

AMASS *Magazine*

**Hope for
Homeowners**

**Media
Meltdown**

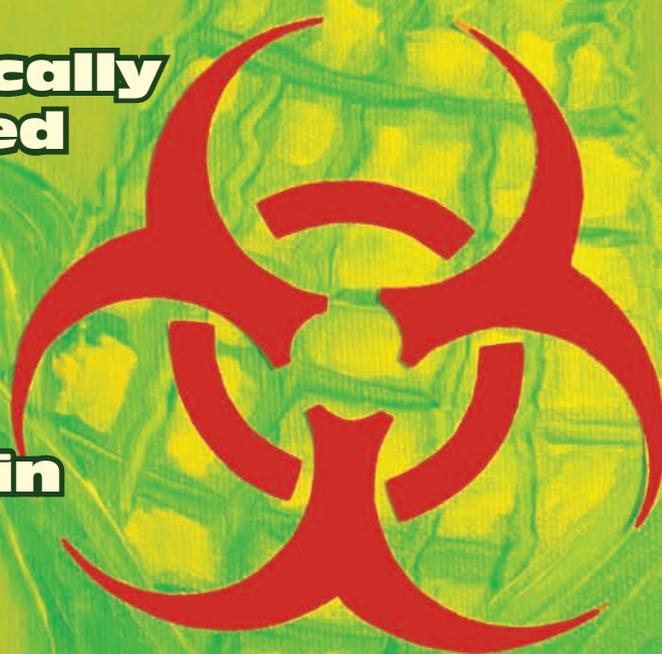
**Genetically
Modified
Con**

**Barter
Banking**

**Death in
Iowa**

**Climate
Chaos**

**Developing
Democracy**



\$4.95



ISSUE 40
NUMBER 4
VOLUME 15

NEED\$\$\$\$MONEY?

COME TO SEE US!

Get 20% More\$

BBG

Get 20%More\$

CASH4GOLD & SILVER

GOLD-PLATINUM-SILVER-COINS

ANY CONDITIONS

We are an Authorize Dealer !!!



4



**EVERYBODY IS DOING IT WHY NOT YOU
HURRY DON'T WAIT!!**

**COME TO SEE US
OR
GIVE US A CALL**

562-253-6214

**412 CHERRY AVE
LONG BEACH CA 90802**



Don't Sell it to Pawn Shops, Malls or Strangers at your Door

STEAKS
PRIME RIB
& SEAFOOD

PROSPECTOR RESTAURANT

2400 East 7th Street Long Beach (562) 438-3839

Our Motto: Great Quality Food - LOW, LOW, LOW PRICES!

STARTING AT 4PM

PROSPECTOR'S DAILY SPECIALS

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>	<u>SUNDAY</u>
Prime Rib 12.99	Filet Mignon 12.99	Roasted Pork & Dressing 8.49	Top Sirloin Steak 10.99	Rib Eye Steak 12.99	New York Steak 12.99	Yankee Pot Roast 10.99
Fried Chicken 9.99	Chicken Fried Steak 9.99	Red Snapper 10.99	Roasted Turkey & Dressing with cranberry sauce 10.99	Catfish 12.99	Pork Chops & Dressing 11.99	

**SPECIAL
OFFERS**

STEAK & LOBSTER DINNER

\$15.99

Served with soup or salad, choice of potato,
garlic bread & dessert.

Served from 11AM Everyday.

Thru 7/15/11. Offer subject to change.

Not valid on holidays.

FREE DINNER

**Purchase 3 dinners and
receive the 4th of equal
or lesser value FREE!**

Dine-in only. Not valid on holidays.
Thru 7/15/11.

\$2.50 Bloody Mary's Sat & Sun 8am-2pm

visit our website: www.ProspectorLongBeach.com



***We Serve
Breakfast
Lunch
& Dinner***

4th St Deli

**450 Pine Ave Ste 110
562.256.7901**

**check website for hours
www.4thstdeli.com**

AMASS

ISSUE 40 VOLUME 15

Number 4

FOOD

MONSANTO ENDANGERS HEALTH

J E F F R E Y M . S M I T H

8

ENERGY

FIVE LESSONS FROM A MONTH IN HELL

A S H E R M I L L E R

14

WAR

OBAMA AND THE FIVE-SECOND RULE

K E I T H O L B E R M A N N

18

HOUSING

OBAMA'S HOMEOWNER RELIEF

S H A H I E N N A S I R I P O U R

22

FICTION

GRAVITY'S GOD

J O H N O ' K A N E

28



painting by Renee Van Winkle

MEDIA

SMEARING NPR

B I L L M O Y E R S A N D
M I C H A E L W I N S H I P

36

REVIEW

COUNTER-CULTURE CONFESSIONS

H A M M O N D G U T H R I E

38

MUSIC

LONG BEACH MUSIC SCENE: CHRIS SCHLARB

G R E G G O R Y M O O R E

42

CULTURE

BARTER BANKING

M E L I N A P A R I S

46

AMASS

EDITOR:

JOHN O'KANE

MANAGING EDITOR:

MELINA PARIS

ASSISTANT EDITORS:

VICKI JENKINS

ALEX SEMPLE

DESIGNER:

KAITE PRICE

INTERN:

NATALIE VERA

CONTRIBUTORS:

WILLIAM BLUM

NOAM CHOMSKY

ROBBIE CONAL

MARC COOPER

NANCY FRASER

CANDICE GAWNE

SUSANNA HECHT

ARIANNA HUFFINGTON

JAMES KUNSTLER

JASON LEOPOLD

GREGGORY MOORE

ERIKA ROTHENBERG

PETER DALE SCOTT

SANDRA TSING-LOH

RENEE VAN WINKLE

DAVE ZIRIN

COVER:

“CORN PEOPLE”

RENEE VAN WINKLE

**“Corn People”**

copyright © 2011 20” x 16” acrylic and multi media
[photo courtesy of of Romeogil.com]

Renee Van Winkle

RVW is a Long Beach, California, based artist that specializes in Pop Culture Collage Art. She has used mediums ranging from Canvas, Cigar Boxes, Furniture (Tables, Chairs, Stools, Desks, etc), Hand Bags to even Skateboards and Surf Boards. She has had multiple artist showcases throughout Southern California. Her artwork has been featured in print media publications throughout California. Look for upcoming art showings and a line of Collage Hand Bags soon to be released. RVW is part of Smash Famous, a multi media art collective, specializing in Film, Music, Art and Apparel.

For more information on RVW please go to:

www.SmashFamous.com

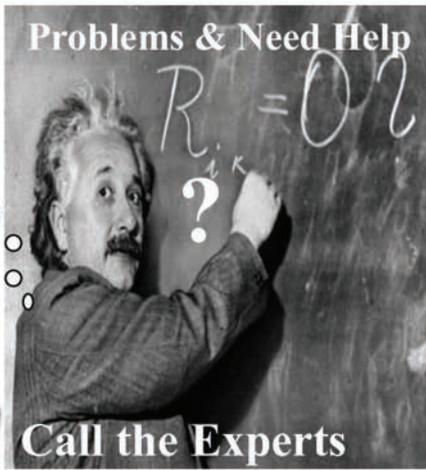
www.RVWArtwork.com



AMASS is published by the Society For Popular Democracy and AMASS Press, 10920 Wilshire Blvd., Suite 150, Los Angeles, CA 90024. Web: www.amassmagazine.com. Email: amassmag@aol.com. Subscriptions: \$16 for individuals within the US and Canada, \$18 outside these areas; \$40 for institutions within the US and Canada, \$50 outside. Single copy: \$4.95. Back issues available on website. Visuals furnished by the authors. Authority to reprint articles must be sought from publisher. Manuscripts should be submitted in duplicate and will not be returned without a stamped, self-addressed envelope. Editorial address: 1243 W. 13th Street, San Pedro, CA 90731. Thanks to Anne Kelly, Kristy Salsbury, Caesar Sereseres, and Barbara Doshier for their support. Vb. AMASS, to cultivate, preserve, activate, gather together, socialize, cancel alienation. Distributed by Ubiquity, New York; Angel City, Santa Monica, CA; and Ingram. Member IPA. Indexed in MLA; Alternative Press Index; Ebsco; Cengage, ProQuest. Copyright © 2011 by Society For Popular Democracy. ISSN 0193-5798d.



**We are the Best
In Long Beach**



Problems & Need Help

Call the Experts

Whatever your problem is— Bring it to Us—We'll Fix it!

**We Fix Any Lap Tops-Desk Tops-Mac Computer-PS3-XBox 360-
Wii's- iPhones- iPods Touch-Psp's**

Free Estimates

**Viruses Removal \$39.99
Data Recovery \$39.99
System upgrade \$129.99
PS3 Repair \$49.99
iPhones Digitizer \$49.99**

**Operating System \$89.99
PC Tune-up \$49.99
Hardware Installation \$39.99
Xbox 360 Repair \$49.99
iPod Touch Digitizer\$49.99**



**562-435-4477
408 E. First St. Suit 102
Long Beach CA 90802**



Long Beach Blvd	Elm St.	Linden St.	Atlantic
	1st Street		

Ocean Blvd

MONSANTO ENDANGERS HEALTH

JEFFREY M. SMITH

While visiting a seed corn dealer's demonstration plots in Iowa last fall, Dr. Don Huber walked past a soybean field and noticed a distinct line separating severely diseased yellowing soybeans on the right from healthy green plants on the left. The yellow section was suffering from Sudden Death Syndrome (SDS), a serious plant disease that ravaged the Midwest in 2009 and 2010, driving down yields and profits. Something had caused that area to be highly vulnerable, and Don had a good idea what it was.

He spent 35 years as a plant pathologist at Purdue and knows a lot about what causes green plants to turn yellow and die prematurely. He's one of the world's experts. He asked the seed dealer why the SDS was so severe in one area of the field and not the other. "Did you plant something there last year that wasn't planted in the rest of the field?" he asked. Sure enough, precisely where the severe SDS was, the dealer had grown alfalfa, which he killed off at the end of the season by spraying a glyphosate-based herbicide. The healthy part of the field, on the other hand, had been planted to sweet corn and hadn't received glyphosate. This was yet another confirmation that Roundup was triggering SDS.

Perfect storm

More than 30% of all herbicides sprayed anywhere contain glyphosate--the world's bestselling weed killer. It was patented by Monsanto for use in their Roundup brand, which became more popular when they introduced "Roundup Ready" crops starting in 1996. These genetically modified (GM) plants, which now include soy, corn, cotton, canola, and sugar beets, contain inserted genetic

material from viruses and bacteria that allows the crops to withstand applications of normally deadly Roundup.

Monsanto encourages farmers who buy Roundup Ready seeds to also use the company's Roundup brand of glyphosate. They only provide warranties on the approved herbicide brands and offer discounts through their "Roundup Rewards" program. This has extended the company's grip on the glyphosate market, even after its patent expired in 2000.

The herbicide doesn't destroy plants directly. It cooks up a perfect storm of conditions that revs up disease-causing organisms in the soil, and at the same time wipes out plant defenses against those diseases. The mechanisms are well-documented but rarely cited.

The glyphosate molecule deprives crops of the vital minerals necessary for healthy functioning, and especially the ability to resist soilborne diseases. It annihilates soil organisms that live around the roots and help suppress disease. And it is highly toxic to plants. But the clincher is that it dramatically promotes disease-causing organisms, present in almost all soils, which overrun the weakened crops with deadly infections.

By weakening plants and promoting disease, glyphosate opens the door for lots of problems in the field. According to Don, "There are more than 40 diseases of crop plants that are reported to increase with the use of glyphosate, and that number keeps growing as people recognize the association between glyphosate and disease."

Human and animal toxins

Some of the fungi promoted by glyphosate produce dangerous toxins that can end up in food and feed. Sudden Death Syndrome, for example, is caused by the

Fusarium fungus. USDA scientist Robert Kremer found a 500% increase in *Fusarium* root infection of Roundup Ready soybeans when glyphosate is applied. Corn, wheat, and many other plants can also suffer from serious *Fusarium*-based diseases.

But *Fusarium*'s wrath is not limited to plants. According to a report by the UN Food and Agriculture Organization, toxins from *Fusarium* on various types of food crops have been associated with disease outbreaks throughout history. They've "been linked to the plague

When Roundup Ready crops were introduced in 1996, Monsanto boldly claimed that herbicide use would drop as a result. It did, slightly, for three years. But over the next 10 years, it grew considerably.

-- Jeffrey M. Smith

epidemics” of medieval Europe, “large-scale human toxicosis in Eastern Europe,” oesophageal cancer in southern Africa and parts of China, and a blood disorder in Russia. *Fusarium* toxins have also been shown to cause animal diseases and induce infertility.

Plant diseases

When Roundup Ready crops were introduced in 1996, Monsanto boldly claimed that herbicide use would drop as a result. It did, slightly, for three years. But over the next 10 years, it grew considerably. Total herbicide use in the US jumped by a whopping 383 million pounds in the 13 years after GMOs came on the scene. The greatest contributor is Roundup.

Over time, many types of weeds that would once keel over with just a tiny dose of Roundup now require heavier and heavier applications. Some are nearly invincible. In reality, these super-weeds are resistant not to the glyphosate itself, but to the soilborne pathogens that normally do the killing in Roundup sprayed fields.

Having hundreds of thousands of acres infested with weeds that resist plant disease and weed killer has been devastating to many US farmers, whose first response is to pour on more and more Roundup. Its use is now accelerating. Nearly half of the huge 13-year increase in herbicide use took place in just the last 2 years. This has *serious* implications.

As US farmers drench more than 135 million acres of Roundup Ready crops with Roundup, plant diseases are enjoying an unprecedented explosion across America’s most productive crop lands. Don rattles off a lengthy list of diseases that were once under effective management and control, but are now creating severe hardship. It includes SDS and *Corynespora* root rot of soybeans, citrus variegated chlorosis (CVC), *Fusarium* wilt of cotton, *Verticillium* wilt of potato, take-all root, crown, and stem blight of cereals, *Fusarium* root and crown rot, *Fusarium* head blight, *Pythium* root rot, Goss’ wilt of corn, and many more.

In Brazil, the new “Mad Soy Disease” is ravaging huge tracts of soybean acreage. Although scientists have not yet determined its cause, Don points out that various symptoms resemble a rice disease (*bakanae*) which is caused by *Fusarium*.

In recent years, corn plants and entire fields in the Midwest have been dying earlier and earlier due to various diseases. Seasoned and observant farmers say they’ve never seen anything like it.

“A decade ago, corn plants remained green and healthy well into September,” says Bob Streit, an agronomist in Iowa. “But over the last three years, diseases have turned the plants yellow, then brown, about 8 to 10 days earlier each season. In 2010, yellowing started around July 7th and yield losses were devastating for many growers.”

Bob and other crop experts believe that the increased use of glyphosate is the primary contributor to this disease trend. It has already reduced corn yields significantly. “If the corn dies much earlier,” says Bob, “it might collapse the corn harvest in the US, and threaten the food



little fish theatre
2011 Season Subscriptions
ON SALE NOW!

“What the feisty Little Fish Theatre has accomplished in its intimate space is a perfect example of theatrical magic.” -- BACKSTAGE WEST

MAINSTAGE SERIES

(Fri & Sat @ 8pm; Individual Tickets: \$25)

Italian American Reconciliation Apr 22 - May 28

Old Love Jun 17 - Jul 23

Jack Goes Boating Aug 5 - Sep 10

Loot Sep 23 - Oct 29

Hallelujah Girls Nov 11 - Dec 17



MID-WEEK SERIES

(Wed & Thu @ 8pm; Individual Tickets: \$18)

Stones in His Pockets Apr 27 - May 12

Tryst Aug 10 - 25

Twisted, Spooky, Creepy Oct 12 - 30

Choose Your Subscription Package & Save!

10 Anytime Tickets: \$210

SAVE \$40

6 Anytime Tickets: \$130

SAVE \$20



777 Centre St (8th & Centre) downtown San Pedro
 310.512.6030 littlefishtheatre.org

chain that it supports.”

Roundup persists

Monsanto used to boast that Roundup is biodegradable, claiming that it breaks down quickly in the soil. But courts in the US and Europe disagreed and found them guilty of false advertising. In fact, Monsanto’s own test data revealed that only 2% of the product broke down after 28 days.

Whether glyphosate degrades in weeks, months, or years varies widely due to factors in the soil, including pH, clay, types of minerals, residues from Roundup Ready crops, and the presence of the specialized enzymes needed to break down the herbicide molecule. In some conditions, glyphosate can grab hold of soil nutrients and remain stable for long periods. One study showed that it took up to 22 years for glyphosate to degrade only half its volume. So much for trusting Monsanto’s product claims!

Glyphosate can attack from above and below. It can drift over from a neighbor’s farm and wreak havoc. And it can even be released from dying weeds, travel through the soil, and then be taken up by healthy crops.

The amount of glyphosate that can cause damage is small. European scientists demonstrated that less than half an ounce per acre inhibits the ability of plants to take up and transport essential micronutrients.

As a result, more and more farmers are finding that crops planted in years *after* Roundup is applied suffer

from weakened defenses and increased soilborne diseases. The situation is getting worse because the glyphosate concentration builds up with each seasonal application (it can accumulate for 6-8 years inside plants which get continually sprayed, like alfalfa). And immobilized residues in the soil can be reactivated by phosphate fertilizers or other methods. Glyphosate can also find its way onto farmland accidentally, through drifting spray, in contaminated water, and even through chicken manure!

Manure from other animals may also be spreading the herbicide since livestock consume copious amounts of glyphosate, which accumulates in corn kernels and soybeans. If it *isn't* found in livestock manure (or urine), that may be even worse. If glyphosate is not exiting the animal, it must be accumulating with every meal, ending up in our meat and possibly milk.

Add this threat to the already high glyphosate residues inside our own diets due to corn and soybeans, and we have yet another serious problem threatening our health. Glyphosate has been linked to sterility, hormone disruption, abnormal and lower sperm counts, miscarriages, placental cell death, birth defects, and cancer, to name a few.

Nutrient loss

The same nutrients that glyphosate deprives in plants are also vital for human and animal health. These include iron, zinc, copper, manganese, magnesium, cal-

TONOS
CAFE & GRILL **CARNES ASADAS**

TRADITIONAL DINNERS

Buy 2
Traditional Dinners
Get 3rd
Traditional Dinner
50% off
with this ad

(310) 221-0910
655 W. 7TH ST.
SAN PEDRO, CA

GAFFEY ST.
 PACIFIC AVE.
 HARBOR BLVD.
 7TH AVE.
 9TH AVE.

expires 7/15/11

cium, boron and others. Deficiencies of these elements in our diets, alone or in combination, are known to interfere with vital enzyme systems and cause a long list of disorders and diseases.

Alzheimer's, for example, is linked with reduced copper and magnesium. Don Huber points out that this disease has jumped 9000% since 1990.

Manganese, zinc, and copper are also vital for proper functioning of the SOD (superoxide dismutase) cycle. This is key for stemming inflammation and is an important component in detoxifying unwanted chemical compounds in humans and animals.

Glyphosate-induced mineral deficiencies can easily go unidentified and untreated. Even when laboratory tests are done, they can sometimes *detect* adequate mineral levels, but miss the fact that glyphosate has already rendered them unusable.

Glyphosate can tie up minerals for years and years, essentially removing them from the pool of nutrients available for plants, animals, and humans. If we combine the more than 135 million pounds of glyphosate-based herbicides applied in the US in 2010 with total applications over the past 30 years, we may have *already* eliminated millions of pounds of nutrients from our food supply.

This loss is something we simply can't afford. We're already suffering from progressive nutrient deprivation even without Roundup. In a UK study, for example, they found between 16-76% less nutrients in 1991, compared to levels in the same foods in 1940.

Mineral deficiency

Roundup Ready crops dominate US livestock feed. Soy and corn are most prevalent--93% of US soy and nearly 70% of corn are Roundup Ready. Animals are also fed derivatives of the other three Roundup Ready crops: canola, sugar beets, and cottonseed. Nutrient loss from glyphosate can therefore be severe.

This is especially true for manganese (Mn), which is not only deprived by glyphosate, but also reduced in Roundup Ready plants. One veterinarian finds low man-

gane in *every* livestock liver he measures. Another vet sent the liver of a stillborn calf out for testing. The lab report stated: *No Detectible Levels of Manganese*--in spite of the fact that the mineral was in adequate concentrations in his region. When that vet started adding manganese to the feed of a herd, disease rates dropped from a staggering 20% to less than 1/2%.

Veterinarians who started their practice after GMOs were introduced in 1996 might assume that many chronic or acute animal disorders are common and to be expected. But several older vets have stated flat out that animals have gotten much sicker since GMOs came on the scene. And when they switch livestock from GMO to non-GMO feed, the improvement in health is dramatic. Unfortunately, no one is tracking this, nor is anyone discussing the effects of consuming milk and meat from GM-fed animals.

Alfalfa madness

As we continue to drench our fields with Roundup, the perfect storm gets bigger and bigger. Don asks the sobering question: "How much of the hundreds of millions of pounds of glyphosate that have been applied to our most productive farm soils over the past 30 years is still available to damage subsequent crops through its effects on nutrient availability, increased disease, or reduced nutrients of our food and feed?"

Instead of taking urgent steps to protect our land and food, the USDA is making things worse. In December they released their Environmental Impact Statement (EIS) on Roundup Ready alfalfa, which Monsanto is reintroducing to the market with the USDA's approval.

Alfalfa is the fourth largest crop in the US, grown on 22 million acres. It is used primarily as a high protein source to feed dairy cattle and other ruminant animals. At present, weeds are not a big deal for alfalfa. Only 7% of alfalfa acreage is ever sprayed with any kind of herbicide. With Roundup Ready alfalfa approved, however, herbicide use will jump to unprecedented levels, and the weed killer of choice would of course be Roundup.

Even without the application of glyphosate, the



1201 Redondo Avenue
Long Beach, CA 90804

Grill (562) 986-6900

Fax (562) 986-6910

www.longbeachfishgrill.com

nutritional quality of Roundup Ready alfalfa will be less, since Roundup Ready crops, by their nature, have reduced minerals. When glyphosate is applied, nutrient quality suffers even more.

The chance that Roundup will increase soilborne diseases in alfalfa fields is a near certainty. In fact, Alfalfa may suffer *more* than other Roundup Ready crops since it is planted yearly and the Roundup accumulates. It is a deep-rooted plant, and glyphosate leaches into sub soils. And "*Fusarium* is a very serious pathogen of alfalfa," says Don. "So too are *Phytophthora* and *Pythium*," both of which are promoted by glyphosate. "Why would you even consider jeopardizing the productivity and nutrient quality of the third most valuable crop in the US?" he asks in frustration, "especially since we have no way of removing the gene once it is spread throughout the alfalfa gene pool."

It's already spreading. Monsanto had marketed Roundup Ready alfalfa for a year, until a federal court declared its approval to be illegal in 2007. They demanded that the USDA produce an EIS in order to account for possible environmental damage. But even with the seeds taken off the market, the Roundup Ready alfalfa that had already been planted has been contaminating non-GMO varieties. Cal/West Seeds, for example, discovered that more than 12% of their seed lots tested positive for contamination in 2009, up from 3% in 2008.

In their EIS, the USDA *does* acknowledge that genetically modified alfalfa can contaminate organic and non-GMO alfalfa, and that this could create economic hardship. But studies confirm that genes *do* transfer from GM crops into soil and soil organisms, and can jump into fungus through cuts on the surface of GM plants. The EIS does not adequately address these threats and their implications.

The USDA largely marches lock-step with the biotech industry and turns a blind eye to the widespread harm that Roundup is *already* inflicting. With the approval of Monsanto's alfalfa, the USDA may ultimately be blamed for a catastrophe of epic proportions.

Jeffrey M. Smith is the executive director of the Institute for Responsible Technology. His last book is *Genetic Roulette*. responsibletechnology.org.

ADVERTISE with


Email us!

editor@lamass.com



We The People

DOCUMENT PREPARATION SERVICES
 (562) 285-0885

REAL ESTATE

Deeds (all Types)	\$99.00
Deed of Trust	\$99.00
Power of Attorney (all Types)	\$99.00
Will	\$99.00
Promissory Note	\$199.00
Small Probate (less than \$100,000)	\$99.00
Formal Probate (over \$100,000)	Less than 1%

ESTATE PLANNING

Living Trust <i>(includes Trust, Pour over will Health care POA, Financial POA All Notary fees)</i>	Single Trust \$399.00
	Joint Trust \$499.00 <i>(husband and wife)</i>
Trust amendments	\$199.00
Will	\$99.00

WE ALSO Prepare Bankruptcy Ch. 7 Documents ... \$199.00

FAMILY LAW

Divorce (no children)	\$399.00
Divorce (with children)	\$499.00
Modification of support <i>(child or spousal)</i>	\$299.00
Paternity	\$399.00
Guardianship	\$499.00
Conservatorship	\$499.00

BUSINESS FORMATION

DBA	\$99.00
Incorporation	\$399.00
LLC	\$399.00
Inc Minutes	\$99.00
Buy Sell agreement (all types)	\$299.00

And so much more... Over 200 Document Preparation Services

Bring in this ad and receive \$50.00 off of a Living Trust

www.CaliforniaWeThePeople.com • 247 East Broadway, Long Beach

BELMONT AUTO REPAIR, INC.

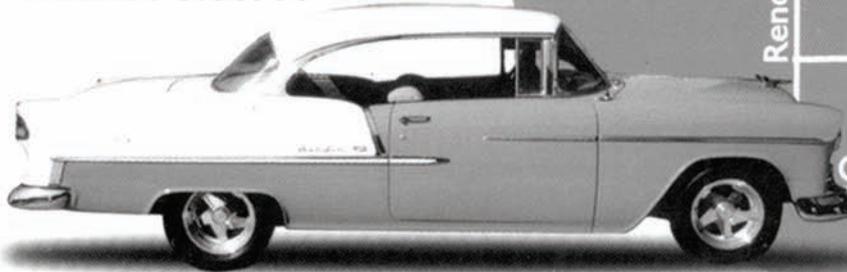
COMPLETE TRUCK & AUTO REPAIR

VEHICLE RESTORATION.
ALL MAKES

belmont.auto@verizon.net

MON-SAT
8:00AM-5:00PM

562.439.0291



OVER 35 YEARS OF EXPERIENCE



3720 E. Fourth St.
Long Beach CA 90814

Electrical work specialist, Tune up, Brakes, Air Conditioning, Complete Diagnostic Repair, Door Locks, Power Windows, Suspension & Alignment

**BREAKFAST
COMBO**

\$3.95

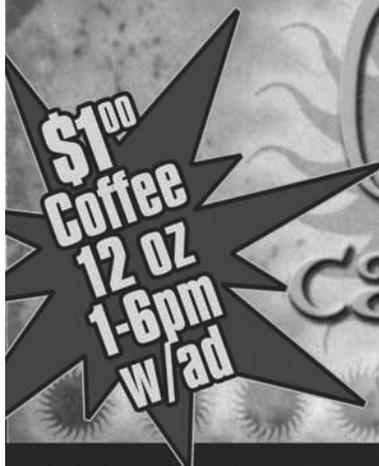
EGG, CHEESE
on a BAGEL
and 12OZ
COFFEE or TEA
with this coupon

**LUNCH
COMBO**

\$4.95

HAM OR TURKEY, MAYO,
MUSTARD, CHEESE,
LETTUCE AND TOMATO,
and a CAN OF SODA
with this coupon

YOUR CUP OF ORGANIC INSPIRATION



Coffee
caliente

Organic Coffee
Specialty Teas
Yerba Mate
Vegan Cookies
Deli Sandwich
Bagelwich
Muffins/Bagels
Smoothies
Croissants

55 Alamos Ave, Long Beach CA 90802 562.628.5847 coffeecaliente@yahoo.com

FIVE LESSONS FROM A MONTH IN HELL

ASHER MILLER

Leave it to the bombing campaign in Libya to remind us that the ongoing horror in Japan isn't the only thing to lose sleep over. Japan and the North Africa/Middle East region are each about five thousand miles away from us here in the US, in opposite directions, but we've got one eye glued on each these days. And with good reason.

On the surface, the nuclear crisis in Japan and the political crisis in Libya (along with at least five other countries in the region) might seem unrelated. But when it comes to our self interest here in the United States, there's one thing that binds them together: our unquenchable need for energy and the price we pay for that addiction. And there are a few lessons I think would behoove us to learn from this month in hell:

1. Mother Nature and human nature can't be contained. We've done such a remarkable job at reshaping the physical world to suit our wants and needs that it takes disasters like that in Japan to literally jolt us out of our complacent belief that we are masters of our domain. As Post Carbon Institute Fellow, Bill McKibben states:

"What the events reveal is the thinness of the margin on which modernity lives. There's not a country in the world more modern and civilized than Japan; its building codes and engineering prowess kept its great buildings from collapsing when the much milder quake in Haiti last year flattened everything. But clearly it's not enough. That thin edge on which we live, and which at most moments we barely notice, provided nowhere near enough buffer against the power of the natural world."

This is not just true for disasters that are merely

nature's whims. When we pump gigatons of greenhouse gases into the atmosphere or split an atom in an effort to generate "clean" energy, we play with nature's balance. Our power in this regard is remarkable. But, as we're discovering, it's much easier to break something than put it back together again.

And mother nature is not the only nature at work. Across the Arab world, the populace is rising up to demand some say in their own lives. It may well be that hunger pangs drove people into the streets this year--after decades of high unemployment, government corruption, and profound wealth inequality--but what's helped fan the flames of uprising across borders is something to which we all can relate: a hunger for self determination. Once that hunger is fed, it's hard to contain.

This, ladies and gentlemen, is when that tart taste of hypocrisy should be noticeable on our tongues. Because while we proclaim--and I think, for the most part, genuinely feel--a calling to spread democracy around the world, that's pretty much the last thing our oil-fueled economies need right now. As geopolitical security expert Michael Klare recently wrote:

"To put the matter baldly: The world economy requires an increasing supply of affordable petroleum. The Middle East alone can provide that supply. That's why Western governments have long supported "stable" authoritarian regimes throughout the region, regularly supplying and training their security forces. Now, this stultifying, petrified order, whose greatest success was producing oil for the world economy, is disintegrating. Don't count on any new order (or disorder) to deliver enough cheap oil to preserve the Petroleum Age."

Sure, label me a cynic, but how many of you really believe that the bombing campaign we're waging in Libya right now (launched on the eighth anniversary of the bombing of Baghdad, no less) has nothing to do with the 1.3 million barrels per day of oil Libya produces? If we cared so much about human rights, what are we

doing about government violence in Yemen or Bahrain, where Saudi Arabian forces have been called in to squelch protests? The House of Saud fears protests spreading to Saudi Arabia and, frankly, so should we. Because if Saudi Arabia's oil production goes offline, or is even diminished, all bets are off for economic recovery here at home.

2. We must prepare for business unusual. Is it just me or have the last three years felt like a breathless se-

**The debate over
the safety of
nuclear power is
being waged with
many of the same
arguments made
by the same
people we saw after
Chernobyl and Three
Mile Island.**

-- Asher Miller

ries of one crisis after the other? A global economic cliff drop...massive earthquakes in Haiti, New Zealand, and Japan... record floods, droughts, and fires in Asia, Russia, Australia, and the US...oil price spikes in 2008 and again in 2011...government debt crises in Greece and Ireland... the worst oil spill in US history...record high food prices... political regimes overthrown or threatened in Tunisia, Egypt, Libya, Yemen, and Bahrain...

For the most part, the public conversation has focused--with increasing desperation--on "getting back to normal:" robust economic growth, profligate energy use, unbridled consumerism, etc. But what if all this is the new normal?

3. Resilience is not just a quaint concept. As someone working for an organization that promotes resilience, I've been pleased to see a real growth in the use of the term resilience--to describe everything from the wives of former Presidential candidates to sports teams. But resilience is not just a quaint concept; its real world application (or lack thereof) can have a profound impact.

Case in point: The Fukushima Daiichi Nuclear Power Plant to which the world's eyes are currently glued. The plant consists of six nuclear reactors in close proximity to the Pacific ocean and one another, in a region prone to earthquakes.

Core components of resilient systems are redundancy and distribution. Particularly in the realm of energy production, distributed systems are often viewed as inefficient and therefore unwise. But how wise was it to place

six nuclear reactors close together? Four of the six Fukushima Daiichi reactors are in one state of emergency or the other.

I'm sure the designers were convinced that they had created redundant electricity systems, when maintaining electricity to cool the reactors is high on the list of safety requirements. Not only did they have backup diesel generators but they also had emergency batteries. Perhaps they thought this was enough. It wasn't. The earthquake knocked out the electricity; the tsunami flooded the emergency generators. Wholly unexpected right? A real Black Swan? But Tokyo Electric Power, operators of the Fukushima plant, had numerous warnings, including a report by the US Nuclear Regulatory Commission in 1990, which "identified earthquake-induced diesel generator failure and power outage leading to failure of cooling systems as one of the most likely causes of nuclear accidents from an external event."

And if you think this lack of proper safety protocols is limited to these reactors, or even the whole of Japan, think again. In the US, here are just a few examples of resilience in (in)action: The Diablo Canyon nuclear plant, which lies less than a mile from a fault line, isn't required to include earthquakes in its emergency plans.

The Palisades nuclear power plant in Michigan has been storing nuclear waste in outdoor concrete bunkers 100 yards away from the shores of Lake Michigan (source of water for forty million Americans) since 1993, against safety regulations.



COFFEE CUP *Cafe*

BREAKFAST LUNCH

CINDY & TOM ATKINSON
562-433-3292

3734 E. 4TH STREET LONG BEACH, CA 90814

In 2006 inspectors discovered that the emergency generators at the Fermi Two plant in Michigan (same design as Fukushima Daiichi Unit One) had been inoperable for Twenty Years.

4. It's a small world after all. An obvious point perhaps, but worth repeating: localized events can have global implications. Radiation from the east coast of Japan has already reached the west coast of the US and will eventually make its way around the globe. There are concerns about contamination of food and water, ocean fish stocks, and more. Global trade and travel, not to mention natural forces like the gulf stream, make it virtually impossible to contain—or even track--the effects. We're talking about trace elements of Cesium-137 here.

But consider for a moment the much broader impacts of greenhouse gas emissions, not only spatially but temporally. As I've said before: The road trips my grandmother used to take to Vegas in the 1950s are now raising sea levels in Bangladesh, while the coal being burned in China today is going to make my grand kids' August weather very different than my own.

And what is true for Earth's atmosphere is also true for the political atmosphere around the world. With world oil production on a plateau for several years now, and demand growth in places like China, protests in Egypt and Libya can send gas prices at your local gas station soaring.

5. An addiction is an addiction is an addiction. Which gets me to the biggest lesson of all. If nothing else, this hellish month should remind us that there's no such thing as "free" or "cheap" or "clean" or "safe" energy.

The debate over the safety of nuclear power is being waged with many of the same arguments made by the same people we saw after Chernobyl and Three Mile Island. But while much of the argument is the same, the response on the part of the US government may well be different. After Three Mile Island, no new nuclear reactors were built in the United States. This time, even in the midst of international panic over the spread of radiation, Energy Secretary Steven Chu restated the government's commitment to nuclear power, to which it's pledged \$36 billion in loan guarantees.

Bets are also being placed for what the nuclear crisis will mean for other energy investments. Some see the disaster in Japan as a boon for renewable energy; others worry that it will reduce commitments to clean energy. The natural gas industry has rolled out commercials across cable news outlets and some believe that natural gas will be the big "winner" out of this nightmare.

And yet what's distinctly missing from the public conversation is any real acknowledgment that we're a-d-d-i-c-t-e-d to energy, and lots of it. And that addiction comes with a huge cost, the price at the pump being the least of it. We're not going to end this addiction anytime soon, nor should we. Human progress has been achieved on the back of abundant energy, and elements of that progress (education, human rights, time) are not something any of us wants to see in the rear view mirror. Which is why it might be useful--as it becomes increasingly clear that the

Age of Easy Energy is over--that we have an adult conversation about the best (read: safest, most productive, and most aligned with our values) uses for the energy we do have. The Number One thing we can do to provide us the time and freedom to have that conversation is to use less of it. While that's still voluntary.

Asher Miller is Director of the Post Carbon Institute. www.post-carbon.org.

ADVERTISE with

Email us!
editor@lamass.com

TANGO SAN PEDRO

EVERY TUESDAY NIGHT

7:30-8:30 **DROP-IN BEGINNERS CLASS** \$15 ONE CLASS
 \$20 TWO CLASSES

8:30-11:30 **PRACTICA (WITH DJ EMMET)** \$7

EVERY THURSDAY NIGHT

7:30-8:30 **BEGINNER-INTERMEDIATE** \$15 ONE CLASS
 \$20 TWO CLASSES

4TH SATURDAY OF THE MONTH

9:30-1:30 **MILONGA (WITH DJ EMMET)** \$10

Gallery 381 381 Sixth Street San Pedro, CA 90731
www.TANGOSANPEDRO.com

Mishi's Strudel

HOMEMADE HUNGARIAN
BAKERY and CAFE

FLAVORS OF HUNGARY

Enjoy Traditional Sweet and Savory
Homemade Strudels, Crepes and
Authentic Hungarian Cuisine!

*Free Wi-fi and Organic Coffees in an old-world
European atmosphere*

OPEN TUES - SAT 9AM-7PM
SUN 9AM-3PM

All Strudels available in
12 and 16 inch sizes,
baked or frozen - Always
a hit at your next party!

(310) 832-6474

309 W. 7TH STREET, SAN PEDRO 90731

WWW.MISHISTRUDEL.COM

HARBOR MEDICAL UNIFORMS



YOUR LOCAL CHOICE FOR FINE MEDICAL APPAREL

LAB COATS *Custom Embroidery*
MEDICAL ACCESSORIES

Hours
Tue - Fri 10:30 am to 6:00 pm
Sat 11:00 am to 4:00 pm
Sun & Mon By Appointment Only

CHEROKEE.
inspired comfort



www.MedicalScrubsPRN.com

310 547-5477

381 WEST 7TH ST.
SAN PEDRO CA. 90731

Beautiful Downtown San Pedro



**\$5 off purchase
of \$50 or more
on regular priced items**

Not combinable with any other offer.
Excludes Littman, MDF items.

OBAMA AND THE FIVE-SECOND RULE

KEITH OLBERMANN

We all know “the five second rule.” Drop food on the floor and if you pick it up before that span of time elapses, it’ll still be “good.” There is also a life-and-death version of this: the five-day rule, by which we have surrendered to any U.S. President the right to kill people in our name, provided he only does it for a couple of days.

I’m not defending this policy, I am simply stating that at some point in the last 60 years it has been established. And from the Bay of Pigs, to Reagan’s Trophy War in Granada, to President Clinton’s bombing of Iraq, to President Clinton’s bombing of Sudan, to President Clinton’s bombing of Libya--“the horse of undeclared war” has pretty much left the barn.

Nevertheless, after that Imperial period of a few days, a President--this one included--is required to either call it off, or justify why it must continue, or maybe even follow the Constitution and get approval from Congress by explaining the threat to this country that rationalizes the continuing action. Especially when we now have American pilots bailing out over hostile territory.

Not only have we not yet gotten this from President Obama about Libya, but five days into our involvement and bombing, what we are getting is a series of extraordinarily mixed messages. And none could be more stark than what he said, compared to what his Chairman of the Joint Chiefs of Staff said:

From the President: “It is US Policy that Qaddafi needs to go.”

From the Chairman: “It’s not about seeing him go.” He added that the mission might be accomplished even if Qaddafi stays in power.

And from the President’s War Powers letter to Congress: “United States forces are conducting a limited

and well-defined mission in support of international efforts to protect civilians and prevent a humanitarian disaster. Accordingly, US forces have targeted the Qadhafi regime’s air defense systems, command and control structures, and other capabilities of Qadhafi’s armed forces used to attack civilians and civilian populated areas.”

So. This is about making sure Qaddafi goes. Except, it’s not about making sure he goes. Except it’s about making sure he can’t attack his own civilians.

If, Mr. President, you some day want to announce “Mission Accomplished” about this, there is no easier route than to identify two mutually exclusive outcomes as the Mission. I wish the conflict in goals ended there, but it does not.

Your War Powers Message also included the news that “we will seek a rapid, but responsible transition of operations to coalition, regional, or international organizations that are postured to continue activities as may be necessary to realize the objectives...”

Except this seems to be news to those “coalition, regional, or international organizations.” The British Prime Minister, Mr. Cameron, said responsibility would be transferred to NATO. The French Foreign Minister, M’sieu Juppe, said the Arab League would not accept control of the operation being given to NATO. But Turkey opposed the use of force by NATO and was promptly excluded from a NATO meeting to plan that use of force. In case the situation is not confused enough, the Turkish Prime Minister Mr. Erdogan said Turkey did not object to NATO’s participation, providing the organization could assure him the action would be brief and there would

The longer we go without a clear and compelling argument for why we are doing whatever we are doing, and how SOON you are going to stop doing it, the more room there will be for explanations such as those provided by Congressman Ed Markey.

-- Keith Olbermann

be no occupation--which simply seems to send us right back to where we were earlier with the “five-second rule” of when and for how long it’s okay to kill people.

The metaphorical five seconds has expired, Mr. President. We are not clear why we are fighting, who exactly we are fighting with, who the “rebels” are that we’re fighting for, what a No-Fly Zone accomplishes with a dictator who has ground troops, how long we are to be there, to whom we are to “hand-off,” and why, if we are intervening on behalf of civilians at risk, why we did not do so

in Egypt, why we are not doing so in places like Bahrain, and--if the local government were to somehow screw-up the containment at the Dai-Ichi nuclear plant, if this new doctrine would somehow permit us to go in and try to take over Japan.

The longer we go without a clear and compelling argument for why we are doing whatever we are doing, and how soon you are going to stop doing it, the more room there will be for explanations such as those provided by Congressman Ed Markey, and by the Dictator Qaddafi himself.

The latter said "We will not leave our oil to America or France or Britain or the enemy Christian states that are aligned now against us." The Brookings Institution helpfully translated this phrase tersely. It means either he intends to blow up Libya's oil infra-structure, or he intends to wait us out, and then if he prevails, to give all his nation's oil business to countries who stayed out of this, like, say...China.

The less crazy summary of this came from Congressman Markey. Seven words: Quote: "We are in Libya because of oil."

This, Mr. President, is not the impression you want to leave with the people of this country.

Mike Lupica in the *New York Daily News*--of all of those people--just recounted the story of how a previous President vowed to handle Qaddafi after a previous external outrage, and at just about the same time of year. He bombed Tripoli, then went off to throw out a first pitch at the opening game of the baseball season. One of the players at the game told that President that he was worried about Qaddafi and the Libyans. That President told the athlete not to be worried. He supposedly pointed to the bench in the dugout and said of Qaddafi, quote, "We ought to nail his (privates) to that log over there and push him over."

That President was Ronald Reagan, and this was after the Berlin Disco bombing, and thus the 25th anniversary of empty, vague, and unfulfilled threats against Qaddafi happens next month. Qaddafi has outlasted four presidents, going so far as to con the last of them, George W. Bush, into actually saying that Qaddafi had "renounced terrorism" and merited immunity from the lawsuits over the Lockerbie bombing, plus a visit from Condi Rice, and the home version of the "Play the U.S. like a two-dollar banjo" Game.

Now--as ever--Libya is enticing yet a fifth US President to try to have his cake and eat it, too, before he drops it and the five-second rule applies. He will not commit to war, he will stand as far back from war-like actions as he can, and he believes it's about Qaddafi "going" while his Joint Chiefs Chair says it isn't.

Chairman Mullen said something else which kind of sums this quagmire up: "The goals are limited." This is the fifth Administration for which that's been true. Once again, it's just too bad that we don't really know what the goals are.

Mr. President, it's time you made those goals clear, and let us decide whether or not we agree with you.

**K.C. NYREE
JUSTIN**

**3904 E 4TH ST
LONG BEACH CA
90804**

562.208.8741

562.637.6746

TUE-SAT



*"Barbering is
my style"*



You Don't Know Doc!

If you thought that all doctors just treat symptoms and diseases and none of them are concerned about correcting the cause of your challenges, then you don't know Dr. Richard "Doc" Wright and what it is he does!

Acute and Chronic Stress Is A Silent Killer

Something to Consider:

Scientists now tell us that all of our challenges physically, mentally and emotionally are totally stress related.

An often overlooked fact is that pain, sickness, symptoms, and premature death to most, come gradually over a long period of time. In the past when confronted with a health challenge we have gone to physicians hoping for some miracle drug or magic surgery to save us.

All too often, symptoms were simply suppressed or changed and little attention was given to our destructive life-style and negative attitude.

The old way was to take some drug or quick fix treatment for "*fast relief*".

Alphabiotics May Be What You Are Looking For! Stress Release and Stress Recovery!

Alphabiotics is a service profession that involves a gentle, hands-on procedure called the Unification Process. It's a proper way to stop stress from needlessly draining a person's Life energy. We facilitate real change to help you deal with stress; to attain body/mind balance where the Wisdom within your body can bring about right conditions. Without exception, improvement happens in the skeletal, muscular, nervous, endocrine, cardio-vascular, digestive, reproductive, respiratory, lymphatic and immune systems. We don't presume to diagnose, heal, treat or cure.

We leave that to the Wisdom within. Nothing else can do it better.

**Profound Balance Not Only Increases Body Function,
It Improves The Way Your Life Works – GUARANTEED!**

**Isn't It Time For You To Meet Doc?
Telephone: (310) 489-7504 or (310) 519-7700
Do It Today!**

**Dr. Richard Wright, DA
Alphabiotic Life Enhancement Center
A Private Medical Membership Association
1407 W. 8th Street, San Pedro, CA 90732
www.alphabiotics.me**

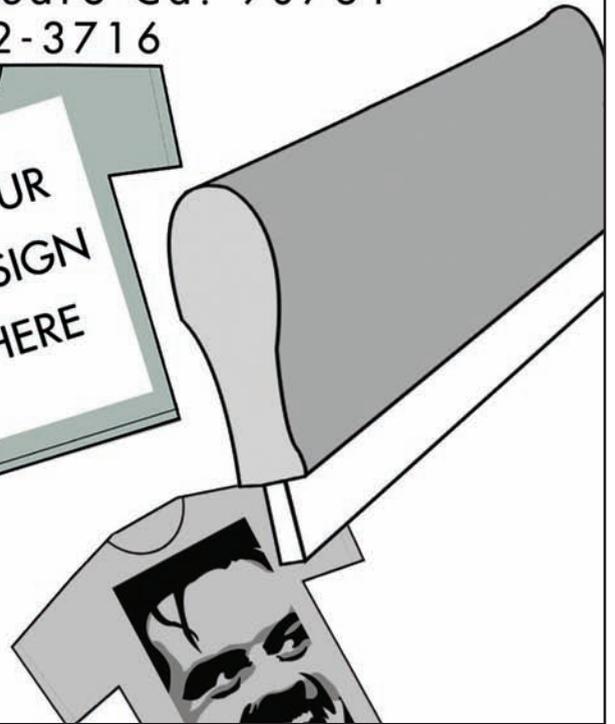
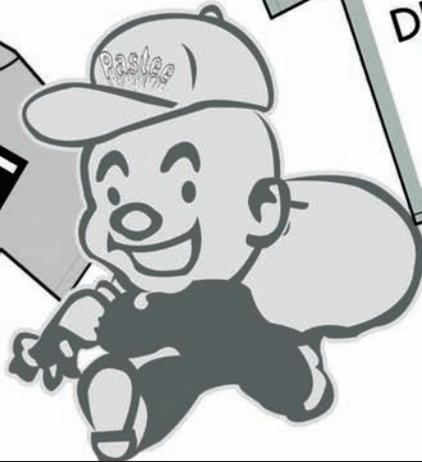
ART CLOTHING SCREENPRINTING

PASTEE COMPANY

361 7th St. San Pedro Ca. 90731

(310)872-3716

PCo



수라

SuRa

A king's meal

621 Atlantic Ave, Long Beach CA 90802
(between 6th & 7th St)

Open Mon-Sat 11-9 Closed Sunday

562.495.SuRa (7872)



Korean BBQ, Tofu
& Korean Tacos!

\$1 Korean tacos
Happy Hour

M-Sat 4-7 pm



& every Tuesday & Thursday!

Check out our Korean taco stand at
V20 and The Basement Lounge!

Have an event coming up?
Ask about our Korean taco
stand!

OBAMA'S HOMEOWNER RELIEF

SHAHIEN NASIRIPOUR

The Obama administration has significantly diminished a proposed homeowner relief program that initially aimed to force the nation's five largest mortgage companies to reduce monthly payments for three million distressed homeowners. It is focused now on delivering lowered payments for as few as one million, according to sources close to the deliberations. The amount of money the administration hopes to extract from the firms to fund those modifications--\$25 billion--remains unchanged, however.

The demise of the mortgage relief proposal would constitute a significant setback in state and federal efforts to resolve allegations of widespread legal abuses by major mortgage lenders. State law enforcement authorities have in recent months been in discussions with federal banking regulators and Obama administration officials to try and craft a settlement that could effectively close the books on complaints of wrongdoing related to foreclosures.

It's not clear why the various federal agencies involved lowered their target for the number of assisted homeowners. The administration is being stung by criticism that a federal program to modify home loans has failed to reach its goal of helping three to four million homeowners. But other critics claim the previous target of reducing payments for three million homeowners as part of this settlement is far too high given the amount of money available.

Nearly a dozen federal agencies are weighing competing concerns over how best to help homeowners, stabilize a deteriorating housing market, and punish banks for abusive mortgage practices. At various points these

agencies have wanted the banks to modify mortgages within six months, nine months, one year, 18 months, or even by Dec. 31 of this year.

The *Huffingtonpost* first reported on March 16 that the administration was hoping to force banks to reduce payments for as many as three million troubled borrowers in as few as six months. But though the talks are ongoing, internal divisions have hobbled negotiations inside the administration. The Office of the Comptroller of the Currency and the Office of Thrift Supervision, which regulate large banks that handle the majority of home loans, have sought to shield the firms from punitive treatment, according to sources.

The financial regulators argue that abusive mortgage and foreclosure practices are not as widespread as believed, and that harsh penalties--including forcing banks to lower homeowners' outstanding debt--are unwarranted. Treasury Secretary Timothy Geithner has in the past argued against widespread principal reduction programs. Banks agree. Consumer advocates and other federal agencies do not. And there is little agreement between federal agencies over how to punish the banks.

The administration intended to pressure the mortgage companies--Bank of America, JPMorgan Chase, Wells Fargo, Citigroup and Ally Financial--to pay as much as \$30 billion in fines, and then direct that money toward lower payments for distressed homeowners.

--Shahien Nasiripour

Officials leading the 50-state probe remain committed to a settlement that includes hefty penalties and relief for homeowners. However, seven Republican state attorneys general have in recent weeks voiced opposition to lowering borrowers' loan balances, while some Democrats argue that settlement talks are premature as officials have yet to conduct a thorough-enough investigation. At this point, a unified agreement between the states appears unlikely. The mortgage relief plan has been advanced by the administration as a key component of any eventual settlement.

As described by sources involved in the talks, the administration intended to pressure the mortgage companies--Bank of America, JPMorgan Chase, Wells Fargo, Citigroup and Ally Financial--to pay as much as \$30 billion in fines, and then direct that money toward lower payments for distressed homeowners.

The proposed settlement had been touted as a way to accomplish the four goals set by state and federal

policymakers and regulators as part of their multi-agency investigations into abusive mortgage practices: punish banks for violations of state laws and federal rules; assist troubled homeowners; stabilize a deteriorating housing market; and dissuade firms from committing such abuses in the future.

But the size of the fines at issue to finance a large relief effort for homeowners triggered an intense lobbying campaign by financial industry leaders and Republican members of Congress.

The complexity of the proposal, recent copies of which were obtained by *Huffingtonpost*, underscores the challenges regulators face in trying to not only punish specific firms for abusing homeowners, but also to reform how the industry treats borrowers and stabilize the housing market--not to mention getting nearly a dozen federal agencies to agree on the solution.

Purchases of new homes dropped last month to the slowest pace on record, according to the Commerce Department. Prices declined to the lowest level since 2003, according to the National Association of Realtors. About 6.9 million homeowners were either delinquent or in foreclosure proceedings through February, according to Lender Processing Services.

State attorneys general, the states' top law enforcement officials, are trying to punish firms for violations of state law. Federal officials have an eye toward the slumping housing market, which is holding back a robust economic recovery.

The Obama administration wants a quick resolution to the probes, and is putting pressure on the small group of state attorneys general leading their investigation to wrap it up, sources said. Earlier this month, Geithner told the Senate Banking Committee: "It's very important that we try to bring this to bed as quickly as we can."

Meanwhile, those hoping for a deep investigation into industry practices will likely be disappointed, as state regulators also hope to come to a quick solution. New York Attorney General Eric Schneiderman is one who has voiced concern over the lack of a robust investigation. Tom Miller, Attorney General of Iowa, is another.

"This decision isn't being made in a vacuum," the latter said in a recent interview. "If we did a more thorough investigation, a complete investigation, it would put back settlement a year, and that's an important year in time. Homeowners need relief now. The housing market needs relief now."

"That's a big price to pay for the additional investigations," Miller said of the potential delay. He added that state regulators had conducted an in-depth audit of Ally Financial, a state-regulated firm and the fifth-largest mortgage handler in the country, according to *Inside Mortgage Finance*. It was the "most in-depth analysis and investigation of any of the [mortgage] servicers that has been done or will be done."

According to Miller, since practices are likely similar across the biggest firms, state regulators will use their findings from Ally as part of the settlement negotiations with them.

As for the federal proposal, the documents dated Feb. 20 provide insight into how federal officials view the horrible housing market. Officials wanted the three million mortgage modifications to come from a pool of owner-occupied homes in which the homeowner was at least 60 days behind on his payments, yet not in a modification process. They also wanted banks to target two classes of homeowners: those who owe more on their mortgages than their home is worth, and those with equity.

Officials estimated that 1.1 million eligible homeowners owe more than \$1.10 for every dollar their home is worth. For them, banks were to either reduce the loan balances on their first mortgage to 103 percent of its value, or pay off the debt and allow homeowners to undergo a short sale or refinance into a taxpayer-backed mortgage offered by the Federal Housing Administration.

For the estimated 2.2 million homeowners who are only slightly underwater (less than 110 percent) or have equity in their homes, banks were to reduce those borrowers' monthly payments by 30 percent.

Speed was also an issue. All mortgage principal write-downs were to occur within six months from the date of the settlement. If a bank did not meet their quota of mortgage modifications, they'd have to pay state officials a fine of \$10,000 per loan.

Many of these details are constantly changing, sometimes from day to day, as proposals zip from agency

MARITIME RESEARCH CENTER

Nautical Shop

Maritime Artifacts • Books
Ocean Liner Collectibles
Vintage Cruise Brochures
Ship Models • Nautical Art
Passenger Lists • Menus
Special Events

301 West Seventh, San Pedro

310/521-0175

<http://www.MaritimeResearchCenter.com>

to agency. They have not yet been shown to the targeted banks, nor have they been publicly disclosed.

The documents also show that regulators questioned many of their own ideas. Officials argued about the level to which loan balances should be written down, for example. In one document, regulators questioned whether they should make banks write down mortgage principal to 97 percent of the home's value, or 115 percent.

They also debated whether they should make the banks extinguish the second liens that backed first mortgages that were modified, or to simply follow the current practice in the administration's Home Affordable Modification Program, which is to write down loan balances on second mortgages proportional to the write-down on the first mortgage. Regulatory documents show that Bank of America, Wells Fargo, Citigroup and JPMorgan Chase collectively hold more than \$400 billion in second mortgages and home equity lines of credit.

Regulators also discussed whether to provide incentives to banks for modifying loans ahead of schedule, a possible acknowledgment of the millions of borrowers on the verge of having their homes repossessed.

Spokesmen for the Department of Justice, Federal Deposit Insurance Corporation, Federal Reserve, Department of Housing and Urban Development, the Federal Housing Finance Agency and the Treasury Department either declined to comment or did not respond to requests for comment.

Shahien Nasiripour is a business reporter for *The Huffington Post*. Shahien@huffingtonpost.com.

SLICE OF JAMAICA

REGGAE MUSIC FROM ROOTS TO LOVERS ROCK
CLOTHING AND JEWELRY
FRAMED PICTURES~POSTERS
FLAGS~EXOTIC INCENSE AND OILS

SLICE OF JAMAICA IS RENOWN FOR
ORIGINAL, HANDMADE WOOD CARVINGS
BY BALFORD KERR

A RASTA BUSINESS
950 E. 4TH STREET
LONG BEACH, CA 90802
(562) 900-3778



You Can't Beat Our Prices

We Accept Credit Cards & ATM

Se Habla Espanol



We sell Bikes, Parts & Complete Bike Repair



Mon.-Fri. 10-6
Sat. 10-4
Sun. Closed

M.T.B
HYBRID
FIXED GEAR

B.M.X
CRUISERS
CLASSICS

Long Beach Bike Shop

540 E BROADWAY
LONG BEACH CA 90802
BETWEEN LINDEN & ATLANTIC
(562) 436-7447



cafe viva

644 Alamitos Avenue, Long Beach CA 90802

Deborah McNamara, Cafe Viva Manager Phone: 562.590.9034 Cell: 562.228.9952

Event Planning &
Catering for Private Parties
Happy Hour Daily
Daily Specials

Mon-Tue CLOSED • Wed 11:30AM - 4:30PM • Thu 11:30AM - 9:00PM • Fri-Sun 11:00AM - 4:30PM

PEQUENO

TARO CHIPS \$3.95
Served with our roasted eggplant dip

FRIED CALAMARI \$4.95
Served with a chile coconut sauce

QUESADILLA \$4.95
Flour tortilla with cheese

LA BATATA FRITA \$2.95
Sweet potato fries

ENSALADA \$4.95
Hearts of palm, grilled corn, fresh tomato and red onion tossed with a honey and roasted jalapeno vinaigrette

GREEN PAPAYA SALAD \$4.95
Tossed with a fresh lime juice, brown sugar and roasted peanut dressing

CHICHARONES & JALAPENO SLAW \$4.95
Finished with charred corn and white cabbage tossed with our jalapeno citrus dressing

ARGENTINIAN CHOPPED SALAD
Shredded romaine, capers, olives, tomato, cucumber, red bell pepper, red onion, garbanzos and shredded parmesan tossed in a sherry & shallot vinaigrette

LATIN CAESAR SALAD
Finished with plantain croutons

1/2 order \$5.50
Full order w/Chicken \$8.95

1/2 order \$5.50
Full order w/Chicken \$8.95

GRANDE

Served with choice of batata frita, jalapeno slaw, mixed salad or taro chips

CHICKEN, SPINACH & CHEESE ENCHILADAS \$11.95

TAMALES OF THE DAY \$6.50

TORTAS

Served with choice of batata frita, jalapeno slaw, mixed salad or taro chips

MEDIA NOCHE \$8.95
Ham, Pork, Swiss Cheese

ENROLLADO \$8.95
Eggplant, red pepper, hummus & queso fresco

PITA TACO \$8.95
Spiced kaftas, shredded lettuce, diced onion & tomatoes topped with a cilantro cucumber yogurt sauce

FRITA CUBANA \$8.95
Hamburger...Cuban style

POSTRES

FRESH BAKED COOKIES \$1.25

FLAN (VARIETY) \$4.95

DESSERT SPECIAL

Bring in this ad for a
free dessert!

The Swan

BARBER & BEAUTY STUDIO



Wednesday and Thursday

Mens Regular Haircut \$10

Womens Haircut Start at \$13

Price Varies with Style

MONDAY - FRIDAY 10:00AM - 7:00PM

SATURDAY 10:00AM - 6:00PM

SUNDAY 10:00AM - 2:00PM

408 E 3RD STREET
LONG BEACH CA 90802
TEL: 562-507-9812

New Shipment of Sandals Have Arrived

Huge Selection of Men's, Women's & Children's



\$5 OFF

on any purchase of \$45 or more

Urban Feet Skate
Shoes & Clothing Equipment

329 W. 6th Street • San Pedro
Must present coupon at time of purchase.
Excluding sale items. Expires 7/15/11

\$10 OFF

on any purchase of \$75 or more

Urban Feet Skate
Shoes & Clothing Equipment

329 W. 6th Street • San Pedro
Must present coupon at time of purchase.
Excluding sale items. Expires 7/15/11

\$15 OFF

on any purchase of \$125 or more

Urban Feet Skate
Shoes & Clothing Equipment

329 W. 6th Street • San Pedro
Must present coupon at time of purchase.
Excluding sale items. Expires 7/15/11



Urban Feet Skate
Shoes & Clothing Equipment

M-F: 10am-7pm
Sat: 10am-5:30pm
Sun: 11am-4pm

329 W. 6th Street | San Pedro | (310) 832-9364

San Pedro's Oldest & Most Trusted Shop for Suspension, Brake & Alignment Repairs.



Hours: Mon-Fri 8-5 • Sat 9-3

HARBOR BRAKE

SAN PEDRO CA.

SINCE 1931

217 South Pacific Avenue • San Pedro, California 90731

Phone (310) 832-3985 • Fax (310) 832-3965

SUSPENSION BRAKES ALIGNMENT

ABS • Shocks • Struts

Bushings • CV Axles

Calipers • Brake Flushes

Free Alignment & Brake Checks

WE NOW DO OIL CHANGES!

1/2 OFF for ILWU
Members



www.harborbrake.com



melette Inn

Breakfast & Lunch Served Daily

318 Pine Avenue
Long Beach CA 90802
562.437.5625
www.OmeletteInnLBC.com

**Daily
Lunch
Specials!**

Free delivery within the L.B. Downtown area
(\$10.00 minimum)

Early Bird Specials! Only \$4.95
served daily 7-9am (except holidays)

Join our Omelette Inn Club Card!
Start earning points toward your free meal.

Sidewalk Fashions
HATS
356 E. 4th St.
Long beach, Ca. 90802
562-912-4200

BUY ONE GET ONE

50% OFF

ON ANY HAT PURCHASE

The second hat must be
of equal or lesser value.
Clearance items excluded.
Offer expires
November 30, 2010.



Hat Parties available.

Call for more information.

<http://sidewalkfashionshats.com>

356 E. 4TH ST. LONG BEACH, CA. 90802

562-912-4200



Contact us on Facebook



GRAVITY'S GOD

JOHN O'KANE

July 10, 1955. 11:49 AM.

Tommy steps onto the mound and dips his right shoulder toward the backstop as if he's looking for a sign. He's oblivious to the squirrels scampering across the gravelly playground, the small plane droning high above and the car dopplering past. It's like he's still at the mass he finished serving a half hour earlier.

It's strange since he usually had to drag himself to church. And all he could think of at the altar was the suspended ballgame. The geometry of the playground gave the statues and other servers and even the holy father above new meaning. They became animated members of his pickup squad performing pre-game exercises. When the organ began piping its reverence he made the sounds into the game-of-the-week singsong.

Recently he felt something in his head when escaping to the playground from church. He couldn't identify it at first, but recognized its fainter form one day while serving mass. His ballgame fantasies must've repressed it. And it had apparently only thrived at the church, remaining there when he left. Now it was always with him as a kind of guiding inspiration, like his thoughts and movements were preserved and protected under an invisible canopy. He had more energy and focus, like there were hotspots in his brain that gave him bursts of power. Occasionally he felt a warm glow, a sweetness, similar to what the holy father said he experienced on the altar.

He feels this power proves the world is good and that he has a place in it.

He wants to use it to be a better person and perform acts that come close to perfection. Mastering the art of throwing a curveball is his way to set this in motion. It's his test of faith, like those people on TV lifting snakes to the Lord. And it feels so much better than memorizing lines from the catechism. Making the ball move when it shouldn't was like grasping the deepest mysteries.

He gathers the motion mimicked and synthesized from each hurler in Cooperstown, pushing off the rubberless mini-mound with every ounce of energy in his lean frame, and snaps his arm so fast that he nearly falls to the ground. He keeps his balance just long enough to see the mass of twirling hide break across the plate more sharply than ever. He screams with joy and stumbles to the east edge of the playground, runs all the way to 15th street, turns left one block to Isadora street and right toward Jim's house down the block, glimpses Rex's stare from the upstairs window on the corner, and waves at Mrs. O'Day as she lets out the cat. Feeling happy and confident from his physical feat, he sprints the remaining block and spies Jim standing in the doorway as he crosses 14th street. He reaches to catch him before he slips inside.

12:33 PM.

Jim turns to face Tommy, curious about what could make him so animated on a lazy Iowa Sunday. He holds the door open and urges him inside. The Travis's are settling in to their post-mass ritual and welcome Tommy into the living room.

"I did it this time," he blurts to Jim, who effervesces a comrade's bliss and understanding. But the mood of good feeling in the room undercuts his rapture and Jim's response. He makes a beeline for Sue Ellen in the corner. Her cute cackles say she's adjusted quite well to her first 22 months in the neighborhood. He tries to fix this bundle of joy and innocence in his mind, but the sparkling crucifix above her head, the large bible on the nearby stand and the Madonna in the adjoining hallway weaken his resolve. As Mrs. Travis appears, and swaddles Sue Ellen down the hall to her room, the smell of bakery rolls and fresh-cut grass marinating with the humidity makes him want to erase himself from the scene.

"Bye Mr. and Mrs.

Travis...see ya Jim and Sue Ellen!"

Once he passes through the front door he begins to jog, as if this might clear his head. As he turns up 14th a man coming from the opposite direction clips his arm, apparently not seeing him. He proceeds up Isadora, turning around for a look at him as he walks slowly past the Travis house. But the man crosses the street and picks up

**Perhaps his head is
sending signals that
reverse the content inside.
The look of pleasure is
merely happiness at
the cessation of pain.
The sauce simply a
catalyst for reversals.
The double shot wakens
the devil in the dendrites.**

--John O'Kane

his pace. The way he walks and his shape seem familiar. He thinks of Father Lester hurrying from the confessional in the shadows and looking around the church.

This image fades as Tommy continues toward his house, slowing slightly as he passes Mr. Dunbar pulling weeds in his yard.

"...told you boys next time you hit my fence gonna...stay away from here!"

Tommy hustles home to sanctuary.

1:05 PM.

Mrs. O'Day hears a door slam as she finishes her wash in the basement. She rushes upstairs and onto the front porch, seeing no one in the direction of the noise, only a tall gentleman across the street walking down the path to the cottage that lies behind the front house bordering the alley.

"Must be a visitor," she mumbles. "Haven't seen any new people in the neighborhood for a while."

As she stretches for a final glimpse before he vanishes, a car speeds by so fast that she covers her cribbed twin girls with an imaginary shield. When the dust settles to the echoes of an Elvis tune, the frame is empty.

1:39 PM.

Tommy sits quietly at his bedroom desk staring into space. His concentration is broken as Mrs. O'Day comes out her front door. Feeling like he's surfaced from a dream, he looks in his desk for some photos and clippings his Uncle recently gave him. Unsuccessful, he hustles through the front door and outside as Mrs. O'Day slips back into her house. He turns north up Isadora, feeling relieved. As he passes Rex's house he hears a sound. It seems like an electric saw, or perhaps whining voices, followed by a thud. He turns and sees Betty, a friend's sister his age. A smiling Rex comes to the door and opens it widely. By this time Betty has vanished. He sees only an empty hallway through a smoky haze.

"Hi Tommy, haven't seen you for a while...Missy's been wondering what ya been doin...come on in and we'll..."

Tommy stretches north, leaving Rex speechless.

3:01 PM.

"Why don't you come back? It's been six weeks! Mom's confused...you know the city's no place for you. We talked about this...what you gonna do here? Dad just put up the shed on the south end, and he's gettin rid of the outhouse...what about Celia?"

Bernie Hinton fidgets at his sister's words, unable to look her directly in the eye, and tries to relax. He looks across Isadora through the side slit between the window frame and the yellowed paper blind covering the glass, spying a woman bending over to pet her cat.

"He doesn't need me there anymore. I'm not cut out for....he doesn't believe..."

"...what do you mean? Everything was fine until you went on that trip for a couple weeks and didn't tell us where you were going."

Eat A Plant Based Meal Today
and shrink your carbon footprint,
reduce greenhouse gas emissions
and water pollution,
cut back on habitat destruction,
and conserve water.

Zephyr

VEGETARIAN CAFÉ

(562) 435-7113

340 East 4th St., (downtown) Long Beach CA
-- OPEN FOR LUNCH DAILY 11-4 PM --
Serving Dinner Thursday, Friday & Saturday
until 9PM

He freezes, and begins to act like she's not there. When she tries to speak to him he walks to the kitchen and grabs a mop. He carries it back to the front room and starts buffing the entry way. When finished he seems alert and composed but doesn't appear to notice her. He goes into the bedroom, leaving the door slightly ajar.

She walks to the kitchen like she's searching for something, and notices a newspaper clipping on the wall next to a crucifix. She wants to read it but gets distracted by what sounds like a drawer being opened with force, and a muffled laugh. She goes toward the noises and finds her brother exiting the bedroom. He's still agitated but seems more assured. He heads toward the front door with a robotic motion, now looking her straight in the eye. She pulls back, not used to this directness. His eyes seem larger and more translucent. She feels dizzy and turns away.

"I've gotta go out."

"Where...where you going?"

"I...I'll be up next week...tell him I'll try and call."

She asks what he means, but her voice fades in the creak of the swinging door. She watches him walk toward the street and down Isadora before going back inside. After looking around for several seconds she decides to follow him. She grabs her things and hurries out the door, sprinting toward 14th, slowing slightly as she reaches the corner and turns left, nearly upending Mr. Dunbar who stares at her like she's committed an unforgivable sin. She realizes her brother has vanished into the day's mounting heat.

She continues down 14th, stopping at a market to get change for the bus downtown to the Greyhound station. She boards the sweltering bus and looks around to meet the passengers' gazes. Their expressions make her feel something's wrong, that she should go back. But she takes a seat near the driver and gawks at the lost souls on the street moving at random lengths.

4:47 PM.

Mrs. Bertran reaches for a plate in her cupboard and sees something move in the hills behind the house. "What are you doing back there?" she calls out through the screen. She gets no answer but the movement stops. It starts again to the left. Someone seems to be looking for something in the brush. She cranes toward the rustling leaves but can't make out a face. Then silence except for a few fluttering sparrows and screeching brakes at the corner of Willow and Isadora. She thinks it must be the kids down the street who are always up there playing. Feeling faint from the heat, she returns to the living room.

5:01 PM.

Mr. Dunbar searches anxiously in his cellar for something, still uneasy from that near collision down the block. He tightens the bulb above and sees what he's been looking for leaning against the piles of debris. Relieved, he hastens up the narrow stairway. At the top he starts through the back door but stops abruptly when seeing his

wife, who's opening the frig to get some ice water. He stares at the pitcher in her hand, avoiding her eyes, and proceeds into the backyard with his tools. He settles on the area near some bushes that screen the property from the alley running perpendicular to Isadora. As he works the soil Mrs. O'Day greets him from across the alley on her way from the garage carrying boxes.

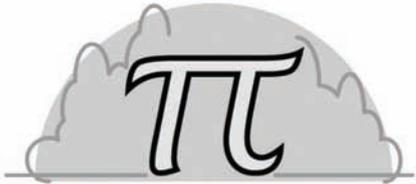
"Think this heat'll ever pass?"

Mr. Dunbar manages to look a few degrees toward the voice. He steps behind a nearby bush, trying to fade from the scene.

5:23 PM.

Tommy stares through his bedroom window into the backyard where birds flutter a jagged, slow-motion geometry. A beautiful white cat with redish eyes suddenly leaps the fence straight for a tiny sparrow perched on a lower branch of the tree. The cat moves across the yard with such speed that the bird doesn't move. It appears lifeless, as if it's a willing victim. The cat kills its prey in one balletic motion, leaving it lay among the scorched leaves and moist weeds. The act is so smooth and effortless that Tommy forgets the deed and the heat.

He darts out the back door to get a closer glimpse of the cat, perhaps capture it, but it's casually exiting the rear of the yard. It turns around and stares at Tommy, who freezes under the spell of its eyes, and vanishes into the alley.



PIZZA

PI

649 E Broadway Ave
Long Beach CA 90802
www.PizzaPiLB.com
562.437.0555

- ◆ Our famous Homemade bread with all Italian dishes
- ◆ Happy Hour \$2 beer Mon & Wed 3-10pm
- ◆ Wide variety of beers & wines
- ◆ Wed Open Mic night
- ◆ Karaoke Sundays



6:07 PM.

Ralph O'Day pulls along the curb in front of the Willow Inn. He'd spent most of the day across town visiting Hal, who recently got out of jail on parole for sticking up a grocery store. They went looking for Norma who they met in the Willow a few weeks ago. Nowhere to be found, they hit the Brass Button near downtown and spent a few hours playing shuffleboard and talking about California. He'd told his wife he had to work, which was sort of true. He did have to drop in at the shop and see Ray about fixing the schedule for next week. He'd been having terrible headaches and needed some time. But no doctors. He'd sooner drown in the sauce before letting some quack tell him what to do.

It's the last stop on the way to another shouting match. As he makes his way toward the entrance his head is cool and clear. But as he reaches the door he hears a scream that sends waves of pain through his head, forcing him to stop and look around. He sees nothing.

"How's the little woman?" Herman says as he slides onto a stool. Ralph can only mumble to his friend while greeting Mort the bartender. He spots his cousin down the bar and makes his way there. He's not in the mood for chat, and can barely keep his thoughts straight.

"Didn't see you at mass today...still havin troubles with..."

"...no, things are...been trying to sort some things out because..."

He's jolted by a streak of pain that ceases, but leaves him groping for words. As he anxiously awaits a replay he partially stutters his request for a double shot before his cousin can capture the conversation.

"Been havin' some bad thoughts in my head lately...trouble sleeping and...I need a few days off, maybe longer...gonna try and..."

"...when did all this start?"

"Week or so, maybe longer...but it'll go away...it's better today, just need to get through this week...don't tell anyone!"

"Seein a counselor?"

"No, it's not..."

"...you need to get back to the Church!...when I went through my breakup last time I started to imagine all

the bad things you could imagine and just finally faced the...we need to accept our pain, be humble and put ourselves in the hands of the Lord."

"I don't know what that...I mean I'll see if I can work out some...as soon as I take care of some things."

She's silenced by a streak of pain that leaves what could be ecstasy on his face. His nerves had been tested so often that maybe they were short-circuiting. The body does odd things in extreme states. When overtaxed it secretes adrenaline to make up for energy loss, even though it's only an inflated patch-up job. Perhaps his head is sending signals that reverse the content inside. The look of pleasure is merely happiness at the cessation of pain. The sauce simply a catalyst for reversals. The double shot wakens the devil in the dendrites.

"Get back to God!" she manages while making her way to the door. She stares at him in disbelief and exits as the juke twangs Conway Twitty.

He turns toward the bar, unfazed by Mort's sudden interest in him. Thoughts of God, what awaited him at home, the journey along Isadora, and the music get mixed in his head that now feels like mushy melon. He wants to put his hands into his head and caress the cells, reshape them. If only he could make his head work like that motor he fixed for his buddy back in '49. Every piece in place and purring, stress-free, cool and soothing...

He feels dizzy. God! He imagines how to have a conversation with any God who's willing. What would he ask? After all those confessions over at church, well, he'd be flat embarrassed to meet his maker, whoever that might be. Maybe God was trying to speak to him, tell him what's right and wrong, and that's why he's having these headaches. His vision gets blurry and he can't speak. He feels like he's returning to the void of his own embryo...

Ralph comes out of it to a chorus of blank stares and wonders where he is, and how long he's been under. He stands up, stumbles slightly and heads for the door as if nothing has happened. Reaching the car door, he faces a blinding sun above the trees on Willow. He turns away to get his sight back before getting in the car. He starts the motor while looking off to his right, still stunned by the sun, using this moment to decide how to make his way home.



Joe Tobacco

Fine Tobacco, Hookah Pipes, Cigars & Smoking Accessories
Posters, DVDs

Tel: 562-495-0801

329 Pine Ave Long Beach, CA 90802
In the Heart of Downtown Long Beach

He turns north down the alley parallel with Isadora and guns it across 14th, down-gearing toward mid-alley, nearly clipping a man at the intersection who's heading west. He takes a deep breath and continues slowly to 15th, stopping briefly to imagine what awaits him. He inches out and arcs left through the Isadora intersection, oblivious to the stop sign, easing along the curb in front of his house. Unable to manage the journey up the driveway, he slumps down in the seat to avoid stares.

7:29 PM.

Mrs. Travis waves across Isadora to neighbors fanning themselves on their front porches while strolling past with Sue Ellen, who never fails to draw a crowd.

"How old is she now?" an elderly woman asks.

"Twenty-two months...hard to believe, seems like was just last month we brought her back from the hospital!"

She notices a man sprawled across the front seat of a car and stops to look inside. He doesn't appear to be breathing. She thinks it's strange with all the people walking around trying to stay cool. Maybe he had a stroke! She wants to call the police but a few others start to gather around the car so she continues on, seeing Mrs. Dunbar on her stoop. Both watch as the crowd disperses and the man raises his head slightly above the dashboard and looks around like he doesn't know where he is. Mrs. Travis is disturbed by this. It seems out of character for the neighborhood. She looks at Mrs. Dunbar, who seems preoccupied, and gets only a blank face. So she picks up her pace.

7:51 PM.

Bernie returned earlier from his walk to find his sister gone. He was relieved, but spent the past few hours looking out the window like he expected her, pacing back and forth from there to the kitchen until fatigue overcame him. He awakes refreshed, feeling like he's been placed here with a new identity by a benevolent God. He looks at the ceiling as if for the first time. Its compacted steam and silt form a curious design. He throws himself off the bunk to a room full of signs, heading to the living room and one of the cardboard boxes in the corner that contain his belongings. He finds a pad of paper and pen and returns to his bunk. Feeling giddy, and like his thoughts are floating in the clouds, he composes a letter.

"I'm writing because I know you'll understand... we're all part of the same..."

Sweat beads drop on the paper. He feels the cool sensation evaporate that helped him focus, and wipes his forehead with a shirt strewn along the floor. Unable to break his habit of keeping the windows closed, he drops the pen and steps onto the porch for air. He looks around, sees clusters of unfamiliar faces on the street, and turns back toward the door. But he stops in his tracks and reverses course, driven to take a walk. He gathers energy to will his appearance invisible, moving with half-steps to the sidewalk, left to the alley and left again, avoiding the couple coming toward him from the south. He picks up the pace once he reaches the shadows between the houses,

imagining himself a ghost gliding through the precipitation. He walks deliberately to the intersection and right, making his way around toward Isadora.

8:31 PM.

"Where've you been?...we're supposed to take the babies to mom's!"

Ralph winces with pain and grabs his head. He'd been playing with the cat on the couch. Now he's staring up at the ceiling flat on his back, like he's seen a ghost.

"What's wrong? What happened? Doris said she ran into you at..."

He reaches for the beer bottle on the end table and hurls it toward the far wall. As the glass splinters he feels relief from his pain. She cowers in silence, makes her way to the bedroom and closes the door. Ralph slides back down onto the couch as if nothing has happened. He hastily exits to his car and drives down Isadora, turning right at the first alley and west into the humid-gray darkness.

8:53 PM.

Tommy turns from the television screen, curious about the sound. Unable to focus, he sneaks out the back door and walks south to the alley, stops and looks around at people escaping the heat. He feels relieved but realizes he must move to stay cool. He runs west through the alley to Grant street, pumped by the wind resistance his momentum creates, and straight into the center of the park where a few breezes stir. The park is nearly vacant

BEHIND
The
SCENES

COSTUMES

285 W. 6th Street, Suite 102
San Pedro, CA 90731

310 521-9000
behindthescenescostumes.com

except for an occasional person moving in the distance. He moves to the pool area, relieved to scan the shapes on the water from the moon's reflection and hear the cricket sounds between the passing cars.

9:29 PM.

As the television commercials begin, Mrs. Travis rises slowly from the sofa with Sue Ellen, not wanting to wake her. "I better put her to bed while she's soundly asleep," she tells her husband as she shuffles toward Sue Ellen's room.

She carefully lays her limp body on the sheets, hoping to transfer the cuddle and caress to her crib. She's thinking that Sue Ellen is so at peace that she won't likely be affected by the humidity and heat. But since it's worse in the back of the house and there's only one window in her room, and no cross-ventilation, she opens the window anyway, wanting her baby to sleep uninterrupted. Otherwise she's always a devil the following day.

Mrs. Travis returns to the living room and tells her husband that it seems to be cooling down. She sits on the sofa to finish off this great day with a relaxing program.

9:30 PM.

From across Isadora he watches the light go off in the rear of the house while walking north from Willow. A couple turns the corner at 14th and his heart nearly stops beating. As they come toward him he feels a sense of relief, and decides to turn around and blend back into the night. But after a few steps he improvises, cuts casually across the street and back to Willow, then west to the alley and right to an open garage on its east side. Once inside he takes a deep breath, listens raptly, before slipping back out and moving catlike through the yard. He arrives at the window and falls flush on the grass, peers up and around and wipes sweat from his brow with a sack. The crickets and birds and traffic noises and slithers of distant conversation seem to join in a conspiracy of silence. Perhaps they're momentarily disabled by the hot thick air. He gets onto his knees, looks up at the sky and starts to confidently remove the storm screen. It obeys his wishes as if he walked through it, not just mentally rehearsed it. As he slips into the room he feels like he's been here before. He takes a deep breath and looks around, locks in the memory of every detail, and fixes on the face of this Godly apparition. He grasps her lifeless frame as if she's his own, pulls her to his chest and captures a final glance while carefully placing her in the sack, eager to slip back into the yard and freedom. As he hits the ground he wants to steal another look, but the fear of her waking intrudes and he hears voices that seem near. He moves slowly along the base of the house to the alley and turns left, stops suddenly when he sees a couple crossing the alley on Willow, and turns left again into a garage. He holds his breath and stares through the window into the heavens.

9:37 PM.

Seeing no one in the alley he goes north. But a middle-aged man appears and hollers at him. "Hey, what

you doin?...you lookin for somebody?...what's that you have there?"

"On my way to a friend's place!"

When the man begins to follow him he picks up his pace. He continues across 14th, slowing down as he realizes the man has stopped. This disturbs his companion and he quickly smothers the sack. He hears voices to the west and moves up the alley toward the intersection, planning to turn right toward Isadora. But twenty feet or so from the intersection he stops in horror as a boy is passing through it ahead of him. The boy turns toward him and he quickly tiptoes behind a telephone pole, unsure if he got a clear look. He waits until the boy's footsteps have faded and hustles across the intersection, turning right into the backyard of a house with no lights on. He hides under a tree for a few minutes and slips into the yard below through a hole in the fence. Seeing flashlights passing down the alley behind him, he hits the ground, hiding below the elevated bank of the yard above. He waits for several seconds, feeling no movement in the sack. As he readies to make a break, the back porch light of the house near him comes on. He hears more voices but waits for a minute and runs south across the adjoining yard to the alley and left across Isadora. He continues east through the alley toward the intersection but stops when he hears voices coming from 14th. He enters the garage on the northwest corner of the intersection, and listens to the noises pass while opening his bundle.

10:05 PM.

Mrs. O'Day opens the refrigerator to get another beer, wondering where her husband is. She's nervous about the noise in the back yard. Before she can close the door she hears a savage scream that goes on for what seems like several seconds, leaving her paralyzed with fright. When it stops she makes sure all doors are locked and turns off the lights, cowering in the corner of the bedroom closet. She stays there until she hears voices in the street. Before she can make it to the living room there's several loud knocks at the door. She recognizes the voice of Mr. Gordon from across the street and opens the door.

"Mrs. Travis's little girl's missing!...need help to search the area. Ralph round?"

ADVERTISE with



Email us!
editor@lamass.com



589 W. 9TH ST. SAN PEDRO, CA 90731

310 - 547 4766

RESTAURANT AND PUB OPEN SEVEN DAYS A WEEK
10:00 AM TO 2:00 AM

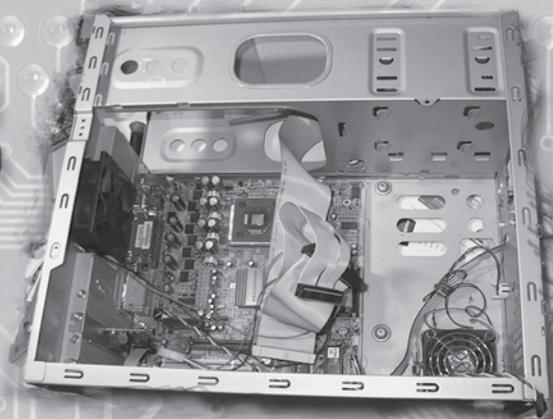
CYBERSPOT

COMPUTER SERVICES

internet • video conference • printing
social networking • laptop repair
computer classes • consultations
cd/dvd burning • copies • fax

hotspot

general repairs
wireless networking
system optimization
blue screen errors
virus protection
data transfer



back up/system recovery
internet connection problems
software/hardware installation

lan parties • pc gaming



1236 S. Gaffey St.
San Pedro, CA
1.310.833.5438
info@thecyberspot.net



SMEARING NPR

BILL MOYERS AND
MICHAEL WINSHIP

There's no more scrupulous or versatile broadcast journalist than NPR's Daniel Zwerdling. He is one of those reporters who keeps his eye on the sparrow--that is, on small details from individual lives that add up to significant issues of public policy. As he described in a special report this week about how the US Army is clarifying guidelines "that should make it easier for soldiers with traumatic brain injuries from explosions to receive the Purple Heart," it was mind-boggling to think that right wingers in Congress were at that very moment voting to eliminate the modest federal funds that make such essential and authoritative reporting available to anyone in America who cares to tune in.

Zwerdling's collaborator on this report was ProPublica (the non-profit and equally independent newsroom that won the Pulitzer Prize last year for a harrowing account of deadly choices made by a New Orleans hospital during Hurricane Katrina). As a result of its reporting, the Army now intends to give special priority to reexamining the cases of soldiers who suffered battlefield concussions but who mistakenly may have been turned down for the Purple Heart, which historically has been awarded to soldiers injured by enemy action.

You may not think this is such a big deal, but the symbolism of the announcement is potent. And it's part of a larger, ongoing investigation conducted by Zwerdling and ProPublica's T. Christian Miller into the military's widespread failure to diagnose and treat traumatic brain injuries, the "signature injury" among troops fighting in Iraq and Afghanistan as they fall to roadside bombs and other explosives.

It's also typical of the comprehensive and essential journalism that has been a hallmark of NPR since its creation in 1970. Once upon a time, in the early glory days of radio, corporate media took on the

challenge of providing Americans with the kind of information critical to citizenship. No longer. Conglomerates long ago bought up the country's commercial radio stations, closed down the news departments, and auctioned off the airtime to partisan polemicists or pre-packaged content devoid of journalism. Serious news on radio--"the news we need to keep our freedoms," as the historian and journalist Richard Reeves once put it--has become the province of NPR

er space shuttle disaster and the warnings that preceded it, dangers posed to humans by the plant pesticide Chlordane (it eventually was banned by the Environmental Protection Agency), and the failures of the Corps of Engineers to maintain safely the dikes and dams around New Orleans--among many other stories. Multiply his efforts by those of all the modestly-paid but dedicated journalists at NPR and you have a forty year history that has given listeners a deeper and richer portrait of America and the world than any other broadcast news organization in the country--with or without offense, as Byron said, to friend or foe.

In just the last few weeks, NPR has provided unique coverage of the job crisis in the United States, upheavals in the Middle East, and anxiety over the safety of nuclear power in the wake of the Japanese earthquake--as a matter of fact, many of the issues the House of Representatives should have been debating instead of posturing and pandering to its rightward political base.

Hear Steve Benen of *Washington Monthly* on the House Judiciary Committee's vote the other day reaffirming "In God We Trust" as our national motto: "For months the new House Republican majority has wasted time on health care bills they know they can't pass, abortion bills they know they can't pass, climate bills they know they can't pass, and budget bills they know they can't pass. They've invested considerable time and energy on defending the Defense of Marriage Act, recklessly accusing Muslim Americans of disloyalty, going after NPR, and pushing culture-war bills related to vouchers, English as the 'official' language, and now 'In God We Trust.'"

And yes, on Thursday, following a number of missteps by NPR executives, including what has now been indisputably exposed as a disingenuous and dishonestly-edited video by a disreputable right-wing smear artist of the network's chief fundraiser expressing some personal opin-

NPR has provided unique coverage of the job crisis in the United States, upheavals in the Middle East, and anxiety over the safety of nuclear power in the wake of the Japanese earthquake.

---Bill Moyers

(Full disclosure: We have spent most of the last forty years toiling in the vineyards of public broadcasting, although never for NPR.)

Take Zwerdling's investigations as just one example. Over the years he has sorted out the complexities and secrets of the 1986 Challeng-

ions, the House passed a bill cutting off government funding for NPR--all of this part of the "vanity project," as Benen calls it, that House Republicans have been running in order to feed red meat to Fox News and the partisan talk radio hosts who have turned the public airwaves--remember, the airwaves above our fair and bountiful land belong to you, Mr. and Mrs. and Ms. America--into a right-wing romper room.

Opposing the bill to strip public radio of funding, Democratic Congressman Lloyd Doggett of Texas said, "My constituents turn to [public radio] because they want fact-based, not Fox-based coverage." The attacks, he continued, are "an ideological crusade against balanced news and educational programs."

And even Georgia Republican Senator Saxby Chambliss told an interviewer, "You know, an awful lot of conservatives listen to NPR. It provides a very valuable service. Should we maybe think about a reduction in that? Again, I think the sacrifice is go-

ing to have to be shared by NPR as well as others. But I think total elimination of funding is probably not the wisest thing to do."

Good for you, Senator. Because without public radio, the reactionaries among us will hold a monopoly on the airwaves.

And while we're on the subject of wise things, let's not forget public radio's other programming: the arts and entertainment coverage that plays its own distinctive role trying to keep our democracy spirited, diverse and imaginative. Think Garrison Keillor. Krista Tippett. Ira Glass. Think "Wait Wait...Don't Tell Me!" "Car Talk" (yes, many of us are would-be grease monkeys). "On the Media" (the single best analysis and critique of media anywhere). And--well, consult your local listings.

We're talking here about something essential to American life. President Kennedy touched on it in a speech at Amherst College less than a month before his assassination in 1963. Speaking in honor of the poet

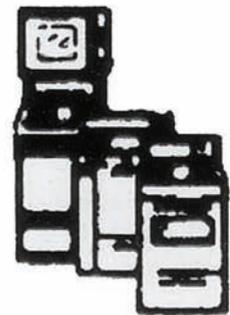
Robert Frost, who had recently died, the President's words were directed to the role of artists but can also embrace the importance of a public media whose obligation is not to a political or corporate paymaster but to the integrity of the work and the trust of the listener:

"The artist, however faithful to his personal vision of reality, becomes the last champion of the individual mind and sensibility against an intrusive society and an officious state...In serving his vision of the truth, the artist best serves his nation. And the nation which disdains the mission of art invites the fate of Robert Frost's hired man, the fate of having 'nothing to look backward to with pride, and nothing to look forward to with hope.'"

Bill Moyers is a veteran broadcast journalist and managing editor of Public Affairs Television. Michael Winship, former senior writer of Public Affairs Television, is president of the Writers Guild of America, East.

ARAGON APPLIANCE REPAIR

10% off with this ad!



Appliance Repair-All Brands
Fast Service-Low Rates-Sell
Used Appliances



WE SPECIALIZE IN
ANTIQUE STOVES

Restore • Rechrome • Reenamel • Deep Cleaning

Collin King
(310) 548-1949



Pick-up & Delivery Available

1018 S. Pacific Ave.
San Pedro, CA 90731

COUNTER-CULTURE CONFESSIONS

HAMMOND GUTHRIE

Having racked my brains in search of the perfect opening, I'll just wing it by saying that reading Paul Krassner's expanded edition of his 1993 *Confessions of a Raving Unconfined Nut (Misadventures in the Counter-Culture)* will cure cancer!

Paul was a child violin prodigy and the youngest person ever to play Carnegie Hall, in 1939. Who in this audience could know that he would go on to publish a Disneyland Memorial Orgy poster in *The Realist*, the young violinist's future magazine of "social-political-religious criticism and satire." Paul began his career as an investigative satirist by seeking out Woolsley Teller, editor of *The Truthseeker*; planting his roots in an alternative journalism that can be traced back to the work of Benjamin Franklin and Thomas Paine during revolutionary times. When Krassner launched *The Realist*, comedian Steve Allen was his first subscriber.

One of Krassner's most outlandish editorial pranks was his article "The Parts That Were Left Out of the Kennedy Book." A rather repulsive, yet intellectually fascinating short-story that ends with then-Vice President Lyndon B. Johnson on Air Force One penetrating the neck wound in JFK's corpse with his very own "Johnson!" Krassner later commented: "People across the country believed--if only for a moment--that an act of presidential necrophilia had taken place. It worked because Jackie Kennedy had created so much curiosity by censoring the book she authorized--William Manchester's, *The Death Of A President*--because what I wrote was a metaphorical truth about LBJ's personality presented in a literary context, and because the imagery was so shocking, it broke through the notion that the war in Vietnam was being conducted by sane men."

Looking for fresh material,

Krassner aimed his investigative eyes upon L. Ron Hubbard's book on Dianetics and a potential relationship between Scientology and Sirhan Sirhan in the assassination of Bobby Kennedy. Only to find that this imaginary plot, "The Rise of Sirhan Sirhan in the Scientology Hierarchy," would lead him to Charlie Manson and what might have been a government plot to let Charlie enrage the Black Panthers! Wild and wooly stuff culminating with Paul dropping acid with Squeeky Fromme. Talk about investigative courage!

Krassner was a close confidant and protégé of comedian Lenny Bruce, and the editor of Bruce's autobiography, *How to Talk Dirty and Influence People*. With the encouragement of Bruce, Krassner started to perform standup comedy in 1961 at the Village Gate in New York, and Paul's book is filled with anecdotal gems and off the cuff one-liners from Lenny. Some of the funniest moments

arrive when Paul drops acid prior to being interviewed by commentator Joe Pyne on national television, and, again, just as he entered the courtroom to testify during the Chicago Seven trial.

Paul's exceptionally well written "confession" is jam packed with socio-political pundits and Pranksters, anecdotal truths, and priceless humor. Much like a good hit of LSD, Paul's story is something permanent that will last somewhere between eight hours and a lifetime. Groucho Marx said it best five years after Lenny's death in 1971, by commenting, "I predict that in time Paul Krassner will wind up as the only live Lenny Bruce," and according to the FBI files on the author, Paul was described as "a raving, unconfined nut."

Hammond Guthrie is the author of *AsEverWas...Memoirs of a Beat Survivor*, and archivist for *The 3rd Page: A Journal of Ongrowing Natures*.

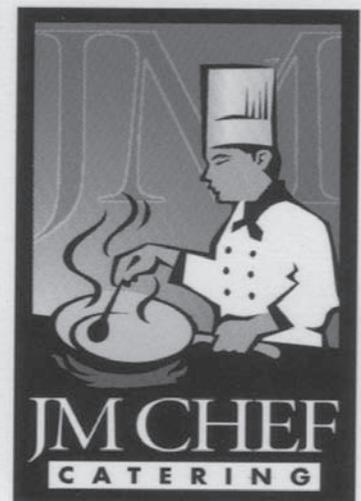
AT LAST

Cafe

204 Orange Ave
Long Beach, CA 90802
562-437-4837

JOHN MCLAUGHLIN

PHONE: (562) 659-CHEF (2433)
FAX: 562-219-5931
EMAIL: INFO@JMCHEFCATERING.COM
WEB: WWW.JMCHEFCATERING.COM





SPORTING COLLARS

*"Bring your pet in
for a custom fitting"*



***specializing in custom dog collars and harnesses
wide selection of styles, sizes and colors
custom embroidery, fleece, bandana and colored linings
custom fitted to your pet***

In Downtown San Pedro

**418 6TH STREET
SAN PEDRO, CA 90731
(310) 519-0840**

WWW.SPORTINGCOLLARS.COM



Southern California's Destination Music Shop is right here in San Pedro

Bring this ad for a free set of D'Addario Strings

Limit one per customer - EXL120 & EXL110 Only

SALES • LESSONS • REPAIRS

310-833-3281

BUY • SELL • TRADE

ALWAYS THE BEST DEAL IN TOWN

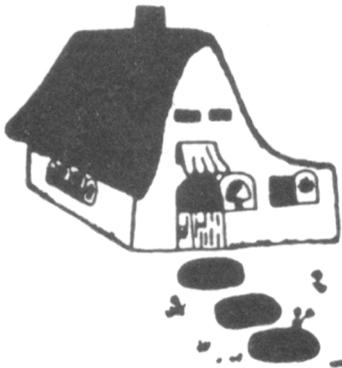


Alvas Music
 1417 W. 8th Street
 San Pedro, CA 90732
 www.alvasmusic.com
 310-833-3281



Visit our website for our monthly product giveaway!

Est. 1971



40 Year Anniversary – Still Family Owned

HUMBLE HOUSE

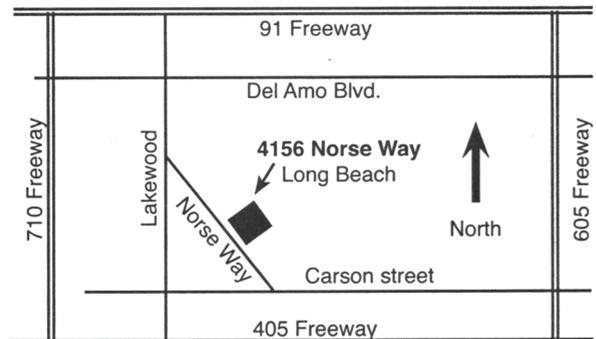
"Especially For The Special"

darts t-shirts
 jewelry detox pewter
 smoking accessories

**10% Discount
 with this ad**

4156 Norse Way • long beach, ca 90808
 near carson & lakewood

Sharon (562) 429-2700



Remember
Recycle
Reinvest

At
The Best of Times
Antique Mall and
Threads of Time
Vintage Clothing Records
Antiques
Jewelry
ART

collectibles
and much more!

**Best of Times
Antique Mall**

415 W. 6th Street
San Pedro, CA 90731
310 514-3750

Tues - Sat
11:00 AM - 6:00 PM
SUNDAY 12:00 PM - 5:00 PM

Threads Of Time
VINTAGE CLOTHING & COSTUME RENTAL

Closed Sun-Mon
Tues-Sat 12-6pm

446 W. 6th St.
San Pedro, CA
90731

310-833-0568



LONG BEACH MUSIC SCENE: CHRIS SCHLARB

GREGGORY MOORE

A lot of people play guitar with superb technical skill. But more often than not these guitarists let a desire to showcase that skill get in the way of a special kind of restraint which can be summed up in a simple idea: *taste*.

Chris Schlarb is not guilty of such sin. However well he can play (the answer: *well*), all he really cares about is taste. It's central to his ethos as musician, composer, producer, and engineer, and is in full effect on his latest and most ambitious project, *Psychic Temple*, an album boasting a lineup of musicians who've played with luminaries from Joni Mitchell and Paul Simon to Phillip Glass and Mike Watt. But we'll get to that.

A lifelong Beacher, Schlarb started playing guitar in his early teens. After a year of lessons (the only lessons he'd ever take), the then-Jordan High School student began sessioning with gangsta rap groups and playing daily with a gospel choir. "That was a very formative experience," he relates, "because in a gospel choir they don't care about your 'chops' or anything like that; you just have to play what need to be played. [...] I learned that you have to serve the composition. *That's* what's important."

Given a Tascam four-track recorder by a rap producer, Schlarb began to experiment with composition by layering whatever instruments he could get his hands on. "I was very slowly starting to understand how it all worked together," he says. "It took a long time. I feel like even some of the early records I did showed a very primitive understanding of music. I was figuring things out."

He figured things out to the point where, despite never having attended college, Schlarb was asked to teach a compositional master class at CSU Long Beach, receiving such an

honor by combining that aforementioned taste with a tireless work ethic that seems to keep him always with multiple musical balls in the air.

One of those projects is I Heart Lung, a free jazz/drone duo Schlarb has maintained with drummer Tom Steck since 2004. In 2008, I Heart Lung released *Interoceans*, which the *New York Observer* labeled "45 minutes of avant garde bliss." That same year Schlarb released his solo debut, *Twilight & Ghost Stories*, which National Public Radio named one of 2008's top five jazz albums.

It was this album that caught the attention of Swedish videogame designer Niffias, who contacted Schlarb about composing music for NightSky. As opposed to the electronics or haphazard inclusion of random songs that has been pretty much *de règle* for game soundtracks, Schlarb enlisted some of his most regular collaborators to produce nearly 50 minutes of soft, flowing texture(s) by way of 12-string acoustic guitar, marimba, bowed cymbals, acoustic drums, euphonium, mandolin, electric slide guitar, etc.—about which IGN has said: "The best reason to play NightSky is to experience the relaxing, curious environments and the ambient soundtrack. Echoing acoustic guitar strums and the hushed sounds of nature allow for quiet contemplation on the increasingly difficult challenges. [...] The fantastic ambient/jazz/electronic soundtrack is good enough to enjoy outside the game."

The NightSky project demonstrates a turn Schlarb has taken in recent years toward maintaining spontaneous nuances but making them work within highly defined pieces. "I think now I'm more interested in that contrast between improvised elements and very highly structured element," he says.

Enter the Psychic Temple Ensemble, which sees Schlarb taking his love of collaboration to new heights. Schlarb likens the redoubtable 29-member lineup—including pianist Mick Rossi of the Philip Glass Ensemble, bassists Mike Watt and C.J. Boyd, trumpeter Kris Tiner, and pedal-steel guitarist Dave Easley ("the best pedal-steel guitar player in

the universe—the best there ever was, the best there ever will be," Schlarb gushes of this Brian Blade Fellowship winner who's played with Joni Mitchell)—to a childhood pastime: "I love baseball. And when you're a kid, you sort of put your dream team together, all your favorite guys... That's what this was like for me. [...] My close friends are like, 'How do you get to play with these guys?!' And I'm just like, 'You just ask them.' Well, at least that's what I do."

Schlarb made sure to take his time with the album so as to fully realize this dream project, and he's grateful that his record label, Asthmatic Kitty, was so understanding. "*Psychic Temple* took me two years because I had this very specific thing I wanted to accomplish," Schlarb relates, "and until I did that I wasn't going to put it out [or] play it for anybody, you know?"

If you're looking for something to which to compare *Psychic Temple*, the best I can come up with is Do Make Say Think if they were a more stately and ethereal and implemented choir. But part of the reason Schlarb recorded the album is that there just isn't much out there like it. "The whole reason I made this record is because there was a certain kind of...groove, a certain kind of music, a certain kind of...aesthetic that I wanted to be immersed in. I would have bought it from somebody else if they had done it, but nobody had. [...] Most free jazz doesn't have the replayability, the listenability that I [want]."

Schlarb isn't much for heavy touring, instead preferring one-off shows, such as a recent gig in Calgary (thanks to a grant from the Canadian Arts Council) and a June show in Austin. This means missing a chance to see Schlarb live might mean missing something that will never be seen/heard again. (For example, to date he has played a NightSky set a total of one time—at {open} in Long Beach.)

So keep up on what he's got cooking (such as his producing the forthcoming debut from Miniature Houses, who were profiled in this space six months ago) at chrischlarb.com.



FREE

(with this ad for you and all your friends)

..... *Salsa Lessons*

Wednesdays

7pm total beginners class (no partner required)

8pm Bachata lesson (no partner required)

Live Salsa bands every week

Join us for lessons and dancing, Salsa nights @ Sevilla!



140 Pine Ave Long Beach CA | Guest list 818.568.2983 | 18 and over with ID

KABOB CURRY

حلال
HALAL

Indian Pakistani Food

First Indian/Pakistani restaurant in downtown Long Beach.



FREE DELIVERY

11AM-3PM WEEKDAYS
Downtown Long Beach

حلال
HALAL

Lunch Combos
\$5.99

SIX DIFFERENT COMBOS.
MON-FRI 11AM-3PM
Meat or veggies served with
rice, naan, and soft drink.



NOW SERVING
WEEKEND BUFFET

\$9.99
Per person

We only use Himalayan unprocessed raw salt.

108 WEST 3RD STREET (3RD & PINE) LONG BEACH, CA 90802
(562) 49-KABOB (52262) WWW.KABOBCURRY.COM

Birdcage

COFFEE HOUSE

Owner: *Eleno Machuca*

224 W. 4TH ST.
LONG BEACH CA.
90802

562-628-9835 : PHONE

323-270-4788 : CELL

BirdCageCoffee@aol.com



BARTER BANKING

MELINA PARIS

As a society we're reminded every day that our institutions are controlled by a marriage of corporate and government power that serves special interests. The Wall Street economy seems to have little to do with the main street economy. Companies have returned to health and are sitting on piles of cash but won't hire those badly in need of jobs. Banks won't loan to those who want to buy homes or expand their businesses. Corporations like Monsanto, as Jeffrey Smith shows in this issue, can force small farmers to grow only GM seeds despite the evidence about how unhealthy this is for us.

It's like the good things that virtually everyone knows we need are being denied, while the elite just keep piling up more wealth and power and ignoring the issues that need attention. Politicians, elected with money from those they extend favors to, especially tax breaks, are of little help. What they offer is only leading to more inequality and powerlessness.

But we do have alternatives. Revolution is the prescription to heal us from our system's ills. Our revolutionary alternatives come in the form of grassroots organizations popping up across the country. They are taking actions to improve society by connecting people together, sharing knowledge, finding solutions, taking back control and helping others while doing so. One very special one is The Long Beach Time Exchange founded by Tony Damico and his co-partner Christine Petit. Tony states the issue succinctly: "Collectively we are experiencing a crisis; we are stuck in cynicism versus creative solutions."

The concept is the exchange of time between people. Members give one hour or more of their time in a skill or asset they can offer and receive an hour of time back for something they may need or a skill they want to learn. One hour equals one

time dollar regardless of the service given.

Tony's interest in time exchange (or time banking) was piqued in part by the content of a couple websites he was paying attention to: "Evolver.net," and "realitysandwich.com." Both were having ongoing discussions and meetings on alternative business models, conscious collaboration to fix what's broken ourselves, alternative currencies, and alternative food networks. At an Evolver salon he attended in January 2010 the subject was gift culture, which focused in part on the balance between giving



and receiving. Tony showed how the idea of time banking is directly connected to gift culture.

From that point the first time banking workshop was held at the May 2010 *Long Beach Green Festival* in the East Village Arts District. Founders of other banks came to share their experience, and interest and enthusiasm grew. Soon Tony and Christine partnered to direct the efforts. A steering committee was formed and the Time Exchange was officially launched in September 2010.

Its Mission Statement is: "Connecting Unmet Needs and Untapped Resources in greater Long Beach." Its core values are: 1. Assets: everyone has something to give. 2. Redefining Work. 3. Reciprocity. 4. Social Networks. 5. Respect: every human matters. These core values are clearly expressed in the Time Exchange's activities.

Reciprocity. According to Karen, a Steering Committee volun-

teer: "Historically, whether it's time or money, volunteering has been a one way stream. Those who have more, help those who have a need or have less. This one way stream can run dry. Time banking allows for reciprocity, a sort of synergy that energizes volunteers and is sustainable. When you give you experience value and the person giving always receives back."

Assets and Respect. According to Christine: "Allowing someone to give to you is also a gift to them. Why does one person have or not have more time or money to donate? So called needy people have something to give as well and in so doing can experience that energy and value. People don't actually realize what they have to give or receive."

She said as well that Time Exchange plans on setting up workshops at some of their Second Sunday meetings for members to learn new skills in cooking, sewing and more. These skills are typically taught and handed down by family. The beauty is the exchange of time can cultivate these skills and build ties through a foundation of trust. Members find value in the skills they offer and become invested in their community.

Redefining Work. Members can start cohesively crafting a vision for how they want their community to be. Christine believes we should participate in shaping and fortifying our community. Where we choose to live *can* represent our vision and values. And doing so can encourage people to participate at institutional levels. As she puts it: "What happens at the institutional level can impact us at a community level. It overlaps and intersects more than people realize or admit."

Social Networks. Tony has dreams of taking this concept further. His vision is to weave multiple communities together through interdependency with different ethnic, socioeconomic, and political-identity groups. Comparing the time banking idea to the market economy he says: "Typically we sever our ties after paying for something. Instead what we have in

abundance is what we should nurture. Poverty consciousness is imprinted in our culture; *flipping scarcity defines value!*”

Shannon Hayes’ book *Radical Homemakers* (2010) overlaps with these ideas: “Corporate America dominates over our political system, foreign policies, food system, environmental policies and practices, music and entertainment, even our educational system. What’s the economy for? Our national (now global) economic principles have served only a handful of powerful elites. By rebuilding our home lives according to the values of social justice, ecological sustainability, and family and community security we begin the process of dismantling the extractive economy

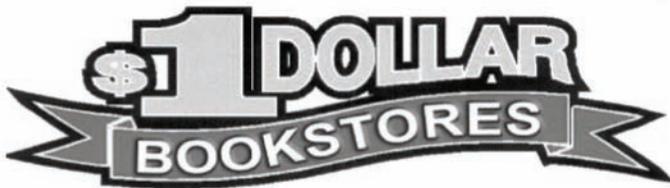
and creating in its place a life serving economy that enables us to meet our needs while thriving in harmony with our earth and spirits.”

The personal is political. Balance, reciprocity, helping our community, strengthening our ties and establishing wholeness in our lives through the simple exchange of time, is a portion of the recipe for what The Long Beach Time Exchange serves up. If this whets your appetite for change, or you simply have time to give, come to one of the Second Sunday monthly meetings. It’s a potluck and you can earn a time dollar for bringing a dish. Meetings are at the Second City Arts Council Gallery, 435 Alamitos. The Gallery is a member too and members can volunteer to “gallery sit” for

openings.

Other types of exchanges are for sewing, haircutting, tutoring, tax help, handymen, activist volunteering, cooking, babysitting, gardening, childcare, massaging, working on larger community events, food sharing (too many lemons on your tree?), working at Catalyst, helping with garage sales, interior decorating, and much more.

Currently the Time Exchange is 127 members strong and has 1,100 hours of time exchanged. They’re considering food distribution for their next community project, and the May event will discuss gift culture at Trilogy Yoga. LBTimeExchange@gmail.com. Cheers, Long Beach Time Exchange!



20,000+ books for \$1

Daily: 10AM - 9PM

248 Pine Ave., Long Beach (south of 3rd)
FREE PARKING: 51 E 3rd St (1st 2 hours)

**BOOKS
CDs
DVDs
VHS
MAGAZINES**



the place we shape

It’s where we connect, give back, promote events, and mobilize on common ground. It’s a place where we all hold a stake; a community that we all help shape. This is where we catalyze the shift from “my”space to “our”space.

We believe that effective and long-lasting partnership can’t occur without trust; we can’t have trust without relationships.

So that’s where we start.

Catalyst Space: 430 E. 1st Street Long Beach, CA 90802
562.628.1100

• Fast • Convenient • Low Cost • Caring

Tired of waiting in
line?



1294 W 6th ST #100
San Pedro, CA 90732

Hours:
9am - 6pm Mon - Fri



Peninsula Pharmacy

Phone: (310) 833-3535
Fax: (310) 833-9124

NEW NAME. SAME GREAT TASTE. AUTHENTIC MEXICAN FOOD.

CASA GARIBAY RESTAURANT

ISIDRO GARIBAY

712 S. Pacific Ave.

Food to Go
Call 15min. Before Pick-up
Cell: (310) 707-3985

Beer & Wine. Banquet Room Available. Daily Specials Every Day. Menudo Fresh Sunday.



Smash Famous

MUSIC • FILM • TELEVISION • ART

www.SmashFamous.com

AMASS Cover Art provided by Smash Famous Artist, (RVW) Renee Van Winkle

Cover Art Photo Courtesy of:
Romeo Gil Photography
www.RomeoGil.com



La Corona Del Mar
Cabrillo Beach/Marina

Garden Court
Arts District

"Best
rated
housing
in SP"

RentSanPedro.com
310.833.5842

*Cats accepted; No lease required
Access-controlled Buildings & Parking
Close to beach, parks, shopping, dining*



Chill Coffee Lounge & Café

Located at the Broadway entrance to the
Historic Lafayette building



Coupon Specials

\$5.50

Pastrami Sandwich

Pastrami on rye bread with mustard, pickles & cheese

Must present coupon at time of purchase
(Cannot be combined with any other offer)

\$5.50

The Big Tuna Sandwich

Tuna salad, lettuce, tomato, onion, topped with fresh
sliced avocado, served open faced.

Must present coupon at time of purchase
(Cannot be combined with any other offer)

\$5.50

Italian Turkey Club

Hand sliced turkey, crisp bacon, pepperoni, provolone
cheese, onion, olives, topped with Italian dressing.

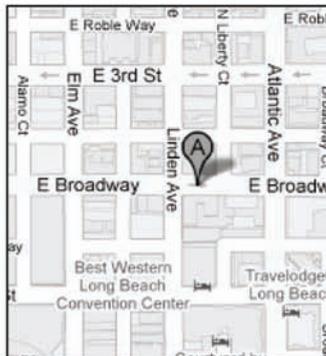
Must present coupon at time of purchase
(Cannot be combined with any other offer)

**Fast Service
Great food
Friendly Prices**

**Free WiFi
to all customers**

Featuring:

- Long Beach Brewed Poly's
Gourmet Coffee products
- Breakfast & Lunch Sandwiches
- Soups & Salads
- Brownies
- Cheesecakes
- Toasted Bagels
- Pastries



510 E. Broadway
Long Beach, 90802

East Arts District

(562) 612-1635

chillcafelb.com

chillcafelb@gmail.com

Visit us on Facebook @
Chill Coffee Lounge & Café
Or on Twitter @ ChillcafeLB

THE *Ultimate* DESTINATION FOR YOUR CELEBRATION IS ALSO *South Bay's Best... YET AGAIN!*



IT'S JUST BETTER ON THE WATERFRONT.

Are you on the hunt for a truly distinctive way to celebrate your special event? Be very glad you found **Spirit Cruises!** With three Yachts and a wide range of packages from which to choose, we have your party, ready to happen, right now. We specialize in Public Sightseeing

Cruises and Award-Winning Dinner Cruising. Also, we like the opportunity to say Thank You! Enjoy the Sunday Brunch at Ports O' Call, and receive the 1st Spirit Cruise of the day FREE.



We've got a lot to love! Our every seat captures an awe-inspiring view from which to enjoy the new menu featuring Coastal California Cuisine and Varietals. Our Saturday Evenings of Live Music on the Patio rounds out the Monday-Friday Happy Hour, 3-8 p.m. and Sunset Dining

Specials, 3-6:30 p.m. Also, be sure to catch the Award-Winning Sunday Brunch. Every night of the week, find what you are looking for right here on LA's only Waterfront.



310-548-8080



310-833-3553





WARNER GRAND

T H E A T R E

APRIL - JUNE 2011

"ART, CULTURE AND ENTERTAINMENT AT THE EDGE OF LA"

- Sat Apr 23 7:30p** **"CINEMA GRAND PRESENTS"** Our popular foreign film series continues. Tickets and title at warnergrand.org
Doors 7p \$20 - \$10.
- Apr 28 - 30 8p** **"YOU CAN'T TAKE IT WITH YOU"** WGT is proud to welcome our newest residents, Marymount College, in this zany, classic comedy of manners. \$15 - \$10 brownpapertickets.com
Doors 7p
- Thu May 5 8p** **"MYSTIQUE - World Tour: Los Angeles"** An international Cinco de Mayo celebration, featuring the LA debut of European soprano DOMINIKA ZAMARA, with American tenor CHRISTOPHER ALLPORT and some of LA's top musicians. \$45 - \$10 brownpapertickets.com
Doors 7p
- Fri May 6 8p** **PBS COMMUNITY CINEMA: "WELCOME TO SHELBYVILLE"** During the 2008 election, the town of Shelbyville, TN must grapple with a new wave of immigrants and what it means to be an American. FREE.
Doors 7p Reservations - info@grandvision.org
- Sat May 7 6p** **"3rd ANNUAL MOTHERS' DAY CONCERT"** La Fiesta Productions celebrates Mothers' Day "Mariachi -Style" with the sensational Mariachi Gruellense and music and dance drawn from the rich traditions of Mexico. \$45 - \$15 (310) 702-4451
Doors 5:15p
- Sat May 14 8p** **"DISNEY IN CONCERT: TALE AS OLD AS TIME"** GSPO and special guest singers present some of the best loved music of all time, from "The Lion King," "The Little Mermaid," "Mulan" and more. \$35 - \$25 - \$15 gsपो.com
Doors 7p
- Sun May 15 4:30p** **"CINEMA GRAND PRESENTS"** Our popular foreign film series continues. Tickets and title at warnergrand.org
Doors 4p \$20 - \$10
- Sat May 21 8p** **RICK DEES PRESENTS: "Night of 1000 Laughs"** Featuring the hottest comedians from The Ice House, The Improv, The Laugh Factory, Letterman, The Tonight Show, Comedy Central and more. \$25 - \$18 - \$12 nightof1000laughs.com
Doors 7p
- Sun May 22 3p** **"BRAHMS' REQUIEM"** The Southern California Master Chorale and GSPO present this timeless masterwork in the original German. \$35 - \$25 - \$15 gsपो.com
Doors 2p
- Sat June 4 6p** **"FANTASIA"** San Pedro Ballet School's Spring Recital presents their latest crop of ballet stars of the future with choreography by Co-Artistic Directors Cynthia and Patrick Bradley. Tickets and information at sanpedrocityballet.org.
Doors 5p
- Fri June 10 8p** **PBS COMMUNITY CINEMA: "TWO SPIRITS"** Examines the life and brutal murder of 16 year old Fred Martinez, a boy who was also a girl, and explores the spiritual nature of gender. FREE.
Doors 7p Reservations at info@grandvision.org
- Sat June 11 8p** **"GREAT FILM COMPOSERS"** Golden State Pops Orchestra presents familiar works from the cinema by classic and modern composers. \$35 - \$25 - \$15 gsपो.com
Doors 7p
- Sun Jun 19 4:30p** **"CINEMA GRAND PRESENTS"** Our popular foreign film series continues. Tickets and title at warnergrand.org
Doors 4p \$20 - \$10

THE WARNER GRAND THEATRE
478 W 6th St (at Pacific) San Pedro, CA
Office line 310.548.2493 Show Line 310.548.7672

The Warner Grand Theatre is a facility of the City of Los Angeles, operated by the Department of Cultural Affairs



Restoration of the theater's marquee and neon artwork was provided by the SAN PEDRO HISTORIC WATERFRONT BUSINESS IMPROVEMENT DISTRICT in 2010 as a gift to residents and visitors to San Pedro's downtown business district.