



# stanislaus CONNECTIONS

Working for peace, justice and a sustainable environment

A MODESTO  
PEACE/LIFE  
CENTER  
PUBLICATION

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## Breaking News: Peace Center radio gets call sign: KCBP FM 95.5

By **DAN ONORATO**

It's official! The FCC has assigned call letters for the Modesto Peace/Life Center's new radio frequency: KCBP 95.5 FM. Now, we must put all the pieces together to get on the air by August 12, 2018.

This huge project won't happen by wishing for it. It won't happen by waiting for someone else to do it. As Marian Wright Edelman has said, Gandhi and King are gone. "It's up to us. It's up to you."

Our station will be people-powered radio. It will reach all of Stanislaus County and possibly up to Stockton and down to Merced. It's a neighborhood dream, for our community and region, by our community and region. So it's up to us to make it happen. And "us" means you, and you, and you—all of us together, sleeves rolled up.

Our community radio station, FM KCBP will offer a lively and diverse blend of local programming highlighting important issues and events and spotlighting local talent in music and the arts. Besides offering a wide range of music, selected by local DJs, we want to increase public awareness of issues important in our schools and local government and for diverse groups in our region. We'll achieve this by airing civil debates and discussions with city and county leaders and people active in the issues. We seek broad support and participation by various community groups and individuals who share our vision of a unique radio station that focuses on local issues, engaging entertainment, public service, and a commitment to improve our community.

Our next step is to web stream some initial local programming that we'll develop over time. It will be a model of KCBP's vision. We plan to start this in June. To make this

To make this happen, we need YOUR HELP!



happen, we need YOUR HELP! With equipment and technical assessments costing up to \$30,000 - \$40,000, we need money. Besides generous donations from individuals and underwriting support from organizations and businesses, we need people who'd like to help with fundraising. We also need people who want to create programs ranging from music to discussions of issues to public service announcements.

Anyone donating \$500 or more will become a Founding Member of KCBP FM. And when you volunteer your help, you'll have the satisfaction that you helped create a valued voice on radio that enriches our community and region.

**ACTION:** To volunteer your help in fundraising or programming, contact Sue Bower at [suebower@prodigy.net](mailto:suebower@prodigy.net) or Dan Onorato at [onoratod@att.net](mailto:onoratod@att.net). To donate, send your check to Dave Tucker, memo: Radio KCBP, at Modesto Peace/Life Center, P.O. Box 134, Modesto, CA 95353. Or go the the Center's website at [peacelifecenter.org](http://peacelifecenter.org) and on the Home Page click on Donate, on the right. Thank you!

## Ann Coulter: Freedom is not about Hate

By **ERIC CAINE, The Valley Citizen**

One of the lesser-known events of America's dark past is the lynching of eleven Italians in New Orleans in 1891. It's the largest mass lynching in American history. The victims of the lynching had just been acquitted of murder charges when the local citizenry took it upon themselves to administer their own brand of justice. One of the principal organizers of the event was John Parker, who later became governor of Louisiana.

Twenty years later, Governor Parker said that Italians were, "just a little worse than the Negro, being if anything filthier in [their] habits, lawless, and treacherous." Today, this dark history of racist hate for Italians is largely forgotten, but is worth remembering within the context of local support for Donald Trump and Ann Coulter.

Trump has implied that an Indiana-born Mexican judge can't be impartial because of his Mexican heritage, and Coulter has routinely claimed "peasant cultures" like those in Mexico and Latin America, "are brimming with rapists, pederasts and child abusers." She's also written things like, "the Mexican cultural trait of littering is apparently well known to everyone—except American journalists."

In light of America's history of persecution of Italians and the San Joaquin Valley's large population of Mexicans, it may or may not be ironic that Stanislaus County Supervisor Jim DeMartini is the single most vocal supporter of Coulter's appearance in Modesto. But whatever else the case, let's not for a minute permit DeMartini or anyone else to argue that Coulter's appearance is about First Amendment rights.

After all, this is the same Jim DeMartini who routinely imposes gag orders on members of our local Republican Central Committee.

It's the same Jim DeMartini who favors ostracizing members who affiliate with, support, or avow "a preference for a candidate of a

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## 42<sup>nd</sup> Annual Pancake Breakfast

Sunday June 4, 2017

8:00 a.m. — Noon

*Benefit for  
the Modesto Peace/Life Center*

Modesto Church of the Brethren  
2301 Woodland Ave., Modesto



## All-Star Favorites

- Blueberry • Buttermilk •
- Scotch Oaties •

Fresh fruit salad  
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Fresh granola, yogurt

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- Visit with fellow breakfasters.

**Adults: \$10, Children: \$5**

The Church of the Brethren has graciously donated the use of its facility.

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# Arts and Social Consciousness at Peace Camp - June 23-25



## 35th Annual Peace Camp June 23, 24, and 25, 2017

Camp Peaceful Pines  
near Pinecrest, California



### Registration Form

**Adults**      **\$75** before May 1; **\$80** before June 5; **\$85** after June 5

1. \_\_\_\_\_ 2. \_\_\_\_\_  
3. \_\_\_\_\_ 4. \_\_\_\_\_

Total \$ \_\_\_\_\_

**Youth (ages 4 -18)** **\$55** before May 1; **\$60** before June 5 **\$65** after June 5

1. \_\_\_\_\_ Age \_\_\_\_\_ 2. \_\_\_\_\_ Age \_\_\_\_\_  
3. \_\_\_\_\_ Age \_\_\_\_\_ 4. \_\_\_\_\_ Age \_\_\_\_\_

Total \$ \_\_\_\_\_

**Child (ages 3 & under FREE)**

1. \_\_\_\_\_ Age \_\_\_\_\_ 2. \_\_\_\_\_ Age \_\_\_\_\_

Voluntary Donation to provide a camper scholarship = \$ \_\_\_\_\_

**GRAND TOTAL = \$ \_\_\_\_\_**

**Make checks payable to: Modesto Peace/Life Center, P.O. Box 134, Modesto, CA 95353-0134**

There is an additional \$15 fee for each person coming to camp without a pre-registration.

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_  
Email \_\_\_\_\_ Phone \_\_\_\_\_

- ☐ I need vegetarian meals. ☐ Other dietary needs: \_\_\_\_\_  
☐ I have a special need for a cabin assignment: \_\_\_\_\_  
☐ I can offer a ride Friday/Saturday. ☐ I need a ride Friday/Saturday

#### Parent authorization for minor children

I give permission for decisions to be made in my absence about the need for medical care. I give permission for my child to be treated by a physician or hospital in case of an emergency. I understand and agree that the Modesto Peace/Life Center is not responsible for my child/children. I will not hold the Modesto Peace/Life Center, its officers or leaders liable for medical aid rendered.

Name of Parent/Legal Guardian (PRINT) \_\_\_\_\_  
Signature of Parent/Legal Guardian \_\_\_\_\_ Date \_\_\_\_\_

I authorize the Modesto Peace/Life Center to photograph and/or videotape my child, and reproduce my child's photographs and videotapes for publicity and/or educational/promotional purposes related to Peace Camp.

Name of Parent/Legal Guardian (PRINT) \_\_\_\_\_  
Signature of Parent/Legal Guardian \_\_\_\_\_ Date \_\_\_\_\_

Note: If adults bring children not their own, the parent/legal guardian of those children must complete and sign a separate parent authorization. Minors must be accompanied by an adult.

For camp information and scholarship availability: Call Ken Schroeder, (209) 480-4576; [kschroeder70@yahoo.com](mailto:kschroeder70@yahoo.com)

#### By KEN SCHROEDER

The Modesto Peace/Life Center's 35th Annual Peace Camp in the Sierra takes place on June 23-25 at Camp Peaceful Pines on Clark Fork Rd. off Hwy 108. We'll enjoy a weekend of workshops, good food, hikes, campfires, singing, crafts, talent show, star walk, recreation, and stimulating people of all ages in a beautiful mountain setting. Families and individuals are welcome. Register early for a discount.

This year we will explore the theme of the creative arts and social consciousness. Artist and muralist Barbara Carrasco from Los Angeles will present a workshop. Barbara is a key figure in the Chicana/o art movement. She is known for creating large banners for the United Farm Workers and Cesar Chavez and created the art print, "Dolores", that is the iconic image of Dolores Huerta. Her works have been exhibited throughout the U.S., Europe and Latin America. Musician Patty Castillo Davis of Ceres will present a workshop and performance. She is a well-know regional artist who has won the Best Singer Songwriter award at the Modesto Area Music Awards. She has opened for Los Lonely Boys, Dwight Yoakum, Beth Hart, Kenny Wayne Shepherd, Dave Mason, and Jimmie Vaughn.

Our star walk will be led by teacher and naturalist **Tim Smart**. Our song leader is **Scott Gifford**, long-time Modesto teacher and musician, who now lives in the North Bay. **Leng Nou** will guide us in early morning tai chi. **Reo Maynard** leads an afternoon hike and **Deborah Bernal** will show us how to tie dye a t-shirt (bring your own white shirt).

Camp Peaceful Pines in the Stanislaus National Forest features kitchen and bathroom facilities, rustic cabins and platform tents and a cabin for those with special needs. Electricity is provided by a generator that is turned off at night. Depending on the number of campers, cabins may be shared. Campers share in meal preparation, cleanup, and other work.

The camp fee covers program, food and lodging for the weekend. Adults are \$80 before June 5 and \$85 after June 5. Young people 18 and under are \$60 before June 6 and \$65 after June 6. Ages 3 and under free. Minors under 18 need to be accompanied by an adult. Partial scholarships and day rates are also available. Donations for scholarships are appreciated. The camp opens with supper at 6:00pm on Friday and closes after the morning workshop on Sunday. Directions and other information will be provided to participants before camp. Registration forms are available online at [www.stanislausconnections.org](http://www.stanislausconnections.org) and [www.peacelifecenter.org](http://www.peacelifecenter.org)

Information: Ken Schroeder, 209-480-4576, [kschroeder70@yahoo.com](mailto:kschroeder70@yahoo.com)

#### Peace/Life Center looking for volunteers

The Modesto Peace/Life Center needs volunteers to assist with projects, events, our radio project (radio knowledge, skills needed), fundraising, and administrative activities. No experience necessary. However, experience in social media, Word, Excel, or other special skills are desired for some volunteer positions.

We need volunteers for a few hours per week, one day or more per week, or ongoing commitment.

For more information, contact our volunteer/outreach coordinators: Susan Bower or Jocelyn Cooper at the Peace Life Center (209) 529-5750.



# Needed: an ambitious drive toward much greater democracy

By **MICHAEL NAGLER**, Founder & President, the **Metta Center for Nonviolence**

Gandhi once said, "The line of demarcation between democracy and monocracy is often thin but rigid and stronger than unbreakable steel." Unfortunately, he didn't mean, I believe, that that line could not be crossed, because we have seen it crossed many times and are seeing the same misfortune in our own country right now.

But it goes both ways. In their landmark study *Why Civil Resistance Works*, Erica Chenoweth and Maria J. Stephan carefully document over 200 cases of insurrection against monocracy in about the last 100 years, looking to compare those that were nonviolent with those that were not nonviolent. The former were spectacularly more successful, roughly by a factor of two, in about one third the time. More amazing still, they led to greater democratic freedoms even when they "failed" (i.e., the obnoxious regime was not dislodged).

We want to stop the slide toward autocratic rule, here and anywhere. As many nonviolence theorists believe, including your present writer, that can only be done by an ambitious

## METTA CENTER for NONVIOLENCE

drive toward much greater democracy than we knew before. It is not a remedial but a revolutionary approach that's called for now. And democracy can only be enlarged and secured by bringing out the vision it's based on, which is of a free, noble, empowered, and ultimately sacred image of the human being.

Glad we're in this together.

The Metta Center for Nonviolence is a 501(c)3 educational organization that aims to help people use nonviolence safely and effectively. We advance a positive view of humankind while empowering people to explore the question: How does nonviolence work, and how can I contribute to a happier, more peaceful society? Learn more.

<http://mettacenter.org> [Edited]

# Creating Peace Through Technology

By **AIDEN HERVEY**

**Hart Ransom Academy Charter, Susan Janis  
Division III - 1st Place Winner Peace Essay Contest**

"What is the use of living, if it be not to strive for noble causes and to make this muddled world a better place for those who will live in it after we are gone?" - Winston Churchill.



In 2008, our country went through a recession. From that, many families lost their jobs and homes. Even though it happened eight years ago, people are still trying to recover from it. Homelessness sadly, is now a way of life for many people. No human being should have to worry about where they might find their next meal, or shelter. Providing a home would give a sense of peace and stability for these families.

In 2015, Housing and Urban Development required a tally of the homeless in communities across America. The census for the homeless in Stanislaus County was 1,408 people. Of the 1,408 there were 86 children, 11% of the 1,408 were military, and 35% had disabilities. ([www.ModestoBee.com](http://www.ModestoBee.com))

The Humani Hut was designed for natural disasters, such as earthquakes and tornados. These high tech huts could be the answer for our homeless families. One hut can be set up in five minutes. In an afternoon, an entire village could be formed. These huts are suitable for a family of five. They provide toilets, showers, fresh water, sewage disposal and solar power. Neal Sutton, the inventor of Humani Hut, sells his homes for \$4,000 apiece.

This plan might be objectionable to our community because of the cost. However, the H.U.D. secretary states, "A homeless person costs taxpayers \$40,000 year." [www.Politifact.com](http://www.Politifact.com). Indeed, being homeless is heartbreaking, and difficult for our community to witness. Therefore it is quite expensive for the taxpayer. Thankfully there is a solution. If we housed all these families in Humani Huts, the cost would be \$1,264,500 for 281 huts. That is the same amount our community pays for 32 homeless people a year. Without a doubt this would save money in the long run. Homelessness would decrease by almost 100%.

As you can see, implementing this plan would take sometime to raise money. I would like to start an organization that would not only house the homeless, but get them back to where they once were; in a place that they can call home. Looking out of the window of my car, I have always been aware of the homeless in our community. I have often wondered why, and how they came to be this way; now I know, and that there is a solution. Giving homeless families a house would not only keep them safe and off of the street, but it would also give them peace, hope, and a sense of home.

### Works Cited

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Subject, By. "Fact-checking U.S. Politics PolitiFact." PolitiFact. N.p., n.d. Web. 18 Oct. 2016.

Winston Churchill Quote: [www.winstonchurchill.org/resources](http://www.winstonchurchill.org/resources)

### In Memoriam

Claudia Hedgpeth  
November 12, 1948 - March 16, 2017

James Chase Lydick  
1954 - 2017

## Film Night features Chaplin's Modern Times

By **DAN ONORATO**

If gray skies and buckets of rain have you needing some escape, don't miss this month's Film Night on Wednesday, May 17th. But it's not just escape you'll enjoy while viewing Charlie Chaplin's *Modern Times*. Film website Rotten Tomatoes comments, "A slapstick skewering of industrialized America, *Modern Times* is as politically incisive as it is laugh-out-loud hilarious." Whether you're old enough to remember Chaplin's genius in his iconic role as a Tramp, or have only heard of his unique talent as one of cinema's most expressive mimes, this film is a must-see classic.

Chaplin biographer Jeffrey Vance adds: "*Modern Times* is perhaps more meaningful now than at any time since its first release. The twentieth-century theme of the film, farsighted for its time—the struggle to eschew alienation and preserve humanity in a modern, mechanized world—profoundly reflects issues facing the twenty-first century. The Tramp's travails in *Modern Times* and the comedic mayhem that ensues should provide strength and comfort to all who feel like helpless cogs in a world beyond control. Through its universal themes and comic inventiveness, *Modern Times* remains one of Chaplin's greatest and most enduring works. Perhaps more important, it is the Tramp's finale, a tribute to Chaplin's most beloved character and the silent-film era he commanded for a generation."

The film starts at 6:30 p.m. A discussion follows. Mark your calendar now.

More at <http://www.imdb.com/title/tt0027977/>



### Peace Life/Center ID Project

### Free/Low-cost ID and/or Birth Certificate Application Assistance

Volunteers ready to assist!

Call 209-222-8624 to set an appointment!

Modesto Peace/Life Center  
720 13th, Modesto, CA 95354



# May Fruit and Vegetable Gardening Tips

By ANNE OF GREEN GARDENS

Spring is here and it's time for warm seasoning gardening! Do you grow your own fruits and vegetables? If so, you know it's like having a seasonal fruit stand in your landscape. We are so lucky to live in the Central Valley of California, where the climate is perfect for growing food. In fact, California ranks as the 6<sup>th</sup> largest agricultural producer in the world!

## It's Time to Plant!

If you have some space, 6 hours of sunlight and a water source, you can start a spring/summer food garden. Some gardeners may have already planted and are starting to see growth. For everyone else, it's not too late to plant tomatoes, peppers, eggplant, corn, melons, squash, beans, as well as edible flowers like calendula and nasturtiums. If you aren't sure what to plant, visit a local nursery to see what plants they have for sale.

Since it's early in the growing season, you can still plant vegetables from seed. Just make sure to protect seedlings from pests that want to eat them. We've had a lot of rain, and I'm seeing a lot of snails and slugs. A great way to get rid of these pests is to look for them at night with a flashlight. Wearing gloves, pick them up and put them in a bucket of warm, soapy water.

If you want to harvest your food sooner, you'll need to purchase vegetable start plants. This will give you about a six-week advantage. Also, older plants are a little less palatable to snails, slugs and other pests. But that doesn't mean



Photo: [www.pixabay.com](http://www.pixabay.com)

they are necessarily safe! Check on your plants daily and inspect for pests and remove any you find.

**Tomato tip:** put your tomato trellises and/or cages up now! Don't forget until it's almost too late and you must work around your plant and possibly break off some branches in the process.

## Fruit Trees

You can plant fruit trees now too. If you used to shop at Scenic Nursery in Modesto, you may remember Ann Ralph.

She wrote a wonderful book called "Grow a Little Fruit Tree." This charming book has everything you need to know about how to keep fruit trees small while still harvesting loads of fruit! It's available from Storey publishing at [http://littlefruit-tree.com/backyard\\_fruit\\_trees/Book.html](http://littlefruit-tree.com/backyard_fruit_trees/Book.html)

## Apartment Gardening

Even if you live in an apartment, you can grow a few vegetables for yourself, provided you have a space with at least 6 hours of sunlight. Use containers with holes in the bottom, or drill them yourself. Purchase a store-bought potting mix so the containers won't be too heavy. When watering, allow the potting mix to dry out each time in between.

You can grow tomatoes in a 5-gallon bucket, and in slightly smaller containers you could grow squash, melons, and beans. Instead of letting them spread out horizontally, give them room to grow vertically. Place a wooden pallet behind them, or grow them up some wire or wooden poles.

When the food you've planted isn't bearing as much or doesn't provide enough quantity, you can always visit the local farmer's market for fresh produce. Stanislaus County has so many lovely ones to visit!

Anne of Green Gardens grew up picking peas and planting vegetables with her grandfather in Stanislaus County. Anne has a website at [www.anneofgreengardens.com](http://www.anneofgreengardens.com) with seasonal gardening information. You can also follow her on Facebook, Twitter or Instagram.

## Boys & Girls Club of Stanislaus County hosts Stanislaus' Rib Cook-off competition between Modesto Fire Fighters and Modesto Police Officers

An epic battle between Modesto Fire Fighters and Modesto Police Officers is set for May 6<sup>th</sup> at 5:30 p.m. to benefit the Boys & Girls Club of Stanislaus County. The special event brings together members from each organization for the Stanislaus' Rib Cook-off where each team competes for the title of the tastiest ribs. More than 500 guests will serve as judges to decide who will take home the top prize of a year long worth of official bragging rights. The fundraiser will showcase the Boys & Girls Club of



Stanislaus County offering attendees an opportunity to learn more about the non-profit organization. Chief Professional Officer, Lincoln Ellis adds, "this event lets us celebrate the mission of the Boys & Girls Club which is to enable all young people, especially those who need us most, to reach their full potential as productive,

caring, responsible citizens."

The 21+ over event takes place at the home of Dr. Stephen and Ann Endsley. Enjoy an evening of hors d'oeuvres, a selection of cocktails and savory ribs. A special ceremony will be presented by the Civil Air Patrol.

Tickets: \$50.00. Call (209) 222-5830, or order online at [www.bgcstan.org/ribcookoff](http://www.bgcstan.org/ribcookoff). More information, including sponsorship opportunities, contact Laura Ward, (209) 549-2765 or email [laura@wardpromotions.com](mailto:laura@wardpromotions.com)

**NEW MODESTO RADIO STATION COMING SOON!**

The Modesto Peace/Life Center has been granted a full power radio station license and needs YOUR help!

- ⇒ Donations, Donations, Donations!
- ⇒ Feedback on future programming from YOU!
- ⇒ Volunteers with radio backgrounds & experience
- ⇒ Local Music, Arts and Entertainment connections
- ⇒ Community partners

To get involved or learn more about the new station, contact James Costello, (209) 402-9191 or [jcostello@igc.org](mailto:jcostello@igc.org). You can donate by sending your check to the Modesto Peace/Life Center, P.O. Box 134, Modesto, CA 95353 with "Radio Station" in the memo. You can also donate online at <http://peacelifecenter.org>

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209-529-5750



# Science teachers in the trenches of the climate wars

By GLENN BRANCH

With a US President who claimed that climate change is a hoax perpetrated by China, a Secretary of State from the fossil fuel industry, a Secretary of Energy who once proposed to abolish the department, a Secretary of the Interior who dismissed climate change as “not proven,” and a chief of the Environmental Protection Agency with a history of obsessively challenging its regulations in court, it is clear that climate science is going to be encountering stormy weather during the Trump administration.

Calls for opposition and resistance to the newly invigorated assault on climate science are common—and welcome. But amid the scramble to archive government data on climate change, debunk the latest series of fact-free presidential tweets, defend federal scientists against political censorship, argue for a realistic estimate of the social price of carbon, and rally across the country for a March for Science, it is important not to overlook the importance of defending the integrity of climate education.

Why? It's simple. Effective action on climate change is necessarily going to be a long-term—multigenerational—project. Our children, and their children, and their children in turn, will all need to understand the scientific consensus on climate change in order to flourish in the warming world in which they will live. And the best way to ensure that they do so is to use the most extensive and rigorous system in our society for producing understanding: the public school classroom.

**The limited federal role.** By custom and by statute, curriculum and instruction in the United States are controlled by state governments and local school districts. The federal government's influence is negligible, which is perhaps comforting in view of the present administration's attitude toward climate change. Even so, there is reason for concern about the

fate of the excellent supplementary materials about climate science, aimed at K–12 educators, prepared by a veritable alphabet of various federal agencies.

The best of these materials enable teachers to have their students engage directly with the evidence for climate change—temperature fluctuations, sea level changes, ice core measurements, and more—so they can appreciate the strength and the variety of the evidence underlying the scientific consensus on the reality of climate change and human involvement in it. For these materials to be removed, censored, or rewritten under the tutelage of climate change deniers would be a shame.

**State attacks on science.** What almost happened recently in Iowa, however, would have been even worse. A bill designated House File 480 would have required teachers in the state's public schools to include “opposing points of view or beliefs” to accompany any instruction relating to a handful of topics, including global warming. Astonishingly, the bill did not require that those “points of view or beliefs” have any scientific credibility—only that they be opposed to whatever material is presented in the classroom.

Global warming and climate change are addressed in Iowa's state science education standards, so the passage of House File 480 would have directly required the miseducation of Iowa's students about climate change. Not quite so ambitious, similar bills introduced in Oklahoma, South Dakota, and Texas would only allow such miseducation, while a similar resolution introduced in Alabama would merely express the legislature's approval of such miseducation.

House File 480, in effect, ignored the Hawkeye State's science education standards, but another bill would have undermined them. Under House File 140, the Iowa State Board of Education would have been prohibited from adopting, approving, or requiring the implementation of Iowa's science education standards by local school districts. The lead sponsor of the bill objected to the standards in part because, in the words of a local reporter, they “shine a negative light on human impacts on climate change.”

Although House File 140 died in committee, legislative attempts to undermine the treatment of climate change in state science standards have succeeded elsewhere in the country. Particularly egregious was a recent pair of votes, by the House Education Committee and the Senate Education Committee in Idaho, to delete five standards—precisely those addressing climate change and human impact on the environment—from a proposed new set of state science education standards for the Gem State.

**Local attitudes matter.** Beyond the legislatures of the 50 states, there are the more numerous arenas of the 15,000-odd local school districts, where formal policies that discourage teachers from presenting the scientific consensus on climate change—or actively encourage them to present climate change denial—are recurrently under consideration. Even in the absence of such policies, there are often informal practices that have the same effect.

Do the attitudes in the local school districts affect whether and how climate change is taught there? Only 4.4 percent of public middle and high school science teachers—less than one in 20—reported experiencing any local pressure not to teach about the human causes of global warming, according to a rigorous national survey conducted in 2014–2015 by the National Center for Science Education and researchers at Pennsylvania State University.

But analysis of data from the same survey found a significant correlation between local attitudes and instructional approaches. State by state, and county by county, where there was a lower degree of public acceptance of climate change, teachers were less likely to emphasize the scientific consensus on climate change and more likely to use instructional strategies that promote doubt and denial among their students—or to avoid the topic altogether. On climate, teachers appear to take their cues from their communities.

**High stakes.** Whether at the local, state, or federal level, it is crucial to oppose measures that would undermine the integrity of climate education, not only because of the harm they would do if enacted but also because of the signal they send when introduced. Teachers need to be reassured that, the posturing of climate-change-denying policymakers notwithstanding, there is robust local support for teaching the scientific consensus on the reality of climate change and human involvement in it.

A lot is at stake. In any given year, there are about 15 million students in America's public high schools, of whom only about six million are likely to attend college. So for at least nine million young people per year, their best chance of attaining scientific literacy—and with it a grasp of the scientific consensus on climate change—is here and now. And their chance depends on the readiness, willingness, and ability of their teachers to teach climate change honestly, accurately, and confidently.

Glenn Branch is deputy director of the [National Center for Science Education](http://www.natcen.org), a nonprofit organization that defends the integrity of science education against ideological interference. He was the co-editor, with Eugenie C. Scott, of *Not in Our Classrooms: Why Intelligent Design is Wrong for Our Schools*, and author or coauthor of numerous articles on climate education and evolution education, and obstacles to them, in such publications as *Scientific American*, *The American Biology Teacher*, and the *Annual Review of Genomics and Human Genetics*. He coauthored “[Climate education in the classroom: cloudy with a chance of confusion](http://thebulletin.org/science-teachers-trenches-climate-wars10609)” in the March 2016 issue of the *Bulletin of the Atomic Scientists*.

<http://thebulletin.org/science-teachers-trenches-climate-wars10609>

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# Our Resistance Must Not Descend into Chaos: Practical Suggestions for a Growing Movement

By DUSTIN AXE

*“Power concedes nothing without a demand. It never did and it never will.”* —Fredrick Douglass.

*“By the way, I think anger is a good thing. This country is in a crisis. And if you’re fighting to save this country, if you’re fighting to take this country back, it’s not going to be sunshine and patriots.”* —Steve Bannon

The United States of America is in political crisis, and the whole world is watching. The horrifying decline of the American empire is unfolding before our eyes. We are witnessing the final stages of a wholesale corporate takeover of our government and the deterioration of our political system. It is happening in plain sight.

The availability of information makes it nearly impossible to ignore the dreadful conditions in our communities and around the nation. The ascent of Donald Trump into the White House, along with his “cabinet of deplorables” full of bankers, billionaires, bigots, and climate-change deniers, is indicative of our failing republic. It is not irrational to use the words “proto-fascist,” “corporate coup d’état” or “inverted totalitarianism” to describe our situation.

Emotions are high, and tens of thousands of people are assembling in the streets to express their frustration, many for the first time. As we come to grips with what is happening, we must not descend into mass hysteria. Operating on a reactionary basis will not lead to constructive dialog, and it certainly will not lead to positive change.

It is imperative that we base our words and actions on a sound theoretical and historical framework. It is important that we gather ourselves, breathe, and reflect. Our current situation did not suddenly happen with the election of Donald Trump, and its reversal will not be sudden, either. It took time to create this mess, and it will take time to undo it. We must not act in haste.

This does not mean we normalize anything, and we certainly should not retreat into despair or apathy. It does mean, however, that we take immediate direct action in every aspect of our personal and professional lives—but our actions should not be guided by fear, hate, or anger. “This is the path to the dark side,” as Yoda said.

We are undoubtedly on the brink of the most scandal-prone administration in history, which will create space for change. But what kind of change? It is up to us to build an alternative that leads to a more just society—or we could easily descend into mass hysteria, irrational actions, and violence.

What starts as manageable, well-behaved, peaceful demonstrations can quickly turn ugly if protesters do not have a sound theoretical framework to guide their actions. This is especially true for individuals who are new to political activism and who have not yet cultivated an understanding of non-violent resistance as a complex strategy to enact social change. We could easily find ourselves getting out of control.

The national Women’s March was a beautiful demonstration of peace to inaugurate the resistance; since then, massive demonstrations have spontaneously erupted in airports and courthouses, and marches are planned to support science

## It is imperative that we base our words and actions on a sound theoretical and historical framework.

and to demand that Trump release his tax returns. These are peaceful events.

However, if history offers any lessons for the present moment, these peaceful demonstrations could diminish into chaos: People will become angrier the more they are put in the crosshairs of Trump’s dangerous policies, and the angrier people become, the more impatient and aggressive they will grow. This increases the likelihood for violence.

To be clear, anger is a rational response given the reality of our situation, and violence plays a complex role in social change. Rioting is the language of the unheard, as Martin Luther King pointed out. People feel they have no other choice when democracy no longer works, when institutions are unable to respond to basic grievances, and when all other mechanism for social change fail.

There could be spontaneous flash mobs and rioting with no planning or coordination, and groups, such as the Black Bloc, could deliberately try to incite violence by hijacking peaceful demonstrations with petty violence. Aggressive protesters will lead to aggressive policing and vice versa, as in Ferguson and Baltimore. Standoffs between citizens and law enforcement could create a cycle of violence.

Things could get ugly. Here are some practical suggestions to ensure our actions are based on good ideas that lead to social change.

## Get your news from independent media outlets. This has never been more important. Independent media exposes the real-world impact of bad policies, and it reports political change when it is happening.

Try to fully cultivate how you see and interpret things. Your beliefs will determine your political actions. It is not enough to be anti-Trump. We must articulate solutions to the status quo, and work to build an alternative. This means our political actions must be based on good ideas and an understanding of history.

To do this, spend time reading substantive material. Reading the news is not enough. Read books. Read serious books about class, power, and social change. Books provide information and in-depth analysis of the “bigger picture” that is easy to miss by just reading the news. Books have much less noise, and they provide clarity that makes it easier to

understand the world.

Read history books. History will help you understand the present moment, and it provides a prescription for social change. Start with Howard Zinn.

There is a constant barrage of news, and it is more important than ever to identify credible information from misinformation, with alternative facts, climate change denial, and media spin. Slow down and read books.

And remember, fake news is nothing new: Newspapers have always had sections on entertainment, lifestyle, real estate, sports, and business. Much of this can be regarded as “fake news,” leaving a small portion of the newspaper for real news, of which only a small percentage is investigative.

Get your news from independent media outlets. This has never been more important. Independent media exposes the real-world impact of bad policies, and it reports political change when it is happening.

- Watch Democracy Now! every single day.

- Pay for your news. Donate money to independent media sources, starting now.

- Devote the entire 7-10 minutes it takes to read news articles in their entirety—starting with this one! Do not skim articles or read them halfway. Read all the information provided, and absorb the author’s intent.

- Focus on Trump’s actions rather than his words and Tweets. His words, character, and tone are certainly important, but do not be distracted by his deliberate attempt to deceive the media. Steve Bannon is in the White House for a reason. Do not repeat their lies; doing so gives them credibility.

- It is not enough to bring awareness to issues in the form of large rallies and public demonstrations. Direct action must be taken to undermine the power structure, and there may be times when we have to physically impede actions of the state through nonviolent civil disobedience. Water protectors at Standing Rock have been doing this for months. How many of us are willing to impede the construction of Trump’s wall with our bodies? There will be an increased risk and sacrifice on our part as we expand the types of actions we use—but we must maintain nonviolent discipline. Nonviolence is an efficient way to enact change.

- Join a grassroots organization that has local chapters across the entire nation. The Left needs to consolidate into larger organizations, rather than create smaller ones. Larger organizations already have at least some organizational framework in place. Precious effort and time is wasted by continuously building new organizations from scratch. Join a local organization that has national reach.

- Work to endorse national leaders. The Left needs individuals with large media platforms who can articulate an alternative to the status quo. Michael Moore is a wonderful example, but we need powerful civil rights leaders who can organize and lead entire movements. We need a Martin

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# Californian mark! Lopez: 2017 Goldman Prize Recipient North America

*Born and raised in a family of community activists, mark! Lopez persuaded the state of California to provide comprehensive lead testing and cleanup of East Los Angeles homes contaminated by a battery smelter that had polluted the community for over three decades.*

## Criminally high pollution levels

Bordered by the Los Angeles River and crisscrossed by the area's notoriously congested freeways, LA's Eastside is home to the densest population of working-class Latino communities in the country. Residents bear the brunt of the region's pollution, with heavy cargo traffic coming in and out of the ports of Los Angeles and Long Beach, and industrial plants operating well within breathing distance of homes, schools, and parks.

Among these facilities was an aging battery recycling plant, which had been in operation since 1922 with minimal updates and repairs. Georgia-based Exide took over the smelter in 2000 and ramped up the volume of batteries processed at the plant—and with it, emission levels of dangerous pollutants such as lead and arsenic.

A sampling of dust on rooftops of nearby buildings found lead levels of 52,000 parts per million—where 1,000 parts per million is considered hazardous waste. Lead is a powerful neurotoxin that accumulates in the body over time. It can cause learning disabilities even at very low levels, and as such, there is no safe lead level in children.

## Community organizing as a family trade

mark! Lopez, 31, was born and raised in a family of activists where community organizing is a family trade. Lopez attended his earliest protests and marches as a young child,

along with his parents and grandparents. Family time often included door-to-door canvassing, community mural paintings, and press conferences.

Lopez temporarily left Los Angeles to pursue a degree in environmental studies at UC Santa Cruz—an arm's length away from home where he gave himself the space to learn and sharpen the tools of the family trade. He remained active in community organizing on campus, where he advocated for service workers' rights and pushed for minority student recruitment and retention.

Shortly after his return from college in 2008, during one of his regular visits to his grandparents' house, his grandmother gave him a flyer that had just arrived in the mail. It was about an upcoming public meeting about the Exide battery smelter. She said, "Hey, you know, Exide is still right here."

## Shutting down the plant, expanding the radius of justice

In March 2015, after coming under investigation by a federal grand jury about its operations, Exide agreed to shut down the plant but left little means to clean up the contamination beyond the smelter site. Lopez understood the reality that if the community wanted justice, they would have to fight for it. The smelter had been allowed to run for decades under



temporary permits, racking up multiple violations along the way. The California Department of Toxic Substance Control (DTSC) was doing little to encourage residents to have their homes tested.

Lopez and his team at East Yard Communities for Environmental Justice started knocking on doors to inform the community about the dangers of lead contamination. Despite some initial skepticism, residents grew to trust Lopez, who shared their dreams—and fears—about raising their families in the Eastside.

In response to a huge demand from residents, DTSC increased its sampling to 200 homes. Test results showed that all but three of the homes required remediation, a strong indication that the testing area needed to be expanded even further. DTSC eventually agreed to a testing radius of 1.7 miles around the smelter site.

Lopez faced the next hurdle of identifying funds to run tests and cleanup. He turned his attention to Sacramento, calling out the injustice in the state leaders' sluggish response to the Exide cleanup—a sharp contrast to their swift reaction to a massive gas leak in the affluent community of Porter Ranch.

In April 2016, Governor Brown finally approved \$176.6 million for the testing and cleanup of affected homes. Lopez was appointed co-chair of the advisory committee responsible for overseeing the cleanup. While it is one of the largest environmental cleanups in California history, the funds will only cover a fraction of the total homes that need remediation. A newly imposed battery recycling fee is expected to raise additional funds and help other communities in the state affected by defunct battery smelters.

<http://www.goldmanprize.org/recipient/mark-lopez/>

## Our Resistance Must Not Descend into Chaos

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Luther King, Jr.

- In order to consolidate grassroots organizations and empower leaders, we have to stop quibbling over small ideological differences. This means we should stop zeroing in on identity politics. We divide ourselves when we organize around narrow causes along strict lines of race, religion, and sexuality. Our corporate overlords do not care about multiculturalism. Intersectionality of race, gender, environmental protection, and other struggles have to be linked with taking on the millionaires and billionaires who control our lives.

- We must unite the working class, which means we cannot dismiss Trump supporters as nothing more than bigots and racists. Reach out to them to share your perspective in a respectful manner. This is supposed to be a democracy. People with different opinions are not the enemy.

- But do not spend large amounts of time debating right-wing friends and family on social media, and do not waste time on trolls. We do not need to convince everyone to enact social change.

- For those who are new to political activism: Do not assume you know everything. Reach out to experienced activists, and do your homework on nonviolent resistance.

**For those who are new to political activism: Do not assume you know everything. Reach out to experienced activists, and do your homework on nonviolent resistance.**

- For those who are experienced activists: Be patient with individuals who are becoming politically conscious for the first time. Suggest independent media sources and books, and help new activists base their political actions on good ideas.

- The resistance must be nonviolent to the core; violence is not an option. Be suspicious of small pockets of people wearing all-black clothes at rallies. It could be the Black Bloc, the cancer that grows in movements. Individuals who enact intimidating tactics, such as pushing, throwing rocks, setting fires, or knocking over trashcans, should be disavowed and discouraged at all times, even when their members punch

Nazis in the face. Petty violence does not offer solutions. It is lazy activism.

- The police are not the enemy—but they do have weapons. Police departments have access to equipment normally available to the army: armored vehicles, helicopters, night-vision goggles, body shields, machine guns, surveillance drones, and stingrays. Stricter protest laws are being proposed, and Section 1021 of The National Defense Authorization Act provides the legal framework for repression.

Donald Trump exemplifies what it means to take action without thought. This must not happen to us. Our actions must be based on good ideas. I do not have all the answers—but I know freedom is a constant struggle and power concedes nothing. It is absolutely up to us to mount a resistance to loosen the oligarchic grip on our lives. Change only occurs when enough people are willing to organize and take action. Democracy is an action word.

Dustin Axe is a teacher and activist from Chicago, Illinois. He can be contacted at [dustinaxe@gmail.com](mailto:dustinaxe@gmail.com)

<http://www.commondreams.org/views/2017/02/03/our-resistance-must-not-descend-chaos-practical-suggestions-growing-movement>

## Homeless? Need a Shower? Need Clean Clothes? Visit the Cleansing Hope Shower Shuttle

The Church in the Park has created a shower ministry for the homeless and those individuals who need a place to shower and clean-up. From its website:

“Our dream is to restore dignity and self-worth to those in need, and it is our heartfelt belief that it is the entire community’s responsibility to collectively lend a hand.

“This project serves to give a hand-up, not only a hand-out, while being good stewards of our resources. Our shower heads are the #1 water-saving shower heads available and will be on timers. We are hoping to recycle by giving dying trees and plants precious, life-giving water.”

**...but team work makes the dream work!**

“We want to partner with local churches, businesses, and non-profits, for it is our community that is affected by the ravages of homelessness. We will see the most benefit from the results of changing the social devastation. Come be a part of this incredible humanitarian effort. Help us heal the broken lives and save our beloved Modesto!”

### Shuttle Shower Schedule

Mondays: 9:00 am to 3:00 pm Vine House 523 N Martin Luther King Dr. Modesto.

Wednesdays: 9:00 am to 3:00 pm Modesto Gospel Mission 1400 Yosemite Blvd. Modesto.

Thursdays: 9:00 am to 3:00 pm Salvation Army 625 I St. Modesto.



**ACTION:** To donate to this effort or volunteer, visit <http://www.showershuttle.com/>

What Would Jesus Do Ministries  
DBA 236 S. Santa Cruz Ave., Suite A •  
Modesto, CA 95354

Visit their Facebook page.



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## Modesto Sound offers Hands-On Learning Audio Technician class

By **BRENDA FRANCIS**

Want to record bands?

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This 7-week program starts on May 16th and meets Tuesdays and Thursdays 4-7pm at Modesto Sound’s Recording Studio, 110 Santa Barbara Ave., Modesto.

Our Audio Technician Training is AKA “The Job Circle” because our graduates go onto find jobs, and often come back to help mentor new students!

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## POETS: Elizabeth Sousa and Anastasia Heaberlin - Mother & Daughter

Elizabeth Sousa is a poet and Type 1 Diabetes advocate who dabbles in holistic health and curbing mental health stigmas. Her works have appeared in numerous publications, including *More Than Soil*, *More Than Sky: The Modesto Poets*, *Nailed*, and *Collision IV*. She lives in Turlock, California with her daughter.

Anastasia Heaberlin is an artist of many forms, an animal lover, and (currently) an aspiring veterinarian. She loves to draw, dance, write stories, make funny videos, and spend time with her family.



Photo: Doug Holcomb



### A Mother/Daughter Ode to Women

#### Mother:

No one can lift me up like my girlfriend.  
She can tell by the tone of my voice  
when I need her to laugh at me,  
when I need her to cry with me,  
when I need her to understand.  
Because no one —  
no one —  
gets me like my girlfriend.  
She senses the pride in my delivery  
and gives me the ‘That’s great! How amazing!’s  
that keep me going,  
that keep me moving,  
that keep me striving  
to do better, be better, give better.  
Because this road gets tough —  
so tough and sideways that I lose  
my balance more often than I care to admit.  
But my girlfriend...  
...she never gives me a half-hearted ‘Good for you.’  
She fills me with hope for the future,  
with empathy for what has been lost,  
and with the ideals of every faith  
that has ever been recorded  
that what will come  
will be endured,  
will be traveled with grace,  
will be...overcome.  
That we as sisters will rise  
to the call of war  
and have the wisdom to bend  
to the sincerity of compassion.

#### Daughter:

No one can lift me up like the strong women  
in my life.  
They set so many good examples for me.  
They are mature, loveable, kind, and beautiful  
on the inside and out.  
They raise children with more love  
than anything  
and never stop working  
and dreaming.  
They are true friends  
through heart and soul.  
They help me to be my best,  
and they show me  
that no matter what,  
I can achieve my dreams.  
And even women I don’t know  
have done great things  
for us!  
Rosa Parks — arrested for being Black!  
Susan B. Anthony — arrested for trying to vote!  
They had no appreciation,  
but were still stronger than life itself!  
And because of them,  
the world was changed

for young women  
like me.  
I am strong,  
and someday I will be  
a strong woman.

We are so thankful  
for the women before us  
and for our girlfriends of today  
who inspire us,  
who restore us,  
who embolden us,  
and each other.  
We are so blessed  
by those women  
who give us the courage  
to be whoever...  
...we want to be.



# Green Tips for a Green Planet; It's May and our Mother is calling

By TINA ARNOPOLE DRISKILL

It's the Merry Month of May and our Mother Earth is calling! **Mother Nature** (sometimes known as **Mother Earth** or **the Earth-Mother**) is a common personification of nature that focuses on the life-giving and nurturing aspects of nature by embodying it, in the form of the mother.

"The earliest written dated literal references to the term "Mother Earth" occur in Mycenaean Greek...The various myths of nature goddesses such as Inanna/Ishtar (myths and hymns attested on Mesopotamian tablets as early as the 3rd millennium BC) show that the personification of the creative and nurturing sides of nature as female deities has deep roots.

In ancient Rome Epicurean poet Lucretius opens his didactic poem *De rerum natura* by addressing Venus as a veritable mother of nature. Lucretius uses Venus as "a personified symbol for the generative aspect of nature."

Legend says that "beneath the clouds lives the Earth-Mother from whom is derived the Water of Life, who at her bosom feeds plants, animals and human" (Larousse 428). She is also known as Nokomis, the Grandmother.

*Mama Pacha* or Pachamama is a fertility goddess who presides over planting and harvesting. Pachamama is usually

translated as "Mother Earth"...Pachamama and her husband, Inti, are the most benevolent deities and are worshiped in parts of the Andean mountain ranges (stretching from present day Ecuador to Chile and Argentina).

In the Southeast Asian Indochina countries of Cambodia, Laos and Thailand, earth (terra firma) is personified as Phra Mae Thorani, but her role in Buddhist mythology differs considerably from that of Mother Nature. In the Malay Archipelago, that role is filled by Dewi Sri. " *Wikipedia on Mother Nature*; [https://en.wikipedia.org/wiki/Mother\\_Nature](https://en.wikipedia.org/wiki/Mother_Nature)

May is the perfect month to take a "staycation" and enjoy what Mother Nature offers nearby. Spend more time walking, biking, bird watching, floating down a river, canoeing on a lake or down a stream, swimming in a pond or at the seashore, visiting a garden in bloom or just sitting back and taking in the beauty of a beautiful May setting close to home.

You may have helped Mother Nature by planting your own garden, making it a perfect place to sit back and daydream through a warm May afternoon.

Mother's Day is a reminder to honor the nurturers in our world and of it. Think of May as a time to start or enhance habits that leave little or no footprint on our Mother the Earth.

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## Ann Coulter: Freedom is not about Hate

from page 1

different party."

DeMartini and his followers refused to support Republican Kristen Olsen when she ran for State Assembly because she had endorsed Democrat Garrad Marsh in the Modesto Mayor's race. The clear message is, if you want to be a member of the Republican Central Committee or want Republican political support, be prepared to give up your First Amendment rights.

And in what is certainly not a coincidental event, DeMartini's wife, Anne, has the distinction of being the only member of the Modesto Junior College Board of Trustees ever censured. Again, it was a case of attempting to use power and authority to punish someone for exercising her First Amendment rights.

In this case, Mrs. DeMartini sent an email to a college employee chastising her for supporting her husband's opponent in the race for county supervisor. College trustees rightly reprimanded her for an abuse of power.

So let's do away once and for all with the notion that sponsors of Ann Coulter are bringing her here because they value the First Amendment in and of itself. That's not the case. Rather, they're bringing her in as an exercise in political power and because they share her views.

DeMartini has said a Modesto Bee editorial criticizing Coulter's appearance, "is slanted, left-wing fake news coverage" and "the biggest problem the media has with her is she supports Trump." He added that opponents of Coulter have called her "racist." But it's hard not to associate Coulter and Trump with racism when both provide example after example of overtly racist comments.

People who support such comments claim Trump and Coulter get criticized for telling the truth in a climate of political correctness, but if antiquated notions of race were truly a determinant of partiality as Trump implies, we'd have to give up entirely on American ideals of justice, fair play, and equality under the law. We'd have to concede that Supreme Court Justice Clarence Thomas could never deliver a fair verdict, and we'd have to dismiss Anthony Scalia's tenure on the Court as a biased miscarriage of justice. Trump and Coulter get criticized because so many of their claims are not only demonstrably false but also un-American.

And lest anyone think Coulter has the full support of conservatives everywhere, keep in mind that even the conservative Riverside Press Enterprise dropped Ann Coulter from its opinion pages. Former Modesto Bee Editorial Page Editor Gale Hammons, herself a conservative Republican, wrote, "Because of her repetitive, tasteless 'jokes' about minority groups, we have dropped her column from The Press-Enterprise."

Coulter's rants about "rapists, pederasts and child abusers" represent clear cases of racism, especially within a context that acknowledges facts, statistics, and scientific methodology. For example, a study by the U.S. Department of Justice showed "White arrestees accounted for a substantially larger share of those arrested for other sex offenses," including 56% of arrestees for rape.

But facts and statistics aren't really the issue here in Stanislaus County. At issue are community values and community leadership. Those of us who've lived in the region long enough know full well that most local Republicans don't

support racism or hate speech.

We know our fellow citizens, Republican, Democrat, or otherwise, share the values of fairness and tolerance that are the true roots of the American dream. That's why we're puzzled that none of our local Republican leaders has dared to speak out against Trump's and Coulter's agendas of white supremacy.

Some will protest that we've misunderstood President Trump's and Coulter's remarks. But there are obvious reasons why the Klu Klux Klan, white supremacists, neo-Nazis, and a host of other racist groups have supported and even exulted in the ascendancy of Donald Trump.

Their recent public confidence is for the most part inspired by political leaders, both local and national, who have provided them the oxygen of public approval. And if they continue to be encouraged, no one should be surprised when the hatred and racism escalate. Recent incidents of violence between members of the alt-right and equally extreme leftists have created a climate of dangerous racial and political confrontation.

When national unity is threatened by such tension, we should all remember the leadership demonstrated by President George W Bush during the greatest crisis of the century, when he voiced public support for "our many Muslim friends" and added, "We respect your faith." President Bush realized the potential threats to Muslim minority groups and took the lead to defend them.

Valley citizens are entirely justified to protest when a



# Humans are Biologically Built Vegetarian

By VASU MURTY

Our human anatomy is undeniably designed to subsist on plant foods and not on animal flesh; literally every aspect of our bodies proves we are herbivore / frugivores and not carnivore / omnivores.

To begin with, humans and other natural vegetarians have four times longer, convoluted intestinal tracts perfect for slow digesting fruits and starches, whereas omnivore/carnivores have four times shorter intestines to quickly push out the acidic, putrefying animal flesh they eat.

Humans have alkaline saliva ptyalin to pre-digest grains, alkaline urine, and weak stomach acid whereas all omnivore / carnivores have acidic saliva, acidic urine, and ten to one thousand times stronger hydrochloric stomach acid essential for digesting meat. All natural flesh-eaters also secrete the enzyme "uricase" necessary to metabolize the uric acid in meat, but uricase is not produced by our human bodies.

Humans have lateral jaw movement and flat molars for grinding grains and vegetables whereas natural flesh eaters have no lateral jaw movement and scores of huge fangs for biting and ripping. Humans have short, weak fingernails whereas carnivores and omnivores have long, strong, sharp claws for cutting through skin and flesh.

Humans must take in Vitamin C from our food whereas all carnivores and most omnivores produce their own Vitamin C. Natural omnivores and carnivores also have a microbial tolerance far higher than humans. For example the botulinum toxin which is deadly to humans but is easily and safely digested by natural flesh-eaters.

Human mouths water at the sights and smells of ripe plant foods whereas omnivore / carnivore's mouths water at the sight and smell of dead animal carcasses. To humans the image and stench of bloody roadkill turns the stomach and is not the least bit appetizing. The only way we will even eat animal flesh is if it is first cleaned, marinated, and seasoned with various vegetarian herbs and spices to make it palatable.

Human vision is easily able to differentiate various colors making it simple to discern ripe from unripe plant foods, whereas the color vision of most omnivore / carnivores is far less discerning.

Humans sleep only six to twelve hours a day like most herbivore / frugivores, whereas most omnivore / carnivores sleep eighteen to twenty hours a day. Humans sweat from pores all over our bodies whereas all carnivores and most



**"our bodies clearly resemble that of an herbivore/frugivore, not an omnivore/carnivore"**

omnivores release perspiration from their tongues. Humans have single births and two mammary glands whereas most all omnivores and carnivores birth litters of several babies have rows upon rows of mammary glands.

In summation, our bodies clearly resemble that of an herbivore / frugivore, not an omnivore / carnivore. For the human body, animal flesh is highly acidic, fattening, cholesterol-laden, artery-clogging, lymph-clotting, mucus-forming, constipating, difficult to digest, and full of worms, parasites, bacteria, metabolic waste, hormones, and chemicals all of which breed disease.

For human beings there is not a single vitamin, mineral, nutrient, phyto-nutrient, amino-acid, fatty-acid, protein-chain, omega, or any other such elusive vital ingredient to health, not a single thing found in meat (or dairy) products that cannot be found, in greater abundance and more optimally, in the plant kingdom. Put simply, humans are biologically built vegetarians.

The number of animals killed for food in the United States is nearly 75 times larger than the number of animals killed in laboratories, thirty times larger than the number killed by

hunters and trappers, and five hundred times larger than the number of animals killed in animal pounds. Veganism is direct action. Philanthropist Philip Wollen similarly says:

"A few years ago I prepared a list and discovered there were literally thousands of animals I didn't eat... dogs or cats, bears or bats, tigers or turtles, horses or hamsters, rosellas or rats. Nor did I drink the milk of dogs, donkeys, giraffes, or cats. I decided to go only five animals more... I simply added cows, sheep, pigs, chickens and fish to the list. It was a breeze.

"I didn't crave lamb any more than I craved lion; I didn't miss beef any more than I missed bandicoots. I didn't miss chicken any more than I missed cheetah. I didn't miss pork any more than I missed porcupine.

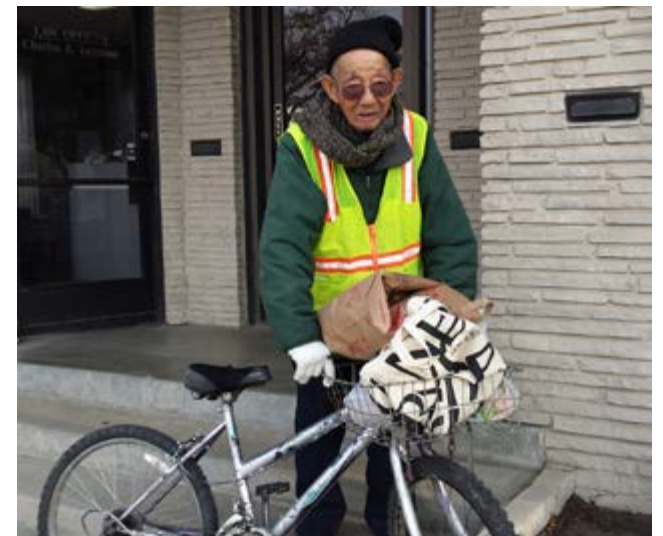
"I replaced dead animals with an astounding variety of colourful, delicious and healthy plant foods. And I feel better for it. I sleep peacefully and deeply. I now have boundless energy, more than people half my age. My memory has improved rapidly. I remember what an unexamined life I had lived. And I care for all living things more deeply. Frankly, I didn't know what I had been missing.

"My greatest regret in life was that I did not do this from the start. It occurred to me that when I die I would like the chapel to be filled with people I have loved. Not the tortured souls of animals I have killed. Adding only five animals to an already huge list was the easiest (and wisest) thing I ever did. Try it. You won't regret it. The planet will thank you for it. And the farmers, the taxpayers and your family will thank you too."

## Stanislaus Connections needs YOU!

At over 90 years old, Pat Noda is our oldest, dedicated Stanislaus Connections distributor. Won't you join him?

We need volunteer distributors to place our informative newspaper in places of business around Modesto and the County. If you know of a store that might be receptive to our publication where you could deliver copies each month, contact Jim Costello, jcostello@igc.org



## ART CLASSES FOR ADULTS AND CHILDREN



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## Ann Coulter

from page 10

region's political leadership lines up unanimously against true American values and tolerance of the kind expressed by President Bush. But when local leaders no longer represent local values, protests aren't enough—it's a clear sign we need new leaders.

America is great not because of its history of persecution of Italians, African-Americans, Jews, Irish, Mexicans, and Muslims. America is great because its people used their First Amendment rights to speak and act in favor of justice for all. We need to remember that heritage and actively honor it, especially when it's under assault.

<http://thevalleycitizen.com/ann-coulter-freedom-is-not-about-hate/>





Help keep our readers informed.  
We urge people participating in an event  
to write about it and send their story to  
*Connections.*

## Stockton

**PEACE AND JUSTICE NETWORK OF SAN JOAQUIN COUNTY** (<http://www.pjnsjc.org>). Info: James Walsh, jwprod1956@clearwire.net

## MAY

**3 WED: Modesto Peace/Life Center VIGIL:** Living Wage. McHenry & J St., 4:30-5:30 pm.

**6 SAT: Boys & Girls Club of Stanislaus County Rib Cook-off** competition between Modesto Fire Fighters and Modesto Police Officers. Tickets: \$50.00. (209) 222-5830, or online at [www.bgcstan.org/rib-cookoff](http://www.bgcstan.org/rib-cookoff). Info: including sponsorship opportunities, contact Laura Ward, (209) 549-2765 or email [laura@wardpromotions.com](mailto:laura@wardpromotions.com)

**15 TUES: N.Y. Film Critics Series** Sneak Preview: *The Drowning*. The State Theatre, 1307 J. St., 7 pm. Visit <http://www.thestate.org/calendar/event/890>

**17 WED: Film Night at the Center: Modern Times.** 6:30 pm at the Modesto Peace/Life Center, 720 13th St., Modesto. Discussion follows.

**19 FRI: 2017 El Concilio Latina Leadership Luncheon:** Speakers, Leticia Ordaz & Jennifer Torres-Siders. Stockton Golf and Country Club, 3800 W. Country Club Blvd., Stockton, 11:30 am. Tickets: \$45. Tickets: \$45 at [www.elconcilio.org](http://www.elconcilio.org) or from Annette Sanchez, [asan@elconcilio.org](mailto:asan@elconcilio.org)

**21 SUN: The Modesto Film Society** presents *Gaslight*. State Theatre, 1307 J. St., 2:00 pm. Visit <http://www.thestate.org/calendar/event/730>

## LOOKING AHEAD

**Sunday, June 4: Annual Modesto Peace/Life Center Pancake Breakfast**, Modesto Church of the Brethren. See ad, page 1.

**Friday-Sunday, June 23-25: Peace Camp** in the Sierra, Camp Peaceful Pines, Clark Fork Rd. See article page 2.

## REGULAR MEETINGS

### SUNDAYS

**Modesto Vineyard Christian Fellowship**, 10:00 am at the MODSPOT, 1220 J St. Call or text 209-232-1932, email [modestovineyard@gmail.com](mailto:modestovineyard@gmail.com); All Welcome.

**Weekly insight meditation** and dharma talk, 9:00 am-10:15 am, 2172 Kiernan Ave., Modesto (in the UUFSC sanctuary). Info: Contact Lori, 209-343-2748 or see <https://imcv.org/> Email: [insightmeditationcentralvalley@gmail.com](mailto:insightmeditationcentralvalley@gmail.com)

**Food Addicts Anonymous In Recovery**. Sundays 6:30 pm, 2467 Veneman Ave. Modesto. Info: Emily M., 209 480-8247.

### MONDAYS

**StanCounty Radical Mental Health:** a peer facilitated support group open to people living with mental health issues. Mondays, 7 pm at the Modesto Peace/Life Center 720 13th St., Modesto. We strive to create a safe, non-judgmental space. Information: email [stancountyrmh@gmail.com](mailto:stancountyrmh@gmail.com) or contact Sue at 209-247-4659.

**Walk With Me**, a women's primary infertility support group and Bible study. 6:00 pm to 7:30 pm the first and

third Mondays of each month (September only meeting 9/15/14 due to Labor Day). Big Valley Grace Community Church. Interested? Email [WalkWithMeGroup@gmail.com](mailto:WalkWithMeGroup@gmail.com) or call 209.577.1604.

**Silver & Gold Support Group** 50+ years of age. Ongoing support group for mental health and wellness to meet the needs of the mature Lesbian, Gay, Bisexual, and Transgender (LGBT) community. Every Monday 3:00 - 4:00 pm, Community-Hope-Recovery, 305 Downey Ave. Modesto. Info: Monica O, [Tiamonica64@gmail.com](mailto:Tiamonica64@gmail.com) or Susan J, [Susantheopet@gmail.com](mailto:Susantheopet@gmail.com)

### TUESDAYS

**Exploring Whiteness & Showing Up For Racial Justice** Meetings, Fourth Tuesday, monthly 7:00 p.m., Central Grace Hmong Alliance Church, 918 Sierra Dr., Modesto. Info: <https://www.facebook.com/events/247655549018387/>

**Pagan Family Social**, third Tuesdays, Golden Corral, 3737 McHenry Ave, Modesto, 6:00 pm. Info: 569-0816. All newcomers, pagan-curious and pagan-friendly welcome.

**Ukulele class/play-a-long** led by Lorrie Freitas 5 p.m. Beginners Lessons 6 p.m. Play Along in songbooks provided. Trinity Presbyterian Church, 1600 Carver, Modesto. Donation accepted. Info: 505-3216. [www.funstrummers.com](http://www.funstrummers.com)

**Weekly insight meditation and dharma** talk, 6:30 pm-8:30 pm, 2172 Kiernan Ave., Modesto (rear bldg. at the end of the UUFSC parking lot). Info: Contact Lori, 209-343-2748 or see <https://imcv.org/> Email: [insightmeditationcentralvalley@gmail.com](mailto:insightmeditationcentralvalley@gmail.com)

**Adult Children Of Alcoholics**, Every Tuesday, 7 pm at 1320 L St., (Christ Unity Baptist Church). Info: Jeff, 527-2469.

### WEDNESDAYS

**Ongoing meditation class** based on Qi Gong Principals. Practice a 3 Step Guided Meditation Process I have been doing for over a decade. Fun and Easy. JOIN ME! Donations accepted but optional. Call 209.495.6608 or email Orlando Arreygue, CMT RYT, [orlando@arreygue.com](mailto:orlando@arreygue.com)

**Merced LGBT Community Center** offers a variety of monthly meetings and written materials. Volunteers, on site Wed-Fri, offer support. Ph: 209-626-5551. Email: [mercedboard@gaycentralvalley.org](mailto:mercedboard@gaycentralvalley.org) - 1744 G St. Suite H, Merced, CA. [www.mercedlgbtcenter.org](http://www.mercedlgbtcenter.org)

**Merced Full Spectrum** meets the second Wednesday of every month, 6 p.m. 1744 G St., Suite H, Merced <http://www.lgbtmerced.org/> Merced Full Spectrum is a division of Gay Central Valley, a 501(c)(3) nonprofit organization. <http://www.gaycentralvalley.org/>

**Unity Tai Ji Qi Gong** (A Journey Within) - First United Methodist Church Multipurpose Rm - 6 pm - Wednesdays - freewill offering. Michele, 209 602-3162.

**Modesto Folk Dancers** All levels welcome. Raube Hall, Ceres (call for address), 480-0387.

**GLBT Questioning Teen Support Group** (14-19 years old). 2nd & 4th Wednesdays, College Ave. Congregational Church, 1341 College Ave., Modesto. 7 - 9 pm. Safe, friendly, confidential. This is a secular, non-religious group. Info: call 524-0983.

**TRANSGENDER SUPPORT GROUP**, 2nd & 4th Wed., 7:30 to 9 pm. Info: (209) 338-0855. Email [info@stanpride.org](mailto:info@stanpride.org) , or [tgsupport@stanpride.org](mailto:tgsupport@stanpride.org)

**MINDFUL MEDITATION:** Modesto Almond Blossom Sangha, 7 - 9 pm. Info: Anne, 521-6977.

**COMPASSIONATE FRIENDS GROUPS**, 2nd Wed., 252 Magnolia, Manteca.

### THURSDAYS

**LGBTQA Collaborative Meetings** 4th Thursdays. Agendas are the same for each meeting. Lunch meeting:

## MODESTO PEACE LIFE CENTER ACTIVITIES

**Modesto Peace/Life Center VIGILs:** held THE FIRST WEDNESDAY of the month at McHenry Ave. and J. St. (Five points), (NOTE TIME), 4:30-5:30 pm. Call the Center for info: 529-5750.

**MEDIA:** Listen to local Valley Community Radio KQRP 104.9 FM, <http://www.kqrp.com>

**PEACE LIFE CENTER BOARD MEETING**, FIRST Thursdays, 720 13th St., Modesto, 6:30 pm, 529-5750.

**MEDIA COMMITTEE** of Peace Life Center. Meetings TBA. Call John Lucas, 527-7634.

**CONNECTIONS EDITORIAL MEETINGS:** Info: 537-7818, [jcostello@igc.org](mailto:jcostello@igc.org)

**PEACE/LIFE CENTER MODESTO**, 720 13th St. Call 529-5750. We'll get back to you with current info on activities.

Peer Recovery Art Center, 1222 J St, Modesto, Noon to 1:30 pm. Dinner meetings: Stanislaus BHRS - Redwood Room, 800 Scenic Dr., Modesto, CA 95354, 5:30 pm to 7 pm. Meeting dates: Sept. 29, Oct. 27, Nov. 17, Dec. 15: No meeting/ Winter Mixer. Dedicated to promoting well-being in the LGBTQA community. John Aguirre, [jpmoesto@gmail.com](mailto:jpmoesto@gmail.com), 559-280-3864.

**Green Team** educational meetings the 3rd Thursday of each month, 10 to 11 am, Kirk Lindsey Center, 1020 10th St. Plaza, Suite 102, Modesto. [www.stanislausgreenteam.com](http://www.stanislausgreenteam.com)

**Third Thursday Art Walk**, Downtown Modesto, downtown art galleries open - take a walk and check out the local art scene. 5-8 pm every third Thursday of the month. Info: 579-9913, <http://www.modestoartwalk.com>

**A Buddhist Approach to Recovery** from Addiction. Jana Lynn Community Rm., 500 N. 9th St., Modesto. Thursdays 6:30-8 pm. FREE (donations accepted). Info: email [RefugeRecoveryModesto@gmail.com](mailto:RefugeRecoveryModesto@gmail.com)

**The Book Group**, First & third Thursdays. College Ave UCC Youth Bldg., Orangeburg & College Ave., 3:30 pm. Info: [mzjurkovic@gmail.com](mailto:mzjurkovic@gmail.com)

**The Compassionate Friends**, Modesto/Riverbank Area Chapter. 2nd Thursday of the month. Contact: Joanna Rose-Murray, 209-484-8276, [jrmcompassionate@gmail.com](mailto:jrmcompassionate@gmail.com), <http://www.tcfmodesto-riverbankarea.org>

**NAACP**. King-Kennedy Center, 601 S.M.L. King Dr., Modesto, 7 pm, 3rd Thursdays. 549-1991.

**Valley Heartland Zen Group:** every Thurs 6:30 to 8:30 pm, Modesto Church of the Brethren, 2310 Woodland Ave. Meditation. Newcomers welcome. Info: 535-6750 or <http://emptynestzeno.org>

**Pagan Community Meeting**, 1st Thursdays, Cafe Amore, 3025 McHenry Ave, Suite S., Modesto, 8 pm. Info: 569-0816. All newcomers, pagan-curious and pagan-friendly welcome.

### FRIDAYS

**Funstrummer Ukulele Band** every Friday, from 9:15 am until noon, Church of the Brethren, 2301 Woodland Ave., Modesto. Info: 505-3216; [www.funstrummers.com](http://www.funstrummers.com)

**Latino Emergency Council (LEC)** 3rd Fridays, 8:15 am, El Concilio, 1314 H St. Modesto. Info: Dale Butler, 522-8537.

**VILLAGE DANCERS:** Dances from Balkans, Europe, USA and more. Fridays, Carnegie Arts Center, 250 N. Broadway, Turlock. 7:30-9:30 pm, \$5 (students free). Info: call Judy, 209-480-0387.

**SIERRA CLUB:** Yokuts group. Regular meetings, third Friday, College Ave. Congregational Church, 7 pm. Info: 549-9155. Visit <http://www.sierraclub.org/mother-lode/> yokuts for info on hikes and events.

**MUJERES LATINAS**, last Friday, lunch meetings, Info: Cristina Villego, 549-1831.

**HISPANIC LEADERSHIP COUNCIL**, 1st & 3rd Fridays at 7:00 am, El Concilio, 1314 H St. Other meetings at Terrace Cafe, Double Tree Hotel. Info: Yamilet Valladolid, 523-2860.

### SATURDAY

**Citizens' Climate Lobby**, Modesto Chapter, meets every first Saturday, 10:30 a.m., 937 Oxford Way, Modesto. Questions: Call Kathy, 523-5907.

**So Easy ~ So Good: Vegetarian/Vegan/Wannabe Group.** Potlucks, guest speakers, field trips, activist activities, movie nights, etc. Third Saturday of every month. Info: Kathy Haynes (209) 250-9961 or email [kathyhaynesSESG@gmail.com](mailto:kathyhaynesSESG@gmail.com)

**SERRV:** Saturdays, 10 - Noon and after church Sundays or by appointment. Call Mary, 522-6497 or 523-5178.

Gifts from developing countries. Church of the Brethren, 2301 Woodland, Rm. #4, Modesto. nonprofit organization. <http://www.gaycentralvalley.org/>

## ONGOING

**THE JOB CIRCLE** Modesto Sound offers Audio Technician training classes for those 13 and older. Work with musicians; hands-on learning Live Sound, Recording Bands, Producing, Mastering, Electronics, and Pro Tools. Call or email for more information and class times. Modesto Sound, 110 Santa Barbara Ave., Modesto. \$200 (limited scholarships available). 209-573-0533, [studio@modestosound.org](mailto:studio@modestosound.org); [ModestoSound.org](http://ModestoSound.org)

Prepare for virtually any natural disaster with the **Natural Disaster Preparedness Guide:** [www.expertise.com/home-and-garden/home-preparation-for-natural-disasters](http://www.expertise.com/home-and-garden/home-preparation-for-natural-disasters)

**Complete guide to support groups** at <http://www.friendsaregoodmedicine.com/pdf/FriendsDirectory.pdf>

**Calculators for a sustainable environment:** valuable website which contains car payment and car use calculators and links to many calculators to help people reduce their energy footprints. <http://www.carpaymentcalculator.net/calcs/environmental.php>

**Valley Improvement Project's** mission is to improve the quality of life of under-represented and marginalized residents of California's Central Valley. For ongoing events visit V.I.P. at <http://valleyimprovementprojects.org/about>. Email: [valleyimprovementprojects@gmail.com](mailto:valleyimprovementprojects@gmail.com) Facebook: [https://www.facebook.com/ValleyImprovementProjects?ref=br\\_tf](https://www.facebook.com/ValleyImprovementProjects?ref=br_tf)

**CENTRAL CALIFORNIA ART ASSOC** at Mistlin Gallery. Regional art exhibitions, classes for children and adults, art programs for schools. Visit <http://ccaagallery.org> for more information.

**GREAT VALLEY MUSEUM** of Natural History: Classes for children. Museum exhibits and store open Tues. to Fri., 9 am to 4:30 pm. Info: 575-6196. Call for info about classes.

**A.R.T.S. EDUCATIONAL RESOURCE CENTER:** All things recycled free arts materials for teachers, scout leaders, childcare, artists for their projects. Open M - F 8 to 4:30, 917 Oakdale Rd. Modesto, Media Center behind Ross Store. Volunteers needed. Info: 567-4516.

**CENTRAL VALLEY DEMOCRATIC CLUB.** Monthly meetings: Modesto, Patterson, and Oakdale. For more information visit <http://centralvalleydemocraticclub.weebly.com>, or call Neil Hudson at 847-0540.

**CHILDRENS STORY HOURS** Stanislaus County Library: All Library branches have story hours. Info at <http://www.stanislauslibrary.org>

**Habitat for Humanity's RE-STORE:** used and new quality materials. Funds benefit homes built by Habitat in Stanislaus County. 630 Kearney Ave, Modesto. Mon-Sat., 9:00 AM - 6:00 pm. Closed Sunday. Visit <http://www.stanislaushabitat.org>

**DEADLINE to submit articles to CONNECTIONS:** Tenth of each month. Submit peace, justice, environmental event notices to Jim Costello, [jcostello@igc.org](mailto:jcostello@igc.org) Free Calendar listings subject to space and editing.