**“Glen’s Parallax Perspectives”** is a series of TV programs offering fresh ways for people to see issues such as foreign policy, social and economic justice, governmental functioning, the environment, and so forth. We provide voices and viewpoints that are rarely heard in mainstream media.

**Mainstream media, politicians, and culture see the world in conventional ways. Therefore, in order to solve problems, we need to see things in fresh ways.** Glen Anderson created this TV series to help people see things differently so we can solve problems at all levels from the local to the global.

This series title refers to “***parallax***,” which is the view you get by looking from a different perspective. For example, put one finger in front of your nose and another finger farther away. Close one eye. Then open that eye and close the other. Your fingers will seem to move. This is called a “parallax” view. **This TV series invites you to look at issues from fresh perspectives.**

Each program airs three times a week (currently every Monday at 1:30 pm, every Wednesday at 5:00 pm, and every Thursday at 9:00 pm) for the entire month on Thurston Community Television (TCTV), channel 22 for cable TV subscribers in Thurston County, Washington. TCTV is part of Thurston County Media. You can see their schedule at [**www.tcmedia.org**](http://www.tcmedia.org)

**You can also watch the program described below through your computer** at [**www.parallaxperspectives.org**](http://www.parallaxperspectives.org). All episodes of “Glen’s Parallax Perspectives” are posted on this blog’s “TV Programs” part and also in one or more of the categories listed in the right side of the computer screen. Also, see information about various issues at the category headings at [**www.parallaxperspectives.org**](http://www.parallaxperspectives.org).

**This summary includes some information and insights that we did not have time to include during that hour. Many of these are ideas that a guest or Glen had said while preparing for the interview. These additional insights are added under the relevant topic headings below.**

* **I’m saving this document in two formats: Word and .pdf. The Word format’s links are live. If you’re reading the .pdf format and want me to e-mail you any of the links I mention here, e-mail me at** [**glenanderson@integra.net**](mailto:glenanderson@integra.net) **and I’ll promptly send you the links you request.**

**🡪 Please invite other people to watch this video and/or read this thorough summary at the “TV Programs” and “Organizing” parts of** [**www.parallaxperspectives.org**](http://www.parallaxperspectives.org)**.**

**January 2021  
“Now We Empower Ourselves to Achieve Bold Goals”**

by Glen Anderson, the TV series’ producer and host  
(360) 491-9093  
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**Glen introduced the viewers to this month’s interview topic:**

This month’s interview on “Glen’s Parallax Perspectives” will help **YOU** make progress on the issues **YOU** care about.

Many of our nation’s problems had existed for a very long time. These include racial injustice, economic inequality, environmental problems, a foreign policy that is both cruel and violent, and some dysfunctional aspects of our electoral systems.

From 2017 through 2020, Trump made these and other problems even worse. He hurt our nation in many ways, including – but not limited to – the ones I list at the top of the next page:

* He attacked many of our human rights and rolled back more than 200 environmental protections.
* He antagonized other nations and pulled the U.S. out of several international treaties that had been working well.
* He corrupted many parts of the Executive Branch, attacked honest journalism, and hurt our nation in many, many other ways
* He even allowed our nation’s worst public health crisis to escalate out of control in ways. By late December 2000 more than 340,000 Americans died. Most of these died unnecessarily because of Trump’s incompetence and mismanagement.

A Turkish proverb says, “No matter how far you’ve gone down on a wrong road, turn back.” In November 2020 the American voters decided to turn back. Now – in 2021 – decent Americans can boldly choose a better road than we’ve traveled on for the past four years.

**Really, this goes beyond partisanship. Many of our nation’s problems are long-standing and bi-partisan.**  The American people have values that are better, wiser, more compassionate, and more progressive than either of the big political parties expresses.

**Now is the time for us to affirm our best values and promote bold goals for solving our nation’s deep problems.** During this hour we will propose some bold, positive changes in public policies – and we will affirm that ordinary people can organize from the grassroots up to put our bold, positive visions into place locally and nationally.

Glen said on his shirt he is wearing a pin that says, “If the people will lead, eventually the leaders will follow.” He said this message inspires the purpose of this TV program.

He welcomed **Mary Lou Finley**, who will explore this topic during this TV interview. Mary Lou Finley has decades of experience working for peace, racial justice, and a variety of other important issues. She has taught at the university level and conducted many training sessions on nonviolent grassroots organizing. She also has written extensively to help people discover the power of nonviolent grassroots organizing for solving big problems.

**After 4 years of playing defense, let’s be bold and proactively for what we want instead.**

Before getting into specific issues, Mary Lou briefly assessed where our nation is now and what we need to be doing now. She began by affirming that “our government needs to work for everybody.” She urged us to “think about what is missing for all kinds of people.”

She urged a cluster of strong actions to deal with the pandemic crisis. She said we must take emergency measures right now to help people cope with the pandemic crisis. She urged a strong testing program and ways to make a good vaccine widely available. The pandemic crisis caused an economic crisis, so we must provide help for people who are unemployed until they can get jobs again. She urged help for small business and for schools. Schools need to function safely, and we need to help the students who have lost learning time during the pandemic.

She identified a second cluster of problems that we must boldly focus on solving now. She said that economic inequality has worsened significantly since the 1970s. The climate crisis certainly needs strong attention and remedies.

Glen told the viewers that we’ll discuss some problems and propose bold solutions during the first half of this interview, and then we’ll discuss the importance of organizing at the grassroots to accomplish bold, proactive solutions.

**Even during Trump’s 4 years, people WERE PROACTIVE on SOME issues.**

Glen told the viewers that when he and Mary Lou were on the phone preparing for this interview, both of us said that – even during Trump’s 4 years – A**mericans actually have been organizing proactively and boldly** on some important issues.

Mary Lou said the most amazing grassroots organizing in the past year has been the Black Lives Matter movement, which informed and mobilized many people of all races and ages nationwide to address systemic racism, how police function, and to make local governments deal seriously with the problems.

She said she has been very much impressed by the youth climate movement. People have been working on the climate (and climate justice) for a number of years. The climate movement has been strengthened significantly by young people – including teenagers – rising up and saying, “It’s our future!” Young people are demanding strong actions to deal with the climate crisis.

Glen added that even during the November 2020 election, voters in a number of states used their initiative process to pass progressive laws. He said that five states voted to expand Medicaid. In several states people voted to reform some drug laws and policies. Also, in November 2020, even though Florida’s voters chose Trump, they also voted to increase their minimum wage step by step until it becomes $15 in 2026. Therefore, we should not think that voters are stupid or easily fooled.

In 2020 a huge number of big nonviolent protests occurred -- and achieved many victories. See this encouraging news: [**https://paceebene.org/blog/2020/12/14/nonviolence-news-300-victories-in-2020-perus-farmer-protests-indias-record-breaking-strike?eType=EmailBlastContent&eId=3090394f-57ff-4535-bd35-68e140255552**](https://paceebene.org/blog/2020/12/14/nonviolence-news-300-victories-in-2020-perus-farmer-protests-indias-record-breaking-strike?eType=EmailBlastContent&eId=3090394f-57ff-4535-bd35-68e140255552)

**Next we identified a few issues that we discussed one-by-one for about 30 minutes:**

Glen said we taped this interview on December 10, 2020. On January 5, 2021, voters in Georgia will vote in their run-off election for both of Georgia’s two U.S. Senate positions. If the Democrats win, the U.S. Senate majority will shift from Republican to Democrat, and our nation can pass a lot of very important and urgent legislation that the Senate Republicans have been obstructing for many years.

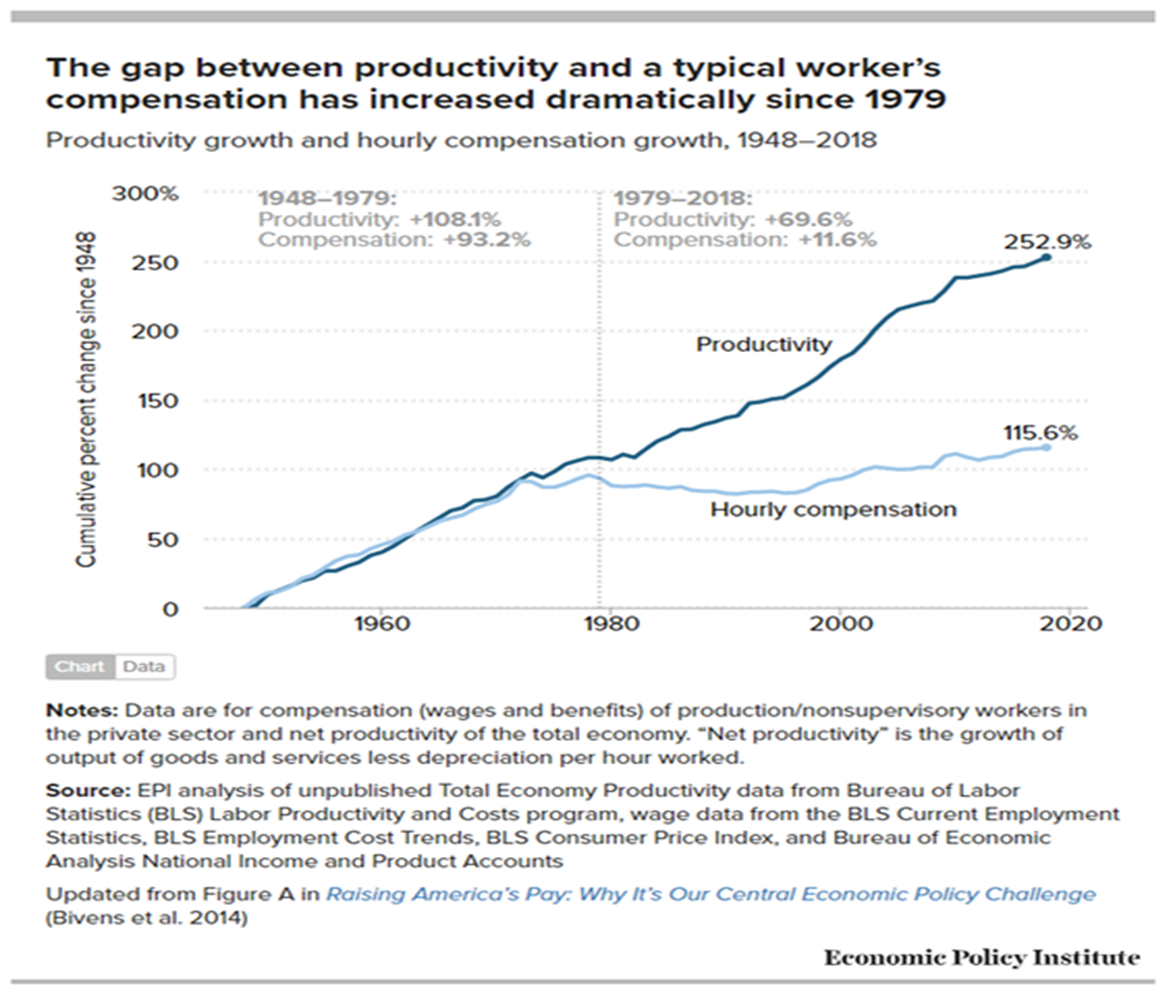
Glen said that even if the Senate remains dominated by Republicans, Biden could accomplish a lot by appointing progressive people to Executive Branch positions. Also, he can issue Executive Orders and take other actions he will have the power to do. But, he said, unfortunately many of Biden’s nominees are the same old middle-of-the-road, corporate-dominated persons who have refused to move our nation in progressive directions during the Obama era and before. American voters are much more progressive than most of Biden’s nominees.

Decades ago, the U.S. House Majority Leader Tip O’Neill famously said, “All politics is local.” Glen said ordinary Americans can accomplish a lot by thinking globally and **acting locally**. This TV program focuses on urging ordinary people to organize vigorously from the grassroots up to empower ourselves to pressure all levels of government AND to create solutions **without waiting for governments** to bless them. These can include the kinds of things Gandhi was urging through his concept of a “constructive program.”

We spent the next 30 minutes discussing some issues that need bold, proactive grassroots organizing in order to make progress. We addressed issues such as these:

* Changing our economy to become fair and to reduce the gap between rich and poor.
* Sharply reducing poverty and ending homelessness.
* Solving problems that affected Trump’s supporters along with everybody else, such as jobs and rural concerns.
* Providing high quality, affordable health care for everybody.
* Ending the many kinds of racial injustice.
* Solving many problems in our criminal justice system, including how police and prisons function.
* Creating peace, stopping all of the wars, and sharply reducing nuclear weapons.

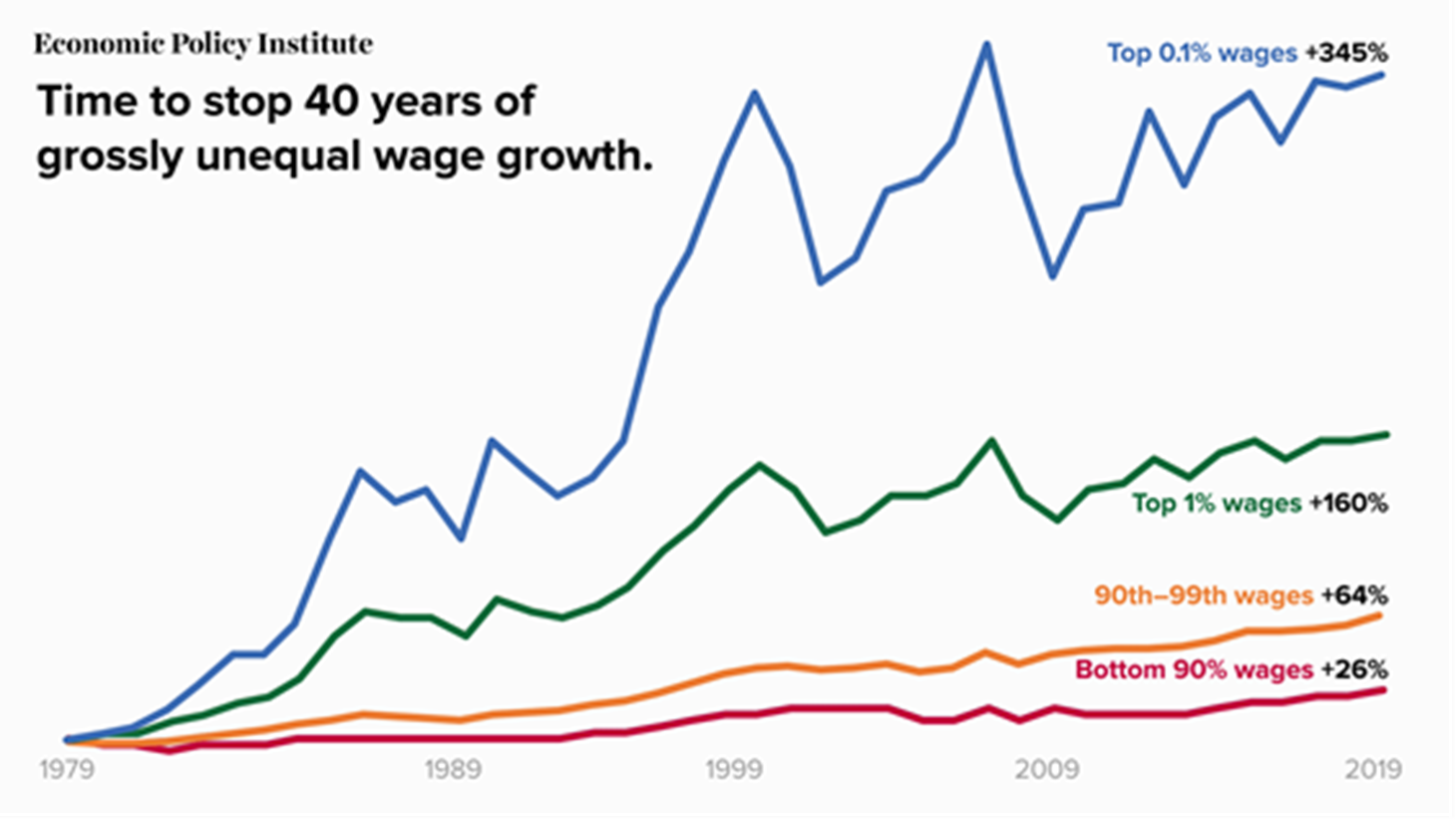
**Economic justice – income inequality -- $15/hour minimum wage nationwide, etc.**



Glen showed on the TV screen two graphs from the Economic Policy Institute ([**www.epi.org**](http://www.epi.org)).

**The graph on the previous page** shows that from 1948 to 2018, productivity increased significantly, but a typical worker’s compensation stopped growing in 1979 and has been mostly stagnant since then. Decisions made at the federal government level – and perpetuated by both political parties since then – have hurt workers’ incomes since 1979.

**The next graph** shows that during the 40 years from 1979 to 2019 wages for the bottom 99% increasing very little, while wages for the top 1% gaining a huge amount, and wages for the very top 1/10 of 1% grabbed a huge increase in wages.



Mary Lou commented on the first graph. She said that in the 1950s, 1960s and into the mid-1970s wages increased along with productivity, but then they parted after 1979. Our economic model was operating fairly by sharing economic prosperity with workers along with owners. We knew how to share economic prosperity, and we did that for decades. But from the Reagan era onward, political decisions stopped that. She said one problem was that the federal government stopped raising the minimum wage for about eight years. She said raising the minimum wage also helps people whose wages are a little higher than the minimum too.

She said that it is clear that political decisions were made to stop sharing prosperity with ordinary people. Furthermore, she said, we could also un-make such political decisions. Such decisions are not accidents of history or accidents of fate. We need to understand that these were political decisions, and now we can make different decisions.

She said she has told her students, “If you feel your money doesn’t go as far as it used to, and you can hardly pay your credit card bills, don’t think this is because something is wrong with you. Something has happened in this economy that you need to know has affected you. We need to deal with this at a policy level.” She said this is a very important part of the puzzle.

Glen said people who are economically squeezed feel angry about that. Bill Clinton said, “I feel your pain” when he campaigned for president, and he promised to fix the problem, but he actually continued and escalated the same neoliberal economic policies that had been hurting ordinary people since the Reagan era. In many ways Bill Clinton helped big business and hurt the working class and the poor.

George W. Bush and Obama continued the same policies and made people hurt even worse, so people became even angrier.

Then Trump campaigned by saying “I feel your pain” and I’m going to really shake things up and destroy the system that has been hurting you. In 2016 voters were so angry and so desperate that they elected Trump because Hillary Clinton was yet one more politician who supported the status quo. She kept telling the voters that the economy was great, but the voters knew they were getting screwed, so they rejected Hillary Clinton and resonated with Trump and his anger and his “tear-it-all-down” message.

Glen said electing Trump did not solve the problems. It’s not enough to simply elect someone who promises to stir things up. We need to understand the actual systemic problems clearly and choose smart solutions that will really solve the problems.

The American people really do want to change these extreme economic injustices. In November 2020, voters passed 14 ballot initiatives at state and local levels to reduce economic inequality.

See this article from the Institute for Policy Studies ([**www.ips-dc.org**](http://www.ips-dc.org)): [**https://ips-dc.org/14-successful-ballot-initiatives-to-reduce-inequality/?utm\_campaign=ipsnews-111320&emci=e1e2274d-d925-eb11-9fb4-00155d03affc&emdi=22aa48f5-e325-eb11-9fb4-00155d03affc&ceid=3993183**](https://ips-dc.org/14-successful-ballot-initiatives-to-reduce-inequality/?utm_campaign=ipsnews-111320&emci=e1e2274d-d925-eb11-9fb4-00155d03affc&emdi=22aa48f5-e325-eb11-9fb4-00155d03affc&ceid=3993183)

Also, in November 2020, even though Florida’s voters chose Trump, they also voted to increase their minimum wage step by step until it becomes $15 in 2026.

***We did not have time during the interview to mention these additional points and insights:***

The $15/hour minimum wage issue arose strongly in the town of SeaTac, SW of Seattle, just a few years ago and spread to be very popular nationwide.

The graphs we showed (see above) focused on INCOME. Enormous gaps also exist in WEALTH. Those gaps have been growing. In the past few years the number of BILLIONAIRES in the U.S. has grown, while many Americans have NEGATIVE net worth: their debts are more than their assets. In 2019 the personal wealth of the **top 1%** of the U.S. population ($34.23 trillion) was **more than 16 times** the personal wealth of the **bottom half** of the U.S. population ($2.08 trillion), as reported on page 17 of the Dec. 2020/Jan. 2021 issue of ***The Progressive*** magazine ([**www.progressive.org**](http://www.progressive.org)).

Chuck Collins researches and writes about economic inequality for [**www.inequality.org**](http://www.inequality.org) and the Institute for Policy Studies ([**www.ips-dc.org**](http://www.ips-dc.org)). One week after the November 3, 2020, election, he wrote that Wall Street’s rich, powerful people “seem quite pleased over the results of [November 2020’s] Election Day. They see a weak, “divided” government ahead, and that prospect sent private equity kingpin fortunes soaring last week. So how should the rest of us move forward from last week’s roller-coaster of emotions? We might begin by recognizing the encouraging victories last week that point us toward a more equal future.”

He quoted moderate Democrat Chuck Schumer (Senate Minority Leader) who said, “If we don’t do bold change, we could end up with someone worse than Donald Trump in four years.” Chuck Collins urges us to make changes that are much more bold than Schumer would be willing to make.

Actually, many of Trump’s supporters are in the middle class or below, so some of the economic reforms we are urging (*e.g.*, raising working class wages and providing health care) would help many of Trump’s supporters as well as the rest of us.

The box in the next column summarizes a SUCCESS STORY from Colorado that illustrates a smart way to organize. If we devise smart strategies and us them to reach out to the general public, we can solve problems at local, state and national levels.

***SEE THE SUCCESS STORY IN THIS BOX:***

All over our nation, the minimum wage is too low for people to live on. Businesses and conservatives keep preventing the federal government and state governments from raising the minimum wage.

But LOCAL PEOPLE have organized at the grassroots and convinced a number of LOCAL GOVERNMENTS to increase the minimum wage in their local communities, because local governments are more responsive to grassroots organizing than are state and federal governments.

These LOCAL victories prompted conservatives and business organizations to pressure a number of state governments to PREVENT local governments from increasing their minimum wage. (These are referred to as “preemption” laws because they preempt local governments from increasing their local minimum wage.)

Grassroots people in Denver, Colorado, organized a coalition of low-wage workers, labor unions, and allies who support economic justice. They passed a higher minimum wage for Denver. However, Colorado’s state government had a “preemption” law that prohibited any city in Colorado from raising the minimum wage above the state’s low minimum wage. When local people organized a statewide campaign they strategized to frame their goal as NOT ONLY for a livable wage, but also for LOCAL DEMOCRACY. This allowed them to convince a good number of organizations and ordinary people to see that repealing Colorado’s “preemption” law and allowing local governments to raise their minimum wage was good for LOCAL DEMOCRACY as well as good for low-wage workers.

These bold, strategically smart people DID SUCCEED in repealing Colorado’s cruel law.

**Poverty and homelessness**

Glen said the economic injustices we discussed have been leading to worsening poverty and actual homelessness. Even while rich people keep getting richer, poor people keep getting poorer. This was happening already, and the gap grew much wider during the past four years because Trump took specific actions that made the problems worse – and because Republicans prevented Congress and state governments from solving the problems. Now – in the world’s richest nation – many more people are trapped in persistent, grinding poverty – and many cannot even afford a place to live, so about half a million Americans are homeless.

Mary Lou said this crisis is very close to her heart. In the 1960s she worked in Chicago in an “open housing” project that Martin Luther King was organizing. She said she got to know a lot of people in Chicago’s black community who were very poor, so she came to care a lot about them.

[NOTE: On the TV screen just over her shoulder you can see a book titled ***The Chicago Freedom Movement***, which she co-authored along with some other great leaders in the Civil Rights Movement. See information about the movement at this link – [**https://prrac.org/success-and-the-chicago-freedom-movement/**](https://prrac.org/success-and-the-chicago-freedom-movement/) -- and this link – [**https://chicagocrusader.com/fighting-for-freedom-in-chicago/**](https://chicagocrusader.com/fighting-for-freedom-in-chicago/) Search the web for the book’s title to see information about buying the book.]

Also, she spent a summer working with Appalachian people in small coal mining communities in West Virginia. She said people would ask each other, “What kind of beans are you cooking today?” People were so poor that they ate beans every day.

Mary Lou said these experiences made poverty a very serious issue for her. Also, Martin Luther King started his Poor People’s Campaign in 1968, and recently a new Poor People’s Campaign ([**www.poorpeoplescampaign.org**](http://www.poorpeoplescampaign.org)) started and is carrying on his work from fifty years ago. Now they are urging President-Elect Biden to take action on fourteen priorities they have identified for his first hundred days in office. These fourteen priorities include:

* COVID relief for the hardest-hit communities
* A bold federal jobs program for all who want jobs so we can rebuild our nation’s infrastructure
* High quality health care for everybody
* Protect the rights of indigenous people
* $15/hour minimum wage

She mentioned that the $15/hour minimum wage issue arose strongly when the Service Employees International Union (SEIU) called for it in the town of SeaTac, Washington, a few years ago. She said this $15/hour goal took off there, in Seattle, and other parts of our nation. She even heard Joe Biden speak about it.

She said this is an example of how a bold goal can arise in one tiny place and spread nationwide.

Glen said another example of a good idea starting somewhere and spreading occurred several years ago in King County, Washington, when the county reversed the sequence of how they dealt with homeless people who had mental illness or substance abuse problems. The long-standing practice nationwide was to make people solve their other problems before they could qualify for housing to end their homelessness problem. King County reversed that when they realized that providing safe, decent, secure housing first would give people the stability that would enable them to deal with their other problems. This worked, and more local communities have adopted this strategy of “homes first.”

Also, some communities have built neighborhoods of tiny houses so people could have their own small, separate structure to live in – and could practice very localized self-government and community-based security and well-being. This has helped to stabilize people.

He said nearly every local community has non-profit organizations that work in solidarity with poor people and homeless people. They provide direct services – and they also provide smart advocacy to solve the problems. He encouraged everyone to find out which non-profit organizations in their local communities are doing good work and join with them.

In Washington State a good resource is Washington Community Action Network, 1806 East Yesler Way, Seattle WA 98122 (206) 389-0050 [**www.washingtoncan.org**](http://www.washingtoncan.org)

Just Housing Olympia does good work in our local community. In 2020 they split into two separate organizations to perform the group’s two functions. **Just Housing Olympia** ([**www.justhousingolympia.org**](http://www.justhousingolympia.org)) persists as a grassroots, non-incorporated, organization focused entirely on advocacy and activism related to housing and homelessness. The new organization, **Olympia Mutual Aid Partners (**[**www.olymap.org**](http://www.olymap.org)**)** is taking over JHO’s encampment support programs and direct service work. OlyMAP, unlike JHO, is an incorporated non-profit, fiscally sponsored by an organization named Angels for Angels.

**Some issues affected Trump’s supporters too (*e.g*., rural concerns, health, jobs)**

Let’s not make the mistake of dividing problems between those that hurt the general public and those that hurt Trump’s supporters. Actually, many problems cut across our nation’s partisan spectrum. When we were preparing for this interview, Mary Lou mentioned that a variety of problems are hurting many of Trump’s supporters along with the rest of us.

She mentioned, for example, people who live in rural areas. Now during the interview she discussed some of rural areas’ problems. For example, in the past 15 years, 170 hospitals in rural areas have closed. She said that’s an enormous number of hospitals – and a hospital closure is “a life-and-death matter.” If you’re having a heart attack and you have to travel a hundred miles, that’s very different from having a hospital nearby. She asked what it would take to reopen those rural hospitals – or to “replace them in some kind of way.”

She expressed concern that “the family farm is really struggling.” She said that in the 1960s, 1970s and 1980s, 30 cents of each food dollar went to the actual farmers. Now it’s only 13 cents – “less than half of what they used to get,” she said. She said this resulted from “agribusiness” getting so big that the giant agribusiness corporations can dictate to farmers the inadequate prices they will pay for what the farmers produce. Farmers no longer have any negotiating power against these giant corporations. Agribusiness has caused very serious problems for family farms.

Just like the widening wage gap we discussed earlier, Mary Lou said this economic change happened in recent decades, so we could organize to change it back. Grassroots organizations in rural areas (and allies in other areas) are organizing to solve the problem. She mentioned, for example, Iowa Citizens for Community Improvement, [**www.iowacci.org**](http://www.iowacci.org). Other solutions include helping farmers use more sustainable methods of farming. She said if we had had more time for this she could have mentioned several additional solutions to rural areas’ problems such as depopulation and the lack of federal attention to rural problems (analogous to HUD, a federal agency that focuses on urban problems).

***We did not have time during the interview to mention these additional points and insights:***

It would be fun to bring together a few thoughtful libertarians and a few thoughtful progressives to discuss the values we share in common – and the public policies that could flow from our shared values. I believe that both ends of the political spectrum:

• Value individuals’ dignity and rights

• Oppose governmental intrusions into various aspects of our lives (suppressing free speech, preventing women’s choice, etc.)

• Oppose aggressive, militaristic foreign policy

• Share common HUMAN interests APART FROM POLITICS (kids, grandkids, gardening, etc.)

Fear is at the root of many issues. We should devise a grassroots movement to oppose fear – both very broadly throughout society and also related to particular issues (race, political dissent, interfaith relations, etc.). Many issue constituencies could join together to build a movement to excise fear from our society.

Desmond Tutu wrote: “‘Ubuntu’ is very difficult to render into a Western language. . . . It is to say: ‘My humanity is caught up, it is inextricably bound up, in yours.’” We need to convert this African concept into values and terminology that Americans would easily understand and want to practice in our public policy.

**Health care – Medicare for All – Universal Single-Payer**

For a number of years, public opinion polls have been showing that a big majority of Americans recognize that our nation’s health care system is in crisis. Tens of millions of people do not have any health care coverage – and additional tens of millions can’t afford to get the care and prescriptions they need.

Polling shows most Americans – Democrats, Independents and Republicans alike – favor a **nationwide** health care system that would **cover everybody** with **high-quality, affordable** care, but presidents of both parties have refused to support this – and **Congress keeps failing to pass the legislation** that has been introduced for many years.

Mary Lou said people really do need to organize to accomplish what is often called “Medicare for All” and sometimes called “Universal Single-Payer.” She said some good organizing has been done already, and more people do recognize that health care is a human right. We need better language to communicate about this issue.

She said the whole society needs healthy people. Sick children do not learn well – and if they don’t learn well, that’s a long-term problem for their lives and for society. Sick workers who don’t get proper treatment for their back injuries end up worse off – and some end up homeless because they did not get proper health care. We need to show that our entire society needs better health care – for the well-being of our entire society. She said people are coming to that realization, and more people now realize that we need a solution that works for everybody.

Glen said **organizing a grassroots movement** for **affordable, high quality health care for everybody nationwide** has the potential to **bring people together** from all across the nation and all across the political spectrum.

Mary Lou said she is not sure “Medicare for All” is the right words for this. Glen agreed and said Medicare is not as strong as it should be. Medicare should cover more things with stronger benefits. Most people buy supplemental coverage to make up for Medicare’s shortcomings. Therefore, instead of the typical slogan “Medicare for All,” he prefers the more specific concept of “Universal Single-Payer” health care, because the federal government would be the only entity paying the bills. This would avoid the complexity and bureaucracy and wasteful overhead of many different insurance companies.

Currently, insurance companies consume a large portion of our health care dollars without providing actual services. They impose many rules, constraints, bureaucratic paperwork, etc., and fight against our doctors and fight against us. Instead of many different insurance companies and plans, a Universal Single-Payer system would create one simple nationwide system with the government paying the bills while people choose their own health care providers. However, that term is not immediately understandable to most people, so we need a short, expressive, easy-to-understand term.

Glen said that over the years he has produced a number of TV interview programs about why Universal Single-Payer is the health care system that our nation needs.We did not have time during the interview to mention them on TV. **SEE THESE LINKS:**

***Here are links to my two most recent TV programs Universal Single-Payer Health Care:***

* September 2020: “Universal Single-Payer Health Care: We need it NOW more than ever!” (In light of the COVID-19 crisis, this program is also titled, “Universal Single-Payer Health Care Now! Don’t Let this Good Crisis Go to Waste.” [**http://parallaxperspectives.org/universal-single-payer-health-care-we-need-it-now-more-than-ever**](http://parallaxperspectives.org/universal-single-payer-health-care-we-need-it-now-more-than-ever)
* December 2015: “Why Universal Single-Payer Health Care Is the Real Solution.” [**http://parallaxperspectives.org/tv-why-universal-single-payer-health-care-is-the-real-solution**](http://parallaxperspectives.org/tv-why-universal-single-payer-health-care-is-the-real-solution)

***Here are a few other good resources about Universal Single-Payer Health Care:***

* An informative, insightful 10-minute video debunks the mistaken notion of health care “choice.” This video supports real “Medicare for All.” It will help you counter the propaganda from insurance companies and corporate politicians (Biden, Buttigieg, Republicans, etc.). It’s at this link: [**https://www.youtube.com/watch?v=HTOZ4fxcWGk**](https://www.youtube.com/watch?v=HTOZ4fxcWGk)
* Ralph Nader’s article: “25 Ways the Canadian Health Care System is Better than Obamacare for the 2020 Elections” is at this link: [**https://www.commondreams.org/views/2019/09/19/25-ways-canadian-health-care-system-better-obamacare-2020-elections?cd-origin=rss&utm\_term=AO&utm\_campaign=Daily%20Newsletter&utm\_content=email&utm\_source=Daily%20Newsletter&utm\_medium=Email**](https://www.commondreams.org/views/2019/09/19/25-ways-canadian-health-care-system-better-obamacare-2020-elections?cd-origin=rss&utm_term=AO&utm_campaign=Daily%20Newsletter&utm_content=email&utm_source=Daily%20Newsletter&utm_medium=Email)
* Creating “Medicare for All” would save $5.2 TRILLION over 10 years: [**http://parallaxperspectives.org/creating-medicare-for-all-would-save-5-2-trillion-over-10-years**](http://parallaxperspectives.org/creating-medicare-for-all-would-save-5-2-trillion-over-10-years)
* Universal Single-Payer health care is the real solution! Debunk the myths and lies about it: [**http://parallaxperspectives.org/universal-single-payer-health-care-is-the-real-solution-debunk-the-myths-and-lies-about-it**](http://parallaxperspectives.org/universal-single-payer-health-care-is-the-real-solution-debunk-the-myths-and-lies-about-it)
* Universal Single-Payer health care would have kept my family member alive: [**http://parallaxperspectives.org/universal-single-payer-health-care-would-have-kept-my-family-member-alive**](http://parallaxperspectives.org/universal-single-payer-health-care-would-have-kept-my-family-member-alive)

***Many excellent non-profit organizations are working for Universal Single-Payer Health Care:***

* **Health Care for All – Washington**: [**www.healthcareforallwa.org**](http://www.healthcareforallwa.org) (707) 742-3292 Their website is very informative. It helps anyone in Washington State connect with our statewide movement for Universal Single-Payer.
* **Health Care – Now** is a nationwide organization with statewide affiliates: [**www.healthcare-now.org**](http://www.healthcare-now.org) (215) 732-2131
* **Physicians for a National Health Program**: [**www.pnhp.org**](http://www.pnhp.org) offers much information. At the top of their website’s home page, see the tab “ABOUT SINGLE PAYER” for basic information and federal legislation. I also recommend other parts of their website.
* **PNHP’s Western Washington State level**: [**www.pnhpwesternwashington.org**](http://www.pnhpwesternwashington.org) Their website includes many excellent information resources!
* **Ralph Nader founded Public Citizen about half a century ago.** They work on many issues, including health care reform. See [**www.citizen.org/topic/health-care**](http://www.citizen.org/topic/health-care)
* **Single Payer Action:** [**www.SinglePayerAction.org**](http://www.SinglePayerAction.org)provides a wealth of information.
* The **“Health Care Is a Human Right”** campaign has a Washington State blog, [**www.healthcareisarightwa.com**](http://www.healthcareisarightwa.com) (206) 389-0050

**Racial justice – Black Lives Matter – Policing – Criminal Justice Systems, etc.:**

Earlier in this interview Mary Lou mentioned racial justice and Black Lives Matter as very important issues. Now we spent some more time on these.

Glen said that for a good number of years – including during Trump’s 4 years – more and more Americans have become deeply concerned – and boldly active – to work for racial justice. People of all races have joined African Americans in affirming that Black Lives Matter. Some white folks hold “Black Lives Matter” signs on Olympia’s street corners. Some people of other races have joined African Americans in taking down statues of Confederate War leaders and in re-naming K-12 schools that were named for prominent Americans who owned slaves. He said this movement is growing and broadening.

He asked Mary Lou what potential she sees now and beyond 2020. How does she see our current opportunities – various kinds of opportunities – to take bold and creative actions for racial justice?

She said she was very excited to see the Black Lives Matter movement arise and grow. She said it has already made a tremendous amount of headway. A number of cities are trying to figure out how to change their police departments – and how to add social workers and mental health workers so they can meet the needs more effectively instead of having police deal with people suffering those problems.

She said people “learned how to go marching in the streets and say we are mad about something. We’ve learned that very well.” Now, she said, we need to devise, enact and implement different public policies to solve the problems – and stick with it until we accomplish our goals. The movement needs to change how we think and what we do. Instead of simply holding more marches, we need to organize the next steps toward changing public policies through various parts of local governments and state governments.

Glen added that the changes in goals and strategies that Mary Lou was urging the movement to take can require different kinds of people for the movement. He said if all we do is march in the street we’ll get stuck and the public policies will remain stuck. The movement needs different kinds of personalities and skills to advance the movement to win the next steps toward reforming policing and other goals toward achieving racial justice. The movement needs people who are skilled at devising better public policies, working with budgets, interacting with governmental officials, helping the general public learn and change its mind, and so forth. Mary Lou agreed with that.

Also, she said we need to figure out what are the roots of the problem of excessive force by the police. Police officers need to be held accountable for their actions. Perhaps some need to be fired. But she said the roots of the problem go deeper than those individuals. Have people watched too many movies with “bad guys” who are black? She called for more research to really understand what is at the root of this problem.

Glen added that police departments like to hire people who had recently been in the military. The military trains people to use violence against people who are different from themselves. The military sends U.S. troops to occupy other nations, including populations with darker skins than most Americans. When police departments hire recent veterans and deploy them to occupy cities and neighborhoods different from where they grew up, they treat the local residents as if they were foreign people and enemies who need to be occupied and dominated with deadly violence. The military training and experience get “triggered,” and injustices and violence result.

Instead, he urged police departments to hire people who have experience and skills in solving problems – including interpersonal problems – and mediating disputes.

He said the City of Olympia took a smart action recently when a few police officers retired. Instead of filling the vacancies with more police officers, the City hired people who are highly skilled in helping people with social and mental health problems. These new City employees are not armed and do not wear police uniforms. They wear regular clothing and are sent to meet the people in friendly ways and work with them to solve the problems without any threat or use of violence. Some local folks who used to keep getting arrested over and over again have now been able to live more agreeably in the community. The community is more at peace, and we are not wasting tax dollars on jailing them. More cities should copy what Olympia has recently done.

Glen said that for too long the U.S. has had a mania for harsh policing, harsh prison sentencing (“lock ‘em up and throw away the key”) that hurt individuals, break families apart, and waste tax dollars. We need to de-criminalize drugs and change to smart “harm reduction” strategies that treat drug use as a public health concern instead of a crime. Some organizations are doing very good research and advocacy to solve the problems.

Mary Lou said we need to break the cycle of destruction that happens when someone is imprisoned for a minor drug crime and then is prevented from re-entering society (getting a job, finding a place to live, voting, etc.) because of their criminal record. Our governments and our society have imposed many barriers to people who have been in prison.

Glen agreed with her. Someone should be able to get out of prison and put their life back together again without barriers to employment, housing, government-funded services, etc. Some people who are prohibited from putting their lives back together end up reverting to what they can do: steal, sell drugs, etc. Society’s punitive policies are self-defeating and are provoking more crimes.

Mary Lou said that big business corporations hire prison inmates to do various kinds of work for them inside the prisons at very, very low wages. They are exploiting a captive workforce. Few people in mainstream society know this. She said it really reeks of slavery and the South’s old “convict leasing system.”

She said a free society should not tolerate that. Glen said this is yet one more of the many existing problems that people need to solve. He said this is the point of this TV interview: recognize the problems that exist, bring people together from the grassroots up to research the problems, share information about solutions, and organize to solve the problems with bold goals.

Glen said the criminal justice system’s problems – and our nation’s other systems’ problems – go beyond race.

He said that for many decades, many of our nation’s systems have been acting as if Black Lives do NOT Matter (and neither do any other people’s lives). African-Americans end up with terribly bad outcomes in our economy, in our health care, in our schools, in housing, in toxic chemicals polluting their neighborhoods, and in other ways. One cluster of ways that has become most notorious – and most alarming to whites as well as blacks – is the cluster of problems in our criminal justice system. This includes how police function, how the courts prosecute and sentence people, how prisons treat inmates, and so forth.

The criminal justice system has been dysfunctional, wasteful and cruel to ALL kinds of people. But from the local grassroots level up, all races of people have been working to solve the problems – and people organized vigorously even during Trump’s four years.

Many local police departments’ cars have this slogan painted on their doors: “Serve and protect.” They need to focus on actually doing that.

**Peace. Stop the wars. Sharply reduce nuclear weapons.**

Glen summarized the U.S. government’s long history of military violence. The U.S. military stole Indian lands and seized the Southwest from Mexico. In 1898’s Spanish-American War, the U.S. violently seized control of Spanish colonies as far away as the Philippines. In 1945 the U.S. dropped atomic bombs on innocent civilian populations in Japan, and the U.S. provoked a nuclear arms race that continues even today, 30 years after the end of the Cold War. The U.S. has conducted many wars and even overthrown democracies.

Now the military consumes MORE THAN HALF of all the discretionary federal budget that Congress has the power to spend. To pay for all of that, the U.S. has refused to provide adequate funding for keeping people healthy, ending poverty, protecting the environment, and doing other things that our nation really needs.

Mary Lou said our nation has put far too much money into military guns and bombs instead of providing food, health care, and other things that people need. She said now we are suffering in this pandemic, and more than 200,000 Americans have died. They were not killed by other nations’ bombs. No, they were killed by a lack of public health. She said instead of putting money into military weapons and hope they will “protect” us, we should have been funding health care and good nutrition that really would have protected us. She said the Rev. William Barber’s Poor People’s Campaign ([**www.poorpeoplescampaign.org**](http://www.poorpeoplescampaign.org)) says the military budget includes $350 billion that the military does not really need. That money should be spent instead to fund human needs programs.

She urges us to re-think what “security” means. It’s not just security from people outside our country. Rather, we need security in our own being, including food and health.

Glen said big business corporations that make expensive military weapons give enormous amounts of money as “legal bribes” in the form of campaign contributions to candidates so Congress and presidents will continue funneling our tax dollars to those corporations instead of funding vital services that people really need. Those weapons manufacturers also spend huge amounts of money on lobbying Congress and the Executive Branch.

Glen said that in December 2020 President-Elect Joe Biden nominated for Secretary of Defense a recently retired four-star general who serves on the Board of Raytheon, one of the nation’s biggest corporations making expensive military weapons. This is just the latest example of the military-industrial complex recycling itself through the revolving door of the U.S. military, weapons manufacturers, and the Executive Branch’s Dept. of Defense. We will continue spending far too much on the military and weapons unless we push very hard on Biden to appoint peace-oriented people to run things and replace many of Congress’s incumbents, who keep allowing and funding too much militarism.

***We did not have time during the interview to mention these additional points and insights:***

Glen has written extensively about these issues. See the “Peace” and “Nuclear Weapons” parts of his blog, [**www.parallaxperspectives.org**](http://www.parallaxperspectives.org). Two smart articles are

* **Why We Must Change to a Truly Peaceful and Just Foreign Policy:** [**http://parallaxperspectives.org/why-we-must-change-to-a-truly-peaceful-and-just-foreign-policy**](http://parallaxperspectives.org/why-we-must-change-to-a-truly-peaceful-and-just-foreign-policy)
* **Replace the “national security” scheme with “TRUE Security.”** [**http://parallaxperspectives.org/replace-the-national-security-scheme-with-true-security**](http://parallaxperspectives.org/replace-the-national-security-scheme-with-true-security)
* **De-Militarize U.S. Foreign Policy:** [**http://parallaxperspectives.org/de-militarize-u-s-foreign-policy-2**](http://parallaxperspectives.org/de-militarize-u-s-foreign-policy-2)

The Treaty on the Prohibition of Nuclear Weapons will go into effect on January 22, 2021. This makes nuclear weapons illegal in the nations that have ratified the Treaty (53 by the time we taped this TV program on December 10, 2020). This will shift world opinion against the nine nations that have nuclear weapons. The vast majority (many thousands) are owned by the U.S. and Russia. Seven other nations have much smaller numbers (a few hundred or fewer). See information about the Treaty at [**www.icanw.org**](http://www.icanw.org), the website of the global non-profit organization that won the 2017 Nobel Peace Prize for succeeding in getting the United Nations General Assembly to pass the Treaty overwhelmingly in July 2017.

A great many non-profit organizations at national and local levels are organizing in strategically smart ways to reduce the danger of nuclear war and abolish nuclear weapons altogether. Connect with the Arms Control Association at [**www.armscontrol.org**](http://www.armscontrol.org) and Mayors for Peace at [**www.mayorsforpeace.org**](http://www.mayorsforpeace.org) and the Oak Ridge Environmental Peace Alliance (OREPA) at [**www.orepa.org**](http://www.orepa.org). See **Back from the Brink** at [**www.preventnuclearwar.org**](http://www.preventnuclearwar.org) . I wrote this article about it for my blog: [**http://parallaxperspectives.org/the-back-from-the-brink-campaign-promotes-five-smart-changes-to-reduce-the-danger-of-nuclear-war**](http://parallaxperspectives.org/the-back-from-the-brink-campaign-promotes-five-smart-changes-to-reduce-the-danger-of-nuclear-war)

Locally, Glen is the contact person for the Olympia Coalition to Abolish Nuclear Weapons, and we are one of more than 50 organizations in our statewide coalition, Washington Against Nuclear Weapons at [**www.WANWcoalition.org**](http://www.WANWcoalition.org). Since the late 1970s the Ground Zero Center for Nonviolent Action has been doing very good work as the next-door neighbor to the Trident Nuclear Submarine Base in Kitsap County WA. See [**www.gzcenter.org**](http://www.gzcenter.org)

**Environment – Climate – Solutionary Rail**

Glen said that in just four years, Trump destroyed decades of progress for the environment, including rolling back 200 environmental protections. Some of the damage is irreversible because some habitats have already been hurt, and because all of us already have more toxic chemicals and cancer-causing pollutants in our environment and in our bodies.

Some of Trump’s corrupt and reckless decisions can be reversed in 2021 if Biden would promptly issue Executive Orders and appoint to his cabinet and Executive Branch agencies people who are honest and who are NOT subservient to big business.

But in recent years – even while the damage was occurring – people were organizing nonviolently, boldly, and creatively to protect the environment and our climate. People achieved some victories in various parts of the nation, where people stopped oil pipelines, prevented fossil fuel exports, and prohibited fracking. So even while Trump was hurting the environment and climate in many ways, people actually achieved many great successes in these past four years by organizing smart grassroots movements.

Glen said one of the successes that has made good progress is “Solutionary Rail” ([**www.solutionaryrail.org**](http://www.solutionaryrail.org)). Both Mary Lou and Glen have done some work for this creative alternative to some transportation problems. He often describes it as a win-win-win-win for the environment, the climate, workers, local communities, and rural areas. It would use electrified trains (especially using solar and wind power all across the country) to reduce diesel exhaust and climate pollution. It would get many big trucks off of the highways and provide better transportation for rural areas. You can read an article he wrote about it here: [**http://parallaxperspectives.org/solutionary-rail-is-good-for-climate-workers-communities**](http://parallaxperspectives.org/solutionary-rail-is-good-for-climate-workers-communities)

Glen produced two one-hour TV programs explaining “Solutionary Rail” with Bill Moyer from the Backbone Campaign as his guest. See [**www.backbonecampaign.org**](http://www.backbonecampaign.org) and [**www.solutionaryrail.org**](http://www.solutionaryrail.org). People can watch those (and read additional information) through his blog at these links:

* December 2017 program: [**http://parallaxperspectives.org/tv-solutionary-rai**l](http://parallaxperspectives.org/tv-solutionary-rail)
* November 2019 program: [**http://parallaxperspectives.org/tv-solutionary-rail-is-a-win-win-win-for-climate-workers-communities**](http://parallaxperspectives.org/tv-solutionary-rail-is-a-win-win-win-for-climate-workers-communities)

**Beyond protesting against bad stuff, let’s build grassroots movements for positive goals.**

Thus far, Mary Lou and Glen had touched briefly upon a variety of issues – and we have proposed some bold, creative, grassroots strategies we need so our nation can move ahead. Glen said **this interview’s purpose is to help people boldly empower themselves to organize for the solutions** that we really want. It’s necessary to **protest against the problems**. At the same time we **ALSO** need to **organize to achieve bold, positive solutions**! We should invest more time and effort into organizing solutions than we do in protesting against the problems.

He said this is for **two reasons:**

(1) If we spend most of our time and efforts fighting the bad stuff, the oppressors can keep throwing more bad stuff at us and we will always be on the defensive. This defensive stance had been a problem even before Trump made it worse. Always being on the defensive is a weak position.

(2) **We need to be proactive in working for truly bold solutions to the problems.** Many of our nation’s problems are very long-standing even before Trump made them worse. We need truly bold, proactive solutions to these serious problems. Let’s take a positive stance and devise smart campaigns and strategies that will actually solve the problems. The public is repelled by negativity – but they would be attracted to our positive solutions! In order to win a strong majority of the public over to our side, **we need to be proposing bold, attractive, positive solutions** to the problems. **We need to be proactive, envision the future we want instead of the current mess, and organize to achieve the positive goals.**

Mary Lou said our first step in the broad strategies we need is to articulate our vision. She said we should call for – and organize for – a society that works for everybody. It’s not really that hard. Other nations do that pretty well – better than ours. We need a vision – and we need hope that we can actually solve the problems and make our society work well for everybody.

She said with that grounding, we can work on the specific issues.

She said hope is a very important part of what we need to cultivate now. She said a 22-year-old student of hers asked whether she knows about “solarpunk.” Mary Lou had not heard of it, so the student said the “solarpunk” people are doing things to build the kind of society they want, including community gardens.

[Wikipedia describes “solarpunk” in this way: *Solarpunk is an art movement that envisions how the future might look if humanity succeeded in solving major contemporary challenges with an emphasis on sustainability problems such as climate change and pollution. Solarpunk describes a multitude of media such as literature, fine arts, architecture, fashion, music, tattoos, and video games in a similar manner to adjacent movements such as steampunk as well as more established art movements like Baroque and Impressionism. The iconography of solarpunk focuses on renewable energies such as solar and wind power. Popular icons in the genre include van life vans, solar panels, waterfalls, indigenous peoples, parrots, psychedelic mushrooms, wind turbines, vertical gardens, and fruits*.]

Mary Lou said she was thrilled to hear that young people are exploring and organizing in the ways her young student was describing. Mary Lou said this had happened in the 1960s when the Black Panthers developed free health clinics. She urged us to begin with these kinds of solutions locally and nationwide.

Glen agreed that a lot of solutions can be organized at the local level. People can start local community gardens without waiting for Congress to do anything for local food. He said Detroit has suffered from many abandoned homes and lots that were not being used, so many people started using vacant lots to grow food for the people who live in those distressed neighborhoods. Mary Lou said she also has heard about that exciting local-level work in Detroit. [This is another example of Gandhi’s “constructive program,” which we discussed a few minutes later.]

She said we also need to organize and push at a national level for health care, for better food and nutrition for people who need those. We need to get organized and push.

Glen said he provides FREE online workshops about how to organize grassroots movements, so people can get empowered and skilled to work on whatever issues they care about. See this announcement of January-February workshops: [**http://parallaxperspectives.org/these-free-online-workshops-can-help-you-make-more-progress-on-issues-you-care-about**](http://parallaxperspectives.org/these-free-online-workshops-can-help-you-make-more-progress-on-issues-you-care-about)

He also reminded our TV viewers that on his shirt he is wearing a button that says, “If the people will lead, eventually the leaders will follow.”

It is very important that – even while we protest against what we oppose – we need to invest much more of our time and energy working to build the society and world that we want instead. Glen’s blog, [**www.parallaxperspectives.org**](http://www.parallaxperspectives.org), includes information and resources in the blog’s categories for “Nonviolence” and “Organizing & Activism.”

Glen is concerned that political progressives spend far too much time and energy bemoaning “ain’t-it-awful.” That has been sapping our energy and distracting us from actually solving the problems and creating a better world. Let’s devote just as much time and effort in PROACTIVE efforts to:

• Envision what we really want for our world, our nation, and our local communities

• Organizing to actually build upon our positive visions and create what we really want.

Naomi Klein wrote this:

“The interplay between lofty dreams and earthly victories has always been at the heart of moments of deep transformation. The breakthroughs won for workers and their families after the Civil War and during the Great Depression, as well as for civil rights and the environment in the sixties and early seventies, were not just responses to crises. They were responses to crises that unfolded in times when people dared to dream big, out loud, in public – explosions of utopian imagination.”

**Let’s overcome hesitancy and fear. Let’s empower people to build bold grassroots movements.**

Glen said it is common for people to shy away from taking bold actions. But **now** is a time to do what our great friend, the late activist Sister Jackie Hudson urged people to do: “Take one step out of your comfort zone.”

He said he also likes what Gene Sharp wrote about power. Gene Sharp was the world’s best researcher on how to use the power of nonviolence to oppose and defeat dictators and other oppressors. He wrote: “Dictators are never as strong as they tell you they are. People are never as weak as they think they are.” Gene Sharp urged people to take nonviolent actions that are strategically smart, bold and creative.

Mary Lou discussed the concept of “people-power” – and the potential for people to overcome their hesitancy and fear – and join together to build grassroots movements to achieve the bold goals we want. She said leaders need everyday people to cooperate with them. We need to be bold. We need to speak out. We need to work with other people – even if it’s only ten people, or even if it’s only three. “Speak your truth and then organize more people. You can start really small. And if you do something that’s visible, more people will say, ‘Oh that looks interesting’ – and more people will join you, so “be prepared to grow.”

She gave the example of a bold action that a few early leaders in the Sunrise Movement (the youth-led climate group) did. They boldly held a sit-in in the office of Nancy Pelosi, Speaker of the U.S. House of Representatives. That action was bold and dramatic. It did not win her over, but it called attention to their new organization (the Sunrise Movement) and to the climate crisis that motivated their action.

She said you can do effective, dramatic actions with 30 people – and even with only three people.

Glen agreed that we really can do things that are practical and inspiring and powerful. Act at the grassroots level without waiting for large numbers. Do something good that has the potential to work, and other people will want to join with you and help it grow.

He said he titled his June 2020 TV program “Let’s Boldly Create the Future We Really Want.” It advocated the kind of bold, proactive organizing that we are talking about now. You can watch the video and/or read the transcript and see additional sources of information at this blog link: [**“Let’s Boldly Create the Future We Really Want” – Glen's Parallax Perspectives**](http://parallaxperspectives.org/lets-boldly-create-the-future-we-really-want-4)

***Beyond what we said during the interview, Glen encourages people to consider TWO further insights:***

**#1**

Are the American people too beaten down, demoralized and distracted to fight back? We need to grapple with our society’s pervasive feelings of “powerlessness” and devise strategies and activities to actually replace those with feelings of “empowerment.”

Our organizing nonviolent grassroots movements needs to significantly prioritize empowering people. Here are some thoughts based on the article I’m linking at the end of this item.

When people are beaten down into powerless, they feel shame that further disempowers them, so they can’t fight back. This article -- [**https://www.alternet.org/are-americans-broken-people-heres-why-weve-stopped-fighting-back-against-forces-oppression?src=newsletter1092898**](https://www.alternet.org/are-americans-broken-people-heres-why-weve-stopped-fighting-back-against-forces-oppression?src=newsletter1092898) -- explains the dynamics. One paragraph in this article says:

“U.S. citizens do not actively protest obvious injustices for the same reasons that people cannot leave their abusive spouses: They feel helpless to effect change. The more we don't act, the weaker we get. And ultimately to deal with the painful humiliation over inaction in the face of an oppressor, we move to shut-down mode and use escape strategies such as depression, substance abuse, and other diversions, which further keep us from acting. This is the vicious cycle of all abuse syndromes.”

How can we counter that? After the article has further explained the evidence of the problems and the source of the problems, it asks and answers this question:

“Can anything be done to turn this around? When people get caught up in humiliating abuse syndromes, more truths about their oppressive humiliations don't set them free. What sets them free is morale. What gives people morale? Encouragement. Small victories. Models of courageous behaviors. And anything that helps them break out of the vicious cycle of pain, shut down, immobilization, shame over immobilization, more pain, and more shut down.”

The article explains why mental health professionals are NOT the remedy we need. Instead we need to empower people. Here is the link again: [**https://www.alternet.org/are-americans-broken-people-heres-why-weve-stopped-fighting-back-against-forces-oppression?src=newsletter1092898**](https://www.alternet.org/are-americans-broken-people-heres-why-weve-stopped-fighting-back-against-forces-oppression?src=newsletter1092898)

**#2**

Chris Hedges wrote in this article – [**https://www.truthdig.com/articles/saving-the-planet-means-overthrowing-the-ruling-elites/**](https://www.truthdig.com/articles/saving-the-planet-means-overthrowing-the-ruling-elites/) – that in order to save the planet we must overthrow the ruling elites. (He did not specify a nonviolent overthrow, but I’ve read many of his writings, so he certainly means overthrowing them nonviolently.)

In January 2017 the Women’s March protested Trump.  On September 21, 2019, huge climate rallies occurred.  These kinds of events can be necessary, but they are **not sufficient** to bring about the changes we need.

In 1982 when more than a million people rallied and marched for peace in New York City, President Reagan’s Secretary of State, General Alexander Haig, said, “Let them march all they want, as long as they continue to pay their taxes.”

Millions of people can rally and march, but the system continues.  Chris Hedges, who has written strategically smart and bold essays, has written another one along this line.  He says our protests are not enough because we do not live in a democracy.  This is because “the ruling elites” and big businesses prevent the changes that are necessary for protecting the climate and making other necessary reforms.  His article says Obama has been an obstacle, along with Republicans. He says that in order to save the planet we must nonviolently overthrow “the ruling elites.”  Here again is the article in which he makes a compelling case: [**https://www.truthdig.com/articles/saving-the-planet-means-overthrowing-the-ruling-elites/**](https://www.truthdig.com/articles/saving-the-planet-means-overthrowing-the-ruling-elites/)

**Gandhi’s “constructive program”**

Both Mary Lou and Glen appreciate a very important part of Gandhi’s organizing that very few people know about nowadays. In addition to working for India to win political independence from the British Empire, he also worked for **a more profound kind of independence**, which he called ***swaraj***, and which included economic independence from the British economy, local level self-reliance at the village level, equal rights for women, and other bold reforms. He emphasized the need for what he called the **“constructive program.”**

Mary Lou began our discussion by saying that Gandhi had urged people to “Be the change you wish to see in the world.” She said this principle was basic. “Build the new society now.” She said with just a few friends you can build the scaffolding with which you can build a new bottom-up structure for society. Don’t just protest, but also build.

She said someone is doing this when they put solar panels on their roof. They are doing something for the climate even if they do not go to a protest. They take the initiative to take a step that is needed. We need to encourage these kinds of small-scale actions.

She said that the Women’s Studies programs and Black Studies programs that arose in universities during the 1970s were examples of this. They began as constructive programs and became embedded in the universities’ curriculum.

We need to do constructive program activities to help people think about the climate crisis and take action. We need to do a lot of creative work – and create opportunities for many kinds of small, local-level things people can do. She said, for example, that when high school students were conducting climate strikes, some of them decided to become vegetarian, because that was something practical that they could take the initiative and do right away as individuals without waiting for anyone else’s approval.

Glen added that Gandhi’s constructive program was urging people to do all kinds of small, village-level things to build the new society they wanted – the positive solutions to the entrenched problems. At his time, almost everybody in India lived in villages, and their whole nation was “very low-tech.” People could use self-reliance to create very local, low-tech positive solutions to their everyday problems. Gandhi used to say that his **“constructive program”** was equally important or perhaps more important than his work for political independence from the British Empire.

***We did not have time during the interview to discuss the “constructive program” in these ways:***

Glen sees potential for modern Americans to understand and practice Gandhi’s concept of a “constructive program” nowadays in our nation.

People who have studied Gandhi know that besides seeking political independence from England, he also sought a more profound independence and self-reliance (***swaraj***), and he also worked to improve local people’s nutrition, health, economics, the rights of women, and other positive elements of the new society he was building.

Gandhi kept affirming that this “constructive program” was an equally important part of his overall movement.  He did not want mere political independence from England, with Indian elites simply replacing English elites in dominating the nation.  He recognized that true ***swaraj*** would improve ordinary people’s daily lives in many ways, and he wanted equal rights for women and local economic self-reliance and public health and what we now call environmental sustainability.

Nowadays, while progressive people oppose the bad stuff promoted by Trump and the Republicans (and the neoliberal, hawkish Democrats):

1. What role could we envision for a “constructive program” that could very locally build the positive alternatives that we need for a better society, economy, environment, etc.?

2. What would be the elements of a “constructive program” for the USA at this moment of history?

3. What potential – and what strategies – could we envision for recruiting and activating more people (especially people not already involved in progressive political issues) to promote some part(s) of such a “constructive program”?

Glen believes that in addition to recruiting and activating more people to oppose conservative and “centrist” politics at the political level, we could make much more progress by devising a “constructive program” that would build a stronger grassroots movement for the various kinds of social, economic and political changes we need throughout our society.

We did not have time during this interview to explore some things that Mary Lou had told Glen on the phone while we were preparing for the interview. She had experience from the Women’s Movement that relates to the constructive program. Decades ago the Movement for a New Society worked on “constructive program” activities but did not use that term for their activities. Mary Lou also conducts workshops that teach people about nonviolent grassroots organizing and efforts that include constructive program aspects.

She said in the summer of 2020 when people were occupying Seattle’s Capitol Hill neighborhood and displacing the police, they planted community gardens and held “conversation café” activities outside on furniture they had brought out into the streets.

One crucially important factor in the constructive program is that ordinary people must empower themselves and create it themselves instead of asking governments to do it for us.

This concept is relevant: If you give me a fish, you have fed me for a day. If you teach me to fish, you have fed me until the river is polluted and the shoreline seized for big construction projects. But if you teach me to organize, then, no matter what the challenge, I can join my community and we can make our own solution.

**Besides what we said in the interview, Glen adds these relevant insights to help us move ahead:**

The great historian Howard Zinn wrote, “If there is going to be real change, it will have to work its way from the bottom up, from the people themselves.”

Glen has written, “In the U.S., liberals ask what is “politically feasible” and ask for small changes that the political parties and giant corporations could be persuaded to grant us. In Latin America, people demand bold reforms and agitate actively. In the U.S., our modest reforms are watered down and deferred. If we want real progress, we must be more like the Latin Americans.”

Glen also has written that we grow up in a political culture that shows us only a very limited range of choices. Most people choose from this very limited range, so our political culture remains stuck. We can make progress only if we create a much wider range of choices – and then using our best values and our best thinking to choose the wisest, most compassionate ones – and also encourage and empower other people to explore wider possibilities too.

Trump rolled back much progress that had occurred in the years before he became president. Likewise, when Ronald Reagan became president in January 1981 he aggressively rolled back much progress that people had made in the 1960s and 1970s. Almost all sectors of the progressive movement flipped into “defensive” mode because they were under attack, but they lost ground anyway. One great exception was the LGBTQ movement, which organized strong, proactive nonviolent campaigns and made huge progress, even while other progressive sectors lost ground be being defensive. Even during hard times, we must be proactive and bold. Earlier in this interview we discussed some progress (Black Lives Matter, youth climate activism, etc.) that people boldly organized in spite of Trump’s policies.

Michael Nagler, one of the U.S.’s most savvy and grounded advocates for bold nonviolence – and the President of the Metta Center for Nonviolence ([**www.mettacenter.org**](http://www.mettacenter.org)) – participated in a conversation that helps us move beyond the storm of political, health and climate disasters. He discusses how we can get past our present calamities and become proactive about building a livable future. SEE THIS: [**https://wagingnonviolence.org/metta/2020/10/beyond-the-storm-of-political-health-and-climate-disasters-a-conversation-with-michael-nagler/**](https://wagingnonviolence.org/metta/2020/10/beyond-the-storm-of-political-health-and-climate-disasters-a-conversation-with-michael-nagler/)

Now is the time to organize and mobilize ordinary Americans to accomplish positive goals of what we want instead!  Instead of merely protesting against the bad stuff, now we really can empower ourselves, organize from the grassroots up, and actually accomplish our bold goals!

Now is the time to recruit and welcome new people into progressive movements to work to:

* Raise the minimum wage to $15
* Enact universal single-payer health care
* Reform our criminal justice system in many humane ways
* Provide free tuition at public community colleges and 4-year colleges
* Enact and enforce strong protections for the environment and climate

Our bold, positive, strategically smart organizing can inspire the grassroots public to join with us for these kinds of bold progressive reforms at local and state levels – and on to the federal level.

People would catch our enthusiasm and work for the long haul instead of burning out from the negativity and disempowerment that merely saying “no” entails.

This positive, grassroots approach would be the best way to help decent Americans overpower right-wing extremism and repression.  Remember the old saying, “The best defense is a good offense.”

Ordinary Americans **do** want to protect Social Security – and **do** want to increase the minimum wage – and **do** want good health care for everyone – and **do** want a clean environment – and **do** want the other good things that progressives want.

Often I have encouraged people to think about applying **nonviolence** to many aspects of our society.  For example, I ask people, “What a **nonviolent economy** look like?” This seems to have potential to catch people’s attention and interest. As I’ve said and written on many occasions, instead of always reacting against the bad stuff being thrown at us, we need to get **proactive** and organize at the grassroots for bold, positive goals.  For example, we could pull people together to envision a **nonviolent economy**.

The biblical scholar and theologian Walter Wink wrote:

“It is surprising how few people have seriously considered nonviolence as a way of life and a strategy for social change. . . . We trust violence. Violence 'saves.'. . . We trust violence because we are afraid. And we will not relinquish our fears until we are able to imagine a better alternative.”

I agree with Walter Wink. We have great potential if we (1) debunk the notion that violence solves problems, and (2) help our society devise nonviolent solutions to persistent problems.

For four years we have been swamped with gobs of evidence about how cruel Trump is.  For example, at a recent Trump rally in Arizona people called for imprisoning liberals. When people are overwhelmed with such negativity, the natural human response is to shut down and avoid dealing with the horrible reality.  However, avoiding the scary realities only disempowers ordinary Americans and helps the right-wing extremists gain power over society!

Let’s not succumb to their cruelty. Actually, most ordinary Americans oppose such cruelty.  But people can protest the bad stuff for only so long before burning out.  We want better things instead.  We must empower ourselves and confidently move ahead to solve the problems.

The November 2020 election was pretty chaotic. Trump and his followers kept the chaos churning after the election. After Biden’s inauguration we need to continue the long-term work of protecting and building democracy. This article offers six ways to stay focused on movement-building amid the post-election chaos: [**https://wagingnonviolence.org/2020/11/6-ways-stay-focused-movement-building-post-election-chaos/**](https://wagingnonviolence.org/2020/11/6-ways-stay-focused-movement-building-post-election-chaos/)

If you think that getting rid of Trump means the crisis is over and who expect a return to "normal", think again: [**https://www.commondreams.org/views/2020/12/09/end-we-will-all-pay-cowardice-liberal-class**](https://www.commondreams.org/views/2020/12/09/end-we-will-all-pay-cowardice-liberal-class)

On December 21, 2020, the Executive Director of Public Citizen ([**www.citizen.org**](http://www.citizen.org)), the non-profit organization Ralph Nader founded half a century ago, wrote about our current situation. I summarize it and quote a few portions of it here:

Trump’s administration has been “the most corrupt, callous, and incompetent administration in generations — and arguably in all of American history.” Replacing Trump with Biden “will not by itself repair the damage of the past four years.” We must push to solve important, urgent problems. “To do that, we need to maintain a high level of public mobilization and increase our engagement with the machinery of government now that it will again be possible to influence policy with persuasion, evidence, and pressure. … Joe Biden will be exactly as progressive, bold, and effective as we make him be. He will not be our savior — we will be our own saviors. … This is the time to intensify our no-holds-barred advocacy.” All of us need to work boldly:

• We can make our democracy work.

• We can limit corporate power.

• We can get the pandemic under control.

• We can address raging inequality.

• We can avert catastrophic climate change.

• We can make our country fairer and more just.

Our nation is divided in many ways. Each political segment of our population has its own different news media – and its own different concept of what’s true and what’s “fake news.” Our nation is experiencing serious polarizations by race, religion, and other factors. Mean-spiritedness and hate crimes seem to have increased.

Wouldn’t it be fun and useful to devise ways to bring diverse people into a space for a well-facilitated healing process around the theme, “We’re All in This Together!”  We could help people appreciate and affirm the inherent oneness of the entire human family. Deep ecologists could adapt this to help people see the inherent oneness of humanity within the oneness of the natural world and ecosystems. We could help people join together in refusing to let anyone make us enemies of each other.

Liberals and progressives keep wanting to defeat right-wing extremists. However, those right-wing extremists will persist until they are actually healed. We need to devise strategies to do that.

Certainly we must stop right-wing extremism. But some of the attempts to DEFEAT them simply demonize them and continue the polarization and make it worse. Some “anti-fa” (anti-fascist) behaviors only reinforce right-wing extremists by causing them to feel defensive. How would YOU feel if the roles were reversed? If you support racial justice and a racist punched you in the face, would that persuade you to join that person in being racist? No, you would become even more entrenched in your position. The same thing happens when an “anti-fa” person attacks a fascist.

The Cold War and nuclear arms race persisted for decades because the USSR and the US each reacted to the other nation’s perceived threats by escalating the fears in their own populations and by building even more nuclear weapons. The Cold War ended 30 years ago, but both nations are recklessly escalating their nuclear weapons arsenals. We need honest diplomacy and real peacemaking between the U.S. and other nations in order to stop all wars.

In order to reduce right-wing extremism in the U.S., we need to **heal** right-wing extremists of their fears and hatreds and other negative feelings. This needs the best insights from mental health professionals and from the first-hand experiences of persons who have left the right wing.

**Mary Lou discussed some quotations that Glen showed on the screen:**

Over the years, a variety of people who are well grounded in the principles we’ve been discussing here have written smart, insightful, practical quotations **the mess they were in at their time – and those quotations are still relevant now to the mess we Americans are in now**. They also wrote quotations asserting that **it is our responsibility to take action to solve the problems**.

Glen showed some of these quotations on the TV screen, and Mary Lou commented briefly on a few of them.

**See these visual images on the next two pages.**

Screen #1:   
The mess we’re in – and our responsibility to take action:

* “No matter how far you’ve gone down on a wrong road, turn back.” -- Turkish Proverb
* “Be the change you wish to see in the world.” -- Mohandas K. Gandhi
* “The American people know that the system is rigged against them.” -- U.S. Senator Elizabeth Warren, speaking to   
  attendees at the AFL-CIO’s 2013 annual meeting
* “It is important that activists act on the positive emotions of compassion, love and passion for a society that lives up to its highest values. Effective activists use the energy of their emotional distress, particularly their anger, fear, and frustration with powerholders, and strategically redirect it through imaginative and responsible nonviolent actions.” -- Bill Moyer,   
  ***Doing Democracy***
* “I am no longer accepting the things I cannot change. I am changing the things I cannot accept.” -- Angela Davis
* “If there is going to be real change, it will have to work its way from the bottom up, from the people themselves.”   
  -- Howard Zinn
* “The success of the system is to make unthinkable the possibility of alternatives.” -- Herbert Marcuse

This group of quotations includes a famous one from Gandhi that Mary Lou had already affirmed earlier in this interview. “Be the change you wish to see in the world”

Glen affirmed the importance of Howard Zinn’s quotation (next-to-last on the list above). This is a basic principle of how good social and political changes occur. People need to organize from the grassroots. Zinn addressed this many times in his classic book, ***A People’s History of the United States***. Mary Lou agreed that we need to organize and push for what we need.

Screen #2: Insights about power:

* “Because the world is not at peace, any conduct – individual, group or mass – that essentially maintains the status quo, or admits only slow change, is not real commitment to peace. To achieve peace, we must be revolutionaries, nonviolent   
  revolutionaries.” -- Danilo Dolci, an Italian nonviolent organizer
* “Find out just what any people will quietly submit to and you have the exact measure of the injustice and wrong which will be imposed on them. Power concedes nothing without a demand. It never did and it never will.” -- Frederick Douglass
* “Dictators are never as strong as they tell you they are.” “People are never as weak as they think they are.” -- Gene Sharp, the world’s best researcher on the power of nonviolence and how to use nonviolence to remove dictators from power.   
  See resource information at his non-profit organization [**www.aeinstein.org**](http://www.aeinstein.org)
* “Power without love is reckless and abusive, and love without power is sentimental and anemic. Power at its best is love implementing the demands of justice, and justice at its best is power correcting everything that stands against love.”   
  -- Martin Luther King, Jr.
* “Activism is my rent for living on this planet.” -- Alice Walker, author and poet
* “In the U.S., liberals timidly ask what is “politically feasible” and ask for small changes that the political parties and giant corporations could be persuaded to grant us. In Latin America, people demand bold reforms and agitate actively. In the U.S., our modest reforms are watered down and deferred. If we want real progress, we must be more like the Latin Americans.” -- Glen Anderson
* “The power of the people is more powerful than the people in power.” -- Wael Ghonim
* ***More Power than We Know*** is the title of the book by nonviolent peace activist David Dellinger
* “Take one step out of your comfort zone.” -- Sister Jackie Hudson, nonviolent activist against nuclear weapons
* “Never be discouraged from being an activist because people tell you that you’ll not succeed. You have already succeeded if you’re out there representing truth or justice or compassion or fairness or love.” -- Doris “Granny D” Haddock

From this second group of quotations, Mary Lou chose to mention the title of David Dellinger’s book, ***More Power than We Know***. She said it is very important for people to remember that “nonviolent action gives us more power than we think we have. Hold on to that when you feel like you’re not getting anywhere. It takes time, but it can work.”

Glen asked her to discuss the fourth one on this list, Martin Luther King’s quotation that both power and love are necessary, and either one without the other can be problematic. She said this is her favorite quotation from Dr. King. She read it out loud and affirmed that “we need to act out of love and our caring for one another.” She affirmed, “We need to use the power that we have to create justice.” She said this is a beautiful thing to hold in our hearts as we work for positive changes.

Screen #3: How to make progress:

* “In a time of deceit, telling the truth is a revolutionary act.” -- George Orwell
* “Revolutionary change does not come as one cataclysmic moment (beware of such moments!) but as an endless succession of surprises, moving zigzag toward a more decent society. We don't have to engage in grand, heroic actions to participate in the process of change. Small acts, when multiplied by millions of people, can transform the world. Even when we don't 'win,' there is fun and fulfillment in the fact that we have been involved, with other good people, in something worthwhile. We need hope.” -- Howard Zinn
* “Those who love peace must learn to organize as effectively as those who love war.” -- Rev. Martin Luther King, Jr.
* “You never change things by fighting the existing reality. To change something, build a new model that makes the existing model obsolete.” -- Buckminster Fuller

**Sources of information**

Right now you are reading on Glen’s blog the document Glen said he will type up after the interview. This is a thorough summary of what he and Mary Lou said during this interview and much additional information. This thorough summary is posted to [**www.parallaxperspectives.org**](http://www.parallaxperspectives.org), along with the link for watching this TV program through the blog. (Visit [**www.parallaxperspectives.org**](http://www.parallaxperspectives.org), and then click the categories for “TV Programs” and “Organizing & Activism.”) This thorough summary includes many links to additional information, non-profit organizations, and other resources to help you learn and take action.

Also you can see on Glen’s blog many relevant posts in dozens of issue categories (“Climate,” “Economics,” “Peace,” “Human Rights,” “Race,” “Criminal Justice,” etc.) – and also in the blog categories for “Nonviolence” and “Organizing & Activism” and “TV Programs.”

Glen compiled some quotations that support the core message of this TV program. See them at this link on his blog: [**These quotations support bold grassroots organizing to make significant progress. – Glen's Parallax Perspectives**](http://parallaxperspectives.org/these-quotations-support-bold-grassroots-organizing-to-make-significant-progress)

Glen wrote “Our Systems Are Not “Broken. They’re Working as Intended.” They Are DELIBERATELY UNFAIR.” Read it here: [**http://parallaxperspectives.org/our-systems-are-not-broken-theyre-working-as-intended-they-are-deliberately-unfair**](http://parallaxperspectives.org/our-systems-are-not-broken-theyre-working-as-intended-they-are-deliberately-unfair) The remedy is to DEMAND BOLD SOLUTIONS and to ORGANIZE STRATEGICALLY from the grassroots up! See the “Organizing & Activism” category on Glen’s blog, [**www.parallaxperspectives.org**](http://www.parallaxperspectives.org) and take his series of FREE online workshops about “Nonviolent Grassroots Organizing.” Here is the link to information about the January-February 2021 workshops: [**These FREE ONLINE WORKSHOPS can help you make more progress on issues YOU care about – Glen's Parallax Perspectives**](http://parallaxperspectives.org/these-free-online-workshops-can-help-you-make-more-progress-on-issues-you-care-about)

Glen wrote “Let’s Boldly Create the Future We Really Want.” Read it here: [**http://parallaxperspectives.org/lets-boldly-create-the-future-we-really-want**](http://parallaxperspectives.org/lets-boldly-create-the-future-we-really-want)

Glen wrote “Yes, We Can Organize More Effectively at the Grassroots for Many Important Issues.” Read it here: [**http://parallaxperspectives.org/yes-we-can-organize-more-effectively-at-the-grassroots-for-many-important-issues**](http://parallaxperspectives.org/yes-we-can-organize-more-effectively-at-the-grassroots-for-many-important-issues)

Mary Lou and Glen both recommend two books:

* Kazu Haga’s new book about profound nonviolence in the tradition of Martin Luther King is titled: ***Healing Resistance: A Radically Different Response to Harm***.
* George Lakey’s amazingly insightful and readable book, ***How We Win: A Guide to Nonviolent Direct Action Campaigning***

Also, both Mary Lou and Glen encourage white people to promote racial justice in significant ways. A starting point is for white people to break the silence that allows racial injustice to persist. Connect with Showing Up for Racial Justice (SURJ, [**www.showingupforracialjustice.org**](http://www.showingupforracialjustice.org))

The “Cowboys and Indians Alliance” is a strategically smart example of bringing together two different constituencies to collaborate to promote what they have in common. Ranchers and Native Americans formed this alliance strengthen their efforts opposing oil pipelines running from the U.S.’s north central states to the Gulf of Mexico. Western movies pitted cowboys and Indians against each other, but actually both constituencies (ranchers and Native American tribes) opposed the oil pipelines that would disrupt and pollute their lands. We can capture the public’s attention and support – and make powerful progress – when constituencies that are assumed to oppose each other actually join together to protect their shared interests.

Likewise, a few decades ago, environmentalists and forest workers found some shared interests in protecting Old Growth forests in California.

Nowadays, many constituencies are organizing together for shared interests related to the climate, economics, human rights, etc. People call this “intersectionality,” which is the new name for what we’ve traditionally referred to as “connecting the dots.” These new broad movements have powerful potential.

Also – consistent with this TV program – Glen’s June 2020 TV program urges us, “Let’s Boldly Create the Future We Really Want.” You can watch that program and/or read that program’s transcript and resource links at this link: [**“Let’s Boldly Create the Future We Really Want” – Glen's Parallax Perspectives**](http://parallaxperspectives.org/lets-boldly-create-the-future-we-really-want-4)

Part of what we need now is to de-polarize American society. Glen’s November and December 2020 TV programs dealt with that. Watch them – and/or read the thorough summary – at the “TV Programs” part of [**www.parallaxperspectives.org**](http://www.parallaxperspectives.org).

Also, Van Jones and other people are working to de-polarize our nation so we can move ahead. He wrote this about achieving “The Reunited States.” “The election may be over, but there is work still ahead of us. The Reunited States shows us that, if we are going to heal this country’s divisions, we all need to summon the power to change how we see and hear each other.” See a 3-minute video (preview of a longer documentary) here: [**https://www.reunitedstates.tv/preview**](https://www.reunitedstates.tv/preview) To get more information, e-mail this person: [**kaitlin@reunitedstates.tv**](mailto:kaitlin@reunitedstates.tv)

A non-profit organization that works on reforming our electoral system provided this information about “bridging the divide”: [**https://thefulcrum.us/big-picture/bridging-the-divide**](https://thefulcrum.us/big-picture/bridging-the-divide)

**Glen’s closing encouragement:**

Glen thanked Mary Lou Finley for sharing her information, insights and encouragement. He also thanked the people who have been watching this interview.

He expressed appreciation for people who are increasingly protesting against the problems in the status quo. At the same time, **we would actually make more progress if we also worked even harder to accomplish the solutions that we want instead**.

The serious problems in our political, economic and other systems were created by people, so – since people caused the problems – people can solve those problems.

* Many **conservatives** assume either (1) that the realities are not problems, or (2) that the problems are “human nature” and therefore beyond our control.
* Many **liberals and progressives** also assume that the problems are too big and beyond our control, so we should settle for making tiny incremental changes.

Glen believes we can indeed solve the huge problems if we remove the obstacles (including feelings of powerless and cynicism – and big money’s domination of politics – and the corruption and biases in mainstream politics and media). We can indeed remove those obstacles if we **organize strategically smart nonviolent grassroots movements** to solve the problems. See my blog post about this here: [**Besides Protesting What We Oppose, Let’s Organize Even More Vigorously to Accomplish Positive Goals – Glen's Parallax Perspectives**](http://parallaxperspectives.org/besides-protesting-what-we-oppose-lets-organize-even-more-vigorously-to-accomplish-positive-goals)

**We really can solve these problems if we:**

1. Ground ourselves in humane, compassionate values
2. Educate ourselves about the problems and devise smart solutions
3. Nonviolently expose and resist the bad stuff
4. Organize nonviolent grassroots movements for social, economic, environmental, and political change

Martin Luther King said, “Those who love peace must learn to organize as effectively as those who love war.”

**Glen invites you to strengthen your knowledge, skills and strategies by taking my series of 6 FREE ONLINE workshops on “Nonviolent Grassroots Organizing.”**

He posted information to the “Nonviolence” and “Organizing” parts of my blog, [**www.parallaxperspectives.org**](http://www.parallaxperspectives.org).

Here is the link to information about the January-February 2021 workshops: [**These FREE ONLINE WORKSHOPS can help you make more progress on issues YOU care about – Glen's Parallax Perspectives**](http://parallaxperspectives.org/these-free-online-workshops-can-help-you-make-more-progress-on-issues-you-care-about)

You can get information about a wide variety of issues related to peace, social justice and nonviolence through my blog, [**www.parallaxperspectives.org**](http://www.parallaxperspectives.org)or by phoning me at   
(360) 491-9093 or e-mailing me at [**glenanderson@integra.net**](mailto:glenanderson@integra.net)

I end each TV program with this encouragement:

**We're all one human family, and we all share one planet.**

**We can create a better world, but we all have to work at it.**

**The world needs whatever you can do to help!**