

The background of the cover is a photograph of a gravel road stretching into the distance under a sunset sky. The sun is low on the horizon, creating a warm, golden glow. The road is made of dark gravel and has some faint tracks on it. The title 'TRACKS OF HOPE' is overlaid on the image. 'TRACKS' is in a large, black, serif font, and 'OF HOPE' is in a large, white, sans-serif font.

# TRACKS OF HOPE

*The Forgotten Story of America's Runaway Train  
and How We Can Change Its Course*

author: Lauren Speeth, D.B.A. | editor: Marian Brown Sprague | foreword: David Grusky, Ph.D.







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DeGolia, Delaine Easton, Brother President Ronald Gallagher, President Janet Holmgren, Dr. Talmadge King, Paul Minorini, Rev. Paul Mitchell, John Moores, Rev. Penny Nixon, Dean Nancy Thornborrow, and Sheryl Young.

And finally, special thanks to all my wonderful friends and family who patiently read and commented on draft after draft, and provided support and encouragement to keep me going. At not quite 5'2" and slight of build, I've never considered myself heavy, but as I look back on all the people it has taken to lift me up to this point, perhaps I should reconsider. My thanks go out to each and every one of you.

### **Dedication**

For Morgan, Alexandra, Caroline, Miles, Ethan, Sidney, Jack, Danny Anne, Loren, Ehren, Kyle, Clair, Will, Vivian, Alan, Matthew, Tory, Michael, Julie Anne, Evan, Paige, Alex, Dan, Max, Dashiel, Sam, Andrew, Sylvia, Greta, Akai, Pierce, Riker, Zachary, Laura, Elain, Megan, Jackie, Eytan, Gabriel, Micaela, Mercy, Arianna,

Celine, Alexa, Jackson, Willem, Ainsley, Juliana, Hyden, Noah, Nadir, Dahnish, Nathaniel, Tatjana, Quinton, Lauren, Connor, Hayden, Tiernan, Kourosh, Suzie, Lexi, Duke, Judy, Emma, Daniel, Sofia, Niko, Jasmine, Martie, Kuran, Nikita, David, Hannah, Andreanna, Ben, Minna, Mercy, Xan...and all the children of our country, a country I know is great enough to make the term "throwaway children" an anachronism.







# TABLE OF CONTENTS

## CONCERT FOR HOPE PHOTOS..... 7

- Mitchell Sardou Klein conducts the Elfenworks Festival String Ensemble with sopranos Shawnette Sulker and Rebecca Plack in the premiere of Giancarlo Aquilanti's *La Povertà*. (*top*)
- Tammy Hall, conducting from the piano, premieres her composition *In Harmony With Hope*, with Don Kane (bass), and Michaelle Goerlitz (percussion), and vocalists Rhonda Benin, Valerie Joi Fiddmont, and La Tonya Reed. (*bottom right*)

## PHOTO CREDITS

All photos by Lauren Speeth, except	
Carter Center (R. Carter).....	59
Steve Castillo (all).....	7
(Saller) .....	16
(Dattner).....	59
Dust Jacket	
Donald Kane.....	14, 60
Michelle Lin.....	27
Alexandra Neiman (sunset).....	43
San Damiano Foundation (design by T. Schaller).....	49
Tim Schaller.....	61
Ted Sprague.....	53

Acknowledgements and Dedication.....	3
Foreword.....	6
Introduction.....	8
Some Common Beliefs about Poverty and Inequality.....	11
Everyone in America Has the Same Opportunities.....	12
Poverty Should Stay in the Slums.....	16
It's Just a Crying Shame, How Poor People Act.....	19
What's Wrong with Them?.....	20
Everyone Has Access to a Quality Education.....	21
Don't Let Your Feelings Show.....	24
You Are Wrong. I Don't Believe You. I Read or Heard Something Different.....	25
There Are Too Many of Them to Help.....	27
That Couldn't Happen to Me — or My Teen.....	30
Lock Them Up and Throw Away the Key.....	33
All Homeless People Are Crazy.....	35
What's It to Me, Anyway?.....	40
They're So Different / Why Don't They Work as Hard as I Do?.....	42
One Person Cannot Make a Difference, Can They?.....	43
Communication and Change: Call and Response.....	48
Films for Social Justice.....	48
Ficlets.....	51
Putting on a Poverty-Awareness Event.....	52
Which Track Will You Take?.....	52
Conclusion.....	52
Appendix A, Big and Little Things You Can Do Now to "Be the Change".....	57
Appendix B, 2007 In Harmony with Hope Award Winners.....	59
Appendix C, Other Changemakers We Know.....	63
Appendix D, Useful Links.....	69
About The Elfenworks Foundation.....	71
About the Author.....	71
Notes.....	71

## FOREWORD

This important book, written by Lauren Speeth and her team at The Elfenworks Foundation, reflects the growing concern that poverty and inequality are among the most pressing social problems of our time. Why this concern with poverty and inequality? It is not merely that economic inequality has increased spectacularly in the United States over the last 30 years. Nor is it simply that the high poverty rate in the United States becomes ever more difficult to justify as the country becomes ever richer. These conventional moral concerns, for all their importance, hardly exhaust the reasons why poverty and inequality have recently been understood as pressing problems. Additionally, there is a growing recognition that poverty comes with substantial economic costs that are borne by all of us, rich and

poor alike. The poverty price tag comes in the form of the additional incarceration, law enforcement, drug and alcohol treatment, and medical costs that high poverty rates have tended to entail.

It comes also in a long-run form: we experience substantial losses in total production because poverty-stricken children and adults cannot easily secure the schooling, job experience, and job training that allow them to maximize their potential. It follows that societies that choose a high-poverty road do so at high cost. This book is dedicated to exposing that collective price of poverty and thereby allowing citizens to make an informed decision as to whether it is a price that they wish to continue paying.

DAVID B. GRUSKY  
PROFESSOR OF SOCIOLOGY,  
STANFORD UNIVERSITY

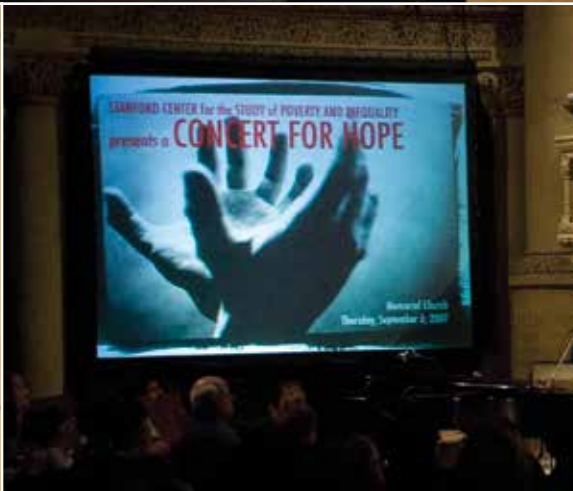
*The greatest challenge we face is the growing chasm between the rich and poor people on earth.*

JIMMY CARTER

*Larry Brown with the Harvard School of Public Health and several other leading researchers have determined that the total cost burden of hunger in the United States is about \$90 billion — an amount that could be entirely eliminated by just \$10-12 billion of increased spending on federal nutrition programs.*







## INTRODUCTION

In writing this book, we were inspired by former president Jimmy Carter. “All of us,” he wrote, “need to look at ourselves, our circumstances, the environment in which we live, and ask: Within my own talent and realm of possibilities, what can I find to do that would be good and lovely?” We have decided that, for the next three years, it would be good and lovely, and within our talents and possibilities, to focus on domestic poverty — to do what we can to create new hope for the disenfranchised who live, quite literally in some cases, on our very doorsteps.

Along the lines of the social entrepreneurship model, we have aligned ourselves with innovative organizations whose goals are in harmony with ours. The Center for the Study of Poverty and Inequality at Stanford University is one shining example, and it has been our privilege to help them by creating *inequality.com*, and enabling them to bring in leading scholars and practitioners for research, teaching,

trend analysis, and informing public discussion of poverty, inequality, and policy. We consider the development of *inequality.com* to be our most significant achievement to date, because a web-based center for trend and other breaking research data on poverty can offer journalists, politicians, and policymakers at all levels immediate access to a wealth of information, making it possible to monitor poverty and inequality just as easily as monitoring economic output.

On September 6, 2007, at the Stanford Center’s inaugural celebration — a Concert for Hope — its director, professor David Grusky, threw down the gauntlet to the thought leaders of Silicon Valley and challenged them to take up domestic poverty and inequality as major social problems, bringing about a larger revolution in thinking, just the way they brought about a revolution in our thinking about global warming. He suggested that, for this new smart effort against poverty and inequality, we get people to understand poverty not just as a moral issue but also as an economic one. I also spoke to the assembled crowd that evening, as did

Dean Richard Saller, and there was original music composed by Giancarlo Aquilanti and Tammy Hall. Truly, it was a hopeful moment — for Stanford and for the entire nation — and it ended with the entire audience joining in song, “in harmony with hope.”

News of the Concert for Hope was carried in the *San Jose Mercury News*. The citizen commentary on that news, though, bespoke a great lack of information and understanding, and it started us down the path to the book you hold in your hands today. This book includes the parable that Professor Grusky told that night, originally written by philosopher Peter Unger. The book also tries to address a few of the misperceptions we’ve found when trying to raise awareness about domestic poverty. Of course, one book can’t possibly contain enough pages to answer all questions, but if it gets you — or anyone — down the path to questioning invalid assumptions, towards discontentment with the status quo, and towards greater involvement, we will feel it has been well worthwhile.

I’ve logged enough years now that



*It is up to us,  
and it is in our  
enlightened self-  
interest, starting  
right here and  
starting right  
now, to make  
things better...*

**LAUREN SPEETH**



I've started to realize that in life, one often sees the same issues over and over — they're like the well-worn tracks seen from a daily commuter train. Have you ever gotten the sense, "been there, done that?" Well, I've done more than made my peace with that sense of déjà vu, I've decided to use it as a way to live, learn, and grow. Because what I'm talking about is really looking at things — things that matter, that you care about — and getting to know the story from more than one side. I don't just mean that you get to "see through" shallow enthusiasms...that you learn to "reject conventional wisdom"...or "find out

what really matters." What I'm talking about is seeing both sides of the story — and learning to hold those disparate points of view in your mind, side by side, no matter how much they might contradict or dislike each other. I have to agree with philosopher William Mathews who wrote, "All maxims have their antagonist maxims; proverbs should be sold in pairs, a single one being but a half truth."

I am reminded of the old curse, "May you live in interesting times," and I do believe that these times — our times — are very interesting. They feel more

like a runaway train than a commuter train, don't they?

It is up to us, and it is in our enlightened self-interest, starting right here and starting right now, to make things better for the 37 million Americans who live in poverty, for those at risk of falling into poverty, and for ourselves. The journey towards making things better starts with a willingness to see things as they are. And that first step, in President Carter's words, would be both good and lovely.

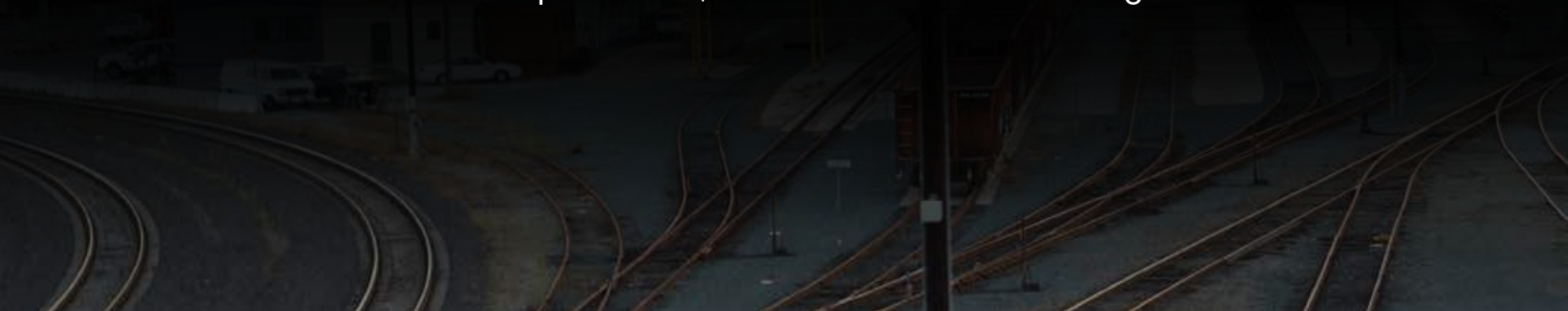
**LAUREN SPEETH, CEO,  
THE ELFENWORKS FOUNDATION**

Bob, an average guy, has one possession he truly loves...a vintage Mustang, which he often parks on an abandoned railway siding when he goes running.

Today, though, something is different. Today, he notices a little girl playing in a tunnel on the tracks nearby...and, to his horror, he sees the light of an oncoming train. There isn't time to run and save her, and she's just out of range to hear a call of warning.

He looks around, panicked, and to his great relief, he discovers a railway switch. If he throws the switch, the train will be diverted onto the siding, and the child will be saved.

But not without cost. Remember what's on the siding? His beloved Mustang...his beloved — irreplaceable, uninsured — Mustang.



Of course, there isn't really a choice here at all, and most of us would go ahead and pull the switch. This is the way we often talk about poverty — as if it's a moral choice. We often assume its main antidote is convincing people to act on their conscience. But here's the rub: when we can't look that child in the eye, when there seem to be too many children to help, when poverty seems too big a problem to think about, we may just want to close our eyes and willfully not see anything. Since we can't fix everything alone, we too often, and paradoxically, choose the car.

Anyway, nobody likes to be told what to do. It's just not a very successful a strategy for mobilizing anti-poverty action.

The thing is, while poverty's really bad for the poor, it's also bad for the non-poor. So it's not just the correct and moral choice to take it on, but the smart choice, too. We don't need the moral argument to conclude that poverty is profoundly problematic. It's also problematic because it's deeply costly to all of us, not just the poor.

And now, in the 21st century, we need to think of new ways to solve our problems.

## SOME COMMON BELIEFS ABOUT POVERTY AND INEQUALITY

Some among us might wish to blame the vicissitudes of poverty on those who suffer from it, or as St. Mary's Professor James Hawley puts it, "to assume poverty is always the result of individual failure, will, or spirit." Here, we take a bold approach, looking these beliefs squarely in the eyes. Every train runs on two tracks and every railway has tracks running in each direction. A train cannot run on one track alone; neither can we effectively address the issue of domestic poverty without truly understanding its various sides. According to the Census Bureau, one out of eight Americans is living below the poverty line; our poverty rate is closer to that of Mexico than any comparable European country (see [inequality.com](http://inequality.com) for a discussion). What accounts for such extraordinary poverty in the United States? We are informed that key factors include:

- **Bad jobs:** Wages among the U.S. poor are lower than in other countries. Even when household heads are working full-time, wages are often not enough to keep families out of poverty.
- **Cash and near-cash transfers:** As a country we spend (by comparison to other, similarly rich countries) very little on transfers, assistance, and benefits programs for low-income wage earners. The poverty rate remains high in the United States, in part, because it relies far less on such programs than do other countries.

The task before us is to address together a few commonly held beliefs about poverty and inequality and engage in friendly conversation with those who misunderstand: "Have you perhaps considered the view from this side of the tracks?"



## EVERYONE IN AMERICA HAS THE SAME OPPORTUNITIES

...do they?

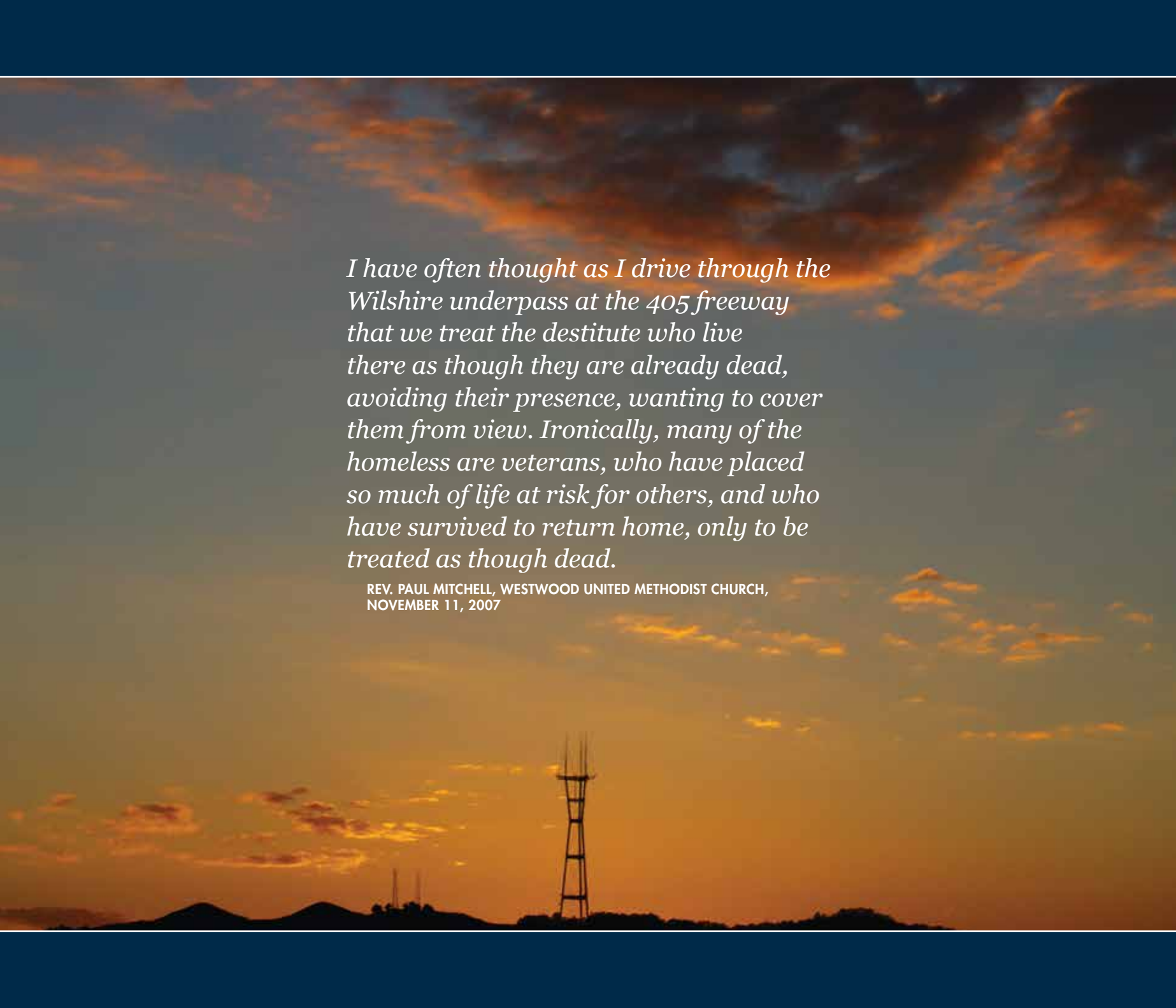
Americans are fond of quoting Alexis de Tocqueville when they talk about the greatness of our society. "America is great because America is good. If America ceases to be good it will cease to be great." What de Tocqueville lauded was egalitarianism unlike what he had seen in Europe.

But is America still good? We are the wealthiest nation in the world, yet we are more unequal than all other relatively rich countries, save Mexico and Russia. We are a nation that turns a blind eye to the 1.35 million children who are homeless in any given year. Instead of decrying the growing income disparity in this country, we revere the increasing numbers of people who have won the financial lottery — a testament to our undying hope that such a random stroke of good fortune, outside of our own locus of control, might somehow happen to us, too.

As Americans, we don't expect that idle hands will be rewarded as well as hard-working ones. No, we expect to see unequal outcomes result from different levels of effort. And most of us support our capitalist system, a system that rewards those individuals who work hard and apply themselves over those who do not. But we also cherish the idea of the "level playing field" where every last one of us is provided with opportunities for success, and it offends our sense of fair play when we find that this isn't the case.

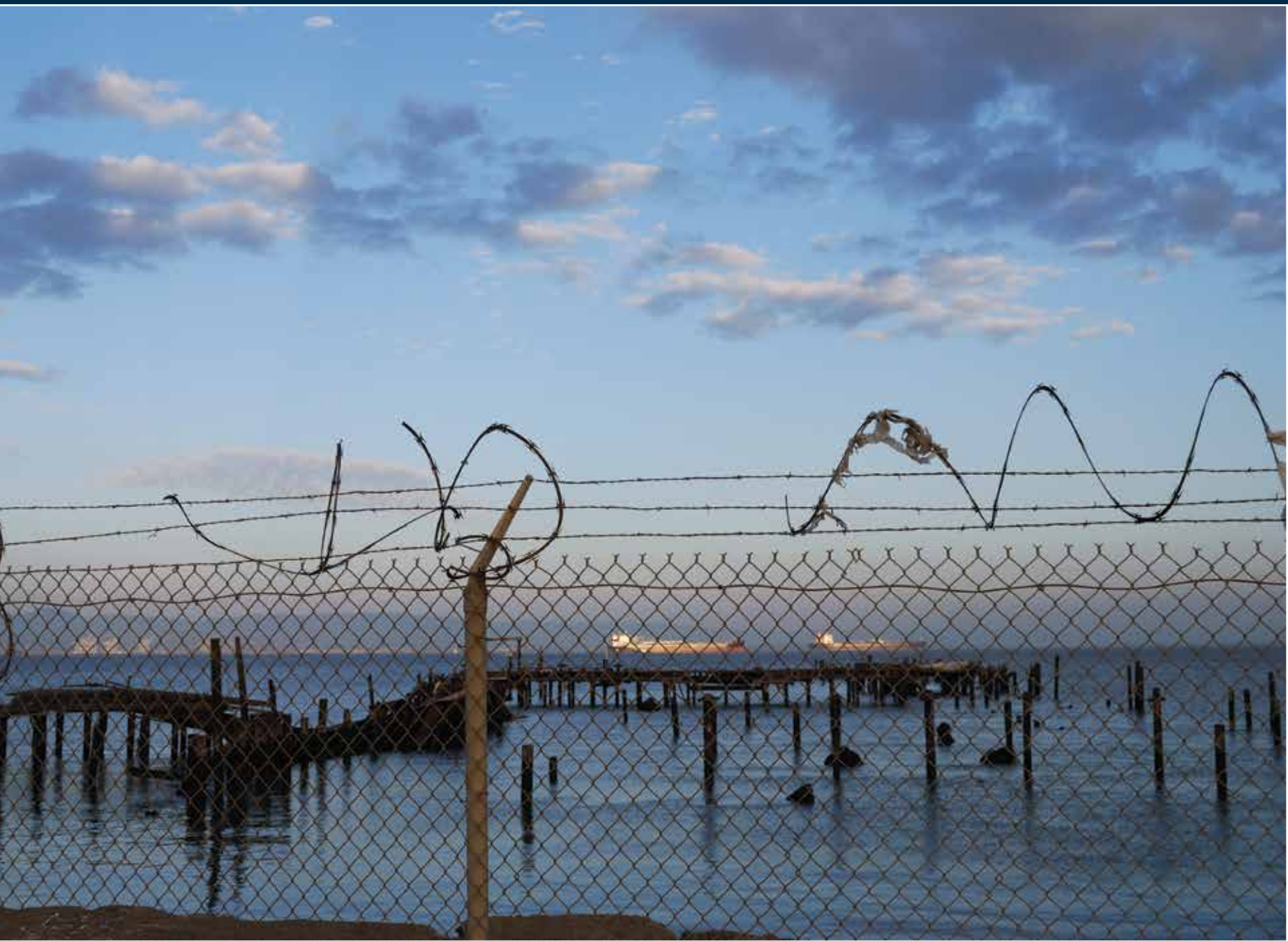
Is it enough to simply believe in the promise of equal opportunity if the facts clearly bear witness to a different story? Are we willing to admit defeat and declare that the promise to which we so fervently cling is no longer tenable in a society that allows for ever-widening stratification? Perhaps we should instead let go of the dream of random riches and get back to our heritage, holding out hope, instead, for a society in which it is held as self-evident that all people are truly created equal.





*I have often thought as I drive through the Wilshire underpass at the 405 freeway that we treat the destitute who live there as though they are already dead, avoiding their presence, wanting to cover them from view. Ironically, many of the homeless are veterans, who have placed so much of life at risk for others, and who have survived to return home, only to be treated as though dead.*

REV. PAUL MITCHELL, WESTWOOD UNITED METHODIST CHURCH,  
NOVEMBER 11, 2007







POVERTY SHOULD STAY IN THE SLUMS... WELFARE IS A GOOD-ENOUGH SAFETY NET; ANYWAY, MOST OF THE PEOPLE ON WELFARE ARE CHEATS

**...that's a lot of beliefs, lumped into one, and generalizations tend to miss a lot of the truth. At The Elfenworks Foundation, we think poverty and inequality, currently at historically high levels, can — and should be — an anachronism in the 21st century.**

*According to the Gospels, Jesus said: 'You have the poor always with you.' That statement was not based on pessimism so much as on a realistic sense of the limited potential of the economy of the Roman Empire. In a near-subsistence economy the average standard of living for individuals was*

*roughly one-tenth of*



*what an average American enjoys today. The only way the philosopher Seneca, writing in the 1st century A.D., could imagine a society of equality was to assume that every Roman would be poor. Today, the fact that poverty is still with us in a society that is 10 times as rich can only be described as a tragedy. But rather than just lamenting the tragedy, we need to understand why it is so, so that we can do something about it.*

**RICHARD SALLER, DEAN, SCHOOL OF HUMANITIES AND SCIENCES, STANFORD UNIVERSITY (SPEAKING AT THE CONCERT FOR HOPE, SEPTEMBER 6, 2007)**

Poverty is all around, affecting one in eight Americans; it's not just in the slums. Many of the homeless, for example, hold jobs and look indistinguishable from other workers. Many other working poor hold two jobs and are just hanging on. Still others are family members of the brave men and women serving our country in the armed forces. With one parent gone, the family often teeters on the knife's edge of poverty. While it is true that some well-meaning policies have provided perverse disincentives to working and saving, we now know more, and are in a position to do much better as a nation, if together we decide a new smart war on poverty and inequality is important.









Little's Book  
Harrison's Map  
Brim Saver  
C. Ann & Mike  
Harris Bond  
Lashed Paper  
24

Ulysses

YOU GO GIRL



## IT'S JUST A CRYING SHAME, HOW POOR PEOPLE ACT

**...how would YOU act if your belly was empty and you didn't feel well?**

Twenty-five percent of homeless children have witnessed, first-hand, violence and abuse within their own families. Often, it is directed at them. Homelessness fosters fear. And fear is disabling — for children and adults. We believe we do the homeless a disservice by lumping them all under one politically correct name, rather than calling people out by group: the newly homeless families, battered people escaping violent situations, veterans, the long-term mentally ill, alcoholics and addicts who need treatment, predators, and those who choose a life on the streets. If we can see each homeless person as an individual, our essential humanity might shine through and allow us to help him or her with dignity.

*Often when youth who are living in poverty are asked to share their dreams, they'll tell you they want to be a doctor or lawyer, rap star or dancer. As often, they will say that they're just trying to survive.*

**JOYCE DATTNER, BAY AREA ALL STARS**



WHAT'S WRONG WITH THEM? IF I WERE IN A SIMILARLY DANGEROUS SITUATION, I'D JUST PACK UP AND LEAVE

**...where would we suggest a poor family in such an environment go? Do they have as many options as I do? Would I open my door to them in my neighborhood, or as an employer? Realistically, would they find other doors wide open and welcoming? If they moved to a completely different city, in what sort of neighborhood might they find themselves?**

### Take Back the Night

Violence is not new, nor is "Take Back the Night" a new slogan. It made headlines as a rallying cry in the feminist marches following the death of a young microbiologist named Susan Speeth in October 1975. She was killed in a random act of violence by a stranger while walking alone after dark in Philadelphia.



While the poor do not have a lock on violence, there is little question that pervasive violence has become part of the culture of the poor. Violence begets a milieu of fear and anger, which in turn breeds more violence. The media-infused glamorous lifestyles of drug kingpins, and their apologists in gangsta rap, are the inner city's Pied Pipers — far more alluring and promising of quick money than a staid education.

Violence robs entire neighborhoods of fathers and sons. And poverty and homelessness are exacerbated when male heads of household are in jail. Families without fathers comprise the fastest-growing group among the homeless. Domestic violence, fueled by the loss of hope, contributes still further. The startling, shameful statistic is that in the U.S. today a woman is raped every six minutes and a woman is battered every 15 seconds<sup>1</sup>.

To walk the distressed streets of our cities' crime-plagued neighborhoods or to see the blank faces of the rural poor is to witness the despair and fear that accompany poverty. Living in fear deflates morale, paralyzes action, and extinguishes hope. It is only by working to ignite hope and erase fear that we can help mitigate the culture of violence and give the poor a chance to live lives free of fear. While peace of mind and heart costs nothing, it is invaluable.

*Twenty-two percent of American 18-22 year-olds do not have a high school diploma. They are 3.5 times more likely to go to prison.*

**NATIONAL CENTER FOR EDUCATION  
STATISTICS, 2004**



Consider this idea, overheard from John Moores, Sr., Owner, San Diego Padres:

*“Why not incentivize Members of Congress to fund / give out more Pell Grants by naming them after them?”*

The buying power of the Pell Grant has eroded over time — from covering 60% of college costs two decades ago to just 30% today. Pell Grant funding levels are governed by the U.S. Congress. By giving our representatives an opportunity to have direct, positive contact with their constituents by having them award named Pell Grants in hometown ceremonies, it's just possible that those need-based Pell Grants might become more attractive to fund.

EVERYONE HAS  
ACCESS TO A QUALITY  
EDUCATION; SUCH  
A SHAME THOSE  
(BLACK / HISPANIC /  
MINORITY / HOMELESS)  
PEOPLE DON'T TAKE  
ADVANTAGE OF IT

**...we really, really wish this were true.**

*Our schools, governments, and communities are failing to keep pace with the exponentially growing needs of children who find themselves plagued by extreme poverty, violence, crime, and environmental degradation.*

**PAUL MINORINI,  
BOYS HOPE GIRLS HOPE**

The right to a free education is a central tenet of the democracy upon which our nation was founded. It is so fundamental to the foundation on which all free societies are built that the United Nations has named



it a universal human right. They have specified that education is the key to social and economic empowerment. Yet here in the United States, where primary and secondary education is free to everyone, 22 percent of American 18–22-year-olds don't have a high school diploma. This is particularly alarming given the great impact that a college education can have on class and status, and the positive connection between education and income.

Have you heard a new term: dropout factory? It was coined to describe those schools where fewer than 60% of students graduate (that's one out of every 10 schools). These factories of failure are most likely to be found in inner cities and high-poverty rural areas with larger populations of minorities. What if you had been born in an area where the school you were destined to attend was a dropout factory? How would your life have been different? Can we create incentives for schools to track progress and graduation rates, while being careful not to create perverse disincentives (like strong sanctions for bad test scores, which might make administrators wish the least-capable students would drop out before taking the tests)?

Why, if education is the means to leave behind a life of poverty, is it so often derailed? The blame cannot rest entirely with the schools, of course. Our consumer-driven society has inculcated entire generations in the lure of instant gratification and extrinsic rewards. The joy with which societies historically greeted education has been overwhelmed by the demand for quick fixes and glittering baubles. Why stay in school when the future pay-off for expanding your mind is years away? For children living in poverty, there is an abiding lack of hope in that future — an inability to fathom the idea that any positive future awaits.

The social context in which schools operate can be so far apart from the real world of a poor child's home life that an insurmountable disconnect is created. The promise of quick, hard cash is easily a more powerful enticement than the tired mantra of staying in school. And for children who may face language barriers, whose lives are seeded on crumbling foundations, the value of self is more extrinsically rewarded by the bonds of group membership than by the lonely, isolated effort to make good by hard work and study.

If education has lost its relevance in the opinions of large swaths of our population, then we must ask ourselves, how can we make it otherwise? By challenging the prevailing expectation of failure, disowning the term "throwaway children," reviving stay-in-school programs, winning back the hearts and minds of children and parents alike, ensuring

access for gifted students with financial need, funding ESL, and providing enrichment activities that prepare the next generation to be successful in the 21st century, we can make a start. Perhaps the biggest challenge in the effort against poverty in this country hinges on education and educational opportunity. It's a challenge that, as a society, we simply can't afford to ignore.

You've no doubt noticed that there are no "faces of poverty" in this book about poverty and inequality in America. In our film *Faces of Poverty* we tried to put a face and a name to the statistics; here we are trying something completely different: using images of our own kids and curious landscapes that bear closer examination. Will this book find an audience in a way our film has not? We shall see. We are always learning and adapting.



## Music in schools

Music in the schools. It's been correlated with higher math and science scores and greater achievement and future success... don't trust us, check it out for yourself, and support music in the schools. Chess in the schools works, too, inexpensively. And physical education helps with more than childhood obesity.

*Consider this idea,  
conceived by The Elfenworks Foundation:*

*Why not pave the way for professionals to share their wealth of knowledge with school kids in the classroom, without asking the professionals to return to school themselves for a teaching credential? What technology, tools, and resources could help facilitate that effort? And how could the bureaucracy be minimized to make it workable? Math is important to flying airplanes; think about how pilots teaching a math class could let the imagination soar. Can you think of other professionals that would make stellar teachers?*





DON'T LET YOUR  
FEELINGS SHOW...IF  
YOU GO SEE A  
THERAPIST YOU MUST  
BE TOUCHED IN THE  
HEAD / YOUR BREAD  
ISN'T BAKED

**...who told you that?**

Rosalynn Carter has told us that "poverty is the pathway to depression." Conversely, people

afflicted with mental illnesses, including depression, are less likely to hold well-paying jobs and stay out of poverty. These health and mental health issues are especially concerning where there is homelessness, which itself can lead to depression and anxiety, and where serious illness can go untreated for prolonged periods.

Here's one approach that seems to be showing some promise: the concept of alternative courts, like the Behavioral Health Court in San Francisco.

Through required weekly appearances in front of a judge, this court provides guidance and support for recently released prisoners with serious mental health issues. The data indicate that it's significantly reducing recidivism.

*Fifty to seventy-five percent of young jail inmates have a diagnosable mental disorder.*

**COALITION FOR JUVENILE JUSTICE,  
2000 ANNUAL REPORT**



YOU ARE WRONG.  
I DON'T BELIEVE YOU.  
I READ OR HEARD  
SOMETHING DIFFERENT.

**...why is it that you'd rather not have a look  
at both sides?**

Do you always believe what you see? The image here was shot both in California and Canada; it's a montage, done in Photoshop. We did this to illustrate a story we were told in Calgary, at the screening of *Faces of Poverty*, an official selection of the Calgary Fringe Film Festival:

"You know, I used to do drugs but now I'm clean. Anyway I've been poor. When I was little I was so poor, wow... Well, one Christmas my mom was making the last box of macaroni and the doorbell rang and it was a whole turkey and presents. It was the best Christmas. Well, I told my boyfriend this story a while ago and he told his mom, and she told him I was lying, that such poverty doesn't exist in Canada, only in the United States."



THERE ARE TOO MANY OF THEM TO HELP / INSURE. WHY DON'T THEY JUST GO BUY HEALTH INSURANCE LIKE I DO?

KEEP THEM AWAY FROM ACCESSING MY HEALTH CARE OR IT WILL GO BUST

**...millions of working Americans don't have the ability to access health insurance.**

Approximately 45 million Americans have no health care insurance and a further 20% of the insured are underinsured, according to the Center for Vulnerable Populations at San Francisco General Hospital. Furthermore, the uninsured are 25% more likely to die.<sup>2</sup> This lack of access to health care is one of the most important issues impacting poverty in this country, and we, and others, believe it is a problem that can be solved, and that it is in all our interests to solve it.

Living in poverty precludes having disposable income for "extras" like health insurance even as it significantly increases the likelihood of ill health.

The devastating impact of diabetes and asthma alone, modern-day plagues that prey on the poor, could be lessened if only the poor had access to basic health care and health education. And the occurrence of catastrophic illness is often what differentiates the sheltered poor from the homeless, as poor, uninsured patients with serious medical conditions are forced to make wrenching trade-offs. When they choose the care that might save their lives, their housing is frequently lost in the bargain.

In the United States, there is no guaranteed right to health care, nor any duty to provide it, except in certain emergency situations. And the health care delivery system is so complicated that it is little understood. Consider the widely held but erroneous belief that receipt of Medicaid is, by itself, evidence



of being a "public charge" and grounds for deportation, and you will see why immigrants are often afraid to seek treatment. When the uninsured poor are sick enough to finally seek treatment, it is often in emergency rooms, perhaps after much needless suffering,

perhaps after exposing others to communicable diseases, and certainly making very inefficient use of costly resources. If you do not care because of compassion, consider the following: an ounce of prevention is worth a pound of cure. It is ultimately less expensive to treat disease early than late, and to catch communicable diseases before they spread.

*Being poor really limits your freedom to make healthy choices.*

**DEAN SCHILLINGER, M.D., CENTER FOR VULNERABLE POPULATIONS**





#### HOMELESS DADS CATCH-22...

having to choose between splitting up the family to access a shelter or staying out in the mean streets. Shelters often separate women and children for their safety. How might shelters provide safety while also supporting families that are trying to stay together?

#### HOMELESS JOB SEEKERS CATCH-22...

unable to work to pay for a fixed address due to having no fixed address. How might homeless job seekers be given ways potential employers can reach them, as well as a place to put possessions while working?







## THAT COULDN'T HAPPEN TO ME — OR MY TEEN

**...oh, yes it can...in an instant.**

What if your teenager decides he or she is gay? Stigmatization, discrimination, and social ostracism towards homosexuals pose significant threats to their health and well-being.<sup>3</sup> Women, too, are put at risk, if men react by being on the “down low” (secretly with men, openly with a female partner).

Additionally, family planning services — such as birth control and information — aren't always readily available to the people who really need it most and would make better life choices if they had it. Moralizing, such as telling people to just say no, hasn't worked very well. Recent studies have shown that teens who've been taught abstinence are just as likely to be sexually active as other teens (source: National Campaign to Prevent Teen and Unplanned Pregnancy). Why not try supporting equal access? It makes better sense.

The consequences of being a stigmatizing, judgmental society harm all of us.







**DO NOT ENTER**  
DANGEROUS MATERIALS  
PLEASE SITE

**NO ENTRAR**  
ZONS PELIGROSA



# LOCK THEM UP AND THROW AWAY THE KEY. VIOLENCE IS ONLY AN ISSUE IN POOR NEIGHBORHOODS

**...if we don't reach out and help, will  
we be prisoners of our own making?**

*The United States has 5% of  
the world's population and  
25% of its prisoners.*

**U.S. JUSTICE DEPARTMENT, BUREAU OF  
JUSTICE STATISTICS, JUNE 2007**

The United States has more prisoners per capita than any other country. Overcrowding is stressing the prison system in this country to its breaking point. As a nation, we pride ourselves on punishing wrongdoers (including many children who are being tried as adults) and keeping them away from society. But is that focus contributing to our current prison woes? According to Justice Bureau statistics, the recidivism rate among American prisoners is a disturbing 65%. It holds out little hope for the kind of change that gives convicted criminals a chance for

redemption. And it does nothing to solve our exploding jails crisis.

Prison officials have described a revolving door of incarceration for low-level narcotics offenders, who all too often cycle in and out of jail. Prison alternatives such as San Francisco's innovative Back on Track program, led by a partnership between the district attorney and Goodwill Industries, have been working to break that cycle. Its stated purpose is to "prevent young people from committing crimes by leading them to make life-changing choices" and its results are promising: recidivism within two years is hovering under 10 percent (versus five times that on average for California). Costs are \$5,000 versus \$35,000 if incarcerated (or \$100,000 if inmates have AIDS).

Allowing prisoners to have access to Pell Grants is a hot topic. While we don't want to teach prisoners how to sue the prison system, we also don't want them returning again and again to prison. Education has been shown to provide a good way out — and it saves the system money when a longer



view is taken. Can the system be improved?

Switching now, and following a different track — one that focuses more on rehabilitation and education — holds out some promise as well. Because inability to deal effectively with stress and having low self-esteem are directly correlated with criminal behavior — particularly if drugs and /





or alcohol are added to the mix — one might imagine that teaching inmates to manage stress and cope more effectively could be useful. There is a larger problem of mental health treatment in the prison system, which bears examination but falls outside the scope of this book.

In a recent study of 2000 inmates in the Massachusetts prison system<sup>4</sup>, inmates were offered Mindfulness Based Stress Reduction (MBSR) training over a six-week period. John Kabat-Zinn pioneered the technique, which has shown useful in hospital pain. At the study's conclusion, significant numbers of inmates reported improved measures of well-being: their levels of hostility were lower, self-esteem was higher, and reports of mood disturbances were decreased. And their new coping mechanisms lasted: The general sense of well-being among the inmates who received MBSR training was still in

evidence four years after the conclusion of the study. Such stress reduction programs are not expensive to implement. Might this kind of alternate approach be a useful tool in dealing with our prison crisis for the long-term?

Funding innovative programs that get young people “back on track” and providing prisoners with what they need (skills, abilities, etc.) to escape a revolving door of incarceration is in the best interest of one and all.



## ALL HOMELESS PEOPLE ARE CRAZY; THEY HAVE TO BE TO WANT TO LIVE IN THE STREETS, RIGHT?

**...think again.**

Homelessness is not what many people think it is. It's not just the de-institutionalized mentally ill and drug addicts who got there because of their own bad choices. It helps to distinguish the homeless into three distinct groups: the chronically homeless, those who are intermittently homeless, and those who are in crisis. Only half of the homeless are chronically so, but that is the face

of homelessness that people expect to see, and it is often male. Yes, the chronic homeless population is more likely to have substance abuse and mental health issues or have been in prison. A new concept — that of the “low-impact” shelter — is helping some of these chronically homeless. By not asking too much of those incapable of big lifestyle changes, organizations that, for instance, provide supportive housing for the addicted homeless without asking them to kick their habits first are finding some measure of success at helping the chronically homeless begin to turn their lives around (for an example, see desc.org).

*Families make up 40 percent of the homeless population.*

**BETTER HOMES FUND (1999). HOMELESS CHILDREN: AMERICA'S NEW OUTCASTS**

**Consider this idea, dreamed up here at The Elfenworks Foundation:**

Why not have advanced psychological directives, similar to advanced medical directives? Perhaps the psychiatric / legal community can help those who are impacted by mentally ill family members. What if, while those family members are still well enough, they could sign a release allowing them to be picked up off the street should they go homeless due to mental illness? Without that kind of advanced directive, family members cannot force a course of action unless there is risk of harm, and in that case confinement may last only 72 hours. What safety measures would be needed for something like this to work?

The intermittently homeless may be escaping violence or just barely getting by. They may be shuffled through “hotels” because they cannot scrape up a deposit. They aren’t what the general public expects, and they live in an unstable world where the line between housed and homeless is porous.

Still others are in some form of financial or health crisis or the victims of a natural disaster. They will try to land on their feet and won’t expect to be homeless again.

Families comprise 40 percent of the homeless, making them the homeless population’s fastest-growing constituency. It’s a national disgrace, and we can do better. Consider that over the course of one year, as many as 1.4 million children experience homelessness; nearly half of them are under the age of five. Consider that children with no home go without food to eat at twice the rate of other children, that homeless children are far less likely to succeed in — or even attend — school (in fact, 20 percent of homeless children drop out). Children with no fixed address are twice as likely as other children to experience ill

health, and they are generally among the uninsured with little access to care. And nearly half of homeless school-aged children suffer from anxiety, depression, and other mental health problems.

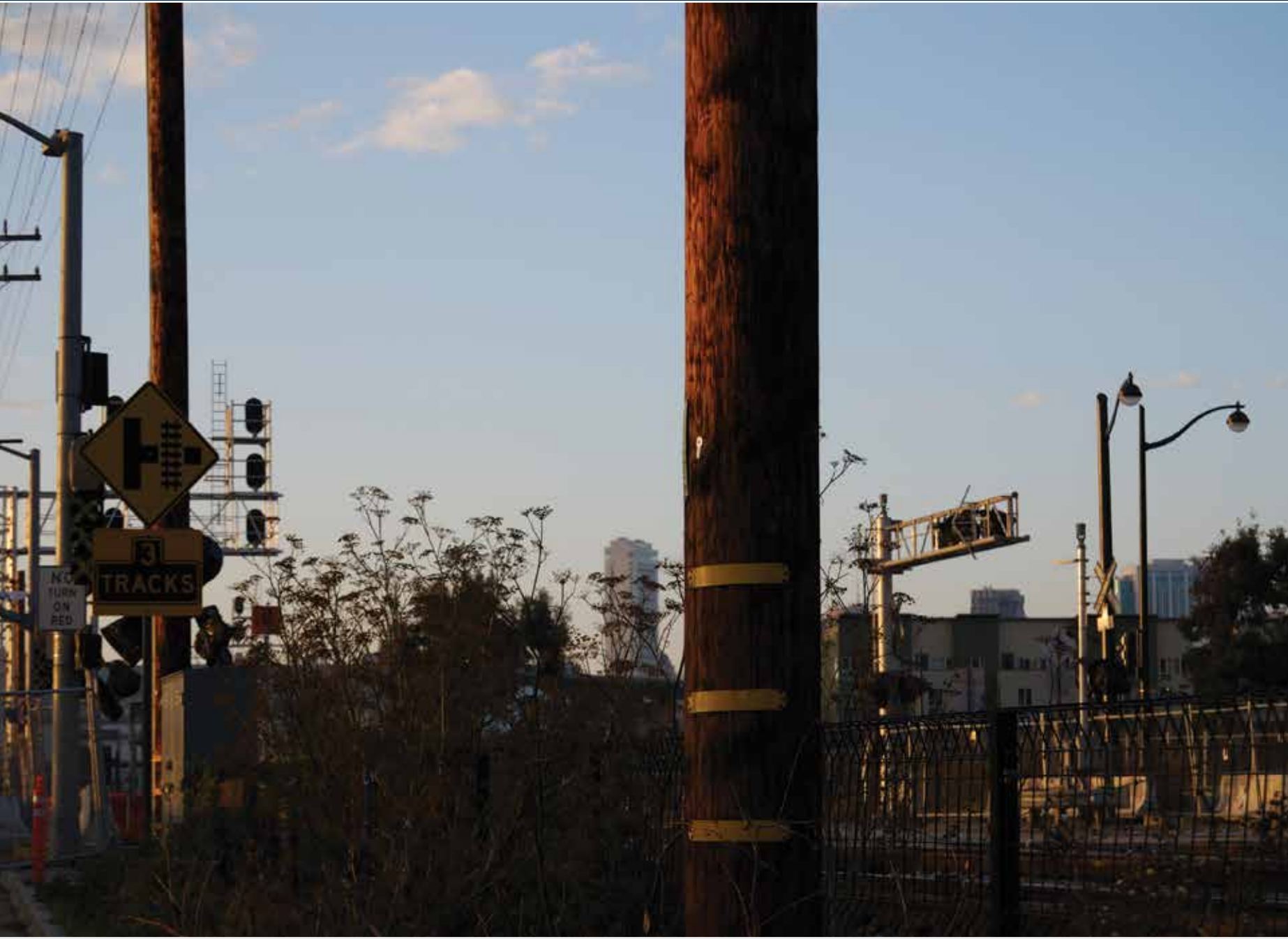
Veterans make up another large portion of the homeless. Though they account for only 11% of the general population, they comprise 25% of the homeless population, according to a recent study released by the National Alliance to End Homelessness. It took nearly 10 years following the end of the fighting in Vietnam for that war’s veterans to start filling the streets. Already, thousands of homeless are veterans of our current war in Iraq. What will happen when post-traumatic stress disorder unravels the lives of those still on active duty?

Father Michael of the Saint Francis Inn soup kitchen in Philadelphia has told us plainly that, while he’s glad people are trying to fix the system, “If someone comes to me hungry and I say ‘okay, wait until I go fix it in Washington,’ it will be too late for them; they will die.” Similarly, at Glide Church in San Francisco the slogan is simply “when

people are hungry, you feed them.” Simple, powerful words. It would sometimes seem, though, that more people are falling in the river of poverty and drowning than can be fished out and fed. We need someone to tame the river, and we need scouts sent upstream to stop people from falling in.

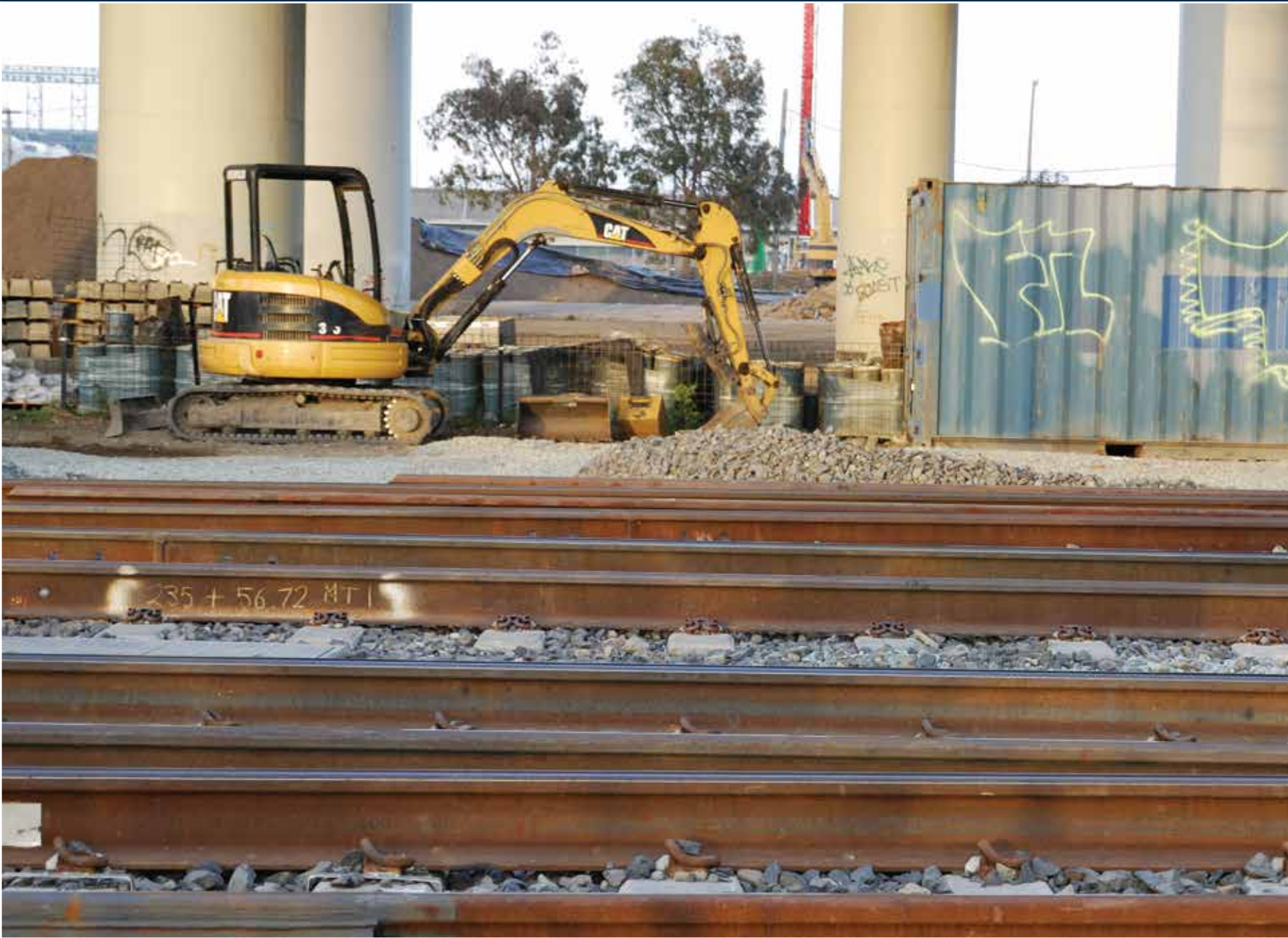
It’s our nature to fool ourselves into believing our successes are the result of our own brilliance alone and our failures the result of pure bad luck, and that we are very different from the poor, whose failures, we reason, must be of their own doing. And when we do that, it’s easier to justify not giving a hand up to those who could use it. What’s worse, by being fooled in this way, even our good intentions can float from cause to cause, putting us at risk of growing fatigued and tuning out. That’s such a shame, because there is another way — one that nurtures the giver. Perhaps there is one area in this book that has moved you. If so, we encourage you to align with it for the long-term. Not only will the cacophony of other requests fall away, but marking the progress made by the area you’re supporting will become a true source of pride and joy.













## WHAT'S IT TO ME, ANYWAY?

...the key to happiness.

*The ancient Greeks believed that participation is personally transforming. They believed, as many of us in service learning and civic engagement believe, that once you get involved in your democracy, it is hard to stop. Rather like drinking great wine or even taking drugs, once you are hooked, it is amazingly hard to give it up. And you meet the best people.*

**DELAINE EASTIN, PROFESSOR OF  
EDUCATION, MILLS COLLEGE**



Some of us might be confused by the false choice between helping ourselves and helping others. In fact, “the more we help others, the happier we become.”<sup>5</sup> The bottom line: helping others is the best way to help ourselves, and the more people know about this the better it will be for our emotionally bankrupt society. So how can we most wisely spend our time, treasure, and talent to make a difference, while at the same time maximizing our happiness and well-being? It is neither simple nor easy. According to Nassim Nicholas Taleb, “Scientists are seeing more and more evidence that we are specifically designed by Mother Nature to fool ourselves.”<sup>6</sup> We are tempted to fool

ourselves into thinking that we are helping when we drop a dime into a beggar’s cup now and again, or participate in an occasional bake sale, but this won’t bring us any deep well-being. Another way our minds are fooled is by newness: we respond to the catastrophe of the moment in a knee-jerk fashion by sending a donation even though the funds could be better used elsewhere. This appears to have happened after the tsunami in Southeast Asia, where hundreds of millions of dollars overwhelmed aid organizations because it was the “cause du jour” — while others in desperate need got no attention.<sup>7</sup>



Rather than acting in response, out of guilt — which doesn't keep anyone motivated very long anyway — we can, and should, take into account how being on the giving end of a cause might affect us personally by considering our own well-being. There is a reason that the world's religions offer similar advice about happiness. The Dalai Lama says, "If you want others to be happy, practice compassion; if you want to be happy, practice compassion."<sup>8</sup> Jesus lived a humble life of perfectly compassionate nonviolence, healing the sick, welcoming the excluded, and loving and forgiving everyone; Buddha was known as the compassionate one, and Buddhists strive for loving kindness and right attention to others in the present moment; the ultimate Hindu goal for nirvana is not ephemeral pleasure but liberation, a realization of our interconnectedness, and perfect unselfishness; Rabbi Shammai advised "that which is hateful to you, do not do to your neighbor;" Hadith wrote that Mohammed said a true believer is one who returns love for hatred. They all

boil down to advising right action and loving kindness, not just for others, but to benefit yourself as well. That's enlightened self-interest. And the new science of positive psychology backs this wisdom up with proof that these attitudes and behaviors do, in fact, help raise our sense of positive well-being. With rates of depression 10 times higher than they were in the '60s, and almost half of our college students so depressed it affects their ability to function<sup>9</sup>, is it any wonder that classes on happiness are among the most popular on many college campuses?

Were he alive today, Joseph Campbell might offer this simple antidote to depression: find a cause that speaks to your bliss. In his book, *Giving*, Bill Clinton notes the self-indulgence and self-destruction that characterize much of modern culture, as well as the focus on personal attacks rather than important issues. He asks us who's really happier, those who take or those who give?<sup>10</sup>



The young couple who experienced this racist incident (in liberal San Francisco, in 2007!) work as an executive assistant at our offices and as a chef and part owner of one of the city's top restaurants. They have a little baby and a quiet lifestyle. Think again.



THEY'RE SO DIFFERENT /  
 WHY DON'T THEY  
 WORK AS HARD AS  
 I DO? WE'RE MORE  
 ENLIGHTENED WHERE  
 I LIVE

**What if we are all one, and what if it were your own family?**

**Just because they don't look like you, do you know they're so different?**

**Old attitudes die hard.  
 Complacency can be a dangerous thing.**



# ONE PERSON CANNOT MAKE A DIFFERENCE, CAN THEY?

**...one person is all the difference  
in the world; never underestimate  
yourself or your potential.**

*Do not underestimate the power of young people to form a movement for change. Our history makes it clear that when young Americans rise up against injustice, intolerance, and indifference, they can move mountains...I believe that young people can lead the way to ending poverty.*

**JOHN EDWARDS**

At Elfenworks, we applaud every group and individual working to make a true and lasting difference in domestic poverty. As a way of celebrating these efforts we inaugurated the "In Harmony with



Hope" award, which honors individuals or organizations who are acting in key

areas related to domestic poverty: education, social justice, health and mental health care, sustenance, and nonviolence. In addition, we celebrate lesser-known individuals or organizations that have been innovative in their local communities with our "Elfen Works" award. The award honors the commitment of those unrecognized folks who are helping alleviate the crippling effects of domestic poverty. Through both

programs, we hope to inspire more citizen involvement. Visit [elfenworks.org](http://elfenworks.org) to find out how to nominate an individual for an award.

Dr. Susan MacKinnon performed pioneering nerve restoration surgery on both our Concert for Hope bass player, Don Kane, and our team members' daughter, Loren Schaller. Ask either of them whether one person can make a difference.















## COMMUNICATION AND CHANGE: CALL AND RESPONSE

At Elfenworks we believe that, yes, in fact, coffee-table books, websites, moving images, and the ideas that drive us to make them can make a difference. Can you remember how people thought about global warming before *An Inconvenient Truth* came out? That's why we are building on the ancient musical tradition of call and response — a pattern of multiplying voices and building themes that has energized musical traditions of all kinds, from classical to pop to gospel and blues. This book is a call, and we hope you'll respond by showing it to someone else.

## FILMS FOR SOCIAL JUSTICE

Another way we are calling for action is through film: in association with the San Damiano Foundation we produced *Faces of Poverty* and we joined with the directors of the Campus MovieFest to promote a social justice category of filmmaking among college students.



### Faces of Poverty

The Elfenworks Foundation joined efforts with accomplished producer and director Gerard Straub of the San Damiano Foundation to produce the 44-minute documentary called *Faces of Poverty*. It has been said that one child is a tragedy, a million is a statistic; this film is our way of raising general awareness of the pressing issue of domestic poverty and putting a face on the inequalities of our country. It is our hope to inspire our fellow Americans to effect lasting change. Moving images and footage from inner-city scenes in Los Angeles, Detroit, and Philadelphia were merged with startling statistics and powerful quotes to produce this stirring documentary.

Following the release of the film, we went to work contacting Congress, offering copies to every one of our representatives in the House and Senate as well as to local representatives and party chairs. Soon after, the requests for *Faces of Poverty* began; nearly 100 Members of Congress have requested and received the film. We are heartened by their responses, cautiously hopeful they may be inspired to act, and ready to applaud them loudly when they do.





*As you stated, roughly 1.35 million children are homeless in our country in any given year. I am working to ensure that children grow up with appropriate services in order to become healthy citizens. Services such as federal school lunch programs and the State Children Health Insurance Program are essential for low-income and homeless children. I am an original cosponsor of the Feed Americas Families Act (H.R. 2129), a bill that would substantially increase funding for the Food Stamp program and the other nutrition programs in the 2007 Farm Bill.*

**REPRESENTATIVE TOM ALLEN OF MAINE**

*Eradicating poverty is a priority of mine...I appreciate your thoughtfulness in approaching the issue of poverty.*

**SENATOR PATRICK J. KENNEDY OF RHODE ISLAND**

*I commend you on your work for such an important cause as homelessness and hunger within the nation and look forward to receiving the film.*

**SENATOR DIANNE FEINSTEIN OF CALIFORNIA**



*Thank you so much for the Faces of Poverty DVD. It was very kind of you to think of me. We cannot wait until the next president is elected to begin to address the big challenges facing our nation. If we want to live in a moral and just America, we must act today.*

**SENATOR JOHN EDWARDS,  
PRESIDENTIAL CANDIDATE**

*It is always refreshing to know people who take the time to make a difference and who want to see positive change for the future. Your hope for a better tomorrow is my responsibility to you and all Americans. Thank you again.*

**REPRESENTATIVE CHARLES B. RANGEL OF NEW YORK**

*The DVD powerfully shows stories of men, women and children living their lives under the unyielding and erosive forces that have effectively trapped them in a downward spiral...I am so impressed...I will do whatever I can to assist you in the distribution and, ultimately, enactment of legislation, change of mindsets, increase in voluntarism, or whatever to make the theme of the DVD an anachronism. My wife, daughter, and I watched it, spellbound.*

**STEVE PREMINGER, CHAIR, DEMOCRATIC PARTY, SANTA CLARA COUNTY, CALIFORNIA**

*Faces of Poverty* is only one of many tools helping us to remind ourselves each and every day how vulnerable and precious life is, and that the people in need are often just around the corner. We believe in the power of film as a medium for change. It's visual — people get it. And once it has been seen, it cannot be unseen.

### Through the Lenses of Young Filmmakers

This year, the world's largest annual student film festival — Campus MovieFest (CMF) — and Elfenworks have teamed up to introduce a new category, the Elfenworks Social Justice category. It challenges students to create films that capture the untold stories of people who are doing what they can, whatever their means and influence, to fight for the destitute and the downtrodden. The Elfenworks Social Justice category invites tens of thousands of students at colleges around the country to visually capture the stories of individuals or groups who are responding to the issue of domestic poverty "right next door." Young filmmakers are illustrating responses to this call for action by showcasing the lives of the changemakers all around us, in

the hope of inspiring more citizen involvement.

The Campus MovieFest takes place in Atlanta, Boston, Florida, the Bay Area, Los Angeles, New York, and Scotland. CMF is the only event of its kind, providing teams of student filmmakers with the latest equipment and training as part of weeklong events hosted at each participating college campus. Tens of thousands of students participate and receive training, and local musicians provide independent music, which students have permission to use as their soundtracks.

By supporting the CMF, we have put out the call, and many student filmmakers are responding. They are making hopeful stories about people who are "in harmony with hope" and making a difference in helping with domestic poverty.

We invite you to watch the student entries at [campusmoviefest.com](http://campusmoviefest.com), to learn more about the category at [campusmoviefest.com/elfenworks](http://campusmoviefest.com/elfenworks), and to support the sponsors of Campus MovieFest.





## FICLETS

Ficlets are little bits of fiction, or “fiction-lets.” They allow a group of strangers to co-author a story together on the web. One author will start a story, and that story will be picked up by another. The result can be positively viral, infecting people’s consciousness with a new awareness about poverty issues. Our technology team asked system architect Kevin Lawver (who developed ficlets.com) if he might kindly help us spread awareness of poverty, and he generously agreed. Moreover, he got back to us to see how we were doing and when we might be ready to submit our story starters. We submitted two that same day, and Lawver’s blog entry about us spawned a number of additional ficlets tagged with “poverty.” Others who add to our story, either by prequel or sequel, or who write their own poverty-related, story are helping to raise awareness. You can, too.







## PUTTING ON A POVERTY-AWARENESS EVENT

*When people ask me how can I believe in a God that lets people go hungry, I respond — people going hungry has nothing to do with God. There is plenty of food in the world for everyone. There IS enough to go around.*

**REV. PENNY NIXON, CONGREGATIONAL CHURCH OF SAN MATEO, CALIFORNIA**

To provide a bit of impetus for hosting an event, here are some startling statistics about hunger in our country (source: endhunger.org):

- Globally, about 4.3 pounds of food are produced per person per day. There is plenty of food for everyone on the planet to have enough to eat.
- About 20% of the food commercially grown in the U.S. is left behind in farmers' fields to rot due to market forces or for cosmetic reasons.
- One in five people seeking

emergency food assistance in American cities was turned away because there was no food to give them.

- Low income is the largest factor in food insecurity and hunger in the U.S. Hunger afflicts people living in every state of the union.

You or your organization may be thinking about how you can do something about those statistics, above, and help lessen the impact of inequality. How about starting by putting on a poverty-awareness event to get people involved and inspired about the importance of making a difference in their communities and country?

Showing that your group / school is acting to make social change may have positive impact on its enrollment, membership, perception, and philanthropy.

To help you with the planning of an event, we are working with the Stanford Center for the Study of Poverty and Inequality, composers Giancarlo Aquilanti and Tammy Lynne Hall, and our team of public information specialists to provide all the materials you will need to create a successful event. Multimedia materials and resources are being enhanced regularly. For more information on what's available for your use, visit either


[elfenworks.org](http://elfenworks.org) or [inequality.com](http://inequality.com). And, please let us know about your forthcoming event, so that we can help spread the word about it. All you need to do is add your own marketing twist, create a little artwork (or use ours), round up some volunteers and a speaker or two, and get the word out...and you've got a wonderfully produced, cause-worthy event!

## WHICH TRACK WILL YOU TAKE?

It's easy to be cynical — you risk nothing that way. You also gain nothing. What would it feel like if the country had a hopeful goal again, and actually invested in it? What might we risk, and gain? It really is possible to shed the cynicism and see both sides of difficult issues — to get involved and engage in a way that can be healing for this nation.

## CONCLUSION

The power of call and response is that every response is a new call. Just by looking at this book, you take a step towards joining your voice with ours and all the others in America who are calling for change in the way we see — and help — the impoverished among us. You put yourself in harmony with hope, and you call on others to do the same.



At Elfenworks, we want Bob to think in new and unusual ways. Why can't Bob hop into that Mustang and race down the track towards that little girl, on the chance he might scoop her up before the oncoming train arrives? Yes, there would be personal cost; yes the car would never be the same, the tires would blow out, the suspension would be destroyed, but, oh, the exhilaration! And think of those bragging rights — forever — because, YES, he survives and lives to tell of his heroism.



In Harmony With Hope

Mary Hall  
MAY/JUNE/JULY





Handwritten musical notation on a staff with lyrics and chords. The lyrics are "TO HO-MO-INY WITH HOPE". The chords written above the staff are Bb7, Am7, Dsus Dm Bb7, Am7, and G7 C.

Handwritten musical notation on a staff with lyrics and chords. The lyrics are "TO HO-MO-INY WITH HOPE". The chords written above the staff are Bb7, Am7, Dsus Dm Bb7, Am7, and G7 C.





# APPENDIX A

## Big and Little Things You Can Do Now to “Be the Change”

### VOLUNTEERING

#### WILLING TO CLEAN OUT THE CLOSET?

Got anything extra? Think of the use it could get in a homeless shelter...What about used toys? Used clothes? A used instrument for a school or community music program (e.g., Guitars Not Guns, see our Useful Links appendix)?

cost = \$0  
time = 5 hours: 4 hours to go through belongings; 1 hour to drop off at local donation site

#### IF YOU HAVE TIME FOR A ONE-TIME EVENT.

You could have a food, clothing, book, or other needed-goods drive (check with your local charity to see what's needed). Check it out: it isn't hard to organize a book drive, see [heartofamerica.org](http://heartofamerica.org) for hints.

cost = \$0  
time = 1 month (irregular) to collect items; 1 trip to drop them off

#### STAND UP FOR SAFETY.

Help end violence in your neighborhood with a neighborhood watch program.

cost = \$0  
time = continuous but minimal

#### IF YOU WISH TO WORK AT HOME.

Do you knit or crochet, for example? Can you think of a use?

cost = \$20 – \$40  
time = 2 weeks, inside in spare time (depending on proficiency)

#### IF THE TIME YOU HAVE AVAILABLE VARIES.

You could...become a more-or-less regular drop-in volunteer at your favorite aid organization.

cost = \$0  
time = whatever you can spare

#### IF YOU HAVE A SET NUMBER OF HOURS PER WEEK.

You could...  
Doctors: consider volunteering at a free clinic or tattoo removal service,  
Professionals: teach a youth your skill,  
Become a mentor: help “aged-out” foster care teens to become productive adults,  
Volunteer to work at a soup kitchen, job bank or shelter,  
Become a big brother or big sister, or guide a youth group,  
Teach someone to read, opening up a world of possibilities for them, forever.

cost = \$0  
time = 1 – 4 hours per week

#### IF YOU HAVE ONE WEEK OR MORE FOR A PROJECT.

Your helping hands would be welcomed at Habitat for Humanity. One example: they could still use as many as 1,000 volunteers a day for Hurricane Katrina rebuilding, and volunteers have fallen to half that number.

cost = \$0  
time = 1 week (or longer)

#### IF YOU ARE WILLING TO MAKE A LONG-TERM COMMITMENT.

Join a volunteer corps and change the country while you gain experience and more...  
Examples range from teaching opportunities (teaching corps of Teach for America) to building homes or meeting other community needs in Americorps, where you also receive a per diem, lodging, meals, health benefits, student loan deferment, and nearly \$5,000 to pay for school. Check out your options on the web!

cost = \$0 to POSITIVE INCOME  
time = 1 – 2 years depending on organization

### RAISE AWARENESS

#### PUT ON EVENTS.

Get your school or church or student group to put on a poverty-awareness event. Our website shows you how ([elfenworksfoundation.org/communicate\\_povertyevent.html](http://elfenworksfoundation.org/communicate_povertyevent.html)).

cost = from \$0 (keep it low!)  
prep time = 1 week to 1 month  
event time = 1 – 3 hours

#### WRITE.

Create an online blog. Join our poverty fiction forum...visit [fictlets.com](http://fictlets.com), search for the tag “poverty” and let your imagination run free.

cost = \$0  
time = 15 minutes to an hour (depending on length and stream of consciousness)

#### MAKE MOVIES.

Create a video on domestic poverty and upload it to a video host.

cost = \$10 for the tapes...if you already have a video camera. Borrow one if you don't.  
time = 1 day, 1 week, it's up to you!

#### MAKE YOUR VOICE HEARD.

Bring up domestic poverty or mental health issues in conversation at social occasions.

cost = \$0  
time = 20 minutes – ?

#### STAND UP FOR EDUCATION.

Encourage your children and the children around you on whom you have an influence to stay in school. Encourage parents to give kids the message “it's ok to achieve beyond me.” Visit the National Dropout Prevention Center's website ([www.dropoutprevention.org](http://www.dropoutprevention.org)) for more tips.

cost = \$0  
time = daily

#### STAND UP FOR VOLUNTEERING.

Educate your friends through generosity. Lend them this book or give them this or other books on the subject.

cost = \$0  
time = 5 minutes



**SPEAK OUT.**

Write a letter to your representative to help change the policies that allow the U.S. to have an indecently high child poverty rate. At a time when more Americans need a college degree, it's becoming harder to get a good education. Support K-12 education and college access bills such as Pell Grants. Support the One Laptop Per Child initiative to get powerful learning tools into children's hands. Do not vote for candidates who fail to discuss poverty policy plans.

cost = \$0  
time = 30 minutes to write a letter

**LOOK, REALLY LOOK.**

Take the time to really see what's going on: domestic poverty isn't very far away from where you live. What would happen if you lent an ear to someone who is going through hard times, and saw what you could do to help?

cost = \$0 - ?  
time = as much as you can spare

**SPEAK UP.**

Don't be shy about talking about what you are doing. Many people would like to be involved and don't have the time to choose which cause is best. Tell them why you care about the causes you do. And create opportunities for their involvement with you.

cost = \$0  
time = 15 minutes - 1 hour

**VOTE.**

Stand up for what you believe in by voting. It's our inalienable right. Encourage your friends to vote. Support verified voting (a paper trail) and voter access.

cost = \$0  
time = 15 minutes - 1 hour

**SHOP AND INVEST.  
(YOU DO IT ANYWAY.)****INVEST SOME OF YOUR PORTFOLIO.**

Look for organizations supplying microfinance loans that empower the poor.

cost = \$+++profit (not cost)  
time = n/a

**USE A SHOPPING PORTAL.**

Find one that donates a portion of purchases to homeless causes.

cost = \$0  
time = an additional 5 - 30 minutes one-time setup; and you must remember to use the portal

**DONATE TOYS THAT INSPIRE CHILDREN.**

cost = \$25 - \$35 (varies)  
time = 2 hours to purchase and drop off toys (including driving time)

**CONTRIBUTE MONEY. (YOU DIDN'T THINK WE'D FORGET THIS, DID YOU?)****SUPPORT YOUR FAVORITE CHARITY WITH A CREDIT CARD GIFT.**

Giving regularly is "green;" it reduces the number of paper reminders to renew your giving.

cost = \$0  
time = an additional 5 - 10 minutes one-time setup

**GIVE MONEY TO SCHOOLS YOU DON'T KNOW.**

Log on at [donorschoose.com](http://donorschoose.com) and peruse all the teacher requests across the country. When you find one that moves you, fund all or part of it. If you want the personal touch, buy school supplies for an impoverished school and deliver them yourself.

**SO WHAT ARE WE SAYING HERE? YOU GOT IT:**

Choose one area that speaks to you and support it to whatever extent you feel good about. Stick with this issue and that organization over time. Raise this issue. Break through the silence. Be the change!

## APPENDIX B

### 2007 In Harmony with Hope Award Winners

#### ROSALYNN CARTER / THE CARTER CENTER MENTAL HEALTH FELLOWSHIPS

*Poorer communities have significantly higher rates of mental illnesses and less access to specialty mental health treatments. It is critical, therefore, to improve the primary care safety net to provide high-quality mental health services.*

**ROSALYNN CARTER,  
THE CARTER CENTER**

The following all make Rosalynn Carter a model for the work of The Elfenworks Foundation:

- Her compassion and tireless dedication to helping others, combined with her entrepreneurial savvy
- The way she has used her experience and contacts as an American “First Lady” to rally other prominent women and fair-minded men around the world



- Her recognition that communication is the prime mover of change, as exemplified in the Mental Health Fellowships program

Rosalynn Carter began working on mental health issues in 1971. She continues that work to this day through the Carter Center’s Mental Health Program, founded in 1991. Two of the program’s principal goals are to reduce the stigma and discrimination against people with mental illnesses, and to increase public awareness and local action regarding mental health issues. At The Elfenworks Foundation, we are in harmony with that. It was a distinct privilege and great pleasure to present a 2007 In Harmony with Hope Award to Rosalynn Carter during the Carter Center’s 25th anniversary year.

The Carter Center is committed to advancing human rights and alleviating unnecessary human suffering. They invite you to join them in creating a world in which every man, woman, and child has the opportunity to enjoy good health and live in peace. They are “waging peace,” working to eradicate neglected diseases such as guinea worm, two kinds of blindness, and malaria, one of the world’s deadliest killers. And while they’re in a country helping out anyway, perhaps that country would like a little democracy with their health care. They’re in a unique position to help, not being affiliated with the United States government. They’ve done it in 67 countries so far, including helping write a constitution, election monitoring, and more.

Through The Carter Center’s innovative mental health journalism Fellows program, eight Fellows each year are mentored by a member of the Center’s Journalism Advisory Board — a group of leading experts in the fields of mental health and media who are known for their significant contributions to mental health or journalism. The program also has an international component; Fellows hail from New Zealand, South Africa and Romania. Each Fellow is charged with producing a news piece to promote mental health awareness that works towards the goal of reducing the stigma that accompanies diagnosis and treatment. At the culmination of their project, large-scale public dissemination is achieved through a Fellow’s media outlet (e.g., NPR, the *Los Angeles Times*, PBS, etc.) and to a network of mental health professionals and government representatives via live chats on the web, pod-casting and posting in digital archives on The Carter Center website, [cartercenter.org](http://cartercenter.org).

Rosalynn Carter is a true humanitarian; she is compassionate even for the suffering that is not seen, the suffering of mental illness.

**MOST PRESSING  
DOMESTIC-PROGRAM NEED**  
Ongoing funds and endowment  
for mental health fellowship  
programs.



#### JOYCE DATTNER, FOUNDER & DIRECTOR, BAY AREA ALL STARS

*Often when youth who are living in poverty are asked to share their dreams, they’ll tell you they want to be a doctor or lawyer, rap star or dancer. As often they will say that they’re just trying to survive. For me the All Stars is about giving all of our children the license to dream. It’s about making the kind of investment in their development that makes their motivation and expectation to be a success in school and in life possible.*

**JOYCE DATTNER, DIRECTOR,  
BAY AREA ALL STARS**

Joyce Dattner, founder and director of the Bay Area All Stars, left a teaching career in the New York City public school system in the early 1970s in order to pursue creative and effective

ways of mitigating the devastating effects of chronic poverty on inner-city youth. She is currently the director of the West Coast Center for Life Performance Coaching and she serves on the faculty of the East Side Institute, where she provides training around the world in an innovative performance-based approach to human development and community building.

But it is her work as a founder and member of the board of directors of one of the country's largest anti-violence youth development programs, the All Stars Project, and as the founder and director of the Bay Area All Stars that garnered our attention. The All Stars Project creates educational and performing arts activities for thousands of poor and minority young people outside of school. It sponsors community and experimental theater, develops leadership training, and pursues volunteer initiatives that build and strengthen communities.

The Bay Area All Stars channel the energies of disadvantaged youths away from the violence and apathy that encircle them. But they do more than simply "keep kids off the streets." In the All-Stars Project, kids find a voice and learn how to make it heard. Shakespeare wrote that "all the world's a stage." All-Stars kids develop skills for the many roles they'll play as engaged, responsible citizens of their own communities and the greater society.

**MOST PRESSING NEED:**  
Funding for dedicated staff,  
to enable them to serve more  
Bay Area youth.



**PAUL FARMER, M.D., FOUNDER,  
PARTNERS IN HEALTH**

*Since I do not believe that there should be different recommendations for people living in the Bronx and people living in Manhattan, I am uncomfortable making different recommendations for my patients in Boston and in Haiti.*

**PAUL FARMER, FOUNDER AND  
EXECUTIVE VICE PRESIDENT,  
PARTNER IN HEALTH**

For more than 20 years, physician and medical anthropologist Paul Farmer has been proving that quality health care can be delivered successfully to millions of the world's poor. It began, in 1983, with a visit to Haiti. About to enter medical school, Farmer wanted to do something to help decrease the rates of high morbidity found in the mountainous region around Cange. In a way, he never left. Four years after that first visit (and before he'd even graduated from medical school), Farmer founded Partners in Health (PIH)

in Boston to support his ongoing efforts in Haiti.

Today, Partners in Health fights tuberculosis, AIDS, malaria, and other infectious diseases in Guatemala, Haiti, Mexico, Peru, Russia, Rwanda, and — closer to home — in Boston's inner city. The model's success stems from training members of the community to deliver services such as housing, education, food, and clean water. These essential services provide the support needed for Farmer's band of doctors, nurses, and community health workers to effectively treat patients with drugs and surgeries.

As Partners in Health grew, so too did the AIDS epidemic. Farmer and his crew discovered cost-effective, efficient ways to deliver care and support to those AIDS patients. PIH also turned its attention to tuberculosis (particularly the drug-resistant variety), which has



been ravaging the world's poor communities. The innovative drug protocols Farmer and his partners have developed have been so successful that the World Health Organization is now using PIH treatment models around the world.

The fact that PIH has programs in the United States speaks volumes of our own health-care delivery model. Farmer's own childhood — much of it spent living in a bus, tent or houseboat — awakened in him an understanding of the plight of the poor and the disenfranchised. And, unlike others who are overwhelmed into inactivity by the need, Farmer resolved to do something about it at a young age.

Farmer's worldwide efforts have garnered him significant praise and attention, including a MacArthur "genius" grant and considerable funding from numerous foundations. But it is largely for his work with inner-city AIDS patients living in Boston that we salute him. The Prevention and Access to Care and Treatment program is meeting with the same kind of success as PIH's international programs: hospitalizations for AIDS patients enrolled in the program have decreased by 17%. PIH is currently evaluating the program's replication in a number of U.S. cities.

Despite his tremendous achievement, Farmer believes he can do



more. He has said, "If I were truly influential, everyone in the world would have the right to health care, food, clean water, other basics. That's the goal."

**MOST PRESSING NEED (DOMESTIC):**  
Unrestricted funds for the Boston center, and salary support for its community health workers.



**PAUL MINORINI, PRESIDENT & CEO,  
BOYS HOPE GIRLS HOPE**

*Tragically, the plight of millions of youth in our country is growing more desperate by the day. Our schools, governments, and communities are failing to keep pace with the exponentially growing needs of children who find themselves trapped in communities plagued by extreme poverty, violence, crime, and environmental degradation.*

**PAUL MINORINI, PRESIDENT &  
CEO, BOYS HOPE GIRLS HOPE**

Paul Minorini has devoted half his life to Boys Hope Girls Hope, a non-profit dedicated to helping at-risk children in 16 U.S. cities, as well as Brazil and Guatemala. Some of these children are neglected. Some

come from families afflicted by drug abuse, mental illness, and other dysfunctions. Many are loved by caring families whose struggles overwhelm any thought of aspiration or achievement. The common theme in their backgrounds is, of course, poverty. The slogan of this inspiring organization is as simple and humble as its mission: "There's no place like HOPE." We are in harmony with that!

The success of Boys Hope Girls Hope scholars is tremendous: alumni include firefighters, doctors, soldiers, lawyers, police officers, teachers, social workers, ministers, cantors, and other outstanding community leaders. Their college completion and retention statistics are unparalleled. Yet the scope of their program's impact has been bound by their in-residence service-delivery model, and the limited resources available to implement that model. "Boys Hope Girls Hope has developed



programs and services over the last three decades that have successfully offered HOPE to a limited number of at-risk children. We must embrace an expansion of our vision and transform that vision into action: We are compelled to do all that we can to provide all capable and motivated youth with the opportunities to realize their full potential and become men and women for others," writes Minorini.

Boys Hope Girls Hope is working to leverage their successful programs of services to reach and bring hope to more young people, communities, and families trapped in a desperate cycle of violence and poverty. Minorini is working to help these children realize their dreams for a brighter future, achieve their educational aspirations, and develop their characters in a way that creates a hope-filled society. To this end, he is looking to offer educational, character-building, and values-centered opportunities to more youth-in-need through non-residential services and community outreach programming, as well as to continue providing residential options to those in the most need.

**MOST PRESSING NEED:**  
Funds to implement their new strategic plan.





## APPENDIX C

### Other Changemakers We Know

**CENTER FOR THE STUDY OF FIDUCIARY CAPITALISM, DR. JAMES HAWLEY & DR. ANDREW WILLIAMS, CO-DIRECTORS**

*There is a better, smarter and more sustainable way to compete — a high road competition...*

**JAMES HAWLEY, PH.D.**

If poverty can be thought of as parallel to environmental pollution, what do we think of the practices and policies that bring it about? The typical firm pollutes not because pollution is costless but because it doesn't bear the full costs of its decision to pollute; externalized costs that take the form of asthma, cancer, climate change, and much more. Why then, do firms have "social pollution" practices — practices that may increase poverty and / or income inequality, such as technological change, offshoring, outsourcing, and, far too often, paying below living wages, without bearing the full cost of those externalities? They do so because they gain an advantage when they don't equally carry the true costs of those decisions, the costs of incarcerating more people, the costs of dealing with more alcoholism, more hopelessness, the costs of harming

huge swaths of the labor force and making them less productive in the future as skills and education lapse or are not adequately funded either by firms directly, or by society at large. They do so, so they say, to compete globally. Yet far too often this is a low-road competition that is shortsighted. There is a better, smarter, and more sustainable way to compete — a high-road competition. It is sustainable competition. But it involves a close cooperation among all those involved: employees, companies, governments at all levels, and communities. It involves conserving human skills, organization and knowledge (human capital), and making them grow and develop to meet new challenges.

Such high-road competition would minimize the cost society otherwise bears. One major cost of these social externalities is the irrationally high poverty and inequality rates that impose a tremendous burden on all of us, not just the poor.

Twenty-five years ago, only a small band of economists understood pollution as an externality of this sort, but now this is a mainstream view, embraced by liberals and conservatives alike. What about the same revolution in thinking with respect to poverty? Just by reading this book, you're already helping make the change happen, but that is not enough. For, if companies stand alone,

when their competitors do not, they may not be in business very long. What about investment and other policies that level the playing field, rewarding companies that minimize harmful social externalities?

Fiduciaries who manage today's huge pension and mutual funds (which now control over 60% of all publicly traded equity) recognize that negative environmental, social, and corporate governance externalities will, over time, hurt their fund's portfolio. So they try to eliminate the negative externalities in their portfolio. That translates into more socially responsible investment policies and better corporate governance. The fiduciary capitalism model also calls for engaging with corporate managers to promote change rather than simply divesting from a company with "bad behavior" as the means to change corporate governance. It's an idea so powerful that, in 2006, under the initial auspices of the United Nations, investors (almost all fiduciaries) developed six "Principles for Responsible Investment," (PRI) which provide institutional investors with a much-needed framework for their investment decision-making. By October 2007 PRI global signatories held combined assets of more than \$11 trillion. Do you have a retirement account, and would you be willing to make your voice heard on this subject to the managers of that account?

Would you consider switching to a retirement fund that adopted PRI-type principles and activities?

We all reap the benefits when these practices are changed, whether through responsible investment or any other method that internalizes these costs, causing the offender to feel the pain of their actions and therefore change its behavior. And we benefit further still when engaged, intelligent entrepreneurs decide to find ways to make a profit while lifting others out of poverty. Interested? Saint Mary's College's Elfenworks Center for the Study of Fiduciary Capitalism can tell you more. Visit [www.fidcap.org](http://www.fidcap.org).

**MOST PRESSING NEED:**  
Funding for research.



**CENTER FOR THE STUDY OF POVERTY AND INEQUALITY, STANFORD, DR. DAVID GRUSKY, DIRECTOR**

*There is a growing recognition that poverty comes with substantial economic costs that are borne by all of us, rich and poor alike...*

**DAVID GRUSKY, PH.D.**

This new center makes recent research and trend data on poverty and inequality widely



available to journalists, politicians, and policymakers at all levels. Professor David Grusky, Director of the Stanford Center for the Study of Poverty and Inequality, believes that we need a system of monitoring poverty and inequality that is as well-developed as our current system of monitoring the gross national product. In addition to understanding poverty and inequality as moral problems, Grusky argues that we should also understand them as economic problems, as externalities that lower total output and force us to spend more of that output than we would like on crime, health care, and incarceration.

The Elfenworks Foundation Visiting Scholars Program brings leading scholars and practitioners to Stanford University to carry out research, teach classes, and inform public debate on poverty and inequality policy. Each year, The Elfenworks Foundation funds two visitors: a distinguished scholar who spends one or two semesters in residence delivering several public lectures and writing a book for the Controversies in Inequality book series, and a visiting lecturer who contributes to graduate and undergraduate programs in poverty and inequality. The development work has begun on Release 2.0 of the website [inequality.com](http://inequality.com), and Stanford Center faculty, staff, and graduate students are busily working to maintain the database, which powers the site.

**MOST PRESSING NEED:**  
Funding for ongoing operations of this center, website infrastructure.



**CENTER FOR VULNERABLE POPULATIONS, DEAN SCHILLINGER, M.D., DIRECTOR**

*Most people think of chronic diseases, such as diabetes, as resulting from folks' unhealthy behaviors. But these same people don't realize the many ways in which being poor really limits your freedom to make healthy choices, makes you much more likely to get a chronic disease, and makes it harder to manage that disease once you have it. We have found that moving away from blaming poor people for their illnesses toward making real connections with them can lead to results beyond anyone's expectations.*

**DEAN SCHILLINGER, M.D.**

The Center for Vulnerable Populations at San Francisco General Hospital is the first of its kind in the country. Its mission is to conduct and disseminate

innovative research to prevent and treat chronic diseases in people at greatest risk, including those who are poor, have little or no education, lack health insurance, do not speak English, and / or come from an ethnic minority background.

At-risk individuals and communities often contend with multiple vulnerabilities, creating many challenges for preventing and treating chronic disease. Such a complex array of problems requires a holistic, interdisciplinary approach to developing and implementing sustainable and cost-effective solutions. The Center brings top-notch researchers, clinicians, and policymakers together with experts in communication, technology, and the communities most in need to craft and disseminate groundbreaking strategies. The work of the Center has shown that such a collaborative approach can yield significant improvements in health for vulnerable populations and reverse patterns of health decline.

Because of the increased prevalence of chronic diseases worldwide, the high burden of chronic diseases in California and the San Francisco Bay Area, and the diversity of the San Francisco Bay Area, the Center's discoveries will help people locally, nationally, and internationally.

Through partnerships with clinicians, health care systems,

public health departments, and the media, the Center will better engage with communities to transform clinical care, public health practice, and social policy to improve health and health care for vulnerable populations.

**MOST PRESSING NEED:**  
Funding for all areas; this program is just getting started.



**COMMUNITY GATEPATH, SHERYL YOUNG, CEO**

*People with disabilities are three times as likely to live in poverty, and only 50% of high school students with disabilities graduate with a diploma. Access to employment and educational opportunities are vital for any population to thrive. History shows, when we really work at incorporating ways to include one group, society as a whole benefits.*

**SHERYL YOUNG**

Community Gatepath (Gatepath) has been "turning disabilities into possibilities" for more than 85 years and has grown to become the largest nonprofit organization

in California's San Mateo County serving people with disabilities. Gatepath reaches more than 6,700 children and adults with disabilities and their families through an extensive portfolio of services designed to foster hope, dignity, and independence for all.

Early intervention, inclusive preschool, family education and support, vocational training, job placement, and life skills development are among the services Gatepath provides for children and adults with disabilities. Building inclusive communities where social, educational, and economic opportunities are available and accessible for people of all abilities is their mission. Gatepath encourages the development of all and holds itself responsible for ensuring there are no boundaries to the avenues its participants wish to explore, and no limits to what they may achieve.

According to the U.S. Census Bureau, people with disabilities comprise the largest minority group in the United States, totaling 54 million. Considerably more students with disabilities drop out of high school than students without disabilities, resulting in significant costs to individuals with disabilities — unemployment, underemployment, and higher rates of incarceration — as well as costs to society related to lost tax revenues and welfare expenditures.

The accessibility of early intervention and support services for those with disabilities is particularly important because children and youth with disabilities are more affected by poverty. Almost 20% of children with disabilities are living in households with annual incomes of less than \$15,000 (source: National Dissemination Center for Children with Disabilities). Compare this with 12.5%, or 1 in 8 children in general-population households. Added to the challenges associated with disabilities, the effects of poverty can limit the chances of success for children with disabilities. For adults with disabilities the challenge to live above the poverty line continues. The National Organization on Disabilities reports that only 32% of people with disabilities, ages 18-64, who can work are employed, compared to 81% of the same age group without disabilities. Employment remains the single most important aspect to gaining financial independence, yet incorporating people with intellectual and cognitive disabilities into hiring practices is not prioritized — despite proven decreases in employee turnover and improved rates of attendance and tenure of employees with disabilities.

Community Gatepath works closely with families, care providers, a strong network of employers, and community leaders

to foster its successful programs. To learn more, visit [gatepath.com](http://gatepath.com).

**MOST PRESSING NEED:**  
Funding to continue providing advocacy for people with disabilities.



**MILLS COLLEGE, DR. JANET HOLMGREN, PRESIDENT, & DR. NANCY THORNBORROW, DEAN, MILLS GRADUATE SCHOOL OF BUSINESS**

*As the president of a liberal arts college committed to supporting diversity, multiculturalism, and social justice, I am deeply aware of the need to prepare our graduates to articulate their concerns, address compelling issues, and act responsibly and effectively in their chosen fields. But on an even more fundamental level, it is essential at this time that we take immediate action to insure that those interested in working for social justice and global change have access to a high-caliber education and that the rising cost of that*

*education not become a barrier to some post-graduation career paths.*

**JANET L. HOLMGREN**

Ever since Michael Harrington's book *The Other America* was published in 1962, academics, political leaders, and concerned citizens have explored mechanisms to reduce poverty and inequality in American society. While the faces of the poor have changed with the addition of many social programs, the "war on poverty" has certainly not been successful. It is time for those of us in business education to seek new models to engage our students in the evolving dialog between profit motives and social causes. This involves both the study of strategic philanthropy, which examines the historical and emerging collaboration between nonprofit and for-profit organizations, and the study of social entrepreneurship with its focus on the application of entrepreneurial business models to social issues.

Who better to be in the vanguard of a 21<sup>st</sup> century assault on poverty than social entrepreneurs, whose success depends on innovation, vision, creativity, risk-taking, and boldness? Entrepreneurs understand that free enterprise is what creates jobs, creates tax revenue, and creates profits. These can be used to enhance education and training opportunities, health care,

housing, and safe neighborhoods, and can lead to a reduction in poverty and inequality that has for so long eluded our society.

For more than 150 years Mills College has served as a pioneer in teaching women to be socially responsible, innovative, and creative leaders in society. Mills undergraduate women are well known for their commitment to justice, their interest in international affairs, their activism on behalf of others, and their desire to be involved in good works after graduation. The same holds true for its graduate students. The Elfenworks Lectureship on Leadership Ethics and Entrepreneurship means that the Mills Graduate School of Business will always have as a requirement that all of its students study ethical behavior in business and make it a priority in their professional lives.

**MOST PRESSING NEED:**

Endowment for innovative courses in social entrepreneurship and change agency; funding for new graduate school building.



**SAINT MARY'S COLLEGE OF CALIFORNIA, RONALD GALLAGHER, F.S.C., PH.D., PRESIDENT**

*The general challenge facing everyone is affordability, and for*

*us that's connected to accessibility. We want to reach underserved students, and that means first-generation students, students from inner cities, and students who wouldn't normally be considering Catholic higher education because of cost or other obstacles. Our challenge is how to make college, and St. Mary's in particular, a tangible expectation. Another challenge for Catholic colleges and universities is educating students for social responsibility and citizenship. We can do that by having our curriculum and co-curricular activities embody the Catholic social justice tradition. There's a real willingness and interest among this generation of students to be involved in service, to encounter and struggle with actual problems in society.*

**RON GALLAGHER**

Founded in 1863 by the Christian Brothers, St. Mary's College of California is a Lasallian liberal arts college with a strong commitment to service and social justice located near San Francisco. CILSA, Catholic Institute for Lasallian

Social Action, promotes, organizes, and supports service on behalf of social justice by members of the Saint Mary's community. St. Mary's enrolls nearly 4,000 students in 38 undergraduate programs and seven graduate programs. Undergraduate enrollment includes 48 percent students of color, and the freshman class is more than 20 percent Hispanic. All undergraduates and faculty participate in the Collegiate Seminar, the school's great books program that dates back to 1941.

In a typical year, more than 1,000 students contribute more than 45,000 hours of service in the local community, at the state level, and internationally. In addition, graduates have signed on for year-long commitments to the Peace Corps, AmeriCorps, Capuchin Franciscan Volunteers, and Lasallian Volunteers. Saint Mary's High-Potential Program is a leader in educating inner-city minority students, and the college has received national recognition for its Katrina relief efforts. The college has signed the California Energy Pledge for energy conservation and is in the process of adopting principles of campus sustainability.

**MOST PRESSING NEED:**

Ongoing endowment for curriculum in social justice.



**UNIVERSAL HEALTH CARE ACTION NETWORK, RACHEL DEGOLIA, DIRECTOR**

*People need health care to live full and productive lives. The high cost and lack of access to needed health care by so many millions of Americans is now one of the leading causes of bankruptcies and other forms of economic hardship in our society. Despite vitally important public programs that provide for low-income people, poor people are, and always have been, disproportionately affected by the failure of our society to provide affordable, quality health care for all. However, increasingly, the way we do health care in the U.S. is putting at risk the living standards and quality of life of more and more middle class and even upper middle class people, too. This is why solving the health care problem has become the #1 domestic issue for our nation.*

**RACHEL DEGOLIA**

Universal Health Care Action Network (UHCAN.org);



pronounced ‘you can’) is a nationwide network that promotes comprehensive health care for all through education, strategy development, and advocacy. In March 1992, the Northeast Ohio Coalition for National Health Care, based in Cleveland, took the lead in organizing the first nationwide conference for single-payer activists. More than 100 leaders from 27 states gathered in Washington, D.C. for the event. The conference led to plans for another event in November 1992, also in Washington, D.C. At that meeting 250 leaders from 37 states founded a new national organization — the Universal Health Care Action Network. At that time, offices were established in Cleveland, OH, to symbolize UHCAN’s identity as a grassroots center for health care reform advocates.

UHCAN was a leader in the Making Health Care Work for All Campaign, along with more than 20 other national organizations, to address opportunities offered by the Citizens’ Health Care Working Group in 2006 – 07. The Elfenworks Foundation was able to help with this campaign by developing a multimedia presentation for use in their newsletter and website, hosting the movie on our server, and uploading it to YouTube. We also redesigned their website and provided training and assistance migrating to a new web host.

UHCAN’s newest effort is the

Health Partnership Education and Advocacy Project, which is building public support for a reform strategy that partners federal and state leadership and resources to decrease the number of uninsured, reduce costs, and improve quality in health care. This strategy is lodged in the bipartisan Health Partnership Act (S.2772). UHCAN’s national director, Ken Frisof, was a member of the writing team that drafted the bill.

UHCAN invites you to stay informed about steps now being taken to position the U.S. for successful and sustainable health care reform.

**MOST PRESSING NEED:**  
Funding to underwrite work to build the public and policymaker support necessary for the U.S. to achieve affordable, quality health care for all.



**GOOD CAPITALISTS:  
ALL OF US**

Case study: The Elfenworks Foundation and Boma Systems are working together to protect students, faculty, and administrators who literally risk their lives to educate at-risk youth at De Marillac Academy in San Francisco’s impoverished Tenderloin neighborhood. Founded in 2001 by the

Daughters of Charity and De La Salle Christian Brothers, De Marillac provides its students with an education as a way to escape the grip of poverty, achieve success, and become service-oriented leaders. De Marillac is open to students of all faiths and cultural backgrounds. Unlike any other private school in San Francisco, De Marillac is tuition-free and serves low-income and underserved households. In the Tenderloin, where poverty and crime go hand in hand, The Elfenworks Foundation is working in harmony with administrators, faculty, and Boma Systems to provide all parties with cell-phone security Push5 accounts free of charge. With Push5 installed, participants can use their cell phones to immediately dial for help when they feel threatened. After a one-time setup of their phones, participants can summon help quickly and quietly in a panic situation. Up to 12 people can be automatically dialed by the system in a conference call to decide among themselves how best to support the person asking for help. Boma is a name derived from the African barriers made from branches that protect people from predators. The company is also working on a “win back the neighborhood” safety campaign in association with CrimeStoppers.

Other examples of fiduciary capitalism abound — from Microvest and OBOPay in the financial space, to Sanaria in biotechnology. All share the

common trait of leveraging the profit motive and sound business practices to accelerate and solidify social goods, such as addressing climate change, opening access to capital, fighting deadly disease, and taking on poverty and inequality trends. Understanding “both sides of the tracks” and making a reasonable profit doing so are following the model we envision for fiduciary capitalism.

**MOST PRESSING NEED:**  
Your involvement.





## APPENDIX D

### Useful Links

#### **VOLUNTEERING:**

americorps.gov/nccc  
cartercenter.org  
cityyear.org  
commondreams.org  
dosomething.org  
idealist.org  
self-help.org  
studentsagainsthunger.org  
teachforamerica.org  
vimi.org  
volunteer.org  
volunteermatch.org  
youthbuild.org

#### **RATINGS & CONTACT:**

charitynavigator.org  
charitywatch.org  
give.org  
givingwisely.org  
greatnonprofits.org  
guidestar.org  
inequality.com  
justgive.org  
networkforgood.org  
timesharedonations.org

#### **HEALTH / MENTAL HEALTH:**

accesstobenefits.org  
allhealth.org  
cartercenter.org/health/mental\_ health/index.html  
coverageforall.org  
familiesusa.org  
healthfinder.org  
medpin.org  
mentalhealth.org  
nhhc.org (health care for homeless)  
phrusa.org (physicians)  
plannedparenthood.org  
psr.org  
psych.org  
qualityhealthcare.org  
uhcan.org

#### **SUSTENANCE / ECONOMIC:**

architectureforhumanity.org

bread.org  
cskdetroit.org (Detroit)  
endhomelessness.org  
endhunger.org  
habitat.org  
hud.gov  
modestneeds.org  
mowaa.org (Meals on Wheels)  
nlihc.org  
operationhope.org  
secondharvest.org  
stfrancisinn.org (Philadelphia)  
thefoodbank.org

#### **SPECIFIC TO CHILDREN:**

americaspromise.org  
bgca.org (Boys and Girls Clubs)  
brightfutures.org  
cehn.org  
ecbt.org (Every Child by Two)  
futureofchildren.org  
strength.org (childhood hunger)  
ucsf.edu/cando ("can do" dental)

#### **EDUCATION:**

ala.org/literacy  
boostup.org  
boyshopegirlshope.org  
chessintheschools.org  
collegeforall.com  
donorschoose.org  
firstbook.org  
geds-to-phds.org  
guitarsnotguns.org  
heartofamerica.org  
iamfoundation.org  
laptop.org  
mustcreate.org (music in schools)  
ndpc-n.org  
studentaid.ed.gov (see also  
edmoney.org,  
fafsa.ed.gov,  
fastweb.com,  
icanaffordcollege.com)  
vh1.com/partners/save\_the\_music

#### **ADDICTION / RECOVERY:**

asam.org  
drugfreeworld.org  
findtreatment.samhsa.gov  
harmreduction.org  
jointogether.org  
samhsa.gov

tobaccofreeca.com  
1800quitnow.cancer.gov

#### **AIDS:**

aids.org  
aids-ed.org  
thewellproject.org

#### **NONVIOLENCE:**

allstars.org  
commonsensemedia.org  
elderabusecenter.org  
endabuse.org  
leaveoutviolence-us.org  
nonviolence.org  
stopfamilyviolence.com

#### **LEGAL SYSTEM / ADVOCACY / INCARCERATION:**

advocacy.org  
allofusornone.org  
eji.org  
healthlaw.org  
prisonlaw.com  
serviceleague.org  
tattooremoval.org  
youthlaw.org

#### **SPEAKING OUT:**

commondreams.org  
coopamerica.org  
idealist.org  
one.org  
speakout.com  
votesmart.org

#### **VULNERABLE POPULATIONS — ETHNICITY AND GENDER:**

diversityrx.org  
ethnomed.org  
glma.org  
hispanichealth.org  
lgbthealth.net  
migrantclinician.org  
nihseniorhealth.org

#### **MICROFINANCE:**

accionusa.org  
aceloans.org (Appalacia)  
fieldUS.org  
grameenfoundation.org/where\_ we\_work/united\_states

#### **AGE / END OF LIFE / PALLIATIVE / HOSPICE / CHRONIC:**

aahpm.org  
aarp.org  
abcd-caring.org  
agingwithdignity.org  
improvingchroniccare.org  
ncoa.org

#### **RESEARCH / POLICY / GENERAL INFORMATION:**

carnegie.org/literacy  
cbpp.org  
citizen.org  
nesri.org/human\_rights\_us  
results.org  
urban.org

#### **SERVICES LIMITED TO SAN FRANCISCO AND / OR SAN MATEO COUNTY:**

bayareawomenagainstrape.org  
build.org  
childrenofshelters.org  
communitywishlist.org  
demarillac.org  
eastside.org  
friendsforyouth.org  
projectread.org  
samaritanhouse.org  
sfgoodwill.org/backontrack.aspx  
shelternetwork.org

#### **SERVICES LIMITED TO THE LOS ANGELES AREA:**

publiccounsel.org  
epath.org  
healthycity.org  
hrc-la.org  
hungeractionla.org  
lacehh.org  
lafoodbank.org  
lahomelessblog.org  
losangelesmission.org  
socialserv.org  
urm.org





## ABOUT THE ELFENWORKS FOUNDATION

The Elfenworks Foundation was created in an effort to support non-governmental organizations (NGOs) in innovative and unconventional ways. We strive to be — In Harmony with Hope — by shining light on causes that benefit humanity. In affiliation with U.S. centers of academic excellence,



our multi-faceted, creative, and hardworking team of social entrepreneurs, and advisors draws on expertise in communications, technology, film, music, law, and business administration to empower the nonprofits we serve; we remove obstacles, help strengthen program and business-model capacities, build infrastructures, forge alliances, and raise awareness about these organizations and our shared agenda. In this way we work in harmony towards our common goal of positive, measurable, and sustainable change. Our current goal is to ameliorate domestic poverty and provide new hope for the disenfranchised here at home. For more information, visit [elfenworks.org](http://elfenworks.org).

## ABOUT THE AUTHOR



Lauren Speeth grew up in the tumultuous 1960s, and her year abroad (in India), as well as a personal experience of rural poverty, helped shape her views on the subject of this book. In addition to being CEO for The Elfenworks Foundation and webmaster for [elfenworks.org](http://elfenworks.org), Speeth serves on the External Board of Advisors of The Center for the Study of Poverty and Inequality at Stanford University, for which she co-architected / developed [inequality.com](http://inequality.com). She is a Regent of Saint Mary's College of California and a trustee at Mills College, where she serves on the

External Board of Advisors for the Graduate School of Business. A computer programmer since 1983, Speeth holds a BA from Mills College, an MBA from Saint Mary's, a doctorate from Golden Gate University, and an Advanced Computer Security Professional Credential from Stanford, as well as lifetime Community College Teaching Credentials in Finance, Management, and Computers. She has taught business methods, graduate and undergraduate statistics, and computer science.



An active recording and performing musician, Speeth plays in the First Violin section of the Peninsula Symphony.

THE AUTHOR AND HER DOG, CIRCA 1972.

## NOTES

1. Stop Violence Against Women Campaign U.S.A. ([amnestyusa.org/Womens\\_Human\\_Rights/About\\_the\\_Stop\\_Violence\\_Against\\_Women\\_Campaign/page.do?id=1108417&n1=3&n2=39&n3=1101](http://amnestyusa.org/Womens_Human_Rights/About_the_Stop_Violence_Against_Women_Campaign/page.do?id=1108417&n1=3&n2=39&n3=1101))
2. Talmadge King, Jr. & Margaret Wheeler, *Medical Management of Vulnerable and Underserved Populations: Principles, Practice and Populations*, (Columbus, Ohio: McGraw-Hill Companies, 2007), 10, 25, 28.
3. *Ibid.*, 276.
4. Marlene Samuelson, James Carmody, Jon Kabat-Zinn and Michael A. Bratt, "Correctional Facilities Mindfulness-Based Stress Reduction in Massachusetts," *The Prison Journal* 2007; 87, 254-269. ([tpj.sagepub.com/cgi/content/abstract/87/2/254](http://tpj.sagepub.com/cgi/content/abstract/87/2/254))
5. Tal Ben-Shahar, *Happier*, (Columbus, Ohio: McGraw-Hill Companies, 2007), ix, 126. See also *Stumbling on Happiness* by Daniel Gilbert, 2006.
6. Nassim Nicholas Taleb, *Foiled by Randomness: The Hidden Role of Chance in Life and in the Markets*, (New York, New York: Thomson/Texere Publishing, Ltd., 2004), 182. ([foiledbyrandomness.com](http://foiledbyrandomness.com))
7. Tyler Cowen, *Discover Your Inner Economist: Use Incentives to Fall in Love, Survive Your Next Meeting, and Motivate Your Dentist*, (London, England: Penguin Books, 2007), 193, 199. ([marginalrevolution.com](http://marginalrevolution.com))
8. The Dalai Lama, *Mind in Comfort and Ease* (2007) and *The Art of Happiness* (1998). See also Thich Nhat Hanh.
9. Tal Ben-Shahar, *Happier*, (Columbus, Ohio: McGraw-Hill Companies, 2007), ix, 126. See also *Stumbling on Happiness* by Daniel Gilbert, 2006.
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# TRACKS OF HOPE

A runaway train is moving fast along a track, closing in on a young girl caught in its way – and you hold the switch that can change its course.

What do you do?  
The answer seems simple, right?

Every day more and more children join the almost 37 million Americans who live in poverty. Without sufficient food, their families face wrenching tradeoffs. Only one advanced industrialized country, Mexico, has a higher relative poverty rate than the United States.

How can this be? And more importantly, what can we do to make a change?

*Tracks of Hope: The Forgotten Story of America's Runaway Train and How We Can Change Its Course* shows us the dire direction America is headed in, what hope we still have of getting on the right track, and why it's in our interests to join together.



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