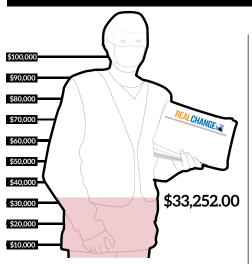
\$2 CASH or **VENMO**



REALCHANGE

MAY 27 - JUNE 2, 2020 ■ VOLUME 27 NUMBER 22 ■ REALCHANGENEWS.ORG

YOUR VENDOR BUYS THIS PAPER FOR 60¢ AND KEEPS ALL THE PROCEEDS. PLEASE PURCHASE FROM VENDORS WITH LAVENDER 2020 BADGES.



SPRING FUND DRIVE

See page 12

A TICKET TO RIDE

Fare enforcement is back on Sound Transit June 1 but the fares will be discounted, **p.3**

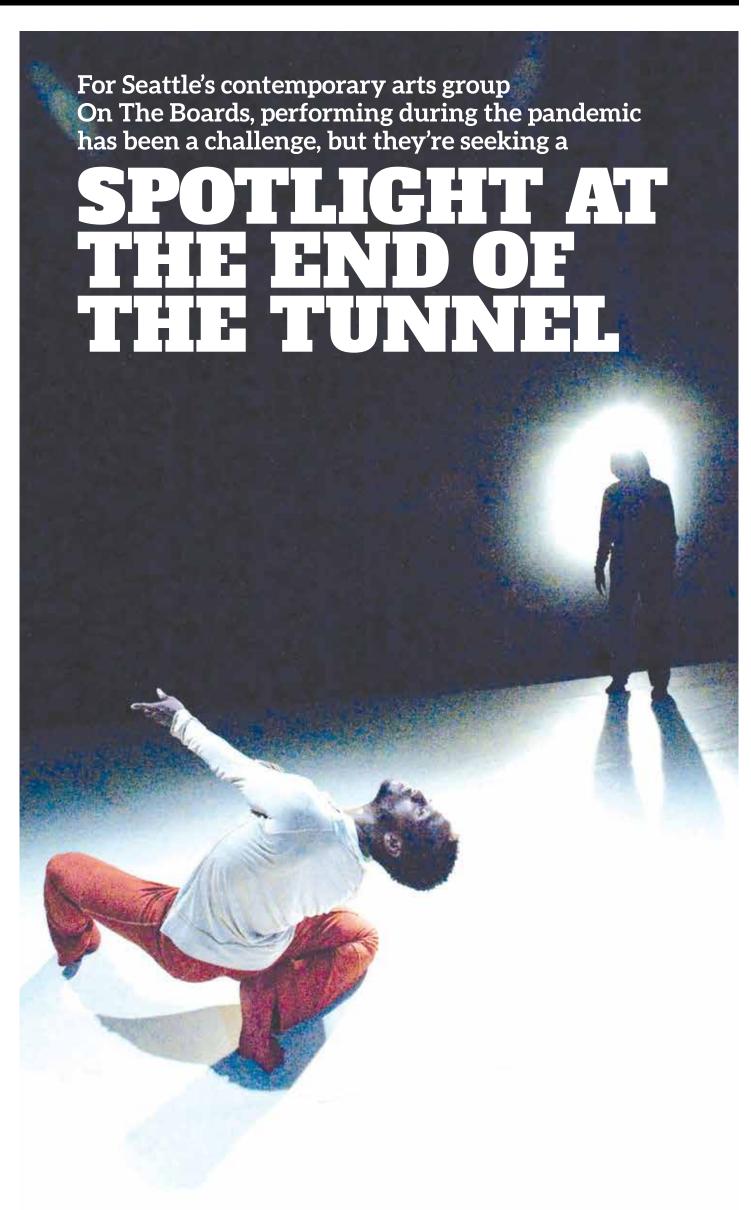
THE SWEEPS CONTINUE

Seattle continues to sweep homeless encampments during the pandemic, which is putting city officials at odds with each other, **p.4**



STOP ALL THE NOISE

Living in a noisy city affects our health in many different ways, **p.5**



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

BOARD OF DIRECTORS

Yolanda Altamirano (President), Malou Chávez Shelly Cohen, Matthew Hayashi, Hannah Hunthausen, Pamela Kliment Jim Lauinger, Maria Elena Ramirez, Mary Riski

EDITORIAL STAFF

Staff Reporter Ashley Archibald Features Reporter Kamna Shastri Art Director Jon Williams

REAL CHANGE STAFF

Circulation Specialist Wes Browning **Organizer** Evelyn Chow Volunteer Manager Katie Combov Managing Director Shelley Dooley Communications and Developmer Associate Alexis Estrada Founding Director Timothy Harris Field Organizer Neal Lampi Vendor Program Manager Rebecca Marriott Lead Organizer Tiffani McCov Vendor Case Manager Ainsley Meye Office Manager Ari Shirazi Development Director Camilla Walter

VOLUNTEERS

Editorial Committee Susan Storer Clark, Laura Ditsch, Willie Jones, James Jenkins, Dagmar Matheny, Paige Owens, Tiron Rowe

Contributing Writers Rabbi Olivier BenHaim, Hanna Brooks Olsen, Wes Browning John Helmiere, Michelle Galluzzo, Dave Gamrath, Kelly Knickerbocker, Joe Martin, Patrick "Mac" McIntyre, Iill Mullins, Oscar Rosales Castaneda Susan Storer Clark, Megan Wildhood, Mike Wold

Photographers and Artists Alex Bergstrom, Matthew S. Browning, Sam Day, Natalie Dupille, Jeffrey Few, Valerie Franc, Susan Fried, Seth Goodkind, Derek Gundy, Lisa Hagen Glynn, Lara Kaminoff, Ted Mase, Dave Parish, Joseph Romain, Wes Sauer, Katie Wheele

Copy Editors Pamela Bradburn, Mason Duke, Merry Nye, Morgan Wegner

Real Change Volunteers Yolanda Altamirano, Cathie Andersen, Carla Blaschka, Maridee Bonadea, Pamela Bradburn, Chris Burnside, Cathy Clemens, Jim Freier, Candace Galleran Michelle Galluzzo, Anne Jaworski, Carlo Jones Kevin Jones, Ron Kaplan, Jesse Kleinman, Pamela Kliment, Daniel Kramer, Joe Martin Dagmar Matheny, John Maynard, Patrick McIntyre Juan Montes, Carl Nakajima, Eileen Nicol, Deb Otto, Maria Elena Ramirez, Merri Jo Seil, Lawrence Soriano, Susan Storer Clark, Jeremy Tarpey, Moriah Vazquez, Jed Walsh, Mike Wold

The Real Change Homeless Empowerment Project is a 501(c)3 nonprofit organization. Real Change is a member of the North American Street Newspaper Association

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 or visit realchangenews.org and click



ON THE COVER

Lower Queen Anne performance venue On the Boards showcases "Dark Matters" by Choreographer Crystal Pite. See the story about the theate enterprise on page 6. Photo by Dean Buscher.

OPINION

May 27 - June 2, 2020

We must shift against substance-use disorder and support I-1715

By REV. JAN BOLERJACK

Guest Writer

he COVID-19 pandemic has caused a major spike in the need for basic support, like food. Our Tukwila Pantry, a ministry of Riverton Park United Methodist Church, has gone from serving 300 households to 1,500 households a week. Folks who used to come once a month are showing up for food three times a week. We also host a growing car camping and tent program at our church.

I was already seeing more folks struggling with substance-use disorders before COVID-19. They are often turned away from treatment services for lack of available beds or they don't have the personal resources to access inpatient care. Some folks are in a vicious cycle, where a high incidence of trauma or mental health issues is driving their substance use.

It is difficult, if not impossible, for people to overcome substance use without a safe place to live, because they often use alcohol or drugs to cope with the dangers and stresses of life on the streets. Even the relatively simple problem of not having consistent access to a working phone makes getting help challenging. Often it's not that someone doesn't want the help; it's just that getting the help is one step beyond what they can manage currently.

Ensuring adequate funding for case managers to connect those caught possessing drugs to wrap-around services like job apprenticeships, housing, resources for food, health care, treatment and recovery

support is far more cost-effective than the status quo. Research shows that every dollar spent on substance-use disorder treatment saves \$4 in health care costs and \$7 in criminal legal costs.

I see people who go to jail because they can't get the assistance they need to address the issues that are driving the substance use. They may detox in jail, but when they come out, their only connections are with folks who are using — it's the only network they have to turn to for help.

Just as we are seeing skyrocketing joblessness and spiking demand for food banks and housing solutions, COVID-19 is causing an increase in depression, anxiety, stress and financial insecurity — all drivers of substance use. We were not responding to the needs of those struggling with substanceuse disorders before the lockdown, and now the crisis is more urgent.

Addressing substance-use disorder is not a question of willpower, like vowing to exercise regularly. It is a chronic medical disorder. We need to get at the roots of the trauma and past experiences that have led so many to this destructive way of self-medicating. It's critical to invest in interventions and services that are proven to be effective, such as individual case management.

We have to build trust and create a system where people are given realistic and meaningful opportunities to change. Folks struggling with drugs need to know they can ask for help even if they might fail — that they can ask for help without the fear of arrest and incarceration.

That's why I support a solution called

the Treatment and Recovery Act, I-1715, an initiative for this year's ballot. Together with dozens of experts and community leaders who have come together as Treatment First Washington, I support replacing the strategy of trying to punish people out of substance-use disorder with a public health approach. Our coalition includes treatment professionals, legal and law enforcement experts, elected officials, people of color, leaders of Black, Brown and Indigenous communities, and formerly incarcerated and directly impacted community members.

I-1715 would reclassify personal-use drug offenses from crimes to a civil infraction and refer people to an assessment designed to identify the most promising services for their specific experiences with substance-use disorder. If a referred person attends the assessment within 72 hours, the civil infraction is waived. Existing criminal penalties for selling or manufacturing illegal drugs remain in place. I-1715 would also kick off a statewide education campaign about substance use and how people can get help for themselves or loved ones.

Our children, friends, family members and neighbors suffering from substance-use disorders desperately need better access to drug treatment and recovery services, not arrest, prosecution and incarceration. ■

Rev. Jan Bolerjack is pastor at Riverton Park United Methodist Church and director for Tukwila School Board District 2. Bolerjack also serves on the Human Services Advisory Board for the city of Tukwila and as a citizen adviser for the Tukwila police department.

DIRECTOR'S CORNER | Timothy Harris, founding director

ince Mayor Jenny Durkan issued a Proclamation of Civil Emergency on March 3, we've seen an unprecedented expansion of shelter in King County. This is good, but not enough.

For as long as I can remember, the emergency shelter we've needed today has been deferred by the promise of housing sometime in the future.

As Mayor Durkan recently told CBS, "we are finding some of the smartest, best dollars we can spend is going upstream to stop people from becoming homeless in the first place."

While this logic makes sense from the 58th floor of the Municipal Building, King County's approximately 6,500 unsheltered homeless people might see things differently.

Here's the good news. In recent months, we've seen new shelter in Bellevue for 80 people, a new space for 24 people on Harbor Island and 40 new enhanced beds run by the Low Income Housing Initiative (LIHI) in North Seattle.

Additionally, LIHI has expanded their Lake Union Tiny House Village and opened T.C. Spirit Village, offering shelter to 60 more people in Seattle. Just last week, a 200-bed family shelter run by Mary's Place opened on the Amazon campus.

All told, this is more than four times the amount of new shelter created during the "Homeless State of Emergency" over all of 2018.

In addition, more than 1,200 new spaces have been built to create some measure of social distance in our existing emergency shelter system.

A new seven-syllable word has en-



reaucratic lexicon in the COVID-19 era. "Deintensification" is what we call spreading beds out to make emergency shelter less deadly.

tered the bu-

King County has moved approximately 600 people out of emergency shelters into temporary hotels. Another 600 or so beds have opened in places like King County Airport and Seattle Center's Exhibition Hall and Fisher Pavilion.

While this is impressive, it doesn't get anyone new off the street. For that, we need new shelter that homeless people

While we still await the results of last January's point in time count, 2019 saw a 13 percent increase in the number of people counted in emergency shelter. Four hundred and eighty more people were counted in shelter than the year before, even though just 100 new beds were added.

From this, we might surmise that 2019's reported 20 percent decrease in unsheltered homelessness was achieved by packing more people into existing emergency shelter than ever before.

This might also have something to do with that year's 32 percent reported increase in unsanctioned encampments. When staying in shelter means being six inches from the next mat over, a tent on a sidewalk starts looking like the better

But sleeping on the street brings its own risks. Despite a directive from the Centers for Disease Control and Prevention to leave encampments in place unless replacement housing is available, at least three sweeps of unsanctioned encampments have occurred in just the past month.

Homeless sweeps increase the hardship for unsheltered people while offering nothing in the way of permanent solutions. They are the most expensive and ineffective tool that the city has. And until we have better alternatives, they will likely

At the moment, two proposals are on the table to dramatically increase the amount of permanent supportive housing in King County.

The Tax Amazon Initiative promises 10,000 units of deeply affordable housing over 10 years. The Third Door Coalition would build 6,500 units of housing in about half that time. While both efforts are welcome, neither will create a single unit of housing anytime soon.

Meanwhile, homeless people face an increased risk of death and disease today. The case for expanded emergency shelter has never been more urgent.

Seattle City Council voted last February to allow up to 40 new sanctioned encampments or tiny villages to open in Seattle. So far, we've seen one.

Maybe, by Seattle standards, this is fast. But we have to do better. Without shelter, people die, and 2020 might be the deadliest year yet. ■





A commuter boards a Sound Transit light rail train. Fare enforcement will resume on June 1, though the fare will be discounted.

Fare enforcement resuming in threat if not in actuality

By **ASHLEY ARCHIBALD** Staff Reporter

are enforcement on Sound Transit light rail and Sounder commuter trains will resume June 1 due, in part, to concerns over vandalism and biohazards, after more than two months of coronavirus-spurred free ridership.

The fares will be discounted, costing \$1 on the Link Light Rail and \$2 on the Sounder train. Sound Transit will also promote ORCA Lift, a reduced-fare program for low-income riders that reduces typical fares by an additional 66 percent.

Income-eligible people can apply for ORCA Lift cards over the phone or online, since offices have been closed due to the coronavirus.

Glenn Coles, a Real Change vendor who often sells the paper outside the Sounder Train in better times, said he wasn't fussed about the changes. He mostly rides King County Metro buses and still has unused fare on his ORCA card should the need arise. Coles has changed how he approaches transit to accommodate his health.

"I've been doing lots of walking," he said. "Lots."

He misses selling the paper, which is still only available online, somewhat for the money but mostly for the interactions with his customers as they board and decamp the Sounder, Coles said. The beginning of June was also

Gov. Jay Inslee's tentative date to begin reopening parts of the state in "Phase 2" of the four-phase "Safe Start" plan.



Real Change vendor Glenn Coles

However, the state announced on May 22 that only a third of counties were eligible for the second phase. Under the plan, high-risk people are encouraged to "stay home, stay healthy," but group gatherings of five people or fewer will be allowed as well as some services such as dine-in restaurants and hair salons or barbers.

Neither King County nor its immediate neighbors are eligible for Phase 2 right now, the state announced.

The resumption of fare collection was originally announced on May 18 and will go ahead as planned, said John Gallagher, spokesperson for Sound

Fare enforcement will operate as it did in March when social distancing

was initially encouraged. That means fare enforcement officers will ask for proof of fare, including a paper ticket, a purchasing app or an ORCA card. Officers will maintain a distance, which means they will not be able to scan and verify the proof of payment.

"It's on the honor system," Gallagher

The goal behind bringing back fares is, in part, to prevent further vandalism and biohazards on the trains. Although ridership dropped 83 percent when the state locked down, the number of biohazards - urine, feces, vomit and needles - as well as incidents of graffiti and vandalism more than doubled.

There was also an increase in the number of "non-destination riders."

"Ridership is for essential riders, frontline workers, people who need to get to grocery stores and doctors." Gallagher said.

It's unclear if progressive changes to fare enforcement or the ability to apply for ORCA Lift remotely will survive after the pandemic slows and the state returns to a new equilibrium. These are requests community members made to Sound Transit at a February meeting at El Centro de la Raza that was held to solicit the opinions of a more just system of fare enforcement that did not target marginalized groups.

Other suggestions included lower fines for fare violations. Fare enforcement officers will not be giving tickets in the short term, although riders will be asked to leave if they cannot show a form of payment. ■

REPORTER'S **NOTEBOOK**

Fraud claims up in Washington

slew of fraudulent claims for unemployment insurance benefits forced Washington state officials to implement new rules that allow the state to cut off weekly payments quickly if they suspect wrongdoing.

The new regulations allow the state to suspend benefits if they suspect fraud and do not receive personal, verifying information from the person receiving the money. Without the verifying information, the suspension can be "indefinite," according to the state.

The uptick in fraud corresponds with a massive increase in the number of unemployment claims at the office.

According to the Washington Employment Security Department, the phone lines receive nearly 20,000 calls a day from people trying to access unemployment benefits, causing massive delays and long waits. The department reported that it saw a 28 percent increase in the number of claims during the week of May 10 compared with the previous week, sparking suspicions that some of those claims have been fraudulent

It's a deep well. That week, ESD paid \$1.01 billion in benefits.

Property tax relief?

he deadline to pay property taxes is coming fast, causing King County to consider a proposal to lessen the burden on taxpayers hurt by the economic fallout of the coronavirus.

The legislation, floated by King County Councilmember Reagan Dunn, would let households spread out their property tax payments in five installments over the course of six months rather than require them to pay one lump sum. Typically, property taxes are due in two large payments over the course of the year.

King County Executive Dow Constantine extended the deadline from April 30 to June 1, but that's not enough, Dunn said in a press release.

"In our current crisis, a mere delay on property taxes isn't enough to meet the great financial need of many King County residents," Dunn said. "We should act now to help taxpayers who are doing everything they can to make ends meet, but still face a due-in-full property tax bill even as the economic fallout intensifies."

Property taxes are a critical source of money that counties in Washington state use to fund local governments and services. They make up 9.4 percent of the state's general fund and pay for roughly a third of the cost of the public school The previous delay only impacted

households that pay their taxes directly rather than through an escrow account held by their mortgage lender. The proposal came just under the wire,

heard before the King County Council on May 26, just days before property taxes came due. ■

— Ashley Archibald

NEWS REALCHANGE REALCHANGE **FEATURE** May 27 – June 2, 2020 May 27 - June 2, 2020

A SWEEPING **CONUNDRUM**

Seattle officials debate whether to sweep away encampments, all the while frustrating and displacing community members

"I do feel it's

important for us

in the structure

of setting up

this committee

to support the

effort of really

baking in those

folks with lived

experience into

our leadership

model."

Lorena Gonzalez

By **ASHLEY ARCHIBALD**

Staff Reporter

he morning of May 21, dozens of police arrived at Weller Street and 12th Avenue in Seattle's Chinatown International District (CID) for a publicized clearing of a large homeless encampment. Community members were there to meet them in the cold rain, bearing protest signs and witness to the

It was the second such sweep in two days. According to the city's homeless-

ness response blog, 25 people at the two sites accepted referrals to shelter, although local homelessness advocates argue that the sweeps should not have taken place at all.

Two hours after the sweep began, elected officials and experts sat down on a digital call, their faces popping up in Brady Bunch-style panels. It was the first meeting of the King County Regional Homelessness Authority (KCRHA) a body years in the making that some hope will better coordinate a regional response to the homelessness crisis that has been growing in King County

for years. Johnathan Hemp hill, a member of the board and part of the Lived Experience Coalition, which brings people who have experienced homelessness to the policymaking table, called that out.

going on, on Weller. That's not the way we should do things.

That does not center the humanity of people who are going through the struggles that they are," Hemphill said.

The juxtaposition was stark, and part of a sometimes confounding array of recent attempts to reduce homelessness and human suffering on the streets even as authorities are dealing with the dual crises of homelessness and infectious disease outbreaks among housed and unhoused people alike.

In the past weeks, the city has conducted three large sweeps — one in Ballard Commons park and two in the CID — in the name of public health and

safety. In parallel, City Councilmember Tammy Morales, who represents the CID neighborhood, put forward legislation cosponsored by councilmembers Teresa Mosqueda and Kshama Sawant that would throw the brakes on such actions, effectively defunding the operations except under specific conditions.

Last week, a partnership of public and private entities called the Third Door Coalition announced a \$1.6 billion plan to reduce chronic homelessness in the region to "functional zero" by getting 6,500 people who have been surviving outside

or in shelters — often for more than a year -into their own housing. They have not yet secured the funding.

Now, the KCHRA has met, although the two-hour meeting on May 21 seemed more of an update than a meeting of minds as the necessary committees, governing bodies and implementation groups are not yet ac-

Even the bylaws are at question.

The Seattle City Council, represented by Council President Lorena Gonzalez, raised concerns in December 2019 about changes to the structure of the KCRHA that took power away from policy-minded technocrats and handed it to elected officials from King County and incorporated cities. The new format meant Seattle was putting up most of the funding without a commensurate amount of voting power, handing more authority to smaller, more conservative cit-

"We're faced with a situation — eight to nine months from

now — being put in the position of having the new City Council having to vote to decline participating with our dollars in the regional government authority if we are unsuccessful in executing upon the intent as described in this ordinance," Gonzalez said in December.

What did come out of the Thursday meeting, however, was at least tacit acknowledgment from some that the new authority be cochaired by a member of the Lived Experience Coalition, a push led by Hemphill.

See **SWEEP** Continued on Page 11



HANDY HYGIENE



ROOTS Young Adult Shelter Executive Director Jerred Clouse tries out the new, environmentally friendly street sink that was installed in an alley next to the University District shelter.

Street sink installed at ROOTS Shelter

he Real Change Advocacy Department partnered with University of Washington College of Built Environments faculty to design and install environmentally friendly "street sinks" for people experiencing homelessness. On May 19, workers installed the first of its kind at the ROOTS Young Adult Shelter in the University District.

The Seattle Street Sinks project uses off-the-shelf parts that can connect to a hose on private or public property. The setup drains into a trough of plants so that the water isn't wasted. The sinks are one new way to open much-needed hand-washing stations throughout the city.

People experiencing homelessness have had difficulty accessing hygiene facilities to protect themselves from the coronavirus. Businesses that might have offered them restrooms are shut down and many public places like libraries and community shelters are, too, although some have reopened to the public. A

mons park was closed a week in March for a deep cleaning after several people tested positive for hepatitis A, an infectious disease that has been circulating in the Seattle community for more than Real Change Advocacy has fought

rented Portland Loo in Ballard Com-

for solutions to the problem, which predated the coronavirus pandemic but was exacerbated by it. They ran a successful "Everybody Poos" campaign to secure funding in the Seattle budget for five mobile pit stops: facilities with toilets, sharps containers, dog waste facilities and more. As the pandemic struck, the city sidelined the project, but announced in April that eight new hygiene stations and two hygiene trailers would be deployed.

The new sink prototype outside ROOTS cost around \$400 and was up and running within a month of conception.

— Ashley Archibald

TURNING DOWN THE VOLUME

Constant exposure to noise has become an integral part of city life. We are so used to the noise of modern life that we think little of it, but sound — when it exceeds certain levels — can have multiple impacts on our physical and mental health

By MARIA PAPADODIMITRAKI Street News Service

oise pollution is a form of violence," said Voula Pagagianni, president of the Hellenic Young Children's University. "[It is] an unrecognized danger that threatens the health of everyone."

Noise pollution is currently the second most significant environmental risk factor for our health, after air pollution. As a result, the European Union (EU) set the maximum noise exposure limit for people at 55 decibels (dB) during the day and 50 dB during the night. The World Health Organization's guidelines are even stricter. In order to counteract the negative impact of noise pollution on health, it recommends that external sound levels should not exceed 40 dB at night — a level of noise around equal to that of a quiet road in a residential area.

The United States has much higher some would say "lower" — standards. The U.S. has a standard for occupational noise pollution and one for environmental noise pollution. The first refers to the sounds and noises in your workplace; people who work industrial and manual labor jobs are more likely to encounter higher thresholds for noise exposure. Environmental noise might include what you hear on your daily walk or when you are sleeping at night. Ideally, these environs would result in less noise exposure.

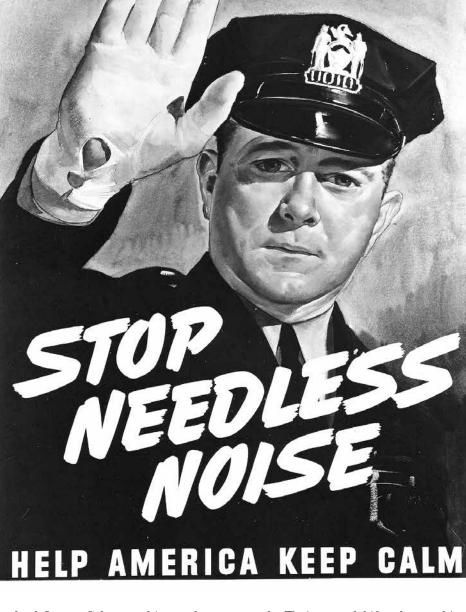
The National Institute for Occupational Safety and Health limits occupational noise exposures to 85 dB at a sustained rate during an 8-hour work day. That is the equivalent of listening to a chainsaw stationed 10 meters (roughly 33 feet) away from you, for eight hours a day. Enduring this exposure for 40 hours in a week could lead to hearing loss. According to the Centers for Disease Control and Prevention (CDC), noiseinduced hearing loss is the third most common chronic health condition in the country.

In the Seattle area, a noise code limits the amount of noise outside coming from roadways, machinery and construction, but it doesn't apply to public nuisances (like loud music, people yelling, etc.).

According to data from an interactive National Transportation Noise Map, the highest concentrations of traffic and aviation noise in the Pacific Northwest are near the downtown Seattle core and moving south along the city's industrial district and down South King County, including Renton, SeaTac and Des Moines. Areas on the Eastside, West Seattle and North Seattle neighborhoods are mapped as having noise exposure around 40db, similar to what the EU recommends for environmental noise

Zooming out

The Worldwide Hearing Index — a 2017 study by Mimi Hearing Technologies of 50 cities — found the highest levels of noise pollution are observed in Guangzhou, China. Delhi is second, followed by Cairo, Mumbai, Istanbul and Beijing. Barcelona is number seven on the list, while Mexico City, Paris and Buenos Aires are eighth, ninth and 10th. In contrast, the five quietest cities in the world are Zurich, Vienna, Oslo, Munich and Stockholm, followed by Dusseldorf; Hamburg;



Portland, Oregon; Cologne and Amsterdam. Several European and non-European countries are adopting a series of measures

by which to limit noise pollution and its negative effects. Germany, for example, has been experimenting since 2007 with the use of special paving materials for roads that reduce the noise caused by car wheels; trains started having so-called 'quiet zones' in designated wagons, where additional noise is forbidden, at around the same time.

In Oslo, urban quiet zones are mostly designated for use for recreation. In fact, 35 percent of the city's residents live less than 300 meters from such a zone. Ellen Johnson, from the city's Agency of Urban Environment, says that the municipality's action plan to address noise pollution focuses on areas of dense urban development in central areas and around urban transport stations. furthering programs that promote walking and cycling and highlighting the importance of protecting trees, since natural sounds contribute positively to the city's soundscape. Moreover, the speed limit in the center of Oslo is 30 kilometers per hour (roughly 18 mph), the rails of the tram and underground networks have been upgraded, and the port freight station was moved out of the city.

In past years, Stockholm has also made significant efforts to reduce noise pollution. In 1970, 200,000 residents were exposed to high levels of noise in their apartments. Today, this number has been reduced to a few thousand: a reduction of around 80 percent. The installation of 60 kilometers of acoustic fencing and more than 50,000 soundproof windows in 17,000 flats have brought positive

 $results. \, The \, increased \, shift \, to \, the \, use \, of \, tires \,$ without studs has allowed for the use of new types of asphalt and has resulted in lower levels of noise at street level. The construction of road tunnels has also resulted in a reduction in local noise levels, and heavy vehicles are prohibited from using the roads at night.

For its part, the city of Vienna has taken steps to ensure, among other things, extensions of bike lanes and their underground transportation network; additions of trafficcalming measures on roads; conversions of roads into pedestrian walkways; provisions of subsidies for the installation of special windows in homes along main roads; and the modernization of public transport. Moreover, because the noise created by vehicles is dependent, in part, on the speed at which they travel, so-called "Tempo 30" zones have been put in place, where the speed limit for vehicles is 30 kilometers per hour. In fact, years ago, the Municipal Department of Environmental Protection ran a pilot program with the name SYLVIE. It was a process of mediation between the involved parties—namely, those who produced sound and those who were impacted by it — and it attempted to find a joint solution to the problem. It was then followed by another similar program.

Yet another model city is Zurich. Anke Poiger is the head of communication in the Safety, Security, Health and Environment Administrative Department of the city. She said that "car trips are the most important source of noise in the city, which is why we have implemented a 25-year policy called 'Urban Traffic 2025' in order to minimize car traffic and its negative effects. This is a program that includes the expansion of the public transport network, the prioritization of public transport over car traffic, the promotion of bicycle use, the creation of an attractive pedestrian trail network, and the expansion of Tempo 30 zones. In addition, the City Council has approved a program for electric buses, which are quieter than the conventional ones."

For her part, Sonja Zöchling, the head of corporate communication at Zurich airport, informed us that in order to protect residents of the surrounding area from the noise caused by planes, the residents were provided with special soundproofing windows. The residents pay for the installation themselves and they can submit a request for compensation, as this is something that they are entitled to. In addition, the airport operates from 6 a.m. to 11.30 p.m., but after 11 p.m. it is only used in special circumstances; for example, to facilitate the movement of aircraft when traffic is increased or for delayed flights.

The results of a survey conducted in 62 European cities shows that Istanbul (72 percent), Bucharest (67 percent), Palermo (66 percent) and Athens (66 percent) are the urban centers with the least satisfied residents in terms of the noise levels experienced in their daily lives.

"These numbers do not surprise us. They are to be expected in big cities," said Dr. Konstantinos Vogiatzis, professor at the Polytechnic School of the University of Thessaly and national representative of the European Noise Committee. "In addition, let us keep in mind that the residents are not continuously exposed to a constant intensity of noise."

"Perhaps the best way to deal with noise pollution is prevention — to not make noise. It is through our individual attitudes that we can contribute to the reduction of noise emissions," said Athanasios Trochidis, emeritus professor in the civil engineering department of the Aristotle University of Thessaloniki.

"Unfortunately, in Greece, entertainment, lifestyle, and even the act of being outside, are often associated with noise and agitation," added Nikos Barkas, professor at the Democritus University of Thrace in the Department of Architectural Engineering and president of the Hellenic Institute of Acoustics. "We suffer from a lack of education on how to behave so as not to be loud."

A complex burden

Research that focuses on the health impacts of noise is on the rise, especially in relation to noise from vehicles, aviation, industry and some recreational activities. According to the Global Burden of Disease Study by the World Health Organization, all of the health problems caused by noise pollution result in about 1 to 1.6 million years of healthy living lost due to illness, disability and death (DALYs) in the EU every year.

The most common problem related to our hearing is tinnitus; that is, the perception of a sound like whistling or ringing that cannot be attributed to an external source. In some people, tinnitus can cause several problems, such as irritability, reduced efficiency and a limited social life. However, the effects

See **NOISE** Continued on Page 12

Right, choreographer Beth Gill's "Electric Midwife" is a performance by six danc-

Below, a scene from Crystal Pite's "Dark





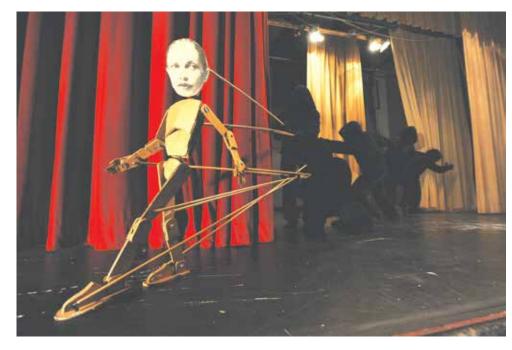




Image courtesy of OtB

rial that the organization

had never, until now, presented solely through a computer screen. The content is based on ar-

ON THE ROPES

By **RIIS WILLIAMS** | Contributing Writer

ike so many arts organizations, On the Boards (OtB) ended its season early this year, forced by the novel coronavirus pandemic to cancel four shows, cut employee hours and close the doors of its performance hall in Seattle's Lower Queen Anne.

performance

On the Boards

is hurting like everyone else, but creative sparks are giving the nonprofit a fighting chance

And yet, the group's executive director tells a tale of astonishing growth. Even as the venue remains shuttered, the organization is imagining ways it might fold social

venue is filled from September through May with the talent of local dancers, actors, musicians and speakers. Since its founding in 1978, OtB has provided a place for people to showcase their work and meet and collaborate with other performers and art-lovers in the Seattle area. The theater puts on nine to 13 shows per season, in addition to an annual Northwest New Works Festival in June. OtB also does programs

in partnership with Seattle Theater Group. This year, as everyone is aware, was

"It was probably around the second week of March that my colleagues and I started to have conversations about canceling some of our events," Betsy Brock, OtB's executive director of nearly four years,

distancing into future events. Normally, the nonprofit performing arts

> said. "At OtB, we start most of our evening performances with a 'studio supper,' where we partner with a local chef and provide a large meal for our audience members. But it became evident that having people eating so close together maybe wasn't such a

At the time, the gravity of the looming health crisis had not quite sunk in. Brock felt fairly confident that shows would still be able to go on, with a few modifications to prioritize audience safety, such as stepping

Then colleges and universities decided to go online, ending all in-person gatherings. Following their lead, Brock officially

postponed all upcoming spring OtB events. "It was just so hard to make decisions, with the coronavirus updates changing every single day," she remembered. "I found myself absolutely glued to the news to figure out all of our next steps."

Despite the theater being empty and the ongoing uncertainty of when it will be safe to have on-site performances again, OtB has managed to grow in an unexpected way.

"We've had an existing online platform called On the Boards TV for about 10 years, but the pandemic has encouraged us to expand it significantly," Brock said, describing it as "a sort of Netflix for dance and contemporary performance." Normally,

access to the platform requires a yearly subscription that costs \$50 for individuals, \$500 for academic institutions and \$5 for a

single film rental. Today, it is free. "With everything limited to online formatting, and with the postponement of so many of our shows, we decided to make it accessible for all viewers free of cost," Brock said.

During the pandemic shutdown, OtBTV has exploded in viewership. Visitors to the site have increased 618 percent compared with this time last year. Brock said more than 3,500 viewers have streamed content for free; another 3,100 new viewers have purchased a subscription or otherwise have paid for content. The international audience, in particular, has skyrocketed. Users

span 125 countries. Outside of the United States, the greatest growing numbers are in Turkey, Iran and Germany.

What kinds of performances can a viewer see at OtB? Brock describes them as "different from anything else in Seattle," involving a range of art forms, from avantgarde dance to experimental theater to other "completely uncategorizable performanc-



For more information about On The Boards TV see ontheboards.tv

chived recordings of live performances. "I just think that right now, people are looking for experiences that feel 'real.' We've tried

to make our videos with care and time and deep conversations with the artists," Brock said. "They can truly feel like a real Of course, providing free access to

OtBTV has done anything but alleviate the financial stress the organization is facing as a consequence of the pandemic shutdown. The closure of the theater will result in a loss of \$250,000 to \$300,000 in revenue — from ticket sales, concessions, tenants being unable to pay rent and the new online format of their annual fundraiser - by the end of this fiscal year, in June.

Additionally, OtB has had to cut the hours of its associate technical director, production coordinator and audience services manager. Its house manager was laid off. All the positions are heavily dependent on the venue being open and active.

Despite the severe financial loss, Brock remains confident in the organization's de-

See **BOARDS** Continued on Page 11



Choreographer Kyle Abraham's "When the Wolves Came In" is inspired by famous jazz drummer and composer Max Roach's "We Insist Freedom Now."

Above and right, in scenes from New York playwright and director Young Jean Lee's "The Shipment." five African American actors challenge the audience to face their preconceived notions of race and culture.

ARTS

REALCHANGE
May 27 - June 2, 2020

REALCHANGE
May 27 - June 2, 2020

REALCHANGE
May 27 - June 2, 2020

OPINION

BOOK REVIEW: 'A History of the World in Seven Cheap Things'

By Raj Patel and Jason W. Moore | University of California Press | 212 pages | 2017

REIMAGINING OUR WORLD

Current events compel us to review this 2017 publication

Review by **MEGAN WILDHOOD**Contributing Writer

ou've probably heard the idea that it's easier to imagine the end of the world than it is to imagine the end of capitalism. That's in large part because capitalism has remade the world, our understanding of our place in it and the relations between everyone and everything else. "A History of the World in Seven Cheap Things" is written in unique voice, which makes its points memorable, such as: Capitalism is cheapness at work. "Cheap lives turned into cheap workers dependent on cheap care and cheap food in home communities, requiring cheap fuel to collect and process cheap nature to produce cheap money." And, unfortunately, "Keeping things cheap is expensive."

The author, academic, journalist and social justice activist Raj Patel and Binghamton University Assistant Professor of Sociology Jason W. Moore explain why death and taxes are the only certain things and how they're linked (hint: it's modern warfare). As they lead us through the world capitalism has created and is consuming, they provide snapshots of the past 800 years. The most salient, but certainly not the only, of these snapshots is about the Irish Potato Famine: "During the 1845-1848 potato famine, poverty and market forces instructed the Irish to work for a living; even if there was no employment to be had and no food they could afford: at the height of the famine, Ireland was exporting around three hundred thousand tons of grain a year to feed the mother country."

It's difficult to cover almost a millennia of history, let alone the period where capitalism remade the world, in 212 pages, so the density of details is forgivable if not easily navigable. "A History of the World in Seven Cheap Things" makes a unique contribution to the annals of history books in that, while it goes into sometimes overwhelming and occasionally esoteric exposition about the major problems we face as those living under capitalism, it offers a holistic and integrated vision of what is possible. The movement for the end of capitalism is growing even as it is still too easily dismissed, and a common frustration of those who want a better world is articulating what a better world would look like.

Capitalism is so ingrained in the way we all think that, for example, "we continue to think of 'real work' solely as wage work and forget the care work that makes it all possible." Such work that even those who perform it dismiss when they say they "don't have a real job." What Patel and Moore call "household," nonmarket activity is roughly 80 percent of the gross world's product: nearly \$16 trillion. Thus, Patel and Moore can rightly claim that "to imagine a world of justice in care work [which includes household labor] is to imagine a world after capitalism."

Even the way we measure our impact on the environment is, for Patel and Moore, suspect and needs to be reimagined. "The idea of the "individual [carbon] footprint



teaches us to think of consumption as determined by "lifestyle choices" rather than socially enforced logics. If you have been gentrified out of your old neighborhood and need to commute an hour to your job, your ecological footprint isn't a lifestyle choice. It's a choice in the same way that English peasants, once kicked off the land, were "free" to find wage work — or starve ... the ecological footprint, like so many environmentalist concepts these days, performs the very separation — of Nature from Society — that accompanied the rise of capitalism." The Green Revolution failed, because it was still based in capitalism's "world-ecology," as Patel and Moore say. "Communities where the Green Revolution was practiced most intensively have more recently become cancer clusters, with

some areas officially declared 'cancer-stricken villages'."
Readers may be asking, as I did, "OK, we know capitalism is awful. We now understand how deeply rooted in history it is. What do we do about it? Where do we start?" Patel and Moore admit that there is no roadmap for reinventing our relationships with each other and the natural world from inside the ecology that made us.

"Restorative justice" is an approach that is gaining some traction in the justice system; Patel and Moore suggest that this only works if the status quo to which it aims to restore people isn't awful.

But to name a few examples: "Cheap oil is coming to an end even as climate change is on its way to killing one hundred million people by the end of 2030" and "...up to ten calories of oil are required to produce one calorie of food" and "one pound of beef requires 1,799 gallons of water and seven pounds of feed to produce."

What we need is a collective reimagining. "This reimagination is a collective act of liberation. Never under capitalism have the majority been asked about the world we'd like to live in." Whatever that world is, we need more than allyship and unity. Patel and Moore would argue that we need a dismantling: "The practice of decolonization is more dangerous than simple solidarity because it's more likely to work." It starts with asking, from as blank of a slate as we can get, without constraining ourselves to what we have been told for centuries is possible: "What kind of a world do we want?"

THE MIDDLE GROUND | By Sam Day



Everybody gets hydroxychloroquine! And you can stay home only if your home looks like mine

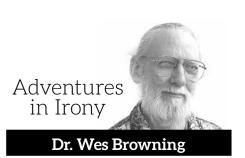
ccording to the interweb, NASA has found a parallel universe where time flows backward. Big deal. Time has been flowing backward for me since March.

Time has been in reverse in Washington, D.C., since Jan. 20, 2017, and now it is starting to look like the 12th century. The Department of Justice wants legislators to suspend habeas corpus from now until at least a year after the COVID-19 emergency is over without telling any of us what would constitute it being over. When no one has died from it anywhere in the world for one year? Or one month before that?

Doing so would deny hearings and bail for just about everyone, let the government lock people up without charges and crowd jails just when there have been moves to thin jail populations to reduce the spread of the virus. The idea as always has been it's OK to write off people who are arrested because they would not have been arrested unless they were criminals or people of color — a concept that even people in the Middle Ages were able to realize was nuts, and those people believed in the divine right of kings.

Speaking of concepts that are nuts: thinking it's a good idea to conduct homeless sweeps at a time like this. For homeless people living in tents, doing so is their version of staying at home. Tearing the tents down and driving their occupants away does not help slow the disease.

Sweeps also don't help end homelessness. If they did, with how many we have done since Greg Nickels became mayor, we would have negative point-in-time counts by now. There have been so many sweeps done in the past 15 years that, had they led to all the homeless people



involved getting into housing or at least shelter, they would all be sheltered 10 times over. Homelessness would be nonexistent.

Sweeps are not supposed to be happening for now: The city's own directive in March was "All encampment removal operations have been suspended," except in certain emergency conditions. Recent sweeps have not been a result of emergency conditions and have only served to make emergency conditions.

Maybe the parallel universe is not the one that's backward: It's this one.

Well, at least we finally got those videophones we were promised. So, some of our time is inching forward.

Remember how we were all going to be using videophones in the 21st century? They didn't tell us how crappy they'd be. I expected the picture wouldn't be very good, but I thought they would get the sound right, since they would still be phones, yes? All they had to do was keep the phone and add the picture.

Anyway, we have had videophones for years, but nobody used them because it turned out no one wanted to do their hair and wear clothes to answer the phone.

The trick to getting us on videophones was to make it happen by appointment. That's all it took to get the people to put pants and a shirt on. It just takes little

things to make big changes, like being told by your boss when to be at the Zoom meeting: "Thursday, 12:30."

"OK, I'll even put some pants on."

"Thanks a lot, Wes. You're such a hero."
Besides pants, I've been wearing a cat.
Our cat has been loving the stay-at-home
order. He's a glutton for petting, and he's
getting spoiled. Every Zoom session now
features a cat climbing all over me. Good
times.

Questions for further discussions:

Trump says it's time to reopen America, except for Georgia, which is going too fast. Trump doesn't wear a mask, except, he says, when there are no cameras. So why can't there be judicial hearings? Just give all the judges and detainees in the country hydroxychloroquine, and our justice system can be back in business, in two weeks, maybe three weeks, tops. BAM. Am I a genius, or what? Your answer should use the words "cognitive dissonance" and be in the form of sarcasm. Don't hold back.

If the purpose of the economic stimulus checks was to stimulate the economy, why does it matter who gets them as long as they spend them and stimulate the economy?

Shouldn't someone in jail get a stimulus check if they haven't been charged yet? Someone who has not been charged or convicted is still technically a free person right?

That's what I was taught in civics class. "Innocent until proven guilty," yadda-yadda. ■

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



Oscar Rosales

Viva La Huelga!

his month began with a celebration of worker power and solidarity in the face of daunting odds. An emergent struggle has emerged over reopening Washington businesses. The irony is that this clamoring over "state overreach" with Gov. Jay Inslee's orders had neglected to include the voices of those impacted most, Washington state's farm workers.

The COVID-19 pandemic has disproportionately hit the Latinx community hard. As Danny Westneat of The Seattle Times noted in a recent column, COVID clusters have hit Yakima County's agricultural and fruit packing plants. As of this past week, Yakima County had the highest rate of COVID-19 cases per capita on the entire West Coast, a figure noted to being three times higher than that of King County.

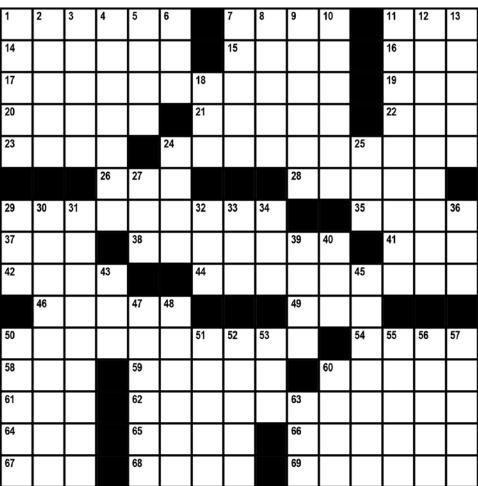
On May 7, workers at the Allen Bros Fruit packing warehouse in Naches, Washington, went on strike over inadequate safety precautions, lack of transparency over COVID-19 infections and lack of hazard pay. Many had only heard of coworkers infected by way of word of mouth, with little information coming from their employer. In subsequent days, six other warehouses went on strike, citing similar conditions.

Workers are also seeking protections from retaliation and being replaced for bringing these concerns forward. They have met resistance from employers, as well as malicious harassment and threats of shootings from racist community members.

As talks stalled, some workers went on hunger strike at Allen Bros. In an interview with Northwest Public Radio, a hunger striker noted, "These are our lives, not the lives of our bosses, not the lives of the government. ... We're here exposing ourselves." He further said, "If we're 'essential,' why aren't they giving us the pay we're asking for? Are their apples worth more than our lives?"

Most of these workers earn minimum wage, regardless of the amount of time worked at these warehouses. Those who feel ill do not report symptoms because taking two weeks off from work is a luxury they can't afford as they are also not provided medical insurance, despite essential worker designation. In these workplaces, enforcement of workplace protections were so lax that both the United Farm Workers Union and Familias Unidas por la Justicia, a local union based in Skagit County, sued Washington state in April as a way of securing mandatory and enforceable rules for workplace safety.

It is our collective responsibility to support and stand with our essential and excluded workers who bear the brunt of this pandemic. They illustrate that we cannot simply become fodder for business interests who line their pockets with no regard to health concern and human dignity and wish to place us as offerings on the sacrificial altar to capitalist enterprise. ¡Viva la Huelga!





1.877.537.5277

ealchangenews.org/index.php/site/giving

PURCHASING REAL CHANGE

When you use Venmo to buy an

vendor's account. The vendor can

HOW TO SET UP AN ACCOUNT

Download the free Venmo app to your

> Create an account, which requires an

email address or Facebook account

be a bank account or a credit card.

(A 3 percent fee is added to credit card

Set up your payment method, which can

When you buy a paper from a vendor on

right with a dollar sign on it.

Click on the Real Change icon.

"What's it for?"

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

Enter the price of the paper, plus a tip.

Type the vendor's name and badge

number in the box that says,

the street, click the icon in the upper

pick up the money the next day.

edition of Real Change from a

vendor, the money will be

deposited directly into the

smartphone.



SOLUTION Y'know! May 20 Issue

Solutions to this week's

Not Exactly Bionic

Puzzle by **Patrick "Mac" McIntyre**

ACROSS

1 Asian performer with many fans? 7 Holier-___-thou attitude

11 Hosts (Abbr./Acron.) 14 Loose overcoat named for a Northern Ireland province (LUSTER anagram)

15 Who comes to the rescue 16 Hurler's stat. (Abbr.)

17 Cowardly (4-7) 19 Egyptian boy king 20 The one numbered 23 begins: "The Lord

is my shepherd..." 21 Muse of poetry 22 High __ kite (2 wds.) (2,1)

23 Highway hauler 24 What one thought to be a 15-Across may unfortunately turn out to have (3

wds.) (4,2,4) 26 Busy W. Coast airport (code ltrs.) 28 In days (yore) (2 wds.) (2,3)

29 Lester Holt and Wolf Blitzer, e.g. 35 Stadium section

37 Life story, briefly

38 Blotto (3-4) 41 French vineyard

42 Broadway opening (3,1) 44 "Hey, slow up!!" (3 wds.) (3,2,4) 46 Web site?

49 "Enough! No more oversharing" in a text 50 Adjective frequently used to describe

tyrants and despots (4-6) 54 Discovery grp.? (Abbr./Acron.)

58 Did a marathon 59 June Cleaver or Marge Simpson (2 wds.) (2,3) (incls. abbr.)

60 Something to do to a shoulder or the brakes (2 wds.) (3,2) 61 Grade A item 62 An extraordinarily kind and generous

person is often said to possess one (3 wds,) (5,2,4)

_ generis (unique) (Lat.) 65 Major 1960's - 70's record label (Abbr./

66 An early nonsilent film in the lingo of those times 67 Amy who wrote "The Joy Luck Club"

68 Sounds of disapproval 69 "If it ___ it leads" (old trope about sensationalistic journalism)

1 Big ___ (7-Eleven beverage options)

2 Dedicatee of a Beethoven piano classic 3 Religion with the Five Pillars

4 Fashionable

5 Big wheel on a ship 6 The Diamondbacks, on scoreboards

_ but for the grace of God go I" 8 City in northwestern Afghanistan (EARTH anagram)

9 Denial of a denial during a youthful spat (2 wds.) (3,3) 10 Drift into dreamland (2 wds.) (3,3)

11 "Death Magnetic" group inducted into the Rock and Roll Hall of Fame in 2009 (ALT MALICE anagram) 12 Group that campaigns vigorously for

social, political or religious change (AD CURSERS anagram) 13 Indonesian shish-kebab relative

18 Neckline shape

24 "Forgive me, Father, __ have sinned" (2 wds.) (3.1)

25 Bed that folds up 27 Dandyish dressei

29 Legal org. (Abbr.)

30 Its capital is Managua 31 Eli Whitney's best-known invention (2

32 "The mass of ___ lead lives of quiet desperation": Thoreau

33 Fair-hiring inits. (Abbr.) 34 National newspaper with worldwide readership nicknamed "The Gray Lady"

36 Same old, same old

39 Founded (Abbr.) 40 Suffix with free or serf

43 Sri Lanka-based corporation that competes with the BBC (Abbr.)

45 Achieve something by devious means (LEAFING anagram)

47 At most (2 wds.) (2,4) 48 Cat-like mammals that secrete a musk used in perfumes (EVICTS anagram)

___ my case" (closing line of a closing argument) (2 wds.) (1,4) 51 Old slang for heroin

52 Bullfight bulls

53 CPR pro (Abbr.)

55 A pig in ___ (purchase or deal accepted without being fully examined) (2 wds.)

56 Not liquid, gaseous or plasmic

57 Peruvian peaks

60 Big name in nonstick cookware 63 Initials related to place to put down

accounts to talk about ways to support

queer youth in quarantine, things that

bring them joy, ways to stay busy and

lots more! This event could be a great

resource if you're looking for support or

to learn how to give it, or you just want

to make some connections. If you have

any questions, you can also reach out

directly to Gay City at info@gaycity.org

"Clearing encampments can cause" people to disperse throughout the community and break connections with service providers. This increases the potential for infectious disease spread."

- CDC guidelines

SWEEPS Continued from Page 4

"You need to have people of lived experience if you're going to have a cochair system," Hemphill said, immediately backed up by Gonzalez, who said that the move would send a "strong signal" to the wider community.

"I do feel it's important for us in the structure of setting up this committee to support the effort of really baking in those folks with lived experience into our leadership model," Gonzalez said.

As the KCRHA looks forward, conflicts in Seattle's leadership over how to deal with the current confluence of homelessness, coronavirus and hepatitis A are firmly rooted in the present.

Sweeps of Ballard Commons and the CID drew criticism from advocates who oppose the encampment cleanups in normal times. They see the current set as a threat to the health and safety of the homeless people who are displaced.

Recommendations from the Centers for Disease Control and Prevention say communities should allow people living in encampments to stay where they are unless "individual housing" is available.

"Clearing encampments can cause people to disperse throughout the community and break connections with service providers. This increases the potential for infectious disease spread," the CDC guidelines read.

Jenny Durkan's March 17 decree that sweeps end unless they were an obstruction or hazard. Morales' bill requires at least one of the following to justify a sweep: the encampment constitutes "an active

Morales cited those recommendations

in her legislation, which builds on Mayor

health threat" to people residing there or in the neighborhood and "relocation" would resolve the threat, poses an "immediate hazard," impedes Americans with Disabilities Act sidewalk clearance, presents a fire or safety hazard to infrastructure, obstructs an entrance or exit to a building or is located in a children's

In an interview with KUOW's Bill Radke on May 21, Durkan addressed the bill, which she has indicated that she does

"I would say that the legislation as written, actually, during a global pandemic, precludes the city from considering whether the spread of either COVID or hepatitis A presents a risk to the people in the encampment or the people in the community," Durkan said.

The coronavirus pandemic continues to wreak havoc on community members and community systems, laying bare inequities that have long existed. How to move forward while protecting vulnerable members of the community - housed and unhoused - remains in tension.

BOARDS Continued from Page 7

cision to keep OtBTV free at least through May. "It's been more work on our end, and the server fees are very expensive. But it is so worth it," she said, "knowing that more people are using the resources, spreading the word and engaging with performance, despite the limitations of stay-at-home orders and social distancing. It was always meant to be a tool for greater access to art."

Beyond free OtBTV, other plans are afoot. During her interview with Real Change via Zoom. Brock revealed some of the new thoughts about the relationships among audiences, artists and institutions she has had while working from home: "Honestly, I think that theaters, dance venues and music venues have gotten into a really transactional relationship with their audience members. I pay you some money, you tell me when to show up for maybe an hour and a half, and then I go home. Maybe I think about that performance for a little while, maybe I don't. But, there's very little investment that actually goes into the institution that created the whole opportunity."

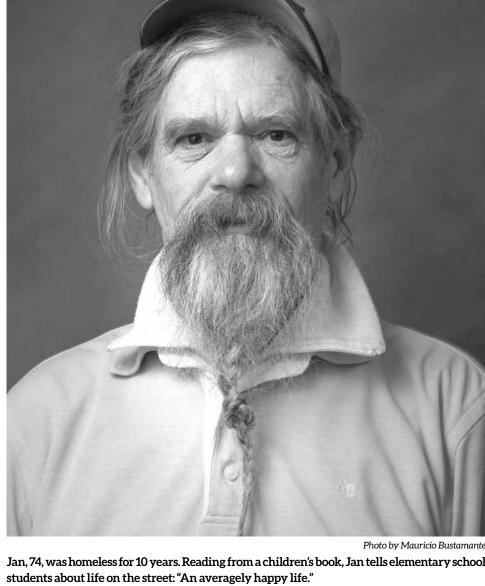
While many Washingtonians await the day they can safely gather for dinner at their favorite restaurant, a play at the local theater or just when everything will go back to "normal," Brock said that at OtB, "normal" is no longer what they're

Following their apparent success with OtBTV, Brock and her coworkers are continuing to look for more ways to make performance art increasingly accessible to a wider range of audiences, and perhaps ways that continue to prioritize social distancing measures.

"We've definitely been thinking about [social distancing] a lot and not just for performances in the near future, but even those long past June," she said. "I was just having a conversation with our artistic director about maybe issuing a call for proposals for works that happen outdoors. Regardless, we will definitely be coming up with these kinds of solutions alongside

To prioritize audience and artist safety and comply with state mandates, OtB has postponed all on-site performances indefinitely. But Brock is determined that art will continue to be shared and experienced in the organization's signature untraditional and experimental ways.

"Everyone is being affected, and there is something strong and empowering about that," she said. "Nobody is untouched by this, and it is this solidarity that is incredibly important now and should continue to be in the future." ■



'I SEE MYSELF AS AN **ASTRONAUT FAR ABOVE THE EARTH'**

Hamburg street paper Hinz&Kunzt asked its vendors how they have been impacted by the pandemic

By **JONAS FÜLLNER** Hinz&Kunzt

spend a lot of time sitting at home, playing my violin and reading," ■ Jan told *Hinz&Kunzt* by phone. This street paper vendor finally found an apartment four years ago after being homeless for a long time. At 74, he's in the "vulnerable" bracket and, thus, in selfimposed quarantine. "I see myself as an astronaut far above the earth," he said and chuckled at his own ability to fantasize.

Then he becomes serious again: "People don't realize how lucky they are. The virus may be dangerous and deadly. But no one need be afraid that their house will be shot at or that a bomb might go off, as was the case during the war."

Matthias has a similar point of view. Homeless, he lives in *Haus Jona*, a homeless shelter. Before the coronavirus crisis, those who stayed overnight there had to leave during the day. Now they're allowed to occupy the rooms throughout the day. "I keep away from groups of people, though," he reported over the phone. "At the same time, my thoughts go to those who are unfortunate enough to have to sleep on

One such individual is Micha. Before the sale of *Hinz&Kunzt* was stopped as part of pandemic restrictions, the 35-yearold was still in good spirits. Fear of the virus was alien to him: "The homeless have strong immune systems."

This was reiterated by Kai. The 45-yearold has been living on the streets for many years. This past winter, he'd found a refuge through the Winter Emergency initiative of Hinz&Kunzt. The fact that selling of the magazine has been paused has deeply wounded him. "I'm back to begging," he admitted. But he remains optimistic. "Don't let things get you down" is his motto. Sooner or later the virus will die down and normal life will resume.

In contrast. Miro is rather afraid of this eventuality. These exceptional circumstances came at just the right time for the 54-year-old. When one of the homeless people on the Winter Emergency initiative became ill with COVID-19, Miro and the others on the program found themselves quarantined. In previous years, the program had ended April 1. This year, they are allowed to stay until the end of May. Even so, Miro has the same problem as all the other sellers of *Hinz&Künzt*. Rainer, also a vendor, said what it is: "It's beyond me, how I shall manage over the coming weeks without selling the magazine."

Translated from German by Louise Thomas; Courtesy of Hinz&Kunzt /

Streaming to stay sane

Almost all King County events are canceled, so we're listing streaming events for optimal physical distancing

June 3

My Big Run (virtually), Fleet Feet Seattle, 6–7 p.m., \$10 registration, tinyurl.com/

This year, Global Running Day will look a bit different. And by a bit, we mean very, since we're deep in a pandemic. But don't let that get you down! Fleet Feet is still working to bring runners together the best way they can: with their new Big Run. At the link and time above, you can register for whatever distance you choose and get instructions on how to participate in this year's races. They've included fun touches, like at-home photo props and race bibs to really get you in the spirit. Plus, if you're new to running, you'll also get access to training tips to help you reach your goals on Global Running Day and beyond. So get going

June 5

Virtual Story Time, Pacific Science Center, 10-10:30 a.m., Facebook Live, free but donations accepted, tinyurl.com/yaa9mrtl

Do you have a young science enthusiast in your household? If so, join along in this virtual story time with the Pacific Science Center. Each week has a specific theme with stories rotating around it. You and your little ones will be able to engage with the educators as they read aloud. The PacSci Facebook page leads to lots of fun and brainy virtual events they're doing—check 'em all out.

Singing OUT *Virtual* Tour: Heather Mae & Crys Matthews, 8:30 p.m., video link

provided after ticket purchase, \$15, tinyurl.com/y7nt443q

While lots of things are being put on hold, Pride must go on! Start Pride month off strong with two award-winning singer-songwriters, Heather Mae ("the queer Adele") and Crys Matthews ("the Woody Guthrie of our generation"), at this fun-filled event. Everyone is encouraged to come dressed in their best Pride gear, however you identify, and ready to sing along, play some games and compete in giveaways. While we can't gather physically, we can gather in song and spirit to kick off Pride month with good tunes, good vibes and good times.

June 6

Online Food Forest Plant Sale, 9 a.m.-12 p.m., details to follow, free, tinyurl.com/ yaukai25

South 47 farms will be hosting an online sale with steep discounts on their inventory! Plants to be sold include ones for your food forest, such as edibles, medicinals, flowers for pollinators and more, so be sure to check out the sale when it goes live. Plants will be available for coordinated pickup at this Redmond farm. Transform your life with lots of new little ones. Plus, you'll eventually be able to grocery shop in your yard!

June 7

Queer N'Teen Chats, 3:30-4 p.m., Instagram Live, free, tinyurl.com/y8lhkydg

Gay City: Seattle LGBTQ Center will be hosting members of the Youth Advisory Council as they go live on the @GayCity and @YAMWashington Instagram Woodinville, then going for a few tast-

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

Thursdays in June

or (206) 860-6969 ext. 7.

Cheers for Peers, 6–6:30 p.m., Facebook & Instagram Live, free, tinyurl.com/y8fzzsmj

Imagine this: riding your bike along the Burke Gilman Trail until you reach ings at the plethora of wineries, distilleries and breweries and enjoying a that eventual outing (when safe to do so), you can join the four Cheers for Peers events planned that will be hosted by the Woodinville community to highlight their magical makers. Be sure to follow along at the above link for special offers so you can pre-purchase from the featured businesses. Aaand cheers!



NOISE Continued from Page 5

of noise on hearing can also include more serious problems, such as hearing injury or hearing loss. More than 1 billion young people aged 12 to 35 are at risk of hearing loss due to exposure to noise in recreational areas. According to the CDC, 25 million Americans have experienced prolonged tinnitus at least once in the past year.

"Loud noises also increase heart rate and can trigger arrhythmias or worsen the condition of patients with cardiovascular failure or coronary heart disease," explains Polyxeni Nicolopoulou-Stamati, professor of Environmental Pathology at the Medical School of the National and Kapodistrian University of Athens. It is estimated that the inhabitants of developed European countries lose about 61,000 collective years of healthy life each year due to cases of heart disease that are associated with noise pollution.

The quality of our sleep is also negatively affected by noise pollution. This is because our bodies recognize, evaluate and react to environmental noise, even when we are asleep. According to conservative estimates, sleep disorders (such as difficulty in falling asleep and frequent awakenings) that are caused by noise pollution cost Europeans living in cities of more than 50,000 inhabitants 903,000 years of healthy living per year.

Our cognitive functions can also be affected by noise pollution. This is particularly the case for school-age children, as exposure to noise impairs their educational performance and affects skills related to the comprehension of written language, memorization and concentration.

Noise also has psychological effects on human beings. The overriding effect is annoyance, the feeling of frustration and discomfort and the lack of satisfaction that occurs when noise blocks our thoughts and activities. One in three Europeans suffers from noise pollution during the day, with members of the EU population living in cities of more than 50,000 inhabitants losing a total of 654,000 DALYs.

Noise pollution also affects other living organisms. A study published in the records of the Hellenic National Academy of Sciences showed that city noise and the noise from planes can harm populations of hatchlings and adults in three species of birds. These species showed signs of chronic stress, such as the deregulation of stress hormone secre-

tions, which was possibly due to increased stress, distraction and overstimulation. As for marine organisms, a review of 115 studies has shown that noise pollution from ship engines and sonar can affect the communication, reproduction, development and even the survival of fish and invertebrates.

Nature can be noisy — whether these noises are those of the birds chirping or thunder and strong winds — but the natural environment creates and uses these sounds as a network of information. Most animals recognize and use them. When we add artificial and unknown sounds to the natural soundscape, the acoustic environment of

organisms is affected and it results in problems such as difficulties with finding food or a potential mate, as well as with regard to avoiding predators.

"Noise pollution is a factor in the deterioration of our quality of life," Barkas concluded. This is why it is crucial that we change our attitude to noise pollution and take action to address the problem.

Translated from Greek by Antigone Debbaut and given local relevance by Kamna Shastri of Real Change

Courtesy of Shedia / INSP.ngo

Please make a difference with your gift today.	Name:	
Real Change offers low-barrier jobs, award-winning journalism, and anti-poverty advocacy. Our Vendor	Address:	
Center has remained open through the pandemic, and it is thanks in large part to donors like you.	City, State, 2	Zip:
Your gift of any amount makes Real Change possible. bit.ly/RealChange2020	Phone:	
	Email:	
Yes! I want make a one-time gift of:		Make checks payable to Real Change and ma
□ \$50 □ \$100 □ \$150 □ \$250	回際認回	219 First Ave. S., Suite 220, Seattle, WA 98104
□ \$500 □ \$other amount	35358	Or use our secure online giving option at realchangenews.org.
Make a monthly recurring gift of:	100 A 100 A	D. I.Ch II I D
□ \$10 □ \$20.83 □ \$41.67 □ \$62.50 □ \$83.33 Gifts of \$150 or more will be matched, while funds last.	E156-1256	Real Change Homeless Empowerment Project is a 501(c)3 nonprofit organization.



INDEPENDENT EYEWEAR FOR INDEPENDENT MINDS.

THE ONE AND ONLY, SINCE 1996.



THE TheMonastery.org UNIVERSAL LIFE CHURCH MONASTERY

is a proud supporter of



