

Youth Violence Insights and Solutions

What does the future hold for our children?

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WHAT DOES THE FUTURE HOLD FOR OUR CHILDREN?

"U.S. World leader in youth homicides. Ninety percent of youth homicides in the industrial world occur in the United States. The U.S. also had more children living in poverty - 20 percent - than any other industrialized nation, UNICEF says. - Newsday 10/26/93

President Bill Clinton - "I tell you, unless we do something about crime and drugs and violence that is ravaging our country, it will destroy us. (Without changes) from the inside out (nothing that politicians might try could end what he later described as public pathology.) - San Francisco Examiner 11/14/93

Thich Nhat Hanh - "The healing of ourselves is the healing of the whole nation. Society is only a manifestation of our collective consciousness and our collective consciousness has a lot of fear, violence and hatred in it. We have so much violence, hatred and fear, and it is expressed in our magazines, television, films, and advertisements. "- Transforming Our Suffering

"As a physician," says Dr. Barbara Stagers, "I'm dealing with people (teenagers) who are incredibly resilient physically. Yet they still see their most positive option as being dead." - as quoted from the Dec. 9, 1993 issue of Rolling Stones magazine entitled "If the symptoms are rapid increases in teen deaths from murder, suicide and car crashes, alcohol and drugs...The Disease Is Adolescence."

"We literally have an epidemic of violence now. The number of young teenagers involved in violence is new. They've never learned how to argue and resolve conflict. Instead they go straight for a weapon."- Ellen H. Taliaferro, M.D., Emergency Physician at San Francisco General Hospital, as quoted in the San Francisco Chronicle 9/26/93

"Violence is the leading cause of lost life in this country today. When young people don't have any hope for the future they'll do anything." - Dr. David Satcher, Director of the Centers for Disease Control, as quoted in the New York Times 9/26/93

More people than ever before are seriously depressed, and younger people are hardest hit. Overall, depression rates have increased and younger adults are getting sick at higher rates than their elders. - report issued from the Journal of the American Medical Association 11/92

(Violence) It is the nation's 12th leading cause of death and the No. 1 cause of death and disability for people age 15 to 34. Young black men are more likely to be murdered than to die of any other cause. An estimated 4,000,000 women are raped each year and 1,500,000 children are abused each year. - Statistics from the Center for Disease Control, as quoted in the Los Angeles Times 10/3/93

An American now falls victim to violent crime every 22 seconds. Most violent crimes, particularly rape and aggravated assault, continue their steady climb. Of the 14,440,000 crimes tallied in the index nationwide, about 1,930,000 (or one in seven) were violent: murder and non-negligent manslaughter, forcible rape, robbery and aggravated assault. - From the FBI's Annual Report on Crime, as quoted in the Los Angeles Times 10/3/93

In one of the largest longitudinal studies of violent youth, scientist followed about 4,000 youngsters in Denver, Pittsburgh and Rochester, N.Y., for 5 years. By the age of 16, more than half admitted to some form of violent criminal behavior, says Terence P. Thornberry, the principal investigator in Rochester and a psychologist at the State University of New York in Albany. "Violence among teenagers is almost normative in our society, ... Prevention programs need to start very early (maybe before elementary school) ... Waiting until the teenage years is too late." says Thornberry

Violence

"The number of young teenagers involved in violence is new. They've never learned how to argue and resolve conflict. Instead, they go straight for a weapon." - Ellen H. Taliferro, M.D., Emergency Physician at San Francisco General Hospital, as quoted in the Sept. 26, 1993 article in the San Francisco Chronicle.

"One guy who committed a murder told me he was 'just having a bad day,' said sociologist Elijah Anderson about a person he interviewed. Anderson continues, 'The guy he was trying to rob didn't cooperate, and he shot him. He thought it was really the victims fault, that he should have known better.'" - from the Nov. 29, 1993 issue of NEWSWEEK.

Examples of the Violence:

"Last year, 304 school employees were attacked in Palm Beach County. • Two Irving Middle School seventh graders in Lorain, Ohio, were charged in January with plotting to kill their English teacher with a 12-inch fish-filleting knife. As 15 students placed bets on the girls' plot. • In Columbus, Ga., seven students were sentenced this summer to community service for planning to poison their teacher's iced tea and trip her on the stairs because they thought she was too strict. The sixth-graders also brought a knife and a gun to school. - Gannett News Service, as reported in the Oct. 25, 1993 Marin Indep. Journal.

Huntington Beach, Orange County: Two (13-year-old) eighth graders and one (12-year-old) seventh grader had planned to take a teacher and an entire classroom hostage, and brought a small arsenal of weapons to school Thursday to execute their plan. ...officers searching the backpack of one of the 13-year-olds found two pistols, a machete, and a dagger. - The San Francisco Chronicle 10/9/93

"X-ray shows metal rod imbedded in the skull of a 17-year-old Orange County youth. Four adults and five juveniles are in custody in connection with the Friday night attack on the boy."
- San Francisco Examiner, Oct. 19, 1993

Two 15-year-olds and a 13-year-old, who packed a .38-caliber revolver, laughed about their exploits when police finally caught them. (Redwood, CA. police Detective Brian Weiss stated) "In thinking back, I cannot remember carjacking by females, to begin with, and then three females doing three carjackings at gunpoint." - San Francisco Chronicle 4/93

"Recently my 6-year-old son had a playmate from his kindergarten class over to our house. My son was playing with a toy that the other little boy wanted, and when my son wouldn't give it to him the boy told my son that he was going to kill him. He then ran into our kitchen and got a knife out of a drawer." - a letter written to the San Francisco Chronicle advice column entitled "Families Today." (10/25/93)

19 year old Iowan Justin Voelkers (a gang member who grew up on a farm) gave Michelle Jensen to the count of five to stop walking and sit on the ground. She continued walking and he shot her in the head with a sawed-off shotgun. Afterwards he and fellow gang members drove to a Hardee's for a hamburger. Asked by a sheriff's deputy if it had been hard for him to eat after killing Michelle he replied: "No, not really. I was hungry. I wasn't even thinking about it." In his video tape confession Justin said the gang was after money and power when Michelle was killed: "Money will get you power. Power and money are everything." - The New York Times, May 18, 1994

"In San Antonio, TX, recently, a 13-year-old girl allegedly beat and then held down another girl while police say several boys sexually assaulted her. • In New Orleans, a 16-year-old schoolgirl pulled out a six-inch kitchen knife and plunged it into a classmate's back.
- NEWSWEEK, August 2, 1993.

"If we do not change our direction, we are likely to end up where we are headed." - Ancient Chinese Proverb

LOOKING FOR THE "ROOT CAUSES" OF VIOLENCE

"The lack of self-esteem is central to most personal and social ills plaguing our state and nation as we approach the end of the twentieth century." - Key Findings of the California Task Force to Promote Self-esteem and Personal and Social Responsibility, final report 1/90

"When young people don't have any hope for the future they'll do anything." - Dr. David Satcher, Director of the Center for Disease Control.

"There clearly is an association between embracing heavy metal (music) and risky behavior (smoking marijuana, cheating, stealing, drinking, alcohol and having sex.)" - the results of Dr. Jonathan Klein's research which surveyed 2,760 adolescents 14 to 16 years old; as published in the July 12, 1993 issue of USA TODAY.

"The introduction of a new kind of music must be shunned as though imperiling the whole state, since styles of music are never disturbed without effecting the most important political institutions." Plato (The Republic)

At a recent congressional hearing on the rising firearm deaths among U.S. Teenagers child advocates cite a range of causes. ..."the easy accessibility of gun, increasing drug traffic, glorification of violence in the media and the breakdown of the family." - as reported in the Washington Post.

"...violence is only one component of a broad problem in the entertainment and telecommunications industries. Irresponsibility, lack of respect for human dignity, greed, arrogance, the absence of taste, and cynicism are among its fellow culprits. Too often, movies, television and popular music aren't reflecting society; they're effectively seeking to destroy it." - from the July 1, 1993 San Francisco Chronicle article entitled "Networks' Phony TV Violence Alert."

Regarding the movie "Menace II Society" - "They (the audience) cheered when O-Dog shot and killed the Asian store owner and cheered again when he kicked back and watched the videotape of the murder. When the guys who killed Caine's cousin were killed in retaliation, the audience cheered just as loud." - from the essay of Will Johnson of the staff of YO! as reported in the San Francisco Examiner on July 4, 1993.

"At the same time, because we are being so inundated with violent images both artful and manipulative - its almost impossible to resist growing numb. We run the risk of becoming insensitive to the horror of suffering..." - as reported on April 1, 1991 in Newsweek's cover article entitled 'Violence goes Mainstream - Are There Any Limits Left?'

"The Violence in Our Heads. The culture of aggression shows up in our speech, our play and our entertainment. It's better than hip, it's commercial. The constant repetition of violence desensitizes us in much the same way a therapist desensitizes a phobia patient."
- Dan Gelman, from his August 2, 1993 article in NEWSWEEK.

"Tough girls often try to emulate males such as gangsta rapper ICE CUBE"- from the April 11, 1993 San Francisco Examiner article entitled "Are girls getting meaner than boys?" • From an advertisement in Bill Board Magazine for the new Rap album from BO\$\$, the album is entitled "BORN GANGSTAZ," released on the CHAOS record label, a trademark of Sony Music Entertainment.

"T-shirts are broadcasting more direct messages (Don't mess with me) - and so are rap lyrics: "Beat that bitch with a bat," one of them urges. "Violence is hip right now," says Jack Levin, a professor of sociology and criminology at Northeastern University. Better than hip, it's commercial. - as reported in the August 2, 1993 issue of NEWSWEEK.

The Message of Music Is There A Relationship Between Music and Violence?

"If one should desire to know whether a kingdom is well governed, if its morals are good or bad, the quality of its music will furnish the answer." - Confucius

According to the December 11, 1993 Billboard 200 chart the #1 album (selling over 800,000 units in the first week) was "Doggy Style" a rap album (released by Death Row/Interscope records) by Snoop Doggy Dogg who was recently indicted for murder. Guns N' Roses (Axl Rose's) album entitled "The Spaghetti Incident" which featured the song written by the mass murderer Charles Manson came out as the # 4 album on the Billboard 200 charts. And, coming in at the #5 album on the Billboard 200 chart was "The Bevis and ButtHead Experience" which featured Nirvana's song "I Hate Myself and Want to Die," White Zomies' song "I Am Hell," Anthrax's song "Looking Down the Barrel of a Gun," Megadeth's song "99 Ways to Die," and The Red Hot Chili Peppers' song "Search and Destroy."

"Emotions of any kind are produced by melody and rhythm; therefore by music a man becomes accustomed to feeling the right emotions; music has thus the power to form character, and the various kinds of music based on the various modes, may be distinguished by their effects on character - one, for example working in the direction of melancholy, another of effeminacy, one encouraging abandonment, another self-control, another enthusiasm, and so on through the series." - Aristotle

"NEW GENERATION DECIDES MASS MURDER IS COOL (headlines read). Thanks largely to Axl Rose lead singer of the phenomenally popular rock band Guns N' Roses, (Charles) Manson is basking in a new glow of popularity among some too young to remember the grisly events of August 1969. The T-shirt, which Axl Rose popularized by wearing on the Guns N' Roses latest concert tour and in its latest video, has Manson's face on one side and the slogan "Charlie Don't Surf" on the other." - The San Francisco Examiner, December 19, 1993.

"An innovation in musical style has invariably been followed by an innovation in politics and morals." - Cyril Scott

"Any Channel Can Deliver Eyeballs. But How Many Can Include Hearts and Minds?"
- An advertisement by MTV in the July 12, 1993 issue of the Wall Street Journal. • On the cover of the August 3, 1991 Billboard Magazine a large advertisement reads "KEEP MUSIC EVIL."

"My basic motivation is that I hate everything" (according to Rob Zombie, lead singer for White Zombi). Rob Zombie's new side project is designing cannibal trading cards for the same gleefully depraved company that has already given us serial-killer cards." White Zombi's album entitled "Make Them Die Slowly" helped to bring the group's overall record sales to over 300,000 units. - Rolling Stone magazine, December 9, 1993.

Music effects the mind/consciousness because of a law of physics known as the Law of Sympathetic Vibration. This Law of Physics works as follows: Take any two string-type (acoustical) instruments such as a piano, violin, or guitar, and place them near one another. As the string on instrument A is struck the vibration from that instrument will carry across a room and strike the string of the untouched instrument B causing it to vibrate. Similarly, the Law of Sympathetic Vibration facilitates the communication and transference of a song's emotional message (the harmony, melody, and lyrical content) from the mind of the composer and/or performers to the mind of the listener thus causing the consciousness of the individual to begin to resonate, feel, and take on the corresponding emotional essence of a song (happy or depressed, peaceful or violent, calm or agitated, hopeful or hopeless). This same law of physics is responsible for causing a person to get goose bumps when listening to a particular song.
- Steve Robertson

..."Ten years ago I started noticing how teens were moved to violence by rock concerts.." Jack Canfield, considered the Guru of Self-Esteem, June 11, 1992 correspondence to Steve Robertson.

The Message of Music

Is There A Relationship Between Music and Violence?(con't)

"Heavy metal is music of choice for teens at risk. There clearly is an association between embracing heavy metal (music) and risky behavior (smoking marijuana, cheating, stealing, drinking, alcohol and having sex.)" - the results of Dr. Jonathan Klein's research which surveyed 2,760 adolescents 14 to 16 years old; as published in the July 12, 1993 issue of USA TODAY.

"American culture as defined by (feature films, television shows, video cassettes,) and music concerts is the definitive popular culture of the World." - Peter Sealy, V.P. and Director of Global Marketing for Coca Cola as quoted in the 11/11/91 issue of ADWEEK.

"The fact is that all types of musicians, good and bad, tend to be quite aware of the communicative power of tonal art. Through this communicative power, the emotional state of one artist can be transferred to a hundred, or even ten million listeners." - David Tame, renown music researcher and author of 'The Secret Power of Music.'

"Nirvana's second album (.In Utero - "in the womb" - which features the song "I Hate Myself and Want to Die") has sold over 9,000,000 copies worldwide. ...is an uncompromising album full of harsh guitars and aggressive rhythms... (guitarist/vocalist Kurt Cobain comments -) "We intentionally made an aggressive record. ...The guitar players I'm fond of are like from Scratch Acid and the first White Zombie EP"...with mumbled lyrics transcribed in their entirety in the liner notes as, 'F-- Shit Piss'... (bass player Chris Novoselic comments -) "We have to be a good role model to people. I try not to brag about being a drunkard or a pot smoker." - Request mag 11/93

Surely the lowest common denominator which determines the precise nature of any musical work is the mental and emotional state of the composer and/or performer. It is the essence of this state which enters us, tending to mold and shape our own consciousness into conformity with itself." - David Tame, renown music researcher and author of 'The Secret Power of Music.'

"She begged me not to kill her, I gave her a rose. Then I slit her throat, watched her shake till her eyes closed. Had sex with the corpse before I left her. And drew my name on wall like Helter Skelter." - lyrics from the Geto Boy's album entitled 'Mind of a Lunatic' which sold over 500,000 copies, as reported on April 1, 1991 in Newsweek's cover article entitled 'Violence goes Mainstream - Are There Any Limits Left?'

"This lady, she got shot and her little baby had got cut. This man, he took the baby and cut her. He cut her on the throat. He killed the baby. All blood came out. This little boy, when he saw the baby, he called his grandmother and she came over. And you know, his grandmother got killed, but the little boy didn't get killed." - the words of "Shaakara, a 6-year-old who lives in Uptown Chicago, who calmly described one terrible scene she witnessed at a neighbor's apartment." as reported in the August 2, 1993 issue of NEWSWEEK.

"At the same time, because we are being so inundated with violent images both artful and manipulative - its almost impossible to resist growing numb. We run the risk of becoming insensitive to the horror of suffering..." - as reported on April 1, 1991 in Newsweek's cover article entitled 'Violence goes Mainstream - Are There Any Limits Left?'

"DISEMBOWELMENT, Transcendence into the Peripheral. Experience the deliverance of all your darkest desires! BRUTALITY, Screams of Anguish. A complex orchestrated plague of crushing death metal from Florida's latest attrition artists. Available at fine record stores everywhere." - Advertisement in the November 93 issue of Screamer magazine (available in Safeway supermarkets).

- "FT. Lauderdale, FL. - Bobby Kent, the 20-year-old son of a stockbroker, was killed near a quarry pond July 14, his body stabbed, his head smashed with a bat. Police arrested six youths. One of them was his ex-girlfreind, another a former pal. - as reported in the August 2, 1993 issue of NEWSWEEK.

The Message of Music

Is There A Relationship Between Music and Violence? (con't)

"The Violence in Our Heads. The culture of aggression shows up in our speech, our play and our entertainment. It's better than hip, it's commercial. The constant repetition of violence desensitizes us in much the same way a therapist desensitizes a phobia patient."

- Dan Gelman, from his August 2, 1993 article in NEWSWEEK.

"When I started to watch what was going on. I couldn't understand why anybody would let it on," said Stephen King (about the Bevis and Butt-Head show). "Then, the next thing I knew, I was laughing hysterically." as quoted from his Nov. 93 TV Guide interview.

"T-shirts are broadcasting more direct messages (Don't mess with me) - and so are rap lyrics: "Beat that bitch with a bat," one of them urges. "Violence is hip right now," says Jack Levin, a professor of sociology and criminology at Northeastern University. Better than hip, it's commercial. - as reported in the August 2, 1993 issue of NEWSWEEK.

"Hey Great! We've hit the big time," 17-year-old defendant Rawl Omar Villareal allegedly boasted to another boy after hearing they might be charged with murder. Villareal was one of six Houston teens arrested and charged in last months brutal rape and strangulation of two young girls who made the fatal mistake of taking a shortcut through a wooded area where, police say, the boys were initiating two new members into their gang." - as reported in the August 2, 1993 issue of NEWSWEEK.

"Charles Conrad was 55 years old, crippled by multiple sclerosis. He needed a walker or a wheelchair to get around. The boys who allegedly attacked him earlier this month were young 14, 15, and 17 - and they were ruthless. Over a period of many hours - stretching from dusk on July 17 until dawn of the next day - they stabbed him with a kitchen knife and a barbecue fork, strangled him with a rope, and hit him on the head with a hammer and the barrel of a shotgun, according to a statement one of the boys Carlos Nevarez, reportedly gave to the police. Despite this torture, Conrad survived. Grievously wounded Conrad begged the boys to shoot him and put a swift end to his agony. But, Nevarez said, the boys were afraid the neighbors would hear the gunshots. So they allegedly beat him some more, and then poured salt into his wounds to see if he was still alive. After he was struck in the back by a brass eagle he stopped breathing." - NEWSWEEK, August 2, 1993.

"DISMEMBER, Indecent and obscene. (Hideous, frightful and repulsive to the senses...U.K. Customs Officials). Murderously crushing sonic decapitation from Sweden's best death metal band! Available at fine record stores everywhere." - Advertisement in the November 93 issue of Screamer magazine (available in Safeway supermarkets)

- - After Jessie Lloyd Misskelly Jr., 18, was arrested last month with two other teenager boys, he reportedly described the slaying of three 8-year-olds, but denied participating in the killings. He allegedly told of rape, mutilation and eating the meat of a dog."

"...many rap performers causally dismiss the complaints about songs and videos that exalt the immediate gratifications of sexual conquests, remorseless violence and "gangsta" values of materialism and self-interest." (according to Dr. Dre) "What is said is OK as long as they're paying for it." - from the August 17, 1993 New York Times article entitled 'Blacks rap back at hard-core lyrics.'

"His (Snoop Doggy Dogg) album hits the top of the charts this week (# 1 on the Billboard 200 list for week ending December 11, 1993). Last week, he was indicted for murder. - from the cover story in November 29, 1993 issue of NEWSWEEK.

"Death Row, Dr. Dre & Suge Knight would like to congratulate Snoop Doggy Dogg on 800,000 + units sold in the first week." - from a December 11, 1993 advertisement in Billboard magazine taken out for Snoop Doggy Dogg latest album release "Doggy Style."

The Message of Music

Is There A Relationship Between Music and Violence?(pg. 4)

“Of all the arts music is the perfect art, because it strikes the soul without the aid of the intellect.” - William Kindler

From an advertisement in Bill Board Magazine for the new Rap album from BO\$\$, the album is entitled "BORN GANGSTAZ," which was released on the CHAOS record label which is a trademark of Sony Music Entertainment.

"Are girls getting meaner than boys? (the headline reads) Tough girls often try to emulate males such as gangsta rapper ICE CUBE (picture caption reads). Thuggish look and behavior are catching on at school... In California, the proportion of teen-age girls behind bars for violent crimes has increased by 11 percent over the past five years. - The San Francisco Examiner April 11, 1993

"You can tell the people who want to stop us from releasing controversial rap music one thing: Kiss my ass." - quote from Ted Field who heads up Death Row/Interscope, which is part owned by Time Warner. - NEWSWEEK ,November 29, 1993.

Two 15-year-olds and a 13-year-old, who packed a .38-caliber revolver, laughed about their exploits when police finally caught them. (Redwood, CA. police Detective Brian Weiss stated) "In thinking back, I cannot remember carjacking by females, to begin with, and then three females doing three carjackings at gunpoint." San Francisco Chronicle 4/93

"To say that the whole issue is not about profit is silly. It certainly is not about artistic freedom." - David Geffen's remarks last year regarding Time Warner chief Gerald Levin's lame rationalizations for Ice-T's "Cop Killer." - from the November 29, 1993 NEWSWEEK article. (David Geffen's record label released the latest Guns N' Roses album "The Spaghetti Incident," which features the song written by mass murderer Charles Manson - now at the #4 position on the Billboard charts - ,and the new "Bevis & Butt-Head Experience" album now at the #5 position of the Billboard charts, which features songs like "I Hate Myself and Want to Die" by Nirvana,"I Am Hell" by White Zombie, "99 Ways to Die" by Megadeath,"Looking Down the Barrel of a Gun" by Anthrax, and "Search and Destroy" by the Red Hot Chili Peppers.

Huntington Beach, Orange County: Two (13-year-old) eighth graders and one (12-year-old) seventh grader had planned to take a teacher and an entire classroom hostage, and brought a small arsenal of weapons to school Thursday to execute their plan. ...officers searching the backpack of one of the 13-year-olds found two pistols, a machete, and a dagger. - The San Francisco Chronicle 10/9/93

"Some social scientists argue that teenage aggression is natural. ... But other researchers who have studied today's violent teens say they are a new and dangerous breed. ... In one of the largest longitudinal studies of violent youth, scientist followed about 4,000 youngsters in Denver, Pittsburgh and Rochester, N.Y., for 5 years. By the age of 16, more than half admitted to some form of violent criminal behavior, says Terence P. Thornberry, the principal investigator in Rochester and a psychologist at the State University of New York in Albany. "Violence among teenagers is almost normative in our society," quotes Thornberry.

"The psychological rationales for ventilating anger do not stand up under experimental scrutiny. The weight of the evidence indicates precisely the opposite: expressing an angry attitude makes you angrier, solidifies an angry attitude, and establishes a hostile habit." Carol Tauris, author of Anger - The Misunderstood Emotion, as quoted in Dr. Dean Ornish's book, Reversing Heart Disease.

"Today we have many kinds of music for entertainment. Some of it is too violent and excites people to be violent and to make war. I think composers and musicians have to learn responsibility, because the music's power is incredible." - World Music instrumental composer KITARO

The Message of Music

Is There A Relationship Between Music and Violence? (pg. 5)

"Even music can be intoxicating. Such apparently slight causes destroyed Greece and Rome, and will destroy England and America." - Henry David Thoreau

There is a "great crisis of the spirit that is gripping America today."... (without changes) "from the inside out" ...the..."crime and drugs and violence that is ravaging our country, it will destroy us." - President Bill Clinton, San Francisco Examiner 11/14/93

Chinese philosophers believed the object of music "should never be merely to entertain; the darkside of man's nature could, after all, be as readily entertained by wrong and immoral music as by correct music. Consequently, all music should convey eternal truths, and should influence man's character for the better. Indeed, the very word for music in China (Yue) is represented by the same graphic symbol as that for serenity (lu). - David Tame, author of The Secret Power of Music.

"Although punk rock never disappeared, it did spawn variations including hard-core, speed metal, noise pop and grunge rock, that have continued to inspire the hysteria of the mosh pit. Many musicians play to the pit ...Inside the pits however, everyone is pressed together in a sweaty, violent blob that surges to the beat of the music. Elbows are thrown, feet are stomped, flesh is sometimes bloodied and clothing is torn. Under the circumstances, T-shirts, jeans and Dr. Martens are recommended apparel. The mosh pit began with punk rock, known for its ear-splitting noises, aggressive tempos, righteous indignation and sheer loathing of self and others. ...Metal fans appropriated the pit and turned it into a free-for-all, an excuse for a fight." - as reported in the October 28, 1993 San Francisco Chronicle entitled "The Mosh Pit."

"When you dwell on something for a really long time, that happens. Say you hate somebody, and you sit and think about every single possible way that you could kill them. You're like 'I fuckin' hate em.' Your're fuckin hate'em. I fuckin' hate em.' That what I like to write about." - Joe Armstrong, lead singer of the group Green Day. Embedded in the breakneck noise are lyrics that talk about mass destruction ("Having a Blast"), self-loathing and insanity ("Basket Case") and hatred of the elder class ("Burnout")..."I think drinking and doing drugs are very important." Dirnt

Dookie the recent album has sold over 5.5 million copies. "Longview," Dookie's first single was an ode to two time-honored but none-too-marketable standbys: apathy and masturbation. - Rolling Stone, January 26, 1995 Cover Story which names Green Day as Best New Band.

"Jagger had been searching for a way to outrage and offend his fans' parents and nothing fit the bill better than Satanism. The black arts offered all; heresy, violence and spectacle, and - best of all - sex." as reported on July 7, 1993 in the San Jose Mercury News article which reported on the newly released unauthorized Mick Jagger biography by Barry Miles, a friend and owner of the Indica bookshop where Jagger purchased most of his books.

Three are the gates to ... death of the soul: The gate of lust, • The gate of wrath, • The gate of greed." - Bhagavad-Gita, 250 B.C.

"Probers targeted Grateful Dead gigs. During the four-year investigation, undercover agents purchased 1.5 million doses (of LSD), much of it at Grateful Dead concerts...This group of people (the five arrested) has sold more LSD than any other single group that has been arrested or prosecuted." - San Jose Mercury News, July 2, 1993 • "Sober Deadheads Offer Support at Concert (article title reads). For anyone attempting to avoid the seductive perils of mind alteration a (Grateful) Dead show is a very dangerous place to be." - The San Francisco Chronicle, 12/22/93

In Michael Jackson's interview with Oprah Winfrey she questioned the numerous time he grabbed his crotch during his 18 minute Super bowl half-time show, whose estimated audience of 133 million obviously included many impressionable children. Jackson responded, "I think it happens subliminally" adding that the music "compels" him to do it. - as reported on February 12, 1993 in the San Jose Mercury News

The Cultural and Economic Impact of Self-Esteem

Education - "The average drop-out rate of 30% before high school graduation costs the nation \$228 billion in lost earnings and \$68 billion in foregone taxes."

Health - "The societal costs imposed by preventable disease are now placed at more than \$680 billion annually." Medical research indicates that treatments such as nutritional medicine, meditation, and support groups can often prevent the need for high-risk, high cost care."

Work Place - "A person who is demeaned or devalued at work may seek to compensate for a lack of self-worth with negative behavior at home, in the family, and in the community." • "A Worker with a low sense of responsibility produces work with a lower degree of quality."

Substance Abuse - "A person with low self-esteem is more susceptible to the abuse of drugs and alcohol than someone with a healthy sense of esteem." In 1983 alcohol and drug abuse, and the associated affects of reduced productivity, treatment, and crime cost America \$175 billion."

Prenatal Care - "If a person doesn't believe in their own self-worth, then they are less likely to care for themselves and their pregnancy. Each dollar spent on prenatal care saves an average of \$2.57 in later medical costs. Neonatal intensive care for one infant costs an estimated \$19,000. This could pay for 60 women to receive prenatal care."

Violence and Prison Populations - "A common characteristic among interviewed violent inmates and parolees was self-image compensating that involved aggressive behavior to demonstrate their worth. Nationwide, over 3.7 million persons are under federal or state correctional supervision. In 1990, inmates in federal prisons cost the taxpayer over \$1.2 Billion. An inmate costs approximately \$30,000 a year to house."

Subsequent research:

Environment - "There is an interdependent system between evolving a healthier earth and fostering healthy self-esteem. Environmental abuse is a form of self-abuse and is related to a lack of self-worth and respect for neighbors."

VIOLENCE PREVENTION STRATEGIES

"Self-esteem is the likeliest candidate for a social vaccine, something that empowers us to live responsibly and that inoculates us against the lures of crime, violence, substance abuse, teen pregnancy, child abuse, chronic welfare dependency, and educational failure." - The California Task Force to Promote Self-esteem and Personal and Social Responsibility report Jan. 1990 (C.T.F. on Self-esteem)

Problem: Crime, Violence, and our Youth.

Statistical Status: • More than 4,000 kids annually are homicide victims. (source; American Health Foundation as reported in the Oct. 4, 1993 issue of USA TODAY.)

• "We are losing 14 children a day in this county to gunfire." (source; Handgun Control Inc. as reported in the Oct. 15, 1993 issue of the New York Times.)

Research Findings: "When young people fail to find acceptance and affirmation, a sense of belonging, and a significant part in decision making, many of them seek those human necessities in gangs. People need to know that they matter - to be able to experience the personal accomplishment of making a difference. When these opportunities are not available in positive endeavors and relationships, disappointed and frustrated people often pursue them in ways that are both personally and socially destructive." - Key Findings of the C.T.F. on Self-esteem

Solution Overviews: Personal Responsibility and Accountability

- "Accepting responsibility for the consequences of one's own decisions and behavior is an integral part of healthy self-esteem." (C.T.F. on Self-esteem)
- Hold juveniles accountable for crime.
- Combat gangs with self-esteem programs in schools.
- Create community partnerships to develop after-school activities.
- Establish self-esteem programs in correctional facilities.
- Promote arts programs in institutional settings.
- Develop self-esteem programs for criminal justice agencies.
- Establish community correctional facilities.

Problem: Drug and Alcohol Abuse.

Statistical Status: 28% of high school seniors had five or more drinks on one occasion over two weeks in 1992. (source: American Health Foundation as reported in the Oct. 4 1993 issue of USA TODAY.)

Solution Overview:

- "It is evident that enhancing self-esteem so as to affect abusive behavior requires a deep change in one's sense of self. Difficult though it will be, this reducing-the-demand approach holds great promise for long-term benefits." - Key Findings of the C.T.F. on Self-esteem
- Educate Parents.
- Expand school prevention programs.
- Encourage the medias to accept responsibility for its part in shaping public self-esteem and especially for its presentation of acceptable behavior with regard to the use of drugs and alcohol.
- Create prevention councils in every community.

VIOLENCE PREVENTION STRATEGIES (con't)

"If you can give young people a reason to believe that they can change the future for themselves and others, then it is much easier to deal with violence and substance abuse and teenage pregnancy." - Dr. David Satcher, Director of the Center for Disease Control

Parenting and the Home Environment

- "Learning good parental techniques is important, but the self-esteem of the parents themselves is, by far, the most crucial and essential element!" (C.T.F. on Self-esteem)
- Develop a statewide (and Nationwide) campaign to educate all Californians (and citizens of the United States) regarding the primary role of parents in the development of healthy self-esteem and of personal and social responsibility; culturally sensitive multilingual training in loving and effective ways to raise children.
- Include child-rearing courses in the school curriculum.
- Provide health education for expectant mothers and fathers.
- Provide self-esteem and responsibility training for all foster parents and institutional-care staff.
- Reduce the number of teenage pregnancies through self-esteem training.
- Provide support programs for parents at risk of abusing children.
- Provide women's shelters that contain a self-esteem and responsibility component.

School and the Educational Environment

- "Schools that deliberately nurture self-esteem have recorded impressive results in academics as well as in social and personal responsibility." (C.T.F. on Self-esteem)
- Promote more parent involvement.
- Weave self-esteem and responsibility into the total educational program
- Educate every educator through pre-service and in-service training in self-esteem and responsibility.
- Give students opportunities to do community service.
- Formulate a real-life skills curriculum.
- Provide cooperative learning opportunities.
- Implement programs to counteract bigotry and prejudice.
- Use the arts to help develop self-esteem and responsibility.

Inner and Outer Personal Skills - (C.T.F. on Self-esteem)

- "Appreciating our worth and importance involves accepting ourselves, setting realistic expectations, forgiving ourselves and others, taking risks, trusting, and expressing feelings. It also rests on appreciating our creativity, our minds, our bodies, and our spiritual beings."
- "Appreciating the worth and importance of others means affirming each person's unique worth, giving personal attention, and demonstrating respect, acceptance, and support. This principle also means setting realistic expectations, forgiving others, appreciating the benefits of a multicultural society, accepting emotional expressions, and negotiating rather than being abusive."

INSIGHTS FROM: NATIONAL LEADERS AND HISTORY'S WISE PEOPLE

President Bill Clinton - "I tell you, unless we do something about crime and drugs and violence that is ravaging our country, it will destroy us. (Without changes) from the inside out (nothing that politicians might try could end what he later described as public pathology.) - San Francisco Examiner 11/14/93

Thich Nhat Hanh - "The healing of ourselves is the healing of the whole nation. Society is only a manifestation of our collective consciousness and our collective consciousness has a lot of fear, violence and hatred in it. ... It is possible to transform our heart...Not much time is needed...(the transformation can be born) the moment you vow to go in the direction of peace and service." - Transforming Our Suffering

Vice President Al Gore - "In the end, we must restore a balance within ourselves between who we are and what we are doing. Each of us must take a greater personal responsibility for this deteriorating global environment; each of us must take a hard look at the habits of mind and action that reflect - and have led to - this grave crisis."(Earth In The Balance)

First Lady Hillary Clinton - "There is no substitute for love and caring and compassion and human beings helping one another."(Los Angeles Times)

Governor Ann Richards (Texas) - " We have forgotten to be our brothers and sisters keepers. And we have forgotten that the Number 1 goal is to love one another." (The Dallas Morning News)

Assemblyman John Vasconcellos (California legislator, Chairman of the Way and Means, founder of the California Task Force to Promote Self-esteem) - "We can develop a social vaccine (Self-esteem). We can outgrow our past failures - our lives of crime and violence, alcohol and drug abuse, premature pregnancy, child abuse, chronic dependency on welfare, and education failure."(Task Force Report)

Police Chief Willie Williams (Los Angeles,CA) - "We can not begin the healing process until we make peace with ourselves and others." (Acceptance speech 6/30/92)

The Dalai Lama - "What is important is to see how we can best lead a meaningful everyday life, how we can bring about peace and harmony in our minds, how we can help contribute to society." (Time magazine;The Meaning of Life)

Actor Nick Nolte - "First make peace inside yourself." (Parade magazine)

Actress Barbra Streisand - "I wasn't supported, I wasn't given any self-esteem." (The Dallas Morning News)

Performer Peter Gabriel - "When my self-esteem is sinking, I like to be liked/ In this emptiness and fear, I want to be wanted/ Cos I love to be loved." (Lyrics from his new album release US)

Feminist Gloria Steinem - "Self-esteem isn't everything. It's just that there's nothing without it." (Time magazine)

Elisabeth Kubler-Ross - "In the so-called civilized world, children are physically, sexually and/or emotionally abused; they are the leaders of our future. When children are raised in such a hostile and violent environment, how can we hope for a harmonious future for all people of this world? In this light, the purpose of human life is to achieve our own spiritual evolution, to get rid of negativity, to establish harmony among our physical, emotional, intellectual and spiritual quadrants, to learn to live in harmony within the family, community, nation, ..treating all of mankind as brothers and sisters." (Time mag, The Meaning of Life).

WORDS FROM THE WISE

"Earlier in this century, the Heisenberg Principle established that the very act of observing a natural phenomenon can change what is being observed. Although the initial theory was limited in practice to special cases in subatomic physics, the philosophical implications were and are staggering." - VICE PRESIDENT AL GORE

"All that we are is a result of what we have thought." - Buddha

"All conditions and all circumstances in our lives are a result of a certain level of thinking. If we want to change the conditions and circumstances, we have to change the level of thinking that is responsible for it." - Albert Einstein

"The destiny of a person is connected with those things he himself creates and does." - Rabbi Steinsaltz in the kabbalistic 13th century

"We create our own reality because of our inner emotional - our subconscious - reality draws us into those situations from which we learn. We experience it as strange things happening to us (and) we meet the people in our lives that we need to learn from. And so we create these circumstances at a very deep metaphysical and subconscious level." - Astronaut Edgar Mitchell

"Proper visualization by the exercise of concentration and willpower enables us to materialize thoughts, not only as dreams or visions in the mental realm, but also as experiences in the material realm." - Paramahansa Yogananda, author of Autobiography of a Yogi

"And all things, whatsoever ye shall ask in prayer, believing, ye shall receive." - Mathew 21:22

"The most important advance in the next fifty years will be in the realm of the spiritual - dealing with the spirit of thought." - Charles P. Steinmetz, famous General Electric engineer

"As a man (the word 'man' is a sanskrit word which means 'consciousness') thinketh in his heart so is he." - King Solomon, The Bible

"I came to take seriously, even to believe that the consciousness of man, the mind, is not something to reduce to brain mechanisms. ...It is clear that in order to survive after death the mind must establish a connection with a source of energy other than that of the brain."

- Dr. Wilder Penfield, Father of Neurosurgery; Princeton, Oxford, and Johns Hopkins. Penfield did extensive mapping of the brain in the 1930's through electrically stimulating areas of the brain during surgery.

"As a man acts, so does he become. As a man's desire is, so is his destiny." - the Hindu pre-Christian Brihadaranyaka Upanishad

"When our focus is toward a principle of relatedness and oneness, and away from fragmentation and isolation, health ensues." - Larry Dossey, M.D., national best selling author of 'The Power of Prayer and the Practice of Medicine.'

"Happiness is self-connectedness." - Aristotle, 300 B.C.

"If you bring forth what is within you, what you bring forth will save you. If you do not bring forth what is within you, what you do not bring forth will destroy you." - Jesus, The Gnostic Gospels

WORDS FROM THE WISE (con't)

"There is a powerful force within us, an un-illuminated part of the mind - separate from the conscious mind that is constantly at work molding our thought, feelings, and actions." - Sigmund Freud

"Therefore I say unto you, what things so ever ye desire, when ye pray, believe that ye receive them, and ye shall have them." - Mark 11:24

"The ancestor of every action is thought; when we understand that we begin to comprehend that our world is governed by thought and that everything without had its counterpart originally within the mind." - Ralph Waldo Emerson

"If you want to be transformed be not of this world. Be transformed by the renewing of your mind." - The Bible

"The highest possible stage in moral culture is when we recognize that we ought to control our thoughts." - Charles Darwin

"To be wronged is nothing unless you continue to remember it." - Confucius

"There is nothing either good or bad, but thinking it makes it so." - Shakespeare

"All things in the world of Nature are not controlled by Fate for the soul has a principle of its own." - 4th century Greek philosopher Iamblichus

"Before we can do something or anything we must first be something."
- Gurta, the German philosopher

"Believe and your belief will actually create the fact." - William James

"Your world and everything in it is a reflection of your own mental attitude toward yourself."
- Earl Nightengale

"We act, we behave, and we feel the vibration that we're in at the present time according to what we consider our self image to be. And we do not deviate from that pattern. The image you hold of yourself is a premise, a foundation (idea) on which your entire personality is built. This image, not only controls your behavior but your circumstances as well." - Maxwell Maltz, author of Physco-cybernetics

"Without the heart, there can be no understanding between the hands and the mind." - Georgio Morators, the legendary film producer of the 1920's - from the movie Metropolis

"One must learn to love oneself...with a wholesome and healthy love, so that one can bear to be with oneself and need not roam." - Nietzsche

"Only connect." - E.M. Forster

"Look within, and seek that." - Jalauddin Rumi

"He who knows others is learned; He who knows himself is wise." - Lao-tzu,

"Love thy neighbor as thyself." - Jesus

Education

Subject: A forty-one state survey conducted by the National Assessment of Educational Programs found that most 4th, 8th, and 12th graders struggle with reading because they don't read very much and they watch too much television.

The poorest readers live in poor homes with troubled homes. Most are latino and black. Only 1 in 5 black and latino children are proficient readers compared to 40% among white and Asian students.

Richard Reilly, Education Secretary: (Response and advise to parents)

- "Turn off the television and spend some time each evening working with your child or children."

Ron Anderson, M.D., is chairman of the Board of the Texas Department of Health and Chief Executive Officer of Parkland Hospital in Dallas, Texas.

- "...If the children who drop out of school would stay in, they would make a tremendous contribution to society."
- "...How can we not invest in the children's programs or preschool education? Programs that work when done competently enrich people and make them better able to contribute something back to society."

Dr. David Satcher, Director of the Center for Disease Control

- "If you can give young people a reason to believe that they can change the future for themselves and others, then it is much easier to deal with violence and substance abuse and teenage pregnancy."

The California Task Force to Promote Self-esteem and Personal and Social Responsibility.

Key Finding:

- Learning good parental techniques is important, but the self-esteem of the parents themselves is, by far, the most crucial and essential element!
- If the family is the first in important nurturing self-esteem, the schools are second. More than in any other single area of our study, schools have demonstrated the centrality of self-esteem. Schools that deliberately nurture self-esteem have recorded impressive results in academics as well as in social and personal responsibility.
- People need to know that they matter-to be able to experience the personal accomplishment of making a difference. When these opportunities are not available in positive endeavors and relationships, disappointed and frustrated people often pursue them in ways that are both personally and socially destructive.

Beyond Violence

- "There is no substitute for love and caring and compassion and human beings helping one another."(Los Angeles Times) - First Lady Hillary Clinton
- "We can not begin the healing process until we make peace with ourselves and others." Police Chief Willie Williams, Los Angeles, CA (Acceptance speech 6/30/92)
- "Earlier in this century, the Heisenberg Principle established that the very act of observing a natural phenomenon can change what is being observed. Although the initial theory was limited in practice to special cases in subatomic physics, the philosophical implications were and are staggering." - Vice President Al Gore
- "I believe that quantum physics, the most powerful and rigorous science devised to date, will provide a basis for the formation of a new psychology - a true humanistic psychology." Fred Alan Wolf, Ph.D. theoretical physics, author; The Eagle's Quest, The Body Quantum.

California Task Force to Promote Self-esteem and Personal and Social Responsibility

- Preface: Though this is the (Self-esteem) Task Force's final report, it is only a beginning, a substantial and encouraging beginning of an historic effort to discover and address the root causes of our major social concerns.
- Key Findings: When young people fail to find acceptance and affirmation, a sense of belonging, and a significant part in decision making, many of them seek those human necessities in gangs.

Healing and the Mind

Dean Ornish, M.D. ...When people learn to experience inner peace - when we work on that level - then they are more likely to make and maintain life-style choices that are life-enhancing rather than self-destructive. ...Anything that promotes a sense of intimacy, community, and connection can be healing."

Ron Anderson, M.D., is chairman of the Board of the Texas Department of Health and Chief Executive Officer of Parkland Hospital in Dallas, Texas.

- "I think it's the art of understanding the whole person and not just the physiological system. ... (in) the art in medicine, you deal with persons and with their families and communities. You have to have that connectedness. You deal with the spirit."

- "...in parts of this country there's a sense of hopelessness and helplessness that leads people not to take care of themselves. When people have very little self-esteem, they place themselves in harm's way. I think Dallas just topped 440 murders this year."

John Zawacki, M.D., is the Director of Clinical Services in the division of Digestive Disease and Nutrition at the University of Massachusetts Medical Center in Worcester, MA.

- "I'm amazed what happens to people when they start to believe in what they can do for themselves and start to like themselves."

- ...When they learn that the pain is a physical manifestation of their anxiety, they see how the mind plays a role in their bodily condition and how finding some way to relieve the anxiety can have a salutary effect."

Dean Ornish, M.D., is Assistant Clinical Professor of Medicine and President and Director of the Preventive Medicine Research Institute at the School of Medicine, University of California, San Francisco.

- ... "people who feel depressed, disempowered, and isolated, and who don't like their lives"...

- ... "often use alcohol, cigarettes, overeating, and overwork to cope with or spilt off these painful feelings. So unless we address the underlying emotional pain, isolation, and unhappiness that so many people carry around, it's very hard to motivate them to quite smoking or modify other behaviors, which are adaptive in the short run even though self-destructive in the long run."

- ... "When people learn to experience inner peace - when we work on that level - then they are more likely to make and maintain life-style choices that are life-enhancing rather than self-destructive."

Margaret Kemeny, Ph.D., is a psychologist with postgraduate training in immunology and psychoneuroimmunology.

- "Emotional fluctuations and emotional status directly influence the probability that the organism will get sick or be well."

- ... "When we're depressed, we often are less responsive to the environment emotionally."

Ron Anderson, M.D., is chairman of the Board of the Texas Department of Health and Chief Executive Officer of Parkland Hospital in Dallas, Texas.

- "I think caring is good medicine. ...I'm afraid the technology, the wonderful drugs, and the power we have now sometimes substitute for the attitude of caring."

- (Caring is) ... " the art of understanding the whole person and not just the physiological system. ...You have to have that connectedness... You deal with the spirit.

Dr. Manfred Clynes, researcher and author of "Touch of the Emotions"

- "It is in music, however, that essential form reaches its highest expression. Music is the ideal medium for the expression of feelings.

Tolstoy

- "Music is the shorthand of emotion. Emotions which let themselves be described in word with such difficulty, are directly conveyed to man in music, and that is its power and significance."

AIDS

Subject: Increase in AIDS in the San Francisco Gay community and Unsafe sex habits given the major educational efforts. - from National Public Radio (NPR)"All Things Considered" - 8/93'

"A great deal of people (in the gay community) feel a sense of hopelessness. They are suffering from a great sense of loss and grief. They continue to suffer from Self-esteem problems and a sort of poorly defined future." - Dana Van Gorder, Board of Supervisors San Francisco

From Bill Moyers book - Healing and the Mind

Candace Pert, Ph.D., is a Visiting Professor at the Center for Molecular and Behavioral Neuroscience, Rutgers University. She was formerly Chief of the Section on Brain Biochemistry of the Clinical Neuroscience Branch at the National Institute of Mental Health.

- "So whether an AIDS virus will be able to enter a cell or not depends on how much of this natural peptide is around, which, according to this theory, would be a function of what state of emotional expression the organism is in. Emotional fluctuations and emotional status directly influence the probability that the organism will get sick or be well."

Margaret Kemeny, Ph.D., is a psychologist with postgraduate training in immunology and psychoneuroimmunology. She is the Assistant Professor in the Department of Psychiatry and Biobehavioral Sciences at the University of California.

(Bill Moyers: We hear of people who lose a spouse and then become depressed and die a couple of years later.)

Kemeny ..."The loss is extremely significant, and as a result they feel depressed. That depression then may lead to biological changes that make them more vulnerable to heart attacks and other kinds of diseases."

Ron Anderson, M.D., is chairman of the Board of the Texas Department of Health and Chief Executive Officer of Parkland Hospital in Dallas, Texas. Parkland, is often rated among the twenty-five best hospitals in the United States and is trying to implement principles of mind/body medicine.

- "People who are depressed, or who have just lost a loved one, are more likely to have congestive heart failure, and to have to come into the hospital. They're more likely to have other illnesses that we think of as preventable illnesses. Part of it is caused by a lack of self-care, but I think part of it is also a kind of turnoff of the immune system."

- ..."in parts of this country there's a sense of hopelessness and helplessness that leads people not to take care of themselves. When people have very little self-esteem, they place themselves in harm's way."