



Advice from a head of school

The word compromise is not a four-letter word

Head of School Tom Wilschutz shared his post-election thoughts at a school assembly Wednesday, Nov. 9 at Salebury School. Following is an excerpted version of his talk. For the full transcript, visit salebury.org.

Some of you assembled here awoke with fear of the consequences of a Trump presidency. Some of you assembled here today would have feared a Clinton presidency. Some of you assembled here today don't know how to process what is happening in our country.

I would like to offer all of you five thoughts as we stare into the future.

First. Regardless of who you are, we will protect you. We will protect you from hate and bigotry and injustice. We will protect you if you're black, white, Hispanic, Asian, if you're gay, straight, lesbian, trans or gender fluid. We will protect you if you're a Jew, a Muslim, a Christian, an atheist.

Second. President-elect Trump will soon be president of all Americans. And while there is a fringe of bigoted, misogynistic, hateful people who support him, the millions of Americans who voted for him are not bigoted, hateful or misogynistic. They voted for him because they felt left out, left behind, unheard. They voted for him because their government, our government, no longer worked for them in their opinion. They voted for him because they had lost hope in our political system. They voted for him because they wanted a change from establishment politics.

We must hear those concerns, and we must work to make our government, and our economy, work for all Americans, as well as look beyond our shores and ensure our government works to address the global problems that threaten all humanity.

Our challenges are real, and these challenges are experienced unevenly across this nation. If you're a farmer in the northwest corner of my home state, Iowa, you voted overwhelmingly against the status quo in Washington because annually you see your neighbors sell their land or their farms foreclosed.

If you're a factory worker in the Firestone Tire Plant in Des Moines where I worked summers in college, you voted against the Washington Establishment. In the summer of 1974, I worked alongside 3,000 employees at that Firestone plant. Today, that plant produces more tires than in 1974, with only a couple of hundred employees. Those jobs didn't go overseas; with automation, they simply went away.

John F.P. Cole: Tempus Give Donald Trump his chance

It was said in ancient Greece that a democracy has a natural limit of existence before it implodes under the weight of the (implied) misguided "will" of the governed.

Thousands of years later, destructive micro riots are taking place in some American cities, because the victor of the presidential election didn't fit the narrative of now discredited major players within the fourth estate, left wing, and even the football field.

Cher and Madonna were among the count in the protest. Anyone out there see Cher and Madonna as guiding forces or role models in their lives? All those celebrities who said they will move to Canada? At least one Canadian said he'll take back Bieber, a Canadian citizen, but the U.S. can keep its "left wing nut jobs."

To some, the huckster trumped the wicked witch. To others, justice was done. Yet to others, grave injustice was committed. Whether Hillary or Trump, the day after did come, and the year will too. The union will survive, just how intact remains to be seen. Will we grow in union to a brighter future?

Disturbing footage from Chicago emerged showing a mob beating the daylight out of a man — reportedly because he voted for the president-elect. Colleges brought in grief counselors and some professors waived exams to assuage expressed student distress. Aaron Sorkin, the Oscar-winning screenwriter behind "The West Wing" and "The Social Network" told his 15-year-old daughter Roxy and her mother, Julia Sorkin, that the world changed

We must learn how to be better citizens. How to disagree respectfully. How to listen and not just argue. How to find solutions and not just win. You must practice these skills here at Salebury. Home those skills in your classes, your dorm room, your clubs and your teams. Practice disagreeing without labeling and dismissing. The word compromise is not a four-letter word. For democracies to work, we must learn to work together around difficult issues.

My third message: We must stand together now, support the democratic institutions that protect us all, accept the outcome of this election, but continue to fight, even harder, even louder, for the value that we hold dear: acceptance, inclusion, respect for all people, truth, justice, fairness.

We must learn how to be better citizens. How to disagree respectfully. How to listen and not just argue. How to find solutions and not just win.

Fourth — let's talk about hope. Think back to the challenges this country faced in the presidential elections that that unfolded in 1860 or 1865; or the election that took place in 1940, or as recently as 1968. If you were alive and paying attention in the summer and fall of 1968, reasonable people could have reasonably concluded, that our country was on the brink of revolution.

Two national leaders had been assassinated — Martin Luther King in April and two months later, Robert Kennedy in June. Our cities erupted in violence in the summer of '68. College campuses were torn apart by protests. The TET Offensive in January shook everyone's belief in the country that we were winning, or could ever win, the Vietnam War. On black-and-white TVs across the nation, we all watched as the Democratic National Convention in Chicago was ripped apart by violence, with hundreds of police beating protesters outside the convention hall with nightsticks.

My point is this. We as a nation have faced many difficult challenges in the moment of presidential elections, and we have prevailed.

My final message is this: silence is dangerous. To help shape a better world for everyone, you must educate yourself, and then you must use your voice. Events, laws, policies — whether it's Solebury School, or New Hope, Pa., the state of Pennsylvania or our nation — the world is shaped by those who show up and speak.

Prepare yourself, now, to be the citizen you want to be in all the communities you will inhabit as adults.

And, keep the faith.



Family Service Association of Bucks County held its annual meeting and outlined its progress Nov. 10.

Bridget Wingert: Happy to Be Here A "phenomenal organization"

When Michael Mattie, president of the Family Service Association Board, welcomed friends and staff to the organization's annual meeting, he warned that he could sing the group's praises for a long time.

Mattie is passionate about Family Service's record and its positive effect on Bucks County — the group has served 27,550 people in the past year and it has been doing the same kind of work for 63 years. FSA today has a presence in seven school districts and 22 schools.

In six decades, the needs have changed, the clientele has changed and the solutions have changed as nonprofit social services groups have proliferated throughout the county. The presence has been strongest in Lower Bucks with offices and treatment centers in Langhorne and Bristol but Family Service has offices in Doylestown and Quakertown, and two near Atlantic City, N.J.

Audrey Tucker, the chief executive officer, who has been with Family Service for 30 years, heads a staff that includes counselors, psychiatrists, administrators, job coaches, case managers, outreach staff and almost 300 volunteers. This year alone, FSA renovated the bathrooms in the Lower Bucks Emergency Homeless Shelter, which it manages. It expanded the Quakertown office and renovated the Doylestown office.

FSA also expanded its HIV/AIDS program to include Access to Services (ARTAS), the Centers for Disease Control case management intervention. Family Service established a home for people with HIV/AIDS more than 20 years ago in New Hope. Approximately 900 people in Bucks County are living with a diagnosis of HIV/AIDS.

Another expansion has been FSA's autism program, to include individuals with other disabling conditions besides autism spectrum disorder. AACES now stands for Adolescent and Adult Competitive Employment and Socialization. With a state grant, FSA is able to provide affected students age 17-21 with transportation for employment and education.

And Family Service helps people with addictions and mental health problems. The organization helps first with recovery from addiction, then finding work and housing. In the past year, "90 percent, 193 out of 214 Supportive Case Management Outreach Team participants were able to obtain or maintain stable housing, according to the annual report.

Added to the social services are mental health counseling, programs for older adults, parent education and support and suicide prevention. The suicide helpline at 215-355-6000 offers someone to listen to people struggling with life's challenges.

In 2015, FSA was awarded Neighborhood Assistance Program tax credits. The state program encourages businesses to invest in projects that benefit vulnerable populations. FSA

received \$50,000 in tax credits that were purchased by Customers Bank, BB&T, M&T Bank and Meridian Bank. The credits funded a playground for the homeless shelter.

The annual luncheon Nov. 10 at Spring Mill Manor, featured a guest speaker, Jean-Michel Giraud, president and CEO of Friendship Place in Washington, D.C. The group focuses on the epidemic of homelessness in that city.

His group emphasizes Rapid Rehousing for homeless individuals and families.

Many who turn to Friendship Place for help don't need long-term support. According to its website, "They may have found themselves suddenly unable to pay the rent because of unforeseen life challenges — a layoff, a health crisis, a family crisis, domestic violence, and so on — or they may be newly released from incarceration. With just temporary assistance, they can get back on their feet."

Partnership programs "help participants find private-market housing they can afford, sign a lease and move in, while helping them stabilize their finances, making sure they have sufficient income — employment, SSI, SSDI, Social Security, retirement plan, family support, Veterans Benefits, etc. — to pay rent on an ongoing basis."

Friendship House or one of its partners may also provide temporary rental assistance to help the individual or family over the hurdle of the up-front costs of signing a lease.

It's the kind of commitment that Family Service has — with support for families at its roots. FSA helps to reunite children in foster care with their families when possible and provides all of its other services to families as well as individuals.

At its annual meeting, FSA recognizes community partners have given significant support. This year's Corporate Citizen of the Year award went to Johnson & Johnson. The company's corporate contributions has funded FSA services, including the homeless shelter, counseling and programs for children and families.

Four Bucks County agencies were named Family Builders of the Year — Bucks County Department of Housing and Community Development, Bucks County Housing Group, Bucks County Opportunity Council and Keystone Opportunity Center. The groups formed Bucks County Housing Link, a one-stop referral service that points desperate people in the right direction, no need to make false starts going from agency to agency to find the right one.

An individual who has survived addiction and mental health problems was named Family of the Year. Marion Tanzillo has overcome many challenges since she came to Family Service four years ago. She said in a video that it took 24 years to "get off the street."

The year was, President Mattie concluded, a show of success of treating one family, one person at a time. It's a phenomenal organization, he said.

David Cuff: Short and Sweet Brief Biographies

Helen Keller

Deaf and blind. Her career was stellar. Her teacher Anne Sullivan was no shrinker. She was, in fact, *The Miracle Worker*

David Cuff's book, "Brief Biographies," is a collection of light verse by the Clerihew, a challenging poetic form devised by Edmund Clerihew Bentley when he was a student at St. Paul's School in London.

The book is available at Amazon.com.

Marion M. Kyde: On the Inner Environment Housekeeping and the Nobel Prize

If you never washed the dishes, scoured the skillet, or took out the garbage, how long would it take before you could no longer make a meal in your kitchen?

Thought so. Housekeeping matters. Housekeeping matters inside our cells, too. This year's Nobel Prize in Medicine went to the man who transformed molecular biology with his inquiries into cellular housekeeping, or autophagy — Yoshinori Ohsumi.

Autophagy (self-eating) is the process all cells use to clear away metabolic debris: damaged proteins, broken organelles, and bacterial and viral intruders. This important work goes on inside special disposal units called lysosomes. Useful cell components recovered from the cleanup are released to form new proteins and cellular structures. Unlike too many of us, cells recycle.

Ohsumi identified the genes involved in autophagy, for which he received the Kyoto Prize for Basic Science in 2012 and the Nobel this year. Basic science is not always considered very exciting, except to those directly involved, but it happens that these housekeeping genes can also suppress tumor growth.

Even more important, malfunctions in their activities have been linked to other human diseases — Parkinson's, Type 2 diabetes, Crohn's disease and cancer among them.

Many different gene products (proteins) are needed for housekeeping: proteins to recognize faulty cell components, proteins to transport these

with Trump's victory; the Klan won. Really?

The Wolf Blitzers and his smug, mainstream media bubble brothers and sisters were, no doubt in disbelief; stunned over a world now, in the toilet. Unable to bend reality to their point of view, I wonder if they wonder what went wrong, other than the upper hand taken by deplorables and those who really don't understand they've made a mistake.

Here's a little secret. A more diverse group of people than so-called "uneducated white folk," as the mainstream media call them, voted for Trump. I teach for a university, and I get ranked every year. I would sense Blitzer and others of his ilk denigrate, directly or indirectly, people who didn't have university degrees.

This is a horrible, misguided, inaccurate, and effete view. It is not surprising, coming from above-it-all folks who believe in their power of strong government central control, such as the inveterate deceiver, Harry Reid. Despite continuous efforts to put Americans into singular minded silos, the numbers show people from both genders, multiple colors and backgrounds voted for Trump. Many of them expressed anger at being stereotyped for their background and appearance, not for who they are as individuals. Aren't you sick of all this?

Give the Donald his chance. He won. I would have said the same for Hillary. To fly, a plane needs a left and right wing.

John Cole is the host of *Tempus with John Cole* heard on *WDVR-FM*.

components to a recycling center (lysosome), proteins to break them apart, and proteins to transport and recycle the resulting bits and pieces for other uses. This multi-step disassembly line is ongoing in healthy cells, but greatly stimulated and/or altered by stress. Breakdown on the assembly line leads to mistakes and breakdowns.

A broken gear in an assembly line mechanism causes a pileup of parts on the conveyor belt and produces no finished product. A faulty switch can lead to mishappen parts that won't fit into a finished product. "Broken gears" and "faulty switches" inside cells are caused by mutations in genes and result in toxic accumulations of cellular debris, and enzymes that can't function. Current medical research is connecting more and more of our most troublesome diseases to autophagy proteins gone rogue.

Drugs to modulate autophagy are now in clinical trials. Some speed up the assembly line, some slow it down, and some repair the faulty switches. In a few years, we may have cures for diseases we don't fully understand today. This is exciting research!

None of it would be possible without the prior slow, sometimes boring, repetitive, exacting, unglamorous elucidation of all the genes involved in cellular housekeeping.

Thank you, Doctor Ohsumi.

Marion M. Kyde Ph.D., a mycologist, lives in Tinicum Township.