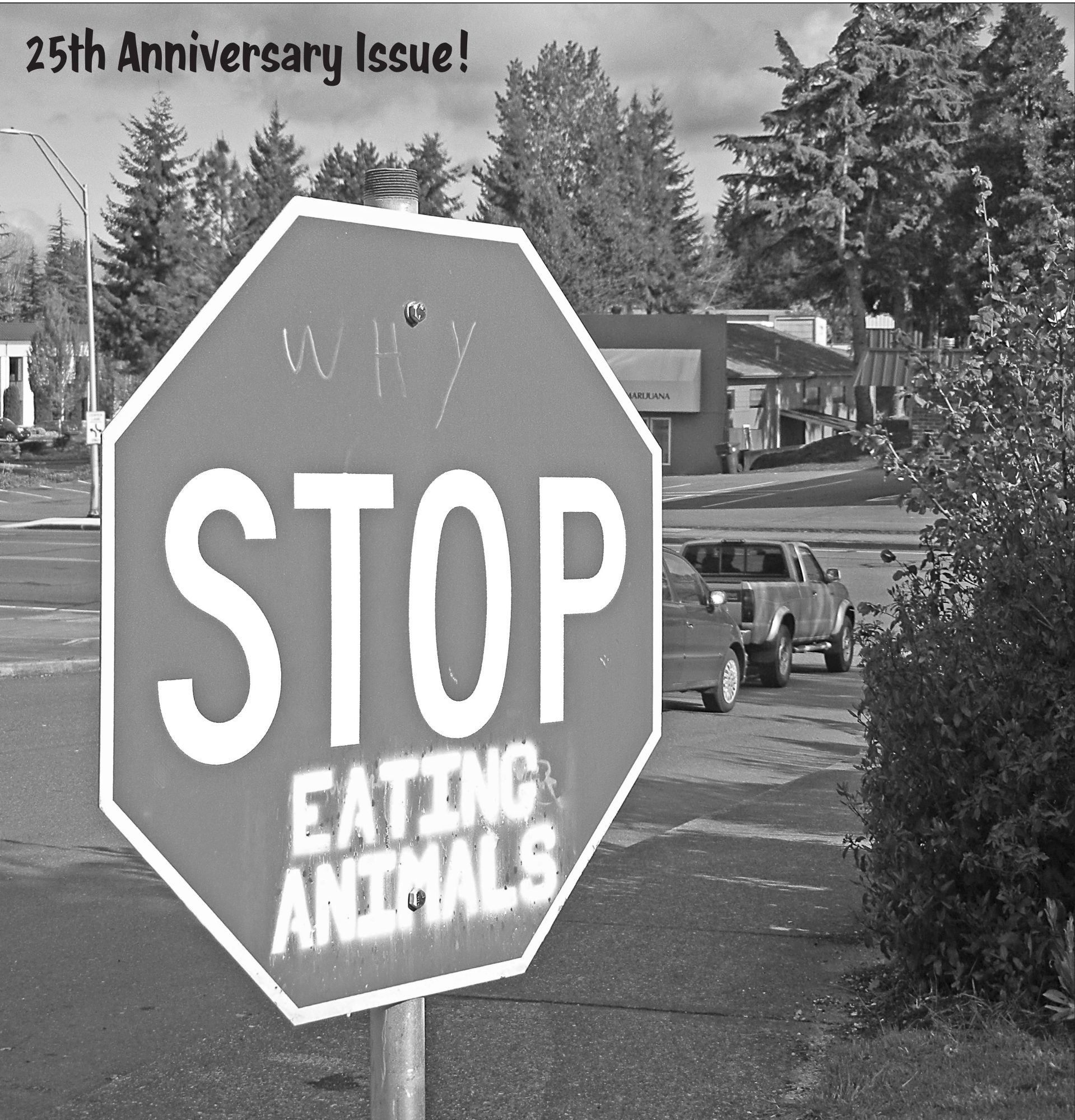


# WORKS IN PROGRESS



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WORKS IN PROGRESS

ESTABLISHED IN 1990 BY THE THURSTON COUNTY RAINBOW COALITION

Works In Progress is a free, all volunteer-operated progressive community publication based in Olympia, Washington. Opinions expressed do not necessarily reflect those of Works In Progress and are solely those of the authors.

Submissions

Please send text as Word attachments. Artwork and photos can be sent electronically or we can scan them for you as camera-ready/black & white.

Works In Progress is committed to stories misrepresented or ignored by the mainstream media. We value local, well-researched news stories, accounts of personal experience and reflections by local authors. Opinion pieces, also valued, are often best supported by facts, examples, and sources, and we encourage writers to include these elements to submissions. We're also looking for graphics, poetry, cartoons, and articles that push the boundaries of conventional journalism.

WIP reserves the right to publish in whole or part all submissions. For editing purposes, please enclose your phone number. Articles may be reprinted. Please cite sources.

If your issue isn't being covered in Works In Progress, it's because you aren't writing about it! (Or haven't found someone else to cover it!)

Send submissions to olywip@gmail.com or mail to Works In Progress, PO Box 295, Olympia, WA 98507-0295.

Governing Tool

The following statement is part of the Editorial Policy and is the governing tool for the Anti-Discrimination Clause:

WIP will make every effort to work with the contributor of material considered by WIP to be offensive in order to reach a mutually agreed upon resolution, but WIP reserves the right as a last resort to edit or not print submitted material.

Mission Statement

Our aim is to confront injustice and encourage a participatory democracy based on economic, social, and environmental justice. Works In Progress is dedicated to providing a voice for those most affected by the exclusionary and unfair practices that seek to silence the oppressed.

Anti-Discrimination Clause

We will collectively endeavor to be sensitive and respectful to all those oppressed in this society and their issues. However, if and when we should make a mistake in this regard, we expect to acknowledge it and to express regret for injury or insult given.

Back Issues

WIP is archived on microfilm by the University of Washington Library. Some issues are held in the Timberland Library system. The last five years are online at www.olywip.org

WORKERS IN PROGRESS

Editing: Bethany Weidner, Candy Eggleton, Dan Leahy, Emily Lardner, Enrique Quintero, Rus Frizzell, Scott Yoos, Stephanie Frizzell, and Sylvia Smith

Layout: Sylvia Smith

Proofreading: Dan Leahy, Emily Lardner, Enrique Quintero, Rus Frizzell, Scott Yoos, Stephanie Frizzell, and Sylvia Smith

Graphics: Your name should be here.

Mailings: Jeff Sowers

Finances: Pat Tassoni, Emily Lardner

Website: Emily Lardner

Distribution: Creighton Rose, Enrique Quintero, Marylea Coday, Sandia Slaby, Scott Yoos, T. Magster, and room for more!

Submission Deadline

Monday, May 18  
olywip@gmail.com

Proofreading Meeting

Saturday ♦ May 23 ♦ 1 pm

In the WIP office  
in the Labor Temple Building  
(119 Capitol Way N, Olympia)

ADVERTISING RATES

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On the front cover —

“STOP eating animals”

Photo credit — Lenneé Reid

LETTERS TO WORKS IN PROGRESS



Just one thing

The Vax article was well written and insightful. However, there is one nuance that I had difficulty in separating from the “cult”. I have an issue with the fact that some injectables are preserved with compounds of mercury. When I last had my tetanus shot, the doctor belittled me for asking whether the vaccine contained mercury. Fortunately, the nurse discretely inquired. She found that because my injection was from a vial for my use only, it was not preserved with mercury compounds. Vials intended for multiple recipients might have been.

Surely, the mercury compounds used to preserve injectables are tested safe? Maybe they are only deemed safe in comparison to the alternative of not taking the vaccine. Surely there is no other preservative available. Why not?

It is true that some compounds of mercury are more toxic than others. It is not always clear what happens to these compounds when they pass through biological pathways in the open environment, or more pointedly, through our human physiological pathways.

Voluntarily placing mercury into the human body is a throwback to a past era. (Have you heard of Dr. Rush’s Bilious Pills?) When I get my vaccinations, I choose to abstain from mercury.

Steve Cross

Remembering 1975

April 30, 2015, was the 40th anniversary of the end of the Vietnam War, the Vietnamese victory and the United States defeat. This was a victory not only for Vietnam but also for people all over the world who believe in self-determination and opposition to U.S. economic and political domination. To me, April 30, 1975 was a day of celebration. On that day, the Vietnamese people under the leadership of what was then North Vietnam and the National Liberation Front (NLF) liberated Saigon, now Ho

Chi Minh city, as the U.S. fled. It was the culmination by the Vietnamese people of a heroic struggle against a murderous and immoral U.S. war that caused 2-3 million Vietnamese deaths and a larger number with severe injuries and horrific environmental destruction. The U.S. has never paid the reparations it agreed to nor has it apologized for its murderous aggression and destruction.

There were movements all over the world including the United States who opposed this U.S. war and supported the just struggle of the Vietnamese. They deserve a lot of credit for ending the war and have a lot to be proud of. It is very positive that so many people in the United States were willing to oppose their own government. My own active opposition for many years to the U.S. war in Vietnam is probably what I am proudest of in my life. There was also growing opposition to the war within the U.S. military although this has been hidden in the “official” versions of this war. They demonstrated courage and took serious risks for their just actions as did those who refused to fight in this horrific war. Our government lied and lied and lied about the war. The cost of the Vietnam war was huge not only to the Vietnamese but also to the 58,000 U.S. soldiers who died and the many more who suffered. The U.S. also extended the war into Laos and Cambodia whose population also paid and are still paying a horrible price.

The so-called Vietnam syndrome meant the growing opposition by people in the U.S. to follow our government into war and to be suspicious of our government beating the drums of war. Our militaristic, imperialist leaders have tried to overcome this “healthy disease” by relying on bombs and drones and less on troops on the ground to reduce U.S. casualties and by their ridiculous claim that we should support the troops by supporting the many wars the U.S. continues to wage. The lives of Vietnamese, Iraqis, and Afghans are equally as important as people from the

LOVE WILL LEAD ME OVER  
(song lyrics)

(For Sister Jackie Hudson)

Love will lead me over  
As I step across the line,  
Peace will be my cover,  
As I step across the line,  
As I step across the line

Justice is the reason,  
I’ve made that reason mine,  
And love is all around me  
As I step across the line,  
As I step across the line.

They are all our children,  
Whether near or far,  
I take these steps for them  
No matter who they are.

This planet is our only home,  
It’s time we learned to share.  
Take a step for peace on Earth,  
And all life, everywhere.

Love will lead me over  
As I step across the line,  
Peace will be my cover,  
As I step across the line,  
As I step across the line

Holly Gwinn Graham  
2002

U.S. So it is important in our opposition to U.S. wars of aggression that we focus on all lives not just U.S. lives.

Vietnam today is not as economically and socially just as I thought it would be in the late 1960’s and early 1970’s, if the U.S. was defeated. Many U.S. corporations are today profiting directly by their investments in Vietnam or indirectly through the low wages paid to the Vietnamese workers producing goods the Walmarts and other U.S. corporations are selling. Nevertheless, Vietnam today is an independent country, it is not a colony or neocolony of the U.S.. Their struggle also inspired many other oppressed people around the world.

Let us reflect on the meaning of the U.S. War against Vietnam including the significance of the Vietnamese victory, the end of the Vietnam War and the necessary defeat of the U.S.

In solidarity, Peter Bohmer

Initiative-732

Signature campaign is launched for revenue-neutral carbon tax ballot measure

As citizens concerned about climate change, we are disappointed to see the Carbon Pollution Accountability Act fail to be included in either the Washington State House or Senate versions of the 2015-2017 budget.

Unfortunately, the impacts from climate change will not be delayed because of legislative inertia. Now is the time to act. That is why citizens are launching a nonpartisan campaign, Carbon Washington, to place Initiative 732 before the legislature in early 2016, which, unless passed, will go to the voters in November of 2016.

The Carbon Washington proposal uses the revenue from a \$25 per ton

tax on fossil fuels to reduce existing taxes. There will be a full percentage point reduction in the sales tax, a fully funded Working Families Tax Rebate, and an effective elimination of the B&O tax for manufacturers. If passed, this policy would be the strongest carbon price in the nation and would be the most significant progressive shift in Washington’s tax code since the 1977 sales tax exemption on groceries. For policy details, visit www.carbonwa.org .

Carbon Washington has a newly hired staff, volunteer chapters across the state and endorsements including Citizens Climate Lobby and the Seattle Business Magazine. We are preparing

to collect 315,000 signatures from April-December of 2015.

We invite you to join the Carbon Washington leadership, staff, and volunteers in supporting Initiative 732. To help with this campaign in Thurston County, or to get more information about it contact:

Michelle Morris, CarbonWA Thurston County Representative: P. 360-867-1033 E. michelle@carbonwa.org or Thad Curtz, CarbonWA Thurston County Steering Committee Co-Chair: P. 360-352-2209 E. info@carbonwa.org.

“We want to tax pollution, not people.”

—Carbon Washington

Centralia Square Antique Mall

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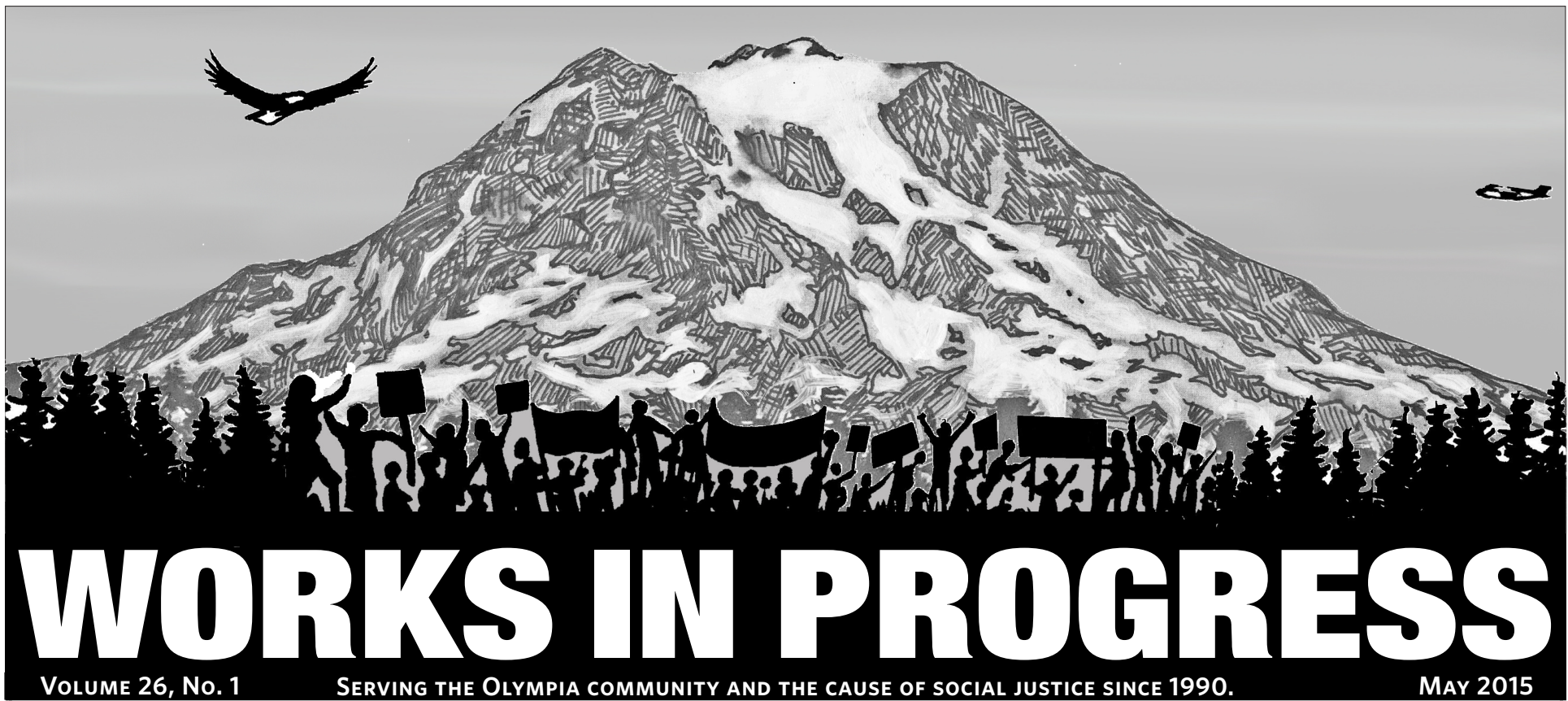


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Stacey Callaghan

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360-789-9969  
www.birthingroots.org  
Stacey@birthingroots.org





# WORKS IN PROGRESS

VOLUME 26, No. 1      SERVING THE OLYMPIA COMMUNITY AND THE CAUSE OF SOCIAL JUSTICE SINCE 1990.      MAY 2015

## State initiative campaign to reverse *Citizens United* begins

I-735 calls for a constitutional amendment limiting money in election campaigns

Julie Rodwell / Michael Savoca

April 25, 2015 was the official launch date for WAMEND's I-735. This Initiative would make Washington State the 17th state to call for overturning the recent Supreme Court decisions that allow corporations, billionaires and other "artificial legal entities" to spend unlimited sums of money on political campaigns.

WAMEND is an organization of Washingtonians working, as volunteers, to bring back "government of the people, by the people, and for the people".

On Thursday January 21, 2010, the United States Supreme court announced a 5 to 4 decision in a landmark case, *Citizens United v Federal Election Commission*, that corporations and other "legal entities" had a first amendment right to spend virtually limitless amounts of money from their treasuries on political campaigns and in contributing to political Super PACs, so long as they do not "coordinate" spending with a candidate. The decision threw out, or rendered ineffective, most of the existing campaign finance reform laws, and because of the dizzying array of exceptions that exist for funneling political money through Super PACs, the 501c and 527 political organizations would allow big corporations and unions to circumvent much of the remaining legislation.

The next nail in the coffin of political finance reform was the United States Supreme Court decision in the case of *McCutcheon v Federal Election Commission*. The decision lifted the cap on the number of political candidates to whom a donor could contribute. After *McCutcheon*, any one super-wealthy individual could theoretically write a campaign check to each and every member of the U.S. House of Representatives and each and every member of the United States Senate and all the candidates running for office against them! It remains true that there are individual limits of \$2,600 and \$5,000, respectively, to how much may be contributed directly to any one candidate, or PAC. However, there is no

limit on the amount of money that may be contributed to a Super PAC! And an infinite number of these political organizations can be created to funnel money to candidates and other political organizations. An individual can give the base amount of money to each and

About half of the state legislators we elect—supposedly to serve the people—act to benefit from the deep pockets of the super-wealthy and serve the interests of billionaires first.

every political organization. Thus, in the aggregate, there is no legal limit to political spending by those who can afford it.

Our government is for sale to the

highest bidder. We are no longer a "government of the people, by the people and for the people." We have become a nation owned by and governed for the benefit of about 1,000 of the wealthiest families in America. We are governed by an oligarchy that holds political power, without regard to which party or candidate is in power because, with few exceptions, the oligarchy owns them all.

The only way to trump the disastrous U.S. Supreme Court decisions that helped create this mess is through a constitutional amendment. Sadly, about half the state legislators we elect—supposedly to serve the people—are supported by the deep pockets of the super-wealthy and serve the interests of billionaires first. Nearly half of state legislators refuse to support a constitutional amendment to overturn the Supreme Court decisions that favor the invented "rights" of multi-national

## The fight for the \$15 minimum wage

What it would mean for millions of children living in poverty in the United States

Marco Rosaire Rossi

It is tough for adults to get by in America these days, but it is nearly impossible for kids. According to the National Center for Children and Poverty, approximately 16 million children in the United States live below the federal poverty line. That is roughly 22% of the population. Even more astonishing is how misleading that figure is. What the federal government considers to be the "poverty line" is obscenely low: \$11,490 a year for a single person, \$4,020 for each additional person. That means a single mother with one kid who works full time and makes \$9.45 an hour is not considered "poor" by the federal government's standards. Most single adults could not make it on

Nearly half of all children in the United States are growing up poor.

eliminate childhood poverty, and it is not likely to do so anytime soon. State revenue collection is expected to grow between \$2.5 billion and \$2.8 billion above the 2013 – 2015 biennium totals.

► **POVERTY**, continued on page 12.

corporations and Billionaires over the rights of the individual person.

So it is left to the people of the state of Washington to use our constitutional right of the Initiative process, to impress upon our state legislature the will of the people. We need 250,000 valid signatures of registered Washington state voters on I-735 petitions to begin this process.

Initiative 735 is "an initiative to the legislature", and as such gives our elected representatives one chance to "get on board" and approve the initiative next session. But if the legislature fails to approve the initiative, then I-735 automatically becomes "an initiative to the people" and will appear on the ballot

► **I-735**, continued on page 11.

## Living Ectoplasm

by Lorna Dee Cervantes  
April 25, 2015

Last night I was a luminous being  
marching for the extinct like me,  
once  
deemed a terminated "race." We  
danced, humans,  
joyous for life itself. Lit from within,  
our exotic talking protoplasm  
swayed to ancient  
drumbeats. We forgot our divisions,  
embracing  
the fragile. All of existence stood still  
so  
that all would exist. The living pro-  
cession  
under paper and sticks, waving itself  
back  
into tribe. I felt alive. Under stars and  
starfish  
and the Great Blue Heron like the  
one I friended  
who was my size, who sat beside me,  
mourning,  
on the bank, close enough for an arm  
around.  
Four eyes gazing into a mucky river  
at salmon still  
determined to spawn. Still we breed.  
We love and  
grow. I, the almost extinct of our spe-  
cies, lay down  
my arms. The sheep and cattle re-  
placed by white  
rhinos and pandas. I bear the loss in  
this rebirth,  
this living global consciousness, and  
weep  
for us all. I wept for joy, for us — for  
All!

For the Procession of the Species going on now and  
the Luminarias pre-procession event last night.



## EWG calls on Monsanto to retract remarks

(Apr 3) – In response to the World Health Organization’s decision to classify the weed-killer glyphosate as “probably carcinogenic to humans,” Monsanto’s top executive pulled out the rhetorical machine guns, launching an all-out attack against the prestigious international health agency and its scientists.

“It’s unfortunate that junk science and this kind of mischief can create so much confusion for consumers,” said Hugh Grant, Monsanto’s chairman and CEO, during a call with investors.

Mr. Grant was referring to the unanimous conclusion reached by 17 of the world’s leading cancer experts who reviewed hundreds of government and independent studies of the potential health risks from exposure to glyphosate – the main ingredient in Monsanto’s top-selling herbicide, marketed as RoundUp.

Jennifer Sass, a senior scientist at the Natural Resources Defense Council and a nationally-recognized expert on pesticides and human health, described in great detail the process the scientists went through in deciding to elevate the cancer assessment of the crop chemical to “probably carcinogenic to humans.”

“Mr. Grant and Monsanto should immediately retract these ridiculous comments and instead turn their attention to the potential risks their product poses to customers, farm workers and the millions of others who are exposed to glyphosate, said Ken Cook, president and co-founder of EWG.

Mr. Cook added, “Mr. Grant and his investors may need a refresher into Monsanto’s history of mischief and misdeeds that have caused immeasurable harm to people and the environment. Does Anniston, Alabama ring a bell? Monsanto is in the pantheon of chemical companies with a long rap sheet of environmental and public health harm and deception.”

In the May 2008 edition of Vanity Fair, journalists Donald Bartlett and James Steele documented a multitude of transgressions by the seed and pesticide giant in a blistering investigative report. They wrote:

The Monsanto Company has never been one of America’s friendliest corporate citizens. Given Monsanto’s current dominance in the field of bioengineering, it’s worth looking at the company’s own DNA. The future of the company may lie in seeds, but the seeds of the company lie in chemicals. Communities around the world are still reaping the environmental consequences of Monsanto’s origins.

These are just a few more highlights of Monsanto’s history of bad behavior:

- ’65-’72: Monsanto contractors illegally dumped tons of toxic chemicals in landfills across the United Kingdom. Subsequent groundwater tests by British government researchers found components of Agent Orange, dioxins and PCBs.
- ’03: Monsanto’s cottonseed subsidiary in India employs children: “Around 17,000 children work for Monsanto and their Indian subsidiary Mahyco. These children get no education, earn less than 40 Euro-cent’s . . . a day and are exposed to poisonous pesticides like Endosulphan during their work.”

### Playback Theatre Performance

#### Stories of Theatre that Change and Move US

In collaboration with Tenino Young-At-Heart Theatre

Friday, May 8, 7:30 pm  
Traditions Cafe, Olympia

This month we collaborate with Tenino Young-At-Heart Theatre, community theatre for the South Sound, theatre education for the whole family. Tenino Youth Theatre began out of the desire of my sons and their neighborhood friends desire to, “Do a real show.” They had been doing Robinhood plays in the backyard with 15 minutes of sword fights for us parents. So in the summer of 1990 we began with the play “Johnny Appleseed” by Michael and Jill Gallina performed at St. Peter Catholic Church. In our third year through the graciousness of the Tenino School District, we made Tenino High School our home. After three years of doing productions with young children only, adults began to ask to be part of the show. So, in 1994 we changed our name to Tenino Young-at-Heart Theatre and did Rogers and Hammerstein’s “The Sound of Music.” Since then we have done productions for the whole community. Members of our company have majored in theatre, gone on to teach nationally recognized theatre programs, become directors in community theatres, become professional theatre technicians and become actors at the Oregon Shakespeare Festival. Now in our 25th season, our mission is still to share art of performance with the members of the South Puget Sound Community —R. J. (Bob) McKenzieSullivan, Managing Director

#### About Playback Theatre:

*Playback Theatre is a spontaneous collaboration between performers and audience. People tell moments from their lives, then watch them re-created with movement, music and dialogue.*



## Dr. Norma Vasallo Barrueta of the University of Havana to speak in Olympia

Wednesday, May 13, 7-9 pm  
Traditions Café  
5th & Water

It is a great pleasure to announce the speaking engagement of Dr. Norma Vasallo Barrueta, Professor of Social Psychology and Director of the Women and Gender Studies program at the University of Havana. She will address how today’s world is changing, and how Cuba is changing with it, a situation which presents challenges and opportunities to the women of Cuba.

Dr. Barrueta, a respected international scholar and feminist, has just published a new book, Distant Sounds, Nearby Voices, Feminist Viewpoints.

For more info contact, peterbohmer@gmail.com.

Organized by Economics for Everyone.

- ’05: Monsanto paid \$1.5 million in fines for bribing a top official of the Indonesian government in an effort to sidestep environmental and safety assessments of the company’s genetically engineered corn.
- Monsanto hid decades of PCB contamination in the community of Anniston, Ala., where the company urged local farmers to use soil it knew to be contaminated with PCBs.
- In January 2001, journalist Michael Grunwald documented Monsanto’s deception of Anniston’s residents in a report for *The Washington Post*: Monsanto Co. routinely discharged toxic waste into a west Anniston creek and dumped millions of pounds of

PCBs into oozing open-pit landfills. And thousands of pages of Monsanto documents – many emblazoned with warnings such as “CONFIDENTIAL: Read and Destroy” – show that for decades, the corporate giant concealed what it did and what it knew.

- In 1966, Monsanto managers discovered that fish submerged in that creek turned belly-up within 10 seconds, spurting blood and shedding skin as if dunked into boiling water. They told no one. In 1969, they found fish in another creek with 7,500 times the legal PCB levels. They decided “there is little object in going to expensive extremes in limiting discharges.”

—Environmental Working Group



## OLYMPIA POETRY GRAND SLAM FEATURING TARA HARDY

MAY 16 - DOORS 6:30/SHOW 7:30

Olympia Family Theater (612 4th Ave E, Olympia)

Nine Olympia poets have earned a spot in the first ever Olympia Poetry Grand Slam, where they will bare their hearts for a place on the team representing Olympia at the National Poetry Slam. Special guest poet—Seattle Slam legend, Tara Hardy.

\$10 in advance (\$7 with valid student ID) - \$15 at the door

Tickets available online at [OlympiaGrandSlam2015.brownpapertickets.com](http://OlympiaGrandSlam2015.brownpapertickets.com)

Brought to you by Old Growth Poetry Collective

# Gateways

## RETURN OF THE ANNUAL KICKBALL TOURNAMENT

### SATURDAY MAY 16 AT EVERGREEN

Registration starts @ 9am  
Games 10am - 4pm

the evergreen state college  
for incarcerated youth

Games will be held at Evergreen's Olympia Campus in the CRC Fields. For more information call Gateways at (360) 867-6025 or e-mail Brad at [collinsb@evergreen.edu](mailto:collinsb@evergreen.edu)

**\$10 to play**

[evergreen.edu/gateways](http://evergreen.edu/gateways)

## Centralia Square Antique Mall

3 floors to explore ▪ Restaurant ▪ Bookstore

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## Swinomish Tribe files suit to stop Bakken crude trains

Fidalgo Island–April 7–Swinomish Indian Tribal Community filed lawsuit in federal court against BNSF Railway (BNSF) for violating the terms of an easement agreement allowing trains to cross its Reservation in Skagit County

Train tracks running across the northern edge of the Reservation were laid in the late 1800’s, without consent from the Swinomish or federal government. The tracks currently serve two Anacortes refineries. In 1991, the Tribe and BNSF signed an agreement settling a lawsuit filed by the Tribe in 1976 for nearly a century of trespass, and granting BNSF an easement with important conditions: BNSF would regularly update the Tribe on the type of cargo, and only one train of 25 railcars would cross the Reservation in each direction daily. In return, the Tribe agreed not to “arbitrarily withhold permission” if there was a future BNSF request to increase the number of trains or cars.

In late 2012, the Tribe learned from media reports that “unit trains” of 100 railcars or more were beginning to cross the Reservation. Today, BNSF is reportedly running six 100-car “unit trains” per week across the Reservation, more than four times as many railcars daily as permitted by the easement. Each of these trains carry between 2.8 and 3.4 million gallons of Bakken Crude, a particularly dangerous and explosive cargo that has drawn the attention of lawmakers and federal regulators.

The Tribe never granted BNSF permission to increase the number of railcars and repeatedly demanded BNSF to stop violating the easement. So far, BNSF has refused.

“A deal is a deal,” said Swinomish Chairman Brian Cladoosby. “Our signatures were on the agreement with BNSF, so were theirs, and so was the United States. But despite all that, BNSF began running its Bakken oil trains across the Reservation without asking, and without even telling us. This was exactly what they did for decades starting in the 1800’s.”

“We told BNSF to stop, again and again,” said Cladoosby. “We also told BNSF: convince us why we should allow these oil trains to cross the Reservation. And we listened for two years, even while the trains kept rolling. But experiences across the country have now shown us all the dangers of Bakken Crude. It’s unacceptable for BNSF to put our people and our way of life at risk without regard to the agreement we established in good faith.”

The tracks are adjacent to the Tribe’s primary economic development area, including the Swinomish Casino and Lodge, a Chevron station and convenience store, an RV park, and a Tribal waste treatment plant and air quality monitoring facility. Hundreds of guests and employees are present every day, and these enterprises help provide funds for essential Swinomish governmental services.

The oil cars also pass over the Swinomish Channel and Padilla Bay, which is part of the Tribe’s fishing grounds.

Bakken Crude is a notoriously dangerous cargo:

- U.S. Pipeline and Hazardous Materials Safety Administration found “(Bakken) crude has a higher gas content, higher vapor pressure, lower flashpoint and boiling point and thus a higher degree of volatility than most other crudes in the U.S., which correlates to increased ignitability and inflammability.”
- U.S. Department of Transportation noted “There is reason to believe that derailments of HHFT (high-hazard

► **SUIT FILED**, continued on page 9.

## Queer Rock Camp empowers youth, builds community through music

*We support the fluidity of gender and sexuality, and see music as a way to amplify resilience and self-expression.*

It is a day camp for queer, gender variant/non-conforming, and Trans youth from across the country that teaches them how to make music and exist in a safe space and build community. Rock Camp gives them the experience of being in a band, culminating with a showcase performance at the end of their week together. Campers get to learn and make music, be in an affirming environment, join a band, learn about issues pertaining to queer youth and other marginalized youth. Be supported by a staff who is knowledgeable of intersectional queer issues and/or queer, Trans, gender nonconforming themselves. We are dedicated to working towards creating access to campers regardless of monetary needs. QRC tuition is sliding scale ranging from 0 up to 350 dollars.

For the first time since its inception Queer Rock Camp is branching out of its home in Olympia and expanding to Seattle! We launched an indiegogo campaign a month ago to aid in the financial burden of hosting two camps. We are hitting the final stretch and need all hands on deck as we take on our Seattle expansion, as well as proceeding with our QRC tradition in Seattle.

Donations cover costs like: facility rental, home-cooked meals, cables, camper tuition, instrument repair, housing for campers, workshop materials, and more! We are a tax exempt 501c3 status organization. Which means you can write us off in tax time. We would love your continued support at your personal best!

**Camp dates are:**

- **Seattle: June 22-26, 2015**
- **Olympia: August 10-15, 2015**

It’s too late for campers to register, but Queer Rock Camp is still looking for volunteers. Want to volunteer?

Go to [www.queerrockcamp.org](http://www.queerrockcamp.org) and fill out a volunteer application. Volunteer applications are due May 20, 2015. Please note that you do not need to have musical experience for most of these positions! We are dedicated to providing a diverse representation of our queer community at camp. Womyn, People of Color, disabled/differently-abled, Transfolks, femmes, fat folks, and other marginalized queer/gender varient/Transfolks to apply!

*Thanks for the support! We couldn't rock without you!*

For more information about Queer Rock Camp go to [queerrockcamp.org](http://queerrockcamp.org) or our Facebook page. Instagram: [queerrockcamp](https://www.instagram.com/queerrockcamp)

3 in 5 young women in thurston county feel alone in life.

4 in 5 don't feel good about themselves.



"Because of Girls Circle, I have friends. I feel happier."

eliminating racism  
empowering women

ywca

YWCA is on a mission. #GiveThemVoice  
Invest in girls. [www.ywcaolympia.org](http://www.ywcaolympia.org)

## Special Events

**Tacoma International Workers' Day March!**  
**Friday, May 1, 6 pm**  
**6th & Sprague, Tacoma**  
**Building Working Class Solidarity and Power.**

Bring your friends, family and co-workers. There will be speakers from the Coalition of Black Trade Unionists, Hilltop Build and Destroy, Jobs with Justice and more.

Gather at 6 pm on the sidewalk at the northwest corner of 6th and Sprague. At approximately 6:20 pm we will march west on 6th Ave.

Call 253-973-8153 or email [15nowtacoma253@gmail.com](mailto:15nowtacoma253@gmail.com) for more details.

**Visual Liberties by Alec Clayton**  
**Friday, May 1, 7 pm**  
**Orca Books, Olympia**

A reading from Alec Clayton's latest novel, *Visual Liberties*, the third and final book in the Freedom Trilogy with actors Michael Christopher and Heather R. Christopher, with discussion and book signing to follow.

**TSTSCA Annual Spring Plant Sale**  
**Saturday, May 2, 9 am**  
**117 Thomas St NW, Olympia**

We'll have over 50 VARIETIES of native and non-native flowering plants and shrubs, some edibles too (organic strawberry and kale starts). All at \*REASONABLE PRICES\*

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For further information or to help with the sale please email us at [tstasca@gmail.com](mailto:tstasca@gmail.com).

**Ayotzinapa Support Meeting**  
**Saturday, May 2, 3:45pm**  
**Olympia Timberland Library**

This will a meeting to talk about how people in the South Sound can continue to support the parents and students of Ayotzinapa and the Caravana 43. We will discuss fundraising possibilities, upcoming days of action, and how to build community solidarity. Coffee and snacks will be provided.

**Native author Roxanne Dunbar-Ortiz speaks in Olympia**  
**Tuesday, May 5, 7 pm**  
**Evergreen State Longhouse**

Native American feminist scholar and activist Roxanne Dunbar-Ortiz will be stopping in Olympia to share her new book *An Indigenous Peoples' History of the United States*, published by Beacon Press. She will be speaking at Olympia Timberland Library on Monday, May 4, at 6:30-7:45 pm, and at the Evergreen Longhouse on Tuesday, May 5, at 7:00-9:00 pm.

**Local Authors of Color Talk Back**  
**Friday, May 8, 7 pm**  
**New Freeway Hall**  
**5018 Rainier Ave S, Seattle**

Contributors to a new anthology, "Talking Back: Voices of Color," discuss their writings and lead a celebration of May Day. The book features political, feminist and cultural perspectives of activist African Americans, Latina/os, Asian Pacific Americans, Indigenous people, Arabs, LGBTQ, immigrants, political prisoners, and more. Free. Desserts & snack plates \$5 - \$10.

For more info: 206-722-2453, [RWseattle@mindspring.com](mailto:RWseattle@mindspring.com) or [RedLetterPress.org](http://RedLetterPress.org)

**March Against Monsanto - Olympia**  
**Saturday, May 23, 11:30 am**  
**State Capitol in Olympia**

For too long, Monsanto has been the benefactor of corporate subsidies and political favoritism. Organic and small farmers suffer losses while Monsanto continues to forge its monopoly over the world's food supply, including exclusive patenting rights over seeds and genetic makeup. Monsanto's GMO seeds are harmful to the environment; for example, scientists have indicated they have caused colony collapse among the world's bee population.



# Everything, everywhere

## The framework of it all

Rus Frizzell

Nature doesn't care if we understand all the intricacies of things. Nature appears complete, and dynamic, and alive in its own way. If we look closely at a butterfly's wing, we see these lovely colorful scales. To see finer details we need technology such as a microscope. That is hard to do without destroying the butterfly. It is up to us as thinkers to put all the details together and and keep the best overall view in mind for ourselves.

There is no need to be dismayed if you only understand some parts and pieces of the world. All the experts know only bits of their own specialty and misunderstand other things. It is true for everyone, including myself. Scientists frequently believe things which later prove to be untrue. The test of a scientist comes when admitting their favorite idea was wrong.

Climate change deniers are paid well for defending their false claims. It takes rare courage to surrender a sweet gig for benevolent reasons. Young Earth creationists as well, deny the observations and thrive on useless controversy. As evidence builds upon itself over time it is available for anyone to check for themselves and as best they can.

Communicating science is a delicate business since we don't wish to discourage learning. But researchers are focused on the fringes of knowledge where the general audience has little experience. Patience with ourselves and others and tolerance is vital. Mistakes are gradually uncovered and discarded, scientists are sensitive to their reputations. We are all human.

Scientists struggle to get a better picture of how the world really is. The Standard Model of Particle Physics helps us understand the world better. It is completely understood by no one, but the ongoing research is making the picture more clear.

Material objects in our world are made of atoms. The atoms come in many varieties which are listed in the periodic table of chemical elements. Atoms consist

of a swarm of electrons surrounding a dense nucleus of protons and neutrons. These atoms are so tiny that they were not generally accepted as real until the time of Einstein. Objects this small are directly subject to the rules of quantum mechanics. Quantum mechanics is so unfamiliar and strange that it can't be completely understood and scientists continue to debate its validity.

Both protons and neutrons are made of quarks and gluons. Electrons are partnered up with mysterious neutrinos. These particles are interconnected by exchange particles of which the gluon is one.

A simplified table can list these particles. They are considered fundamental objects:

### 6 Leptons

Electron	Muon	Tau
Electron Neutrino	Mu Neutrino	Tau Neutrino

### 6 Quarks

Up Quark	Charm Quark	Top Quark
Down Quark	Strange Quark	Bottom Quark

### 6 Exchange Particles

Photon	Graviton	Gluon
The W	The Z	Higgs Boson

The 36 particles grouped in families, rows, and columns seem to make up everything (except dark matter and dark energy). The standard model quickly becomes more complicated the closer you look at the details. For the sake of sanity, scientists look for a way to keep things simple. The world rarely cooperates.

These particles of the standard model obey the laws of modern physics. The laws are complex and only partly understood. They are written in three overlapping areas of study. These areas are: Relativity, Thermodynamics, and Quantum Mechanics. Experts know them far better than I, but everyone can investigate these

things and get a clearer picture of nature.

All these particles are interconnected by many types of force fields. Magnetic fields can be observed by sprinkling some iron shavings around a magnet. Gravitational fields connect our feet to the ground and hold planets in their orbits. Electric fields repel like charges and attract opposite charges to one another. The Higgs field is not a force field but rather a scalar field.

The Higgs field maintains the universe by keeping mass constant, each particle to its specific size. The July, 2012 announcement at CERN of the discovery of the Higgs boson has to many scientists minds, confirmed this standard model. There are still many unanswered questions about it all but the basic framework should suffice to manage the study of physics for a long time to come.

Sure, it would be neat to know everything. The ability to wonder is a wonderful consolation though. The standard models—particle physics and the big bang—give us the framework to keep all our ideas together.

There really is so much going on in science that no one can keep track of it all. Anyone who is interested should continue communicating the ideas and asking the questions. Communication of scientific ideas is still lacking momentum in this country. People err by holding onto incorrect ideas and superstitions. The scientists themselves are too busy to explain it all in plain language for the lay person to grasp. That is, if they even have correct results.

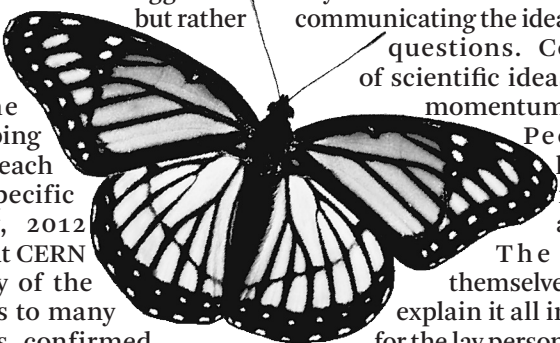
With all that is going on in research the world is changing too fast for us all to keep up. Quantum computers in the future might easily out think us and this may be good or not. Quantum entanglement says that the particles are connected together in ways we do not understand. Superposition says particles can be in more than one state at the same time. We know there is built in uncertainty and the experiments continue to baffle us.

Surveys of the Universe show that we understand little of what is out there. 69 percent of what the Universe is made of what we call dark energy because we understand nothing about it. The dark energy just keeps the expansion of space going faster. Twenty-six percent is called dark matter because we can not see it at all, but galaxies are five times heavier than they look like they should be. The remaining five percent of the matter we tinker with and figure out inventions to show how clever we are.

The brilliance of the natural world outshines all the achievements of we humans. The panoramas of galaxies photographed by the Hubble Space telescope make us look tiny indeed. NASA is building the Webb space telescope which should be far more powerful than the Hubble. But Congress is afraid to fully fund the project. They dropped the ball on the superconducting super collider and they feel okay about that.

The majority will probably continue to ignore science because it is hard. I find that the thrill of discovery is well worth the effort. To wonder about the world and all its beauty is the finest endeavor anyone can embark on. The mysteries of nature are ever fascinating and I would never cheat myself by ignoring them. You are doing yourself a favor by exploring the science from whatever starting place you are at. The magnificence in nature is ever unfolding, ever wondrous, and beautiful beyond belief.

*Russ Frizzell, an activist in Olympia since 2010, is a graduate of Evergreen where he studied Physics and Cosmology.*



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# If gardening helps repair normal psychological wear and tear, what’s normal?

Emily Lardner

Can gardening help repair the “normal psychological wear and tear” of ordinary living? In the book, *Green Nature, Human Nature*, Charles Lewis, horticulturalist and resident scholar at the Morton Arboretum, a botanical garden outside Chicago, argues that it can. Lewis writes about plants the way a lover writes about a beloved early in the relationship—before any wear and tear takes place: “Whether in majestic or miniature representation, plants signal the presence of an unrelenting life energy that pulses throughout the universe.” Lewis goes on to describe how we develop the eyes to see this life pulse—we learn to look at plants as more than material objects; we learn to see them as aspects of the universal life force.

I’ve been thinking about this as I plant radish seeds, and process the news—inevitable as it was—that Hillary Clinton is seeking the Democratic nomination for president.

I’d rather watch radish seeds germinate than vote for Hillary Clinton. Like many people I know, the election of 2008 roused me out of a culturally induced political stupor. I began to believe that another kind of politics was possible—one that represented the views of ordinary people. I campaigned for Barak

Obama. I participated in my first caucus meeting. I got excited, in a nerdy way, about “civic activism.”

But now, nearly eight years later, I find myself using phrases like “oligarchs” without blinking. Perhaps a better word is plutocracy—government by the wealthy.

I’ve never missed a presidential election; I’ve always voted Democratic but I won’t vote for Clinton.

Not because of what Republican staff members of “America Rising” may dig up—the “facts and factoids which can be turned into deadly ammo”

against Clinton, as David Drucker of the Washington Examiner writes.

Not because she’s a woman either, but because her feminism falls far short of the critical analysis and related empathy for women, children and men necessary to steer a different course, one that isn’t headed straight towards rising sea levels, increased

droughts, massive starvation and wars—to say nothing of warlike foreign policies that wreak havoc on communities on every continent, including our own, and feeble domestic policies that sell environmental regulations to the highest bidders.

Hillary Clinton, like Jeb Bush, is part of the plutocracy. As Lenin put it, here’s

Hillary Clinton, like Jeb Bush, is part of the plutocracy. As Lenin put it, here’s a case where we get to choose which oligarch will run our country. I am counting on these radishes to ease my aching heart.

a case where we get to choose which oligarch will run our country.

I am counting on these radishes to ease my aching heart.

Hillary Clinton will campaign on improving the lives of ordinary people—she “slammed income inequality” in speech last month, reported MSNBC. The question Hillary hasn’t tackled is how we got to this point.

Writing for Inequality.org, Sam Pizzagoti argues that the “Report of the Commission on Inclusive Prosperity”—the 171 page report published by the Center for American Progress that serves as the foundation for Clinton’s campaign—fails to ask about the actual economic rule changes that allowed the wealthy to “snatch up so much of America’s treasure.” It doesn’t explore banking deregulation, or the effect of NAFTA and other free trade agreements. It doesn’t analyze, in other words, how this incredibly wealthy class came into being in the past decades, including under the presidency of Clinton #1.

Back to gardening and the possibility that fascination with plants will soothe normal psychological wear and tear. Lewis writes, “Nature itself can entrap us involuntarily, occupy our minds, shut out daily cares, and allow us to become refreshed.” I agree. For a few minutes this afternoon, I stared into the trees behind our house, listening to a crow call. Something big flew into my field of vision. I didn’t move. As I kept staring, I glimpsed movement on a high branch, and noticed tiny yellow-green buds. For a moment, I stopped worrying.

Just because I stopped worrying doesn’t mean there’s nothing to worry about. My radish seeds can’t help me on that count, nor can the columbines that are about to pop.

A call from my daughter in Seattle made the difference. “Hey, Mom” she said, in the message I’m saving, “do you and Enrique want to come kayaking in Seattle on May 16? It will be pretty safe, there won’t be lots of arrests, and you won’t be the only,

well, there will be other people your age.” Rising Tide Seattle, Green Peace, and a host of other organizations are organizing a kayak-flotilla to block Shell Oil drilling rigs from leaving the Elliott Bay terminal.

I don’t know how to challenge plutocrats. I do know that May 16 is the day to go kayaking in Seattle.

*Emily Lardner lives in Olympia, where she teaches and writes.*

## Immerse yourself in a forest for better health

### Spending time in forests makes us healthier.

Most of us sense that taking a walk in a forest is good for us. We take a break from the rush of our daily lives. We enjoy the beauty and peace of being in a natural setting. Now, research is showing that visiting a forest has real, quantifiable health benefits, both mental and physical. Even five minutes around trees or in green spaces may improve health. Think of it as a prescription with no negative side effects that’s also free.

#### Health benefits from forests

- Boosts immune system
- Lowers blood pressure
- Reduces stress
- Improves mood
- Increases ability to focus, even in children with ADHD
- Accelerates recovery from surgery or illness
- Increases energy level
- Improves sleep

Numerous studies in the U.S. and around the world are exploring the health benefits of spending time outside in nature, green spaces, and, specifically, forests. Recognizing those benefits, in 1982, the Japanese Ministry of Agriculture, Forestry and Fisheries even coined a term for it: shinrin-yoku. It means taking in the forest atmosphere or “forest bathing,” and the ministry encourages people to visit forests to relieve stress and improve health.

#### How do forests make us healthier?

Exposure to forests boosts our immune system. While we breathe in the fresh air, we breathe in phytoncides, airborne chemicals that plants give off to protect themselves from insects. Phytoncides have antibacterial and antifungal qualities which help plants fight disease. When people breathe in these chemicals, our bodies respond by increasing the number and activity of a type of white blood cell called natural killer cells or NK. These cells kill tumor- and virus-infected cells in our bodies. In one study, increased NK activity from a 3-day, 2-night forest bathing trip lasted for more than 30 days.

Japanese researchers are currently exploring whether exposure to forests can help prevent certain kinds of cancer.

Spending time around trees and looking at trees reduces stress, lowers blood pressure and improves mood. Numerous studies show that both exercising in forests and simply sitting looking at the trees reduce blood pressure as well as the stress-related hormones cortisol and adrenaline. Looking at pictures of trees has a similar, but less dramatic, effect. Studies examining the same activities in urban, unplanted areas showed no reduction of stress-related effects.

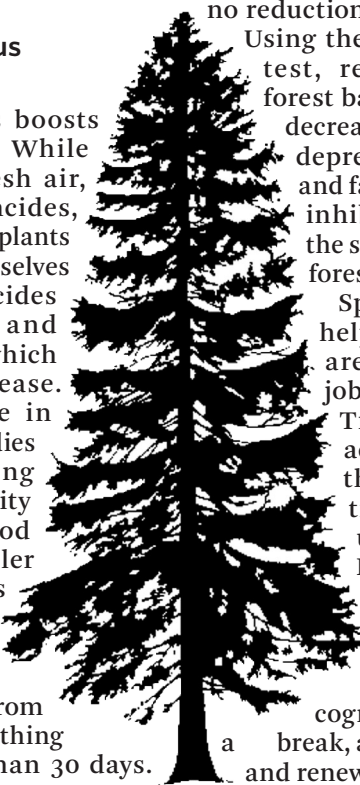
Using the Profile of Mood States test, researchers found that forest bathing trips significantly decreased the scores for anxiety, depression, anger, confusion and fatigue. And because stress inhibits the immune system, the stress-reduction benefits of forests are further magnified.

Spending time in nature helps you focus. Our lives are busier than ever with jobs, school, and family life. Trying to focus on many activities or even a single thing for long periods of time can mentally drain us, a phenomenon called Directed Attention Fatigue.

Spending time in nature, looking at plants, water, birds and other aspects of nature gives the cognitive portion of our brain a break, allowing us to focus better and renew our ability to be patient.

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WORKS IN PROGRESS





An interview

Greenpeace activists board Shell oil rig—the *Polar Pioneer*

Kshama Sawant

On Monday, April 6th, six Greenpeace activists boarded the “Polar Pioneer,” a Shell Oil drilling rig on its way to Seattle. Shell plans to use Terminal 5 of Seattle’s port to repair the rig and send it back to the Arctic.

Seattle’s socialist City Councilmember Kshama Sawant spoke with the six activists to support their heroic effort to expose this environmental disaster and to help build toward a mass movement in Seattle that can stop Shell from using the city as a base for Arctic drilling.

“Drilling in the Arctic is one of the most disastrous and irresponsible projects ever planned – all just to increase Big Oil’s profits,” says Kshama Sawant. “The Obama administration has acted with reckless disregard for the environment in granting Shell the permit. On top of the ‘normal’ effects of oil drilling on climate change, this puts a highly sensitive environment under enormous risk – where an oil spill cannot be cleaned and would have catastrophic consequences.”

“We have a responsibility to stop the disaster of arctic drilling, starting by blocking Shell’s attempt to operate its rigs out of Seattle’s port.”

Kshama Sawant and environmental activists demand that the port of Seattle immediately revokes its permission to use Terminal 5, and return it to operation as a shipping container terminal – to create environmentally safe union jobs rather than contributing to climate crisis.

Transcript of conversation between Kshama Sawant and activists aboard Shell’s arctic drilling rig

Kshama Sawant: Hi Aliyah, it’s great to have you with us. Can you do whatever magic you did last time where we started hearing you clearly?

Aliyah Field: That will be up to the satellites, it’s cloudy outside.

Kshama Sawant: Okay. We’ll do our best. First of all I wanted to you know that we are joined here by:

Mary Nicol: Hey Aliyah it’s Mary Nichol, it’s great to hear your voice.

Curtis: Hi it’s Curtis from Greenpeace here in Seattle.

Kshama Sawant: So we have two activists from Greenpeace here with us, I really appreciate that. And we have City Hall staff here with us and everyone is excited to hear from you. Can you first tell us who all is there?

Aliyah Field: [unintelligible]

Kshama Sawant: I just want to read out the names of the activist: Aliyah, Zoe, Andreas, Jens, Miriam and Johnno. Is that right?

Aliyah Field: Yeah that’s correct.

Kshama Sawant: Having concluded that you all are doing well, which we are very happy to hear about, can you tell us why you six volunteers decided to do this and

what the environmental movement is hoping to achieve?

Aliyah Field: We’re here because Shell already has demonstrated a terrible rack record going to various locations and devastating various communities and environments around the world. Just three year ago in the Arctic itself, Shell narrowly avoided a huge disaster and now they are trying to go back out there and do it again. We feel very strongly that

We are also building a movement for economic justice and reject this false dichotomy between good jobs and environmental sustainability.

Shell needs to stay out of the Arctic if we have any hopes of avoiding the worst effects of climate change.

Kshama Sawant: Thank you for saying that. From what we hear, you all are a truly international team, that is correct, right?

Aliyah Field: That is correct. I am from the US, and we also have New Zealander, an Australian, a woman from Austria, another from Sweden and a German by way of Indonesia.

Kshama Sawant: So, in other words, the issue of the Shell Company drilling in the Arctic is not only something that is important for the people of Seattle and the people of Puget Sound, but clearly it is an internationally important issue.

Aliyah Field: Yes, it is most certainly a global issue. The health of the Arctic affects all of us. If we drill for oil in the Arctic the whole planet will suffer.

Kshama Sawant: Right. And obviously the question about fossil fuel burning and climate change, that’s a burning question. But there is another question also, which is the possibility of oil spills in the Arctic. Can you talk about that?

Aliyah Field: Yes, the possibility of oil spills according to Shell’s own [unintelligible] are incredibly high and the ability they have to contain and clean up such a spill has been proven to be essentially non-existent. And the fragile and isolated climate of the Arctic can’t handle such spills.

Kshama Sawant: I’m sure you were aware that the majority of the people in Seattle are completely against any kind of drilling in the Arctic and have been building a movement on the ground, and they have been present at the Port meetings really strenuously protesting what’s been happening. Also, one of the most exciting things that has happened, is that the movement is now building support for a flotilla contingent – a kayak flotilla – to prevent Shell from being able to take its oil rig into the Arctic. How do you feel about all this?

Aliyah Field: Hi, sorry we keep losing you, it’s a bit overcast here today and I don’t think the [unintelligible]

Kshama Sawant: No worries, you are doing tremendously amazing work for us. No apologies necessary. I was asking you about the kayak flotilla that is starting to build up in Seattle and the ongoing protest movement. Tell me how you all feel about the growing momentum against Shell doing this. Do you feel supported by this movement on the ground, and also what message do you have for the activists on the ground? What kind of support would you like from us?

Aliyah Field: We definitely feel highly, highly supported and inspired by the movement against Shell that is growing in Seattle. We have had the opportunity to exchange some video messages already and it has been a wonderful feeling to have such a connection from such a distance. And we [unintelligible] experience [unintelligible] in person one of these days. Until then we hope that we can continue to build local movements and join them together to create a hugely loud chorus that Shell cannot ignore.

Kshama Sawant: I completely agree about that, especially about the hugely loud chorus that we need to build that will force Shell to stop ignoring us and really go by the people’s will. And I think Greenpeace has done a wonderful service to not only the environmental movement, but to all of us living beings by posing this as an issue of the people versus the Shell corporation. I think that is the pivotal point that we need to highlight – that these oil corporations, big oil, is completely tone deaf to the realities of climate change, the realities of the dangers of Arctic drilling, the fact that the majority of people are aware of

this and completely against it, but they’re going to do this no matter what in the pursuit of profit.

Unfortunately the Obama Administration and the local Seattle Port administration have completely let us down in a reckless disregard of the needs of the planet and the needs of human society. It is activists on the ground, ordinary people like us, who are going to be building this movement. We need to be reminding everybody that this is the people versus Shell Oil.

I wanted to share also with you a message that we are bringing on the ground because we are building a movement also for economic justice. We reject this false dichotomy between good jobs and environmental sustainability. And a matter of fact the Seattle Port Terminal 5 needs to be a working modern cargo terminal that creates living wage unionized jobs, but along with environmental sustainability. I hope you know that we completely reject the Port of Seattle’s argumentation that somehow this is going to benefit jobs and this is why we should be doing it.

As a matter of fact, if we want to fight for good jobs, and unionized jobs, and for environmental sustainability, then we need continue building this mass movement that highlights the connection between the environment and economics. We are going to be pushing for this as well. We are demanding that the Port immediately, that the Port of Seattle should immediately reverse its decision to give Shell the permission to come to Terminal 5 and we demand that the terminal be returned to being a cargo terminal. Just as you all have heroically

► GREENPEACE, continued on page 7.



A Call To the Pacific Northwest  
To Save the Arctic and the Climate

You Shell Not Pass!

From May 16 to 18, join us in Seattle for three days of creative,  
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Kayak Flotilla on May 16

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## Greenpeace climbers leave arctic oil drilling rig

(12 April)--The six climbers who safely intercepted, scaled, and set up camp on an Arctic-bound Shell oil drilling rig in the Pacific have come down after spending almost a week on the 38,000 tonne platform.

The multi-national team of volunteers abseiled off the rig and into inflatable boats, before returning to the Greenpeace ship *Esperanza*, which has been stationed close by for the last week.

They have camped on the Polar Pioneer for the last six days and have shared GoPro videos, tweets, and live interviews from the rig, shining a light on Shell's plans to drill in the Alaskan Arctic in less than 100 days.

On Wednesday, April 8, Shell requested a temporary restraining order from a US federal court in Alaska to remove the six from the *Polar Pioneer*. According to Greenpeace, the US does not have jurisdiction as the rig is in international waters. A federal judge in Anchorage declined to rule immediately on Shell's request, saying she would make a decision in one or two days.

However, worsening weather conditions at sea caused the six to leave the rig before any ruling took place.

Aliyah Field, from the US, one of the six volunteers on the rig, said: "We are coming down today and it fills me with a wide range of emotions. This has been the single most proud, humbling, and inspiring experience of my life. I am truly in awe of all the support and passion from around the world. A global movement has grown even stronger over the last days."

"I might be climbing off this oil rig, but this is merely a transition into the next step of saving the Arctic. I can't wait to join the millions of voices, the volunteers in Seattle, and all Americans who believe we deserve better, safer, cleaner forms of energy. My voice cannot be silenced, and neither can the millions of others taking a stand against Shell."

Johnno Smith from New Zealand, another one of the six, tweeted from the Polar Pioneer: "It's been a HUGE week. And Shell, I know you will read this. This is history unfolding & people will continue to take action. #TheCrossing."

Zoe Buckley Lennox from Australia, another one of the six, tweeted: “6 days ago there were 6 of us. Now millions climb down with us. Shell tried to silence us but only made our message LOUDER. #TheCrossing.”

Annie Leonard, Executive Director of Greenpeace USA, said: "I am so inspired and impressed by the volunteers' decision to climb Shell's drill rig. I hope everyone who sees what they did is inspired to take action in their own way, to help save the Arctic."

"It's astounding that Shell seems to think it has the right to jeopardize our environment and our economy, without being accountable to society. I thank the climbers for being society's eyes and ears on Shell's rig, letting them know that millions of us are watching their every move, because there is simply no such a thing as 'safe' drilling in the Arctic."

The Polar Pioneer, which is being transported on a 712 feet (217 metres) long heavy-lift vessel called Blue Marlin, is one of two drilling vessels heading towards the Arctic for Shell this year.

The second, the Noble Discoverer, is one of the oldest drill ships in the world. In December 2014, Noble Drilling, one of Shell's biggest Arctic sub-contractors and owner of the Noble Discoverer, pleaded guilty to committing eight felonies in connection with Shell's failed attempts to drill in the Arctic Ocean in 2012.

Both the drilling vessels are expected to arrive in Seattle before heading to the Chukchi Sea. Shell intends to use the port of Seattle as a base for the company's Arctic fleet, but the company is facing growing opposition from a range of Seattle-based groups.

--Greenpeace, International

► **Greenpeace**, cont. from page 6.

demonstrated, if the Port of Seattle does not act, if City officials do not act, then the people will act. We will continue building this movement.

Before you hang up, I want to introduce the Greenpeace folks who are with us so everybody in Seattle knows what the environmental leadership looks like.

**Mary Nicol:** Thank you. Hey Aliyah, this is – can you still hear us?

**Aliyah Field:** Hi, sorry I missed the end of your message but I fully agree with everything I am hearing you say. This is definitely a movement of the people and they are speaking loudly and clearly.

**Mary Nicol:** Yes. Hey Aliyah, it's Mary.

**Aliyah Field:** Hey Mary!

Mary: I just wanted to share too that Shell certainly is afraid of ordinary people taking action to stop them so that's what we have been working hard here to do in Seattle with allies all over the city. The first public action is going to happen on April 26th, we're going to have a rally. If you all are free we would love to have you come out and be part of the crowd.

**Aliyah Field:** April 26th – I would love to be there!

**Kshama Sawant:** That would be so inspiring to all the people on the ground. I should tell you, especially young people, students and workers in Seattle are really actively and vocally speaking out against Shell and people are stunned at the audacity and the arrogance and the recklessness with which Shell is pursuing this insanity. But we also have to make sure we call out the elected officials who have failed us at every level – both at the City level and at the Federal level.

I think we also need to share the point that as long as Shell and corporations in Big Oil control all these resources, we don't have a say in these back room deals. We weren't there when they decided to put the future of our planet and all our lives at stake for their own profits. The lesson is that we cannot control what we do not own. These climate-destroying corporations that are pursuing this insanity need to be transferred into democratic public ownership to allow a transition towards clean energy and a massive green jobs program where we can demonstrate that we can create good, living-wage jobs and maintain the environment. The people on the

ground are rejecting this false dichotomy between jobs and the environment and are fighting for both, and in order to fight for either, we have to fight against corporations like Shell.


We are going to continue to build the movement, April 26th as Mary said is a very important date for us. We are going to be making sure that we have a huge turnout and we will provide support for the kayak flotilla as well. What else can we do to support you? Can we make other contributions? Would you like us to use social media and other networks to put the word out?

**Aliyah Field:** How else can you help us... Anything and everything is much appreciated. Getting the word out to as many people as possible, in person or online, at home and in public. We need more voices and we are so overwhelmed and grateful for the support that we have already received.

**Kshama Sawant:** Fantastic. I know you must be exhausted so we will let you go. As parting words, but hopefully we will see you on April 26th, I'll say that we will be building the movement and especially be emphasizing the need for mass non-violent civil disobedience. Because elected officials have failed us, we have to do this ourselves. The people of Seattle and the people of this country have to act to stop this insanity. We look forward to seeing you soon, keep good health and we are with you in spirit.

**Aliyah Field:** Great, thank you so much. We are with you as well!

*This interview was originally published in the Socialist Alternative based in Brooklyn, New York and is reprinted with permission in Works In Progress .*



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FROM OUR ARCHIVES—JUNE 1990

# Washington fails its students

Dennis Boulton

Every child in this country deserves the opportunity to develop to his/her fullest potential.

I believe in Education because I believe that children are our future. Consequently, I must tell you that children in this state are not getting the education they need and deserve. Not, as some would have you believe, by ill-prepared, uncaring, self-serving teachers, but rather by a system that hasn't changed in 150 years. And, by some elected representatives who operate on the principal that "what was good enough when they were in school is good enough for students today."

The fact is, everything has changed except the system intended to prepare children for the future.

The fact is, that at a time when children are at greater risk than ever before, we are actually doing less for them.

Let's talk for a moment about the children we are trying to educate. Nineteen percent of the children under age 18 are poor. Along with insufficient funds they suffer from improper diet and a lack of medical care. We probably don't know how many of our students suffer from physical or sexual abuse. We do know there were 43,000 cases of abuse and neglect reported in Washington in 1988. In addition, we are experiencing an epidemic in drug and alcohol abuse not to mention the potential entry of scores of "crack babies" into our school system. Gang related crime and violence is certainly on the rise.

I could go on and on, but I ask you, back in the "good old days" were these the kinds of students being educated in the public schools of Washington?

What are we doing to meet the demands placed on the system by the increased numbers of at-risk kids and what are we doing to provide the quality

of education necessary for all children to reach their highest potential? In Washington we spend just over \$4300 per student, per year, on education. That's \$170 below the national average. If that doesn't seem too bad, consider that a teacher in Lincoln Elementary with 26 students (the state average) would have \$4500 more spend on materials and supplies if we funded education at the national average.

Are we trying to improve this

Imagine yourself sitting down to proofread 32 essays. How much time do think it would take you?

What are we doing about class size problems? Funds for construction projects already approved in this state are virtually nonexistent. Our class size average is one of the 4 or 5 worst in the nation.

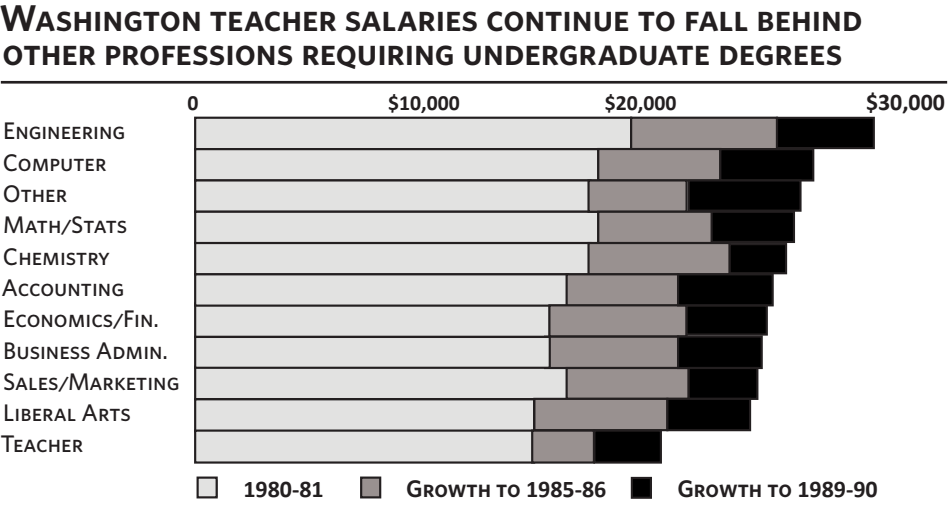
Is there any relief in sight? By 1992, sixty-five thousand new baby boomers will crowd our already crowded

public school system are excellent. They are dedicated to their students almost to a fault. They may also be frustrated because of the roadblocks which prevent them from being more successful with every students.

Remember school employees are not just asking for better conditions for themselves. They are asking for better learning conditions for their students. These are one in the same.

Are our legislators trying to improve the situation?

In the 1981-83 biennium, nearly 51% of the state general fund went to public education. In the current biennium, just 46 percent is spent on public schools.



A COMPARISON OF SOME BEGINNING SALARIES OFFERED TO 1988-89 GRADUATES WITH AN UNDERGRADUATE DEGREE AND NO EXPERIENCE.

situation? Not when you consider that those per-pupil expenditures have grown in this state, over the past decade, at a slower rate than in any other state in this country.

If you think our national average is okay, consider that only two industrialized countries in the world spend less per pupil than the United States: Australia and Ireland.

And what about class size? In my own district for example, North Thurston High School was originally built for 1200 students. We are currently serving over 1700 students through the use of 24 portables. If teaching in portables isn't bad enough, consider the effect on students and staff attempting to carry on educational activities in a core facility with 500 excess students.

The desire to provide meaningful educational experiences for students in overcrowded classrooms is the source of much of the frustration. For example, the teacher who needs to spend some quality individual time with students in a class of 32, will find each student will receive 7.5 minutes of individual attention, per week, if the teacher does nothing but move from one student to the next without ever teaching a lesson. Also, the teacher who gives a writing assignment to those 32 students and who wishes to give immediate feedback for maximum learning will find a need to go to the time store and buy a couple of hours.

classrooms. By 1994, Washington will be able to fill only 1/3 of its teaching vacancies. We would need to hire 5,800 teachers right now to bring our teacher/student average up to the national average. The cost to reduce class size in k-12 by an average of four students per class would be \$400 million for 1989-1990.

North Thurston High School was built for 1200 students. We are currently serving over 1700 students by the use of 24 portables... consider the effect on students and staff in a facility with 500 excess students.

Is there any relief in sight? You tell me.

Let's talk about the people who will be providing education in the future. It is estimated that there will be 3,000 teaching positions open next year. However, after talking with students in our college education programs I can tell you that not only are there too few people majoring in education, many do not plan to teach in this state. The problem is the cost of meeting certification requirements compared to salaries in Washington versus comparable costs in other states.

How, let's look at the issue of salaries. Let me first say, I am not embarrassed to talk about salaries for educational employees. I believe the school employees currently working in our

So I ask you, if you were the king of education in the state of Washington, what would you do if you could change three things right now! What would you do if you were president of the WEA to cause those changes to take place?

Let me close with an excerpt I borrowed from a speech given by former US Representative Mike Lowery recently. If, as has been reported, the United States is 13th out 17 industrialized countries in the world in literacy, and, if, as has also been reported we are 15th out of 17 in funding education, do you think the education governor of the state of Washington, as he has been described by the education president of the United States, or the education president himself might be able to figure out whether there may be a correlation here?

I'd say to them, take your time—how many generations can we give up before it's too late?

*Dennis Boulton was then president of the North Thurston Education Association.*

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► **Suit filed**, cont. from page 3.  
flammable trains) will continue to involve more cars than derailments of other types of trains. There are many unique features to the operation of unit trains to differentiate their risk. The trains are longer, heavier in total, more challenging to control, and can produce considerably higher buff and draft forces which affect train stability.” (Docket No. PHMSA-2012-0082)

▪ U.S. Department of Transportation noted that “releases of petroleum crude oil, subsequent fires, and environmental damage resulting from such releases represent an imminent hazard...” (Emergency Restriction/Prohibition Order, Docket No. DOT-OST-2014-0067)

The lawsuit seeks a permanent injunction prohibiting BNSF from running more than one train of 25 cars in each direction and shipping Bakken Crude across the Reservation. The Tribe also seeks judgements against BNSF for trespass and breach of contract.

“For thousands of years, we have fought to protect all that is important for those who call the Salish Sea home. We as leaders need to protect our treaty resources, our economies, and the human health of our citizens and neighbors,” said Cladoosby. “We all lose if we give up that which is most precious to us all – our commitment is to do what is right for our children and grandchildren, and protect the land and water upon which their lives will depend.”

—Swinomish Government



► **I-735** cont. from page 3.  
next November. (2016)

Initiative-735 tells the Washington state congressional delegation, including our two U.S. Senators, that we want them to propose a constitutional amendment that says constitutional rights belong to individuals not corporations. Furthermore, Initiative 735 declares that the proposed constitutional amendment should make clear that spending unlimited, unregulated campaign money is not a first amendment free speech right and thus our elected representatives, can, once again, legislate meaningful campaign finance reform laws that prevent influence peddling and require public disclosure.

The initiative makes it known that when such a constitutional amendment is proposed by Congress to the states, it is the will of the people of the state of Washington that our State legislature vote to ratify this amendment.

This is not a quick, simple nor easy process. The Constitution has only been amended 15 times since the Civil War. Amending the Constitution made slavery illegal, (1865) granted black men the right to vote (1870), allowed for the direct popular election of United States senators by the people of each State (1913), recognized a woman's right to vote (1920)...and made it illegal to charge a poll tax as a condition of a citizen to vote (1961) and extended voting rights to citizens at least 18 years old (1971).

None of these advances in remedies to our constitution were easy...women fought for nearly 75 years to gain their right to vote. But our great U.S. Constitution allows, under article V, provisions for ensuring the viability of our republic and the great democratic principles it envisions by making available to the people the ultimate sovereign power to exercise “the consent of the governed”.

We can do this. Our heritage and our forebears have set forth an orderly, time-tested and patriotic process of amending our constitution when injustices demand remedy. This process requires hard work...diligence. We in our generation are called to a duty that others before us have answered and we shall not shrink

from the challenge. We owe this duty not only to those who came before us, but, more importantly, we owe this duty to those who will follow, the children of succeeding generations.

In the November 2014 elections, citizens across the nation voted in margins of 70% and greater for their legislators to pass a constitutional amendment to clarify that limiting money in election campaigns does not limit ‘free speech’. There is a growing tide across the country to get big, anonymous money out of politics and to clarify the rights listed in the Constitution are the rights of individual people only. So far, 16 states have urged Congress to pass an amendment to clarify that only people are entitled to free speech rights, and these rights do not include unlimited, unregulated campaign contributions. Washington State could be the 17th. When public outrage reaches a critical pitch, Congress will have to listen to our voices.

*Julie Rodwell was born in the UK and immigrated to North America in her 20s. She has a degree in economics and politics from Oxford University and in planning from Glasgow University. She's been a U.S. citizen since 1978. Julie retired in 2011 from a 40+ year career in transportation project- and policy-planning and is currently writing a book Tiny Footprints about tiny carbon footprint communities and why we need to build them.*

*Michael Savoca and his wife, moved to Washington state from the east coast the day after they got married almost 40 years ago. They built a log cabin on the high prairie near Rainier and raised three children. Michael last worked as a mental health residential treatment counselor with teenagers and young adults at Maple Lane, and before that as a race car mechanic.*

*WAMEND.org is a not-for-profit organization. Signature gathers, steering committee officers, and our executive board all serve for free. We have expenses related to printing initiative petitions and we employ, at modest salaries, three staff in our campaign office to coordinate and communicate with our members and affiliates across the state on a full-time basis. To make a donation please visit our website at [www.wamend.org](http://www.wamend.org).*

To Make

Brian McCracken

To the Liberals,  
To the fence-sitters,  
To the Leftists who haven't left yet.  
To the Libertarians still liberating their minds,  
I you the revolution has already occurred.  
And it is time to start acting accordingly.  
Pick up any history book worth its weight in citations,  
And flip to the section of any great turning,  
And you will discover in fact,  
That there is no point at which we could tell the difference  
Between the past, and now.  
No, event that scholars agree was what changed everything,  
It is always going to change,  
Too complex to come to consensus on.  
So stop waiting.

Just pick one.  
Find that one time in your life that you can point to.  
Find the event where you were not the same after.  
And make it your own point of no return.

The revolution is over with.  
Time to start living like  
We write history  
Because we do.  
There is a reason that we do not have movies about people who,

“passively ride the tide of history.”  
It's always about the ones who MAKE it.  
Though we are told that we are not those people.

Poem, from Latin, poema, from ancient Greek, “I make”

We write history with each word.  
It is an active process.

So this is a public service announcement!

The idea that history comes in books is the biggest farce ever pulled.  
It is a heist.  
Take it back.  
Rip history from the hands of your leaders  
Tear it out of the halls of academia.

Weave its threads into your banners,  
flags and bootsteps.  
Tie your laces with it or forever tie your tongues.

Would we really be able to live in a world where we knew  
We were responsible for what happened?  
Can we accept that truth?  
And what of the ones of us who are history's victims?  
The ones living in the traps  
Created by our predecessors? The ones still  
Fighting the tide of Jim Crow?  
The ones drowning in the undertow?  
What of the ones stuck in the flow?  
Fighting the tide out of our lungs?  
What of the ones with more air than others?  
Those who are smothered in access to opportunities?  
How do we use the riches  
That were gifted to us  
Before we knew how to ask?

An eddie is notable,  
But it is just a confluence of all the other currents.  
There are many even when they don't collide.

So here's,  
To the death of oppression,  
The end of exploitation,  
To workers standing up for themselves and taking back their wages,  
For the water droplets tired of trickling down  
To take the whole fucking river,  
Because they created it,  
To the glaciers breaking the mountains of capital.

Here's to those of us still afraid.  
Because fear let's us know that we are taking risks.  
Fear let's us know we're outside our safety zone.  
Fear let's us know we're on the road to moving through it.

*Brian McCracken is a poet, activist, and youth ally living and resisting in Olympia.*

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The only known photo of the takeover of the Washington State Legislature by Gulf War protestors in January 1991. No cell phones in this crowd.

Photo: Kendra Jennings Mapp

► **Poverty**, cont. from page 3.  
That is good news. The bad news is that the projected spending on current needs, including I-1351's mandated class size reduction, is expected to total over \$5 billion. That means we are still facing huge budgetary shortfalls.  
It is for this reason that poor and working people have started to advocate for a variety of economic justice measure to improve their condition: stronger labor unions, enforced benefits, and of course raising the minimum wage. If the state is not going to make the type of investments needed to end poverty—and considering how it has tied its own hands when raising taxes, it is questionable if it is even able to—then working people are going to have to do it themselves. When it comes to ensuring that all children in Washington State are free from poverty, they have a long way to go.  
The figures speak for themselves. In 2013, the Alliance for a Just Society released a report that calculated a livable wage for a single person living

in Washington at \$16.04 an hour at 40 hours a week. It is important to note that Seattle, which has the most progressive minimum wage law in the country, does not reach a guaranteed minimum wage for all workers until 2021. In that same year, the state minimum wage, barring some legislative action, would only be at \$11.00 an hour. For families with children, the climb is even harder. The Alliance for a Just Society calculates a livable wage for a single parent with one child in 2013 at \$22.12 an hour for 40 hours a week. Seattle's livable wage ordinance will not reach that amount until 2034. In the same year, the state's minimum wage will have just crept up to \$14.97. The people who think a \$15.00 minimum wage is too much have not looked at the math. If anything it is a huge compromise that still falls short of the need.  
Naysayers against raising the minimum wage will point out that the overwhelming majority of people who make the minimum wage are not single

parents, and they would be correct. Approximately 8% of the people earning a minimum wage in Washington are single parents, but that not the point. No just society would tolerate a child living in poverty, whether it is 8%, .08%, or .008%. One child, especially in a society as rich as ours, is too many. For

this reason, the "Fight for \$15!" is a good start for ending childhood poverty, but it is only a beginning. And, unfortunately, we have a long way to go.  
*Marco Rosaire Rossi, a graduate of the University for Peace in Costa Rica, is a resident of Olympia.*

**For Australians, 'I forgot' to vote is legally unacceptable.**

Throughout our childhood,  
our immigrant parents modeled in consistent action,  
words instilled,  
distilled at Ellis Island, their entry point into the United States:  
    Suffrage is a right. Voting in elections a responsibility.  
Not always did my parents comprehend the complexities,  
    dualities, duplicities of politics.  
Yet, always did they understand the spiritual truth, translated into civil responsibility.  
  
I vote, not always enthusiastically, not always comprehensively informed.  
I vote, always holding in solidarity those who cannot ---  
    the disfranchised convicted felons,  
    those state declared mentally incompetent.  
I vote because I am given a precious right.  
I vote because I want the freedom of suffrage to remain in tact.  
I vote.  
Do you?  
*Selena Kilmoyer, householder Bread & Roses community*

**That I Am**

I am a student of prophets  
But I am not a Christian or a Jew  
I pray to the east  
But not for Islam  
I begin meditation with a singing bowl and mala  
Yet I am not Buddhist  
My address is an apartment  
Yet my soul live in a longhouse  
Yearning for the comfort of a sanctuary

My cauldron is enormous  
Yet I'm not a Pagan or Wiccan  
I see with my third eye  
But I'm not a Hindu  
I breathe in and out pranayama yoga  
Though I've never read the Vedas  
As I fold my laundry I sing songs  
Born in the hearts of slaves deep in the past  
Yet my soul is free  
I listen in silence  
Yet hear everything at once

And to all this I am thankful  
That I am at one in Harmony  
    —Lennée Reid  
*Lennée Reid is a truth seeker, nature lover, poet and spoken word artist. She has one child and lives in Olympia.*



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# Reasons to go vegan (or eat less meat)

## You will not be alone

According to a 2012 study, 3.2 percent of US adults (7.3 million) follow a vegetarian-based diet. Approximately 0.5 percent (1 million) of those are vegans, who consume no animal products at all. In addition, 10 percent of US adults (22.8 million) say they largely follow a vegetarian-inclined diet.

More and more people are choosing to change to a greener, more compassionate lifestyle of a plant-based diet for three main reasons: health, the environment, and animal welfare.

## More like herbivores

Carnivores and omnivores share a number of physical attributes that make them well suited for killing and tearing apart their prey.

- wide mouth opening
- simple jaw joint for effective slicing
- dagger-like teeth spaced apart to avoid trapping stringy debris
- sharp claws
- huge stomachs that enable gorging for that one kill per week
- their stomachs are very acidic to break down protein and kill bacteria in decaying flesh

Human and other herbivores have physical attributes that allow them to be well-adapted to eating plants, a process that requires crushing food with side-to-side motion rather than simply swallowing it in large chunks the way that a carnivore or omnivore swallows flesh.

- fleshy lips
- small mouth
- thick and muscular tongue
- less stable mobile jaw joint for chewing and grinding
- no sharp claws
- smaller stomachs that have higher pH
- long small intestine to break carbohydrates

“Gorillas are almost exclusively herbivorous. Mountain gorillas prefer a diet of foliage—leaves, stems, pith, and shoots—and a small amount of fruit. Lowland gorillas also eat leaves and pith, but they eat more fruits, and, occasionally, tiny ants or termites. Their canines are bigger than ours.”

## For better health and looks

2,500 Americans die every day of some type of heart disease—the leading cause of death in the US. The most common type is atherosclerosis where plaque accumulates in major arteries. A plant-based diet has been scientifically proven to reverse heart disease.

Both vegans and vegetarians typically have lower cholesterol levels, lower blood pressure, lower rates of Type 2 diabetes, lower body mass indexes, a lower risk of death from heart disease, and lower overall cancer rates.

A Cleveland study determined that obese children placed on a vegan diet “showed improvements in both weight and heart disease risk factors in only a month.”

A vegetarian diet have been shown to reduce bad cholesterol by 16 percent; a vegan diet reduces by 32 percent.

Eating more fruits and vegetables boosts immunity.

Dr. Campbell of the China Study concluded that “people who ate the most animal-based foods got the most chronic disease. Even relatively small intakes of animal-based food were associated with adverse effects. People who ate the most plant-based foods were the healthiest and tended to avoid chronic disease.”

Kaiser Permanente urged physicians to “consider recommending a plant-based diet to all their patients.”

People who refrain from eating animal products add three to six years to their lives.

Vegans who eat large amounts of fruits and vegetables are better looking. All those wholesome nutrients improve the health of skin, hair, and nails.

According to a 2006 study published in *Chemical Senses*, “non-meat eaters also had a fresher body odor and tastier body fluids.”

## Animal agriculture and its impact on world hunger

The United Nations Food and Agriculture Organization estimates that about 805 million people of the 7.3 billion

people in the world, or one in nine, were suffering from chronic undernourishment in 2012-2014. Almost all the hungry people, 791 million, live in developing countries, representing 13.5 percent, or one in eight, of the population of developing counties.

Wasting and severe wasting:

- Globally, 51 million under-five year olds were wasted and 17 million were severely wasted in 2013.
- Globally, wasting prevalence in 2013 was estimated at almost 8% and nearly a third of that was for severe wasting, totaling 3%.
- In 2013, approximately two thirds of all wasted children lived in Asia and almost one third in Africa, with similar proportions for severely wasted children.
- Six million children starve to death every year. (UNICEF)
- Farm animals consume half of the world’s edible grain crop.

## Animal agriculture impact on the environment

The United Nations encourages the vegan diet as the most effective way to combat climate change, world hunger, and poverty—meat and dairy products are unsustainable.

Intensive animal agriculture is one of the leading sources of greenhouse gas and uses one-third of the world’s fresh water.

“Some 40% of the world’s land surface is used for the purposes of keeping all seven billion of us fed—albeit some of us, of course, more than others. And the vast majority of that land—about 30% of the world’s total ice-free surface—is used not to raise grains, fruits and vegetables that are directly fed to human beings, but to support the chickens, pigs and cattle that we eventually eat.”

Bryan Walsh, *Time Magazine*

In addition, “over a 15 year period, at least 40 million animals have been shot, poisoned, snared and trapped by Wildlife Services [Department of Agriculture], which says only that the exterminations are a service to those who “experience damage from wildlife each year.” Darryl Fears, *Washington Post*

Vegans have the smallest carbon footprint, generating a volume of greenhouse gases 41 percent smaller than that of meat-eaters.

## Unintended impact on slaughterhouse workers

“Amy Fitzgerald, a criminology professor at the University of Windsor in Canada, has found a strong correlation between the presence of a large slaughterhouse and high crime rates in U.S. communities...”

“She has found that counties with slaughterhouses have higher arrest levels for sex offenses and more frequent reports of murder, rape, robbery, aggravated assault, burglary, larceny, motor vehicle theft, and arson.”

Most people in our country are unaware that “slaughterhouse workers view large-scale violence and death on a daily basis.”

Workers develop Perpetration-Induced Traumatic Stress (PITS): similar to Post Traumatic Stress Disorder, PITS results from participating in violence rather than being a victim of violence.

And “the cruelty inflicted on farm animals has increased over the last several years. As Americans increase their consumption of meat so does the rise in standard kill rates. Workers are pressured to kill more quickly and therefore become sloppy. Such sloppiness results in ‘incidents in which live animals [are] cut, skinned or scalded.’”

“The worst thing, worse than the physical danger, is the emotional toll. . . . Pigs down on the kill floor have come up and nuzzled me like a puppy. Two minutes later I had to kill them—beat them to death with a pipe. I can’t care.” —Ed Van Winkle, hog-sticker at Morrell slaughterhouse plant, Sioux City, Iowa

“The [slaughterhouse] employment tends to lower the employees’ ability to empathize and identify with the pain suffered by the animals whose lives (and deaths) they are controlling...This lowered ability to empathize with weaker creatures may cause the slaughterhouse workers to be more likely to commit violent crimes, particularly against women and children.”

Other studies have reported 130% increase in violent crimes within five years of slaughterhouse openings; increases in property crimes; and the incidence of child abuse increased to 50% higher than average.

Over nine billion farm animals are killed annually. “The people who kill them—the people we almost never consider—have had to declare ‘I can’t care’ to cope with the trauma of the job.”

Sources: vegetarianimes.com: Anne Clark, PETA; Mammoth Infographics; Sarah Barns, *Sunday Express*; Andy LaPointe, *Natural News Blogs*; Brie Zeltner, *The Plain Dealer*; “The China Study”; Kaiser Permanente Journal; Ashley Capps, *Free from*

