

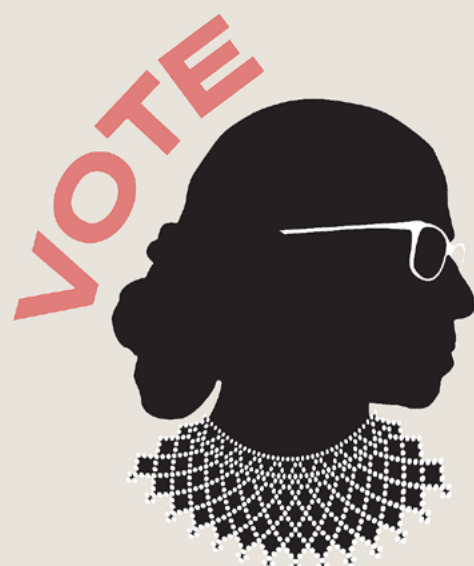


stanislaus CONNECTIONS

Working for peace, justice and a sustainable future

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MOVE ON

Michael Baldwin, Sr.: Hard Road to Redemption, Part II

By TOM PORTWOOD

A Community Advocate and Paralegal, Michael Baldwin, Sr. moved to Modesto in November 2018, following a stint of almost 27 years as an inmate of the California Department of Corrections and Rehabilitation (CDCR). While in the CDCR system, he resided at Corcoran State Prison and San Quentin State Prison, among others. Mr. Baldwin readily admits he was guilty of the crimes for which he was sentenced, but his story does not end there. He found the strength of character while in prison to refocus his energies on helping others, to redeem himself through service. Upon his release, Mr. Baldwin immediately began working as a paralegal. Since then, he has become involved in numerous community activities, contributing his expertise and insight whenever he can.

TP: Please describe the ways in which you still work with California's inmate population.

MB: Yes, I work at the Law Offices of Tracy R. Lum who actually hired me straight out of prison. She's a parole attorney, one of the best, so I still interact with inmates every day. Guys are able to call me and I'm able to help them as they transform their own lives. They have to keep it real with me, because I've been there. And I also help explain to their families what's needed for their loved ones who are inside, and when families may be handicapping them.



I'm also the regional director for Mercy & Grace Prison Ministries. I train individuals who want to preach in prison. I train them on how to go inside and carry a message that can help the guys. It's been really hard for inmates during this time of COVID-19. Men who were incarcerated for a simple prison sentence are now dying because they don't have the ability to be socially distant from each other. They don't have any visits happening, and phone calls are very expensive. So there are only limited opportunities for them to see their families. When I was in prison, I was blessed because my family could send me e-mails via tablet technology for the last three years I was incarcerated. Through e-mails, I was able to build relationships with my children. Most prisons don't have that technology, so today I advocate for prisons to make that technology available for inmates.

TP: What other organizations are you currently working with?

MB: I'm also a professional development trainer for Modesto City Schools. I've been helping to train teachers on how to better identify trauma in youth. This generation is like no other generation we've ever had because they have been

StArt Magazine: an Art Magazine for Kids and Grown Ups in Stanislaus County

The concept for StArt Magazine is rooted in the fact that few of our local elementary and junior high schools offer a regular program of arts education. StArt hopes to showcase artists and art programs that are happening right here in our community — Stanislaus County. The magazine is committed to highlighting a diverse range of people and stories. We're offering a "buy one - give one" subscription option which will help reach families in need. Yes, we ALL NEED the arts!

Linda Knoll and Betty Gay have teamed up to design a beautiful magazine about the arts that is accessible to young kids, but exciting enough for adults to appreciate right alongside them. StArt plans to procure content from our local arts organizations, and also from students and young people who are active in the arts community. Children will be encouraged to send in pictures and stories about their artistic endeavors.

Linda Knoll is a painter and illustrator, as well as the founder of CLASS — a teaching artist program run through Central California Art Association (Mistlin Gallery). She has



spent much of the past 10 years teaching visual art in classrooms and after school programs. She also has a background that includes graphic design and choral music. Betty Gay is also an art teacher in the CLASS program, and a freelance graphic designer.

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Propositions Guide	MPLC	CLF	CLCV	CA Dem	CA Rep	CA CofC	ACLU CA	Sierra	CTA	Equality CA	FIV	LWV CA
14 Authorizes Bonds to Continue Funding Stem Cell and Other Medical Research	Y	-	-	Y	N	N	-	-	Y	Y		
15 Increases Funding for Public Schools, Community Colleges, and Local Government Services by Changing Tax Assessment of Commercial and Industrial Property	Y	Y	Y	Y	N	-	-	Y	Y	Y	Y	Y
16 End ban on Affirmative Action	Y	Y	Y	Y	N	-	-	-		Y		Y
17 Authorizes California Voting Rights Restoration for Persons on Parole	Y	Y	Y	Y	N	-	-	-		Y		Y
18 California Voting for 17-Year-Olds (in primary election if they will be 18 by general election)	Y	Y	Y	Y	N	-	-	-		Y		Y
19 Property Tax Transfers, Exemptions, and Revenue for Wildfire Agencies and Counties	-	Y	N	Y	-	-	-	-	-	-		N
20 Restricts Parole for Non-violent Offenders. Authorizes Felony Sentences for Certain Offenses Currently Treated Only as Misdemeanors	N	N	N	N	Y	Y	-	-	N	N	N	N
21 Expands Local Government's Authority to Enact Rent Control on Residential Property	Y	-	-	Y	N	N	-	-	-	-		-
22 Changes Employment Classification Rules for App-based Transportation and Delivery Drivers	N	N	-	N	Y	Y	-	-	N	-		-
23 Authorizes State Regulation of Kidney Dialysis Clinics. Establishes Minimum Staffing and Other Requirements	Y	Y	-	Y	N	-	-	-	-	-		-
24 Amends Consumer Privacy Laws	N	-	-	-	N	-	N	-				N
25 Referendum to Overturn 2018 Law that Replaced Money Bail System with a System Based on Public Safety Risk	Y	Y	-	Y	N	-	-	Y	Y	Y		Y



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peace, justice
and a **sustainable future**

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CA Federation of Labor
CA League of Conservation Voters
CA Democrats
CA Republicans
CA Chamber of Commerce
ACLU CA
Sierra Club
CA Teachers Association
Equality CA
Faith In the Valley
League of Women Voters CA

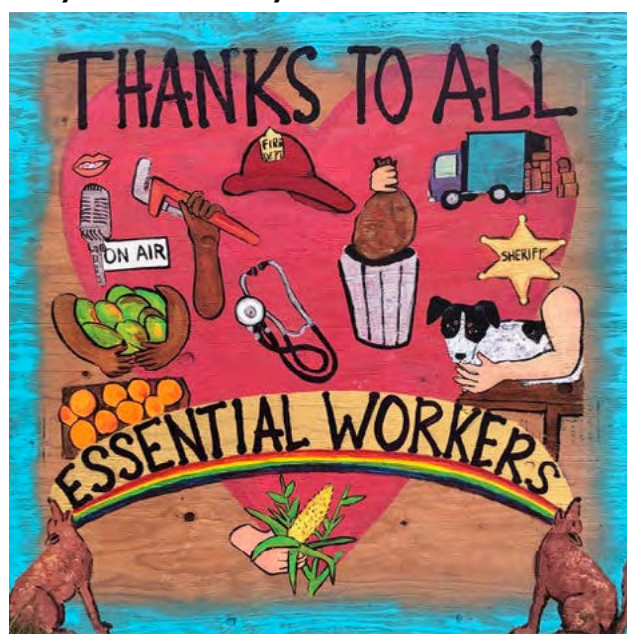
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Photo: Ralph Alswang

Ruth Bader Ginsburg: Words of Wisdom

On gender equality: “Women will have achieved true equality when men share with them the responsibility of bringing up the next generation.”

On leadership: “Fight for the things that you care about, but do it in a way that will lead others to join you.”

On dissent and justice: “Dissents speak to a future age. It’s not simply to say, ‘My colleagues are wrong and I would do it this way.’ But the greatest dissents do become court opinions and gradually over time their views become the dominant view. So that’s the dissenter’s hope: that they are writing not for today, but for tomorrow.”

IN MEMORIAM

JOAN RUTH BADER GINSBURG

Justice of the United States Supreme Court

March 15, 1933 – September 18, 2020

מותי שידק

Epitaph

by Merrit Malloy

When I die	Look for me
Give what's left of me away	In the people I've known
To children	Or loved,
And old men that wait to die.	And if you cannot give me away,
	At least let me live on in your
	eyes
And if you need to cry,	And not your mind.
Cry for your brother	
Walking the street beside you.	You can love me most
And when you need me,	By letting
Put your arms	Hands touch hands,
Around anyone	By letting bodies touch bodies,
And give them	And by letting go
What you need to give to me.	Of children
	That need to be free.
I want to leave you something,	
Something better	Love doesn't die,
Than words	People do.
Or sounds.	So, when all that's left of me
	Is love,
	Give me away.



A Flood of Hope

By BéteG

Nearly six plus months into a global pandemic and with all the enormous other issues that are of focus in all our lives, there is something very interesting happening right here in our communities. Many would blame the hype coming from the national news outlets, others could quite possibly point their fingers to the government - and even some could find accountability in themselves. I'm referring to the absolute 'oneness' we all feel of being rocked in the same floating object out at sea. A sense of community that brings us together - to help one another through the difficulties we all are facing in one way or another. Of all the uncertainty, the people in this Central Valley have something in common - we are all facing the same level of ambiguity. The mistrust, the anxiety and the sense of obligation to prevail with dignity lies within us all, and that connects us, bringing us closer in consciousness and lifting us up.

There is something to be said about rural towns - that when the 'floods' come, it doesn't just hit one house... it hits most of our houses if not all of them. And when these floods come - they hit hard - and it's devastating. But then, we all gather to access the damage and come together to make a

plan to rebuild, assist one another- to come out dry, and at the end - much stronger as a community.

We see this time and time again; it's not just here in the Valley. This sense of civic duty of maintaining the pride in the place where you live amongst your neighbors has no borders, no stateliness or maps - it transcends the entire globe. We want to love the places where we live and I'm guessing the Central Valley wants the same too.

Although here we are not experiencing any real-life natural disaster like flooding. Instead we are being faced with a strong 'hurricane' of division, and civil unrest. A torrential amount of anger and community hardships that are a major threat on our well-being and mental health. Also - we are all experiencing this together - not alone - in our many unique ways, we are all being rocked one way or another.

Some may say they stand alone and they do not care, we cannot believe they don't have the moral compass needed to be a good neighbor or the simple compassion needed to care. We simply cannot believe that - because they are still here, and working, and living and being in this community.

Our Central Valley has a long history - of agriculture, industry, hard work, and change. Lots and lots of change - and

as we all know it continues to grow. When a town grows - we all adapt and progress adding richness to future generations.

In this storm of conflict caused by many things not in our control - I see people and groups rise to the occasion to unify and prop each other up for a better tomorrow. Every single day acts of kindness being demonstrated and are not unrecognizable. Here in the Valley the people are helping less fortunate neighbors and folks are bringing their best to the table to ensure their communities are rising up during these difficult times.

I grew up in a small rural town just outside the county line, and although I've also lived in other parts of the state, (Bay Area, mountains, etc.), now I am back in a small rural town. These communities are tiny yet they have the force of a mighty power to do good - because they all know some sort of hardship and have to labor - use their hard work to help build their strong communities with vigor and virtue.

So whatever this uncertain hurricane means to you - the fact is we all must unify. Gather our most valuable possessions: family, faith, education, social justice, helping the sick

2021 Peace Essay Contest

"Never doubt that a small group of thoughtful, committed citizens can change the world. Indeed, it is the only thing that ever has."

- Margaret Mead, Anthropologist
Recipient of the Planetary Citizen of the Year Award, 1978.



Division I (Grades 11-12) & Division II (Grades 9-10): 500-1000 words
Division III (Grades 7-8) & Division IV (Grades 5-6): 250-500 words

Regardless of whether you agree with others on the specifics of the challenges that the American people are facing, we can all agree that 2020 has been an unusual year. When life is bewildering, it is easy to fall into despair over the many things that seem wrong and hard to deal with. We forget that in spite of all the confusion and hardships, many people continue to be dedicated to peacefully making our world a better place for all who inhabit it.

It is a big task. One of the ways this is accomplished is by working with, or supporting, an organization dedicated to a particular concern. In spite of the restrictions of the Covid19 pandemic, many of these organizations have found innovative ways to keep working--adapting and changing their approach--in order to continue to be effective. Their constructive contributions offer hope that we, as Americans and as global citizens, can move through this difficult time and into a brighter future.

The 2021 Peace Essay Contest invites you to think about the needs in our world today. Then find out about a local, national or international organization that is working to meet one of those needs. In your essay,*

- Describe a need that exists in our world today.
- Introduce an organization you found that is working to address that issue and describe how they are going about it.
- Explain why you think their work is important.
- Tell how you think the accomplishments of this organization promote peace and well-being for our world.

*Please write in your own words. Do not cut and paste or copy directly from source material.

A very limited amount of directly quoted words may be used if cited properly.

See **2021 Peace Essay Rules and Submission Directions** for complete information.

Deadline for Entries: DECEMBER 15, 2020 Notification of Winners: Late March, 2021

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

Download the flyers/instructions at <http://peaceessaycontest.weebly.com/> Email questions to: peaceessay20@gmail.com

StArt Magazine

from page 1

The premier issue, **Arts at Home**, features projects that can be done at home, as well as stories about a variety of arts and artists in the community. Future issues will include themes on Peace, STEAM (combining science and art), and Social Emotional Learning. We are planning to print a flip side edition in Spanish for future issues.



Knoll says, "we've been told that the timing is not right and we're crazy to embark on something new in this time. We realize that amidst pandemic, elections and social unrest, the importance of the

arts may not be foremost on anyone's mind. But, the quote below sums up our goal – to inspire kids and families to get involved, because our souls depend on it. In our view, art is more important now than ever!"

"Practice any art, music, singing, dancing, acting, drawing, painting, sculpting, poetry, fiction, essays, reportage, no matter how well or badly, not to get money and fame, but to experience becoming, to find out what's inside you, to make your soul grow."

Kurt Vonnegut

As a bonus, each issue will feature a community service project. **Arts at Home** will include a blank postcard tucked inside. Kids will be encouraged to make a picture on one side and write a note on the other to someone who might be lonely or in need of encouragement in this tumultuous time or someone they appreciate for their commitment and hard work to keep us safe. They will be encouraged to share their art and message with the hashtag #StArtMagazine before they mail them out into the community.

Find StArt on Instagram @stanislausartsmagazine

ACTION: to support this project, visit <https://www.kickstarter.com/projects/11knoll/start-magazine-0/>

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Learn about accountability on Kickstarter Questions about this project? Check out the FAQ



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Even as Major Politicians Continue to Drag Feet, Poll Shows Majority in US Want Bold Climate Action and End of Fossil Fuels

“There may be a divide on Capitol Hill but the large majority of us are worried about climate change and want to see leaders deal with it.”

By **JULIA CONLEY**, staff writer, [Common Dreams](#)

New polling suggests a large majority of Americans are likely to be dissatisfied with the subject matter included in the first presidential debate next week, in which—according to a list of topics released Tuesday—President Donald Trump and Democratic candidate Joe Biden will be asked no questions about the climate.

A survey released Wednesday by The Guardian, Vice Media Group, Covering Climate Now, the Yale Program on Climate Change Communication, and the George Mason University Center for Climate Change Communication found that nearly three-quarters of U.S. respondents believe debate moderators should ask candidates about the climate—matching voters’ level of concern about the planetary crisis.

A debate focusing on the crisis could allow voters to hear about candidates’ views on shifting away from fossil fuel-generated energy and towards renewable sources like wind and solar power. Three-quarters of respondents to the survey said they want all electricity in the U.S. to come from renewable sources in the next 15 years, and two-thirds said they would be more likely to back a candidate who supports a full shift toward clean energy.

Biden has said that as president he would put the U.S. on the path to during fossil fuel emissions to net zero by 2050, while Trump has saddled the solar and wind industries with economic burdens, demanding \$50 million in retroactive fees earlier this year as his administration lavished oil and gas giants with bailouts amid the coronavirus pandemic.

While Biden’s climate proposals are more in line with the demands of American voters, the former vice president has also suggesting that decisive climate action is controversial among the electorate. Last month he told voters that he is “not banning fracking, no matter how many times Donald Trump lies about me.” The Democratic Party also left out of its platform this year a pledge to end fossil fuel subsidies.

These moves by Democratic leaders put the party at odds with most voters, the new polling shows, as seven in 10 Americans favor government action to combat the climate crisis. More than eight in 10 Democratic voters support the Green New Deal, the far-reaching green jobs and infrastructure program which would aim to shift the U.S. to renewable energy sources by 2030.

A majority of Republican respondents to the survey also reported that they believe the climate crisis is a “very serious” or “somewhat serious” problem, and 41% supported the Green New Deal, despite claims by GOP leaders that a major investment in renewable energy would be too expensive.

“There may be a divide on Capitol Hill but the large majority of us are worried about climate change and want to see leaders deal with it,” Ed Maibach, director of George Mason

University’s Center for Climate Change Communication, told The Guardian.

Claims about swing state voters who will reject a Democratic candidate who vows to take meaningful climate action, including a fracking ban and a shift away from oil and gas, is “just another narrative to manufacture consent,” tweeted climate scientist Peter Kalmus earlier this month, pointing to a CBS/YouGov poll that showed a majority of Pennsylvania voters back a ban on fracking.

Claims by politicians that climate action would bankrupt the U.S. are part of “an argument that doesn’t work,” Jon Krosnick, a Stanford social psychologist professor who authored a separate study out Wednesday, told Time. “The argument has never convinced even a majority of Republicans.”

Wednesday’s survey comes as the West Coast continues to face dozens of major wildfires, with at least 1,000 homes in California currently threatened and thousands of homes in Oregon and Washington destroyed in recent weeks. As *Common Dreams* reported Tuesday, Arctic sea ice shrank this week to its second-lowest level since records began more than four decades ago. The poll also comes two years after a landmark report by the Intergovernmental Panel on Climate Change warned that the global community has a decade to significantly alter course by keeping fossil fuels in the ground in order to avoid the worst effects of the climate crisis.

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Delayed Earth Overshoot Day points to opportunities to build future in harmony with our finite planet

From the [Global Footprint Network](#) (Edited)

COVID-19 has caused humanity’s Ecological Footprint to contract, pushing the date of Earth Overshoot Day back more than three weeks compared to last year. The challenge of relaunching our economies presents countries with a unique chance to act on the future we want.

By August 22, humanity demanded as much from nature as Earth can renew in the whole year, according to Global Footprint Network. Coronavirus-induced lockdowns caused the global Ecological Footprint to contract almost 10% but we still use as many ecological resources as if we lived on 1.6 Earths. As public health and economic recovery have emerged as dominant concerns globally, decision makers are called to act on the unprecedented current disruption to build a future where all thrive within the means of our planet (“one-planet prosperity”).

“Sustainability requires both ecological balance and people’s well-being ensured over the long-term, therefore this year’s sudden Ecological Footprint contraction cannot be mistaken for progress,” said Global Footprint Network CEO Laurel Hanscom. “This year more than ever, Earth Overshoot Day highlights the need for strategies that increase resilience for all.”

Many solutions exist that can be adopted at the community level or individually to significantly impact the kind of future

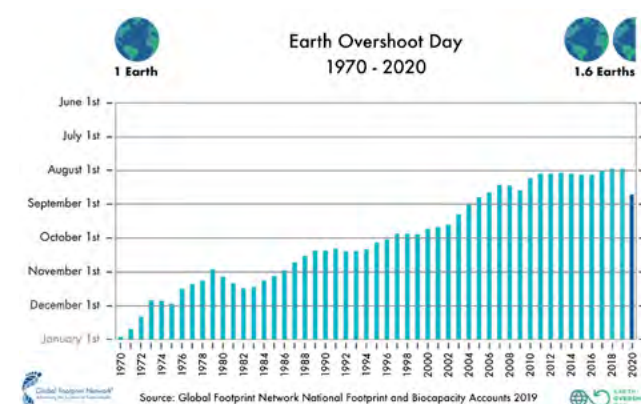
we invest in, one decision at a time...reducing the carbon Footprint by 50% would move the date by 93 days.

With food systems currently using 50% of our planet’s biocapacity, what we eat matters. Policies aimed at reducing the carbon-intensity of food and the impact of food production on biodiversity – while improving public health – deserve special attention, as highlighted by joint research between Global Footprint Network and the Barilla Center for Food and Nutrition. Cutting food waste in half would move Earth Overshoot Day 13 days.

Overshootday.org spells out what individuals can do, while the Footprint Calculator can help them measure their progress. Also, up and running initiatives by businesses, governments, communities, and individuals to effectively advance sustainability are celebrated on the crowd-sourced interactive #MoveTheDate Solutions Map.

Overall, enabling humanity to thrive on our finite planet is becoming a key business strategy. One-planet prosperity provides the framework for long-term success, with the United Nations’ Human Development Index and the Ecological Footprint as indicators, argues the e-book authored by Schneider Electric and Global Footprint Network.

The resilience of companies, but also countries and cities, depends on the sound management of ecological resources. Australia’s biocapacity dropped to nearly half during its mas-



sive forest fires in 2019, making Australia run a biocapacity deficit for the first time in its recorded history. In contrast, Scotland, with its aggressive decarbonization strategy and quite significant biocapacity assets, is realizing that it is about to close its long-held biocapacity deficit.

Global overshoot started in the early 1970s. Now, the cumulative ecological debt is equivalent to 18 Earth years. In other words, it would take 18 years of our planet’s entire regeneration to reverse the damage from overuse of natural resources, assuming overuse was fully reversible. Solutions suggest that it is possible to live within the means of our planet. If we #MoveTheDate 5 days each year, humanity would be using less than one planet before 2050.

10 things you need to know to stop a coup

While keeping people focused on a strong, robust election process is a must, we also need to prepare for a coup.

By **DANIEL HUNTER** from [Waging Nonviolence](#)

We have a president who has openly said he might not respect the outcome of our election. We have to be ready if he claims victory before votes are counted, tries to stop counting, or refuses to accept a loss.

Some days I feel confident it will happen. A poll showed over 75 percent of Democrats think this is possible — and a shocking 30 percent of Republicans do too!

Other days I feel confident this is tough talk from a president not good at planning ahead. Still, he is good at the kind of misdirection that can keep us complacent and reactionary — which could lead us to stop doing the important ground-work of getting out the vote, protecting the post office and fighting voter suppression.

We need a plan to prevent a Trump takeover — and this anti-coup research shows the way

So what I'm offering isn't asking us to stop what we're doing now. Instead I'm part of an effort called Choose Democracy, which is prepping people for the possibility of a coup while keeping people focused on a strong, robust election process. After all, the best way to stop a coup is to not have one.

These guidelines are drawn from the wide body of experience and evidence from the many countries that have experienced a coup since World War II. You can read some fuller case studies from Choose Democracy or a longer evidence-based handbook for this moment from "Hold the Line: A Guide to Defending Democracy."

1. Don't expect results election night.

Election season 2020 is shaping up to be very unusual. Many mail-in ballots may not be counted until days or weeks after Election Day. Since Democrats are expected to use them more frequently than Republicans, voter tallies are expected to swing towards Democrats post-election night (they call it a "blue shift"). As a result, a wave of confusion may unfold starting election night.

The strange Electoral College creates multiple intervention points. After election night (Nov. 3), trumped up claims of fraudulent ballots may cause a wayward attorney general or other government officials to try halting counts or excluding ballots.

As election results start coming in the message needs to come through loud and clear: Count all the votes and honor the result.

On Dec. 14, the delegates of the Electoral College meet and vote for the state's outcome. This is typically done without fanfare, but in contested states we might see governors and state legislatures sending in different results — one reflecting the results from voters, the other claiming "it's a fraud" and "we know best." This is worrying in swing states like Pennsylvania, where the governor and state legislature are of different parties.

All these issues then get resolved on Jan. 6 by the new Congress. And if the House and Senate don't agree about the result, then a convoluted process unfolds where the newly seated House — via one state, one-vote — determines the president. Meanwhile, the Senate (by majority) votes for the new vice president. ([#ShutDownDC](#) provides a visual breakdown of these steps.)

During this time expect false flags and outlandish claims. Be very cautious with news. Don't simply pass on whatever seems like dramatic examples of wrongdoing — but take the time to check if it has been verified, already debunked, or from a source you don't trust. Encourage people in your community to prepare for some uncertain weeks. As election results start coming in the message needs to come through loud and clear: Count all the votes and honor the result.

As election results start coming in the message needs to come through loud and clear: Count all the votes and honor the result.

2. Do call it a coup.

One reason to use the language of a *coup* is that people know it's wrong and a violation of Democratic norms — even if they're not familiar with the exact definition of a coup.

We have to be ready to declare loudly and strongly: This is a coup.

Language like "election tampering" or "voter suppression" signal deterioration of the democratic process. But if we get ourselves into a coup situation — like where Trump just won't go — we need to help people help our country move into a psychic break.

We know it's a coup if the government:

- Stops counting votes;
- Declares someone a winner who didn't get the most votes; or
- Allows someone to stay in power who didn't win the election.

These are sensible red lines that people can grasp right away (and that the majority of Americans continue to believe in).

People who do power grabs always claim they're doing it to save democracy or claim they know the "real" election results. So this doesn't have to look like a military coup with one leader ordering the opposition to be arrested.

If any of those three principles are violated, we have to declare loudly and strongly: This is a coup.

3. Know that coups have been stopped by regular folks.

Coup attempts have happened all over the world, and over half have failed. That's because coups are hard to orchestrate. They are a violation of norms that require quick seizure of multiple levels of institutions with a claim that they are the rightful heir.

Coups tend to fail when government institutions (like elections) are trusted, there is an active citizenry and other nations are ready to become involved.

The role of citizenry is crucial. That's because during the period right after a coup attempt — when the new government is claiming it is the "real" government — all the institutions have to decide who to listen to.

To start preparing, talk to at least 5 people who would go into the streets with you — the safest way to take to the streets is with people you know and trust.

A failed coup in Germany in 1920 gives an example. The population felt beaten down by defeat in World War I and high unemployment. Right-wing nationalists organized a coup and got the help of a few generals to seize government buildings. The deposed government fled but ordered all citizens to obey them. "No enterprise must work as long as the military dictatorship reigns," they declared.

Widespread nonviolent resistance quickly began. Printers refused to print the new government's newspapers. Civil servants refused to carry out any orders from the coup. And leaflets calling for an end to the coup were spread by airplane and by hand.

There's a story of the coup leader wandering up and down the corridors looking in vain for a secretary to type up his proclamations. The acts of resistance grew and eventually the democratic government (which still had grave problems) was returned to power.

The moments after a coup are moments for heroism amongst the general population. It's how we make democracy real.

4. Be ready to act quickly — and not alone.

Typically power grabs are organized in secret and launched suddenly. Most campaigns that defeat coups do so in days: The Soviet Union in 1991 took three days, France in 1961 took four days and Bolivia in 1978 took 16 days.

Mass direct action might be the only way to stop Trump from stealing the election

It's rare for any country's leader to publicly admit they might not respect the results of an election. There's some good news in that — because people who stop coups rarely have the chance to get training, warning or preparation. In that way, we're ahead of the game.

A group of D.C. insiders called the Transition Integrity Project ran multiple simulations, such as what might happen if Biden wins by a slim margin or if Trump simply declares victory when there's no clear winner. In every simulation they concluded that a "show of numbers in the streets may be decisive." Regular people make the difference.

To start preparing, talk to at least five people who would go into the streets with you — the safest way to take to the streets is with people you know and trust. Talk to people you know in civil service and various roles about how they could non-comply with coup attempts. Use this time to get yourself ready to act.

5. Focus on widely shared democratic values, not on individuals.

In Argentina in 1987, a coup got started when an Air Force

major, resenting attempts to democratize the military and bring it under civilian control, organized hundreds of soldiers at his base.

While the civilian government tried to quietly negotiate a settlement, people took to the streets. Against the government's pleading, 500 regular citizens marched to the base with the slogan "Long live democracy! Argentina! Argentina!" They could have spent time attacking the major. Instead, they were appealing to their fellow citizens to choose democracy.

The major tried to keep them away with a tank, but the protesters entered the base anyway, and he knew that open firing on nonviolent civilians would cause him to lose more credibility. Soon 400,000 people took to the streets in Buenos Aires to rally in opposition to the coup.

Coups are not a time to just watch and wait until "someone else" figures it out. No matter who you are you can be a part of choosing democracy.

This gave strength to the civilian government (which had largely been absent). Civic organizations, the Catholic church, business groups and labor unions united under a pledge to "support in all ways possible the constitution, the normal development of the institutions of government and democracy as the only viable way of life." The coup plotters lost their legitimacy and soon surrendered.

This approach is different than protesters going in the street with a list of issues or a grievance against a vilified leader. Instead, it's exalting widely-shared core democratic values. In our project we use the language of "choosing democracy."

This affirms another finding from the research on anti-coups: Because coups are an attack on the current institution, loyalists to the traditional way — who may never join other movement causes — are open to joining actions in the street. That's if we make the invitation about democratic values they can connect with.

6. Convince people not to freeze or just go along.

Imagine that at your job a corrupt boss gets fired and a new one is brought in. Instead of leaving, your old boss says, "I'm still in charge. Do what I say." A bunch of your co-workers say, "We only take orders from the old boss." At that point, doubt arises.

That doubt is how coups succeed. Enough people freeze. Even when only a few people go along with the coup and act as though that's normal, people may reluctantly accept it as inevitable.

In all the research on preventing coups, there's one common theme: People stop doing what the coup plotters tell them to do.

What will it take to defend the election? Here's one winning strategy

In Germany, from military commanders to secretaries, they refused to obey the orders of the coup. In Mali they called a nationwide strike. In Sudan protesters shut down government-supported radio stations and occupied airport runways. In Venezuela all shops were closed.

This is very different than mass marches at the capital or street protests shutting down intersections. It's not about protest but about getting people to reassert core values — [like](#)



[showing up at elected officials' offices](#) to get them to agree to honor election results. And it's not about single points of actions like marches in D.C. — but instead actions like mass strikes from youth and students refusing to go to work or school until all votes are counted.

Coups are not a time to just watch and wait until "someone else" figures it out. No matter who you are you can be a part of choosing democracy.

7. Commit to actions that represent rule of law, stability and nonviolence.

Stopping a coup is dependent on the size of mobilizations and winning over the center. It is really a fight for legitimacy. Which voice is legitimate? Some people will have already made up their minds. The aim, then, is convincing those who are uncertain — which may be a more surprising number than you expect.

Mass resistance to coups wins by using walk-outs and strikes, refusing orders and shutting down civil society.

To swing them to our side, that uncertain center has to be convinced that "we" represent stability and "the coup plotters" represent hostility to the democratic norms of elections and voting.

We prevent that possibility when we dehumanize potential defectors, make sweeping statements like "the police won't help," never encourage people to join our side and create chaotic scenes on the street.

Historically, whichever side resorts to violence the most tends to lose. In a moment of uncertainty, people pick the side that promises maximum stability, respects democratic norms and appears to be the safer bet. It's a contest of who can be the most legitimate.

Mass resistance to coups wins by using walk-outs and strikes, refusing orders and shutting down civil society until the rightful democratically-elected leader is installed. For mass movements to succeed against coups, they should refuse to do violence to the other side.

8. Yes, a coup can happen in the United States.

It may be hard to imagine that a coup could happen in this country. But whenever there is an order to stop counting votes, we call it a coup.

Even by the strictest definition of coups, there has been a militarized coup in the United States. In 1898 after reconstruction in Wilmington, North Carolina, seeing the rise of a prosperous and successful Black population, white racists organized a coup. They gave rallying cries like, "We will never surrender to a ragged raffle of Negroes, even if we have to choke the Cape Fear River with carcasses."

Despite a terror campaign before the election, Black turnout was high and a slate of Black candidates was voted in. Black power was met with white supremacist violence, with white squads killing 30 to 300 people, including newly elected officials. Over 3,000 Blacks fled this extreme violence, and the era of Jim Crow beg

9. Center in calm, not fear.

It's scary to believe we're having to talk about a federal coup in the United States. And we know that fearful people are less likely to make good decisions.

Let's aim for calm and avoid hyperbole. Be a reliable source by double-checking rumors and spreading high-quality facts. Sure, read social media... but spend some time, you know, doing real things that ground you.

- Breathe deeply.
- Remember how you handle fear.
- Play out scenarios, but don't become captured by them.
- We're doing this to prepare, just in case.

10. Prepare to deter a coup before the election.

The best way to stop a coup is to never have one. People are doing lots of good work on issues of voting rights, urging turn-out, stopping repression, uncovering fraud and getting people to commit to democracy. That may be enough.

The best way to stop a coup is to deter it.

Another way to prepare is to get people into the mindset of taking action so they don't freeze. The classic formulation of this is the "if-this-then-that" model designed by the [Pledge of Resistance](#). In that model people prepare themselves for an action by saying "If it comes to this bad thing, then I'll act." By signing a pledge before the crunch moment, you get wider buy-in.

In that spirit, [Choose Democracy](#) has created a pledge:

1. **We will vote.**
2. **We will refuse to accept election results until all the votes are counted.**
3. **We will nonviolently take to the streets if a coup is attempted.**
4. **If we need to, we will shut down this country to protect the integrity of the democratic process.**

You can [sign the pledge](#) to Choose Democracy and join with folks across the political spectrum! These public commitments ahead of time increase the political cost of attempting a coup — because the best way to stop a coup is to deter it.

Ed Note: see Hardy Merriman, Ankur Asthana, Marium Navid, Kifah Shah. *Hold the Line: A Guide to Defending Democracy*. version 1.1. 2020. Online: <http://bit.ly/hold-the-lineguide>

Core Wound Evolutionary Vision:

I'm feeling the sense that we are all in center-circle realm at this point, if we can keep breathing and allow it to be there in our own experience. It is here. These are not only our own personal core wounds, they are connected through our familial generations, connected through collective unconscious planetary and universal core wounds. So much greater than personal perceptions, traumas and experiences.

Here we are.
in the midst of
the center-circle realm
within the planetary core-wound.
It is difficult to be here in this.
Keep breathing and allow it to be here.
Keep breathing and moving
allow it to unfold and move through
The difficult memories
of our personal core wounds
accompanied by the flood of emotions
never before fully felt
not just by me but
for generations and millennia.
Never before allowed to be felt
because our families could not allow
their emotions to exist
out in the open
exposed to others
Because they were ever punished
if seen or heard
Attacked especially brutally, if felt.
Shamed and guilted by humanity as a whole.
Beaten, trampled down
tormented and destroyed
murdered or cast away alone
unloved. For endless time.
Feelings. Emotions.
Have Not Belonged here.
The essence of life cast out.
But no more.

The No Trespassing
Keep Out Signs
knocked down.
Shattered.
Emotions are moving.
They are here now.
Feelings. Emotions
Invasion of the walking undead.
Now, in the midst of each experience.
Intense surges:
shifting, changing, transforming,
moving along both old and new paths.
Moving like a lava flow
erupting throughout the planet.
An undercurrent
from vast underground realms of earth-
core,
lava, deep water surging flow, shifting;
melting rock, toppling and burning
structures.
Solids crumbling, melting
flowing, moving mixing
Nothing stands against
the power of the molten river.
Unstoppable forces touch,
embrace, envelop,
transform and carry onward
whatever is touched.
All is touched.
Nothing left behind/abandoned.
All embraced, enfolded and taken in
All belongs. Nothing avoided.
Such vastness
This full nothing and all
is not ours personally
to manage or heal.
The past structures
we have created,
the barriers and masks inside,
constructed to cope and survive
this competitive, separated,
either-or, misunderstood,
contentious world,
All is being churned up
Erupted out from the depths,
Arising to be engulfed by and dissolve into
the great flow.
As this massive power moves,
no one feels comfortable within.
We are losing our walls,
our barriers and shields of protection.
our strategies and compensations
for doing instead of being,
For separating and dividing
instead of connecting and unifying
How could we ever hope to be whole

in a divided self?
All is being opened up.
All is being exposed.
All is being felt.
All is being realized.
It is exquisite, painful release.
The greater truth revealed
Freed from the shame and guilt encrusted
casket
aliveness has been long buried in..
There are vast infinite, timeless,
precisely tuned and orchestrated forces
guiding, conducting
what comes through each of us
in this very moment.
Our personal tolerances being
stretched beyond
what we can possibly stand
and then some more.
Yet our capacities are being tended
and gently, precisely nurtured.
There is no personal control
over any of it.
The Great Will of Being moves.
There is--
Only Surrender.
Only Yes.
Only Open
and Receive.
There is only one way through:
Yielding.
Listening.
Allowing the support to emerge--
Allowing the support
of the forgotten, invisible,
deep unknowable love of the ages
to come, enter
To penetrate
and grow us through.
Welcome, Here.

– Tecla Garcia

Autumn Springtime of the Soul

Silence enters as
the season permeates senses
rests upon fallen leaves
mutates into vibrant rust pallet

Nature takes respite
gives pause
in withered tones
reflects within

Intimacy is dear
matures
opens
enters
inner space

Overhead
light is
revealed
forest opens to
muted skies

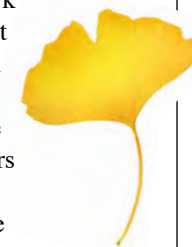
Trees hide inside
a skin of bark
open to root
connection

Safe inside
rings of years
engage in
self-nurture

Lit from within
grow dormant
serene

Are renewed
uplifted
teach
a soulful lesson

– Tina Arnopole Driskill



Flood of Hope

from page 3

and less fortunate, standing for equality and TRUTH. With these tools we can withstand the most powerful gusts of division and discord. We can overcome the worst we have seen in society, and bring out the best in ourselves and in our neighborhoods. I think we would all stand proud knowing that we all have each other's backs - even though we know these storms are metaphorical.

If you want to go a step ahead and fulfill even more of your civic duty, then VOTE

and help those in need go to the polls this November, volunteer with a group that does good for the community you live in, donate, donate, donate. Use your skills for a greater purpose - help unite and bring progress to the Central Valley - to continue our history of go-getters and good-doors here. We will overcome these times... always - together.

I wish you all Peace, Love and Unity,
Béte G





POET: Louise Kantro

Louise Kantro, retired teacher and cat-lover, plays bridge and volunteers as a CASA (Court Appointed Special Advocates). After receiving her MFA in 2003, she has published fiction, creative nonfiction, and poetry. In the pandemic, she sewed masks for Haven and Hutton House. Lately, she has been writing form poems which provides some structure to sheltering-at-home.

Leap Across Rooftops

*I ask no favor for my sex. All I ask of our brethren is
that they take their feet off our necks.*

Sara Grimke

Sit up straight, Little Kiki.

You are free to jump across garage roofs with the boys, but be sure
you keep up with your studies, act like a lady, learn independence.
Make us proud, Little Kiki.

Study all night, Little Kiki, Little Ruth.

Be who you are – sober, serious – but choose a fun-loving man.

You, who don't need to be taken care of, are, by Marty.

You, who tackle Harvard Law, do so caring for a toddler and Marty, who has cancer –
and you still make Law Review.

You don't need much sleep, Little Ruth.

Fight in court, Dear Ruth.

Battling for women and men beaten back by gender discrimination,
you lose some. Then, with a wobbly voice at first, your confidence
and success rate grows, achieving your goal of enduring change.
Don't give up, Dear Ruth.

Reach up high, Thoughtful Woman.

Marty, with smiles, jokes and love, becomes your momentum.

Despite your pro-choice views on abortion, your clear feminism,
you become the second woman to wear the Supreme robes.

You and Sandra embrace the Feminine with your collars.

Make that High Jump, Thoughtful Ruth.

Stretch out your arms, Aging Ruthie.

Your goal always for consensus, you're now a dissenting voice. When Marty dies,
so do parts of you, but you find

your smile and some whimsy, embrace being Notorious RBG.

You work out, survive cancer twice, find solace and joy in opera.

Stretch out your hands, Beloved Kiki, Ruth, Mother, Bubba, Friend.

The world is not yet fair, but your rooftop leaps bring us closer.

This poem is included in the Nineteenth Amendment Ekphrastic Exhibit, part of Women in America, at the Mistlin Gallery and is in response to a ceramic sculpture entitled Rooftop Roof by local artist Vicky Boese.

Waiting for a Sign

She had known since Kindergarten
to tread carefully around her aunt's moods
grateful to have been fostered
after the car crash killed her parents.
She learned to navigate as other –
other than one of the real children
other than protected, understood, loved.
She taught herself to read the signposts:
*You are such a hypocrite
pretending to be good –*
meant watch out for landmines.

At night, she yearned for Mama's
arms
remembered the feel of Daddy's scratchy
chin.

She had known since second grade that
keeping her room clean was essential.
Auntie made her the Cinderella
expected to clean up her cousins' messes.
*You are always sighing
carrying on like 'poor you' –*
meant she must hold it in tight
so tight her stomach hurt, so controlled
she forgot how to cry, so unsure of her
own worth that she told herself
to be thankful for the roof over her head.
At night, she yearned for Mama's arms
remembered the feel of Daddy's scratchy
chin.

She had known since fifteen to walk
with her head down, ignoring the bold
stares at
her well-developed chest and long legs
comments from teachers about her
bright future in math or science
fields of study that courted girls.
*You think you're 'all that,'
but you are just a loser –*
meant for her to tone it down
tighten the stays on her corset of pain.
But inside she knew that soon
freeze would become flight or fight.

This poem was a prize winner in the MoSt
Poetry Festival 2016

(Triolet)

Presence

Near the tears behind her eyes
She looks around the chapel small
She did not know the depth of ties
Near to tears behind her eyes
Pain and joy in her arise
She hears his voice, heeds his call
Near the tears behind her eyes
She looks around the chapel small.

For Love of Trees

Dad created an elaborate map,
noting when each of his two hundred
trees had been planted, how often
and how much water they'd need
so he could move his drip hoses
appropriately, not wasting precious
Southern California water.
On the property of this retirement home,
he grew olive, cumquat, blood orange,
avocado, eucalyptus, oak, and more,
proud of how many kinds of trees
he could make thrive.
For each of the grandchildren
he planted a tree.
Whenever we traveled
the four hundred miles for a visit,
he would show them "their" tree.

The 2003 Cedar Fire in Crest, California,
destroyed most houses around them.
Their home was saved by the tile roof
and chance – or some trick of wind.
Flames consumed most of Dad's trees.
Only one of the grandchildren's trees
survived, my younger son's.
Dad lost heart, struggled to
do his watering rounds.
Cancer had a lot to do with his death,
but the trees played a big part.

After he died, the property was sold.
No one has driven by to see if the
new owners pulled out any of Dad's
remaining trees to install, instead,
a patio, Jacuzzi, or deck.
When we think about the hours
we spent with our folks there,
we see Dad's terraced
Garden of Eden.

(Cinquain)

pandemic plea

people
crowd, mask-less at
beaches, bars, restaurants
with no reverence for how fragile
Life is.



Upcoming Arts Opportunities

Modesto-Stanislaus Poetry Center presents an online reading with poets Eliot Schain and Dane Cervine, both with new books out this year from Sixteen Rivers Press.



Modesto-Stanislaus
Poetry Center

The reading is Tuesday, October 13 at 7:00PM. Find the Zoom link on the MoSt website after October 1.

MoSt Poetry Center is also gearing up to accept submissions of quatrains in honor of Modesto's 150th anniversary. These will become one big community collaborative

poem sharing what we know and love about our town. More information is coming soon!

<https://www.mostpoetry.org/>

Modesto Unplugged presents an evening with Dirty Cello on 10/16/20. They've got the blues, bluegrass, Celtic and klezmer and classic rock, and it's all cello-driven — something you simply must experience yourself. We're turning our listening-room venue into a Buena Vista Social-Distance Club for this intimate evening with the band, with seats spread out and capped at 30. RSVP now for an unforgettable night of high-energy entertainment.

Moon & Sixpence Music And Art House - 500 9th St. between E & F (courtyard next to El Sol).

Friday October 16 - doors 7:30 PM, show 8 PM - \$20 cash at the door

Reserve seats at modestounplugged@yahoo.com or 209.543.5306

Sponsored by ModestoView - www.modestoview.com

Prospect Theater Project Play Reading Project

The Lonely Planet by Steven Dietz

October 3, 2020 (Performance), Streaming

October 4, 2020 (Talkback), Streaming

In a contemporary riff on Ionesco's "The Chairs," Jody, worldly and knowledgeable, owns a small map store on the oldest street in an American city. His friend Carl visits often but seems to lie a lot about his life and occupation. Jody finds that a chair has been placed in his store one day; he doesn't know it, but Carl put it there. Pretty soon, the store is littered with empty chairs.

Tickets: visit <https://bit.ly/32ITmpB>

Prospect Theater Project Radio Cavalcade
Sorry, Wrong Number By Lucille Fletcher

October 31, 2020 | Streaming

Long considered one of radio's greatest dramas, Lucille Fletcher's story revolves around an invalid woman confined to bed who accidentally overhears a telephone conversation in which she seemingly hears two men plotting a murder. She increasingly becomes frantic as she struggles to get someone to believe her. It was a tour de force performance by Miss Agnes Moorehead on radio and earned a Best Actress Oscar nomination for Barbara Stanwyck for the 1948 film version.

Tickets: visit <https://bit.ly/2ZQasji>

Hard Road to Redemption part II

continued from page 1

a witness to so much trauma and violence. We have to teach them character-building and about restorative justice. We have to teach them that there are alternative ways other than conflict when they are dealing with their peers and teachers. But the only way to do this is to empower our educators. I am very pleased that there have been rave reviews about the workshops we've been able to do for the educators. Also, I recently started my own consulting business and am working with an organization called Life Moves, which finds housing opportunities for the homeless population. I also work for a national advocacy organization. I'm a resource for my community now, and that's what I want to be.

TP: Please share some of your thoughts about systemic racism and police reform.

MB: We needed COVID-19 to expose us to the true pandemic that we've been dealing with for years, for centuries. And now we have the courage to face it. The COVID -19 virus we can't see. But we can see and experience this other pandemic. And we can absolutely do something about it, but it's going to take vulnerability and sitting at a table with people who may not agree with us, and really asking questions. Because I believe the truth can handle a question — it is our lies that crumble with questioning. Many times we think that white people were not affected by slavery, and that is a lie. I believe that the power of influence has affected all of us and that we have an opportunity to take a really good look and shine a light on our thinking. Black Americans have only been voting for 55 years. That means that we did not have a seat at the table when the structures that have been governing us were being made. Those structures are what we call systemic racism, the criminal justice system being one. We

need to correct that by having some honest conversations. We need our lives to crumble.

I had a friend who called me a couple weeks ago and he was sobbing, and he said "Mike, it feels like a crime to be White." And I told him, "I'm sorry you feel that way, but in a way I'm kind of glad you do, because that's the way I've felt my whole life. I never wanted you to feel that way, but now you know what standing in my shoes feels like." He and I had a long conversation about race and the state of our country. It was a beautiful conversation, and it was shared out of love. I believe that every human being on the planet has a core human decency in them that we can tap into - if we can question each other and hold each other to a place of accountability.

I disagree with the term "Defund the Police" I believe that we need to reallocate funds and build collaborative relationships with law enforcement. I believe we need to spend funds on mental health and educational programming, that some of law enforcement's budget be redirected. But I need the police, we all need the police. Unfortunately, police show up at the worst times in our lives, so we identify them with our pain. We need them to interact with us on celebratory occasions as well so that we can build a community. We need the police to live amongst us. I need my neighbor to be a police officer. I believe that our police officers should be obligated to volunteer in the community — this would allow the community to give the police their badge again — so we can hold them accountable, and they us. And I need you to hold your peers accountable. We need that to happen in our society, when we see violations of the law by our police officers. I hope to one day to help bridge the gap between law enforcement and the communities they serve.

Listen to Local Programming at KCBP 95.5 FM

Alert: Chris Murphy is coming to KCBP!
Stay tuned!

Arts of the San Joaquin Valley - Mondays, 8:00pm; Tuesdays 9:00 am & Wednesdays 8:00 pm. Listen here: <https://anchor.fm/kcbp> and on Spotify

Women of the Valley - 8:00pm Tuesdays & Thursdays & Wednesdays 9:00am. Listen here: <https://anchor.fm/kcbpwotv> and on Spotify.

The Peril and the Promise - Wednesdays 9:30 pm; Saturdays 2:30 pm; Listen here: <https://anchor.fm/kcbp-peril>

Modesto Sound - California Audio Roots Project (CARP) Season 1 - Wednesdays 11:30am, & Sundays 11:00am & 5:30pm

Modesto Area Music Show - Mondays 5:00pm Fridays 9:00pm & Saturdays 6:00pm

Where We Were - Fascinating local history with Felton Daniels. Monday & Thursdays 9am. Friday 8:30pm; Sunday at 11:00am.

Freak Radio with Christian E. Boyett, 6pm Thursdays. Replays Saturdays, 9pm & Tuesdays 11pm.

Weekdays (Monday - Friday)

Letters to Washington - 1:00am

Democracy Now! - 7:00pm

Flashpoint Magazine - 10:00pm

Children's Programming

Confetti Park - Saturday's 8:00am; & Sunday's 12:30pm

The Children's Hour - Sunday's 3:00pm

Find a complete programming schedule on our website, www.kcbpradio.org

What programming do you like or would like to hear? Contact us at programming@kcbpradio.org or call (209) 353-3066. Help put community into community radio! Interested in being part of our Community Advisory Board? Contact operations@kcbpradio.org or call (209) 353-3066.

We can't do it without you. Please support us! Donate at <https://kcbpradio.networkforgood.com/>



50 ways the Trump administration has eroded workers' rights while bolstering corporate power

Press Releases from the Economic Policy Institute

A new [EPI report](#) provides a comprehensive review of the Trump administration's 50 most egregious attacks on working people as part of a pro-corporate, anti-worker agenda since President Trump took office.

The authors begin with recent actions and extend back to the beginning of Trump's presidency, first showing how Trump has failed to adequately address the coronavirus pandemic and its economic shock. The Trump administration has vehemently opposed the extension of the \$600 increase of unemployment insurance (UI) benefits—which will [cost 5.1 million jobs](#)—and additional aid to state and local governments—which will [cost 5.3 million jobs](#).

The report also shows how the Trump administration has failed to protect the health of workers during the pandemic. Trump's Occupational Safety and Health Administration (OSHA) has failed to enforce the Occupational Safety and Health Act or issue any required measures to protect workers from the virus.

"The Trump administration's mishandling of the COVID-19 pandemic marks the administration's most glaring failure of leadership, but it is in no way distinct from its approach to governing since President Trump's first day on the job. The administration has systematically promoted the interests of corporate executives and shareholders over

Trump administration has failed to protect the health of workers during the pandemic.

those of working people and failed to protect workers' safety, wages, and rights," said Celine McNicholas, EPI's director of government affairs and labor counsel and co-author of the report.

Other notable Trump administration anti-worker actions include:

- Attacking workers' wages: Preventing millions of workers from receiving overtime by lowering the overtime threshold, proposing a rule to allow employers to capture workers' tips which would cost workers more than \$700 million annually, and denying workers a minimum wage increase.
- Undermining workers' collective bargaining rights: Obstructing workers' right to fair union elections, seeking to take away graduate student workers' right to organize and bargain, and narrowing the joint-employer standard under the National Labor Relations Act.
- Putting forward anti-worker nominees and appointees in the U.S. Supreme Court, Department of Labor, and

National Labor Relations Board.

"President Trump claimed he would fight for workers, but his actions and policies have cost workers' wages, undermined their right to organize unions, and failed to protect their health and safety on the job," said Lynn Rhinehart, EPI's senior fellow and co-author of the report. "This report shows the real record and exposes Trump's repeated attacks on workers."

"The pandemic has merely provided the administration another opportunity to continue its attacks on workers' rights. Instead of instituting policies to protect the nation's essential workers, the administration has undermined workplace safety standards," said Margaret Poydock, EPI's policy associate and co-author of the report. "It is critical that a new administration work with the same diligence to reverse Trump's anti-worker policies and also advance a workers' agenda that provides working people with the rights and protections they need and deserve."

EPI is an independent, nonprofit think tank that researches the impact of economic trends and policies on working people in the United States. EPI's research helps policymakers, opinion leaders, advocates, journalists, and the public understand the bread-and-butter issues affecting ordinary Americans.

Not Enough to Eat: California Black and Latinx Children Need Policymakers to Act

By **ADRIANA RAMOS-YAMAMOTO**,
California Budget & Policy Center

Right now, many families do not have enough food on the table, and this problem is particularly acute for Latinx and Black families in California. Even before the COVID-19 pandemic, about 1 in 10 Californians sometimes or often lacked access to enough food to support a healthy lifestyle.¹ Struggling to have enough food affects people of all ages, but it is especially harmful to children, as inadequate nutrition can harm their health, development, and learning.²

Due to historic and ongoing racial discrimination, Black and Latinx families have always struggled to afford enough food, and the COVID-19 health and economic crisis has only made this problem worse.³ Data from the Census Bureau's weekly Household Pulse Survey provides information on how COVID-19 is affecting families. In California, about 1.9 million households with children (15.9%) reported sometimes or often not having enough food to eat during a four-week period in late June and July. Latinx and Black households were more likely to lack enough food at home, with more than 1 in 5 Latinx households and Black households with children reporting sometimes or often not having enough to eat (21.9% and 20.2%, respectively).⁴

Families struggling to afford enough food underscores the need for federal policymakers to help Californians during the ongoing health and economic crisis. Federal policymakers

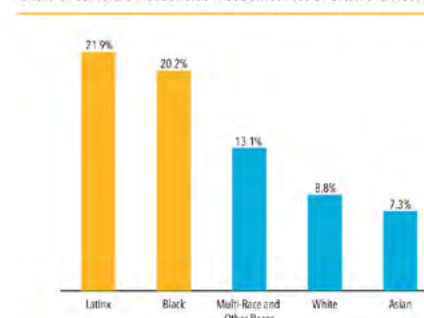
should ensure families have the resources they need to feed their families, including:

- Increasing the maximum Supplemental Nutrition Assistance Program (SNAP) benefit, known as CalFresh in California, by at least 15%, which would boost benefits by about \$25 per person per month.⁵ In addition, federal policymakers should expand food assistance to immigrants who are excluded from SNAP – many of whom are Latinx.
- Extending Pandemic Electronic Benefits Transfer (P-EBT) through the 2020-21 school P-EBT is a one-time disaster response program that supports children who lost access to free or reduced-price school meals due to school closures, but will expire at the end of September.⁶ P-EBT was one of the few programs that provided food benefits to children regardless of immigration status.
- Helping families with younger children afford food by adding the Child and Adult Food Care Program to P-EBT, so those who lost access to federally funded meals when child care programs closed can receive support.
- Investing in programs like virtual home visiting, which can connect families to food banks, food assistance, and other resources that help put food on the table.⁷

During this health and economic crisis, families should not agonize over having enough food at home. Children should

Latinx and Black Households With Children Are More Likely to Lack Enough Food During the COVID-19 Pandemic

Share of California Households That Sometimes or Often Did Not Have Enough to Eat



Note: Data represent multiracial averages from survey responses collected June 25-30, July 2-7, July 9-14, and July 16-21. Due to small sample size, some demographic groups were combined into the Multi-Race and Other Races category. This category reflects people identifying as American Indian, Alaska Native, Native Hawaiian or Pacific Islander, or more than one race.
Source: Budget Center analysis of Census Bureau Household Pulse Survey.

California Budget & Policy Center
Independent Analysis. Shared Progress.

never worry about when they will eat again. Policy inaction will only worsen racial health and educational disparities in California. It is critical that policymakers invest in programs that protect and promote children's health and well-being.

For complete Endnotes, visit <https://calbudgetcenter.org/resources/snap-calfresh-california-black-and-latinx-children-need-policymakers-to-act/>

1 Feeding America, Food Insecurity in California, accessed <http://map.feedingamerica.org/county/2018/overall/california> on September 1, 2020.



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

OCTOBER 2020

CHECK WITH MEETING HOSTS. ONLINE MEETINGS MAY BE PLANNED.

Science Colloquium, Wednesdays, 3:15-4:15 p.m., Science Community Center, Rm. 115, MJC West Campus. Free; \$2 parking fee. MJC IS CLOSED.

MAPS (Modesto Area Partners in Science): free community science programs. Live presentations via Zoom until further notice. Link provided before each talk on the MAPS website a few days of the presentation. 7:30 pm, Remote through Zoom go to <https://modestoscience.wordpress.com/schedule/>. Friday, October 30: 7:30 pm. Stanislaus County Department of Health, "Covid-19 in Our Region." Friday, November 13: 7:30 pm. Primatologist, Jennifer Danzy Cramer, Ph.D. "Shifting Primatology Research to Meet Community Needs." Dr. Cramer discusses how her science and research background led her from studying the behavior of primates to more applied, community-led projects focused on health and conservation.

VIRTUAL FILMS are available at the State Theatre! Visit <https://thestate.org/virtual-screenings/>

1 THURS: Peace/Life Center ZOOM Board Meeting, 6:30 pm. Email Jim Costello for login information, jcostello@igc.org

7 WED: NO VIGIL in OCTOBER.

ARTS EVENTS IN OCTOBER. See p. 10.

REGULAR MEETINGS

SUNDAYS

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

IMCV weekly Insight Meditation and dharma talk, 8:45 am - 10:15 am, 2172 Kiernan Ave., Modesto (rear bldg. at the end of the UUFSC east parking lot). Offered freely, donations welcome. Info: Contact Lori, 209-343-2748 or see <https://imcv.org/> Email: info@imcv.org

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

MONDAYS

The Compassionate Friends, Modesto/Riverbank Chapter is meeting by Zoom on the 2nd Mondy at 7p.m. Bereaved parents, grandparents, and adult siblings are invited to participate in their support group for families whose children have died at any age, from any cause. Call 209-622-6786 or email for details: tcfmodestoriverbank@gmail.com; <http://www.tcfmodesto-riverbankarea.org>

Suicide Loss Support Group: Friends for Survival meets every third Monday at 7 pm. Details: Norm Andrews 209-345-0601, nandrews6863@charter.net.

Monday Morning Funstrummers Beginner Ukulele Lessons. Modesto Senior Center. 10:45am to Noon. Free Scenic and Bodem.

Walk with Me, a women's primary infertility support group and Bible study. 6:00 pm to 7:30 pm the first and third Mondays of each month (September only meeting 9/15/14 due to Labor Day). Big Valley Grace Community Church. Interested? Email WalkWithMeGroup@gmail.com or call 209.577.1604.

Silver & Gold Support group for our senior LGBT communities' unique concerns and experiences. A group that will understand and accept you where you are. For LGBT folks over 50 yrs. old. Every Monday at 3 pm to 4 pm at various locations in Modesto. Info: Steven Cullen/Facilitator. Cell/text - (559) 799-0464. Email: stevencullen@sbcglobal.net

TUESDAYS

Teen Tuesdays every week from June-August, 2-5 pm., Central Valley Pride Center, 400 12th St. Peer Support, Games & movies. Safe space for teens to socialize, work together on projects, and learn about LGBTQ history. Each week will be a little different as we want YOU (youths) to guide the direction this group will go!" Info: Maggie Strong, Political Activist Director/ GSA Liaison, mstrong@mopride.org, 209-284-0999.

Attention Veterans: Join us for Free Coffee & Donuts Meet & Greet at the Stanislaus Veterans Center, 3500 Coffee Rd., Modesto, Suite 15, 7 am – 11 am

NAACP Meeting. King-Kennedy Center, 601 S. Martin Luther King Dr., Modesto, 3rd Tuesday @ 6:30 pm. 209-645-1909; email: naacp.branch1048@gmail.com

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

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

Tuesday Evening Funstrummers Ukulele Jam. Songbooks provided. 6pm to 8pm, 1600 Carver Rd., Donation. 209-505-3216, www.funstrummers.com.

IMCV weekly Insight Meditation and dharma talk, 6:30 pm - 8:30 pm, 2172 Kiernan Ave., Modesto (rear bldg. at the end of the UUFSC east parking lot). Offered freely, donations welcome. Info: Contact Lori, 209-343-2748 or see <https://imcv.org/> Email: info@imcv.org

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

WEDNESDAYS

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

Merced LGBT Community Center offers a variety of monthly meetings and written materials. Volunteers, on site Wed-Fri, offer support. Ph: 209-626-5551. Email: merced-board@gaycentralvalley.org – 1744 G St. Suite H, Merced, CA. www.mercedlgbtcenter.org

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

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

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

Transgender Support Group, 2nd & 4th Wed., 7:30 to 9 pm. Info: (209) 338-0855. Email info@stanpride.org, or tgsupport@stanpride.org

Mindful Meditation: Modesto Almond Blossom Sangha, 7 - 9 pm. Info: Anne, 521-6977.

Compassionate Friends Groups, 2nd Wed., 252 Magnolia, Manteca.

MODESTO PEACE LIFE CENTER ACTIVITIES

Modesto Peace/Life Center VIGILS: SUSPENDED, held THE FIRST WEDNESDAY of the month at McHenry Ave. and J. St. (Five points), 4:00-5:00 pm. Call the Center for info: 529-5750.

MEDIA: Listen to KCBP 95.5 FM Community Radio, the "Voice of the Valley" also streaming at <http://www.KCBPradio.org>

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

MEDIA COMMITTEE of Peace/Life Center. Meetings TBA.

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

THURSDAYS

CA10 Progressive Coalition Monthly Meeting, third Thursdays. Inclusive group of progressive activists to share resources, ideas, and information in order to support all the great organizing work happening in the Valley! Feel free to invite trusted allies. Meet-up and social hour: 5:30 pm-6:30 pm. Meeting: 6:30 pm-8:00 pm. Follow group on Facebook. Info: Tim Robertson, tim@nvlf.org

Laughter Yoga, Every other Thursday at The Bird's Nest, 422 15th St., Modesto. The dates are February & March 7th & 21st, April 4th & 18th, May 2nd & 16th. 5:30pm-6:30pm. \$15.00 per class. To register, call or text Nicole, 209-765-8006 or visit www.nicoleottman.com

Attention Veterans: Join us for Free Coffee & Donuts Meet & Greet at the Stanislaus Veterans Center, 3500 Coffee Rd., Modesto, Suite 15, 7 am – 11 am

IMCV Grupo de Meditación en Español, cada semana 7:30 pm - 9:00 pm, 2172 Kiernan Ave., Modesto (edificio trasero al final del estacionamiento este de UUFSC). Ofrecido libremente, las donaciones son bienvenidas. Info: Contacto Vanessa, 209-408-6172.

LGBTQ+ Collaborative Meetings are on the 2nd Thursday of the month, unless noted. Evening meeting, 1pm to 2 pm, Central Valley Pride Center, 400 12th St., Suite 2, Modesto, CA. Information: John Aguirre at cell/text - (559) 280-3864/ e-mail: jpamodesto@gmail.com

Green Team educational meetings the 3rd Thursday of each month, 10 to 11 am, Kirk Lindsey Center, 1020 10th St. Plaza, Suite 102, Modesto. www.StanislausGreenTeam.com

Third Thursday Art Walk, Postponed until further notice. <http://www.modestoartwalk.com>

The Book Group, First & third Thursdays. College Ave UCC Youth Bldg., Orangeburg & College Ave., 3:30 – 5:00 pm. Info: mzjurkovic@gmail.com

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

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

FRIDAYS

Game Night and Potluck, third Friday of each month. For 21+ only. Central Valley Pride Center, 400 12th St., Suite 2, Modesto. 7 pm to 10 pm. Info: John Aguirre, (559) 280-3864; jpamodesto@gmail.com

Friday Morning Funstrummers Band Rehearsal. Donation 9:15am to Noon. College Avenue United Church of Christ, 1341 College Ave., Modesto. 209-505-3216, www.funstrummers.com.

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

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

Sierra Club: Yokuts group. Regular meetings, third Friday, College Ave. Congregational Church, 7 pm. Info: 300-4253. Visit <http://www.sierraclub.org/mother-lode/yokuts> for info on hikes and events.

Mujeres Latinas, last Friday, lunch meetings, Info: Cristina Villego, 549-1831.

Hispanic Leadership Council, 3rd Fridays at noon, 1314 H St., Modesto 95354. Questions? Yamilet Valladolid, yamiletv@hotmail.com

SATURDAY

12-Step/Buddhist Meeting starts with a 30-minute meditation and then open discussion. Held monthly every second Saturday, 4:30 to 6:00 pm, 2172 Kiernan Ave., Modesto at the UUFSC in Sarana (small building, rear of the east parking lot). Freely-offered donations welcome. Information: 209 606 7214.

Free Community Drum Circle every third Saturday, 3 pm, Deva Café, 1202 J. St., Modesto. No experience or drums necessary to participate. All levels welcome. <https://drum-love.com/>

Refuge Recovery: A Buddhist Approach to Recovery from Addiction. @Friends Coming of Age., 1203 Tully Rd., Ste. B., Modesto. Saturdays 8-9 am. FREE (donations accepted). Info: RefugeRecoveryModesto@gmail.com

Divine Feminine Gathering. Join us for a time of ritual, song and conversation as women come together to celebrate one another and the Divine among us and within us. 3rd Saturday of the month, 3:30-5:00 p.m. Stockton, CA. Contact Rev. Erin King, 209-815-0763, orkingenne@gmail.com

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

ONGOING

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

A.r.t.s. Educational Resource Center: All things recycled free arts materials for teachers, scout leaders, childcare, artists for their projects. Open M - F 8 to 4:30, 917 Oakdale Rd. Modesto, Media Center behind Ross Store. Volunteers needed. Info: 567-4516.

Central Valley Democratic Club. Monthly meetings: Modesto, Patterson, and Oakdale. For more information, call Neil Hudson, 847-0540.

Childrens Story Hours Stanislaus County Library: Modesto, WiggleWorms! Program for children age 2 and younger and their caregivers; combines age appropriate stories and movement activities that promote essential pre-reading skills. Preschool StoryTime, Cuentos en espanol. Times vary. Info: http://www.stanislauslibrary.org/tk_kids_storytime.shtm

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

DEADLINE to submit articles to CONNECTIONS: Tenth of each month.

Submit peace, justice, environmental event notices to Jim Costello, jcostello@igc.org
Free Calendar listings subject to space and editing.