

Washington Free press

Nº 96
2009 Jan/Feb & beyond



"Yo quiero
Free Press"

since 1993 • a progressive journal of news, ideas & culture • www.WAfreepress.org

WA FREE PRESS
PMB #178,
1463 E. REPUBLICAN ST
SEATTLE WA 98112

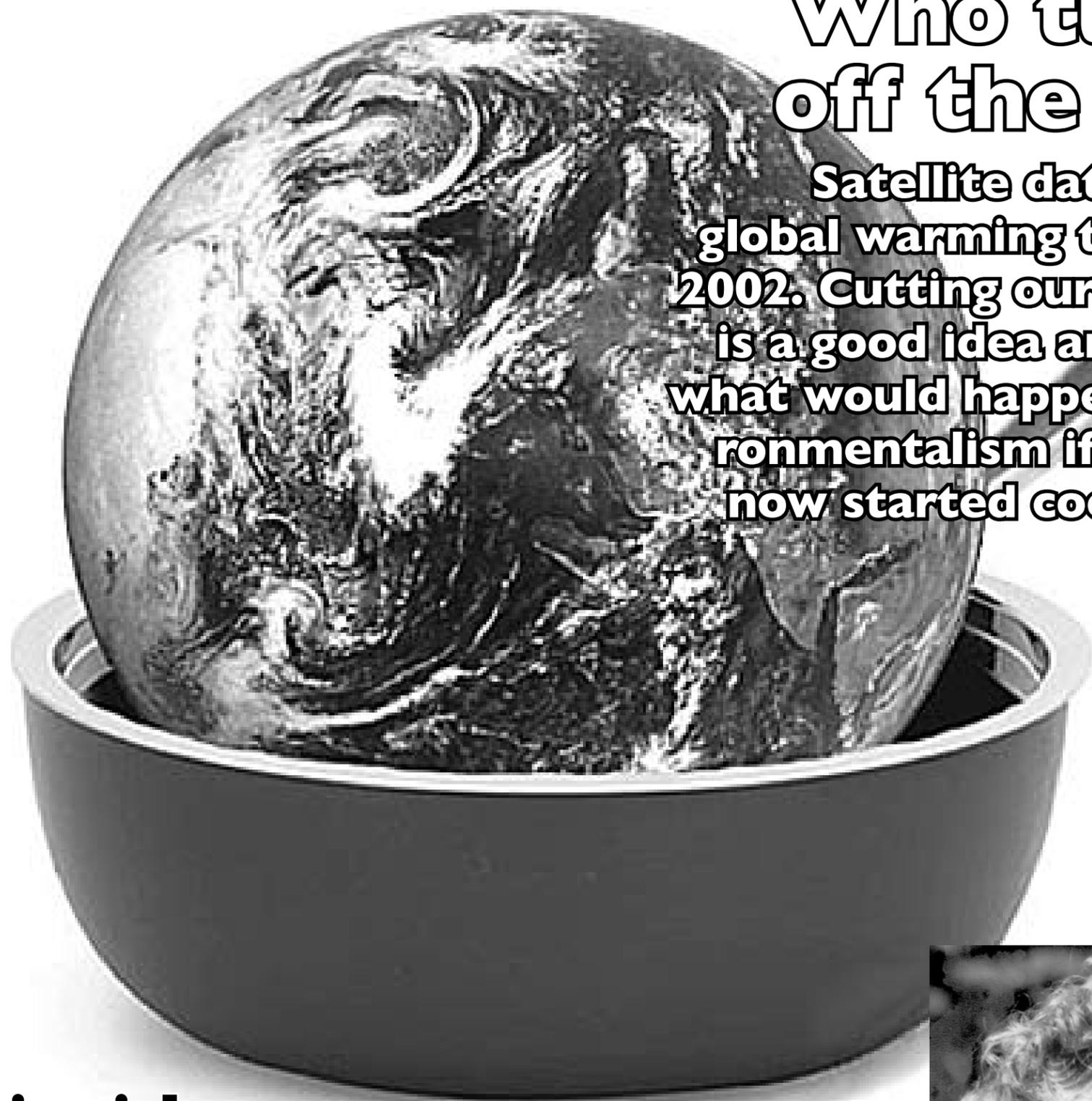
ADDRESS SERVICE REQUESTED



ALTERNATIVE JOURNALISM
NEEDS YOUR SUPPORT!
If you are not a current subscriber,
please sign up on page 3.

Who turned off the heat?

Satellite data show no
global warming trend since
2002. Cutting our emissions
is a good idea anyway, but
what would happen to envi-
ronmentalism if the world
now started cooling? p8-9



inside

FIRST WORD: Advantages of Living Abroad - p2

TECH: Generation X'd Out - p4

WAR - p6

POLITICS: Obama, Learn from Europe- p7

CLIMATE: Cashing In on Earth's Cycles - p8

MEDIA: Praise Pills, Collect Cash - p9

LAW - p10

ECONOMY: Betrayal of the Commons - p11

ACTIVISM - p12

DO SOMETHING! CALENDAR - p13

RIGHT BRAIN: A Matter of Life & Death - p15

HEALTH: Avoid Flu Shots, Get Some Sun - p16



If you think his face looks
bad, you should have seen
his rear end. Story on
page 10.

Send your letters of personal opinion to the WA Free Press, PMB #178, 1463 E Republican St, Seattle 98112, or WAFreepress@gmail.com. Please include full name and phone for verification. Short is sweet!

READER MAIL

Obama and Solar Panels

There's oddly not much going on about demanding that Obama take the practical and symbolic step of putting solar panels back on the White House Roof. [President Carter installed solar panels, but Reagan removed them.]

Internet searching doesn't find much, only some good raps, and some solar panel suppliers pushing the idea – not that there's anything wrong with that. Nothing jumps out from any enviro or similar organizations.

One guess is that if Obama did that, it would be taken as defiling the Shrine of Ronald Reagan, who incidentally helped put so many in their graves by the petrochem emissions from his beloved oil cartel. Perhaps Obama doesn't want to ruffle feathers of the conservatives in his administration.

But then Jimmy Carter hasn't been exactly out there on this issue either, though it was his solar panels trashed by Reagan. Perhaps any new White House solar panels could be named the "Ronald Reagan Memorial Solar Panels".

Related somehow, there wasn't much news coverage of the story that robbers tried to steal solar panels from Obama's [recently deceased] grandmother's house. Why no news? Maybe it would have inspired too much action on the White House solar issue.

John Jonik

Greased Wheels Behind Sellout of PSE

The Washington Utilities and Transportation Commission (WUTC) approved the sell out of Puget Energy, Inc. and Puget Sound Energy (PSE) to Puget Holdings, a Delaware corporation, on December 30,



Coordinating Editor: Doug Collins

Directors: Rodger Herbst, o'Kelly McCluskey, Doug Collins

Other Volunteer Assistance: Len Stephan, Joel Hanson, Eddie Tews, Conan Parks, Pam Shea, Michael Gross, Kathleen Murphy, Sidney Collins, and many wonderful distributors around the state!

Frequently Contributing Writers: Styx Mundstock, Steven Hill, John Merriam, ACLU of WA, Robert Pavlik, David Swanson, Don Monkerud, Jesse Lancaster, Joel Hanson, Dr. John Ruhland, Kathleen Murphy, John Jonik, Norman Solomon, Vincent Spada, Janice van Cleve

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

Webmaster: Matt Conroy

Layout: Doug Collins

Contents copyright © The Washington Free Press (dated the year appearing at foot of the page) unless otherwise indicated. The WA Free Press retains only one-time print and one-time electronic rights for original articles and images. Copyright thereafter reverts to writer or artist. Other nonprofit publications are encouraged to reprint articles or images from the WA Free Press, but must first gain permission of the writer or artist. Opinions and letters to the editor herein do not necessarily represent the opinions of anyone working with the paper. The WA Free Press is not affiliated with any political party. The WA Free Press is printed on 40-percent recycled paper, the maximum practical content for newsprint.

Contacts:

Post: WFP, pmb #178, 1463 E Republican St, Seattle WA 98112

E-mail: WAFreepress@gmail.com

Web: www.WAFreepress.org

Submissions: We like to get your queries and submissions. The WA Free Press is a volunteer newspaper. Deadlines for submission are the 15th of February, April, June, August, October, and December. Email submissions to WAFreepress@gmail.com and put "submission" in the subject heading. Submissions are hopefully aimed at making improvements in environment, workplace, or society, and should not repeat information that is commonly available in larger mainstream publications. Submissions preferably have an in-state or Northwest element, and should not be longer than 800 words unless you are otherwise given the go-ahead for longer writing. News reportage will be given preference over opinion submissions. Be aware that your submission, if printed, will likely be somewhat edited and possibly very much shortened. If you are not comfortable with this, please do not submit articles to us.

Advertisements: Publicize your progressive product or service. Deadlines for reserving space for an advertisement are the 15th of February, April, June, August, October, and December. Ad images should be received with payment by the 25th of the same months. There are discounts for multi-issue ads and non-profit ads. The standard single-issue ad rates are as follows: Full page \$360, half page \$200, quarter page \$110, eighth page \$60, sixteenth page \$35, business card \$25. Back page text ad is 25 cents per word, minimum \$30 for six issues (one year).

2008. Puget Holdings is owned by the Macquarie Group, a foreign-owned venture that's been likened by some to a huge ponzi scheme.

How could this happen in view of the overwhelming public sentiment against the sell out?

PSE has lavished hundreds of thousands of customer dollars on political contributions to Washington state legislators over the last several election cycles. Republicans, Democrats, political party made no difference. And all the politicians had to do was nothing. Not a single one spoke out against the sell out, thought by many to be against the public interest.

Governor Christine Gregoire received \$4,700, Jeff Morris received \$1,600 in 2008 alone and Attorney General Rob McKenna received \$2,150. They joined the approximately 95 Washington state legislators and officials who reported receiving contributions from PSE. Again, not a single one raised any questions concerning the sell out.

PSE also spent untold advertising dollars with the Skagit Valley Herald for multiple full-page ads extolling the virtues of PSE. The Skagit Valley Herald failed to raise the alarm concerning any of the perceived down-sides to the PSE sell out. Additionally, Steve Reynolds, PSE CEO will reportedly receive \$20,000,000 as a reward for engineering the sell out of PSE to Macquarie.

There's still a chance that Simon Ffitch, Public Counsel with the Attorney General's office will file an appeal to the Superior Court objecting to the sell out, but I wouldn't bet on it with his boss receiving \$2,150 in political contributions from PSE.

Many of us believe that we must support clean election laws to eliminate the corrupting influence (or appearance) of money on Washington politics.

Howard Pellett

Licata Newsletter Lauded

There are many truisms about politics, but two of the most important are: "All politics is local", and "Neither making policy nor making sausage are appetizing things to watch"

As stimulating as it is to elect Obama to the presidency, it really is local politics that has the most immediate and personal effect on all of us. And Nick Licata, Seattle city council member, revolutionized local politics years ago creating an email service called Urban Politics.

In Urban Politics, Licata has often explained step-by-step the recipe for some of the sausage that is created at Seattle City Hall. This email newsletter was initially treated with disdain by city hall until it demonstrated its chops in quashing any attempt to sponsor the Olympics in Seattle several years ago.

Then other city council members and the mayor jumped on the bandwagon to put out their own e-newsletters. However, these other e-newsletters are pretty much self-congratulatory billboards for their authors. Urban Politics by contrast is honest and detailed. It is neither wonkish nor superficial.

Urban Politics is a good source for political research. I frequently use it as a basis for my own lobbying efforts at city hall.

You can subscribe to it at www.seattle.gov/council/licata/up/271.htm or just google "urban politics licata."

Janice Van Cleve

Precinct officer for the Democratic Party in WA's 43rd district in Seattle.

Ideas for Tax Reform

These steps would improve the stability, equity, efficiency and transparency of the income tax:

1. Remove all embedded government spending. Tax expenditures – exclusions, exemptions, deductions, deferrals, credits and special rates – are grafted onto the income tax. They have no basic relation to the income tax and are not required for its operation.
2. Tax individuals on net income plus direct government benefits received (stipends and money for education).
3. Lower tax rates – \$0-100K at 5%, 100K-200K at 10%, 200K-300K at 15%, etc, up to 30% for those earning more than \$500K per year.

Also, shift taxes from work to consumption and wealth. Eliminate payroll taxes – they kill American jobs. Tax all retail sales – as Boomers move from earning income to spending wealth, the tax system has to move with them. Resurrect the wealth transfer tax – amassing great wealth depends upon the efforts of many around the world and across the ages.

Laurie Kimberling

SCHOOL CLOSURES DESTABILIZE PUBLIC EDUCATION

BARBARA E. MOREY, M.ED.

In late November, Maria Goodloe-Johnson, the Superintendent of Seattle Public Schools, released her recommendations to close six school buildings, discontinue five school programs, and relocate nine others.

There are several issues facing the community when examining this effort to close schools. One of the stated purposes is to decrease the fiscal deficit. That budget gap is now projected to reach \$37.1 million dollars or even higher.

The total projected savings from all of these closures and playing musical chairs with public school programs and facilities is roughly \$3.6 million dollars – not even 10% of the budgetary shortfall.

A look behind the scenes tells where the money is really located. Some school sites are in locations that private businesses want to develop. Most school sites would be attractive as investments because of the amount of land that generally goes with a school campus. Some schools are in sites that would bring very high returns on investment if developers could get the land.

The election of this current school board was essentially bought with extraordinary funding from investors and real estate developers from across the state.

Money comes with strings. The only real financial benefit that seems to be gained from the closing of schools appears to be for the business community with a loss of public assets.

These school properties have high value as public space and part of the commonwealth if preserved for community use rather than for private profit. We will never be able to replace them. They are a resource that the school board members are obliged to protect for future generations.

If schools must be closed, the facilities should be leased out to non-profit agencies and organizations to provide low-cost services to the neighborhood in which they are located. Leases should be granted on the ability of the program or organization to directly impact identified local needs. Public buildings should be used to serve the public that owns them.

Another concern is the unfairness of the closures.

Middle-class parents are able to organize collectively and effectively to agitate to keep better schools, whereas working-class and poor parents' attempts to intervene in their children's schooling are usually individual, and thus less successful.

Neighborhood schools cannot work if they do not have adequate funding and support services. The schools in the south end have been the victims of social and academic discrimination for the past decade or more. This has created a state of "self-fulfilling prophecy." Poor programs mean fewer enrollments, which leads to closure.

Families desire quality schools close to home. That is where our focus should be. Instead, the No Child Left Behind NCLB legislation has paved the road for closure of our public schools based on arbitrary, unreliable and invalid test results.

Private schools themselves are exempt from NCLB standards, and students in private high schools don't have to take any standardized tests to graduate.

But with each closure of a public school, the "market share" of the privatized schools likely increases.

As former school board director Sally Soriano concluded, "The corporate model leads to accepting the ideology that drastic cuts... are the only way to balance the budget. What are neglected are the human consequences – larger class sizes, the shredding of school teaching staffs that took years to put together and issues of gentrification of communities."

help get the word out

Would you like to spread the seeds of progressive news in your part of Washington State? Volunteer to be an occasional *Free Press* distributor. Leave small stacks at coffeshops, bakeries, bookstores, laundromats, latte stands, libraries, etc. We ask that distributors also be subscribers. If you already subscribe, email us at WAFreepress@gmail.com or include a note with the subscription form on page 3.

The Advantages of Living Abroad

BY JOEL HANSON

Back in 2001, I was unemployed, weary of competing against thousands of people who possessed my proofreading/editing skill set and a lot more experience, and I was thirsting for adventure.

The catalyst for my exodus from America arrived in the form of a phone call from a friend who'd just watched Wong Kar Wai's classic film *Chungking Express*, was somewhat smitten with actress Wong Fai, and wanted to teach English in Hong Kong. Neither of us realized how easy it was to find jobs teaching English as a Second Language (ESL) in China, provided you're a native speaker and have a college degree. So we paid an employment agency in Seattle to conduct a job search for us.

Four months later, we were in Shanghai and just beginning to realize a few of our mistakes. Our jobs bore little resemblance to the one's we'd been told about, but then again we really weren't given a detailed job description and were too inexperienced to know what questions to ask. We were pedagogical novices in charge of classrooms of 40 listless teenagers.

In the year we spent in that polluted but beautiful Chinese metropolis learning how to teach and learning far more about ourselves, our biggest challenges were: inadequate materials, bureaucratic mismanagement, our own cultural ignorance, and chronic bouts of loneliness.

Eventually the culture shock faded and we realized that there were far more benefits than we'd ever bargained for. Some advantages are financial and others are cultural, but as my ESL career enters its eighth year, I've discovered that the sum total of these advantages means it's much easier to set up shop in a foreign country than to try to survive in America.

My hope is that a few like-minded souls will read the list below and seek out an overseas job of their own. At least the tax money siphoned from your salary won't be funding the American war machine!

1) Guaranteed Employment

A native English speaker in a foreign country is a precious commodity because the demand for English teachers is so high in most of the world – especially in China, Japan, and Korea. Most schools prize a native speaker with a college degree and no experience more than a qualified local with a teaching degree primarily because it gives them a competitive advantage against other schools that lack native speakers. This is inherently unfair to the locals – and to the students – but it means that there's a much smaller pool of teachers competing for jobs that would be nearly impossible to acquire at home. Native speakers with a year or more of teaching experience and ESL teaching certification can go almost anywhere.

2) More disposable income

Except perhaps in India, there's no such thing as a non-living wage for an ESL teacher. In addition to paying competitive wages, most schools will also subsidize your apartment rent and often a portion of your plane ticket upon completion of a one-year contract. The extra money provides you with additional options during your leisure time. You can work fewer hours, travel extensively, pay off credit card or student loan debt, or save it – all of which are difficult prospects in the US. Private tutoring gigs are also abundant once you start making friends and business connections. They offer a much higher hourly wage than your standard teaching contract and are a good way to supplement your income. However, they do require extra travel time and lesson preparation.

3) Increased Vacation Time

Remember about 30 years ago when one wage earner could support an entire family? Those days are gone as wages flatline, the cost of living increases, and people are forced to work longer hours to maintain the same standard of living. The typical American job

yields, on average, a paltry 2-3 weeks of vacation time each year – by far the stingiest in the Western world, excluding Japan, of course. An ESL teacher usually gets 2-3 months of vacation time. Since most people don't like what they do for a living, isn't it ideal to spend as much time away from work as possible? More leisure time means more time to engage with one's family or the opportunity to cultivate other interests. I love to teach but traveling in and around the host country is 50 percent of the reason I live abroad. I typically use the extra time to travel, train for marathons, interact with locals in their native language, and work on personal writing projects, or just sample the good and bad in the surrounding culture.

4) A chance to learn another language

Many schools will pay for your language classes or offer free lessons of their own during non-school hours. The quality of such classes varies greatly from country to country, but making an attempt to learn the language will increase the chance of making friends with the locals or your classmates, will deepen your cultural literacy, and will help you understand why your students are making specific errors in class.

5) Making Friends with People from Different Cultures

Work long enough in any overseas language school/university and inevitably you'll make friendships with your co-workers. Even if it takes time to develop a social life, a few months of boredom are worth it for that ineffable moment when you're invited over to someone's house for dinner or to a social gathering, and you get to participate in some beautiful cultural event you'd never experience as a tourist. All the expats I know have a few great tales to share about their lives overseas. Before you accept a position abroad, seek one or two of them out and ask them about their experiences. Make sure to ask about the challenges and hardships they faced in their host country, too. Soon you'll be dreaming of creating some adventure of your own.

6) A Chance to Participate in a Culture Instead of Merely Observing It

first words
ideas we couldn't
keep to ourselves

Tourism is exciting for a time but if you're like me you get restless after a few weeks on the road. Employment brings a sense of purpose to remaining in one spot. It also improves the chances of making lasting friendships, and inevitably leads to a deeper understanding of the place you live. In addition, the geographical distance from your previous life typically provides the appropriate perspective to assess its strengths and weaknesses and make necessary changes. And attempts to understand your new culture and the ways of its people usually lead to self-confrontation and an internal acquiescence that's necessary to celebrate the joys and endure the difficulties ahead.

If you're interested in an overseas teaching job, www.eslcafe.com, www.teachabroad.com, or www.transitionsabroad.com are good places to start. Good online resources for classroom activities are at www.eslcafe.com, and www.onestopenglish.com. Good luck!



Cartoonist Andrew Wahl has contributed fine political cartoons to the WA Free Press for many years, but is now taking an indefinite hiatus from cartooning.

According to Wahl, "I'm sure Obama will make some mistakes, but I doubt he'll ever fuel my fire like W."

Above is his last cartoon, for now at least. You can view his website of cartoons at www.offthewahl.com. Thanks Andrew!

The Free Press needs your support...

Subscribe

NO JUNKMAIL FEAR
The Free Press will not sell your mailing address to others. We hate junkmail too!

I want to be a Free Press Sustaining Contributor. Here's \$200 \$100 \$60 \$30 \$_____ This includes a basic one-year subscription. Donations sent with this form are not tax-deductible. (Donations of \$100 or larger are tax-deductible if made separately to our 501(c)3 media umbrella group. See notice on page 11 for details).

I only wish to give a donation. Do not send me a subscription.

Here's \$18 for a basic one-year domestic subscription (6 issues) \$12 low-income

\$25 institutional or international Free to prisoners (include institution name)

Name _____ If this is a renewal, please check here:

Address _____

City _____ State _____ Zip _____

Where did you pick up the Free Press? _____

Would you like to volunteer? (if so, please include phone # and email) _____

Make checks payable to: Washington Free Press
Send to WFP, PMB #178, 1463 E Republican St, Seattle WA 98112.
For more info, email WAFreepress@gmail.com

Please also send my friend or relative a \$12 gift subscription

(offer valid for new and current subscribers, attach any extra addresses)

Spread
the news
Send a
Gift Subscription!

Subscribers

Please send us your address change if you move. Contacts are on page 2.

Name _____

Address _____

City _____ State _____ Zip _____

Generation X'd Out

Our youngest generation may be on the fast track to humanity's genetic dead end.

BY AMY WORTHINGTON

This article is a follow up to "Generation X-Ray," also by Amy Worthington, which appeared in our July/Aug 2008 issue (www.wafreepress.org/93/issue93.pdf). Worthington's term "Generation X-Ray" refers to the pervasive use of radiation-emitting wireless technology among teens and young adults. The term Generation X'd Out refers to the future children of these wireless users. These articles were originally published in the Idaho Observer. -Ed.

We see them everywhere now. Armies of American women of childbearing age roam dazed through shopping centers with cell phones pressed firmly to their heads, often with forlorn pre-schoolers traipsing behind. The "high" they glean from the phone radiation is documented in animal studies to habituate like nicotine.[1] No one has told them that their cell phone addiction has potential to unleash devastating effects on both their living and future offspring.

Across America, young, uninsured, low-paid retail and service employees are required to wear powerful "push-to-talk" radios equipped with large, cackling antennas. These devices are worn just millimeters away from delicate reproductive cells. Megahertz and gigahertz microwaves are documented to damage both sperm and ova. Yet, employers are not required by law to warn these exploited youngsters of possible reproductive damage.

Myriad office workers are encumbered with wireless blue tooth regalia, including headsets and remotes worn in pockets or on belt clips. Wireless "Voice over Internet Protocol (VoIP)" computer systems and "blue-tooth" charging bases are part of the mix. Office blue tooth systems allow connectivity and freedom of movement, but for hours each day, workers swim in an invisible miasma of microwave frequencies. No law requires that workers be provided with up-to-date information on the possibility that this continuous exposure puts them at risk for miscarriages or deformed offspring.

Tower and rooftop antennas now heavily bombard college campuses, schools and playgrounds with modulating communications microwaves. Many classrooms and libraries are degraded with mind-numbing WiFi frequencies documented to short-circuit the nervous system, disrupt learning ability and impair sleep patterns. Wireless systems emit not only microwaves, but also a smorgasbord of extremely low frequencies (ELFs), shown in numerous studies to raise the risk of childhood leukemia and tumors later in life.[2]

Educators teach kids the platitudes of the day, but never discuss how years of captivity in radiation-toxic classrooms may make them sterile, or encumber their future with genetically damaged progeny.

DNA is the crux of the matter

For the sake of human survival, mankind must quickly master this critical fact: modern wireless technology is capable of causing the genetic destruction of humans as a species. Microwave radiation used for wireless communications and surveillance is extremely injurious to human DNA.

There are an additional 18 published scientific papers documenting abnormal changes in DNA exposed to cell phone radiation and other frequencies in the microwave bands, most notably the REFLEX study published in 2004 by the European Commission.[3]

Microwave radiation – defined as electromagnetic waves ranging from 300 million hertz to 300 billion

hertz – brutalizes human cells by vibrating tissues at incredible speeds. The fragile molecules and chemical bonds of DNA cannot withstand being whipped back and forth at millions or billions of times per second. Microwaving the DNA could be described as a cellular version of "shaken baby syndrome."

When communications microwaves splinter cellular DNA into a random trail of micronucleated carnage, chromosomes and the genes they carry are reduced to chaos. Chromosomes are the macromolecules containing the genetic information that controls human cellular and reproductive activity.

Three recent studies document the development of chromosomal aberrations following cell phone irradiation of living cells.[4] This puts cell phone radiation on par with atomic bomb radiation, which is documented to cause chromosomal abnormalities in nuclear blast survivors. Radiation damage can range from complete DNA strand breaks to tiny point mutations, which are induced by changes in the chemical structure of tiny nucleotides.

A NATO military document states: "After irradiation, chromosomes appear to be 'sticky' with formation of temporary or permanent interchromosomal bridges, preventing normal chromosome separation during mitosis and transcription of genetic information." [5]

Abnormal chromosome division results in abnormal daughter cells. Therefore, the systematic microwave destruction of Generation X-ray's DNA is guaranteed to yield a bounteous harvest of sterility, spontaneous abortion (miscarriage), altered offspring sex ratios, embryo growth retardation, increased perinatal morbidity, fetal malformation, premature birth, low birth weight and cognitive dysfunction in infants.

Wireless radiation is repeating history

REFLEX studies confirm that a transmitting cell phone broadcasting microwaves into living tissue is similar in effect to an X-ray machine. Scientists say it requires only one DNA mutation to generate a cancer condition. Most tragically, a cancer condition can manifest in babies and very young children born with damaged DNA.

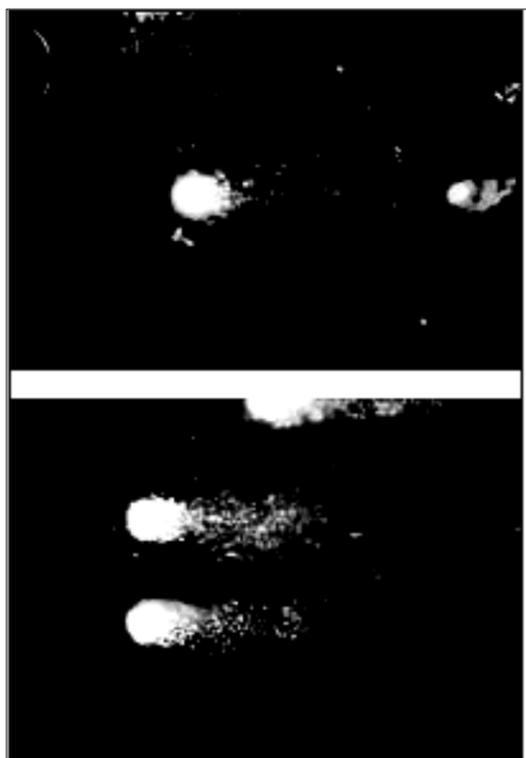
In the 1950s, Dr. Alice Stewart, a British pediatrician and epidemiologist, began studies to determine the cause of an alarming increase in childhood leukemia in Britain. At that time, fetuses were routinely X-rayed and Stewart suspected that the leukemia surge was connected to excessive prenatal radiation.

Dr. Stewart's research became a threat to the medical status quo and she was subjected to brutal criticism. She lost staff and funding, yet she continued gathering epidemiological evidence showing that a fetus exposed to ionizing radiation in the first three months of development was ten times more likely to develop cancer or leukemia than a non-irradiated fetus.[6] In 1962, Dr. Stewart's work was vindicated by Dr. Brian MacMahon of the Harvard School of Public Health. Dr. MacMahon's studies found that cancer mortality was 40 percent higher in children born to women who had been X-rayed while pregnant.[7]

Nearly 20 years elapsed before the American public was sufficiently warned about the dangers of X-radiation during pregnancy. Experts fought

for almost two decades to obtain a national standard recommending that pregnant women not be given pelvic or abdominal X-rays except for emergencies. Finally, in 1980, the FDA and the American College of Obstetricians and Gynecologists launched a massive public education program warning of the dangers of pregnancy X-rays.

From 1957 to 1961, pregnant women were prescribed thalidomide for nausea; thalidomide was banned after being proven to be a teratogen, an agent



Top: A comet assay of a normal cell shows little DNA damage. Bottom: The same assay of cells exposed to microwave radiation shows "tails" of damaged DNA. Images courtesy of Henry Lai.

technology

known to cause malformities in the developing embryo. The synthetic hormone diethylstilbestrol (DES) was given to pregnant women from 1938 to 1971 to prevent miscarriages. After DES was linked to the abnormal development of fetal sex organs, its use was discontinued.

Now here we go again, this time with wireless microwaves. Thanks to powerful vested interests using political and financial power to obscure the realities of science, millions of uninformed women expose their fetuses to unlimited amounts of near-field wireless radiation. None have been officially warned that this radiation has been demonstrated in labs across the world to cause cellular and genetic damage.

What is most disheartening is that, commensurate with the rapid and basically unregulated deployment of wireless technology over the last two decades, our childhood cancer have also increased. Cancer is currently the second leading cause of death in American children age 5 to 14 (see www.statisticstop10.com/Causes_of_Death_Younger_Teens.html), preceded only by accidents. More school children will die of cancer than any other disease.

Are we cooking our eggs?

Perhaps no tissue in the human body is more radiation-sensitive than the "gnarls" cells of the ovarian follicles in human female ovaries. Human females are born with their eggs. The chemical or radiation damage sustained by these cells before women conceive absolutely determines the success of future pregnancies, as well as the health of babies. But how many school girls today understand that sitting with wireless computers on their laps exposes their ova to the equivalent of continuous X-radiation?

"Cell phones give off radiation any time they are turned on so that they can communicate with base stations," says IOU Bloomfield, PhD, professor of physics at the University of Virginia.[8] This means that even on stand-by, a cell phone emits radio signals into the body of a woman wearing that phone near her ovaries.

Frequency tests show that cell phone radiation is the most powerful during the signaling phase. When the phone rings, it begins abruptly transmitting microwaves at a power density that may spike up to over 100 microwatts per centimeter squared (100uW/cm²). This near-field dose is at least 1,000 times higher than microwave power densities shown in laboratory tests to have numerous biological repercussions in animals and human beings.

This cell-phone dose is also 1,000 times higher than the maximum exposure limit currently recommended for humans by the 2007 BioInitiative Report. Leading scientists who contributed to this master work compiled hundreds of medical studies in order to arrive at a consensus recommendation. [9]

At greatest risk for microwave radiation damage is the mitochondrion organelle within each female egg cell. The mitochondrion is a tiny, membrane-enclosed "power plant" which generates the cell's supply of chemical energy (ATP). Mitochondria are involved in a range of processes such as signaling, cellular differentiation and cell death, as well as controlling cell growth.

Within each mitochondrion are up to one million molecules of mitochondrial DNA (mtDNA). Once damaged, the mtDNA are incapable of repairing themselves.

UK physicist and radiation expert Professor Barrie Trower explains how wireless microwaves can radically alter human genetics through mitochondrial damage: "Permanent low level microwave exposure induces chronic nitrosative and oxidative stress to human cells. The mitochondrial DNA is even more susceptible to this stress than the DNA in the cell nucleus and it can become irreversibly damaged. Damaged mtDNA causes mitochondriopathy, which is transmitted by the maternal egg from mother to daughter through each succeeding generation forever. Mitochondriopathy is at the root of many inheritable illnesses including MS, Parkinson's, diabetes, arteriosclerosis, Alzheimer's and cancer." [10]

Don't bank on "hot" sperm

Recent studies confirm that cell phone radiation can drastically affect male fertility. A 2004 Hungarian medical study of hundreds of men revealed that those who carried their mobile phones on stand-by throughout the day had a significantly lower than normal sperm count.[11] Also in 2004, researchers found that the use of laptop computers can impair male fertility when prolonged use heats the testicles.[12]

Australian researchers have reported that the global service mobile (GSM) phone frequency of 900 megahertz has a "significant genotoxic effect on epididymal spermatozoa." [13] These are sperm cells stored after production in the testes.

In 2005, German researchers found alterations in gonadal function of mice exposed to GSM cell phone radiation.[14] By 2006, the American Society for Reproductive Medicine

reported that men who use cell phones have poor quality sperm due to electromagnetic radiation emitted by the devices. Data confirms that all four parameters of sperm potency are affected: count, motility, viability and appearance.[15]

In 2007, researchers with the reproductive center at Glickman Urological Institute in Cleveland, Ohio, reported that a study of 361 infertile male patients showed cell phone users had decreased semen quality compared to non-users. The decrease in sperm quality was directly proportionate to the duration of wireless exposure. The longer the cell phone use each day, the worse the sperm.[16] Sperm is incapable of repairing itself.

Researchers in India have now compiled so much compelling evidence of sperm damage from cell phone radiation that the Indian government is launching a five-year study to include research on how wireless microwaves affect reproductive health. The study will recruit 4000 human subjects.[17]

Damaged reproductive cells make damaged babies

Like damaged ova cells, damaged sperm produced by millions of Generation X-rayers has the potential to make damaged babies. A NATO document states, "The motility of a cell may be decreased following irradiation. However, the presence of normal motility does not imply the absence of radiation injury. Irradiated spermatozoa, for example, may retain their motility and be capable of fertilization while carrying radiation-induced genetic changes which may alter subsequent embryogenesis." [18]

Charles Muller, lab director of the Male Fertility Clinic at the University of Washington in Seattle concurs: "One of the scariest things we're finding is that sperm DNA is damaged by even low levels of free radicals. Whereas high levels of damage lead to infertility, miscarriages or spontaneous abortions, low levels chew up the DNA but the sperm can still fertilize." [19] Radiation increases natural mutation rates because it is a major cause of free radical damage.

When chromosome damage to reproductive germ cells is slight and there is no actual loss of genetic material, the offspring will be viable. But the damage can become increasingly apparent in each successive generation. NATO experts note that radiation effects may be reflected in not only first generation offspring



Cell phones are being marketed increasingly to the very young. Even toddlers ask parents for them. What's the longterm effect?

but also in subsequent generations. They confirm that mutations are "permanent in regards to future generations." [20]

By 2002, British researchers announced that they had obtained a partial understanding of the mechanisms by which radiation damage can be inherited by generations down the line.[21]

In fact, many environmental factors experienced by previous generations can have a significant effect on descendants decades later. For example, there appears to be a strong link between the diet of grandparents and both the diabetes rate and life expectancy of their grandchildren. Epigeneticists now believe that the ramifications of famine may actually be imprinted on human eggs and sperm.[22] In 2005, California researchers reported that grandmothers

who smoke are twice as likely to have grandchildren who develop childhood asthma.[23]

If diet and toxin anomalies in one generation can trigger transgenerational traits in progeny decades down the line, how devastating will be the effects of our microwave-rich environment on the offspring of the ultra-irradiated Generation X-Ray? What will be the later penalty paid by Generation X'd Out, whose parents are now sustaining massive eye, ear, brain and reproductive damage from unfettered exposure to wireless products?

It may be a century before scientists fully understand the devastating ramifications of what was bequeathed to posterity by the uninformed consumers of today's wireless world.

Pregnancy and electromagnetic frequencies don't mix

A federal study released in 2000 revealed that about half of US pregnancies result in a dead or less than healthy child.[24] This report was derived from statistics gleaned before millions of our young people became habituated to DNA-compromising wireless technology.

University of Washington studies showed reproductive changes in lab animals exposed to microwave radiation at far lower levels than that which the FDA allows cell phones to emit into the bodies of pregnant women.[25] So today's pregnancy health statistics may be much worse than those reported in 2000.

There are an estimated one million miscarriages in the US every year. The two main causes of miscarriage are chromosomal abnormalities and problems in the intrauterine environment. Among the most potent environmental risks for miscarriage is not only ionizing radiation, but also non-ionizing electromagnetic radiation across the spectrum, especially microwaves.

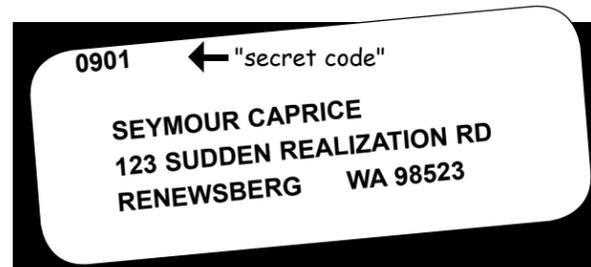
In the late '90s, French scientists confirmed that chick embryos exposed to cell phone radiation during their 21-day incubation period were five times less likely to survive than unexposed chicks.[26]

New Zealand radiation expert Dr. Neil Cherry wrote in 2000: "When all the studies are taken together, they form a comprehensive and compelling body of research to show that microwave exposure of mothers leads to a significant increase in early pregnancy miscarriage." [27]

More recent studies have reported a correlation between spontaneous abortion and Extremely Low Frequency (ELF) magnetic field exposures. One of these was a survey of 900 pregnant women less than 10 weeks into pregnancy who wore a monitor to record their daily exposure to electromagnetic radiation between 40 and 800 hertz. Those with the higher peak exposure – over 16 milligauss – were found to have an 80 percent increase in the risk of miscarriage.[28]

Wireless communications devices emitting pulsing microwaves propagate a broad array of ELF electromagnetic frequencies, including 2,

Seymour, I think it's time to renew!



Dear Subscribers,

Please notice the "secret code" number on the top of your mailing label. That indicates the year and month you'll receive the last issue of your current subscription.

For example, the numbers "0901" would mean that your last issue will be received in 2009 (the "09") in January (the "01"), which means that you're due for a renewal. If your label says "0901" then you're—ahem—going to be missing out on some pretty interesting news and ideas, unless of course you renew soon.

We do send renewal letters to subscribers a few times a year, but please help save the paper, postage, and limited volunteer time by renewing in advance of your expiration. You can use the cut-out form on page 3. We really appreciate it!

Thanks for supporting volunteer-produced, non-profit news.

8 and 217 hertz.

On August 22, 2008, ABC News affirmed that of the 23 richest countries in the world, the US has the highest infant mortality rate. One third of infant deaths are due to premature birth, with one in eight US babies born premature. Microwave radiation is indicted for causing both premature births and low fetal birth weight.[29]

Toxic chemicals + rays = double trouble

An exacerbating effect on America's deplorable pregnancy statistics may be a deadly combination of both chemical and radiation toxicity during pregnancy. In 2005, a report by the Environmental Working Group revealed that unborn babies in the uterus are "soaking in a stew of chemicals." Researchers had found 287 chemical contaminants in umbilical cord blood. Of those chemicals, 180 cause cancer in humans or animals, 217 are toxic to the brain and nervous system and 208 cause birth defects in animals.[30]

It is not just industrial chemicals that threaten the unborn. Over 90 percent of the hundreds of medical drugs approved by the FDA between 1980 and 2000 have never been properly tested or labeled for their teratogenic potential.[31]

Such radical chemical contamination of the human species is especially dangerous in the wireless age because radio frequency (RF) microwaves are known to increase the effects of some chemical mutagens. A 1996 report from Belgium showed that close range exposure to microwaves emanating from wireless communications base stations increased the effects of a DNA-damaging agent on human blood cells, leading to increased chromosomal aberrations.[32]

A 2008 medical report from Iran says that mobile phone radiation causes the release of a significant amount of mercury into the mucous membranes of people with amalgam restorations (tooth fillings).[33]

Common sense tells us that a combination of toxic chemicals and toxic radiation can amplify damage to human tissues, especially in the fetus. While domestic and international exposure standards for wireless radiation are being debated in general, there are no standardized advisories on the subject available to the public.

A 2005 paper on the sensitivity of children to electromagnetic fields, published by the Journal of the American Academy of Pediatrics, admits that studies of the effects of electromagnetic fields on pregnancy are completely inadequate.[34] Therefore, pregnant women and their physicians are forced to adopt individual precautionary measures regarding both toxic chemical and wireless radiation exposure during pregnancy.

A history lesson is valuable

Since the Cold War, the US government has known that microwaves are genetically hazardous. Beginning in 1953 and continuing intermittently for about three decades, the Russian Soviets used microwaves to covertly attack the US embassy staff in Moscow, Russia. The ongoing irradiation campaign affected about 1,800 employees and 3,000 dependents housed at the embassy during this period.[35]

see Generation X'd Out on page 6

**BUYING OR
SELLING A
HOME
IN SEATTLE?**

**Tell Michael
you read this
ad in the
Washington
Free Press**

**Use Michael Gross as your
real estate agent. He'll donate
50% of his commission to the
Washington Free Press!**

**Michael Gross is an experienced realtor
with a social conscience. In the last two
decades, he has donated more than a
half million dollars to a variety of or-
ganizations including the Nature Con-
servancy, John Bastyr College, Kadima,
NARAL, Women's Funding Alliance,
and many others.**

**He's also a great real estate agent.
206-323-6960 office, 206-999-9969 access**

MICHAEL GROSS • LAKE AND CO.

Generation X'd Out from p5

The Russians targeted the US embassy with 2.4 to 4.1 gigahertz, a range within the same realm of frequencies blasting from America's wireless cell phones, in-house cordless phones, wireless computers, WiFi systems and cell towers. The Russians mainly used a power density of around five to 18 microwatts per square centimeter (5-18 uW/cm²).[36]

In the mid-1970s, a Johns Hopkins medical team under direction of Dr. Abraham Lilienfeld was commissioned by the US State Department to study the health effects of the Moscow irradiation on our embassy staffers. The draft report documented numerous symptoms of radiation poisoning, including immune system disorders, high white blood cell counts, chronic fatigue, blurred vision, cataracts and muscle aches.

Information on cancer was deliberately withheld from the Lilienfeld team, but it was later reported that cancer incidence among embassy staff was four times normal.[37]

Most individuals among the irradiated staff were protected by the stone structure of the embassy building and therefore they received an estimated average of only 0.19 uWatts/cm². Nevertheless, reproductive problems among the irradiated Moscow personnel included abnormal red and white blood cells, above average chromosomal aberrations, higher than normal rates of miscarriage plus pregnancy complications.[38]

Embassy staff with blood abnormalities were advised not to conceive children until six months after their somatic levels had returned to normal in a non-irradiated environment.[39]

It should also be noted that then US State Department chief medical officer Herbert Pollack sanitized the conclusions of the Lilienfeld report. The final report falsely concluded that no important health effects were associated with the embassy microwave exposure.[40]

Compare the adverse effects on US Russian embassy personnel and their families exposed at mainly 0.19 microwatts/cm² to current federal exposure guidelines. Depending on broadcast frequency, the federal government allows the telecom industry to deliver a maximum of 600 to 1000 microwatts/cm² of communications radiation into populated areas across the nation. Adding insult to injury, the Federal Communications Commission (FCC) – the single agency with authority to regulate the communications industry – has neither money, manpower nor motive to verify compliance with its dangerous exposure guidelines.

NEXT ISSUE:

Generation X'd-Out, Part 2 – We Can See the Damage

References for Part 1

Note: For the latest report from Professor Lennart Hardell concerning the 5-fold risk of brain tumors in kids who begin using mobile phones in childhood see: "Mobile Phone Use 'Raises Children's Risk of Brain Cancer Fivefold,'" The Independent, UK, 9-21-2008. Hardell is with the Department of Oncology, University Hospital, Orebro, Sweden. For the latest cancer statistics on American kids, see CA: A Cancer Journal for Clinicians, published bi-monthly by the American Cancer Society.

1. "Mobile Phone Users 'Addicted to Radiation,'" Observer, UK, 3-14-1999. Mobile radiation stimulates a morphine-like chemical in the brain: "The mobile high is triggered by endorphins released in the brain when microwave radiation from the phone enters the ear."
2. "Key Scientific Evidence and Public Health Policy Recommendations," Dr. David O. Carpenter and Cindy Sage, Prepared for the BioInitiative Working Group, BioInitiative Report, July 2007, p. 7.
3. An in-depth report on the REFLEX project can be found online: Health and Electromagnetic Fields: EU-funded research into the Impacts of Electromagnetic Fields and Mobile Phones on Health published by the European Commission, 02-29-2008. A list of the 17 additional DNA studies can be found at microwavenews.com. See September 3, 2008 issue of Microwave News.
4. Find references for these three chromosome studies at: microwavenews.com. See September 3, 2008 issue of Microwave News.
5. NATO Handbook on the Medical Aspects of NBC Defensive Operations, Chapter five, "Biophysical and Biological Effects of Ionizing Radiation," Section III, 511.
6. "Survey of Childhood Malignancies," Stewart, et al., British Medical Journal (1958), p. 1495. Also: "Radiation Dose Effects in Relation to Obstetrics, X Ray and Childhood Cancer," Alice Stewart and George W. Kneale, Lancet 1 (1970): 1185-1187.
7. "Prenatal X-ray Exposure and Childhood Cancer," Brian MacMahon, Journal of the National Cancer Institute 28 (1962): 1173.
8. "Dr. Bloomfield quoted in "The Cell Tolls for Thee," J. Evans, 08-06-2008, Best Life, fourwinds10.com.
9. BioInitiative Report: A Rationale for a Biologically-based Public Exposure Standard for Electromagnetic Fields, September 2007. See "Summary for the Public and Conclusions."
10. Professor Barrie Trower from personal correspondence with the author.
11. "Cell Phone Use Can Reduce Sperm Count," M. Frith, The Independent, UK, 06-27-2004.
12. "Laptops Can Damage Male Fertility," M. Hachman, Extreme Tech, 12-09-2004.

13. "Impact of Radio Frequency Electromagnetic Radiation on DNA Integrity in the Male Germline," R. Aitken, et al, University of Newcastle, Australia, October 2004. Also: "Mobile Phone Radiation Fries Sperm—Study," T. McLean, Australian Associated Press, 10-20-2008.
14. "Effects of 1800 MHz GSM-like Exposure on the Gonadal Function and Haematological Parameters of Male Mice," Forgacs Z, et al, FGF-Infoline, 03-11-2005.
15. "Men Who Use Mobile Phones Face Increased Risk of Infertility," J. Hope, London Daily Mail, 10-23-2006.
16. "Effect of Cell Phone Usage on Semen Analysis in Men Attending Infertility Clinic," A. Agarwal et al, Fertility and Sterility, May 3, 2007.
17. "Can Mobiles Make You Infertile?" The Times of India, 6-11-2008.
18. NATO Handbook on the Medical Aspects of NBC Defensive Operations, Chapter five, "Cellular Effects of Ionizing Radiation" Section III, 508.
19. Muller quoted: "A Man's Shelf Life," M. Teich, Psychology Today, Sept-Oct. 2007.
20. NATO Handbook on the Medical Aspects of NBC Defensive Operations, Chapter five, "Cellular Effects of Ionizing Radiation" Section III, 512.
21. "Study: Radiation Damage May Be Inherited," Associated Press, 05-02-2002.
22. Discussion of epigenetics: Ghost in Your Genes, Nova and WGBH, 2006, as seen on public television. Also: "Imprint of Famine Seen in Genes of Second World War Babies 60 Years On," M. Henderson, Times Online, 10-28-2008.
23. "Grandmothers' Smoking Linked To Grandchildren's Asthma Decades Later," Science Daily, 05-06-2005.
24. "Shocking Pregnancy Statistics," Joel Sol, www.rense.com, 05-02-02. This statistic was in a press release from the National Research Council of the National Academy of Science Institute of Medicine, June 2000.
25. Neurological Effects of Radio Frequency Electromagnetic Radiation, a paper presented by Dr. Henry Lai at the Mobile Phones and Health Symposium, in Vienna, Austria, October 25-28, 1998. also: Dr. Lai: "Biological Effects of Radiofrequency Radiation from Wireless Transmission Towers." This report is Chapter three in Cell Towers: Wireless Convenience or Environmental Hazard? The Berkshire-Litchfield Environmental Council, Edited by B. Blake Levitt, 2000.
26. "Mobile Phones Warning to Pregnant Women," The Telegraph, UK, 06-28-1998.
27. Cherry on Safe Exposure Levels, Dr. Neil Cherry, Lincoln University, 2000. Some of the studies listed by Dr. Cherry include: Vaughan et al (1984), Taskinen et al. (1990), Lindbohm et al. (1992) and Quellet-Hellstrom and Stewart (1993.)
28. "A Population-Based Prospective Cohort Study of Personal Exposure to Magnetic Fields During Pregnancy and the Risk of Miscarriage," Li De-Kun et al., Epidemiology, 2002; 13:09-22.
29. Criticism of the Proposal to Adopt the ICNRP Guidelines for Cellsites in New Zealand, ICNIRP Guideline Critique, Dr. Neil Cherry, Lincoln University, 10/02/99. See section on reproductive outcomes, pp. 21-31.
30. "Unborn Babies Soaked in Chemicals, Survey Finds," Maggie Fox, Reuters, www.rense.com, 07-14-05.
31. "Teratogenicity of Recently Introduced Medications in Human Pregnancy," W. Lo et al., Obstetrics and Gynecology, 2002;100:465-473.
32. "954 MHz Microwaves Enhance the Mutagenic Properties of Mitomycin C," Environmental and Molecular Mutagenesis, Vol. 28, Issue 1 pp. 26-30, 12-21-1998.
33. "Mercury Release from Dental Amalgam Restorations after Magnetic Resonance Imaging and Following Mobile Phone Use," S. Mortazavi et al., Pak J. Biol Sci, 11(8): 1142-6, April 15, 2008.
34. "The Sensitivity of Children to Electromagnetic Fields," L. Kheifets et al, Pediatrics, Vol. 116, No. 2 August 2005, pp. 303-313.
35. Evaluation of Health Status of Foreign Service and Other Employees from Selected Eastern European Posts, National Technical Information Service, A. Lilienfeld, PB288-163 (1978). Professor Abraham Lilienfeld, head of the Epidemiology Department at Johns Hopkins School of Public Health, completed this study of the Moscow irradiation project for the US State Department.
36. Probable Health Effects Associated with Mobile Base Stations in Communities: the Need for Health Studies, Dr. Neil Cherry, Lincoln University, NZ, August 2002.
37. "Cancer Risks from Microwaves Confirmed," Dr. Mae-Wan Ho, Institute of Science in Society, 05-24-2007.
38. Cherry on Safe Exposure Levels, Dr. Neil Cherry, op. cit.
39. Ibid.
40. Ibid.

McConnell/Lease



GEORGE BUSH'S HALF BILLION DOLLAR LIBRARY

war

Petition to Obama

Amnesty For US War Resisters

BY MARK TAYLOR-CANFIELD

Project Safe Haven, a war resisters support group based in Seattle, has launched a national campaign to gain amnesty for US soldiers who refuse to fight in Iraq.

Hundreds of US soldiers have relocated to Canada, Europe or Latin America after they chose not to serve in the US war and occupation in Iraq. Local folk hero Lt. Ehren Watada, the first officer to refuse to serve in Iraq, is still confined to the military base at Fort Lewis near Tacoma.

Dozens of other soldiers have either served time in prison or are awaiting trial. Several international efforts have failed to pressure the Canadian government to grant political asylum to US soldiers now living there. Many of the soldiers have gone into Canada by crossing the border between Washington State and British Columbia, which also served as a point of entry for conscientious objectors escaping to Canada during the US war in Vietnam four decades ago.

Now a war resisters support group in Seattle is initiating a national campaign to lobby President Obama to grant immediate amnesty to all US war resisters who have refused to serve in Iraq.

The Seattle group Project Safe Haven was formed by anti-war activists who were instrumental in gaining amnesty for Vietnam war resisters. Their petition also calls for the immediate withdrawal of all US troops from Iraq and an end to the war in Afghanistan. Other demands include reparations for the people of Iraq and Afghanistan and full benefits and healthcare for military veterans.

According to Project Safe Haven organizer Gerry Condon, the petition is being circulated among national anti-war and veterans groups.

U.S. CONDUCTED RACE-BASED CHEMICAL WAR TESTS

Prestigious universities were involved

BY MICHAEL DAVIES-VENN,
UNIVERSITY OF ALBERTA

American scientists used mustard gas on their soldiers for race-based experiments during the Second World War, a study by a University of Alberta professor has shown.

At least nine separate studies were conducted on African American, Japanese American, Puerto Rican and Caucasian soldiers. The US government funded the tests in preparation for potential chemical warfare, found the study.

"The scientists who conducted the race-based studies suspected that non-whites would have a different response than whites to mustard gas," said researcher Susan L. Smith.

"Scientists likely performed race-based human experimentation to better protect white American soldiers, rather than to develop better protective gear for non-white soldiers," she said.

Smith, the first scholar to investigate these experiments, said her research demonstrates how scientists "easily slipped into investigating racial differences without questioning what they were actually measuring when they tested subjects by race."

The experiments were conducted at several leading research facilities, including Cornell University Medical College, the Rockefeller Institute for Medical Research in New York and the University of Chicago Toxicity Laboratory.

The study was recently published in the Journal of Law, Medicine & Ethics.

What Obama Can Learn from Europe

BY STEVEN HILL

The inauguration of the 44th president of the United States was the most spectacularly dramatic debut since the Beatles arrived in New York. Before too long, though, the hype will be over, and it will be time for Team Obama to produce. Particularly when it comes to three of the president-elect's top priorities – energy and climate change, health care, and jumpstarting the economy – President Obama would do well to look toward Europe for guidance.

Europe recently displayed its global leadership by enacting its 20-20-20 Plan: agreeing to cut human-produced carbon emissions that contribute to global warming by at least 20 percent by 2020. They will do this by ramping up renewable energy technologies to 20 percent of its energy usage, and by enacting the world's most ambitious carbon trading program.

Displaying an important principle that will be crucial to any global climate agreement, the richest European nations agreed to contribute a greater share toward combating climate change than the poorer European nations.

Importantly, Europe has not allowed the current economic crisis to thwart its drive. European Union Commission President Jose Manuel Barroso told the BBC, "The financial crisis is not an excuse, on the contrary; we can make it a win-win situation, we can create more green jobs, we can promote more investment in the low-carbon economy of the future." In a friendly challenge to the president-elect, Barroso said "Our message to our global partners is: 'Yes, you can.... especially to our American partners.'"

Similarly on health care, the Obama administration should learn from what has worked in Europe. European nations are rated by the World Health Organization as having the best health care systems in the world, spending on average far less than the United States for universal coverage and quality results. France has the top rated health care system, while the US is ranked 37th – just ahead of Cuba and Slovenia.

Yet contrary to stereotype, France, Germany and other countries do not use government-run, "socialized medicine." Unlike single-payer Britain or Sweden, they have figured out a third way, a hybrid with private insurance companies, short waiting lists for treatment, cost containment and individual choice of doctors (most of whom are in private practice). And, it turns out, this third way is good for businesses because it doesn't expose them to the soaring health care costs that have plagued American businesses.

This third way hybrid is based on the principle of "shared responsibility" between workers, employers and the government, all contributing their fair share to guarantee universal coverage. Participation for individuals is mandatory, not optional, just like it is mandatory to have a driver's license to drive an auto.

These health care plans are similar to what Massachusetts recently enacted, but with two important differences. In France and Germany, the private insurance companies are non-profits. Doctors, nurses and health care professionals are paid well, but you don't have corporate health care CEOs making hundreds of millions of dollars. Generally speaking, the profit motive has been wrung out of the system.

The second key difference is in the area of cost controls. In France and Germany fees for services are negotiated between representatives of the health care professions, the government, patient consumer representatives, and the private nonprofit insurance companies. Like in the American system for Medicare, together they establish a national agreement for treatment procedures, fee structures and rate ceilings that prevent health care costs from spiraling out of control.

The Obama administration also could take notes from how the Europeans are jumpstarting their economies. Europe sometimes is criticized for its lack of unity, but at times that multi-headed hydra affords certain advantages. Having so many powerful nation-states allows each nation to act as a laboratory for the others, learning from each other's successes and shortcomings.

For example, during the massive financial meltdown in the fall of 2008, as markets reeled and the US announced a \$700 billion bailout plan, each European country initially tried its own bailout formula. Within two weeks the British strategy under Prime Minister Gordon Brown emerged as the most effective. The rest of Europe quickly adopted it, as did the US eventually since Treasurer Hank Paulson's plan had proven so

ineffective.

The European plan also includes stricter controls over the bailout money, and equity in the banks and concessions from the bankers, all of which were lacking from the US bailout. And Europe already has enacted a fiscal stimulus worth hundreds of billions of dollars at the continental and national levels, while the US still awaits the Obama administration's plan.

Europe's economic success speaks for itself. With a half billion people, Europe is the largest, wealthiest trading bloc in the world, producing nearly a third of the world's economy – as large as the US and China combined. While its critics have derided Europe as a land of "creeping socialism," in fact Europe has more Fortune 500 companies than the US, China or Japan.

Like the United States, Europe is fighting to pacify the rising economic floodwaters. But something about

representative			total donations	out-of-district donations	%
Inslee, Jay	D	WA-1	1,109,761	952,201	85.8%
Larsen, Rick	D	WA-2	1,835,568	1,584,068	86.3%
Baird, Brian	D	WA-3	1,094,188	893,191	81.6%
Hastings, Doc	R	WA-4	686,788	421,002	61.3%
McMorris Rodgers, Cathy	R	WA-5	1,762,961	1,197,357	67.9%
Dicks, Norman	D	WA-6	1,482,926	1,293,843	87.2%
McDermott, James	D	WA-7	661,731	510,032	77.1%
Reichert, Dave	R	WA-8	3,069,383	1,963,707	64.0%
Smith, Adam	D	WA-9	910,095	822,045	90.3%

WA HOUSE MEMBERS RAISED 78% OF FUNDS FROM OUTSIDE DISTRICT

FROM MAPLIGHT.ORG

Campaign finance research has recently revealed that Washington State House members, on average, raised 78% of their funds from outside their constituents' districts, just slightly below the national average. The study – conducted by the nonprofit, non-partisan MAPLight.org – included all contributions from January 2005 through December 2007. Campaign contribution data was provided by the Center for Responsive Politics.

Adam Smith (D, WA-9) received some 90% of his funds from outside his district; eight of his ten top contributing zip codes are located in the Washington DC metropolitan area.

According to Daniel Newman, MAPLight.org's co-founder and executive director:

"To win an election, a House candidate has to raise an average of \$1.3 million in campaign funds – that's \$2,500 every working day for an entire two year term," said Newman. "We, as citizens, have handed special-interests the remote control, forcing our potential leaders to grovel before PAC leaders and lobbyists to raise the funds needed to win elections."

"With out-of-district fundraising in the US at a staggering 79%, the problem is not with a few individual House members," said Newman. "This report shows that our campaign finance system is broken. We need to reform our broken system so that Representatives can focus on voters, not dialing long-distance for dollars."

To see the full national report, visit MAPlight.org and view the full report entitled Remote Control.

Nationwide, only 13 House members, or 3%, raised most of their funds from within the district where their voters live.

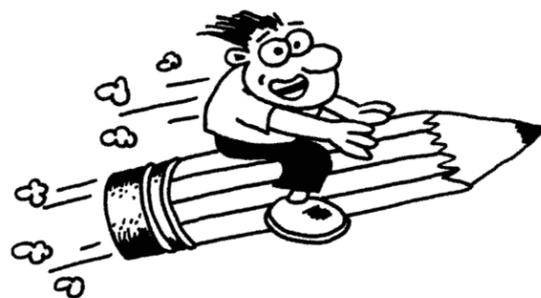
MAPLight.org's research team analyzed contributions to all legislators from each state and from Washington, DC. Washington, DC is the top location for contributors; it is the source of \$146,807,711, which is 21% of all contributions. With only 0.2% of the US population, Washington, DC has fewer residents than every state except Wyoming. However, it is home to scores of lobbying firms and political action committees.

politics

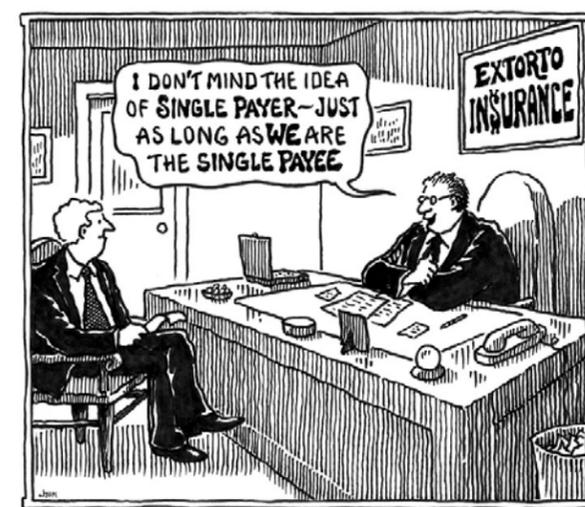
Europe and its "social capitalism" seems particularly well-suited to this make-or-break century challenged by a worldwide economic slump, global warming and new geopolitical tensions. Team Obama would do well to take notes.

Steven Hill is director of the Political Reform Program at the New America Foundation. His book "Europe Rising" will be published by the University of California Press in 2009.

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



JOHN JONIK LOOKS AT INSURANCE



Subscribers please email or mail us your address change if you move.

WFP, PMB#178, 1463 E Republican, Seattle 98112 or WAFreepress@gmail.com

Thanks!

Cashing In On Earth's Cycles

Part 1 – The Past: Impending Doom

BY ALAN CHEETHAM & RICHARD KIRBY

President Obama recently stated that the science behind human-induced climate change is “beyond dispute,” but in fact many scientists continue to be skeptical about the widely assumed connection between CO₂ and global temperatures.

Nowadays, people who are asking reasoned questions about climate change are being labeled as “global warming deniers” and are suspected of being in the pockets of oil companies. But good science and good public policy are only possible when all reasoned points of view are considered.

That's why I'm happy to publish the following well-researched article from a skeptic. The skeptical stance on global warming has much evidence to present, and it is extremely under-reported in our current social climate.

The following article first appeared in the newsletter of Mensa of Western Washington in December 2008. Parts 2 and 3 will appear in later issues of the WA Free Press. Readers will find a wealth of data at the reference links which follow the article. –Ed.

In this series of three articles we examine this new panic-industry – its evolution, present status, and the opportunities for restating arguments about the planet's atmospheric health and the role of society in its future.

Society has been through these cycles before. Global cooling was the theme in the late 1800s. The New York Times (NYT) reported that geologists thought a new ice age was approaching (February 24, 1895). Around 1910 the cooling trend reversed itself – but the global cooling reports continued for another decade.

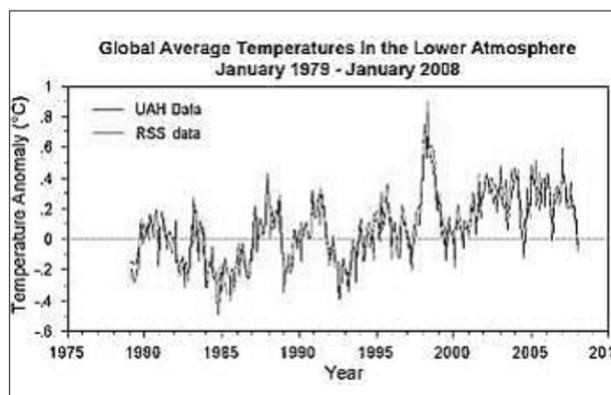
With the warming came more doom and gloom. The NYT reported (March 27, 1933): “America in Longest Warm Spell Since 1776; Temperature Line Records a 25-Year Rise”. Then the cooling trend came back. Time magazine reported (June 24, 1974): “Whatever the cause of the cooling trend, its effects could be extremely serious if not catastrophic” and the NYT (May 21, 1975): “A Major Cooling Widely Considered to Be Inevitable”. [See Ref's 1&2]

Of course, by then the trend was reversing itself once more leading into the recent warming phase (and by now, everyone has heard about the impending doom). The trend appears to be reversing itself once again, with 1998 being the warmest year with slight cooling occurring so far in the 2000s.

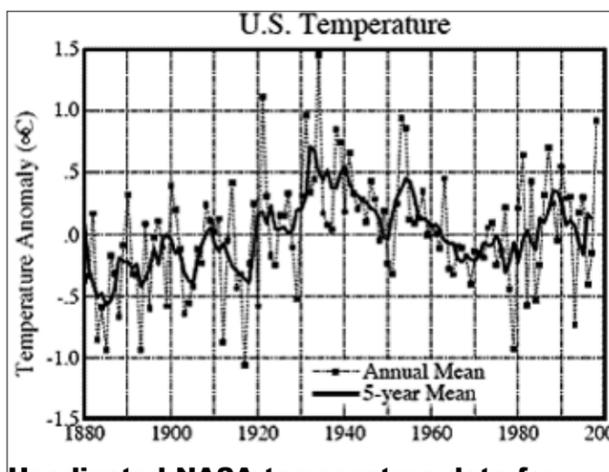
So, what is different about the recent warming cycle? There are several differences. Computer models are now used to forecast the future. Modern media provides a much greater role in selling fear. A global governing body has asserted a much larger influence on world affairs. In addition, a celebrity – Al Gore – has created a populist fashion, and Hollywood has adopted the Myth of the Doomed Planet as a lucrative picture of an elegiac human destiny.

The official global warming story comes from the United Nations (UN) -based IPCC (Intergovernmental Panel on Climate Change). Its position is based on computerized climate models which depend on anthropogenic (human produced) CO₂ after 1970 – prior to that, warming and cooling is explained by natural factors.

However, the IPCC ignores the fact that the empiri-



NASA satellite measurements of global temperature show a spike in 1998, an El Niño year, and an essentially flat trend since 2002. But computer models made by climate change proponents forecast a considerable warming for this decade. Could something be wrong with the assumption of their models?



Unadjusted NASA temperature data for the US shows 1934 as the hottest year on record. Global warming skeptics say that temperature data for recent years should be adjusted considerably downward to account better for urbanization around weather stations. Some weather stations have even been in recent decades surrounded by A/C units, parking lots, and other sources of heat.

cal data contradict the models. As many researchers have pointed out, the trends in temperature correlate much more closely with trends in solar radiation than with CO₂. Also, Antarctica is actually cooling, and satellite temperatures have shown no warming trend since 2002, despite increased CO₂. [see Ref.3 below for an extended discussion of these and other contradictions]

The IPCC was formed in 1988 with the purpose of assessing “the scientific, technical and socioeconomic information relevant for the understanding of the risk of human-induced climate change.” It is based on the assumption of human causation (anthropogenesis). Although the IPCC has become the “definitive” authority, it has never provided substantial scientific evidence that anthropogenic CO₂ is the cause – only that the computer models require CO₂ and a positive feedback mechanism in order to simulate recent temperatures since 1970.

The “consensus” switched from cooling to warming in just over 10 years, from the mid-1970s to the mid 1980s – but the definition of climate is “average weather over 30 years.” So how did this sudden switch come about, along with its presumption of human-induction? A series of UN-based conferences, starting with the 1972 Stockholm Conference on the Human Environment lead the way. Many scientists jumped on the funding train.

The United Nations Conference on Environment and Development (UNCED) was held in Rio de Janeiro in 1992 (“The Earth Summit”). It resulted in the creation of the UN Framework Convention on Climate Change (UNFCCC, under which the Kyoto Protocol was later developed). The UNFCCC states: “The developed country Parties ... shall provide new and additional financial resources to meet the agreed full costs incurred by developing country Parties in complying with their obligations” [Ref.4].

A major change in the definition of climate change also occurred. The IPCC had defined climate change as “any change in climate over time whether due to natural variability or as a result of human activity”. But the UNFCCC redefined climate change as “a change of climate which is attributed directly or indirectly to human activity that alters the composition of the global atmosphere and which is in addition to natural climate variability over comparable time periods.” By this new definition, changes due to natural factors such as oceanic oscillations or solar variability are not climate change.

In 2004 the United Nations University - World Institute for Development Economics Research (UNU-WIDER), published a study of scenarios for implementing a global tax. It states [Ref.5]:

How can we find an extra US\$50 billion for development funding? Our focus is on flows of resources from high-income to developing countries.... The taxation of environmental externalities is an obvious potential source of revenue.... We are presupposing that the tax is indeed levied on individuals and firms in the form of a carbon levy.... Suppose, however, that we have subsidiarity, where the burden on national governments is determined by their carbon emissions, but the national governments are free to decide how to raise the revenue. As noted above, they may for political or other reasons choose another taxbase.

In other words, their real concern is not CO₂, but money.

climate

NEXT ISSUE:

Part 2 – The Present: Crisis Mode
Read why Enron was one of the main lobbyists for US ratification of the Kyoto Protocol.

References

- [1] www.businessandmedia.org/specialreports/2006/fireanddice/fireanddice.asp
- [2] www.appinsys.com/GlobalWarming/GW_History.htm
- [3] www.appinsys.com/GlobalWarming/GW_Nutshell.htm
- [4] unfccc.int/resource/docs/convkp/conveng.pdf
- [5] www.wider.unu.edu/publications/policy-briefs/wider-policy-briefs/en_GB/pb10/

WHAT IF THE WORLD COOLED DOWN?

I like cutting the carbon, but maybe we shouldn't get too heated up about climate change

OPINION BY DOUG COLLINS

I'm not convinced about science that claims to either prove or disprove human-caused global warming. I even think it's kind of pretentious for non-experts to form a strong opinion on the issue. And to be an expert by my estimation, you'd have to conduct unbiased study on the issue – I mean all sides and nuances of the issue – full-time for probably at least a year. I'd guess that very few “climatologists” who lecture on climate change would qualify for that.

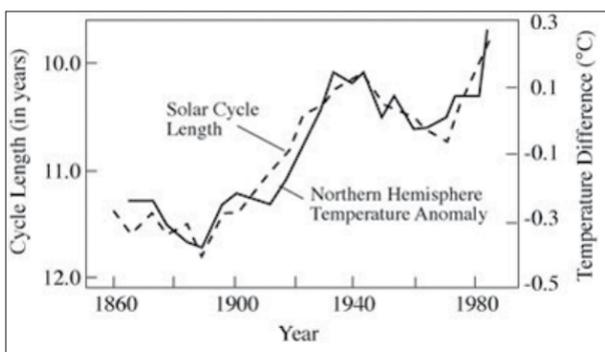
On the other hand, I've read quite compelling information from both proponents and skeptics, and although I am not convinced either way, I feel it is right to take some personal action out of concern for possible global warming, as well as resist some other trends that I see happening. I'll explain why.

First, I feel it's possible that humans are affecting climate in ways that they don't anticipate, and that such effects could take years to become obvious.

History and archeology show that many fallen societies have unwittingly undermined their environment through deforestation or poor resource management. I doubt we are any smarter than they were. And since our technology is now tremendously more powerful than in the past, it's reasonable that it could affect environment on a much greater scale. This is the reasonable fear that underlies the concern over global warming, as well as other environmental concerns.

Second, global warming largely overlaps the other more obvious environmental concerns that I care about: pollution caused by fossil fuels, deforestation, and overpopulation, for example. In some ways, concern about global warming also fits in with the ethos of simplicity, which I agree with very much: the idea that we should be living lightly on earth.

So I have, along with many others, taken it upon myself to live much more resource-efficiently than before. I now do things such as take the bus whenever possible, plan my vacation trips closer to home, turn off the water heater at the breaker box when I'm not needing it, dress warm to keep my winter thermostat way lower than ever before, resist buying so many new things, and try more often to buy local food.



This graph, produced by Dr. Kenneth R Lang of Tufts University, shows the close correlation between the varying length of sunspot cycles and global average temperature changes. Some researchers think that this is the main driver of temperature trends. The temperature curve also closely matches oceanic oscillations.

One of the most surprising things about leading my new Spartan existence is that it has not seemed hard at all. It's mentally stimulating to figure out ways to "scale back," and it's physically stimulating to live more with the seasons. It's socially stimulating to ride the bus, and it's financially stimulating to save on all the car and utility expenses. I feel good and healthy.

So if concern for global warming prompts others like me to feel the same, I couldn't begrudge it.

On the other hand, I can see some problems with jumping unquestioningly on the global warming bandwagon.

First, what if the computer models are wrong? After all, in the real world there has been no global warming trend since 2002 according to satellite data, and the warmest recent year on record is still 1934 (with 1998 a close second). If the world starts cooling over the next decade, the entire environmental movement could become a laughingstock. That would be a tragedy.

Second, even if there is global warming, I think it would not be proper to take a combative stance toward it. There are many hucksters waiting for just such an attitude, peddling not just nuclear reactors as a quick fix for our energy addiction, but also orbiting space disks to block the sun's rays, artificial cooling clouds of nanodust to be spewed in the atmosphere, and other reckless schemes that would likely make our environment much worse.

As for carbon credit trading, it would probably not end in civilization-destroying disaster, but it could well be the next refuge of bubble-creating financial scoundrels.

If global warming is real, then our overall response should be adaptive, not combative: adjust ourselves to a new, simpler life on a warmer planet, use renewable resources, help others migrate in an orderly fashion if their lands become uninhabitable, and – of course – forget about buying a beach house. We would be fooling ourselves to think that we could recreate our past lifestyle by some sort of technological intervention.

If global warming is not real, then there is, ironically, another danger: a danger that people will feel no need to kick our unhealthy oil habit, and a danger that people will shun the concerns of any environmentalist who claims to be an expert on anything. Our response should be that we took a responsible, precautionary course. We minimized our carbon footprint, and found that we liked it better that way, global warming or not.



Hmm...
what
should
I get
them?

Thoughtful
Gift Idea

for people who like to think

FROM MARTHA SKEWART



A Media Parable For "The Center"

Pundits are reviving the myth of Clinton's "lurch to the left"

Media Beat

BY NORMAN SOLOMON

It's been 16 years since a Democrat moved into the White House. Now, the fog of memory and the spin of media are teaming up to explain that Barack Obama must hew to "the center" if he knows what's good for his presidency.

"Many political observers," the San Francisco Chronicle reported days ago, say that Obama "must tack toward the political mainstream to avoid miscalculations made by President Bill Clinton, who veered left and fired up the 1994 Republican backlash." This storyline provides a kind of political morality play: The new president tried to govern from the left, and Democrats lost control of Congress just two years later.

But, if facts matter, the narrative is a real head-scratcher.

During the 1992 election year, Clinton had campaigned for the White House under the mantra "Putting People First." But as economic analyst Doug Henwood was to comment, President-elect Clinton swiftly morphed into the champion of an austerity plan that could have been called "Putting Bondholders First."

From the outset, President Clinton made clear his commitments to the corporate centers of economic power by choosing such officials as Treasury Secretary Lloyd Bentsen, Commerce Secretary Ron Brown, trade representative Mickey Kantor and Secretary of State Warren Christopher.

Soon after becoming president, Clinton abandoned his few initial stances that might qualify as "left." He quickly deserted his brief position for gay rights in the military. Under fire for his nomination of progressive law professor Lani Guinier to be assistant attorney general for civil rights, Clinton tossed her overboard.

In sharp contrast, the new president fought like hell for the corporate-beloved trade agreement known as NAFTA. And he spread his wings as a deficit hawk, while his campaign's pledges of "public investment" fell to earth with paltry line items. Less than five months into his presidency, Newsweek lauded Clinton's "shift to the right" and urged him to show "the backbone" to stay there.

But none of that has stopped the media's clucking about the Clinton administration's early "lurch to the left." The myth never died, though it was quickly ripe for debunking.

In real time, one of the most astute debunkers was Barbara Ehrenreich. As the only writer from the left with a regular column in a major US newsmagazine (she later got the boot), Ehrenreich wrote a Time piece in mid-June 1993 that directly addressed the nascent mythology. The incoming president's leftward lurch was "a neat parable," she noted, "but it never happened."

Ehrenreich added: "The lurch to the left is like the 'stab in the back' invented by right-wing Germans after World War One: an instant myth designed to discredit all one's political enemies in one fell swoop. ... Maybe it's

1. Cut out the subscription form on page 3 and fill out the gift section for your friend or family member (this costs only \$12 if you also subscribe).
2. Take this paper and roll it up into a neat cylinder.
3. Put a decorative ribbon around it.
4. Tell the recipient "Happy Birthday" or "Happy Holidays," etc.
5. We'll send the lucky person a card telling them when their first mailed issue will arrive.
6. Rest assured you've supported a good cause!

media

been so long that we've forgotten what 'left' is and how to tell it from right. At the simplest, most ecumenical level, to be on the left means to take the side of the underdog, whoever that may be: the meek, the poor and, generally speaking, the 'least among us,' as a well-known representative of the left position put it a couple of millennia ago."

More than 15 years after Barbara Ehrenreich wrote those words, the tall tale of President Clinton's lurch to the left is still in the air. Warning Democratic politicians against being "liberal" or moving "left" remains a time-honored – even compulsive – media ritual. But as Barack Obama fills key economic posts in his administration, the left-leery and corporate-friendly press is likely to be quite content.

Norman Solomon's books include "War Made Easy: How Presidents and Pundits Keep Spinning Us to Death," which has been adapted into a documentary film of the same name. He was an elected Obama delegate to the Democratic National Convention.

Talk Show Host Praises Pills, Collects Cash

The following is from a press release from Lichtenstein Creative Media, which produced a talk show for National Public Radio that was recently canceled because of conflicts of interest. The host of "The Infinite Mind" took more than a million dollars in consulting fees from various drug companies, and defended his actions by telling the New York Times, "These companies compete with each other and cancel each other out."

It's telling that a show so ethically compromised could have won more than 60 journalism awards over ten years, and received major underwriting from the National Science Foundation and the National Institutes of Health.

In fact, the influence of unethical pharmaceutical funding is much farther reaching. See the original Times investigation at www.nytimes.com/2008/11/22/health/22radio.html?ref=business. --Ed.

On November 20, Lichtenstein Creative Media (LCM), producer of public radio's The Infinite Mind, first learned through a phone call from a reporter for the New York Times that our program's host, Dr. Fred Goodwin, had accepted at least \$1.3 million in pharmaceutical company speakers' fees, while he was hosting our series of programs...

We learned about the full scope of Dr. Goodwin's conflicts of interest with the print publication of the New York Times article on November 22. Senator Charles Grassley [R-Iowa] provided the New York Times with evidence that Dr. Goodwin had accepted speakers' fees from companies whose products included medications discussed on The Infinite Mind...

Dr. Goodwin's acceptance of these fees was in direct violation of his written contract with LCM...

We applaud Senator Grassley's diligent efforts to work toward transparency in pharmaceutical funding. We have contacted Senator Grassley's office and offered our support in this work.

We can only apologize for this breach of trust with our loyal listeners, supporters and public radio stations.

LEFT BANK BOOKS



92 Pike St in the
Pike Place Market
206-622-0195
M-Sat 10-7
Sun 11-6
Used and New

www.leftbankbooks.com leftbank@leftbankbooks.com
Worker Owned and Operated Collective Since 1973

What's the ultimate price for letting air out of a police car tire?

BY JOHN MERRIAM

The following true story happened in 1978.

“That’s the one. Get him!” Cops immediately surrounded Johnny Horizon. He was handcuffed and beaten unconscious. Johnny didn’t learn until long later that a police dog had bitten him on the ass when he was lying on the ground.

Johnny was apprehended in south Seattle, a block east of Empire Way [now Martin Luther King, Jr Way], during the wee hours of a June morning. Until recognized, he’d tried to give the appearance of a curious passer-by. Numerous police officers were congregated on a side-street near JAM’S Broiler. They were upset that someone had messed with one of their own. Johnny’s white shirt had given him away. The collar was bright red with blood.

The timing of his arrest was unfortunate. Johnny had just been accepted to law school in Portland, 175 miles south of where he lay on the grass. Adding to an already-lengthy police record probably wouldn’t improve his prospects of becoming a future office of the court.

Johnny was fresh off a freighter in the US merchant marine. He had quit the ship in Baltimore because the scheduled voyage – to ports in the Indian Ocean and back – would have made him late to start law school. He intended instead to catch a ship on a shorter run, to earn money to live on while going to school. Tuition was already covered. He had been awarded a scholarship through his maritime union sufficient to pay for the three-year curriculum.

Earlier that night Johnny met with Willie Maybee to discuss the house they co-owned. The “business meeting” degenerated into toasts with tequila at JAM’S Broiler after midnight. Two members of Seattle’s Finest strolled in about 1:00 am.

Johnny and Willie were the only customers remaining. Ostensibly there for a routine check, the cops seemed rather familiar with the two barmaids still on duty. After whispers and giggling between police and employees, the taller of the barmaids announced that the establishment was closing.

“What? It’s only one o’clock!” Willie protested that he’d barely put a dent in his latest tequila.

“We’re closing early,” she said. “Drink up.”

“Your sign says open ‘til 2:00.” Willie grasped his glass protectively.

One of the cops came over to Willie and leaned on the bar next to him. The gumbelt he wore seemed to exaggerate the officer’s swagger.

Johnny tossed his drink and hissed at Willie: “Let’s go!” Willie reluctantly downed his tequila and left the bar with his friend.

A squad car had been left on Empire with the engine running.

“I’ll show these piss-ant public servants about hustling barmaids on taxpayer time. I’m going to ram this joint.” Johnny started toward the cop car.

Willie grabbed his friend’s arm. “They’ll kill you if you wreck their car.” After he calmed Johnny down, the two walked around to the back of the bar where Willie’s Dodge was parked.

“Look! There’s another squad car. That’s the one they’re going to use for their date.” A police cruiser was tucked behind JAM’S Broiler. Johnny bolted toward it before Willie could stop him.

“Let’s go home. Karma will catch up to them without our help.” Willie watched his friend stoop down to the left rear tire of the car. The way the squad car had been parked made it clear to him that Johnny was right. The cops were more interested in romance than safety. That’s why he and Johnny were given the bums’ rush before closing time. “But why did they leave the other car running,” he wondered. He heard the hissing of air.

“It will be too bumpy for blowjobs if they’re driving on the rims.” Johnny was depressing the valve stem. “The barmaids won’t think those cowboys are very cool



Johnny had recently returned from a long stint working at sea on this ship.

when they ride to a motel with no air in the tires.”

The back door of the bar opened, throwing a ray of light onto the squad car. The two cops, with barmaids in tow, strolled out into the parking area. Willie freaked and ran away. Johnny was too absorbed with releasing air to notice.

Whack! Johnny had so much tequila in his bloodstream that the blow to his head from the flashlight was heard more than it was felt.

Whack! He received another blow to the head while hastily abandoning the valve stem. He looked over his shoulder while running away.

“Damn,” he thought. The cop who hit him was wielding a long flashlight. “At least he’s not using his gun.”

The officer was about Johnny’s size but had a big belly. Johnny guessed it would be easy to outrun him. He sprinted across the parking lot, through an adjacent field, with the cop in pursuit.

He did outrun his pursuer, at first. Johnny was wearing high, steel-toed motorcycle boots. The cop behind him was screaming threats. The fear factor caused Johnny’s legs to move fast, even with the heavy

boots attached. He felt like a cartoon figure – whirling feet a blur of rotation. His feet were moving so fast that they occasionally failed to connect with the ground. Each time there was a depression in the field, Johnny’s traction failed and he would stumble and fall. Every time he got up he received another flashlight blow to the head as the cop caught up.

Despite several blows from the long flashlight, Johnny always got up and kept running. Once getting on the street he no longer stumbled, and the asphalt let him outdistance the pudgy cop.

For a time it looked like the chase was over. Willie and Johnny met in some bushes down the street. They soon realized that the two cops had called for back-up. More police arrived, including a K-9 unit. The two culprits separated, running off in different directions.

Increasing numbers of police cruisers were in the neighborhood. A cigarette

habit took a toll on Johnny’s lungs and he tired from running. He saw a gathering of police officers close to the scene of the crime. His mistake was approaching the cops, pretending he didn’t know what was going on.

Johnny’s next memory was of coming-to in the back of a patrol car beside Willie. He didn’t know that Willie had been treed on a nearby roof by the K-9 unit. The dog on Willie’s trail had lost the scent, as Willie covered behind a brick chimney on the roof of a house close to JAM’S Broiler. Johnny’s friend would still be at large if he hadn’t poked his face out from behind the chimney. His mug was caught in the beam of a police light. Willie got busted too.

Willie and Johnny were transported to the Georgetown Precinct and put in separate cells.

Johnny sat on a wooden bench in a holding cell about four times the size of a phone booth. A cop came

in – one he didn’t recognize.

“Drop your pants.”

Johnny didn’t know the reason for the officer’s request, but suspected the worst. “Eat shit!” His fighting stance was compromised somewhat by the handcuffs that kept fists behind his back.

Before Johnny knew it he was hanging upside down, suspended by the ankles, as the cop unfastened his pants and jerked them away from his buttocks. The cop seemed experienced in these maneuvers.

“Yup.” Apparently satisfied with what he saw, the cop dropped Johnny in a heap on the floor and departed.

Mystified by what had happened, Johnny mustered all his agility and ingenuity in an effort to get his pants back up. After some 45 minutes he succeeded and slumped on the bench in his cell.

It was several hours before Willie and Johnny were transported downtown, to the main jail atop the King County Courthouse. Only later did they realize that the delay by the cops was strategic – it would extend by a full day the time before a judge would hear them. Once in the county jail, again in separate cells—this time containing several prisoners each, Johnny and Willie both tried to get some sleep.

“Hey, man, who gave you those bite marks on your ass?”

The large, white county prisoner seemed to be implying that Johnny had a hickey in a place not condoned by the Bible. Having just arisen from his jail bed, Johnny was clad only in underpants. He put in a request to visit the jail infirmary to find out what the inmate had been talking about.

“Dog bite.” The male nurse told him the spacing and depth of the two puncture wounds indicated animal rather than human teeth. Johnny finally understood why his buttocks had been the object of such curiosity at the Georgetown Precinct. Looking at his backside in the infirmary’s mirror, he noted the spacing of the holes approximated the distance between canine teeth on a German Shepard. He also noticed the marks on his face. A dog must have completed Johnny’s arrest after humans knocked him out.

Bail was set at \$5,000 each. Johnny and Willie had been charged with a felony: interfering with an emergency vehicle. Willie’s brother, Don, showed up and tried to bail them out. Willie wondered where his brother had gotten that kind of money, unless he’d used the deed to their mother’s house as collateral for a loan. Johnny tried to convince him to refuse bail.

“A bailbondsman is going to suck up ten percent as his fee. Do you want to pay back \$500 to Don? I don’t.” Willie didn’t either. Johnny continued his harangue: “We’ll get released on personal recognition, for no bail, I promise you. No judge in the world will buy the felony we’re charged with. That fat dufus started hitting me with his flashlight before I’d let out enough air to ‘interfere’ with his so-called emergency vehicle. I’ll bet that was one of the cars looking for us. Just wait until we get in front of a judge.”

They waited more than two days.

Willie passed the time by waiting in line for the telephone in the Day Room, where many of the prisoners congregated. Johnny overheard an endless stream of lies spewing from Willie’s mouth every time he made contact with one of his girlfriends. Johnny admired his friend’s imagination whenever he gave a different excuse for missed dating. Johnny only stood in the phone line once, to call his only girlfriend, K. Rocker. She was sympathetic about being stood up when he told her the truth.

Johnny grew increasingly desperate for a cigarette. The only smoking material available at the King County Jail was Top tobacco, periodically dispensed by one of the guards. Johnny tried to ingratiate himself with the turnkey, explaining his incarceration as the result of a “misunderstanding” between himself and a police officer. The guard was not sympathetic.

It seemed that the jail had an established distribution system for tobacco – a system controlled by some of the larger, long-term prisoners – once the guard relinquished his carcinogenic cargo. After the tobacco passed into the hands of the prisoners, access required money or other types of favors. Johnny didn’t have any money, and was not willing to barter for other activities.

Many of the prisoners controlling the tobacco supply – mostly black men who would have done well in the position of fullback on a football team – played dominoes in the Day Room. Johnny didn’t know how to play dominoes, but decided to learn.

He loitered near games in the Day Room until he



It’s unclear if the police took any photos of Johnny Horizon’s bitten hindquarters. If they did, they are not releasing them.

TUESDAY, JUNE 13:

Officers Robert C. [redacted] and Robert B. [redacted] stopped at a tavern on Empire Way S. at 1:45 a.m. during a routine premises check. As they arrived the bartender was informing his customers that the tavern was closing. Everyone left except two men. Officers asked them to leave and after finishing their drinks, they finally did. When C. [redacted] and B. [redacted] returned to their patrol car a few minutes later they found the two men letting air out of their tires. The suspects fled when the officers approached. Additional units arrived at the scene and with the aid of a K-9 unit police were able to locate the two suspects. The men were booked for malicious mischief in the second degree.

Johnny's escapade received mention in his neighborhood newspaper. The names of the amorous police have been blacked-out to avoid lawsuits.

understood the rules, then practiced with some of the other, smaller inmates who didn't smoke. Graduating from the domino farm team, he challenged the tobacco monopoly. On his second day in jail, Johnny had won enough tobacco to smoke to his heart's content. By the time he and Willie got to see the judge, on the third day, Johnny was in nicotine heaven.

"What happened to you?" The judge referred to the scabs and dried blood on Johnny's face.

"Georgetown Precinct," Johnny replied. The judge nodded knowingly.

Willie and Johnny were released on personal recognition. They hired a lawyer who plea-bargained their charges down to misdemeanors – malicious mischief – in exchange for guilty pleas. Willie and Johnny both pled guilty. Their sentencing was continued until later that year – after the probation department had interviewed them.

Once out of jail, Johnny filed a complaint with Internal Investigations for the Seattle Police Department. His grievance was not for unnecessary force – Johnny knew that to be standard operating procedure – but rather for two cops with amorous intent wasting his tax dollars. Johnny was called into Internal Investigations for an interview.

Suspecting his complaint would not be well received, Johnny persuaded K. Rocker to accompany him to the Public Safety Building.

Internal Investigations was not a model of hospitality. Had his girlfriend not been present, Johnny got the impression that he would have been beaten up again for his audacity in pressing the issue.

The formal complaint was brusquely dismissed without an investigation.

Johnny went to see his probation officer.

The newly-minted probation officer was helpful. Johnny told him about starting law school in Oregon before summer was over. The probation guy gave Johnny permission to live out of state. He said that persons convicted of misdemeanors, depending upon the type of crime involved, were not required to report to Oregon probation officers, at the time, due to some sort of funding problem for the interstate compact between Washington and Oregon.

"OK, I'll waive the reporting requirement for you because you'll be living in Oregon. But I warn you, you might be required to report to an Oregon probation agency later. The situation could change at any time depending on budget and policy. You'll be sentenced in September. Unless you screw up, there's no reason for you to see me again. I'll notify you by mail if and when you have to report to probation in Oregon."

Johnny promised his new friend that he wouldn't so much as jaywalk in Oregon, thanked him profusely, and ran out the building. He squealed out of downtown on his motorcycle, went home and got ready to move to Portland.

After starting first semester in late August, Johnny left Portland in his truck, returning to be sentenced for his crime by Seattle Municipal Court.

Johnny swept up all the hitchhikers in downtown Portland on his way north. With eight of them aboard – the total on 1-5 in Portland that day – he exceeded the weight rating for his half-ton pick-up. He worried about an insurrection. A couple of the hitchhikers were so young that they undoubtedly were runaways. The rest had a lot of hard miles on their faces and were probably dodging probation officers in several states. All of them could see that he had a full tank of gas, through the rear window of the cab.

Johnny imagined that all of his hitchhiking cargo coveted a truck in good tune with the gas needle pointing to "F". Some of the men in back of him were a lot larger than he was. The axe handle stashed under the seat was no match for his passengers if they acted in concert. He decided to divide and conquer.

Prior to leaving his new abode south of Portland, Johnny had had the foresight to purchase a six-pack of beer for the trip. Deciding to sacrifice the six-pack for safety, he passed it from the driver's window to one of

UNINTENDED CONSEQUENCES DEPT.

The following quote, from financial writer Bill Bonner, is a rather insightful analysis of the motives of the nation's financial chiefs regarding the bailout and stimulus packages. It's interesting that many progressives might agree with his analysis. Progressives tend to emphasize the social unfairness of bailing out banks and other once-wealthy corporations. Economic conservatives – including libertarians – emphasize the dangers of mucking up the economy, such as by risking an uncontrollable slide into inflation. I see no reason not to agree with both points of view. --Ed

But the real key to the feds' game is neither bailing out the banks nor offering more credit. Even if their balance sheets were repaired, it will be a long time – probably a generation – before bankers want to lend so recklessly again.... No, the real key is to undermine [devalue] the dollar. As long as the dollar is going up against financial assets and consumer goods [a state of deflation], people will neither borrow, lend nor spend. Instead, they're going to hold onto every buck as if it were their last.

That's why the bankers are experimenting with "qualitative easing" or "credit easing," as Bernanke called it this week. These are code words for printing money.... The money supply increases. If they do enough of this money creation, the quantity of money overwhelms the quantity of goods and services which it can buy. Result: inflation.

That is the feds' goal. So far, they are not succeeding. But we have faith; in the end, they'll get the hang of it."

your donation can be tax-deductible

Donate to the Free Press

If you itemize your taxes and you are considering a donation of at least \$100 to benefit the Free Press, it is tax-deductible when you make your check to EOAIM (Earth On the Air Independent Media, a 501(c)3 nonprofit media umbrella group). Your generosity will not only greatly benefit the WA Free Press, but will also assist EOAIM with progressive media projects. Mail your donation check to WA Free Press at PMB#178, 1463 E Republican St, Seattle 98112. Thanks for your support!

the occupants in the bed of the truck. He looked at the rear view mirror. Watching eight hitchhikers divide six beers partially compensated Johnny for his charity. "Entertainment is never cheap," he chuckled as he left the northern suburbs of Vancouver, Washington.

By Vader, some of the hitchhikers were banging on the window, clamoring to urinate. Johnny shared that sentiment and took the next off ramp.

The spectacle of nine males pissing in a line caused a Washington State Patrol trooper to pull over behind the pickup. Johnny zipped up his pants and walked over to the trooper. "Is there a problem, sir?"

"What are you guys doing?"

"We're urinating, sir. I'm transporting these men to a job corps site in Idaho. I would have waited 'till the next rest stop but I figured females would be present. I wouldn't want these men around women. It's important to protect them, don't you think, sir?"

"It's not legal to urinate on the side of the road!" The trooper backed toward the driver's door to his car. His nearest back-up was probably ten miles away. There weren't enough bullets in his pistol to stop Johnny and all the hitchhikers.

"We'll be out of your area real quick." Johnny waved goodbye to the trooper.

Johnny decided to borrow from his experience in the King County Jail. He told two of the less crazed-looking hitchhikers to ride with him in the cab "to distribute the weight". (He was making them trustees!) There was no trouble.

The truck let off the hitchhikers one-by-one, at various points north of Vader. For some reason, none of them wanted to go all the way to Seattle. Johnny took strange pleasure in sprinkling Oregon hitchhikers along Washington's I-5 corridor.

Johnny got to court on time. He and Willie were sentenced to six months probation and a \$100 fine, each.

economy

The Betrayal of the Commons

A cultural problem is the cause of our economic one

BY RICHARD THIEME

The cornerstone of capitalism, it has been said, is a handshake. Laws are simply footnotes to the many ways people have betrayed trust, the meaning of the handshake.

Trust, not money, makes the world go around. Money is an emblem of the exchange of trust. It doesn't exist except as an invention.

And trust has been broken.

Yes, it's all smoke and mirrors, and everyone who looked already knew that. It isn't news. The news, as Alan Greenspan revealed pathetically in front of Congress, was that the moguls and bankers and investment gurus did not act according to their own self-interest. They did not just risky things but insanely stupid risky things, and thought they could hide from their karma.

They betrayed the trust of one another when they made deals, invented bogus financial instruments or used good ones unwisely, and they betrayed the trust of all of us. Nor will they pay the penalty they should. They never do.

Every structure built to ensure trust of those people and their institutions is now suspect.

We trusted Fannie Mae and Freddie Mac to keep good books and not take risks beyond their ability to manage risk or ours to understand what they were doing.

They betrayed that trust.

We trusted agencies like Standard & Poor's to rate corporations accurately so we had a clue when we saw AAA on a bond or note.

They betrayed that trust.

We trusted the wise old men of the Fed – sitting on their dais like judges, looking down on plain people – to think about their actions, follow out the implications, and heed voices of caution and alarm.

They betrayed that trust.

We trusted the SEC to ensure that a failure to open the books – by a man with a charming smile and ties to many Wall Street friends, so easy with his lies and deceit – would raise red flags.

They betrayed that trust.

The astonishing thing about this country, at the present moment, is that our rage took the form of lowering the approval rating of our leaders and voting them out of office in the belief, apparently, that we might rebuild trust. Is this goodwill, or are we simply stunned, trying to understand the enormity of what just happened?

The trusting attitude, the faith in the process to turn the tide, would certainly be commendable. It is a commendable trait when people are high and dry and even better when they're wet.

We are all wet, now, the showering spray of the waves hitting us all, but do we know that the sea is still coming in, higher and higher than anyone dared believe?

Let's return for a moment to those thrilling days of yesteryear when the streets were not so quiet and the view of the Viet Nam war was not so distant.

I remember it well. Toward the end of the seventies and its ravages – the war that tore us apart, the assassinations, the corruption in the government from the president to the FBI to the CIA – some of the people then in power realized the danger of a populace betrayed and enraged by betrayal.

The cost of the war was a million lives, and grief for the dead was a constant wail. The breakdown of constitutional guarantees was nearly absolute. Looking at the broken glass and burned-out buildings, some came to the conclusion that "the excesses of democracy" must not be allowed to repeat.

see **Betrayal** next page

Betrayal from previous page

This is not a conspiracy theory. That's a quote from one of the participants in the Bilderberg Conference at the end of that era. People of power from across the globe discussed with civility what must be done in a context of mutual self-interest.

This is the essential nature of oligarchic structures at a new level of trans-global mutuality that converged into the foundation of the global financial networks we inhabit today.

"Trust us," our leaders have recently said, even as they threaded the machinery of surveillance and social control through our lives. To an outside observer, it might look indeed like the apparatus of a police state.

They, too, betrayed our trust.

Fear and anxiety are thick in the air like cordite after a gunshot. It will not dissolve if we buy something shiny or big, go see a cartoon mouse, or stay home and use drugs that flood our lives.

The other day, I heard a news anchor – speaking of the sinking economy – say that it has gotten so bad that "people are only buying what they need."

Let that sink in. Is it so bad that people are only buying what they need?

The world that collapsed was built on people buying things they didn't need, then throwing them away and buying more.

That delusion is shredded into tatters and blows away in the wind ... this is a moment of clarity, in which like any recovering addict we can see that such a world was insane.

Reality hurts, it is abrasive, but it restores sanity and inner order.

The tide of reality is rising and the waves are shooting spray.

We can't restore trust because there was no legitimate trust. We need to create trust in new structures appropriate for a global society. We need to make our own word good and act as if the fractured bonds of civil society still exist. We need to bootstrap ourselves and learn again how it feels to have a handshake we can trust.

We are not doomed. The resiliency and strength that makes us human beings are alive in our blood.

But boy oh boy, O masters of society on your high dais, don't push your luck. You lied first to yourselves and then to us. You set up yourselves to fall down. And the antidote, you say, is to set you up all over again?

The old way of framing things is broken. What anyone might have meant by "capitalism" is not what we have. Not here, not now, and not in the world.

We need new skins for new wine. New frames for new ways of seeing. New words for new real things.

Trust, but verify. Use words as if they mean what they mean. If a talk show host or pundit doesn't, shut him off. Using words correctly is equal to a handshake now. We know how to do that. We have done it before. Humankind is built to self-transcend and to turn transitions into triumphs. It is not a function of leadership alone, but a function of trust among people in the streets who are walking quietly now through canyons of broken glass, trying to understand what exactly happened while we played the game of life as if it were virtual reality.

Homeless Encampment Fights to Survive

As camps spread nationally, Seattle mayor responds with arrests

BY ANDREA BAUER

This article was originally published in the Freedom Socialist newspaper (Seattle), Dec 2008-Jan 2009.

In the US, 600,000 children and teenagers are without a place to call home.

But most of them don't count with the Department of Housing and Urban Development, which now defines as homeless only those totally without shelter. This disappears the larger number of people who find emergency housing on friends' couches or in motels.

Still, that leaves more than 670,000 people surviving on the streets, in greenbelts, or in shelters. And, with 10,000 home foreclosures a week and joblessness at a 14-year high, the problem is ballooning.

As the crisis grows, many without housing are creating their own solution: organized tent cities.

Out of the shadows.

New Hooverilles dot the map, from Chattanooga, Tenn., to Columbus, Ohio, and Portland, Ore. The camps provide safety and opportunities that shelters don't. An example is the chance to hold down a job with late hours: the check-in and checkout times of most shelters prevent this.

Some municipalities are hostile, while others even support the camps financially. In Seattle, people without housing are up against a Democratic mayor who, like HUD, is determined to keep the homeless as invisible as possible.

In 2002, the year that Greg Nickels became mayor, the homeless organizations SHARE/WHEEL won a consent decree with the city that permits one encampment at a time, rotating among locations. This was an important victory, but not the answer for a homeless population estimated by January 2008 to be nearly 8,500 people – thousands more than Seattle's shelters can handle.

Meanwhile, Seattle was sporting a development orgy. As condos and stadiums proliferated, low-income housing evaporated: 3,511 units lost since 2005.

Since Mayor Nickels took office, he has added less than 100 ongoing shelter beds. But he has kept police busy destroying camps and chasing the homeless from place to place, endangering their survival.

In spring 2008, a group of homeless people said enough. They began planning for a self-governed camp on a fixed site, with structures and services, able to support up to a thousand people.

They called their goal Nickelsville, and themselves Nickelodeons. They found a sponsor, a chapter of Veterans for Peace.

On Sept. 10, they delivered a letter to the mayor asking him to provide land. They got no response. During the predawn hours of Sept. 22, they made Nickelsville blossom, setting up dozens of donated bright pink tents on an unused city field.

Many Nickelodeons will tell you they're not looking for a battle, just a secure place to sleep. In the words of Aaron Beaucage, "I don't want to fight the mayor. I don't care about him any more than he cares about me." Nevertheless, a fight is what they've got.

After being ordered to leave, the Nickelodeons, numbering about 100, got word that the police would raid the camp on Sept. 26. They notified supporters, many of whom rallied to the site, along with a blizzard of media.

Twenty-five campers and allies refused to leave when the police closed in, and were arrested for trespassing, handcuffed, taken to the nearest precinct, and then released. Participating for Radical Women, this writer was among them, along with my colleague Steve Hoffman of the Freedom Socialist Party.

Defending the right to exist.

But Nickelsville lives on. A series of hosts, each bullied by the mayor, have provided it with temporary space while Nickelodeons seek a permanent venue. At this writing, Nickelsville exists as a community of 85 adults, two children, and one big brown dog in the parking lot of University Christian Church in a busy college neighborhood. Despite threats of fines from the mayor, the sympathetic church has hung tough for weeks, but will only be able to host the camp for a short while longer.

A Nickelodeon named Gina summed up what Nickelsville means to her, saying simply: "We're family."

This family needs friends. Get involved: tell Mayor

activism

Nickels (206-684-4000) to stop harassing his namesakes and instead cooperate with them in their valiant effort to help solve a crucial city problem. You'll be in good company, joining appeals by the Washington Federation of State Employees Local 304, which is arrestee Hoffman's union, and many others.

If you live in the Seattle area, check out www.nickelsvilleseattle.org to find out about needed supplies and legal hearings that you can attend to show your support.

Stop the foreclosures, expand affordable housing, end homelessness now!

APPEALS COURT OVERTURNS SEATTLE PARADE ORDINANCE

Ruling says law gives police too much discretion

FROM THE ACLU OF WA

In a ruling that upholds the free speech rights of political activists, the 9th US Circuit Court of Appeals today found that the City of Seattle's ordinance for granting permits for parades and marches is unconstitutional. The ruling came in a case brought by the ACLU of Washington on behalf of the October 22nd Coalition, a group that opposes police brutality. The court agreed with the ACLU's contention that the law gives police too much discretion to revoke or alter permits.

"Marching in the streets is a traditional way for Americans to express their political views. Police should treat peaceful political demonstrators with respect. This decision reinforces the idea that police cannot arbitrarily revoke a permit that marchers have lawfully obtained," said ACLU-WA Legal Director Sarah Dunne.

The October 22 Coalition to Stop Police Brutality, Repression and the Criminalization of a Generation is a national organization that seeks to draw attention to issues related to police brutality by organizing an annual National Day of Protest. The Coalition has affiliates in 40 cities, all of which coordinate marches and other demonstrations on October 22nd each year. The Seattle Coalition has organized an annual march and rally in Seattle since 2000.

In 2003 the Seattle Coalition obtained both a parade permit and a special events permit authorizing the group to march from Seattle Central Community College to a rally at Hing Hay Park. The parade permit did not include a requirement that a minimum number of marchers participate in order for it to be valid. On the evening of October 22, approximately 80-100 people gathered at the college to take part in the march and rally. When the group moved into the street to begin its march, a Seattle police officer informed organizers that the parade permit had been rescinded because they had too few people.

Prevented from marching in the street, the participants were forced to proceed on the sidewalk and stop at all the intersections. As a result, the October 22 Coalition was unable to march as a cohesive body since many participants were cut off from the larger group at intersection lights, limiting the march's effectiveness. Throughout the march, the police occupied at least one lane of traffic, thereby closing off the very streets the marchers were not allowed to use. In addition, a police officer grabbed a sign from a marcher and confiscated it, and the sign was never returned.

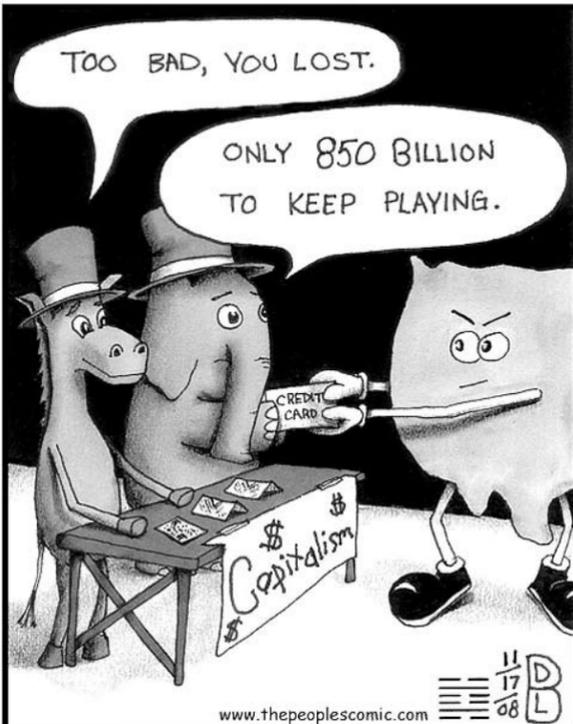
The ACLU filed suit in 2004. In 2006, in an agreement that partially settled the lawsuit, the City of Seattle paid \$47,500 to the October 22 Coalition for damages, attorney fees, and other costs for the 2003 incident.

The ACLU pursued an appeal on its claim that Seattle's parade ordinance is unconstitutionally vague. The ACLU said Seattle's regulations are confusing, burdensome, and so vague that they unlawfully give police unfettered discretion to alter or revoke parade permits.

In striking down the ordinance, the court said, "The Parade Ordinance allows the officials who administer Seattle's permit scheme to deny marchers access to the streets without even the barest expression as to why their march needed to be placed on the sidewalk in the interest of pedestrian and traffic safety."

THE PEOPLE'S COMIC

BY DAVID LOGAN



DO SOMETHING!

Get active, not radioactive!

Use this Do Something! Directory to decide how you'd like to make the world a better place.



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. 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.

OTHER NW REGIONAL PROGRESSIVE WEB CALENDARS

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

WEDS JAN 28, **Federal Way**, at The Archdiocese of Seattle Retreat Center, The Palisades; 7th Annual Inter-Faith Symposium, End the Silence, hosted by the King County SEXUAL ASSAULT RESOURCE Center. info www.kcsarc.org

WEDS JAN 28, 7 - 8:30 pm, **Seattle**, at Town Hall, 8th & Seneca; The ECONOMIC OUTLOOK for 2009 and Beyond: An Evening With Paul Krugman, hosted by the World Affairs Council. registration www.prestoregister.com/cgi-bin/order.pl?ref=WorldAffairsCouncil&fm=4

WEDS JAN 28, **Seattle**, and subsequent 2nd & 4th Wednesdays, 7 - 8:30 pm, at Jefferson Community Center, 3801 Beacon Ave. S.; Book Club. Rebel Reading Circles. Share ideas as you STUDY VIVA LA RAZA: A HISTORY OF CHICANO IDENTITY AND RESISTANCE, by Yolanda Alaniz and Megan Cornish. Sponsored by the Freedom Socialist Party. info 206-722-2453, FSPseattle@mindspring.com, or www.socialism.com [added 5/5/08]

FRI JAN 30, 7 - 9 pm, **Olympia**, at Traditions Café and World Folk Art, 300 5th Avenue SW; Potluck Supper Forum on CREATING A HOUSING AND COMMUNITY SPACE USE COLLECTIVE in Olympia. Free. Snacks will be served. We welcome all individuals, organizations and progressive businesses to participate in these conversations. www.PeaceCommunities.org and click on 'Housing and Community Space Use Collective.'

SAT JAN 31, **Bellingham**, at Whatcom Peace & Justice Center, 100 E. Maple Street; America's favorite PROTEST SINGER DAVID ROVICS will perform at a kids' show in the afternoon, followed by a regular concert in the evening. info 360-734-0217 or WhatcomPJC@fidalgo.net or www.WhatcomPJC.org

SUN FEB 1, **Seattle**, 4 - 6 pm, at Fifth Ave. NE & 104th NE across the street east of Northgate Mall, A Candlelight VIGIL FOR PEACE AND FOR ALICE BRYANT PEACE PARK on Thornton Creek. Join your friends and neighbors in taking a stand for peace and justice for people in all parts of the world. info Ruth Williams 206-365-8965 or ruthalice@comcast.net

SUN FEB 1, **North Bend**, 4 - 5 p.m., at the intersection of Park St. & North Bend Blvd. next to the Snoqualmie Valley Historical Museum and the Visitor's Center in North Bend; SNOQUALMIE/ NORTH BEND CITIZENS FOR CHANGE will hold a PEACE VIGIL to honor our troops in Iraq and to encourage their safe return home. Join us. Bring candles or flashlights. info rubin51@comcast.net

MON FEB 2, **Olympia**, 6:45 - 9 pm, at Lincoln Elementary School cafeteria, 213 - 21st Ave SE; NONVIOLENT COMMUNICATION INTRODUCTORY WORKSHOP. Communicating to Connect Nonviolent Communications (NVC), Marshall Rosenberg's radical process, is useful for: conflict resolution; healing relationships at home, work, & in the community; social change; personal happiness. Free, no pre-registration, donations appreciated. info Liv Monroe 360-357-4503 or liv@psncc.org

TUES FEB 3, **Seattle**, 6:30 pm, at Mosaic Coffee House, 4401 2nd Avenue NE, meeting of Amnesty International Group 4, working to PROTECT HUMAN RIGHTS WORLDWIDE; Group 4's current campaigns included working to free our group's Prisoner of Conscience, Ngawang Phulchung, a Tibetan monk, and Chinese internet activist Shi Tao; info www.scn.org/amnesty or aigroup4@gmail.com or 206-622-2741

WEDS - SUN FEB 4 - 8, **Seattle**, the SEATTLE HUMAN RIGHTS FILM FESTIVAL (SHRFF) presented by Amnesty International Puget Sound celebrates the invaluable contribution filmmakers offer to raising public awareness and understanding of often overlooked human rights issues. Brown Paper Tickets 1-800-838-3006, or www.brownpapertickets.com/producer/7137, info www.shrff.org

WEDS FEB 4, **Bellingham**, 6 pm, at Whatcom Peace & Justice Center's offices in the Anything Grows building, 100 E. Maple Street; NONVIOLENT DIRECT DEMOCRACY OPEN DISCUSSION GROUP facilitated by local activist Ellen Murphy. info 360-734-0217

WEDS FEB 4, Burien, 7 p.m., at Burien Library, 14700 8th Ave. SW; SOUTHEND NEIGHBORS FOR PEACE & JUSTICE presents the Wednesday Night at the MEANINGFUL MOVIES. Sponsored by Southend Neighbors for Peace & Justice, info rdare2@yahoo.com

THURS FEB 5, **Seattle**, 7 pm, at Kane Hall, University of Washington; Program in conjunction with Jan 12 - Feb 13 exhibit at Suzzallo Library. "Polish Heroes: Those Who Rescued Jews" STORIES OF RESCUE DURING THE HOLOCAUST. Speaker Henry Friedman, Holocaust Survivor: One of the Rescued. info www.wsherc.org/programs

FRI FEB 6, **Seattle**, 7:30 pm, at 911 Media Arts Center, 402 9th Ave N.; 911 Media Arts Center and Hazel Wolf Environmental Film Network present a monthly showcase of progressive documentaries called the GREEN FILM SERIES. Admission \$5. info www.911media.org or www.hazelfilm.org/greenfilms.html#reinvention

SAT FEB 7, **Lake Forest Park**; 11 a.m. - noon, on the east side of Bothell Way at the corner of Ballinger Way; Lake Forest Park for Peace MONTHLY VIGIL FOR DARFUR. 206-365-5053 or hj_3246@hotmail.com

FRI FEB 13, **Bainbridge Island**; Doors open 6:45 pm, program 7 pm, at EHCC fellowship hall, 105 Winslow Way W. Yes, We Must! An ENVIRONMENTAL FILM AND DISCUSSION Series. Everything's Cool - How can we (must we) create the political will to respond to the urgent THREAT OF CLIMATE CHANGE in time? Leslie 206-855-0881 or Marcymlagerloef@seanet.com

SAT FEB 14, **Tacoma**; 11 am - 3 pm, at Northwest Detention Center, 1623 E J St, VIGIL FOR HUMAN RIGHTS - Organizing for Community Security in the I.C.E. Age. Stop the Raids - Keep Families Together - Effective and HUMANE IMMIGRATION LEGISLATION. 381-0293 or decomunidad@qwest.net, For carpool/ride from Seattle call: International Action Center, 206-218-4417

SAT FEB 14, **Bellevue**; 11 am - 1 pm, at Bradford Center, 750 - 108th Ave NE, 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

MON FEB 16, in **Olympia**; AFRICAN AMERICAN LEGISLATIVE DAY. Now is the time to contact your state legislators and make appointments on Feb. 16th to address our community's issues. info www.caa.wa.gov/Knowyourlegislature.shtml Bus transportation available from some locations leaving between 7 and 8 am. Call A Philip Randolph Institute at 206-770-7697

THURS FEB 19, **Olympia**; at United Churches, 110 11th Ave E, ENVIRONMENTAL LOBBY DAY. Please join Earth Ministry staff, many people of faith, and friends of the environment throughout Washington State in Olympia to meet your legislators and support good climate legislation. Registration for Lobby Day at www.pugetsound.org/, or contact Rein Attemann, People For Puget Sound at rattemann@pugetsound.org or 206-382-7005 x213. Cost is \$15 and includes an advocacy toolkit and lunch

THURS FEB 19, **Seattle**; 7 - 10 pm, at Central Cinema, 1411 21st Avenue at Union, Mexico Unconquered: Join Community Alliance for Global Justice for an evening of music, film, photos and discussion with author and journalist, John Giber. Activist John Giber will give a short talk about his new book, MEXICO UNCONQUERED: CHRONICLES OF POWER AND REVOLT, 206-405-4600 or www.seattleglobaljustice.org/

FEB 20 & 21, **Mount Vernon**; at Mount Vernon High School, 314 North 9th Street, Mount Vernon High GAY STRAIGHT ALLIANCE's 2nd Annual "Over the Rainbow" Festival Sponsored by People for a Peaceable Planet. Admission is free (donations gratefully accepted); open to the public. Fri 7-9:30 p.m., award-winning documentary on the U.S. military's "don't ask, don't tell" policy 360-428-6100 ext 2161 or cpfahl@mv.k12.wa.us

MON FEB 23, **Olympia**; PRO-CHOICE ACTIVISTS will participate in the annual LOBBY DAY for choice. We will be asking the State Legislature to provide a more permanent funding solution and prioritize family planning funding. www.ProChoiceWashington.org or 206-624-1990 or RosaMcLeod@ProChoiceWashington.org

FEB 25 - 27, **National Harbor, MD**; National Leadership Summit on ELIMINATING RACIAL AND ETHNIC DISPARITIES IN HEALTH will bring together health professionals and leaders from around the country to develop a national strategy towards health equity with Tracks: Increase Awareness of Health Disparities; Strengthen Leadership at All Levels www.omhrc.gov/npsummit2009/, info 2009Summit_general@team-psa.com

TUES MARCH 10, **Seattle**; 9:30 am, in Seattle Municipal Court; trial of the Nickelsville 22. Your presence in the courtroom would be encouraging. Please confirm as court dates may change. Support people who think

EVERY PERSON DESERVES A HOME. info Scott@nickelsvilleseattle.org

THURS & FRI MARCH 12 - 13, **Spokane**; Washington State HOLOCAUST EDUCATION and Resource Center PRESENTATION BY HOLOCAUST SURVIVOR & TEACHER SEMINAR. March 12 - Community evening program with a presentation from a Holocaust survivor. March 13 - Teaching about the Holocaust: A Seminar for Educators. 8:30 am-3:30 pm, at East Valley Middle School. \$20. Clock hours available. Lunch and materials provided. Pre-registration ikennedy@wsherc.org

FRI & SAT MARCH 13 & 14, **Seattle**; at the University of Washington's Husky Union Building (HUB), Seattle; Washington State's REFUGEE & IMMIGRANT CONFERENCE "Changing Times, Changing Strategies for Refugees and Immigrants." The conference will celebrate achievements and examine issues of concern to refugees and immigrants through: local and national speakers; workshops; local refugee entertainment; Annette.Holland@kingcounty.gov or 206-205-9142

SAT MARCH 14, **Seattle**; at Seattle University; Seattle Expanding Your Horizons Conference: Inspire GIRLS IN SCIENCE, TECHNOLOGY, ENGINEERING, MATH. SEYH offers middle school girls a day of career exploration with three 50-minute workshops where they engage in hands-on science and technology activities led by professional women working in those fields. info or to volunteer info@seyh.org

MARCH 27 - 29, **Portland, OR**; at the Marriott Downtown Waterfront Hotel, National Education Association (NEA) 27th Annual HIGHER EDUCATION CONFERENCE: The Seamless Web of Education. The conference will explore issues that affect education from pre-K through higher ed, e.g., accountability, college readiness, funding, dual enrollment, P20 councils, www2.nea.org/he/conf.html or 202-833-4000

MARCH 29 - APRIL 1, **Missoula MT**; AMERICAN INDIAN HIGHER EDUCATION Consortium (AIHEC) Spring 2009 STUDENT CONFERENCE. info 406-532-5300 or www.aihec.org/about/eventsNews.cfm

WEDS APRIL 1, **Olympia**; 6:45 - 9 pm, at Lincoln Elementary School cafeteria, 213 - 21st Ave SE, Liv Monroe presents a NONVIOLENT COMMUNICATION INTRODUCTORY WORKSHOP. Communicating to Connect. Offering hope and practical communication tools to increase understanding, respect, honesty & fun. Free, no pre-registration, donations appreciated. info Liv Monroe 360-357-4503 or liv@psncc.org

THURS APRIL 2, **Bellevue**; at the Meydenbauer Center, 11100 NE 6th Street, converge. create. collaborate. The 15th annual WASHINGTON STATE NONPROFIT CONFERENCE, sponsored annually by Executive Alliance, Seattle University's Center for Nonprofit and Social Enterprise Management and the Nancy Bell Evans Center on Nonprofits & Philanthropy. info Yalonda Gill Masundire 206-328-3836 or www.npconference.org or conference@exec-alliance.org

MAY 1 - 2, **Tacoma**; National Association for ASIAN AND PACIFIC AMERICAN EDUCATION (NAAPAE) 31st Annual Conference. info Minh-Anh Hodge mhodge@tacoma.k12.wa.us or www.naapae.net/

MAY 18 - 20, **Chicago**; at the Hyatt Regency, CleanMed 2009 - Creating Healing Environments, The Global Conference on ENVIRONMENTALLY SUSTAINABLE HEALTH CARE. This national conference represents an ideal opportunity for health professionals and health sector leaders to present information on successful efforts to eliminate toxic chemicals, address climate change, and more! info Davis Baltz dbaltz@igc.org or www.cleanmed.org/

JUNE 17 - 19, **Austin TX**; at Omni Hotel Downtown, 2009 WEPAN Women in Engineering ProActive Network National Conference "Effective Strategies for Recruitment and Talent Development." The annual conference dedicated to creating changes that enhance the success of WOMEN OF ALL RACES AND ETHNICITIES IN SCIENCE, TECHNOLOGY, ENGINEERING AND MATH. info www.wepan.org

JUNE 23 - 27, **Springfield, MA**; Social Justice Training Institute (SJTI). The SOCIAL JUSTICE TRAINING INSTITUTE provides a forum for the professional and personal development of social justice educators and practitioners to enhance and refine their skills and competencies to create greater inclusion for all members of the campus community. www.sjti.org or Vernon A. Wall, 202-232-0462 or vernon.wall@gmail.com

JUNE 25 - 28, **Houston, Texas**; National Social Justice Education Conference "Free Minds, Free People: A National Conference on EDUCATION FOR LIBERATION." This is a conference that brings together teachers, high school and college students, researchers, parents www.freemindsfreepeople.org or Tara Mack tara@edliberation.org

Flu Shot from page 16

Times and other newspapers around the country found that flu shots do not protect elderly people against developing pneumonia. Pneumonia occurs with equal frequency in people over age 65 with or without a flu shot. Earlier studies, biased by the "healthy-user effect," over-estimated the vaccine's effect on pneumonia because they did not adjust for the presence and severity of other diseases in unvaccinated people.

Group Health authors explain the health-user bias: "The study found that people who were healthy and conscientious about staying well were the most likely to get an annual flu shot. Those who are frail may have trouble bathing or dressing on their own and are less likely to get to their doctor's office or a clinic to receive the vaccine. They are also more likely to be closer to death."

Other investigators question that there is a mortality benefit with influenza vaccination. Vaccination coverage among the elderly increased from 15% in 1980 to 65% now, but there has been no decrease in deaths from influenza and pneumonia (Am J Respir Crit Care Med 2008;178:527-33). As one vaccine researcher puts it, "I think the evidence base [for mortality benefits from flu shots] we have leaned on is not valid" (Lancet Infect Dis 2007;7:658-66).

There is also a lack of evidence that young children benefit from flu shots. A systematic review of 51 studies involving 260,000 children age 6 to 23 months found no evidence that the flu vaccine is any more effective than a placebo (Cochrane Database Syst Rev. 2006;1:CD004879).

Randomized controlled trials are the most reliable way to determine the efficacy and safety of a given treatment. No randomized trials show that flu shots reduce mortality from influenza or flu-related pneumonia. Some do show that the flu vaccine is somewhat effective in preventing influenza. In one widely quoted study, 1838 volunteers age 60 and over were randomized to receive a flu shot or placebo (a shot of saline).

The flu shot reduced the relative risk of contracting (serologically confirmed, clinical) influenza by a seemingly impressive 50%. But the incidence of influenza in the unvaccinated people in this study was only 3%, compared to 2% in the vaccinated group (JAMA 1994;272:1661-5). Flu shots reduced the absolute risk of contracting influenza by a meager 1%. In other words, this study showed that for every 100 people that have a flu shot only one will benefit from it – and all 100 risk being harmed by the vaccine.

Another randomized trial by Zaman and coworkers published recently (NEJM 2008;359: published online September 17, 2008, in print October 9) found that the incidence of influenza in infants whose mothers had a flu shot during their pregnancy was 4% (6/159). The incidence of flu in infants whose mothers did not have a flu shot was

10% (16/157).

In this study (done in Bangladesh and funded by the Bill and Melinda Gates Foundation, Wyeth Pharmaceuticals, and others) flu shots reduced the relative risk of influenza illness in infants by a seemingly impressive 63%. But only 6 out of 100 infants benefited from the shot. The other 94 received no benefit – 4 got influenza anyway – and all are at risk from being harmed by the vaccine, particularly from the mercury, aluminum, and formaldehyde in it.

After officials select the three strains of flu virus that they think are most likely to be circulating during the next winter season (they picked the wrong ones last year, as is often the case), vaccine makers grow the viruses in fertilized chicken eggs, with 500,000 eggs per day (each examined by hand) for up to eight months. Formaldehyde is used to inactivate the virus. It is a known cancer-causing agent. Aluminum is added to promote an antibody response. It is a neurotoxin that may play a role in Alzheimer's disease. Other additives and adjuvants in the flu vaccine include Triton X-100 (a detergent), Polysorbate 80, carboxylic acid, ethylene glycol (antifreeze), gelatin, and various antibiotics – neomycin, streptomycin, and gentamicin – that can cause allergic reactions in some people.

Two-thirds of the vaccines made for the 2008-09 flu season, 100 million of them, contain full-dose thimerosal, an organomercury compound, which is 49% mercury by weight. (The remaining 50 million vaccines contain either "no" or "trace" amounts of thimerosal.) It is used to disinfect the vaccine. Each one of these 100 million flu shots contain 25 micrograms of mercury, a mercury content that is 50,000 part per billion, 250 times more than the Environmental Protection Agency's safety limit. Mercury is a neurotoxin, which has a toxicity level 1,000 times that of lead.

There is some evidence that flu shots cause Alzheimer's disease. This most likely is a result of combining mercury with aluminum and formaldehyde, which renders them much more toxic together through a synergistic effect. One investigator has reported that people who received the flu vaccine each year for three to five years had a ten-fold greater chance of developing Alzheimer's disease than people who did not have any flu shots (Int J Clin Invest 2005;1:1-4).

The brains of people with Alzheimer's disease display three pathologic hallmarks characteristic of nanomolar doses of mercury: neurofibrillary tangles, amyloid plaques, and phosphorylation of tau protein.

Mercury in vaccines has also been implicated as a cause of autism. Vaccine makers have now removed thimerosal from all childhood vaccines, except flu shots. For more on this subject see my article "Mercury on the Mind," (www.wafreepress.org/72/mercuryOnTheMind.htm) with its recommended reading list, and Evidence of Harm: Mercury in

Vaccines and the Autism Epidemic: A Medical Controversy by David Kirby.

Three serious, acknowledged adverse reactions to the flu vaccine are joint inflammation and arthritis, anaphylactic shock (and other life-threatening allergic reactions), and Guillain-Barré syndrome. Guillain-Barré syndrome (GBS) is a paralytic autoimmune disease that fells people several weeks after their flu shot. One woman with post-vaccination GBS writes:

"I had a flu shot in November, and by December I became weak and continued to get weaker until I collapsed and was taken to the hospital... I was helpless, totally paralyzed with Guillain-Barré syndrome... I was in ICU for three weeks and then transferred to a rehabilitation center. Three months later I was released to come home because I could ambulate approximately 100 feet with a walker. I continued rehabilitation as an outpatient for the next three months until I could walk with hand crutches. Today, I need a cane. I was not forewarned of any possible hazard when they gave me the flu shot."

Another woman, diagnosed with GBS after a flu shot, spent 16 months in the hospital paralyzed on a ventilator and life support. After several subsequent multi-month hospitalizations she writes:

"On my last visit to my neurologist I was able to walk about 6 feet holding his hand, not much but it took years to be able to do that. I scratch my head when I hear them promoting flu shots... Most people that I come into contact with – in the hospital and out (nurses, doctors, and regular people) – after hearing my story, feel that it is better to chance the flu and not get the shot." (from Vaccine Safety Manual for Concerned Families and Health Practitioners: Guide to Immunizations Risks and Protection by Neil Miller [no relation to this author], pages 84-86.)

The package inserts that come with the flu vaccine note that GBS is a potential complication, and that there are one to two cases of GBS per million vaccinated persons. But there were ten times that many cases of GBS in 1976 with the flu vaccine used that year. Taking a flu shot is essentially the same as buying a lottery ticket for acquiring GBS.

Perhaps that's why seventy percent of doctors do not get a flu shot.

Not the temperature, but the sun

Flu virus exists in people year-round, and new strains seed a population during the "off-season." In the northern and southern temperate zones, flu epidemics occur in the cold part of the year, October-March and April-September respectively. Flu epidemics occur in the tropics during the rainy season.

Explanations for why flu epidemics occur in the winter when it is cold – people being indoors in close contact, drier air dehydrating mucus and preventing the body from expelling virus particles, the virus lingering longer on exposed surfaces, like doorknobs, with colder temperatures – do not explain why flu epidemics occur in the tropics.

Something that can explain why flu epidemics also occur both in warm and cold climates is this: During a flu epidemic, wherever it may be, the atmosphere blocks ultraviolet B (UVB) radiation from the Sun. In the temperate zones above latitude 35 degrees North and South, the sun is at a low enough angle in the winter that the ozone layer in the atmosphere absorbs and blocks the short-wavelength (280-315 nanometers) UVB rays. In the tropics during the wet season, thick rain clouds block UVB rays.

Skin contains a cholesterol derivative, 7-dehydrocholesterol. UVB radiation on skin breaks open one of the carbon rings in this molecule to form vitamin D. Vitamin D regulates the expression of more than 1,000 genes throughout the body, including genes in macrophages, cells in the immune system that attack and destroy viruses. Vitamin D switches on genes in macrophages to produce peptides, which are both antibiotic and antiviral: they destroy both bacteria and viruses.

Vitamin D also expresses genes that stop macrophages from overreacting to an infection and releasing too many inflammatory agents – cytokines – that can damage infected tissue. Cytokines were a factor in the 1918-19 Spanish flu pandemic that killed 500,000 Americans. Young healthy adults would wake up in the morning feeling well, then start drowning in their own inflammation as the day wore on. They would be dead by midnight, as happened to my 22-year-old grandmother and my wife's 24-year-old grandmother.

Autopsies showed complete destruction of the epithelial cells lining the respiratory tract resulting, researchers now know, from a macrophage-induced severe inflammatory reaction to the virus. In a terribly misguided way, these victims' own immune system attacked and killed them, not the virus, something in future pandemics vitamin D, in appropriate doses, can prevent.

A credible hypothesis that explains the seasonal nature of flu is that influenza is a vitamin D deficiency disease. Cannell and colleagues offer this hypothesis in "Epidemic Influenza and Vitamin D" (Epidemiol Infect 2006;134:1129-40). They quote Hippocrates (circa 400 B.C.), who said, "Whoever wishes to investigate medicine properly should proceed thus: in the first place to consider



"CONGRATULATIONS PHIL. NOW FINISH YOUR DRINK, PUT OUT THAT CIGAR, & GO TO BED."

George Jartos

the seasons of the year.”

Vitamin D levels in the blood fall to their lowest point during flu seasons. Unable to be protected by the body's own antibiotics (antimicrobial peptides) that this gene-expresser engineers, a person with a low vitamin D blood level is more vulnerable to contracting colds, influenza, and other respiratory infections.

Studies show that children with rickets, a vitamin D-deficient skeletal disorder, suffer from frequent respiratory infections; and children exposed to sunlight are less likely to get a cold. Given vitamin D's wide-ranging effects on gene expression, other studies show that people diagnosed with cancer in the summer have an improved survival compared with those diagnosed in the winter (Int J Cancer 2006;119:1530-36).

A growing body of evidence indicates that rickets in children and osteomalacia in adults (both a softening of bones due to defective bone mineralization) are just the tip of a vitamin-deficiency iceberg.

Tuberculosis and various autoimmune diseases, such as multiple sclerosis, lupus, and type I diabetes have a causal association with low vitamin D blood levels. Vitamin D deficiency plays a causal role in hypertension, coronary artery disease, congestive heart failure, peripheral vascular disease, and stroke. It is also a risk factor for metabolic syndrome and type II diabetes, chronic fatigue, seasonal affective disorder, depression, cataracts, infertility, and osteoporosis.

At the bottom of the vitamin D iceberg lies cancer. There is good evidence that vitamin D deficiency is a causal factor in some 15 different common cancers. (NEJM 2007;357:266-81.)

The increased number of deaths that occur in winter, largely from pneumonia and cardiovascular diseases, are much more likely due to vitamin D deficiency than to an increased prevalence of serologically-positive influenza virus (which also results from vitamin D deficiency).

Experts reckon that an optimum blood level of vitamin D is 4,000 to 5,000 IU (international units) a day, about ten times the US government's recommended daily allowance.

A light-skinned person will synthesize 20,000 IU of vitamin D in 20 minutes sunbathing on a tropical beach, at which point vitamin D synthesis shuts down for the day (it takes a dark-skinned person 6 to 10 times longer to make this amount).

Human breast milk does not contain vitamin D, since, from an evolutionary standpoint, our African ancestors' infants, reared near the equator, could readily synthesize the nutrient from sunlight on their skin. Food contains very little vitamin D. The highest natural concentrations are in wild salmon, mackerel, sardines, and cod liver oil, but even a typical daily dose of cod liver oil supplement contains only about 400 IU. Federal regulations now require that some foods, like milk, be fortified with vitamin D. But one would have to drink 200 glasses of milk to obtain the amount of vitamin D a light-skinned person can make in 20 minutes sunbathing.

The majority of Americans are vitamin D deficient. Cheap vitamin D supplements (D3 is regarded by many nutritionists as better than D2) provide the only way most of us can maintain a good year-round vitamin D blood level. That requires taking 4-5,000 IU of vitamin D a day.

Taking vitamin D in these doses is safe, far safer than a flu shot with all the bad chemicals it contains. Concerns about vitamin D toxicity are overblown. One can take a 10,000 IU vitamin D supplement on a daily basis without any adverse effects. In healthy persons, toxicity is only reached with long-term consumption of more than 40,000 IU a day (Am J Clin Nutr 2006;84:694-97).

If you're interested, check your vitamin D (25-hydroxy D) blood level. People with granulomatous diseases like sarcoidosis should also check their blood level of 1,25-dihydroxyvitamin D, the active form.

Doctors in India and Canada give people a once-yearly injection of 600,000 IU of vitamin D (MJA 2005;183:10-12). That would be better, and safer, than having a flu shot. Daily, weekly, or monthly vitamin D tablets work just as well. For more on this subject see my article "Vitamin D in a New Light" (www.lewrockwell.com/miller/miller25.html) and visit Dr. Cannell's Vitamin D Council website (www.vitamindcouncil.org).

Investigators have completed one double-blind, randomized, placebo-controlled trial that shows vitamin D prevents colds and influenza significantly better than a placebo pill (Epidemiol Infection 2007;135:1095-6). A large multi-center randomized trial conducted over multiple flu seasons comparing vitamin D to a flu shot can show conclusively which is better, and safer. But given the financial stakes underpinning flu shots, and the unpatentable nature of vitamin D, who will fund it?

In the meantime, considering what is most likely to be the outcome of such a trial, if it is ever conducted, I avoid flu shots and take vitamin D instead.

Other things you can do to prevent the flu
Avoid sugar. It suppresses immunity. Avoid Omega-6 vegetable oils (corn, safflower, sunflower, peanut, canola, and soybean oil). Americans consume 50 times more of these oils than are necessary for good health. In this amount they are powerful immune suppressants. Take a well-balanced multivitamin/mineral capsule on a daily

basis. Eat garlic. Manage stress. Exercise. Get enough rest. And wash your hands. Viruses spread most often from touching contaminated objects, like doorknobs, phones, shared computer keyboards, and shaking hands.

One caveat: what doctors diagnose as "influenza" is often an influenza-like illness caused by a respiratory virus other than the flu. Serologic tests are necessary to prove that one's respiratory illness is actually caused by the flu virus.

A Matter of Life and Death

Ramblings on the Collective Human Soul

BY KATHLEEN MURPHY

Sometimes, watching TV, I see a Sleep Country commercial that mentions Washington State's 18,000 foster children. I turn my head, and shut off my heart, same as I do when I see road-kill, trying not to let it upset me.

Eighteen thousand children without parents, just here. And I learn about it from a commercial about corporate charitable activities. Now, if the anti-abortionists would just devote their energy to adopting abandoned children... but that's crazy talk.

Sometimes I think about the "lucky lotto winner" souls that are born to, or adopted by, rich parents who are able to take care of them, and how they are so few in comparison with the many, many, unlucky souls who are born into poverty or to parents who abuse and neglect them.

And as shallow as this is, it is hard not to notice the obsession over physical beauty and the many successful publications dedicated solely to it. I wonder if any pre-birth souls fight each other before birth to get into the body of a child being born to "good-looking" rich people; or if pre-birth souls resist being placed into the body of child from a poor family, knowing what's in store for them.

Weird things to think about, I know. But it seems like birth itself is something that a human soul cannot resist no matter how creepy the parents are. That means that forcing parenthood on unwilling people is a very low thing to do to the human race, which is already trying to cope with so much evil in the world.

After all, wouldn't an aborted fetus have more of a chance of getting into "heaven" than an unhappy person who commits suicide, according to the beliefs of the anti-abortionists?

I was a child when I first seriously considered suicide, at 12 years. But I thought, "What if I get there and I don't like it there either? What am I going to do, 'kill' myself again? Ha, ha, I'd already be dead."

So I just stuck around and admitted to myself that the real reason I wanted to die is because I want things to be better and to live for that.

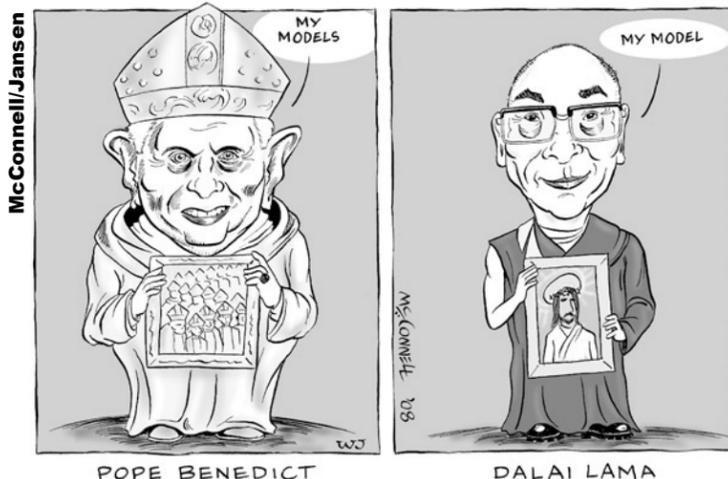
The things I want in life too often seem closed to me, but the horror and shame are too often present. It's ironic: the will to live is so closely related to the will to die.

There are so many things that I hate about this world, and someday I want to be away from those things forever. Part of what keeps me going is the knowledge that this hell-on-earth will be over some day, that I'll be dead, suicide or not.

In the meantime, same as I felt when I was young, I still want this world to be a good place where every living animal and human is safe from horror.

Oddly enough, when you care about these things so much, and try to fight the powers-that-be that are behind the horrible fascism, it can seem like a form of "suicide" to fight them. So what did Jesus really mean by saying, "Whoever loses his life for my sake will find it"? I'll think about it, and I hope the anti-abortionists do, to.

COMPARING RELIGIOUS LEADERS



Our web address is

Wafreepress.org

No need to type "www", but must type "org"

Wafreepress.org

15 years of back issues, the recent progressive history of Washington

Wafreepress.org

CHATTING UP THE CHECKER

POEM BY BOB MARKEY

AIG is (or was) a huge Insurance Company that soured in the years leading up to the crash of '08... was granted a taxpayer bailout if they'd mend their evil ways.

Passing through a grocer's checkstand during that period, the clerk's red T-shirt caught my eye. Emblazoned in extrabold, large, white letters was AIG... and nothing more. Coincidence?

I asked, "Are you the 'retired' CEO? Congratulations, you've opted for change careerwise." He frowned and responded, "That will be seven dollars even"... then short changed me.

He was young, early twenties. Might have been one of the thousands of laid off AIG employees... possibly a member of some student-activist religious cult: AIG,

Amorality Is Gauche... or something. He failed miserably as a checker... couldn't do what checkers do: chat up customers with mindless patter while toting up charges, and they smile... a lot!

We Need Fishmongers

The WA Free Press is a volunteer publication. We need help from fishmongers, dogcatchers, manicurists and practical jokers to keep the paper alive and out there. Really! We ask that all volunteers also be current subscribers and help with distribution three times a year. There is also great need for proofreading and mailing help, if you live in the Seattle vicinity.

If you already subscribe, please email or write us at the contacts on page 2. If you are not yet a subscriber, contact us via the subscription form on page 3.

Another Path to Sobriety

BY HOWARD PELLETT

Last year, we published an opinion article, which was critical of the fact that the criminal justice system often forces those convicted of DUI or other alcohol-related offenses to attend Alcoholics Anonymous (AA) treatment, which many feel has religious overtones. The article has since spurred some interesting letters, as well as this article about an alternative to AA. —Ed.

After 30 some years of abusing alcohol, I determined that I needed to quit. The inspiration was a statement by my wife about spending our retirement with me drunk. She was rightly concerned for herself, and I knew that she was sincerely worried and probably frightened about her personal welfare. And the vision of ending up “in the bottle” — alone and begging for drinking money on the streets — scared me too.

It's funny, because when I look back, after 20 years of sobriety, I realize that I no longer enjoyed drinking at the time when my wife expressed concern, and I was also developing health problems like high blood pressure and obesity.

So I embarked on my personal journey to stop drinking. The next day I signed up for an out patient alcohol program. At the time Alcoholics Anonymous (AA) was pretty much the only game in town and the treatment program I signed up for, in addition to meetings of their own, dictated three AA meetings a week.

I was determined to change, not only for my wife, but because I knew it was time to stop and I couldn't face failure. So, off I went to the treatment program meetings and off I went to the three mandated AA meetings every week. I removed all the booze from our home and avoided all of the other “slippery slopes” that AA warned me about. I was determined not to fail!

After about 6 months of AA I felt like I wasn't getting anywhere or making any progress, at least not the kind of progress that I was looking for. I choked on the religious “higher power” that AA promulgates (not surprising, as I had always been a freethinker). And I was growing tired of the continual drunkalogs (repeated stories about past drinking and drugging episodes). Also, the idea of AA's requirement that one continue the meetings for life or “risk a relapse” was appalling to me.

Many of the folks I met in AA were decent folks for whom AA seemed to be working, but it wasn't working for me.

The fact was that I wanted to get over my drinking career and get on with my life. I didn't want to be continually hanging onto my sobriety by my fingernails, in fear of slipping back to my old ways.

An ex-drinking friend of mine at the office asked me how I was doing. When I told her, she recommended I read “The Small Book”, by Jack Trimpey, founder of Rational Recovery. She thought I might like the book.

I took the book home and read it in one sitting. I still remember the day, especially chapter 3 of “The Small Book.” I quote portions of that life-changing chapter:

“You are in control of your drinking or drugging every day. You have been all along.... When the pain and losses caused by your habit exceed the pleasure you get from it, you will be ready to quit.”

I experienced an epiphany. Imagine! I could stop drinking all by myself. I really should have known this, but at the time, AA was largely the only game in town.

Trimpey was a pioneer in the drug treatment arena and his work almost twenty years ago started the Rational Recovery movement. Later, the Smart (Self Management & Recovery Training) Recovery organization was formed in 1995. Smart Recovery is a nonprofit made up of volunteers — like myself — who are dedicated to helping people get off booze and drugs.

Both programs emphasize the ability of the individual to control their drinking and drugging, which was such a help to me in getting control over my bad habit.

I studied Rational Recovery and attended a few RR meetings. Later on I became associated with Smart Recovery and have been involved as a meeting facilitator for many years. I've had a Smart Recovery group at the Monroe State Reformatory for almost nine years and another group at the Everett Community Justice Center.

People like Smart Recovery and I probably could start as many groups as I would agree to do. But I simply don't have the time.

The only occasion where I think about booze is when I facilitate one of my scheduled meetings. That's exactly where I wanted to be.

I'm happy to talk with anyone who's interested in Smart Recovery. Call me at 360.293-8128 or email me at cpellett@cablerocket.com. You might also try the Smart Recovery web site at www.smartrecovery.org.

If AA doesn't work for you, maybe Smart Recovery will.

AVOID FLU SHOTS, GET SOME SUN INSTEAD

An MD explains why most doctors don't get the vaccine

BY DONALD W. MILLER, JR., MD

Donald Miller is a cardiac surgeon and Professor of Surgery at the University of Washington in Seattle. He is a member of Doctors for Disaster Preparedness. His web site is www.donaldmiller.com.

Health articles in the WA Free Press should not be construed as personal medical advice. Readers should make their own healthcare decisions after consulting a variety of sources and in consultation with a personal physician.

We're in the middle of another influenza season in the northern temperate zone, and our government's Center for Disease Control and Prevention (CDC) has again strongly urged Americans to get a flu shot. Health officials will say that every winter 5–20 percent of the population catches the flu, 200,000 people are hospitalized, and 36,000 people will die from it.

The CDC's 15-member Advisory Committee on Immunization Practices (ACIP) makes recommendations each year on who should be vaccinated. Ten years ago, for the 1999–2000 season, the committee recommended that people over age 65 and children with medical conditions have a flu shot. Seventy-four million people were vaccinated.

Next season (2000–01), the committee lowered the age for universal vaccination from 65 to 50 years old, adding 41 million people to the list. For the 2002–03 season, the ACIP added healthy children 6 months to 23 months old, and for 2004–05, children up to 5 years old. For the 2008–09 season the committee has advised that healthy children 6 months to 18 years old have a flu shot each year.

Its recommendation for influenza vaccination now covers 256 million Americans — 84 percent of the US population. Only healthy people ages 19–49 not involved in some aspect of health care remain exempt. Pharmaceutical companies have made 146 million influenza vaccines for the US market this flu season.

Almost all the ACIP members who make these recommendations have financial ties to the vaccine industry. The CDC therefore must grant each member a conflict-of-interest waiver.

The CDC mounts a well-orchestrated campaign each season to generate interest and demand for flu shots. Along with posters for the public, flyers, and health care provider materials, it encourages doctors to “recommend/urge flu shots.” Medical groups, nonmedical



organizations (like the YMCA), and the media trumpet CDC-released messages on influenza, notably: “Flu kills 36,000 per year,” “This could be a bad/serious flu year,” and “Flu vaccine is the best defense against flu.”

The government promotes National Vaccination Week, which this past year was December 8–14. This time, however, rather than uniformly following the government's “Seven-Step Recipe” for generating demand for flu shots, the mainstream media has questioned their benefits.

The New York Times had an article in the September 2, 2008 issue titled “Doubts Grow Over Flu Vaccine in Elderly,” which says, “The influenza vaccine, which has been strongly recommended for people over 65 for more than four decades, is losing its reputation as an effective way to ward off the virus in the elderly.”

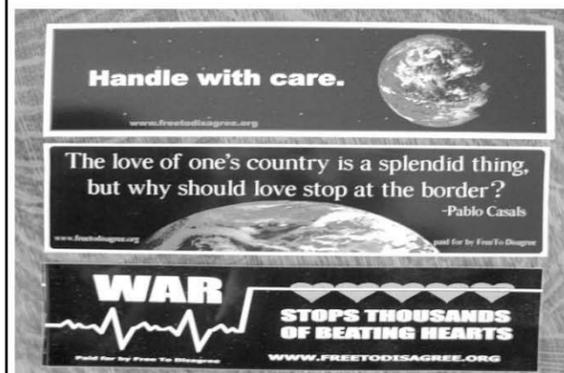
A growing number of immunologists and epidemiologists say the vaccine probably does not work very well for people over 70, the group that accounts for three-fourths of all flu deaths.” The article refers to a study done by the Group Health Center for Health Studies in Seattle on 3,500 people, age 65–94, to determine if flu vaccines are effective in protecting older people against developing pneumonia (Lancet 2008;372:398–405).

The National Vital Statistics Reports compiled by the CDC show that only 1,138 deaths a year occur due to influenza alone (257 in 2001, 727 in 2002, 1,792 in 2003, 1,100 in 2004, and 1,812 in 2005). Bacterial pneumonia causes some 60,000 deaths each year, mainly in the winter, when surveillance data show increased prevalence of the flu virus. Using a mathematical (Poisson) regression model, officials estimate that the flu virus triggers some of the wintertime deaths from pneumonia, along with deaths in people with cardiovascular disease and other chronic illnesses. More than 34,000 of those “36,000” flu deaths are what officials estimate are “influenza-associated” pneumonic and cardiovascular deaths, not deaths from the flu.

The Group Health study reported in the New York

see Flu Shot on page 14

advertisement



If you like our messages on t-shirts and bumperstickers, you're going to love them on I-5. Proceeds from the sale of our t's and stickers go directly toward billboards.

Go ahead, support your freedom of speech.

www.freetodisagree.org

**Send \$3 for each sticker and \$25 for each t-shirt to:
Free To Disagree, P.O. Box 12745, Olympia, WA 98508**