

THE PORTLAND Alliance

FREE!

New Writers,
Editors,
& Features

O f , b y a n d f o r t h e p e o p l e . . .

VOL. 31 NO. 5

1981-2011 CELEBRATING 30 YEARS OF SPEAKING TRUTH TO POWER

MAY 2011

"Ignorance, allied with power, is the most ferocious enemy justice can have." -- James Baldwin

May Day Rally Draws 3000 to 4000 Activists!

BY PETER PARKS

On Sunday, May 1st, 2:00 p.m. - 6:00 p.m., in South Park Blocks, thousands gathered to "Stop the Attacks on the Working Class! From Cairo to Portland."

The Portland Immigrant Rights Coalition organized a huge May Day Rally and March in Portland to celebrate International Workers Day. PDX activists emphasized workers' and immigrant rights. Our activities on Mayday included a 2 p.m. Activist Fair, a 3 p.m. Rally, the 4 p.m. March, & a 5:30 Rally. Local mainstream media was dismissive and misleading in reporting much smaller crowds.

In Milwaukee, the numbers could not be denied. Over 100,000 immigrants, workers and community allies took to the streets in Milwaukee Wisconsin for the 5th annual March.

The fight for workers' rights and immigrant rights are joined. Politicians and their corporate sponsors have been targeting all working people to promote corporate-backed political and military agendas and objectives.

Mainstream media creates a toxic environment where immigrants, public employees and working families are scapegoated, but International workers are rising up, banding together, and refusing to surrender common ground.

A Video of MayDay 2011 in Portland, Oregon

http://www.youtube.com/watch?v=CfwoE-dB7Ro&feature=player_profilepage

If you are interested in helping plan Mayday 2012, contact Peter at MaydayOutreach@gmail.com

Pictures by Bette Lee.



Portland Rising!

Organizers and everyday people keep takin' it to the streets! And We Will Be Back!

"We need to protect the jobs we have and create millions of new jobs to repair the infrastructure"

BY GREG MARGOLIS

April 16, 2011: Portland, Oregon: More than 2500 everyday people joined organized labor and peace and justice communities to rally in Pioneer Square and march through downtown Portland on April 16, 2011. They came to protest cuts to public services and nationwide attacks on unions, and demanded greater job-creation by developing a federal public works program.

Dave King of the Climate Justice Coalition commented:

"There are millions of Americans unemployed, underemployed and underpaid, and with the attacks on organized labor by the corporate right, the need for a national public works program is becoming increasingly apparent." ...

More PDX Rising coverage online!
theportlandalliance.org/PDXRising

Top Photo by Chris Ferlazzo and Bottom Photo by Peter C. Little



IN THIS EDITION:

- 1 Mayday, PDX Rising
- 2 A Few Words, Masthead, Letters, Meetings
- 3 Letters, Cartoons
- 4 Kucinich, Engelhardt, Letters
- 5 Active Community: Tom Hastings, Sleepwalking, Letters, Shannon Wheeler
- 6 Sleepwalking, Cartoons
- 7 Letters. Shannon Estabrook: First Person Story on The Obama Campaign
- 8 Community Health Elizabeth Rathbun,
- 9 Walida Imarisha, "No Woman Should Have to Go it Alone," Bellydancing for Health
- 10 Viewpoints & Commentary "Black Workers Rights: Payment in Full," by Yugen Fardan Rashad, Letters
- 11 Progressive Directory
- 12-13 Community Calendar
- 14 Progressive Directory
- 15 Progressive Arts & Culture
- 16 Book Review, by Jay Thiemeyer, Ellen Brown on Libya: Was it all about oil?
- 17 "Obama Invades Africa," & more by William Reed
- 18 Are You a Sustainabilist? by Charlie White Ground View, Glen Andresen
- 19-20 Subversive Verse: by Mary Otte, Poetry Editor
- 21 Norman Soloman
- 22 News Bytes
- 23 Michael Munk
- 24 Subscription Form, Second Cover, Classifieds, STRIKE

Editorials, Letters, Cartoons, Masthead, Meetings, & More!

“How well are we served when his actions contradict our values?”

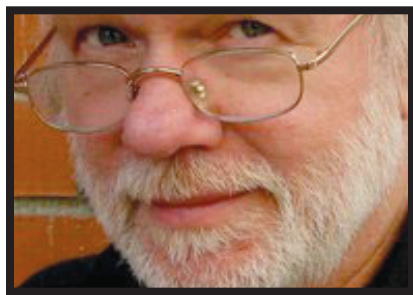


Photo by Peter C. Little

A Few Words

Hello! And thanks for your support. The Alliance has moved into a new, but temporary, location this month. This has made it difficult to meet production schedules. But we can now provide MayDay coverage and discuss the Osama ben Lauden execution.

The President of the United States tells us murder is “justice.” I don’t buy it. The president has invaded, attacked, and bombed the nonaggressive nation of Libya. He has murdered three grandchildren of Gaddafi, the leader of that nation, for no apparent reason. He has attacked this oil-rich nation, while ignoring worse atrocities in countries which have no oil. The leaders of numerous African nations, including South Africa, Uganda and Zimbabwe, have condemned Obama’s act of war.

Our president has compromised with right wing extremists and circumvented our constitutional system of checks and balances. He surrendered to forces of violence and vitriol instead of delivering “justice.” There is no basis for a U.S. president to order a murder in Pakistan. Such presidential overreach is untenable. A failure to produce the body of Osama bin Laden, a CIA “asset,” means this act of war may cause more problems than it solves.

The day before Obama took his latest liberties with the rule of law, I was walk

ing through Pioneer Square. I saw Syrian nationalists dancing, singing, and pleading with Obama not to bomb their country or murder their leader. It was sad to witness these gentle in fear for the fate of their homeland. And it was tragic to know they feared our president and this country. I tried to reassure them.

Syria has very little oil and is an unlikely target for the corporate players who now rule America. But we have good reason to worry about an abdication of American leadership and resolve. When our own president undermines the rule of law, what does he mean to protect? And how well are we served when his actions contradict our values and violate laws on both sides of the ocean.

So who are the terrorists now? We (or our leaders, in our name) invade, attack, occupy, bomb, kill, torture, exploit, and murder at will. In most lexicons... this behavior constitutes terrorism. If we are at war against “terrorism,” does this mean we are now at war with ourselves?

We must remove our troops from Pakistan, Afghanistan, and Iraq... Unending wars, ongoing occupation, and blatant exploitation serves no useful purpose. While these conflicts may enrich defense contractors, munitions manufacturers, and profiteers... the human costs are incalculable. Now is a time for justice, and mercy.

TIM FLANAGAN, EDITOR editor@theportlandalliance.org

The Portland Alliance

PO Box 14162 Portland, OR 97293-0162
5109 NE AINSWORTH ST.
PORTLAND, OREGON 97218-1826

TEL: (503)-327-8377 FAX: (503)-327-8949
E-MAIL: editor@theportlandalliance.org
WEB: www.theportlandalliance.org

VOLUME 31 • NUMBER 5
MAY 2011

EDITORIAL GUIDELINES

Letters to the editor should be 400 words or less. Include address and phone number to verify authenticity. E-mail is preferred. All material may be edited for clarity, style, and space considerations.

DEADLINES

- Articles, Letters to the Editor, & Advertising: 14th-19th of Month
- Calendar Announcements: 19-21st

The Portland Alliance, a monthly news publication, is supported by friends, advertisers, subscribers, donors, unions, non profits, foundations, collectives, etc.

PUBLISHER ▶ Northwest Alliance for Alternative Media and Education

(NAAME)

An Oregon 501C3 Nonprofit
Donations Are Tax Deductible

ACTIVE MEMBERS OF THE BOARD OF DIRECTORS: ▶ Mike Dee, Tim Flanagan, Mary Otte (Goddess of the month), & Herschel Soles (We have six board positions open!)

STANDING EDITORIAL COLLECTIVE COMMITTEE: ▶ Mike Dee, Robin Bloomgarden, Tim Flanagan, Theresa Kennedy, Elizabeth Rathbun, Lauren Paulson, Charlie White, Lindsey Walker, Mary Otte, Jay Thiemeyer

ADVERTISING DIRECTOR: ▶ Open
ARTS & CULTURE: ▶ Elizabeth Rathbun
BOOK EDITOR: ▶ Position Open: (readers?)
CARTOONISTS: ▶ Clyde List, Shannon Wheeler.
COLUMNISTS: ▶ Glen Andresen, Tom Hastings, Dave Mazza, Michael Munk, Yugen Faran Rashad, Norman Solomon, & Arthur Stamoulis.

COMMUNITY CALENDAR: ▶ Jenny Bates & Robin Bloomgarden

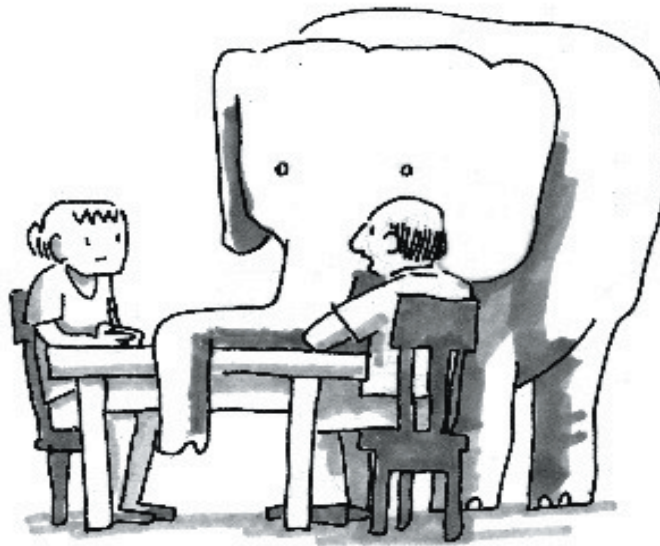
DISTRIBUTORS ▶ Pam Allee, Ed Beechert, Mike Chiapatta, Tami Dean, David Delk, Per Fagereng, Lisa Graham, Grace Grantham, Steve Jackson, Charlotte Kemp, Reed H. Lacy, Paul Maresh, Anne McLaughlin, Terri Rodello, Sara Tattum, Joe Witt, Ardis Bay Laurel, Alex Tinker, Al Moreau, Greg Margolis, Lauren Paulson, Jeremy Ginzberg, Jay Thiemeyer, & others. (we need volunteers!)

DISTRIBUTION COORDINATORS: ▶ Felix Gurley-Rimberg & Howard Rotstein
EDITOR: ▶ Timothy Flanagan
FOOD EDITOR: ▶ Position Open
FOOD EDITOR: ▶ Position Open
LAYOUT & DESIGN EDITOR ▶ Position Open
LEAD REPORTER: ▶ Elizabeth Rathbun
PHOTOGRAPHY: ▶ Bette Lee, Peter C. Little, Richard Hastie, Jim Lockhart.
POETRY EDITOR: ▶ Mary Otte
PROGRESSIVE DIRECTORY: ▶ Terri Rodello
TECH SUPPORT: ▶ Mike Dee
VOLUNTEER COORDINATOR: ▶ Position Open
WEBMASTER: ▶ Position Open

—Printed on Partially Recycled Paper—

NIHILARITY

SHANNON WHEELER



“Honestly? I preferred it when we didn’t talk about the elephant”



LETTERS TO THE EDITOR

“I encourage everyone who has supported the Alliance in the past to do so once again. I also encourage those who value the newspaper but never subscribed to show your support at this critical time.”

Sincerely, Dave Mazza,
Former Editor (2000-2007)

Dear editor

The editorial note to your Portland JVP statement on U.S. support for Israeli crimes, “Occupations Cannot Be Won” (March Issue), reads, “Before the unprovoked invasion of Iraq, the United States had refrained from attacking nonaggressive nations unless they attacked or posed a viable threat to this nation.”

Here is a short list of nonaggressive (to us) nations that we have attacked, slaughtered and tortured since the end of WWII: the Philippines, Greece, Korea, Iran, Viet Nam, Cuba, Laos, Panama, Indonesia, Dominican Republic, Guatamala, Cambodia, Chile, Angola, Libya, El Salvador, Nicaragua, Lebanon, Grenada, Panama, Afghanistan, Yugoslavia (from A Century of U.S. Military

Please see Letters on page 3

Community Meetings:

Volunteer Orientation Meeting
Stop by to help the Alliance!
Free Steak Dinner or Vegetarian Feast.
Sunday, **May 15**, 4-7pm
5109 NE Ainsworth Street (Bus 72)

Writers Workshop for Editors,
Journalists, Reporters, et al
Wednesday, **May 18** at 6:30 p.m.
Meet with creative iconoclasts at
Laughing Horse Books:
12 NE 10th Ave.
(12.19, & 20 Bus lines)

Editing Party: Standing Editorial
Collective Committee
Help us get the June issue in shape
Sunday, **May 22**, 4pm-?
5109 NE Ainsworth Street (Bus 72)

NAAME/TBA Board Meeting
Wednesday, **May 25** at 7 p.m.
Discuss moving & expanding the board
Laughing Horse Books:
12 NE 10th Ave.
(12, 19, & 20 Bus lines)

Office Work Party!
Help us enter data, clean or move the office and get ready for work on the July issue. Sunday, **May 29**, 6-9 p.m.
5109 NE Ainsworth Street
(Bus 72)

There will be food, bring some to share!

We support PDX progressives. Even though we are having serious cash flow problems, you can get PAID to write for The Alliance! A donor will pay a stipend to one writer per month for an in-depth investigative feature. We would like to provide resources for quality cover art. To submit ideas for future issues, call 503-327-8377. We currently have opportunities for an advertising person to arrange, design, and place progressive partnership ads in upcoming issues. (% based)

Contact: editor@theportlandalliance.org



Marla the media mutt says...

Are you an Alliance scavenger? Do you rely on free copies to get your monthly Alliance? If the answer is “yes,” it’s time you consider becoming a subscriber. For only \$30 a year you get the paper delivered to your door and we get much needed revenue to keep us going. Go to page 20, fill out a subscription form and mail it in today! <https://sites.google.com/site/theportlandalliance/>

Letters

continued from Page 2

Please send letters, questions, inquiries, submissions, or comments to the editorial board: editor@theportlandalliance.org

Interventions: From Wounded Knee to Afghanistan Compiled by Zoltan Grossman).

This list includes only military attacks, not economic or political manipulations that resulted in perhaps even more deaths. Iraq should actually be added to the list because George Bush's attack was not our first (Bush I and Clinton killed hundreds of thousands of Iraqis).

The carnage has been bipartisan. It did not begin or end with George Bush.

Harry Kershner
Portland, OR

Dear Harry,

You are correct. Before George Bush's overt aggression, bombing, occupation, and exploitation of Iraq... the United States has, in covert and overt operations, attacked and/or occupied and exploited a number of sovereign nations.

But under Dick Cheney and George Bush, we wantonly violated international law while George and Dick smirked and joked about these crimes.... sullyng any credibilty or reputation we might otherwise have established.

Dick and George were partisan as hell. And while members of both parties have allowed corporate transnationals to misuse our troops, George and Dick were the first to openly pursue this course as overt national policy.

"...Nations that we have attacked... since the end of WWII: the Philippines, Greece, Korea, Iran, Viet Nam, Cuba, Laos, Panama, Indonesia, Dominican Republic, Chile, Guatamala, Cambodia, Angola, Libya, El Salvador, Nicaragua, Lebanon, Grenada, Panama, Afghanistan, Yugoslavia..."

When John Kennedy said in early November 1963 that he intended to withdraw all troops and advisors from Vietnam, Lyndon Johnson ignored this admonition. Then Dick Nixon resorted to carpet-bombing while assuring us that at least he was "not a crook." This serves as a useful metaphor: There is a categorical difference between intentional withdrawal (Democrat) and intentional carpet-bombing (Republican), which is quite clear. But having said this, I will agree

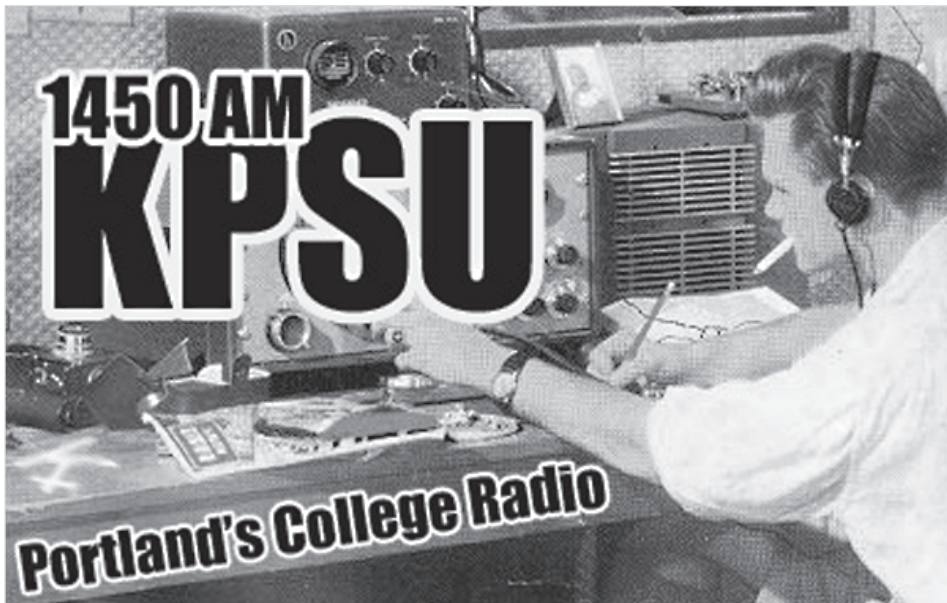
that Mr. Obama has presided over what most closely resembles a "Bush third term."

Your point is well-taken. George Herbert Walker was as willing as his son to ignore the best interests of the American people to further the interests of his corporate sponsors. But a reference to the carnage as being "non-partisan" is perhaps inaccurate.

The mean right wing endorsed John McCain (who advocated that we

"bomb, bomb, bomb, Iran"). This is a horse of a different color from a party which at least proposes single-payer health care, withdrawal from Iraq, international peace, and education reform as laudable goals. We know which party is more apt to embrace corporate welfare, weapons sales, ecological malfeasance, invasion, occupation, and exploitation in wars of choice. Follow the money.

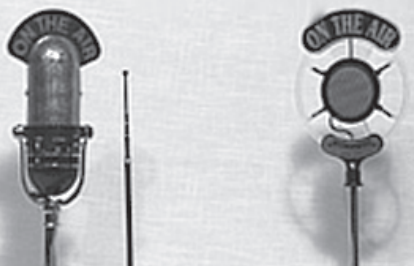
As for me. I see both corporate
Letters Continued Page 4




1450 AM KPSU
Portland's College Radio
Evenings & Weekends @ 1450 A.M.
Worldwide 24 / 7 @ www.kpsu.org

Featuring...
Indie-Rock, Jazz, Reggae, Punk, Hip-Hop, Industrial, Electronica, 80s, Talk, and more ...

New Radio News!
Fridays, 5-6 p.m.



DĀVA BEAD & TRADE
-Repairs-
-Open Studio-
-Workshops-
2121 NE Broadway
503.288.3991
davabead.com
Retail/Wholesale

Distributors Needed!
The Alliance needs volunteer distributors for several routes in the metropolitan area including : BELMONT, MILWAUKIE, LAKE OSWEGO, SELLWOOD, ALBERTA, NORTH KILLINGSWORTH, SALEM (WILLAMETTE UNIVERSITY), ETC.

Distributors deliver new issues of the Alliance to locations on their routes, remove any of last month's papers, advise the office of changes or corrections, and seek out new locations for the paper. Each route takes approximately 2-4 hours each month, including picking up the paper and dropping off, faxing, or mailing a distribution report afterwards. Depending on the production cycle, distributors usually have 5-7 days in which to complete deliveries.
An automobile or bicycle is required in most cases, but a bus can work! To find out more, call 503-327-8377.

LOOKING FOR A WAY TO GET RID OF THAT OLD CAR TRAILER OR BOAT?
WHY NOT DONATE IT TO THE PORTLAND ALLIANCE?
YOU GET A TAX DEDUCTION AND WE GET NEEDED SUPPORT.
CALL 503-327-8377 TO FIND OUT MORE!

AARON VARHOLA
ATTORNEY AT LAW
CHAPTER 7 & 13 BANKRUPTCIES
503/546-7913 ■ fax 503/445-0888
1020 SW Taylor ■ Suite 230 ■ Portland, OR 97205
avarhola@integraonline.com

Perspectives: Think Globally!

Kucinich Korner... And.. Sleepwalking into the Imperial Dark

by Tom Engelhardt, April 20, 2011

• Washington D.C. (May 13, 2011) – **Congressman Dennis Kucinich (D-OH), will introduce a bill to end the war in Libya** based on the War Powers Resolution when Congress returns on May 23: "The Obama legal team is now trying to come up with a plausible theory for why continued participation by the United States [in the war in Libya] does not violate the law." According to the War Powers Resolution of 1973, the President must terminate military operations within 60 days... unless formal war is declared. The deadline for complying is May 20.



treatment of Private First Class (Pfc.) Bradley Manning and sought to meet with Manning. Kucinich challenged the purpose of a "Media Day" at the Joint Regional Correctional Facility, Ft. Leavenworth, where Pfc. Manning is currently being held. Pfc. Manning was transferred to Ft. Leavenworth from the Marine Corp Brig Quantico following criticism of his treatment there which may have violated his constitutional rights. Pfc. Manning has been accused of leaking documents to WikiLeaks, but after nine months of confinement a trial date is not set.

"Instead of answers and accountability for the potential mistreatment of Pfc. Manning, the Department of Defense only offers fake transparency in the form of a guided tour of his new prison.... it is clear that the Department of Defense and the Army are more concerned with public relations than the rights and security of Pfc. Manning... "The Department of Defense must grant my legitimate request to meet with Pfc. Bradley Manning and fully answer serious questions about his treatment.

Dennis J. Kucinich
2445 Rayburn HOB
Washington, DC 20515
Phone (202)225-5871 Fax (202)225-5745

<http://kucinich.house.gov/Contact/>

<http://www.facebook.com/CongressmanDennisKucinich>

Obama Doctrine Allows for Regime Change by Assassination

Apr 30, 2011 - Congressman Dennis Kucinich (D-OH), has repeatedly challenged the Obama Administration's policy on Libya: After a U.S. attack killed Saif al-Arab, the youngest son of Colonel Gaddafi, and three of Gaddafi's grandchildren... Kucinich said:

"NATO's leaders have blood on their hands. NATO's airstrike seems to have been intended to carry out an illegal policy of assassination. This is a deep stain which can never fully wash. This grave matter cannot be addressed with empty words. Words will not bring back dead children. Actions must be taken to stop more innocents from getting slaughtered. Today's attack underscores that the Obama Doctrine of so-called humanitarian intervention appears to be a cover for regime change through assassination and murder," said Kucinich.

Kucinich Challenges PR Stunt on Manning, Pentagon Offers No Answers, Only Contrivance

Apr 28, 2011 - Congressman Dennis Kucinich (D-OH), who has repeatedly challenged the Defense Department's

This can't end well.

But then, how often do empires end well, really? They live vampirically by feeding off others until, sooner or later, they begin to feed on themselves, to suck their own blood, to hollow themselves out. Sooner or later, they find themselves, as in our case, economically stressed and militarily extended in wars they can't afford to win or lose.

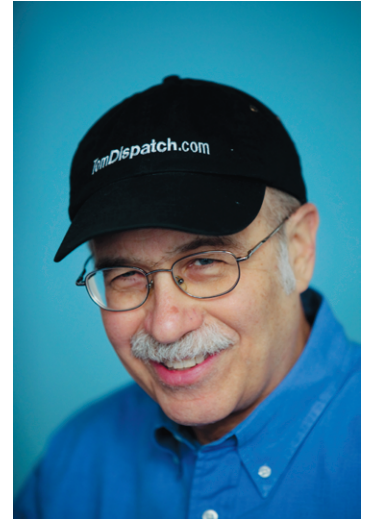
Historians have certainly written about the dangers of overextended empires and of endless war as a way of life, but there's something distant and abstract about the patterns of history. It's quite another thing to take it in when you're part of it, when, as they used to say in the overheated 1960s, you're in the belly of the beast.

"The United States is, of course, an imperial power,"

I don't know what it felt like to be inside the Roman Empire in the long decades, even centuries, before it collapsed, or to experience the waning years of the Spanish empire, or the twilight of the Qing dynasty, or of Imperial Britain as the sun first began to set, or even of the Soviet Empire before the troops came slinking home from Afghanistan, but at some point it must have seemed at least a little like this – truly strange, like watching a machine losing its parts. It must have seemed as odd and unnerving as it does now to see a formerly mighty power enter a state of semi-paralysis at home even as it staggers on blindly with its war-making abroad.

The United States is, of course, an imperial power, however much we might prefer not to utter the word. We still have our globe-spanning array of semi-client states; our military continues to garrison much of the planet; and we are waging war abroad more continuously than at any time in memory. Yet who doesn't sense that the sun is now setting on us?

Not so many years ago, we were proud enough of our global strength to regularly refer to ourselves as the Earth's



"sole superpower." In those years, our president and his top officials dreamed of establishing a worldwide Pax Americana, while making speeches and issuing official documents proclaiming that the United States would be militarily "beyond challenge" by any and all powers for eons to come. So little time has passed, and yet who speaks like that today? Who could?

A Country in Need of Prozac

Have you noticed, by the way, how repetitiously our president, various presidential candidates, and others now insist that we are "the greatest nation on Earth" (as they speak of the U.S. military being "the finest fighting force

Sleepwalking continued on Page 5

Alliance for Democracy

Populist Dialogues

... cable TV for the Populist Progressive

Schedule
New show every Sunday
Sunday, 5 PM on Channel 11
Thursday, 8 PM on Channel 22
Friday, 7:30 PM on Channel 23

Every program is also available from our website at www.afd-pdx.org

a project of Alliance for Democracy
www.afd-pdx.org | 503.232.5495

medibong.com

GOT YOUR MEDS? NEED A PIPE?

(541)-294-8310

mail@medibong.com

PIPE EMPORIUM: FOR ALL LEGAL SMOKERS

More Letters to the editorial board, writers, and editors at The Portland Alliance:

Letters, continued from Page 3

parties as morally bankrupt and intellectually vapid. Our best and brightest hopes are multiple parties, reform movements, alternative media, progressive education, and organizing activism. Courage, compassion, & truth cure fear-mongering, hate, & lies. And this did not begin or end with the USA.

in solidarity and with best regards,
Tim Flanagan, Editor

Dear Editor
Was bin Laden unarmed? The first question is not the legality of violating Pakistani territory, though that is important, but the first question is, may

"Our best and brightest hopes are multiple parties, reform movements, alternative media, progressive education, and organizing activism"

the U.S. shoot an unarmed man?
The means to shoot a drug-carrying dart to immobilize an animal or a human is common. The fact that the SEAL attack force used against bin Laden did not bring along such a

weapon as part of its arsenal, shows that the goal of the SEAL force was to NOT take bin Laden alive.

Concerning the sovereignty question, the best analogy to put the assassination of bin Laden into perspective would be to pose this question.

Would it be acceptable for Entity X to come into the U.S. and assassinate George W. Bush as a war criminal, because he attacked a sovereign nation – Iraq – without justification? Would it be acceptable to do the same to the current U.S. chief who is directing ongoing military action in Iraq?

If yes, then the assassination of bin Laden was acceptable.

If no, then the assassination of bin Laden was not acceptable.
From Rich L.

Dear Editor,
Osama bin Laden has been killed, but it doesn't really matter that much. What's called "terrorism" is a strategy, a way of fighting a military that is superior in the conventional way. You can't kill a strategy.

Bin Laden himself had said the US has fallen into his trap. The US, bleeding its economy into bankruptcy, has spread out its forces with little reserve.

Letters, continued on Page 5

ACTIVE COMMUNITY:

Page 5 ► Perspectives for Peace, Tom Hastings
 Page 7 ► Hope for Change, Shannon Estabrook
 Page 9 ► PDX Black Birth Experience, Imarisha

Perspectives for Peace & Reconciliation

Obama, be decisive: End this war

President Obama, please listen to the voices of peace and nonviolence. When we said that fighting terrorism could be done without going to war, we were ignored. When we said that invading Iraq would be a costly mistake based on lies, we were ignored. The results speak for themselves:

- * more than 1,000,000 Iraqis and Afghans have been killed by violence and the destruction of health care infrastructure
- * more than 5,000 American troops have been killed
- * more than \$2 trillion spent

We could have fought back after 9.11.01 in a different way by:



Tom H. Hastings

- * using the UN to implement sanctions against al-Qa'ida
- * using Interpol to capture and bring all al-Qa'ida members to justice.
- * radically reducing oil imports
- * ending military aid to other

Sleepwalking cont. from Page 4

in the history of the world")? And yet, doesn't that phrase leave ash in your mouth? Look at this country and its frustrations today and tell me: Does anyone honestly believe that anymore? It wasn't a mistake that the fantasy avenger figure of Rambo became immensely popular in the wake of defeat in Vietnam or that, unlike American heroes of earlier decades, he had such a visibly, almost risibly overblown

musculature. As eye candy, it was pure overcompensation for the obvious. Similarly, when the United States was actually "the greatest" on this planet, no one needed to say it over and over again.

Can there be any question that something big is happening here, even if we don't quite know what it is because, unlike the peoples of past empires, we never took pride in or even were able to think of ourselves as imperial?

NIHILARITY

SHANNON WHEELER



©2010 Shannon Wheeler

www.btcn.com

Please join the conversation! snail mail Box 14162, Portland, Oregon, 97293-0162

Letters, continued from Page 4

People around the world know how to fight the US military machine. A roadside bomb costs less than a hundred dollars to make, but can destroy a military vehicle costing half a million. It can kill or wound a soldier that cost a million dollars to train and equip.

As long as the US occupies Muslim lands, this asymmetric warfare will continue. The US is losing its war in Afghanistan. If it doesn't leave Iraq as promised, that war will resume.

Imran Khan, a former Pakistani cricket player, and perhaps that country's only honest politician. On hearing the news, he said it's good bin Laden's

dead, and now the US can go home.

Per Fagereng

Friday the 13th: Judge Rules KBOO must Reinstate Board Member Papadopoulos

Dear Editor,

A Multnomah Circuit Court Judge ruled on Friday, May 13, 2011 that the KBOO Foundation must reinstate Michael Papadopoulos to the KBOO Board of Directors to which he was elected in 2009 by the KBOO membership. The Judge found that KBOO had not followed its Bylaws by improperly removing Papadopoulos from the

"More than 1,000,000 Iraqis and Afghans have been killed"

- governments
- * drawing down our overextended military
- * extending humanitarian aid to those who are poor and suffering
- * focusing on civil society progress towards developing representative governments by nonviolent means

These measures could have saved a million lives and the American economy. We weren't listened to then and many innocent civilians, here and in Afghanistan and Iraq, have paid a price. You have a moment now. Please, for once, tune out your generals and silence the war profiteers and their political skills.

Listen to voices for peace.

We were correct then and we are correct now. Using a soft power approach is far more cost-effective and sustainable than the hard power military road we have taken. You have a brief window now, with bin Laden gone, to draw down the military, save lives along with \$hundreds of billions in the short term and \$trillions in the long term.

Be an evolved executive. This window won't stay open long. Be decisive. Change history. Heal this nation and the world.

Tom H. Hastings is a peace educator, author of Nonviolent response to terrorism, and director of PeaceVoice in Portland, Oregon.

"Can there be any question that something big is happening here, even if we dont, quite know what it is..."

And if you were indeed in denial that you lived in the belly of a great imperial power, if like most Americans you managed to ignore the fact that we were pouring our treasure into the military or setting up bases in countries that few could have found on a map, then you would naturally experience the empire going down as if through a glass darkly.

Nonetheless, the feelings that should accompany the experience of an imperial power running off the rails aren't likely to disappear just because analysis is lacking. Disillusionment, depression, and dismay flow ever more strongly through the American bloodstream. Just look at any polling data on whether this country, once the quintessential land of optimists, is heading in "the right direction" or on "the wrong track," and you'll find that the "wrong track" numbers are staggering, and growing by the month. On rare occasions, when Americans have been asked by pollsters whether they think the country is "in decline," the figures have been similarly over the top.

It's not hard to see why. A loss of faith in the American political system is

palpable. For many Americans, it's no longer "our government" but "the

bureaucracy." Washington is visibly in gridlock and incapable of doing much of significance, while state governments, facing the "steepest decline in state tax receipts on record," are, along with local governments, staggering

under massive deficits and cutting back in areas — education, policing, firefighting — that matter to daily life.

Years ago, in the George W. Bush era, I wanted to put a new word in our domestic political vocabulary: "Republican'ts." It was my way of expressing the feeling that something basic to this country — a "can do" spirit — was seeping away. I failed, of course, and since then that "can't do" spirit has visibly spread far beyond the Republican Party. Simply put, we're a country in need of Prozac.

Facing the challenges of a world at the edge — from Japan to the Greater Middle East, from a shaky global economic system to weather that has become anything but entertainment — the United States looks increasingly incapable of coping. It no longer invests in its young, or plans effectively for the future, or sets off on new paths. It literally can't do. And this is not just a domestic crisis, but part of imperial decline.

Sleeping Continued on Page 6

Board, after he was duly elected by the members of KBOO at the local non-profit radio station's 2009 annual meeting held at Liberty Hall.

The Court rejected KBOO's arguments claiming that they had any legal right to remove Papadopoulos in a manner that violated both the Bylaws of the organization and Oregon state law for non-profit organizations, and ordered that he be reinstated to complete his current term on the Board of Directors, through September of 2012.

The court granted summary judgement for Michael Padopoulos in litigation he filed. He sought only to be restored to

the board position which he won by the vote of the members of KBOO - he is not seeking any money or costs against the KBOO Foundation.

~~Dan Stattler, attorney for Michael Papadopoulos

From the editor: See much more in our online letters column.

<http://www.theportlandalliance.org/letters>
 1. Letters about KBOO Controversy,
 2. Open Letter to Obama, 3. On Making a difference, 4. A bridge over troubled waters, do we really need one?

To Join the conversation, write to:
 Box 14162, Portland, OR, 97293-0162
 or email editor@thePortlandAlliance.org

Sleepwalking into the Imperial Dark!

Sleeping Continued from Page 5

We just don't treat it as such, tending instead to deal with the foreign and domestic as essentially separate spheres, when the connections between them are so obvious. If you doubt this, just pull into your nearest gas station and fill up the tank. Of course, who doesn't know that this country, once such a generator of wealth, is now living with unemployment figures not seen since the Great Depression, as well as unheard of levels of debt, that it's hooked on foreign energy (and like most addicts has next to no capacity for planning how to get off that drug), or that it's living through the worst period of income inequality in modern history? And who doesn't know that a crew of financial fabulists, corporate honchos, lobbyists, and politicians have been fattening themselves off the faltering body politic?

And if you don't think any of this has anything to do with imperial power in decline, ask yourself why the options for our country so often seem to have shrunk to what our military is capable of, or that the only significant part of the government whose budget is still on the rise is the Pentagon. Or why, when something is needed, this administration, like its predecessor, regularly turns to that same military.

Once upon a time, helping other nations in terrible times, for example, would have been an obvious duty of the civil part of the U.S. government. Today, from Haiti to Japan, in such moments it's the U.S. military that acts. In response to the Japanese triple disaster of earthquake, tsunami, and nuclear meltdown, for instance, the Pentagon has mounted a large-scale recovery effort, involving 18,000 people, 20 U.S. Navy ships, and even fuel barges bringing fresh water for reactor-cooling efforts at the Fukushima Daiichi nuclear complex. The effort has been given a military code name, Operation Tomodachi (Japanese for "friend"), and is, among other things, an obvious propaganda campaign meant to promote the usefulness of America's archipelago of bases in that country.

Similarly, when the administration needs something done in the Middle East, these days it's as likely to send Secretary of Defense Leon Panetta (Former Defense Secretary Robert Gates recently paid official visits to Bahrain, Saudi Arabia, Iraq, and Egypt) — as Secretary of State Hillary Clinton. And of course, as is typical, when a grim situation in Libya worsened and something "humanitarian" was called for, the Obama administration (along with NATO) threw air power at it.

Predictably, as in Afghanistan and the Pakistani borderlands, air power failed to bring about speedy success. What's most striking is not that Libyan ruler Moammar Gadhafi didn't instantly fall, or that the Libyan military didn't collapse when significant parts of its tank and artillery forces were taken out, or that the swift strikes meant to turn the tide have already stretched into more than a month of no-fly zone NATO squabbling and military stalemate (as the no-fly-zone version of war against Saddam Hussein's Iraq stretched to 12 years without ultimate success).

Imperially speaking, two things are memorable about the American military effort in Libya. First, Washington

doesn't seem to have the conviction of what's left of its power, as its strange military dance in (and half-out of) the air over that country indicates. Second, even in the military realm, Washington is increasingly incapable of drawing lessons from its past actions. As a result, its arsenal of potential tactics is made up largely of those that have failed in the recent past. Innovation is no longer part of empire.

The Uses of Fear

From time to time, the U.S. government's "Intelligence Community," or IC, musters its collective savvy and plants its flag in the future in periodic reports that go under the generic rubric of "Global Trends." The last of these, Global Trends 2025, was prepared for a new administration taking office in January 2009, and it was typical.

"Washington is increasingly incapable of drawing lessons from its past actions. As a result, its arsenal of potential tactics is made up largely of those that have failed in the recent past."

In a field once left to utopian or dystopian thinkers, pulp-fiction writers, oddballs, visionaries, and even outright cranks, these compromise bureaucratic documents break little ground and rock no boats, nor do they predict global tsunamis. Better to forecast what the people you brief already believe, and skip the oddballs with their strange hunches, the sorts who might actually have a knack for recognizing the shock of the future lurking in the present.

As group efforts, then, these reports tend to project the trends of the present moment relatively seamlessly and reasonably reassuringly into the future. For example, the last time around they daringly predicted a gradual, 15-year soft landing for a modestly declining America. ("Although the United States is likely to remain the single most powerful actor, [the country's] relative strength—even in the military realm—will decline and U.S. leverage will become more constrained.")

Even though it was assumedly being finished amid the global meltdown of 2008, nothing in it would have kept you up at night, sleepless and fretting. More than 15 years into the future, our IC could imagine no wheels falling off the American juggernaut, nothing that would make you wonder if this country could someday topple off the nearest cliff. Twists, unpleasant surprises, unhappy endings? Not for this empire, according to its corps of intelligence analysts.

And the future being what it is, if you read that document now, you'd find none of the more stunning events that have disrupted and radically altered our world since late 2008: no Arab lands boiling with revolt, no Hosni Mubarak under arrest with his sons in jail, no mass demonstrations in Syria, no economies of peripheral European countries imploding down one by one, nor a cluster of nuclear plants in Japan melting down.

You won't find once subservient semi-client states thumbing their noses at Washington, not even in 2025. You

won't, for example, find the Saudis in, say 2011, openly exploring deeper relations with Russia and China as a screw-you response to Washington's belated decision that Egyptian autocrat Hosni Mubarak should leave office, or Pakistani demands that the CIA and American special operations forces start scaling back activities on their turf, or American officials practically pleading with an Iraqi government it once helped put in power (and now moving ever closer to Iran) to please, please, please let U.S. troops stay past an agreed-upon withdrawal deadline of December 31, 2011, or Afghan President Hamid Karzai publicly blaming the Americans for the near collapse of his country's major bank in a cesspool of corruption (in which his own administration was, of course, deeply implicated).

Only two-plus years after Global Trends

The spasms of fear that coursed through our society in the near-decade after Sept. 11, 2001, and the enemy, "Islamic terrorism," to which those spasms were attached are likely to look far different to us in retrospect. Yes, many factors—including the terrifyingly apocalyptic look of 9/11 in New York City—contributed to what happened. There was fear's usefulness in prosecuting wars in the Greater Middle East that President Bush and his top officials found appealing. There was the way it ensured soaring budgets for the Pentagon and the national-security state. There was the way it helped the politicians, lobbyists, and corporations hooked into a developing homeland-security complex. There was the handy-dandy way it glued eyeballs to a one-event-fits-all-sizes version of the world that made the media happy, and there was the way it justified ever increasing powers for our national-security managers and ever lessening liberties for Americans.

But think of all that as only the icing on the cake. Looking back, those terror fears coursing through the body politic will undoubtedly seem like Rambo's muscles: a deflection from the country's deepest fears. They were, in that sense, consoling. They allowed us to go on with our lives, to visit Disney World, as George W. Bush urged in the wake of 9/11 in order to prove our all-American steadfastness.

Above all, even as our imperial wars in the oil heartlands of the planet went desperately wrong, they allowed us not to think about empire or, until the economy melted down in 2008, decline. They allowed us to focus our fears on "them," not us. They ensured that, like the other great imperial power of the Cold War era, when things began to spiral out of control we would indeed sleepwalk right into the imperial darkness.

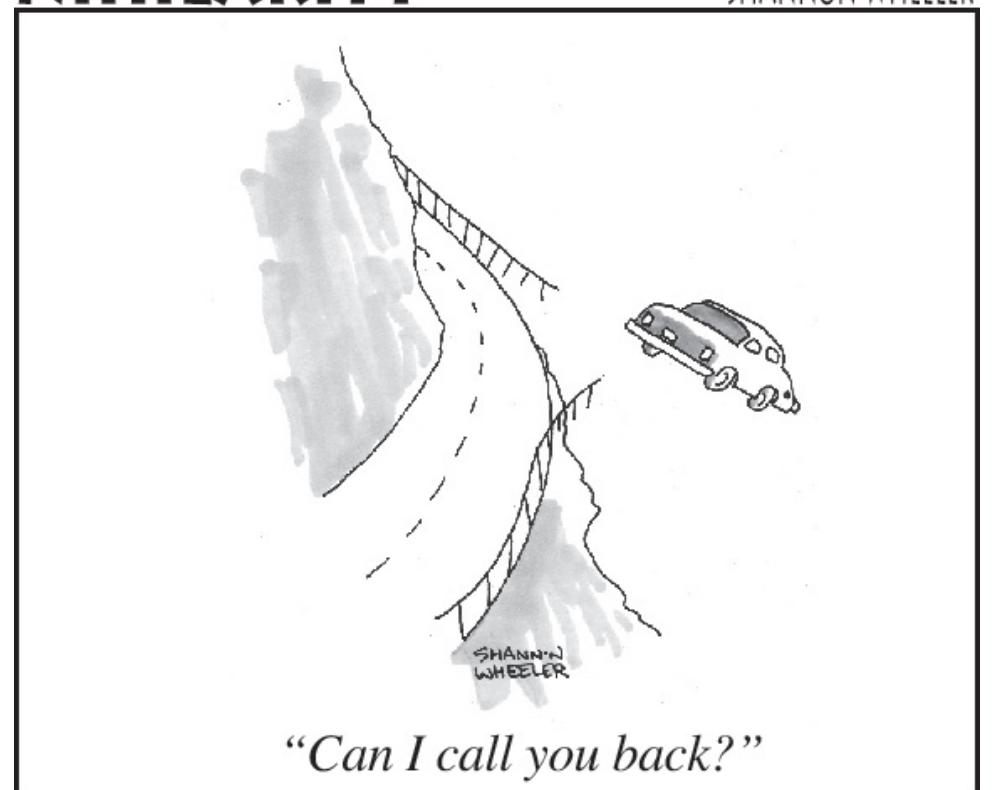
Now that we're so obviously there, the confusion is greater than ever. Theoretically, none of this should necessarily be considered bad news, not if you don't love empires and what they do. A post-imperial U.S. could, of course, be open to all sorts of possibilities for change that might be exciting indeed.

Right now, though, it doesn't feel that way, does it? It makes me wonder:

Sleeping Continued on Page 17

NIHILARITY

SHANNON WHEELER



©2010 Shannon Wheeler

www.tnccm.com

Is Libya All About Oil? or Central Banking?

BY ELLEN BROWN

Several writers have noted the odd fact that the Libyan rebels took time out from their rebellion in March to create their own central bank – this before they even had a government. Robert Wenzel wrote in the Economic Policy Journal: “I have never before heard of a central bank being created in just a matter of weeks out of a popular uprising. This suggests we have a bit more than a rag tag bunch of rebels running around and that there are some pretty sophisticated influences.”

Alex Newman wrote in the New American: “In a statement released last week, the rebels reported on the results of a meeting held on March 19. Among other things, the supposed rag-tag revolutionaries announced the [d]esignation of the Central Bank of Benghazi as a monetary authority competent in monetary policies in Libya and appointment of a Governor to the Central Bank of Libya, with a temporary headquarters in Benghazi.”

Newman quoted CNBC senior editor John Carney, who asked, “Is this the first time a revolutionary group has created a central bank while it is still in the midst of fighting the entrenched political power? It certainly seems to indicate how extraordinarily powerful central

bankers have become in our era.”

Another anomaly involves the official justification for taking up arms against Libya. Supposedly it’s about human



rights violations, but the evidence is contradictory. According to an article on the Fox News website on February 28:

As the United Nations works feverishly to condemn Libyan leader Muammar al-Qaddafi for cracking down on protesters, the body’s Human Rights Council is poised to adopt a report chock-full of praise for Libya’s human rights record.

The review commends Libya for improving educational opportunities, for making human rights a “priority” and for bettering its “constitutional” framework. Several countries, including Iran, Venezuela, North Korea, and Saudi Arabia but also Canada, give Libya positive marks for the legal protections afforded to its citizens -- who are now revolting against the regime and facing bloody reprisal.

Whatever might be said of Gaddafi’s personal crimes, the Libyan people seem to be thriving. A delegation of medical professionals from Russia, Ukraine and Belarus wrote in an appeal to Russian President Medvedev and Prime Minister Putin that after becoming acquainted with Libyan life, it was their view that in few nations did people live in such comfort:

[Libyans] are entitled to free treatment, and their hospitals provide the best in the world of medical equipment. Education in Libya is free, capable young people have the opportunity to study abroad at government expense. When marrying, young couples receive 60,000 Libyan dinars (about 50,000 U.S. dollars) of financial assistance. Non-interest state loans, and as practice shows, undated. Due to government subsidies the price of cars is much lower than in Europe, and they are affordable for

“[Libyans] are entitled to free treatment, and their hospitals provide the best in the world of medical equipment. Education in Libya is free, capable young people have the opportunity to study abroad at government expense.”

every family. Gasoline and bread cost a penny, no taxes for those who are engaged in agriculture. The Libyan people are quiet and peaceful, are not inclined to drink, and are very religious. They maintained that the international community had been misinformed about the struggle against the regime. “Tell us,” they said, “who would not like such a regime?”

Even if that is just propaganda, there is no denying at least one very popular achievement of the Libyan government: it brought water to the desert by building the largest and most expensive irrigation project in history, the \$33 billion GMMR (Great Man-Made River) project. Even more than oil, water is crucial to life in Libya. The GMMR provides 70 percent of the population with water for drinking and irrigation, pumping it from Libya’s vast underground Nubian

Libya, continued on Page 10

Many Hope for Progressive Change

Shannon was one of thousands who helped put Barack in office. Some still believe he is progressive, others, not so much...

BY SHANNON ESTABROOK

My name is Shannon Estabrook. I am an Oregon native. My father founded the Teamsters Local #206 in Portland, Oregon and my mother was a registered nurse. My parents taught me the meaning of community and country service.

I began my volunteer service with Robert Kennedy when I was 14-years-old and have been a volunteer or paid staff person for every presidential candidate since 1968, although many times my candidate did not win.

I am a Democrat, a union member and a teacher. I began working for the Obama campaign the summer of 2008. I taught school and raised my family in Portland. I found myself in Elko, Nevada in the early stages of the Obama campaign. My friends were supporting Hillary Clinton and union members were supporting Edwards. Former Governor of New Mexico, Bill Richardson, was still in the race then and the choices were plenty.

I chose Obama and went to Elko, Nevada which was the third primary held in the country. My boss from the Kerry campaign ran Elko’s Headquarters. Although I could barely afford it, I volunteered and was used to paying my own expenses. I took my then 12-year-old son to canvas door-to-door in the snow. By choice, I registered legal prostitutes so that they would feel a part of their community. Their beautiful town of Elko became chaotic with candidates who made speeches and held campaign parties. I met Obama in Elko and this experience did not change my life. However, I was scared. It wasn’t for myself, but for my son and my students who



could possibly be drafted someday to the Middle East. I was concerned for my students from Portland who were already serving. I was worried about my country having so many domestic and international challenges.

We won the primary in Elko and went on to Texas. It was not a kind, gentle Texas and I was almost arrested for wearing an Obama button on the sacred grounds of the Alamo. It was not a good sign that San Antonio had more attorneys for Clinton and Obama than Washington, DC. At that time, Hillary Clinton was still in the race. The Texans behaved badly and fist-cuffs broke out everywhere. My friend Kinky Friedman finished running for Governor and now worked for Fox News. It was not the Texas I recall of the 70s and 80s, but in the end I believe we won the Alamo and the primary.

I returned home to Portland to teach and help with the Oregon primary. It was a piece of cake because Oregonians are realists, albeit slightly quirky. My son met and chatted briefly with then candidate Obama. Portland had the largest public gathering at that stage of the campaign. At home my son was in the papers, my students were involved with both parties watching the news, listening, and registering all parties to vote. My adult students were becoming engaged and had opinions about the war. I was proud to

be a small part of that influence and proud of my son and students and of Portland. I had complete confidence in the candidate regardless if he won or lost.

I was hired as a paid staff person and sent to Aurora, Colorado which was a suburb of Denver. I was an Office Manager/Volunteer Coordinator. The Democratic convention was held in Aurora and we registered, canvassed and worked 18 -to- 20 hour days. We gathered, trained and organized

“I began my volunteer service with Robert Kennedy when I was 14-years-old and have been a volunteer or paid staff person for every presidential candidate since 1968”

hundreds of volunteers and recruited hundreds of Americans who had never been involved in a campaign. It was amazing to me.

I chose Colorado because it was a battleground state and we won there. Recently, I coordinated four important state races during the midterm elections. We won in Oregon with Kitzhaber, in California with Boxer and in Colorado with Bennet. We only lost in Iowa with Campbell in the 5th Congressional District, but we will win that one in two years.

This brings me back to now. This is still our moment to dream. The economy is improving and with work will continue to do so, especially in Oregon. Our combat troops have left Iraq and we are placing the delicate scaffolding

for a new independent Iraq. My son will not be drafted under Obama; he and my students will have a choice of whether they want to serve. Obama Care has passed and we will hold onto it in Congress. My daughter, a college graduate now, has the option of medical insurance as do my students. The problems with immigration will be solved and we will pass the DREAM act. We will allow students and conscientious Americans to live, serve and contribute to their United States of America. My hardworking immigrant students who unwillingly were taken across the border will stay and continue to serve and contribute. This is the United States and we are rewarded for abiding by the law and having a stake in democracy.

Hope led me to Elko, Nevada, not blind optimism. My destiny will not be written for me and I will not sit on the sidelines or shirk from this fight. Something better awaits all of us. “Brick by brick, block by block, calloused hand by calloused hand; ordinary people can do extraordinary things together. We are not a collection of red states and blue states. We are the United States of America, this is our moment, and we are ready to believe again.” Senator Barack Obama in Iowa.



Shannon is a Community College Professor who has taken time off from teaching to work for what she believes in. The Portland Alliance will continue to hold all of our leaders accountable. tmf

Community Health Care Delivery

Acid blockers and antacids are top-selling pharmaceuticals heavily promoted by drug companies. Primary doctors precipitously prescribe these to patients with digestive problems, when those patients would be better served if referred to specialists for a proper diagnosis. People need early treatment and information about natural alternative to drugs and/or surgery.

Health Care: Natural Solutions

Digestive Disorders

Require a Specialist

By **ELIZABETH RATHBUN**
WATERWISE@FRONTIER.COM

People with digestive problems should seek help from a specialist -- a Gastroenterologist or Naturopath specializing in digestive disorders. These problems are difficult to diagnose. Ineffective intervention can lead to further complications, inappropriate medication or unnecessary operations.

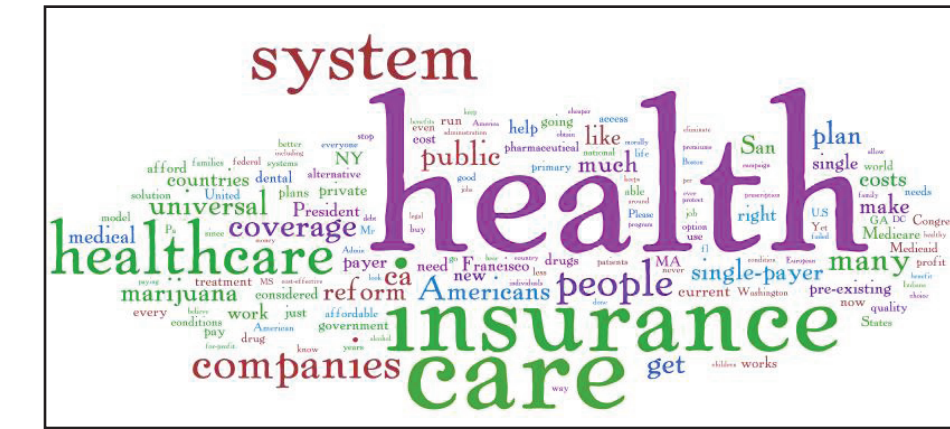
Three common digestive disorders are functional dyspepsia, Irritable Bowel Syndrome (IBS) and Gastroesophageal Reflux (GERD). Some symptoms don't fit all the criteria for a specific disease, but may be co-existing symptoms of separate disorders. Unfortunately, millions do not realize they have a chronic condition and may not have seen a doctor. Statistics show patients may report symptoms of GERD and IBS for as long as 5 years before being properly diagnosed.

Functional dyspepsia, according to Gastroenterologist Dr. David Gunkemeier at West Hills Gastroenterology, "is a disorder with mixed symptoms that can change and appear to be IBS or GERD, but it doesn't meet all of the criteria. People could have bloating, constipation or other transient symptoms which are acid or non-acid mediated."

IBS affects 10-to-15 percent of the general population. The majority who suffer are women between the ages of 20 and 40. The disorder affects 1.5-to-3 times as many women as men. This condition reduces quality of life and is associated with psychological distress, difficulty sleeping, missed work and sexual dysfunction. This chronic disorder may affect individuals for more than 10 years.

Nearly one-third of Americans are thought to have Gastroesophageal Reflux (GERD). Although GERD can affect people of all ages, statistics indicate that risks increase and tend to rise dramatically after age 40. GERD patients have a weak esophageal valve that cannot fully close causing back-flow into the esophagus.

"Not everyone knows how to diagnose or treat Irritable Bowel Syndrome



(IBS). Acid Reflux is very different from IBS and functional dyspepsia," Grunkemeier says. He emphasizes that the gastroenterologist becomes crucial in the patient's care to discern between these. "Based on your constellation of symptoms, a gastroenterologist can better direct you quickly to what may be effective for you."

IBS tests, labs and endoscopies show the digestive tract as normal. Although everything appears fine, patients still have symptoms. Half of people with IBS also have symptoms of dyspepsia. Gunkemeier says doctors "Need due diligence to discriminate between these

selling pharmaceuticals that only mask immediate heartburn symptoms. Package inserts warn against taking antacids over 14 days and acid-blockers over 8 weeks. Antacids like Tagamet, Zantac, Pepcid, and Tums are remedies for heartburn that neutralize the stomach's acid. Acid blockers, or proton pump inhibitor (PPI) drugs: Nexium, Prilosec, Prevacid, and Omeprazole all block acid production.

Thomas Mercer, Co-Founder of Seattle's (Naturopathic) IBS Treatment Center, says, "If you have to keep taking the drug, then you haven't cured anything - you are just masking symp-

ing specific foods they are sensitive to and cannot digest, or what causes their acid reflux. They exclude those foods from their diet and take supplements to return essential nutrients and stabilize the digestive tract.

"Food sensitivity is a big concept, but is outside of the realm of gastroenterology," Grunkemeier says. "But we recognize that food allergy is one thing and it causes an immune-mediated response like hives that is measurable. A non-immune mediated response fits into the sensitivity category. It may be difficult to determine and subjective."

Patients are advised about foods to avoid and sent to an immunologist if this becomes an issue. An allergist measures immune-mediated or non-immune-mediated response if it fits into the sensitivity category. Problematic foods are excluded for one month and reintroduced one at a time and until acceptable threshold levels can be established.

Naturopaths do not dwell on excess acid production. They believe too little stomach acid causes health to deteriorate long-term. Food cannot digest well and allow minerals and vitamins to adsorb.

Inadequate calcium adsorption causes Rickets, a softening of the bones. A study cited by RefluxDefense.com linked antacid use to a 160 percent increase in osteoporosis-related hip fractures in the elderly. The study indicates prolonged use of acid blockers can cause rheumatoid arthritis, inflammatory diseases, greater chance of injury, impaired quality of life, and depression.

Having digestive disorders causes emotional stress, but recovery begins when the patient realizes what they have and gets treatment. Naturopath Dr. Andrew Kim says, "Most digestive problems, like other health issues, start long before we realize there is a problem. Dealing with a problem at its earliest stages means that we have the best opportunity to make positive changes. Once a problem goes on for a long time, it is harder to change.

"Allopathic (traditional) medical practitioners look mainly for lesion problems. If there is a tumor, cut it out. If there is a dysfunction, suppress it with a drug. Natural medicine tries to restore the normal function of the body by working with the body." (Naturopath Dr. Andrew Kim)

Help Websites

International Foundation for Functional Gastrointestinal Disorders: aboutGERD.com and aboutIBS.com
Innatehealthfoundation.org:
IBSTreatmentCenter.com and
Centerforfoodallergies.com, located at 11300 Roosevelt Way NE Suite 100 Seattle, WA 98125
Refluxdefense.org has an e-book about Natural Approaches for healing GERD and IBS

"Patients receiving naturopathic treatment believe this approach outweighs the risk of drug side-effects."

entities."

"People have to meet the criteria to have IBS. If you do not meet at least two criteria for at least 3 days per month in the last 3 months, you do not have IBS. The ROM III criteria are: discomfort, pain, or bloating that is improved with defecation and a change in frequency and in form of stool. If you have other symptoms, then you don't have IBS."

"With acid-mediated GERD, there is a strong correlation with giving patients an antacid and relief. You can have non-acidic reflux that is problematic and bothersome. Medication doesn't improve the symptoms and doubling the dose doesn't help." Gastroenterologists use acid-suppression drugs for GERD. With IBS they might use anti-depressants or anti-spasmodics for pain, laxatives, anti-diarrheal, and IBS-specific drugs. Gunkemeier never uses narcotics for treatment because he feels they are ineffective.

A healthy stomach has an acid environment essential to break down food. Yet, family physicians may do a quick diagnosis and steer patients with unspecified symptoms towards acid-blocking drugs. "The way they are getting a diagnosis, is rife with interpretive problems," Grunkemeier says. "You need an astute physician to help weed through all of this. People need a more specialized diagnosis than what they are getting from a family practitioner."

Antacid and acid-blockers are top-

toms. All drugs have side effects. It is better to treat the underlying condition and solve the problem."

Natural medicine maintains that each person has a unique makeup and multiple factors affect our health. Symptoms will only return unless the root illness is addressed. Naturopaths seek to find and treat the cause, rather than covering up the symptoms.

There are multiple causes of digestive problems. In many cases, Naturopaths manage food sensitivities: patients exclude what doesn't digest. They believe IBS sufferers have an inability to digest specific foods, causing incomplete digestion, gas and bloating. These foods may trigger an immune response, causing digestive problems. During an IBS episode, patients who can't digest a food may suffer abdominal pain, alternating diarrhea and constipation.

Thomas writes, "The primary challenge with GERD and IBS is that they are symptoms. There is no single treatment for either because there is no single cause. It is analogous to your car getting poor mileage. It could be a clogged fuel filter, worn spark plugs, bad gasoline, etc. Find the cause, fix it and things will improve. If you have IBS, there is a cause. If we find it, and address it, you won't have IBS anymore."

Patients receiving naturopathic treatment believe this approach outweighs drug side-effect risk. Each individual learns what works best by identify-

LAUGHING HORSE BOOKS & VIDEO

New Location!
12 NE 10th Ave.
Portland, OR 97214
503-236-2893



Collectively run,
for community
NOT profit.

open mon-sat
11:00 am to 7:00 pm

portland independent media center
Corporate media is a disease
indymedia is the cure
<http://portland.indymedia.org>
read it, write it, your site, your news... for oregon

No Woman Should Have to Go it Alone: Black Birth Experiences in Oregon

by Walidah Imarisha

A collection of young Black girls giggle nervously and talk in low whispers as they fill up the front row of Oregon's House Chamber. They glance over at the representatives who are there for today's public hearing. They shift in their seats and then their eyes are drawn to a Black woman who steps forward, her stride confident and proud, her head, wrapped in vibrant fabric, held high.

She is Shafia Monroe, founder and director of the International Center for Traditional Childbearing (ICTC). The young women are from ICTC's Sistah Care Spring Break Camp, which teaches young women about reducing infant mortality. The campers are at the Capitol Building to lobby in support of Oregon House Bill 3311. HB 3311, put forward by a coalition of organizations including ICTC, requires the Oregon Health Authority to explore ways to improve birth outcomes for all women in Oregon, especially women of color.

The Sistah Care campers are hoping this bill will mean the difference between life and death in their community. These young women know intimately that race is still a huge indicator of whether our babies live or die, according to the Urban League of Portland's State of Black Oregon Report 2009, which found that infant mortality rates for Black babies in Oregon were closer to Botswana and Sri Lanka than to the rates for white babies in the U.S. These disparities, experienced by women of color worldwide, are what ICTC, an international organization, addresses.

According to Monroe, the young



women were asked earlier that week in at the Sistah Care camp if they knew anyone whose baby had been born too early. Out of the 10 young women, three raised their hands: "My grandma," "my aunt," "my mom."

"They know," Monroe said sadly. "They know this young that this is a real issue in our community." ICTC's mission is to create a future where no one has to raise their hand in answer to that question. They focus on Black

women about birth experiences, to see if the stories ICTC was hearing were representative.

ICTC then linked up with Western States Center, a regional nonprofit dedicated to building a strong social justice movement in the west. ICTC and seven other organizations in Oregon, Idaho and Washington were part of The Center's reproductive justice project, Groundwork.

ICTC ultimately was able to gather 245 surveys, making it one of the largest surveys of its kind in Portland. The results confirmed what ICTC doulas and staff already knew; that Black women are not getting the support they need before, during or after giving birth. ICTC found that almost one third of Black women surveyed gave birth alone. Seventy percent of the women had not taken a birth class or participated in birth education. And in a state where breastfeeding rates among new mothers surpasses the national average by a significant margin, Black women

"I think it speaks to women of color feeling like they don't have any other options. If five generations of your family has been born in this same hospital, that's where you go."

Over 70 percent of the women surveyed who had insurance had public insurance through a governmental entity. "This makes it even more pressing that our state government addresses these issues," Monroe emphasized. Monroe feels that having a doula, especially a doula of color, could change many of these statistics. "A doula who is from the same culture, who can speak the same language, can help support a woman through the birth process, can advocate for her in the hospital, can help her and even her family adjust to breastfeeding and all the other changes that come with a baby."

This is why ICTC is advocating so intently for HB 3311. Monroe hopes that it will address the disparities in health care access, reduce the devastating numbers of infant mortality and low birth weight, and help provide payment for doulas under state insurance so that all women can have an advocate with them when giving birth.

"Black women are not getting the support they need before, during or after giving birth. ICTC found that almost one third of Black women surveyed gave birth alone."

infant mortality prevention, breastfeeding promotion and work to increase the number of Black midwives, doulas, and healers. A doula is a woman who provides non-medical support during pregnancy, labor, birth, and postpartum. For the 20 years that ICTC has been supporting Black women giving birth in Portland, they have heard anecdotally about the negative experiences they were having at the hospitals. They decided to survey the area's Black

surveyed fell below the national rates by nearly 10 percent.

Over half of the survey participants reported some type of negative experience at the hospital. Examples listed included lack of information or feeling disrespected or humiliated, feeling discrimination or racism, or feeling in danger. Surprisingly, a significant number of women who had those experiences indicated they would give birth at the same hospital again. Monroe mused,

Walidah Imarisha works as a trainer with Western States Center (westernstatescenter.org). Walidah is a poet, organizer, educator and journalist. She taught at Portland State University in the Black Studies Department.

She's the bad half of the poetry duo Good Sista/Bad Sista. Her poetic, political and academic work centers around prisons, creating community based alternatives and institutions and the intersection of oppression. www.walidah.com.

Bellydancing is a Community Health Resource

by Elizabeth Rathbun

For many women, bellydance is a motivating alternative to the fitness club.

Over time, progressive movements result in strengthened core muscles and greater flexibility in the hips, knees, stomach and back. In fact, women recovering from surgery or enduring muscle weakness find that belly dance can slowly rebuild strength in affected areas.

Others are captivated by the Middle Eastern culture with its exotic and varied musical instruments and the ornate feminine costumes -- the beaded, fringed bras coin belts, hip scarves, flowing skirts and veils. On a social level, women are drawn in by the camaraderie. Although participants vary in age, a majority are middle-aged. "It's nice to feel sexy," said Alyssa Hacmac, who began dancing after her aunt encouraged her. "It is a great way to connect with other women in an open, non-threatening way - bellydance makes you take ownership of your body."

When you participate in Middle Eastern dance, you do not typically encounter



Cassiopeia in traditional Khalegi costume worn in the Gulf region. The dance is performed at women's gatherings. An integral part of the dance is the colorful and beautifully embroidered thobe. Photo by Alan Peck.

muscular body builders or compulsively thin women. The atmosphere is non-competitive. A full-figured size does not restrict doing isolations. Long-term dancers develop stomach muscles that appeared absent before, and combined

moves are effective for weight loss.

Cassiopeia, a Vancouver, WA teacher who teaches Egyptian dance, says, "Bellydance is a low impact aerobic form of exercise using the core muscles to generate the movements. Bellydance also works almost all your muscles from your neck down to your feet."

In fact, some of her students experienced health improvements in chronic conditions. "I have students whose doctors recommend bellydance as a form of rehabilitation."

Cassiopeia explained how a student with chronic fibromyalgia gained muscle tone. Another improved her range of motion in an injured rotator cuff. Several have strengthened weak backs, and one reported that finger cymbals eliminated ganglion cysts. "For myself, I am now able to do deep knee bends." She started dancing over 12 years ago when she was in her late 30s. Running had damaged her knees and ballroom dancing aggravated the condition.

"I've also had a chiropractor take a series of classes to better understand how to perform isolation moves in the neck

and back." Cassiopeia said. Bellydance gradually builds muscle strength with low risk of injury. However, students need a skilled instructor to demonstrate correct form and ways to avoid injuries from using instructional tapes alone.

The alluring Middle Eastern instruments take your mind off the workout while you enjoy yourself because the focus is on the music. Bellydance combines traveling steps that can be slightly aerobic with isolations that increase range and flexibility. Some claim it alleviates arthritis, while Middle Eastern women dance to prepare for childbirth.

It began as a celebration of beauty and femininity, birth, life, creativity and the body. The celebrations were engagements, weddings and various holidays.

Miles Copeland, creator of Bellydance Superstars in Bollywood, an international touring company, recently said that "We see belly dance as greater than a mere narrow cultural expression of one region." Copeland said belly dance has moved beyond borders and soaked up new influences. Culture is not a one-

Bellydancing cont. page 23

Elemental Chi-Kung
For Health and Spiritual Development

ongoing classes • private lessons
intensive training
(971) 234-9595
info@echikung.com

Mia Butzbaugh
ATTORNEY

LEGAL SERVICES FOR NONPROFITS

- entity formation
- fiscal sponsorships
- ongoing compliance issues
- federal and state reporting
- directors' legal duties
- unrelated business income

2115 SE 35 PLACE
PORTLAND, OR 97214
971.235.6798
miab@teleport.com

citybikes
worker owned cooperative

11-7 weekdays
11-5 weekends

bicycle repair bicycle sales
1914 se ankeny 734 se ankeny
503.239.0553 503.239.6951
Portland, Oregon 97214

VIEWPOINTS & COMMENTARY

Black Workers Rights: Payment in Full

Labor movement history in Oregon covers a wide swath informed by myriad cultures, narratives, and personal histories. The story of labor for blacks who populated Portland, Albina, and Vanport, in a 165 year span, is one of fits, starts, ebb, and flow.

Dating back to 1859 when Oregon became a member of the union, and afterwards, black workers were and, to a great extent, remain an 'emerging' class of workers. Today unemployment rates for blacks is almost double that of the national average. In Multnomah County unemployment rates measured for blacks is 7.7 percent compared to 4.2 percent for whites (Communities of Color in Multnomah County: An Unsettling Profile). But in order to understand these statistics one must return to the root causes of the disparity – The scene of the crime.

Enslaved Africans arrived to the Oregon Territory under an atmosphere of suspicion, danger, and uncertainty. Because Oregon prohibited slavery but also refused 'negroes' entry, many came by way of stealth and secrecy. Today it's called undocumented workers. To those negroes, already feeling unwelcomed 'visitors', especially leaving Southern plantation life following slavery's alleged end, and with nowhere to call home; migratory patterns were schizophrenic, but typically pointed Northward.

If not sharecroppers, a great number were taken under covered

Seek the Truth

BY YUGEN FARDAN RASHAD



wagons heading to the Oregon Territory. The scarcity of living wage work framed life for these 'undocumented' workers and also provided a narrative and indicator of the kind of life awaiting the northwest bound Negroes.

Structural racism and state law made finding meaningful work for this group problematic. This fact remains a theme in the history of employment and labor among blacks in Oregon. We can also point to the laying of railroad tracks as part of the migration pattern responsible for the arrival of some Negroes to Oregon. The railroad industry significantly influenced part of the development of the labor movement for Negroes in Oregon.

Albina, a section of what we call Portland today, was annexed by the City of Portland. This would ultimately lead to the railroad industry becoming central to economic development in Albina. This fiscal engine created milestones for housing, commerce, and labor development among European, Irish, German and Scandinavian immigrants, but a very different experience for blacks.

Unions viewed Negro workers as their step-child for decades up until

the late 1800s. Blacks were hired as cooks and waiters at fine dining restaurants, but when unionization arrived, many were replaced by white workers. There were some positive signs. United Mine Workers, under president, John L. Lewis, developed a proactive strategy. Worker strikes were avoided by an acquiescence in the hiring of blacks as 'scrubs.' This opened the way to hiring and unionizing black workers. A charter was obtained from the American Federation of Labor. (Thomas Fleming; Blacks and the labor movement).

"Struggles against structural racism were multifaceted and led to labor organizing and efforts at housing and education reform."

The AFL and Harry Bridges championed workers' rights for blacks. This paved the way for broader numbers on the waterfront and union membership. A struggle in the rail industry headed up by A. Philip Randolph culminated with the Brotherhood of Sleeping Car Porters becoming the first black union recognized by a major American corporation.

Struggles against structural racism were multifaceted and led to labor organizing and efforts at housing, and education reform. This required muster and recalcitrance

from both blacks and white sympathizers to open opportunities and bring down barriers.

In celebration of May Day, an excerpt from Langston Hughes, 'When a Man Sees Red': 1940, summarizes black struggle in the early labor movement: "The boss said 'You isn't doing as much work as you used to do': I said, 'A dollar don't do as much buying for me as it used to do... Pay me some more money, and I will do more work!' What did he (Boss) say then? He said 'You talk like a red.' I said, 'What do you mean, red?' He said 'You know what I mean – red communists. After all this country has done for you Negroes, I didn't think you'd turn out to be a red.' I said 'For what little you paying me I can hardly keep body and soul together, Don't you reckon I have a soul?' Boss said, 'I have nothing to do with your soul. All I'm concerned about is your work. You are talking like a communist, and I will not have no reds in my plant.' Well... I will see the union if you fire me. 'Just go and do your work' he said, and walked off. He didn't look back. He didn't want to have no trouble out of the union!

Yugen Fardan Rashad's writings deal with culture, aesthetics and spirituality. His topics, opinions and insights pay homage to a scholarly search for truth. This exploration leads to responsible preservation of community life.

Libya continued from page 7

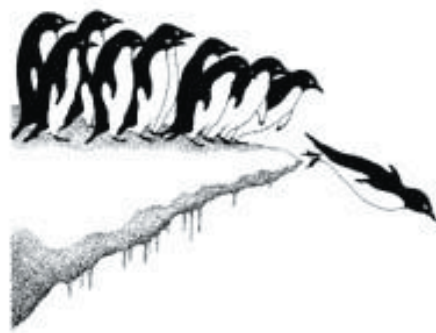
Sandstone Aquifer System in the south to populated coastal areas 4,000 kilometers to the north. The Libyan government has done at least some things right.

Another explanation for the assault on Libya is that it is "all about oil," but that theory too is problematic. As noted in the National Journal, the country produces only about 2 percent of the world's oil. Saudi Arabia alone has enough spare capacity to make up for any lost production if Libyan oil were to disappear from the market. And if it's all about oil, why the rush to set up a new central bank?

Another provocative bit of data circulating on the Net is a 2007 "Democracy Now" interview of U.S. General Wesley Clark (Ret.). In it he says that about 10 days after September 11, 2001, he was told by a general that the decision had been made to go to war with Iraq. Clark was surprised and asked why. "I don't know!" was the response. "I guess they don't know what else to do!" Later, the same general said they planned to take out seven countries in five years: Iraq, Syria, Lebanon, Libya, Somalia, Sudan, and Iran.

What do these seven countries have in

It may not be "all about oil..." in Libya, it's "all about banking"



common? In the context of banking, one that sticks out is that none of them is listed among the 56 member banks of the Bank for International Settlements (BIS). That evidently puts them outside the long regulatory arm of the central bankers' central bank in Switzerland.

The most renegade of the lot could be Libya and Iraq, the two that have actually been attacked. Kenneth Schortgen Jr., writing on Examiner.com, noted that "[s]ix months before the US moved into Iraq to take down Saddam Hussein, the oil nation had made the move to accept Euros instead of dollars for oil, and this became a threat to the global dominance of the dollar as the reserve currency, and its dominion as the petrodollar."

According to a Russian article titled

"Bombing of Lybia – Punishment for Ghaddafi for His Attempt to Refuse US Dollar," Gaddafi made a similarly bold move: he initiated a movement to refuse the dollar and the euro, and called on Arab and African nations to use a new currency instead, the gold dinar. Gaddafi suggested establishing a united African continent, with its 200 million people using this single currency. During the past year, the idea was approved by many Arab countries and most African countries. The only opponents were the Republic of South Africa and the head of the League of Arab States. The initiative was viewed negatively by the USA and the European Union, with French president Nicolas Sarkozy calling Libya a threat to the financial security of mankind; but Gaddafi was not swayed and continued his push for the creation of a united Africa.

And that brings us back to the puzzle of the Libyan central bank. In an article posted on the Market Oracle, Eric Encina observed:

One seldom mentioned fact by western politicians and media pundits: the Central Bank of Libya is 100% State Owned. . . . Currently, the Libyan government creates its own money, the Libyan

Dinar, through the facilities of its own central bank. Few can argue that Libya is a sovereign nation with its own great resources, able to sustain its own economic destiny. One major problem for globalist banking cartels is that in order to do business with Libya, they must go through the Libyan Central Bank and its national currency, a place where they have absolutely zero dominion or power-broking ability. Hence, taking down the Central Bank of Libya (CBL) may not appear in the speeches of Obama, Cameron and Sarkozy but this is certainly at the top of the globalist agenda for absorbing Libya into its hive of compliant nations.

Libya not only has oil. According to the IMF, its central bank has nearly 144 tons of gold in its vaults. With that sort of asset base, who needs the BIS, the IMF and their rules?

All of which prompts a closer look at the BIS rules and their effect on local economies. An article on the BIS website states that central banks in the Central Bank Governance Network are supposed to have as their single or primary objective "to preserve price stability."

Libya continued on page 16

PROGRESSIVE DIRECTORY of Social Change Groups in PDX

Oregonians for Alternatives to

the Death Penalty The death penalty does not prevent crime and should be abolished. Oregon has penalties that provide alternatives to state killing. The death penalty is costly. Innocent people are sentenced to death and sometimes executed. These killings are disproportionately the poor and minorities. OADP promotes research, education, and discussion of issues relating to the death penalty. For information on the death penalty in Oregon and nationally, and to find out about meetings and events go to www.oadp.org. e-mail info@oadp.org or write to P.O. Box 361, Portland, OR 97207.

Pacific Green Party: Oregon's

Green Party: Turn Green and join the fastest growing political party in Oregon, the United States, and the entire world. Oregon's Pacific Green Party offers the best hope of our lifetimes to break the corporate-controlled Republicratric duopoly and create a loud, clear, and unapologetically progressive voice in government. Help us build that peaceful, just and ecologically wise society your heart desires. In Portland call 503-772-3164 or visit www.PacificGreens.org. We need you as much as you need us.

Peace and Justice Works /

Portland Copwatch Peace and Justice Works (PJW) has been actively educating and demonstrating for peace since 1992. PJW promotes non-violent conflict resolution on local, national and international levels. Iraq Affinity Group, addressing the U.S. invasion and occupation, meets monthly, usually second Tuesdays. Portland Copwatch, focusing on police accountability, usually meets first Mondays. Other issues include former Yugoslavia, School of the Americas. General meetings 3-4 times a year. Contact: PO Box 42456, Portland, OR 97242; 503-236-3065. Copwatch incident report line: 503-321-5120; e-mail: pjw@pjw.info, info.copwatch@portlandcopwatch.org; web: www.pjw.info.

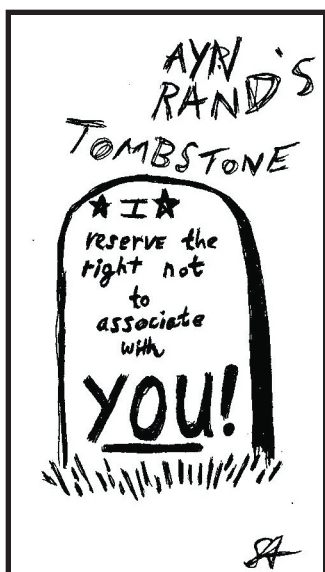
Polyamory Circle is an informal gathering focusing on extended families, inclusive relationships and intentional community. Everyone is welcome to participate in our discussions. Meets 3rd Monday each month 7:30 pm. Call Larry 285-4848 for location+info.

Portland Central America

Solidarity Committee (PCASC) formed in 1979 and is the oldest Latin American solidarity organization in Oregon. We mobilize opposition to U.S. military and economic intervention in Latin America and Mexico, and support cross-border struggles for peace, justice and self-determination. In Oregon, PCASC advocates for workers and immigrant rights and educates the Portland community about the economic and political impact of U.S. policies upon Latin Americans, Mexicans, and the U.S. through the Cross Border Labor Organizing Council (CBLOC). We build solidarity between workers in Portland and Latin America. 2249 E Burnside, Portland, OR 97214. 503-236-7916. e-mail: info@pcasc.net.

Portland Chapter of OWL

Mid-life and older women working locally and nationally to improve the status of ALL



Stephen Amy is a politically progressive environmentalist living in NE Portland.

women as they grow older: income and health security, affordable housing, ending discrimination and violence against women. Open to all women desiring these goals. Don't wait for retirement, it may be too late. Come and join us, call 503-721-0848. National OWL Web: www.owl-national.org.

Portland Community Media: PCM is a non-profit organization whose mission is to promote broad participation in civic and cultural life by encouraging effective use and understanding of community media. We teach affordable classes in digital television and multimedia production, and program daily for cable television channels 11, 21, 22, 23, 29 and CityNet 30. Check our website for more information! 2766 NE MLK Jr. Blvd., Portland, OR 97212; 503-288-1515; www.pcmv.org.

Psychologists for Social

Responsibility (www.psysr.org) is an organization whose mission is to use psychological knowledge and skills to promote peace with social justice at the community, national, and international levels. Portland-area psychologists and counselors have recently formed a PsySR affiliated group. Our goal is to address issues connecting poverty, mental health, and human rights. This group meets monthly to plan projects, develop resources, and discuss relevant issues. For more information and meeting times, please write samantha@pacificu.edu.

Portland Indymedia is a tool for the creation of radical, accurate, and passionate tellings of truth. As the local Independent Media Center of a global network, Portland Indymedia is a decentralized movement of autonomous working groups and individuals contributing to various projects, including video, radio, television, the web and print. The website features open publishing, empowering anyone to post their own text, images, audio and video directly to a news-wire without approval or editing. Corporate media is a disease. Indymedia is the cure. e-mail: contact@portland.indymedia.org or portland.indymedia.org

Portland IWW: A democratic, self-organizing labor union committed to direct action and struggle to bring about a better world. We welcome all those who wish to

organize with the rest of the working class for mutual aid and collective bargaining. Call 503-231-5488, e-mail: portland.iww@gmail.com or drop by our office at 2249 E. Burnside. (portlandiww.org)

Prananda Yoga & Arts Center

Yoga isn't about sticking your foot in your ear. It starts where you are right now. Four levels of yoga are offered at PRANANDA (7 days a week), making it accessible to everyone and every body type. Yoga moves the body/mind/spirit in such a way that all three function better for a more enhanced life. The postures increase strength and flexibility. Meditation allows you to let go of the stressful and distracting thoughts of daily living. The breath allows us to breathe in that life force all around us that we need to thrive and glow as human beings. 7035 N. Concord Ave. 503-249-3903 or www.prananda.com

Progressive Student Union: PSU-PSU coordinates Transit Riders Union and Tenant Rights Project, advocating for low-income tenants and TriMet riders (www.trimetriders.org). On campus, we organize the Coke-Odwalla Boycott for labor rights in Colombia, human rights in Darfur, and National Bottle Bill/recycling legislation. (www.killercoke.org) Progressive Student Union was the founding publisher/editor of both PSU Rearguard (Iraq War I) and PSU Agitator (Iraq War II). We coordinated PSU campus Taco Bell Boycott, making PSU the 9th U.S. college to kick Taco Bell off campus (the national boycott was successfully settled with a pay raise for Florida farm workers). PSU-PSU is anti-imperialist, anti-capitalist. Contact info: 503-222-2974 or Progressive Student Union, PO Box 40011, Portland, Oregon 97240.

Radical Women: A socialist feminist multi-issue organization that trains women to be leaders in the struggle to replace capitalism with socialism in order to achieve full equality for everyone. Our leadership—as women of color, workers, unionists and lesbians—is pivotal. We believe in the power of the working class. Monthly meetings every second Wednesday at 7:00 p.m. 6834 NE Glisan St. Portland. Phone: 503-240-4462, Fax: 503-240-4463, E-mail: rwpdx@igc.org. Website: radicalwomen.org

Socialist Party of Oregon: A progressive party working for across-the-board democracy — political, social and economic. For over 100 years we've advocated much of what's best in America. We support ballot access for all parties; campaign finance reform; civil rights (Socialists helped found the NAACP and the ACLU); a humane foreign policy; environmental and consumer protection; general welfare, not corporate welfare; tax fairness; people over profits (consumer coops and credit unions); Social Security (first advocated by the Socialist Party); universal health insurance (socialists in Saskatchewan launched Canada's single-payer national health program). REGISTER, VOTE, VOLUNTEER SOCIALIST. For info write P.O. Box 5633, Portland, OR 97228, or phone 503-241-8217 or 503-289-3511. Facebook: <http://www.facebook.com/group.php?gid=107668484150> more info at www.thesocialistparty.org.

Solidarity: A socialist-feminist organization standing for workers' democracy and international solidarity. We are revolutionary, in that we regard capitalism as both a human and environmental disaster — unredeemable by reformist politics. We are committed to a creative rethinking of socialism and are engaged in struggles against racism, sexism, and homophobia. Local members include environmental, child care, reproductive rights, labor, and KBOO activists. Call 503-234-2306.

The Sunrise Foundation

The Sunrise Foundation is dedicated toward working to improve the working knowledge we all have concerning our national, and international currencies. Through this effort we hope to foment a popular movement-gearred to create the needed reforms in this critical infrastructure. We believe our success in this endeavor will be a major factor in determining the timely success or failure of needed progressive efforts. Visit us at www.thesunrisefoundation.com or contact us at Sunrisecontact@aol.com

or 503-713-8872.

Sustainable Business Network of

Portland We are a group of business people dedicated to creating a local, vibrant and sustainable business community here in Portland. Founded in 2003, we are a new and independent networking group working to promote and support each other and the local business community. We have a networking and educational breakfast meeting every other Tuesday morning at Old Wives Tales. We have other events as well. Visit www.sbnportland.org for our current schedule. We are also the force behind the "Think Local First" and "Keep the Green in Portland" campaigns. For more info or to join, visit www.ThinkLocalPortland.org Now unplug from that corporate supplier, go out and support your favorite LOCALLY OWNED business!

Technocracy, Inc. originated in 1918-1919 when Howard Scott formed a group of scientists, engineers, and economists. Technocracy is a social design for living engineered for the distribution of an abundance to all citizens from birth to death. For more information, call 503-283-9517 or visit the technocracy web- www.technocracyinc.org (continental site).

Voter Power Foundation

Marijuana is Safe and Effective Medicine. Voter Power holds clinics to help people qualify for Oregon's Medical Marijuana Law (OMMA). Voter Power is a group of activists who have fought for and won: both on Measure 67 (Oregon Medical Marijuana Act) and Measure 57 which stopped the legislature's attempt to recriminalize simple marijuana possession in 1998. Get up, stand up, and act up today. We currently need volunteers. Call 503-224-3051 or visit us online at www.voterpower.org.

Veterans for Peace Ch. 72

Having defended this nation, we believe that national security comes only through peace and justice at home and abroad. Chapter activities include counter-recruiting in the schools, supporting land mine removal programs, and organizing, sponsoring, and participating in anti-war efforts. Our speakers offer their experiences so that others might better understand the true costs of war. We can help returned veterans come to terms with their experiences, because they are us. Veterans, and friends and family of veterans, are welcome to join us on the second Tuesday of each month at 7 p.m. in the Friends Meeting House at 4312 SE Stark St. For more information call 503-282-5015, or see www.vfpchapter72.org, or the website of our national office www.veterans-forpeace.org.

War Resisters League PDX

Chapter: As conscientious objectors to war, we promote alternatives to militarism and military service. The Military & Draft Counseling Project provides draft counseling, counter-recruitment organizing, and civilian advocacy for military personnel and those considering enlistment. The Oregon Community for War Tax Resistance provides information and support for persons conscientiously refusing to pay for war, and we publicly redirect refused tax dollars to local service organizations. We also promote Peace Tax Fund legislation, through lobbying and public speaking, to provide a legal alternative for war tax objectors. 2000 NE 42nd Ave., Suite 224, Portland, OR 97213. 503-238-0605.

Women's International League for

Peace and Freedom The Women's International League for Peace and Freedom (WILPF) has been working since 1915 to unite women in all countries who oppose war, exploitation, and oppression. The Portland WILPF branch holds public meetings addressing peace and justice related issues. The monthly newsletter can be received free upon request. 1034 SW 13th, Portland, OR 97205; portland.wilpf.org, wilppdx@gmail.com.

Listings continued on page 14



MUSIC MILLENNIUM



MUSIC MILLENNIUM
32nd & E. Burnside
503-231-8926

**Paul Maresh
Real Estate Broker**

From first time home buyers
To buying or selling investment
properties, Paul Maresh is known
for giving Professional service to
Sellers and Buyers throughout the
Greater Metro Area
Call Paul direct at 503-283-2060
Or Benson Realty LLC 503-324 4606
bensonrealtyoregon.com

street roots



Ongoing

Bette Lee, is showing her photographs about Social Justice at pear Gallery, 338 NW 6th Ave., Tues.-Fri. 8 a.m. to 2 p.m. thru May 31st. For other times contact pear at 503-228-6677 Sponsored by MRG. Nathan Moon is showing his work as well. Bette has been taking photographs for the Alliance for over twenty years. leebette@gmail.com
www.betteleephotos.com

Populist Dialogues, on Channel 11 at 5 pm. EVERY SUNDAY Tape these half hour shows. Sponsored by Alliance for Democracy: David Delk hosts & interviews people fighting against corporate rule. Each episode replays Thurs. at 8 PM on Channel 22, & Fri. at 7:30 PM on Channel 23. more info: <http://www.afd-pdx.org>

Democracy Now! On KBOO 90.7 FM Radio weekdays 7-8 a.m., again 4-5 p.m., and on cable TV channel 23 from 9-10 a.m. and 4-5 p.m. Channel 29 shows Democracy Now at 8 a.m. 3 p.m. and 9 p.m. weekdays. This is the BEST news program in the country. Or, sign up on your computer for daily e-mail digests at <http://www.DemocracyNow.org>

The Friday Program repeats on Sundays 1:30-2:30 on Channel 29.

Field Production: Documenting Portland Six-session workshop: Work as part of a team to develop a documentary field production about a Portland person or place. The completed project will be distributed by PCM. Collective production topic, plan, shooting, and edit. Learn video, conduct field interview, learn field audio, camera operation, and Final Cut Pro edit. Workshop occurs on select Wednesdays and Saturdays. Wednesday 6:30PM to 9:30PM, and Saturday 11AM to 2PM. Dates: May 14, 18, & 21, June 4, 8, 11, & 15

Laura Flanders & GRIT TV is on Channel 29 from 5-5:30 p m and 10-10:30 p.m. Monday thru Friday. Show is repeated on Saturday and Sunday from 5-5:30.

Portland Books to Prisoners weekly mailing, 5-8 Tuesdays in garage at end of driveway at 1112 NE Morton, between Ainsworth & Dekum, east of MLK Blvd. These books are sent across the country. We need new or used dictionaries & thesaurus. PDXBookstoPrisoners.org
pdxbookstoprisoners@riseup.net

Basic War Tax Resistance & Redirection, In Other Words Books, 14 N. Killings-worth, 7-8 p.m., every 3rd Monday. What is war tax R & R? How can someone participate? An informal workshop, no charge, materials provided. More info at 503-238-0605. Sponsored by War Resisters League. FREE.

NW RAGE Public Meeting and GE Free Video Night, 3347 SE Belmont (ring bell #5 and we'll open the door) doors open at 6:30, film starts at 7 p.m., the second Wednesday of every month. Watch films relating to genetic engineering and discuss how to help

promote a safe and sustainable food supply. All films are free. Donations are appreciated. Call 503-756-4369 for more info.

Washington Co. Peace Vigil, SW 5th & Hall, next to Beaverton Library, 6:30-7:30 p.m. Wednesdays. Bring a sign or use one of ours.

Portland Central America Solidarity Committee monthly meeting 2249 East Burnside, 7 p.m. every first and third Wednesday. PCASC is a grass-roots organizing group that educates and mobilizes community members, workers & students around struggles for human rights and social justice throughout the Americas. More info at 503-236-7916 or info@pcasc.net.

Ongoing Impeachment Accountability Rally, 729 NE Oregon St. outside Congressman Blumenauer's office, every Thursday, noon to 2 p.m.

WILPF Women in Black: Peace in the Middle East vigil. Noon at Terry Shrunk Plaza, in front of City Hall, every Friday.

Portland Peaceful Response Weekly Friday Rally & Protest March, 5 p.m. Fridays, Pioneer Courthouse Square, SW Broadway & Yamhill <http://www.pprc-news.org>.

Feminist Film Society, 6:30 p.m., In Other Words Women's Books and Resources, 8 B NE Killingsworth St., every third Friday. Watch movies and discuss them with feminism in mind. Screening starts at 7, discussion to follow. \$1-5 donation, no one turned away. Find your feminist, More info: <http://www.inotherwords.org> phone: 503-232-6003

A Growing Concern, a Call-in Community TV Program, LIVE, every Friday on Cable channel 11, 7-8 p.m. Repeats: Sundays, channel 23, 10 p.m., and Thursdays, channel 22, 7 p.m. This program features guests speaking on a wide range of political, environmental & social justice issues, plus video of local events, Hosted by local activist Jim Lockhart since 1998. PhilosopherSeed.org

Oak Grove Peace vigil. Noon on Sundays, corner of SE McLaughlin & Oak Grove Blvd., Milwaukee.

The Mad Space Between the Stars! Radical weekly peer-led mental health discussion group. The Garfield House, 4011 NE Garfield, 7 p.m. Sundays. Building a strong radical mental health community. We reject main stream mental health and have decided to take control of our own needs by supporting each other in our daily struggles. Please join us. More info: themadaresane@gmail.com.

Labor Radio Collective: 6 p.m. Mondays. Of, by & for Working Families on KBOO 90.7 FM Call in and join the conversation: Studio Line (503) 231-8187

Jobs with Justice: First Monday Steering Committee Meetings at 6025 East Burnside: 5:30 p.m.

May 2011

Tuesday May 17 to May 23rd. Social Uprising, Resistance and Grassroots

PLEASE SUPPORT OUR...

COMMUNITY CALENDAR

May 2011 *Flower*

A longer calendar: theportlandalliance.org



Encouragement (S.U.R.G.E.) Film Festival (5th Annual) showing thought-provoking films at the Variant at 4810 Northeast Garfield Avenue in North Portland, 97211, Schedule of film located here: <http://africanneedsfreejustice.weebly.com/surge-film-festival-schedule.html>

Wed., May 18, Build a Solar Oven. 10:30 a.m.-12:30 p.m. at Lents Park, SE 92nd & Holgate Blvd; \$37; 503-760-3000. Build & take home. Registration Required.

Thurs. May 19th-Public Hearing on USDOE's Plan to Import and Bury EXTREMELY radioactive "GTCC" waste, 6:30 pm, Doubletree Hotel Lloyd Center, across from Holladay Park MAX stop. Lets pack this room, and stop the insanity! More info: www.hoanw.org

Thursday, May 19th-The Big Fight: Round Two! Rally & March The Union-Busting Organization, Associated Builders and Contractors (ABC) is coming back to Portland.

Trial Lawyers for the People

Gregory and Jason **Kafoury & McDougal**

202 Oregon Pioneer Building
320 S.W. Stark St., Ste. 202
Portland, OR 97204
Telephone (503) 224-2647
Fax (503) 224-2673
www.kafourymcdougal.com

Mark & Natalie
Linda Williams
Of Counsel
Charles Merten
Of Counsel

WHERE FINE COFFEE MEETS UNITY, SUSTAINABILITY AND THE ARTS

Open Monday to Friday: 6:45 a.m. to 5 p.m., Saturday: 7:45 a.m. to 5 p.m.



1737 between & E 503-9 aliviarco

FAIR TRADE • DIRECT TRADE • COFFEE • TEA • CHOCOLATE

OUR ADVERTISERS...
...THEY SUPPORT US.

COMMUNITY CALENDAR



alliance.org/communitycalendar

Pizza

Sandwiches
&
Beer

Limited Delivery

OPEN

11 am to Midnight

2835 SE Stark St.
Portland, OR 97214

503-459-4450

Join Labor Unions & Community Organizations in support of the working class. Let's tell 'em Portland is a Union Town! Meet at corner of SW 9th & Oak at 4 p.m.
Friday, May 20-Washed Ashore Gala Benefit 7:00pm - 10:00 p.m. in the Performing Arts Center Lobby PCC Sylvania Campus: 12000 S.W. 49th Ave. Portland, OR 97219 Tickets at door: \$10 /\$5 for students Come celebrate "Washed Ashore: plastics, sea life and art" and support the sustainability efforts of Artula Institute for Arts and Environmental Education and PCC.

Friday, May 20th-Rally for a Better Way for Oregon, on the state capitol steps. Wall Street Bankers and corporate CEO's were "Bailed Out," but politicians are still proposing drastic cuts in wages, jobs, & benefits for working families. Register at: seiu503.org/Come_to_Salem_May_20_.aspx. Busses provided from across the state. Events begin

at 11am and end at 2:30 p.m. Music, speakers, and FREE picnic lunch supplied. More info: Maureen Crawford: (503) 816-5311, SEIU.
Sat., May 21st-Sustainability Day, at Tryon Creek. Creative ways to eat, reuse, & recycle to sustain. 1-4 p.m. 11321 SW Terwilliger Blvd. FREE www.Tryonfriends.org, or 503.636.9886www

Sat., May 21st-Society of Professional Journalists Awards Dinner for the winners of the 2009 NW Excellence in Journalism contests. at The Paragon Restaurant, 1309 NW Hoyt St., 6:30 to 8:30 p.m., Cost: \$38 Register: <https://www.brownpapertickets.com/event/174578>

Sat. May 21st-Portland Walk for Choice: Rally and March to support reproductive rights and federal funding for family planning services locally and nationally. 2 PM at Pioneer Square. For more info, visit facebook.com/walkforchoice Radical Women at 503-240-4462 or email rwpx@igc.org.

Sunday, May 22nd-Susan Stoner reads from "Land Sharks." at 4 p.m. at Murder by the Book. The Bookstore is at 3210 SE Hawthorne Blvd. Novel is set on the wharfs of Portland around the turn of last century. Susan is a union lawyer and writes historically accurate novels.

Sunday, May 22nd-Rosa Luxemburgs Pamphlet, The Mass Strike Discussion. Learn how to take it to the streets! SE Uplift, 3534 SE Main St., 2pm ISO Eastside, www.PortlandSocialists.org

Sun. May 22-and Every Sunday - Community Film & Discussion Night: 5014 NE 24th (behind the Star E Rose Cafe) at 6 p.m., FREE. May be the last month.

5/22 The Power of Community: How Cuba Survived Peak Oil
5/29 Earth Days - the birth of the modern environmental movement, rare archival media: 50's until today.

Monday, May 23rd-"A Bullet Can't Kill a Dream," Portland Community College is bringing a respected activist and civil rights leader to Portland. Reverend Samuel Billy Kyles' will explore Dr. Martin Luther King Jr.'s legacy. Kyle witnessed King's murder. 11 a.m., Oak, Elm & Fir rooms, College Center Building, Sylvania, 12000 S.W. 49th Ave., and 6 p.m., Mon., May 23, The Forum, Building 3, Rock Creek, 17705 N.W. Springville Road; 2 p.m., **Tues., May 24**, Events Center, Building 9, Rock Creek; and 6 p.m. **Wed., May 25**, Auditorium, Moriarty Arts & Humanities Bldg, Cascade Campus 705 N. Killingsworth St. info: Kendi Esary: 503) 978-5781 or kesary@pcc.edu.

Tues. May 24th-Welcome to Shelbyville by Kim A. Snyder, INDEPENDENT LENS-OPB TV Channel 10, at 10 pm, check local listings. Usually 1 hour. Call (800)-241-8123, 9 a.m.-5 p.m. for schedule changes. In this small town in America's Bible Belt, longtime African-

American and white residents are challenged by how best to integrate with a growing Latino population and the more recent arrival of hundreds of Muslim-Somali refugees.

Thursday, May 26-180 Degrees-Changing Lives: Central City Concern's Community Volunteer Corps Benefit Auction This unusual event supports an unusually powerful program, providing meaningful, mentored, volunteer opportunities for individuals overcoming homelessness and addiction. Experience Tezeta Band, with dance, soul, and funk from America & East Afric. Silent Auction, hors doeuvres, & beverages included. (\$50) For tickets & info: 503-294-681 or cpsd@ccconcern.org 5-8 p.m. at NORTH 1515 NW 19th Ave.

Monday, May 30th-Fifth Monday Labor Radio, with IL Stoner. Susan Stoner joins Lane Poncy & Tim Flanagan to talk about "Land Sharks," disappearing union organizers, and the secret tunnels of turn-of-the-century Portland Oldtown.

Saturday, June 4 at 7:30 p.m., Professor Joel Beinin will speak on "Joint Palestinian-Israeli Popular Struggle: The Face of a Future of Peace and Equality." in Room 271, Cramer Hall, at PSU, 721 SW Broadway. Lecture and discussion are free and open to the general public: <http://www.theportlandalliance.org/pprc> CONTACT: Jewish Voice for Peace - Portland (503) 888-7455

Thurs., June 9th, Tools for Community-Building Workshop Series. "History storytelling: Hosting a social gathering to showcase the history of a place. Tools and Strategies for enhancing your own neighborhood or community projects. Every second Thursday. RSVP at outreach@ourunitedvillages.org or (503) 546-7499. Childcare & snacks.
Saturday, June 11th-at Alberta Street Pub - Kory Quinn writer & singer, frequently woven into a prayer rug of justice and unrepentant Eugene V. Debs-style Socialism. Transposes Woody Guthrie, Ramblin' Jack Elliot & Bob Dylan. His latest album is called "Waitin' for a Train," with a CD release show (9pm / \$5 / 21+)

Two Interviews in June Issue! An interview with a PDX Police Officer and an interview with an Award-Winning Local Chef!

Please send Community Calendar events to jennybatesma@gmail.com. Jenny & Robin are volunteer editors. Please submit listings or updates by the 16th



Is your nonprofit looking for funding, grants, or support? Check out the lockdown on:

OregonGrantWatch.com

And check out our new, helpful, and economical Classifieds Ads! (Page 24)

Please Support us by supporting our advertisers
The next time you make a purchase from one of our advertisers, let them know you heard about them in the Alliance.
Think about placing an ad for your own business or nonprofit! Business card size in every copy starts at \$40! (Page 24)



B-media meets the 2nd & 4th Wednesday at the Variant PDX: 4810 NE Garfield

VOLUNTEER!
We need board members, including a director with accounting skills to be treasurer. We need help with book-keeping, selling ads & subscriptions, writing grants, phone-banking, promotion, & tabling. *The Alliance must relocate by June 3rd. We are looking for a space the size of a two car garage with electricity, running water, bathroom, and shower. If you know of a possible space or can donate, subscribe, loan us your garage, etc...*

Please phone us at 503-327-8377, cell: 503-697-1670. or or e-mail editor@ThePortlandAlliance.org Thanks for all you do!



See featured article on bellydancing & health. On page 9 of this issue of the Portland Alliance!



Natural Kitchen & Home
2106 SE Division
503-231-5175
miradorcommunitystore.com
MON-SAT 10-6 • SUN 11-5

Your Canning and Preserving Headquarters



Canning Jars & Tools, Water Bath & Pressure Canners, Steam Juicers, Juicer Strainers, Food Dehydrators, Fermenting Crocks, Books on preserving!
KBOO & Co-op member discount

Cotton Cloud

Futons and Furniture

Cotton Cloud Futons
701 NE Broadway, Portland, OR 97232
(503) 335-0758 Fax (503) 335-0694

Hours:
Monday ~ Saturday 10am ~ 7:30pm
Sunday 12pm ~ 5pm



Hand crafted futons made daily in Portland since 1981

Order Online At
www.cottoncloudfutons.com

For only \$85 per year your group can appear in this directory. Call 503-327-8377 or contact Terrie Rodello at tarodello@igc.org

Listings continued from page 9

Alliance for Democracy

Portland Alliance for Democracy is a populist progressive movement to end corporate dominance of our economy, society, politics, the environment and our lives. We advocate for democratic values to create a fair and equitable society. Current campaigns include education about and opposition to "free trade" agreements like the upcoming Korea, Columbia and Panama agreements; water privatization; support for voter owned elections and instant runoff voting. Current projects include production of a cable TV program, The Populist Dialogues, and community outreach for Move to Amend the constitution to end corporate personhood. We meet the second and fourth Monday each month. Contact: Davidafdi@ymail.com; 503.232.5495, www.afd-pdx.org

Americans United for Palestinian Human Rights

AUPHR is an association of American taxpayers united by mutual concern for human rights in general and Palestinian human rights in particular. Our aim is to eliminate the substantial U.S. funding and discriminatory policies that directly or indirectly support the oppression and violation of the human rights of Palestinian people in Israel and the Israeli-occupied territories. Our tools are public education & political and legal action. www.auphr.org or 503-287-1885.

Amnesty International is a worldwide movement of people from across the world standing up for humanity and human rights for all. Amnesty International works to improve human rights through campaigning and international solidarity. Portland's Amnesty International chapter, Group 48, has been in existence since 1973. Meetings are held on the second Friday of the month at 7:30 p.m. at the First Unitarian Church, 1011 SW 12th Ave. For more information: call 503-227-1878 or visit <http://aipdx.org/>.

Bridgeport Community United Church of Christ

Politics and spiritual life can connect! We are a multicultural, multiracial community of progressive political people exploring and celebrating the Christian faith in a manner that is both intellectually-engaging and spiritually-nurturing. We are pragmatic and passionate, LGBT & straight, and our children are valued members. 11:00 Sunday mornings, 621 NE 76th Ave. Portland. 503-258-0992. www.BridgeportUCC.org. Great music, good coffee, not boring.

Code Pink — Portland stages strong, playful actions to confront local and global power mongers—you may have seen and heard us with our signs and songs at anti-war rallies, on street corners and elsewhere around town. CODE PINK is a broad international movement for peace and justice led by women. The name "CODEPINK" is a play on the Bush administration's color-coded homeland security alerts. Although we enjoy colorful antics that highlight hypocrisies in government and corporate business, we thoughtfully plan our costumes, lyrics and other high-jinks to broadcast our message effectively. We welcome individuals who seek community in standing up against economic inequality and violence. More information: Contact the National Organization at this website: <http://codepinkalert.org> for info on local actions.

Columbia County Citizens for Human Dignity

CCCHD is a citizens group in Columbia County working to assure the basic rights and human dignity of all Oregonians. We are a progressive, volunteer-driven and volunteer-funded organization promoting inclusive democracy. Join us in our efforts to promote social and economic justice, human rights, and human dignity in Columbia County and throughout Oregon. CCCHD is a member group of the Rural Organizing Project. For more information, call 503-543-8417.

Committees of Correspondence is an inclusive and progressive non-sectarian national coalition of left and socialist activists from communities, unions, the peace movement and social interest groups,

whose mission is to build unity among the left/progressive forces. We include, welcome, and fight for the interests of all people of any color, religion, gender or sexual orientation. P.O.Box 372, Albany, OR 97321. (541) 926-7070.

Community Alliance of Tenants is a grassroots, tenant-controlled tenant membership organization. We educate and organize tenants to demand affordable, stable and safe rental homes. CAT prioritizes development of low-income renters as community leaders. We organize tenants to change unjust laws and improve property management policies. Our Renter's Rights Hotline gives tenants information about their rights. CAT's Hotline: (503) 288-0130.

Environmental Justice Action Group

(EJAG) is a membership driven, community-based organization that believes "The community that educates and speaks out for itself can best protect itself." We do this through developing leadership in people of color and low income residents of North and Northeast Portland to change the power dynamic by becoming the decision makers in their own community. Our primary focus is air quality, transportation and public health issues with a particular emphasis on the high rate of asthma in our community. For information, contact us at (503) 283-6397.

First Unitarian Church of PDX

has been a voice for liberal religion in our community for over 130 years. Our core beliefs about spiritual growth and acting for social justice are reflected in the work of the church's Economic Justice Action Group (EJAG). EJAG, a welcoming and affirming group, is guided by its mission to raise awareness about and act to promote fair and just economic policies, life-sustaining and life-enhancing values, equal access to economic opportunities, and democratic participation in national, state, and local decisions on economic issues. We sponsor speakers and forums on current economic justice issues, lobby elected officials, collaborate with like-minded organizations, and we strive to live and act to create a fair, just and sustainable society. E-mail: info@ejag.org; Web: www.ejag.org; Phone: Kate Lore, 503-228-6389, x44.

Flying Focus Video Collective (FFVC) is a group of activists using video as a tool for social change, providing a voice for the voiceless. We videotape speakers,

disenfranchised by capitalism. A multi-issue platform that prioritizes the equality of women, people of color, sexual minorities, disabled people, elderly and youth is key. Our heritage stems from Trotsky and the Bolsheviks. Please visit our bookstore at 6834 NE Glisan Street, Portland, OR 97213. Phone for an appointment at 503-240-4462. Visit our website at www.socialism.com or e-mail us at fsp@igc.org.

In Other Words: Women's Books and Resources

A non-profit organization with a comprehensive collection of women's writing, women-positive videos, magazines and gifts. Free information about women's organizations, activities and networking. A monthly events calendar. Space for dialogue and debate about the complex issues facing women today. Contact us about volunteer opportunities. 14 NE Killingsworth, Portland, OR 97211.232 (503)-232-6003. Open seven days.

Jews for Global Justice: We're committed to ending oppression in all its forms. Our work spans a range of issues including opposing the U.S. bombing of Afghanistan, fighting racism, stopping religious persecution, and supporting the struggle for workers' rights and economic justice. We build bridges between targeted communities and the Jewish community. We call for an immediate end to Israel's military occupation of Palestine. The repression of the occupation, the mass detentions, torture, executions, and collective punishments are in direct opposition to our Jewish values. We mourn the deaths of civilians on both sides. Contact: (503) 299-4772.

Jobs with Justice: A coalition of labor and community organizations defending workers' rights. Members pledge to be there at least five times a year for someone else's fight—on picket lines, marches, rallies or hearings. We defend civil rights and the struggles of exploited workers and their communities, especially people of color, immigrants and women. Our offices are in the AFSCME Council 75 building, 6025 E. Burnside, Portland, OR 97215. 503-236-5573, www.jwjpdx.org

Laughing Horse Books & Video

An all-volunteer, collectively run radical bookstore and resource center. In addition to books, periodicals, buttons, stickers, tapes and other activist tools, we have a lending library, and sponsor events ranging from politics and music to book signings and

group the first Saturday of each month in Wilsonville. www.mfso-oregon.org. (503)-757-0323.

Money Is Not Democracy:

Statewide group working on Campaign Finance Reform. Oregon is 1 of 6 states with no limits on contributions to political campaigns. This initiative establishes enforceable limits on political contributions and expenditures in Oregon for the first time. Bans contributions by corporations. Volunteers needed to get this initiative on the ballot. Visit our website at www.fairelections.net <<http://www.fairelections.net>> or call 503.246-2906 in Portland.

NW Resistance Against Genetic Engineering (NW RAGE)

is a non-violent, grassroots community organization dedicated to promoting a responsible, sustainable and just use of agriculture and science. We work to prevent the intrusion of genetic engineering into our food, bodies and ecosystems, through education, agitation, community-building, advocacy and action. Get activated: meetings are every 2nd Wednesday at 7:00 p.m. at 3347 SE Belmont St., Portland. Contact us: POB 15289 Portland, OR. 97293. Phone: 503-756-4369

www.nwrage.org or contact us by e-mail: info@nwrage.org.

NW Vegetarian Education and Empowerment Group:

Northwest VEG is active in the Portland and Vancouver area. The mission is to educate and empower people to make vegetarian choices for a healthy, sustainable and compassionate world. Reducing consumption of animal products leads to better health, reduced impact on the forests and streams, and kinder treatment of animals. The group holds potlucks with educational programs every month, alternating between the west side and the east side of the Portland area. In addition, the group organizes dine-outs, and coordinates several other events throughout the year. Volunteers are always appreciated. Visit our Web site at: www.nwveg.org, send e-mail to: info@nwveg.org, or leave message at: (503) 746-8344.

Oregon Tradeswomen, Inc. (OTI)

is dedicated to promoting the success of women in the building, construction, mechanical and utility trades through education, leadership and mentorship. Founded in 1989, OTI offers 3 core programs and services: Trades Offer Girls Options (TO GO) encourages middle- and high school-aged girls to learn about options for trades careers; Pathways to Success recruits, trains, places and retains women in trades careers through its free Trades and Apprenticeship Career Class, a state-certified pre-apprenticeship program; and Tradeswomen Organized for Outreach, Leadership, and Support (TOOLS) supports and builds leadership with women already in the trades and provides technical assistance to help employers, apprenticeship programs and government agencies achieve a diverse trades work force. OTI is a membership based organization and holds quarterly networking and support meetings for members.

For more information Contact: Oregon Tradeswomen, Inc., 1714 NE Alberta St., Portland, OR 97211, (503) 335-8200 or visit www.tradeswomen.net.



503-232-2475

www.rootsrealty.com
4738 SE Belmont Portland, OR 97215



Intelligent Activists
Experienced
Professional
Hard-Working
Locally Owned

Call us first
for your
real estate needs.

Michele Gila
Principal Broker
Realtor

Mark Wheeler
Eco-Broker
Realtor
E-Pro

Accredited Buyer's Rep
Certified Earth Advantage STAR

Committed to Sustainability

events and actions, and produce programming through cable access facilities. Ask for our catalogue of available tapes or check out the selected videos in lending libraries at LaughingHorse Books, BlackRose Collective Bookstore, or Small A Projects. Contact: 3439 NE Sandy Blvd. PMB #248, Portland, OR 97232; 503-239-7456 or 503-321-5051(showtimes/voicemail); email ffvc@flyingfocus.org; webwww.flyingfocus.org.

Freedom Socialist Party is a socialist & feminist party that wants more members! Help create a revolution for full economic, political and social equality for all working people and those who are exploited and

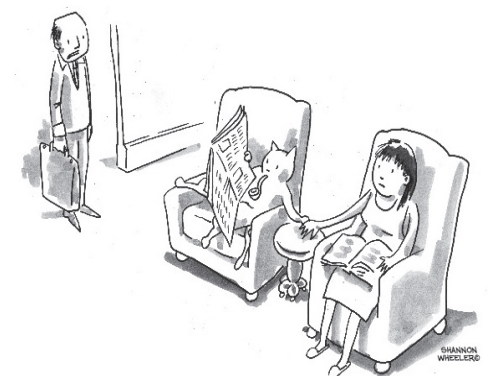
poetry readings. Currently not wheelchair accessible. 12 NE 10th Ave., Portland, OR 97214; (503)-236-2893.

Metanoia Peace Community

Following Jesus' way of revolutionary non-violence and life-in-community, the people of Metanoia seek first the "kin-dom" of God as a radical alternative to the ways of the dominant culture. Gay friendly. Phone the 18th Ave. Peace House, 503-281-3697, for information about frequent gatherings to which newcomers and visitors are invited. See our website at www.metanoiaumc.org.

Military Families Speak Out

Family members in the *Against the War Military Families Speak Out*, offer a support



"Could you please stop sitting in my chair, smoking my pipe, reading my newspaper, and holding hands with my wife?"

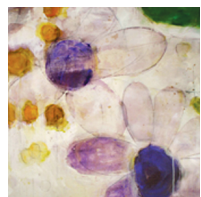
Shannon Wheeler:
www.TooMucCoffeeMan.com

Progressive Arts and Culture!

By ELIZABETH RATHBUN

Art:

Wed, May 4 to Sun, May 29: Oregon College of Arts and Crafts. Collected Works by Alumni, Jeffrey T. Baker;
Sat, May 14 to Wed, June 22: Hoffman Gallery, Graduation Exhibition;
Thurs, June 2 to Thurs, June 30: Collected Works by Alumni, Terry Cutz.
Thurs, June 2nd: Pearl District First Thursday PDX Galleries Walk, 6-9 FirstThursdayPortland.com
Through May 31: Quintana Galleries; Lillian Pit's New Works, 124 NW 9th Ave. (503)223-1729



Sat., May 14-June 2nd-... "come Spring," abstract paintings by Therese Murdza, fetured at Luke's Frame Shop. 2707 SE Belmont. 503.841.6090 or <http://www.lukesframeshop.com>

May 21-Sun.May 22nd-Mt. Tabor Art Walk! 26 Art Walk Sites from 10 a.m. to 5 p.m. MtTaborArtWalk.com

Fri, April 1 to Sun, June 19: Oregon Historical Society Exhibition. 'Peace Corps: 50 Years of Service.' Peace Corps alumni loaned artifacts, extraordinary photos along with written and audio recollections of their travels.

Sun, May 29, Oregon History Museum. Pedal to the Metal: An Exhibit of Oregon's contribution to automobile design through its race car builders and local enthusiasts. This exhibit showcases breathtaking displays of race cars, motorcycles, & engines. Video footage, photographs, memorabilia, & eye-catching wall graphics provide context and history for the exhibit

Wonky Portland-Scapes, by June O. Underwood. Underwood, an acclaimed textile artist, is showing her paintings at Full Circle Gallery, 640 SE Stark St. through Wed., June 1st.

Wed, May 25, OMSI After Dark: Art, Auction and Music. A museum night for the 21+ crowd with food, drink, and science fun! 6-10 pm.

Music: Artichoke Community Music, Zen and the Art of Performance - by Caroline Aiken, Sun., May 22, is a five-part workshop: 1:30 p.m. to 4:30 p.m. Cost is \$25 for workshop or \$30 for workshop and show Contact 503 232-8845 /

Blues and Jazz

Blue Monk
3341 SE Belmont, thebluemonk.com.
Sunday nights: Jazz at 7:30 to 10:30 thebluemonk.com;
Sun, May 22: ESI with Chad Hensel/clarinets, Greg Scholl/bone, Josh Dahlager/bass, Mark Burdon/drums;
Tues, May 31 Saxophobia w/John Gross and Warren Rand);
Sun, June 5: John Stowell and Friends with George Mitchell and Todd Strait. Ticket prices vary.

Candlelight Room: 2032 SW 5th Ave.; 503-222-3378; Price: Free; All shows: 9:30-to-1:30.
Fri, May 20: Bogie Bone;
Sat, May 21: Kurt Green;
Fri, May 27: Hip Replacements;
Sat, May 28: LaRonda Steele;
Sat, June 4: Return Flight.

Jimmy Maks

Mondays, **May 16 and 23:** Dan Balmer Band at 8;
Wednesdays, May 18 and 25: Mel Brown. (Cover charge varies)

Bluegrass

Saturday, May 21-Eastside Bluegrass series: 7 p.m. to 9:30 p.m. at 660 SE 160th, Freedom Foursquare Church, 7 p. m. Sleepy-Eyed Johns, 8:45 p.m. Broken Top.
*Every Third Saturday!

Comedy

Harvey's Comedy Club on 436 NW 6th Ave.
Thurs through Sun; first show at 7:30 to 9 with an additional 10:00 to 11 show on Fri and 5 to 6:30 on Sat. Sundays: Open Mike at 9, free admission and prizes. Headliners:

May 19 to May 22: Robert Duchaine & Rick Pulido:

May 19th to May 22nd; "<http://www.harveyscomedyclub.com/content/view/197/4/>" ONE NIGHT ONLY:

Wed. May 25th @ 8pm: Luenell, The ORIGINAL Bad Girl of Comedy;

May 26th - May 29th: "<http://www.harveyscomedyclub.com/current-headliner/current-headliner/co-headliners-dave-burleigh-justin-leon-Thurs.->

May-26th---Sun.-May-29th.html" Dave Burleigh and Justin Leon. Buy tickets online at Harveyscomedyclub.com.

Dancing

Belly dancing
Wed and Fri in Blue Monk basement, 3341 SE Belmont, Belly dance begins at 8 with a \$5 cover

Fri, May 20: Offbeat Belly Dance in the Blue Monk basement; begins at 8:30 with a \$5 cover. Cassiopeia and the Tiger Lillies performing along with off-beat regulars.

Sat, May 28, 8 p.m. at 717 N. Grand, Cassiopeia's Student Hafla in Vancouver, WA. Cassiopeia has a sophisticated Egyptian dancing style that has won her numerous awards. Her talent has made her a long-time favorite with locals. She appears with students and solo. See Bellyrolls.net.

Saturday evenings at Mummy's Restaurant, 622 SW Colombia; bellydancing begins around 8.

Rose Festival Belly Dancing: **June 10 to 12.** Fri at 7, Sat at 6 and Sun at 12.

Please send events to Elizabeth Rathbun via editor@theportlandalliance.org

Tango.

Evening Milongas from Monday through Saturday and Sunday afternoon. Visit Portlandtango.com for details.

Mon: PDX Police Athletic Association (PPAA), 618 S.E. Alder, Basic lesson 7:00 to 8:00, dancing to 12 p.m.
Wed: Norse Hall, 11th and Couch St.; Basic lesson 7:30 to 8:30, dancing to 12 p.m. Thurs: Norse Hall, 11th and Couch St.; Basic lesson 7:30 to 8:30, dancing to 12 p.m. Fri: Paradise Ballroom: 826 S.E. Belmont; Practica, 2 to 6 p.m. Sun: Viscount Studio at 724 E. Burnside; 1 to 5 p.m.

Festivals

Fri. & Sat. May 21st and 22nd, 2nd Annual "Fiesta Days Car Show" hosted by El Hispanic News: Teen Dance contest Sat & Sun 12noon; hydraulic demonstrations at 2pm; salsa dance demos at 4pm on Sat.

Film

Hollywood Theatre Film Action Oregon; 4122 N.E.Sandy; See Hollywoodtheatre.org for times.

Lectures

The 2011 Illahee Series includes leaders in energy policy, sustainability, biotechnology, food systems, economics and governance. Innovating in the Commons...
Wed, Aug 31: Elinor Ostrom - Nobel Prize Winner - Social Innovation \$20. per event; tickets for all events also available at slight discount. at First Congregational Church, 1126 SW Park, Portland.

Thurs., May 19-"Competing Ethnic Identities: Is the Other an Other? Jewish Life in Muslim lands." is Professor Phillip Ackerman-Lieberman's subject for a 4 p.m. lecture at Urban Center, rm. 710 at PSU. more info: sociologyofislam.org

Music at McMenamins

Sunday, May 22: Bronnie Griffin, Irish Fiddle Player. Friday, May 27: Low Tide Drifters, Back Porch Revival and Whiskey Puppy at White Eagle Saloon, 836 Russell Street at 9:30.

Theatre - Plays

See this link for list of Portland theatres. <http://www.all-oregon.com/state/info/theatre.htm>
Artists Reparatory Theatre, artistsrep.org, 1516 SW Alder, (503) 241-1278
Week nights at 6:30 p.m. reduced price tickets available for \$20 each. (30 min. before curtain)

Through May 22: Chekhov's The Cherry Orchard; Characters return to their ancestral home and Cherry orchard on eve of an auction for its delinquent mortgage. Milagro Theatre, milagro.org, Box office: 425 SE 6th and Theatre 525 SE Stark, (503)236-7253

Portland Center Stage, pcs.org, 128 NW 11th Ave.; (503) 445-3700
Through June 19: 'Bust', Comedian Lauren Weedman, former Daily Show faux correspondent presents her one-woman show about erienes in-between jail and Hollywood.

Elizabeth Rathbun has a science, business and landscape design background. She gardens and writes from Tigard. She is former co-editor of The Washington Co. Democratic Party Newsletter, a member the League of Women Voter's Legislative Action Committee, & a contributor who enjoys multicultural events.

KBOO 90.7fm is proud to present

NO DEMOCRACY NOW!

the CAFTA debate from the Central American perspective, Supreme Court nominations, British activists against the war in Iraq, White House trying to oust Castro once again, the

weekdays 7-8 a.m. & 4-5 p.m.

Downing Street memo, censorship in Ethiopia, reparations in South Africa, mad cow disease, CPB funding cuts, the increase in the white supremacy movement, artist protests in Brazil, Wal-Mart whistleblowers, Amnesty International's report on Guantanamo, and much much more. hosted by award-winning journalists Amy Goodman and Juan Gonzalez.

OREGON LITHOPRINT

Oregon Lithoprint
1315 NE Miller St
McMinnville, OR 97128

- Phone (503) 472-5115
- Toll Free (877) 472-1198
- Fax (503) 434-1462

E-mail: sales@oregonlitho.com

A Book Review: *Lucasville, The Untold Story of a Prison Uprising*, by Staughton Lynd

By JAY THIEMEYER

Lucasville, The Untold Story of a prison uprising, by Staughton Lynd, PM Press 2011 (new edition), 231pp., \$20



Staughton Lynd

A recent op-ed in The New York Times by a former death row inmate in Louisiana, released when evidence withheld by prosecutor was obtained and he was cleared and released, brought an interesting response from

readers. The letters-to-the-editor indicated how many people still believe this country has a justice system. As in fair treatment before the law. As though if you're poor, you're guaranteed a fair trial. And all the appropriate evidence and all the necessary resources to gather it, will be available to clear the innocent and convict the guilty.

As this excellent slim book shows, it ain't necessarily so. Staughton Lynd is perfect to address this subject. A former historian who taught at Yale and elsewhere, returned to school to get a law degree and now, with his

attorney wife, advocates for the marginalized. In this case bringing forward evidence that would clear the five peacemakers from the Lucasville rebellion of '93. If we lived in a rational world.

But Lucasville is in Ohio and Ohio's governor Kacik has more important things to do, namely demean the public service unions, retract guaranteed collective bargaining rights of public unions, and other agenda items on the

Review Continued on Page 21

Libya is not about oil, Its about money

Ellen Brown, continued from page 10

They are to be kept independent from government to make sure that political considerations don't interfere with this mandate. "Price stability" means maintaining a stable money supply, even if that means burdening the people with heavy foreign debts. Central banks are discouraged from increasing the money supply by printing money and using it for the benefit of the state, either directly or as loans.

In a 2002 article in Asia Times titled "The BIS vs National Banks," Henry Liu maintained: "BIS regulations serve only the single purpose of strengthening the international private banking system, even at the peril of national economies. The BIS does to national banking systems what the IMF has done to national monetary regimes. National economies under financial globalization no longer serve national interests."

... FDI [foreign direct investment] denominated in foreign currencies, mostly dollars, has condemned many national economies into unbalanced development toward export, merely to make dollar-denominated interest payments to FDI, with little net benefit to the domestic economies.

He added, "Applying the State Theory of Money, any government can fund with its own currency all its domestic developmental needs to maintain full employment without inflation." The "state theory of money" refers to money created by governments rather than private banks.

The presumption of the rule against borrowing from the government's own central bank is that this will be inflationary, while borrowing existing money from foreign banks or the IMF will not. But all banks actually create

the money they lend on their books, whether publicly-owned or privately-owned. Most new money today comes from bank loans. Borrowing it from the government's own central bank has the advantage that the loan is effectively interest-free. Eliminating interest has been shown to reduce the cost of public projects by an average of 50%.

And that appears to be how the Libyan system works. According to Wikipedia, the functions of the Central Bank of Libya include "issuing and regulating banknotes and coins in Libya" and "managing and issuing all state loans." Libya's wholly state-owned bank can and does issue the national currency and lend it for state purposes.

That would explain where Libya gets the money to provide free education and medical care, and to issue each young couple \$50,000 in interest-free state loans. It would also explain where the country found the \$33 billion to build the Great Man-Made River project. Libyans are worried that NATO-led air strikes are coming perilously close to this pipeline, threatening another humanitarian disaster.

So is this new war all about oil or all about banking? Maybe both - and water as well. With energy, water, and ample credit to develop the infrastructure to access them, a nation can be free of the grip of foreign creditors. And that may be the real threat of Libya: it could show the world what is possible. Most countries don't have oil, but new technologies are being developed that could make non-oil-producing nations energy-independent, particularly if infrastructure costs are halved by borrowing from the nation's own publicly-owned bank. Energy independence would free governments from the web of the international bankers, and of the need to shift production from domestic

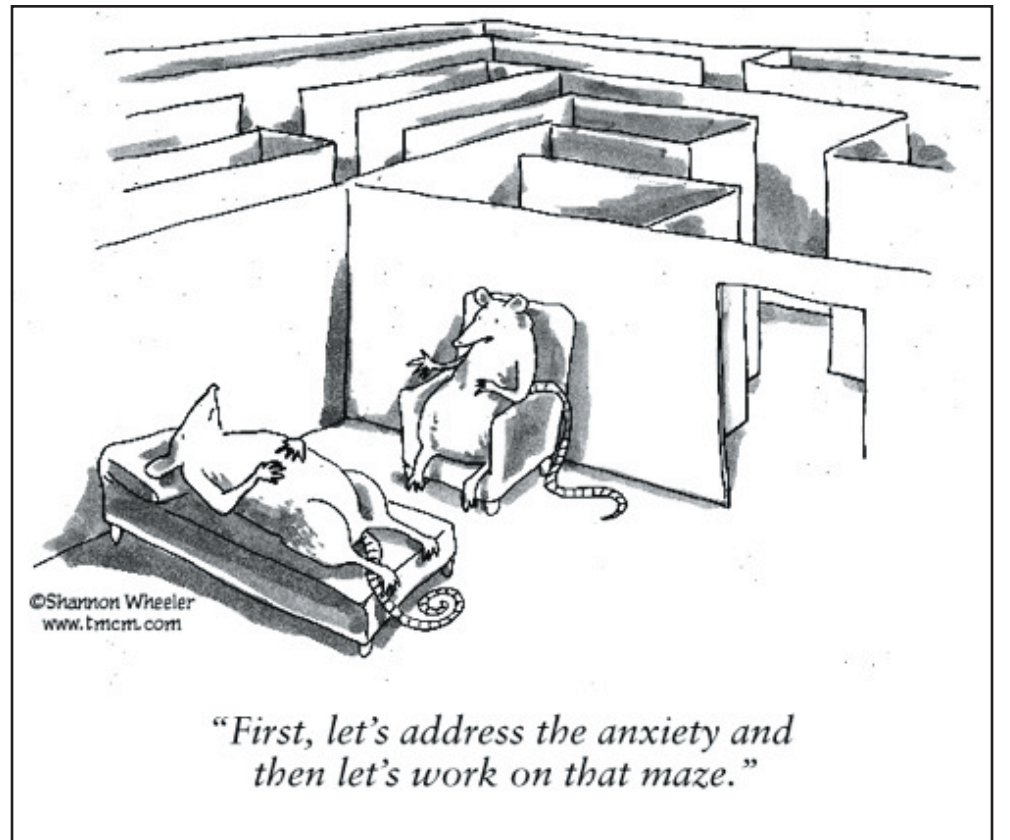
to foreign markets to service the loans.

If the Gaddafi government goes down, it will be interesting to watch whether the new central bank joins the BIS, whether the nationalized oil industry gets sold off to investors, and whether education and health care continue to be free.

Ellen Brown is an attorney and president of the Public Banking Institute, <http://PublicBankingInstitute.org>.

Her websites are <http://webofdebt.com> and <http://ellenbrown.com>.

CHARLES PIATT
FUNCTIONAL & DECORATIVE
STONEWARE DINNERWARE
2807 SE STARK STREET
PORTLAND, OR 97214
(503) 238-0973
STUDIO
(503) 284-6946
RESIDENCE



above cartoon by Shannon Wheeler

NO SWEAT.
Union made Footwear & Clothing
www.NoSweatShop.com

**ACUPUNCTURE
MASSAGE > HERBS**
FOR ALL YOUR HEALTH NEEDS
PAUL GLAVIN, L.Ac., LMT
503.886.9889
WWW.PDXACU.COM

(expletive deleted)
COMPUTER REALLY STARTING TO TEST YOUR COMMITMENT TO NON-VIOLENCE?

Then it's probably time to call PHILL.
(before you do something he CAN'T fix.)

- ✓ SOFTWARE / HARDWARE installation • troubleshooting • upgrades
- ✓ PC / INTERNET CLASSES groups • one-on-one
- ✓ BASIC WEB DESIGN / html

non-profit rates available • will negotiate trades for services

PHILL/the Portland Alliance web person 503/252-4403
email: p2r9s@hevanet.com

COLIBRI
Paintings and Illustrations
www.colibrilovesyou.com

America's First Black President Invades Africa

Business/Economic Feature
 Week of March 20, 2011
 BUSINESS EXCHANGE

By William Reed

AMERICA'S FIRST BLACK PRESIDENT INVADES AFRICA
 Saying that "It's time for Gadhafi to go," President Barack Obama joined a coalition of colonialist countries to invade Africa. Ignoring protests from leaders of the African Union, Obama partnered with NATO's (North Atlantic Treaty Organization) league of neo-colonialists to "get Gadhafi."

Black Americans would do well not to drink from the same cup of Kool Aid as has Obama. We should be aware that Western media's characterizations of Gadhafi as "crazy" and "a brutal dictator" deserve due scrutiny. Mainstream media in NATO countries have played a major role in demonization of Gadhafi to get the acceptance across the world these imperialists' intervention in a civil matter.

Black Americans would do well to not to drink from the same cup of Kool Aid as Obama; who ignoring the call of the African Union, joined with old colonialist powers to "get Gadhafi." The West's mainstream media is enjoined in telling the same ole story: that Gadhafi "is crazy," "a brutal dictator," that "this is not about oil" and that "we will be in and out quickly." The corporate media has played a superb role piling on in the demonization of Gadhafi toward getting the world's outright acceptance of the imperialists' intervention in an internal and civil matter.

Cleveland Congressman Dennis Kucinich said Obama has committed "an



impeachable offense." Nation of Islam leader Louis Farrakhan said Obama should have a meeting with Gadhafi and that "you can't order him to step down and get out, who the hell you think you are?"

get access to the country's oil." Zimbabwe President Robert Mugabe called Libya "an African issue that should get its solutions from Africans and not from Europe and America" Mugabe was joined by South African President Jacob Zuma in saying that "the arming of the rebels in Libya by the Americans and other foreign western powers is a direct attack on African sovereignty and a clear demonstration of foreign interference".

Where Libya's revolts fueled by economic issues as the media would have us believe? Black Americans are as foolish as Obama if they try to perceive what is happening in Libya within a Eurocentric perspective. Libya's system and the battle now taking place are outside of Westerners' imagination. Libya's young people are well dressed, fed and educated. Libyans earn more per capita than the British. Libya's wealth has been fairly spread

have a house or a flat, a car and most have televisions, video recorders and telephones.

Gadhafi has been target of aggression from the West since the 1980s. News coverage by Western media is oversimplified, misleading and stacked toward getting rid of Gadhafi. An array of anti-Gadhafi spokespersons, most living outside Libya, has been paraded in front of us. The media and their selected commentators have done their best to manufacture an opinion that Gadhafi is just another tyrant amassing large sums of money in Swiss bank accounts. In contrast to Western depictions, Libya utilized revenue from its oil to develop the country and its people. Instead of letting people know that Libya has one of the world's highest standards of living, Western media and Obama will lead you to believe "we need to go save them."

Before they endorse this move by Obama "to save the world" through military might, Blacks should ask themselves: "Which country has the bloodiest history of genocide, slavery, invasions, coups, installing and backing brutal regimes, bombings, massacres and mass destruction, including the use of nuclear weapons? Which government imprisons its own people, in particular its minorities, at the highest rate in the world? Do we want to continue these practices? America's first Black President is proving himself "one of the boys" when it comes to participating in, and being a part of, imperialists' interventions.

(William Reed is available for speaking and seminar projects via BaileyGroup.org) See Mr. Reed's, Don't Rock the Boat: www.theportlandalliance.org/williamreed

"In contrast to Western depictions, Libya utilized revenue from its oil to develop the country and its people. Instead of letting people know that Libya has one of the world's highest standards of living, Western media and Obama will lead you to believe "we need to go save them."

Obama failed to notice the African Union's caution that "Libya's territorial integrity should be respected" and that "outsiders have armed Libya's rebels to

throughout society. Every Libyan gets free, and often excellent, education, medical and health services. New colleges and hospitals are impressive by any international standard. All Libyans

Sleepwalking

Tom Engelhardt

Sleeping Continued from Page 6

Could this be how it's always felt inside a great imperial power on the downhill slide? Could this be what it's like to watch, paralyzed, as a country on autopilot begins to come apart at the seams while still proclaiming itself "the greatest nation on Earth"?

I don't know. But I do know one thing: this can't end well.

Tom Engelhardt, co-founder of the American Empire Project, runs the Nation Institute's TomDispatch.com.

His latest book is *The American Way of War: How Bush's Wars Became Obama's* (Haymarket Books).

Copyright 2011 Tom Engelhardt

Duke's Landing Restaurant
 2715 SE Belmont Avenue
 Portland, Oregon 97214
 Phone: (503) 234-0727
 DukesLanding@Yahoo.com
 Cell: (503) 310-6340

<http://MicrocosmPublishing.com/>
 in Portland?
 Check out our store:
 636 SE 11th Ave map
 open 11-7 everyday!
 503-232-3666 (store phone!)
 (888) 503-0599 (new fax #!)

WORKING AMERICA

A Community Affiliate of the AFL-CIO

Job Opportunities

There has never been a more important time to work with the labor movement.

Across the country, working families are under attack. Overzealous politicians blame middle-class public employees for their budget woes, corporate CEOs collect hundreds of millions of dollars in bonuses while laying off workers and ripping communities apart, and Wall Street gambles with the retirement savings of workers everywhere. The only way to fight back is through strength in numbers-and with over 3 million members, Working America is on the front lines.

Join us, and you'll be joining one of the most sophisticated, professional field programs in the country. Our rapidly expanding program is hiring Field Managers and Canvass Organizers to work in cities across the country. Develop advocacy skills, get campaign experience and leadership training, and win on issues and elections.

815 16th St., N.W.
 Washington, DC 20006
 202-637-5137
www.workingamerica.org

Field Manager

Join Working America as a Field Manager: Field Manager salary starts at \$32,782 per year and includes medical insurance, paid vacation and sick leave. Women, people of color, and LGBTQ individuals are highly encouraged to apply.

Canvass Organizer

Qualified candidates will demonstrate excellent communication skills and possess a commitment to organizing.

Working America, The Community Affiliate of the AFL-CIO is currently hiring activists with a passion for justice. With Working America you can expect thorough issue & skills training. Guaranteed 40 hours a week. Advancement opportunities. \$1.42/hr + bonuses. Full benefits.

If you are committed to grassroots organizing with a positive attitude and excellent communication skills, please call 503-224-1004. Checkout www.workingamerica.org for details!

JOBS JOBS

Trivia Contest

Enter the DMV Trivia contest to

WIN \$1000!

If you are the first person to send out a Request for a Public Record and receive a response that is the "Session Law," or "Legislative Enactment," wherein the Oregon Legislative Assembly described and authorized the sale of the "Non-commercial" driver license that is offered by Driver and Motor Vehicle Services in their handout booklet, "Oregon Driver Manuel," you win!

Register to win by completing the above process. Or you can receive assistance with this process by sending a self-addressed stamped envelope (plus \$5, to Richard Koenig. (request address: richardl.koenig@gmail.com.) You will receive a copy of a formal Request for a Public Record. You can use the original to make copies and send out as many requests as you choose.

If you receive the record or law, mail it and the envelope it came in to Richard, to claim your \$1000 dollars!

Need a Great Plumber?
Progressively Approved?
Call (503) 491-8395

Are You a Sustainabilist?

By CHARLIE WHITE

Are you recycling your waste and doing what you can to minimize your "carbon footprint" by biking, busing, walking more, driving and buying less?

Perhaps you are one of the hundreds of Portlanders who are "serving" on any one or more of numerous community committees with agendas to improve -- or even "save" -- our climate, our city and our environment from peril due to the unsustainable. Do you believe we must all do our collective part to address climate change or global warming?

Answering yes to any of these is exactly why "Sustainable" is U.N.-Sustainable.

Admittedly, most of us don't include UN Agenda 21 or ICLEI or Common Purpose into our daily conversations. Instead we use words like "green



"While our houses are on fire, we are being gently coerced and marketed."

jobs," "green buildings," sustainable business practices and sustainable farming.

As in all things in our fabricated reality, we as a people have been "sold" to. We are being socially engineered -- hypnotized, if you will -- by feel-good, "harmonizing" words and ideas. In other words, ladybugs, while our houses are on fire, we are being gently coerced and marketed. Welcome to the New World Order, the biggest, best money can buy!

History in a nutshell

In 1968, The Club of Rome, a small international group of alleged professionals from the fields of diplomacy,

industry, academia and civil society, met at an Italian villa to address an international perspective.

Meanwhile in the U.S., Wisconsin Senator Gaylord Nelson responded to a 1969 oil spill in the Santa Barbara Channel -- the third largest after the "Exxon Valdez" and "Deep Horizon" disasters -- by declaring the first Earth Day in April of 1970. Nelson formed "Earth Day 20" while, through a disparity of directions, environmental activist and head of the Solar Energy Research Institute in the Carter administration, Denis Hayes, coordinated the original national "Earth Day 1990," also to be celebrated on April 22, 1970 and thereafter.

Sustainabilist continued on Page 21

Vegetable Gardening Basics, Part 2

Last month I wrote about some general items for beginning vegetable gardeners to consider before diving in: start small, consider using raised beds, place beds in the sun, set up a compost bin NOW, create a complex ecosystem, and plan to use supplemental water. Now it's time to get plants in the ground!

It's probably a good idea to start with a plan. You know how much space you have for planting and most seed packets will tell you how much space you need between plants for optimal health. For the first year, follow these instructions. Later on you will have a better feel for how much space your plants need. Don't try to grow too many plants.

The second order of business is making sure your garden soil is as fertile as can be. Improving soil quality at all times is a practice that will pay you back handsomely in the long run. My goal is to leave the soil in better shape than I found it, every time I plant—and that might be two or three times a year in some beds (for example, spinach, followed by lettuce, followed by cover crops). Every time I plant something I add compost to the surface of my veggie beds. Then I let nature take over, with worms, pill bugs, centipedes, and their tiny friends (and enemies) breaking the compost down further and working it into the soil. At the beginning you very likely will need to work organic matter, such as compost, manure, and rotted leaves, into the soil, and this may require a rototiller. (Ouch! It hurts to say that because generally my recommendation is to not disturb

Ground View

BY GLEN ANDRESEN

Natural gardening educator and organic gardener Glen Andresen teaches beekeeping, gardening & more at <http://kboo.fm/> TheDirtbag



Picture provided by Glen Andresen

your soil unless it is absolutely necessary. And in the beginning, it usually is.) Turning the soil by hand is less harmful to the soil than rototilling and is definitely doable in a 4- by 8-foot bed.

You will need some organic fertilizer. How much and what kind? A good basic fertilizer with pretty even numbers (such as 5-5-5) will serve you just fine your first year. I also think you wouldn't go wrong with rock or glacier dust, which supplies many micronutrients. I don't recommend getting a soil test done until at least the second year, until you know for sure that you want to continue gardening. How often should you get a soil test? Somewhere between once and twice a lifetime.

For the first year, buy veggie starts such as tomatoes, peppers and eggplants from one of the many fine locally owned nurseries. Other veggies can be easily planted by seed, so try your hand at planting green beans, peas, zucchini, cucumbers, and seed potatoes. Some veggies are a bit trickier. For example, it takes deep, fertile soil

to grow long carrots and you are unlikely to be successful at growing melons your first year. But don't be afraid to experiment. You learn a lot by doing. And only plant what you like to eat!

Arrange your plants so that weeding, watering and harvesting can be done with the least amount of effort. Because you won't be walking in your beds, make sure you can reach into the middle. Stay on top of the weeds, making sure to pull them out before they go to seed; early weeding keeps weeds from competing with your veggies for light, water and nutrients.

Think beyond just vegetables to make sure you are creating a complex ecosystem. This means making sure you have planted flowers that attract beneficial, pest-eating insects such as ladybugs. Some good, common beneficial-attracting plants are alyssum, cosmos, sunflowers and yarrow. Think of it this way: healthy, complex landscapes prevent pest outbreaks, and healthy plants resist pest damage.

Your number one pest may be slugs (if you don't count squirrels digging in your soil and eating your corn. Don't ask how I know!) Don't be scared of slugs. Get out there at dusk or dawn and hunt them down, dispatching them with your pruners,

scissors or two bricks. You can also take advantage of slug baits that are approved for use in organic gardens and farms. These products use iron phosphate as their active ingredient.

Some of my must-have tools include hand pruners for pruning and cutting down old plants, a pointed hoe for pinpoint accurate weeding and creating furrows, a trowel for digging small holes for transplanting, and a five-gallon bucket for hauling all sorts of things, from compost to weeds to toting your tools.

The time to plant is now. Get cracking!
Silverton, OR~The Oregon Garden Workshops & Events
879 West Main Street
The public is invited to a front-row seat at the garden. The 80 acre botanical attraction has events for adults and children. Admission Free contact 503-874-8100 for more information.

PDX Garden Chinese: lansugarden.org; Highlights: Music in the Teahouse, Bloom Walk, Art, Summer hours.10 to 6 daily Japanese: japanesegarden.com

Sat, May 21 to 22: Bonsai Exhibition. Summer hours: 10 to 7 Tues through Sun and 12-7 Mon.

When an ordinary Realtor won't do...

As a team, we are able to serve you better than an individual Realtor ever could.



3144 SE Belmont St.
Portland, OR 97214
503-238-7617 office

"When I looked back at the topics I've covered through the years, I was surprised to find I have never written a column on my recommended procedures for starting a vegetable garden."



by Clyde List

POETRY PAGE

Subversive Verse
BY MARY OUGHT SIX

“Nothingness Is No Picnic”

Don't fret—
throw something into
your hot pink lunchbox
and meet me down at the cemetery
where, if we're lucky
the shadow of the Buddha
will appear on the trunk
of a maple tree
his stillness
a demonstration
of just how we
ought to proceed

-- Christopher Luna, October 12, 2010

“The Poem Waits for Us in the Park”

Oh gosh. Oh my God. Oh goodness.
Your flower is all gone.
Oh my goodness.
Your flower has returned.
She likes that sound better.

Muse glides into the picture.
Her nipples precede her.
Maui. It was healing.
Gothic spiderweb branch stretches across
tan collarbone
Beads of sweat inviting a kiss.
Or contemplation of sustenance.

Nothing will fall
except that which
can no longer stand
This process will not harm you.

Cleavage. Dogs. Leashed and unleashed.
Swimsuited two-year-old commands balloon horse forward.

Everyone on the grass or on the move.
Each blade is alive.
Entertain the possibility that they may be sentient.

Bunny carried her son to this spot in 1960.
Here she finds herself again.
We all leave. We all return.

Are we talking about a line or a circle? Both?

I am here. I am a rich man,
and I am surrounded by beauty.

-- Christopher Luna

Christopher Luna is
the host of the popular
Ghost Town Poetry
open mic reading series,
which returned to
Cover to Cover Books
in Vancouver
on April 14.

Cover to Cover's
new location
is 6300 NE St. James Rd.,
Suite 104B.
Check out
christopherluna-poetry.blogspot.com
for more poetic info.

Poetry Submissions:

Poets may submit
materials for publication

electronically to
mary.otte@gmail.com

or send snail mail to

Mary Otte:

Poetry Editor

at

The Portland Alliance

Box 14162

Portland, Oregon

97293-0162.

“How is the Insomnia?”

Today sleep walking; I'm going down-
town where there's a little place

Where the coffee

Is hot

And black

And the waitress

Is hot

And black

I'm gonna read the paper

I'm gonna

Read the writing

On the wall

Street

Journal

The ink is hot

And runs red

The color of tape

-- Alex Birkett

“Haiku for the Girl”

Stagger in high heels

Down broken alley pathway

Looking for a home

-- Alex Birkett

“Imaginary Friends”

When it is finally time to sleep

But you are the only one awake

You had better make sure

That you are making more noise

Than everybody else

Or their slumbering melodies

Will drive you insane

Open the windows

And scratch your words

Loud enough

So that you might actually hear them

This is the fool's drinking buddy,

Please see More Poetry Pages page 20

M O R E P O E T R Y

P D X P O E T R Y E V E N T S

The seducing lover,
The consoling companion,
The prophet's madness,
And a poet's only encouragement
-- Alex Birkett

"Downtown Dis"

The wet streets are still thirsty-
Where you walk.
I can only feel pity
As you talk,
For your vocabulary.
Tainted words
From your toxic necks black breath-
I have heard
The mad susurrus of meth,
The absurd
Reek of sulfur, bleach, cat piss;
Hell remade.
With its gates smoldering hiss
A green shade
Offers the betrayer's kiss
With the lips
Of my departed brother.
Poison drips
From his infected blisters
His tongue trips
On the lies in his whispers.
From nine Hells
Twelve steps prove insufficient.
-- Alex Birkett

Alex Birkett left Kansas for the Pacific Northwest at a young age. He has been able to procure fairly stable living conditions and attend college after initial episodes of shelter coasting and bridge squatting.

He never clicks his heels for fear that he might actually go home.

"DEMOCRACY"

The man reading in a mechanical voice how operatives tortured his brother by cutting open his cock.
The machine—the machine—that is this country—inside me.
Cutting cutting cutting cutting
-- Jane Knechtel

Jane Knechtel

is a Portland poet and psychotherapist. Her work has appeared in numerous publications, including *The Labletter* and *The Oregonian*.

She has poems in the following anthologies: *White Ink: Poems on Mothers and Motherhood*, *Eating her Wedding Dress: A Collection of Clothing Poems and Not A Muse*. These publications are available at *In Other Words Bookstore* and *Feminist Community Center*, where she is a volunteer.
Honors and awards include the 2006 Parnell Prize in Poetry, The Georgia State University Review's Editors' Choice Award, the 2007 Milton Kessler Memorial Prize for Poetry (finalist) & the 2008 Donn Goodwin Poetry Prize.

"ADIRONDACK"

Damp cedar lawn chair--open-armed with promises in depths of winter.
-- Joan Maiers

Joan Maiers teaches writing at Marylhurst University.

Her work has been printed in publications including *Fireweed*, *Hubbub*, *The Other Side* and *Seattle Review*. She also hosts the monthly *Moonstruck Poetry Reading*.



Poetic Happenings Around Town

3 Friends Mondays: Caffeinated Art

Mondays, 7-8 p.m.

Three Friends Coffee House
201 SE 12th Avenue, Portland OR
Every Monday, three talented friends put together a combination of music, poetry, comedy, and/or live art to present a performance for you. Every Monday is unique, and we sometimes even bring strangers together to collaborate creatively. Poets, singers, cellists, bluegrass guitarists, comedy sketch groups, bands, and painters have all graced the stage, and there are always sweet surprises! Even better, there is no cover charge. Followed at 8 p.m. by the Show and Tell Open Mic

***editor's note:** This is a great weekly event for poets, musicians and performance artists of all walks! All of the readings listed on this page are fantastic, but I just realized that this is the first time I've ever listed 3 Friends Mondays! Poets, aside from sending your poetry, hit me with announcements, new book releases, reading times, whatever! I want the scoop.

Thanks. mary.otte@gmail.com

Moonstruck Poetry Reading

Sunday, May 25 at 6:30pm

Reading is free and open to the public. Moonstruck Chocolate Cafe is located at 45 South State Street, Lake Oswego, OR. Enjoy memorable words and celebrate the birthday of Oregon's great poet and story teller, Raymond Carver. Arrive early to order coffee and chocolate for listening to these local authors and live music: John Morrison, author of *HEAVEN OF THE MOMENT*, Joan Maiers, Ritz Moriyasu, Leah Stenson and KC Killingsworth, guitarist.

GHOST TOWN POETRY @ COVER TO COVER BOOKS OPEN MIC POETRY
HOSTED BY CHRISTOPHER LUNA AND TONI PARTINGTON

7pm THURSDAY, May 12

(and every second Thursday)

COVER TO COVER BOOKS

6300 NE St. James Rd.,

(St. James & Minnehaha)

Suite 104B

Vancouver, WA

all ages & uncensored since 2004

PAPER TIGER COFFEEHOUSE

Monthly Third Thursday

Open Mic and Featured Reader

Thursday, May 19th, 7pm

at Paper Tiger Coffeehouse

703 Grand blvd. in Vancouver

located between Mill Plain and Evergreen about a mile east of I-5

It's Time to Close California's Nuclear Power Plants

The facts all point to this "inconvenient truth" -- the time has come to shut down California's two nuclear power plants as part of a swift transition to an energy policy focused on clean and green renewable sources and conservation.

The Diablo Canyon plant near San Luis Obispo and the San Onofre plant on the southern California coast are vulnerable to meltdowns from earthquakes and threaten both residents and the environment.

Reactor safety is just one of the concerns. Each nuclear power plant creates radioactive waste that will remain deadly for thousands of years. This is not the kind of legacy that we should leave for future generations.

In the wake of Japan's Fukushima nuclear plant meltdown, we need a basic rethinking of the USA's nuclear energy use and oversight. There is no more technologically advanced country in the world than Japan. Nuclear power isn't safe there, and it isn't safe anywhere.

The perils to people are clear. In a recent letter to the U.S. Nuclear Regulatory Commission, Senators Barbara Boxer and Dianne Feinstein noted that "roughly 424,000

Media Beat

BY NORMAN SOLOMON



live within 50 miles of the Diablo Canyon and 7.4 million live within 50 miles of the San Onofre Nuclear Generating Station."

As someone who was an Obama delegate to the 2008 Democratic National Convention, I believe it would be a tragic mistake for anyone to loyally accept the administration's nuclear policy. The White House is fundamentally mistaken in its efforts to triple the budgeting of federal loan guarantees for the domestic nuclear power industry, from \$18 billion to \$54 billion.

Our tax dollars should not be used to subsidize the nuclear power industry. Instead, we should be investing far more in solar, wind and other renewable sources, along with serious energy conservation.

The Nuclear Regulatory Commission is a nuclear-friendly fox

guarding the radioactive chicken coop. The federal government has no business promoting this dangerous industry while safe and sustainable energy resources are readily available.

The fact that federal law imposes a liability cap of about \$12 billion on a nuclear power accident is a reflection of the fact that those plants are uninsurable on the open market.

As a candidate for Congress in the district that includes Marin and Sonoma counties, I intend to make this a major campaign issue. It remains to be seen whether my one declared opponent, Assemblyman Jared Huffman, will join me in urging a rapid timetable for the closure of California's nuclear power plants.

Huffman has ties to California's nuclear-invested utility PG&E. Between 2007 and 2009, according to campaign finance data compiled by nonpartisan Maplight.org, he received \$11,100 from PG&E, which owns and operates the Diablo Canyon nuclear plant.

While Huffman and other state lawmakers in February signed a letter to a federal commission on America's nuclear future citing seismic "concerns which deserve to be more closely examined," the time

for equivocation on nuclear power is long past. We don't need yet more study on whether to operate nuclear plants on fault lines.

People want bold and responsible leadership as we face up to the well-documented realities of nuclear power on this fragile planet.

Norman Solomon was director of the National Citizens Hearings for Radiation Victims in 1980 and co-authored "Killing Our Own: The Disaster of America's Experience with Atomic Radiation," which exposed the health and environmental effects of the nuclear industry. Mr. Solomon served as co-chair of the Commission on a Green New Deal for the North Bay.

A resident of Marin County for many years, Solomon is a nationally known political activist, media critic and author of 12 books. Last fall, The New York Times Magazine called him "a leading progressive activist."

More biographical information is posted at: <http://www.normansolomonnow.com/index.php/bio>

Solomon lives in Inverness with his wife, Cheryl Higgins, a nurse practitioner.

For further information on issues and Mr. Solomon's campaign, please visit www.SolomonForCongress.com or contact: NormanSolomonNorthBay@gmail.com, (415) 250-5200

Justice Deferred is Justice Denied... book review

Review cont. from Page 16

Tea Party calendar, than to grant or even consider clemency for innocents on Death Row in his state.

These five men and the circumstances surrounding their convictions is stunningly revealing about the status of justice in our country. These men were the acknowledged peacemakers in the rebellion, several clearly responsible for saving lives of guards and prisoners. However, they were maligned in a sensation-oriented mainstream press, vilified before the public and the judge responded to the public outcry accordingly.

Lucasville, as Lynd notes: 'is etched upon the American mind'; it is a name that means prison, like Sing Sing, Marion, or Lewisburg...."

"Yet," he continues, "there is a reason why Lucasville is not the equivalent of a latter-day Attica. The five men who are the focus of this work (who have been called the Lucasville Five) worked, against great odds, to prevent an Attica (where over thirty men per-

"Governor Kasich... should either grant or consider clemency for innocents on death row"

ished when the state unleashed deadly violence against hostages taken, and falsely blamed it on prisoners). They sought to minimize violence, and indeed, according to substantial evidence, saved the lives of several men, prisoner and guard alike."

The five men as characterized here are very human. They are not treated by the author as all of a type and indistinguishable. The probable murderer of the prison guard, whose alleged mutilation as reported by overzealous mainstream media reporters inspired such outrage from the public, is in fact one of the Five. Their fair treatment here suggests further scrutiny. Like Justice, things and men aren't black and white here.

There is a predictably powerful introduction by Mumia Abu-Jamal, whose live from Death Row reporting is familiar to listeners of Prison Pipeline on KBOO radio, and elsewhere.

The book is especially interesting during this legislative session here in Oregon. Legislators Chip Shields and Lew Frederick, in the Senate and House respectively, put forward very sensible bills to promote police accountability. The bills died in committee. The judiciary committee is dominated by former police and state troopers, Krieger, Barker, et al., who consulting with Mike Reese, chief of Portland's police, and the police unions head, Damien Gray, came to the conclusion that such accountability was not needed. That it would be an impediment to cops doing their job. Krieger, known for his dismissal of citizen input regarding police brutality, said it was Portland's problem and they should solve it.

Sam Adams is not the one to look to to stand up against the police. As Portland Copwatch has documented for well over a decade now, this legisla-

tion is more than necessary, it is life-saving. For accountability to be stymied by agents of a police apparatus notoriously unresponsive to citizens' oversight is more than irresponsible.

Back to Ohio's Death Row, the likelihood of redress of wrongs by their current governor, Kasich, is laughable, just like the rest of his Tea Party shenanigans.

Though slim, this book launches an effective, well-substantiated brief on behalf of these men and begs for a judicial review. If, that is, there is justice in Ohio. Maybe Justice has had its day. Maybe we are just slow to respond to its absence. In any event it's touching that film maker, Sidney Lumet, died recently. His '57 film, '12 Angry Men' set a reasonable man in the midst of other jurors whose pettiness, suspicion, prejudice, and laziness he won over. They were deciding the fate of a poor young man and fifty some years ago, the poor man won.

Jay Thiemeyer is a frequent contributor to The Portland Alliance & Street Roots. He advocates for the homeless on KBOO.

Are you a Sustainabilist?

Sustainabilist cont. from Page 18

(Back to Europe) By the mid-1980's, due to awareness of finite resources, a burgeoning world population, its commerce and complexity of interdependence, The Club of Rome placed greater emphasis on the environment. Thus the notion of sustainability began. It might be noted that the environment and economics are key links here. This think tank grew as well: their global purview to include education and welfare.

Enters the International Council for Local Initiatives (ICLEI) in 1990, later (re-)named, ICLEI Local Governments for Sustainability." From Argentina to Zimbabwe, with 69 countries in-between; over 1200 cities, towns, counties, and their associations worldwide now speak the universal mantra "sustainable."

You might wonder why this needs questioning. After all, most of us are concerned with preservation of our environment, our cities, towns, communities and neighborhoods -- in short, our world. Sensible people might ask why this is even questioned? What's the problem? I care about the environment! True, but what does sustainable mean? What is the agenda? (There always is one.) What are the ultimate costs and who is paying for it? How will green, sustainable living affect me, my family and my community? Most of all, what does it have to do with the environment -- and especially climate change?

Problem-Action-Solution-Marketing Problem:

The first important thing in selling an idea is to create a problem. In this case, Global Warming was ushered in and fueled by Al Gore's "An Inconvenient Truth" -- a climate-changing documentary! The movie won an Oscar, and Gore was acclaimed as a leading environmentalist, never mind his resplendent, excessive carbon-footprint and the ensuing monetary windfall. Maybe this was the climate change he was talking about. The big screen motivated a still-roiling firestorm of unsettled debate over whether global warming is even a legitimate concern. Republicans argued "unproven" global warming while Dems and Progressives

averred scientists' claims that global warming is a dire issue. In the heat of the argument, despite a chasm of opinions, the now-named "climate change" issue supports green and sustainable armies of people doing ICLEI's bidding. Why is this such a partisan issue?

This will be continued in the June Issue, for those who cannot wait, the whole piece can be accessed online: theportlandalliance.org/sustainabilist Here is a tube supplement: <http://www.youtube.com/watch?v=s02gk0HjdiM>

Charlie White is local artist, painter, and writer... We will include the rest of this thought-provoking article in our next issue!

NEWS BYTES! PROGRESSIVE IDEAS IN MOTION:

Noam Chomsky: The International Assault on Labor

Noam Chomsky, Truthout: "In most of the world, May Day is an international workers' holiday, bound up with the bitter 19th-century struggle of American workers for an eight-hour day. The May Day just past leads to somber reflection. ... the 'precarious proletariat' suffering from the programs of deunionization, flexibilization and deregulation that are part of the assault on labor throughout the world."

Read the Article: truthout.org/international-assault-labor/1304431702

Is Oregon Capitol News an "Independent" News Outlet?

May 9th, 2011: Earlier today, in announcing its new "Oregonian News Network," the Oregonian proudly trumpeted its new partnership with Oregon Capitol News as a provider of online content. In the year and a half since the Oregonian was taken over by N. Christian Anderson III—who came to Oregon after running the Orange County Register and another right-wing publication in Colorado Springs—the newspaper has lurched to the right. More info: <http://ouroregon.org/>

Barring an agreement, the MCC faculty association will go on strike at 5 a.m. Thursday, May 12. It's time for MHCC to negotiate in good faith with its faculty. Last time, with pressure from the community, the board came to the table and worked out a compromise that worked for both sides. Right now the board is unwilling to do that. By Jenni Simonis of Gresham, Oregon. More info: <http://www.blueoregon.com/2011/04/its-time-mhcc-negotiate-good-faith-its-faculty/>

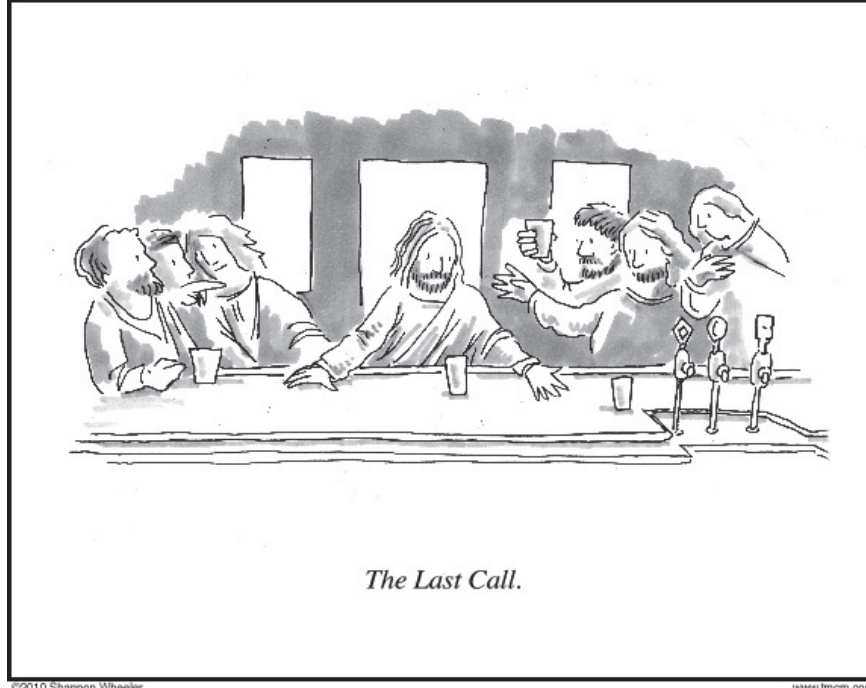
House Progressives Call for Withdrawal From Afghanistan After Bin Laden's Death, by: Nadia Prupis, at Truthout,

May 5th, 2011: Congressional Progressive Caucus (CPC) co-chairs on Wednesday sent a letter to President Barack Obama calling for the reduction of US troops in Afghanistan following Osama bin Laden's death. *Reps. Keith Ellison (D-Minnesota), Raul Grijalva (D-Arizona) and CPC Peace & Security Task Force co-chairs Mike Honda (D-California), Barbara Lee (D-California), Maxine Waters (D-California) and Lynn Woolsey (D-California)* wrote that Bin Laden's death offered the US a new opportunity to end their involvement in the war in Afghanistan. / "In the wake of Osama Bin Laden's death, now is the time to shift toward the swift, safe and responsible withdrawal of US troops and military contractors in Afghanistan," <http://www.truthout.org/house-progressives-call-withdrawal-afghanistan-after-bin-ladens-death/1304603577>

Cheney Was Right About One Thing: Deficits Don't Matter

NIHILARITY

SHANNON WHEELER



The Last Call.

©2010 Shannon Wheeler

www.tnccm.com

Ellen Brown, Truthout: "Former Vice President Dick Cheney famously said, 'Deficits don't matter.' A staunch Republican, he was arguing against raising taxes on the rich; but today, Republicans

the American public has that the oil spill disaster is over, the Gulf Restoration Network took reporters on a tour of Louisiana's affected areas. At Jimmy Bay, the marsh and grass is coated and the ground is seeping oil.

"We, as Americans, need to face facts: We have a runaway Executive Branch when it comes to warmaking."

seem to have forgotten this maxim. They are bent on stripping social programs, privatizing public assets and gutting unions, all in the name of 'deficit reduction.' Worse, Standard & Poor's has now taken up the hatchet. Some bloggers are calling it blackmail." Read the Article <http://www.truthout.org/cheney-was-right-about-one-thing-deficits-dont-matter/1303850419>

Secret Memos Expose Link between Oil Firms and Iraq Invasion From the Independent.co.uk by Paul Bignell Tuesday, April 19, 2011

Documents recently released under the Freedom of Information Act reveal that government ministers and oil companies discussed plans to exploit Iraq's oil reserves before Britain took a leading role in the invasion. Baroness Symons, then Trade Minister, told BP that the Government believed 'British energy firms should be given a share of Iraq's enormous oil and gas reserves as a reward for Tony Blair's military commitment to US plans for regime change.' <http://www.independent.co.uk/news/uk/politics/secret-memos-expose-link-between-oil-firms-and-invasion-of-iraq-2269610.html>

From Truthdig.com by Brad Friedman: Something Fishy in Wisconsin April 14, 2011

Brad Friedman asserts we do not have a citizen overseen democracy in the US. Huge discrepancies in recent Wisconsin elections have surfaced. Proprietary software was used in Wisconsin as in previous questionable elections by Diebold, Sequoia and other companies. http://www.truthdig.com/avbooth/item/something_fishy_in_wisconsin_20110414/

From Truthout by Sue Sturgis A Year Later, BP's Oil is Still Damaging the Gulf Coast Monday, April 18, 2011

In an effort to correct the misperception

At Barataria Bay Queen Bess Island, it is not known what the long-term impact on pelicans reproductive systems will be. The Island could disappear within 5 years as a result of land loss. <http://www.truthout.org/year-later-bps-oil-still-damaging-gulf-coast/1302591600>

From Truthout by Kim Barker Spillionaires: Profiting in the Wake of the BP Oil Spill Sunday, April 17, 2011

People who charged excessive oil cleanup rates and others who profited in arbitrary ways from claim money have earned the nickname spillionaires. Those hurt the most ended up getting little compensation. Small groups of insiders profited handsomely by overcharging BP and that accounted for tax receipts in affected areas to grow by as much as 70 percent. <http://www.truthout.org/spillionaires-profiteering-wake-bp-oil-spill/1302678000>

From Truthout by Peter Nicholas For Young Environmental Activists, Obama Now the One to Pressure Sunday, April 17, 2011

Thousands of college students and young voters who turned out the vote for Obama are organizing to move the country toward a clean energy policy. They are disillusioned with Obama's renewable energy record. ... If Obama can not deliver change, their new slogan will become "With or without you." <http://www.truthout.org/young-environmental-activists-obama-now-one-pressure/1302937200>

From Labor Notes by Leah Fried: No Bargaining is No Cure for Budget Ills Thursday, April 14, 2011

Collective bargaining rights for public service workers are being eliminated in Ohio and Wisconsin. Southern states curtailed these rights in the late 1950s. States without unions fare much worse in services, state jobs and discrimination against people of color. In 39 states permitting collective bargaining, teachers salaries are 9.5 percent higher. <http://www.labornotes.org/2011/04/>

[no-bargaining-no-cure-budget-ills](http://www.no-bargaining-no-cure-budget-ills)

From NW Labor Press by Don McIntosh: Labor scrambles to find ways to eliminate state budget cuts. Friday, April 15, 2011

In mock budget exercises, two non-profits concluded it was common sense to enact various revenue increases rather than cut funding to health, public safety and education. Constitutional roadblocks require a 60 percent super-majority in the state senate and state house to pass any tax increases. [Spending cuts and tax cuts, on the other hand, can pass with a simple majority.] Yet, the Republican House is against any tax increases and calls for capital gains tax cuts. <http://www.nwlaborpress.org/2011/0415/4-15-11Salem.html>

From the Skanner by Ann Sanner and Calvin Woodward: Republican Legislature Gains Tug Nation to the Right Monday, April, 18, 2011

Republicans are moving swiftly past ineffective Democrats to enact a wish list that goes well beyond the spending cuts of the fiscal crisis. Proposals include abortion restrictions, expanding gun rights, pushing polling station photo ID laws and taking on public sector unions. <http://www.theskanner.com/article/2011/04/18/Republican-Legislative-Gains-Tug-Nation-to-Right>

From Street Roots by Amanda Waldroupe: Budget Cuts Could Drastically Alter Local Services Monday, April 18, 2011

The social safety net that links inter-related service programs could collapse if funding is cut in any of these areas: alcohol and drug treatment, mental health counseling, case management, the shelter system, transitional housing, low income rental housing and others. http://www.streetroots.org/past_issues/2011/03-02/roots-march-18-2011.pdf

From Upsidedownworld by Nikolas Kozloff: Dancing with Dynamite in Latin America, April 13, 2011

In Latin America, social movements are the instruments of change. Leftist presidents in Bolivia and Venezuela collaborated with grassroots forces, while leaders in Brazil and Ecuador suppressed them. Benjamin Dangel spent 8 years traveling throughout seven Latin American countries and observed corporate looting of natural resources and a US connection to the war on drugs.

see the article at: <http://upsidedownworld.org/main/international-archives-60/2998-latin-america-and-the-us-social-movements-are-the-engines-of-change>

From Upsidedownworld by US LEAP: Mexican Congress Rushes to Pass Regressive Labor Law, April 7, 2011

Neither NAFTA nor CAFTA prevents governments from lowering worker rights standards. International labor laws need not be enforced if trumped by national law. The Mexican Congress is debating regressive labor law changes which would further undermine current rights. <http://upsidedownworld.org/main/news-briefs-archives-68/2992-action-alert-mexican-congress-rushes-to-pass-regressive-labor-law>

From Alternative Media Partners

From El Hispanic News by Richard Jones: Huge Crowd Turns out to Support Driver License Bill; Oregon Senate Favors Tuition Equity, April 7:

More than 1500 Oregonians came to hear about progress on a bill that would give undocumented workers the right to drive. SB 845 supports the right of all Oregonians over 18 to drive. SB 742, a tuition equity bill, passed the Senate and will allow undocumented high school graduates with good records to pay in-state tuition. more info at: <http://www.elhispanicnews.com/2011/04/07/huge-crowd-turns-out-to-support-driver-license-bill-oregon-senate-favors-tuition-equity>

Proposed Latino Market Seen as a Path for Small Business to Grow

April 7, 2011: Based upon a successful indoor Latino mercado in Minneapolis, Portland small business owners are discussing authentic Latino markets and future businesses: food, appearance, health, technical and service sectors. <http://www.elhispanicnews.com/2011/04/07/proposed-latino-market-seen-as-a-path-for-small-businesses-to-grow/>

From Common Dreams.org: Wiki-Leaks: US Helped Israel with UN Gaza War Probe, April 17, 2011

The US worked behind the scenes to help Israel contain probes into war crimes committed during the Gaza war. Wikileaks cables detailed moves by Ambassador Susan Rice to prevent a more thorough UN investigation of alleged Israeli abuses. <http://www.commondreams.org/headline/2011/04/19-6>

No End in Sight for Nuclear Catastrophe in Japan: April 18, 2011

A Japanese firm at the center of the crisis aims to bring the nuclear plant under control within nine months, but there is no word when tens of thousands of evacuees can return, if ever. <http://www.commondreams.org/headline/2011/04/17-4>

Wednesday, May 11. Fatah-Hamas Reconciliation and Peace Joel Beinin, Is the Fatah-Hamas reconciliation agreement signed in Cairo on May 4 good for the "peace process?"

PDXJewishVoiceForPeace <https://sites.google.com/site/pdxjewishvoiceforpeace/>

More Bytes! Portland Alliance Online News Bytes: <http://www.theportlandalliance.org/bytes>

Elizabeth & Tim select progressive & small press news bytes

Bellydancing: A Community Health Resource

Bellydancing cont. from p. 9

way street where only American culture dominates, but Middle Eastern culture can penetrate America also.

Bellydance was introduced when Europeans, who colonized North Africa in the late 1800s, imposed their own customs by bringing oriental dance style into nightclubs. The Oriental style later became known as Cabaret.

U.S. tribal style began in California and grew with the 1960s and 1990s counter-culture movements. Tribal dancers wear tattoos, piercings and henna dyes to distinguish themselves while adding modern choreography to elements of traditional dance.

Egyptian and Moroccan dancing premiered in America at the Chicago Exposition in 1893 along with the Ferris wheel and moving pictures. The straitlaced turn of the century audience was shocked by dancers performing abdominal movements. A scandal erupted, although dancers were fully clothed. Crowds turned out in droves to see what became known as the

"hootchy koochy" which shortly moved to Vaudeville and Hollywood. Later, Burlesque took a divergent path from Vaudeville and incorporated striptease acts.

Bellydance is not stripping, although many people believe this common misperception. However, a few dancers do strip or perform seductive writhing movements which results in the entire group being unfairly stereotyped. For the majority of dancers it is celebratory, family-oriented entertainment performed in public venues.

Cycles of popularity have increased awareness of bellydancing, but there continues to be a growing number of followers. In the 1970s, when international travel became affordable, awareness increased after travelers' reports. It revived again in the 1980s and in the 21st century after Sept. 11 as people became more curious about the Middle East.

The fitness objective by itself is a compelling reason to bellydance. In addition to the physical benefits, there are psychological ones. Cassiopeia said, "I have found that the longer a person takes my classes, the more comfortable they are with their own and others body images."

Cassiopeia offers all levels of morning classes at 2922 E Evergreen in Vancouver. She will be having a Hafla with her students at 717 N. Grand, Saturday May 28 at 8 pm. Her website offers more information about her classes at: <http://www.Bellyrolls.net>.

Elizabeth Rathbun is a frequent contributor to The Portland Alliance

Voices from the Edge



with Jo Ann Bowman and Dave Mazza
real issues...real talk...every thursday at 8 am



KBOO community radio

portland 90.7 fm hood river 91.9 fm corvallis 100.7 fm
livestream <http://kboo.fm> studio call-in 503-231-8187

kboo.fm/voicesfromtheedge

Another Illegal War, This time in Libya

Random gleanings on Obama's third war...

Steven Walt on the similarity between neocons and "liberal interventionists" (or better, neoliberals?) points out that the US promised Libya would be "amply rewarded" for giving up its WMDs program and even donating its nuke centrifuges to Oak Ridge). http://walt.foreignpolicy.com/posts/2011/03/21/what_intervention_in_libya_tells_us_about_the_neocon_liberal_alliance

Its reward is now being delivered via the missiles and bombs of "Operation Odyssey Dawn." Perhaps Sarkozy,

precaution before the crews landed to pick him up "My understanding is he asked for the ordnance to be delivered between where he was located and where he saw people coming towards him," the officer said, adding that the pilot evidently made the request "to keep what he thought was a force closing in on him from closing in on him." The officer said he did not know if the people approaching the pilot were friendly or hostile or whether any Libyans had been killed or injured in the explosions from the bombs. The rescue was conducted with a Marine jump jet and there were US boots on the ground during the operation. Channel 4 News in Britain

"The rescue was conducted with a Marine jump jet and there were US boots on the ground..."

Cameron and Obama (the main warmongers) would have thought twice if Libya had nukes). <http://www.tinyrevolution.com/mt/archives/003470.html>

"...A Marine Corps officer said that two Harrier attack jets dropped two 500-pound bombs during the rescue of the pilot [of the \$23M F-15E that crashed], about (4:30 p.m. Monday E.D.T.). The officer said that the grounded pilot, who was in contact with rescue crews in the air, asked for the bombs to be dropped as a

reported that six villagers were shot by American troops during one of the rescue operations, but it was unclear whether it was the rescue of the pilot or the weapons officer. None of the villagers - who were interviewed by a Channel 4 reporter in a nearby hospital - were killed, though a 20-year-old man could have a leg amputated. "

http://www.nytimes.com/2011/03/23/world/africa/23libya.html?_r=1&hp

Still, as a presidential candidate who



Michael Munk

promoted his background as an instructor of constitutional law, Mr. Obama appeared to adopt a more limited view of executive power when he answered a question about whether a president could order the bombing of Iranian nuclear sites without a use-of-force authorization from Congress. "The president does not have power under the Constitution to unilaterally authorize a military attack in a situation that does not involve stopping an actual or imminent threat to the nation," Mr. Obama told The Boston Globe in December 2007.

<http://www.nytimes.com/2011/03/22/world/africa/22powers.html?scp=1&sq=president%20power%20to%20attack&st=cse>

There's an argument going on about whether crediting "Obama's women" (Hillary Clinton, Samantha Power and Susan Rice) with pushing a "reluctant" president to go to war with Libya is sexist. UN Ambassador

Rice had to leave the Security Council to round up the ambassador of South Africa, who had pledged to vote for the war resolution but evidently had second thoughts. If she hadn't found him, the intervention go-ahead (camouflaged as a "No fly zone") would have received only the minimum nine to pass. Security Council rules require that none of the "Big Five" use their veto (a "no" vote) but may abstain and that nine of the 15 members agree. In the recent failure of a resolution against then illegal Israeli land grabs, 14 of the 15 members agreed, but the US used its veto and the resolution failed.

On the Libya intervention vote, two of the veto holders which had indicated opposition--Russia and China--abstained and thus enabled passage. They were joined by more heavyweights-- Germany, Brazil and India. So, the three veto holders who pushed the resolution--France, UK and the US--were able to persuade Lebanon, Gabon, Nigeria, Portugal, South Africa, Columbia and Bosnia & Herzegovina to vote with them for a total of ten.

visit www.michaelmunk.com

Michael Munk is a Portland writer, political analyst, researcher, historian, and author of "The Portland Red Guide."

Conversation with Michsel Munk at Red & Black Cafe
theportlandalliance.org/munk
Celebration of the release of The Portland Red Guide, 2nd edition

From: The Portland Alliance:
NW Alliance for Alternative
Media & Education (NAAAME)
PO Box 14162 Portland, OR
97293-0162

OREGON NONPROFIT:
Authorization # 504229 /
PRSRT STD US POSTAGE PAID
Portland, Oregon
Permit # 4312

This is where the mailing label goes. If you do not
have a label here, please send in the subscription
order form below to receive each copy at home.!



**PAUL
LONEY**
ATTORNEY AT LAW

Holistic Legal Services
Comprehensive Legal Support
Sustainable Legal Solutions
PaulLoneyLaw.com
Portland 503-234-2694
Member, National Lawyers Guild

Theatre, Theatre Bldg.
3430 S.E. Belmont St Ste. 101
Portland, Oregon 97214
Fax: 503-234-1330
e-mail: blc@hevanet.com
Ashland Office 541-787-0733

YES!

I am **TIRED** of mainstream media's mind-
numbing corporate "news," so I'm going
to sign up now for a subscription to
The Portland Alliance

With \$50 subscription, receive complimentary copy of The Trouble
with Dilbert by Norman Solomon.
With a \$100 subscription, receive cool Alliance t-shirt!

Fill take: \$40 \$50 \$100 Other
 Dilbert/Norman Solomon Stunning T-shirt

Send checks to **PORTLAND ALLIANCE • Box 14162 • Portland, OR 97293-0162**
Request a subscription form by e-mail: editor@theportlandalliance.org

The part of your donation over \$30 for a year's subscription is a tax-deductible contribution.

Name _____
Address _____
Telephone _____
E-mail _____



Since 1987, Moving Portland and Beyond to
an Environmentally Sustainable Future.

Grid-Tied Photovoltaics • Solar Water Heating • Solar Pool Heating
SolarEnergyOregon.com **503-238-4502**

**Place ads: Free Stuff,
For Sale, Jobs, Rentals,
Homes, Pets, Bikes, etc...**

**Progressive Community
Classified Advertising**

A spot to barter, trade, share, or just give
something away! Resources for everyday
people. A room to rent, home for sale, or
kittens to sell or give away...If you find
no jobs in mainstream media, pickup an
Alliance! Of, by and for the people. (503)
697-1670 editor@theportlandalliance.org

TPA Ad rates:

Boxed Ad:\$12/Column Inch
Line Ad: \$10/issue (to 35 words)

\$24 three consecutive lines

TPA Display Ads: Business card

\$40.00/mo. / more info:

theportlandalliance.org/adrates.html

Jobs: Worker Power Organizer Job:

JwJ: Appl. deadline: June 1st, Position
begins July 1st. For application or info,
contact PDJ Jobs with Justice at

503-236-5573, margaret@jwpx.org

6025 E. Burnside. Organizer Job

Description: theportlandalliance.org/jobs

Development Director - at Impact NW

Salary: DOE [http://www.idealst.org/](http://www.idealst.org/view/job/ZDtrmm3HB3m3p/)

[view/job/ZDtrmm3HB3m3p/](http://www.idealst.org/view/job/ZDtrmm3HB3m3p/)

Program Manager - at Oregon Health

Care Quality Corporation, Portland,

idealst.org/view/job/sXgn1jBMP9MD/

Metro Services Coordinator - Oregon

Food Bank, PDX, Salary: 35780 -

48302 [idealst.org/view/](http://idealst.org/view/job/6xp438NgJnp/)

[job/6xp438NgJnp/](http://idealst.org/view/job/6xp438NgJnp/)

Free, For Sale, Pets... Oh my:

Puppies for sale, FREE! 2 AKC

REGISTERED YORKIE PUPPIES AT

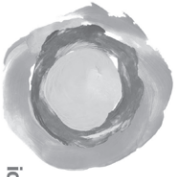
NO COST FOR ADOPTION

TO ANY GOOD AND ANIMAL

LOVING HOME Email interested:

MARYSMITH 20102010@LIVE.COM.

Find More Jobs: TPA Online!
www.theportlandalliance.org/letters



idealst.org

We partnered
with Idealist.org
to provide PDX
progressive jobs
with justice

**Idealist
headquarters:**
302 Fifth Avenue, 11taae
Fareloor, New York, NY
10001, USA.

Picture provided by Kevin Smith



THE PORTLAND ALLIANCE

The Anti-War Rally the Mainstream Press missed!

May 2011 Volume 31 Number 5

**A Great Shot of
the PDX Peace Rally**

Takin' it to the streets!

A nice video of the speakers and the peace march ...
http://www.youtube.com/watch?v=_OnuMIK1MTU

Mayday, Health Care, Jobs, Classifieds, Letters, Poetry, Progressive Directory, & More!
News Flash: Judge orders Michael Papadopoulos reinstated as KBOO Board Director!