

Activism 101: How To Succeed In Peaceful Revolution

by Angela Smith

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Chapter 1: Introduction

I am Angela Smith and have been an activist for over 25 years. I have volunteered for multiple organizations including, but not limited to: Domestically Abused Women's Network (DAWN), Northwest Animal Rights Network (NARN), and the American Civil Liberties Union (ACLU). In 2002, I co-founded Human Earth Animal Liberation (HEAL) as a registered student organization at the University of Washington.

My academic background is extensive. I earned my Associate of Arts (AA) Degree in English Literature with a Philosophy minor at Highline Community College in Des Moines, WA in 2000. I graduated from Highline Community College with honors and am proud to have been a Dean's List student. I went on to graduate from the University of Washington with a Bachelor of Arts (BA) Degree with a double major of History and Philosophy. After graduating the University of Washington in 2005, I enrolled in law school at Taft University: School of Law. I successfully completed my first year of law school in 2009 and passed the California State First Year Law Student's Exam (a.k.a. "Baby Bar"). I also have a certificate in Child Development issued by the Kent School District in Kent, WA and passed the Washington Educator Standards Test (WEST-B) in 2003.

This book may read like an autobiography of sorts. But, it is much more than that and who I am and my personal struggles and triumphs are not the point, nor the purpose here.

My goal is to help other activists and would-be activists use resources effectively and critical thinking skills to make sure efforts maximize successful outcomes for all who

endeavor to create change and make the world a better place for all.

In chapters 2 and 3, I provide information as well as critical thinking supports (i.e. questions you should ask any organization to which you donate time or money) that should help you choose a cause, if you haven't decided where to start yet. In addition, chapter 3 focuses on narrowing the scope of your efforts so you can strategically apply your resources to create real change. For example, you may be considering environmental sustainability as your cause. And, you may begin looking to volunteer or donate to environmental protection organizations and groups.

You should first decide what area of environmental sustainability you can provide the most effective support for based on your knowledge, skills, and available resources. You may think "Zero Population Growth" (ZPG)¹ is where you want to start because you are concerned about the alleged over-population crisis. Or, maybe you are more interested in transitioning to renewable and sustainable energy sources like solar power and want to work towards that end.² There are many areas of activism and advocacy where you can make a real difference. But, you have to begin with knowing what you want to achieve and who is best to help you succeed or you risk wasting time and resources, becoming disheartened and disillusioned, and giving up. Did you know that Sierra Club is funded by the fracking and oil industry? According to a New York Times report, Sierra Club received over \$26 million from the oil and natural gas industries.³ So, if

¹ <http://www.populationconnection.org/>

² <http://www.thesolarfoundation.org/>

³ <http://www.nytimes.com/2012/02/14/science/earth/after-disclosure-of-sierra-clubs-gifts-from-gas-driller-a-roiling-debate.html>

saving the earth is your cause, you will want to be careful in selecting where to donate your time and money (as with any cause) and make sure there are not serious conflicts of interest between non-profit donors and the cause itself. This and other pitfalls are discussed throughout the book with chapters 4, 5, and 6 going into detail about recognizing and protecting your efforts from industrial "enemies", astroturf groups, sell-outs, saboteurs, moles, and other counter-intelligence threats.

Chapter 7 encourages you to become an expert on your particular cause and chosen battle. Malcolm X said, "A man who stands for nothing will fall for anything."⁴ And, if you don't know the ins and outs of what you stand for, you can easily be led astray, used, and exploited by incompetent and/or corrupt individuals and organizations. Becoming an "expert" takes a lot of time and effort. But, you shouldn't be discouraged from getting involved due to lack of information. You need to question everyone and everything. You need to read and get used to research and checking sources of information provided to you for validity and credibility. If you are volunteering for an organization and do not understand why they have had an annual march on "Black Friday" (Friday after Thanksgiving in USA) against the fur trade for decades without any significant change or impact on stopping the fur trade, then you should look into it. You should ask questions and if you are not satisfied, you should join a different organization or start your own campaign(s). If you decide to blindly adhere to an organization that has nothing to show for their decades of saber-rattling, then you have most likely and inadvertently become part of the problem and a distraction for those who are truly dedicated to activism and advocacy. If you are serious about making the world a

⁴ <https://www.brainyquote.com/quotes/quotes/m/malcolmx379121.html>

better place, you are going to have to work at it and be smart about it. If not, you may as well stay out of it altogether rather than wasting your time and money so you can delude yourself into thinking you are making a difference. Activism is about understanding the world as it is and working to improve it. Lacking that understanding and blindly adhering to organizational leaders is no better than joining a cult and equally damaging to you and your pocketbook.

ABL = Always Be Learning! Even after you've become an expert on your cause(s) and battle(s), you need to continue learning and researching to stay ahead of the curve and combat those who would thwart or undermine your efforts. Being an expert will help you navigate the world of politics so you can push for legislation and legal interventions to better further your advocacy goals.

In chapters 8 and 9, I will use my own experience in research, lobbying, and achieving changes to the law to help you on the path to real, significant, and successful activism. These chapters will examine both state and federal legislative and advocacy efforts, some successful and others still in progress. Stephanie B., an investigator with People for the Ethical Treatment of Animals (PETA) and primary organizer of the successful Initiative 713 (I-713) campaign to ban cruel steel-jawed leg-hold traps in Washington State reported that her most effective work having the greatest impact was on legislation,⁵ particularly the I-713 campaign. I volunteered many hours on that legislative effort in 2000 and it was successful.⁶ Beyond this, I have worked for years on changing laws to better

⁵ https://www.youtube.com/watch?v=bCWkG_1D4X4

⁶

[https://ballotpedia.org/Washington_Animal_Trapping_Act,_Initiative_713_\(2000\)](https://ballotpedia.org/Washington_Animal_Trapping_Act,_Initiative_713_(2000))

protect people from institutionalized abuse in segregated congregate care settings (i.e. group homes, nursing homes, residential treatment programs, etc.). And, chapters 8 and 9 go into detail about organizing, lobbying, and successful legislative research and actions. My experience can act as a guide or blueprint for anyone who is looking to have a real impact by engaging in legislative activism and reform. The greatest achievements come from the greatest efforts. Keep that in mind and be prepared for the long haul.

One thing I do a poor job of is taking excellent care of myself. I sacrifice a lot to achieve my goals. But, my goals are not about money and fame. And, it is in chapter 10 where you may find the most hypocrisy in this work. I suggest that you take better care of yourself than I do of myself and advise you pace yourself effectively to avoid burn-out and other adverse health consequences that may accompany failures to live a well-balanced and healthy lifestyle. But, I believe my sacrifices are worth it and if you feel compelled to make similar sacrifices to fight for your cause(s), I completely understand.

In chapter 11, I cover conspiracies and conspiracy theories throughout history and their influence in present political and activist circles and campaigns. The truth is out there and in here. If you go too deep down any conspiracy rabbit hole, you'll find misinformation campaigns, smear campaigns, and if you look hard enough, proof that supports many of the "outrageous claims" regarding secret societies and their influence. For example, the Nazi collaborators were members of the Thule Society a.k.a. Vril Society which mixed science fiction with supernatural or spiritual beliefs and rituals they used as a means to instill fear and control large populations through trauma-based

conditioning, magical thinking, and science fiction.⁷ Readers may be interested to know that one of the founding fathers of behaviorism, B. F. Skinner, did many experiments on using superstition and superstitious fears to control behavior.⁸ Using superstition coupled with "operant conditioning" (which uses negative reinforcement and punishment to change/control behavior,⁹ often referred to as "aversive/aversion therapies" ("Aversion therapy is a behavioral treatment intervention based on the principles of classical conditioning and behavioral psychology. It is sometimes referred to as conversion therapy or reparative therapy. The goal of aversion therapy is to eliminate bad habits, self-destructive behaviors, or other undesirable behaviors (e.g. nail biting or alcohol abuse) by pairing the behavior with an unpleasant stimulus (e.g. medication-induced nausea or an electrical shock). The assumption is that the problematic behavior is a learned behavior, and as such, can be "unlearned" or changed with proper "conditioning"."))¹⁰ which are euphemisms for torturing people into obeying their handlers in many "treatment" and "prison" settings), was born out of Nazi experiments.^{11 12 13 14}

In more recent years, "As early as 1962, Dr. Edgar Schein described the methodology at issue rather more straightforwardly in an address to all federal maximum security prison wardens in Washington, D.C.:

⁷ <https://www.amazon.com/Dark-Fellowships-The-Vril/dp/B001KVZPX0>

⁸ <https://www.psychologistworld.com/superstition>

⁹ <https://www.simplypsychology.org/operant-conditioning.html>

¹⁰ <https://www.addiction.com/a-z/aversion-therapy/>

¹¹ http://www.petertatchell.net/lgbt_rights/psychiatry/aversion.htm

¹² <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC535952/>

¹³ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4265253/>

¹⁴ <http://www.newyorker.com/magazine/2012/06/04/the-clockwork-condition>

"In order to produce marked changes in behavior, it is necessary to weaken, undermine, or remove supports for old attitudes. I would like you to think of brainwashing not in terms of... ethics and morals, but in terms of the deliberate changing of human behavior by a group of men who have relatively complete control over the environment in which the captives live...[These changes can be induced by] isolation, sensory deprivation, segregation of leaders, spying, tricking men into signing written statements which are then shown to others, placing individuals whose will power has been severely weakened into a living situation with others more advanced in thought reform, character invalidation, humiliations, sleeplessness, rewarding subservience, and fear." (citation 95 of Churchill)¹⁵

Dr. Richard Korn, in a 1987 report on Lexington commissioned by the ACLU, framed the matter even more clearly. In Korn's estimation, the purpose of an HSU-style facility is to: ...reduce prisoners to a state of submission essential for their ideological conversion. That failing, the next objective is to reduce them to a state of psychological incompetence sufficient to neutralize them as efficient, self-directing antagonists. That failing, the only alternative is to destroy them, preferably by making them desperate enough to destroy themselves." (Churchill, pp. 321-322)¹⁶

So, you can see that using aversion therapies, (a.k.a. punishment, torture, and other methods) to secure obedience of "undesirables" is something from Nazi experiments that has continued even in the United States in prison and treatment settings. The superstitious fear born of rumor, myth, and actual practice of some secret societies

¹⁵ https://www.krusch.com/books/kennedy/Cointelpro_Papers.pdf

¹⁶ https://www.krusch.com/books/kennedy/Cointelpro_Papers.pdf

reinforces the conditioning of those to be controlled and is often used for that purpose. I will continue to cite all sources and will leave it up to you to decide whether or not the "crazies" are as "crazy" as some smear campaigns and disinformation campaigns would suggest. Regardless, we must work to stop abusive practices intended to deprive individuals of their own autonomy, self realization, and personal liberty. And, challenging the powers that be, requires dedication to the facts and commitment to the truth, no matter how ugly or disappointing.

When you are not in a position of significant power, credibility is of utmost importance. Take for example this "fact": PETA claims that every individual vegan "saves 198 animals a year" by excluding animal products from their diet.¹⁷ But, reduced consumption and demand does not equate to saving animals. Depending on who you ask, 2-13% of the US population is vegan or vegetarian in 2016/2017.¹⁸ And, according to other online sources, 1% of the US population identified themselves as vegetarian in the 1970s.¹⁹ In the 1970s, the USDA reports that 180 pounds of meat, poultry, and fish were available for consumption per capita in the 1970s.²⁰ According to the USDA, there is enough meat, poultry, and fish to provide each resident of the US 181 pounds of animal products annually (2014 data).²¹ However, that availability does not

¹⁷ <https://www.peta.org/blog/vegans-save-185-animals-year/>

¹⁸ <https://www.vegetariantimes.com/uncategorized/vegetarianism-in-america> and <https://news.therawfoodworld.com/16-million-people-us-now-vegan-vegetarian/> and <http://veganbits.com/vegan-demographics-2017/>

¹⁹ <https://www.quora.com/Are-there-more-vegetarians-vegans-today-in-the-US-than-there-were-say-30-years-ago>

²⁰ <https://www.ers.usda.gov/data-products/chart-gallery/gallery/chart-detail/?chartId=82559>

²¹ <https://www.ers.usda.gov/amber-waves/2017/januaryfebruary/us-per-capita-availability-of-red-meat-poultry-and-fish-lowest-since-1983/>

translate to actual consumption. And, even with an exponential reported rise in vegetarianism, the amount of meat produced annually does not vary depending on who is vegetarian and who is not, the number stays roughly the same over time. Given the fact that 30-40% of all food is wasted in the United States (much of it never sold and discarded by retail),²² adding up to 133 billion pounds of food wasted in the United States annually, personal consumption or changes in consumption habits does not save any animals, it just means more animals raised for food are having their bodies discarded to landfills instead of eaten by consumers. As a vegan for many years, I can tell you that whether or not I ate or consumed animal products had absolutely no impact on factory farming, environmental conservation, or animal welfare.

But, if people want to live by example and believe enough people will follow that example over time and eventually eliminate the demand for animal products thereby shutting down animal agriculture that way, more power to them. It is, in my opinion, intellectually dishonest to suggest people are saving 198 animals per year by going vegan when those animals are still killed and a large percent end up in landfills because people can't afford it and/or have gone vegetarian.

Perhaps if we push for a direct democracy and have more control over regulation and enforcement, we can actually improve life for animals and everyone else. But, suggesting individual dietary choices and the like have a significant impact or saves lives, is intellectually dishonest.

²² <https://www.usda.gov/oce/foodwaste/faqs.htm>

Most foods, including Chef Boyardee Ravioli,²³ use textured soy protein as filler in their meat products. Of course, you may have also heard about the 35% beef (rest is filler) burritos at Taco Bell.²⁴ So, many "meat" products are already using vegetable-based fillers. But, the reduction in the demand for animal products has not resulted in more humane conditions for animals. Therefore, the argument is flawed and thereby easily dismissed by a skeptical public. And, when you are a minority group making up 2-13% of the population at most, you have to be honest and credible in the long haul to keep people interested and dedicated to the cause. When you misrepresent information to sell your ideology, you are hurting long-term efforts to make improvements while distracting people with emotional campaigns without making a significant impact that improves animal welfare.

Finally, in chapter 12, I provide you a summary and quick reference guide and encourage you to do the hard work necessary to create meaningful change. No matter what, keep fighting!

²³ <http://www.dietfacts.com/html/nutrition-facts/chef-boyardee-overstuffed-beef-ravioli-in-hearty-tomato-and-meat-sauce-canned-29421.htm>

²⁴ <http://sanfrancisco.cbslocal.com/2011/01/24/lawsuit-filed-in-california-court-over-taco-bell-beef/>

Chapter 2: Choose Your Cause

Most likely, if you are reading this book you already have chosen a cause (or causes). But, you may not be effective or you may feel progress is not being made.

My first suggestion is that you choose a cause with which you have some firsthand experience or background. If you have a passion for animal welfare or preventing animal cruelty, you may have begun volunteering with an animal rights or animal welfare organization. Regardless of whether you have chosen animal rights, environmental sustainability, civil rights, workers' rights, prisoner rights, children's rights or any other human rights cause, there are some basics you need to know.

If you have decided to volunteer or donate money to a specific organization or group, you will want to start asking questions before investing too much of your time or resources. Here are some questions that will help you get started and identify whether or not the organization you are supporting is actually effective in their efforts and campaigns:

1. What legislation have you lobbied for at the state, federal, or international level?

If you ask HEAL this question, we will respond as follows: Angela Smith worked on I-713 in 2000 in Washington State to ban steel-jawed leg-hold traps prior to HEAL's existence. HEAL's legislative work includes, but, is not limited to...In 2008, HEAL HQ filed a citizen's initiative (Initiative 999/I-999) which was intended to empower youth and prevent any involuntary parent choice placements or placements without a court order and due process in any segregated congregate care facility. We did

not have the resources to collect the 250,000 or so signatures needed to get it on the ballot before the deadline.²⁵ From 2009-2011, HEAL HQ researched the misuse of public funds to enroll public school children in abusive, private, for-profit residential programs (aka segregated congregate care). We submitted a report to the Washington State House Ways and Means Committee. The committee chair at the time, State Rep. Bruce Dammeier (R-WA), opened an investigation based on our initial report uncovering misuse of public funds. In 2014, Governor Jay Inslee (D-WA) signed ESSB 5946 into law which required due process for public school students the school districts wanted to send away to segregated congregate care (aka private, for-profit prisons/facilities) and prevented school districts from sending youth away or keeping them out of their local schools for more than 10 days without a court order.²⁶

The year I am writing this book is 2017 and HEAL Alabama Chapter has reported we successfully got HB 440 (a bill to regulate segregated congregate care facilities--both faith-based and secular) passed and signed into law by the Governor of Alabama.²⁷ HEAL HQ in Seattle is pleased to report that not only have we reformed the rights for children in public education in WA, but, we have also seen sentencing reform in the juvenile justice system which now prevents most incarceration and segregated congregate care for the majority of youth offenders (with the exception of seriously violent crime such as rape and murder).²⁸ And, we are pushing for the reintroduction of bills that did not make it out of committee in Washington State in the 2015-

²⁵ <https://www.sos.wa.gov/elections/initiatives/text/i999.pdf>

²⁶ <http://www.heal-online.org/teennews.htm>

²⁷ <https://legiscan.com/AL/bill/HB440/2017>

²⁸ <https://legiscan.com/WA/bill/HB2746/2015>

2016 session, namely SB 5408²⁹ and SB 5870³⁰ which would regulate currently exempt faith-based programs and ban the use of aversive therapies on minors in Washington State.

Beyond all of that, (and there is much more), I've been investigating the foster care system in Washington State for the last 2 years and Tim Brown, HEAL Kentucky Coordinator, accompanied me to Washington D.C. in March of 2017 to lobby our representatives and senators from Washington State and Kentucky providing them with an extensive legislative request for much needed reforms to better protect all vulnerable populations from segregated congregate care and institutionalized abuse.^{31 32 33} Since our visit, Senator Rand Paul (R-KY) has co-sponsored multiple bills to help put an end to unnecessary institutionalization and institutionalized abuse.^{34 35}

Since HEAL was founded in 2002 and we've provided legislative work and information from 2000 to the time of this writing, we feel that should suffice to effectively answer the question posed.

I would suggest that if an advocacy or activist organization cannot answer this question, that they are not focused on actually solving any problem and are either posers or astroturfers. Unless, they provide direct care and service.

²⁹ <https://app.leg.wa.gov/pbc/bill/5408>

³⁰ <https://app.leg.wa.gov/pbc/bill/5870>

³¹ <https://youtu.be/zUDSfV6HUeo>

³² <http://heal-online.blogspot.com/2017/04/heal-does-dc.html>

³³ <http://www.healreport.tv/heallegislativerequest.pdf>

³⁴ <https://www.congress.gov/bill/115th-congress/senate-bill/866/cosponsors?pageSort=lastToFirst>

³⁵ <https://www.congress.gov/bill/115th-congress/senate-bill/1127/cosponsors?pageSort=lastToFirst&loclr=cga-member>

At the time of this writing, the internet is fully functional and the world is literally at our fingertips. So, how might I find out if PETA supports or pushes for any legislation? First, I visited their website at <https://www.peta.org/>. They have a search box for their site and I entered in "legislation". I found over 10 pages referencing legislation. So, that's a good sign as far as that goes. But, supporting or opposing existing legislation is not the same as sponsoring or lobbying for specific legislative change. And, PETA has 4 pages of action alerts calling people to contact their legislators to support or oppose specific animal welfare related bills. So, it looks like they do offer some opportunity in that regard.

But, if you are into animal rights, you may want to stick with organizations who engage in more direct political action through legislative reforms like the Humane Society of the United States which engages in more successful legislative reforms than any other animal welfare or activist organization.³⁶ And, even PETA volunteers admit that is where you can have the most significant impact in improving the lives of thousands of animals.

2. Who funds your organization?

Finding out who funds an organization will help you spot any conflicts of interest. A conflict of interest is "[a] situation that has the potential to undermine the impartiality of a person because of the possibility of a clash between the person's self-interest and professional interest or public interest."³⁷ For example, Sierra Club receiving millions of

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http://www.humanesociety.org/about/departments/legislation/ballot_initiatives.html?credit=web_id171602248

³⁷ <http://www.businessdictionary.com/definition/conflict-of-interest.html>

dollars in funding from the gas and oil industries, including those engaging in fracking,³⁸ poses a conflict of interest between the financial interests of the organization and the public interest (environmental sustainability) which they claim to support.

Amnesty International receives Ford Foundation grants to promote globalism.³⁹ The Ford Foundation was founded by Edsel Ford, son of Henry Ford, both of whom were presidents of the Ford Motor Company.⁴⁰ Ford, General Motors, and BMW have all been linked to illegal logging (environmental violations) and the use of slave labor in Brazil.⁴¹ Ford is also in trouble for selling "explosive vehicles" in Africa killing dozens of Africans as recently as December, 2016.⁴² That case is still being investigated as I write. Does this pose a conflict of interest for Amnesty International? I'll leave that up to you to decide.

You may also find it of interest that the Annie E. Casey Foundation receives much of its financial support from the notorious Wells Fargo.⁴³

Here is how HEAL answers the question on funding: HEAL is primarily self-funded. Our primary volunteers, including state and national coordinators and support volunteers, fund the vast majority, if not all, of our actions

³⁸ <http://www.nytimes.com/2012/02/14/science/earth/after-disclosure-of-sierra-clubs-gifts-from-gas-driller-a-roiling-debate.html?mcubz=0>

³⁹ Amnesty International Limited – 2015 Income Report Download at: <https://www.amnesty.org/en/documents/fin40/5046/2016/en/>

⁴⁰ <https://www.fordfoundation.org/about-us/our-origins/>

⁴¹ <https://www.theguardian.com/environment/2012/may/17/ford-gm-bmw-logging-brazil>

⁴² <https://www.iol.co.za/motoring/industry-news/ford-told-to-take-responsibility-for-igniting-scandal-7273131>

⁴³ <http://www.aecf.org/m/resourcedoc/financials-statementsDec312014and2015audit.pdf>

and campaigns. Most of our expenses are covered out-of-pocket and we typically receive less than \$100 in outside individual donations annually. We are not a tax-deductible non-profit because we do not like the restrictions imposed on tax-deductible charities. You'll find with the American Civil Liberties Union (ACLU) that they have two primary donation streams. One is tax-deductible, the other is not. But, here's what they say about the non-tax-deductible side of their organization: "ACLU monies fund our legislative lobbying--important work that cannot be supported by tax-deductible funds. Thus, your membership dues supported our successful lobbying efforts in Congress and Harrisburg."⁴⁴ Since HEAL believes legislative action is the most effective in addressing the issues we care about, the majority of our efforts fall in the "lobbying" or legislative activism category and is therefore not tax-deductible. We could follow the example of the ACLU or others and set up 2 separate websites and organizations. But, we would most likely receive mostly donations for the tax-deductible side which doesn't require a lot of money while still needing funding for our legislative agenda. Because we are grassroots and do not have the financial resources and public exposure as larger organizations such as the ACLU do, we would inadvertently divert funds away from our major efforts which would be counter-productive. So, we are happy to remain self-funded and continue to accept individual donations when they trickle in from time to time. We receive no corporate funding and have rejected big money influence when it has been offered. That has only happened 3 times and each time we were given requirements we would not accept in order to be "eligible" for those funds. Two required that we become a tax-deductible charity thereby tying our hands politically and the third said we would need to disassociate from some of

⁴⁴ <https://www.aclupa.org/abouttheaclu/aclu-vs-aclu-foundation/>

our primary volunteers due to their sexual orientation and other issues they found abhorrent or not in line with their vision for HEAL going forward. HEAL remains disinclined to accept any funding with strings attached. We feel you either support us and our campaigns or you don't. We don't want anyone coming in offering money or assistance that wants to take control and recreate the vision and purpose of our activist network.

We've seen many naive or self-interested organizations and individuals willing to "sell out" in that way. And, that's just not what we're about and really, truly, we find it disgusting.

Other conflicts of interest or hypocrisies can be found in various areas of activism. I will cover those as we continue.

3. Do You Partner With Any Other Organizations or Corporations?

With this question, the main purpose is to suss out whether or not there are any conflicts of interest which may indicate ulterior motives or other concerns.

One of the most exposed offenders in regards to their corporate partnerships remains the Susan G. Komen Foundation. Samantha B. King wrote a book titled "Pink Ribbon, Inc." which was followed up with a documentary of the same name.⁴⁵ Breast Cancer Action has launched the "Think Before You Pink" campaign to help expose the hypocrisy and conflicts of interest involved in the Susan G. Komen Foundation, Pink Ribbon campaigns.⁴⁶ The Susan G. Komen Foundation reports raising over \$500 million

⁴⁵ <https://thinkbeforeyoupink.org/2012/02/pink-ribbons-inc-the-movie-2/>

⁴⁶ <http://www.thinkbeforeyoupink.org/>

since 1999 in corporate donations. Their corporate partners and sponsors include: Bank of America, Ford Motor Company, Caterpillar, and General Electric. Most readers may already be aware of the human rights abuses and other issues associated with those companies alone.

Breast Cancer Action reports:

"For example, the very name of the Susan G. Komen Race for the Cure® Series suggests that the money raised from these walks will go to research. But Komen's website states that only 25% of the money raised goes to their "research and training grants program," a category that doesn't even reveal how much money is going to research. Komen has long been criticized for their small percentage of investment in research funding. A large portion of Komen's budget goes to "raising awareness" and early detection programs... Organizations promote their corporate sponsors as genuinely caring about women with breast cancer.

But the reality is some corporations and organizations involved in breast cancer walks put their own profit before women's health by pinkwashing. Pinkwashing is a term we coined in 2002 to describe a company or organization that claims to care about breast cancer, but at the same time makes or promotes products linked to the disease.

For example, each year, the Avon Foundation puts on multi-day breast cancer walks in cities nationwide. But Avon Products, the multi-billion dollar cosmetics corporation behind the foundation, uses chemicals in its makeup that are linked to an increased risk of breast cancer. Avon has long been targeted by activists to remove from its cosmetics cancer-linked ingredients like methylparaben, a

chemical that has been found to increase breast cancer risk and interfere with breast cancer treatment."⁴⁷

So, while the Susan G. Komen Foundation knows how to manipulate emotions and raise lots of money, it looks like they don't do a whole lot regarding ethical organizing and curing cancer.

In another example, we have the Community Alliance For the Ethical Treatment of Youth (CAFETY). CAFETY was often compared to HEAL (my organization) as being similarly opposed to institutionalized abuse and fighting to abolish abusive residential and wilderness youth programs. However, there is one huge difference between our organizations. HEAL does not partner with the industry we seek to abolish, while CAFETY did just that. CAFETY partnered with the American Association of Children's Residential Centers (AACRC)^{48 49} whose leadership was from New Haven RTC in Utah, a confirmedly abusive program on HEAL's watch-list. Beyond CAFETY's own admission and other confirmed sources (i.e. AACRC), we found CAFETY partnering with multiple programs on our watch-list through the Building Bridges Initiative partnerships. The whole purpose of the "Building Bridges Initiative" is to advance partnerships between residential providers, community providers, youth and families.⁵⁰ One of CAFETY's board members, Martin Rafferty, is currently running a Youth MOVE chapter in Oregon where he continues to claim to be on CAFETY's board of directors.⁵¹ When concerns were raised to Martin Rafferty about

⁴⁷ <http://thinkbeforeyoupink.org/resources/before-you-walk-or-run/>

⁴⁸ <http://www.cafety.org/resources/804-redefining-residential-youth-guided-treatment>

⁴⁹ <http://aacrc-dc.org/partners>

⁵⁰ <http://www.buildingbridges4youth.org/resources>

⁵¹ <http://www.youthmoveoregon.org/martin-rafferty>

CAFETY's partnering with the opposition (abusive teen programs), Rafferty said: "I hope that CAFETY continues to make decisions based on the mission, and values of our organization and not based on our fears of how other groups will feel/react...you claim "credibility issues with certain survivor groups, some of them even see us as "partners" with AARC." I think it would be important for you to bring those specific examples up, if not just for this conversation but for general information. I am more interested in seeing where the comment about us being "partners" with AARC has come from? Who knows about any of our work with AARC? It certainly hasn't been posted on AARC's site. Nor could I find an easy mention on our site or social networking sites."⁵² By AARC was meant AACRC, not the Alberta Adolescent Recovery Center (AARC), which itself is an abusive spin-off of the Straight, Inc. network of abusive youth programs.

When I raised my concerns about these partnerships, Kathryn (Kat) Whitehead, founder of CAFETY, said that the goal of the partnerships was to improve the image of the segregated congregate care (aka residential treatment/wilderness program) industry, and, hopefully their practices. You can imagine that as an activist I found the notion of improving the image of an industry, causing significant harm and representing the opposition of HEAL, being partners with CAFETY abhorrent. I continued to raise my concerns and instead of forthright and sincere responses I and HEAL became the target of CAFETY smear campaigns so they could create confusion and avoid any accountability for their actions. I will cover more on astroturf groups and counter intelligence programs in later chapters. It is my understanding that CAFETY has since ceased to exist.

⁵² E-mail from Martin Rafferty dated February 23rd, 2011 at 1:47PM

I believe those three questions will help you navigate the world of activist organizations and charities. If you are unable to find an organization that you feel puts "people, planet, and animals over profits" or that meets your reasonable expectations regarding their organizing efforts, funding, and corporate partnerships, you may be best off organizing on your own.

In that case, you will want to pick your battles and take one on at a time. This is discussed in the next chapter.

Chapter 3: Pick Your Battle(s)

In general terms, there are a few ways to be effective. Depending on your talents and interests, you may want to provide hands on help to those in need. For example, if you are into animal rights and animal welfare, you may find it rewarding to volunteer at a reputable sanctuary or animal rescue center. The Progressive Animal Welfare Society (PAWS), rehabilitates wounded wild animals and then releases them back to the wild. PAWS also rescues, rehabilitates, and adopts out domesticated animals like cats and dogs.⁵³ So, if you are most interested in providing direct care to animals in need, volunteering or donating to PAWS may be a good place to start.

The same can be said of helping humans in need. If you want to provide direct assistance and care to homeless people, you may want to volunteer for a local soup kitchen or homeless shelter. If your city doesn't have such services, you may want to start your own soup kitchen. The same can be said if you want to address hunger and food insecurity in the United States. You can volunteer for or donate to local food banks or similar outlets. You can participate in delivering meals to shut-ins. There are many ways you can provide direct care and assistance to those in need.

With direct care, you are making a difference for every single human, plant, or animal that you assist in that work. And, by volunteering, you may inspire others to donate or volunteer as well which has the potential to both raise awareness and truly alleviate the problems you are tackling through your efforts.

⁵³ <https://www.paws.org/>

I would warn you to make sure that wherever you volunteer, you are not finding significant conflicts of interest as were described in chapter 2.

Say you decide to volunteer for a thrift shop that supports a drug rehab or homeless shelter. Teen Challenge operates dozens of thrift stores around the country. Many cults and abusive programs steal from their clients.⁵⁴ One example of this is Teen Challenge.⁵⁵ Survivors of the abuse at Teen Challenge programs have reported to HEAL that their personal items had been stolen as well as their benefits and food stamps by Teen Challenge. This is confirmed in some news accounts and lawsuits as well. In addition, HEAL has hundreds of police complaints against Teen Challenge facilities throughout the country. These complaints include what amounts to torture of the individuals at Teen Challenge locations. Teen Challenge's enrollment package and contract reads:

"The right to confidential communications and the exercise of religion of choice are civil rights. However, Teen Challenge, in the interest of the discipleship process for the student, reserves the right to monitor and/or control communications. Further, as an evangelical ministry, we require students to attend religious functions. This waiver shall be administered at the time of admission or as soon thereafter as the student is capable of rational communication."

"I voluntarily give my consent allowing staff to exercise these procedures."

⁵⁴ <http://archives.starbulletin.com/2001/05/31/news/story5.html>

⁵⁵ http://teenchallengepnw.com/thrift_stores/thrift_store_locations/

"I fully understand my rights and what I am waiving."⁵⁶

That's right, Teen Challenge requires its clients to sign a civil rights waiver. Then, they disallow communication between the client and the outside world while they run their "discipleship program". This indoctrination into the Assemblies of God "church" can last years. And, one mother recently reported to HEAL that Teen Challenge prevented her daughter from graduating because she was too effective at fundraising and they didn't want to lose her coerced "free labor".

Teen Challenge advertises itself as a drug treatment program⁵⁷ and is recommended by the Drug Free America Foundation (DFAF)⁵⁸ founded by Mel and Betty Sembler as a re-branding of Straight, Inc.⁵⁹ Lee Fang, in an article for The Nation Magazine, reported, "Mel Sembler, a major fundraiser for Romney, led a drug "treatment" center that was forced to shut down because of allegations of child abuse."⁶⁰ I have personally known many victims of Straight, Inc and Teen Challenge and I believe the individuals and families reporting abuse. In addition, there is ample documentation of fraud and abuse at Teen Challenge.

A 2007 article in Mother Jones Magazine, written by researcher and journalist Maia Szalavitz, reported that most of the modern behavioral and drug treatment programs (including Straight, Inc.) were based on the Synanon model

⁵⁶ <http://www.heal-online.org/tcca.htm> and <http://www.heal-online.org/monterey.pdf>

⁵⁷ <https://www.teenchallengeusa.com/>

⁵⁸ <https://dfaf.org/index.php?q=media-center/links.html>

⁵⁹ <https://dfaf.org/about-us/founding-members.html>

⁶⁰ <https://www.thenation.com/article/gop-mogul-behind-drug-rehab-torture-centers-bankrolling-opposition-pot-legalization-colo/>

which itself was exposed as a cult in the late 1970s, early 1980s.⁶¹

The point here is that you have to be careful when donating time and money because you could be contributing to harm and exploitation instead of combating it, which is hopefully your intention if you are reading this book.

Maybe you are extremely sensitive, empathetic, and become easily attached to people and animals which would make volunteering and direct care options emotionally difficult for you. That's okay. You may learn to give love as a gift and be able to learn to let go of a wild bird you rehabilitated and bonded with, without suffering a feeling of extreme loss when you move on to give to the next animal in need. But, if you tend to become very attached and bonded to those you help and find it painful to say "goodbye", then you may want to choose another option. There are other things you can do to make a difference.

Another good option is working on legislation. You can find existing bills to support or if your state permits, create a citizen's ballot initiative or the like. For example, say you would like to ban puppy mills in your state. Well, you would want to start by seeing if similar bans have been made law. Puppy Mills have not been banned in any State as of yet. But, California has introduced a bill to ban the sale of puppy mill dogs in California this year (2017). Assemblyman Patrick O'Donnell (D-Long Beach), introduced Assembly Bill 485 to ban puppy mills after many cities in California already passed local laws banning the sale of puppy mill dogs.⁶² In that case, you may want

⁶¹ <http://www.motherjones.com/politics/2007/08/cult-spawned-tough-love-teen-industry/>

⁶² <http://www.sandiegouniontribune.com/news/environment/sd-me-puppy-bills-20170612-story.html>

to lobby your city councils, mayors, or other local officials (i.e. county officials) to encourage they ban the sale of puppy mill dogs in your area. Then, take that success to your State legislators and push for a statewide ban based on that success. I will discuss in greater detail how to get involved politically in chapters 8 and 9.

It is my opinion that you will have the greatest impact and success in creating change through direct care and service or political organizing. But, it is also important to "raise awareness" for your cause to help pressure legislators to champion the changes you want and bolster financial and volunteer support for direct care and service.

My organization, HEAL, has many functions. We research the issue of institutionalized abuse in segregated congregate care facilities and report our findings on our website at www.heal-online.org as part of an extensive public information campaign. We use our research and reports to both inform the public and provide ample evidence to legislators that this is a national crisis deserving their attention and legislative assistance. Our information campaign is often accessed by journalists, public officials, and attorneys who are investigating abuse allegations at various facilities. And, because of our extensive research, we have been featured in books, articles, radio and television interviews as experts on the issue of institutionalized abuse in the United States. So, our research garners the attention of mass media which in turn helps raise awareness of our issue(s) and campaigns.

HEAL also creates action alerts that include boycotts, protests, petitions, and letter writing campaigns. Our goal is to create opportunities for people who care about the issues we represent to participate in being a voice for change.

Beyond that, HEAL also works on legislative recommendations and assists families and individuals who are looking to prevent placement of a loved one in an abusive institution or who need help and support after having been defrauded and abused by segregated congregate care providers. As you can see, you can do as much or as little as you are inclined to do. No matter what, even if you volunteer once a month and make an annual donation to a good organization or charity, that will help.

But, you need to decide what battle(s) you want to take on and how much you can devote to your chosen mission. In discussing HEAL's actions and campaigns, my intention is to show you what we do in our chosen battle to stop institutionalized abuse in segregated congregate care facilities and programs. This is to give you an idea of what you can do when fighting your chosen battles.

Say you are an environmentalist and your biggest concern is sustainable energy. Perhaps you would want to join an organization promoting the use of solar energy or push your local, state, and/or federal legislators to phase out the use of environmentally harmful energy sources for sustainable sources like solar. First, try to find an organization that is working towards that specific goal or fighting that specific battle. You may want to work with The Solar Foundation⁶³ or the American Solar Energy Society⁶⁴. Both of those organizations seem to focus mainly on raising awareness and public advocacy for solar options. So, they may not be the best fit if you want to change things and not just talk about solar power.

⁶³ <http://www.thesolarfoundation.org/>

⁶⁴ <http://www.ases.org/>

In that case, you may want to volunteer for or donate to an organization like GRID Alternatives⁶⁵ which creates clean energy jobs and provides free solar panels to low and fixed income individuals and families. No matter what, you are going to want to keep your eyes open and if you think something isn't on the "up and up", be ready to move on or change course.

Emotional pleas to save the animals, save the planet, raise general awareness about any issue, and the like are often manipulative tools to raise money and line the pockets of the board of directors of most nonprofits. This is sad, but, true. So, when picking your battle(s), it is best to narrow your focus on what you really want to achieve or what you think is most important. The more narrow you can make the scope of each chosen battle you fight, the more likely you are to achieve lasting change. If you want to socialize and become part of a mutual admiration society for "caring", then that's an option and there are plenty of greed-driven organizations that know how to make you feel good about giving them your money and using you for telemarketing-style fundraising as your main duty. But, if you really want to change the world, narrow your focus.

First, choose your cause. Then, pick your battle. Make sure your battle is narrow in focus (i.e. renewable energy narrowed down to solar power accessibility). Win your battle. Begin again.

⁶⁵

https://www.gridsolar.org/?_ga=2.122876291.925785467.1503796116-2124892691.1503796116

Chapter 4: Find Allies

At this point, you should know your cause (i.e. human rights, animal welfare, environmental sustainability) and your chosen battle (i.e. stopping puppy mills, fighting institutionalized abuse of vulnerable people, solar power). And, you may have chosen to work alone or start your own grassroots movement after finding no local organizations with which to organize or to which you wish to contribute.

Now, if you have found a local organization or a national organization (i.e. GRID Alternatives) you wish to organize with, you will need to contact them and offer your time or money to help promote their efforts and your chosen battle. But, if you have not found such an organization, you will want to start your own movement, group, or campaign.

If you have chosen to work on banning puppy mills, you will want to research puppy mills and put together valid and supported information packets to deliver to your local, state, or federal legislators to push for legislation. This should include bills and local ordinances that have already been made law in other cities and states. Once the government official(s) whom you have contacted introduce legislation to ban puppy mills based on your lobbying efforts, you can reach out to other animal rights and animal welfare groups to ask they join in pressuring the appropriate government body (legislative body to which you've been lobbying) to pass the ban. In addition, you will want to promote a campaign in support of the legislation through grassroots efforts which may include contacting your friends, co-workers, family, church members, and neighbors to ask they join you in calling for the puppy mill ban. This will help show the governing body that this is an issue the public wants addressed and will help push through legislation of this nature.

If you are a student, you may want to ask your school or college if you can use classrooms or other meeting rooms to both educate the public and bring together like-minded individuals who support your campaign (a.k.a. battle).

If your chosen battle is to provide housing or food to the homeless and hungry people in your area and you can find no services that meet your ethical standards, you may want to find allies to help you with creating an ethical service for the homeless and hungry.

I found the following tips for opening a nonprofit homeless shelter online. (These tips can be used in general and applied to most nonprofit/activist organizing.) Here are those steps:

"Part 1

1. Prepare a mission statement. Clearly outline your intentions, goals, and services. Identify the number of individuals you can shelter and whether you will offer a food pantry, pet assistance, or career counseling. Your mission statement can be anywhere from a few sentences to a few pages.

2. Find a location for your shelter. Ideally, someone will donate a building to you. Otherwise, you'll need to pay rent, which can make it hard to run a homeless shelter.[1] Drive around the neighborhood and check for abandoned buildings. You can find the owner by visiting the county assessor's office and checking tax records.

- Also make requests for a donation through media, such as radio/TV shows, newspapers, and social media.

- You can only have a shelter in an area zoned for it, so check zoning laws as well. [emphasis added]**

3. Walk through the buildings. Your building should have bathrooms and working showers for the residents. Some homeless shelters have individual showers, but many have communal showers.[2] When you visit a building, check the plumbing and confirm there is enough space to install showers.

- Decide whether you want to provide meals to your residents as well. If you do, there needs to be a working kitchen where you can prepare food. You'll also need space for residents to eat, which should be separate from the sleeping area.

4. Partner with another nonprofit. Talk to nonprofits in your area and discuss your interest in starting a homeless shelter. They might give you tips about how to get off the ground. They might also have funds you can use to defray start-up costs.[3]

- Consult with religious institutions, such as churches, synagogues, and mosques. Their values should align with yours, so they might be particularly eager to help you start a homeless shelter.

5. Find financing. If you can't get another nonprofit to fund you, you'll need to find funds on your own. This can be a challenge. You can apply for government grants, which you can find online. In the U.S., check [grants.gov](https://www.grants.gov) and [usa.gov](https://www.usa.gov). [4] Consider other sources of funding:

- Friends and family. Show them your proposal in which you explain why you are starting the homeless shelter and how you will use the money.[5]

- Donors. People who don't know you might donate to the homeless shelter. They'll need some way to find you, so you might want to create a website. Set up the website so that you can accept Paypal.

6. Get legal help. You need to jump through many hoops to start your homeless shelter. You'll need expert legal advice, which only a qualified attorney can provide. Although money might be tight, you should still look for a lawyer.

- Some lawyers are happy to provide services pro bono to nonprofits. Talk to a local attorney and ask if they know someone willing to work pro bono.

Part 2

Completing Legal Requirements

1. Incorporate. You'll need to file paperwork with your jurisdiction to become a nonprofit corporation. In the U.S., you should file articles of incorporation.[6] Your state's Secretary of State website should have "fill in the blank" forms you can use. Find the correct website at <https://www.irs.gov/charities-non-profits/state-nonprofit-incorporation-forms-and-information>.

- Your articles will require basic information about your corporation, e.g., your name, principal place of business, and a registered agent who can accept legal papers.[7]

- Submit your articles to the address provided along with your fee. Each jurisdiction sets its own fees, but plan on spending a couple hundred dollars.[8]

2. Draft bylaws. Your bylaws are your nonprofit's operating manual. You probably don't need to file them

with your jurisdiction, but you should keep them at your principal place of business. Nonprofit bylaws should contain the following:[9]

- Basic information, such as your corporate name and the location of your principal office.
- A description of your business purpose.
- An explanation of how you are dedicating your nonprofit's assets. For example, if you dissolve, you will probably give your assets to another nonprofit.
- The number of directors, as well as their qualifications and duties.
- The number of officers, including information about how they will be elected, their duties, and compensation.
- A well-developed conflict of interest policy, which is meant to protect your nonprofit from being taken advantage of by directors, officers, and other insiders.

3. Get a business license. Contact your city or county government to get the applicable business license. Generally, you'll need to provide your name, contact information, tax ID number, and number of employees. You usually must pay a fee.

4. Obtain a tax ID. Even though you're a nonprofit, you'll still need a tax ID. In the U.S., you should get your Federal Employer Identification Number (FEIN) from the IRS. You can get it online: <https://www.irs.gov/businesses/small-businesses-self-employed/apply-for-an-employer-identification-number-ein-online>.

5. Apply for federal tax-exempt status. U.S. nonprofits should download the application from the IRS website: Form 1023, Application for Recognition of Exemption Under Section 501(c)(3). If you're a smaller nonprofit, check whether you can file Form 1023-EZ. •You'll need to

provide financial information. If you're a new nonprofit, you must provide financial data for every year you've been in existence and estimates for future years. You may need an accountant to help you.

- You should file for tax-exempt status within 27 months of filing your articles of incorporation. If you do, your tax-exempt status is retroactive to the date you filed your articles.[10]

- Once you are approved, you'll receive a determination letter. Hold onto this, since you will probably need to show it to many people.

6. Apply for state tax-exempt status. In the U.S., you might also need tax-exempt status from your state. Contact your state's tax agency. Generally, you'll need to complete an application and submit a copy of your federal determination letter.[11]

Part 3

Preparing to Open

1. Obtain insurance. Many things could go wrong in the shelter. For example, a resident might slip and fall or residents might become violent. In any event, you'll need to get insurance to protect you. •You can obtain a policy by finding an insurance agent in your phone book. Also talk to other homeless shelters about what insurance they carry.

2. Appoint directors to the board. Your directors will make major financial and policy decisions for your homeless shelter. Your jurisdiction should set the number of directors you must have. However, in the U.S., you should have at least three.[12]

- Find people with skills that will benefit your homeless shelter. For example, a former manager of a homeless shelter might make a great director.

- Prominent business people also make good directors. They know other business owners in the community and can raise your profile.

3. Convene a board of directors meeting. At your initial meeting, the directors should take care of the following tasks:[13]

- Adopt your bylaws.

- Appoint officers, such as President, Vice President, Treasurer, and Secretary. In a small nonprofit, one person can take on more than one role.

- Note that you have received tax-exempt status.

- Authorize someone to open a bank account for the homeless shelter.

4. Hire volunteers. One or two people can't run a homeless shelter on their own. Instead, you'll need plenty of volunteers who can work at night and in the morning. Advertise for volunteers in your local newspaper and online.[14]

- If you partner with a religious institution, you can ask its members to volunteer. Request an opportunity to speak to the congregation about your homeless shelter.

5. Train volunteers. Contact a nearby shelter and ask if they can send someone over to give trainings on how to run things. Staff will need to check in residents, handle violent or unstable residents, and keep the shelter clean. You should make sure staff receives all necessary training.

- Your staff also needs to be aware of state laws regulating homeless shelters. For example, in some states, the homeless are given ID numbers. Your staff will need to enter this information into a computer system.[15]

6. Hire employees. You might not be able to get by with only volunteers. Instead, you might need to hire full- or part-time staff, such as janitors, cooks, security guards, etc. Comply with your jurisdiction's laws regarding hiring employees.

- In the U.S., you'll need to report all new hires to your state's New Hire Reporting office within 20 days. This is required for all full- or part-time employees but not independent contractors. You should register for an account with your state office.

- You may also need to buy workers' compensation insurance. Talk to your insurance agent.

7. Ask for food donations. Go to grocery stores and tell them about your homeless shelter. Ask if they can donate any food to your kitchen.[16] Make sure to take copies of your legal documents with you to show that you are a legitimate nonprofit. Business owners will want to see your nonprofit determination letter as well as your business license and articles of incorporation.

8. Request donations for other items. Your homeless shelter will need cots, pillows, blankets, toys, and other items.[17] Ask businesses in the community if they are willing to donate. You should visit in person, which will give you a chance to talk about your shelter.

- However, also cast a wider net. Write a letter to your local Chamber of Commerce describing your homeless shelter

and stating what you need. They can share your letter with members.

- Also consider giving an interview to local media. Point out that you are a nonprofit and you are accepting donations."⁶⁶

As you can see, the above recommendations include bringing on moneyed interests to your board of directors and getting funding from corporations and corporate partnerships. You must be very careful with this because an "angel investor" may come in looking to exploit the homeless people you are trying to help by claiming they want to offer "job placement", "internships", or "job training" to those you serve. While all of those things in theory sound great, in reality it usually ends up being a situation where the homeless people are exploited and enslaved without ever finding stability or true independence.

Take for example the Marriott Hotel programs. The Marriott promotes and has been promoted as offering homeless people housing and jobs through their foundation work.⁶⁷ The Richard E. and Nancy P. Marriott Foundation claims, "The Richard E. and Nancy P. Marriott Foundation believes that the fulfillment of basic individual needs is an essential part of achieving a strong and sustainable community. To lead a healthy and productive life, individuals need continual access to adequate food, a safe and secure home and the dignity of productive employment. We focus on partnerships that uplift communities and strengthen the individual members by providing affordable and sustained housing, ensuring food security for vulnerable populations, and developing a workforce that can support the community... We believe

⁶⁶ <http://www.wikihow.com/Start-a-Nonprofit-Homeless-Shelter>

⁶⁷ <https://www.youtube.com/watch?v=QC7O21A48wk>

that employment provides more than just financial benefits; it connects the individual to the community and builds self-esteem. While most everyone wants a job, it can be hard for those with limited or out-dated skills and those reintegrating to the community to find a stable job. Our partners provide the job training and employment counseling that help individuals prepare for the job market and find opportunities at livable wages. With the Marriott family's long history in the hospitality industry, we have a special focus on programs with the hospitality and technology industries where diverse people can succeed along many paths."⁶⁸

Sounds great, right? But, consider this... Bradley Myles with The Huffington Post reports: "Whether it is labor or sex trafficking, the bottom line for traffickers is just that: the bottom line. Human trafficking is a business - one that is estimated to create \$150 billion a year in profits. Traffickers have been able to reap these profits with little risk when attempting to operate within hotels and motels."⁶⁹

And, when I was enrolled at Provo Canyon School in Provo, UT, an abusive "boarding school", the highest level you could achieve in 1989 (when I was enrolled) was called "Hotel" and kids on that level of the program were forced to provide free labor to the local Marriott while Provo Canyon received all the earnings claiming it was owed to the program to cover "school fees". It is my understanding from more recent victims of this exploitation that Provo Canyon no longer uses Marriott and now has youth work for the local Holiday Inn, still receiving all the earnings of the youth while they work as slaves to benefit the program.

⁶⁸ <http://remnmpmfoundation.org/program-areas/human-services/>

⁶⁹ http://www.huffingtonpost.com/bradley-myles/combating-human-trafficking-in-the-hotel-industry_b_7840754.html

It appears the Marriott is claiming to fight human and labor trafficking in its hotels now and the changes at Provo Canyon may confirm that to some degree. But, other hotels continue to exploit and engage in labor trafficking.⁷⁰ And, this change appears to be a result of partnerships with Polaris Project, an organization that claims to combat human trafficking. But, many so-called former human trafficking offenders (including Marriott) are now partnering with Polaris Project and it may be too soon to tell whether this is just another case of "washing" the image of an industry engaged in modern slavery or being used to attack hospitality (i.e. hotel) competition while engaging in the same conduct. This is something I've seen quite often and it makes me very reluctant to trust the claims made of a corporation that I know engaged in the same exploitive practices quite recently and that may be cleaning up its image while continuing to exploit vulnerable populations.

The most important thing is that if you start any such project you retain control over the ethical standards and you uphold those standards and reject corporate money and support if it means, which it usually does, selling out and participating in exploitation and harm. People often compromise their own ethics rationalizing that if they make slight changes and still can do some good (even though some people they "help" are being exploited and trafficked through their service), that they are willing to make those ethical sacrifices in order to achieve some slight good even when the price is selling out and compromised values. To me, it is this "selling out" that has got us where we are with such abject poverty and exploitation and we have to reject those "deals with the devil" in order to pursue our true

⁷⁰ <https://www.nytimes.com/2017/04/10/travel/new-report-human-trafficking-exploitation-of-hotel-industry-workers.html>

goals when helping others and stopping exploitation and harm.

I would say if you open a homeless shelter that you should do it freely and with a giving heart. You should offer services and encourage and support homeless people in finding work and not charge them or take money from them when they need to save that to get back on their feet and regain independence. If they become a great success and get on their feet, they may volunteer or donate. But, that can't be the expectation or requirement for help. If it is, you may just be looking to exploit the vulnerable and not actually address the issue or help them. And, if you are going into corporate partnerships blindly without an eye to protect the population you serve from exploitation, you may very well end up sued or caught up in some modern slavery scandal. It is best not to allow moneyed interests to influence how you run your organization and to reject any money (no matter how tempting) if it comes at a cost to your ethical standards and goals.

It is best to build a strong foundation and know your position before accepting any "guidance" or "direction" from others. This is the best way for you to protect the integrity of your efforts and stay true to your path and goals. You should come from a position that says, "I want to create this specific change and I want to support or be supported by those who share that specific goal." Then, when you are looking for allies in other organizations, you can see if they are working on your specific goal or if they will support you working on that through their organization. And, if you can't find the support when you are starting out, get your act together and begin tackling it yourself. Then, when you make some progress (i.e. legislation is introduced), ask organizations and individuals you believe would support that effort to publicly support it.

You can find allies through social media, networking, like-minded organizations, in your community, and through your own efforts. Create a group or page on social media and invite people to participate and support you. Start a website and promote it, see if people will step up to organize with you. There are many ways to identify and find allies for your cause, movement, or battle. But, don't look to build a movement around a cause. Build it around a battle.

Informing the public helps raise awareness, but, they will not act on that information unless given the tools to act. If you want to pressure legislators to introduce legislation, start a letter writing campaign or petition. Find allies that way and organize. Public information campaigns must be coupled with opportunities to make a difference or else it just becomes part of the cacophony of stimulation and noise bombarding them daily. Before launching a public information campaign, be sure to have an action alert or opportunity for action ready to share so that the upset of the information can drive people to take action and direct them to action that is ready to be taken. Otherwise, you are wasting your time (and theirs in most cases) and when you are finally ready to ask them to act, they will have moved on.

In addition, you will want to be aware of the potential for counter-intelligence operations and operatives infiltrating your organization or movement. These can show up as would-be allies and can trick and undermine you and your efforts. The next chapter will explain ways you can identify and protect yourself from these moles, fakes, and provocateurs.

Chapter 5: Identify Counter-Intelligence Operations and Operatives

Now, you've likely established your chosen cause, battle, and have begun growing your network of allies. Hopefully, you have been savvy and entered your volunteerism with eyes wide open. If you have been effective at all or have the appearance or carriage of those who have proven effective in activism, you and your network may be targeted by the opposition for bribery or elimination. If targeted, you will find yourself dealing with counter intelligence threats.

Counter intelligence operations and operatives have four main purposes: to distract, disrupt, discredit, and destroy. Often we find a mixture of all four at play when we run into counter intelligence operations or operatives.

In addition, negligent well-meaning people and activists may engage in what amounts to distraction, disruption, and discrediting of the causes they claim to represent or for which they claim to advocate. And, ultimately such naive and negligent activists usually do more harm than good without realizing they are actually causing harm. To be effective and protect yourself, you are going to need to develop critical thinking skills as well as strategic thinking skills.

I'm going to give examples of distractions, disruptions, attempts to discredit, and destruction caused by actions that appear on their face to meet those criteria of counter intelligence operations and operatives. But, I do not wish for you to assume malice (unless otherwise stated and evidenced) on the part of specific organizations or individuals who may be naive or negligent and harming the

causes they claim to care about through carelessness or ignorance.

What are Astroturf Groups?

SourceWatch.org, reports: "Astroturf refers to apparently grassroots-based citizen groups or coalitions that are primarily conceived, created and/or funded by corporations, industry trade associations, political interests or public relations firms... Campaigns & Elections magazine defines astroturf as a "grassroots program that involves the instant manufacturing of public support for a point of view in which either uninformed activists are recruited or means of deception are used to recruit them." Journalist William Greider has coined his own term to describe corporate grassroots organizing. He calls it "democracy for hire."

Senator Lloyd Bentsen, himself a long-time Washington and Wall Street insider, is credited with coining the term "astroturf lobbying" to describe the synthetic grassroots movements that now can be manufactured for a fee by companies like Beckel Cowan, Bivings Group, Bonner & Associates, Burson-Marsteller, Davies Communications, DCI Group, Direct Impact, Hill & Knowlton, Issue Dynamics Inc., National Grassroots & Communications, or Optima Direct.

Unlike genuine grassroots activism which tends to be money-poor but people-rich, astroturf campaigns are typically people-poor but cash-rich. Funded heavily by corporate largesse, they use sophisticated computer databases, telephone banks and hired organizers to rope less-informed activists into sending letters to their elected

officials or engaging in other actions that create the appearance of grassroots support for their client's cause."⁷¹

It may be reasonable for coal miners to believe that Sierra Club is an "astroturf" group. The \$26 million donated to Sierra Club by the gas and oil industries was to fund a campaign against "dirty coal". Now, as an environmentalist, I can see the appeal of taking money to fight a dirty energy source I wanted to fight anyway. But, when you take \$26+ million from an equally bad and dirty energy industry to launch a campaign to attack their dirty energy competition, it is reasonable for those adversely affected by your campaign to call it out as nothing more than astroturfing for big gas and oil.^{72 73}

Some argue, and I might agree, that Sierra Club's "Beyond Coal" campaigns were a distraction to work people up to attack coal and direct environmentalists away from questioning fracking or other dirty energy industries. When you say, "we can't worry about fracking, we have to stop coal" while taking money from the gas industry and attacking coal, you hurt your own credibility and reputation. This may have been a very sophisticated counter intelligence move to take a reputable and well-established environmental organization and turn it into an astroturf group or give it the appearance of an astroturf group even though Sierra Club may have rationalized taking gas money to attack another dirty energy source or opponent and did not recognize at the time that in doing so they were harming their own credibility and giving the

⁷¹ <http://www.sourcewatch.org/index.php/Astroturf>

⁷² <http://www.nytimes.com/2012/02/14/science/earth/after-disclosure-of-sierra-clubs-gifts-from-gas-driller-a-roiling-debate.html>

⁷³ <http://www.rollingstone.com/politics/news/the-big-fracking-bubble-the-scam-behind-the-gas-boom-20120301>

appearance of siding with their donors while attacking an industry in direct competition with those donors. So, the gas industry gets a win-win, they simultaneously work through Sierra Club to attack their competition and allow Sierra Club to compromise itself bringing its own ethical standards and practices into question undermining its long-term effectiveness as an environmental advocacy group. The conflicts of interest in this situation have made me discontinue any financial support of Sierra Club and I am reluctant to even participate in their action alerts, even when I agree, because I'm not sure if I can trust them based on the clear influence dirty energy industries has or has had on their practices.

Now, some may argue that in no longer supporting Sierra Club I have allowed the gas industry to win. But, I would suggest that Sierra Club is primarily at fault for failing to consider the fall-out and damage to their reputation and credibility taking \$26+ million from the gas industry while claiming to hold that industry and dirty energy industries accountable. At best, Sierra Club failed to think critically and strategically about what their acceptance of such large donations tied to a campaign against the donors' competitors would translate to in real world terms, which, ultimately resulted in permanent damage to their reputation and credibility. It is my estimation that they have done the favor for the bad guys, not those of us who refuse to continue to support them because of well-founded and legitimate concerns regarding existing conflicts of interest and arguable prima facie corruption. At worst, Sierra Club is as it currently appears, an astroturf group funded by one bad industry to attack a competing bad industry. And, so, now hopefully you understand why I am suggesting you pick a battle of narrow scope so you can make a difference and not be dragged into a giant sh*t show like this one.

Sierra Club also endorsed Hillary Clinton in the 2016 US presidential race.⁷⁴ Hillary Clinton both expanded fracking around the globe while Secretary of State under President Barack Obama⁷⁵ and campaigned heavily to shut down the coal industry.⁷⁶ I would argue that if Sierra Club was truly about environmental sustainability, they would have chosen to not endorse any candidate in 2016 or would have aligned themselves with the candidate most dedicated to clean energy and opposed to dirty energy industries. Jill Stein, the Green Party presidential nominee in 2016, campaigned with this: "[Our administration will] Lead on a global treaty to halt climate change. End destructive energy extraction: fracking, tar sands, offshore drilling, oil trains, mountaintop removal, and uranium mines. Protect our public lands, water supplies, biological diversity, parks, and pollinators. Label GMOs, and put a moratorium on GMOs and pesticides until they are proven safe. Protect the rights of future generations."⁷⁷ Mountaintop removal is done for coal extraction. So, you see, you can oppose fracking, oil, and coal while promoting renewable and sustainable energy going forward. But, this argument gets lost when you listen to organizations like Sierra Club and politicians like Hillary Clinton. You also had Donald Trump paying lip service to the coal industry promising he wouldn't let big bad Hillary kill their jobs.⁷⁸ You can see the controlled opposition on both sides with the 2 major parties and how the same can be found with perceived and/or actual astroturf groups like Sierra Club.

⁷⁴ <http://content.sierraclub.org/press-releases/2016/06/sierra-club-endorses-hillary-clinton-president>

⁷⁵ <https://theintercept.com/2016/05/23/hillary-clinton-fracking/>

⁷⁶ <http://www.politico.com/story/2016/05/sanders-looking-to-rack-up-west-virginia-win-over-clinton-222952>

⁷⁷ <http://www.jill2016.com/plan>

⁷⁸ <https://www.washingtonpost.com/news/energy-environment/wp/2017/03/29/trump-promised-to-bring-back-coal-jobs-that-promise-will-not-be-kept-experts-say/>

I would say the Sierra Club situation distracted the public from focusing on fracking with their "Beyond Coal", gas industry funded campaign. And, I believe the gas industry offering millions of dollars to Sierra Club to attack their competitors (coal industry) resulted in disruption of Sierra Club's stated agenda and discrediting of Sierra Club as an independent environmental organization. Whether or not the distraction, disruption, and discrediting of Sierra Club as a result of this situation (and others) will ultimately result in their destruction, I cannot say at this time. But, one may argue that the destruction or harm to their credibility alone has injured their ability to effectively advocate for environmental protections and issues.

What are Provocateurs and Saboteurs?

Bill Heid, of OffTheGridNews.com reports, "An agent provocateur is the well-used tactic of using undercover military or police to join a dissenting group or protest in order to provoke others in the group to carry out illegal actions and violence. The goal is to discredit the group from the inside. Sometimes the group gets discredited with those outside. Other times the group is enticed into internal divisions and collapses."⁷⁹ It is true that political dissenters can be targeted by undercover military or police to disrupt, distract, discredit, and/or destroy their movement. And, if you are fighting a private corporation or industry, they can also send in privately funded provocateurs and saboteurs to use the same tactics for the same purposes. But, you only really have to worry about this if you plan to actually do something effective and create real change. If you want to engage in a mutual admiration society while being funded by big business, then you probably have nothing to worry

⁷⁹ <http://www.offthegridnews.com/self-defense/how-to-identify-an-agent-provocateur/>

about because you have already sold out or are so ignorant and naive that you pose no threat and will be easily controlled and manipulated to participate in distractions and false reporting on supposed progress while legitimate and intelligent activists truly fighting for the cause you claim to represent try to clean up the messes your foolishness creates while simultaneously effectively championing the cause.

HEAL, my organization, has experienced multiple "attacks" by provocateurs and saboteurs over the years. I am not going to identify these people by name and it is very possible some of them used pseudonyms anyway. Our first experience was with a young man who attended some of our on-campus meetings at the University of Washington from 2002-2005. This young man claimed to be a survivor of institutionalized abuse, but, never named the program(s) or facilities where he had been abused. He was quiet and didn't participate in the first few meetings he attended. When he began to speak up, he suggested we engage in violence and said he didn't see non-violence as an effective means to stopping institutionalized abuse. He also asked to see the evidence we had accumulated on institutionalized abuse and corruption we had identified through our research. I brought in a 3-inch binder with hard copies of the evidence we had established which was labeled "read only". I told him he could look through it and that we could go downstairs to the sub-basement to make copies of any documents he would like to take with him. He was left alone with the documents briefly because the meeting was over and everyone had left except the two of us. I needed to use the restroom and asked if he would stay and watch everything for a couple of minutes. He said he would. I returned and began packing everything up to leave. We said our farewells and were on our separate ways. Later, I leafed through the binder and found multiple pages were

missing. These pages showed the connections between big oil, the Bush administration, Condoleezza Rice, and institutionalized abuse. The sources for that information had since been scrubbed from the internet and the only copies I had were stolen. I e-mailed, called, and searched for this young man to see if he took the documents by mistake or if he knew what had happened. He never responded to any e-mails or inquiries. I never saw him again. I believe he was sent by the segregated congregate care industry to both encourage violence and engage in espionage on our organization. When we shut down any call to violence, his mission became to spy on our organization. And, he managed to steal documents that turned out to be irreplaceable and priceless to our movement before disappearing. In this instance, I would say he was both a provocateur (promoting violence) and a saboteur (stealing evidence of wrongdoing of our opposition).

Thankfully, the young man in the above example was never an official representative of HEAL nor an active volunteer. Bill Heid, of OffTheGridNews.com, provides the following as ways to identify potential provocateurs and saboteurs:

"Would you be able to spot an agent provocateur? They try to blend in and make friends. They appear to share your interests.

Drawing from several sources, experienced observers have suggested some tips for identifying such agents. They're not foolproof, but they're a start.

- Agents will often lack background connections or references. No one in your circles or related groups will know them.

- Agents try to keep discussions and action unproductive and still. They'll spend plenty of time debating issues, with little action. They focus on ideas over people.
- They tend to create messes in groups and between group members. They leave chaos in their wake.
- They tend to gravitate toward people in the group who are dissatisfied. Once relationships with those folks grow, the dissatisfaction spreads.
- Some agents have been former prisoners who do this work as part of a deal. These folks tend to jump from organization to organization in a relatively short time.
- Agents don't have known sources of income. They might have a job that doesn't match their spending or claim their money comes from prior savings.
- They tend to provide gifts for key figures at first. This helps them build trust with the group.
- When confronted, they will get defensive and start making their own accusations.
- They act like zealots, but they don't have the fruit of it. They have passion but don't truly care."⁸⁰

Now, HEAL came up with our own "How to Spot a Mole" list after we were infiltrated by a young woman who met most (if not all) of the above warning signs that we failed to identify before she caused significant harm to our organization.

In retrospect, this woman was not recognized nor personally known by anyone in our activist network at the time she became a volunteer. She would often try to get our members to jump down the "secret societies" rabbit hole and focus on conspiracies and conspiracy theories. This would lead to discussions outside the realm of what I

⁸⁰ <http://www.offthegridnews.com/self-defense/how-to-identify-an-agent-provocateur/>

consider productive dialogue and would meet the second criteria found in Heid's list above. But, alone, I would not say discussing or considering conspiracies or conspiracy theories is a complete waste of time and resources. I do not think it should be the primary position or consideration of someone who wants to influence public opinion and push for real change. I will go into conspiracies and conspiracy theories in chapter 11 for those who find it of interest.

This woman intentionally sought out members of HEAL who were particularly vulnerable. She charged individuals and families who contacted her through HEAL for her assistance while undermining their efforts to save loved ones from abusive institutions. One mother finally came forward and said in an e-mail "She is a MOLE!" I then contacted everyone I knew who had been in contact with this "volunteer" and the flood gates of complaints came in and truly overwhelmed me. When I asked why they didn't report these issues before, they said they were afraid since she was a volunteer we would take her side and not listen to their complaints. I was truly horrified.

When I became aware of all of these horrible situations, I confronted her. But, she wouldn't respond to my e-mails or calls or simply responded with sentences like "I don't have time right now" and "Can we discuss this later". Later never came. She knew we were on to her and she resigned from HEAL.

This part is so hard for me to write. Because, it is shocking to me still. We were served with a Strategic Lawsuit Against Public Participation (SLAPP) just 2 months after she resigned. And, things began to make even more sense.

She had targeted survivors of Provo Canyon School. Yes, the very program that had abused me and the very program

which happened to be suing me for defamation for reporting the truth. She slandered the attorney we work with in Utah (where Provo Canyon is located) and tried to get me to cut all ties with him. She became more and more adamant saying outlandish things about him, including that he was not licensed and had been disbarred. I checked his status with both the CA and UT State Bar Associations and he was and remains in good standing with both. She told survivors of Provo Canyon School not to trust me and to not talk to me. She also spent months before she left trying to get our entire list and contact information for all victims of Provo Canyon School we knew because she claimed she wanted to organize a protest against that program. I told her to organize the protest and I would notify our members of the opportunity to participate. But, she wanted that list. I wouldn't give it to her. Now, you want to talk about Heid's warning sign that provocateurs leave "chaos in their wake". Clearly, this was the case here.

Right after she left HEAL, she began contacting some of our primary members and coordinators to lie and create problems within the organization. Two of our coordinators stepped down and a third threatened to do so. This is right in the middle of being served with a lawsuit, remember? Can you imagine the stress level? It was outrageous!

The other signs were all there too. She had no known source of stable income claiming baby-sitting jobs and other odd jobs. She did offer to pay for meals and send me and other key members gifts (all of which were thrown away or returned). And, she insisted on serving me food which made me terribly sick. One of our volunteers who is also a medical professional said that my description of my illness sounded like strychnine poisoning. I believe she did make an attempt on my life and that I was lucky to survive that night of convulsions and projectile vomiting.

Now, if you remember, she claimed she was organizing a protest and that she was doing all these things to organize. But, no protest ever happened. And, while her talk was "big" and "passionate" on the surface, her actions undermined HEAL at nearly every turn. Even the volunteers who left after that chaos came back to HEAL after the dust settled. Her lies did not stop us and they never will.

And, so, we have someone who meets all the suggested criteria by Heid of an agent provocateur in the above examples. Based on our experiences, I would also suggest adding or including the following criteria:

- Does this person lie a lot? Have you caught them lying to and about allies, associates, their own back story, or even you or your organization?
- Does this person threaten you with criminal or civil legal actions that are baseless and nothing more than harassment?
- Does this person verbally abuse allies or other community members (i.e. victims your organization represents or serves)?
- Did this person contact you under false pretenses? (i.e. Did they claim to be a victim, but, never follow up on reporting abuse or identifying offenders (whether corporate or individual)?)
- Does this person promote ideas that contradict your organization's agenda or individual activist goals?
- Does this person breach your organization's ethical standards and policies when representing it? (i.e. Do they recommend something that your organization seeks to abolish?)

Now, you may read through that list and say it is very similar to Heid's list of warning signs of an Agent Provocateur. And, some of those things can't be answered until they have already become a problem within your organization.

The best way to guard against this type of threat is to know your goal, be an expert on your issue, ask questions, and limit the access and influence of people you do not know or may not know well enough. You do not owe it to everyone who wants to volunteer with your organization to turn over all your confidential information files, plans of action, contacts, and passwords. If they want to volunteer, they should tell you what talents they have and where they feel they may best contribute. If you provide direct support to vulnerable populations (i.e. victims of institutionalized abuse and fraud) and you put any of them in contact with a volunteer, follow up with them after they make contact to see if it went well or if they have any concerns or suggestions. Yes, your volunteers may feel you are micromanaging at times. But, you need to protect the populations you represent from people like the "mole" that infiltrated HEAL and pulled out all the stops to destroy us while waiting on Provo Canyon School to finish the job she began for them.

I believe the "mole" distracted many of us during a very important battle to save our network and mission by lying, sabotaging, and undermining us at every turn. It is my experience that she also disrupted our campaigns and caused in-fighting within HEAL over nonsense. She attempted to discredit us by e-mailing our allies and reportedly posting false statements about HEAL online during the lawsuit telling victims of Provo Canyon not to testify or support us during the lawsuit. And, leaving us terribly wounded, left and waited to watch the industry (for

which we later found out she definitively worked as a referral agent for an educational consulting/mental health referral agency) destroy us with their lawsuit.

Now, being sued by UHS of Provo Canyon (aka Provo Canyon School, Universal Health Services, Inc.), a division of a multi-national, multi-billion dollar corporation, whose board at the time the suit was filed against HEAL included former presidential candidate Rick Santorum (R-PA)⁸¹, would have likely destroyed any other organization. But, being a law student and college graduate, I was ready and had my evidence on lock proving everything said on our website was true. You can find the allegations and samples of our evidence on our site at www.heal-online.org/healsuit.htm.

But, most people do not understand how ugly activism gets, even for those of us just trying to stop institutionalized child abuse, and you need to be aware that if you are opposing something, then you have opposition. And, if that opposition is a large corporation or political machine, you need to protect yourself and understand the threats that exist. It is not as simple as complaining about someone doing something wrong and then the problem being exposed and subsequently fixed. The world is not simplistic and coming at problems from an innocent child-like position that if you tattle to the right people they will fix the problem and you can move on, is beyond naive and downright dangerous. Because fake reforms and lip service tell the public all is alright when it is not and then those doing the real work have to convince everyone the problem still exists. If you don't want to do the work and don't want the hassle of having to secure yourself against every form

⁸¹ <http://talkingpointsmemo.com/dc/report-rick-santorum-on-board-of-hospitals-sued-by-doj>

of harassment, sabotage, smear campaigns, and even death threats, then just stay out of it altogether and don't become an activist. If you do intend to change the world for the better, prepare for war. Because, that is exactly what you are going to get if you target wealth and influence.

Chapter 6: Know Your Enemies

If you are fighting an individual, corporation, or organization that has proven time and again that they flout the laws and engage in organized crime, then those criminals represent your opposition (a.k.a. enemies).

The Humane Society of the United States (HSUS) is effective in organizing grassroots activists to push for legislation and ballot initiatives to address the problem of animal cruelty in the United States.⁸² Now, there are multiple websites and supposed organizations claiming all sorts of things about HSUS which I do not believe to have merit or to be true. I have volunteered for HSUS in the past and I worked with them to pass Initiative 713 to ban steel-jawed leg-hold traps in Washington State in 2000.⁸³

You may have donated to or otherwise supported HSUS too and will likely find the following quite laughable as a result. I would suggest that because HSUS is so effective in improving the lives of nonhuman animals, those who enjoy or profit from that harm, have engaged in attacking them directly and through astroturf groups and ignorant activists who do not thoroughly research claims before joining hysterical bandwagons.

HumaneWatch.org reports: "We've written before about how the Humane Society of the United States—not affiliated with any local humane societies—employs a

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http://www.humanesociety.org/assets/pdfs/legislation/ballot_initiatives_chart.pdf

⁸³

[https://ballotpedia.org/Washington_Animal_Trapping_Act,_Initiative_713_\(2000\)](https://ballotpedia.org/Washington_Animal_Trapping_Act,_Initiative_713_(2000))

number of animal liberation radicals in its leadership. Their history ranges from a chief policy officer who defended tactics of the Animal Liberation Front (whose illegal actions have done millions in damages) to contributors to a terrorist-cheerleading magazine."⁸⁴

Here, you may want to ask, "Who runs humanewatch.org?" Well, if you click on their "About Us" link at <https://www.humanewatch.org/why/>, they do not name a single volunteer, individual, or board. This is common of industry-planted misinformation campaigns. All their documents are claimed documents about HSUS and not about humanewatch.org.⁸⁵ So, I visited <https://www.networksolutions.com/whois/index-res.jsp> to see if I could find out to whom humanewatch.org is registered. Now, we also find that that website is private registered. So, there is no way to verify who owns it, they don't identify themselves, and it is private registered. HSUS would have to use funds to sue humanewatch.org's ISP and then discover the owner and pursue a lawsuit for copyright and defamation offenses. HEAL has been similarly attacked and we do not feel it would be a wise use of our money to attack such websites because they would only create new ones and the issue would not be resolved. Basically, such websites act to distract and discredit activists. (I will share how HEAL has been targeted by our opposition later in this chapter.)

Cornutopia.com reports: "Reptile breeders should feel pride in the progress they've helped achieve over the past several decades. We've unraveled many of the mysteries of inducing our animals to reproduce in captivity, and have

⁸⁴ <https://www.humanewatch.org/does-hsuss-food-policy-director-support-animal-rights-terrorism/>

⁸⁵ https://www.humanewatch.org/documents-by-category/?doccategory=annual_reports

made 'Captive-Bred' (= 'CB') a common adjective in the hobby and industry. CB applied to herps is now understood to reflect 'quality' and 'hardiness' as pets. The percentage of CB herps available today dwarfs what we had just ten years ago, and is already making up a significant proportion of herps sold in pet shops... Unlike the old HSUS, the new PETAphile leaders have declared total war on all pet keepers, intending to end the practice of owning pets completely. They've stated that goal repeatedly, though they try to subtly disguise the true, hidden agenda so not to scare away contributions from cat and dog owners. On their website's home page (<http://www.hsus.org>), they state "Promoting the protection of all animals". What they mean is to protect ALL animals from any use by humans - as pets, as food, as leather, for medical research --- EVERYthing! Don't let them fool you --- HSUS and PETA are essentially synonymous today.

The HSUS is presently trying to make virtually every act of pet keeping an offense by emphasizing every imperfection in our ability to draft new species into captivity / domestication. They subtly bombard schools with free 'animal information' that carries their propaganda, preaching their private agenda to children so their 'conservation message' is taken to heart early. When indoctrinated while young and impressionable, they hope those children will support the HSUS as future voters / donators. The HSUS is no longer composed of soldiers for a noble cause. They're more like mercenaries who must create an enemy to assure their continued employment. The modern HSUS is an animal rights organization masquerading as an animal welfare organization.

Supporting them is like supplying terrorists with money to hurt us."⁸⁶

So, cornutopia.com at least admits they are reptile breeders in the first paragraph and they feel their business is threatened by animal welfare and animal rights groups that oppose their practices. And, you can be the judge and compare their commercial animal breeding enterprise practices with the criticism of those practices by HSUS to figure out who is telling the truth or whether it is reasonable to claim the HSUS is "supplying terrorists with money to hurt us [commercial reptile breeders]."

Admittedly, I also supported the Stop Huntingdon Animal Cruelty (SHAC) campaign. I volunteered with them in Washington State and New Jersey. I was not aware of any illegal activity by that organization while volunteering and believe most of them to be sincere people looking to stop animal cruelty. It is possible that any violent activities by supposed members of SHAC were done by agent provocateurs as described in the previous chapter. I was friends with Jake (Jacob) Conroy, but, we have since lost touch. He along with six other SHAC organizers were arrested⁸⁷ and a few convicted of "domestic terrorism".⁸⁸

Now, much to my own shock, another organization I have supported and donated to over the years is the Southern Poverty Law Center (SPLC), and they appear to agree.

⁸⁶

<http://www.cornutopia.com/Corn%20Utopia%20on%20the%20Web/%20LURKING%20ENEMY%20Cornutopia%20corn%20snakes%20cornsnakes.htm>

⁸⁷ <http://www.nytimes.com/2004/05/27/nyregion/seven-animal-rights-advocates-arrested.html>

⁸⁸ <https://www.cbsnews.com/news/animal-rights-group-convicted-in-nj/>

SPLC wrote a "HateWatch" article about the HSUS and SHAC, believe it or not. Here's what the SPLC had to say:

" Environmental radicals and animal rights activists say it's "ludicrous" for the FBI to call them the No. 1 domestic terror threat. But their rhetoric and increasingly extreme criminal actions are making the "eco-terror" label stick... ELF activists like Rosebraugh are regularly invited to speak at the animal rights conference held every year in the Washington, D.C., area on the week of July 4. The event is funded by several animal-rights groups, the most prominent of which are People for the Ethical Treatment of Animals, or PETA, and the more moderate Humane Society of the United States."⁸⁹

The reported (and formerly understood by me to be) purpose of HATEWATCH according to the SPLC is: "Hatewatch is a blog that monitors and exposes the activities of the American radical right." I personally know for a fact that the SHAC 7 (including Jake Conroy) could never be classified as part of the "American radical right". So, here it would appear that the SPLC is misrepresenting itself in regards to its HateWatch blog and its purpose. Maybe by some stretch of the imagination you could argue that Adolf Hitler loved dogs and was a vegetarian and therefore anyone who wants to stop animal cruelty and promote vegetarianism is somehow part of the "radical right". But, that is so intellectually dishonest that posing any such argument would make me discontinue any support of those making such statements. How disappointing...

So, that just happened... I am really dumbfounded right now. I wanted to give examples of where these

⁸⁹ <https://www.splcenter.org/fighting-hate/intelligence-report/2002/stop-huntingdon-animal-cruelty-threatens-terrorist-style-attack>

misinformation campaigns are being housed and provocateur influence ignored to attack what I consider to be the most legitimate animal welfare charity out there (HSUS), and I find one of the other organizations I support (SPLC) engaging in that same misinformation campaign. Wow!

Well, you learn something new every day. And, this is why you have to keep your eyes open. The corporate-influenced astroturf groups of today may be co-opted legitimate organizations of yesteryear engaging in misinformation campaigns about issues they (SPLC) don't even cover like animal rights. Unbelievable!

I'm not going to go into any other examples outside of HEAL for the rest of this chapter. I don't think I could handle anymore such revelations at this moment.

HEAL's primary campaign is our Teen Liberty campaign. Our Teen Liberty campaign's purpose is to expose and close fraudulent and abusive segregated congregate care programs and facilities for children and youth. We often share information and take action to stop the fraud and abuse of the elderly and disabled confined to segregated congregate care as well.

Segregated congregate care goes by many names in the United States including, but, not limited to: group homes, nursing homes, residential treatment centers, behavioral health centers, behavior modification programs, wilderness programs, boarding schools (i.e. "emotional growth" and "therapeutic"), and orphanages.

In a letter dated May 11th, 2004, Rep. George Miller (D-CA, retired) wrote then Attorney General John Ashcroft demanding an investigation into a network of abusive youth

programs called the World Wide Association of Specialty Programs and Schools (WWASPS) stating: "The alleged human rights violations involves an ongoing practice of physical and emotional abuse of children at WWASPS facilities, including the use of excessive physical restraint, solitary confinement, overcrowding, malnutrition, and denial of medical services."⁹⁰ The New York Times reported: " The behavior-modification business is booming at Casa by the Sea, on Mexico's Pacific Coast, the largest of 11 affiliated programs with roughly 2,200 youths, about half of them in Mexico, Costa Rica and Jamaica. The programs are run by a small group of businessmen based in St. George, Utah, under the banner of the World Wide Association of Specialty Programs and Schools, or Wwasps, and Teen Help, the programs' main marketing arm."⁹¹ The founder of WWASPS is Robert Lichfield, who just happened to be a director at Provo Canyon School in UT (where I was abused/tortured) before starting WWASPS. And, he also happened to be one of Mitt Romney's campaign co-chairs in the 2012 presidential race.^{92 93}

To understand behavior modification better, I'm going to copy and paste an excerpt from HEAL's free e-book available at www.heal-online.org/ebook.pdf: [The behavior modification manual referenced and authored by Beth Sulzer and G. Roy Mayer was and is used in public and private schools throughout the United States. My copy was

⁹⁰ <http://nospank.net/ashcroft.htm>

⁹¹ <http://www.nytimes.com/2003/05/09/world/parents-shopping-for-discipline-turn-to-harsh-programs-abroad.html>

⁹² <http://www.desmoinesregister.com/story/news/2016/04/16/midwest-founder-helped-create-troubled-teens-industry/82992202/>

⁹³ <http://thehill.com/homenews/campaign/12333-lawsuits-hit-a-romney-money-man>

purchased from a retired public school teacher who taught for Pennsylvania's public school system.]

"A basic definition for behavior modification is that it is a "technology of behavior control".⁹⁴ According to Sulzer and Mayer: "If the causes of our behavior are to be managed, and certainly will be managed, then we might still consider ourselves free as long as we remain ignorant of those causes and how they are being managed in our own case. At least, we will feel free. One hundred years ago, that ignorance was the essential freedom available..."⁹⁵

Sulzer and Mayer provided a manual for behavior modification in public and private schools in the United States in the early 1970s. The idea discussed is that powerful people have and will continue to implement behavior controls that go beyond mere public safety and into the realm of private freedoms. This is highlighted by the fact that educators are being told to give students the freedom of ignorance. This may be shocking to many who are yet unfamiliar with the deterioration of quality education, and society in general.

Sulzer and Mayer go on to say, "A political craftsman such as Machiavelli could offer some incomplete rules of thumb...based on partial appreciation of punishment."⁹⁶

Merriam-Webster defines Machiavellian as "characterized by cunning, duplicity, and bad faith."⁹⁷ Most readers (hopefully all) will agree that an education system based on

⁹⁴ Sulzer, Beth and G. Roy Mayer. "Behavior Modification Procedures for School Personnel". The Dryden Press Inc. Hinsdale, IL. © 1972. (p. vi)

⁹⁵ Ibid. (p. vi)

⁹⁶ Ibid. (p. vi)

manipulation, deceit, and bad faith is not in line with the goals of a free or just society.

And, it is the widespread implementation of these practices that have become an industry of torture and fraud destroying American families. (See Chapter Five of the free e-book at www.heal-online.org/ebook.pdf)

Instead of taking the individual into account and working to provide a solid foundation for decision-making, problem-solving, critical thinking, and self-control (emotional and physical), behavior modification reduces the individual to a product of manipulation using the pleasure/pain or reward/punishment system commonly used to train non-human animals. The intention is to prevent the questioning of authority or critical thinking and reduce subjects to the status of well-trained pets. This is in direct conflict with the stated values of individual freedom and self-expression guaranteed in the United States Constitution and is a serious threat to the future of freedom everywhere.

Sulzer and Mayer state: “The hungry performing seal continues his performance as long as he receives an occasional fish. If a child receives a cookie when, and only when, he says “Please” when asking for it, the frequency of saying “Please” will increase.”⁹⁸

The purpose of this “training” is to create a compliant and subjugated workforce.

⁹⁷ Merriam-Webster Inc. “Webster’s New American Dictionary”. SMITHMARK Publishers, a division of U.S. Media Holdings, Inc. New York, NY © 1995.

⁹⁸ Sulzer, Beth and G. Roy Mayer. “Behavior Modification Procedures for School Personnel”. The Dryden Press Inc. Hinsdale, IL. © 1972. (p. 24)

According to Sulzer and Mayer: “Students eventually go out into the adult world, and there they will be expected to work not for sides of beef and chocolate cakes but for accomplishments, praise, points, tokens, or money. The demands of society would not be fulfilled if students were not trained to work for those “conditioned reinforcers”.”⁹⁹

In response to critics who question the efficacy of conditioning when applied to humans, Sulzer and Mayer responded: “Some people feel that the child will tend to maintain the newly acquired behavior only as long as the tokens are contingently employed. While this is a risk, careful programming can avoid such a regression.”¹⁰⁰

The language used by these behaviorists should clue readers in to the lack of respect for the individual and the cookie-cutter approach to behavior control and “programming” utilized in behavior modification. The notion that human beings should be treated like chattel and trained through basic animal training techniques is outdated and has no place in an enlightened or democratic society. However, this practice, in its cruelest form, is being sold to thousands of families each year as a means to control adolescents during the sensitive transition from child to adult. (See Chapter Five of the free e-book at www.heal-online.org/ebook.pdf for more information.)

Withholding necessities in order to achieve compliance with the controlling behaviorist’s agenda is a common practice and supported by Sulzer and Mayer: “If the student has not eaten for several hours, a small amount of food may be reinforcing. Too much will satiate him quickly, and food will temporarily lose its reinforcing effectiveness...If too

⁹⁹ Ibid. (p. 26)

¹⁰⁰ Ibid. (p. 35)

much food were given all at once, the children would gradually stop working.”¹⁰¹

The practice of withholding food from a growing child is abuse and prosecutable as such. These practices violate the civil and human rights of children and adults subjected to them. (See Chapter Six of free e-book at www.heal-online.org/ebook.pdf for more information.) It is interesting that even in a “mainstream” manual given to guide educators in public schools, it is recommended that basic human rights be violated if proposed for behavior control. This dismissal of child abuse and human rights laws is indicative of the underlying nature and purpose of behavior modification.

Sulzer and Mayer also advocate for a “Positive Peer Pressure” model stating that the educator should “have kids make fun of kids not conforming.”¹⁰² This practice is psychologically harmful and creates a bullying effect that allows children to attack other children for the supposed benefit of maintaining control of the group. (See Chapter Four of free e-book at www.heal-online.org/ebook.pdf for more information.)

In reference to negative reinforcement (a.k.a. punishment), Sulzer and Mayer state: “This is a technique that has been used with impressive success in many animal training experiments, and it is a potentially fruitful teaching technique.”¹⁰³ Again, Sulzer and Mayer support the idea that behavior modification or training used on animals is what should be implemented in training humans. This is blatantly disrespectful to human rights and human dignity. They go on to refer to experimenting on “infrahumans” and

¹⁰¹ Ibid. (p. 40)

¹⁰² Ibid. (p. 48)

¹⁰³ Ibid. (p. 48, 85)

define infrahumans as “mental defectives”. Infra means beneath or under and inhuman is a “new” way to say “subhuman”. It is the author’s position that unethical and cruel experiments on humans are in direct violation of the Nuremberg Code of Ethics and in violation of International Laws on Human Rights. This type of experimentation should be banned, not profited from at the cost of human life and dignity.

The purpose of this “training” is to create a docile workforce. Sulzer and Mayer repeat this here: “To have developed students who, on the completion of their formal schooling, continue to be productive (although financial, social, and other rewards may be infrequent) testifies to the success of an educational program.”¹⁰⁴ It is the conditioning to accept less than one’s labor is actually worth and a learned helplessness that cripples an individual’s ability to be an effective self-advocate.

The very quality of life experienced by the average American of today compared to the average American decades past speaks to the very purpose of this type of behavioral training and control. For further evidence of the destructive nature of behavior modification as implemented in public and private schools throughout the United States, consider the following... In response to a question regarding what private and public schools should do with intelligent, highly motivated, and/or efficient children, Sulzer and Mayer suggested: “Certainly it would be possible to slow response ratio in other ways: yell at the student when he hurries [commit verbal abuse], ignore him altogether [neglect], flunk him, keep reminding him to slow

¹⁰⁴ Ibid. (p. 110)

down, feed him tranquilizing drugs and all kinds of other possibilities.”¹⁰⁵

Previously, we have discussed what behavior modification is and some ways it is implemented. The clandestine method of behavior control is part of the manipulation and deception of the subjected child and his family perpetrated by the school system. In advising teachers on how to implement behavior modification in the classroom, Sulzer and Mayer direct: “Do not give [the child] explanations of the program, of what you do, of his behavior, or engage in discussions of these topics with him...Treat disobedient behavior to other adults the same as disobedient behavior to you...Punishment is a procedure in which the presentation of a stimulus contingent upon behavior reduces the rate with which the behavior is emitted...”¹⁰⁶

The first instruction is in direct opposition to the development of curiosity and critical thinking skills. To deny a human being of knowing what is expected of him/her and depriving him/her of the opportunity to understand why certain behaviors are receiving specific consequences is counter to what the intended purpose of education should be: knowledge and self-discipline.

The second instruction places subjects at risk of being exploited by ill-meaning adults or child predators. It is very important that human beings understand how to protect themselves and others from predators who would do them harm. This type of strict and blind adherence to authority is a direct violation of civil rights and ought not be fostered in any American school. Children who disobey a coach who wants to touch them “inappropriately” and are then

¹⁰⁵ Ibid. (p. 132)

¹⁰⁶ Ibid. (p. 156, 170)

punished for being disobedient learn to accept abuse as a part of life, instead of to demand to be treated with consideration and respect. This is psychologically damaging to a child's self-esteem and has no business in educational settings."¹⁰⁷

Hopefully, the above will suffice in helping you understand what our Teen Liberty campaign is about at HEAL and why we have chosen that as our primary human rights campaign.

The behavior modification industry is a multi-national, multi-billion dollar industry. And, they do not like being held accountable or exposed. If you've read this entire chapter up to this point, you likely understand why.

HEAL has developed the most extensive database of public information including police complaint logs, licensing violation and citation reports, lawsuits, news articles, and anecdotal reports from victims of fraud and abuse by the behavior modification/segregated congregate care industry. We maintain a watch-list of suspected and confirmed abusive programs and facilities. And, we have been featured and interviewed by local and national news outlets. Art Levine, journalist for Newsweek Magazine, The Atlantic Magazine, Salon.com (and other news outlets), and author of "Mental Health Inc: How Corruption, Lax Oversight, and Failed Reforms Endanger Our Most Vulnerable Citizens", said this in an e-mail to me: "You're the best informed person in the country on these issues..."¹⁰⁸

¹⁰⁷ <http://www.heal-online.org/ebook.pdf> (Chapter 2, pages 6-13)

¹⁰⁸ E-mail from Art Levine, received by Angela Smith on 7/24/17 at 6:43pm

HEAL estimates that a minimum of 292 children and teens die in segregated congregate care settings in the United States every year. This number may be much higher. You can learn more about our estimate and sources on our blog at: <http://heal-online.blogspot.com/2017/07/are-victims-of-institutionalized-abuse.html>. Many of our fellows who have fought this industry alongside us have died under suspicious circumstances including Nick Romano, Deborah Ann Morgan, Michelle Ulriksen, and Jon Martin-Crawford. This is a war and we have had a horrifying number of casualties. Worse yet, we are fighting duplicitous, deceitful people that market themselves as "saviors for struggling families" while bankrupting families and exploiting and abusing children.

It isn't surprising that people who would defraud families and harm children would engage in other unethical, illegal, and even criminal behavior. Below, I discuss some of the interactions, smear campaigns, and harassment I've experienced at the hands of the segregated congregate care industry since HEAL began challenging them. It is important that you understand what the opposition is capable of and what you should prepare to experience and defend against if you plan to make a difference.

HEAL was founded in 2002 as a registered student organization at the University of Washington. Our first "website" was a page about our organization hosted by the University of Washington. You can view our archived UW hosted pages by visiting https://web.archive.org/web/20021215000000*/http://students.washington.edu/heal/ and clicking on the archived date(s) shown to view those pages. The first archived page was archived in December, 2002.

Prior to HEAL's founding, I ran a personal website (which I still own and operate as a "sister site" to HEAL now) at www.beyondbusiness.net where I exposed institutionalized abuse at Provo Canyon School and similar facilities beginning in 1999.

From inception, HEAL began posting website links (including to www.beyondbusiness.net) exposing institutionalized abuse at Provo Canyon School, WWASPS, and other segregated congregate care programs for youth on our UW hosted page.¹⁰⁹ In January of 2004, HEAL created our first online petition to close Provo Canyon School through www.petitiononline.com. That petition almost immediately disappeared from that site with no notice to us as to why the petition had been removed. We then created an online petition through ipetitions.com and it was also removed almost immediately with no explanation from that site as to why it was removed. In March of 2004, I created a new petition hosted through the www.beyondbusiness.net site calling for Provo Canyon School to be closed.¹¹⁰ I was tired of seeing petitions created through online petition sites disappear with no explanation.

In the Spring of 2004, Provo Canyon School in Utah, Shamrock Educational Alternatives in WA (another abusive facility on the growing HEAL watch-list at that time), and Thayer Learning Center in MO (another abusive facility we exposed) sent "cease and desist" letters to the University of Washington's Student Activities Office

¹⁰⁹

<https://web.archive.org/web/20040307200225/http://students.washington.edu:80/heal/>

¹¹⁰

<https://web.archive.org/web/20040406130808/http://www.beyondbusiness.net:80/closepcs.htm>

demanding they take down the HEAL student organization website hosted by the University of Washington.^{111*} [*We provide copies of the letters we received copies of on our website.]

Our Student Activities Office advisor at the University of Washington (UW) was Phil Hunt. Phil Hunt called and e-mailed telling me I needed to take down all the information we had posted about abusive youth institutions, specifically Provo Canyon School and Shamrock Educational Alternatives. I scheduled a meeting with Phil Hunt to discuss the issues he raised and brought the 3-inch binder of documentation including lawsuits, police complaints, and my own firsthand experience to explain why what we were posting is true and that we have the right to post the truth. Phil Hunt refused to look at the evidence and said it didn't matter if there was proof or not because the UW had made an executive decision to shut down HEAL's UW website. He said we either needed to remove all of our content exposing institutionalized abuse or move our site off the UW servers. We contacted the ACLU to find out if the UW had the right to censor us like this and they said absolutely not because the UW is a public university. The student newspapers wrote articles about the censorship and pressure and student groups of all political stripes and social causes threatened to hold a sit-in to demand we keep our page on the UW site. I also was entertaining the idea of suing the UW with the help of the ACLU to protect our rights to free speech on campus.

Out of fear of being expelled and losing access to a higher education and degree (and potentially losing all of my career aspirations in the field of law because "what university would enroll such a "troublemaker" after all of

¹¹¹ <http://www.heal-online.org/harassment.htm>

that"), I chose to let fear win and move our site to www.heal-online.org, where we have remained since that time. I don't regret that decision because I graduated in 2005 and HEAL has grown into a national movement to stop institutionalized child abuse. And, upon graduation we would have had to move the site anyway.

But, it was this first experience of censorship and the knowledge of those "cease and desist" letters that gave me an idea as to why our first two online petitions disappeared without warning or explanation.

Provo Canyon School's attorneys at the Cotkin, Collins and Ginsburg law firm in California sent a "cease and desist" letter to HEAL in October of 2004 demanding we take down our site exposing abuse at that facility. They claimed defamation and libel per se. HEAL has received dozens of similar letters over the years from facilities and programs that find themselves on the HEAL watch-list. Many of these letters and some of our responses can be found on our site at www.heal-online.org/harassment.htm. [It was around this time that the "mole" mentioned in the previous chapter first contacted HEAL.]

The letter from Cotkins, Collins, and Ginsburg was also sent to our internet service provider (ISP). Our ISP sent us a letter asking that we provide evidence of the statements we made about Provo Canyon School on our website. We supplied that evidence and they did not take our website down nor make us remove or edit any of the information.

From roughly 2005 through 2011 or so, my home experienced many extreme infestations and other bizarre and stressful things. First, we had a house fly infestation. Then, there was a new breed of very large flies with red eyes that infested our home. Following this, we had a

mouse infestation. And, after the mice were eradicated or dealt with, we had a rat problem. I had never experienced any such infestations before and just found it strange to keep having these infestations. In 2013, after we had paid more than was owed on an "oral rent to own agreement" with a supposed "family friend", we were evicted from the home we believed we owned. But, that turned out to be for the best and we purchased a new home in a secure area.

In March of 2009, my maternal grandmother died and my mother and I had to manage her estate because she did not have a will. In June of 2009, a large Samoan man (many abusive youth programs operate in Samoa and those state side employ many Samoans) pounded on the door to my home screaming "I'm going to kill you, you bitch! Come out here! I'm going to fucking kill you!" I did not go outside. He was banging on the house, the windows, and the doors. I called the police. Because I believed he was "following orders", I asked the police to tell him that I would not press charges this time, but, that I would press charges should he or any of his associates come to my home or threaten me again.

In July of 2009, a white, middle-aged man came to my home and knocked on the door. He looked like a WASP and had the appearance of a professional. He said, "I'm here about the chair." I asked "what chair?" And, he said he saw an ad online stating that we were selling a chair and he wanted to see that chair. I said we were not selling any chairs and asked if he had the address correct. He said it was the right address. Then, I asked to see the ad and asked where he saw the ad. He said he didn't bring a copy of the ad and didn't remember where he saw the ad. I told him we were not selling any chairs again and said "sorry". He then asked if he could come in and look at the chairs in our home. I repeated we were not selling any chairs and

that there was no reason for him to enter my home. He kept pressuring me to let him come in and look at my chairs. I stayed strong and told him he was misinformed and that he was not welcome in my home, "please leave".

In August of 2009, my mother received an e-mail about purchasing my grandmother's car from an ad they found on Craigslist.com. Neither of us had posted an ad on Craigslist or anywhere else to sell my grandmother's car. They had my grandmother's address, a photo of the car, and said they were responding to an ad they found online. We contacted Craigslist.com and said that ad was not posted by us and they needed to remove that ad.

In October of 2009, two men in coveralls with no corporate logos came to my home. They claimed they represented a home security company. They said they were offering a free lifetime home security and surveillance system. They said I had to accept today and let them install everything today to get the "great free deal". Now, in hindsight, I can't help but wonder if all the weird stuff leading up to this point was to frighten me into jumping at the chance to get a free lifetime security and surveillance system. I asked if they had a website. They said no. I asked if they had a brochure so that we could consider the service and get back with them later. They said no. I asked if they had a business card they could leave with me so I could contact them even later that day. They said no. They repeatedly asked if they could enter my home so they could figure out where to install this "great security system". I said no. And, they left.

On Christmas Eve of 2009, Provo Canyon School filed a lawsuit against me, my mother, HEAL, and multiple unnamed co-defendants who had contributed to our information campaign exposing abuse at Provo Canyon

School. Of course, we were not served until February of 2010.

The autumn of 2009, my dog Rose died. She was my best friend. This of course came after my grandmother's death. And, we were experiencing a lot of stress and mourning. It was during this time that we also experienced our phone calls being strangely re-directed. I called Carla Plotycia with HEAL Parent Support around this time and an unknown man picked up and I asked for Carla and he said "There is no Carla here. How do you like the dance so far?" I used the speed dial to call Carla the first time. When the unknown man answered and said there was no Carla at that number, I hung up and hit speed dial again. This time, Carla answered. I asked her if a man was at her house and explained what happened with the first call. I initially assumed it was a friend of hers being funny. Carla told me there was no one at her house but her that night and that the phone didn't ring the first time. It was around this time I also received a call from a man identifying himself as "Vincent" who wanted to speak to my mother, Cathy. I told him she wasn't available. But, he began calling me Cathy and asked if I was sick of my daughter (meaning me) and if she would like her daughter (meaning me) to disappear. Carla and I had both been assisting a mother in trying to rescue her daughter from Eagle Ranch Academy in Utah at this time. One of Eagle Ranch Academy's staffers was Richard Moody who before working for Eagle Ranch Academy worked for the Central Intelligence Agency's (CIA) "youth development" program. While trying to assist that mother and during pivotal times of the rescue operation, the mother was unable to reach us by phone and claimed she left multiple voice-mails. I had also called her and her husband and left multiple voice-mails. But, neither of us were receiving those messages. She ended up e-mailing me outraged at the "games we were

playing" with her and the fact that we were "ignoring her calls" when she needed us most. Her calls, like ours, were not making it to their destination.

The girl was ultimately rescued and brought home. But, things definitely got very strange for a while. And then, we dealt with the Provo Canyon School lawsuit. It dragged on for years before it was mysteriously withdrawn by the opposing side after we proved to the satisfaction of the court that what we were saying was true and that Provo Canyon representatives perjured themselves in their statements. This is why having all your facts straight and evidence together is so important. You can obtain information through news outlets, Freedom of Information Act (FOIA) requests, lawsuits, and firsthand/anecdotal accounts. You need to be prepared for Strategic Lawsuits Against Public Participation (SLAPP) if you plan to expose wrongdoing. And, in the end, the lawsuit cost us about \$25,000, which has never been recovered. Had the case finally gone to trial, we believe we would have won and then had the basis for suing for wrongful prosecution, abuse of process, and other torts. But, they withdrew leaving us with less resources and having effectively distracted us from our mission while battling them in court.

Since that time, we have not experienced the level of harassment and bizarre events that led up to the lawsuit. In fact, we haven't received a single cease and desist order since the lawsuit was withdrawn.

We made it through all that! And, now, most youth programs realize they cannot effectively discredit us when talking to parents. Programs used to claim we were all "crazy" or "liars". Then, we were sued. And, now the programs realize we have credibility that cannot be swayed with wild allegations. So, now they claim our site and

organization are no longer "active" and that the information is "outdated". We get calls and e-mails all the time from parents who continually ask "are you still active" and do you have any "updated information". In addition, programs claim the site is run by a "disgruntled woman" (meaning me) and we do not have an extensive national network. We do have around 20 primary volunteers around the country including former coast guard and retired law enforcement officers. And, our network of victims is in the thousands. We can easily refute these claims. This is how we know that this is the current argument of the industry when parents raise concerns about abuse and fraud allegations.

But, it doesn't mean that the entire industry has backed off. There are many anti-HEAL websites out there working to defame and discredit us. But, they represent some of the most offensive child trafficking organizations in the country.

Craig Rogers, founder of Abundant Life Academy and convicted trafficker, said this about HEAL on his blog:¹¹²

"Heal-online and Fornit's Wayward Web attack therapeutic boarding schools with a smear campaign. The following information is taken directly off the websites owned and managed by Heal-Online and Fornit's Wayward Web Fora. Both organizations are known for targeting boarding schools for troubled teens with the intentions of spreading false information meant to financially harm anyone associated with Boarding Schools for Troubled Teens. Heal-Online and Fornit's Wayward Web Fora are covers for many social activists with similar causes. Both Heal-Online and Fornit's are self-admitted radical leftists who

¹¹² <http://craigstephenrogers.com/archives/heal-online-fornits-wayward-web-fora-falsify-info-harm-boarding-schools/>

have claimed that there is nothing “off the table” as it pertains to the harassment, and harm, of therapeutic boarding schools, including criminal acts (including violence, use of fire, use of bombs, etc.).

Love them or hate them the radical left-wing groups known as Heal-Online and Fornit’s are pushing hate, violence, and intolerance. There is no better description of the intolerant left-wing agenda than right there on the Heal-Online and Fornit’s web sites, for the entire world to see. They don’t hide their hate and they are proud to share it. One look at their agenda and its easy for the visitor to grasp the lack of credibility and the obvious slant/bias. Nothing they present on their websites can be trusted. Its all garbage, skewed, rude, and mostly lude.

Both Heal-Online and Fornit’s are open activists for prisoners rights, including pedophiles and other crimes related to child abuse. Both groups are self-proclaimed animal rights activities as well as self-proclaimed left-wing radicals with the intention of protecting the environment at any cost. Moreover, both organization support the legalization of Marijuana and other illicit drugs. The most disturbing is their stance on the protection of prisoner’s rights, most specifically those in prison for crimes against children. Below you will find information taken directly off of their websites and provided to you as links to their sites. They can’t deny their own propaganda. Everything below this paragraph is taken directly from their websites."

In another blog article, Craig Rogers wrote:

"Anyone reading a single word from Heal-Online can easily find that Heal-Online has an agenda, and that they are extremely intolerant. Heal-Online is very similar to the

Muslim terrorist that are terrorizing the world as they call out Jihad."

Now, consider the source... Craig Rogers is a convicted trafficker. His program, Abundant Life Academy was shut down in Mexico for human rights violations in 2004.¹¹³ He then re-opened in Kanab, UT and then Utah removed all children from the program in Utah in 2009 as a result of substantiated child abuse allegations.¹¹⁴ Then, they continued to operate in Utah for a couple more years. At some point between 2011 and 2014, Abundant Life Academy moved from Utah to Virginia, where it continues to operate today. And, this should outrage everyone because here are reports coming out of that facility:

"But Caroline deputies began an investigation that has led to charges against several Abundant Life Academy staff members. Direct indictments were made against four staff members, who are no longer employed at the school. The four appeared in Caroline Circuit Court on Thursday involving an alleged assault on a student on Feb. 14. Jovany Rivera, 21, Timothy Jordan, 26, Liam Galligan, 44, and 49-year-old William Honea are each charged with assault and battery and assault by mob. The charges are misdemeanors. They are accused of committing a continuous assault on a student at Abundant Life."¹¹⁵

As a victim of sexual assault and forcible sodomy (at age 6), I find Craig Rogers' lies and assaults both personally and professionally offensive. We do not support child abusers, period. I could go into all the "spam" I receive

¹¹³ <http://www.foxnews.com/story/2004/12/10/students-at-mexican-schools-for-behavior-problems-sent-back-to-us.html>

¹¹⁴ <http://www.heal-online.org/abundant2.htm>

¹¹⁵ <http://news.fredericksburg.com/newsdesk/2014/06/19/caroline-boarding-school-probed/>

meant to "trigger" my traumas. But, I don't want to make this about me personally. I just want you, the reader, to know that it gets really ugly when you stand up for what is right and people say outlandish and horrifying things about you that are not true in order to try to smear you. But, like I said at the beginning of this chapter, when you fight organized crime and criminals, you can't be surprised when they commit crimes against you. And, the best defense is sometimes a good offense. Get your facts straight and back them up with multiple reliable and trusted sources. Be prepared to defend yourself.

Chapter 7: Become An Expert

As ugly as it gets, the best thing to remember is that being forewarned is being forearmed. And, this can get very tricky. Becoming an expert means first understanding what the real problems are, which is the only way to begin to address those problems. Say you decide to take on puppy mills and get them shut down in your state. Will outlawing the retail sale of puppy mill dogs stop the operation of puppy mills? No, even where limitations have been placed on retail sales, there remains no law banning the direct sale of puppy mill dogs to the public as long as the potential dog owner can "inspect" the dog prior to purchase.¹¹⁶ In Washington State, if a "commercial dog breeder" was operating before 2010, then they are "exempt" from the new regulations in place passed in 2009. The post 2010 commercial dog breeders must:

- limit the number of dogs used for breeding to 50
- Any person who owns, possesses, controls, or otherwise has charge or custody of more than ten dogs with intact sexual organs over the age of six months and keeps the dogs in an enclosure for the majority of the day must at a minimum:
 - (a) Provide space to allow each dog to turn about freely, to stand, sit, and lie down. The dog must be able to lie down while fully extended without the dog's head, tail, legs, face, or feet touching any side of an enclosure and without touching any other dog in the enclosure when all dogs are lying down simultaneously. The interior height of the enclosure must be at least six inches higher than the head of the tallest dog in the enclosure when it is in a

¹¹⁶ <https://www.asPCA.org/animal-cruelty/puppy-mills/closer-look-puppy-mills>

normal standing position. Each enclosure must be at least three times the length and width of the longest dog in the enclosure, from tip of nose to base of tail and shoulder blade to shoulder blade.

- (b) Provide each dog that is over the age of four months with a minimum of one exercise period during each day for a total of not less than one hour of exercise during such day. Such exercise must include either leash walking or giving the dog access to an enclosure at least four times the size of the minimum allowable enclosure specified in (a) of this subsection allowing the dog free mobility for the entire exercise period, but may not include use of a cat mill, jenny mill, slat mill, or similar device, unless prescribed by a doctor of veterinary medicine. The exercise requirements in this subsection do not apply to a dog certified by a doctor of veterinary medicine as being medically precluded from exercise.
- (c) Maintain adequate housing facilities and primary enclosures that meet the following requirements at a minimum:
 - (i) Housing facilities and primary enclosures must be kept in a sanitary condition. Housing facilities where dogs are kept must be sufficiently ventilated at all times to minimize odors, drafts, ammonia levels, and to prevent moisture condensation. Housing facilities must have a means of fire suppression, such as functioning fire extinguishers, on the premises and must have sufficient lighting to allow for observation of the dogs at any time of day or night;
 - (ii) Housing facilities must enable all dogs to remain dry and clean;
 - (iii) Housing facilities must provide shelter and protection from extreme temperatures and

weather conditions that may be uncomfortable or hazardous to the dogs;

- (iv) Housing facilities must provide sufficient shade to shelter all the dogs housed in the primary enclosure at one time;
- (v) A primary enclosure must have floors that are constructed in a manner that protects the dogs' feet and legs from injury;
- (vi) Primary enclosures must be placed no higher than forty-two inches above the floor and may not be placed over or stacked on top of another cage or primary enclosure;
- (vii) Feces, hair, dirt, debris, and food waste must be removed from primary enclosures at least daily or more often if necessary to prevent accumulation and to reduce disease hazards, insects, pests, and odors; and
- (viii) All dogs in the same enclosure at the same time must be compatible, as determined by observation. Animals with a vicious or aggressive disposition must never be placed in an enclosure with another animal, except for breeding purposes. Breeding females in heat may not be in the same enclosure at the same time with sexually mature males, except for breeding purposes. Breeding females and their litters may not be in the same enclosure at the same time with other adult dogs. Puppies under twelve weeks may not be in the same enclosure at the same time with other adult dogs, other than the dam or foster dam unless under immediate supervision.
- (d) Provide dogs with easy and convenient access to adequate amounts of clean food and water. Food and water receptacles must be regularly cleaned and sanitized. All enclosures must contain potable water that is not frozen, is substantially free from

debris, and is readily accessible to all dogs in the enclosure at all times.

- (e) Provide veterinary care without delay when necessary. A dog may not be bred if a veterinarian determines that the animal is unfit for breeding purposes. Only dogs between the ages of twelve months and eight years of age may be used for breeding. Animals requiring euthanasia must be euthanized only by a licensed veterinarian.
- (3) A person who violates subsection (1) or (2) of this section is guilty of a gross misdemeanor.
- (4) This section does not apply to the following:
 - (a) A publicly operated animal control facility or animal shelter;
 - (b) A private, charitable not-for-profit humane society or animal adoption organization;
 - (c) A veterinary facility;
 - (d) A retail pet store;
 - (e) A research institution;
 - (f) A boarding facility; or
 - (g) A grooming facility.
- (5) Subsection (1) of this section does not apply to a commercial dog breeder licensed, before January 1, 2010, by the United States department of agriculture pursuant to the federal animal welfare act (Title 7 U.S.C. Sec. 2131 et seq.).
- (6) For the purposes of this section, the following definitions apply, unless the context clearly requires otherwise:
 - (a) "Dog" means any member of *Canis lupus familiaris*; and
 - (b) "Retail pet store" means a commercial establishment that engages in a for-profit business of selling at retail cats, dogs, or other animals to be

kept as household pets and is regulated by the United States department of agriculture.¹¹⁷

The above represents the current laws in Washington State regarding the regulation of commercial dog breeders. The intention of the law is to prevent puppy mill operations. Now, I would say that commercial dog breeders operating before the new regulations (#5 above) were in place should not be exempt, but, should be held to the new standards and if they fail to meet the new standards, which I understand are intended to stop animal cruelty, then they should be closed down. The legal standard is simple, if a practice has been found to meet the criteria for laws against animal cruelty and a commercial breeder or anyone else engages in those practices, they are no longer permitted to engage in animal ownership or must correct and discontinue those practices if they wish to continue operating.

Now, other issues with the above law include that it also does not apply to anyone engaging in large dog breeding or marketing (for profit or not for profit) in any setting that does not specifically label itself a "commercial dog breeder". So, animal labs, retail stores, "shelters", "kennels", and other such businesses are not held to the standards provided under this regulation. The question becomes, does this bill unfairly target "commercial dog breeders" when people perhaps engaging in the exact same cruel practices but not labeled as a "commercial dog breeder" are not held to such standards? Does this law really address animal cruelty or is it targeting a specific industry? One might maintain that the number of "commercial dog breeders" has decreased which is "something to celebrate". No license is even required for

¹¹⁷ <https://app.leg.wa.gov/rcw/default.aspx?cite=16.52.310> (RCW 16.52.310)

them to operate. And, there is no enforcement agency in place to make sure commercial dog breeders meet the standards.¹¹⁸

So, if you live in Washington State and want to stop animal cruelty in the form of puppy mills, your best bets may be to volunteer for or donate to a local animal welfare organization that includes animal abuse investigations as a primary part of their stated purpose and active function. The other option is to push for legislation that requires that all animal enterprises that house more than 10 or 50 dogs must meet all the regulations provided for in the above regulatory law with no exceptions (because the purpose is stopping animal cruelty, right?) and applicability at time of initial licensing or license renewal. In addition, any such legislation must also include a designated enforcement agency as well as a licensing requirement for effective and fair enforcement of the laws. I will go further into taking legislative action and getting political in the next 2 chapters.

My point with sharing the above is to show how the laws are often the problem because there are too many exemptions and a horrible lack of effective enforcement. This leaves non-governmental organizations (NGOs) to try to monitor private property and private businesses at their own peril to record abuse and demand the laws be enforced. Those private interests then can shoot, sue, or prosecute for trespassing, invasion of privacy, and other legal causes of action (i.e. "eco-terrorism"). So, the people who put themselves on the line, like Stop Huntingdon Animal Cruelty for example, allegedly breaking into private labs to document the abuse to expose it and demand

¹¹⁸

https://www.asPCA.org/sites/default/files/state_puppy_mills_guide_w_c_hart_june2015.pdf

something be done to stop the abuse are demonized and labeled terrorists while the animal cruelty continues unabated. If you ever wondered why some "animal rights" people seem crazy, it is the way the system is set up.

And, this is true for human rights and environmental regulations as well. This is why the Libertarian arguments that the regulations are unfair and target small businesses while wealthy businesses are exempt or otherwise able to avoid accountability hold water for middle class and poor conservatives. But, I would advise the Libertarians not to "throw the baby out with the bathwater". I believe it is the government's job to make and enforce laws and have the laws equally applied as our Constitution dictates. This means, in my view, that the regulations intended to prevent animal cruelty should both be effectively enforced and be applied equally to all who meet the criteria set with no exemptions or exceptions. Otherwise, I see the Libertarian argument as valid and such laws with exemptions and exceptions as unconstitutional. And, that should matter to everyone.

Hopefully, you now understand why you need to pick a cause, narrow it down to one battle (i.e. banning puppy mills), and figure out why what should be illegal or is illegal is occurring without any enforcement or oversight. Then, look at what happens to those who try to tackle the issue under these circumstances. We are often labeled "criminals" or even "terrorists" for trying to expose and hold accountable the real CRIMINALS.

Anonymous is credited with coining the following: "When exposing a crime is treated as a crime, you are ruled by

criminals."¹¹⁹ The more I've investigated and worked in activism, the more I have seen and experienced the good guys being demonized while the bad guys get away with it. Can it be any wonder some are turning to violence? I would never endorse nor engage in violent activism, not because I find it morally abhorrent, but, because those with the best weapons and best trained "warriors" will win. And, we, the people, are not the best armed and best trained. Also, we just don't have the numbers due to the massive ignorance problem to overcome the lack of sophisticated equipment and training. If violence breaks out, it will be poorly organized and result in good-hearted but, somewhat foolish people getting themselves hurt. So, if and when we take up arms against these enemies, we are sure to be jailed, enslaved, "modified", and/or killed. And, that will work to silence others who want to speak out because they will fear appearing to associate with "known criminals" or taking on the banner of those who would call for violence and will make them a target for harassment, institutionalization, or death.

I love the passion and impatience of youth. I feel it every day. But, we have to get the word out peacefully and intelligently. This must be done through effective argument and exposing the truth. We must saturate the public with information and the truth so that they can join us. Once the majority decides to stand up against this horrifying system, they will have no choice but to recognize our power and authority.

Now, I do believe some violent action could be taken intelligently and subtly and be effective. But, I am unaware of any activists doing things in a clandestine fashion

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https://www.reddit.com/r/QuotesPorn/comments/1jmrqq/when_exposing_a_crime_is_treated_as_committing_a/

resulting in substantial, lasting, and noticeable change for the better. And, I know and have seen peaceful and intelligent action make real change, and most of my heroes historically stood by this practice including Dorothea Dix, Jesus Christ, Nellie Bly (aka Elizabeth Cochran Seaman), Mahatma Gandhi, John Lennon, and Martin Luther King, Jr. But, I can't name anyone who engaged in violence, for a righteous cause, that did not end up jailed, enslaved, or killed. This is why peaceful revolution is the only proven way to bring about the changes we want, in my opinion.

Chapter 8: Get Political

Getting political can mean a number of things. You could run for office or champion legislation. You could participate in or support a class action lawsuit meant to hold private and public entities accountable. If a lawsuit is decided in federal court or by the US Supreme Court, the outcome is applied as the new standard bearer for interpreting the Constitution and all laws that govern the United States. Those precedents can then be used to hold all similar offenders accountable.

In the recent lawsuit against the Democratic National Committee (DNC) alleging that the DNC defrauded its donors by claiming to run an impartial and fair primary while actually rigging the primary for Hillary Clinton, the judge dismissed the case on the grounds that the plaintiffs did not have legal standing to file such a suit.^{120 121} That ruling is being appealed. If you recall, I mentioned previously that Provo Canyon School sued me and my organization (HEAL) and later withdrew their suit. But, we initially filed a counter-suit representing the interests of all youth currently held at Provo Canyon School demanding they testify regarding current conditions at the program and be immediately released due to their arguably unlawful imprisonment. Judge David Mortensen, Fourth Judicial District Court, State of Utah, ruled that we lacked standing to represent the youth currently held captive at Provo Canyon School. It wasn't because the arguments lacked merit, it was because the court found that we had no direct relationship with the current captives at Provo Canyon School and therefore, under the law, we could not petition

¹²⁰ <https://www.cnsnews.com/news/article/gage-cohen/judicial-watch-media-ignore-lawsuit-against-dnc-wasserman-schultz>

¹²¹ <http://jampac.us/wp-content/uploads/2016/06/1-CLASS-ACTION-COMPLAINT-6-28-16.pdf>

on their behalf even though we proved that the facility was abusive. Provo Canyon School remains open as does the DNC.

So, I've been examining state and federal regulations pertaining to segregated congregate care facilities and the rights of those subjected to such environments for the past 9 years. In earlier years, I petitioned legislators and demanded action, but, because I did not know the current law nor what changes should be made, we were given poor excuses for legislation in retrospect that amounted to no real regulation and more lip service. I would say in those situations our community and movement put the proverbial cart before the horse. If you want to change things, you must know the existing laws and must petition for effective changes including removing exemptions and exceptions and demanding effective enforcement. Otherwise, politicians will placate you with empty bills and platitudes while you have a warm and fuzzy feeling that has no basis in reality.

There have been many versions of the "Stop Child Abuse in Residential Programs for Teens Act" (original title was the "End Institutionalized Abuse of Children Act" (HR 1738) when first introduced with some teeth and effective reforms in 2005 by Rep. George Miller (D-CA, now retired)). Even though HEAL supported the original bill, it has now been watered down to the point of providing mere lip service to placate victims while allowing abuse to continue unabated. The current (2017) impotent version as I write this has been introduced as HR 3024 by Rep. Adam Schiff (D-CA). There is currently no senate version of the bill under consideration. In 2011, Rep. George Miller (D-CA, now retired) reintroduced the house version of the bill and Sen. Tom Harkin (D-IA, now retired) introduced the senate version. I called Tom Harkin's office and spoke to

one of his legislative aides working on the senate version of the bill. I was disappointed that the aide claimed to have sent his own child to one of these programs and argued for the merit of segregated congregate care to explain why they could not make more strict regulations. During one call, he told me the federal government could not make nor enforce any effective regulations and that if we wanted to make significant changes we would need to focus on reform at the state level. This advice was repeated to Tim Brown (HEAL KY Coordinator) and myself when we visited with Sen. Rand Paul's legislative counsel in March of 2017 to lobby for various changes to better protect children and families from fraud and abuse. So, it appears that in wanting a national legislative action to fix these issues in one fell swoop, naive people are making demands on the federal government that according to both Democrats and Republicans, the federal government cannot meet.

I began a research project in late 2009 to find out how many public school children in Washington State were being sent to segregated congregate care facilities through Independent Education Plans/Programs' funding. I contacted the Office of the Superintendent of Public Instruction (OSPI), the head of Washington's version of the Department of Education. I was told by a representative of that office that they did not keep a record of that at the state level and that I would need to contact all 200+ school districts in Washington State to request that information. First, I was shocked that they didn't keep track of that spending at the state level. And, in all, it took me over a year to contact, pressure, and obtain that data from the school districts. Only 63.3% of the school districts ultimately provided the information requested during that period. And, I found from those reports that youth were being sent to Provo Canyon School, WWASPS, and other abusive and fraudulent facilities costing over \$30,000,000

in state special education funding annually for those placements. I submitted my independent report to my state legislators who in turn told me to submit it to Rep. Bruce Dammeier (R-WA, then Chair of the WA House Ways and Means Committee). Rep. Bruce Dammeier then opened an official investigation based on my findings suggesting a major abuse of public funds and that in turn resulted in legislation, ESSB 5946, which prevents the placement of any public school student in segregated congregate care without due process and a valid court order. ESSB 5946 was signed into law by Governor Jay Inslee (D-WA) in July, 2014. Unfortunately, parents can still opt to place their kids in these programs and demand that the school district fund their "parent choice". We're working on that too. ESSB 5946 (WA-2014) was supported by the American Civil Liberties Union, Washington Appleseed, and ultimately resulted from my initial investigative report. But, that took over a year of research on my part, another year or so for an "official investigation", and then introduction and finally passage of the bill. Now, since that success, I've been contacting my state legislators and have seen sentencing reform for adjudicated youth restricting the use of segregated congregate care for most juvenile offenses be signed into law. And, I've seen bills introduced to lift exemptions of faith-based segregated congregate care providers as well as a bill to ban the use of aversion therapies on minors. The last two have not been made law yet and we are keeping the pressure on.

In 2017, Charles Kennedy (Police Captain, retired), HEAL's Alabama Coordinator, fought diligently to get real reforms and regulation of segregated congregate care facilities, programs, and "schools" in Alabama. The bill was introduced as HB 440 and has already been signed into law. So, even in Alabama, we can make a difference if we know what we want and fight for it.

Now, the problem I see is that most people who want to do something do not know what to do and try to blindly figure it out. And, they see the work of lobbying and legislative reform as too intensive and time-consuming and the work of direct service and care (i.e. NGOs doing private investigations into puppy mill or other animal abuse or opening a homeless shelter) as too dangerous or labor intensive. So, they seek out organizations and politicians who pay lip service to their ideals while taking their money and doing absolutely nothing of value.

We can and do make a difference. And, like with anything worth doing, it is hard work. There is no easy answer and those who demand an easy and quick solution are delusional and immature. Those who clap and praise lip service, are only making the fight for real change last longer. This is why being better voters and citizens is imperative to change things.

Chapter 9: Smart Politics

Let me start by saying I'm not a big fan of labeling, categorizing, and then dismissing people based on applied labels. I "lean Green Party" in my political views, but, I am open-minded and believe in hearing people out regardless of what labels they apply to themselves or others apply to them. I don't blindly accept anyone's dogma or adherence to any particular group as my own and question everyone's views and facts. This makes me very loved and very hated depending on who you ask.

During the 2016 US presidential election, I opposed Hillary Clinton and Donald Trump. In fact, I wrote multiple blog articles explaining my views throughout that election for the HEAL blog.^{122 123 124 125 126 127 128 129} While HEAL primary volunteers voted for Clinton, Trump, Stein, Johnson or didn't vote at all believing that their vote wouldn't count, we still come together to fight to stop institutionalized child abuse. Most everyone ends up sharing their political views with me at different times, we have been able to hear each other out without being

¹²² <http://heal-online.blogspot.com/2016/07/why-mike-pence-cannot-be-vice-president.html>

¹²³ <http://heal-online.blogspot.com/2016/07/why-hillary-clinton-cannot-be-president.html>

¹²⁴ <http://heal-online.blogspot.com/2016/08/why-libertarian-doesnt-work-for-heal.html>

¹²⁵ <http://heal-online.blogspot.com/2016/08/the-14-points-of-fascism-and-2016.html>

¹²⁶ <http://heal-online.blogspot.com/2016/09/the-un-democratic-parties-open-debates.html>

¹²⁷ <http://heal-online.blogspot.com/2016/09/dont-trust-penthe-peace-team.html>

¹²⁸ <http://heal-online.blogspot.com/2016/09/why-you-shouldnt-believe-poll-numbers.html>

¹²⁹ <http://heal-online.blogspot.com/2016/11/the-usas-biggest-enemies-are-ignorance.html>

disrespectful or dismissive. I believe all activists should learn to discipline themselves and be open to alternative points of view in order to build large coalitions that can affect real change. And, I believe we can respectfully question and disagree with allies, regardless of political leanings, while continuing to work together on common goals.

I believe people often mistakenly associate styles of governing with various governing ideologies and that this leads to division and misunderstanding. My guess is that if you are reading this book you oppose totalitarianism and authoritarianism, both of which are styles of governing and not governing ideologies.

Merriam-Webster.com defines totalitarianism as: "centralized control by an autocratic authority" or "the political concept that the citizen should be totally subject to an absolute state authority".¹³⁰ You may be wondering, what is an "autocratic authority"? Merriam-Webster.com (MW) defines autocratic as: "of, relating to, or being an autocracy" or "characteristic of or resembling an autocrat" and suggests synonyms including "despotic rule".¹³¹ Now, what is an Autocracy? MW defines it as: "government in which one person possesses unlimited power."¹³² What is "despotic rule"? MW defines it as: "of, relating to, or characteristic of a despot."¹³³ What is a "despot"? MW defines it as: "a ruler with absolute power and authority", "one exercising power tyrannically", or "a person exercising absolute power in a brutal or oppressive way".¹³⁴ Now, tyrannically is from the root tyranny which represents a

¹³⁰ <https://www.merriam-webster.com/dictionary/totalitarianism>

¹³¹ <https://www.merriam-webster.com/dictionary/autocratic>

¹³² <https://www.merriam-webster.com/dictionary/autocracy>

¹³³ <https://www.merriam-webster.com/dictionary/despotic>

¹³⁴ <https://www.merriam-webster.com/dictionary/despot>

system ruled by a "tyrant" if it is an autocratic tyranny. MW defines tyrant as: "a usurper of sovereignty", "a ruler who exercises absolute power oppressively or brutally", or "one resembling an oppressive ruler in the harsh use of authority or power."¹³⁵ Now, we haven't seen the term "dictator" in any of these definitions. So, what is a dictator? MW defines dictator as: "one holding complete autocratic control." So, we've already defined autocratic control. Now, do you know that there have been dictators claiming to represent every governing ideology?

Adolf Hitler was a fascist dictator.¹³⁶ In fascist Italy under Benito Mussolini, this meant organizing government by creating a corporate state made of a syndicate of corporations and industries.¹³⁷ This was also called "corporatism" or in Italy "corporativismo". And, MW defines corporatism as: "the organization of a society into industrial and professional corporations serving as organs of political representation and exercising control over persons and activities within their jurisdiction."¹³⁸ So, even though Hitler claimed to be a National Socialist (Nazi), he was more so a corporatist subjugating the people to corporations and industries. This is why they busted labor unions and put their dissidents in labor and death camps.

Now, American conservatives tend to see Hitler as a "socialist" and associate "socialism" with tyranny, autocracy, and other horrors. But, the reality is, we need to look at the governing style and not the claimed governing ideology. It is autocracy, tyranny, despotism, and

¹³⁵ <https://www.merriam-webster.com/dictionary/tyrant>

¹³⁶ <http://www.encyclopedia.com/people/history/german-history-biographies/adolf-hitler>

¹³⁷ <https://www.britannica.com/topic/corporatism>

¹³⁸ <https://www.merriam-webster.com/dictionary/corporatism>

oppression that conservatives fear and oppose when they hear the word "socialism".

Well, American liberals tend to see Hitler as a "corporatist" busting unions, enslaving people, experimenting on people, subjugating people, and committing genocide. And, they fear autocracy and a dissolution of democracy.

Now, based on various claims about themselves, Hitler and Mussolini may be viewed as far left extremists organizing society to serve the state (which was organized as a syndicate of private corporations and industry, not a democratic government or state at that time) or far right extremists (dissolving legitimate government and placing corporations and heads of industry in charge of the people with power to subjugate and enslave them). I would advise everyone to think of Hitler, Mussolini, Pinochet (installed by the United States after overthrowing and assassinating the democratically elected president of Chile, Salvador Allende),¹³⁹ and others as dictators, autocrats, despots, and tyrants. I would suggest leaving assumptions about governing ideologies out of any opposition you have for specific governing styles like totalitarianism.

Authoritarianism, which is perhaps the better term to describe a system which is ruled by one or a few "elites", is defined by MW as: "of, relating to, or favoring a concentration of power in a leader or an elite not constitutionally responsible to the people."¹⁴⁰ Now, you may hear people reference a "plutocracy" or "oligarchy" at times, and it all virtually means the same thing. A dictator or small group of "elites" exercise oppressive and brutal power over the people/citizenry. And, this can be done

¹³⁹ <https://www.theguardian.com/world/2013/sep/07/chile-coup-pinochet-allende>

¹⁴⁰ <https://www.merriam-webster.com/dictionary/authoritarianism>

under the guise of government, but, is actually a government controlled by an "elite few" that subjugates and oppresses the people. Such authoritarianism can and is practiced by people who claim every possible political ideology. So, we should all be able to agree that totalitarianism and authoritarianism is bad. And, I believe we do, whether we call ourselves "democrats", "republicans", "libertarians", or by any other political label.

The governing style I prefer is to live in a democracy. What is a democracy? MW defines democracy as: "government by the people", "rule of the majority", or "a government in which the supreme power is vested in the people and exercised by them directly or indirectly through a system of representation usually involving periodically held free elections."¹⁴¹ My Republican friends often respond to my call for democracy or direct democracy as Un-American stating that the United States is a "republic" and not a "democracy". I often reply stating the United States is a representative democracy, at least on paper. And, that both the Constitution and Declaration of Independence include statements such as "We the People of the United States, in Order to form a more perfect Union, establish Justice, insure domestic Tranquility, provide for the common defence, promote the general Welfare, and secure the Blessings of Liberty to ourselves and our Posterity, do ordain and establish this Constitution for the United States of America" and the Constitution, according to many of its authors and contributors such as John Locke, provides that the government derives its authority solely from the consent of the governed and the people (the governed) have the right to revoke that consent at any time.¹⁴² This is also echoed in the pledge of allegiance which declares we are

¹⁴¹ <https://www.merriam-webster.com/dictionary/democracy>

¹⁴² <http://www.philosophypages.com/hy/4n.htm>

one nation "with liberty and justice for all."¹⁴³ President Abraham Lincoln (a Republican), said, "Government of the people, by the people, for the people, shall not perish from the Earth."¹⁴⁴ This was in the Gettysburg Address. So, a Republican President appears to be saying that the United States is a government of the people, by the people, and for the people. Now, one can argue that all the people were not meant by the authors of the Constitution nor even Abraham Lincoln when saying "the people" and that "the people" only meant the economic ruling class (i.e. white male landholders). Even so, I would say that is a serious flaw and if I were to follow that logic, anyone who isn't a white male landholder has no rights and no obligation to accept their subjugation (i.e. obey laws that were not written for them and therefore do not apply to them) under such a tyrannical system. I tend to believe that if the governed includes everyone then everyone is meant by the term "the people" regardless of whatever mistaken qualifications were made before the Constitution was amended. I would also say that the pledge of allegiance supports the view that the United States is supposed to be a democracy or at least a representative democracy.

So, what is a "republic" then? Well, there is the People's Republic of China. There are "banana republics". There is the Republic of North Korea. I can name a number of totalitarian/authoritarian governments that claim to be Republics. But, that would be reactionary to my Republican friends and not help with bringing about understanding and unity. MW defines "republic" as: "a government having a chief of state who is not a monarch and who in modern times is usually a president", "a political unit (such as a nation) having such a form of

¹⁴³ <http://www.ushistory.org/documents/pledge.htm>

¹⁴⁴

<https://www.brainyquote.com/quotes/quotes/a/abrahamlin101395.html>

government", "a government in which supreme power resides in a body of citizens entitled to vote and is exercised by elected officers and representatives responsible to them and governing according to law," or "a constituent political and territorial unit."¹⁴⁵ Now, I don't much care for the idea of supreme power residing in "a body of citizens entitled to vote" because we have seen massive voter suppression and oppression of the rights of the citizenry while affording rights to a chosen group (i.e. white male landholders as the US Constitution originally stated as only those having the right to vote). I believe if all the people are to be governed that all the people must have the right to participate in that government and that this is a fair understanding of the spirit of the US Constitution (& Declaration of Independence) and its evolution over time. So, I would prefer that the United States evolve into a true democracy or even a direct democracy. I believe that inequality, oppression, and injustice are all a result of the failure of our government to recognize and respect the power of the people and our right to revoke consent to being governed by those who would strip us of our rights and authority.

But, I would accept even a true representative democracy (a.k.a. Democratic Republic) in which every citizen was guaranteed the right to vote and a guarantee that those votes would be counted and the individual with the most votes would win in any election. So, I would accept a Republican government if the power of the people (all citizens) to elect representatives was completely protected and respected. However, our Republic seems to want to remain in the control of a small group of "elites" and only give or respect the voting rights and even constitutional

¹⁴⁵ <https://www.merriam-webster.com/dictionary/republic>

rights of those who meet the original limited definition of "We the People" (white male landholders).

Chris Hedges refers to our current system in the United States as "inverted totalitarianism". Hedges reports on Sheldon Wolin, "Wolin lays bare the realities of our bankrupt democracy, the causes behind the decline of American empire and the rise of a new and terrifying configuration of corporate power he calls "inverted totalitarianism.""¹⁴⁶Hedges goes on to write, "Inverted totalitarianism is different from classical forms of totalitarianism. It does not find its expression in a demagogue or charismatic leader but in the faceless anonymity of the corporate state. Our inverted totalitarianism pays outward fealty to the facade of electoral politics, the Constitution, civil liberties, freedom of the press, the independence of the judiciary, and the iconography, traditions and language of American patriotism, but it has effectively seized all of the mechanisms of power to render the citizen impotent."¹⁴⁷

Now, I think no matter your political ideology, that you can agree with the above and that the solution to this problem is not limited expansion of influence to other would-be "elites" as would be suggested if we were solely a republic. Thankfully, democracy is built in to our "republic" and we can expand democracy giving power to the people over the government instead of limiting the power of government to a few "chosen people". And, I believe nearly any social theory, economic theory, or governing ideology can be effective and embraced to degrees under the governing style of democracy. We haven't even tried that in the United States yet. I think it is time we do.

¹⁴⁶ <https://www.truthdig.com/articles/sheldon-wolin-and-inverted-totalitarianism/>

¹⁴⁷ Supra

Having hopefully established that democracy or direct democracy is preferable to the other stated governing styles, let me introduce you to various governing ideologies and what each of them mean.

For the sake of brevity, I'm going to list all the parties who ran a presidential candidate in the 2016 US presidential race and provide a brief description of their political ideology below: [The website where I found information on the 2016 candidates no longer exists. So, I've used the list(s) obtained for The HEAL Report. I'm borrowing from that list which is cited in full on our videos covering the election available at www.healreport.tv. (See episodes: 21-25 and 28-36 for more information.)]

Republican Party (a.k.a. GOP or Grand Old Party): Merriam-Webster.com (MW) defines republican as: "one that favors or supports a republican form of government" or "a member of a political party advocating republicanism".¹⁴⁸ I would suggest to you that this party represents a governing style as opposed to a governing ideology. And, that there are communist, socialist, and capitalist republics around the world. As a stand alone, it appears Republicans prefer limiting voting rights to a specific class or group (i.e. white male landholders historically in the US) and answering only to that "elite" class or group.

Democratic Party: MW defines democratic as: "of, relating to, or favoring democracy", "relating to, appealing to, or available to the broad masses of the people", or "favoring social equality".¹⁴⁹ On the surface, the Democrats at least

¹⁴⁸ <https://www.merriam-webster.com/dictionary/republican>

¹⁴⁹ <https://www.merriam-webster.com/dictionary/democratic>

have some basis for a political ideology built in to their governing style by definition. However, the 2016 election involved super delegates and election rigging which overrode the will of the majority during the primaries and therefore proved the Democratic Party does not stand for anything or is being Machiavellian and acting deceitfully and in bad faith in regards to its members and the voting class as a whole.

Independent (No Party Affiliation): MW defines independent as: "not dependent", "not subject to control by others", or "not bound by or committed to a political party."¹⁵⁰ Independent candidates can be found representing political ideologies of any and all varieties. Being "independent" does not tell us what the candidate running represents. Senator Bernie Sanders (Independent-VT), reports supporting democratic socialism.¹⁵¹ For me, the fact that he favors democracy (power to the people), is a huge "selling" point.

Constitution Party: MW defines constitution as: "an established law or custom", "the mode in which a state or society is organized", "the manner in which sovereign power is distributed", "the basic principles and laws of a nation, state, or social group that determine the powers and duties of the government and guarantee certain rights to the people in it", or "a written instrument embodying the rules of a political or social organization."¹⁵² So, this again appears to be mostly about governing style (how government is organized) rather than any specific governing ideology. The Constitution Party believes in upholding the United States Constitution. North Korea also

¹⁵⁰ <https://www.merriam-webster.com/dictionary/independent>

¹⁵¹ <http://thehill.com/blogs/congress-blog/presidential-campaign/271652-what-does-sanders-mean-by-democratic-socialism>

¹⁵² <https://www.merriam-webster.com/dictionary/constitution>

organizes under a constitution. So, again, the name alone does not completely explain or provide much of an understanding of what they mean by saying they believe in the Constitution. Are they democratic constitutionalists? This is one question I would want answered before considering supporting the party based on first impressions.

Constitutionist Party (Different than the Constitution Party and a Separate Entity): MW defines constitutionist as: "constitutionalist".¹⁵³ And, it appears constitutionist is not even a recognized word. So, this may be a concern. What is a "constitutionalist"? MW defines constitutionalist as: "adherence to or government according to constitutional principles" or "a constitutional system of government".¹⁵⁴ So, on its face, again, we see representation of a governing style rather than any political ideology. Again I would ask if they are democratic constitutionists/constitutionalists before considering offering support.

Reform Party: MW defines reform as: "to put or change into an improved form or condition", "to amend or improve by change of form or removal of faults or abuses", "to put an end to (an evil) by enforcing or introducing a better method or course of action", "to induce or cause to abandon evil ways", or "to become changed for the better."¹⁵⁵ Questions I would ask the Reform Party include "Are you democratic?" and "How do you plan to improve things?" If they are not democratic, I personally would not support them.

Transhumanist Party: MW has no definition for "transhumanist" and does not recognize it as a word. However, MW does define "transhuman", the root for

¹⁵³ <https://www.merriam-webster.com/dictionary/constitutionist>

¹⁵⁴ <https://www.merriam-webster.com/dictionary/constitutionalist>

¹⁵⁵ <https://www.merriam-webster.com/dictionary/reform>

transhumanism and transhumanist. Here is that definition: "transcending human limits" or "superhuman".¹⁵⁶ This party believes in funding scientific experiments to create "superhumans" (a.k.a. bionic humans) that merge human beings with machines.¹⁵⁷ I would not consider supporting this party. However, I would be willing to hear them out as with any other political party.

Libertarian Party: MW defines libertarian as: "an advocate of the doctrine of free will", " a person who upholds the principles of individual liberty especially of thought and action," or "a member of a political party advocating libertarian principles." I would ask the Libertarian Party if they are democratic? Given that the 2016 candidate for the Libertarian Party was a Republican Governor and many Libertarians are found in the Republican Party, I would say on their face they are undemocratic. Therefore, I would be unlikely to support Libertarians unless they committed to democratic organizing principles. I do agree with their philosophical premise, but, only under a democratic system of government.

Veterans Party of America: MW defines veteran(s) as: "a former member of the armed forces," "an old soldier of long service", or "a person of long experience usually in some occupation or skill."¹⁵⁸ The Veterans Party reports that they are very critical of democratic government and prefer republican government.¹⁵⁹ I would not support a

¹⁵⁶ <https://www.merriam-webster.com/dictionary/transhuman>

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<http://web.archive.org/web/20160802151640/http://2016.presidential-candidates.org/Istvan>

¹⁵⁸ <https://www.merriam-webster.com/dictionary/veteran>

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<http://web.archive.org/web/20160528141601/http://2016.presidential-candidates.org/Keniston/>

party that does not believe in democracy because I see their basic foundation for government to be hypocritical and unjust on its face. I believe we create crime when we exclude people from having a voice/participating in government. And, I believe anyone who was so excluded (even if they are not currently or never have been so excluded) would demand a change in government to make sure as the governed they have a say in government (i.e. democracy). This change may be brought about peaceably at the ballot box or violently if injustice and oppression become so great that the majority is left with no option other than violent revolution.

Humane Party: MW defines humane as: "marked by compassion, sympathy, or consideration for humans or animals" or "characterized by or tending to broad humanistic culture." By definition, they would seem to be democratic. But, I would still ask them if they support democracy as their organizing style of government. By definition alone, I would likely support this party.

America's Third Party: Based on definition alone, they appear to stand for nothing or just challenging the two party duopoly in the United States. They propose a government ideology of "hybrid capitalism", which is "a system in which the federal government would directly compete with private industries through nationally-run companies."¹⁶⁰ I would ask them if they are democratic or support democracy and certainly hear them out.

There is no "capitalist" party in the United States. But, it may be important for you to understand what capitalism is when comparing political ideologies. One of the positions

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<http://web.archive.org/web/20160528142545/http://2016.presidential-candidates.org/Sponheim/>

of the Libertarian Party is a strong belief in "free market capitalism" and "limited government" (i.e. shrink government and deregulate everything). MW defines capitalism as: "an economic system characterized by private or corporate ownership of capital goods, by investments that are determined by private decision, and by prices, production, and the distribution of goods that are determined mainly by competition in a free market."¹⁶¹ MW defines a free market as: "an economy operating by free competition."¹⁶² In this context, "free" means "unregulated" (a.k.a. unaccountable). Now, this is the exact opposite of a democracy because it allows private interests (a.k.a. the "elite") to privatize everything and leaves everything up to those with resources to organize and impose upon everyone else how society will be organized and on what basis. In a democracy, the people have the power. And, under unfettered "free market" capitalism, the private sector and corporations have power. This is my main issue with the Libertarian platform. It is undemocratic.

Green Party: MW defines green as: "pleasantly alluring", "youthful", "vigorous", or "relating to or being an environmentalist political movement".¹⁶³ I've personally examined the Green Party platform and report to you that they support and wish to expand democracy, place limits/regulations on capitalism, and support civil libertarian values regarding individual rights. This is why I am now and will continue to vote for, donate to, and promote the Green Party. In addition, I'd like to provide another example of Machiavellian (deceitful, acting in bad faith) actions by the Democratic Party. The Democratic Party, fearing a real democratic party (Greens), engaged in

¹⁶¹ <https://www.merriam-webster.com/dictionary/capitalism>

¹⁶² <https://www.merriam-webster.com/dictionary/free%20market>

¹⁶³ <https://www.merriam-webster.com/dictionary/green>

massive misinformation and smear campaigns. This suggests that the Democrats feel threatened by those who sincerely advocate democratic values. One of their misinformation campaigns suggested that the Green Party only trots itself out every four years to run in the presidential race and does not run candidates at the local or state level. This is completely false. In 2017, there are 136 Green Party elected officials in 18 states in the United States. This includes, mayors, representatives, city council members, and more.¹⁶⁴ So, please turn off your television and start thinking for yourself.

In addition, don't allow them to convince you that there are only two choices or two parties. We have more and that is just a controlled opposition talking point. They want you to ignore your options (which is by definition undemocratic) and choose either Democratic or Republican Party representation. We can build up alternative parties and change things at the grassroots level if we engage in smart politics and stop letting fear force us to choose between fraudulent oligarchs (Democrats) and transparent oligarchs (Republicans). Pick a party or candidate that best represents you and stick with it. Don't allow yourself to support the failing established status quo out of fear or ignorance.

In my home state, we had additional parties running and I'm going to include more governing ideologies that were not represented above just for your information below. You've likely heard of them. And, Bernie Sanders calls himself a democratic socialist, so you may want to know what is meant by "socialism".

¹⁶⁴ <http://www.gp.org/officeholders>

Socialism: MW defines socialism as: "any of various economic and political theories advocating collective or governmental ownership and administration of the means of production and distribution of goods", "a system of society or group living in which there is no private property," "a system or condition of society in which the means of production are owned and controlled by the state", or "a stage of society in Marxist theory transitional between capitalism and communism and distinguished by unequal distribution of goods and pay according to work done."¹⁶⁵ This system certainly would be frightening under a totalitarian or authoritarian regime. However, in a true democracy, it could work effectively. I would still rather have a hybrid of capitalism and socialism under a democracy (rule of the people, voters, etc.) like what is proposed and represented by the Green Party. It permits for private property and private industry with regulations determined democratically. It also supports civil libertarian values when it comes to the rights of the people and the individual. Win-Win!

Communism: MW defines communism as: "a theory advocating elimination of private property" or "a system in which goods are owned in common and are available to all as needed."¹⁶⁶ Democratic communism would likely work best for the majority. However, I think I would still prefer a hybrid such as the Green Party because I would be concerned about the rights of minorities and individuals being stifled by the majority without some such balance. I would keep an open-mind about it though.

So, now you know the basics of political theory and practice (i.e. governing styles and ideologies). I encourage

¹⁶⁵ <https://www.merriam-webster.com/dictionary/socialism>

¹⁶⁶ <https://www.merriam-webster.com/dictionary/communism>

you to get involved and stick to your true team and representatives in political battles rather than going along to get along with those that do not care about you nor represent your interests.

Chapter 10: Pace Yourself and Avoid Wasting Your Resources

I believe in the separation of church and state. So, I didn't want to include this particular argument in the previous two chapters. However, I pose to you the following argument.

The majority of Americans identify as Christian.¹⁶⁷ Based on how many Christians operate in the United States, I would suggest that the majority of Americans are hypocrites. And, as hypocrites, antithetical to Christ's teachings and enemies of Christ.¹⁶⁸ Christ preached, "Do to others as you would have them do to you."¹⁶⁹ Would you have yourself denied the right to vote or the right to participate in how you will be governed? Would you deny yourself the right to self-determination and free will? If not, then you agree with Christ and should therefore certainly prefer a democratic form of government. The governments of his time were hierarchical and he was a "radical" who wanted equality, food for the hungry, care for the sick, and housing for the homeless. But, the powers of his day didn't want to restructure society and were afraid of his revolutionary ideals so they persecuted him, tortured him, jailed him, and killed him. Sound familiar? Isn't that what the United States continues to do to true Christians like Martin Luther King, Jr.? They kill the messengers, then co-opt the message while keeping their corrupt power structures in tact.

¹⁶⁷ <http://www.pewforum.org/religious-landscape-study/>

¹⁶⁸ <https://www.biblegateway.com/passage/?search=Matthew+23>

¹⁶⁹ <https://www.biblegateway.com/passage/?search=Luke+6%3A31>

The old testament refers quite often to the "Lord" and says "the Lord is God".¹⁷⁰ Historically, human beings of that time would claim they were God in the flesh. Now, you all know the Jews left Egypt where they worshipped Egyptian Gods. Did you know the Egyptians believed that Cleopatra was the Egyptian Goddess Isis in the form of a woman on earth?¹⁷¹ Now, the Jews rejected the Egyptian Gods and their supposed human avatars like Cleopatra. But, this does not mean that the Jews did not have a human "Lord" claiming to be the "one true God" setting down rules and commandments. I think it is possible and even quite likely that in ancient times, the use of the word "Lord" is telling. How does Merriam-Webster.com define Lord: "one having power and authority over others", "a ruler by hereditary right or preeminence to whom service and obedience are due," "one of whom a fee or estate is held in feudal tenure," "an owner of land or other real property," "the male head of a household," "one that has achieved mastery or that exercises leadership or great power in some area," "a man of rank or high position: such as," "a feudal tenant whose right or title comes directly from the king," or a member of British parliament.¹⁷² Nowhere in the definition does it say the word "Lord" is synonymous with the word "God". Now, if you look at things from that perspective, some of the more absurd notions in the Bible become clear regarding whether the laws were manmade or truly dictated by the Divine.

Jesus Christ, in my opinion, may have been one of the first to advocate for democratic principles. Here is my basic

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<https://www.biblegateway.com/passage/?search=Genesis+27:20&version=NIV>

¹⁷¹ <http://www.history.com/topics/ancient-history/cleopatra>

¹⁷² <https://www.merriam-webster.com/dictionary/lord>

understanding of my faith having been raised Christian in the United States:

John 4:8 "God is love."¹⁷³

1 Corinthians 13:4-8:

"Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails."¹⁷⁴

Those that war, hate, preach bigotry, dishonor and oppress others, who are selfish, punitive towards others, and dishonest are antithetical to true faith and represent the practices of false prophets and perhaps even Satan. Therefore, I believe that true Christians demand democracy and social justice and that any who do not, are not Christians at all. They are simply using religion as another tool of social control and act through bad faith and deceit to turn people away from God (the word "God" is the Anglo Saxon word for "Good"). Now, go figure a bunch of rich people creating or twisting a religion to say "Rich people are good" a.k.a. the "Lord (white male landholder) is God."

It is believed that the word God is used in English to describe divine goodness.¹⁷⁵ What is it to be "divine"? MW defines divine as: "of, relating to, or proceeding directly from God", "being a deity," "directed to a deity," or "supremely good".¹⁷⁶ What is "goodness"? MW defines

¹⁷³ <https://www.biblegateway.com/passage/?search=1+John+4%3A8>

¹⁷⁴ <http://www.biblestudytools.com/1-corinthians/passage/?q=1-corinthians+13:4-13>

¹⁷⁵ <http://www.bibleanswerstand.org/God.htm>

¹⁷⁶ <https://www.merriam-webster.com/dictionary/divine>

goodness as: "the quality or state of being good" or "the nutritious, flavorful, or beneficial part of something."¹⁷⁷ What is "good"? MW defines good as: "of a favorable character or tendency", "bountiful", "fertile", "handsome", "attractive", "suitable", "free from injury or disease", "not depreciated", "commercially sound", "reliable", "profitable", "advantageous", "agreeable", "pleasant", "salutary", "wholesome", "amusing", "clever", "of a noticeably large size or quantity", "well-founded", "true", "honorable", "kind", "benevolent", "virtuous", "right", "commendable", "upper class", "competent", "skillful", "loyal", and "free from infirmity or sorrow".¹⁷⁸ Now, if you are like me, you will not think all of the above should be included in the definition of good and certainly not as pertaining to divine goodness. You will likely pick and choose removing the elevation of certain materially wealthy classes or notions (i.e. upper class, profitable, etc.) and focus on things like true, kind, virtuous, and benevolent as pertaining to the divine or the meaning of divine goodness. The point here being, religion has been co-opted as a tool to deceive, manipulate, and control people and the language, when examined, bears that out and shows that wealthy slaveholders and proponents of oppression and exploitation desire to be thought of and treated as gods and consider themselves gods in comparison to everyday people. The Bible, written and re-written under their tutelage, can be and has been twisted and perverted to promote subjugation to the authority of the oligarchs and acts as a guide book for some on how to use superstition and fear to subjugate large numbers of people for personal gain with no consideration of justice or love.

¹⁷⁷ <https://www.merriam-webster.com/dictionary/goodness>

¹⁷⁸ <https://www.merriam-webster.com/dictionary/good>

The devil is certainly in the details. And, that's true no matter whether you are looking at reforming politics, reforming laws, or providing true, kind, and loving service to others without judgment, forced conversion, exploitation, or other harm. James Dean, the actor, reportedly said, "Only the gentle are ever really strong". I tend to agree. But, with such horrific injustices in the world, it is hard at times to control our emotional and primal responses to our current reality and system(s). And, when we fail in that regard, we put ourselves and our movements in danger of destruction, imprisonment and death. This is why pacing ourselves and properly managing our resources in activism is so important. We fight an ancient and ongoing war and we must be smart in the battles we choose towards a better future for all.

If you are extremely dedicated and passionate and perhaps you even feel called or compelled to a particular area of activism or social change, you may intentionally or unintentionally forfeit your own well-being. You may be resolved to self-sacrifice for the greater good. By self-sacrifice I mean sacrificing your individual desires and comfort for a righteous cause. I in no way mean literal sacrificing through ritual (regardless of claims made by any proclaimed spiritual or religious leader, church, temple or organization calling for literal sacrifices to serve any supposed deity, including God) and would warn that any group calling for or engaging in conversion practices that involve abuse, torture, thought reform, and even death are antithetical to a loving God or a God that is Love regardless of what cloak they wear and in what structure they claim to worship. [By the way, the word worship means to obey and love unquestioningly. Think about it.]

I personally feel compelled to my work as an activist and advocate. I've strayed from my path only slightly at times

and I have run into strange situations that returned me to my work. For example, in 2009 (7 years after HEAL was founded), I wanted to take a road trip to go meet with other HEAL volunteers around the country. I had 2 part time jobs which lasted on and off through the summer of 2009. At one of the jobs, I was to "cold contact" prospective customers in person and ask if they would put a sticker on their entrance and other doors that read to call my employer should the doors need repair. My job also included asking if any doors needed replacement and repair and taking notes to give to the sales staff if the potential customer indicated they needed door replacement or repair. There were many violations regarding workers' rights at this particular company. I reported the violations to company headquarters after notifying my direct supervisor with no results. And, she subsequently called me into her office and said that "this job isn't for everyone, if you don't feel it is a good fit, I recommend you resign". So, after finding they were not willing to address the abuses, I resigned.

The next job I took preparing for the road trip was with a voter registration non-profit. We went out registering limited mobility, poor, and minority citizens to vote. One day, I was to register people outside of a local supermarket. I did and then went on lunch. As I was driving to lunch, I was hit by a Peterbilt Car Carrier, fully loaded. Now, this is a large double-length semi-truck carrying a load of new cars and trucks. I survived, but, the car I was going to take on the trip did not. If I had been driving the speed limit (I was driving under the speed limit), I would have been killed. Instead, I just have permanent damage to my abdomen and slight chemical burn scars on my face. The truck driver did not slow down when approaching the intersection and did not stop at the stop sign. He said he thought he could clear the intersection before any traffic came through the other way. The stop sign was only for

the cross traffic (i.e. the truck) and the road I was on was a thoroughfare with no stop sign or light. I called my supervisor to let her know I had been in an accident and would not be able to finish my shift. She said, that was okay because she had just received word from headquarters that our office and location was being dissolved/downsized and therefore my job no longer existed anyway. So, I felt that the Universe was telling me to get back to my advocacy work and let things fall into place if meant to be. And, I did just that.

I don't regret any decisions I have made in dedicating my life to activism and advocacy. I feel my work is both my purpose and my duty. But, you may not have the same resources or support I am fortunate to have and may not be able to dedicate yourself or may not be willing to make the sacrifices necessary to achieve social change and justice. In that case, I would suggest you follow the axiom "charity begins at home." Focus on making changes in your own life such as reducing or eliminating your consumption of modern slavery produced goods and services.

I also recommend building your community and staying in touch with friends and family. If someone in your circle needs a place to stay, then let them stay with you or help them find a place to stay. If someone in your circle needs help buying groceries, buy them groceries. If a loved one (i.e. grandparent or parent) is at risk of being institutionalized, offer to take them in and hire an in-home or 24 hour nursing or caregiver service. It will be loads cheaper than institutionalization and far more humane. You will be doing a world of good and know your time and money (resources) are being used for good and not to line the pockets of those who may be exploiting a cause you care about for personal gain rather than acting to effectively create social change.

Now, if you are willing to make significant sacrifices to fight for and create social change, then you need to be prepared. Ever since I was a child, I wanted to be a lawyer and believed in justice and the law. I graduated from the University of Washington in 2005 and started law school shortly thereafter. Just before I was going to begin my second year of law school, the series of unfortunate events referenced in chapters 5 and 6 (and elsewhere) happened and I had to choose whether to use the money I had saved to pay for law school or hire an attorney and fight for my rights and HEAL's right to free speech in the SLAPP case. In this case, I sacrificed my dream of becoming a lawyer for defending my organization and right to free speech.

Because of other issues, including being hit by the Peterbilt truck, I have not returned to law school and do not know if I will ever become a lawyer. I can say that knowing the law as much as I do and how to build legal arguments has made me a far more effective activist than I would be had I not studied the law. I try to "always look on the bright side of life!" Thank you, Monty Python!

If you are effective, the industries you are fighting will pull out the stops to try to silence you. They will try to discredit you. I've covered so much of this previously, but, you really need to understand that if you are going to be serious and pose a real challenge to the opposition, they will respond. It will not be a one-sided battle where you expose the truth and the opposition is held accountable. That is not how this works at all.

So, I would recommend if you are married and/or have children, that you consider the risks involved and decide whether or not you would put yourself and your loved ones through the level of madness involved in being an effective

activist. You may be sued, slandered, abused, jailed, tortured, enslaved, or killed and your family may join you or turn on you to save themselves. I know from personal experience that the level of attacks from the opposition can be devastating. If you don't have the perseverance or stamina to see it through no matter what is thrown in your path to victory, then you may want to stick to taking care of your own community, friends, and loved ones.

I paid for the house my mother and I live in at this time. And, we support each other and are both activists and co-founders of HEAL. We support each other and understand now, even if we didn't when we started, the risks involved with our chosen purpose and work. I am not married and have no children. I always live with at least one dog and often more nonhuman animals than that. And, I am very aware of my surroundings as well as the need to protect our location. I know other activists who fought institutionalized abuse (HEAL's primary campaign if you recall) who were stalked, sued, harassed, and intimidated out of the movement by WWASPS' "leadership". I know others who have died or been killed. It isn't child's play and is something you should go into with your eyes open.

You must be strategic in your actions and use your resources wisely. If you are a Christian and you ever think or say, "I am a Christian and that is why I hate (insert any religion, gender, sexual orientation, heritage, or culture here)," then you are not a Christian and you are being misled by false prophets. If you say, "I am a Christian and I judge you to be my enemy or possessed by my enemy so I may abuse, torture, or even kill you to "save you"," then you are not a Christian and you are being misled by false prophets. Jesus said "judge not lest ye be judged" and

"love your enemies".¹⁷⁹ ¹⁸⁰ Now, if love is patient, kind, and keeps no record of wrongs, but, delights in the truth, then we know what love is as defined in biblical terms and that God is Love and that any judgment, abuse, or murder done in the name of God or Love is proof in itself of false prophecy and blasphemy.

Right now (August, 2017), much is coming to light and people are being divided into subcultures and groups while being tricked into attacking each other based on religion, gender, sexual orientation, heritage, and culture. This includes turning misled Christians into hate machines who attack those who are different or identified as the "enemy". Jesus also said to "forgive them for they know not what they do."¹⁸¹ And, he was talking about his community, his followers, and his people. The same is true today with people being indoctrinated by fear through the use of superstition to divide and conquer all of us and turn would be allies against each other based on fear, lies, and bigotry. None of those represent what is Good.

And, Christian or not, I've studied all major world religions and they all identify justice, truth, love, patience, and charity as universally Good. So, if you decide to make everyone else "the other" based on fear taught by false prophets, then you are choosing to live a lie and are truly lost. If you are not a Christian and you've decided you hate Christians because of your understanding of what Christianity is based on bad experiences with those calling themselves Christian, then you are falling into the same

¹⁷⁹ <https://www.biblegateway.com/passage/?search=Matthew+7%3A1-3&version=KJV>

¹⁸⁰ <http://biblehub.com/matthew/5-44.htm>

¹⁸¹

<https://www.biblegateway.com/passage/?search=Luke+23%3A34&version=KJV>

trap and allowing yourself to be a pawn in a manufactured war intended to turn us all on each other, stop talking to each other, narrow the scope of whom we will associate with, and weaken any attempt to organize as the majority to stop the oppression, censorship, and corruption of those making and breaking all the rules. We must be able to set aside our labels and stop pigeon-holing ourselves and each other so we can rise up as a true moral majority (regardless of personal beliefs, philosophies, heritage, and sexual orientation). This can only happen if we approach each other with an open mind and in peace. It is up to us.

This is a time of crisis and we must set aside our petty and ignorant differences to unite to stop the real enemies who are doing everything in their power to set everyone up against each other with each feeling they are the persecuted and blaming the manufactured, misled, and controlled opposition who from their perspective are the ones being persecuted. We are all individuals and we are all being persecuted unless we are part of the oligarchy or as George Carlin would put it, the big club ("and you ain't in it").¹⁸² So, until we recognize that we are all being pitted against each other, we are doomed. Martin Luther King, Jr. said, "We must learn to live together as brothers or perish together as fools."¹⁸³ Now, this did not mean we should launch a new inquisition and torture everyone who is not like us into obeying and adhering to our beliefs or wage war against those who refuse to convert. This means we must set aside our petty differences and come together (all good people of all faiths (including no faith at all), sexual orientations, heritage, and cultures) to fight against the real enemies we are facing as a people and as a planet. If you

¹⁸² <https://youtu.be/cKUaqFzZLxU>

¹⁸³

<https://www.brainyquote.com/quotes/quotes/m/martinluth101309.html>

get hung up on labels and what makes others different from you, then your efforts are surely doomed.

I know a victim of institutionalized abuse who was abused at Teen Challenge, affiliated with the Assemblies of God church, which engaged in torture and abuse to "convert" their captives to their religion/cult. She believed that if God would torture and abuse her in this manner, she could never put her faith in such a God and turned to Satanism. She believed Satan was kind and the true protector or safe place after having been tortured in the name of God. Now, on the other side, you have John Todd (a.k.a. Collins), reportedly raised in Satanism, claiming that David Wilkerson and Teen Challenge saved his life and brought him out of darkness to the truth. Both of these individuals have been severely misled and are tools of false religions and false prophets on both supposed sides.¹⁸⁴ The ultimate purpose is to cause confusion, doubt, hostility, bigotry, and war. This is why regardless of whether or not you are a person of faith, you must not fall into the trap of hating others, even if they identify themselves in terms you associate with any perceived enemy. Love is the answer and if you keep an open mind and engage in sincere dialogue with others, you will find common ground and be able to unite to defeat the true enemy. This can only happen if you set aside your prejudices and assumptions and treat all people as individuals who share with you most beliefs, needs, and desires regardless of any labels.

Now, there is a big difference between fighting based on identity politics (based on labels and assumptions/manufactured prejudices) and fighting to stop the tyranny and corrupt systems of the United States (or the

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<https://www.youtube.com/watch?v=hewPPRIcQ8A&list=PLF0A8C60996C0CD85>

world, but, I'm in the US and will stick to the battle at home). The first divides us and the latter unites us against the real enemy, which is corruption and oppression.

We must be patient and respectful of each other and overcome our differences or at least set them aside to focus on the real issues at hand. This is how we go forward with majority support and truly change things. If you want to make a difference, you will need to pace yourself, be patient and kind with others, and learn to peaceably discuss different points of view. Sometimes the opposition will use this against you and then claim if you don't agree with them that you are closed off and hypocritical. This is why it is important not to simply shut others down with whom you disagree but engage in discussion and support your position and try to help educate them regarding what is needed and really going on. If they begin to attack you as a result of your secure position knowing where and what you stand for, then you have just identified someone who is not interested in the truth or honest discussion and who is likely a counter-intelligence operative who was seeking to distract you or mislead you to make you ineffective and neutralize the threat you pose to their corruption and oppression. At that point, it is not your job to enlighten them, they have proven a threat to your efforts and must be exposed and dismissed so you can focus on what really matters.

I love the drag queen, Bianca Del Rio, when others attack her or try to engage her in fruitless debate, she says, "Not today Satan, not today!"¹⁸⁵ And, that's kind of how I feel about those who represent the enemy as counter-intelligence operatives or astroturf groups. When you realize they are not being honest with you and have no

¹⁸⁵ <https://youtu.be/8MdaeCpIqmA>

interest in honest discourse, it is time to cut your losses and send them on their way.

Now, "Rome was not built in a day." So, the progress you plan to make in your activism will not happen overnight. As I stated in previous chapters, I spent over a year investigating and researching the misuse of public funds through IEPs to send public school students to fraudulent and abusive segregated congregate care programs and facilities. From the time I began my research to the time ESSB 5946 was signed into law, 4 years had passed. And, there is still work to be done. You have to be ready for the long haul and not expect anyone else to do the work for you. Writing one letter and trusting the government to follow through with fixing a problem you've identified is naive. You have to become an expert, get your facts together, know the law and changes that need to be made to the law, and continually advocate for those changes until they are made. All of this takes a lot of time, patience, and dedication. It also requires that you build a coalition and find true allies (including other grassroots and activist organizations) that will help you put pressure on for the changes needed. This is what happened with the legislation where we've been successful and it takes years to accomplish.

You also need to use your resources wisely. Your basic resources are your own abilities and talents, time, and money. If you are not good at research, then you need to acquire that skill so you can become an expert on your issue. This will help you avoid pitfalls like being misled by self-proclaimed experts on your issue that may misdirect you away from real progress or unintentionally trick you into believing your issue has been resolved by regulations in place for, say, puppy mills in WA, when there is no enforcement agency nor licensing requirements and many

other issues still putting puppies and dogs in harm's way. The government is great at pretending to fix problems, it has proven unreliable in actually fixing problems. And, this is by design which is why I believe democracy is the answer and we need a peaceful revolution.

You know your skill set and this book has hopefully provided you with the tools to identify your strengths and effectively organize and take action for the changes you want made. You can devote as much or as little time as you can afford to devote to your chosen cause and battle. But, the less time you put in, the longer the changes you want to make will take to come to fruition. You will need to find the right balance for yourself given your personal care and wellness needs and social commitments and obligations. If you are willing to sacrifice some personal care and social commitments to achieve your activist goals, then you have made that choice and the consequences may be detrimental to your personal health and social relationships. However, the rewards of achieving your activism goals may in the end outweigh the detriments you experience as a result of your sacrifices. Only you know whether or not you are willing to make those sacrifices or follow through until you achieve your goals. If not, then stick to helping those in your social circle when they are in need.

This is why you may want to pick a single battle such as banning or effectively regulating puppy mills/commercial dog breeders in your city, county, or state to start. If you are successful in that battle, then you can decide if it is time to focus on yourself and personal, professional, or social goals and move on after a job well done or decide to begin a new battle while keeping an eye on the last one to make sure the progress is not undone through more legislation or amendments. No matter what, it will take a lot of time and

commitment on your part. And, you will need to be patient and tenacious to get the job done.

You can accomplish a lot without raising a lot of money or selling out to big money donors. But, this may mean funding your own efforts with very little outside financial support at times. You may be limited by the time you must devote to an outside job or paid position due to financial necessity. This will mean you will likely need to devote most, if not all, of your free time (off-work hours) to your chosen battle. This may become draining and leave you exhausted and overwhelmed. Pace yourself and love yourself. Do not give up and find peace in knowing you are making these personal sacrifices to achieve a goal you are passionate about and that will improve the lives of potentially millions of animals or people over time. Keep your eyes on the prize and give yourself a break once in awhile to avoid exhaustion and burn-out. Never give up!

Chapter 11: Nazis, Secret Societies, and RAND Corporation, OH MY!

In chapter 10, I mentioned John Todd (a.k.a. Collins) and his reported conversion from Satanism to Christianity. In the recordings available of his conversion, he reports two separate and contradictory events. He reports earlier in the recording that one of his elders told him that the oligarchs use superstitious fear and engage in horrific pageantries and practices to intimidate and control the public, who, believing the oligarch's claims of supernatural power through Lucifer based on the horrific acts they condone and perform, remain silent out of fear and retreat to the arms of the church. Now, the church is often also controlled by these same oligarchs and uses religion to subjugate, abuse, enslave, and control in the name of God, instead of the name of Lucifer. But, often the trauma-conditioning of both the supposed Satanists/Luciferians and many American churches are identical and prove both to often be misleading, deceitful, and false.

Later in that same recording, Todd goes on to report that the Rothschilds are gods and direct descendants of Lucifer. So, he has both claimed that the entire Luciferian cult is based on a lie intended to use superstitious fear to control the public and their victims and that the Rothschilds are actually somehow in possession of supernatural power as gods or direct descendants of Lucifer (a "fallen angel/supernatural entity").¹⁸⁶ [Readers may be interested to know that Jeremy Josse, a financier employed by the Rothschilds, "followed" HEAL briefly on Twitter in

¹⁸⁶

<https://www.youtube.com/watch?v=hewPPRIcQ8A&list=PLF0A8C60996C0CD85>

August, 2016, before we followed him back and he "vanished" from our list of followers/blocked us.]

In my skepticism, I believe the former and that these rich SOBs are using superstitious fear to convince many they have supernatural powers so that the little people/"mortals" (us) will go to their controlled opposition (also usually under their management), the church, for safety and protection while still being indoctrinated into fear and hate-based systems intended to divide us, subjugate/enslave us, and turn us on each other. Unfortunately, some of these people/oligarchs actually believe their own bullshit.

Now, many refer to this hierarchy of both church and Luciferian groups as the "illuminati". And, its associated subgroups reportedly include the Freemasons, Catholic Church/Vatican, the Council on Foreign Relations (CFR), the Central Intelligence Agency (CIA), and many more.

I'm going to now take you down a rabbit hole of sorts to show you how I came to believe that wealthy people are stupid assholes using practically prehistoric superstitious manipulation to control the masses while they laugh at our foolishness, gullibility, and fear. I'm hoping we will have the proverbial "last laugh".

Let us begin, in my teen years...I was being physically, sexually, and psychologically abused by my then stepfather. He was a deacon at his church and supposedly a man of God. This is also true of my biological father who was also a self-proclaimed "disciple of Jesus" and who told me that I had to obey men, even if they wanted me to sin, because God had put men in charge of women and to disobey a man was to sin against God, even if the order I was to obey was a sin according to the Bible. So, I've been abused and harmed by people who claim to represent God

and Jesus. But, I did not decide "the enemy of my enemy is my friend" or that those causing harm were true representatives of God (or Good). However, I understand why some victims of torture, rape, and abuse at the hands of supposed men of God might find comfort in the idea of being protected by the one used to invoke fear in their congregations throughout the US. And, this is why I feel it is important to ignore labels and walk a mile in someone else's shoes before shunning or dismissing them based on labels and actions you don't understand and may have been unwilling up to now to put in context of the entirety. Victims of abuse, whether done in the name of Lucifer, God, or just for kicks, deserve compassion, love, and understanding.

Now, because of all the abuse I was suffering at the hands of my stepfather, I attempted suicide as a means of escape. I had (and still have) peptic ulcers and had a prescription to treat my symptoms. I took the entire bottle of prescription drugs and then I slept for over 36 hours and no one noticed that I and my dog had remained in my bedroom silent for that period of time. I woke up, turned on the television in my room and noticed more than a day had passed since I went to sleep. I remember dreaming of a voice asking me if I wanted to live or die. I remember asking if life would get better and getting no response. I remember choosing to live anyway and never again have I seriously considered suicide.

I called my grandmother and told her I had attempted suicide because I couldn't stand the abuse any longer. My grandmother then called her therapist who recommended voluntary inpatient treatment because of the suicide attempt. I then agreed and voluntarily admitted myself to a local psychiatric hospital. After a few weeks of being away from my stepfather and put on anti-depressants, the hospital

deemed I was "cured of depression" and said I would need to return home. They knew I was being abused at home and no one called the authorities. My grandmother didn't call the authorities. The hospital didn't call the authorities. The psychiatrist wrote notes in my chart saying my mother was in denial and that I had symptoms of PTSD. But, no one called the authorities. And, no one offered me an alternative to being returned to live with my abuser. As an advocate now, I think that exemplifies malpractice and failure to advocate for abuse victims.

I had to ask the hospital if there were any alternatives. I didn't think of asking to live with my grandmother. But, I know if any adult had the wherewithal to ask about possible alternatives or relatives I could stay with other than going back to my abuser, I would have given them the names of my aunt and uncle or grandmother to avoid returning to that hell.

No one asked if I had any other relatives nearby that may be willing to take me in and no one suggested I contact other relatives to see if they could take me in while my mother was in denial. The hospital only suggested that I consider enrolling in Provo Canyon School, which was sold to me as a "private therapeutic college preparatory boarding school". I pictured "Facts of Life", the happy sitcom about an all girls college prep boarding school. But, when I arrived, it couldn't have been further from my expectations.

While at Provo Canyon School, I was tortured. Upon arrival, I was strip-searched. The therapist told me the sexual abuse I suffered at age 6 and as a teen was a result of my own actions and that I must have on some level, even subconsciously, wanted and enjoyed that type of attention. I was told any physical or psychological abuse I suffered was my fault. I was set up to fail so that I could be moved

from the orientation level to the investment (punishment) level. They used sensory deprivation, electro-shock (witnessed, but, not experienced firsthand), isolation, standing investment points (on investment, where I spent most of my three months at Provo Canyon, we were forced to stand without movement (or more hours would be added on to the time we had to stand) for 16 hours a day every day until we completed our investment points (points=hours of standing and often were in the 100s)), humiliation, degradation, physical abuse, physical restraint, and other horrors. So, it certainly was not as advertised to say the least.

I was surrounded by other kids like me, wealthy kids, poor kids from the foster care system or sent through IEPs, and adjudicated youth. The notorious child rapist and murderer from Washington State, Wesley A. Dodd, was once a "student" at this so-called school. My letters were censored. I was not allowed a single call home the whole time I was enrolled there. I would write letters detailing abuses (wanted to be a lawyer, knew details were important for reporting purposes) and be forced to re-write them and take out all the details or anything "negative" about the program at Provo Canyon School.

My grandmother was a writing analyst and said she could tell by the changes in the way I was writing that something was seriously wrong. So, she convinced my Mom to come rescue me from Provo Canyon. Since my stepfather was still living with my Mom, we all agreed I would go live with my grandmother.

Now, my Mom finally wised up when my stepfather started abusing her. She then realized everything was true and was no longer in denial. She proceeded with kicking him out and divorcing him. Last we heard, he was on the run from

law enforcement for stealing from his employer. I swiftly moved back in with my Mom and we've been helping each other heal, no pun intended, ever since.

I completed high school at a "normal" public high school and tried to block out the painful memories and manage my PTSD without outside help. I just wanted to be like everyone else and have a "normal" life. I went to dances, ball games, and did the all American high school experience, including prom. I also volunteered for Domestically Abused Women's Network (DAWN) and seriously started my path towards activism and advocacy (I had tried to start an environmental club and private investigator club in elementary school, which you may or may not count as activism).

After a bad experience at DAWN, I returned to environmental issues and from there got involved in animal rights/animal welfare issues. I was the University of Washington (UW) coordinator for Northwest Animal Rights Network (NARN) before co-founding HEAL as a registered student organization at the UW. At one animal rights protest with NARN, I saw a caged tiger in great distress suffering horrible anxiety and fear. I recognized that feeling, it was how I felt at Provo Canyon. The walls started to come down.

I then looked up Provo Canyon School on the internet and was shocked to see that it was still open. I started a message board and posted information about it to my personal website. People began posting they were abused at Provo Canyon or similar facilities too ranging over a vast period of time dating back to the late 1960s, early 1970s through the present. I talked to some of my friends at the UW and we decided we would make stopping

institutionalized abuse our top priority and primary campaign. And, the rest is history....

You know about the mole if you read chapters 5 and 6. And, you know about the series of unfortunate events leading up to the SLAPP suit. Now, I'm going to explain to you how our efforts and movement have been infiltrated and how those involved in the astroturf groups are connected to Nazis, Secret Societies, and RAND (Research AND Development) Corporation. But, all you really need to know is that bad people use superstition and fear to silence and control good people. And, that you shouldn't buy into their lies nor believe they have any power beyond that of deceit and brute force to rely on in their efforts. They have no magic and are not superior magical beings, aliens, or gods. They are scared, cowardly liars that use fear and illusion to manipulate and control people. And, they reward financially those who do their bidding knowingly or out of fear, delusion, and misguided beliefs.

You know how I know they have no magic? I'm still alive and they had to send a real person to infiltrate my organization and poison me with strychnine. It was not magic spells, it was espionage and physical assault/battery. They have no supernatural force backing them and no magical powers, period. They are really sick and evil people who enjoy hurting and exploiting others to feed their own delusions about their own "importance" and their own twisted appetites. It is time to break the chains and go deep.

You may recall in Chapter 4 (pages 21-22, specifically), I mentioned an organization called the Community Alliance For the Ethical Treatment of Youth (CAFETY) and shared with you the fact that they partnered with the segregated congregate care/behavior modification industry. In

addition to that, when questioned about these partnerships, CAFETY founder Kat Whitehead reported the purpose was to "improve the image of the industry and hopefully, its practices." Other proponents of CAFETY argued that the industry was using outdated methods and was more ignorant than malicious in regards to their practices.

In Chapter 1 (pages 8 and 9 specifically), I explained what behavior modification (a.k.a. behavior management/high security units) in prisons looks like and the abuses and degradation intentionally employed to control and change "behavior" in those settings. It is clear that the people utilizing these techniques are well aware they violate human rights and that their practices amount to torture and abuse. So, again, I take issue with CAFETY's attempts to improve the industry's image and act as an apologist organization claiming the programs "know not what they do" and asking victims of the abuse to work with the industry to help them "improve their practices". I believe when an industry has been sued thousands of times, prosecuted by the Department of Justice and other law enforcement agencies, and received hundreds of thousands of complaints directly and indirectly about their practices, that no reasonable or rational person could in good faith argue that they are simply ignorant regarding the damage caused by their "outdated" practices. If they were open to change, they would have done so already. Clearly, that is not the case.

In Chapter 6, beginning on page 64, I went into further detail about HEAL's Teen Liberty campaign and what the purpose of behavior modification is, which is to create a subjugated workforce. You may recall hearing about the Oregon "stand-off" with Cliven Bundy and his fellows who were upset because they didn't want to pay grazing fees to use public lands. Cliven Bundy made multiple public

statements claiming that slavery was a better system than our current labor system or practices.¹⁸⁷ One of his fellows, Robert LaVoy Finicum, killed in a shootout with the FBI during the "stand-off", also ran a ranch where he "cared for" (exploited for forced free labor) nearly a dozen foster care youth for which he was paid by the government and which payments he claimed were his primary source of income.¹⁸⁸ Robert LaVoy Finicum's brother, currently helps run Re-Creation Retreat, an abusive segregated congregate care behavior modification program on HEAL's watch-list.¹⁸⁹ How willfully ignorant or blind do you need to be to believe that these people are truly good at heart and just need some gentle persuasion to update their outdated practices? Now, many who have been misguided and exploited by CAFETY were good people who took CAFETY for what it was at face value. They were so elated to find more "allies" that they were unable to accept criticism or questioning of CAFETY by HEAL and other concerned members and organizations in the movement to stop institutionalized abuse and modern slavery. But, CAFETY was only an offshoot of the Alliance for the Safe, Therapeutic, & Appropriate use of Residential Treatment (ASTART/A-START). ASTART's name alone shows a stark difference in their ideology in that they promote the use of segregated congregate care, which no legitimate authority on this issue supports. To better understand, below is HEAL's five point argument against the use of segregated congregate care:

- a. Segregated care is unconstitutional and a civil rights violation. It is only permissible if a person is

¹⁸⁷ <http://www.heal-online.org/recret.htm>

¹⁸⁸ <http://www.opb.org/news/series/burns-oregon-standoff-bundy-militia-news-updates/militant-says-foster-children-were-pulled-from-his-home-lavoy-finicum-burns-oregon/>

¹⁸⁹ <http://www.heal-online.org/recret.htm>

unable to survive independent of an institutional environment.^{190 191}

b. Institutionalization is always dehumanizing and coercive. Institutionalization always harms the institutionalized and deprives them of protected civil rights. Dr. David Straker, Psychiatry Professor at Columbia University's School of Medicine explains: "Many institutions, from prisons to monasteries to asylums, deliberately want to control and manage their inmates such that they conform and do not cause problems. Even in less harsh environments, many of the institutionalization methods may be found, albeit in more moderated form (although the psychological effect can be equally devastating)."¹⁹²

c. UNICEF reports that institutionalization is not in the best interest of children. Institutions are not ever better for a child than living with a loving family.¹⁹³

d. The Office of Juvenile Justice and Delinquency Prevention in Washington, D. C., reports that reform schools, residential treatment programs, and other segregated congregate care settings have been shown to be ineffective and harmful.¹⁹⁴

¹⁹⁰ <https://youtu.be/C4NzhZc4P0A>

¹⁹¹ <http://www.ada.gov/olmstead/>

¹⁹²

<http://changingminds.org/disciplines/sociology/articles/institutionalization.htm>.

¹⁹³ http://www.unicef.org/cambodia/12681_23295.html

¹⁹⁴

<https://www.acgov.org/probation/documents/EndoftheReformSchoolbyVinny.doc>

e. Mental health professionals in England report that Boarding Schools, even the "good ones", result in a form of social death, isolation, and cause both anxiety and depression. Therefore, it is clearly not in the best interest of the youth subjected to those environments.¹⁹⁵ ¹⁹⁶

Most of CAFETY's original and mainstay board members started out at ASTART and both organizations worked together on promoting supposed reforms to the industry while partnering with the industry.

Ready to go deeper? Great! There were multiple problems with ASTART including findings that they either ignorantly or knowingly spread false information about legal remedies available to victims of institutionalized abuse and the number of abusive facilities using behavior modification (a.k.a. thought reform, coercive persuasion, etc.). ASTART also claims two different dates for its inception, one is 2003¹⁹⁷ and the other 2005.¹⁹⁸ The dates are important because multiple legitimate organizations were established exposing institutionalized abuse and fighting this industry prior to ASTART's inception (CAFETY was founded in 2006). In addition, ASTART was founded AFTER Rep. George Miller (D-CA, retired) began speaking out about WWASPS and calling for the Department of Justice to investigate. When then Attorney General, John Ashcroft, refused to investigate, Rep. Miller

¹⁹⁵ <http://www.theguardian.com/books/2015/jun/08/boarding-school-syndrome-joy-schaverien-review>

¹⁹⁶

<http://www.telegraph.co.uk/education/secondaryeducation/11662001/The-truth-about-boarding-school-syndrome.html>

¹⁹⁷ <http://cfs.cbcs.usf.edu/faculty-staff/detail.cfm?id=8>

¹⁹⁸ <http://astart.fmhi.usf.edu/>

launched an investigation of this industry through the Government Accountability Office (GAO).

HEAL and many other legitimate and well-established organizations assisted the GAO with their investigation. In late 2006, the House Education and Labor Committee, chaired by Rep. George Miller (D-CA, now retired) began preparing for congressional hearings on the issue of institutionalized abuse. HEAL assisted Miller's office on this issue as well. And, his office asked us to privately notify victims of institutionalized abuse of the upcoming opportunity to testify before congress. Miller's office specifically directed we not make public (i.e. post online, publicly announce, etc.) any information about the upcoming hearings out of fear the hearings would be co-opted or hijacked by the industry.

At this time, I believed CAFETY was a victim's rights organization and another survivor group as did many of the people they tricked into working with them. I notified Kat Whitehead of the upcoming hearings and expressly told her not to make public information about the hearings. Kat Whitehead immediately posted on CAFETY's public website information about the upcoming hearings. Whitehead was then contacted by Miller's office and reprimanded for making the information public. Whitehead then reportedly lied (according to Rep. Miller's office)saying that I (and HEAL) had told her to publicize the upcoming hearing and that she didn't realize that there would be an issue. Oops! Rep. Miller's office then removed HEAL and all other well-established organizations from the witness list and we were replaced in the hearings by CAFETY and ASTART representatives. In addition, ASTART trotted out witnesses such as Christopher Bellonci, medical director at the Walker Home and School in MA. The Walker Home and School

(Walker) is on the HEAL watch-list of abusive facilities. And, we have received multiple complaints about this program. We also found evidence that Walker was using its residents/clients/captives to run psychiatric drug experiments for the pharmaceutical industry.*¹⁹⁹

There were so many red flags regarding ASTART and so much obvious disinformation and misinformation provided by ASTART that I decided to get to know their leadership team. Here's what I found...

Robert Friedman: Founder of ASTART/A-START

Robert Friedman is not only the co-founder of ASTART, he also works for Macro International.²⁰⁰ Macro International is part of ICF International.²⁰¹ Macro International aka ICF International partners with AcademyHealth. AcademyHealth partners with the Robert Wood Johnson Foundation, University of South Florida (Friedman's primary employer), and RAND Corporation, to name a few.²⁰² Alex Abella writes:

"Through the years, RAND's sphere of influence became more visible. In the 1960s, Secretary of Defense Robert McNamara hired scores of its young researchers—dubbed the "Whiz Kids" —to reorganize the Pentagon. But perhaps the thing that most solidified

¹⁹⁹ * I was unable to find a copy of the report showing that the Walker School engaged in pharmaceutical testing at the time I wrote this. But, I remember seeing documentation of this years ago.

²⁰⁰ <http://cfs.cbcs.usf.edu/faculty-staff/detail.cfm?id=8>

²⁰¹

<https://web.archive.org/web/20111031093716/http://www.macrointernational.com/>

²⁰² Ibid

RAND's reputation in the public's imagination was the release of the Stanley Kubrick film Dr. Strangelove or: How I Learned to Stop Worrying and Love the Bomb in 1964. The movie's title character, a deranged Nazi scientist, was modeled after RAND's eccentric Herman Kahn.²⁰³

Now, people affiliated and who work/worked with RAND include: Condoleezza Rice, Dick Cheney, Donald Rumsfeld, Scooter Libby, and Henry Kissinger.²⁰⁴

Readers may also be interested in the fact that RAND Corporation, beyond being a military defense and social control contractor, was a major component in President George W. Bush's "New Freedom Commission" which initiated "Teen Screen" a program which funneled/funnels public school children into segregated congregate care and promotes medicating students for easier social control.²⁰⁵

²⁰⁶

Mel Sembler founded Straight, Inc., a network of fraudulent and abusive youth "treatment" programs which was dissolved in the 1990s. It was re-named the "Drug Free America Foundation."

"Melvin Sembler, a Florida real estate tycoon. Sembler is a highly successful fundraiser for Republican candidates, and is a close friend of Vice

²⁰³ <http://mentalfloss.com/article/22120/rand-corporation-think-tank-controls-america>

²⁰⁴ https://en.wikipedia.org/wiki/RAND_Corporation

²⁰⁵ http://www.rand.org/pubs/research_briefs/RB9917.html

²⁰⁶

<https://www.prisoncensorship.info/archive/etext/gender/teenscreen041805.html>

President Dick Cheney. Lobbyist and former Justice Department spokeswoman Barbara Comstock, a close friend of Libby's, recruited Sembler to head the [legal defense] fund. According to Comstock, Sembler "holds Scooter [Libby] in high esteem as many members of the committee have. We're confident that Scooter will be exonerated. He has declared he's innocent."²⁰⁷ ²⁰⁸

Maia Szalavitz writes:

"In 1971, the federal government gave a grant to a Florida organization called The Seed, which applied Synanon's methods to teenagers, even those only suspected of trying drugs. In 1974, Congress opened an investigation into such behavior-modification programs, finding that The Seed had used methods "similar to the highly refined brainwashing techniques employed by the North Koreans."

The bad publicity led some supporters of The Seed to create a copycat organization under a different name. Straight Inc. was cofounded by Mel Sembler, a Bush family friend who would become the gop's 2000 finance chair and who heads Lewis "Scooter" Libby's legal defense fund."²⁰⁹

Friedman's own resumé reads as a who's who of bad international players and war criminals. It seems this

²⁰⁷ http://www.historycommons.org/entity.jsp?entity=mel_sembler

²⁰⁸ http://www.nytimes.com/2006/02/03/politics/03libby.html?_r=0

²⁰⁹ <http://www.motherjones.com/politics/2007/08/cult-spawned-tough-love-teen-industry>

would give any reasonable person pause. But, many argue that these associations "don't prove anything".

Lenore Behar: Co-Founder of ASTART

Lenore Behar is closely associated with Friedman above who lauds Behar as a "national treasure". Behar and Friedman are credited with creating the Wrap Around (aka wraparound) model for behavioral intervention.²¹⁰

What is Wrap Around/WrapAround?

Wrap Around is usually used as a means to determine whether a child "requires" institutional placement (and is therefore another gateway into residential treatment/institutionalization) or as a means to help a child coming out of an institutional setting "adjust" in a more behaviorally controlled Wrap Around environment to "transition" back into their community after institutionalization.

"While the goal was to be exhaustive, we recognize that this review may not include all relevant wraparound outcomes studies. As a result, we are continuing to search for additional gray literature not identified by the inclusion criteria used for this review (e.g., unpublished local evaluation reports). Such findings will likely expand our understanding of outcomes typically found for systems as well as children and families and may facilitate a future exercise of benchmarking commonly measured outcomes such as behavior, functioning, and residential placement."²¹¹ (WrapAround is still experimental, focused on individual behavior, and residential placements.)

²¹⁰ <http://www.lenorebehare.com>

²¹¹ [http://www.nwi.pdx.edu/NWI-book/Chapters/Suter-3.3-\(review-of-wrap-lit\).pdf](http://www.nwi.pdx.edu/NWI-book/Chapters/Suter-3.3-(review-of-wrap-lit).pdf)

Wrap Around, is, in my opinion, a hoax perpetrated by ASTART astroturfers who wanted to give the appearance of an innovative alternative to institutionalization while funneling kids into behavior modification programs who won't accept behavior modification strategies when applied in their "natural environments". WrapAround services in Maryland include residential treatment and "jail aversion" therapies.²¹² People who actually understand things before promoting them wouldn't promote WrapAround. So, there is a disconnect happening and/or just a lot of scammers and frauds pretending to be advocates while children suffer.

WrapAround is advertised as a form of behavior modification.²¹³ Behavior Modification is defined as: "Programs that specialize in providing therapeutic interventions that utilize classical and operant conditioning techniques including positive and negative reinforcement, systematic desensitization, covert sensitization, relaxation training and aversion techniques to reduce or eliminate maladaptive behavior."²¹⁴ That is the purpose of WrapAround, behavior modification in the "natural environment" as opposed to a "treatment setting". It is still the same or similar aversion therapies that we oppose at HEAL.

"Wrap Around Services "are part of a continuum of care" to evaluate "proper placement" of youth in need of services."²¹⁵

²¹² <http://www.peponline.org/programsservices/wraparoundservices.asp>

²¹³ <https://211sandiego.communityos.org/zf/taxonomy/detail/id/573418>

²¹⁴ Supra

²¹⁵

http://bhcsct.org/admin/uploads/110725053653TSS_&_SS_Training_Module.pdf (Page 5)

"Wrap Around Services Interventions Include:

Interventions

- ☐ Conditioning
- ☐ Positive/negative reinforcement
- ☐ Punishment
- ☐ Token economy/point system/behavior chart/stickers...
- ☐ Over-correction
- ☐ Time-out (age appropriate, 10 minutes for 10 years old)
- ☐ Catch them being GOOD
- ☐ Strengths-Based
- ☐ Planned Ignoring
- ☐ Extinction
- ☐ Proximity Control
- ☐ Regrouping (change of setting)
- ☐ VERBAL PRAISE
- ☐ Replacement behavior"²¹⁶

Joseph Michael Roberts and other experts write: "Our studies show preliminary evidence for a needed increase of individual supervision in wraparound practice, in addition to a greater focus on clinician disclosures related to incidents of child abuse and neglect."^{217 218}

Nicki (aka Nikki) Bush: Co-Founder of ASTART

Nicki Bush is a former CEDU (network of now closed and bankrupt fraudulent and abusive segregated congregate care

²¹⁶

http://bhcsct.org/admin/uploads/110725053653TSS_&_SS_Training_Module.pdf (Page 53)

²¹⁷

<https://oatd.org/oatd/record?record=oai%5C%3Awvus-scholar.wvu.edu%5C%3A21314>

²¹⁸ <https://www.springerprofessional.de/en/clinical-supervision-dilemmas-related-to-child-abuse-in-wraparou/7781436>

facilities) staffer and current Robert Wood Johnson Foundation Fellow.²¹⁹ Schools Matter reports:

"Much of the brainwashing, behavioral cruelty, and psychological abuse that is so common in "tough love" and "no excuses" school environments of today was inspired by an anti-drug treatment cult called Synanon. Synanon's methods inspired a number of residential treatment and "educational" centers, one of which was CEDU, a questionable outfit that was bought by the Brown Schools in 1998."²²⁰

What is the Robert Wood Johnson Foundation?

"In the Partnership's [Partnership for a Drug Free America] early days, its primary supporter was the American Association of Advertising Agencies. That group knew better than to alienate the legal drug industry. But the mandate must have been reinforced in 1989, the year Burke came from Johnson & Johnson, bringing with him a \$3 million grant from the Robert Wood Johnson Foundation, a prominent health care philanthropy. The foundation described its unusually handsome grant to the Partnership as "pivotal in leveraging ... support from other private foundations."

²¹⁹

<https://www.facebook.com/TheProgramDocumentary/photos/pb.139849366054170.-2207520000.1457053091./202521596453613/?type=3&theater>

²²⁰ <http://www.schoolsmatter.info/2009/05/from-cedu-to-brown-schools-to-camelot.html>

On cue, the other foundations rolled over. In 1989 and 1990, the ten largest foundation grants for alcohol and drug abuse totaled \$12.4 million. The Partnership took \$4.7 million from that pool, or 38 percent. Many an individual donor gave its largest anti-drug grant to the Partnership. In other words, the Robert Wood Johnson Foundation accelerated a trend: the channeling of foundation money into public awareness, which is considered a less effective form of drug-abuse prevention than school- and community-based programs."²²¹

Cannabis News reports:

"This is another drug-war moneybag. These are the folks funding/behind the "Partnership for A Drug-Free America" a front group for the pharmaceutical industry and alcohol/tobacco companies. This foundation is a front group for the Johnson & Johnson drug empire." and

"A national coordinator of anti-drug user rhetoric emerged, an organization called Partnership for a Drug-Free America. Its propaganda helped convince the public that drug users are not ordinary people, that instead they are dangerous enemies who must be eliminated. Partnership rhetoric promoted a climate making the brutalization of ordinary people not only acceptable but virtuous. In 1990 almost \$1

²²¹ <http://www.druglibrary.org/think/~jnr/pdfacott.htm>

million a day in free advertising was being
donated to Partnership."^{222 223 224}

So, Nicki Bush is a former CEDU staffer that is currently a Robert Wood Johnson Foundation Fellow. CEDU survivors are quick to point out that Bush has been outspoken about abuse in the CEDU system. But, such is easy since CEDU went bankrupt and arguably no longer exists. However, we see former CEDU staff, directors, and owners all over the referral and "treatment" industries. And, it is HEAL's contention that CEDU continues under new names and old leadership throughout the country.

Charles Huffine: Co-Founder of ASTART

Charles Huffine is a psychiatrist in Washington State. Various survivors of institutional abuse see him as a savior because when they were homeless, he gave them shelter and when they were hungry, he fed them. A recent survivor and member of HEAL reported going to Charles Huffine for help to deal with PTSD. He reported to HEAL that Huffine told him there would be no justice for him. He also reported that Huffine put him on psychiatric medications and suggested he be institutionalized. Huffine effectively got him admitted to a Universal Health Services (UHS, Inc.) facility. This survivor is now free. But, no thanks to Charles Huffine.

²²² <http://cannabisnews.com/news/8/thread8948.shtml>

²²³

<http://www.mapinc.org/find?K=Robert+Wood+Johnson+Partnership&Y=All>

²²⁴

<http://www.cannabisnews.com/thcgi/search.pl?K=Robert+Wood+Johnson+Foundation&H=40&T=B>

In November of 2009, Charles Huffine was charged with unprofessional conduct which resulted in endangering a youth in his care.²²⁵ Prior to this, he had his license suspended for endangering another youth in 2005.²²⁶

Christina Kloker Young: Co-Founder of ASTART

Kloker Young currently operates C.K. Young and Assoc. Creative Planning Systems and has done so since before and after the founding of ASTART. Here's info on her company:

"We develop planning sessions for individuals, corporations, non-profits to help them unlock the hidden potential in their own people. We assist you to bring your people together to develop your mission, your strategic plan, or create a new product. We help you quickly, efficiently, & effectively solve issues & creatively come to consensus."²²⁷

Survivors and victims of institutionalized fraud and abuse will likely take pause at the phrase "unlock hidden potential in their own people". Many of the programs in this industry were born of the human potential movement cults of the 60s and 70s.

Young was also the former chairperson of the University of S. Florida (USF) Research and Training Center for Children's Mental Health as well as former executive

²²⁵ State of Washington, Department of Health, Master Case #: M2009-347

²²⁶

<https://fortress.wa.gov/doh/providercredentialsearch/PDF/1911000596.pdf>

²²⁷ <https://www.linkedin.com/in/christina-kloker-young-b3276720>

director of the Mental Health Association of Summit County Ohio.²²⁸

Above you may recall that USF is partnered with RAND and a number of other very questionable corporations and entities. Beyond that, USF's Research and Training Center lists NAMI among many service options and research partners.²²⁹ NAMI of Palm Beach which is partnered with Young and USF through the Research and Training Center recommends multiple residential treatment/congregate care programs including group homes and therapeutic boarding schools. One of the ones they recommend is Sandy Pines Hospital in Tequesta, FL.²³⁰ Sandy Pines Hospital is an abusive facility on multiple watch-lists exposing UHS, Inc. facilities. According to the Service Employees International Union (SEIU) website exposing Sandy Pines Hospital and UHS, Inc:

"Sandy Pines failed to conduct required face-to-face debriefs with staff and patients after use of restraints... Sandy Pines cited again for not providing required Crisis Prevention Intervention education to staff..."²³¹ and "Criminal investigation of UHS facilities widens to include parent company..."²³²

As you know, in 2009 HEAL was hit with a Strategic Lawsuit Against Public Participation (SLAPP) filed by

²²⁸ <https://www.linkedin.com/in/christina-kloker-young-b3276720>

²²⁹ <http://familyorgdirectory.fmhi.usf.edu/stateOrgList.cfm?getstate=FL>

²³⁰ <http://namipbc.org/about-nami-palm-beach-county/our-handbook/>

²³¹ <http://uhsbehindcloseddoors.org/item/sandy-pines-hospital/#complaints>

²³² <http://uhsbehindcloseddoors.org/investigations/>

UHS of Provo Canyon (a.k.a. Provo Canyon School), a UHS facility operating in Utah.

Allison Pinto: Co-Founder of ASTART

Pinto was coordinator of ASTART from 2004-2007 and a founding board member.²³³ She teaches "large group awareness training" and the Tavistock Method.²³⁴ ²³⁵ Steve J. Safigan explains:

"Since the laboratory movement of the 1930s, psychologists and seminar leaders have conducted a wide array of group interventions, known variously as laboratory groups, group sensitivity training, relationship enhancement training, empathy training, microcounseling, human relations training, experiential learning groups, T-groups, encounter groups, growth groups, human awareness groups, Synanon groups, Gestalt groups, Tavistock groups, marathon groups, large group awareness trainings, self-help seminars, and personal growth trainings. Although we can draw distinctions between each of these group types, in some cases the distinction is little more than semantic and subject to disagreement."²³⁶

²³³ http://media.washingtonpost.com/wp-srv/nation/documents/testimony_of_allison_pinto_101007.pdf

²³⁴ <http://dfreeman.bol.ucla.edu/about.html>

²³⁵ <http://link.springer.com/article/10.1007%2F01419719>

²³⁶

http://repository.upenn.edu/cgi/viewcontent.cgi?article=1013&context=mapp_capstone (Page 8)

Readers may or may not know what Synanon is and why Large Group Awareness Training is a "red flag" for teen liberty activists and advocates. Maia Szalavitz writes:

"Founded in 1958, Synanon sold itself as a cure for hardcore heroin addicts who could help each other by "breaking" new initiates with isolation, humiliation, hard labor, and sleep deprivation.

Today, troubled-teen programs use Synanon-like tactics, advertising themselves to parents as solutions for everything from poor study habits to substance misuse. However, there is little evidence that harsh behavior-modification techniques can solve these problems. Studies found that Synanon's "encounter groups" could produce lasting psychological harm and that only 10 to 15 percent of the addicts who participated in them recovered. And as the classic 1971 Stanford prison experiment demonstrated, creating situations in which the severe treatment of powerless people is rewarded inevitably yields abuse. This is especially true when punishment is viewed as a healing process. Synanon was discredited in the late 1970s and 1980s as its violent record was exposed. (The group is now remembered for an incident in which a member placed a live rattlesnake—rattle removed—in the mailbox of a lawyer who'd successfully sued it.) Yet by the time Synanon shut down in 1991, its model had already been widely copied."²³⁷

²³⁷ <http://www.motherjones.com/politics/2007/08/cult-spawned-tough-love-teen-industry>

Pinto was involved in this style of group session before, during, and after her time with ASTART. When HEAL asked a co-founder of CAFETY to inquire, Pinto admitted everything and said our concerns were justified. She offered no relief to our anxiety regarding who she is and what she does for a living. She left ASTART in 2007.

Barbara Huff: ASTART Board Member

Barbara Huff is the Social Marketing TA Provider of the National Federation of Families for Children's Mental Health.²³⁸ She is also a co-founder of the federation and was its first executive director. Huff also served on the Substance Abuse Mental Health Services Administration Advisory Board from 2003 to 2006.

The federation has pushed for the Building Bridges Initiative which partners residential providers and the communities they supposedly serve.²³⁹

Programs on the HEAL watch-list currently partnered through the Building Bridges Initiative include: AACRC, Becket Family of Services, Devereux, Eckerd, Liberty Point Behavioral Health (aka Universal Health Services, Inc aka UHS, Inc.), New Haven RTC, Pressley Ridge, and many more.

CAFETY is also listed as a partner to this program-friendly "initiative".²⁴⁰ When an organization claims to share your goals and values, read the fine print and pay close attention.

²³⁸ <http://www.ffcmh.org/aboutus/staff> (08/13/2014)

²³⁹ <http://www.ffcmh.org/certification/resources> (08/13/2014)

²⁴⁰ <http://www.buildingbridges4youth.org/partners> (08/12/2014)

It is a horrible thing to waste time and money in supporting those who appear to be undermining your activist agenda.

I believe I have sufficiently established and connected Nazis, Secret Societies, and RAND Corporation above and throughout this book. And, previously I mentioned that Richard Moody, a (former) staffer at Eagle Ranch Academy in UT, "formerly" worked for the Central Intelligence Agency's "youth development program." And, Kevin Shipp, former CIA counter-terrorist and counter-intelligence operative, reports that the "shadow government" is real and organized around the CIA. And, he establishes that the CIA was the brainchild of the Council on Foreign Relations.²⁴¹ RAND Corporation receives most of its funding and was created by and has a revolving door research program with the CIA, Department of Defense, and US Air Force.^{242 243 244}

Conspiracy buffs who dig deeper or try to find information beyond this point often run into talk of the "illuminati". You can go down that rabbit hole if you like, I feel I have made my point regarding the fact that extremely wealthy individuals and families are purposely using superstition, fear, and brute force to control the masses. You don't need an over-arching collective called the "illuminati" to make that case and bringing in these mysterious secret societies into the discussion becomes more of a distraction rather than a helpful tool in exposing the truth, in my opinion.

²⁴¹ <https://youtu.be/XHbrOg092GA>

²⁴² <https://www.rand.org/about/history.html>

²⁴³ <https://www.rand.org/about/history/a-brief-history-of-rand.html>

²⁴⁴ <https://www.rand.org/about/faq.html>

Chapter 12: Keep Fighting!

Admittedly, I didn't coin the phrase "Keep Fighting!" and I am borrowing it from a wonderful revolutionary activist and comedian, Lee Camp. Now, how will you keep fighting?

Here are my suggestions for you, many of which have also been developed throughout this book and are reiterated here for your convenience and quick reference:

1. Choose A Cause and Pick Your Battle(s)

Only you know what social and political issues matter to you most. You will be most successful and effective by narrowing your scope and tackling one issue at a time. This will reduce the likelihood of your becoming sidetracked, overwhelmed, and burned out. The most effective ways you can take action are to provide direct care and service to your family, friends, and community members in need, and/or, lobbying (pressuring your legislators/government) and initiating citizen's ballot initiatives and referendums (if available in your state, if not, that may be a good place for you to start) introducing changes and improvements you want made to the law regarding your chosen cause or battle.

2. Find Allies

If you have properly narrowed the scope of your first chosen battle for your cause, then it is time for you to find others who share your goal so you can work together to accomplish the changes you want made. You will need to ask questions and stay focused. Keep your eyes on the prize. If you are unable to find trustworthy allies that want to effectively organize or that are effectively organizing

and only run into astroturf groups, incompetence, conflicts of interest, and corruption, then start out working alone on your chosen battle and when you are prepared, find allies by effectively and honestly communicating and representing your goal to your friends, family, and community. If you've successfully lobbied congress and they have introduced legislation effectively addressing your issue, ask everyone you know to contact their legislators to support the bill. If you have chosen to provide direct care and service to your friends, family, and community, then ask others in your circle to volunteer to help. This can be as simple as helping a friend move or as complex as providing shelter to a loved one at risk of unnecessary institutionalization or homelessness.

3. Beware of Saboteurs, Provocateurs, and Malicious Attacks by Your Opposition

One of the main ways to identify a saboteur or provocateur is to catch them in repeated lies. Sometimes they lie about seemingly harmless things and you may shrug it off as just "weird" or unfortunate because the individual must live in a lot of fear if they feel the need to lie regularly. Another sign to look out for is someone spreading disinformation and misinformation. This is similar to lying in many ways and will often be excused as having been unintentional or done innocently. You will also want to beware of anyone who encourages or recommends violence or other illegal actions to further your cause. If you watch the mainstream media, you will see countless claims and depictions of violent rioters and protesters destroying property and harming people. The media then frames those actions as domestic terrorism for the purpose of scaring others away from joining the protesters or even considering the message of those protesters/dissenters. Violence does not create unity. It perpetuates fear and division.

Have your facts together and be prepared to defend yourself from both direct attacks by the opposition (i.e. smear campaigns, SLAPP lawsuits, intimidation, etc.) and indirect attacks by the opposition (i.e. spies/moles, provocateurs, saboteurs, etc.) In 2000, I worked on Initiative 713 to ban steel-jawed leg-hold traps in Washington State. I testified before the Washington State congress to demand they not overthrow the will of the people by overturning I-713 after it passed by popular vote through the citizen ballot initiative process. The opposition on that issue (i.e. fur trappers), said that the initiative was not supported by residents and citizens of Washington State and that it was all "outside influence". I rebutted this claim stating I am at least a fourth generation Washingtonian and I worked daily and donated regularly to make sure this ballot initiative was successful. My great-grandparents lived in WA and my grandmother was raised in WA. I was able to "debunk" the claims of the opposition as were my allies because the arguments the opposition were making were false on their face.

4. Become An Expert

A good lawyer/debater, always knows their topic, knows the arguments their opponents will make, and provides honest and accurate counterpoints to claims made by or on behalf of their opponents. Now, if you have chosen to provide direct care and service to your friends, family, and community members in need, you don't really need to worry about this one. But, if you are planning to battle for social change, you need to understand your issue and be able to represent your issue and your positions on that issue effectively. You will need to think for yourself and make sure your talking points are accurate and meet reasonable standards of credible evidence. I suggest you do the

following to develop and hone the critical thinking skills you will need to effectively achieve your goals:

- **Question More:** Ask questions and demand specific answers to your inquiries. Do not fall for positive redirection. For example, when we went to D.C. in March of 2017, we provided a summary of the primary changes to existing laws we wanted to address the issue of institutionalized abuse in the US. Instead of talking about the suggestions and requests we made, Rep. Rick Larsen's (D-WA) staffer began telling us about bills he did support reportedly associated with our issue. We walked away from that meeting without any commitment or attention to our specific issues or recommendations. Sen. Rand Paul (R-KY) and Sen. Patty Murray (D-CA) were far more respectful, considerate, and sincere than what we experienced from Rep. Rick Larsen's office.
- **Play and Learn From Strategic Games and Problem-Solving Puzzles:** This will help hone your strategic, problem-solving, and critical thinking skills.
- **Compare "Second Chorus" (1940) starring Fred Astaire to "Moulin Rouge" (2001) starring Nicole Kidman**
- **Compare "Imitation of Life" (1934) starring Claudette Colbert to "Imitation of Life" (1959) starring Lana Turner**
- **Compare "The Black Book" (1949) starring Robert Cummings to "V for Vendetta" (2005) starring Natalie Portman**
- **Read More and Be Open-Minded:** Be willing to have patient, kind, calm, and honest discourse with anyone and everyone. Do not allow manufactured prejudices, based on religion, social class, heritage, political ideology/partisanship, culture, or sexual

orientation, prevent you from building a coalition in support of your cause or issue. Those prejudices are just tools to divide and conquer. Do not use them nor propagate them.

5. Get Political and Smart Politics

Now, by getting political, I mean researching the existing laws (if any), finding laws elsewhere that you wish to be applied in your city/town, state or country, knowing and understanding the complexity of your chosen battle, preparing for debate and to defend your position from attacks/misinformation by your opposition, suggesting the appropriate changes to existing law (or a new law), and accomplish these changes through effective lobbying (pressuring your legislators to introduce or co-sponsor legislation you support in regards to your issue(s)), and if permitted, file and promote your own ballot initiatives.

By smart politics, I mean figure out where you stand politically and what politician or political party best represents your political views. Always support politicians and political parties aligned with your views regardless of whether you think they will win in the current election cycle. This will help build the movement for the changes in politics and governance you want to make. Choosing not to support those truly representing your interests is a defeatist attitude and not the attitude of a true activist or revolutionary.

For me, I consider myself a democratic libertarian. And, based on party platforms, the party most aligned with my political views is the Green Party. You may be a republican libertarian and prefer the Libertarian Party. With third-parties, you will need to support and help build

them and this begins with helping with ballot access by volunteering or donating. Or, you may hold other political views or positions that align with another party or politician or that align with no political party platforms or politicians such as anarchism or anarcho-syndicalism. Anarcho-syndicalism, also known as revolutionary syndicalism, "is a theory of anarchism which views revolutionary industrial unionism or syndicalism as a method for workers in capitalist society to gain control of an economy and, with that control, influence broader society."²⁴⁵ Merriam-Webster.com (MW) defines anarchism as: "a political theory holding all forms of governmental authority to be unnecessary and undesirable and advocating a society based on voluntary cooperation and free association of individuals and groups."²⁴⁶ Many anarchists feel that government is just a tool of social control, war, illegitimate taxation, and systematic oppression. They believe that government does more harm than good and therefore ought to be abolished.

Even if you are choosing to provide direct care and service to loved ones and your community, you still need to examine your own political actions when you vote or participate in the democratic process. And, it may be the greatest revolutionary act you can take to actually vote your conscience. Think about it.

Don't let the establishment use fear to force you to vote against your interests by sticking to the 2-party duopoly. When someone tells you to vote Democrat or Republican, perhaps ask them to help support Ranked Choice Voting so that we can expand democracy and welcome more representative and diverse voices in government. In 2017,

²⁴⁵ <https://en.wikipedia.org/wiki/Anarcho-syndicalism>

²⁴⁶ <https://www.merriam-webster.com/dictionary/anarchism>

19 state legislatures have already introduced legislation to implement Ranked Choice Voting.²⁴⁷

If you don't know what Ranked Choice Voting (a.k.a. instant run-off voting) is, here's the definition: "Instant-runoff voting (IRV), also known as the alternative vote (AV) or transferable vote, is a voting method used in single-seat elections with more than two candidates. (It is also sometimes referred to as "ranked-choice voting" (RCV) and "preferential voting", although there are other preferential voting methods that use ranked-choice ballots.) Instead of voting only for a single candidate, voters in IRV elections can rank the candidates in order of preference. Ballots are initially counted for each elector's top choice. If a candidate secures more than half of these votes, that candidate wins. Otherwise, the candidate in last place is eliminated and removed from consideration. The top remaining choices on all the ballots are then counted again. This process repeats until one candidate is the top remaining choice of a majority of the voters. When the field is reduced to two, it has become an "instant runoff" that allows a comparison of the top two candidates head-to-head. IRV has the effect of avoiding split votes when multiple candidates earn support from like-minded voters."²⁴⁸

Obviously, Ranked Choice Voting would enhance and improve democracy and is therefore something I personally support.

When a Democrat or Republican tells you not to vote third-party because it will split the vote, simply respond by

²⁴⁷

http://www.fairvote.org/2017_legislation_advancing_ranked_choice_voting

²⁴⁸ https://en.wikipedia.org/wiki/Instant-runoff_voting

encouraging them to get active in the Ranked Choice Voting movement so that this fear can be addressed without silencing and excluding you and your political views from the "democratic process." Don't fall for gaslighting or other attempts to distract or intimidate you into voting against your interests and political views. (For those who don't know what gaslighting is, Psychology Today defines it as: "a tactic in which a person or entity, in order to gain more power, makes a victim question their reality."²⁴⁹)

The 2-party system likes to smear and dismiss third-parties and independents and uses fear and intimidation to convince voters that going outside the 2-party system is "crazy" or "delusional". They do this because they are afraid of competition and losing their own wealth and influence. They will do everything, except act in alignment with the will of the people, to hold on to their political status. If you run into someone who won't have a patient, kind, calm, and honest discussion about politics (a.k.a. public policy) who wants to influence how you vote, walk away and don't let them gaslight you.

6. Pace Yourself, Use Resources Wisely, and Avoid Becoming Distracted by Conspiracy Rabbit Holes

If you are providing direct care and service to your friends, family, and community, then you need to also remember to take care of yourself to avoid resenting those you help. If you are caring for a disabled or elderly loved one, make sure you take breaks and ask your extended social circle to help when things become overwhelming. Make sure you manage your resources wisely and ask for help if you find yourself coming up short.

²⁴⁹ <https://www.psychologytoday.com/blog/here-there-and-everywhere/201701/11-signs-gaslighting-in-relationship>

If you choose to get political regarding your chosen battle, remember you don't need money as much as you need strategic planning, good information, solid evidence, and understanding of the laws and legislative process. Once you are prepared for battle or have gotten legislation introduced (or a ballot initiative filed), then contact your friends, family, and community, and, use social media and other free resources (i.e. free online petitions) to help pressure legislators or gain public support for your issue. If you are not willing to do the work, you will just be wasting your time and precious resources.

Whether or not the "illuminati" exists or the Council on Foreign Relations is controlling the Central Intelligence Agency in order to achieve plutocratic or oligarchic world domination through a New World Order, focusing on that will only distract us from efforts that can effectively change things. How do you challenge an oligarchy or plutocracy? You do this by taking control of the systems of government and engaging in smart politics. You do not do this by shouting from the rooftops that oligarchs and plutocrats have a nefarious agenda for world domination. That is obvious to most "woke folks" anyway and we combat that through effective political and social organizing, not going down rabbit holes and trying to convince everyone they should be afraid of elite secret societies. Fear is a tool of the opposition, don't help them by spreading it.

Well, the rest is up to you. Good luck and KEEP FIGHTING!

BONUS MATERIAL

In this section, I have provided my dedications, acknowledgements, and some of my blog articles written for HEAL for those who may find them of interest.

I personally hate long introductions, dedications, and acknowledgements at the beginning of any book because I feel compelled to read them (out of respect for the author) and it causes an inner conflict when I don't find it useful or of interest. Then, I feel like I wasted my time reading them and should have just started at chapter 1. Sometimes people put great things and information in the dedication and acknowledgements, but, more often than not it seems like a mutual admiration society convention that fails to appreciate everything that contributed to the completion of the work. If I were to write out a long (proper and complete) acknowledgement, I would have to thank my parents for having me and all my ancestors for existing and thriving throughout history. I would need to acknowledge my gratitude to all my educators (professional or not) that taught me to read, write, and develop critical thinking skills. I would need to thank every artist and activist that ever comforted, informed, or inspired me. I would need to thank every individual who has helped me become who I am today. And, the list would be never-ending. So, instead, I thank everyone and everything that has exhibited or promoted Truth, Beauty, Freedom, and Love. You know who and/or what you are!

*I dedicate this book to **YOU!***

Following is my ongoing and incomplete series of blog articles exposing the history of institutionalized abuse in North America/United States. I start in pre-colonial times, so, that is why I said "North America/United States".

A BRIEF HISTORY OF INSTITUTIONAL ABUSE IN THE UNITED STATES OF AMERICA (including Colonial America): Part 1

By Angela Smith, HEAL Coordinator

The following is the first installment of a series of blogs giving a brief history in chronological order of a sampling of examples of institutional abuse occurring in the United States of America (Colonial America from 1607-1783). This is in no way a complete list of institutional abuse occurrences in the United States of America. It is simply a crash course of sorts in institutional abuse and those who oppose and have opposed it from 1607 to the present (2014) in the United States of America.

For our purposes, we are choosing not to go back to the Spanish expeditions that began in 1492. Institutions had to be formed to abuse and oppress in a systemic form. Systemic institutional abuse for our purposes here refers to any institution that engages in a system of social injustice and human rights violations as understood post Nuremberg and post-civilized philosophy that promoted democratic and just values (i.e. Plato's Republic written in 360BCE (or approximately 2374 years ago).

An extensive review of world history and in-depth analysis of various cultures and cultural/social reform movements may provide readers with an even greater understanding of the progress that has been made and the work that is still needed to both protect existing human rights and social justice access and standards and keep improving human rights and social justice access and standards for all human beings.

2,370+ years ago, Plato argued: "Human rights are norms that help to protect all people everywhere from severe political, legal, and social abuses. Examples of human rights are the right to freedom of religion, the right to a fair trial when charged with a crime, the right not to be tortured, and the right to engage in political activity. These rights exist in morality and in law at the national and international levels."²⁵⁰

Most readers may not need much information on American Indian and African/African American oppression, so, for those that do or would like to refresh your memories regarding these important lessons from American History, see: <http://www.encyclopedia.com/topic/slavery.aspx> and <http://www.legendsofamerica.com/na-timeline.html>.

Our focus will now turn to the institutional abuse and oppression of men, women and children, starting in the 1600s and moving forward. It is important that everyone who seeks to stop institutional abuse in the 21st century understand the history of such abuses and the various campaigns and efforts to stop those abuses. This will aid in identifying the actual "enemy" as well as understanding strategy and guarding against counter-intelligence activities by the opposition.

1600s (Colonial America)

Social Injustice in Jamestown Courts & Colonial Governance

"The first Africans in colonial America were brought to Jamestown by a Dutch ship in 1619. These 20 Africans were indentured servants, which meant that they were to

²⁵⁰ <http://plato.stanford.edu/entries/rights-human/>

work for a certain period of time in exchange for transportation and room and board. They were assigned land after their service and were considered free Negroes. Nonetheless, their settlement was involuntary.

The status of Africans in colonial America underwent a rapid evolution after 1619. One early judicial decision signaled the change in European attitudes toward Africans. In 1640, three Virginia servants—two Europeans and one African—escaped from their masters. Upon recapture, a Virginia court ordered the European servants to serve their master for one more year and the African servant to serve his master, or his master's assigns, for the rest of his life."²⁵¹ (Also see sentencing disparity and slavery loophole connection perpetuating this injustice today: <http://www.loc.gov/rr/program/bib/ourdocs/13thamendment.html>, www.state.gov/documents/organization/82902.pdf, and <http://www.yalelawjournal.org/article/mandatory-sentencing-and-racial-disparity-assessing-the-role-of-prosecutors-and-the-effects-of-booker>)

"Virginia and Maryland operated under what was known as the "headright system." The leaders of each colony knew that labor was essential for economic survival, so they provided incentives for planters to import workers. For each laborer brought across the Atlantic, the master was rewarded with 50 acres of land. This system was used by wealthy plantation aristocrats to increase their land holdings dramatically. In addition, of course, they received the services of the workers for the duration of the indenture.

...A contract was written that stipulated the length of service — typically five years. The servant would be

²⁵¹ <http://www.encyclopedia.com/topic/slavery.aspx>

supplied room and board while working in the master's fields. Upon completion of the contract, the servant would receive "freedom dues," a pre-arranged termination bonus. This might include land, money, a gun, clothes or food. On the surface it seemed like a terrific way for the luckless English poor to make their way to prosperity in a new land. Beneath the surface, this was not often the case.

Only about 40 percent of indentured servants lived to complete the terms of their contracts. Female servants were often the subject of harassment from their masters. A woman who became pregnant while a servant often had years tacked on to the end of her service time. Early in the century, some servants were able to gain their own land as free men. But by 1660, much of the best land was claimed by the large land owners. The former servants were pushed westward, where the mountainous land was less arable and the threat from Indians constant. A class of angry, impoverished pioneer farmers began to emerge as the 1600s grew old. After Bacon's Rebellion in 1676, planters began to prefer permanent African slavery to the headright system that had previously enabled them to prosper."²⁵²

The Colonial court and governing systems were clearly oppressive and not democratic. Poor immigrants of European descent as well as involuntary immigrants of European (i.e. Irish)²⁵³ and African descent were subjected to, often involuntary, indentured servitude. This system continued fairly unabated until the early 1900s. You read that correctly, the early 1900s.²⁵⁴

²⁵² <http://www.ushistory.org/us/5b.asp>

²⁵³ www.dailykos.com/story/2013/12/27/1265498/-The-slaves-that-time-forgot#

²⁵⁴ <http://www.dcnhistory.org/indent.html>

Both the Abolitionist Movement (1800s) and Labor Movement (1800s) grew in the US in response to economic inequality and brutal working and living conditions for all "voluntary" and involuntary laborers.²⁵⁵ ²⁵⁶ So, this type of institutional abuse was encoded into law and custom in the United States since Colonial times.

What was life like for indentured servants and enslaved people?

"Speaking from everyday experience, Jacobs is eloquent here in summarizing everyday dimensions of enslavement: extreme labor, poor rations, family destruction, child sexual abuse and rape, whipping and other violence, and the intense pursuit of those seeking freedom."²⁵⁷

Ignorance is still used along with violence as a tool of enslavement.²⁵⁸ ²⁵⁹ To choose to remain ignorant when so much valuable historical information and discussion is available through public libraries, universities, and online resources is to choose slavery and stall progress. It is a disservice to our ancestors who fought and died for the rights we have today and for the rights they hoped we would continue to fight for, defend, and protect now and in the future.

Systemic Oppression of Women

²⁵⁵ <http://www.aflcio.org/About/Our-History/Labor-History-Timeline>

²⁵⁶ <http://memory.loc.gov/ammem/aaohtml/exhibit/aopart3.html>

²⁵⁷ <http://www.racismreview.com/blog/2009/10/14/the-rape-of-black-women-under-slavery-part-ii/>

²⁵⁸ http://articles.courant.com/2013-02-28/news/hc-op-simpson-learning-power-of-reading-0301-20130228-1_1_slaves-frederick-douglass-book-discussion

²⁵⁹ <http://www.heal-online.org/ebook.htm>

"Married women could not make contracts, even for their own labor. A wife had no legal identity separate from her husband's. The interests of a wife and her children were to be determined and represented solely by her husband.

Property was power in the colonies, and married women would have neither.

Divorces were rare, and usually men were allowed to beat their wives, just as they beat their slaves and servants and dogs and horses. When a wife chose to run away from an unbearable marriage, her husband could advertise for her capture and return in local newspapers; just as he could advertise for the return of his runaway slaves and servants."²⁶⁰

"Puritan court records further reveal that WIFE ABUSE is not a recent development. Between 1630 and 1699, at least 128 men were tried for abusing their wives. . . The punishments for wife abuse were mild, usually amounting only to a fine, a lashing, a public admonition, or supervision by a town-appointed guardian" (Domestic Revolutions 11). "Even in cases of abuse, Puritan authorities commanded wives to be submissive and obedient. They were told not to resist or strike their husbands but to try to reform their spouse's behavior" (ibid)."²⁶¹

Clearly, the Colonial American courts and governments were oppressive to women and contributed to vile human rights conditions for women in the United States.

²⁶⁰ <http://b-womeninamericanhistory17.blogspot.com/2009/02/women-in-17th-century-colonies.html>

²⁶¹ <http://web.campbell.edu/faculty/vandergriffk/FamColonial.html>

"...And the truly dramatic transformation came in the 17th century (aka 1600s), with what Foucault styled "the great confinement of the poor". All across Europe, the mad were herded together with other social pests into giant warehouses, the archetype of which was the Hospital General in Paris. This amounted essentially to street-sweeping, an official edict of exclusion and sequestration. With little or no medical warrant, its rationale was not curing the deranged but securing them. Its aim was at bottom political - it was a way of silencing the mad, indeed of turning madness into "unreason", a state utterly negative, emptied of humanity... The rising count of long-stay inmates was thus a symptom of society's desire to ostracise social nuisances; the high percentage of female patients pointed to the bother patriarchy had with unruly women."²⁶²

The problem of warehousing people in the above manner was not limited to Europe nor was it limited to the 1600s. In the United States of America, this problem existed from nearly the beginning. And, arguably the first battle in the United States to stop these abuses was fought by Dorothea Dix in the 1840s in Massachusetts.

"Those who had underestimated the determination and dedication of Dorothea Dix, however, were brought to attention when they heard her say that the sick and insane were "confined in this Commonwealth in cages, closets, cellars, stalls, pens! Chained, beaten with rods, lashed into obedience." Thus, her crusade for humane hospitals for the insane, which she began in 1841, was reaching a climax. After touring prisons, workhouses, almshouses, and private homes to gather evidence of appalling abuses, she made her case for state-supported care. Ultimately, she not only

²⁶² <http://www.timeshighereducation.co.uk/103990.article>

helped establish five hospitals in America, but also went to Europe where she successfully pleaded for human rights to Queen Victoria and the Pope."²⁶³

Unfortunately, one who seeks the truth will find, these disgusting human rights abuses and institutional abuses have existed and been always around and often a mainstay of human civilizations around the world and in the United States for centuries. This "war" has many victims, many casualties, and many warriors. In future installments of this series, we will discuss other examples of institutional abuse and the heroes who fought and continue to fight for universal human rights and social justice.

A BRIEF HISTORY OF INSTITUTIONAL ABUSE IN THE UNITED STATES OF AMERICA (including Colonial America): Part 2

By Angela Smith, HEAL Coordinator

1600s Continued

What was life like for children in the 1600s?

"Forms of child labor, including indentured servitude and child slavery, have existed throughout American history. As industrialization moved workers from farms and home workshops into urban areas and factory work, children were often preferred, because factory owners viewed them as more manageable, cheaper, and less likely to strike. Growing opposition to child labor in the North caused many factories to move to the South. By 1900, states varied considerably in whether they had child labor standards and in their content and degree of enforcement. By then,

²⁶³ <http://www.ushistory.org/us/26d.asp>

American children worked in large numbers in mines, glass factories, textiles, agriculture, canneries, home industries, and as newsboys, messengers, bootblacks, and peddlers."²⁶⁴

"As early as 1642, Massachusetts had a law that gave magistrates the authority to remove children from parents who did not "train up" their children properly. In 1735, an orphan girl in Georgia was rescued from a home where she was sexually abused. In 1866, Massachusetts passed a law authorizing judges to intervene in the family when "by reason of orphanage or of the neglect, crime, drunkenness or other vice of parents," a child was "growing up without education or salutary control, and in circumstances exposing said child to an idle and dissolute life." Whether or not a statute authorized intervention, judges had inherent authority to stop abuse."²⁶⁵

In the above quote, the meaning of "train up" is to teach to read and write, not batter into subservience.

"In 1642, Massachusetts Bay Colony passed the first law in the New World requiring that children be taught to read and write. The English Puritans who founded Massachusetts believed that the well-being of individuals, along with the success of the colony, depended on a people literate enough to read both the Bible and the laws of the land. Concerned that parents were ignoring the first law, in 1647 Massachusetts passed another one requiring that all towns establish and maintain public schools. It would be many years before these schools were open to all children. Only

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https://www.continuetolearn.uiowa.edu/laborctr/child_labor/about/us_history.html

²⁶⁵

http://www.americanbar.org/content/dam/aba/publishing/insights_law_society/ChildProtectionHistory.authcheckdam.pdf

in the mid-nineteenth century was universal free public schooling guaranteed – in time, made compulsory — for Massachusetts children."²⁶⁶

In 2014, 23% of United States citizens are illiterate. The inability to read, write, and comprehend written works and communications has a devastating impact on child welfare and overall human rights.²⁶⁷ 60% of individuals incarcerated in the United States in 2014 are illiterate.

"Youth crime has been strongly linked to illiteracy and truancy. Government figures for 2002 – 2003 show 40% of young offenders entering prison were below level 1 (i.e. would not achieve a G at GCSE English). This is also true of adult offenders, with 80% having the writing skills of an 11 year old.

This is not the only factor. There are often deeper language and communication difficulties which drastically limit an offender's ability to respond in emotionally laden situations, making it more likely that they will lash out and be violent. These individuals are also likely to have been the victims of abuse of violence themselves. For some children a group of their peers may provide more care and protection than can be found at home or school. For them it may be a rational choice to join a gang rather than be left out of one."²⁶⁸

As you can see, coupling modern knowledge with long-term problems adversely affecting children as a class in the United States, we find an overall pattern of progress

²⁶⁶ <http://www.massmoments.org/moment.cfm?mid=113>

²⁶⁷ <http://washingtoncountyliteracycouncil.org/>

²⁶⁸ <http://www.theguardian.com/education/2008/sep/01/pupilbehaviour.classroomviolence>

towards universal human rights by some and resistance to progress by those who stand to lose their ignorant, easily controlled, and subservient "employees" should better human rights laws be enacted and enforced.

What about institutional abuse of children in Colonial America?

HEAL considers slavery and indentured servitude to be forms of institutional abuse and therefore such is covered in the above discussion. In addition, we can look at the abuses at "orphanages" or the "boarding schools" of the 17th century.

"Valentina Tikoff's essay provides a history of the orphanages in Seville from the late 1600s to the early 1800s. Through institutional policies and family strategies, many children who still had one or even two living parents ended up in the care of "orphanages." What we might think of as orphanages would more properly be called the foundling home in eighteenth-century Seville. This was simply the place where abandoned babies passed through before ending up in the care of a wet nurse, if they even survived that long. In contrast, the "orphanages" were more like boarding schools, where children might, for example, be trained as sailors.

Widowed parents pressed the authorities to admit their children to these institutions, which in fact became quite socially selective."²⁶⁹

"In the United States, an early means of caring for orphans was by indenture. The first American child was indentured in 1636, in Massachusetts. Indenture was often free labor

²⁶⁹ http://www.ncsu.edu/acontracorriente/fall_08/von_germet_rev.pdf

rather than protection. Later, children were placed in almshouses with their parents, and the feeling was that they would set children on a road to life, "free from permanent ignorance, pauperism, and vice." By the mid 1800s they were recognized as just the opposite. Yet, in 1927, there were still children placed in almshouses throughout the country."²⁷⁰

What we have here in 2014, is a system that has changed its names and claims while continuing to operate as 17th century child labor and abuse institutions. It is important for advocates and activists to understand the long history of institutional abuse in the United States in its many forms and the efforts over time to improve conditions for children in the US and around the world. What we are seeing in 2014 is not only resistance to continuing progress, but, intentional opposition to progress with intent to return to and/or continue exploiting families and traffick in children. This issue is understood from a variety of perspectives by a wide variety of people and organizations. Those who wish to engage in the movement for progress including teen liberty, must understand what progress has been made overtime and what we can do to protect and reinforce existing policies and laws as well as enhance policies and laws to better protect children and families.

A BRIEF HISTORY OF INSTITUTIONAL ABUSE IN THE UNITED STATES OF AMERICA (including Colonial America): Part 3

by Angela Smith, HEAL Coordinator

1700s (Pre-Revolutionary and Post-Revolutionary Colonial America)

²⁷⁰ <http://www.childrenservices.org/directservices/USAhistory.html>

What tools and practices were used to silence dissent and oppress everyday people in the 1700s?

In the 1700s, the same abuses of slavery, indentured servitude, and incarcerating/imprisoning those with opposing political views tormented everyday people. In Virginia, the first "mental hospital" was used to silence dissenters.

"Virginia's Acting-Royal Governor and Chief Administrative Officer Francis Fauquier (1758-1768) struggled with the legality of imprisoning the innocent, as well as the lack of treatment for them. Publicly run hospitals specifically for the insane had been in practice for a century in France and England. Fauquier proposed a similar idea to be implemented on American soil.

The hospital was born of unruly times. In 1766, pre-Revolutionary-War America experienced growing anti-British grumblings and political unrest. Just one year prior, a 1765 British Stamp Tax had been imposed on the colonies. Mass riots and pillage ensued. Eventually the tax was repealed. Fauquier gave a speech calling for citizens' gratitude and obedience to the British Parliament for this concession.

He also proposed the mental health hospital in this speech. Given the juxtaposition, it has been suggested that the governor was likening the violent protests against the Stamp Tax to unreasoned acts of the mentally ill. He described the insane as "persons who are so unhappy as to be deprived of their reason," a phrase that could equally describe unruly dissenters. Taking this further, one might wonder if Fauquier hoped these protesters would be similarly contained.

What qualified as mental illness? A list of “supposed or assumed causes of insanity” for the hospital’s 754 patients in 1879 identifies 46 such causes. Many, such as excessive study, seduction, matrimony, or the fall of the confederacy, are unlikely to make the modern DSM. But some are familiar (e.g., loss of property, disappointment in love, intemperance, excessive fatigue, and ill health)."²⁷¹

In the 1700s, political dissidents were labeled mentally ill in Virginia. This practice appears in 2014 with individuals like Keith Ablow (Fox News Contributor) "diagnosing" individuals with mental illness that do not share his political views.

"Recently, Fox's chief of psychiatry and right wing political hack, Dr. Keith Ablow, psychoanalyzed Bill Maher on Fox & Friends, "the morning happy-talk show that Ailes uses as one of his primary vehicles to inject his venom into the media bloodstream." This deep delving into the DSM IV was a reaction to Maher's satiric comments about Bristol Palin. Fox needed to hit back so they brought on Ablow to explain, in a professionally concerned manner, that Maher's comments stemmed from a deep seated hatred of conservative women. Ablow has also provided "diagnoses" for Chaz Bono regarding his transgender status (none of Ablow's business) and Media Matters president, David Brock who was totally trashed, albeit in a "professional" manner. This seems to be Fox News' newest and rather creative line of personal attack, given that these "virtual" evaluations focus on what Dr. Ablow thinks are personality disorders in whomever he attacks. (Whoops, diagnoses) This could represent a violation of professional ethics; but

²⁷¹ http://www.the-hospitalist.org/details/article/252399/Mental_Health_in_Colonial_America.html

for Fox News, character assassination, given by a board certified physician, trumps any issues of professionalism."²⁷²

Returning to the 1700s, we find the dreaded "Asylums". Places where the sick and outcast were sent for "treatment". These "asylums" were abusive, inhumane, and dehumanizing.

"These men and women were often kept chained or locked up in their homes. Beatings and malnutrition were common among them, if they weren't locked up at home, sometimes the more violent mentally handicapped were tied to the stake at their local workhouse or poorhouse. Dr. William Perfect, a doctor in England who cared for th[ese] "unfortunates" as they were called, remembered being called in 1776 by English Officers to see, "a maniacal man they had confined in their workhouse...He was secured to the floor by means of a staple and an iron ring, which was fastened to a pair of fetters about his legs, and he was handcuffed. Continual visitors were pointing at, ridiculing and irritating the patient, who was thus made a spectacle of modern sport...by several feats of dexterity, such as threading a needle with his toes," Such was the treatment of these unfortunates, and thus remained with the formation of the Asylum. The Asylum is defined as a dated institution offering shelter and support to the mentally ill.

However th[ese] early institutions were far from providing the support and care that these individuals needed. They beat, experimented, and learned from the mentally insane, causing one of the most formalized and institutionalized forms of patient treatment available that this world has ever

²⁷²

http://www.newshounds.us/2011/07/14/bill_maher_responds_to_dr_keith_ablows_virtual_psychiatric_evaluation.php

seen. Once these institutions were abolished for more civilized and educated forms of treatment and containment in the 20th century, the memory and spirits of the criminally and medically insane were left to roam the empty corridors and halls of the Asylum. This gave birth to the American Haunting, and gave rise to the most well known haunted sites in the world."²⁷³

Those individuals unwilling to be subjugated, enslaved, and abused were imprisoned and "diagnosed" with "mental illness" for being unable to control their unhappiness. While most articles covering historical abuses claim that things improved in the 19th and 20th centuries, those claims are overall unfounded. While public outcries resulted in lip service claiming new and more humane hospitals and sanctuaries, the brutality of forced labor, enslavement, and inequality continued throughout the United States and continues today.

"For many years, asylums were not facilities aimed at helping the mentally ill achieve any sense of normalcy or otherwise overcome their illnesses. Instead, asylums were merely reformed penal institutions where the mentally ill were abandoned by relatives or sentenced by the law and faced a life of inhumane treatment, all for the sake of lifting the burden off of ashamed families and preventing any possible disturbance in the community.

The majority of asylums were staffed by gravely untrained, unqualified individuals who treated mentally ill patients like animals. A case study describes a typical scene at La Bicetre, a hospital in Paris, starting with patients shackled to the wall in dark, cramped cells. Iron cuffs and collars permitted just enough movement to allow patients to feed

²⁷³ <http://ryuhawk.hubpages.com/hub/The-Asylum-in-the-1700s>

themselves but not enough to lie down at night, so they were forced to sleep upright. Little attention was paid to the quality of the food or whether patients were adequately fed. There were no visitors to the cell except to deliver food, and the rooms were never cleaned. Patients had to make do with a little amount of straw to cover the cold floor and were forced to sit amongst their own waste that was also never cleaned up (Butcher 37). These conditions were not all unique to La Bicetre, and this case study paints a fairly accurate picture of a typical scene in asylums around the world from approximately the 1500s to the mid-1800s, and in some places, the early 1900s."²⁷⁴

In 2014, HEAL has found multiple behavior modification programs that treat enrolled children and adults like animals. And, most of these facilities are not properly licensed and have no on-site professionally licensed staff. Even those that have professionally licensed staff often oppress their professional staff and ignore recommendations for improving living conditions for children at these facilities. Last week (July 30th, 2014), HEAL spoke with a whistleblower staff who is joining other whistleblower staff in exposing the conditions at a facility operating in the Gulf Coast area. The whistleblower with whom we spoke said the condition of the program, facility, and enrolled children was worse than Guantanamo Bay. And, based on our own experiences and research, we agree.

Teen Challenge requires its enrollees to sign "civil rights waivers".²⁷⁵ That is current information confirmed on August 3rd, 2014. This is one of many tools used to manipulate and oppress those who innocently seek help

²⁷⁴ <http://www.studentpulse.com/articles/283/2/the-history-of-mental-illness-from-skull-drills-to-happy-pills>

²⁷⁵ http://www.teenchallengemontereybay.org/pdf/intake_packet.pdf

from those who do not have human rights and compassion at the foundation of their enterprises.

"The rise of child labor in the United States began in the late 1700s and early 1800s. When the Industrial Revolution started, many families had to find someone to work or they wouldn't survive. When European immigrants came they weren't strangers to hard work. When they came they brought opinions or values that said that children should work. That's when children really started working. Many families moved from rural areas to cities newly industrialized. When it all started it went widespread and no one became concerned when the children didn't even get a modest education...

...With the knowledge that children worked in factories, mines, and other jobs lets talk about their wages and hours. A normal day for these abused children was anywhere from 12 to 19 hours a day. Most kids don't even go to school for 7 hours. An average day of work for adults is around 10 hours. These little children work 6 days a week, all year long. Kids today only go to school for 5 days. Then the extremely low wages were only a fraction of what adults got, if they got pay at all. They even tried to justify giving orphans nothing by saying that they provided clothing, shelter, and food. These "necessities" were never given to the orphans. All the time children were exhausted and hungry after these long hours.." ²⁷⁶

As this series of articles continues, the focus will remain on institutional child abuse and the correlations between labor exploitation, poverty, slavery, indentured servitude, injustice, and effective movements and moments that

²⁷⁶ http://www.kawvalley.k12.ks.us/schools/rjh/marneyg/05_history-projects/05_amack_childlabor.htm

nurture and accelerate progress. Please come back for more.

A BRIEF HISTORY OF INSTITUTIONAL ABUSE IN THE UNITED STATES OF AMERICA (including Colonial America): Part 4

by Angela Smith, HEAL Coordinator

1800s (Pre and Post Civil War)

Labor Organizers, Unions, and Child Labor

As discussed in regards to previous centuries (i.e. 1700s), slavery and other abusive labor practices were commonplace. While some self-proclaimed historians will point out that "slavery" had been abolished in many States leading up to the Civil War, the picture painted is not entirely accurate by those sources.

For instance, you may not know this, but, synonyms (having the same meaning as the "subject word"--in this case "slavery" is the "subject word") for slavery include bondage, enslavement, servitude, serfdom, and vassalage. It is also defined as that which is exhausting labor and restricted freedom.²⁷⁷

While some "historians" claim that many States abolished slavery before the Civil War, they fail to define slavery or explain effectively that they are limiting their definition to slavery solely as a "system under which people are treated

277

https://www.google.com/search?q=slavery+definition&sourceid=ie7&rls=com.microsoft:en-US:IE-Address&ie=&oe=&rlz=&gws_rd=ssl

as property".²⁷⁸ They are not using slavery in its most honest definition which is forced, involuntary servitude, restricted freedom (oppression), and uncompensated or unfairly compensated labor.

By "history" and "the law" limiting the definition of slavery to a "system under which people are treated as property", (as opposed to the oppressive system that includes slavery under other names such as indentured servitude (lawful practice in which uncompensated, involuntary, forced labor which only ends when the individual holding the "Writ of Indenture" decides whatever "debt" owed has been paid)), they set up an initial and intentional divide between subcultures of the oppressed. As discussed previously, indentured servants were as much oppressed, tortured, abused, and exploited as those treated as property. One way those in power keep it is to turn different victims of the same corruption, oppression, and abuse on each other by telling each that the other is to blame for their condition.

In modern times, slavery (treating people as property) in the US is called "human trafficking". From 2008-2010, the FBI investigated 2,515 complaints of human trafficking in the United States of America. Approximately 80% of those investigations involved sex-trafficking.²⁷⁹

In addition, immigrant workers are "legally" exploited by their US employers and US News & World Report published:

"The third flaw is that the employer, rather than the worker, holds the visa, and as a result H-1B and L-1 workers are in

²⁷⁸ <http://en.wikipedia.org/wiki/Slavery>

²⁷⁹ <http://www.bjs.gov/index.cfm?ty=pbdetail&iid=2372>

a state of indentured servitude. Should they be terminated, H-1B or L-1 workers would have to leave the country immediately. As a result, H-1B or L-1 workers' bargaining power is severely limited, and they can easily be exploited by employers."²⁸⁰

So, we know that slavery, defined properly as forced, unfairly compensated and/or uncompensated, oppressive, exploitative, exhausting labor exists in the US today and many are victims of this condition created by policies designed to permit exploitation and oppression of the majority of human beings.

What About Child Labor?

"Forms of child labor, including indentured servitude and child slavery, have existed throughout American history. As industrialization moved workers from farms and home workshops into urban areas and factory work, children were often preferred, because factory owners viewed them as more manageable, cheaper, and less likely to strike. Growing opposition to child labor in the North caused many factories to move to the South. By 1900, states varied considerably in whether they had child labor standards and in their content and degree of enforcement. By then, American children worked in large numbers in mines, glass factories, textiles, agriculture, canneries, home industries, and as newsboys, messengers, bootblacks, and peddlers."²⁸¹

Was Child Labor Eradicated by the Early 1900s?

²⁸⁰ <http://www.usnews.com/debate-club/should-h-1b-visas-be-easier-to-get/h-1b-workers-are-in-a-state-of-indentured-servitude>

²⁸¹

https://www.continuetolearn.uiowa.edu/laborctr/child_labor/about/us_history.html

From an Associated Press article, dated December, 1997: "In the past five months, The Associated Press found 165 children working illegally in 16 states, from the chili fields of New Mexico to the sweatshops of New York City. They are children such as Angel Oliveras, 4, who stumbled between chili pepper plants as tall as his chin in New Mexico's fall harvest. Children such as Vielesee Cassell, 13, who spent the summer folding and bagging dresses in a Texas sweatshop. Children such as Bruce Lawrence, at 8 already a three-year veteran of Florida's bean fields. The AP was able to follow the work products of 50 children to more than two dozen companies including Campbell Soup Co., Chi-Chi's Mexican restaurants, ConAgra, Costco, H.J. Heinz, Newman's Own, J.C. Penney, Pillsbury, Sears and Walmart."²⁸²

When Did Progress Begin for Workers' Rights in America?

"Although labor unions began forming in the early 1800s, they did not gain any significant membership base or bargaining power until the 1860s and 1870s. The harsh, even hazardous, working conditions arising from industrialization drove laborers to organize into unions. One of the first major unions was the Knights of Labor, founded in 1869. The Knights demanded equal pay for women, an end to child labor, and a progressive income tax, among other reforms. The union claimed a substantial membership, including women, blacks, and immigrants. In 1885, the group staged a successful strike against railroad "robber baron" Jay Gould. The strike so severely crippled Gould's operation that he had no choice but to fold. On the strength of this victory, the Knights' membership and political power grew. The Knights successfully supported a

²⁸² http://pangaea.org/street_children/americas/AP1.htm

number of politicians for election and forced laws favorable to workers through Congress."²⁸³

What About Institutional Child Abuse?

"Valentina Tikoff's essay provides a history of the orphanages in Seville from the late 1600s to the early 1800s. Through institutional policies and family strategies, many children who still had one or even two living parents ended up in the care of "orphanages." What we might think of as orphanages would more properly be called the foundling home in eighteenth-century Seville. This was simply the place where abandoned babies passed through before ending up in the care of a wet nurse, if they even survived that long. In contrast, the "orphanages" were more like boarding schools, where children might, for example, be trained as sailors.

Widowed parents pressed the authorities to admit their children to these institutions, which in fact became quite socially selective."²⁸⁴

"In the United States, an early means of caring for orphans was by indenture. The first American child was indentured in 1636, in Massachusetts. Indenture was often free labor rather than protection. Later, children were placed in almshouses with their parents, and the feeling was that they would set children on a road to life, "free from permanent ignorance, pauperism, and vice." By the mid 1800s they were recognized as just the opposite. Yet, in 1927, there

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<http://www.sparknotes.com/testprep/books/sat2/history/chapter12section1.rhtml>

²⁸⁴ http://www.ncsu.edu/acontracorriente/fall_08/von_germet_rev.pdf

were still children placed in almshouses throughout the country."²⁸⁵

It is still going on today. If you had access to speak with children who have been spirited away under various auspices of "mental health", "special needs", "behavior management", and the like, you would hear that they are denied education, forced to labor, denied their civil rights, and all under the guise of "schooling" and "treatment." The same is true of children abandoned or lost in foster care as well as children whose parents find parenting utterly inconvenient or wish their child to be indoctrinated into their "wealthy authoritarian cult".²⁸⁶

Recently, one "Charter School Founder", Dorothy June Brown, was indicted with conspiracy to obstruct justice, fraud, witness tampering, and falsifying a large number of documents. The FBI reports:

"In addition [to witness tampering], all of the defendants are charged with conspiring to obstruct justice from August 2008 through April 2012. The indictment alleges they altered, destroyed, and falsified a large number of documents, including contracts, financial records, board meeting minutes, board resolutions, and an extensive number of other records belonging to the schools and Brown's private companies, after federal grand jury subpoenas for records were served in 2008. The indictment alleges that Brown recruited others to join the conspiracy by rewarding them with high level administrative positions at the charter schools she controlled, by causing them to be paid high salaries and by enabling them to use school funds and resources for their own personal benefit. In one

²⁸⁵ <http://www.childrenservices.org/directservices/USAhistory.html>

²⁸⁶ <http://heal-online.blogspot.com/2014/10/the-kid-who-wasnt-rescued.html>

instance, it is alleged that Brown permitted her great nephew, Michael Slade, who was an employee of Laboratory at the time, to spend over \$40,000 of funds belonging to Main Line Academy, a private school founded and controlled by Brown, on a truck for Slade's own personal use. Brown allegedly later caused Slade to be named Acting CEO of another school she founded, the Ad Prima Charter School ("Ad Prima"), and then to be named as CEO of Laboratory. The indictment alleges that Brown also caused Knight to be named as CEO of Ad Prima and that she hired Smoot to be the business manager for all of the schools she controlled."²⁸⁷

As you can see, the problem is that the "bad guys" don't change anything but their names and what they call their crimes. For instance, orphanages were proven to be abusive so we "outlawed" orphanages and new "reform schools" opened up. We exposed abuse at "reform schools" and new "therapeutic youth programs" opened up. Now, we see those same "reform/therapeutic schools and programs" operating as "Charter Schools" and "Foster Care Group Homes". Many are maintaining the label "therapeutic program" though. By "we", I mean society, not myself nor HEAL specifically. Now, we're exposing the abuse at those programs, which are the same sick abuses dating back centuries, and they just keep lying and "deceptively marketing" their programs to ignorant and/or corrupt parents and "service" agencies.

And, that's just one part of an overall continuing system of injustice in the United States. This problem has many branches that include exploiting workers, human trafficking, injustice, and institutional abuse. As my dear

²⁸⁷ <http://www.fbi.gov/philadelphia/press-releases/2012/charter-school-founder-dorothy-june-brown-charged-in-6-million-fraud-scheme>

history professor Dr. John Walter would say, "Then As Now"! And now, as Martin Luther King, Jr. said, we all must "join together as brothers or perish together as fools."²⁸⁸

END of BLOG ENTRIES

Thank you so much for reading through everything, including the bonus material. I continue to wish you good luck and success. Stay informed and involved! And, KEEP FIGHTING!

EXTRA! EXTRA! On the next page is a poem written by my maternal grandfather, Samuel T. Smith, Sr. He served in the US military and fought in World War II and had his knee shot out in the Korean War. His eldest son and namesake, Samuel Thomas Smith, Jr., was killed in Vietnam at age 19 while serving in the USMC. I know they would not want me to allow fear to stop me from doing the right thing. I feel I owe it to them to continue to fight for a better world and true democracy.

There has never been a better time to use your words.

²⁸⁸

<http://www.brainyquote.com/quotes/quotes/m/martinluth101309.html>

WORD

BY SAM T. SMITH

I AM LEGEND. MY NAME IS WORD. I POSSESS
GREAT AND WONDROUS POWERS. I AM MAGIC
PERSONIFIED, NO OTHER ELEMENT CAN
APPROACH MY INFINITE ABILITY TO ACCOMPLISH
ALL THINGS. I CAN CAUSE GREAT CITIES TO
DISAPPEAR IN THE TWINKLING OF AN EYE, AND
YET GREATER AND MORE MAGNIFICENT CITIES
TO RISE FROM THE ASHES AS A NEW BORN
FLOWER RISES TO MEET THE SUN. I CAN
CAUSE MOUNTAINS TO CRUMBLE AND SPARKLING
STREAMS TO CEASE THEIR RUSHING VOYAGE TO
THE SEA. I CAN BRING LAUGHTER TO YOUR
VOICE AND TEARS TO YOUR EYES, CONSTERNATION
TO YOUR MIND AND PEACEFUL BLISS TO YOUR
SOUL. I CAN CONFOUND YOU, ENRAGE YOU,
ANTAGONIZE AND PLACATE YOU. I CAN TURN
BROTHER AGAINST BROTHER AND SISTER AGAINST
SISTER, AND I CAN REVERSE THESE DREADFUL
DEEDS AS SURELY AS RAIN QUENCHES THE
PRAIRIE THIRST. I CAN NOT GIVE LIFE NOR
CAN I STAY DEATH FOR THAT POWER IS RESERVED
FOR THE ABSOLUTE USE OF THE CREATOR. BUT,
I CAN FILL THE DAYS WITH JOY AND HAPPINESS,
LIGHTEN THE LOAD OF PAIN AND SUFFERING, AND
EASE THE HEARTBREAK OF THE PASSING OF LOVE.
I CAN BRING GREAT RICHES TO THOSE WHO SEEK
AND USE ME, WHETHER THEY BE OF THE PURSE
OR OF THE MIND. I AM YOUR GREATEST ALLY,
YOUR FRIEND, YOUR HUMBLE SERVANT. USE ME
WISELY AND YOUR FORTUNES WILL BE EQUAL TO
YOUR TRUEST DESIRES. I AM WORD, I AM
YOURS TO COMMAND.