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REAL CHANGE

MARCH 18 - 24, 2020 ■ VOLUME 27 NUMBER 12 ■ REALCHANGENEWS.ORG

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SILENT SPRING

NO SCHOOLS, NO LIVE MUSIC, NO RESTAURANTS, NO BARS, NO GATHERING

The city
shuts down

..... p.6



STILL WAITING: Seattle city contracts in limbo for sex workers and vehicle resident outreach | p.3

... AND WAITING: A microbiologist on the front lines explains why virus testing was neglected | p.4

BUSTING THE MYTHS: No, Mr. President, the influenza vaccine won't work on COVID-19 | p.4

Real Change exists to provide opportunity and a voice for low-income and homeless people while taking action for economic, social and racial justice.

Real Change offices
219 First Ave. S., Suite 220
Seattle, WA 98104
206.441.3247, www.realchangenews.org

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REAL CHANGE ON SOCIAL MEDIA

LETTERS TO THE EDITOR

Have something to say? Real Change accepts letters to the editor. Send them to editor@realchangenews.org and click "Write the Editor."


ON THE COVER

This spring is one for the history books. With everything locked up, we're resigned to watch nature unfold from home. But what if you don't have a home? There are several stories in this edition dedicated to how all of us can cope with this crisis. Illustration by Jon Williams.

OPINION

REALCHANGE
March 18 - 24, 2020

Coronavirus media and interpersonal messages are strongly tending toward ableism and ageism

By MEGAN WILDHOOD
Guest Writer

What's the main thing being reported about the coronavirus (COVID-19) besides "wash your hands with soap and hot water as long as it takes to sing 'Happy Birthday'?" The reassurance that you're not really at risk of dying of the virus if you're young and have no underlying health conditions. Unless there are specific resources attached to that statement, we need to recognize that for what it is. It is not "reassuring" to tell people that "only" the elderly or those with underlying health conditions are at risk. It is ageist and ableist.

This sentiment basically states that old people and those who have underlying health conditions aren't worth protecting and that life is worth preserving only if you're young and healthy. In a society drenched in capitalism, it's understandable that this message might be the most common, but those of us who advocate for and are part of vulnerable communities need to stand up against this kind of messaging and for a society and an emergency-response plan that protects, plans for and includes everyone.

If you are or want to be an ally of the disability community and to the elderly (according to the CDC, that's anyone over 60, at least as it relates to the present pandemic), here is what you can do:

First, point out that "reassuring" messaging such as "only the elderly or those with underlying health conditions are at

risk" encourages division rather than solidarity and further isolates and marginalizes those over 60 and those with existing health conditions. Point out the ableism and ageism every time you hear messages like this.

Second, instead of letting purveyors of those messages brush past older folks and those with existing health issues, ask and keep on asking for resources specifically for those communities. This is a great opportunity for us to learn to think beyond ourselves even in times of great fear and uncertainty. This virus is a great example of how, if we don't care for everyone as opposed to just ourselves, everyone is at risk. You may not be over 60, but you likely know someone who is. Here in King County, ground zero for the COVID-19 virus in the U.S., people 65 and older make up about 25 percent of our population and are the fastest growing segment of our population. You may not have an underlying health condition, but you probably know someone who does, whether it looks like it or not (invisible illness/disability is still illness/disability).

Third, follow all the precautions recommended by public health experts, such as those of the Seattle & King County Public Health, the Washington State Department of Health and the Centers for Disease Control and Prevention, to minimize your own exposure so you don't inadvertently become a carrier of the illness and then pass it to those who are at higher risk. You may "only feel like you have the flu" if you get the virus, but you could pass it onto someone who it could kill.

Fourth, whenever and wherever possible, spend your money locally with smaller businesses. This is not only a good idea because of the downstream effects caused by the COVID-19 cascade of cancellations for precautionary measures. Small businesses that rely on tourists, conference attendees and other local gatherings are being hit financially, and investing in your local community is an investment in yourself. Once again, the behaviors that minimize risk or help repair and recover the damage related to COVID-19 are similar to the behaviors that promote healthy bodies and resilient local communities.

Finally and most important, join the fight for single-payer health care and guaranteed paid time off. One of the main reasons this virus continues to spread in the U.S. is because low-wage workers, particularly food-service professionals and health care aides, are paid little and have no time off so that they have to choose between starving or going to work ill. This results in exposing more people and spreading the virus. If these folks had insurance and low-wage workers had guaranteed time off, everyone would be protected.

The present pandemic is certainly revealing just how shredded our social safety net is. It is also a perfect, if anxiety-producing, illustration of the fact that, until health care is not dependent on employment and all workers have guaranteed paid time off, everyone of all ages and all health levels is in some way at risk. ■

DIRECTOR'S CORNER | Timothy Harris, founding director

**Offer a hand up today.
Support the Vendor Relief Fund.**



But that doesn't mean we stop publishing, or that vendors are on their own.

Starting this week, Real Change office hours are limited to weekdays from 8 a.m. to noon. Most of our staff is working from home. The vendor center is being staffed in twos, so that if one staff person is exposed, both members of that team can self-isolate and another pair can step in.

We are set up to remain open for the duration.

While we plan to publish a physical newspaper as long as possible, we are preparing to move the paper online. We encourage readers to support their regular vendors through Venmo, the peer to peer payment app Real Change uses for cashless sales.

Our Venmo account may be found at @Real-Change, and you can support your vendor by specifying their name and vendor ID# in the notes field. If you need help identifying your vendor, you may also call 206-441-3247 x221.

While we've already seen a very generous response through increased Venmo sales, we also recognize that this strategy is not enough. Real Change supporters have stepped up to ask, "How can we do more?"

Love will get us through this. Thank you for all of your support. ■

Since our vendors are all self-em-

REALCHANGE
March 18 - 24, 2020

NEWS



Photo courtesy of Real Change Advocacy

Real Change team members advocate at Seattle City Hall to gain accessible and free sanitary stations.

Contracts approved to support hygiene stations and sex workers held up

By ASHLEY ARCHIBALD
Staff Reporter

As the coronavirus continues to wreak havoc in the region, the city has not yet released funds for hygiene and outreach projects approved in Seattle's 2020 budget that could help ameliorate the crisis.

Contracts to support outreach to sex workers and vehicle residents as well as the money to purchase five mobile hygiene pitstops are still in the works, despite the need for these services to prevent illness and identify people potentially infected.

"We're sitting here waiting," said Sherae Lascelles, founder of the Green Light Project, a harm reduction group that provides sex workers with hand sanitizer, snacks and supplies for safe sex, among other needed items.

The contracts take time, and while some were anticipated to be completed by the end of the month, the coronavirus outbreak has stalled the process, said Will Lemke, spokesperson for Seattle's Human Services Department.

"The CBAs you reference were being worked on by [Human Services Department] and the organizations in the days leading up to the outbreak," Lemke said.

However, as the coronavirus outbreak continues, it means that hygiene practices recommended by public health officials remain difficult to access for Seattle's most vulnerable.

Readers can also support our vendors by donating gift cards directly. For simplicity, we ask that these be in the amount of \$20. Vendors can use gift cards from grocery stores, pharmacies, gas stations and restaurants that offer take-out. You can also donate pre-paid visa gift cards that allow purchases anywhere.

The strength of our community is measured in times like this by what we do to help and protect our most vulnerable. All of us at Real Change are incredibly grateful for the amazing caring that you have already shown.

At her age, Darsie is part of the community most at risk of the coronavirus, but she still goes out to talk to vehicle residents and help them as best she can.

In some ways, vehicle residents are well placed to ride out the virus — they already have a space to isolate, should they need to.

"They need to know it's necessary," Darsie said.

"I keep my distance, don't shake hands and do sanitization things. That's the best I can do at this point."

— Jean Darsie
of the Scofflaw Mitigation Team

and do sanitization things," Darsie said. "That's the best I can do at this point."

For the first time since it was founded, the Scofflaw Mitigation Team won public support and public money in Seattle's 2020 budget. They're partnering with another non-profit that can help with case management while they do what they've always done — help vehicle residents, a category of people experiencing homelessness that otherwise don't get a lot of support.

The money would mean proactive outreach rather than responding to calls and the ability to pay for simple repairs for damaged rigs.

That could be critical during the coronavirus outbreak, Darsie said, because no one is messaging to vehicle residents.

"They don't even know what they're not supposed to do," Darsie said. "Basic information about the virus, using hand sanitizer, a thing like that. They don't have a way to clean up every day."

The hundreds of thousands of dollars held by the city are key to boosting the project and making sure Lascelles can stop spending their own money on kits and pay rent instead.

Volunteers want to do more, but Lascelles has priorities — equity and compensation for work.

"We don't have the money to pay them," Lascelles said. ■

REPORTER'S NOTEBOOK

Biden their time

Washington state voters appear poised to hand victory in the March 10 primary to former Vice President Joe Biden, despite expectations that the state would once again go to Sen. Bernie Sanders.

As of March 17, Biden was 1.4 percent ahead of Sanders. Prognosticators called it for Biden within days of voting, even as additional ballots flowed in.

Of the 10 states that voted on "Big Tuesday," Washington wasn't the focus. Washington's overall delegate haul isn't huge in the grand scheme of the election, and all eyes were on the results in swing-state Michigan. Biden won there handily, cementing his position as the front-runner.

However, Washington was an interesting case because Sanders won the caucuses in 2016, securing the state's delegates. His opponent, Hillary Clinton, won the nonbinding primary, in which significantly more people weighed in.

In 2020, Washington switched it up, dispensing with the less-democratic caucus and instead using the primary to distribute delegates. Sanders came within spitting distance of Biden, but ultimately couldn't eke out a win in a state that many assumed was his.

Sanders acknowledged that Big Tuesday was a loss for his campaign in a speech, but did not drop out of the race.

Biden and Sanders further established themselves as very different candidates in a debate at CNN studios, without an audience to prevent transmission of the coronavirus.

Washington, shut down

Late Sunday, March 15, Gov. Jay Inslee ordered all restaurants, event venues and bars to close immediately for everything but takeout, an escalation in restrictions on Washingtonians' movement and activities aimed at arresting the spread of coronavirus.

The new order comes on top of school closures and bans on social gatherings of 250 people or more throughout the state. King County's Public Health officer went further, ordering an end to groups of more than 50 people unless strict rules around hygiene requirements were met.

The Centers for Disease Control and Prevention recommended that people avoid gatherings of more than 50 people for at least eight weeks. On March 16, the White House recommended people avoid gatherings of more than 10 people.

Mayor Jenny Durkan also ordered a 30-day moratorium on evictions as more and more Seattleites lose their jobs as a result of the coronavirus shutdown. Critically, the order still means that tenants owe monthly rent, and allows landlords to file for eviction the moment the moratorium ends.

The order protects tenants from eviction only in the case of nonpayment of rent. Other lease violations are still eligible.

The added restrictions come after Washington officials announced the state had 904 confirmed cases and 48 deaths. ■

— Ashley Archibald

On the front lines of developing a test for the coronavirus

By DAVID PRIDE
The Conversation

That escalated quickly!" is a common trope used in popular culture to describe when a situation gets out of hand before you've even had a chance to think about it. We don't often use this trope in medicine, but I can think of nothing better to describe what has been going on in the U.S. with the coronavirus outbreak.

I am a physician scientist who practices infectious disease medicine and runs a research laboratory that specializes in viruses.

I spend much of my time directing a clinical microbiology laboratory for a large academic medical center.

If you've ever had a doctor tell you that they are going to test you for a virus, it's teams like mine that develop and run that test.

When I first heard about the coronavirus outbreak in China, I had no idea I would soon be on the front lines of dealing with this outbreak.

Why testing is at the heart of the problem

Let me start by describing exactly what this virus is. It's a novel virus from the coronavirus family and is spread by respiratory droplets (like when you sneeze) and contact with contaminated surfaces. The "common cold" is usually caused by rhinoviruses, but there are four coronaviruses that also cause colds.

The SARS outbreak of 2003 resulted in 774 deaths and the MERS outbreak of 2012 resulted in 858 deaths; both were caused by novel coronaviruses. The ease of spread of this new virus — called SARS-CoV-2 — has led to its rapid emergence across the globe, with more than 5,000 deaths and counting.

Although there are drugs in development and testing phases, there are no drugs currently available that are proven effective against severe coronavirus illnesses.

For the most part, public health officials don't know who in the U.S. has it because there isn't a method to test most of the population for it. If you don't know who has a disease, it's impossible to predict its spread, how many people will get it, or how many people may die from it.

Testing in the U.S. must be expanded, which a number of companies are working on, to reveal the scope of the problem.

How the US lagged behind

Earlier this year, the Centers for Disease Control and Prevention (CDC) developed a rapid test for SARS-CoV-2. This test is designed to amplify and detect the genetic material in the virus — its RNA (ribonucleic acid) — from your body. It targets certain conserved RNA sequences in the virus that are different from those found in other coronaviruses. The problem is that for a population of 331 million, a single testing center wasn't nearly enough.

The CDC enabled state public health labs to use their test, but this still hasn't been enough to meet population needs.

The testing deficiency leaves much of the U.S. population out in the cold. It's now up to companies, hospitals and academic centers to pick up the slack. Part of the delay was due to what happened during the Zika virus outbreak of 2015, when laboratories that developed their own tests were halted by the FDA because they did not have approval.

Testing development really picked up Feb. 29 after the FDA relented and released guidance for developing tests in individual laboratories, and a free-for-all ensued. We laboratory directors were on the spot to develop tests, and most were unprepared to say the least. Test development typically takes months.

Labs use what is called a reverse-transcription polymerase chain reaction, or RT-PCR, to test a sample taken with a swab from the back of someone's throat and/or nose. The tests work by converting the virus' RNA to DNA and then replicating it millions of times in order to amplify its presence and then detect its genetic sequence. If it is detected, a patient is infected.

Even with the FDA guidance, we had to decide what RNA sequences in the virus to target and how quickly we could get reliable testing materials. We could only obtain materials for RNA amplification and detection from the CDC or private industry, who were all being bombarded with our requests simultaneously. We laboratory directors were suddenly competing with one another for limited resources to develop these tests.

What went wrong?

If you compare our ability to ramp up testing to that observed in China and South Korea, the U.S. response was not up to par. Both countries allowed companies to develop and distribute tests from an early stage, permitting large portions of their populations to be tested.

Part of the problem in the U.S. is the lack of centralized facilities across the country that all have the same equipment to run complex tests. Just in the state of California alone where I live, there are hundreds of hospitals, most with significant differences in their equipment and testing capabilities. When the CDC made their test available, my first thought was, "We don't even have the equipment to run this test." Most hospitals in my state and across the country faced this exact same dilemma: a lack of proper equipment and difficulty obtaining adequate testing materials.

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These failure stories motivated many of us to either develop tests based on our own analysis of COVID-19, or to partner with industry in the development of their tests.

At my institution, we've been work-

MYTH BUSTING

Recently, President Donald Trump asked doctors at the Centers for Disease Control and Prevention if the flu vaccine would work against covid-19. With that in mind, we've assembled a myth-busting chart with information provided by the World Health Organization.

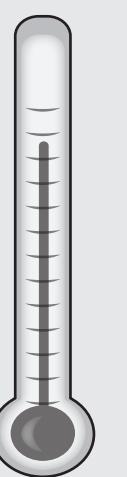
The virus can be transmitted in many different climates

WARM CLIMATE

From the evidence so far, the covid-19 virus can be transmitted in all areas — including areas with hot and humid weather. Regardless of climate, adopt protective measures if you live in or travel to an area reporting covid-19.

COLD CLIMATE

There is no reason to believe that cold weather can kill the new coronavirus or other diseases. The normal human body temperature remains around 36.5°C to 37°C, regardless of the external temperature or weather.



WILL A HOT BATH KILL THE VIRUS?

Taking a hot bath will not prevent you from catching covid-19. Your normal body temperature remains around 36.5°C to 37°C regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful as it can burn you.

CAN MOSQUITO BITES TRANSMIT THE VIRUS?

To date, there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes. The new coronavirus is a respiratory virus that spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.



ARE HAND DRYERS EFFECTIVE?

No. Hand dryers are not effective in killing the virus. To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are clean, you should dry them thoroughly by using paper towels or a warm air dryer.

WILL ALCOHOL WORK?

No. Spraying alcohol or chlorine on your body will not kill viruses that have already entered your body. Spraying such substances can be harmful to clothes or mucous membranes (i.e., eyes, mouth). Be aware that both alcohol and chlorine can be useful to disinfect surfaces, but they need to be used under appropriate recommendations.

Source: World Health Organization; Graphic by Jon Williams

ing with industry partners and accelerating the development of their tests for our patient populations.

Why it's not the end of the world

There's a lot of negatives to find in the response to the coronavirus outbreak, but the flaws in the response represent learning opportunities. Highly infectious viruses in a connected world won't stay contained for long.

Our assumption should have been that it would make it to the U.S. from the onset.

The next time there's an outbreak, we laboratory directors won't be waiting

for the government to give us the green light to develop diagnostic tests. We'll do it on our own and press the FDA to allow us to use it.

The hard work to ramp up testing in the U.S. is the most significant effort in which I have ever taken part. If you could see the efforts of companies, academic centers, and hospitals right now in the U.S., you'd walk away with optimism that we're up to the task. ■

David Pride is the associate director of microbiology at the University of California San Diego.

Context for nonviolent communication

By BERT SACKS
Contributing Writer

A new book published this January is, I think, just the book I need for these difficult times. Perhaps you'll find it this way, too! The title is "Healing Resistance: A Radically Different Response to Harm." Many of us see a lot of harm being done on our planet, and many of us are also dissatisfied with the kind of responses we see. This book is not academic theory but a principled and practical guide that's being taught and "field tested" in situations as different as with inmates in California's penitentiaries and peace activists in three-day workshop retreats.

Right now I am fighting the good fight of nonviolence in the middle of a gang war in prison. The fear of the unknown is real and so is my commitment to love.

Kazu Haga writes, "People were left in tears."

As I reread the first paragraph of his fiercely honest description of growing up as a young boy, I said to myself, "Yes, that was me, too!" I suspect that a number of other men feel the same way I do.

I also suffered consequences of accepting this ideology of toxic masculinity, though they were different, less harsh and less obvious than Roy Duran's. But if my neighborhood was his, I can imagine myself in Roy Duran's shoes today. And because I was never offered an alternative to this view of toxic masculinity, it was buried deep in my consciousness as the only valid worldview — yet one I felt I could not live up to.

I, too, acted out of fear. I was afraid of conflicts and having them lead to fights; I was afraid of getting beat up and hurt — also of hurting others. Yet that fear seemed "unnatural" to me, so I suffered from a buried sense of shame and not belonging.

I, too, attend groups where I can say what I feel and am most alive and authentic in those groups. The truth, spoken with courage and vulnerability, that nonviolence is based on has the power to heal a hurt sense of self.

This is the story Roy told:

As a young boy, I was sensitive, empathic, and loving. However, through virtually all the agencies of socialization, I was taught that my behavior was not in line with the rules of who I was supposed to be as "a man." I was supposed to be tough, strong, and violent.... I learned that the rules also informed me of who I was not supposed to be: sensitive and vulnerably honest about my emotions.

As a consequence of accepting the indoctrination of the ideology of toxic masculinity, I became drawn to big, strong, powerful, and violent role models.... I took the easiest route I could find in my neighborhood, and I became a drug dealer and gang member. In my distorted view of reality, I had a sense of pride and loyalty, and I achieved criminal success.

The Dalai Lama explained, "Saddam Hussein: dictator, invader, bad. But bad things happened because of his [weapons] that come from West. Western companies helped to produce this aggressor. They did it, but afterward they blame on that person. Unfair.... So interdependent view [is there's no] solid thing to hold on to." Chan sees that the Dalai Lama "reacts to world events through the calculus of interdependence [and he] is not afraid to buck popular opinion."

This relates to me personally, from my nine trips to Iraq to bring medicine to dying children and to understand conditions. When interviewed, I was afraid to say that Saddam Hussein had provided free medicine to all Iraqis. I was afraid to buck our socialization that says the world is composed of good guys and bad — and our enemies must be all bad to justify our violence toward them.

I have been healing myself of this unrealistic view and of my fear to buck popular opinion. Once, on a right-wing talk show, the host directed his verbal violence at me to get me angry and flustered. When I realized I didn't need to get angry, I felt free the rest of the interview — and I believe I was quite effective. I didn't need to see him as my enemy no matter how he acted toward me. ■

Bert Sacks lives in Seattle where he studies active nonviolence. He has learned a great deal by practicing nonviolence in his conflict with the U.S. government. They have sued him over his nine trips to Iraq for bringing U.S.-embargoed medicines to children in need. See www.IraqiKids.org for details.

CHALLENGING MISCONCEPTIONS

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REALCHANGE

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Photo by Jason Redmond, Reuters

Bridget Parkhill, left, and her sister Carmen Gray stand outside a window to see their mother Susan Hailey, 76, at her home in the Life Care Center of Kirkland March 10.

Seattleites are ready for spring but shut away

By ASHLEY ARCHIBALD | Staff Reporter

Seattle is canceled.

The Emerald City — a hub of arts, culture, business and tourism — has effectively shuttered as the infectious coronavirus rips through the region and government officials rush to keep people safe.

Busting areas of the city are vacant as large numbers of people work from home in an attempt to avoid contracting and spreading the disease. As awareness of the virus in King County grew from the end of February, public transit emptied out and restaurants announced they would shut their doors for a period in an attempt to wait out the downturn.

On March 13, Gov. Jay Inslee ordered all K-12 schools to close, displacing thousands of students and forcing their families to manage child care and teachers to provide lesson plans for the weeks that classrooms are shut.

Stadiums in Seattle's SODO neighbor-

hood are dead zones, putting hundreds of people who operate concession stands and other amenities out of work. Seattleites no longer have a professional basketball team and don't yet have hockey, but can't distract themselves with season opening and closing games — the National Basketball Association, National Collegiate Athletic Association, National Hockey League and Major League Baseball announced they, too, will suspend operations due to the virus.

Keeping people away from each other is critical to arresting the virus and protecting public health, Inslee said at a press conference March 11.

"This is an extremely dangerous event

we are facing, but we are not helpless," Inslee said. "We have the ability to seize our own destiny and the safety of loved ones by doing what is necessary and effective."

That was the day that the state prohibited social gatherings of more than 250 people, and King County residents discovered that even smaller groups were prohibited unless specific conditions, approved by the Centers for Disease Control and Prevention (CDC), were met.

"We fully recognize the disruption this will cause in people's lives," said Jeffrey Duchin, the public health officer for Seattle & King County Public Health. "This is an unprecedented health emergency."

According to the World Health Organization, countries had reported 184,976 confirmed cases and 7,529 deaths from coronavirus as of March 17. Those numbers span 158 countries as well as China, where the disease originated.

The organization officially declared coronavirus a global pandemic, but a controllable one.

"A shift from containment to mitigation would be wrong and dangerous," the group said in an update.

Efforts to roll out testing were slow, halted by government inaction. On March 13, President Donald Trump declared the coronavirus a national emergency, followed by a parade of businessmen from compa-



Photo by Brian Snyder, Reuters

by the CDC. South Korea tests 20,000 people a day.

That's hard to do in the United States, which has lagged behind other nations in testing people who are potentially infected. Only 13,620 people had been tested as of March 12, according to numbers compiled

ries that will be rolling out government-approved tests to increase capacity.

In the meantime, life in Seattle has slowed to a halt, creating economic knock-on effects that take people already at the edge and shove them off.

A wave of cancellations of major events,

sports games, cultural performances and the early part of the cruise ship season has meant venues without revenue, businesses without customers and people without jobs.

Anecdotally, we're seeing a 40 to 60 percent drop off for restaurants. In the Chinatown International District, it's even

more significant," said Markham McIntyre, executive vice president of the Seattle Metropolitan Chamber of Commerce.

"We don't know the breadth of the economic impact," McIntyre said. "We do know as the outbreak spreads, so too does the impact."

The Chamber is working with an economist to try to put numbers to the phenomenon, but it will take time — officials say the coronavirus response could last months.

That will mean Seattle will have to find a new way of doing business, said Jeffrey Shulman, a professor in the University of Washington's Foster School of Business and



Left, a line of Costco shoppers wrapped around the building near Seattle's downtown on March 14.

Photo by David Ryder, Reuters



Far left, on March 11, members of a Servpro cleanup crew put on several layers of protection to prepare for entering the Kirkland Life Care Center, the Seattle-area nursing home at the epicenter of one of the biggest coronavirus outbreaks.

Photo by Jason Redmond, Reuters



Above, Seattle residents Chad Eshelman, left, dressed as Venom, and Tyler Bui, dressed as Spider-Man, talk as a small group of cosplayers gather at the Washington State Convention Center for what would have been the 2020 Emerald City Comic Con, which is postponed until August.

Photo by Jason Redmond, Reuters

Left, a student wearing a mask walks through an empty University of Washington Campus after classes were canceled.

Photo by Jon Williams, Real Change

C

tions, although tenants are still expected to pay rent.

Saving small businesses requires a different approach, including lowering taxes or creating an anti-eviction policy for businesses or a loan program, Shulman said.

A small business relief program is in the works.

Durkan announced a \$1.5 million fund to invest in small businesses impacted by the COVID-19 disease, the illness caused by the coronavirus. Small businesses can receive up to \$10,000 to "mitigate revenue lost

CANCELED Continued on Page 11

BOOK REVIEW: "Stony the Road: Reconstruction, White Supremacy, and the Rise of Jim Crow"

By Henry Louis Gates Jr. | Penguin Press | 2019 | 294 pages

PARADOX OF RECONSTRUCTION

Review by JOE MARTIN
Contributing Writer

The incident might have been comical if it weren't for the disconcerting implications. The date was July 16, 2009. A respected Harvard professor had just returned to his home in Cambridge, Massachusetts, after a long trip back from a research sojourn in China. He found his front door jammed, so he solicited the aid of his driver in pushing the door ajar. A passerby observed this. Concerned that the men might be engaged in a robbery, she called police. Shortly a cop arrived. A heated exchange erupted between the professor — understandably irked after entering his domicile — and the officer, a sergeant. The encounter resulted in the professor's arrest for disorderly conduct. Charges were dropped five days later.

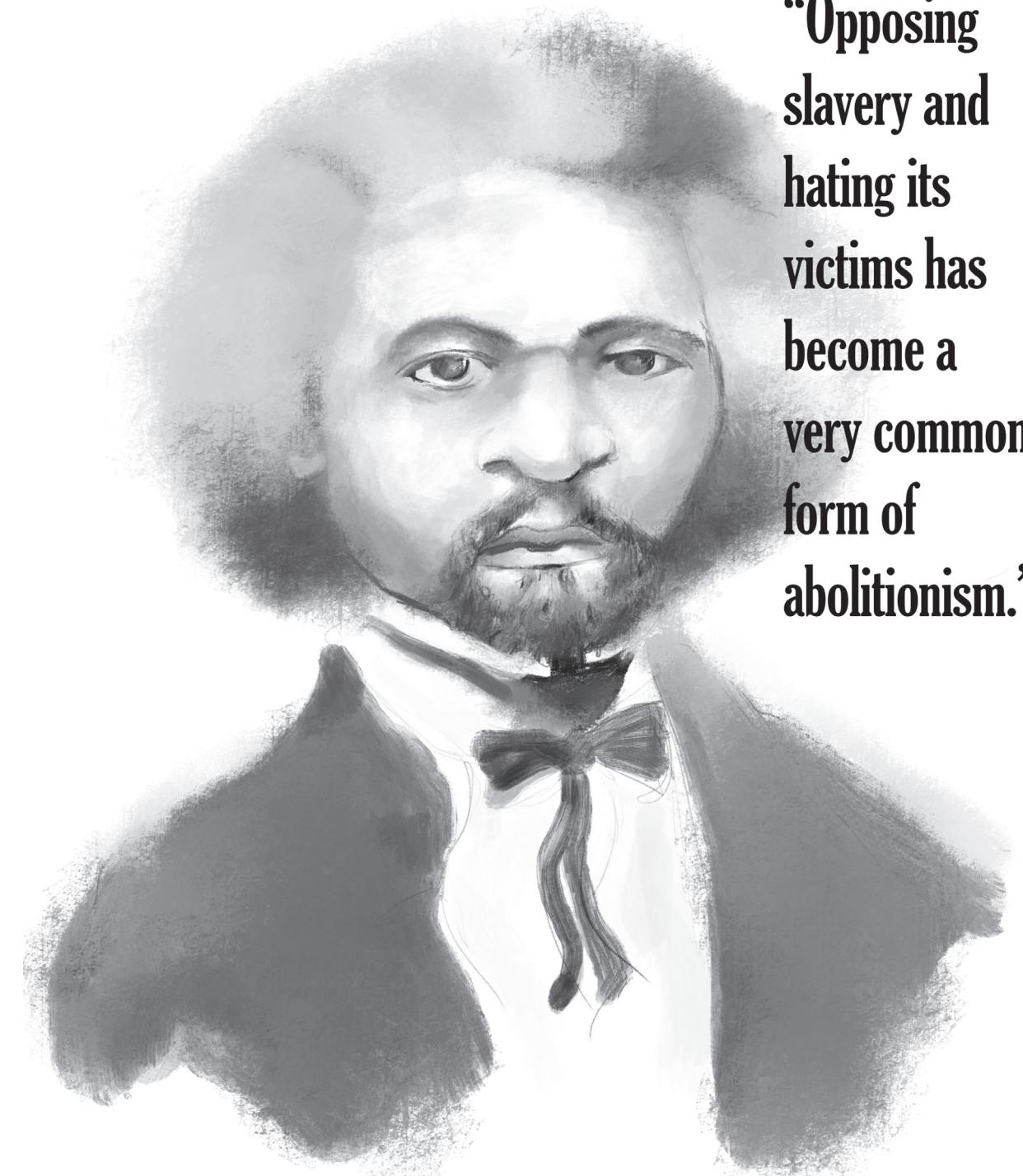
The academic was Henry Louis Gates Jr., a prolific author of African and African American history and the host of the popular PBS genealogy program "Finding Your Roots." Gates is Black. The arresting officer, Irish American James Crowley, is white. The imbroglio made headlines and had disturbing undertones of racial profiling. It prompted President Barack Obama to invite the two men to the White House to discuss what had transpired, hoping for a "teachable moment." The informal meeting was dubbed the "Beer Summit." The conversation was cordial. Maybe it helped to mitigate the contentious misunderstanding manifested the previous week in Cambridge, but many perceived the unfortunate affair as emblematic of persistent subtle and not-so-subtle racial and ethnic tensions that perfuse our society.

In his trenchant chronicle "Stony the Road," Gates renders in flowing prose the promise of Reconstruction following our nation's bloody Civil War. Deep, racist sentiments of a great many white citizens were not confined to states that had comprised the defeated Confederacy. Says Gates: "Reconstruction revealed a fact that had been true but not always acknowledged even before the Civil War: that it was entirely possible for many in the country, even some abolitionists, to detest slavery to the extent that they would be willing to die for its abolition, yet at the same time to detest the enslaved and the formerly enslaved with equal passion." Regarding this bitter reality, he quotes Frederick Douglass: "Opposing slavery and hating its victims has become a very common form of abolitionism."

Nonetheless, the period of Reconstruction witnessed the arrival of numerous formerly enslaved Black men — no women, Black or white, had yet been granted suffrage — into the ranks of franchised voters and enabled the election of Black politicians at various levels of government. The possibility of a more humane and equitable American society seemed to be gradually aborning. To quote Douglass again: "The curtain is now lifted. The dismal death-cloud of slavery has passed away. Today we are free American citizens. We have ourselves, we have a country, and we have a future in common with other men."

Such inspired hope was extirpated by the "Compromise of 1877," which spurred the withdrawal of federal troops from the South. Up until then, the presence of the United States military served to protect emancipated African Americans and their inchoate entry into civic and political life. The evacuation of the federals opened the floodgates of ferocious racial antagonisms rampant in Southern society. The reestablishment of white supremacy is described by Gates as a campaign that "used its weapons, in addition to lynching, mutilation, rape, beatings and mayhem, a surfeit of verbal and visual imagery to debase the popular image of the Negro in every way that it could." The era of Jim Crow had begun. Known as "Redemption," the recrudescence of bigoted white dominance was nurturing twin ideologies of a segregated "New South" and a romantic nostalgia for the noble "Lost Cause" of the vanquished secessionists.

Against this effort to replicate the old antebellum order of white dominion, intrepid and determined African Americans created their own communities, or "a nation



Frederick Douglass

within a nation." Schools, churches, businesses, community and fraternal organizations along with musicians, artists and writers continued to maintain a sense of identity, progress, pride and self-preservation. These manifestations of strength and affirmation became mighty weapons against all of the vile meanness and violence oozing from the haunted house of the subconscious American racist imagination." They proved vibrant and durable.

This book is replete with heroes and heroines of the African American ethos and their resplendent achievements. A pivotal figure is James Weldon Johnson, whose song "Lift Every Voice and Sing" gives Gates a phrase for the title of his book. Johnson's poetry was put to music by his brother and is known today as the "Black National Anthem." In 1922, Johnson wrote a powerful preface to his "Book of Negro American Poetry," in which he avers that "the greatness of all peoples is the amount and standard of the literature and art they have produced. The world does not know that a people is great until that people produces great literature and art." This was the spark that ignited the Harlem Renaissance, "the most famous cultural movement in African American history."

"Stony the Road" is a marvelous, richly illustrated book pulsating with history still unfolding around us. It can serve to bolster, in the words of Gates, "our own struggles against the abhorrent face of anti-black racism and white supremacy today." ■

"Opposing slavery and hating its victims has become a very common form of abolitionism."

THE MIDDLE GROUND | By Sam Day



How I learned to stop worrying and love the coronavirus

Disneyland is closed. The governor has banned gatherings of 250 or more people in Washington state. No stadium events until the coronavirus leaves us. Schools in King, Pierce and Snohomish counties are shut down for the next 5 or 6 weeks.

Your Seattle Public Libraries will be closed until April 13.

Real Change has cut its hours for distributing the paper to vendors by about half.

There's going to be less to read during the Great Pandemic of 2020. We'll have to think of other ways to get through this. Cribbage, Pick-Up Sticks, Parcheesi come to mind.

No, that's not right. It has to be things you can do by yourself. Without touching your face. They say Isaac Newton invented calculus while vacationing from the plague. We have to look for opportunities in the situation we're in.

Nothing to read? Write something. Now's the time to write that Great American Novel you always wanted to write. Novels are too long? Write short stories, poems or songs. Especially 20-second songs to wash your hands by. Be like Emily Dickinson. Stay home and write poems you could sing to the tune of the "Gilligan's Island" theme.

I hate novels, myself. Novels are way too long. I get to 10,000 words and I forget why I cared. But in the same time, I can write 50 stories of 200 words or less. I could write dozens of stories about walls. Cracked plaster walls. Brick walls. Like they say, write about what you know.

Johnny the Brick Wall

Johnny wasn't just a brick wall. Johnny was a special brick wall. He wasn't all flat, like most brick walls. His



Dr. Wes Browning

bricks were all turned at different angles that made a rippling effect when you looked at him, and his patterns changed when you walked by him.

At first Johnny was semi-wildly popular, and crowds would form, especially on Epiphany and Maundy Thursday, and people would take pictures of Johnny and email them to their friends and post them on social media.

But one day, the governor of Johnny's state stopped allowing the crowds to come to see Johnny. It broke Johnny's heart, and he collapsed in a pile of broken bricks.

The end.

I have hundreds of those already. I once wrote a short short story about a crew of space aliens assigned to guard the still-living, abducted Elvis Presley. "ACK, ACK! Blue Suede Shoes again! Let us go home, please!"

It's Always Someone Else's Dream, in 141 words:

It's always someone else's dream. I'm in a pizza shop, sitting at a barren table next to a brick wall. The real hero of the dream walks in with his date. She's his date, not mine. They eat pizza. I'm just sitting. They leave, I have to follow just to be their witness. Everything happens to the other guy. He gets to kiss his date. He gets to be chased by the man with the

Sound off to Dr. Wes:
drwes@realchangenews.org



Intersectional Idealism

Jill Mullins

Cultivating community during a pandemic

The COVID-19 pandemic is real and scary. On February 1, I was worried because fatalities had climbed to 250 people. When I checked the ncov2019.live website created by Avi Schiffmann, a 17-year-old Mercer Islander, on March 15 at 2:40 p.m., the number of deaths worldwide was 6,448. As of March 17, the World Health Organization reported 7,529 deaths.

At the time of this writing, Italy is our major wake-up call. Italy has lost approximately 1,809 people to COVID-19. The U.S. population is roughly 53 times the population of Italy, and China's population is roughly 4 times that of the U.S. If the U.S. spread matches Italy more closely than China, we would face the deaths of nearly 96,000 people before we've come close to stopping the spread. If we are closer to China, the number of lives lost would be closer to 800. That comparison, which is flawed on many levels, makes an argument for social distancing, which is one of the differences between China and Italy's initial reactions.

Social distancing strives both to reduce the number of people who are infected and slow the rate of infection. Fifty people infected over the course of a month is easier to treat than 50 people in week.

Social distancing doesn't mean everything shuts down. We need each other too much to totally shut down. We need stores with food and other products (cashiers really are the front line in this pandemic), we need electricity, plumbing and garbage collection. We need emergency services. We need our courts.

Social distancing is minimizing time in public when it's unnecessary. Trying to keep the numbers small when in public.

Social distancing is hard because in addition to meeting basic needs, we are hardwired for connection. We strive for community, whether it is through sports, coffee shops, the theater, book clubs or the thousands of other activities we do — we want to be with others, to be a part of something.

Perhaps one of the best ways to be a part of community in this time of need is to find ways to help. We need to support our current organizations that provide help to those most in need. In Bellingham, that includes places like Opportunity Council, Lighthouse Mission, local food banks, Whatcom Domestic Violence and Sexual Assault Services, United Way and local religious organizations.

In Seattle, the Mutual Aid Solidarity Network has formed and created a tool to help those most vulnerable stay away from places like grocery stores and pharmacies. They are even coordinating payment for these things and the delivery service.

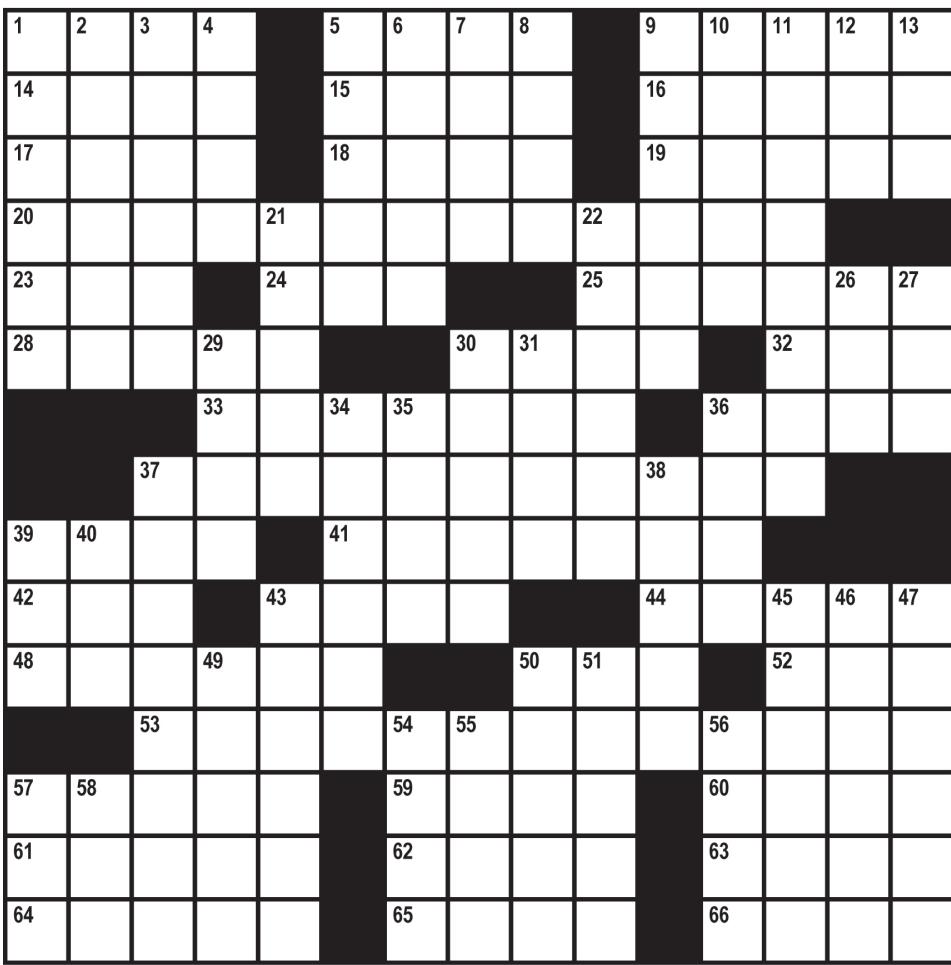
We also need to connect with each other. Technology is a powerful tool — for those of us with access. Google Hangouts mean you could still do a form of a happy hour with friends. Facebook livestreaming can provide a substitute for some events. Take care, remember to call your people, drink some water, and wash your hands. ■

Jill Mullins

Cultivating community during a pandemic

Jill Mullins

CROSSWORD

REALCHANGE
March 18 - 24, 2020

Donate an old car to
REAL CHANGE

1.877.537.5277

realchangew.org/index.php/site/giving

Almost all King County events are canceled, so we're listing podcast and streaming options for optimal social distancing

Podcasts: Available widely on podcast platforms

"This Is Uncomfortable"*Marketplace, 20-30-minute episodes*

Does the title of this podcast not entice you? We're sure many things come to mind when you think of awkward conversation topics, but this one is so common, yet still so taboo — money! Despite living in a money-obsessed world, we so often don't talk about it. Each episode explores a topic related to money that many of us have wondered about but never really discussed. Like, how much do your colleagues make compared to you? How do you deal with debt in a relationship? "This Is Uncomfortable" is an amazing resource when it comes not only to how we talk about money, but also how we understand it.

"Dolly Parton's America"*WNYC Studios, hour-long episodes*

We don't even know where to start with this podcast, but we can promise it takes you places you definitely weren't expecting and are likely happy to be along for the ride. If you're wondering "Do I need to be a Dolly Parton fan to enjoy this?" the answer is no. Whether you've loved Dolly all your life or you can only name one of her songs, this podcast will have you hooked. From exploring Dolly's history, values and social impact, you'll be surprised at the journey this podcast will take you on. So, since a lot of us are working 9 to 5 (kudos if you got this Dolly pun) at home, fill some silence

"The Office"*Netflix sitcom, 9 seasons*

This list is compiled by **Michelle Galluzzo**. Got something we should know about? Email it to calendar@realchangew.org. The deadline for calendar submissions is nine days prior to the date of publication.

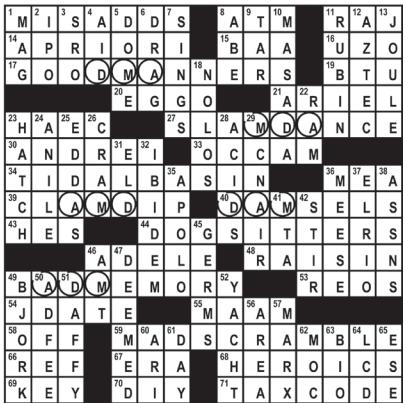
"Shrill"
Netflix comedy, 2 seasons

"Shrill" is based on Lindy West's (previ-

SOLUTION

Lemme Outta Here!
March 11 Issue

Solutions to
this week's
puzzle
will appear
in the
next issue.

**Streaming to keep you sane**

with this great listen.

"Still Processing"*The New York Times, 40-minute episodes*

This podcast brings two culture writers, Jenna Wortham and Wesley Morris, together to discuss pop culture and society at large through a unique lens. From dissecting blockbuster movies to diving deep into the history of Whoopi Goldberg, this podcast is sure to open your mind to some new ideas. If you're looking to put your thinking cap on while still having a few laughs, this is definitely the podcast for you.

"Cheer"*Netflix docu-series, 1 season*

On the surface, this is a show about a junior college in small-town Texas preparing for the national cheerleading competition. Maybe that doesn't sound super enticing, but believe us when we tell you this docu-series is so much more than that. It's a show about perseverance, community, teamwork and dedication. If you're stuck inside and miss going to the gym, press play on "Cheer" and you'll be motivated to do some activity at home. Each episode is around an hour long, so the whole series takes a good chunk of time to work your way through. Also, be fully prepared to get way more into cheerleading than you ever thought was possible. Go, team!

Editor's note: Despite having failed drastically at cheerleading in junior high, I also highly recommend "Cheer." See how I still can't "cheer" but admire the sport?

"Duolingo French"*Duolingo, 20-minute-long episodes*

You may be wondering, "How can I possibly fill my time while stuck inside?" Well, have you considered learning French? Sure, the French are a feisty bunch, but they do have tasty cheese, bread and wine, and wouldn't it be nice to know how to ask for those things on a future trip there? What's great about the "Duolingo French" podcast is that it's not your typical language learning podcast. They've found really cool French people to tell their stories in an easy-to-understand way. The host also chimes in at the perfect times for English-language context, which helps the podcast feel less like a lesson and more like an impromptu story session.

TV shows: Available to Hulu paid or unpaid users and Netflix paid users

"The Office"
Netflix sitcom, 9 seasons

66 Postponement, as of an execution

ACROSS

- 1 Pogo —
- 2 Dreaded African fly
- 3 Apply carelessly, as makeup (2 wds.) (4,2)
- 4 "Dumb" girl of old comics and "the Explorer" of newer ones
- 14 Only world capital on a fjord (SOLO anagram)
- 15 One may be medically induced
- 16 Beneficial (2 wds.) (2,3)
- 17 Mark with a branding iron
- 18 Banned apple spray
- 19 Stinks
- 20 Celebratory occasion occurring the day before this Real Change issue hit the streets (3 wds.) (2,8,3)
- 23 G.I. entertainers grp. (Abbr.)
- 24 "...song of sixpence, pocket full of ____" iconic Apollo Theater neighborhood
- 25 Group with a meeting of the minds
- 30 "Right on, Rev!"
- 32 Palindromic kitchen brand
- 33 Buy-one-get-one-free item?
- 36 Prefix before fog or freeze
- 37 Ideal bar soap to use on the day this issue of Real Change hit the streets (See 20- and 53-Across for additional hints) (2 wds.) (5,6)
- 39 Some PC and TV screens (Abbr./Acron.)
- 41 "No, no, it's my treat!" (2 wds.) (1,6)
- 42 The "O" in SUNOCO
- 43 Forensic IDs
- 44 Round up the ____ suspects
- 48 "Yay!" (2 wds.) (3,3)
- 50 "Oh yeah? ____ who?"
- 52 Shade of green
- 53 Season opener that occurs around the time of another season opener (2 wds.) (6,7)
- 57 Black cats, dark clouds and the like
- 59 Land of llamas and Lima
- 60 Where a hero might sit next to a chicken
- 61 Healthcare benefits giant
- 62 Itty-bitty bit
- 63 ___, stage left (script direction)
- 64 Sand bar
- 65 Fastidious to a fault
- 66 "Underwhelming" in contemporary lingo

REALCHANGE
March 18 - 24, 2020

FEATURE

As coronavirus outbreak worsens, street papers and their staff respond

By TONY INGLIS
INSP Street News Service

A round 200,000 cases of coronavirus (COVID-19) have now been confirmed across the world and, as INSP has reported, the panic and health considerations around the outbreak have already begun to threaten the well-being and livelihood of street paper vendors, as well as people experiencing homelessness and poverty.

To combat the spread, and in response to unease over a sharp rise in deaths, the Italian government this week decided to place the entire country into lockdown, effectively quarantining all of its citizens. This worsens an already precarious situation for Milan-based street paper *Scarp de' tenis*, which distributes in several cities across the country.

Updating INSP about the situation, the magazine's editor Stefano Lampertico, who is working from home along with all other *Scarp de' tenis* staff, explained that vendors are no longer able to sell the magazine. There have been no sales in March, and they have decided not to print their April issue.

"The impact of the virus is terrible," he said. "This week, all services are closed. The number of sick people is increasing day by day. We are all living in the red zone. We can't move. We can't travel. We are all staying at home."

In more hopeful news, Lampertico added that *Scarp de' tenis* was able to raise 5,000 Euros from online sales, and have been distributing that money to vendors — though even doing this has proven tricky amid the shutdown. Staff — who are all healthy — continue to work on other projects that will benefit those who work as street paper vendors in the meantime. Though the Italian government said the restrictions will only last until April 3, there is no real sense of how long the current situation will go on for.

Meanwhile, in the far northern Italian region of South Tyrol, where *zebra.* is based, the shutdown is having a similar impact. Lisa Frei, the magazine's editor, told INSP that streets are bare as the normally bustling area is no longer teeming with tourists. Schools have been closed, nixing an opportunity for *zebra.*'s recently printed annual school edition to be presented to its target audience. Both *Scarp de' tenis* and *zebra.* are in close communication to share ideas about how to tackle



A man wearing a protective face mask walks a dog in Duomo Square, Milan, after a decree orders for the whole of Italy to be on lockdown in an unprecedented clampdown aimed at beating the coronavirus. Photo by Flavio Lo Scalzo, Reuters

the current crisis for their vendors (which number 150 and 60 respectively) who face weeks without a chance to do what they know: sell the magazine on the streets of their cities.

"We are working on and want to start a solidarity campaign and call for donations towards vendors via local media," said Frei. "We have 13,000 magazines that cannot now be sold, but we hope that the situation will calm down soon so we can sell them in April. So far, no one in our region has died due to the virus, and all vendors are doing well."

As INSP reported last week, via The Big Issue (UK), now that COVID-19 is being taken seriously in western countries, attention has turned to how rough sleepers, and other people experiencing homelessness, may be disproportionately affected by the safeguards being put in place and the medical advice being dished out by health boards and governments. People living on the street, many of which make up street paper vendor numbers, are not

able to easily access bathrooms or hygiene products, and others have no choice but to live in homeless encampments and shelters, making self-isolation — the ideal method of preventing spread and contamination of the virus — extremely difficult. Carrying out the seemingly simple task of thorough hand-washing, as has been advised, is not a given for many living in this situation. In the U.K., with members of the general public panic-buying products like hand wash, poorer families are being pushed out, if not priced out.

In the U.S., street papers and their staff have begun to take measures to help the most vulnerable people in society, especially as the official response to the outbreak has been criticized.

The worst hit region in the U.S. is Washington state, which currently bears the highest number of confirmed cases and deaths. With streets and buildings emptying out, and public health officials and government leaders instituting bans on gathering, insisting that people work from home if possible and encouraging the elderly and those with underlying medical conditions stay inside, street paper sales have nearly diminished. Real Change staff is seeking brand new ways to support vendors and to continue sharing accurate and alternative news.

"Different vendors are so far having different experiences," Real Change Founding Director Tim Harris said. "Some are fortunately unaffected, while others, like those selling in a now empty downtown area are having a tough time."

People in the region are hunkering down, hoping that frontline health care workers at hospitals don't get overwhelmed as they have in northern Italy and other places where the disease has run rampant. There is little to do now but wait. ■

particularly fraught and visible.

"Here, we are as yet unaffected [by the virus], but homeless encampment sweeps are continuing unabated," said Quiver Watts, editor of San Francisco street paper Street Sheet. "Our big service fair [an event, run by Project Homeless Connect, that centralizes services for unhoused people to easily access for a day] was canceled to prevent any possible transmission, so folks are needing extra support."

In a city where over 1,000 people are on a waiting list for shelter, and during a declared State of Emergency, it is unacceptable, Watts said, for city officials to continue disrupting homeless people as they go to great lengths to adapt their behavior to safeguard against infection.

The worst hit region in the U.S. is Washington state, which currently bears the highest number of confirmed cases and deaths. With streets and buildings emptying out, and public health officials and government leaders instituting bans on gathering, insisting that people work from home if possible and encouraging the elderly and those with underlying medical conditions stay inside, street paper sales have nearly diminished. Real Change staff is seeking brand new ways to support vendors and to continue sharing accurate and alternative news.

Street Sheet put together a thorough resource titled 'What if you can't stay home?' outlining steps that homeless organizations can take to help those who need it and making demands of local government in San Francisco to do more.

Paula Lomazzi, director of Sacramento street paper Homeward Street Journal, explained to INSP how the transactional nature of their services and selling street papers is making everyone second guess their behavior.

"As the virus spreads more widely, breaking the quarantine measures, I have concerns about it entering the homeless

CANCELED Continued from Page 7

by COVID-19." Durkan also made funds available to help households purchase groceries.

"So many of these businesses are woven into the fabric of our neighborhoods, and they serve as trusted community meeting places," Durkan said in a press release. "While the City and State have taken some initial actions to help support workers, we are evaluating robust actions that we can take at the City level, understanding we will need to scale our response exponentially with resources from the state and federal government."

A national emergency, like that de-

clared by Trump on March 13, would also free up additional resources for businesses and people, Durkan said in a press release. The declaration means \$50 billion to help address the crisis, although it likely won't be enough to stabilize the nation. Washington and several other states have gone on lockdown, shutting restaurants and bars for everything besides take out and delivery as well as banning large gatherings.

People in the region are hunkering down, hoping that frontline health care workers at hospitals don't get overwhelmed as they have in northern Italy and other places where the disease has run rampant. There is little to do now but wait. ■

See **PAPERS** Continued on Page 12

Dear Readers

Due to the coronavirus outbreak, Real Change vendors who depend on the money they earn from selling the paper on the streets of Seattle are experiencing a severe and dangerous reduction to their income. Today, the streets of Seattle are nearly deserted due to social distancing, quarantining, and business closures. As a result, the already vulnerable population of Real Change vendors are struggling to earn enough money to meet their daily needs such as food, clothes, rent, prescriptions, and fees required to stay in some shelters.

Making a monetary donation, or donating gift cards to drugstores, grocery stores, gas stations, restaurants that have open drive-thrus and take-out options, and cash cards (e.g. Visa gift cards) is the fastest way for you to make a difference as we grapple with these impacts of the coronavirus.

To make a monetary donation now, please visit our Online Donation Page. Underneath the "Additional Information" and "Comments" section, please write, "**Vendor Relief Fund.**" We are hoping for donations of \$20 or more, however, any amount will be extremely helpful and appreciated!

To donate gift cards, please mail them to Real Change at 219 First Ave. S, Ste 220, Seattle, WA 98104 and include a note that they are a donation to the "Vendor Relief Fund." Please also include your contact information so that we can send you a thank you note, or you may donate anonymously.

PAPERS Continued from Page 11

population and spreading throughout areas such as community meals and shelters," she said. "Of concern to our office will be contact with money that is exchanged between staff and vendors [and vendors and customers]. You can't fist bump money."

Portland's Street Roots has been engaging its vendors to inform and facilitate them in hurdling all obstacles that the virus may pose.

At their most recent weekly meeting — which occur on Fridays, upon publication of the new edition of the street paper — staff discussed the best ways for vendors to stay as healthy as possible and how to interact with customers during the panic. Other vendors are being proactive.

"We talked about bringing hand sanitizer with them, and using it each time after handling money," said Kaia Sand, executive director of Street Roots. "But also, using the hand sanitizer ostentatiously to visually assure customers."

Sand said there had been no marked difference in sales, but they have been telling vendors that a change in circumstances in the area could mean a dip. They are also working with local partners to come up with other ways to ensure the health of vendors. "We are creating health packets for vendors to have and share with other people on the streets. We have been coordinating with a local group of volunteer physicians called 'Portland Street Medicine' too. Our effort is to get people accurate information and other supplies (particularly hand sanitizer and soap). Because of the shortage of hand sanitizer we have crowd sourced alcohol and aloe vera, and our volunteers are making a 'home brew.'

Street papers are attempting to come up with creative ways to continue facilitating vendors to earn an income, including selling online versions of their usually printed magazine, and engaging in other social projects that they run parallel with the publication. The effect of the outbreak for street papers is two-fold: on an organizational and sales level and in terms of

protecting vendors.

INSP is continually updating a resource for street paper staff to access that provides guidelines and advice about how to approach the impact of coronavirus and protect and aid vendors and other homeless and unhoused people they serve. ■

Additional reporting by Jenna Minser.

HOW TO PAY

When you buy a paper from a vendor on the street, click the icon in the upper right with a dollar sign on it.

Enter "Real Change" or "@Real-Change"

Click on the Real Change icon.

Enter \$2 for the paper, tips are welcome.

Type the vendor's name and badge number in the box that says, "What's it for?"

Hit "pay."



Fight Evil

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FOR INDEPENDENT MINDS.
THE ONE AND ONLY, SINCE 1996.

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Pres. Chaplain - George Freeman

