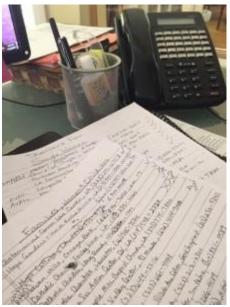
Communicating~ Interns for Justice by Emma Martinez



This is the office phone I would answer, and a list of references for women and children's shelters.

(July 20th-August 12th)

At times throughout Interns For Justice this summer, I was left feeling defeated and more often than not, hopeless. It was an expected feeling, so when the unusual feeling of hope and empowerment surged through me, I could not help but smile to myself during my drive home. It truly was those moments in my car leaving work, which I could think to myself, 'Yes, this makes all of the shit I carry with me worth it.'

Going back to the defeated feeling- one of the jobs I did at the Alexandria House, which caused this emotion, was answering the phones. The phone would ring all day long, and it was usually a homeless woman looking for a place to stay. All I would be able to give her was an, "I'm sorry for your situation, but unfortunately we have no availability, let me give you some other references..." Some women would hang up, understandably so, given the fact that they've already heard the same response from organizations time and time again. What makes this, or us at the Alexandria House, any different?

When the women would stay on the line with me, I would ask them for their current situation, meaning if they were a single mother with kids, a single woman, coming from domestic violence, any mental illness, pregnant, etc. Sometimes they would answer, I would give them the appropriate references, and we would end our conversation there. But sometimes, I had the privilege of hearing their personal stories. One woman told me about how she had two young children, her husband had abused her and her kids, and how she was bouncing from place to place, only to keep getting hurt and threatened, and now she was on the street and had no other options. She began to cry, and told me how she knows her children can't be raised in those kinds of toxic environments, and how she just has to keep her head high and remain hopeful and strong

for her family and herself. Sometimes these women would thank me for listening to them, and that they appreciated my help. For me, listening to individual's stories was the very least I could do, but for those individuals, being able to share their experiences alleviated so much weight off of their shoulders.

I think about the community at UP, how it is small and inclusive, supportive and involved in one another's lives, and how many opportunities it provides for individual help and growth. If I need to talk to someone, I have several names I can turn to. But for millions of people, they believe no one wants to listen. In general I think as a nation we have misconceptions about what people need, and what we should be doing for and with others. Politics make people quick to judge and in turn make decisions that do not benefit these millions of people, instead degrade and dehumanize them. Each of us needs to understand that storytelling is a vital part of human life, and that we need to pay more attention to those whose stories are not being heard as loudly as others. This is not too much to ask, so I expect us to open our ears, our minds and our hearts now.

"Kind words can be short and easy to speak, but their echoes are truly endless." – Mother Theresa

Interns for Justice: August 10-14 (by Ana Fonseca)

Hi again!

At the beginning of the summer I was working in four mock trial classes at Roosevelt High School to help create a book called *Youth and the Law*. Since its release, the book has received a lot of attention from the Portland community.

You can read up on the media coverage around the book here:

(I was quoted in this first one, which was neat): http://portlandtribune.com/pt/9-news/263962-136076-teens-police-answer-tough-questions

http://www.oregonlive.com/portland/index.ssf/2015/06/new_book_written_by_roosevelt.html

http://www.kgw.com/story/news/education/2015/06/10/roosevelt-students-book-police-relations/71045796/

http://www.bustle.com/articles/89014-oregon-high-school-students-publish-book-to-improve-police-youth-relations-in-response-to-thai-gurule-arrest)

For the second half of summer, I'm co-leading an internship for a group of 10 Roosevelt students who are learning writing, publishing, and marketing skills in order to promote and sell

publications released by RHS's publishing label, Unique Ink (http://uniqueink.org/). Working on this summer internship has given students the opportunity to gain many useful professional skills while earning the money they would get from working any other high school summer job. On this internship they're learning how to edit, write, use Photoshop and In-Design, and meet and collaborate with many Portland community partners. Since *Youth and the Law* has proved to be so successful, our students have had the opportunity to meet with the Portland mayor, Charlie Hales, and the Chief of Police, Larry O'Dea.



Gameti and Carson talk with mayor Charlie Hales about Roosevelt's Youth and the Law.

I'm so impressed with the students and their professional attitude and dedication to the work they're doing. Sometimes I can't imagine what it would be like to be a high schooler and have a summer job like this! Though the professional work that we're doing is incredible and I can't speak to it enough, for me, the best part of the internship has been the relationships I've gotten to create with each of the students. This is the last week of our internship and I've officially completed 320 hours with this community. It's been beyond cool to see the students use their gifts on this internship, and to see growth from just a few warm summer months. Each one of them has brought an unparalleled giddiness and light to my days.

Allow me to make some introductions...



Name: Gameti

What this picture says about Gameti: Gameti is grace. She doesn't need to look directly at the camera because she knows who she is. Though she's mostly quiet, especially in group settings, something about the way that she carries herself immediately elicits respect. She's got a great head on her shoulders; getting to talk to her and know her is a gift.

Something great about Gameti: Gameti was born in Ethopia and moved to the U.S. when she was nine. This summer her parents were able to visit Ethopia and take their youngest children who no longer remember home well, with them. Gameti gave her first paycheck to her parents to give to those who really need it back home.



Name: Carson

What this picture says about Carson: Carson and I probably share the most banter. He enjoyed schooling me on things like basketball (which I know very little about), which rappers are feuding (apparently things are not going well for Drake and Meek Mill), and new slang (even 21-year-olds struggle to keep up with the kids).

Something great about Carson: I love conversations with Carson. Carson's an outgoing and confident RHS basketball player and student. He's incredible under pressure- he's quick, honest, forthright, which made him so cool to see in conversations with police, the mayor, and other community partners. But for all of his energy and general extraversion, he's equally thoughtful. Some of my favorite conversations with him were about his family, his childhood, and feminism (we talked feminism in the context of women receiving the same access to opportunities in sports).



Name: Amanda

What this picture says about Amanda: Amanda is the oldest in her family and has many siblings (the smallest is still a cute baby), and she brings that level of responsibility to everything she does. Amanda is probably the most impressively professional high school kid I've ever met; I feel like Amanda knows more about marketing and business than I'll ever know. I think it's easy to forget that this powerhouse of a woman is just a sweet kid, and that's why I love this picture of Amanda.

Something great about Amanda: Amanda is a proud theatre kid and works tirelessly at the administrative end of the department. This coming year she'll be working on a production of *Grease*!



Name: Lammi

What this picture says about Lammi: Oh, Lammi Kalil. I don't think anyone made me grin as much as Lammi this summer. Lammi is Gameti's little brother, and Gameti says Lammi is even

funnier at home. She says their mom is generally pretty serious but that Lammi the only person who can always get a laugh out of her, and I can understand why.

Something great about Lammi: Lammi is Muslim, and he was working through Ramadan while we were working at Unique Ink. It was cool to see his faith at work in his daily life through fasting, prayer, and taking time off to be at the temple. The best thing about his goofy and playful nature is that it grows from a humble and respectful foundation, and it makes him all the better.



Name: Erin

What this picture says about Erin: I had the opportunity to work closely with Erin on the writing team, and seeing her at work was a treat. Erin is the kind of brilliant that expects no praise; her writing, editing, thinking is so strong that it speaks for itself.

Something great about Erin: We took a field trip to Powell's and we all got a gift card to purchase a book. It was really fun to see what each of the students chose, and I was so pleasantly surprised that Erin chose *Americanah* by Chimamanda Ngozi Adiche. What a cool kid!! Erin also wrote a powerful scholarship essay about what it's like to walk through the world as a woman. A young feminist is a'bloomin!



Name: Robert

What this picture says about Robert: I love this picture of Robert. Robert is an understated creative thinker. There's just something about his imagination and spirit that's really unique. Robert just graduated from Roosevelt and I'm excited to see what he does with that cool brain of his

Something great about Robert: Robert is so gentle. He's a person who immediately brings a calmness to the room, as well as a warm humor.



Name: Jacob

What this picture says about Jacob: I think I'm still trying to figure out who Jacob is, and that's a really good thing. I love that about him. For example, whenever we play a game, Jacob is often the sly victor. Jacob is quiet, intuitive, and sometimes I feel like I can almost hear his brain at work sitting next to him.

Something great about Jacob: Jacob and Robert worked independently to create the Unique Ink website! All on their own! It was so cool to see them troubleshoot and problem-solve on their own in the challenge of creating a valuable and terrific tool.



Name: Lila

What this picture says about Lila: Lila is a woman who marches to the beat of her own drum at all times. It's invigorating and inspiring.

Something great about Lila: Lila's been drawing ever since she could pick up a pen. In her time at Unique Ink, Lila created her own graphic novel for children. She came up with the story, created many intricate puzzles for children to solve within the story, drew and colored it out, and is working with cool computer programs to publish it!



Name: Lorelai

What this picture says about Lorelai: Though Lorelai is the youngest on the team (she'll be a sophomore this coming year), she is one of the wisest. She brings a cool level of maturity to her life and her in her interactions with others.

Something great about Lorelai: Lorelai was our other artist at Unique Ink, and it was interesting to hear about her interests! She loves reading manga, watching gory films and musicals, and listening to metal and punk rock. I also loved watching her hair change colors throughout the summer.



Name: Kathryn

What this picture says about Kathryn: Everyone loves being around Kathryn because she's kind and true. She's thoughtful, supportive, and good-natured, and tackles any task that comes her with a good attitude and a strong work ethic.

Something great about Kathryn: I love sitting in on conversations with Kathryn because she is a genuine listener. She asks questions and never thinks to make things about herself. She constantly inspires me to be mindful and generous in my relationships with others.

Thanks for reading! It's been an exceptional summer.

Ana

Interns for Justice: August 10 – August 14 (by Cuiping Zhao)

My name is Cuiping Kamenly Zhao. I am going to be a second year in University of Portland studying in Psychology and Political Science double major. I joined IFJ wanting to know more about what is justice yet I ended with loaded of new knowledge, friends, and skill to communicated in the real world. I choose my placement site at Nam Kue School located in San Francisco because it's around 35 minute driving from my house and it's the school where I studied before.

After accomplishing 328 hours in this program, I had personally establish an attachment with this placement site, the students, the teachers and the volunteers, they are all so beautiful. Thinking back from day one we were all so nervous meeting each other until the last day we party and have fun together. We been through tears and laughters together, making beautiful memories mark in our journey. I remember there's one time I am just singing my favorite song "fairy tale", and then a few kids started to sing along, then I made the whole class learn the chores. Even though it's tough for the kids but they still try their best, the kids learn it day by day, singing it again and again for me without knowing it will be a performance. It did surprise me and all the other teachers what my class did at the talent show, and I am so proud of my kids. I always believe that kids can do amazing thing if there is a good teacher to guide them. As compliment I became that "good teacher" that I believe in, and I am so proud of that. This experience is so worth it, it is so beautiful when I hear the kids sing it.

-Kamenly Zhao



At the last day of the program, all the volunteers meet in front of the school to take a picture.

Interns for Justice: July 27- July 31 (by Caitlin Wu Varquez)

Hello readers,

Caitlin Varquez here! A junior Political Science major with minors in Social Justice and Psychology from Cullman, Alabama. I'm interning at the IRCO (Immigrant and Refugee Community Organization) Asian Family Center.

Before I was a Political Science major, I was Biology and Pre-Med. I made the decision to change the spring semester of my sophomore year. As many people know the competitiveness of medical school is ever increasing, and all applicants are encouraged to volunteer and serve the community. I didn't volunteer my first two years of college. I was afraid. I wanted to volunteer, but I was unsure if I was making the decision to volunteer because of myself or because of the desire to boost my medical school application. So I refused to volunteer since there was a chance I would do it for reasons I deemed selfish. Once I changed my major and knew I wasn't going to apply to medical school, I felt free. I could finally serve the community with no ulterior motive. (These are my personal feelings. Please don't think all Pre-med students volunteer just because of medical school application requirements.) I saw the Interns for Justice program on the Moreau Center website, and I knew this program was the one to begin my service. I wanted to give back to the community that has made me feel at home these past two years. I hope to learn more about the Portland community and the other people who serve the community. I also hope to grow as an individual and expand my knowledge of social justice realm.

I recently attended the White House Initiative on APIA Affairs Round Table with my coworkers. The event took place at the IRCO Main Center, and community members met with federal workers to discuss multiple concerns and their solutions. I attended the meeting about the Health Care and Environmental realms. Other groups tackled the Workplace, Housing, and others. From each group a person was chosen to report back to everyone, and I was chosen in my group since I happened to be the youngest. I was the first to go up to the podium, and my nerves were all over the place. The first thing I said was "Thank you for the introduction, Mr. Eric." Everyone laughed at my Southern politeness and from then on I relaxed and got down to business. After my spiel, my co-workers said I did great, and I thought that was kind of them to say so and didn't think much of it. But then more community leaders and government workers kept approaching me and told me the same. They thought it was fantastic that I was so young and interested in the API community. I got so many business cards that day and encouraging words to continue this path of social justice. I can't tell you how much their words meant to me. I hope I can make them proud in the future, and I hope to encourage others in my generation to restore faith in the government and increase involvement in the community. I also hope to increase awareness of the Asian Pacific Islander community. It was inspiring to see the increase of API members in the roles of Congress officials and to learn about Obama's White House Initiative. I hope such a program continues into the future.

Thanks for reading everyone, Caitlin Varquez



With my co-workers and Site Supervisor at the White House Initiative Roundtable. (Excuse the finger in corner!)

Interns for Justice: July 27-31 (by Parkes Kendrick)

Hello! I am now back in Portland and teaching at a summer school camp for the Immigrant and Refugee Community Organization (IRCO). IRCO's main mission is to bridge the gap between foreign newcomers and the established community, so as a Portland native this has been a super educational experience for me. The organization provides career services, language education, and many more support services that aid in a smoother transition! Here is a link for more information:

http://www.irco.org/

I am teaching in a literacy/English class for middle school students, which keeps me on my toes and is making me a more creative and adaptable person! I am in my last week of teaching at this camp, and I am super sad that it's ending. Although I have enjoyed many previous jobs, this one gets me excited to get out of bed in the morning. Thus, any expectations I had for this position have been handily surpassed by the reality of it. Although I've always loved teaching, I think that the part I love about this job the most is that I get to interact with such a diverse crowd that is so different from me. I often find myself sitting at a lunch table with a gaggle of Somali girls, having no idea what they are saying but somehow feeling a part of it all. And the constant charades/guessing games that are part of my daily communication with many students leave everyone involved laughing, slightly embarrassed, and closer friends.

I am so thankful for the opportunity to have worked here!! I am not allowed to post any photos from the camp because of IRCO's policy about this. However, there is one game at camp that will always remind me of my experience here: Jenga. It is one of the most popular games among the students and it's one that everyone can play and everyone can understand; it is something that ties the community together



That's all for now! Thanks for reading!

Interns for Justice: July 20th-24th (by Amanda Smith)

Hello,

My name is Amanda and I am a sophomore social work major at the University of Portland. I am currently interning at an organization called Operation Nightwatch. This organization is a hospitality outreach program with a total of four hospitality centers around the Portland area. I have been focusing on the downtown hospitality center. Being a hospitality outreach program, Nightwatch opens their doors to the homeless community three nights a week to welcome any homeless people struggling to find a place to feel safe and comfortable. While open, volunteers are encouraged to play games and have conversations with the guests in order to make a welcoming community. Also, Operation Nightwatch offers food, drink, and clothes to anyone in need of them. For more information about Operation Nightwatch please visit their website: http://www.operationnightwatch.org/.

If you got the chance to read my last post, you would know that it was kind of a rant about how a lot of people look at the homeless community, so I thought this time I could tell a positive story about what happens at Operation Nightwatch.

I was sitting at a regular spot for me, the middle table in a row of long rectangular tables. On my left were two men who come in almost every night to play a card game called gin rummy together. On my right were two volunteers and a young man playing apples to apples with me. It was about 30 minutes to closing when one of the men playing cards told me about a song called

"Amanda" by Boston. I had never heard this song, however he mentioned it to me multiple times, so I decided to pull out my phone and look it up on Spotify. Soon, there was a list of songs I had to play. The younger of the two men playing rummy was telling story after story of concerts he had gone to, while the other man was smiling and trying his best to remember his own favorite songs. The man to my right was also having a blast singing along to the songs he asked me to play. Even the volunteers were getting into the music, singing and telling their own stories of concerts they had gone to.

This moment means a lot to me because it is one of those times that I know I will remember forever. All three of those men ended up leaving with big smiles on their faces, humming or singing to one of the songs I played. Sometimes I forget how little the people in this community have. The younger of the two men playing rummy seemed so passionate about music, yet if you think about it, he probably almost never gets to listen to it now. It saddens me to think about that, however, it also warms my heart to know that I am able to help them feel better.



Having a piano at Operation Nightwatch is a great way to open people up and learn new things about our guests. The music we get to hear at Nightwatch often helps to build community! Thanks for reading another one of my posts! I hope your summer is going great.

Sincerely,

Amanda Smith

Interns for Justice: July 20- July 24 (by Linda Hong)

Hello! My name is Linda, I am a rising senior majoring in biology and minoring in social justice. I enjoy travelling, eating, longboarding, reading, and being in the sun.

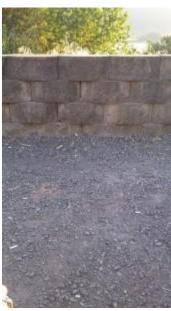
I am interning at a non-profit organization called Upstream Public Health. It is an organization that works mainly on policy and research to create laws and programs that will reduce health inequities for people living in Portland and all over Oregon. Currently they have projects around youth tobacco prevention, tobacco policies, oral health for children in childcare centers, taxing and banning sugary drinks, banning junk food advertising in schools, climate change, transportation and land use, and health equity in general. Recently they passed a bill to provide funding for kids in schools to have better access to healthy food in the Oregon's Farm to School program. Another recent victory that this organization had worked on was passing laws so that e-cigarettes cannot be sold to minors just like traditional cigarettes. You can learn more about the organization, the things we do, and what we have accomplished in the past at www.upstreampublichealth.org

During my internship with Upstream, I have participated in many discussions and meetings where non-profits, coalitions, and steering committees come together for the sake of health equity. I found it challenging to understand the language and context of what everyone is talking about at each of these meetings. These are people that are and have been immersed in public health and health equity, so it is hard for me to follow the terms, acronyms, big picture, and details of all the bills, grants, programs, and efforts they are involved in. It can be intimidating being involved in these kinds of meetings where there are a lot of intelligent and powerful individuals and where there is a lot that I am not familiar with. I did my best to handle my discomfort with the things I did not understand by listening, taking notes, and reflecting on the topics discussed, and asking my supervisor questions. By doing this I was able to understand most things by looking at the bigger/systematic and societal picture of what the coalitions, organizations, and programs are trying to accomplish. I was able to use my knowledge from my studies and previous experience to better follow what their goals and purposes are and how they will be accomplished.

My expectations of the program compared to the experiences I have had during the program has not been exactly what I expected, but it still has been a valuable and good experience. I say that it was not exactly what I expected because what I expected was more of a volunteer and service based experience. I was also expecting it to be more of an experience similar to a service-learning immersion where I learn through my heart being moved and my eyes opened to shocking realities. However, I realize that those sorts of things do not happen on a daily basis and not during the everyday responsibilities of social justice workers. I also realized that I have been learning and growing from the efforts that this organization is involved in. Although the work is a gradual and slower process than the instant results that volunteering with food drives and soup kitchens show, it is more important for sustainable and more widespread equality and social justice solutions.



A nice view of the sunset from the Bluff, but I noticed something...



There are cigarette butts everywhere! My internship has made me see things in a new light. The cigarettes kind of ruined a nice view and area.

Interns for Justice July 13-17 (By Nick Ramsey)

What's up guys!

I'm back for round two of updating the IFJ blog and so much has changed since I last posted! For those of you who may have missed my first post, my name is Nick Ramsey, and I am enetering my senior year as a business major at UP. When I first posted to the blog, I had yet to

begin interning but now, I am finishing up my 5th week, working full time, Monday through Friday at The Boys and Girls Regence Club in North Portland (http://bgcportland.org). It has been a tremendous experience for me so far and I have had so much fun and really learned a lot about what it is like growing up in today's society, especially from the perspectives of children who are far less fortunate.



Every Wednesday we take some of the kids to Columbia Pool for Free Swim. It's always a great time! The kids at the Boys and Girls Club (BGC) have really taken me in as one of their own. As an intern, I am never responsible for directly disciplining a child or assigning homework. This allows me to just be a big kid and have fun playing all the games I used to play when I was their age. Many of the children have also really opened up to me about some of the struggles they deal with at home. During the school year, I work as a resident assistant here on campus, so I am used to and enjoy helping others work through their struggles and listening to their stories. One little girl told me about her mom going away to prison while we were coloring pictures of Disney characters. One older boy has been giving me daily updates at lunch about his upcoming hearing to determine if he will be sent to live with his father whom he was taken from amid abuse allegations. I have a great personal admiration for the strength it takes to share one's own personal problems with others because I am someone who struggles asking for help and letting others in. Coming into this program, I wanted to learn lessons that I could directly apply to my own life. Now, I was fortunate to grow up in a privileged setting and cannot relate to many of the struggles that have become a daily routine for these children. However, I can use their courage and vulnerability in trying times as an example for how I can be a more complete person.

I am going to enter my senior year as a business major at UP and that means I have to complete an internship this summer to fulfill the Pamplin School of Business' requirements to graduate. So not only do I spend time directly volunteering with the kids at the club, but I also spend some time working on business administration tasks. I do a lot of work with the member database at the club. When a child is signed up for membership, the club requires lots of background information, but something unique that we ask for from parents is to write about a unique or

special quality that their child possesses. Reading some of the things parents write about their children has definitely been a highlight for me, especially when the parent really takes their time and writes something other than the usual, "gets along well with others." It's especially great for me when I get to see these qualities play out first hand, like when a parent writes that their child "is a natural born leader" and then I see that same child picked by his peers to be the captain of the kickball team. It's great to see parents recognizing and nurturing their children's gifts.

I am at the home stretch of completing my 300 hours of service for the summer and I just want to make the absolute most of my time left at the BGC. I will be graduating next spring and I do not know where my life will go from there, so I don't know when I will have another opportunity to spend a summer serving my community. The Interns for Justice Program has been a great opportunity for me and I feel very blessed that I was able to be a part of it.

Thank you for reading and have a great day!



Hard work pays off! The kids were way more excited for me than I was.

Nick Ramsey

Intern for Justice: June 29-July 2 (by Kamenly Zhao)



kids ages from 5-12 learning the school motto in the daily assembly: honest, simple, hardwork, and love. The organization that I am interning is called Nam Kue School, it is a Chinese school located in San Francisco, which are opened for 95 years. It had raised a lot of success students, students who went to school here often comeback to volunteer for this seven week summer program. This summer program provides variety of activities to allow student to show off their talents and enrich their summer vacation in this Chinese community. The www.nkssf.com will provide more information about the school and the summer program if you are interested.

First I apply this program because I want to learn about what justice really is and I want to apply this program as my placement site because I used to go to this school, and I believe that as part of the Chinese culture, to learn and identify who we really are, we must first learn about where we come from. I am hoping to learn how to be patient, and learn how the kids view the world and what is their definition of justice. Being surrounded by kids made everything so simple; justice for them is just being fair and follows rules. I really like to teach kids that when your friends did something wrong and you didn't stop them then together both of you get punish. For example, one day a kid asks me: "why can't we watch movies?" And I answer: "because when I ask the class to quiet down when the movie plays yet there are still students talking, you all have two chances but yet no one try to stop them from talking so as consequence, you all cannot watch a movie."

As of last year this seven week program, there five class and each class have to perform what they had learned, for example like dance and music. They had to perform together as a show to the parents. But this year it had change just one show instead of several shows. Every class to the maximum there's 38 students, and class varies from age 5-12 years old. I realized how hard it is to teach a class to focus and remember one dance. This story makes me realize that kids do have potential but they just need to train again and again on the same stuff. Therefore we have to trust that every kid has the potential to perform as a star on the stage, and we are the reason kids do well or not, depend on our patients.

I am playing the role of homeroom teacher in the class; I am an active assistance for the kids. This week is the week when kids only have four days of school instead of five days, because it's July four weekend. I think that is why kids are not behaving this week especially on Wednesday, and I lost my voice when I yell to try to grab their attention to listen to me. I have other volunteers told me that on the first week of school, you got to be strict to develop your authority, then the rest of the weeks you can be easily command the kids. It is hard to control the kids when you are being too nice, kids are really smart they know who they "have" to listen to. If there is another chance I can help in the similar environment, I learned that I cannot be too nice in the first week that is the week you build up rules and authority.

Speaking of expectation, I was expecting to learn to be patient with the class I am looking over, but yet there are so much more I can learn from a kid. Especially with trust, it is getting harder to trust someone as you grow older, but in the kid's world, even though they fight but they are still best friends afterward. There is no forever hatred in the kid's eye, that's what I really learn so far from the kids: No need to afraid to try new thing.

Interns for Justice – June 20th-26th by Emma Martinez

Hope & Story Telling ~ Interns for Justice by Emma Martinez

(June $20^{th} - 26^{th}$)

Hi, my name is Emma Martinez and I am a rising sophomore majoring in Social Work and minoring in Social Justice and Gender & Women's Studies at University of Portland. This summer I am living at home in Pasadena, CA, and dedicating my internship to an organization called the Alexandria House. The Alexandria House is a transitional home in Los Angeles for women and children fleeing domestic violence and homelessness.

Last week I took a break from my routine at the Alexandria House and helped lead a service learning immersion in San Diego. This trip was called LYA, or Lasallian Youth Assembly, where high school students from Lasallian schools (Catholic high schools based off of the founder St. John Baptist De La Salle) gather together for a week and dedicate their time to serving the poor and vulnerable and learning how to be social justice advocates. I went on these trips when I was a student at La Salle High School in Pasadena, CA, and one of my past teachers asked me if I would be interested helping lead this trip. LYA was what made my high school experience so rich and meaningful, and knowing that this specific one in San Diego was all about immigration, I couldn't say no.

On Sunday about 60 students came from high schools in Denver, CO, Tucson, AZ, Yakima, WA, Portland, OR, Sacramento, San Francisco, Napa Valley, and Los Angeles, CA, as well as students from the district of Mexico Norte. I helped check them in and get them settled in the dorms of UC San Diego, and held meetings with the adult moderators that came with the students. Students were buzzing with excitement meeting each other and sharing stories about their home towns. I could already tell that this experience was going to be a very different one for me than for the students because I was expected to be a leader, to fulfill a certain role for this job, and I wasn't there to be these kids' *friend*. This was more than okay with me though, since I've never been much of an extrovert I enjoyed keeping to myself and watching the students grow and learn together.

Monday was the day to prep ourselves for the service ahead of us. We got the opportunity to hear from three different guest speakers, disperse into small groups to reflect and discuss, then have a nightly social to get to know one another better. One of the speakers was the passionate and intelligent Brother Earnest Miller. He filled our brains with facts about detention centers in the U.S, the history of immigration in our country, which people have helped those suffering on the border, the philosophy of non-violence, and most importantly *how* we as individuals can help the issue. He stressed the importance of integrating service learning in the classroom, and how our jobs do not end after LYA. We all have so much more to learn, as well as to teach others. It seemed like the students were attentive and engaged in his lecture, which filled me with a feeling of hope and pride. Some of these students were fourteen years old, and to watch them ask the

important questions of why and how and what made me hopeful for the future that they and I will help shape.

One of the other speakers was an amazing woman and teacher named Mrs. Mejia. She made us think about how we tell our stories versus how we tell other people's stories. Students' eyes were opened and were questioning why the media portrays certain people one way versus another kind of people another way. She stressed the importance in our responsibility to tell others' stories, especially those whose voices are heard less than others. This was a wonderful and extremely important aspect to learn about for the week ahead, where we would be hearing other people's stories from different sides of the border.

Tuesday was our first day of direct service. There were four different service sites students got to go to: 1) Border Angels, where students made PB&J sandwiches and brought them to day laborers and listened to their stories, and brought jugs of water out to the desert and laid them out for migrants to drink when crossing the border; 2) Border Patrol, where students got to ride along the border with border patrol agents and ask questions and hear their side of the issue; 3) American Friends/ IRC Garden, American Friends is an organization that does advocacy work for migrants who have been brutalized and killed by border patrol, and IRC (International Rescue Committee) Garden is a special place where refugees and immigrants can grow plants and food of their own culture and sell it to help make a living wage, as well as just have a safe place of their own; 4) Immigration Justice Project, where students heard from social workers and lawyers that help migrants on their way to citizenship and any other assistance they may need.

I went to Border Patrol with a group of students and a few moderators. It was somewhat informational, but more than anything it was a frustrating encounter with law enforcement. I went on the Border Immersion with UP over spring break and learned a lot about different programs in Arizona, as well as the environmental effects of the physical border wall. I asked one of the agents if he had seen any dead wildlife along the border, or anything regarding destruction to the environment because of the wall. He responded with a confused face and said, "Sorry, I don't buy that." I explained to him that there's nothing to buy, and that it's a fact that the border wall has destroyed many wildlife and has harmed the environment. He just laughed and said, "Okay sure." The agents only wanted to talk about the harm that migrants bring such as drugs and violence, the whole while naming them as "illegal aliens." One of the moderators I was with asked them, "Well what about those individuals crossing because they want a better life? Those people who aren't trying to bring drugs across?" and the agent responded, "Yeah that doesn't actually happen. 'A better life' is just an excuse for more crime." I was astounded that an entire population of suffering individuals was being written off as invalid and almost imaginary by the border patrol agents.

The next day I went with a group of students and moderators to American Friends and the IRC Garden. At American Friends we watched a documentary about a migrant who was beaten, tazed 7 times, and killed by border patrol agents. I was so disheartened by the fact that our government spends millions of dollars on cameras along the wall which shows proof of all of the harm border patrol does on innocent people, yet there is no justice served for the victims and the perpetrators are left untouched and still getting paid. It was interesting watching the reactions from the

students who experienced border patrol with me the day before, then American Friends the day after. It was a huge change in perspective and information for all of us, and many of the kids were left feeling conflicted and worried.

The IRC Garden was a beautiful shift in the day. One of the main supervisors gave us a tour of the land and explained that it is a place for those who are new to the U.S. and that do not receive a welcoming response to their arrival, to have a welcoming environment where they can express themselves and meet other refugees and immigrants. This day was a much more inspiring one than the day before with border patrol. I felt my heart grow with knowing that there are people in this country dedicated to serving "the other side", those who are suffering because of the laws and practices we have in place. This all made me even more sure that these are the kinds of organizations I one day want to work with in my professional self.

For me, the best parts of this trip were not the service sites or the speakers. The best part was reflecting and discussing our days with a small group of students. The teacher who was supposed to be leading these discussions each night handed me the reigns from day one and allowed me to do the leading. I was nervous, because I'm not even that much older than these kids, but I automatically had a higher power to dictate where our group went. I guess I was pretty good at asking the questions and creating a safe and reflective space, because the students shared so much of themselves with me and the group. One of my favorite things to do is listen, so those parts of the week were the most meaningful for me. Some of the students shared how Border Angels made them think of their own parents immigrating to the U.S., and tears would flow as the stories grew. The students from Mexico were nervous to use their English with us, but we all supported one another in our efforts. I was so moved this whole week because I saw myself in each one of the students on the trip. I saw "God" in each one of these students with their passion to keep themselves educated and talking once they got back to their places of origin. The students were angry, sad, hopeful, and above all motivated to make a change. I felt so blessed to even be in the presence of them as they realized so much about our country, different individuals, and themselves during our journey in San Diego.

Thank you for reading! ~Emma



Compost pile from the International Rescue Committee Garden



Students walking in silence along the Mexico/US border to our last mass by the ocean in San Diego



Mural that my small group drew to represent both sides of the border and the Lasallian star connecting us through faith and love

Interns for Justice: June 22- June 26 (Megan Leon Guerrero)

Hello there! My name is Megan Leon Guerrero and I am incoming senior at UP majoring in Social Work. I grew up on the island of Guam where it is summer all year round. Some of my favorite things to do during the summer are: going to the beach, going on a hike, watching netflix, and spending time with my family. It is my first summer away from home and while I do miss my family I have enjoyed exploring Portland a little more.

The organization that I am interning with this summer is Bridge Meadows. Bridge Meadows is a multigenerational housing community that combines three populations: foster youth, adoptive parents, and low-income elders. Bridge Meadows philosophy is community as an intervention, where in the three generations aid each other in living in community together and building meaningful social relationships which acts as a solution to fixing societal problems.

If you want to learn more about the wonderful organization of Bridge Meadows here is a link to their website: http://bridgemeadows.org/intergenerational-living/

I applied to the Interns for Justice program because I do have a passion for social justice, specifically working with marginalized populations such as foster youth and the LGBTQ community. However, while I am passionate about social justice I find that I lack confidence in voicing my opinions because of a lack of experience in the field. The Interns for Justice Program fit my interest in growing and experiencing first hand what it is like to work alongside and in solidarity with these communities. I no longer want to be an idle bystander, I want to aid these marginalized populations in combating the challenges they face in their day-to-day lives. It is a privilege to be a part of the Interns for Justice program, and I am happy to be working with an organization such as Bridge Meadows.

I decided to intern with Bridge Meadows



This is a picture of a blueberry that one of the foster youth at Bridge Meadows picked for me as we walked around the community. This was picked from their community garden.

because it allowed me to work with a community, a community that I learned early on was one big family. I continue to struggle with issues of identity, who I think I am, who I want to be, and what issues I am most passionate about. At the end of the day, however, I know that I have a genuine desire to help others and that the one thing I miss the most about Guam is my family. I am fortunate enough to have grown up surrounded by love, great food, and a large family. Being over here where my family is not a quick 10- minute drive away is lonely at times. I seek to be surrounded by others, social relationships are important to me. That is why what stirs me the most is the nuclear family unit and those who are trying to find a place called home. My younger cousin, Xander, is adopted from Vietnam and ever since he became a part of my family I knew that I wanted my future job to be connected to ensuring that those lost and without a home find one. My family is very important to me and has always been supportive and loving, and I want others to experience how powerful social relationships can be in fixing societal challenges. While I continue to struggle in feeling comfortable with my identity working with children and families is why I am studying to be a Social Worker and ultimately decided to intern at Bridge Meadows.

Thank you for reading my post and I hope you have a wonderful day!

Interns for Justice: June 8 – June 12 (by Caitlin Wu Varquez)

Hello, readers, I'm Caitlin Varquez, a junior at the University of Portland. I'm currently pursuing a Bachelor of Arts degree in Political Science with a minor in Psychology and Social Justice. With this degree, I hope to further my education with a Masters in Public Health. To say a little about myself, my heritage is half Filipina and half Chinese. I was born here in Alabama and have lived there all my life. I'm the youngest of three, and I'm a lover of dogs, books, dancing, and Filipino food.

The organization where I intern is called IRCO, Immigrant & Refugee Community Organization. I specifically work with the Asian Family Center. This organization promotes the integration of refugees, immigrants, and the community at large into a self-sufficient, healthy, and inclusive, multiethnic society. The Asian Family Center provides multilingual/multicultural, community-based services such as early childhood development, parent education and support, youth services, anti-poverty assistance and health education programs. I am currently working on the health education program and early childhood development services. (If you would like to learn more about this company, this is the website: http://www.irco.org/who-we-are/our-unique-locations/asian-family-center/)

IRCO AFC is partnering with the Oregon Bhutanese Community Organization to learn about early childhood development. What we are doing is interviewing families with young children about their experience with early (ages 0-6) childhood education. Eventually, this will lead to a policy change/proposal.

The first community we met with was the Bhutanese community, and their dialect is Nepali. Half of the six interviews needed an interpreter while the others spoke English quite well. While accompanying my supervisor to these meetings, I had the chance to talk to the families and simply observe. Parents moved me by what they said. They worry that the children will lose their mother tongue and forget their culture. As I look back on in now, it seems like a trade-off. Freedom and a better life in America in exchange for a loss of culture.

A major problem is the language barrier. As most parents know, when a child starts schooling they're there most of the day. At school, the Bhutanese children are surrounded by English speakers, but when they come home, their parents only speak Nepali. In one interview, such a problem was intensified.

This man was running late because he was attending an American Sign Language class offered at IRCO. He has poor hearing and can't speak well, and his wife is deaf and can't speak at all. They have two sons: a nine-year-old and a three-year-old. They have been here for about six years, so

the older son did attend preschool in Portland. He expressed his despair to us. The son no longer listens to him. He wants him to do well in school and study more, but the boy pays more attention to the TV, computer, or Ipad than the father. The father thinks that the son is taking advantage of him. The father and mother only know Nepali sign language. It's difficult to explain to the child why he must learn the mother tongue since he's here in America where almost everyone speaks English. So now, the father has decided to take the whole family to American Sign Language classes once a week to have better communication in the future. This predicament moved me, and I can only hope that the son can make the decision to help his parents instead of fight them.

So, what did this community want as parents? Recurring ideas seemed to be more parent involvement in their child's education, a Nepali spoken class, ESL classes, and better nutrition in schools. As my supervisor and I transcribe these interviews, we'll pay attention to those recurring themes. Then working together with OBCO, a formal policy proposal will be made.

As a first generation Asian American myself, I can finally grasp what my parents went through. It wasn't until my teenage years that I could understand and respect the culture differences between the Filipino, Chinese, and American cultures. For example, as a child, I didn't understand why I couldn't spend the night at a fellow classmate's house. In American culture, it's allowed but in the Asian culture there are things that I can't do because I'm a woman. I also fully understand that whatever my parents did was for my safety. What helped me was reminding myself that my parents grew up in a completely different setting than I did. Although, it's difficult sometimes, growing up with different cultures made me better. Meeting with these families made me appreciate my parents even more for what they've done for our family.

My expectations for this program compared to my experiences do not align at all. I thought I'd be doing more physical work, and I knew that my service had to be direct. What I didn't expect was how well I fit in the environment. I could honestly see myself working with IRCO in the future, and I respect their mission and values. The service I'm doing is direct service in the long run. I also work with the leadership program, which works with community leaders to make them better. I enjoy working on the policy-making side of things and improving the community by empowering those in it. I'm also enjoying the different people I come across and their stories. Thank you for your time and reading about my experience as an Intern for Justice! Till next time!

Warm wishes,

Caitlin Wu Varquez



The Asian Family Center is where I work most of the time.



On the first day of my internship, you can tell I was pretty excited.

l'Arche Agapè: June 8-12 (by Parkes Kendrick)

Hello! My name is Parkes Kendrick and I recently finished my sophomore year at UP. I am a Math/French major and a Computer Science minor, but my interests are widespread. I didn't really start engaging in service until I came to university, and now I can't imagine my life without it.

I am currently in my sixth week of volunteering in Quebec, Canada as an assistant in a l'Arche community. L'Arche is an international organization that has communities/houses all around the world. In Canada itself, there are nearly 200 of these communities. Each one is made up of about 2/3 mentally handicapped people and 1/3 assistants. Everyone lives at the house together, and these houses are located in residential areas, thus creating what is a truly a family-like atmosphere. The assistants help the mentally handicapped residents with daily routines and tasks,

but a big part of the job is making sure that they do not lose their autonomy. As such, the l'Arche community is more than a meeting place between two groups in society that maybe wouldn't normally interact so personally; it is a place that challenges everyone living there. For more information, feel free to visit the website for my community:

http://www.larche.ca/en/communities/agape

Also, the following link has more information about l'Arche Canada in general:

http://www.larche.ca/en/larche/what_is_larche

I applied to the Interns for Justice Program for a few different reasons. However, foremost out of all of them is that I really wanted to challenge myself. Doing service in conjunction with thoughtful reflection forces me to address things about myself that aren't exactly pretty. Thus, in serving a community that is often pushed to the fringes of society, that community serves me. I want to leave this experience not only having made a mark on the people around me, but as a more modest, patience, and understanding person.

So far, the moments that I have learned the most from are those that have been the most simple. The one that stands out the most is when one of the mentally disabled residents, let's call her Annie, asked me why one of the residents was upset. I told her that it was because he didn't want to go to work in the morning. She replied, "Well, sometimes I have to do things that I don't want to. The other night I did not want to wash the dishes, but I did it. And I didn't become angry." She said it so matter-of-factly, but it was something that I needed to be reminded of. I think I, and many others, forget about these simple lessons that are so important to living a healthier and more fulfilling life; I am so grateful that I am able to live with such a wise person who can remind me of these things.

Now I'm going to go back to my evening with my house. It will probably involve some dancing, some reality TV, and lots of jokes.

Until next time, Parkes



We always try to make our meals together. This usually involves lots of laughter, playing of 80's music, and discreet tasting of the meal.

Interns of Justice June 1st-5th (by Amanda Smith)

Hello, I am Amanda Smith a sophomore social work major at the University of Portland.

I am interning through the Interns for Justice program at a wonderful organization called Operation Nightwatch. Nightwatch is a nonprofit organization in downtown Portland that runs four hospitality centers in the area. Hospitality centers are places where the homeless can go to get a few hours of comfort and care. The goal of Operation Nightwatch is to be the living room of Portland where the homeless are welcome. Along with providing comfort and care, Nightwatch provides food, clothing, blankets, backpacks, and health care for anyone who is in need of it. If you would like to learn more about this wonderful organization, you can click on this link: http://www.operationnightwatch.org/.

Since I have started my work at Operation Nightwatch, Gary, the executive director, has taken me to a few city and program meetings. At these meetings it has become very clear to me how the public views the homeless population: like they are all criminals. I grew up in a family that was always very understanding and tried to see the best in people, so hearing some of the comments the committee members were saying shocked me at first. The first meeting I went to was on Public Safety and all the members could talk about was the problems the homeless population was making for the city. They continue to talk about "solutions" that will temporarily get them off the street, however they lack knowledge of how to work upstream, how to stop homelessness from the roots. Because no matter how many people we house, there will always be a homeless population until we fix the problems that are directly causing the issue. It has

made me rather passionate about spreading awareness of how this population is viewed and how to change these views.

One specific moment that I experienced that really effected me was when I came to Operation Nightwatch one morning to find it taped of with police officers surrounding the area. I told one of the officers that I worked in the building and had to get in. He pointed out a way around the tape then continued to say, "just another dead one here." One of our guests had died outside of the building over night. It bothered me so much because he just threw it off, like it was the death of an animal. Like this death did not mean anything. So I went inside and talked to Gary about it, how much it bothered me even though I did not know the man. It connected directly with how I felt about the other comments, how some people do not care about this population, how they make assumptions about everyone. Even the people working with me assumed that he had died from a drug overdose, when we learned later that he had a seizure. All of these encounters just make me more passionate about helping the public view the homeless population differently. Not all of them are drug addicts, not all of them steal from our shops, not all of them have been to jail. Even if they have done any of these things, punishing them is not going to help anyone. What we need to do is help them get on their feet and independent again. What we need to do is lend them non-judgmental hands that will comfort, care, and help these people in need. That is exactly what Operation Nightwatch is trying to do. We are there to sit down and talk, play games, or listen to these people who do not get many chances to do any of these things. We are there to help them get through a tough time.



Operation Nightwatch is a place where the homeless can have comfort, care, and protection, like being under the wings of an angel.

Thank you for reading my post, I hope it opened your eyes to how you, and others around you, view issues in our community. Do you complain about it, or do you help to fix it? Because overall, it is you who decides to change your community.

Best wishes,

Amanda

Interns for Justice: June 1- June 5 (by Linda Hong)

Hello! My name is Linda and I am a senior at UP and I am studying biology and minoring in social justice.

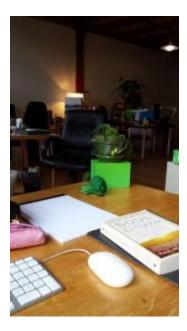
The organization I am interning with an organization that is called Upstream Public Health. This non-profit organization works to minimize health disparities for communities in the Portland area. Their mission is to seek out the most innovative broad-based public health solutions. Their goal "is to address the most pressing health issues and improve people's wellbeing, one policy at a time" and they do so through research, science, data collection, and having dialogues with community members and policy makers. Currently they have projects around tobacco prevention, oral health, food and nutrition, climate change, transportation and land use, and health equity. You can find more information about this organization athttps://www.upstreampublichealth.org. Specifically, I will be working with youth for the Youth Tobacco Prevention Program that they have created and started implementing.

I applied for the Interns for Justice program because I wanted to utilize the concepts and lessons I have learned through my education. Learning about something and reading about the experiences of others is different from actually experiencing it in reality/the real world, and I think that this program would be a great opportunity to do so. I believed it would be a great chance for me to build genuine relationships and learn what it is like to be an actual ally and experience the daily work of a social justice community organizer. From this experience I hope to learn a lot about the public health realm and how policy reform works. I also hope to learn from the people I serve, which will be mainly youth from minority backgrounds and the staff members of this organization. From this internship I also hope there will be many opportunities to listen to the stories and experiences of marginalized communities, stand in solidarity, and work to provide support or solutions to these communities.

The things that move me are personal experiences, stories, and hardships that individuals face, and how they overcome them. Most of the things that stir me and I feel passionate about are inequality and social issues. More specifically, I feel passionate about health disparities/health equity, immigration, race and racism, and poverty. Through experience and the social justice courses I have taken, I have thought a lot about these topics and learned a lot. Healthcare and healthy lives is something nobody should be denied and for many populations it is due to their income level, stress level from poverty and oppression, or due to their gender and sexual orientation. I have also realized how interconnected these topics are, how interconnected marginalization can be, and what I can do to have an impact.



My workspace



A picture of my workplace. I get my own desk, laptop, and a sunny little corner of the office! Thank you for reading!

-Linda

Interns for Justice: May 18-May 22 by Ana Fonseca

Hi there,

My name is Ana Fonseca and I'm an incoming senior English major with philosophy, gender and women studies, and fine arts minors. I was born in Mexico, moved to the Central Valley in California when I was one, and now I'm spending my first summer here in Portland.

This summer I'm working at Roosevelt High School in a couple of different programs. I've been working there part-time for about two weeks now, and I already feel like I'm a part of the

Roosevelt groove. The need is so high at Roosevelt that they immediately integrated me in and put me straight to work, which is exactly what I wanted and needed.

A few things I learned about Roosevelt High School day 1 on the job:

- 1. RHS is the most ethnically diverse high school in all of Oregon! They have kids from so many different Hispanic, African, and Asian and Pacific Islander populations.
- 2. The majority of RHS students receive free or reduced lunches, making it Oregon's poorest high school.
- 3. RHS has a 54% graduation rate.

With that in mind, from what I've seen, educators and partners of Roosevelt work really hard to hold these kids up and support them not only academically, but personally. Roosevelt nurtures diversity and its intersections, and gives students a platform to express themselves in that, all while helping them gain necessary academic and college/career skills.

For the first part of summer I am helping seventy students in four mock trial classes with a project called the R-3 project. The three R's are: rights, respect, and responsibility. The students are creating a by-student-for-student publication that will help Portland youth better understand local laws and procedures. First, they began by generating a list of legal topics that interest them, topics like: civilian oversight of the police, use of force, self-defense, gang outreach, and more. Then they researched their chosen topic in order to prepare for conversations with community partners who are experts on these topics. Last week we had about 35 different community partners from Portland Police, the Independent Police Review, The City of Portland, and so many more government and non-profit organizations, come in and sit down with students to dialogue and answer their questions. Now students are processing the information and beginning to create the handbook.

I'm not sure if there is language to describe how excited and honored I feel to be working on this project. Less than a year ago in North Portland, a Roosevelt student resisted arrest and was tackled, punched, and tased by Portland Police. This March, a judge ruled that the student was not guilty of resisting arrest and had stern words for the police. Not only does this story speak to many RHS student experiences, but to the pain, anger, and grief our country is in the middle of right now. In our immediate community, Roosevelt is taking this moment and using it to promote and uphold the power of human communication and connection.

I got started at Roosevelt at just the right time. I've been able to support students in their interests and questions, their research, and their conversations with community partners. I've gotten a feel for what they care about, what they know, what makes their eyes light up. Last week was beautifully overwhelming. I got to see for myself just how many different people with different perspectives and different positions of power, earnestly care and think it is necessary and important to open up this difficult conversation. Students and community partners alike were fearless in sharing, articulating, and trying to understand issues and ideas that are hard to share, articulate, and understand. I got to sit in on these conversations, support the students in asking

their questions, and even ask a few questions of my own. The energy in the room was productive, energetic, collaborative, and by the end of the dialogues, lighter.

You can also learn more about the project by reading this great Oregonian article:http://www.oregonlive.com/portland/index.ssf/2015/05/roosevelt_high_school_book_pro.html



Sgt. Tim Sessions talks with Dacha and Lata about civil rights.

Thanks for reading! Ana

Interns for Justice May 18-22 by Nick Ramsey

Hey guys,

My name is Nick Ramsey, I just finished my junior year at UP, where I study business and am an RA. I grew up in Seattle, Washington and this summer I will be living with six of my friends in a house on Willamette Blvd.

This summer, I will be interning with the Boys and Girls Club, specifically the Regence Club of North Portland. Right now the club is preparing for its summer programs, so I will not start volunteering until June, but then I will be working full time. Here is their website to find out more about this organization: http://bgcportland.org

This last Monday, I went in to the club for the first time to meet with the unit director. Walking over there was a very interesting experience. I think it's a totally different world once you cross

Lombard Street. North Portland is a community that has a lot of good, hardworking people, but it also has its share of crime. It seems like a community that would be difficult to grow up in and because of that, I think I have a great opportunity to make a difference this summer at the Boys and Girls Club. Many at UP, including myself, come from very privileged backgrounds and that was very clear to me as I walked through the neighborhood. This summer, I want to do what I can to help this community, and I think the best way for me to utilize my gifts is by serving as a mentor to the kids of the Boys and Girls Club.



Lombard Street is a main street in North Portland but there was a shooting here just this week. I think of it as where campus ends and real North Portland begins.

Thats all for me now. I'm sure I'll have more to blog about once I start working.

Nick Ramsey