

stanislaus CONNECTIONS

Working for peace, justice and a sustainable environment

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Woodland Community Gardens on KVIE

By LUELLA COLE

The Woodland Community Gardens will be featured on a late fall episode of a KVIE Channel 6 production, *Rob on the Road*. Another KVIE production, *America's Heartland*, which is broadcast nationwide, will also feature the gardens on a future episode.

The garden project was created this spring by a Modesto Church of the Brethren committee headed by Leah Knipe, the church's Outreach Coordinator. Approximately one-third acre of unused land behind the church was disked up and divided into 18 by 19 foot plots. Irrigation pipes were installed by a church volunteer work crew. The gardens opened for planting on Easter Sunday, April 12, 2009. Currently 13 out of 30 plots are being farmed, with 4 others rented for future planting.

Originally envisioned as a space where urban dwellers without enough suitable land for a garden could raise their own produce, the gardens have evolved into something much more. Some church members initially provided seed money for anyone who wished to rent a plot but could not afford

the rental. Members of the church and the community around neighboring Martone Elementary School, as well as fellow gardeners, have volunteered time to assist gardeners who are not physically able to do all the necessary work.

Gardeners Nan and J.D. Dorsett originally thought that, because of their health problems, they would be able to use only half a plot. But with assistance in doing the heaviest

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Men with guns, in Kabul and Washington

By NORMAN SOLOMON

For those who believe in making war, Kabul is a notable work product. After 30 years, the results are in: a devastated city.

A stale witticism calls Afghanistan's President Hamid Karzai "the mayor of Kabul." Now, not even. On block after block in the Afghan capital, AK-47s are conspicuous in the hands of men on guard against a near future. Widely seen as corrupt, inept and — with massive election fraud — now illegitimate, Karzai's government is losing its grip along with its credibility.

Meanwhile, a war-stoking mindset is replicating itself at the highest reaches of official Washington — even while polls tell us that the pro-war spin has been losing ground. For the U.S. public, dwindling support for the war in Afghanistan has reached a tipping point. But, as you've probably heard, the war must go on.

Kabul's streets are blowing with harsh dust, a brutal harvest of chronic war that has destroyed trees and irrigation on mountains around the city.

Visiting Kabul in late August, I met a lot of wonderful people, doing their best in the midst of grim and lethal realities. The city seemed thick with pessimism.

In comparison, the mainline political discourse about Afghanistan in the United States is blithe. A familiar duet

MEN WITH GUNScontinued p. 11

The Modesto Peace Life Center
Invites You To

A Harvest Gathering

A Benefit For
The Peace Essay Contest

Friday, October 30, 2009
7:00 p.m.

At the Home of
John Frailing and Maria Arevalo
629 Ila Way, Modesto

Enjoy:
Delicious Desserts, Good Wines
Special Coffees And Teas

Suggested Donation: \$15 Per Person
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Join with people of peace to help us continue our outreach to our community's youth by supporting one of our most important yearly events, the Peace Essay Contest.

We look forward to seeing you and
your friends!

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"Little Shop" to open at county library

By CLARE NOONAN

The Little Shop is opening this month in the downtown Modesto's Stanislaus County Library.

It is located in a room on the west side of the library that has been decorated by local artist Suzanne Staud and is sponsored by Friends of the Modesto Library.

The shop will feature writing utensils, paper, bookmarks, some best sellers and fun gifts. It's only a 9x15 foot space, but will be cute and welcoming.

The Little Shop will be staffed by volunteers. We're looking for people who might want to donate items or volunteer to work in the shop.

We will be open during the October Art Walk on Thursday, October 15. We welcome the public to come and catch a first glimpse.

Our grand opening will be the week of October 19. Plans are to be open three weekdays from 3 p.m. to 6 p.m. and Saturdays, 11 a.m. to 2 p.m.

For more information, contact Peggy Gardiner, Little Shop manager, info@modestolibraryfriends.org.

LUCA CIARLA: Fiddler in the Loop

By TINA ARNOPOLE DRISKILL

LUCA CIARLA brings **Fiddler in the Loop**, an exciting first 2009-10 series concert of original and extraordinary classical, jazz and international folk arrangements, to the 18th Annual Sunday Afternoons at CBS on October 18 at Congregation Beth Shalom, 1705 Sherwood Avenue, Modesto.

Ciarla, violinist, pianist and composer, is one of the most original artists of his generation. His music digs its roots into contemporary jazz and takes color from ethnic and classical music, giving life to a fascinating new acoustic sound. His unique compositions and arrangements have been described as "technically challenging" and "should intrigue partisans of either the classical or jazz camp." Critics have called his tunes "really unusual and creative" and his playing "passionate...giving soul to the strings".

Besides performing worldwide, he has been a music educator both here in the United States and in his native Italy, has spearheaded critically acclaimed music festivals in Italy and Japan, and has founded a music publishing and record

label company.

His tour is being sponsored by the Italian Institutes of Culture in San Francisco, New York, Toronto, Chicago, Los Angeles and Washington DC.

ACTION: The Sunday Afternoons at CBS 18th annual series [www.cbsmoesto.org] includes Luca Ciarla [lucaciarla.com], October 18, 2009, Stevan Pasero & Richard Patterson, duo guitarists [stevanpasero.com], November 8, 2009, The Matt Eakle Band, soul music jam band [matteakle.com] January 10, 2010, Grace Lieberman and Friends

Valentine's Day concert [artsway.org], February 14, 2010, and The Joe Craven Trio, jazz, blues, Latin, folk, musical hijinks [joecraven.com], March 7, 2010. Seasons subscriptions: \$50 seniors (60+) and students with student body card, \$60 adults, \$5 per child through age 12 with paid adult season ticket holder. Single concert tickets: \$15 seniors and students, \$20 adults, \$7 children. Group rates available. Call 571-6060 or 575-4299.



Sources on the healthcare debate

By DON MILLIKAN

I want to be clear with everyone what I am trying to do. I enjoy pursuing information, whether in library research or on web sites. I like to find sources that provide careful research and analysis and not ideological propaganda. In referring others to sources and articles, I am not implying that the articles are "correct" or even that I fully understand them. Each person can make his/her own evaluations. I'm just saying, in effect, "You might find the information to be useful."

Below is a list of articles on health care reform. Each of the web sites has many more materials and references available on a variety of issues.

1. "Health Reform: The Fateful Moment." New York Review of Books (www.nybooks.com).
 2. "Improving Quality and Value in the U. S. Health Care System." Brookings Institution (www.brookings.edu)
 3. "Why Paying for Health Care Reform is Difficult and Essential—Numbers and Rules." New England Journal of Medicine (link from Brookings)
 4. "The Art of the Possible." The New Republic (link from Brookings)
 5. Information about the Bipartisan Policy Center (www.bipartisanpolicy.org)
 6. "Health Insurance Design Choices." Bipartisan Policy Center (www.bipartisanpolicy.org)
 7. "You May Need a Score Card for Health Care Reform." Center for American Progress (www.americanprogress.org)
 8. "How Will the Uninsured Be Affected by Health Reform?" The Urban Institute (www.urban.org). Also posted by the Robert Wood Johnson Foundation (www.rwjf.org)
- This is a set of four articles, covering non-elderly uninsured, and three sub-sections on childless adults, parents, and children. It is important to understand the assumptions, data, sources, and limitations of the studies. Each

section is about 12 pages long.

9. "How We Can Pay for Health Care Reform." The Urban Institute (www.urban.org). There is a brief introduction, and you may download a 33 page PDF version of the report.
10. As an example of a more conservative perspective, see an article by Joseph Antos of the American Enterprise Institute: "The case for real health care reform." (www.aei.org). The author, professor of psychology emeritus, Mesa Community College, San Diego, attends the Delta Friends Meeting in Stockton.

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- ☐ Keep sending me CONNECTIONS. (Check renewal date on mailing label)
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MOFest!5

Saturday, October 10, 2009

Fifth Annual PFLAG Modesto

Film Festival

at

The State Theatre

1307 "J" Street, Modesto

Doors open at 6 pm for reception

Films begin at 7 pm

Tickets - \$10 per person

**Must be 17 or older or
accompanied by parent**



www.pflagmodesto.org

Random acts of outrage

By JOHN MCCUTCHEON

As we teeter on the brink of the first major health care overhaul since Medicare was created we, as a country, are as indecisive as Brett Favre about what we want to do. We know that over 40 million people have no health insurance...and more of the newly unemployed are swelling those ranks. We know that insurance companies only make money by denying coverage. We know that anyone with any kind of pre-existing condition is not going to get individual coverage. We know that insurance providers are already making decisions about our care. We know that insurance costs are rising at an alarming...and unsustainable...rate. And yet a substantial number of people think "the market should take care of things." Sheesh!

Friends, let's be clear. People without health care coverage live sicker and die sooner. They put off routine tests that could save their lives. More and more people are treating emergency rooms like primary care facilities. And we pay for that coverage for those folks. Our system is not the envy of the world, nor does it provide the best care in the world. (The World Health Organization lists the US as 37th, just edging out Slovenia and Cuba!) We neglect preventive care, fail to introduce any reasonable cost controls, and refuse to face the difficult issue of malpractice reform.

As I travel around the world I've made friends in countries far and wide. And every one of those countries has a national health plan. Do I hear complaints? Sure. Would any of these folks I've talked to trade their system for ours? Not a one. We trust the government to execute wars, to maintain infrastructure, to provide policing and firefighting personnel and equipment, to provide for us in our old age...with Social Security and Medicare, a government single-payer health plan. We decry paying taxes but are willing to pony up endlessly to the insurance giants and hope we are not denied the coverage we believe we have. When is someone going to cry "uncle?"

There have been a lot of lies and misconceptions lofted into the current debate about how to cure our health care ills. "Death panels," rationing, the elimination of an appeals process...let's start talking about how to fix a system that is broken and not get swamped by ideological posturing and fabrication.

And, oh, that fabrication was the least of it. Now people are showing up with guns at public events holding signs that quote Jefferson, "Time to water the tree of liberty!" Those who know the full quote "...with the blood of patriots and tyrants" could not help be outraged at the perversion of democracy their presence portends. Democracy and the democratic process is a robust and often rough-and-tumble discussion of ideas. Weapons...and the intimidation they introduce...have no place in that discussion or that process. So let's have an energetic debate. But let's leave the knee-jerk ideology, the lies, the lobbyists, and, for God's sake, the guns at the door. Let's not get any sicker than we already are.

Six-time Grammy nominated folk musician, writer and storyteller John McCutcheon returns to Modesto in concert for the Peace/Life Center on Thursday, January. 21, 2010. John's site is www.folkmusic.com



2010

Peace Essay Contest



Peace can only last where human rights are respected,
where people are fed, and where individuals and nations are free.

— The Dalai Lama



INTRODUCTION:

The word "peace" has many meanings, from the absence of war and armed conflict to personal inner serenity. All around the world people yearn for the opportunity for their families to live, work and thrive in peace. They dream of a future where forces like injustice, poverty and racism no longer exist. The *2010 Peace Essay Contest* invites students to envision a more peaceful future that includes respect and equality for all.

Division I (grades 11-12)

and

Division II (grades 9-10)

Consider the problems in our world that prevent people from experiencing peace. Then narrow your focus to one area. Imagine that you suddenly have the power to put into action a non-violent plan to bring about a more peaceful future that includes respect and fairness for all.

In your essay of 500-1000 words,

- Describe the problem area you have chosen to address;
- Tell what led you to focus on this area;
- Explain your plan for bringing about change including how your solution would contribute to a more peaceful future;
- Consider and explain how your strategy would impact your family, your community or the whole world and thus lead to a more peaceful future.

Division III (grades 7-8)

and

Division IV (grades 5-6)

Consider the problems in our world that prevent people from experiencing peace. Then narrow your focus to one area. Imagine that you suddenly have the power to put into action a non-violent plan to bring about a more peaceful future that includes respect and fairness for all.

In your essay of 250-500 words,

- Describe the problem area you have chosen to address;
- Tell what led you to focus on this area;
- Explain your plan for bringing about change including how your solution would contribute to a more peaceful future.

Awards

	1st Place	2nd Place	3rd Place	Honorable Mention
Division I	\$300	\$200	\$100	\$50
Division II	\$300	\$200	\$100	\$50
Division III	\$150	\$100	\$50	\$25
Division IV	\$150	\$100	\$50	\$25

Deadline for entries:

December 4, 2009

Notification of winners:

For more information, email: peaceessay@juno.com

Peace Essay Contest 2010

Rules

1. The Peace Essay Contest is open to all fifth through twelfth grade students who are residents of Stanislaus County or attend any public, private, or home school in Stanislaus County.
2. Submit one copy of your essay. Essays in Division I & II must be typewritten, double spaced. Essays in Divisions III & IV must be either typewritten or written in dark ink, double spaced. Use one side of white paper 8 1/2 x 11 inches. Number the pages consecutively. Your essay must be of a quality to photocopy legibly.
3. Give your essay a title. Place it on the first page where you begin your essay. **DO NOT** use a separate title or cover page.
4. Attach a "3 x 5" index card with your name, school, grade, teacher's name and principal's name, on the index card. **YOUR NAME SHOULD NOT BE ANYWHERE ON OR IN THE ESSAY.**
5. Cite any quotations, borrowed ideas, and facts that are not general knowledge. If you are uncertain about plagiarism, ask your teacher.
6. You must do your own work. However, you may ask a teacher, parent, or friend for constructive criticism.
7. The Modesto Peace/Life Center reserves the right to reprint entries. Entries will not be returned.
8. Entries may be mailed or delivered to the Modesto Peace/Life Center. Mail all entries, postmarked no later than December 4, 2009, to:

2010 Peace Essay Contest
Modesto Peace/Life Center
P.O. Box 134
Modesto, CA 95353-0134

Judging

A distinguished group of local writers, educators, and peacemakers will judge the essays.

Judging guidelines (in order of weight) include:

I. Content:

- A. Does the essay demonstrate concern for establishing a more peaceful world?
- B. How well-developed are the ideas?
- C. Does it address the given topic?

II. Style:

- A. Is the essay original and interesting?
- B. Is it written with conviction?
- C. Does the personality of the writer come through?

III. Clarity of expression:

- A. Are the ideas clearly stated?
- B. Is the essay well-organized?
- C. Does it have an effective beginning and ending?

IV. Mechanics:

- A. Is grammar, spelling, and punctuation reasonably correct?
- B. Does the author cite all quotations, borrowed ideas, and facts that are not general knowledge?
- C. Does the essay stay within the word limit?

First, Second, and Third prizes will be awarded in each of the four divisions which have at least 15 entries. In the event that fewer than 15 entries are entered in any one division, all prizes may or may not be awarded in that division at the discretion of the judging panel. Up to three Honorable Mentions may be awarded in each division. Group entries (more than one author) are welcome.

The writer of the best essay in a division from a school which has ten or more entries in that division will be honored as the school winner. All participants will receive a Certificate of Participation.

Notification of Winners

In mid-February 2010, winners will be notified. Prizes will be presented at an Awards Reception in the spring. All participants, teachers, judges, and sponsors will be invited as guests of honor.

2010 Peace Essay Committee: Margaret Barker, Indira Clark, Pam Franklin, Elaine Gorman, Suzanne Meyer, Deborah Roberts, Sandy Sample and Shelly Scribner

The 24th Annual Peace Essay Contest is a project of the Modesto Peace/Life Center (209) 529-5750
and is co-sponsored by:
Department of Literature and Language Arts, Modesto Junior College



Email: peaceessay@juno.com

Sunflowers

By ANNE SCHELLMAN

Horticulture Program Representative & Nutrition and Garden Coordinator

Sunflowers are a bright and cheerful addition to any garden. They are native to North and Central America and so can be grown easily in your landscape. Sunflowers can be grown for cut flowers, for seed or for edible roots.

SUNFLOWER TYPES - Sunflowers can be annual (live for just one year) or perennial (live for several years). Giant sunflowers can be 10-15' tall, while shorter sunflowers are only 3 feet tall. Tuberous sunflowers, known as "Jerusalem artichokes" or "sunchokes" are planted from tubers in early spring.

REQUIREMENTS - Plant sunflowers in a location where they will receive at least 6-8 hours of sun. All types need regular water until established. Soak the soil thoroughly, and then allow it to dry somewhat before reapplying more water. Keep the soil free of weeds to reduce competition. Prepare soil by adding 3-4" of compost and tilling it into the ground. If you want to add fertilizer, use a product with numbers like 5-10-5, 4-12-4, or similar.

PLANTING SEEDS - Plant seeds one inch deep. For varieties that are 2-5' tall, leave about 6" between them. Space taller sunflowers at least 1' apart, and giant sunflowers 2' apart.

PLANTING TUBERS - Jerusalem artichokes have attractive flowers and the plants can grow to 6' tall. However, before planting, it's important to note that these tuberous roots will be a permanent member of your garden. Keep them contained in a border or pot.

Sunchokes may be difficult to find in Stanislaus County. Call a few grocery stores and nurseries and ask if they are available or can be special ordered. If they can't be found locally, try ordering them from Moose Tubers (207) 873-7333 or <http://www.fedcoseeds.com/moose.htm>.

Plant tubers 4-5" deep and 10-18" apart. Order 4 or 5 tubers to get a crop growing. A piece of tuber with 2-3 prominent buds can yield up to 5 pounds of tubers.

SUNFLOWERS FOR CUT FLOWERS - Cut sunflowers in the early morning with pruning shears or a sharp knife. Bring a bucket of lukewarm water out with you and plunge each stalk you cut into it.

Here is a vase solution to keep flowers looking their best:

Lemon-Lime Soda Mixture

- 1 part lemon-lime soda (not diet)
- 1/4 teaspoon of household bleach
- 3 parts warm water

SUNFLOWERS FOR SEED - Seed packets will list if the sunflower is used for edible seeds. Sunflower plants can get quite tall and may need staking. Tie the stalks together gently with string. To discourage birds and squirrels from eating your crop, lightly tie paper bags over the flower heads as they dry. This will also help catch the seeds. When seeds look plump and the back of the sunflower head is dry and the flower petals have dropped, it's time to harvest the seeds. Cut the flower off, leaving about 1 foot of stalk. If you haven't already, place a cloth or paper bag over the flower head.

When the seed head is thoroughly dry, remove seeds by rubbing two flower heads together. You may want to do this over a bucket topped with a 1/2" screen to separate the chaff from the seeds. Let the seeds dry for 1-2 months.

Store seeds in an airtight container in the refrigerator and they will last for several months. Sunflower seeds can be prepared plain or salty. For plain sunflower seeds, toast at 300° F for 15-25 minutes.

For salted seeds, the process takes a little longer. Soak

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Rivers of Birds, Forests of Tules: Central Valley Nature & Culture in Season

By Lillian Vallee

59. Wilma's Seahorse

On a sweltering day in August 2008, in Visalia, University of California professor Jan Goggans, *Back40* publisher Jim Chlebeda, and I loaded the literary estate of Tulare poet laureate Wilma Elizabeth McDaniel into two large UC vans and delivered the materials to the UC Merced library. Wilma was universally regarded as one of the most authentic and eloquent voices of the Dust Bowl migrant community, its "Okie poet laureate." In her final years, Wilma had spoken to me about having her work housed at the newest campus of the University of California. Founding Professor of American Literature, Jan Goggans, an ardent Wilma fan, envisioned the possibility of beginning an archive for Central Valley literature at UC Merced. Through her enthusiastic lobbying and the help of Patricia O'Connor, Betty Blanks, and Deputy University Librarian Donald Barclay, Wilma's wish was realized.

During the intervening year, graduate student Kacy Marume organized the McDaniel archive and prepared an exquisite exhibit of the poet's work, diaries, correspondence, and personal effects, which opened Wednesday, September 16, 2009, in the campus library. Gerald Haslam delivered a stirring lecture on Wilma's work and my job was to read an inaugural poem. In preparing for the simple but seemingly impossible task, I reread old letters from Wilma and listened to recordings of her poems and her commentary on her work.

Many of Wilma's letters were, characteristically, written on scraps of paper, on odd envelopes or church bulletins, and out fell the usual Cracker Jack surprises: poems in her spidery handwriting, gold foil angels, and droll folk dolls with large eyes created from models in clothing catalogs. But one small forgotten object ambushed and moved me: a tiny brown seahorse, denizen of warm waters, now a rare and delicate souvenir, something Wilma must have picked up somewhere and given to me. Robert Torrance notes that in poems about nature, the word *seahorse* is a figure of speech, a *kenning* designating a cresting wave. And somehow the seahorse seems like the right emblem for this event marking Wilma's official entry into the pantheon of Central Valley writers worthy of academic scrutiny.

It was to Merced County that the McDaniel family migrated from Oklahoma during the Great Depression, and it was there that California infected the budding poet with a

youthful sense of possibility: "Magic seventeen/and new in California/...A girl could be whatever/she desired," Wilma writes in one of her best known poems, "Picking Grapes 1937." It was also in this county that Wilma realized she had two lovers--two rivers, one the muddy Cimarron she left behind in Oklahoma and the other crystalline stream named on the feast day of Our Lady of Mercy, *Rio de Nuestra Senora de la Merced*. Her memories of picnics on the Merced River in the shade of wild walnut trees ("Sweet/it was/is now/and ever shall be sweet") became poems as perfect as prayers ("Dustbowl Doxology").

The "small raw towns" of Oklahoma ("I recite with reverence/Bowlegs/Depew/Pretty Water/Idabel...") and the "Saturday towns" of the Central Valley were her subject, her balm, her sorrow. It was in the small rural town of Livingston that Wilma converted to Catholicism, and in Livingston that Wilma lost her beloved youngest brother to a barroom brawl. Sitting in Merced's China Alley, "courtesy of *The Rice Bowl* and *The Moon Goddess*," the poet tells a student that if she has the will to plant her "heart in small places/shadowy dark and smelly" she might come to know the "love of the century/maybe the millennium."

Reading Wilma's letters again reminded me of how much affection she showered on the young people who brought her good water from the mountains, fresh fruit from the valley and the latest word on poetry from their lives in tumultuous metropolises. She was devoted to a poetry documenting the lives of the ordinary people who surrounded her apartment right off Highway 99 in Tulare. Her work reflects their diversity and the many ways they carried their customs from their old to their new lives. She maintained a voluminous correspondence with poets and writers from all over the country. Many of them she never met, yet she talked about them as the dearest of friends, and they were.

Wilma believed no aspect of our lives was too trivial or too unimportant for poetry: yard sales, bail bondsmen, double coupon days or the color of underwear "saved" women wore garnered equal attention. She was attached to non-charismatic landscapes such as alkali sinks or vernal pools whose secrets were revealed only to those who loved them. One of our most talked about adventures was to the Pixley National Wildlife Refuge. In spite of the giant billboard promoting it along Highway 99, no one in town knew anything about it. "Don't waste your time; there's nothing out there," the guy at the Quik Stop said, "just weeds." When we finally found the



Wilma Elizabeth McDaniel (1918 – 2007)
photo: Tulare Historical Museum

refuge, teeming with wildflowers, wading birds, burrowing owls and sandhill cranes, Wilma was ecstatic.

I have been reluctant to write about Wilma because it is painful to remember her final years: the stroke, the struggle to write, the constant movement from hospital to rehabilitation to assisted living facility; her disorientation, despair, even fury at her failing body and those around her; and the sore testing of her faith brought on by great physical pain and suffering. She wanted someone to take her home, to take care of her the way she had taken care of her mother, bedridden at one point for almost an entire year. And no one could or did.

Reading her letters, hearing her voice, and being with people who remember her brightest hours brought back her gravity and humor, her gift for wicked storytelling. "Remember, I am in Your Corner" is the title of a poem she wrote in the winter of 2003. On Wednesday we all understood those had been her parting words to us.

Sources: Robert M. Torrance, ed., *Encompassing Nature: A Sourcebook*; Wilma Elizabeth McDaniel, unpublished letters.



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Living in peace in a violent world

By MIRANDA PALMER

Licensed Marriage and Family Therapist

When a person has been exposed to violence, it is a life changing experience. Feeling like your life (or the life of a loved one) is threatened can turn your life upside down. Dangerous situations turn on an important part of our brain called the fight or flight response. The fight or flight response helps us identify danger and respond so we can stay alive. That means when your brain perceives a threat, it begins to prepare to fight, to flight (run), or to freeze.

Traumatized people may start to feel like they are on high alert all the time, have trouble sleeping, become easily agitated, have suicidal thoughts, and even a sense of a foreshortened future. These individuals can experience all of the fear, helplessness, and physical responses of the original incident, over and over again. Anything that reminds their brain of the original event can trigger these flashbacks. Triggers can include sights, sounds, smells, sensations, feelings, touches, etc. Because the fight or flight response is often not being controlled by the conscious part of your brain, a person can be unaware of what is triggering them and how to stop it.

A person exposed to war, violence, sexual assault, car accidents, or other dangerous experiences can be affected. Every time they relive the event, their body is readying them for fighting or running. The person often tries to avoid any discussion or reminders of the event to try to get these triggers to stop- but it often won't work because they don't actually know what is triggering them. They may even start avoid people they care about, or start to self-medicate with alcohol, drugs, food, or gambling.

Healing from these old experiences can allow a person to stop reliving the violence, end physiological responses that prepare them for violence unnecessarily, and become more present in their community. There are many options available

to heal based on how long ago the trauma happened, how many traumas a person has experienced, and how severe the trauma was.

Self-care can often be the first step in healing. When stressed, people can sometimes abandon their old healing strategies. Reconnecting with what works and taking time to do things that have helped you heal in the past can be quite powerful. At the same time, if this current issue overwhelms your usual strategies, you are not alone, trauma is hard, and it is not your fault if you need to try something new.

Energy healing modalities may be successful with mild trauma symptoms. This can include massage therapy, Reiki, Cranial Sacral and other energy modalities. In fact, Reiki, power-walks, and yoga were paired together in a program working with soldiers. They found that soldiers took half the medication that would normally be prescribed when including these practices. Most of these have little risk and can have other healing benefits, even if they don't move someone to full healing.

Emotional Freedom Techniques can be successful as a self-help or guided resource. It pairs tapping of acupressure points with positive self-statements and people have reported powerful results. Easy to read books like "The Tapping Cure" are available, but there is also a great deal of free information and instruction available at www.emofree.com. Most find some relief from symptoms, some find complete and permanent relief. This intervention has been studied on a limited basis with post-deployment veterans with initial positive results.

Clinical hypnosis can sometimes be used to reduce the symptoms of PTSD, and they have found that people who have PTSD are easy to hypnotize. This can put you into a relaxed state and help you begin to change your thoughts about the experience. There is limited research that shows the effectiveness of hypnosis alone for full healing of PTSD symptoms.

Cognitive behavioral therapy helps people to identify the negative thoughts and emotions and replace them with more true self-statements. There are several books available for self-help. A great book that helps replace old negative thoughts with more true beliefs while reviewing all the options for healing is "Healing from Trauma: A Survivor's Guide to Understanding Your Symptoms and Reclaiming Your Life."

Many can complete the process of changing their thought patterns on their own if they are focused, motivated, and

their symptoms are mild. When symptoms are more severe, professional assistance can be powerful. Look for a Licensed Marriage and Family Therapist (LMFT), Licensed Clinical Social Worker (LCSW), or Psychologist with trauma expertise.

Bilateral stimulations (SB) can provide relief. SB can include sounds, tapping, or eye movements that require the activation of the left and right portions of your brain. Going for a walk in the woods can access SB naturally, while the ocean naturally produces SB. SB music including "UpLevel" can be purchased from Amazon. People will often report a great relief through pairing meditation with this special kind of music, although little research has been done to confirm reports. Again, with more chronic symptoms you may need support.

At a professional level, bilateral stimulation is included in **EMDR**. EMDR has been found to provide permanent relief from symptoms in fewer sessions or with less outside homework than other therapies. It has been approved for use at the Veterans Administration. For complicated or chronic trauma, this is the treatment of choice. People who have been through traditional talk therapy unsuccessfully are often amazed at the progress they can make with this type of therapy. An LMFT, LCSW or psychologist can administer EMDR.

This is just a brief overview of the impact of trauma on living peacefully and some options for healing. I hope that this article give you an overview view of trauma, its symptoms and their impact on living in peace, and available treatments, so you can get healing yourself or be a support to someone else that is ready to heal. People do not have to suffer forever, there are many options available based on a person's unique needs and preferences.

Miranda Palmer, MFT Marriage and Family Therapist, MFC# 42393;

<http://mftguide.com>



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Jake and Fran Kiriara: Friends of Peace

By JIM HIGGS and FRED HERMAN

Our bodies speak volumes about our life styles.

Arriving at their northern Merced County farm to interview Frances and James (Jake) Kiriara, 1990 recipients of the Modesto Peace/Life Center's Friend of Peace Award, we quickly became aware of their lean, supple builds.

Jake Kiriara, a small, gray-haired, wiry man of 73 years, could stand in for Mr. Miyagi in the "Karate Kid" movies. His wife, 70, rarely loses her smile. They'll celebrate their golden wedding anniversary before the century ends.

Life patterns and priorities clearly keep them physically fit. Their lives have been centered in and among the Yamato Colony, a Japanese agricultural settlement founded by Kyutaro Abiko in 1906 just east of Livingston.

Jake's family moved to the colony in 1919, when he was two years old. Fran was born in Cortez, another Merced County Japanese settlement eight miles away.

The Kiriara values reflect the colony's fascinating history. Jake and Fran live in a house his father built 72 years ago. It is that father, an unschooled "poet and humanist," who instilled the mix of pacifism and outrage over injustice that has motivated Jake for the past half century, and not any single act of bigotry he may have encountered in his youth.

Outside this home, surrounded by almond trees and varied hobby plants, they exhibit an irresistible blend of eastern hospitality and western informality. There's little serious talk until they've served coffee. That's followed, almost at once by muffins, followed again by sliced fresh fruit.

Jake comments: "Growing up in a small tightly knit minority community gave me deep roots and a sense of the dependency we have on one another."

In 1914, pioneering colony farmers established a coop that's today known as the Livingston Farmers Association, a successful, multi-million dollar agricultural collective. This community and its business collective assisted Jake and his

Frances Y. Kiriara
January 1920 ~ August 2009

Editor's note: Frances Kiriara, 89, of Livingston passed away at home with family at her side. She is survived by her husband James (Jake) Kiriara. Frances and Jake have been long-time members of the peace community and the Modesto Peace Life Center. They were both given the Friend of Peace Award in 1990. The following articles from the September 1990 issue of *Stanislaus Connections* are reprinted in her memory.



neighbors when the depression of the 1930s made an arduous life almost unbearably grim. The community saved the farms of those who joined the co-op, hiring Gus Momberg to manage their properties during the World War II internment of Japanese Americans in Amache, Arizona.

"Those who made arrangements on their own lost their farms," Jake said.

Experiencing in youth his father's struggles with paying the mortgage, Jake has been active with labor and land issues. He has been friends with Cesar Chavez and Dolores Huerta, has housed many United Farm Workers members as guests. That, obviously, runs against the mainstream of his neighbors. Jake grins. He's never minded being an individualist.

He also belonged to National Lands For People for 15 years. NLFP fought the injustice of federal water projects exceeding the 160-acre reclamation jaw limits. He and Samuel R. Tyson were members of Self Help Enterprises.

He is a charter member of the Sierra Club, president of his chapter in 1965, holding some office every year since. After 40 years of backpacking - he's just back from a solo trek in the Sonora Pass area - Jake continues as outings director.

Like her husband, Fran Kiriara is a Nisei, a second generation Japanese. Her father was active in establishing the Cortez Presbyterian Church, which became a central social and moral force in her life. In her inspirational autobiographical chapter entitled, "Born Into a Christian Family," Fran reminisces about Christian Endeavor meetings where she met and mixed with other groups up and down the Central Valley.

The Japanese and 'hakujin' (white) Christians "did things together, folk dancing, conventions; we stayed in 'hakujin'

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Living in the valley with Fran and Jake

BY CAROL KODA

A few weeks ago my partner Gary and I sat in front of Jake and Fran Kiriara's house, eating nectarines and pastry, drinking tea and telling stories.

It had been more than a year since the last brief visit, but we brought each other up to date in the relaxed pace of old friendship. I had been their neighbor for 18 years before moving to the foothills two years ago.

As we drove down their orchard road, I tried to remember when I first met the Kiriaras and saw myself as a young girl walking over to visit "Auntie Fran" and "Uncle Jake" with my cousins. It was the same Livingston house Jake recalls moving to from Oakland when he was three years old, his parents having been early settlers of Yamato Colony.

He has lived in this house, tended this farm most of his life. Fran's family, the Yuges, settled in nearby Cortez Colony.

On this visit the Kiriaras were happy to report a momentary victory in their long struggle to maintain small farms and agricultural zoning in the San Joaquin Valley. The threat this round was the City of Livingston trying to extend its "sphere of influence" further into farmland. Jake and Fran's farm, close to the new city limit, had just won a little reprieve from the local agency formation commission.

We all probed a little further into the heart of the story: the confusion that equates development and growth; the necessity of being a full-time citizen to counter a powerful California trend to suburbanize us all, the twisting apart between those whose children want to stay on the family farm and those whose children have moved to city jobs.

The latter can't help but appreciate the opportunity to sell their lands and retire with some security - security once provided by an extended family.

Characteristically, the Kiriaras saw and sympathized with many sides. In particular, they understood their neighbors' dilemmas, but still showed up at meetings to speak for farmland preservation - no doubt feeling rather uncomfortable.

The talk moved around to cover-sparsely-our many shared interests (or obsessions). Fran had joined us a little late because she had to train a new janitor for the church. Jake just got rained out of a backpacking trip.

("Well," he said ruefully, "It didn't actually rain, but there were so doggone many clouds, you know, just black everywhere. So now I gotta go back ... since I cut my trip short ... and the fishing was very good." Jake always catches fish, and usually has a trip to the Sierra lurking in front of his mind.

Now there was news of the Livingston clinic, which Fran helped start in the late '60s - a remarkable alchemy of the bones of a private office; the enthusiasm of young medical students and the urgency of a community seeing its only family doctors move away. I used to work there, so Fran kept me entertained explaining the new chart audit system.

We kept on: the economics and politics of farming; their son Mark, learning to care for the farm; the peace/justice coalition in Merced County; friends' lives; Gary's new book; adventures in the great wild world.

And already time to go!

As we drove home, Gary smiled and shook his head: "What incredible, wonderful people!" I told him Jake and Fran have been my true cultural heroes (no diminutive here for Fran) for

FRAN AND JAKEcontinued p. 8

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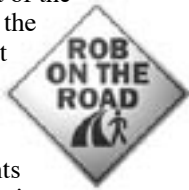
... from page 1

work, they learned that they could put a whole plot to good use. Nan leaves a chair in the middle of their garden plot so she can "work awhile and sit awhile" when she gets tired. For J.D., the garden has been just what his doctor ordered when he told J. D. to get out and keep busy after neck surgery. For



the Dorsetts, the garden has provided the excitement of watching plants grow from seed, little by little. Nan says, "You put a little dry seed in the ground and something grows. It's miraculous!"

One of the many unanticipated benefits of the garden has resulted from the rental of a plot by Open Door Services, an agency which operates a day center for developmentally disabled adults. Groups of Open Door's clients sign up to come and work in the garden as part of the agency's job skills program. Clients learn the natural consequences of care and neglect of garden plants and engage in a community service of growing vegetables, thereby increasing their work ethic and employability. Many of the agency's clients greatly enjoy working in the garden and sign up for garden work whenever they can.



Not all of the rented plots are providing produce for the gardeners who tend them. Some Martone students will be tending their own garden plots this school year as part of their curriculum. Two plots are being used by the church youth group for a pumpkin patch, with the goal of fundraising for future youth activities. Gardeners with more produce than their households can use place it in boxes near the church parking lot to be taken free by anyone who can use the vegetables, thereby providing fresh vegetables for some who may not be able to afford to buy them.

Garden plots are available now for fall planting. The winter planting season begins on November 1 with a winter rental rate of \$40.00. Garden plots may also be rented now for year round use at a rate of \$100. Proceeds from rental of the garden plots are used to defray the cost of irrigation water



and piping as well as other costs related to maintaining the garden area.

ACTION: Call Sonia, (209) 523-1438, for information on garden plot rental, or visit <http://www.modcob.org/service/community-garden/> for more information. Visit



<http://www.kvie.org/programs/kvie/default.htm> for more information on broadcast dates for the Rob on the Road and America's Heartland segments on the Woodland Community Gardens.

Friends of peace

homes. We felt comfortable."

"Our parents never had any formal education, but educated themselves. My husband's father, for instance, was quite a poet. He had some poems submitted to the emperor one year and received an award for his 'haiku.'"

President of the California Scholarship Association of Livingston High School, Fran pursued her nursing degree at the University of California in Berkeley. Pearl Harbor and World War II interrupted her studies.

But an incident with the dean of the nursing school reveals her tenacity. A dean called all Nisei student nurses to her office for individual "advising," telling Fran, "I don't know why you should be trained as a nurse because it costs the government a lot of money and no one is going to hire you. I discourage you from becoming a nurse."

She repeated her determination but returned to Cortez to await relocation. When nothing happened, she called the dean and asked to return to classes. Thus she continued her studies for six or eight weeks more before internment became a fact.

At both the Merced Assembly Center and the Arizona Evacuation Camp, Fran was drafted to be a nurse. "We took care of really sick people, sicknesses probably aggravated by the evacuation. Many unhappy pregnant women wondered where they were going to deliver their babies."

She continued her nursing studies after September 1943 at Rochester, N.Y., General Hospital. But without scholarship aid from the Presbyterian Church, she would not have been able to go on. Graduating from UC in June 1947, she worked at Langley Porter Neuro-Psychiatric Hospital in San Francisco, until November 1948, when she married Jake.

The Yamato Colony required not only Christianity as a religious preference but, according to Fran, "all brides had to become Methodists when they came to Livingston." Fran and Jake had a son, Mark, and Fran worked as Livingston Elementary School nurse for 17 years.

At age 50, she decided to challenge life further and earned a master's degree in child psychiatry in one year! She then was named school nurse coordinator in the Merced county school superintendent's office, where she worked for seven years and helped develop a special education program for severely mentally retarded children.

Fran assesses her education, training and accomplishments thusly: "What I had learned was really appropriate for the time. It was after the Kennedy presidency and the federal government had decided it must do more for children who were severely mentally retarded, so lots of federal money came through. I knew what the program should be like so I was able to help. We now have a model program for the state."

She is a charter member of the League of Women Voters, unit president in 1972. She has served the Livingston Methodist Church on committees like Religion and Race, Christian Social Concerns (now Church and Society),



... from page 7

Religion and Race and currently on the Town and Rural Parishes Committee.

Both Kirihas have taken their peace concerns abroad. Jake went to Nicaragua as a guest of the Nicaraguan Farm Association (he was instrumental in organizing the California Association of Family Farms). Upon his return, Jake coordinated the collection of tools and money for the Tools For Peace organization in 1985 and 86.

In 1968, the Methodist church sent Fran to India for six weeks to work at Clara Swain Hospital.

Jake has participated in at least five Castle Air Force Base vigils, joining the Modesto Peace/Life Center in protesting the Vietnam War. In 1982, he was arrested at Livermore National Laboratory protesting nuclear weapons.

"The huge amount of money spent on weapons at the expense of services to the poor, the elderly and the minorities is ... a complete negation of what this country should stand for," Jake said in his brief autobiography.

In her biography, "Yamato Colony 1906-1960," Kesa Noda-describes the character of the Japanese settlers and the service and peace work of the 1990 Friend of Peace 1990 recipients:

"Beyond the question of the colony's survival, one sees ... the beginning signs of what would later emerge as distinctive aspects of the colony's identity; its reputation for Christianity, the high education of its settlers, and the idealism and commitment to America which were always said to have marked its founding."

Fran and Jake

... from page 7

years. When I first moved back to the valley after college, I was steeped in a late '60s urban college consciousness.

My politics were on a modified quarter system. I indulged in cynicism, self-righteousness and the hit-and-run actions of a transient. Then I re-met Fran and Jake.

Oddly, I think of our time together as an apprenticeship in being From The Valley and In The Valley. I began going to meetings with them, learning how to work at the county level (keep on, keep on, keep on...)

We went birdwatching, flower walking, backpacking, and off to the city for bookstores, music, movies, coffee. Fran and I schemed about the clinic. Jake and I were arrested together. Both filled me in on a tremendous amount of local history.

To me, theirs seemed - and still does - a kind of ideal life. Not flashy, but with attention to detail and a nod to the Big Picture that would occasionally, unexpectedly, make out whole scene vivid and worthwhile,

When I left Livingston, I felt lonely, a little like a deserter, having left what I knew best" But the skills Jake and Fran taught travel well.

The Kirihas are gracious, generous and funny, teachers. They helped me love my place. May they long continue living on their valley farm.

A Small Marvel

A small marvel,
Beautiful and bright,
Colors mottled,
All over her majestic body.

A small marvel,
Dancing across the teal sky,
Her wings humming,
To the rhythm of the breeze.

A small marvel,
With round, black eyes,
Brimmed with terror,
As she watched the spectator.

A small marvel,
Beautiful beyond words,
Light glinting off her,
Ruby red throat.

A small marvel,
With a mirage,
Of colors,
Flitting against her feathers.

A small marvel.

— Venice Nomof
7th grader, La Loma Junior High School



Honor student writes poetry

Venice Nomof was born in Johannesburg, South Africa. She is currently in seventh grade at La Loma Junior High School and a straight “A” honors student.

She enjoys playing sports such as soccer, basketball, and softball, singing and participating in theatre. She participated in Lakewood School’s Sign Club for seven years. She was also on the student council for two years as secretary and environmentalist. She loves to play the clarinet and is currently a third year clarinetist at La Loma Junior High School.

For two summers, Venice attended the Great Valley Writing Young Writers Camp. She is a gifted, confident writer who truly enjoys exploring her world of words.

When she grows up she hopes to be an author or a teacher. She drew inspiration for this particular poem by the realization that all things no matter how small are marvelous.

Kaye Osborn: Teacher/Advocate for the Hard of Hearing: Inspiration to young writers

By TINA ARNOPOLE DRISKILL

Kaye Osborn, a lady with boundless energy, recently retired (who thought up that word?) from a 34-year career teaching deaf and hard of hearing students. Kaye has only stepped sideways from her position at Lakewood Elementary School. She continues to instruct American Sign Language at Modesto Junior College, is a judge for the Modesto Peace/Life Center Peace Essay Contest, advocates for the deaf and hard-of-hearing, interprets through sign language at public events like the International Festival, Gay Pride and YES Company, and has solicited donations for UNICEF. She also teaches an acting class at Center Stage Kids for 9-11 year olds and has a BLOG on The Modesto View.



Kaye has been a Great Valley Writing fellow since 1990 and initiated the Great Valley Young Writers Camp in 1991 at California State University, Stanislaus. The 10-day summer writing camp continues to inspire young writers from grades 5-8 (see Venice’s poetry and biography also on this page) to enrich their writing skills in poetry, narrative, and creative genres. The writing camp utilizes the talents of former students as writing assistants. “These high school students enhance the program with their leadership skills and wondrous words,” says Kaye.

Together with her husband, Jerry, Kaye enjoys spending time with adult children, Amanda Tucker and Megan Osborn, their son-in-law, Nate Tucker, and their grandson, Glen, born March 22, 2009. During her “retired” hours she also travels, directs the Lakewood Youth Theater, exercises, dances, attends local performances, bike rides, writes, entertains, and embraces life with energy and appreciation.

Summer Wonders

a warm, refreshing breeze dances
shaking branches of tall pines
releasing imprisoned pinecones
skydiving below
never to return

rippling green water surges past
bubbling
gurgling
relentless
journeying downward
seeking a new world

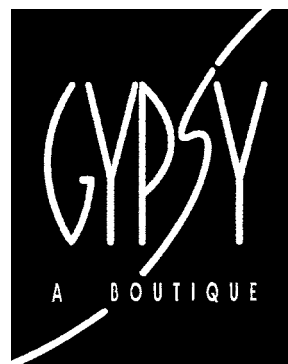
the yellow, lemonade sun
embraces me with energizing warmth
beads of sweat trickle
illuminating my written words
tiptoe across pages
like a young grasshopper
bouncing in the meadow
creating concentric circle
of cotton candy clouds
leading me on a path
of self-discovery.

— Kaye Osborn

Simple Gifts

Embrace positivity
Gifts of warm smiles
Softened facial masks
Releasing imprisoned grins
Dull eyes brighten
Hearts connect
Simple pleasures
Offering friendship
Share freely
Begin today

— Kaye Osborn



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Population, peace, and prosperity

By LOUIS and MARGARET DEMOTT-FELDMAN

If the rate of population growth of a people exceeds the rate of growth of its economy, the sizes of the pieces of the economic pie for most people will decline. This means more and more people will live in poverty. Our planet is finite, so there is a real limit to how much any people's economic pie can increase. Unless there is population stabilization, much of the human race is destined to live in poverty in the near future.

How far away is the "near future"? The recent United Nations report that one sixth of the world's population is hungry tells us that the "near future" is almost here.

Historically, because of the need for more human labor, greater population has meant greater prosperity. Nations sought to increase their populations by reproduction, conquest of neighboring peoples, and importing slaves. However, in the late 1800s, this all changed, according to demographers who can give a precise date of the change. After this date, because of the size of the human population relative to the resources of the planet and the industrial revolution, for the planet as a whole, greater population became a liability rather than an asset. Some countries, such as the United States, continued to prosper into the twentieth century with an increasing population because of a large amount of resources per capita. However, for many countries, their increasing populations lowered the average standard of living. Examples include Haiti, China, and some of the countries of central Africa.

In contrast, if a country controls the size of its population, prosperity will soon follow as evidenced by the recent histories of Japan and China. In the years after World War II, Japan rose from a defeated combatant, with its industrial capacity totally destroyed, to a major world economic power. Early in this period of economic growth, Japan began to control the size of its population by promoting family planning and small families. Japan also eliminated essentially all immigration into its country. In fact, a child of a Japanese citizen and a non-citizen born in Japan could never become a citizen of Japan and had to leave Japan when she or he became an adult.

China began its rise from a third world economy to a dominant world economic power when it limited its birth rate to one child per family. This population control, together with its economic growth, gradually replaced more and more of the poor with a newly emerging middle class.

The examples of Japan and China illustrate that poverty or prosperity is a choice. Any country can choose prosperity by limiting the size of its human population. In the future, countries that best control their populations will be the ones that prosper the most.

Prosperity is also a bulwark against war and devastating social upheavals. It is extremely unlikely that Hitler's crackpot ideas would have been taken seriously by the German people during a period of prosperity. Adolph Hitler rose to power during the great depression when Germany was worse off than many nations because of the huge losses that it had suffered from its defeat in World War I. Because of their very bad economic conditions, the German people were willing to listen to anyone who promised a new direction. Consequently, humanity suffered a devastating genocide that might have been avoided if the German people had not been living in such dire poverty. Strong evidence of this is the failure of every attempt

to revive any aspect of Nazism in the economically prosperous post-war Germany.

The Communist movement also illustrates the fact that prosperity is a bulwark against war and devastating social upheavals. The 1917 Bolshevik revolution succeeded because of the extreme poverty of the Russian peasants and their long oppression by the czars. The Communist party kept the support of the Russian people when the tyrannical and cruel mass-murderer, Joseph Stalin, came to power because of the memories of how bad conditions had been for them under the czars. In contrast, the same Communist ideology had virtually no appeal among any well-paid working class. During the 1950's, Flint, Michigan, was a very prosperous industrial city. The prosperity came primarily from manufacturing the Buick automobile. Those who worked in the manufacturing plants usually owned their own homes, had all of the modern appliances, and had one or two automobiles. Representatives of the Communist party, sent to Flint, complained bitterly that the workers were too well off: it was impossible to recruit anyone for the Communist party and the "Worker's Revolution".

The examples of Adolph Hitler and the Communist movement illustrate the fact that prosperity can promote peace and peaceful living and that poverty can promote human disaster. Since population control is a prerequisite for lasting prosperity, it is also a prerequisite for lasting peace and peaceful living.

The following are actions that can be taken to help stabilize the size of the human population and thereby advance the cause of peace and peaceful living:

1. Contact your congressmen and senators and demand that the United States adopt and implement a population size stabilization program. Ask them to pressure the United Nations to adopt a worldwide population size stabilization policy.
2. Promote small families as a social norm.
3. Promote family planning both in the United States and worldwide.
4. Be aware of population issues and ways that you can help by putting yourself on the mailing lists of organizations whose objectives encompass population size stabilization.

These organizations include:

Californians for Population Stabilization,

1129 State Street, Suite 3-D,
Santa Barbara, CA 93101
email: caps@capsweb.org
website: www.capsweb.org

Carrying Capacity Network

P.O. Box 18221
Washington, D.C. 20036
email: info@carryingcapacity.org
website: www.carryingcapacity.org

Negative Population Growth (Population Connection)

2861 Duke Street, Suite 36
Alexandria, VA 22314
email: npg@npg.org
website: www.npg.org

Planned Parenthood Federation of America

434 West 33rd Street
New York, NY 10001
website: www.plannedparenthood.org



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Men with guns . . . from page 1

has the news media and the White House asking the perennial question: "Can the war be won?"

The administration insists that the answer is yes. The press is mixed. But they're both asking the wrong question.

More relevant, by far, would be to ask: Should the U.S. government keep destroying Afghanistan in order to "save" it?

All over Kabul, men are tensely holding AK-47s; some are pointing machineguns from flatbed trucks. But the really big guns, of course, are being wielded from Washington, where administrative war-making thrives on abstraction. Day to day, it can be easy to order the destruction of what and who remain unseen.

Truly, the worst enemy in Afghanistan is poverty. But the U.S. government keeps waving a white flag.

Does anyone in the upper reaches of the Obama administration actually grasp what it means that Afghanistan's poverty is very close to the worst in the world?

The current version of the best and the brightest should ponder the kind of data that can be found in the CIA World Factbook, such as Afghanistan's infant mortality rate — defined as "the number of deaths of infants under one year old in a given year per 1,000 live births in the same year." The current number is 154.

Last year, while the U.S. government was spending nearly \$100 million a day on military efforts in Afghanistan, an Oxfam report put the total amount of humanitarian aid to the country from all sources at just \$7 million per day. Not much has changed since then. The supplemental funding measure that the White House pushed through Congress a few months ago devotes 90 percent of the U.S. spending in Afghanistan to military expenditures.

Dimes to nurture life. Dollars to destroy it.

I hate to think of the kind of future that the U.S. war escalation foreshadows for the very thin children I saw in Kabul, flying ragged little kites or playing with toys like an empty plastic soda bottle with a rope tied around its neck.

Echoing now is a speech from Martin Luther King Jr. on April 4, 1967. If we replace the word "Vietnam" with "Afghanistan," the gist of his message is with us in the autumn of 2009:

"Somehow this madness must cease. We must stop now. I speak as a child of God and brother to the suffering poor of Afghanistan. I speak for those whose land is being laid waste, whose homes are being destroyed, whose culture is being subverted. I speak for the poor of America who are paying the double price of smashed hopes at home, and death and corruption in Afghanistan. I speak as a citizen of the world, for the world as it stands aghast at the path we have taken. I speak as one who loves America, to the leaders of our own nation: The great initiative in this war is ours; the initiative to stop it must be ours."

*Norman Solomon is a journalist, historian, and progressive activist. His book **War Made Easy: How Presidents and Pundits Keep Spinning Us to Death** has been adapted into a documentary film of the same name. His most recent book is **Made Love, Got War**. He is a national co-chair of the **Healthcare NOT Warfare** campaign. In California, he is co-chair of the Commission on a Green New Deal for the North Bay; www.GreenNewDeal.info*

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Northern California Caravans for Justice Hip-Hop Festival

Edited from Caravan for Justice

On New Year's Day 2009 a young black man named Oscar Grant was pulled out of a Bay Area Rapid Transit car, beaten, and forced face down on the cement by local police officers. Then the unthinkable happened. While Oscar was unarmed, non-resistant, and hand-cuffed, a BART officer named Johannes Mehserle pulled out his gun and shot him in the back, killing him. Although this incident was caught on many cell phone videos from several different angles, it took Alameda County DA Tom Orloff more than 2 weeks to take any kind of action against the officer. In fact, it was only after Bay Area residents took to the streets of downtown Oakland in protest and rebellion did the DA charge Mehserle with the murder of Oscar Grant III.

In response the Bay Area began organizing, starting with weekly town hall meetings to discuss plans of action to ensure justice for Oscar Grant and take a deeper look into how and why these tragedies happen in our communities. The result was a coalition of community, religious, and political leaders who decided to take these issues to the people who should be solving them: California law makers. With the slogan "All Roads Lead to Sacramento," the Caravan for Justice was born to lobby members of the California government to look at police abuse in communities of color, unequal arrest rates, unfair prison sentences, the 3 strikes law, school underfunding, and prison overcrowding, gangs, drugs, and poverty.

The first caravan took place on Thursday, February 19th on the steps of the State Capitol in Sacramento. Minister Christopher Muhammad of San Francisco welcomed the crowd as he enthusiastically exclaimed "We didn't come here to play!" Mr. Muhammad and others went on to speak about the crisis that exists in poor communities of color. "If dogs, blue whales, or spotted owls were dying at the rate of young black and brown men, we would have congressional hearings going on!" stated Muhammad, "Why are our representatives silent? They're silent because they haven't heard from us, so we're here to introduce ourselves." Despite the heavy police

presence (roof snipers, helicopters, dogs, and hundreds of officers on bike, horse, car, and foot) the Caravan has returned to Sacramento twice drawing a crowd of thousands. Caravan for Justice IV is in the making. See www.caravanforjustice.com for the latest information.

Three strikes law, racial and gang profiling are major issues in the Central Valley. Earlier this year the NAACP hosted town hall meetings at the King-Kennedy Center where over 100 community members came to tell their experience with police departments such as MPD, SPD, CPD, and TPD. The stories were serious accounts of police brutality. The sister of Richie Robles, "sword man" as the Modesto Bee and Modesto PD continue to address him, was present to tell the REAL story about how the police handled the situation. It was obvious that local police departments lack accountability.

Modesto Copwatch and other community organizations like Aztlan Rising, Project Lazarus, Modesto Brown Berets, the NAACP Youth Council, Modesto Anarcho, Radical Mental Health, Grayson Neighborhood Council, and the Freedom Bound Center/Sol collective, along with local hip hop projects, have joined to address these issues in a much more fun way.

On Oct 11, from 1-8 p.m. at 1739 Crows Landing Rd., Modesto, they will host a Hip Hop Festival that includes performances by JT the Bigga Figga, Sherman Austin, El Vuh, Sacrifice, Cobalt and more! There will be a screening of "Black and Gold", a film that addresses gang activity for the better, and films about immigration. There will be a graffiti wall, jumper house, face painting, piñata making and activities for the whole family as well as free food and prizes.

This is our way of taking our community back to empower ourselves against the system that incarcerates and criminalizes youth and people of color. Support and share your stories with us. Let's change the Central Valley for the sake of our children's future. Stop Police Brutality! End racist laws like the Three Strikes! Let's Caravan for Justice!

Visit www.Myspace.com/modestocfj.org

Sunflowers

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seeds overnight in a mixture of 2 tablespoons of salt to 1 cup of water. Then, boil for a few minutes and drain. Spread seeds thinly on a baking sheet and toast at 200° F for 3 hours.

SUNFLOWERS FOR TUBERS - Dig up tubers when the plant leaves turn yellow in fall. Cut the top off the plant if you wish to leave some of the sunchokes in the ground for later harvest before winter rains.

Tubers are easy to dig up with a pitchfork, but be careful not to injure the delicate skin. Injured tubers should be eaten first, as they will not last very long. Rebury any tubers that are too small to eat. Don't worry about digging them all up. There are plenty you won't be able to find, and they will resprout in spring.

When exposed to air, tubers shrivel up quickly and will decay in a few weeks. Store sunchoke tubers in a cool, dry place and they will last longer. Do not rinse with water until you are ready to use them.

COOKING WITH TUBERS - Rinse dirt off tubers gently using lukewarm water. They can be used fresh in salads or cooked. You can peel them or leave the peel on.

Master Gardeners in San Mateo/San Francisco County have

a neat website about growing Sunchokes as well as a recipe for "Sunchoke Soup." Access it at: http://groups.ucanr.org/sanmateo/Growing_Jerusalem_Artichokes/

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