our holiday fund drive.

We get to our \$80,000 goal one donation at a time. Please become a Real Change supporter. Visit our website at realchangenews.org or use the coupon on page 12 to make your gift today.



Real Change is published weekly and is sold by the poor and homeless of Seattle. Vendors receive 65% of the \$1.00 paid for this paper.

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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Real Change is a member of the North American Street Newspaper Association, the International Network of Street Papers, and the Greater Seattle Business Association.



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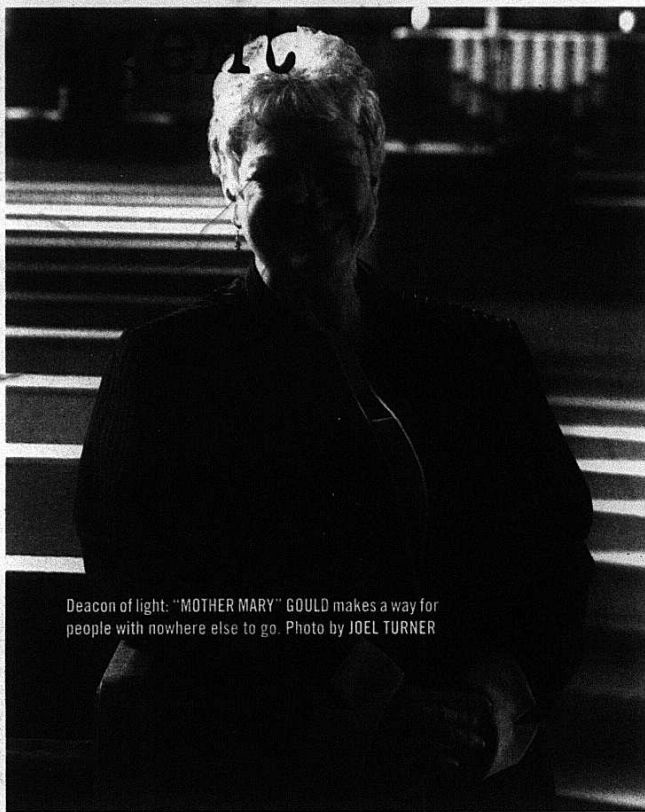
Mary Gould never thought she'd become a deacon at St. Mark's Episcopal Cathedral, let alone founder of Greater Seattle Cares, dedicated to building relationships and making supplies accessible for homeless people in the area.

Nicknamed "Mother Mary" by the residents of Tent City 3, Gould and the rest of Greater Seattle Cares help to improve their standard of living — from ordering clothes for job interviews, to finding cots to replace the previously used milk cartons for sleeping, to preparing hot meals and preventing rats from making a home for themselves.

"I always thought I'd be just a chaplain in a church somewhere," Gould says, "but my heart has always been with people on the edge, and they are always so grateful to no longer be nameless faces, but people deserving of respect."

The life of a chaplain was not what God had in store for her, Gould says. But having scrambled together the small organization in time for what will be the eighth stay of Tent City 3 on St. Marks' parking lot, Gould would have it no other way.

—Kevin Himeda



Deacon of light: "MOTHER MARY" GOULD makes a way for people with nowhere else to go. Photo by JOEL TURNER

The Next War

Iran invasion close at hand, says former UN inspector Scott Ritter

By CYDNEY GILLIS
Staff Reporter

"I'm not willing to accept at face value that Iran is pursuing a nuclear weapons program."

The midterm election is over. But not the threat of more war.

Sometime before George W. Bush leaves office, says former United Nations weapons inspector Scott Ritter, the administration will find a way to attack Iran, using the same ultimatum it did with Iraq: Prove you have no nuclear weapons, the White House will say, or face U.S. military action.

The problem, says Ritter, the author of *Iraq Confidential*, who predicted no weapons of mass destruction would be found, is that you can't prove a negative. Like Iraq before it, an ultimatum to Iran will merely give cover to the administration's true objective: overthrowing the Iranian government.

Ritter's latest book, *Target Iran: The Truth About the White House's Plans for Regime Change* (Nation Books), which the author will

read from Thursday and Friday in Seattle, examines the history of Iran's nuclear program to show that the United States' demands for sanctions are unfounded.

As a signatory to the Nuclear Non-Proliferation Treaty, Iran continues to allow UN inspections of most, but not all, of its facilities — though it did cut off special, snap inspections earlier this year.

Based on the inspections, the UN's International Atomic Energy Agency has concluded that "There is no evidence to sustain the American allegations that a nuclear weapons program exists," Ritter said in a phone interview.

Iran started pursuing nuclear energy back in the '70s, under the Shah, he said, because of projections that it would run short of oil.

"Iran is a nation whose economy revolves around the ability to export oil," Ritter said. "They have said that in 40 to 50 years, they're going to start not being able to export enough to maintain a viable economy."

In 1976, Ritter said, the administration of Gerald Ford had no problem with Iran starting a nuclear energy program, including enriching its own uranium.

"Curiously, there are two officials today that say Iran is a nation awash in a sea of oil and that the nuclear energy program can only be explained as a front for nuclear weapons," he said. "This is Donald Rumsfeld and Dick Cheney," who, in the Ford White House, "both thought it was a good idea for Iran to pursue nuclear energy."

After the Islamic Revolution of 1979, Ritter said, U.S.-imposed sanctions forced the Iranian government to start its nuclear energy program in secret, using technology acquired on the black market from the former head of Pakistan's nuclear program, Abdul Qadeer Khan.

But, "Once the program was uncovered, the Iranians came clean," he said. "It's not as

Photo courtesy of Nation Books.



Just Heard...

Majority rules

"Everyone who wants socialism, go downstairs."

That was a rallying cry on Oct. 19 at a public forum on whether the city should create a "community renewal agency" with the power to condemn property throughout Rainier Valley ["Blight Flight," Oct. 25].

After a presentation on the proposal, city staff asked participants at the Rainier Cultural Center to go downstairs to give comments in breakout groups. Most residents and business owners in attendance refused, however, insisting they voice concerns within each other's earshot.

It was a sign of mistrust. So are the survey results from that night. Of the 118 responses, the city reports that 62, a majority of 53 percent, voted against having any renewal agency.

Another 26 people voted for an agency without the power of eminent domain, 15 wanted a fully powered community renewal agency, and nine responded that any agency's power be limited to development around Rainier Valley's light rail stations.

—Cydney Gillis

Money race

As the votes are counted in the mid-term elections, let's count the cash.

First-time candidate Sally Clark, running for the seat to which she was appointed earlier this year, has racked up more than \$105,000. Her challenger, Stan Lippmann, has reported one \$100 August contribution. Call that a landslide.

Last-minute contributions are putting the two camps battling over Initiative 920 on more or less equal footing. The campaign to abolish the estate tax reported another \$5,000 contribution from the D.C.-based National Federation of Independent Businesses on Nov. 6, while the No on 920 campaign pulled in an equal amount from the state firefighters' union, plus thousand-dollar checks from two regional teachers' associations. "Death tax" abolitionists have raised more than \$1.3 million so far, while the No on 920 camp reports about \$1.7 million.

Meanwhile, if dollars were votes, Washington would beat back the anti-regulatory initiative and boost sustainable power sources.

The Yes on 933 Property Fairness Coalition reports more than \$1.2 million, while the nay group Citizens for Community Protection have outdone the yeas by a factor of three, raising \$3.7 million.

The clean-energy Yes on 937 campaign has raised over \$2 million from environmentally-friendly allies, while opponents, including business PACs, have put \$464,000 into the opponents' war chest — or, in this case, war shoebox.

All numbers come from reports to the state's campaign-finance agency, the Public Disclosure Commission.

—Adam Hyla

Wet out the vote

Republicans may have hoped their tireless furor over John Kerry's bungled joke would've driven their constituency out to the ballot box in droves. But there's another force even more powerful than Karl Rove: Mother Nature. Rain-fueled local flooding may very well have kept elephant-friendly voters shuttered indoors.

—Rosette Royale

Less Is More

At 40, Belltown's bellwether shelter switches formats

By **BILLY JOYCE**
Contributing Writer

B.B. Armstrong, below, plays a video game as Derrick Perry reads the newspaper at the Family & Adult Service Center. The center recently cut the number of drop-ins from 115 to 60. Photo by Joel Turner

At the Family and Adult Service Center's Belltown drop-in shelter, people rest their heads on tabletops and keep one eye on their belongings. There are rows of folding chairs pulled up to rows of plastic tables. Men and women play cards there; they read the newspaper. They stay dry. Outside, it's raining, and two women crowd under the shelter's eaves, close to the door, waiting for someone to leave so they can come in.



FASC was founded in 1966 as a place "for homeless men to drink coffee and talk during the daytime," according to its website, but to compete for outcome-based funding they've decided to decrease the number of people they let in during the day, from 115 at one time (the fire limit) to 60. When people leave the shelter, others are let in.

Kim Howard, 43, says he's been going to FASC off and on for 19 years, and he wonders why, at the onset of winter, they've decided to limit the number of people admitted.

"Why all of a sudden?" asks Howard, "One day, bam! You can't get in."

"FASC was the first homeless shelter in the city 40 years ago," says FASC Interim Executive Director Jan Glick, "The nature of homelessness has changed a lot in those 40 years."

Part of the reason for reducing the number of people admitted during the day is because FASC is doing more work to address a person's specific issues and to get more people into transitional and permanent housing.

With fewer people, "We have more ability to act one-on-one

and have real dialogue between staff and clients," Glick says. "At 60, we're still at a higher ratio of clients to staff than other shelters."

He also says that FASC is shifting away from serving the general adult population, and paring down numbers helps the staff in the discerning process.

"Our ability to assess our clients, we can do that now," says Glick, "And it's something we couldn't do before. We're in the process of determining which population to serve."

The Crisis Clinic emergency services brochure lists six other drop-in centers for Seattle other than FASC.

FASC's current eight-month contract with the city mandates that 11 homeless households be placed into appropriate transitional or permanent housing. And that there should be 350 shelter participants, and beds provided for at least 70 people per night. More than 100 people sleep at FASC each night, and there is no plan to drop that number.

When asked to characterize FASC's relationship with the city, center Program Manager Pauline Smith says, "They think we're doing terrific and headed in the right direction." ■

"One day, bam!
You can't get in."
—Kim Howard,
Family and Adult
Service Center
client

Short Takes

Kids' safety net widens

Twenty-four thousand more Washington kids have health insurance now than two years ago, lessening the ranks of uninsured children by 23 percent, according to a recent Washington State Office of Financial Management report.

"More children are enrolling in publicly funded health programs," says Liz Arjun, the health policy coordinator with the non-profit advocacy group the Children's Alliance.

IRAN, Continued from Page 3

though the Iranians denied doing this — they've been honest and upfront about this, which is another reason, why we shouldn't automatically presume ill intent."

Besides the lack of evidence, Ritter points to a 2004 "fatwa" or edict issued against nuclear weapons by Iran's top religious and political leader, the Ayatollah Ali Khamenei. Though U.S. media tend to seize on provocative statements made by Iran's president, Mahmoud Ahmadinejad, it's Khamenei who is Iran's Supreme Leader, Ritter said.

In the fatwa, the ayatollah declared that nuclear weapons are incompatible with Islam.

"People say, well, he's just lying," Ritter said. "Well, you may not agree with Catholicism and you may not like the Pope, but if the Pope stands up and puts his hand on a Bible and swears something to be so, you have to treat that with respect."

As a result, "I'm not willing to accept at face value that Iran is pursuing a nuclear weapons program," he said.

She cites kids' greater access to Medicaid and the Children's Health Insurance Program as being key to reducing the number of uninsured Washington children, from 97,000 two years ago to the current level of 73,000.

The state legislature and Governor Christine Gregoire have set a goal to insure all of Washington's kids by 2010.

"The goal is absolutely possible to reach," says Rebecca Kavoussi, director of public policy at the

Still, the U.S. military is already conducting flyovers of Iran with unmanned reconnaissance vehicles, he said, and funding direct actions by an Iranian opposition group, the Mujahedin-e Khalq, which the U.S. State Department lists as a terrorist organization for bombings and assassinations it has carried out.

"Just think about that," Ritter said. "U.S. taxpayer money [is] going to the CIA to support an organization to carry out acts of terror in Iran, and that organization is listed by the State Department as being a terrorist organization."

"The war," he said, "has already started." ■

[Events]

Former U.N. weapons inspector Scott Ritter, author of *Target Iran*, will speak at a CityClub luncheon (\$40 non-members) on Thurs., Nov. 9, 11:30 a.m., at the Washington Athletic Club, 1325 Sixth Ave., Seattle. He will also sign books Fri., Nov. 10, at 1 p.m., at the downtown Barnes & Noble, 800 Pine St., and give a talk that evening, 7 p.m., at West Seattle's Barnes & Noble, 2600 S.W. Barton Place.

Community Health Network of Washington and a boardmember of *Real Change*.

The report also found that 4,000 more adults are without insurance in 2006 than were in 2004.

"We think the infrastructure exists" to insure Washington adults, Kavoussi says, but that it just hasn't been funded. "It's time for the legislature to expand the Basic Health Plan," which covers uninsured adults whose income is too high to qualify for Medicaid.

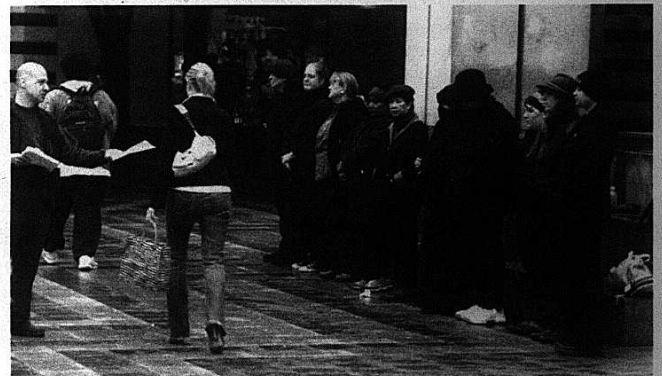
In 2001, Washingtonians voted for Initiative 773, which called for a cigarette tax to bankroll the expansion of the Basic Health Plan to cover

an extra 45,000 people. The legislature instead cut Basic Health funding, axing coverage for approximately 30,000.

Earlier this year, the legislature restored 6,500 slots. But a report done by the Working for Health Coalition states that there are currently 375,000 uninsured Washingtonians who are eligible for Basic Health.

If the legislature had appropriated the money, I-773 would have put an 11 percent dent in the nearly 600,000 Washingtonians who don't have health insurance.

—Billy Joyce



Standing for the fallen

SINAN DEMIREL (LEFT) HANDS OUT FLIERS ACKNOWLEDGING WOMEN IN BLACK, WHO STOOD VIGIL AT WESTLAKE PLAZA ON WED., OCT. 18. THE VIGIL HONORED AND REMEMBERED DANIEL CULOTTI, A 25-YEAR-OLD HOMELESS MAN WITH MENTAL HEALTH AND ADDICTION ISSUES WHO WAS SHOT TO DEATH NEARBY ON OCT. 7. THE WOMEN IN BLACK STAND SILENT, ONE-HOUR VIGILS WHENEVER A HOMELESS PERSON DIES OUTSIDE OR BY VIOLENCE IN KING COUNTY. PHOTO BY JOEL TURNER

Expendable

Some war veterans are losing their right to an education

By PAUL RICE
Spare Change News

"Here's the sad truth. The G.I. Bill for reservists hasn't kept up with the new role they play in national security."

— Retired Col. Bob Norton

Not all soldiers fighting in Iraq and Afghanistan are created equal when it comes to post-service benefits. This has always been so. However, soldiers brought in from the Reserve Component of the U.S. military to fight in those wars are seeing their combat-earned benefits vanish if they decide to leave the service after their six-year assignment.

Risking life and limb for the cause has fast become an unevenly rewarded service, leaving many veterans adrift, without rewards for risking their lives.

"Here's the sad truth," says retired colonel Bob Norton. "The G.I. Bill for reservists hasn't kept up with the new role they play in national security."

This new role for the Reserve Component (which includes the Army, Navy, and Air Force as well as the National Guard) washed up in the wake of post-9/11 foreign policy. This tide carried American boys and girls across the Atlantic to guerrilla wars fought on parched deserts and bomb-shattered sidewalks. The reservists are there, together with their Armed Forces brethren, all trying to balance a thimble filled with civil war while tightrope-walking over a volcano's spout. But the similarities between both kinds of soldiers end when they return.

As part of the Reserve Educational Assistance Program (REAP), reservists who serve as active-duty soldiers can potentially receive up to \$36,000 over a period of three years to pay for their education. However, if soldiers decide to leave the Reserve after their term is up, they forfeit all benefits.

"A lot of the troops don't even know about this until it's time to get out," Norton explains.

Norton, the deputy director of government relations with the Military Officers Association of America, is also a spokesman for the Partnership for Veteran's Education (PVE), a consortium of veterans' organizations and higher learning institutions.

The G.I. Bill paid the tuition of Vietnam vet and Representative Vic Snyder (D - AR). "The original idea was that the military would pay the entirety of your tuition, even if you went to Harvard," he says.

Part of it, Snyder admits, is the price: Prestigious colleges and universities charge in accordance with their high demand. There is also the issue of which agency is in charge of the benefits. And recently, when the VA increased the benefits going to its service veterans, the Pentagon did not follow suit with an in-kind raise to reservists. So Snyder drafted and introduced the Total Force G.I. Bill late in the 109th Congress, although at a point where he knew it would likely die in committee at the end of the session. "I wanted the paper out there so people could dissect and digest it," he explains.

When presented in September, the bill offered a solution to the current inequities by removing reservist benefits from the Pentagon's control and placing them under the command of the VA; it also removed the loophole that prevents active-duty vets in the Reserve from receiving education benefits. The issue of reserve benefits is one of personal importance to Snyder: An employee in his office just recently left the Reserve after serving in Iraq and found his benefits nullified. Snyder worries about reservists not understanding the potential to lose out on their hard-earned right to an education.

"We really have an unconscionable situation on our hands," says Snyder.

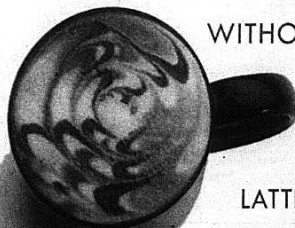
The bill's advocates expect this to be a bipartisan issue, and so far, the Pentagon is the only major voice of disagreement.

At a September hearing, Pentagon Personnel Secretary Michael L. Dominguez said it was simply too expensive to modify Reserve benefits as long as people were still signing up. He said that the money would be better spent on equipment, not benefits. Reservists should know what they are in for when they sign up, he said: "If people understand what we offer in return for their service, under those conditions I think that needs to be honored."

Steve Kimes, a retired Navy officer and higher-learning advocate, says this attitude puts the onus on the vets. "We're running into cases where people have been called [to war] three times, and they have a family, they need to get on with their work, so they leave the reserves and — bam! — they've got nothing." ■

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Perilous Passages to Freedom

Historian Simon Schama on Slavery and the Revolutionary War

By Robin Lindley
Contributing Writer

*Those who deny freedom to others
deserve it not for themselves; and,
under a just God, cannot long retain it.*
— Abraham Lincoln (1859)

"For understandable reasons, we want to say that... a generation of political leaders was wise, virtuous, strong, and victorious, namely the Founding Fathers.... But it's a sign of a mature, confident, historical self-consciousness to take tragic truth on the chin as well."

In 1775, patriot Patrick Henry famously said, "Give me liberty or give me death." His slave, Ralph Henry, heeded those words during the Revolutionary War, fleeing his owner and becoming one of as many as 100,000 slaves — including slaves of George Washington, James Madison, Francis Marion — who escaped from farms and plantations to the British lines in hope of emancipation and freedom.

In his critically acclaimed recent book, *Rough Crossings: Britain, the Slaves, and the American Revolution*, historian Simon Schama tells the little-known story of these enslaved Blacks and their flight to the British as they proclaimed freedom for all slaves of rebel masters who could make their way to British-controlled territory.

The book stands in stark contrast to thousands of volumes that glorify the white founders, including historian David McCullough's recent bestseller *1776*, and a few books that discuss only those Blacks who fought for the patriot side.

In *Rough Crossings*, Schama vividly details the brutal journey of escaped Blacks through the horror of war and threatened re-enslavement and into inhospitable Nova Scotia after the war, where thousands who had served Britain were betrayed. Then, for more than a thousand freed Blacks, there was a harrowing voyage across the raging Atlantic to a harsh new life in Sierra Leone.

Schama, a native of Britain is a professor of history and art history at Columbia University. His works include *Landscape and Memory*, *Dead Certainties*, *Rembrandt's Eye*, and a sweeping history of the French Revolution, *Citizens*. He also wrote and hosted the 15-part BBC series *A History of Britain*, and is a cultural critic for *The New Yorker*.

Schama recently discussed the ironies, the heartbreak, and the surprising acts of humanity and compassion that illustrate the story of the slaves and their flight to freedom during the American Revolution.

Real Change: What inspired you to write about the slaves and the American Revolution?

Simon Schama: I fell on this story in a history of New York City. I was astonished that, at the end of the war, 3,000 freed slaves were waiting to leave New York with white Loyalists and British soldiers. I trailed the bibliography, went to the archives, and the more I dug, the more astonishing the implications seemed: If you were a slave from the south, who would you want to see win?

RC: How many Blacks fled their owners, and how many actually fought with the British?

Schama: There's a huge difference [in estimates]. Jefferson, for example, thought 30,000 slaves left Virginia alone. I would say between 70,000 and 100,000 slaves fled. As to how many actually fought, probably no more than five to seven thousand, some under arms, many in units like the Black Pioneers as sappers, ditch diggers, laundresses, spies. Another group, not formally in the army but irregulars, [fought] like Colonel Tye's band of guerillas on the Hudson and a company of Black dragoons in South Carolina. We know that about 15,000 left with the British after the war. That's a substantial number. Huge numbers died of smallpox. Many were returned disconsolately when the war was over.

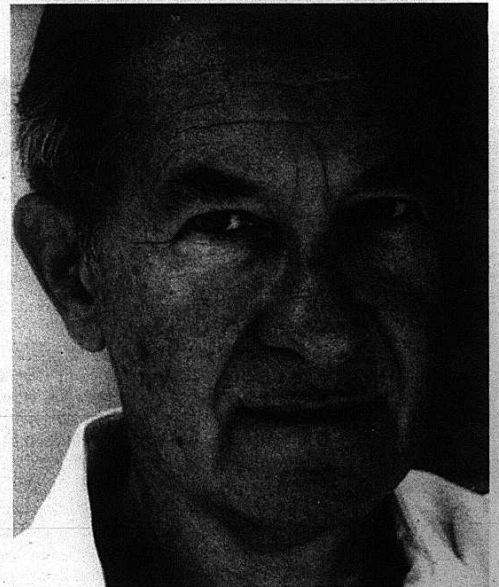
RC: During the war, the British return of smallpox-infected slaves to plantations was an early form of biological warfare.

Schama: Absolutely it was. There's hypocrisy and cynicism on both sides.

RC: Did the British honor their promises to Blacks who fled?

Schama: It's a very mixed record. Blacks who fled from Savannah and Charleston had a much tougher time. Some went to east Florida, and Florida was traded back to Spain. Some were disgracefully resold back into slavery in the West Indies. But some formed a nucleus of smallholding free Black farmers in the Bahamas, for example.

In the north, the story is much more generous. Sir Guy Carleton was determined to rescue a scrap of decency from the debacle at the end of the war by standing up to George Washington on the issue of not returning slaves who could prove that they came to the British lines. He challenges Washington to re-start the war if he wants, and Washington accepts the fait accompli with gritted teeth. It's a wonderful moment when Carleton takes a morally superior line with Washington and says, "Dear General, I'm sure you wouldn't for a minute wish me to violate the pledges



the King and his government gave in all good faith to people who served." It puts Washington fantastically on the spot in a rather irritatingly lordly way, but it's very moving as a genuine moment of truth for all concerned.

What's not surprising is the betrayal, but what is surprising and heartening is the few people who were prepared to be decent—people who were absolutely prepared to honor the obligation.


RC: It's a story filled with ironies with freedom fighters such as Washington, Jefferson, and Patrick Henry holding slaves.

Schama: Most of the founding fathers in the South held slaves. Arthur Middleton, an extremely eloquent and militant patriot from Charleston, had 30 slaves go immediately for the British. Patrick Henry's slave Ralph goes. Edward Rutledge, a firebrand author from North Carolina and signer of the Declaration, has five slaves go to the British. The Blacks were not fooled; they were not passive straws bending in the wind.


RC: You point out the hypocrisy of several founders, and some reviewers see your book as a counterpoint to books like David McCullough's *1776*.

Schama: I admire David McCullough's book very much. McCullough's a very good historian as well as a nice writer and a good bloke. But *1776* is sort of typical. In ...76, this staggering exodus of tens of thousands of unfree people flows down rivers and creeks, traipses across the countryside in the middle of the night. An absolutely epic story. McCullough isn't to be blamed that something else was happening in 1776, which is worth talking about as an epic of freedom. It's typical but completely forgivable that it doesn't form any part of his story. It's like 1492 when we have our eyes on Columbus, but another huge story is going on with the expulsion of the Jews and the elimination of

In Rough Crossings, Simon Schama documents the journeys of slaves owned by American colonists who took shelter among the British military, which promised them freedom, during the Revolutionary War. Photo © Margherita Mirabella.



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Continued from Previous Page

the last Islamic state in Spain. There are all sorts of other stories in 1492. These stories of tragic losers don't get in the great epic of liberty at that moment.

RL: The book is structured around two white Britons, two reluctant abolitionists: musician and biblical scholar Granville Sharp and naval officer John Clarkson.

Schama: I like my heroes improbable—to back into history. I discovered how powerful their papers were, particularly John Clarkson [whose] voice comes absolutely roaring out of his evangelical, romantic eloquence. Both are conversion stories as well. They began without any interest in the atrocity of the slave trade, but they were drafted by their consciences into extraordinary roles: Sharp because he saw [former slave] Jonathan Strong lying half-dead outside his brother's surgery, and Clarkson because of his [abolitionist] brother.

RL: What happened to the relocated loyalist Blacks in Nova Scotia after the war?

Schama: It's a story of heartbreak. Their freedom is acknowledged, but their land is not. The white Loyalists kept their slaves, so they were unhappy about a large population of free Blacks. Their aim was to reduce the free Blacks to a handy labor force. Even if technically free, [the Blacks] were so impoverished they had no choice but to sign on for indentured labor or menial work. It's heartbreaking, but as long as they were nominally paid a wage, the Blacks knew they weren't slaves. Plus, they used the courts... to prevent their re-enslavement. That's very moving testimony to their obstinate belief in the fairness of British justice.

RC: These Blacks were courageous to continue on to Sierra Leone after what they'd been through in the United States and Nova Scotia.

Schama: Because they'd been through so much, they thought it couldn't possibly be worse. One of the moving things is that John Clarkson [who organized the voyage to Sierra Leone] is so conscious that some of these people's last memory of the Atlantic Ocean would have been in irons below deck, that he issued a specific order as commodore that white sailors could not abuse the Blacks verbally or physically. It's an incredible thing to do in 1791. In this unending story of misery and sadness, there's wonderful candlelit moments of decency and honor, and that is one of them.

RC: And once the free Blacks get to Sierra Leone, there are incredible developments.

Women, and Black women at that, were permitted to vote once Freetown was established.

Schama: Yes. It's a formative thing for the Black experience. First free schools. First free churches. First time Black ministers baptized whites.

RC: How long did the Freetown settlement last?

Schama: It existed as a self-governing Black community only to 1800, for eight years. After a French raid, the British became nervous about the strategic potential and they didn't like the idea of the disturbing politics inside. It's a short-lived experiment. The rebels who took up arms against the heavy-handed British governors were banished. My account ends there. When the British abolished slavery altogether in 1833, Sierra Leone became a receiving station for freed slaves from all over West Africa, and Nova Scotians got swamped with free migrants. Demographically, they dissolved into the larger population of Sierra Leone.

RC: Can you talk about echoes of your book for our time?

Schama: There's a great deal of disenchantment now. For understandable reasons, we want to say that, at least at the beginning of the great experiment in American history, a generation of political leaders was wise, virtuous, strong and victorious, namely the Founding Fathers. There's a large truth in that. But it's a sign of a mature, confident historical self-consciousness to take tragic truth on the chin as well. I'm pleased there's a project to create a monument to the Black experience on the mall in Washington, including Black soldiers who fought in the Civil War and the Revolutionary War. The people responsible for [this monument] also want to have a representation of Blacks who fought on the British side. That's a sign of great maturity and wisdom. These Black British redcoats will stand between the Lincoln Memorial and the Washington Monument. ■

Robin Lindley (roblindley@yahoo.com) is a Seattle attorney and writer who covers human rights, international affairs, law, medicine, journalism, arts, and culture.

Something like Privilege in the Girl by the Window

It's difficult. The quality of which is abstraction. A finch. A wave of hair, an undertone—a wisp-of language, a syllable, caught, given, passed on, forgotten—maybe. The key is for it to be about nothing, to turn your eyes and forget, to push and pull the straw of your coffee without the need to forgive, to have the plastic lid squawk without the slightest hint of envy. I'm not joking. Squawk like a bird. Like a foreign, foreign bird.

—CASEY FULLER

New Research Studies May Improve Outcomes after Cardiac Arrest

If you have a cardiac arrest in Seattle or King County you can be enrolled in this research study without your prior consent. Researchers in Seattle-King County and 10 other communities across North America are investigating methods to improve survival after out-of-hospital cardiac arrest. Getting consent for these treatments is not possible when you are unconscious from cardiac arrest, because life-saving therapies must be given immediately. In this study, you could be treated with either a short (30 seconds) or longer (3 minute) period of CPR before your heart rhythm is evaluated and shocked. In addition, you may be treated with a fist-sized device (called an ITD), which is attached to the face mask or breathing tube used to provide breaths during CPR, and acts to increase blood flow. The University of Washington welcomes your feedback on this study. For more information, please visit our website at www.UWheartroc.org, e-mail kcroc@u.washington.edu, or call our cardiac arrest hotline at 206-447-5671, or 1-800-607-2926.

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Walking the Borders of the Inland Empire

The Mexican border looms large in Philip Garrison's funny, poignant, true-life portrait of friends and neighbors near his present Inland Empire home (in Southern California.)

Because I Don't Have Wings: Stories of Mexican Immigrant Life

By Philip Garrison

University of Arizona Press, 2006
Paperback, 149 pages, \$16.95

By ADAM HYLIA

Editor

Years of Latin, French, and Russian paid off for Philip Garrison when, teaching in El Paso, Texas, far from his Midwestern natal grounds, he took his first trip across the border into Ciudad Juarez. There, he says in the preface to his nuanced montage of portraits of Central Washington's Hispanic community, "it felt like meeting a version of myself I didn't know existed: I could read the billboards. I understood what people on the sidewalk said to each other, more or less." Instant amigo: just add Mexico!

Two days' drive from the orchards of Yakima, the border still looms large in Garrison's funny, poignant, true-life portrait of friends and neighbors near his present Inland Empire home.

Garrison is an Anglo who's gained entry not only by his scholastic familiarity with Romance languages, but through the writer's tools of natural curiosity and a certain reckless garrulity in depicting one's acquaintances. This being creative nonfiction, the names are changed and some of the stories are amalgamations — fitting, perhaps, for a community in which six out of every 10 Latinos who arrive one year are gone the next.

At the food bank that he founded with two friends in 1995, Garrison relates how they once doled out boxes of whole frozen chickens that had melted through some accident, then refrozen so that "they glommed one another in what looked — except for the ice — like a raw, pink, chicken-orgy enthusiasm." How do you divide a 10-bird chickensickle among five families? *Muy formidable*, a Mexican might say, which, in case you missed out on Latin, means it's a real challenge.

Looking at this scene, someone driving by sees the wide-angle view: families wave a grateful *adiós* with their goodies. Close up, writes Garrison, they're "shrugging, elbowing each other... nonplussed but nonchalant, strolling off as if they were used to getting handed 25-pound lumps of frozen chicken." Both images are true, they both exist, but "[t]hey do so in different mental time zones. Mutual invisibility nearly guarantees the result. They're sealed off from each other by traffic patterns of thought, speech, habit."

The book's finest chapter, "Portraits from the Inland Empire," features Alma, a woman of "dry-eyed tenacity" surviving two husbands. The first couldn't tolerate her strength, and the second, a white geology professor, argued constantly that economics was the only factor that determined inequality. "Alma would strike back with the example of a morning she preceded him into a Utah restaurant. She waited 45 minutes without getting served, only to see her husband's entrance sum-

mon coffee orders and a starched-apron waitress." And round it went. "Conflict overtook her second marriage: crafty angles and panic buttons, offense taken, pride swallowed, throat cleared, grudge nursed." Alma "had wound up between two husbands, one unable to comprehend the person she'd become, another who couldn't imagine the person she'd always been."

Also in this chapter is Nieves, the mother and night-school student so isolated "she had to drive 30 miles one way for a newspaper in Spanish and *pan dulce*," through a town decked out in Western-themed murals that show "rodeo and stagecoach race, potato harvest and haying and roundup, Saturday market and blacksmith shop," but none with mexicanos, "not a single mural, not even after half a century of mexicano presence." Outside the bakery she favors sit four elderly Latinos in hats and cowboy boots. They'd lived there 25 years.

Garrison's rich, acute profiles are presented in no discernible order, making this feel less like a book and more like a collection of beautifully written odes. Not that this detracts, because each minute account leads toward the same conclusion. They argue that a century of Latino sweat is staking an as-yet-unreckoned claim on the northernmost reach of the Great American Desert. Its boundaries are delineated by race, class, the thousand predilections and habituations called culture, and other roadside attractions not marked on any map. ■

Escape

How do you drape yourself
in the fabric of pain?

In a gin-drenched cocoon melding
lake and sky silver? Or in
newspapers, woolen gloves missing
fingers and duct tape wrapped boots?
Pop it, eat it, snort it or disbelieve it?
Or watch a marble in a wheel
red number, black number
who will it choose?

With black crepe, stockings to match
the look must be first-class
veil hiding tears? Or armband
with yellow star of David.
The final solution misses none.

Do you turn the news off?
Read fairy tales?

Do you watch knife's edge
gleefully hoping
to feel something,
anything at all?

—SHERI FRESONKE HARPER



Adventures
in Irony

©Dr. Wes Browning

Rev. Haggard and Other Hazards

Hey, a mass impeachment would be disruptive, so I was going to say, let's live and let live, it's only two more years, blah, blah, blah.

Five weeks ago we enjoyed Ted Haggard's pronouncement that President George Bush is not Satan. Years before, the evangelical leader Reverend Ted Arthur "I Did Not Have Sex With That Male Whore And Never Used That Meth" Haggard made a key endorsement George Bush needed to win the presidency in 2000. Rev. Haggard is a good, honorable man and I, for one, totally believe his denials of wrongdoing.

Haggard was only being Christlike in his love for his male flesh merchant. His frequent payments of \$200 to his for-hire boy toy were not for sex. They made Haggard an instrument of God's Love to a poor, struggling sinner. Likewise, when he bought unwanted meth from his drug-dealing hooker, it was just a kind way to give without demeaning the recipient.

Who needs happy endings when they're on the Way to the Lord's Eternal Happy Ending?

Speaking of lies, cowardice, and criminal conduct, as of last week I planned to spend this column conveying the idea that while Bush, Cheney, and a large percentage of their staff and cabinet are guilty of High Crimes and Misdemeanors galore and unquestionably deserve mass impeachment, it would be bad for the country to take that route.

There's the NSA warrantless wiretapping surveillance program, which violates the Foreign Intelligence Surveillance Act and so violates the provision in Article I, Section 8 of the Constitution that Congress "shall make Rules for the Government & Regulation of the land and naval forces" and violates the provision, in Article II, Section 3, that the President "shall take Care that the Laws be faithfully executed." It undermines freedom of speech and the right of counsel and to fair trials (Sixth Amendment) and citizens' rights to due process (Fifth Amendment).

Gosh, while I was making that list I plum forgot to mention the Fourth Amendment. IT SAYS DON'T DO WARRANTLESS SEARCHES, RIGHT THERE IN PLAIN ENGLISH. The Supreme Court ruled in 1967 that wiretaps constitute searches for the purposes of applying the Fourth Amendment.

That's at least six provisions of the Constitution undermined and at least three flagrant violations of both the letter and the spirit of provisions that distinguish the U.S. government from a worthless dictatorship. So George Bush and accomplices are guilty of continuous disregard of our founding law.

Then there's the Iraq War, which satisfied the legal definition of a war of aggression and therefore was and always will be a war crime under U.S. law. It violates Article VI: "All... treaties made shall be the Supreme Law of the Land" and "all executive officers shall be bound to support the Constitution."

The use of "unlawful combatant status" is also a flagrant, continuous, unabated, and unmitigated violation of treaty law ratified by the U.S. Congress and represents an insult to every citizen who gives a damn that this is a country of laws.

When before has it been necessary to remind any U.S. presidential administration that to torture a state prisoner is to commit treason against that state?

But, hey, a mass impeachment would be disruptive, so I was going to say, let's live and let live, it's only two more years, blah, blah, blah.

Then I learned that George Bush intends to deny detainees (not yet proven guilty of any crime) access to lawyers and to keep them in isolation IN PERPETUITY, on the unbelievable grounds that they have been the unwilling subjects of secret interrogation techniques.

This is the most despicable, vile, disgusting assault on American law, on fundamental human rights, on common decency, and on the good name of the United States since this country practiced slavery.

Now we have no other choice but to try this man and everyone who put him up to this, simply to show the world that we don't condone such depravity. ■



Fri., Oct. 20, 1 p.m., Maynard Street South, Hing Hay Park.

An officer was on a separate call in the 600 block of S. King St. when the subject, a transient white female aged 40, called out and waved towards him. She stated that she wanted to go to the hospital, as she had already tried to kill herself, and intended to continue doing so. She stated she had swallowed "a bunch" of unknown prescription pills four to five hours ago. She was upset, but cooperative, and was transported by AMR ambulance to Swedish Hospital for a mental health evaluation.

Sun., Oct. 30, 2:10 p.m., Maynard St., Hing Hay Park.

Officer on bike patrol saw a 21-year-old transient Black male sleeping on a bench in Hing Hay Park. The officer woke the suspect and requested his name and date of birth. He then ran this information through his police computer and found an outstanding warrant. SPD data verified the warrant, and the suspect was arrested and booked into King County Jail.

Sun., Oct. 30, 3:45 p.m., 100 Block Western Ave.

Bicycle officers saw a transient Black male aged 21 on the 2200 block of Western Ave., which is in Stay Out of Drug Area (SODA) Zone 1. He was in the company of several people in an area known to have an ongoing narcotics problem. The suspect was recognized as having been contacted in the area before by the officers, and they had knowledge that his Certified Correctional Officer (CCO) had instructed him to stay out of this part of town. When the officers rode into the area, the suspect quickly left southbound on Western Ave. The officers contacted the suspect and then got in touch with his Department of Corrections (DOC) officer and informed him of the stop. The officers were instructed by the DOC to place suspect under arrest. Suspect was arrested for being in the SODA zone, for failing to report as required, and for failing to be in a verified treatment program. Officer was informed by other police officers that the suspect had been contacted earlier that day in the same area and had been asked to leave at that time. Suspect appeared intoxicated at time of arrest. He was booked into King County Jail.

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.

On the Bus, Looking Fabulous

Bus Chick, Transit Authority



Carla Saulter

What bus chicks lack in elaborate hair styles, we make up for in other areas.

I have great empathy for my fellow Seattleites who are struggling to shake their addiction to cars. I know quite well how difficult it is to kick a powerful habit. How? Because, dear readers, I, too, struggle with

an addiction — to my flat iron.

That perfectly smooth, bone-straight look I'm rockin' in the picture next to my byline? That look required a potentially lethal appliance, a parting comb, at least a dozen hair clips, and far too much of my precious time. Any contact with water will make short work of my efforts, which is a problem, considering that my chosen form of transportation requires frequent exposure to the elements, and the element I am exposed to most frequently is rain.

Does this confirm the suspicions of many women I know — that a girl must exchange her style for the benefits a bus-based life? Nope. We bus chicks can be just as fabulous as our car-dependent counterparts (more, even), provided we're willing to prepare ourselves accordingly.

The first priority is to find a hairstyle that can withstand our challenging climate. What works for each bus chick is different, but the key is low maintenance. I've learned to limit the straight styles to sunny weather and special occasions. On most days, I either embrace (with the help of some good leave-in conditioner) the naturally curly Carla, or opt for a simple, sexy chignon.

And speaking of sexy...

What bus chicks lack in elaborate hair styles, we make up for in other areas. For example, because we get exercise naturally — walking to and from stops and running to catch buses — we tend to have fit bodies. Fit bodies look good in just about anything, including bus-friendly gear like jeans and boots.

And speaking of boots...

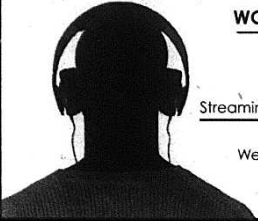
While all that walking and running might be good for our bodies, it's not so good for our footwear. Polish can remove scuff marks, but scuff marks are the least of a bus chick's worries. Nothing ruins the appearance of shoes like worn-down heels. Thankfully, there's a solution: taps. (Get the rubber kind to avoid announcing your approach from three blocks away.) Of course, when your outfit demands shoes that aren't walk-friendly (taps or not), you can wear reasonable substitutes for the trip and carry the cute pair in your bag.

And speaking of bags...

Fellow bus chicks, walk softly (on your rubber taps) but carry a big purse — and not just for your extra shoes. In addition to your day-to-day necessities (wallet, cell phone, keys, book), you'll need it for your umbrella, natural-bristle brush (to smooth the chignon), lotion (to apply after public-bathroom hand-washing adventures), and unflattering waterproof jacket. For those fancy occasions that require a small purse, bring a bus nerd along to help with carrying. If you follow these guidelines, you won't have any trouble attracting one. ■

Got something to say about public transportation in Seattle? E-mail Bus Chick at buschick@gmail.com or visit blog.seattlepi.nwsourc.com/buschick.

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Letters
editor@realchangenews.org

Prop. 1: Taxpayers pledged to Vulcan

Dear *Real Change*,
Mostly good advice ["Marching Orders: the *Real Change* recommendations for the 2006 ballot," Nov. 1-7], except on Seattle's Prop. 1. If this passes, when the Mayor and Council subsequently take \$100 million away from other projects to make Mercer Street a two-way boulevard for Paul Allen, or \$400 million, to lower Aurora Ave. north of Battery Street, you'll be able to blame the fact that voters taxed themselves to pay for basic services, so City government can take funds (unvoted, mind you) from the parking and employer taxes to pay for nonessential projects that they know the public wouldn't support.

Other than that, keep up the good work (really)!

**Matt Fox
Seattle**

Abused women: no place to go

To the Seattle City Council,
Thanks to all of you who organized and participated in the Sept. 13 *Real Change* community panel on affordable housing and homelessness. The housing problem has troubled me for a long time, but other social justice issues have pushed it aside before I could even educate myself about it. With the help of audience participants and excellent handouts, the panel took me a long way toward understanding the complexities of the problem.

One topic not addressed at the forum is how housing costs affect women who are abused by intimate partners. As I am sure you are aware, U.S. city mayors agree that incidents of battering of women are a major cause of homelessness. Reports indicate that very high percentages of women who are homeless have been abused, and many have become homeless in the course of escaping dangerous partners. Yet, housing problems of many abused women are nearly hidden from public awareness. This is partly because many "choose" to stay with abusive partners, rather than to risk homelessness. They may live in upmarket houses, but have no access to money.

No longer designated as "merely" a private situation, battering is still too often viewed as a problem for individual women, not one that communities must address. Even sophisticated people continue to ask, "Why does she stay?" "Why doesn't she just leave?" The question of why the perpetrator

doesn't leave is more to the point, and of course many, many women do leave. They leave to enter shelters temporarily. They leave to move in with relatives. They leave and try to get along living on the street. Some leave forever. Others return several times before they are able to stay away for good. And some are tracked down and killed.

There are many reasons women don't leave sooner and why they find it hard not to give up and return to the abusive partner. Among those reasons, the economic problems of supporting themselves and perhaps a couple of kids are daunting. Along with the lack of available living-wage jobs and funds for childcare, affordable safe housing shortages present crucial challenges.

It is not possible to quantify how many women stay with abusive partners because of economic problems. But we know that many women "choose" the risk of staying in their homes with abusive partners over the risk of being on the street or in substandard, unsafe housing.

I am gratified that the City Council is working on affordable housing needs and also for its support of agencies working with underserved, battered women. For abused women to be confident about finding affordable housing, a change in housing availability is very much needed. Affordable housing programs must account for women who are neither homeless nor actively searching for housing, but who would leave abusive partners if only they had an affordable place to go.

The City Council has taken on a huge task already, and I wish I had a solution to offer for this part of the dilemma, which particularly troubles me. But I have confidence that if your experts are aware of the problem, they can develop a solution.

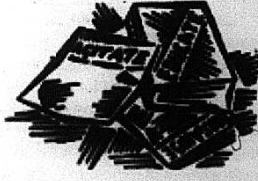
Thanks for the work you are doing.
**Ginny NicCarthy
Seattle**

[Ginny NicCarthy is the author of *Getting Free* and numerous articles on domestic violence.]

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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Calendar

This Week's Top Ten

Thursday 11/9

Walid Raad's lecture-performances conjure up an alternate universe that mimics conventional formats of visual and textual representation. "The Loud-est Muttering Is Over" is a multimedia presentation using the conflicts in Lebanon to examine how we represent, remember, and make sense of war. 7 p.m. at Henry Art Gallery, 15th Avenue NE and NE 41st Street. \$6 Henry members, \$8 seniors and students, \$10 General.



Iraq in Fragments offers a series of intimate portraits: a fatherless 11-year-old goes to work at a Baghdad garage, Shiite radicals enforce Islamic law at the point of a gun, and Kurdish farmers welcome the U.S. Seattle-based director James Longley spent more than two years creating this documentary, which won Best Director, Best Cinematography, and Best Editing awards at Sundance. Starts Fri., Nov. 10, at the Varsity Theatre, 4329 University Way NE.

Saturday 11/11

U. Utah Philips is a legend in his own time: a folksinger, storyteller, and passionate activist for the underdog. He's at Town Hall tonight to support KBCS. 7:30 p.m., Eighth and Seneca, \$15 admission. For information go to www.kbcs_fm or dial (425)564-2418.

Sunday, 11/12

Distinguished thinker and writer Charles Johnson will discuss Richard Wright and *Native Son*, one of the most powerful stories about racism's consequences ever written, following the 2 p.m. matinee performance of the play. Lecture is free; admission to the performance is not necessary to attend. Information: www.intimam.org.

For Veterans' Day Weekend: St. Patrick Church presents a special event voicing support for veterans refusing to deploy to Iraq. Speakers include Carolyn Ho, mother of Lt. Ehren Watada, and Joe Colgan, whose son died there. 2 p.m., 2702 Broadway Ave. E. For more information or to help, call (206)375-7276 or d.covertboulds@comcast.net.

Monday 11/13

Tracy Kidder's latest book, *Mountains Beyond Mountains*, follows Paul Farmer, who speaks tonight about his work in global health. Farmer is a renowned infectious-disease specialist, anthropologist, MacArthur "genius" fellow, and co-founder of Partners in Health, a nonprofit organization bringing health care to impoverished parts of the world. Community Engagement Fair follows. 7 p.m. at the University of Washington, 130 Kane Hall. Free, but registration is required at www.uwcommonbook.org.

Tuesday 11/14

An outspoken advocate for prison reform, T.J. Parsell shares the story of

his rape by four senior inmates and its aftermath in *Fish: A Memoir of a Boy in a Man's Prison*. Parsell appears in a panel discussion with representatives of Stop Prisoner Rape and the Washington Coalition of Sexual Assault Programs. 7 p.m., University Bookstore, 4326 University Way NE.

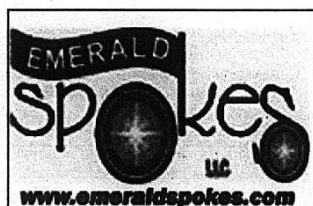
Thursday 11/16

The religious right got you up at night? Local religious and secular leaders discuss Christian fundamentalism and its influence on U.S. politics in a panel entitled "The Evangelical Phenomenon: What is it? How should the rest of us respond?" Admission \$5 through www.brownpapertickets.com. Proceeds benefit Faith Media Democracy. 8 p.m., Town Hall, 1119 Eighth Ave. For more information, email valerietarico@hotmail.com.

A Life Among Whales traces four decades of the work of biologist Dr. Roger Payne, who recorded stunning images and whale songs that haunt and inspire. 7 p.m., Camp Long Environmental Learning Center, 5200 35th Ave. SW.

New and ongoing efforts to clean up Puget Sound are the subject of a day-long "Salmon Homecoming" forum, the first in a series of four annual dialogues intended to broaden the conversation about what is local and sustainable in our region. Presenters include Billy Frank, Jr., chairman of the Northwest Indian Fisheries Commission. 8 a.m. - 4 p.m. at UW's HUB West Ballroom. To register: www.salmonhomecoming.com.

Calendar compiled by Dena Burke. Have a suggestion for an event? Email it to calendar@realchangeeng.org.



(206) 383-5426

Director's Corner



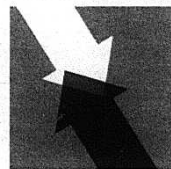
As we go to press, pollsters predict that by Wednesday morning, 20-30 House seats may have gone Democratic, and Republicans might have lost control of the Senate as well. If so, the war, the corruption, the incompetence, and the outrageous arrogance of the past six years will have finally begun to crack.

While this is reason to celebrate, there is little evidence that a revolution is underway. The giveaway of America to the über-rich will lose some momentum, but little real help for the poor is on the horizon. The horror show in Iraq will grind on less incompetently, but grind on it will. And the Earth, slowly, will continue to die of greed and neglect.

George Bush will still be President, but only as the lamest of lame ducks. The political capital that he famously promised to use has been thoroughly spent, and not a moment too soon.

I remember, when Bush won the 2004 election, feeling defeated for about 10 minutes before jumping right back in. Along with Langston Hughes, I believe in an America that has never been. "O, yes, I say it plain," he wrote, "America never was America to me, And yet I swear this oath — America will be!"

And so, whatever the outcome of this election, we need to remember how far there is to go. We can take a rest, for about 10 minutes or so, and then, it's time to roll up our sleeves and get back to work.



First things First

Get Involved • Take Action

Take Toxins Out of Personal-Care Products

Issue: Most consumers would be surprised to learn that the government does not require health studies or pre-market testing for cosmetics and other personal care products before they are sold. In fact, 89 percent of the 10,500 ingredients used in personal care products have not been evaluated for safety. In 2004, the European Union banned potentially dangerous substances from cosmetics, but in the U.S., the Food and Drug Administration does not regulate the field.

While everyday exposure to the chemicals in cosmetics within the general population is of concern, levels of exposure to women working in beauty and nail salons is of even greater concern given that these women are exposed to these chemicals for long periods of time and often in poorly ventilated spaces.

Background: Some of these chemicals are linked to cancer, birth defects, and other health problems that are on the rise. Some chemicals found in a variety of cosmetics are listed by the Environmental Protection Agency as carcinogens or reproductive toxins. Astonishingly, one-third of all products contain one or more ingredients with at least some evidence of cancer-causing ingredients in laboratory studies or investigations of human populations.

OPI Products Inc. is the largest manufacturer of nail polish and nail-treatment products in the world. In Aug. 2006, responding to mounting pressure from consumers, OPI agreed to remove dibutyl phthalate, or DBP, a known reproductive toxin, from its nail products. However, it is continuing to use another substance that the U.S. National Toxicology Program says is "reasonably anticipated" to be a human carcinogen and that is restricted in drinking water because it can cause nervous system disorders and damage the liver and kidneys.

OPI's removal of DBP is a step in the right direction, but consumers deserve products free of all dangerous chemicals. OPI claims it "needs" to use these toxic chemicals to make "good" nail polish. However, other nail products made by big-name manufacturers and small companies alike do not contain these toxic chemicals, proving safe alternatives do exist. In fact, the Sally Hansen brand recently confirmed that they would be removing DBP, toluene, and formaldehyde. And compact-signing brands like Jerrie Nails, PeaceKeepers, and Honeybee Gardens never used these chemicals.

In addition, OPI has also refused to sign the Compact for Safe Cosmetics, a pledge to remove toxic chemicals linked to cancer, birth defects, and other negative health effects from their products and to replace them with safe alternatives.

Action: Go to www.safecosmetics.org and click "Take Action" to send a free fax to OPI CEO George Schaeffer today. Urge him to protect the health of consumers and salon workers alike by phasing out the use of toxic chemicals in its nail products and joining the more than 400 forward-thinking cosmetics companies that have already signed the Compact for Safe Cosmetics. For more information on this issue, refer to *Real Change's* article in last week's paper entitled, "Fashion Victims: Cosmetics' chemicals hurt women's health and habitat."

GOODWILL, Continued from Page 1

hole on Rainier Avenue South at South McClellan Street.

The Goodwill plan is "basically a suburban mall with big-box retail and national chains," says Quang H. Nguyen, director of Seattle's Vietnamese American Economic Development Association. "There should be more character to the retail component, more places for small businesses."

Michael Jurich, vice president and chief financial officer at Seattle Goodwill, says the charity has been working with the community and the developer, Ravenhurst Development, for two years to see that the project fits into the neighborhood.

"It's not a typical suburban anything," developer Darrell Vange said at Thursday's meeting. "No one has brought in these types of retailers and put housing on top and put in someone like Goodwill," he said. "It's never been done."

Goodwill gave the 10-acre site to Ravenhurst, which agreed to build the charity a four-story building. The deal gives Goodwill more space for classes, job training, and donation processing, Jurich says, along with a new, 37,000-square-foot retail store — about the same size as today's. The store is expected to open in early 2009, with other retail to follow in late 2010.

But already, Quang Nguyen says, speculation on property values is starting to drive prices up in Little Saigon. And he fears the developer will charge retail rents far above the area's current average of \$14 a square foot.

"A family-owned business," Nguyen says, "isn't

going to be able to stay very long if rents are that expensive."

Nguyen says he is working with a coalition of non-profits on a community benefits proposal to present to Ravenhurst. Before the developer can proceed, it must still get the Seattle City Council to approve zoning changes, which include raising heights in the area from 65 to 85 feet. ■

[Event]

The Beacon Alliance of Neighbors plans a community forum on the proposed Goodwill site development on Tues., Nov. 21, 7 p.m., at the PacMed campus, Quarters 1, located on the northwest corner of 14th Ave. S. and S. Judkins Street, Seattle. To see the plans, go to www.cityofseattle/BAN/.

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PROJECT, Continued from Page 1

Cambodians are not the only ones confronting inescapable deportation. Some 1,900 Laotians, he estimated, face similar fates. "You're going to have a big outcry from that community," said Uch.

As the seriousness of Uch's story sank in, participant Ijeoma Oluo expressed concern that for some in America, immigration presents a threat that challenges the fabric of society. The daughter of a Nigerian and an American parent, Oluo said that she'd sometimes encountered an attitude that being born in the U.S. was tantamount to entitlement. "Why does that make you special?" she wondered.

For Shortliffe, he said he often heard an unstated fear being vocalized in discussions on immigration. This was typified, he continued, by his grandmother's comments that the country "was turning Mexican."

"Why does it matter," Oluo asked, "that it might be a non-white majority?" How could such fear be assuaged? Shortliffe asked everyone.

Perhaps, Kondabolu suggested, a tonic could be found in ordinary people engaging in heartfelt discussion. As an example, he pointed to a group in Oregon called the Rural Conversation Project, which is addressing, via living-room discussions, the impact immigration has had in the state's small towns. Eighty people

were leading conversations centered on the topic in the past year, he said. "These are folks who can go either direction" on immigration, said Kondabolu.

Botswana-born Jelte Hermeijer, largely silent until then, revealed that in his four-and-a-half years living in the United States, he had come to grasp the country's complexity. Noting that the country represents, to many, a "beacon of hope," he added it also has the potential, through legislation, to become a WASP-led dictatorship. "Where is a big change going to come from?" Hermeijer asked.

As the conversation free-flowed, addressing the importance of linking social justice to education, as well as increasing voter turnout, an ethnic mix of hotel customers drank tea and chatted at other tables, those discussions, at times, were influenced by Conversation Project members.

Kondabolu says the choice of the Panama was intentional. With its reminders of an era when civil rights were eroded, he says the setting speaks to participants about the necessity to ensure the past's errors aren't repeated in the future. "Having that history there," says Kondabolu, "I think that says a lot." ■

[Resource]

For more information on the Conversation Project, contact www.hatefreezone.org

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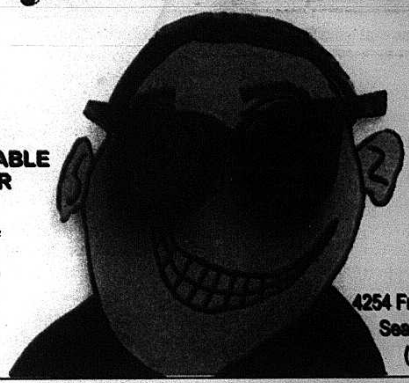
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Volume VI, Issue 11

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First Annual Youth Leadership Summit



RAQUEL
GRANATH

On the seventh and eighth of this past October, Mockingbird Youth Representatives were fortunate enough to attend the first annual Foster Youth and Alumni Leadership Summit, held at the beautiful Cedarbrook Retreat Center. It was hosted by Casey Family as well as The Washington State Supreme Court Commission on Children in Foster Care. The summit was aimed at young adults previously or currently in care. Its purpose was to help youth find their voice and learn self advocating skills. It was a very enlightening experience and I consider myself lucky to have been in attendance.

When I arrived at the scene, I was awestruck by the beautiful setting. Tall trees and flowing brooks, calm serenity and the scent of the majestic woods invaded my nostrils. When I got into my room I was satisfied with the beautiful bathtub and the spaciousness of the bedroom. After settling in, we went to eat lunch and as the icing on the cake, the food was terrific.

In our first activity, we explored what we as foster youth had in common, with a fun icebreaker. We all wrote down something that ailed us as victims of the system, and watched in surprise as they were read aloud and many other people stood up in agreement. "We're redefining the quote 'keep hope alive,'" says **Jemila** a youth currently in foster care from Lacey. "All of us are ultimately destined to do big things."

Casey Family Program's It's My Life Conference was held in Seattle this year from October 29th-31st. This year's theme was "A Creative Journey." The 4th annual event took place at the beautiful Bell Harbor International Conference Center on the pier. The conference was filled with lots of positive advice for youth and young adults leaving the foster-care system. It also provided many chances to practice skills that would be helpful to us in becoming independent and leaders in our communities. This was a very exciting conference and I had a great time.

It started on Sunday morning, where we were welcomed to a delicious breakfast buffet. Once we finished breakfast, we went up the general session where they had four amazing speakers who were alumni of the foster-care system. They each had struggles in their life, but those struggles helped them become the people they are today. After the general session we had lunch and a band played for us while we ate. It was very relaxing. When lunch ended, it was time for our first session.

Later on that evening we attended another interactive workshop in which we learned the "PREP" model with **Bernard Caliman** from GSAN. He taught us a method in which to speak and be heard as well as persuade your audience. First state your Point, then give the Reason, next give an Example and then readdress the Point. After we completed these exercises, we continued on to dinner.

Following dinner was Open Mic in which youth enjoyed singing Karaoke and everyone indulged in some of my poetry. I would have stayed longer but it was Jessica's 18th birthday so **Najja, Jamica, Sam** and I proceeded to the rooms and hid in the corners to surprise her. After singing Happy Birthday and dining on cake and complimentary sodas, we retired for the night, looking forward to the next day.

After dining on eggs, sausage, and potatoes, we met in the main room where I proceeded to stump the audience at Simon Says. We then divided into groups based on each of the regions in Washington, in order to develop local Alumni Groups. I was shocked at all the different cities people had traveled from to get here, ranging from the Tri-Cities all the way to Rice, Washington. I got an A+ in Geography class and even I never knew some of these "places" existed! **Mockingbird Reps** were all in region 4, which was, of course, the biggest. We basically recruited more people to the Greater Seattle Alumni Network, otherwise known as GSAN, as opposed to starting a new group. Everybody had such clever ideas and we went to break feeling very accomplished.

When we returned from break, everyone was ecstatic about getting the opportunity to present some of our ideas and concerns to the Commission on Children in Foster Care as well as several other prestigious members of our fine government. "I think this was

amazing getting to talk to these important people directly," says **Destiny**, a youth from Cheney. Guests included **Cheryl Stephani** from the Children's Administration, **Daniele** and **Steve Baxter** from FPAWS, my personal favorite **Justice Bobbe Bridge**, as well as many other prominent people. Each region had a chance to address the panel about different topics which require modification including sibling separation, cultural awareness and transitional housing.

Participants shared their experiences about the failures of the system and some recommendations were compiled. Youth requested transitional living skills be offered before exiting care as well as more information regarding school scholarships. In reference to sibling separation, youth proposed that phone cards should be provided to maintain contact. They also wanted mandatory visitation and knowledge of the whereabouts of their family. In regards to concerns about cultural awareness, the foster youth suggested that social workers, foster parents and CASA workers receive training on a wider variety of ways youth can connect with their heritage in a safe manner. Their thoughts were recorded and passed on to the right people.

"Overall it was a good conference that was very informative," says **Jamica**, Senior Youth Representative for Mockingbird Society. "The hotel vicinity was beautiful and I had a great time!" I agree that this Summit was a positive experience especially since it was aimed at youth as well as adults. I'm glad that we had a chance to talk to the important decision makers in our state and I think that this form of advocacy is the best way to make a difference. I can't wait until next year and I hope we get to stay at the Cedarbrook again!

It's My Life Was an Inspiration



JAMICA
HENDERSON

My first session was called "Life After Foster Care." The speaker was excellent. She told us about her story and showed a film. I felt really connected to her story because there were a lot of similarities between us. She was in foster care and had nine siblings then got custody of her brother. I was in foster-care with four siblings and am in the process of getting custody of my two younger brothers. It was very encouraging to me, because now that I've met someone else who took in their siblings, I know that I can do it too. Yes, she did say that there were some challenges and I am preparing for those that come my way. I really enjoyed how she had the audience involved. She asked for five volunteers to come and tell their stories. I was one of the five that got to share mine.

On the second day, we went to three sessions. The two I liked the most were: "So You Want To Be A Star" and "One Plus One Equals Everything." "So You Want To Be A Star" was a very audience involved workshop. We did a remake of American Idol and everyone was either a part of the cast or a volunteer. My job was to keep the crowd happy and upbeat for all the acts. I really liked this session because it was fun and encouraged people who might not usually feel confident enough to speak up to do just that. "One Plus One Equals Everything" talked about relationships between staff and participants. In this workshop we learned

about healthy boundaries and how to make sure that everyone stays safe, but that good services are still provided.

My first session of day three was "It's My Story." This session showed us how to share stories by acting them out. Some of the stories were funny and some of the stories left me with lots of thoughts. I was glad to take this one first because it helped boost my energy for the day. The last session of the day was "Speak For Yourself." We were given three sentences in the beginning of class to think about and answer for our presentation. The three sentences were: "I was..." "I am..." and "I will..." Before our presentation, we did some exercises that helped us get the answers to our questions. My sentences were: "I was in foster-care with three of my siblings;" "I am getting custody of two of my siblings who still reside in care;" "I will be a good parent and get all my nursing prerequisites done by the end of summer 2007."

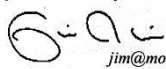
In all, this was a great conference. I got to meet new people and eat very good food. Many people complimented me on sharing my story and how proud they were of me. It really touches me when people are inspired by my experience. In attending this conference, I remembered that "it's my life" and considering everything I have been through, things are going pretty well.

Letter from the Editor

JIM THEOFELIS

The Mockingbird Society is proud of the continued progress of the Mockingbird Family Model (MFM). Based on the "extended family concept", the MFM addresses age-old problems plaguing the local and national foster care system (for more information on the MFM visit www.mockingbirdsociety.org). Currently in King County, the Mockingbird Society has contracts with three private organizations (Casey Family Programs, Ryther Child Center, and Youth Advocates) and one contract with the Seattle office of the Division of Child and Family Services to replicate the MFM. Additionally, the Washington D.C. Child Welfare System has contracted with Mockingbird Society to implement two pilots of the MFM. During the first week of October, Degale Cooper and I were in Washington D.C. training their foster parents and social work staff on the MFM. Due to the work schedule of the foster parents, the trainings were conducted during the evenings going as late as 9:00 P.M. It was so inspiring to see the staff and foster parents engaged in the training and passionately planning on

how to better care for kids and families. One of the foster parents who attended the training brought her nine-year-old foster child, Twanna, who sat quietly during the training session reading, drawing and writing. At the conclusion of the final training session-again fairly late into the evening-I was giving some final comments to the group-when like a breeze of fresh air Twanna slid a piece of paper on top of my notes. Given she was so quiet during the training I was rather taken aback by this behavior. As I looked at the paper she had placed on top of my notes I was truly overwhelmed. Here was a nine year child, in foster care, away from her family, listening to a group of adults who were focused on improving the quality of care for children just like her. I asked her if she wanted to read her writing to the group. She immediately stood up straight, grinning ear to ear and delivered her gift with clarity of voice and strength of character. She had listened to our words, observed our work and blessed us all to go forward with the courage of a nine year old separated from mommy. Below is the poem that Twanna shared that evening-the Mockingbird Times is proud to premier this new author. Happy Thanksgiving to you and those you love,

 Jim Theofelis
jim@mockingbirdsociety.org

Letters to the Editor

Hello Jim,

I really enjoy reading the Mockingbird Times. It's one of my nightly papers. After my granddaughter goes to bed, I get the paper and start reading. Most of the time, I fall asleep after reading one part of the paper. I awake around three a.m. and finish reading the paper and go back to sleep. I call the paper my nightly in-between sleep reading.

Sincerely,

Shirlee, a Grandmother

Dear [Mockingbird Society],

We are writing to you and Mockingbird Society to say thank you for the superb job your organization did at facilitating a much needed focus group on the needs of foster youth. The information solicited will be used to inform the Washington Healthy Youth (WHY) Plan strategies and recommendations to enhance the health and well-being of youth in our state.

The Mockingbird Society pilot test was a huge success and it will remain a model for our future focus groups. The youth who attended and facilitated the focus group showed a high degree of professionalism. They were intelligent, well-prepared, eager, and fun to work with. Their critical thinking abilities were impressive, as well as their level of commitment (they worked for nearly three hours).

We would like to extend a special acknowledgement to Jamica and Misty for facilitating and taking accurate notes which were essential to this process. Again, thank you from the WSPY.

Sincerely,

Judy Schoder, MN, RN; Chair,
Washington State Partnership for Youth
Mickey Kander MSW, MPH;
Adolescent Health Consultant,
Washington State Department of Health

Congratulations Jim Theofelis!

Congratulations to Jim Theofelis for being named one of Seattle Magazine's most influential people of 2006! Featured in the November issue, Jim is recognized for his work on behalf of children, youth and families, and for his commitment to improving the foster care system through Mockingbird Society's innovative programs and initiatives.

The November issue of Seattle Magazine is on stands now, or you can learn more by visiting our website at: <http://www.mockingbirdsociety.org/society/press.php>

Thank You's

James and Rosemarie Flaherty;
Joyce Schowalter, Karen Cowgill;
Louise McIlraith; Patricia Bodzioch; Calvin and Rainier Scholars

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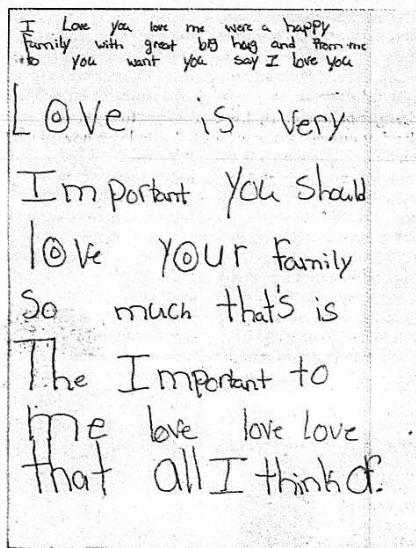
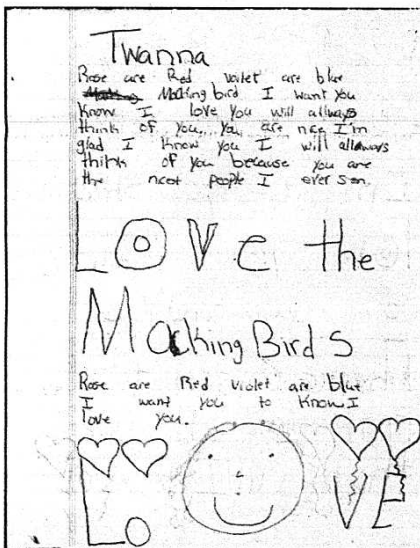
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ABOUT US: The Mockingbird Society is a private non-profit organization dedicated to building a world class foster care system and improving the other systems that serve children and adolescents involved in homelessness and foster care. The *Mockingbird 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 \$7.63 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 50,000 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 2006 The Mockingbird Society.

A Mockingbird Inside Your Mailbox

Make a difference in the lives of our most vulnerable youth and support the Mockingbird Society!

Donations may be tax deductible and all donors receive the *Mockingbird Times*. Enclosed, please find my check made payable to Mockingbird Society in the amount of: \$ _____

Suggested Donations:

\$1,000+..... Protector \$500-999..... Caretaker \$250-500..... Organizations \$50+..... Supporter \$25..... Foster Parent

NAME _____ EMAIL _____
ADDRESS _____ PHONE _____
CITY _____ STATE _____ ZIP _____

Please fill out and mail this form with a check or money order payable to: The Mockingbird Society, 2100 24th Ave South Suite 240, Seattle WA 98144, or donate online at www.mockingbirdsociety.org.

- Please bill me for the amount indicated.
- My employer will match my gift; enclosed is my matching gift form.
- I am interested in receiving information on the advantages of planned giving.
- Please do not include my name on published donor lists.

Homeless Youth Summit

RAQUEL GRANATH



Guess what everyone: homelessness is being abolished in this city right now. That's right, there are people everywhere working hard to address the hardships of homelessness and inevitably end it.

The Homeless Youth and Young Adult Summit took place October 26th and 27th at City Hall in Seattle. It was sponsored by the fine people at Seattle King County Coalition on Homelessness (SKCCH), as well as many other generous beneficiaries. The first day was preparation for meeting the city council members to discuss topics of interest in the homeless community. We learned many new things about the patchwork of our city, some commonly known and some shocking to the ear.

The funding for homeless shelters and services is decided by the mayor. Council members are directly subordinate to him, and help propose where the



From left to right: Charlotte (45th Street Clinic), Julia (Seattle Human Services Coalition), Rachael (Real Change), Stephanie (Northwest Network for Youth), and Raquel (Mockingbird Society) facilitate discussion at this year's Homeless Youth Summit.

money should be directed. Other sources of money included the federal government as well as HUD McKinney programs. Cur-

rently there is a \$73 million surplus in our city, mostly due to the expansion of real estate downtown and the increasing amount of money received from property tax. The Ten Year Plan to End Homelessness plans to build 9,000 units of affordable housing, therefore decreasing the demand for emergency housing and ending people living in the streets.

What took place at the summit were the combined efforts of kids in the streets making a difference. We studied rigorous-

"Youth got very passionate while discussing their needs. We brainstormed for over an hour and the list grew to several pages. I was very disturbed to discover that when a shelter doesn't have enough beds, they conduct a lottery. The youth whose names are drawn must find another place for the night."

- Summit Participant

ly on how to talk to the council members, and brainstormed endlessly with what to say. A verdict was reached and the top six issues for discussion are as follows: 1. Better food at food banks, 2. Expanded services at drop in centers, 3. Bus passes for youth and young adults, 4. Work training, 5. Transitional housing with lower barriers and more age groups and lastly, 6. More shelters for young parents. Everyone divided into subcommittees and the tasks were allocated. Each group met with a different council member and requested that changes be made. By the end of the day, everyone was exhausted but even more accomplished.

Charlotte Tucker, primary organizer of this event, concluded, "The summit was a beautiful thing. It brought together young people experiencing homelessness in different ways. It was an opportunity to share with each other, and people in the positions of power, to do something about it." I think that Charlotte's right and that this summit was a monumental step in the right direction.

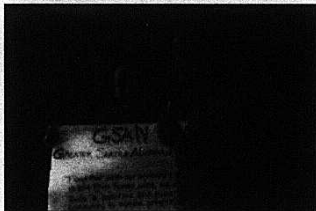
Mockingbird on the Move



Youth representative Jessica Garcia celebrates her 18th birthday at the first annual Foster Youth and Alumni Leadership Summit.



From left to right: Daniele Baxter (EPAWS), Justice Bobbe Bridge, and Cheryl Stephani (Children's Administration) listen as foster youth and alumni make regional presentations at Leadership Summit.



Mary Herrick (Greater Seattle Alumni Network) and Youth Representative Raquel present Region 4's recommendations to the Washington State Supreme Court Commission on Children in Foster Care at the Leadership Summit.



Mockingbird Society Youth Representatives Raquel Granath and Janica Henderson staff this year's booth at Casey Family's 11's My Life Conference.

Girls Flying High With Fitness

RENITA BASKIN



Parents are always searching their community for the answer to the million-dollar-question: How can I keep my teenage girl out of trouble, healthy and with good grades? The answer to that question is school sports.


The reason I keep sports in my life is that I know that once I take it out of my life, I'm not going to be as motivated to do well in school. But, while sports are going on, I know that I have to keep my grades up if I want to play in all of my matches and games. Also, grades are one thing that coaches aren't lenient about no matter how good of a player you are. No coach can allow you to participate in any extracurricular activities if you don't have at least a 2.0 gpa (grade point average). I feel that being involved in sports has stopped me from getting into about three fights. I also stopped myself from arguing with my teacher and getting into other trouble around school because my coach is a teacher and I know that they all talk. So, every year at the end of the summer I have to give myself a big "attitude adjustment" compared to how I feel during the summer. Sports not only help me personally (with my grades and attitude at school), but it's also a great way to get to know some of my peers I never thought I would actually hold a conversation with. It's fun to learn how much I have in common with many different people. So, I guess you can say that sports help your social life grow as far as school goes.

When sports season is going on, that's when I get in shape because during the summer I don't ever work out like my

coach advises me to. I try to go running so that I won't get the size that I was my 7th grade year before I really got into sports: I was overweight for my height and age. Since I was so young, everybody kept telling me that I was going to grow out of it. But, in reality, I just kept eating whatever I wanted and whenever I wanted. I didn't believe in only eating three times a day; that was not enough food to last me a whole 24 hours. So, I stayed overweight until I got involved in the dance team in 8th grade at Aki Kurose middle school. Then, I began losing weight thanks to my instructor pushing me to my limits. Ever since then, I have been getting involved in as many physical activities as possible.

Participating in sports keeps your blood pipes clear so that blood can circulate through your blood vessels properly. Also, girls that are constantly gaining weight sometimes have mental health problems and/or eating disorders. Not only does sports and constant physical activity help your health today, but it can really help you a lot in the long run. If you don't want to try sports, you can also try the routine that has really grown to be a part of my daily lifestyle: instead of watching five hours of television every night I started out doing 45 sit ups and 65 crunches and now I'm up to 68 sit ups and 85 crunches. As long as you start off small and then go a step higher at your own pace, your routine will be sure to be successful.

I know it sounds too good to be true, but it is. Girls that are involved in sports are more likely to have good grades, less likely to get pregnant at a young age, and have healthier lives in the future. Youth might not be aware of this, but some of the major health problems for women are high cholesterol, high blood-pressure (both can cause heart-attacks), osteoporosis, diabetes and stroke. Many of these health issues can be avoided if we keep our daughters and ourselves more active and involved in sports from an early age.



partnered with

Treehouse & **The Mockingbird Society**

proudly present

HOLIDAY STARS

DATE: THURSDAY, DECEMBER 14
TIME: 6-9 PM

Kids, families, caregivers, and friends are invited to a fun-filled evening celebrating the passions and talents of Treehouse and Mockingbird youth! From powerful poetry, martial arts demonstrations to innovative dance, come see the wide array of talents our young people possess. If you want to showcase a talent in singing, dancing, juggling, poetry or more, contact Rachel Walker (206) 267-5141 or rachelw@treehouseforkids.org. Call or email to register by November 27.

Location: 2100 Building
Rooms 1A and 1B
2100 24th Ave. S.
Refreshments provided.

MOCKINGBIRD YOUTH WILL MEET THE
TEXT AND BE AN AMBASSADOR / WILL D.T.

Creative Corner

How Could You?

Louisiana

how could you toy with my emotions
how could you pierce my heart
a thousand pricks and slowly I die

if you just said so
i would have let you go

if you just said so
i would have known

but naïve to me I was
caught up in a lie
but love sink, pain
and there ain't no medication
to

make
it
go away

and now you're gone
a part of me knew this all along
that things were gonna be this way

but I ignored the signs
fronted with the lies

and engaged my time
with something
that didn't even say
GOOD-BYE

Incurable, pt2

ANDREA ROLDAN

I cry and
I hide my tears from the world
In the corner alone
Looking out the window
Of the bus believing no one can see the pain
Inside of me being uprooted and streaming
down
My face
Then when the beat begins-
My heartbeat;
Tears flow like a remedy to my pain
But my sour ocean won't cure the
Wounds
Inside of me

Insomnia

ANDREA ROLDAN

All them things I got in my head
When I close my eyes and I lay
In bed
I lay them to rest
Don't let it weigh me down
Instead I lay it down cause
When I close my eyes I let
The pain subside
Won't let it keep me up
I done that before
I can't do it no more
Just wanna lie in peace
Just wanna lie to sleep
My issues I can't even number
But I stop counting before slumber



Jerk

Louisiana

Cuz I WaS WrOnG
you laughed in my
FACE
You act like I don't realize
My doubtful mistakes

Cuz I've done this so many times
with the scars and the

scrapes
Just a remembrance of me being in the
wrong place
Some times I wonder if there's this
invisible thread

Pierced and interlaced through my
lips
Cuz every time I try to open my
mouth to speak out

It's like they've been stitched
To keep me silent
Unheard

In a room full of mute people yellin' at
each other

And don't get me started on the blind
Pretending they can see

Cuz I've been
standing in front of them for years
And they're always bumping in to me

You're Something

ANDREA ROLDAN

Your satisfaction is held in your arms and
Your admiration in your eyes
The music is new
Make you dance
Make you cry
This young face
That young smile is now
A new age
No longer a child

LaLa-LaLa-La-

You hear it in your sleep
You see it in your dreams
While you're awake
You wanna scream your joy out loud

Let the whole world know
How proud you are
Of someone else

And you stare at yourself
Content with what you are
And what you've become so far
So much more to expect

You'll receive no less than success
Make breed to be

What you couldn't be
But content you are, with who you are

In your arms, your own heart
Caressed by your own love
Just to know that you are someone

Like you hold a diamond:
Shine

Show the world what's in your hands
Show the world
You're something

Only one thing is more frightening
than speaking your truth
and that is not speaking.

—Naomi Wolf

Being Successful in Life...

MALEKA
TAYLOR



...consumes a lot of time. It's time well spent and I'm learning to love and trust my intuition. I'm a strong believer in holding on to your values. Although, sometimes issues present themselves in a manner that is unfamiliar, staying strong is the key. Although the decisions that we make sometimes hinder us from the things we're capable of, just remember that we go through these things only to make us stronger.

Referring back to the August issue of Mockingbird Times, I've found that since I've moved back to Portland, I've gained a new perspective on life. At this point, nothing matters to me besides these rules

that will help me succeed. Also, being determined and loyal to my beliefs is helping me to just simply believe in me.

The first thing needed for me to succeed is for me to be willing. I am willing to love and believe in myself because the things that I want to accomplish are important to my well being. Despite the things that I've experienced, it's just a stepping stone to my future.

The second thing is to get focused. I can achieve these things by keeping work, church and school close to my heart. So far, the only issue that I have had has been from the opposite sex. After fleeing a domestic violence situation, this is very difficult. I have learned that in showing confidence in myself, others see the same, but some try to use it to their advantage. I've shed a few tears in this short period of time that I've been here because of the things that were

presented to me from the start. Going along with lies for so long, you'll eventually start to believe them. And, since the truth hurt (which it did), when it all comes to the table, all you can do is cry and the hurt that I felt behind the tears brings me to my third point.

The third thing for me is to STAY focused and get organized. Organize the things that I'm focusing on by managing my time, meeting deadlines, believing that what I'm doing is important and understanding that I'm not only helping myself but I'm helping others. I am starting to understand priorities, what comes first, what comes last and what just doesn't matter at all. Who I am and what I stand for. When this is complete I can eliminate the distractions. Not saying that this is an easy step, but it is a step worth your while.

The fourth thing for me is consistency: Being able to do these things on their assigned day for as long as it takes to reach my goal. It can be difficult to give up the things that you enjoy to do like hanging out with friends, pleasure reading, or just relaxing and doing nothing at all, but I believe that for as long as you live you'll understand that in giving your all into something that you trust is positive, you'll then get all positive things out of it.

Last but not least; the fifth step: dedication. I am determined to get it done and give it my all as long as I follow these rules I have set for my life. I am ready and never felt as serious as I do today. I know I will sacrifice the things that I like to do in order to do the things that I have to do because I am truly dedicated and committed to beginning a new life for myself.

The Freshmen Fifteen

SHERRELL
DORSEY



Sadly, college freshmen are notorious for gaining an extra 15 lbs (aka the "Freshman 15") during their first year in college. In the current day and age of child obesity, trim spa pills and no-carb, no-eating diets, college students rebel against the fight against fat stocking up on

pizza during the late night dorm parties, top ramen meals and ice cream desserts.

My roommates and I solved our dinner dilemmas with a pint of over-priced Ben and Jerry's. Even though we danced and ran down 2nd avenue every now and then, we all returned home after our first semester with a few extra pounds and form fitting jeans.

By second semester, my roommates and I began to take our health a little more seriously. Because it was no longer 10 degrees outside we walked the 16 blocks from our dorms to our campus.

The new trend of the second semester was to get in shape for the summer. No one had the money to join the ever exclusive New York City Sports Club so we opted for a nearby recreation center. For \$75 we got a full year's membership to the weight room, treadmill, pool, gym and other equipment.

Staying in shape is important in college as well as eating healthy. Finding what works for you is the key to keeping your weight down and your energy up. Remember that the more you eat the more money you spend. Try eating at home. Finding great deals on grocery items are

a must. Every other Sunday I traveled to Harlem to get cheap groceries. On Sundays there are many buy one, get one free items. Invest time in going to the library and getting cookbooks. The vegetarian recipes are great for cooking light and you can always add chicken or shrimp to any vegetarian dish.

Always carry a bottle of water with you instead of buying sodas. Food is so tempting. In New York there are so many vendors selling pretzels, hot dogs, kebabs and even egg sandwiches on the corner. Saying no is hard but your wallet will appreciate it and so will your body.