

# Washington Free press

Nº 94  
2008 Sept/Oct & beyond



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## READER MAIL

### Progressive Media Needs To Highlight Progressive Candidates

We all know that history was made with a woman and a black man both running for President of the US [in the Democratic primary]. I was surprised to learn that history is also being made with the current candidacy of the first black woman. Media outlets, including progressive ones, do not mention this.

This African American woman [former Georgia Democratic congresswoman Cynthia McKinney] has denounced her Democratic loyalty because those leaders no longer represent her values (an issue many Democrats are struggling with) and is now in the Green Party. Speaking of election censoring, another white-out is Ralph Nader. He is also appealing to voters that are disenchanting with their political party. I only learned of his and McKinney's candidacies on the Democracy Now radio program.

In light of the fact that these candidates are victims of media censorship, they would undoubtedly be in total support of a free press rather than corporate extensions working alongside corporate lobbyists. It would seem only logical that progressive media would be shouting their names from the rooftops. Sadly, this is not the case. Most people of democratic nature are putting faith in Obama.

These alternative candidates are passionately opposed to voting fraud, corporate lobbyists that side-swipe the people's will, and industrialization of prisons. They are for health care, education, and the immediate withdrawal from Iraq. It's a small wonder they don't make headlines: they might actually bring change and not just use the word because it will trap votes. If progressives want change they need to get out of the practice of letting their votes be systematically herded into the lesser-evil process.

Patrick Drum



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Coordinating Editor: Doug Collins

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Frequently Contributing Artists & Photographers: Dick Lande, David Logan, Andrew Wahl, John Jonik, George Jartos, Dan McConnell

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Contacts:

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### AA Is Not The Problem

Normally the articles printed in Washington Free Press are well written and thought provoking. However, there is an exception in issue #93 July/Aug 2008: "Alcohol Treatment: It's About the Money."

AA (Alcoholics Anonymous) does not promote a general sense of powerlessness as the author implies, but rather [focuses on] powerlessness in relation to one specific thing: alcohol.

The admission of "powerlessness" is, however, not an admission of lack of responsibility. Every alcoholic is responsible for the first drink and everything that ensues. If not, then why are steps 8 through 10 included in the 12 steps? These are action steps, which are meant to lead an alcoholic to make "direct amends."

The issue of money [that the author brings up] really isn't about AA or its 12-steps philosophy, but rather about court-enforced alcohol treatment centers. It seems odd that the author argues "that a problem drinker is responsible for his/her actions sober or otherwise" but then complains when being held responsible includes paying for court-ordered treatment.

The height of illogic is reached when the author complains, "It is not allowed to think of yourself as your Higher Power by any Washington state accredited alcohol treatment center." Now, if I am my own Higher Power and am also a problem drinker, I am therefore incapable of helping myself out of my predicament.

Also, Step 2 of the 12 steps is not necessarily a reference to a deity. Atheists can still work the twelve steps by simply allowing the AA group or perhaps one's sponsor to be "a power greater than ourselves." The point of not allowing a problem drinker to be his/her own Higher Power is to force the issue that the problem drinker willfully ignores society's laws and needs to learn how to surrender self-will to seek a greater good for both self and society.

Shaun Daugherty

*Editor's reply: I am glad that the article on court-ordered alcohol treatment has prompted you to write a thoughtful letter. Although I don't doubt that the AA program has helped many people - and at least one of my friends - I also think that it is inevitable that court ordered participation in AA is bound to create lots of resentment, given that AA is in fact a sort of philosophy which many people don't agree with, complete with a total rejection of alcohol.*

*It's too bad that there are apparently no alternative treatments that are allowed by Washington State (someone please correct me if there are). Alternative programs known as Responsible Drinking and Moderation Management do not call for abstinence. After all, moderate alcohol consumption has been repeatedly shown to be healthy for the large majority of people.*

*I also have concerns about the definition of "problem drinker," which could extend to anybody who failed a breath test while driving home right after a pint of beer at their local pub, even if he/she did not cause any accident. If we had a decent system of public transport, imagine how many "problem drinkers" would suddenly disappear!*

Doug Collins

### Embrace 9/11 Truth

The Left needs to stop avoiding the sad and startling truths about 9/11: that it was clearly an inside job, that three towers fell by controlled demolition (preset explosive charges, not by fire), and that—like the Reichstag Fire—9/11 was a typical, classic "false flag" operation. Progressives risk becoming obsolete if they don't deal with this, a worse risk than being called mere "conspiracy nuts"! Find the facts at [www.ae911truth.org](http://www.ae911truth.org) [Architects and Engineers for 9/11 Truth]. Who should know better but architects and engineers?

Barbara Tomlinson

### Offshore Drilling Won't Solve Our Problems

Presidential hopeful John McCain supports overturning the ban on oil drilling off our coasts as a way to bring down gas prices. Notwithstanding the adverse environmental risks, the idea simply doesn't make sense.

The US Energy Information Administration (EIA) projects that McCain's proposal would have no impact on gas prices in the near-term since it will be close to a decade before the first oil could be extracted. The EIA projects production in ten years would reach 200,000 barrels a day at peak production which would be too small to have any significant effect on oil prices. Sounds like McCain is desperately pandering to us again, regardless of reality.

If the US had raised auto fuel efficiency (CAFE)

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standards between 1985-2005 by a quarter of the amount it raised them annually from 1980-1985, instead of leaving them virtually unchanged, the result would roughly have been the equivalent of 3.3 million barrels of oil per day in new production, 16 times the projected production from offshore drilling.

We could also negotiate with Iran like a civilized nation to lift sanctions and stimulate oil production in Iran by one to two million barrels a day. That would be five to ten times the projected production of drilling off our coasts. Also, the risk of another illegal and immoral invasion could be avoided.

Wouldn't it be better to pursue modest conservation measures and civilized negotiations with Iran with the probable result of bring 20-25 times as much oil on the market rather than risk another environmental disaster and another invasion and occupation?

Here's an even better idea. How about a national energy policy that incorporates carbon caps, carbon taxes and clean, alternative energy? Think about it: produce jobs, reduce carbon emissions and address climate change a peak oil.

Nah, too rational.

Howard Pellett

## CARTOONISTS LOOK AT OIL

John Jonik



## THE PEOPLE'S COMIC BY DAVID LOGAN



# Oops!

Last issue's feature article "Generation X-Ray" by Amy Worthington was reprinted with permission from the Idaho Observer. Many thanks to Ms. Worthington and the Idaho Observer for initially getting this news out about the radiation dangers to children (and others) from cell phones and cell transmission antennas.

I'd also like to take the opportunity to let WA Free Press readers know what a great publication the Idaho Observer is. The WA Free Press exchanges copies with a number of other papers, and the Idaho Observer is consistently the most interesting read that we get in the mailbox, in my opinion.

The Observer's slant is what I would roughly term "progressive patriot." The editor, Don Harkins, is deeply concerned over problems like corporate dominance, the illegal war in Iraq, and loss of civil liberties, issues familiar to WA Free readers.

But in contrast to typical progressive fare, Harkins is an unswerving supporter of Dr. Ron Paul, the admirably anti-war, economically libertarian Republican



candidate for President. Harkins is also a fierce opponent of illegal immigration, but never resorts to racism in his arguments. And like every good editor, Harkins throws readers an occasional curveball, an article that defies typification.

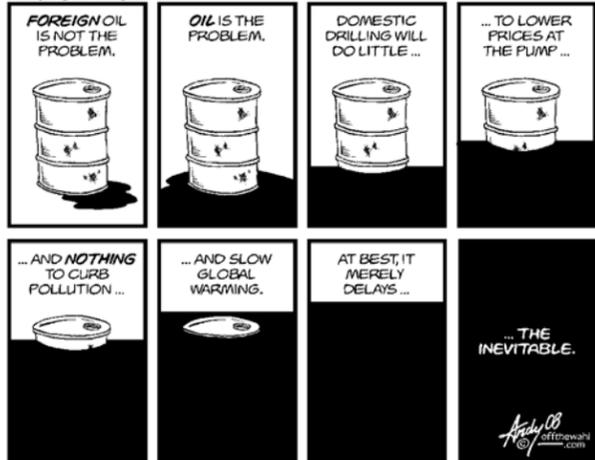
Staff writer Ingri Cassel pens fascinating articles on traditional and alternative remedies and healthcare, which I always make sure to read.

Reading the Idaho Observer reminds me that there is a lot of potential space for coalition between the progressive movement (largely urban left) and the patriot movement (largely small town conservative). Given that the Democrat/Republican divide seems to be largely along urban/rural lines, this gives me great hope that a new sort of politics might develop in the future, one that will challenge the corporate dominance that most Democrats and Republicans seem to accept.

After all, both city and rural dwellers have a right to breathe clean air, eat clean food, and pursue happiness. For more information, see [www.idaho-observer.com](http://www.idaho-observer.com).

Doug Collins

Andrew Wah!



Dan McConnell



# Apology for Slavery: Apparently Not Front Page News

BY ANANDA S. OSEL

In case you missed it—which you very likely could have given the scarcity of press coverage—in July the US House of Representatives officially apologized for slavery and for the injustices perpetrated against African-Americans under the Jim Crow laws of the past.

The apology resolution included this acknowledgment: "...African-Americans continue to suffer from the consequences of slavery and Jim Crow—long after both systems were formally abolished—through enormous damage and loss, both tangible and intangible, including the loss of human dignity and liberty, the frustration of careers and professional lives, and the long-term loss of income and opportunity..." The House made no mention of reparations in any way shape or form.

While the resolution was briefly covered on most major networks and in most major newspapers it was likely cloaked in nebulous language or buried in the fine print somewhere. Moreover, and perhaps more importantly, the acknowledgement made by the House that even young African-Americans are at a strategic social and economic disadvantage because of the after-effects of discrimination was, in an odious exhibit of ignorance, almost entirely overlooked by the mainstream press.

When considering the high correlation between poverty, lack of education, and crime, this acknowledgement becomes even more startling. People of color are disproportionately impoverished, undereducated, and finally imprisoned; a direct result of the systematic racism which is so prevalent in this country's history.

Some 42 members of the Congressional Black Caucus signed on as co-sponsors of the resolution which "authorized" the apology, plus another 78 members of Congress (only two of whom are Republicans). The resolution marks the first time the federal government has offered any kind of apology for the horrid circumstances that black Americans suffered under for several hundred years.

While some may find it surprising that it's taken nearly one-hundred-and-fifty years since the passage of the thirteenth amendment for the United States to apologize others do not.

"I find it completely ridiculous and also completely

**first word**  
opinions we couldn't keep to ourselves

realistic given the nature of politics in this country" said Vanessa Wilken, a bi-racial graduate student at the University of Washington with a degree in American Ethnic Studies.

Wilken is not alone in her cynicism. Hilary Shelton of the NAACP says the apology is "hollow" unless it leads to a remedy for African-Americans, who still suffer economically and educationally from the after-effects of slavery and segregation.

Others counter, saying that an apology serves no legitimate purpose since the perpetrators and victims of slavery are long dead, and that a resolution of apology instead keeps racial wounds and tensions alive. Although this type of reasoning is often used it fails to take into account the fact that ancestors of slaves still suffer the consequences, unintended and intended, of laws whose sole purpose was to foster inequality between races and give systematic privileges to Caucasians.

Of course, it's hardly the American slavery of the past that is the issue here. An apology for slavery, in truth, doesn't really change anything; it's only a morose afterthought. Following the abolition of slavery in 1863 American blacks endured over one-hundred years of legalized discrimination, and segregation. It wasn't until the very recent passage of the Civil Rights Act and the Voting Rights Act of 1964 and 1965 respectively, that black Americans begin to gain the rights that their white counterparts had been enjoying for centuries. It's here that the question of reparations arises.

The argument for reparations is really quite simple. If emancipated slaves had been allowed to retain the profits of their labor, their descendants might now control a much larger share of American social and monetary wealth. Furthermore, in the absence of legalized discrimination blacks would have had access to innumerable educational, professional, and social

see Apology on page 4

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## Apology from p3

opportunities, thus creating black communities that would look very different than the ones we see today.

Conversely, some have argued that no legal basis exists for reparations since slavery was legal prior to the ratification of the thirteenth amendment in 1865. This type of logic may seem callous but it does lead us to an ethical impasse. Does historical context supersede our modern sensibilities, or not? If reparations were given to the ancestors of slaves, even though slavery was perfectly legal, should reparations also be provided to women, who were denied voting rights until 1920? Owning property was a voting requirement until 1850; should reparations be paid to the descendants of those who did not own property?

Fortunately, we do have some legal precedent to guide us. The Civil Liberties Act of 1988, which was signed into law by President Regan, forced the government to apologize to Japanese Americans who were held at internment camps during World War II. In the end, the US government paid \$20,000 to each survivor. Likewise, West Germany paid Israel a sum of 3 billion marks over the course fourteen years. The payments were made to Israel as the heir to those Holocaust victims who had no surviving family. The reparations comprised 87.5% of Israel's income in 1956. Of course, recompensing black Americans would be significantly more complicated given the fact that North American slavery began hundreds of years ago, and because the government does not track the descendants of slaves, instead simply relying on self-reported racial categories.

Because there is no clear consensus about how reimbursement should or would be distributed to African-Americans the subject has ground to a halt. Ideas range from massive efforts of community education and rehabilitation, to large land allotments, to direct payments to individuals from the US government. Harper's Magazine estimates that reparations of over 100 trillion dollars are due to the ancestors of slaves. This figure is based on the 222,505,049 hours of forced labor that occurred between 1619 and 1865, with a compounded interest of 6%. Naturally, the US government would only pay a small portion that number, given that it's only existed since 1789.

The problem here seems to be that there is very little serious discussion in the mainstream about compensating American blacks for the atrocities perpetrated against their ancestors and their relatively recent social and economic disenfranchisement. With the passage of the latest House resolution the government has expressed "its commitment to rectify the lingering consequences of the misdeeds committed against African-Americans under slavery and Jim Crow and to stop the occurrence of human right violations in the future." In reality however, no plans actually exist to "rectify the lingering consequences"; a sad truth for progressive Americans who would like to see not only words, but action from their elected representatives.

While it's obvious that a simple apology does not carry the power that is needed to undo hundreds of years of inequality, it is a start. However, at this point in history, delaying the sincere dialogue that is needed to address this concern further is both morally and intellectually indefensible. This is especially true for affluent, well-educated Americans, the mainstream media, and elected representatives, who bear the greatest responsibility for the spread of ideas, civility, and practical solutions. Therefore, until the media conglomerates snap out of their comatose behavior, Americans who happen to have non-white skin will be relegated to the "oddly enough" and "in-brief" sections of our newspapers and our minds.

Ananda S. Osel is a poet and polemic writer residing in Seattle, Washington. He can be reached for comment at [ananda@ananda-osel.com](mailto:ananda@ananda-osel.com).

Andrew Wahl



# THE THIRD HOLE

## history

## Domestic golf-course terrorism in Seattle, hitherto unreported

BY JOHN MERRIAM

*Editor's note: The following is a true account of events that occurred in 1978. Names have been changed, slightly at least.*

It all started with a rat. The terrier next door kept barking and barking. Johnny Horizon couldn't concentrate on the book assigned by his political science professor at the University of Washington. He went outside his house to investigate why the dog was making such a racket.

The terrier had treed a rat in his neighbor's yard. Johnny's neighbor, Dan, was also there, trying to help his stupid little dog by using a broom to help flush the rat down the plum tree. It was late winter. The tree had no leaves yet, only buds. Johnny could see the rat in the upper branches of Dan's tree, looking unperturbed, knowing she would soon be back home in Dan's basement. The rat was dark gray and looked rather well fed.

Johnny ran back into his house to retrieve the old .22 caliber rifle his daddy had given to him. He hated rats.

Johnny charged back outside with the .22 loaded and cocked. "Get out of the way!" Dan and his terrier took cover by their back porch.

The rat bolted from the tree limb, leapt onto a nearby telephone wire, and scurried hurriedly toward another tree already sporting foliage in the yard of an old couple living on the other side of Dan. Johnny ran down the alley, from the porch of his old cedar-sided box of a house, to get a better shot. The rat increased her speed when hearing Johnny's footsteps in pursuit.

The rat was moving fast. Johnny knew it was his last chance for a clean shot with the .22. He yanked the rifle to his shoulder and jerked his finger on the trigger.

The bullet missed its mark by several inches, if not several feet. The rat made it to safety. Then a feeling of horror came over Johnny. He realized that he'd just lobbed a round onto the Broadmoor golf course.

Johnny lived in the "CD," the Central District, the closest Seattle got to a ghetto. Neither rats nor gunfire were uncommon in the CD. Just to the north, across Madison Street, lay Broadmoor, an affluent residential area. It was situated on the western edge of the equally-affluent neighborhood of Madison Park, on the shore of Lake Washington. As if to underscore the differences between the two neighborhoods, Broadmoor was fenced and guarded.

Entrance was possible only through a gate manned by a security guard. Motorcycles were not allowed. Persons not recognized by the guard at the entrance gate required authorization to enter.

The fair residents of Broadmoor were able to live with a perception of total protection from the denizens of the CD, at least until they had to leave to go to work. Many Broadmoor residents, those who had to work, worked in high-rise buildings downtown. That meant they had to leave their enclave to transit Madison Street. Madison ran through what was then the heart of the CD. Johnny Horizon thought it was a curious sight to see BMWs and Mercedes traverse the CD during morning and evening rush hour. The white drivers would rivet their eyes on the road ahead, looking neither right nor left at the people

who lived in circumstances less fortunate than those the expensive cars were leaving from or returning to.

Madison Street had been in need of re-surfacing, on those portions passing through the CD, for at least a decade. The asphalt was in noticeably better condition where it passed Broadmoor and ended in Madison Park.

Johnny Horizon shared his house with the co-owner, Willie Maybee. It was on an alley, across from Madison Street, just south of Broadmoor. Willie was fond of staying in bars until closing time on weekends, then coming home to blast off rounds from a .30-'06 rifle, "for kicks." The sound of gunfire alone did not alarm the neighbors. For his part, Johnny provided a foster home for German Shepherd dogs, training them for various friends. He wasn't worried about any of his neighbors calling cops about his illegal discharge of a firearm within the city limits.

Johnny assumed that his neighbors refrained from reporting him and Willie to the police because they



Preparations: old toilet, red flag, canoe, and truck

incorrectly regarded the house as some sort of honkie "Fortress Madison." It didn't seem to matter that Willie and Johnny were little more than hoodlums with an education. What probably did matter was that they were white, and had guns and dogs.

Johnny had fired the gun upward at an angle. He assumed the bullet crossed Madison and fell to earth somewhere on the Broadmoor golf course. His main concern was that some golfer would be distraught if prevented from achieving par, and might call the police. Johnny went to hide the .22 in the basement, in case irritated golfers had less sympathy with his lifestyle than his neighbors did.

Emerging from the basement, Johnny saw an old Ford Falcon station wagon coming down the alley. From the way it was sagging on its shock absorbers, he knew the car belonged to his girlfriend, K. Rocker. When she got out of the car, K. Rocker acted flustered.

"Some rich hussy driving a new Audi just flipped me

continued next page

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off.”

“So what?” Johnny responded.

“Now I’ve got to pay for a tiny little dent in her stupid car. It will probably cost me two weeks’ pay.” K. Rocker worked for the minimum wage plus tips at a bowling alley cocktail lounge near the University of Washington.

“Why?” Johnny could not make the link between getting flipped off and having to pay for body work.

“After she gave me the finger, I rear-ended her. I had no choice!”

It seemed that K. Rocker had been driving her dilapidated Falcon to Johnny Horizon’s house (she called it “a shack”). Coming through the CD on the east side of Capitol Hill, going downhill on Madison Street, the woman in the Audi had been tailgating K. Rocker’s old station wagon.

“How fast were you going?”

“The speed limit,” K. Rocker answered.

“Why did she flip you off?”

“Because there was traffic. She acted like she was going to some sort of emergency on Madison. It took her an extra 30 seconds to pass me. Big deal! When she did pass me she gave me the finger, that idiot! So, when she got back in my lane in front of me I floored it and rammed her.”

“How much damage did you do to the Audi?”

“Hardly any. I put a small dent in the back of her trunk lid.”

“What happened after that?”

“We both pulled over, about a block away from the Valley Tavern.” Johnny had been to the Valley Tavern before. Even at mid-day, most of the African-American clientele could be expected to have self-medicated themselves to the point where they felt few pains. Many of the customers added heroin to their prescriptions for relief.

“Where did this woman live,” Johnny inquired.

“I don’t know. She was headed east on Madison, either to home or to her boyfriend’s house—probably Broadmoor or some fancy apartment on Lake Washington.”

“What did she say after you both pulled over on Madison?”

“She wanted me to call the cops. The only pay phone around was in the Valley Tavern.”

“Did you?”

“Hell no! Did she want me to turn myself into the police after she was the one that flipped me off?”

“What did she do?”

“She whined a lot. When she finally realized that I did not intend to do a thing for her stupid, shiny car she went into the Valley Tavern to call the cops and her boyfriend.”

“Boyfriend! Did he show up?”

“Yes. He got there before the cops. He was mad because his Audi-girlfriend was interrupting some tennis appointment he was going to. He was wearing tennis shorts and a v-neck cotton sweater. The woman begged him to stay to help her handle “this horrible bitch,” but he told her that since she was going to assertiveness training classes, she needed to practice with situations like the one at hand herself. He left before the cops arrived, that little piss ant. I’ll bet he wouldn’t have had the guts to go into the Valley Tavern. I told the woman to dump that jerk. I thought she was going to have a nervous breakdown.”

“What happened when the cops finally did show up?”

“I got a ticket for negligent driving.” Johnny thought a more accurate charge would have been attempted murder. The cops must have liked K. Rocker.

Johnny Horizon was mad by the time K. Rocker had finished describing her encounter. Having polluted his mind with the teachings of Leon Trotsky and others of his early Communist ilk, the class discrepancies were more than he would put up with in his part of town. Broadmoor residents were fending off his girlfriend while he was trying to fend off rats. “Eat the rich!”

K. Rocker dismissed her boyfriend’s exhortation as the raving of an anarchist whose grasp on reality was tenuous at best. Johnny mumbled expletives and silently decided to engage in some guerrilla theater at Broadmoor.

Johnny Horizon was hosting beers for his friend, Antonio “Tony” Schmidt. Johnny and Tony had both skipped classes to toast each other at the College Inn Pub near the west entrance to the University of Washington. Johnny was picking up the tab because he hoped to persuade Tony to help him deliver a message to the residents of Broadmoor. April Fool’s Day was near. Johnny thought that to be an excellent date for karmic communication with his affluent neighbors.

Tony was a journalism major at the University of Washington. He didn’t seem able to graduate from either journalism or juvenile delinquency. Johnny viewed Tony as the perfect accomplice. He tried to enlist Tony into his “campaign for karma”.

Tony told Johnny that the first thing he needed



**Early morning canoe navigation, from Highway 520 to the Broadmoor golf course, carrying the old toilet**

was a name that would strike fear into the hearts of Broadmoor-types. Tony suggested “International Terror Unit.” Johnny liked the sound of that name for his non-existent organization. Such a name would imply that he headed up but one cell of a grass-roots movement that was truly awesome in size.

Tony went on to say that he had scored an old clothes dryer, for free, that was available for the project Johnny was undertaking. Johnny replied that he doubted the security guards would allow a burned-out dryer onto the premises, to say nothing of Johnny and Tony themselves. “No, we couldn’t get an old dryer past the guards. I’ve checked out Broadmoor. The only way in is from Lake Washington.” The back side of Broadmoor was on the water. “I found a channel so narrow that not even a small outboard motorboat could pass through. Only a canoe can get in.” Johnny pointed out that it would be difficult to transport a dryer in the canoes available for rental on the waterfront at the University of Washington. Tony ruminated a bit, and agreed.

Then Johnny remembered that he had an old toilet at his house. He had remodeled his bathroom the year before and had to replace the toilet. He had been too cheap to throw the old toilet away, sure that he could use it for something. The toilet was still taking up space in Johnny’s basement.

Johnny kept buying beer until Tony finally agreed to be the bowman in the canoe to deliver a used toilet to Broadmoor.

Tony then regaled him with tails of his recent dating adventures. Johnny observed that Tony’s encounters with females primarily involved one-night stands, and suggested that an appropriate nom de guerre would be “Dick DeBasement.”

A few days after Johnny and Tony were at the College Inn Pub, the newspapers reported a robbery at Broadmoor. The intruder had waited in the garage of a swank residence and shot the homeowner in the kneecap when he went to get in his car. Radical leftists in Italy had been doing the same thing to prominent politicians for some time but this was the first reported “kneecapping” in the US. The number of guards patrolling the grounds increased dramatically. Johnny met with Tony shortly before D-Day.

“I’m not doing it,” Tony said. “That shooting is all over the newspapers. Broadmoor has tripled its security.”

Johnny knew Tony was right. Security at Broadmoor had gotten very tight. There were a lot more guards patrolling the fences along Madison; Johnny had seen them. Worse, the guards were now carrying guns. Worse yet, German Shepherds accompanied the new security patrols. Johnny knew that breed of dog was particularly effective in thwarting the type of trespass that he was contemplating.

Johnny’s plan was too far along to be abandoned. “I’m going in. All the security is directed toward the fences. We’ll be entering from the marshes where there are no fences. There will be no security by the lake.”

“You’re crazy!” Tony was not willing to risk an arrest to further Johnny’s silly April Fool’s prank.

Johnny Horizon, on the other hand, was fully committed to the breach of Broadmoor, regardless of how many private dicks were posted there. But, his plan of attack required a Bowman in the canoe, his assault-vehicle-of-choice.

Johnny had precious little time remaining before April Fool’s. For Tony to choose discretion over valor was a devastating blow. Johnny had to move fast. He called Joe Doakes.

Joe Doakes had guts. He was also skilled at a variety of endeavors. Joe was the only person Johnny had met who could consistently beat him at chess. Joe could also better Johnny at numerous other recreational competitions. Joe could be the only person who could pull this off and who would agree to Johnny’s unlikely request on such short notice.

Joe Doakes agreed to man the bow in Johnny’s war canoe.

Not willing to leave an evidentiary trail at the University of Washington canoe house, Johnny borrowed a canoe from a friend in Fall City. He loaded the toilet and canoe in his pick-up truck. Johnny’s truck,

# Seymour, I think it's time to renew!



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were it a citizen, was old enough to vote. The launch site was close, so he did not expect any problems.

He had also picked up a sleeveless red cocktail dress at Goodwill for fifty cents. When the dress was nailed to a long rake handle—that Johnny had been saving in his basement for just such unforeseen contingencies as this—the dress and the rake handle made for a fair approximation of a red battle flag. Johnny threw that into the bed of the pick-up also. Johnny was ready to roll at 4:00 a.m. on April 1st.

Joe Doakes arrived at Johnny’s house. The two of them got into the truck and headed for the launch site.

The place Johnny had scouted for putting the canoe in the water was in the northern part of the University of Washington Arboretum. It was there that a dead-end highway entrance ramp was located. The ramp had been designed for the R. H. Thompson Expressway, to connect US Route 10 (now Interstate 90) with State Route 520 in the Montlake area, close to the University. Built in 1963, the ramp went nowhere because the connecting highway was never built. The ramp had been intended to run from a highway close to the western shore of Lake Washington.

Finally revolting against the voracious appetite of the transportation lobby, voters had refused to approve funding, leaving “ramps to nowhere”. The particular on-ramp Johnny had in mind started in a secluded spot close to the water’s edge and fed into the westbound lanes of State Route 520 at the Montlake exit to the University of Washington, directly across Union Bay from Hec Edmondson Pavilion. To get there by motor vehicle one had to be coming over the Evergreen Point Bridge from the east side of Lake Washington.

Johnny and Joe drove the length of the Arboretum and then to Bellevue on Route 520. Exiting and crossing an overpass, they re-entered the highway and drove back across Lake Washington. Johnny stopped the truck in the middle of the Montlake exit and shifted into reverse.

“What are you doing?” Joe Doakes thought they were an invitation to a rear-end collision.

“The only way to get where we’re going is to back up from this exit.” Johnny applied the gas, whizzing the

**continued next page**



**Mission accomplished! Commode on the third green, with anarcho-communist flag flying high**

from previous page

truck backwards past broken glass and No Trespassing signs.

The aborted on-ramp ended in a perfect place. Underneath another off-ramp from Route 520 to Lake Washington Boulevard, they were almost invisible when parked at the launch site. The truck was only a few feet above a small slough where the ramp dropped off. Joe and Johnny put the canoe into the water with minimal effort. It was still dark. The two voyageurs, with their toilet cargo, silently paddled through lagoons and Duck Bay. Gliding under an arched footbridge, Joe and Johnny passed the south side of Foster Island and headed for Broadmoor.

The lake frontage of Broadmoor was dense with vegetation. Later in the spring water lilies would make the narrow channel impassible, even to a canoe. Johnny had memorized the location to enter his secret channel from earlier visits since the entrance was not visible from any distance.

The passage to the edge of Broadmoor was so narrow that the limbs of various bushes growing in the shallow water constantly scratched Joe and Johnny. They beached the canoe at the edge of a fairway.

Joe and Johnny scrambled onto the golf course with their paraphernalia. Johnny had selected the third hole for placement of the toilet, mainly because it was one of the few greens visible from his earlier reconnaissance outside the Broadmoor fence. They ran uphill on the golf course.

On the third green, Johnny meticulously lined up the toilet's drain hole with the hole for the third cup. He then inserted the rake handle with the cocktail dress nailed to it. The result suggested the location of an emergency bathroom.

Joe and Johnny fled in the pre-dawn darkness, departing as rapidly as they'd arrived, before any of the napping German Shepherds caught their scent.

They returned to the launch site and hoisted the canoe back into the truck. Driving away, Johnny told Joe that, in case they were stopped, it was important to have an aura of friends who were merely "recreating" and that they hadn't noticed the No Trespassing signs in their bliss at communing with nature. As Johnny casually accelerated onto Route 520 from the "ramp to nowhere," Joe imagined himself a ghost rider of yore from the Department of Transportation.

Back at his house, Johnny insisted on hiding the canoe in a large thicket of blackberries. That accomplished, Joe Doakes made a hurried departure to his home in the University District.

Johnny wanted to document the exploit. He rummaged around for his cheap camera. Changing clothes and vehicles, he departed for the east side of Broadmoor on his motorcycle. "One can never be too careful," he thought. Riding to 38th Avenue East, Johnny took a snapshot of the toilet perched on the third hole just after dawn on April 1st.

Johnny was concerned that maintenance men would simply whisk away his toilet to the nearest dumpster, depriving his intended targets of their education in karma. He decided to send a message to the residents of Broadmoor. Johnny removed the film from his plastic camera, later depositing it at a fast film place for developing.

Johnny thought the only correct method of dialogue for urban guerrillas like himself was by way of a communiqué. Not knowing the level of reaction to expect from influential civic activists at Broadmoor, he was starting to get paranoid. A handwritten communiqué was definitely out of the question as too easily identified. No, he had to draft the communiqué on a typewriter.

Johnny's typewriter was a 1928 Remington model his uncle had given him as a high school graduation present. He recalled an old mystery novel in which the cops had caught the killer by matching the imprint of typewriter keys. "No," he thought, "I can't use my typewriter or I'll get nailed." Johnny remembered Antonio Schmidt once telling him that there were innumerable typewriters at the Daily office. The Daily was the student newspaper put out by the journalism department at the University of Washington.

Johnny read the Daily daily. He knew from the contents of the publication that numerous malcontents at the University of Washington School of Journalism had

TO WHOM IT MAY CONCERN---

This is a photograph of the Third Hole on the Broadmoor Golf Course, taken at dawn, April 1st, 1978.

Broadmoor's southwestern perimeter faces what is commonly regarded as the edge of the Central Area. This glaring inequality would not be so offensive had not the extremes in income differentials become rigidified with the construction of a wall. This may be seen as an over-reaction by the rich to a perceived threat. But if perception helps shape reality, if "believing is receiving", then the fat cats---those who drive their Lincolns and Mercedes up Madison, through the Central Area, looking neither right nor left---are digging their own graves.

Broadmoor is vulnerable. In this case an amphibious force went undetected. The masses of the dispossessed cannot be kept at bay by fences and guards. What you see in this photograph is a reminder to the residents of Broadmoor: The red flag of anarchy will ultimately wave over the toilet of the bourgeoisie!

\*\*\*\*\*The Johnny Horizon International Terror Unit

cc: The Seattle Sun  
The U. of W. Daily  
Gordon Smith  
Dick DeBasement  
Broadmoor Country Club



**Cunningly anonymized letter claiming responsibility from an obscure radical group; note the cc to the alternative weekly The Seattle Sun (1974 to 1982).**

access to those typewriters. Johnny didn't want any of the cub reporters framed for his crime. Most of the authors of the articles appearing in the Daily would be plausible suspects to indict for the raid on Broadmoor. Certainly they all had ideological motives, but a prosecutor would be unable to prove their presence on the third green beyond a reasonable doubt.

He met with Tony again. After making sure that Tony had an alibi, Johnny asked him how to gain access to the typewriters at the Daily office. Tony was very cooperative in providing information.

Johnny Horizon strolled into the University of Washington School of Journalism, trying to appear nonchalant. Tony had described how many people had access to the Daily typewriters and how they acted. Johnny casually took a seat in front of a vacant typewriter to draft a communiqué to Broadmoor.

Johnny's paranoia was increasing. Prior to arriving at the office for the Daily, Johnny took the precaution of purchasing some Playtex dishwashing gloves. He assumed that the police would, in the normal course of their investigation, check every typewriter in Seattle for fingerprints.

He typed out a communiqué, addressed to the Broadmoor Golf Course Clubhouse, ending with the language: "The red flag of anarchy will ultimately wave over the toilet of the bourgeoisie." He included a snapshot of the used toilet posed over the cup of the third hole for those residents not arising to golf early enough to view Johnny's idea of "modern expressionism."

Johnny utilized the Daily's mail facility to deposit the communiqué and left the School of Journalism undetected.

There was absolutely no official reaction to Johnny's April Fool's message to Broadmoor.

Ten years later Johnny was squeezed out of his neighborhood—both spatially and financially—by yuppies. They finally realized that the upper portion of the Madison Valley was a good location for commuting to downtown, and had a view of the Cascade Mountains to the east. House and land values skyrocketed. The empty lot where Johnny's roommate used to pump off rounds from a 30-'06 was sold. The upwardly-mobile immigrant to Seattle who bought the lot next door built a house some ten feet from the window of Johnny's bedroom.

With the increase of property values the "red-line"—where the banks considered the boundary for the ghetto to be—moved farther and farther south. The Seattle police opened a precinct on Capitol Hill, at the edge of the CD on the downtown side. Police "protection" escalated with property values, and gunfire was rarely heard in the Madison Valley anymore. The Valley Tavern was converted into an upscale laundromat. The portion of Madison Street traversing the Valley was finally re-paved.

Johnny knew it was time to move away.

food

## THE PERILS OF TOFU

Soy is likely shortening the lives of cows, and perhaps humans too

BY KATHLEEN MURPHY

There aren't any warning labels on most food products made of soy beans, but there should be. Yes, soy can be healthy for humans, but only when it is fermented. Before fermentation, soy beans are high in phytates, or phytic acid, which blocks the absorption of essential minerals, such as iron, calcium, magnesium and zinc which are needed by the human body. Unfermented soy beans are also high in potent enzyme inhibitors that cause intestinal problems, cancer and growth retardation. These phytates and potent enzyme inhibitors are deactivated by fermentation but not by ordinary cooking.

The fermentation of soy is a process that takes months to complete. However, most soy sold in America goes through a rapid hydrolysis process which takes two days. The final product has large amounts of unnatural glutamic acid also found in MSG.

According to Sally Fallon, author of Nourishing Traditions, ancient Chinese sources show that soy beans were originally cultivated for their nitrogen-fixing qualities and not as a food source. Later, by the Chou Dynasty (1134-246 BC), the Chinese had learned to ferment soy beans, making them harmless and nutritive. The soy bean then became the "fifth sacred grain." Healthy fermented soy products include miso, natto, and tempeh. Tamari is the liquid that results from the miso making process which makes it a healthier alternative to soy sauce.

Strangely, the health value of cow milk is diminished by the increase of soy in the cows' rations. In the Price-Pottenger Nutrition Foundation Health Journal, Trauger Groh, who followed the effects of soy on cows for many years, shares his findings that cows, formerly living 15 years and birthing 12 calves, now on average live up to 6 years and have less than 3 calves. He concludes that the main reason is the high percentage of soy in the cows' rations. The irony (and perhaps tragedy) is that people drink soy milk to replace "unhealthy cow milk" when soy is one of the major reasons that cows milk is so unhealthy.

Lastly, consider the thyroid. According to health writer Tom Valentine, three phytochemicals in soy have been shown to have antithyroid activity: soy isoflavins, now being especially hyped for possible anticancer activity, are the most potent of these thyroid inhibitors, followed by daidzein and then genistein.

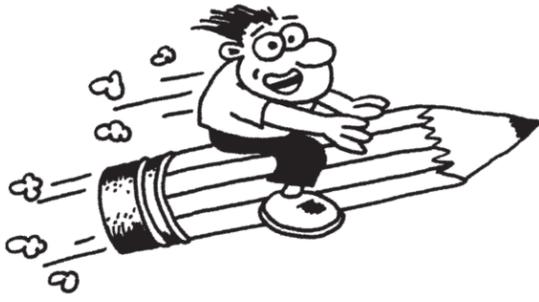
Valentine laments, "No other dietary staple has so many antinutrient drawbacks as soy. Conversely, no other food has so many public relations firms and lobbyists working for it."

I am reminded of cigarette smoking and how when it first came to be it was promoted as being "healthy." Now, many years later, it is finally widely accepted that cigarette smoking is harmful to health. I hope that in the case of unfermented soy (and any other harmful "health" products out there) that wider knowledge of the truth happens much more quickly.

For an extensive discussion on the topic of unfermented soy and the problems associated with it see [www.WestonAPrice.org/soy/ploy.html](http://www.WestonAPrice.org/soy/ploy.html). Also recommended is The Whole Soy Story by Kaayla T. Daniel PhD, CCN.

*A special note for all the members of the Puget Consumers Co-op (PCC) grocery stores: The WA Free Press applied some years ago to be allowed to distribute copies in PCC stores alongside other publications. We were refused by PCC management on the grounds that our paper did not report on food. In fact, both then and now the paper has often produced groundbreaking reportage on food safety. We hope that PCC members will put pressure on the PCC stores to allow the distribution of the WA Free Press there. After all, food safety is just as important as food itself, isn't it?*

Writing or revising your will?  
Please consider making a  
charitable bequest to the  
Washington Free Press.  
Our contacts are on page 2.



**Editor's note:**

There is no way to know the true consequences of food irradiation. Irradiation not only may affect food in unanticipated ways (see the article below), it also may prevent the pro-biotic benefit of raw vegetables for the vast majority of eaters, resulting in overly sanitized food and weaker overall public health.

After all, according to public-health websites, the large—probably vast—majority of e-coli and salmonella cases go unreported because in most people these infections simply manifest as a few days of soft stools. (See [www.cdc.gov/nczved/dfbmd/disease\\_listing/salmonellosis\\_gi.html#8](http://www.cdc.gov/nczved/dfbmd/disease_listing/salmonellosis_gi.html#8), and [www.cdc.gov/nczved/dfbmd/disease\\_listing/stec\\_gi.html#11](http://www.cdc.gov/nczved/dfbmd/disease_listing/stec_gi.html#11))

In fact, light infections from such bugs may serve to strengthen the immune system of the general population. The fact is that public health officials simply do not know of the potential benefit of such pro-biotics in the foodstock because they have never tested it.

Instead, public health officials follow a military model of food safety: zap and destroy the “enemy,” which in this case is a lowly but stubborn bacteria. (Similar to how the US military commanders consider the “insurgents” in Iraq!)

A much better and simpler public health recommendation would be to caution those with weak immune systems to eat only well-cooked food, and spare us all from harmful radiation. Just common sense, really.

Doug Collins

## What You Probably Don't Know About Food Irradiation

### FROM THE ORGANIC CONSUMERS ASSOCIATION

The Food and Drug Administration (FDA) has okayed the irradiation of lettuce and spinach. Food irradiation is the process of exposing food to ionizing radiation in order to destroy disease causing pathogens, like bacteria and viruses. Irradiating food makes food more dangerous, not safer. Some major concerns with food irradiation include:

\*The formation of free radicals, which can set off chain reactions in the body that destroy antioxidants, tear apart cell membranes, and make the body more susceptible to cancer, diabetes, heart disease, liver damage, muscular breakdown and other serious problems.

\*Serious health problems in laboratory testing, including premature death, fatal internal bleeding, cancer, stillbirths and other reproductive problems, mutations and other genetic damage, organ malfunctions, stunted growth and vitamin deficiencies.

\*The creating of mutant forms of dangerous bacteria, like E. coli and Salmonella

\*Nutrient loss in foods, including the destruction of vitamins and essential fatty acids.

\*The formation of carcinogenic chemicals, like benzene and toluene.

\*While irradiated lettuce and spinach must be labeled in supermarkets (though perhaps under deceptive logos or terms such as “cold pasteurized”), there are currently no labeling requirements for restaurants serving irradiated produce or other items. Patrons and clients may consume irradiated lettuce and spinach in the future without their knowledge, nor consent.

There are many alternatives to irradiation. Visit OCA's Irradiation Alternatives page for more information ([www.organicconsumers.org/irrad/alternatives.cfm](http://www.organicconsumers.org/irrad/alternatives.cfm)).

# HERE'S YOUR CHOLESTEROL DRUG, JUNIOR

Pharmaceutical company influence is surely to blame for irresponsible new pediatric guidelines

BY VERA HASSNER SHARAV, ALLIANCE FOR HUMAN RESEARCH PROTECTION

The American Academy of Pediatrics (AAP) has issued recommendations for “wider cholesterol screening for children and more aggressive use of cholesterol-lowering drugs starting as early as the age of 8 in hopes of preventing adult heart problems.”

This is a highly controversial recommendation that smacks of pharmaceutical company influence. Indeed this recommendation overturns the AAP position—as reported in 2002, by The Washington Post:

The American Academy of Pediatrics (AAP) worries that the FDA's February approval of Merck's Mevacor (lovastatin)—for children with a disorder that gives them very high blood cholesterol—could fuel more statin use when there is still little long-term safety and efficacy data in children, said John Moore, a pediatric cardiologist at Philadelphia's M.C. Hahnemann Medical Center and chairman of the AAP's cardiology section. There's also no consensus on how best to treat high cholesterol in youngsters, he said. (See [www.washingtonpost.com/ac2/wp-dyn/A42383-2002-May6?language=printer](http://www.washingtonpost.com/ac2/wp-dyn/A42383-2002-May6?language=printer))

Neither reporters of the Associated Press or The New York Times questioned what scientific evidence supports the use of statins in children who do not have heart disease. Cholesterol-lowering drugs were first introduced in 1987 (Mevacor), and are currently the most prescribed drugs in the US.

So, why has there been no dramatic improvement in US mortality rates? Why are more Americans becoming obese, diabetic, and dying of heart attacks compared to the rest of the world?

Statins have been proven effective only in patients with a prior history of heart attacks—not in those deemed to be “at risk” because of high cholesterol. (<http://ahrp.blogspot.com/2007/01/are-lipid-lowering-statin-guidelines.html>)

To gain insight one must turn to physicians who are not on the payroll of drug manufacturers. Doctors, such as John Abramson, MD, author of *Overdosed America* (2004), points out that in clinical trials that included healthy but high-risk people without heart disease, statins were shown to be of no benefit.

For example, for women of any age who do not have heart disease or diabetes, and for men older than 69 who do not have heart disease or diabetes, there was no benefit from ingesting statins.

For men aged 30-69 years who are at high risk of developing heart disease statins show a modest benefit: out of 50 high-risk men taking a statin every day for five years, only one avoids a “cardiac event.” In other words, of every 50 men who stay on statins for five years, 49 risk an adverse drug reaction with no benefit. [1] ([www.thelancet.com/journals/lancet/article/PIIS0140673607605194/fulltext](http://www.thelancet.com/journals/lancet/article/PIIS0140673607605194/fulltext))

What is the overall effect on children's health of taking a drug? One has to wonder when looking at the warnings and side effects listed on the label of Lipitor ([www.fda.gov/cder/foi/label/2007/020702s050lbl.pdf](http://www.fda.gov/cder/foi/label/2007/020702s050lbl.pdf))

Given the potential risks of harm from statins—including cognitive impairment, liver damage, and muscle pain, weakness, rigidity, shouldn't we seek alternative ways to reduce the risk of heart disease? Life-style changes, healthy eating, no smoking, and exercise are proven effective against cardiovascular disease—and they pose no risk of any sort.

Why, then, does the American Academy of Pediatrics recommend a dubious course of treatment with drugs instead? One clue may be found in list of donors who include McDonalds—whose fast food has contributed mightily to US children's obesity and cholesterol epidemic – as well as pharmaceutical companies that market statins, such as, AstraZeneca (Crestor), Sanofi-Aventis (Zocor), Merck (Mevacor, Vytorin). ([www.aap.org/donate/fcfhonorroll.htm](http://www.aap.org/donate/fcfhonorroll.htm))

Neither the AP nor the New York Times informed readers about AAP's financial ties to companies with vested interests in the recommendation.

The Times quotes Jatinder Bhatia, a member of the academy's nutrition committee who is a professor and chief of neonatology at the Medical College of Georgia in Augusta. He stated: “We are in an epidemic. The risk of giving statins at a lower age is less than the benefit you're going to get out of it.”

Times readers are not informed that Dr. Bhatia has extensive pharmaceutical ties as a consultant and speaker, and sits on several company advisory boards—

health

and these may just influence his bald, unsubstantiated statements. (See [www.nortonhealthcare.com/pdf/KCH-2045%20Newborn%20Symposium.pdf](http://www.nortonhealthcare.com/pdf/KCH-2045%20Newborn%20Symposium.pdf))

AP reporter, Lindsey Tanner also informed readers that he has worked as a consultant to Abbott Laboratories and Merck & Co.

The 2008 AAP cholesterol recommendations are a crass example of how financial conflicts of interest can influence treatment recommendations by American professional medical associations.

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AHRP website at [www.ahrp.org](http://www.ahrp.org) and <http://ahrp.blogspot.com>

## Nature Doc

# TEN REASONS DOCTORS SHOULD PRESCRIBE BICYCLING

BY DR. JOHN RUHLAND

10. Cycling is fun!
9. Cycling promotes mental health.
8. Cycling holds the family together.
7. Cycling prevents diabetes.
6. Cycling prevents heart disease.
5. Cycling prevents \_\_\_\_\_ (fill in the blank with most any chronic illness).
4. Cycling improves quality of life and longevity.
3. Cycling is easy on your joints (consider a recumbent cycle if you have neck, back, wrist, or other conditions preventing use of upright cycles). Cycles can also be equipped with “assist motors” to help with steep hills, in places such as Seattle.
2. Cycling is an excellent form of low-impact aerobic exercise.
1. The top reason: bicycles do not leave a trail of unburned hydrocarbons or other toxins that are then breathed by everyone in the area.

Imagine the impact on the health of everyone and everything on the planet if doctors encouraged their patients to leave their cars behind and put their behind on a bike!

John Ruhland, ND, practices medicine in Seattle, and also prescribes bicycles on the side. Visit Dr. John's website at [www.drruhland.com](http://www.drruhland.com).

Reason #598: Writers who follow their own interests rather than the assignments of an editor. There are at least 1000 reasons to support and subscribe to the *Free Press*. Please do so on page 3!

# Will the Elections Bring Change?

BY DON MONKERUD

The upcoming election is shaping up to be a crucial battle as more and more Americans become disgruntled and call for a change.

With disquieting wars in Iraq and Afghanistan, plunging paychecks, increasing debt, and lost jobs, cultural issues such as abortion, gay marriage, and racial politics—critical issues in national elections since Ronald Reagan—are losing their allure with voters anxious about real threats to their existence.

“Political coalitions get old just as people do,” says Morris Fiorina, senior fellow at the Hoover Institution and author of the upcoming book, *The Great Disconnect in American Politics*. “The political structure is ossified, stuck in the controversies of the 1960s, and Republicans are in trouble because issues like race and abortion do not resonate as strongly with a new generation of voters.”

Obama represents change, which accounts for his appeal among young voters. In a poll conducted before the national Super Tuesday presidential primary at Stanford University, 53 percent supported Obama, 24 percent supported Clinton and 5 percent supported McCain. And the youth vote could make a difference in the upcoming election.

Daniel Wirls, professor of politics at UCSC and author of *The Invention of the United States Senate*, predicts that this election could bring a major turnout of young voters with a new perspective: They don’t view issues in the same way as older voters do. Comparing the candidates leaves Obama with many advantages, but young voters need to turn out where they will make a difference, in states such as Ohio, Pennsylvania, Florida and Michigan.

“This is the clearest example in modern times of a presidency defined by one thing and one thing alone—the war on terror,” says Wirls. “Bush’s popularity rose to 90 percent after 9/11 as people rallied around the flag. But the war ground on with little progress and began to be seen as a mistake by more and more people—even the economy didn’t become an issue until the past six months—and he continued to slide in public opinion polls.”

Americans are unhappy with the way things are going, but they are also extremely cautious. People want change but don’t want to upset the status quo; they want an end to the war but fear significant changes. They want economic change but are unsure about what a president can do to change the economy. And, although Americans want to hear something different, the candidates are moving toward the center to avoid frightening voters. Wirls wonders whether Obama’s moderation of his message will lead to a loss of the enthusiasm he created in the primaries.

“If Obama continues to pull his punches and moderate his positions, young voters will wonder about him,” says Wirls. “He only looks different in comparison to his competitor: McCain allows him to look different no matter what.”

While discontent is an issue in the presidential



campaign, the war and the economy are in the forefront of voters’ concerns. Sheldon Kamieniecki, dean of social sciences at UCSC and author of *Corporate America and Environmental Policy: How Often Does Business Get Its Way?*, sees the economy as a more important issue in some states than the war. The energy crisis is tied to the economy and spills into environmental issues, as Republicans push for opening public lands and offshore areas to oil exploration. Health care, also tied to economic concerns, and education will also be important campaign issues.

McCain got off on the wrong foot by proposing offshore drilling and nuclear power, two unpopular issues in many states including California and Florida. McCain’s campaign also appears confused. Instead of running as a maverick and a populist, his advisors are attempting to repackage him as a conservative, which doesn’t work. His supporters are not enthusiastic. Nationally, support for Bob Barr, the libertarian candidate, could siphon conservative Republican votes away from McCain. Will core conservatives stick with McCain and will Obama discourage youthful enthusiasts as he moves to the middle?

“We may be entering an era where both liberals and conservatives have extra room to change their positions on issues and not worry so much about their base,” says Kamieniecki. “Both sides may be more willing to move to the center in this election with less fear of losing their base. McCain started with a problem of his conservative base, but Obama’s main challenge is to broaden the base of traditional liberal support to reach business people and the white working class—the Reagan Democrats.”

After his successful visit to Europe and the Middle East, Obama appears to have many advantages; but the dynamic flow of a campaign can take unexpected turns. Few would have predicted that a Swift Boat Campaign would have derailed John Kerry, a seasoned veteran facing a president who went AWOL during the Vietnam War. Successful negative attacks by McCain, the bombing of Iran or other unforeseen circumstances could radically alter the campaign before November. Daniel Wirls warns, “Don’t think things are as they seem because there’s a good chance they won’t be.”

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# BEYOND THE CONVENTIONS

## Media Beat

BY NORMAN SOLOMON

With varying degrees of confidence or even complacency, many people have assumed that the jig is almost up for the horrendous political era that began when George W. Bush became president. Always dubious, the assumption is now on very shaky ground.

The Bush-Cheney regime may be on its last legs, but a new incarnation of right-wing populism is shadowing the near horizon.

Much as modern capitalism is always driven to promote new products in the marketplace, the corporate-fundamentalist partnership must reinvent and remarket itself. We’re now seeing the rollout of a hybrid product under the McCain-Palin brand.

After watching Sarah Palin’s acceptance speech and the laudatory responses from many TV journalists, I remembered wandering around the floor of the Democratic convention in Denver. At the base, the two major parties are even more different than the speeches are apt to indicate.

Under the roof of the Democratic Party, notwithstanding its shades of corporatism and militarism and numerous other grave faults, there’s a lot of long-standing and ongoing involvement from key progressive constituencies—including labor unions, African Americans, gay rights activists, human rights defenders, environmentalists, fair-trade advocates, health-care-for-all organizers, feminists, and on and on.

In contrast, the Republican Party is a political institution that views all such constituencies and activists (including the new target of GOP derision, “community organizers”) as enemies to be smothered and crushed. The party’s latest “populist” packaging is another wrinkle in a timeworn pattern; the most avid political servants of corporate elites are eager to keep generating the anti-elites rhetoric and imagery of down-home regular folks.

At the 2008 Democratic National Convention, some of the speeches ran counter to basic progressive tenets of peace and social justice. But none came close to the zeal for social Darwinism, jingoism and militarism routinely spewing from the Republican convention’s podium.

In ways too numerous to count and in realms too profound to truly evoke, this decade has grimly underscored that—notwithstanding theoretical claims to the contrary—it matters greatly who is president. From the Supreme Court to thousands of subcabinet positions to executive orders to a vast array of foreign-policy decisions including the potential use of nuclear weapons, the president is able to wield state power with consequences huge enough to be unfathomable.

A popular strand of analysis on the left has downplayed the importance of the president. The story goes that corporate forces rule, and the person in the Oval Office is little more than a figurehead for those rulers. There’s some validity to that assessment, but in the face of experience it has tended to calcify into a form of denial.

With right-wing Republicans running the White House for 20 of the last 28 years, maybe the downplaying of the importance of the presidency has become a kind of coping mechanism for some progressives. Accustomed to a status quo that grows increasingly dire, we’ve settled into an uncomfortable “comfort zone” as familiar as it is macabre. At the same time, the cascading effects of right-wing control over most of the federal government have been cumulative and devastating.

Of course progressives should always keep organizing, educating, protesting and agitating. But the potential for achieving progressive changes in government policies is severely limited while the right wing is entrenched in the White House. The changes we need can only be propelled from the grassroots, but the possibilities are badly circumscribed when the far right maintains a grip on state power.

After the election in early November, it’ll be President McCain or President Obama.

We’ll never pass this way again.

Norman Solomon, a national co-chair of the *Healthcare NOT Warfare* campaign, is the author of *War Made Easy: How Presidents and Pundits Keep Spinning Us to Death*. A documentary film of the same name, based on the book, has been released on home video. For information, go to: [normansolomon.com](http://normansolomon.com).

Dan McConnell



THE MARKETPLACE POLL

Andrew Wah

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See complete cartoon on page 17 of this electronic version (image is cropped here because print centerfold is not visible on pdf).

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Andrew Wah

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# Most WA State Candidates Fail Political Courage Test

BY BRANDON HORTON,  
PROJECT VOTE SMART

In August, Project Vote Smart completed its 2008 test of the congressional and state legislative candidates, examining their willingness to tell voters their positions on the issues they will most likely face on their behalf if elected.

Nationwide only 32% of federal candidates, 10% of gubernatorial, and 8% of state legislative candidates were willing to tell voters their positions on the issues through our Political Courage Test. This was a fall from rates in previous years.

Here is a link to the news release, supporting documents, and the candidates' individual responses on our web site. They show that Washington state candidates reflect the national decline in candidates courageous enough to tell voters where they really stand on the issues voters care about.

In Washington state, the major-party frontrunner candidates for the House of Representatives who passed the Political Courage test were Rick Bart (Dem. 2nd Dist.), Michael Delavar (Rep. 3rd Dist.), George Fearing (Dem. 4th Dist.), Doc Hastings (Rep. 4th Dist.), Steve Beren (Rep. 7th Dist.), and Jim McDermott (Dem. 7th Dist.). These were the candidates who gave straightforward answers regarding their positions on important issues. You can find their specific positions by visiting our website. (See [www.votessmart.org/election\\_five\\_categories.php?state\\_id=WA](http://www.votessmart.org/election_five_categories.php?state_id=WA))

We have been testing Washington candidates for more than 12 years on this one issue, and these results show that it is generally becoming harder for citizens to find out how their own candidates may handle the job if elected.

I hope you will let other citizens in your community know about this test and its significance to them before the November final election.

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alive. Please subscribe to the *WA*  
*Free Press* on page 3.

## WHO THE HECK READS THIS PAPER?

Well, we don't really know, because we've never done any demographic marketing surveys. You see, most papers and magazines do marketing surveys of their readers in order to help sell ads for their "target market." They know that their average reader has 2.3 kids and 0.8 dogs, for example.

We at the WA Free Press don't try to wheedle personal information from you because we do not owe our existence to advertisers. We don't try to sell ads because 1) we don't want to burden the earth with more junk, and 2) selling ads is a truly awful soul-destroying job (from first-hand experience, I wouldn't wish it on anybody!).

Sure we print some ads, but the small number we print are from progressive-oriented advertisers who have contacted us and who like to help the paper.

So what do we do at the WA Free Press? We simply print articles that writers like to write and that (we hope) subscribers like to read. That's what true journalism should be.

If you haven't already, please do your part to keep the WA Free Press active and strong by subscribing on page 3. I subscribe myself. I think of it as yearly dues for a better world.

Doug Collins

Bob Markey

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you're vacationing in the sun.**

law

# CITIZEN PAIN

## Settlement reached in immigrant lawsuit

FROM THE ACLU OF WA

The Northwest Immigrant Rights Project (NWIRP), the American Civil Liberties Union of Washington (ACLU-WA), and the law firms of Stoel Rives and Ropes and Gray today announced that they have reached a preliminary settlement agreement with the federal government in a landmark class action lawsuit.

The case, *Roshandel, et al. v. Chertoff, et al.*, challenges the Department of Homeland Security's unlawful delays in processing the applications for naturalization of hundreds of legal permanent residents in Western Washington. Under the preliminary settlement, the government has agreed to complete the citizenship process for hundreds of individuals in time for them to register to vote in the November general election.

"The government's failure to act fairly had left many people in limbo. Now they will be able to vote and participate fully in civic life," said Sarah Dunne, legal director of the ACLU of Washington.

"We are pleased that through this agreement, hundreds of lawful permanent residents will finally have their naturalization applications adjudicated, as the law requires," said Matt Adams, legal director of NWIRP.

Under federal law, the Department of Homeland Security (DHS) is required to make a decision on citizenship applications within 120 days of the naturalization interview. DHS routinely failed to comply with this timeframe, however. The Department has disregarded this deadline in order for the FBI to conduct "name checks" that are not required by regulation or statute, and even though the applicants have already been cleared through separate FBI criminal background checks. As a result, many applicants have been waiting for years to become citizens, for no good reason.

The case was filed in October 2007 on behalf of four legal permanent residents who had waited years for the government to make a decision on their requests to become citizens. In April 2008, Judge Marsha Pechman certified the suit as a class action lawsuit to cover the numerous other people affected by the government's inaction.

In granting class certification, Judge Pechman rejected the government's arguments asserting that the inability to vote does not prevent individuals from fully participating in our democracy: "This suggestion that Plaintiffs should be resigned to participate vicariously in civic society is shocking, offensive, and wrong. It echoes the sentiments of those who challenged woman's suffrage, suggesting that women should be content to participate in the political process vicariously through their husbands' votes."

Through the lawsuit, 79 individuals already have had their cases adjudicated. Under the settlement agreement, the cases of 283 lawful permanent residents are to be finalized by September 19. This group will be able to register to vote in time for the regular mail-in registration deadline of October 4. The remaining group of approximately 65 permanent residents will have their citizenship applications adjudicated by October 18, in sufficient time for the in-person voter registration deadline of October 20 for first-time voters.

Because the suit involves a class action, the preliminary settlement agreement will have to be approved by Judge Pechman. A fairness hearing is scheduled for August 28, 2008.

Handling the case are cooperating attorneys Rita Latsinova of the law firm Stoel Rives LLP and Alfred Day of Ropes and Gray LLP; ACLU of Washington attorney Sarah Dunne; and Northwest Immigrant Rights Project attorneys Matt Adams and Christopher Strawn.

# Waiting For Metro

Instead of adding more lines and vehicles to a slow, tangled mess, the bus system needs to be revamped

BY DOUG COLLINS

Often I hear people say, "Seattle has a good bus system." Then I ask them what other bus systems they've used much. Usually, they are comparing Seattle to most other American cities, which don't really have viable bus systems at all.

So it would be more fair to say "Seattle has a bus system," which might excite some people, but not those who really need to get to work on time.

In Japan, when a bus or train runs late, the transit company will give you an apology note to give your boss. That way, your boss knows that when you show up at 8:10 instead of the expected 8:00, it's not your fault. In any case, the transit there is rarely late, so not many notes are given. And they don't even need Mussolini to inspire them.

As for the King County area bus system, including Metro and Sound Transit, they ought to instead give you a note for your boss that says: "Your employee is so stupid that he/she thought our bus system would get him/her to work on time."

That's only partly a joke. One time when I was teaching an adult education class, the topic of busses came up. Two people in my class of twenty had actually lost jobs in the past by trying to depend on King County bus schedules to get them to work on time. I may have suffered that same problem myself once (or maybe they just fired me for my rare perfectionist attitude). If you really want to keep a regular job in Seattle, you really ought to plan on catching a bus that is scheduled to arrive at least a half hour earlier than your work time.

The King County Metro bus system had a 74% on time rate in early 2007, which certainly has declined since then given the upsurge in bus ridership. And "on time" according to Metro apparently allows for a ample grace period. What would the Japanese (or any other sensible people) make of those statistics? They'd probably shake their heads and say "Gocha gocha!" which translated means "What a terrible confused mess!"

From experience, I can say that in some rare cases you can depend on the Metro bus being fairly much on time. If you're catching it near the beginning point of a route, you can generally follow the schedule. On slow Sundays there is light ridership and usually light traffic, so things tend to run smoothly. But if it's a weekday, and if the stop you're at is near the middle or end of the route, you might as well hunker down and use your bus schedule as kindling for a camp fire. There's little or no correlation between the times in it and the times the busses actually come.

## What makes them so slow

There are three basic drags on busses. One is the passengers, the second is traffic. The often overlooked third factor is the bus system itself.

The more passengers that get on and off, the longer the bus will take. And if one bus simply does not show up (which is not an odd occurrence, in my experience) then the next bus will be cram-packed with riders, each one getting out their change or swiping their pass, asking questions about connecting routes, and pulling the "stop" cord at every single stop. Riders get a double-whammy of lateness: they miss the first no-show bus, and the second bus moves at the speed of a slug. The passengers are not happy, their bosses are not happy, the economy is not happy.

The second reason for sluggish busses is the traffic. Generally busses are caught in traffic just like any car. There are no specially designated lanes for busses, although carpool lanes on the freeways occasionally give some small advantage. Busses have no special status for right-of-way, unlike in some other countries (I'll mention more about this in the "solutions" section below). Having fewer cars around would certainly help. Do I see any lights turning on in public officials' minds?

The third drag on busses is one that nobody seems to want to talk about. That's a good sign that it's probably the most important problem. The fact is that the bus system itself is due for a major overhaul. Now, nobody looks forward to an overhaul. It requires a lot of consideration, a lot of work, and a lot of money in the short term. But in the long term, an overhaul saves both time and money.

The basic problem with the bus system is that it is like a huge tangled mess of meandering snakelike routes, like an inelegant electronic gizmo with too



**We were waiting a long time for the bus 48. There was no schedule or route information posted at the stop (pretty common for Metro). Suddenly, three busses came at once. A fourth one came a few minutes later just as we were leaving. These busses could be used much more efficiently if they were interval-timed rather than timed according to a hopeless hypothetical schedule (see article).**

many crossing wires. I live right now within a few blocks of four routes that all go to the heart of downtown Seattle. They all basically go the same place, but by slightly different routes. Since none of them come too frequently, I constantly have to consult schedules (and calculate probabilities) to determine which one I should catch. It's a ridiculous "coping" exercise, born from a ridiculous system itself. Heck, half the time it's probably faster just to walk downtown.

## A case study

To illustrate some of my points, I'll describe a bus trip that my family and I recently took from the Golden Gardens Park pedestrian entrance back to our home on a vacation weekday.

The trip to Golden Gardens was unmemorable. We consulted Metro's online trip planner for the ride there and found a route. But when we caught the 48, that particular bus was out of printed schedules (not uncommon), which we had hoped to use for the trip back. We thought there'd probably be a schedule posted on the bus stop at the end point of the bus, which is near the park. But there wasn't. All there was was a tall sign saying "48." Like that tells us anything. Kind of mysterious. Doesn't even tell us where the heck the bus goes. A drunken man might say, "I think I'll take the 48 and see where it takes me, just for kicks!" And he'd probably be sorry.

So of course we waited for about 25 minutes without any bus coming. I vaguely remembered that the busses were supposed to be coming every 15 minutes or so that time of day. I guessed maybe we were just unlucky. Anyway, suddenly not one, but three 48s came all at once, all reticulated (double length) busses. We tried to enter the first one, but the driver said he was on a lay-over, and that the one behind him would go next. Okay. Another fairly normal day of riding Metro busses.

We entered the bus behind him. The driver, after only a few stops, took an unannounced break at a church on NW 85th. The delay was either toilet-related or spiritual, or both.

Once we were definitely on the way, the bus driver continued to turn right, left, right, right, left, etc. past Green Lake, the U-District, Montlake, Capitol Hill, etc, stopping every few dozen feet for whoever waved her down, and answering every imaginable question anybody dreamed of asking her. Needless to say, it was a long ride, and we were way late, according to the hypothetical printed schedule. A couple bright points: my kids got a chance to take a nap, and at least we didn't have to walk (should I be grateful?).

I think some readers will probably misinterpret me. I'm not trying to dissuade people from riding the bus. On the contrary, I've been an avid rider for years, for ecological reasons as much as any. Busses are a readily available technology and, unlike trains, are extremely flexible in their routes. But given our bus system, rid-

ers will tend to have a certain personality, especially a personality that has time to spare. I've traveled enough to have tasted much better transit systems that practically everyone uses.

## How to fix the bus system

I've got in mind lots of ways to make the Metro bus system more efficient and speedier, listed below. These address all the reasons for sluggishness mentioned above. Some of them are meaningful systemic fixes and some of them are just coping mechanisms. I'm just throwing them out there for consideration.

1. Eliminate the need for commuting. Enact laws that encourage "proximate commuting," otherwise known as living near where you work and shop. Tax breaks, hiring laws, employee incentives, zoning changes, and construction incentives can all conspire to dramatically cut down on the use of both cars and busses, and cut down on the need for building expensive megafreeways and mega-bridges. This is really a no-brainer. So why don't you hear any politicians talking about it?

2. By other means, minimize the cars on the road. Fewer cars mean faster and more dependable busses. Pretty obvious ideas are higher car taxes and gas taxes. Funnel these taxes into more and better bus service. Subsidize bus passes. Perhaps there are other ways. The current system of funding Metro busses primarily with sales tax money makes little sense. When the economy tanks and people look to riding busses to save money, the funding for busses also dries up. King County officials obviously didn't consult Einstein.

3. Discourage people from paying for fare tickets on the bus. Instead, offer books of cheaper tickets through drugstores and 7-11s, and charge a premium for buying a ticket on the bus. That way, waiting for people fumbling with change will be minimized. The Dutch have an extremely elegant, convenient, and low-tech fare system like this called the "nationale strippen-see [Waiting For Metro on page 14](#)



**A typical bus near Tokyo has a nice bright sign on the side telling not only the endpoint, but also the intermediate destinations.**

# PROTESTORS ATTEMPT BLOCKADE OF FORT LEWIS

BY SHYAM KHANNA, KTEEO, JOSH SIMPSON, & NOAH SOCHET

The latest chapter of port militarization protests in Washington has come to an end. This protest proved that we can evolve tactically to meet the needs of a situation. A lot of lasting change will come of this action.

As the 4th Stryker Brigade 2nd Combat Infantry Division returned to Ft. Lewis through the Port of Tacoma, people from throughout the Northwest took Direct Action to blockade the paths of these Stryker vehicles. At least 15 arrests were made during blockades attempted at both the Port of Tacoma and Ft. Lewis, and at related resistance actions.

The intended effect of these demonstrations is to raise the social and economic cost of the war. The excessive security costs caused by the protests cut away at the profits made by accepting military shipments and make ports less likely to accept shipments in the future.

After the Port of Olympia demonstrations, the military reimbursed the port for security costs. Steve Hall, City Manager for the City of Olympia, announced that the city would be unprepared to accept another military shipment without calling in the national guard. We are told that these actions taken to blockade military shipments in the Northwest have inspired others in the anti-war movements across the country to take more radical and direct action to have a concrete impact on stopping the war.

If so much resistance was shown in every port in the country in response to every military shipment, the war would be impossible to continue.

Demonstrations at the Port of Tacoma began the day the USS Brittin, the boat carrying 900 Stryker vehicles, arrived on Tuesday, July 29th. On Thursday, July 31st, there was a march of approximately 40 protestors into the port. Two women, Kelly Beckham and KteeO, were arrested.

After seeing Strykers driving down a nearby cross street and out of the port, Beckham and KteeO took off running to catch up with them. The two women were followed by their fellow demonstrators and about 15 police officers on bikes.

The officers formed a line. Beckham was pulled across the police line and arrested. KteeO was pulled across the police line by her hair, slammed to the ground, lifted up in a head lock then slammed down again. Police then knelt on her back. This all happened while she loudly repeated "I'm not resisting arrest." Beckham is being charged with obstruction and property destruction. KteeO is being charged with obstruction and resisting arrest.

Friday night, August 1st, protestors effectively blocked a convoy of military equipment on "Freedom Bridge" at Interstate 5's 122 exit to a gate into Ft. Lewis, the military base where the Strykers are based. Three were arrested during this action, including one person who was arrested for asking an officer what his badge number was.

The police were taken by surprise, and soon approximately 20 to 30 police cars arrived from three different departments.

Later that night, a truck transporting military equipment was blocked on another bridge at a gate to Ft. Lewis, exit 123. There were seven people blocking the bridge, with maybe ten more demonstrating on the sidewalk. Three were arrested.

August 2nd, late at night, a protestor lockdown blocked the main gate of Ft. Lewis, exit 120, which stopped a truck transporting a Stryker vehicle for twenty minutes. Three people were in lockboxes, a device made out of PVC piping and other materials by which they locked their arms to each other.

These protesters were removed from the gate and brought to a field. The protesters still refused to move from the devices for another two and a half hours. During this time the police attempted a multitude of tactics in attempts to remove the protesters. These included but were not limited to, calling in the fire department to remove the demonstrators from their devices (the fire department refused to touch the protesters), calling in two specialists (who could not solve the "problem"), and googling lockboxes (which yielded no results).

After these attempts and two and a half hours, the protesters, hypothermic and tiring of police shenanigans, decided to release themselves.

While in jail protester Patti Imani was subjected to discrimination and psychological abuse. The police began her booking process, asking her standard questions. When Imani, who is hearing impaired, asked for an sign language interpreter, the police put her into solitary confinement and refuse to continue her booking until she became "more cooperative". Imani was released eight hours after she was originally arrested.

After the blockade was broken, a car full of activists was detained by military police for an hour and a half at the gates of Fort Lewis. There were perhaps three jurisdictions there, including Lakewood Police, Washington State Patrol, and Fort Lewis Police. It seems that while the car of activists was turning around, one of the departments ran its license plate through a database, and a red flag came up indicating that they were protesters. A lieutenant and sergeant personally supervised the detainment.

The five in the car had their information taken down, were told they would be arrested by military police if they ever returned to Fort Lewis. The driver was given tickets for failure to prove insurance and failure to prove registration. A police dog sniffed the car. An officer, while on the phone, was overheard explain—see Fort Lewis on page 14



Photos above and right: the Whatcom Peace Vigil meets 4-5pm almost every Friday, and has been meeting since 1966. Jim Milstead, above, is carrying a sign made by Margie White, in a photo from July of this year. The "vigilantes" want to remind WA Free Press readers that—according to the Congressional Research Service—spending on the Iraq War has now exceeded inflation-adjusted spending on the Vietnam War.



## Protests at Bangor Trident Submarine Base

BY MARK TAYLOR-CANFIELD



Demonstrators are handing paper cranes to base security during a vigil on Sunday, August 10 outside the Bangor Trident base. Photo by Leonard Eiger.

The Ground Zero Center for Nonviolent Action near Seattle organized three days of workshops and demonstrations at the US Navy's Trident nuclear submarine base at Bangor, Washington. The events were held in memory of the victims of the US atomic bomb attacks on Hiroshima and Nagasaki, Japan.

Five anti-nuclear activists were arrested August 11th during demonstrations at the Bangor Trident submarine base, located 20 miles west of Seattle. The Kitsap County Sheriff and the Washington State Patrol tried to establish a designated "protest zone" where activists were allowed to demonstrate, but a group of protesters unfurled an anti-nuclear banner and defied police orders to stay within the designated zone, claiming their constitutional right to freedom of speech and crossed the police barricade, they were arrested and taken to the Kitsap County Jail and charged with "failure to obey a police officer."

Peace activists from the Ground Zero Center for Nonviolent Action called for a convergence at the US Navy base, which they say has the largest stockpile of nuclear weapons in the United States. The center organized the event to memorialize the bombings of Nagasaki and Hiroshima during World War II. Founded by anti-nuclear activists Jim and Shelley Douglass, the Ground Zero Center for Nonviolent Action has been sponsoring protests against the presence of nuclear weapons at the Trident nuclear submarine base in Washington State for the last three decades.

There have been 44 arrests this year at the Bangor Trident nuclear submarine base during demonstrations held on Martin Luther King Jr.'s birthday, Mother's Day, May 31, and in August. Participants at the protests have included Buddhist monks and Catholic nuns and priests.

From August 9th through August 11th, peace activists from around the Puget Sound held a series of events highlighting the dangers of nuclear weapons, including documentary films, lectures, discussion groups, Gandhian non-violent civil disobedience training and an interfaith peace walk.



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## ACTIVIST CALENDAR

The calendar entries below have mostly been chosen from Jean Buskin's email Peace and Justice Calendar. To post activism events on her email/web version, send event notices to Jean Buskin at [bb369@scn.org](mailto:bb369@scn.org). To receive updates of the complete calendar, have Ms Buskin add you to her email list by contacting her at the same address, or view her full calendar anytime at [www.scn.org/activism/calendar](http://www.scn.org/activism/calendar).

### OTHER NW REGIONAL PROGRESSIVE WEB CALENDARS

**SEATTLE** [www.seattleactivism.org/](http://www.seattleactivism.org/) and [www.snowCoalition.org/](http://www.snowCoalition.org/), **TACOMA** [www.tacomapij.org/](http://www.tacomapij.org/), **OLYMPIA** <http://olynetwork.com> and [www.OlyFOR.org](http://www.OlyFOR.org), **PUGET SOUND**, Women in Black Vigils (various cities) [www.scn.org/womeninblack](http://www.scn.org/womeninblack), **BELLINGHAM** [www.bellinghampeace.org](http://www.bellinghampeace.org) or [www.revolutionz.org](http://www.revolutionz.org), **EUGENE** Oregon [www.planeteugene.com/peace-events](http://www.planeteugene.com/peace-events), **MONTANA** [www.montanapeaceseekers.org](http://www.montanapeaceseekers.org), **TRI-CITIES** [www.tcfn.org/wcp](http://www.tcfn.org/wcp), Lots of **NEIGHBORHOOD PEACE GROUPS**, see below and [www.snowCoalition.org/contact.php](http://www.snowCoalition.org/contact.php)

**SUN SEPT 14, Seattle**; 8:30 am Registration, 9:30 Tribute Ceremony/Program, 10 am Walk, at Sand Point Magnuson Park, 7400 Sand Point Way NE Join us in the FIGHT AGAINST ALZHEIMER'S DISEASE by walking with us. All ages are welcome in this 3.2 mile walk along the beautiful shores of Lake Washington at Sand Point Magnuson Park. Memory Walk will feature a live band, food, prizes and more! All proceeds support vital research and programs provided by the Alzheimer's Association. info and registration <http://www.alzwa.org>

**MON SEPT 15, 7 - 9 pm**, at **Seattle** First Baptist Church, Fellowship Hall, 1111 Harvard Avenue Introductory presentation about the United Religions Initiative (URI). The URI global infrastructure enables grassroots PEOPLE OF DIFFERENT FAITHS TO COOPERATE IN ENDING RELIGIOUS CONFLICT. The evening will include time for questions and answers, visioning about the Northwest, and refreshments. All are welcome. Free. info about gathering [margie.coles@interfaithcouncil.com](mailto:margie.coles@interfaithcouncil.com), or about initiative <http://www.uri.org>

**WEDS SEPT 17, North Bellevue Community Center**, 4063 148th Ave NE, **Bellevue**; 6 - 6:30 pm Networking, 6:30 - 9 Program, CONVERSATION BETWEEN THE POLICE AND THE COMMUNITY. Eastside Conversations on Race and Culture present: The Police and the Community - Building Bridges of Understanding and Collaboration. Guest Speakers: King County Superior Court Judge Steve Gonzalez, and Bellevue Police Chief Linda Pillo, an advocate of community policing. Light Refreshments Provided. Please RSVP to Callie Shanafelt [cshanafelt@bellevuewa.gov](mailto:cshanafelt@bellevuewa.gov) or 425-452-7922

**THURS SEPT 18, Seattle**; 7 pm, at Keystone Congregational Church, 5019 Keystone Place N, Interfaith Network of Concern for the People of Iraq (INOC) join with the Western Washington Nonviolent Peaceforce to present Kathy Kelly, Co-founder of Voices in the Wilderness, Co-Coordinator of Voices of Creative Nonviolence, and Nominee for the Nobel Peace Prize (3 times) speaking on LIVING THE WORK AND WALKING THE TALK OF NONVIOLENCE. Refreshments and reception with Kathy Kelly afterwards. Assistive Listening Devices available to the hard of hearing. Free, but Donations will be requested. All donations received will be equally divided between Voices of Creative Nonviolence and the Nonviolent Peaceforce. info Bert Sacks 206-548-9566 or [bert.sacks@gmail.com](mailto:bert.sacks@gmail.com)

**SEPT 20 - DEC 5, Seattle**; at the Odegaard Library, University of Washington, Health Alliance International presents a photojournalism exhibit about the War in Iraq "Unembedded: Four INDEPENDENT PHOTOJOURNALISTS ON THE WAR IN IRAQ." Unembedded is a national touring exhibit of 60 visually stunning images that tell the story of the war's impact on the lives of the Iraqi people on the ground. Free. info [http://depts.washington.edu/haiuw/hai/news/category/events/upcoming\\_events/](http://depts.washington.edu/haiuw/hai/news/category/events/upcoming_events/) or <http://www.unembedded.net> or <http://www.healthallianceinternational.org>

**SAT SEPT 20, National Day of Action.** Be part of

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**SAT SEPT 20, Tacoma**; 9:30 am - 3:30 p.m., at Tacoma Nature Center, 1919 S. Tyler St., Washington Courage & Renewal (WC&R) invites you to join us for a SOCIAL JUSTICE RETREAT designed to revitalize the hearts and spirits of those who SERVE CHILDREN, FAMILIES AND THE COMMUNITIES in which they live. \$25 to \$100 (sliding fee scale). Our actual cost is \$100. Please pay as you are able. Bring a sack lunch or purchase a box lunch - \$12 each. Snacks, coffee, water and materials provided. Registration deadline Sept 5. info [info@wacouragerenewal.org](mailto:info@wacouragerenewal.org) or 206-633-2888

**SEPT 21, the United Nations INTERNATIONAL DAY OF PEACE** designated by UN Resolution 55/282. The Preamble of the Charter of the UN says it is to "save succeeding generations from the scourge of war"; info <http://www.worldpeace.org/peaceday.html>, local info United Nations Association Seattle <http://www.unaseattle.org> or [info@unaseattle.org](mailto:info@unaseattle.org) or 206-568-1959

**SUN SEPT 21, 4 - 6 pm**, at First Congregational Church, 2401 Cornwall Avenue, **Bellingham**; Whatcom Peace & Justice Center and others present the 5th annual INTERNATIONAL DAY OF PEACE EVENT. featuring The 90-member Kulshan Chorus and The Howard Harris Lifetime Peacemaker Award. The program is followed by a vibrant, half-mile family peace march to Maritime Heritage Park for a short rally and more music. Donations to support the work of WPJC will be requested. info [whatcompjc@fidalgo.net](mailto:whatcompjc@fidalgo.net) or 360-734-0217 or <http://www.WhatcomPJC.org>

**MON SEPT 22, 8:30 am - 6:30 pm**, at Marriott **Sea-Tac Airport**; YOUTH SUICIDE PREVENTION CONFERENCE. Do you work with Youth who are GLBTQ, Homeless, in Foster Care or in the Juvenile Justice System? Then join us for interactive workshops, sharing resources, networking and promoting prevention. Focus specifically on suicide prevention and early intervention for disenfranchised youth. Youth strongly encouraged to attend. Sponsored by: Youth Suicide Prevention Program and the Washington State Department of Health. The conference fee for professionals of \$25 helps Youth Delegates attend at no charge. info <http://www.regonline.com/yspp08>

**SEPT 22 - 24, Wenatchee, WA**; The Washington State COALITION AGAINST DOMESTIC VIOLENCE will hold its 17th annual conference. This year's theme is "Caution! Men working" to highlight conversations about men's work in the anti-violence movement, women's thinking about men's roles in the movement, and dialogue to make our work more powerful.

**MON SEPT 22, Seattle**; 6:30 - 7:30 pm, at 115 - 16th Ave, VOLUNTEER ORIENTATION. Multifaith Works seeks to bridge the differences, uniting compassionate volunteers with people who are isolated and alone. Currently, over 450 Multifaith Works volunteers provide nonjudgmental listening and practical assistance to people living with HIV/AIDS or MS, inmates in local prisons and jails, people in recovery from chemical addiction, and family members grieving the loss of a loved one. info Brian Halcomb, 206-324-1520 x236 or [brian@multifaith.org](mailto:brian@multifaith.org) or <http://www.multifaith.org>

**SEPT 25 - 26, Chicago, IL**; at Holiday Inn Chicago-Mart Plaza, 2008 National REFUGEE AND IMMIGRANT CONFERENCE: Issues and Innovations. The Conference offers groups and individuals assisting refugee and immigrant children and their families an opportunity to network and learn about issues affecting refugee and immigrant children and their families, schools, health, and health care, along with the challenges of cultural adjustment. info <http://www.thecenterweb.org/alrc/refugee.html> or Lynn Osheff [losheff@thecenterweb.org](mailto:losheff@thecenterweb.org)

**THURS SEPT 25, Seattle** at Miller Community Center, 330 19th Ave E on Capitol Hill, 5:30 - 6:30 Dinner, 6:30 - 8:30 Workshop, wheelchair accessible;



Lawrence Wilkerson - Colin Powell's Former Chief of Staff

Boys will be Men: Raising our Sons for Courage, Caring and Community, a community WORKSHOP ON RAISING HEALTHY BOYS. Sponsored by New Beginnings in partnership with King County Coalition Against Domestic Violence, Asian & Pacific Islander Women & Family Safety Center and Project Childcare available upon request. Free. RSVP to [socialchange2@newbegin.org](mailto:socialchange2@newbegin.org) or 206-926-3016. info <http://www.newbegin.org> or 206-926-3028

**SEPT 26 - 28, Seattle**; at the Westin Hotel, 1900 Fifth Avenue, downtown Filipino-American community leaders from all over the US including Hawaii and Guam will converge in Seattle when the NATIONAL FEDERATION OF FILIPINO- AMERICAN ASSOCIATIONS (NaFFAA) holds its 8th national convention. "Forging a New Filipino-American Agenda for the 21st Century" is the theme. Registration fee of \$195 includes all workshops, materials, meals and the gala night. info and Registration at <http://www.naffaa.org>, info 202-986-1153

**SAT SEPT 27 & OCT 4, Olympia**; 9 am to 3 pm at The United Churches, 110 11th Ave. SE, Sound Alliance LEADERSHIP INSTITUTE. This 12-hour training gives members of FAITH, LABOR AND OTHER organizations the tools to move their institutions to take action for the common good. info and registration Rachel da Silva 206-200-8192 or [rachel@soundorganizing.org](mailto:rachel@soundorganizing.org)

**SAT & SUN SEPT 27 & 28, Seattle**; 11 a.m. - 5 p.m., at Ballard Commons Park, The 5th Annual SUSTAINABLE BALLARD FESTIVAL. info <http://sustainableballard.org>

**SAT SEPT 27, National Day of Action to STOP WAR ON IRAN**, Marches, rallies, conversations - You can list your action at <http://www.stopwaroniran.org/sep-272008volorgcent.shtml>, so other activists in your area can contact you and get involved

**SAT SEPT 27, 9 am**, at Lower Commons Park, Sammamish; WORK PARTY at City of Sammamish NATIVE PLANT GARDEN. We will be laying down cardboard the first week and a special wood mulch the second week. This project is a partnership with the City of Sammamish, the Native Plant Society and the Sammamish Garden Club. To volunteer contact Dawn Sanders 425-295-0556, [dsanders@ci.sammamish.wa.us](mailto:dsanders@ci.sammamish.wa.us)

**OCTOBER is LESBIAN, GAY, BISEXUAL, TRANSGENDER AND INTERSEX HISTORY Month.** October holds the anniversaries of the 1979 and 1987 National Marches on Washington, DC for Lesbian and Gay Rights, the latter's date - October 11 - now being recognized as National Coming Out Day. info [http://www.glsenco.org/Students/glb\\_history\\_month.htm](http://www.glsenco.org/Students/glb_history_month.htm)

**OCT 2 - 3, Yakima**; Yakima Convention Center; PARTNERING FOR STUDENT SUCCESS: Go Far, Go Together, A conference for educators, families & community groups. General Sessions for educators, parents, and community sharing success stories from around the state. Special Sessions for parents. Special rates for groups, parents and college students. Save \$50 if you register by June 30! To request an interpreter email [cisl@k12.wa.us](mailto:cisl@k12.wa.us) when you register. Register at <http://www.yourlearningcenter.org>, info [cisl@k12.wa.us](mailto:cisl@k12.wa.us), 360-725-6165 (Hablamos español)

**OCT 3 - 6, San Francisco**; at The Women's Building, 3543 18th St., The PERSISTENT POWER OF SOCIALIST FEMINISM conference. Help build a Northwest contingent. Join local activists at Conference Organizing Meetings Thursday Sept 25, 6:30 pm, at New Freeway Hall, 5018 Rainier Ave. S., Seattle. Share your ideas about how to revitalize the women's rights movement and discuss outreach

opportunities. Everyone welcome. Wheelchair accessible. Light snacks will be served for a donation. Sponsor: Radical Women. info 206-722-6057 or <http://www.RadicalWomen.org>

SAT OCT 4, **Seattle**; 9 am - 4 pm, at Meany Middle School in RETHINKING OUR CLASSROOMS, ORGANIZING FOR BETTER SCHOOLS: 1st Annual Northwest Conference on TEACHING SOCIAL JUSTICE. \$25 registration, \$5 for HS students. Lunch provided, clock and credit hours available. info, to sign up to lead a workshop, to table, or to register to attend, please visit <http://www.nwtsj.org>.

SUN OCT 5, **West Seattle**; on Alki Beach, CROP Hunger Walk to support local food banks and the work of Church World Service to REDUCE HUNGER AND POVERTY. The goal of the Walk is to reduce hunger and poverty wherever they are found, walking in solidarity with people around the world who walk for water, firewood, health care and education. info Church World Service 206-988-1622 or [pn@church-worldservice.org](mailto:pn@church-worldservice.org)

SAT OCT 11, **Tacoma**; 8:30 am to 4 pm, Bethlehem Baptist Church, 4818 Portland Ave., 4th Annual WOMEN OF COLOR CANCER AND HEALTH AWARENESS Day. This event is free to the public. info Karol Brown 253-581-1954 \_

SAT OCT 11, **Tacoma**; and subsequent 2nd Saturdays, 10 am, at Northwest Leadership Foundation, 717 Tacoma Ave. S., HATE FREE ZONE FAMILY MEETINGS: Please join us for a family meeting for those who have been AFFECTED BY DETENTION AND DEPORTATION. Meetings are meant to provide support for families and an opportunity to advocate for change. info Deena 206-723-2203 ext. 209 or [deena@hatefreezone.org](mailto:deena@hatefreezone.org) tollfree helpline 1-866-HFZONE1 (1-866-439-6631) \_

SAT OCT 11, and subsequent 2nd Saturdays, 11 am - 1 pm, at Bradford Center, 750 - 108th Ave NE, **Bellevue**, one block north of Bellevue Transit Center; War and the Soul, A Book Discussion Group, HEALING VETS FROM PTSD. A safe place to come to help ourselves, so that we might help others. Vets Helping Vets. info Charlotte (a vet) 206-285-0341 \_

SAT OCT 11, **Seattle**; 7 pm, at the Queen Anne Manor, 100 Crockett Street, Second Saturday at Seven Movie Night showing "Uncounted", the hard-hitting documentary by David Earnhardt that exposes techniques used to MANIPULATE ELECTION OUTCOMES in 2004 and 2006 and that loom over this year's elections. "Uncounted" is a call to all of us to get involved to help return and protect election integrity. The film and refreshments are free, and a circle discussion follows. info <http://www.queen-annemovieguild.org>

SUN OCT 12, **Seattle**; 5 - 6:30 pm, at Kane Hall room 120, University of Washington, Health Alliance International presentation "Unembedded: Four INDEPENDENT PHOTOJOURNALISTS ON THE WAR IN IRAQ". Talk and slideshow with Photographers Thorne Anderson and Kael Alford "Through the Looking Glass: SEEING IRAQ FROM THE OTHER SIDE." Booksigning to follow. Free. info <http://www.unembedded.net> or <http://www.healthallianceinternational.org>

TUES OCT 14, and subsequent 2nd Tuesdays, 6:30 pm, at Marina Park Pavilion on the **Kirkland** waterfront park, on 255 bus route; KIRKLAND PEACE VIGIL meets monthly. We call ourselves "Citizens Along the Lake". info <http://mysite.verizon.net/resuxn0n/citizensalongthelakeforpeace/> or Donna Schill 425-821-5596

OCT 17 - 18, in **Boise ID**; Northwest HISPANIC STUDENT LEADERSHIP CONFERENCE (NHSLC). info Ricardo Lopez 312-427- 8683 or [rlopez@ushli.org](mailto:rlopez@ushli.org) or <http://www.ushli.org/events/northwest/index.html>

SAT OCT 18, **Seattle**; 1 pm, Tully's at 45th and Meridian, Wallingford Walks. GET READY FOR STREET TREE PLANTING this fall. We'll visit sites where new trees will be planted as well do some general tree spotting. People interested in receiving planting strip trees are encouraged to participate, regardless of where they live. Bring your tree questions and binoculars. Moderate, about 2 hours. info Mike Ruby 206-633-4456

SAT OCT 18, **Seattle**; at Seattle Marriott Waterfront, 2100 Alaskan Way, SOCIAL JUSTICE FUND NORTHWEST Annual Dinner and 30th Anniversary Celebration. Dr. CORNEL WEST will be the keynote speaker. info [sarah@socialjusticefund.org](mailto:sarah@socialjusticefund.org) or 206-624-4081 or <http://www.socialjusticefund.org>

OCT 23 - 26, **Seattle**; National INDIAN EDUCATION Association (NIEA) Annual Conference. info [niea@niea.org](mailto:niea@niea.org) or 202-544-7290 or <http://www.niea.org/events/overview.php>

OCT 24 - 26, in **Lincoln, OR**; DEEP GREEN RESISTANCE. A Weekend Workshop. Topics to

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include: Organizing the Resistance; Bringing It Down: Bottlenecks and Levers; Security Culture; Liberal vs Radical: Some Conceptual Basics; Fighting Future Fascism; Preparing for the Crash; info [tours@derrick-jensen.org](mailto:tours@derrick-jensen.org) or <http://www.derrickjensen.org> \_

OCT 25, at **Eastern Washington University**; symposium on CHICANA/O STUDIES. Presentations on politics, culture, economics, literature. info Dr. Gilberto Garcia [ggarcia@cwu.edu](mailto:ggarcia@cwu.edu)

TUES OCT 28, **Seattle**; at the Westin Hotel Grand Ballroom, The Sixth Annual Business of Hope Luncheon. Join others in the EXPANDING OPPORTUNITY FOR PEOPLE LIVING IN POVERTY at one of the largest celebrations of MICROFINANCE in the world. Learn how Global Partnerships is having real impact on real lives. info <http://www.globalpartnerships.org> or 206-652-8717

FRI OCT 31, on Halloween promote Fair Trade and say NO TO CHILD SLAVE LABOR IN THE CHOCOLATE INDUSTRY; Sign up with Global Exchange for Reverse Trick-or-Treating; Protect the environment by giving Fair Trade chocolate back to adults while Trick-or-Treating door-to-door in their communities on Halloween. The chocolate is attached to a card with information about social and environmental justice issues in the cocoa industry and how buying Fair Trade certified chocolate provides a solution. Reverse Trick-or-Treating kits are free. Participants pay the cost of postage only. Groups (schools, congregations, youth groups, etc) deadline Oct 1. Individual deadline Oct 13. info <http://www.reversetrickortreating.org>

NOV 12 - 15, **Wenatchee**; at Wenatchee Convention Center, The 18th Annual EEAW ENVIRONMENTAL EDUCATION ASSOCIATION of Washington Conference. Learn about new research and initiatives in Environmental and Sustainability Education (ESE). Participate in educational and fun field trips in Central Washington, a place of rich history, natural beauty and model programs. Get updated and involved in E3 state and regional plan implementation, which will be underway! info [conference@eeaw.org](mailto:conference@eeaw.org) or <http://www.eeaw.org/conference> or 360-943-6643

MON NOV 17 **Portland, OR**. Laughing Horse Books, 12 NE 10th 7:00 pm - 8:00 pm, War Resisters League. What is war tax resistance & redirection? What are some of the ways a person can participate if one chooses? An informal workshop, no charge, materials provided. Contact 503-238-0605.

FRI - SUN NOV 21 - 23, at **Fort Benning, Georgia**; Close the US Army School of the Americas, known as the School of Assassins. The annual vigil and civil disobedience action at SOA / WHINSEC at the army base where the U.S. TRAINS LATIN AMERICAN MILITARIES TO COMMIT HUMAN RIGHTS ABUSES is a powerful event for peace and human rights. info 202-234 3440 or <http://www.soaw.org>

FRI NOV 28, BUY NOTHING DAY, traditionally the busiest shopping day of the year. Get together and take a stand against the chronic overconsumption that is the mother of all our ecological, psychological and political problems. Don't succumb to the advertising! Don't buy worthless gifts! an annual celebration of non-consumerism, info <http://adbusters.org> \_

WEDS DEC 10 & 17, on **Bainbridge Island**; COMPASSIONATE LISTENING training. The Compassionate Listening Project teaches powerful skills for peace building in our daily lives, in our families, communities, in the workplace, and among nations; speaking and listening from the heart, even in the heat of conflict. info <http://www.compassionatelisting.org>

# The GI Coffee House

## A better way to support the troops

BY MOLLY GIBBS, GI VOICE

How can we best support veterans and active duty soldiers dealing with health problems and other issues related to military service, including Multiple Chemical Sensitivity (MCS), Post Traumatic Stress Disorder (PTSD), and suicide?

The GI Voice Project has three aspects to its approach to promoting GI rights. GIvoice.com is the first tier of our service. It is a website that provides a forum for soldiers, veterans, and their families to speak out about their experiences. It also provides a wealth of information on GI rights, as well as links to organizations that provide counseling, marital, health care and other services.

The second element is GIRadio.org, an online radio station streaming music, information, and unfiltered news to soldiers around the globe.

The third effort is the GI Coffee House, which we will be opening later this Fall. The Coffee House will be a meeting place for soldiers to learn about their rights and about specific resources available to them.

The idea of a Coffee House has sparked the energy of many groups from New York, and Texas, to Seattle, Tacoma and Olympia. Following our press conference in Seattle August 5th, we have had an outpouring of support and offers to help open the doors of the yet unnamed Coffee House.

Our goal for the GI Coffee House is to have a long-term self-sustaining project, and a safe place for soldiers, family members and veterans to gather and talk.

If you'd like to help out, please come see us at our event at the 7 PM on August 25, at the Richard Hugo House, 1634 11th Avenue, in Seattle. Representatives from some 30 organizations, including Veterans for Peace, WA Physicians for Social Responsibility, Western WA Fellowship of Reconciliation, Sound Non-Violent Opponents of War (S.N.O.W.), Citizen Soldier, Iraq Veterans Against the War (Chapter 8) will be present to help involve the larger community in supporting our soldiers in a concrete way.

You can also visit our website at <http://GIvoice.org>.

Dan McConnell



40,000 SOLDIERS DIAGNOSED WITH PTSD SINCE 2003

# BOOK NOTICE

## Class and Gender Politics in Progressive-Era Seattle

by John C. Putman  
University of Nevada Press

The dawn of the twentieth century saw enormous changes throughout the United States, reflecting technological advances, population growth, widespread industrialization, and the establishment of a national market economy. In the Far West, these changes, combined with the rapid westward expansion of advanced capitalism and the impact of national political and economic pressures, brought with them a period of political conflict, social upheavals, and labor struggles. They also helped westerners define themselves, their values, and their relationship to the rest of the nation.

Seattle was one of the western cities that boomed during this period. By the end of the nineteenth century, the city was home to several powerful and influential labor organizations, as well as a vibrant middle-class feminist movement. In this turbulent interface of class, gender, politics, and sometimes race, residents struggled to cope with a changing social order and with differing and at times conflicting visions of what the West was supposed to be.

In this book, historian John C. Putman expands our understanding of the roles that gender and class played in the construction of progressive politics. He also shows how regional differences—in this case, the unique environment of the Pacific Northwest—contributed to Seattle's economic and political development. The feminist and militant leftwing labor movements of progressive-era Seattle and the volatile interac-



Class and Gender Politics in Progressive Era Seattle John C. Putman

tions between them represent much more than colorful events in the city's early history. Here, cross-class reformist coalitions between labor, radical forces, and women were central to the way residents made sense of their changing environment and defined both the way they saw themselves and the way others perceived them. *Class and Gender Politics in Progressive-Era Seattle* is an essential contribution to our understanding of the creation of the modern West and the development of regional identity and self-awareness.

from the publisher

## Waiting For Metro from p10

kaart" a fare card that consists of a column of strips. Depending on the length of your bus trip, you'll punch one, two, or three strips in a date/time punch machine on board any bus. The driver doesn't even have to deal with you. You can buy a strip card in various lengths in almost any corner store and neatly fold it in your wallet for future uses. (See <http://en.wikipedia.org/wiki/Strippenkaart>.) I'll wager that the low-tech strip-penkaart is much more useful and bug-free than the high tech electronic "Orca" swipe cards that Metro has been gearing up to use.

4. Expedite busses as opposed to cars. Dedicate lanes for busses; tough cookies for cars. Equip busses with remote controls that can turn red traffic

lights into green, the same as what many emergency vehicles use. This more-or-less allows the busses an instant right-of-way. Some other countries have been doing this for years. I found it truly amazing that the Lake Union light rail cars were not equipped with such controls. Why pump all that money into a rail line, and have it operate probably slower than a bus?

5. Don't have meandering routes and routes with lots of exceptions to the rule. Bus routes should be simple and predictable, and should not wind snakelike through the city, turning this way and that. Not only does that slow them down, it also hurts their usefulness, because people do not readily know what places the bus goes to. Also, one bus route should not end in one place some of the time, and in another place at other times (for example, the 48 sometimes ends at

MLK Way and other times at Rainier Beach: confusing, but unfortunately pretty common for other routes as well). Instead, bus routes should simply follow the arterial street grid and do it in a consistent manner. For example, just have some busses going up and down Madison Street. These busses would be known as "Madison Street busses" and if you went to Madison Street, you could be sure to catch one.

If an arterial system was created, people would not need any special info to navigate by bus around the city, other than a simple city map. Imagine that.

I've commuted for years on a route to West Seattle, and when there is a substitute drive, occasionally he/she will ask the passengers, "Which way should I turn?" That's a definite sign that routes are too complicated.

When straightforward routes are just not possible, busses should at least have detailed signs on the side of the bus telling where the heck the bus is going (see accompanying photo of a Japanese bus). Metro busses flash the names of their endpoints, but not many Seattleites know where "Loyal Heights" or other edge-of-city locations are.

6. Expedite busses by creating fewer stops. Generally, Metro busses

## Fort Lewis from p11

ing that a drug dog would help establish probable cause for a full search of the car. The activists kept refusing a search, and eventually were let go.

This is the first time the port militarization resistance movement actively resisted at a military base. Over the past year since the last port militarization resistance demonstrations at the Port of Tacoma, the police have had time to review and readjust their tactics in dealing with the demonstrators. Taking the resistance to Fort Lewis was in response to the changing tactics of the police. The police were taken by surprise by this change in tactics and venue and were less prepared to respond.

Sunday, August 3rd, demonstrators, knowing that police expected them at night, broke with their pattern and showed up in the middle of the day. 20 people demonstrated for most of the day inside the "free speech zone" designated by the police. In the late afternoon, as people began to leave, there were about 10 to 15 demonstrators left. Two police cars drove into the designated free speech zone.

Demonstrators standing near one of the cars were told by an officer, driving car number 773, that he was going to taser one of them. He brandished his weapon and pointed it at them. There demonstrators were breaking no laws or posing any threat to the officer at the time. The officer turned around towards Forest Student, a demonstrator standing alone several feet away from the police car. Forest Student was tasered twice, once while standing and again after hitting the ground.

Student was then arrested for third degree assault, a charge that was then dropped. Eye witness testimony proves Student's arms were crossed and he was not threatening the officer at all. The officer was sitting in his car at the time and tasered him through the window.

On Monday August 4th, 40 people marched down to the port carrying banners and chanting. The group marched down the middle of a major street through the port. Eventually they were pushed to the side walk outside of an entrance to the port. The group waited beside the gate, determined to prevent military equipment from leaving the quay.

At one point during the night the Tacoma Police Department walked around behind the group, specifically targeting Joe LaSac, the groups' only videographer. He was grabbed and arrested for "trespassing." As demonstrators moved closer to watch the arrest, members of TPD surrounded the group, pointing tasers at them on two sides.

As demonstrators were leaving the port, they were surrounded by police cars. The demonstrators were not able to access their vehicles for a period of time. While the demonstrators attempted to figure out an exit strategy the police turned on their lights and sirens as an intimidation technique. The demonstrators made it out of the port safely.

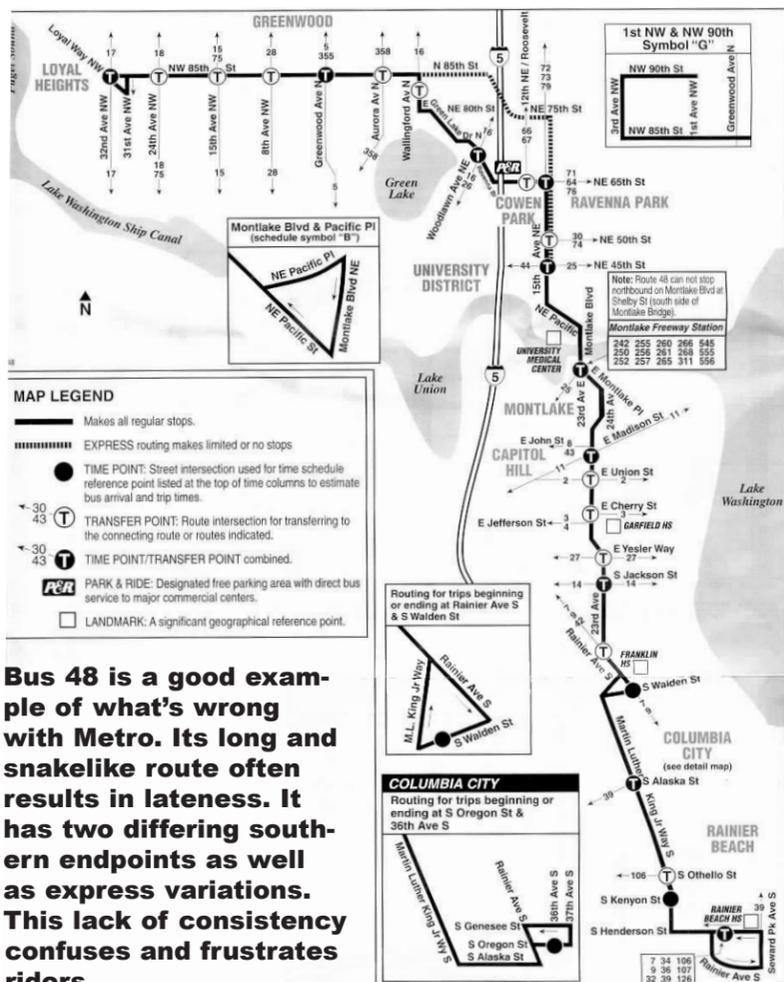
stop every two blocks. People can walk farther than that. It's good for them to get some exercise anyway. Stops should be a minimum of three blocks distance from each other.

7. Do away with bus schedules for the more busy routes. Instead, commit to certain maximum intervals. Say, bus 74 comes at least every 10 minutes during rush hours and every 15 minutes otherwise. Do this for any route that comes at least every 20 minutes. There is little or no correlation anyway with such busses' printed schedules and their actual arrival times. Interval timing allows more efficient use of the busses. Instead of having a late bus followed by two more busses back-to-back, the system can work to space out the busses in a rational manner.

8. Make busses more less mysterious. Post the darn bus schedule in the bus and at every stop, for golly sake, so that we can see the times and other important info, even if the bus is all out of hand-out schedules. Install change machines in busses so that people won't have to spend a twenty dollar bill to buy a buck-fifty ticket.

9. Require Metro bus officials and King County elected officials to drive the busses as their sole means of travel for one solid month. Then they will finally know what I'm talking about.

10. To get changes like these made—or perhaps much better changes that I haven't thought of—will likely take the coordinated effort of dedicated bus riders, a sort of Bus Riders Union. Don't count on various nonprofit transit-oriented groups to represent you well, because they might receive funding from industry sources such as rail developers. As editor of this paper, my task is to get the news out, and if any group of people gets together to work on these topics, let it be known that I will be most glad to print your press releases.



**Bus 48 is a good example of what's wrong with Metro. Its long and snakelike route often results in lateness. It has two differing southern endpoints as well as express variations. This lack of consistency confuses and frustrates riders.**

right  
brain

POEM BY GERALD A.  
MCBREEN

logic

long lost in gray smoke  
of snuffed out candle wick

no chance for reason

justice depends  
on valueless whim  
an ass itch  
a tit twitch

future litigants  
gone the way  
of all pin pricked balloons  
released from behind  
unhinged doors  
of thoughtless minds

an ill-fit robe  
hangs limp on the wearer  
suitable for those  
who pass out regrets

advertisement

Some Poems by  
an  
**old**  
guy  
who's  
name is  
**Bob**  
uh...Markey



A perfect gift for the  
old goat in your life!  
at

**NOT A NUMBER**  
CARDS & GIFTS

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206.784.0965 k@NotANumberGifts.com

POEMS BY BOB  
MARKEY

Pills And Lotions

In pink container:  
4 before breakfast  
2 with

In green container:  
2 before dinner

In blue container:  
6 before bed, but  
after din din

In bottom drawer:  
When needed... for:

headache  
backache  
achy heart  
flabby abs  
itchy crabs  
bad smells  
fainty spells  
titty droop  
croup  
poop dysfunction  
mange  
strange rashes  
hot flashes  
pains in the ass  
bloating gas  
lip pucker  
sucker leaches  
birth breaches  
vaginal itch  
nasal drip  
pip  
strain  
ankle sprain  
tennis elbow  
and more...  
you know?

Pharma's karma  
We can fix it...  
for a price.

The 60s Era: Two  
Brothers K and a King

Mourn Martin, Robert and John,  
downed by gunshot at the dawn  
of a new hope  
each sought for America.

Will we ever see the like  
of those three (with Gandhi and  
John XXIII)  
among us as we did then?

Can we dare to find "Hope" and  
"Peace" once again?

Yes, we can. OH, YES WE CAN!!

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group. See page  
11 for details.

POEMS BY ROBERT  
PAVLIK

Peasant Farmer

I have the face  
Hands  
And body  
Of a peasant farmer  
Small weak eyes  
A farmer only sees what is directly  
In front of him  
Built to stumble behind  
A horse's ass  
Inhaling hay and alfalfa fumes  
While crushing dirt clods  
Under my narrow feet  
Sized to fit between neat rows of  
Freshly turned soil  
Bow-legged  
From straddling the mare  
On the ride back to the barn  
Big thick-veined hands  
Easily calloused  
To wrap around splintery  
Wooden plow handles  
Long strong arms to steer the steel blade  
And a torso that stores  
The summer harvest  
In anticipation of a  
Lean  
Cold  
Dark winter  
I feel the seasons  
Seeping into my pores  
And respond accordingly:  
Dark and brooding in winter  
Light, emotional, hopeful in spring  
Bright, charged, frenetic in summer  
Faded, introspective, wistful in fall  
Somewhere  
My ancestors are still tilling their fields  
Cutting and stacking wood  
Baking bread  
Making furniture and repairing the roof  
Waiting for me  
To put down the pen and  
Return to my chores

Shade Tree Poetry

The front yard is littered with broken poems  
Fragments of thoughts  
Entire concepts up on cinder blocks  
The plug's been pulled  
And a torrent of words leak onto the bare earth  
Soaking into the soil  
Phrases like compressed gaskets  
Torn and strewn about  
Inside the house  
Beyond the torn screen door  
The poet tinkers  
Fresh ideas float in the air like  
Smoke from burned toast  
A fresh gardenia  
A woman's perfume  
A wildfire raging out of control  
An old man's stale breath  
Out back  
In the tool shed  
Poems are nailed to the studs alongside  
Expired license plates  
Rhymes hang from rusty spikes  
Steel gray spider webs provide connectivity  
Wooden boxes and barrels  
Hold tons of discarded ideas  
Waiting to be sorted  
Melted  
Poured into fresh poetry molds  
Pry the new poem loose  
Plunge it into iron water  
Or oil  
Hammer it  
Pound it  
Screw it  
Into place  
Fire it up  
Test it  
Run it at high speed through your mind  
De-burr it  
Polish it until its ready for reading  
Or recycling

# RUSSIA: ANOTHER FAILURE FOR U.S. FOREIGN POLICY

BY JANICE VAN CLEVE

The United States under both Clinton and Bush the Lesser has badly blundered in its relations with Russia and today we are paying the price. When the Soviet Union imploded in the 1990s, Russia was weak, poor, disillusioned, and in chaos. That was a golden opportunity for us to reach out a helping hand. That was the chance to build mutual respect based on partnership instead of fear.

Instead we let being the only remaining super-power go to our head. We charged in and began grabbing Warsaw Pact countries into NATO. We dismissed Russia's views when we intervened in Kosovo. We sided with the Chechnyans whose terrorist acts in Russia were every bit as dastardly and evil as al-Qaida's attacks against us on 9/11. Bush is pressing to install missiles in Poland and the Czech Republic. Bush sent American troops into Georgia and Cheney encouraged president Saakashvili to attack South Ossetia and Abkhazia. The result? Russia invaded, Georgia is crushed, and we have single handedly reignited the Cold War. Worst of all, we've played all our cards and now it is our economy—not the Russians'—which is tanked. We are now the paper tiger which Russia is able to ignore.

How much better could it have been if we had offered Russia a helping hand and worked to build a strong alliance with them?

1. Reducing nuclear stockpiles. We should have expanded upon the SALT treaty. Reducing nuclear stockpiles would do much more for world peace and stability than continuing to fund Reagan's and Rumsfeld's "Star Wars" program (which is still being funded, by the way). We also need Russia's cooperation if we are going to get North Korea and Iran to give up their nuclear programs.

2. Fighting terrorism. Russia and the US are both targets of Islamic terrorists. We cannot hope to prevail against international terrorism if the world is divided. Terrorists will play off one side against another just like they did in the Cold War.

3. Oil. Russia has more oil than all the Arab countries combined. Russia would be more grateful for our dollars than the Arabs are, and our investments in Russia would be much more welcome than they are in Arabia. If we had allied with and invested in Russia, our gas might still be below \$2 a gallon.

4. Democracy. Russia is not as authoritarian as China nor as volatile as Pakistan. Yet we have allied with these two nuclear dictatorships with whom we have far less in common than we do with Russia. Russia and the US both share a Western heritage and our values and understandings are closer.

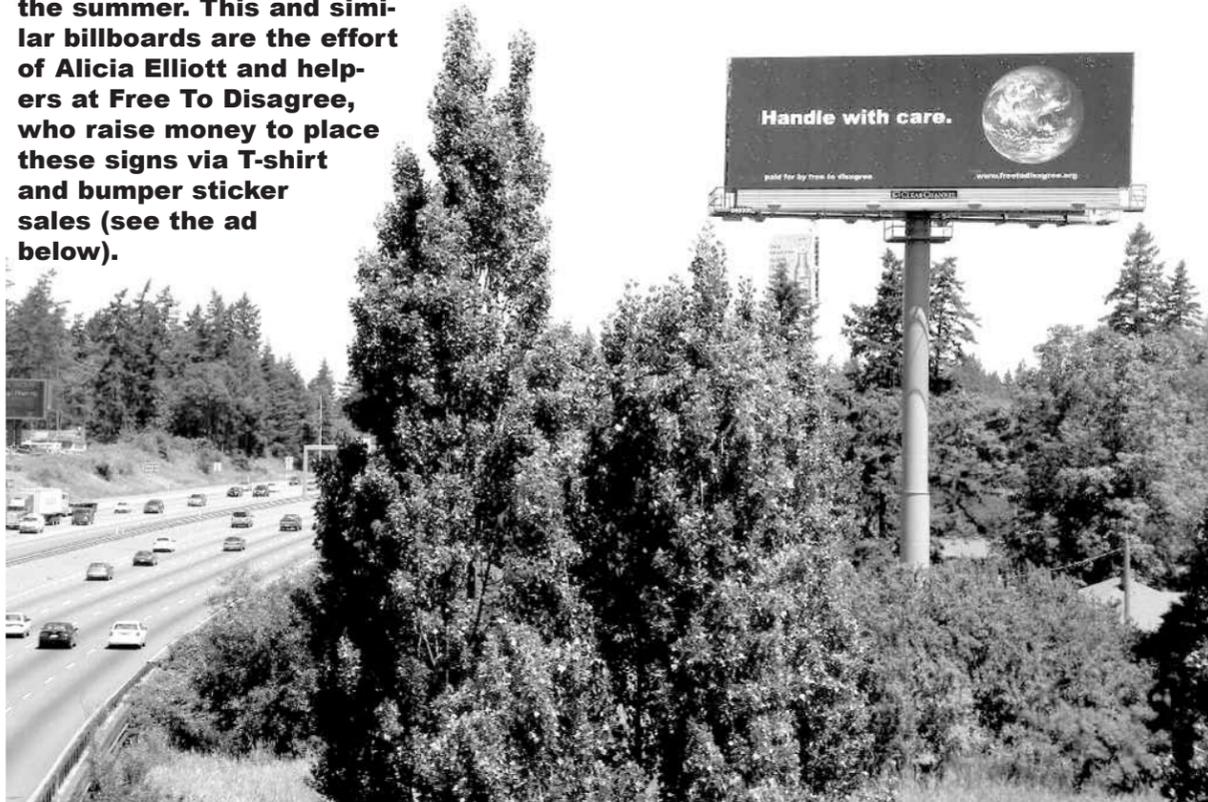
5. Economy. Russia would have been a much better economic partner than China because their higher wages would not have sucked so many jobs away from our shores. Russians are every bit as educated, talented, and inventive as the Chinese but not as much competition to our own economy.

Russia could have been our friend. Maybe as an antagonist they will at least serve to check our hubris.

Janice Van Cleve is Area Coordinator for 22 precincts of the 43rd legislative district in Seattle.

last word  
opinions we couldn't  
keep to ourselves

Motorists on I-5 near Olympia were graced with this rare and beautiful billboard earlier in the summer. This and similar billboards are the effort of Alicia Elliott and helpers at Free To Disagree, who raise money to place these signs via T-shirt and bumper sticker sales (see the ad below).

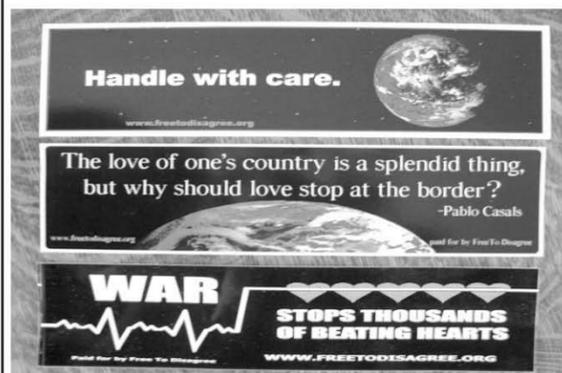


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