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NO KIDDING AROUND!

AMERICA'S
YOUNG ACTIVISTS
Are Changing Our World

And



YOU CAN
TOO

WENDY SCHAETZEL LESKO

Activism 2000 Project

PHOTOCOPY
PRESERVATION

Wendy Schaetzel Lesko
Activism 2000 Project



MARTHA K. HESS
Public Information Director

Activism2000
PROJECT
Encouraging Youth Initiative Through Participation

1632 Ridout Road / Annapolis, MD 21401
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MARTHA K. HESS
Public Information Director

Activism²⁰⁰⁰

PROJECT

Encouraging Youth Initiative Through Participation

February 23, 1993

Eli J. Segal, Director
OFFICE OF NATIONAL SERVICE
Old Executive Office Building Room 145
Washington, D.C. 20500

Susan
J. pls make a
file .
3.

Dear Mr. Segal:

I applaud your thoughtful discussion of national service that you engaged in on "Talk of the Nation" on NPR Radio this week. Your conversation with the host of the program, along with callers, pointed up the overwhelming support for this initiative to be undertaken by the Clinton Administration as soon as possible.

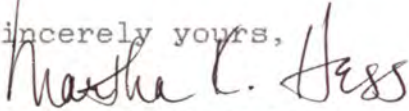
I was particularly impressed with the statistic that you cited regarding volunteerism on the part of 11 through 17 year olds. This age group is a largely ignored segment of society that is currently participating in volunteer service in large numbers. This untapped resource of young people, if cultivated by the Clinton Administration, holds the promise of becoming a different sort of citizen - one who recognizes their responsibility to give something back to their community, and in doing so, will experience the personal fulfillment that volunteer service can bring to an individual.

The Activism 2000 Project is dedicated to the interests and initiatives of young people wanting to become involved in worthwhile advocacy projects. As a clearinghouse, we track examples of positive young people and their efforts that fly in the face of current media trends portraying this next generation as troublemakers, breaking laws, not making them.

Our publication, NO KIDDING AROUND! AMERICA'S YOUNG ACTIVISTS ARE CHANGING OUR WORLD AND YOU CAN TOO, highlights some of the extraordinary success stories from the next generation, and acts as a motivator to young people looking for practical ways to become involved in community issues. We have received enormous positive response from educators, parents and others who have used NO KIDDING AROUND! in their programs around the country. We invite you to review the book, and would be eager to hear your thoughts on it.

The Activism 2000 Project is firmly committed to the notion of national service, and stands squarely behind your efforts to have everyone in this country more fully understand the need for this important commitment to our society on the part of future generations. We wish you the best of luck.

Sincerely yours,

A handwritten signature in cursive script that reads "Martha C. Hess". The signature is written in dark ink and is positioned to the right of the typed name.

Martha Kiernan Hess

Biographical Sketch

Wendy Schaetzel Lesko is the founder and executive director of the Activism 2000 Project, a resource center created primarily to encourage the political participation of young people. Her latest book is *No Kidding Around! America's Young Activists Are Changing Our World and You Can Too* (Information USA, 1992). The idea behind the project and this book has been evolving for many years, growing out of her experience as both a community organizer and a journalist covering the U.S. Congress. While a student at Rollins College in Florida, her involvement with Head Start tutoring migrant children spurred her to jump from volunteerism to advocacy. After graduation she worked for Cesar Chavez and the United Farmworkers Union, mobilizing public support for the migrants' struggle to break out of the cycle of poverty.

Ms. Lesko serves on the board of directors of Active Citizenship Today (A.C.T.), a community service learning program sponsored jointly by the Close Up Foundation and the Constitutional Rights Foundation. Beginning in March '93, "Ask Wendy" will appear as a monthly column in *Disney Adventures* magazine.

Recent speaking engagements include Youth Service America SuperConference '92, Youth for Social Change Conference sponsored by the Children's Museum of Indianapolis, the National Student Alliance Conference, Harvard University Institute for Politics, and Maryland Student Service Alliance.

She coauthored *The People Rising: The Campaign against the Bork Nomination* (Thunder's Mouth Press, 1989) with Michael Pertschuk, co-director of the Advocacy Institute and former chairman of the Federal Trade Commission. This in-depth oral history is filled with critical lessons relevant to both the novice and veteran activist.

From 1975 to 1980 she was managing editor of the *Congressional Monitor*, a daily newsletter reporting on future House and Senate committee activities, floor votes, and conference negotiations. Wendy Schaetzel Lesko and her colleagues taught hundreds of lobbyists at biweekly seminars entitled "Understanding the Legislative Process." Between 1978 and 1980 she also broadcast "Today on the Hill" each weekday for WTOP radio, the CBS affiliate in the nation's capital. This live commentary highlighted legislative skirmishes.

Her first book, *The Maternity Sourcebook: 230 Basic Decisions for Pregnancy, Birth, and OBaby Care* (Warner Books, 1984), was coauthored with her husband, Matthew Lesko. In 1983 she broadcast "Conversation for Consumers," a nationally syndicated weekly radio program sponsored by the Council of Better Business Bureaus. Her articles on health care issues and pending legislation have appeared in newspapers and magazines including The Washington Post, Good Housekeeping, SAVVY, and the Indochina Refugee Action Bulletin.

Wendy Schaetzel Lesko lives in the Washington, D.C. metropolitan area.

Activism 2000

PROJECT

Encouraging Youth Initiative Through Participation

Mission Statement

We all have a stake in the future direction of our country. How can we overcome apathy and cynicism, especially among the next generation? Today, a host of pressing problems requires more than ever the public be both informed and involved. Americans of all ages feel disconnected and question whether they can participate in tackling such major issues as education, hunger, homelessness, racism, violence, and environmental damage. This attitude of powerlessness and detachment undermines our democratic society which thrives only with an engaged citizenry.

Wendy Schaetzel Lesko is the founder and executive director of the Activism 2000 Project, a resource center located in the nation's capital created to encourage young people to achieve lasting solutions to problems that they care deeply about. The primary aim of the Activism 2000 Project is this:

- . . . to rekindle a spirit of idealism in young people;
- . . . to convert concern and compassion into action;
- . . . to link their energy with like-minded individuals;
- . . . to give them a taste of empowerment to pursue their vision;
- . . . to convince them that an individual can make a difference.

This mission goes far beyond convincing young Americans that democracy is not a spectator sport. The Activism 2000 Project teaches citizens, especially those who are not yet of voting age, to transform their ideas into concrete proposals and strategies for gaining the attention of political leaders and decision makers. Another goal of this national organization is to urge elected representatives and the media to take seriously the ideas and solutions offered by the next generation who will inherit so many unsolved problems.

Ms. Lesko is the author of *NO KIDDING AROUND! America's Young Activists Are Changing Our World And You Can Too* (ISBN 1-878346-10-5; Information USA). This 260-page book is filled with success stories about kids between 8 and 18 years of age who prove there is no minimum age for leadership. Besides dozens of case studies and full-length oral histories, this "how to" handbook includes over 1,000 information resources plus numerous strategies for launching a campaign.

The Activism 2000 Project offers free advice, information, and lots of encouragement to:

- ★ children of all ages
- ★ parents
- ★ teachers
- ★ student governments
- ★ school ecology clubs
- ★ leadership and citizenship advocates
- ★ youth and community service organizations





Photo by George Tames

WENDY SCHAETZEL LESKO

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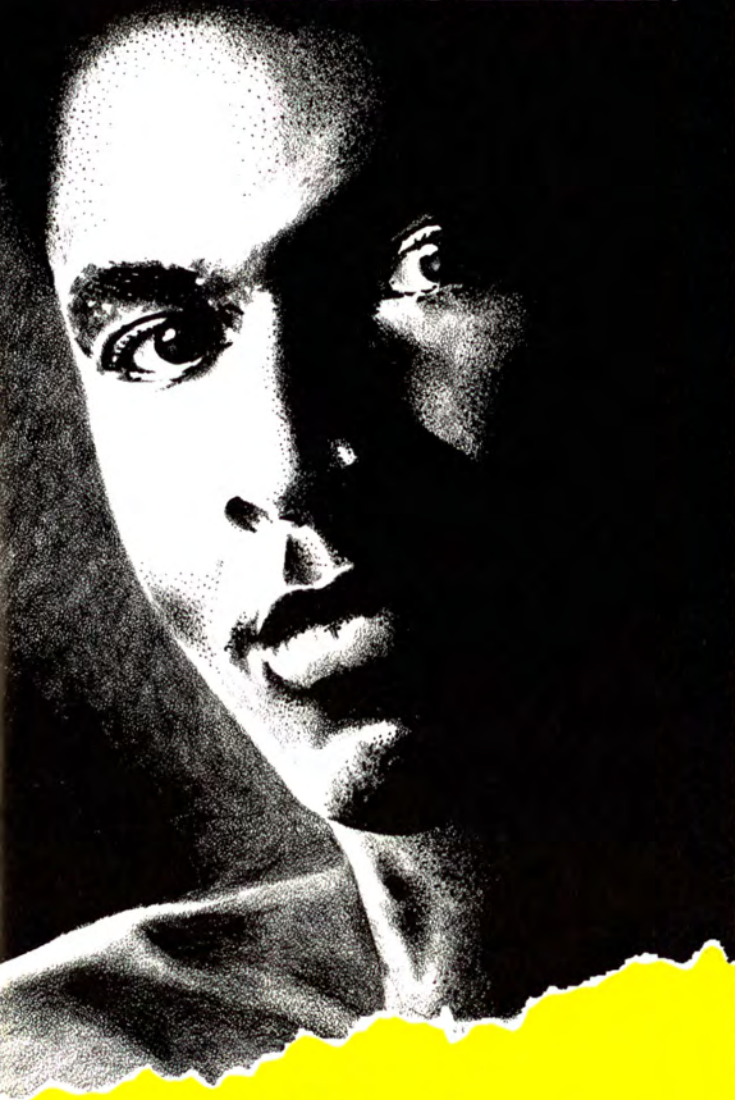
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4pp.

Future U.S. President or Gang Leader?

FUTURE U.S. PRESIDENT OR GANG LEADER?



INSIDE SCOOP...

Kids can be lawmakers just as easily as lawbreakers...

Children can take credit for laws that curb minors' access to tobacco and other drugs...

Teens, including gang members, are forcing communities to open youth drop-in centers...

NO KIDDING AROUND?

*National Recognition of
"No Kidding Around!"*



The Washington Post:

"Wendy Schaezel Lesko believes adults need kids to think about solving problems. Her new book describes many ways that kids ages 8 to 18 have changed things . . . *No Kidding Around!* tells kids how they can help such problems as hunger, homelessness, safety, health and the environment."

Sacramento Bee:

"A+ . . . *No Kidding Around!* abounds with oral histories of young activists who prove that ordinary citizens--even those who can't vote--can play a key role in American democracy . . . The book details specific strategies for taking on the power structure and winning."

KLIATT Young Adult Reader:

"Lesko is encouraging but also pragmatic . . . would-be activists will find a wealth of inspiring and useful information here."

Active Citizenship Today:

(ACT is a joint service-learning program of Close Up Foundation & Constitutional Rights Foundation)

"This wonderful handbook is divided into three basic sections. The first gives young people numerous strategies for addressing community problems. In the second, young community activists tell their own success stories. And the third lists a wide array of information resources . . . We think so highly of this book that we are sending a copy to each district."

Louisville Courier-Journal:

"A book that shows youths how to be successful activists, using the political system to see their ideas to fruition."

Chicago Tribune:

"Lesko says, 'It's the kids, not the adults, who must say, 'We're outraged!'" Lesko suggests that students crack the whip on officials by calling or writing to city leaders, newspapers and people like Carol Moseley Braun."

Houston Chronicle:

"Kid power [is] something to take seriously: children's advocate Wendy Lesko says it is time for adults to pay attention and listen to what today's kids have to say because their opinions need to be heard."

WBZ TV Editorial (Boston):

"If you're a kid who wants to learn what it takes to be taken seriously enough to shape your world or if you're a parent who wants to know how your family can adopt a community project, contact the Activism 2000 Project."

WBZ-TV 4

1170 SOLDIERS FIELD ROAD BOSTON MASSACHUSETTS 02134 TELEPHONE 787-7000



GROUP W TELEVISION, INC

Activism 2000: Young People Making a Difference

delivered by

Geri Denterlein, Editorial Director, WBZ-TV

If in politics, the eighties were the known as the age of indifference, the nineties might well be the age of activism. Now, one election does not a trend make. But with more voters participating, more young people learning about the issues, and more candidates speaking directly to the people, for democracy, things are looking up.

And there are signs of life beyond the ballot box. According to a national study, 18 - 24 year olds are twice as likely as baby boomers to have participated in organized demonstrations on issues that affect their lives.

Even younger people - not yet old enough to vote - are flexing their political muscle. Andrew Holleman, a 12 year old in Chelmsford saved wetlands by forcing developers to choose another sight. In Sandwich, kids sponsored legislation to make student smoking lounges illegal. Cynics thought kids wouldn't have the clout to move the powers on Beacon Hill. They were wrong. And in Springfield, kids got the city to remove a mountain of trash that had piled up near their inner city school.

These success stories are chronicled in a handbook called No Kidding Around, a part of the Activism 2000 project.

The goal is to convince youngsters to get involved by showing how others have made changes in their communities or schools.

So if you're a kid who wants to learn what it takes to be taken seriously enough to shape your world or if you're a parent who wants to know how your family can adopt a community project, write:

Activism 2000
Box E
Kensington, Maryland

or call 1-800-955-POWER.

TV: 11/17/92 6:56 a.m.; 12:26 p.m.; 6:56 p.m.

The Washington Post

TUESDAY, NOVEMBER 24, 1992

HOW & WHY

Fix Up the World



ILLUSTRATION BY LOEL BARI FOR THE WASHINGTON POST

By Catherine O'Neill
Special to The Washington Post

On Thanksgiving Day, people all over the United States stop for a little while to think about the good things they have. They get together for big, delicious meals and feel thankful that they are not hungry. Members of families look around their tables and feel grateful that they have each other.

But for many people, Thanksgiving reminds them of others who aren't so lucky: people who are hungry, or homeless, or lonely. Some families spend part of their Thanksgiving Day working in soup kitchens or delivering canned goods to food banks before they go home to their own meal. They want to help.

"I want to help too," you may say. "But I'm only a kid, and kids can't change anything."

If that's what you say, there are people out there who disagree with you. They say kids can do a great deal to help solve problems in their communities—and their world.

Wendy Schaezel Lesko is the founder of the Activism 2000 Project, a resource center for involving young people in helping to change national problems. She believes adults need kids to think about solving problems. "Kids from all walks of life want to change things. They want concrete solutions. They want food for the hungry and shelter for the homeless."

What that takes, Schaezel Lesko says, is encouragement. "Kids need to know that someone takes their ideas seriously, for someone to say, 'Yes, let's try that!'"

In a new book called "No Kidding Around," Schaezel Lesko describes many ways that kids ages 8 to 18 have changed things. For example, a group of eighth graders at Glenwood Middle School in Howard County, Md., were instrumental in getting the first bicycle helmet county law passed in the nation.

"Kids have enormous talent and energy and enthusiasm," says Kathleen Kennedy Townsend, director of the Maryland Student Service Alliance. "Too often they're not given the opportunity to show what they can do."

In Maryland, helping your community has become a requirement for high school graduation. The new program makes Maryland the first state to require students to give some sort of service to others in order to graduate. The first students affected by the new regulation will enter ninth grade in the fall of 1993. Volunteer work can mean tutoring other kids, helping out at nursing homes, cleaning up the Chesapeake Bay and many other activities.

Kathleen Kennedy Townsend says that working in service programs not only helps others; it helps the kids who do it, too. She believes that community service increases kids'

sense of responsibility, their understanding of community and world issues, and teaches kids about citizenship.

This week, the time when Thanksgiving comes, is a good time to start figuring out what local, national or global problems you're concerned about. What would you like to fix, and how would you like to do it?

Here's one suggestion: Use the form below to write a postcard about your concerns to someone important. That person could be the mayor of your town, your senator or member of congress or even President-elect Bill Clinton. The president-elect's address is 105 W. Capitol St., Suite 400, Little Rock, Ark. 72201. After Jan. 20, write to him at The White House, Washington, D.C. 20500. If you want to write to a local official, ask an adult to help you find the correct address. In your note, let the official know what issues you're concerned about, such as crime, or the environment, or hunger. Make sure you include your name, age and where you live.

For You to Do

Use this space to write to someone important about a problem you would like to see solved. Cut your message out, paste it to a postcard, and mail it to the person you have chosen. Don't forget the 19-cent stamp!

Dear _____:
My name is _____.
I'm _____ years old, and
I live in _____.
I'm worried about _____.

What do you think we can do to solve the problem? Can kids help?
Yours truly, _____

Tips for Parents

Wendy Schaezel Lesko would like to see young people grow up to be "pragmatic idealists." She says, "My real dream is for every family at least once in their life to take on an issue and work to solve it. Thanksgiving is a perfect time for families to say, 'What is our issue?' Her book, "No Kidding Around! America's Young Activists Are Changing Our World and You Can, Too" (Information USA: \$18.95) tells kids how they can help problems such as hunger, homelessness, safety, health and the environment. Do you have your own success story? Your kids can write to Schaezel Lesko at the Activism 2000 Resource Center at P.O. Box E, Kensington, Md. 20895-0418; (301) 929-8808. To order the book, call 1-800-KID-POWER. For more information about Maryland's new service requirement, contact the Maryland State Department of Education, 200 W. Baltimore St., Baltimore, Md. 21201 or your local school board.

Catherine O'Neill is a children's writer.

ACTIVE CITIZENSHIP TODAY



44 Canal Center Plaza
Alexandria, VA 22314
Telephone 703.706.3300
Facsimile 703.706.0001



601 South Kingsley Drive
Los Angeles, CA 90005
Telephone 213.487.5590
Facsimile 213.386.0459

✓ No Kidding Around: America's Young Activists Are Changing Our World And You Can Too by Wendy Schaetzel Lesko

This wonderful handbook is divided into three basic sections. The first gives young people numerous strategies for addressing community problems. In the second, young community activists tell their own success stories. And the third lists a wide array of information resources. The final page makes this offer: "If you are stumped about a particular strategy, have difficulty obtaining information, or are puzzled by a parliamentary procedure, we can provide leads and offer suggestions and plenty of encouragement. Call, send a letter, or fax us at: Activism 2000 Project, PO Box E, Kensington, MD 20895 Tel: (301) 929-8808 Fax: (301) 929-8907." We think so highly of this book that we are sending a copy to each district. But classroom teachers may want their own copies. If it is not available in a local bookstore, order it by calling 1-800-KID-POWER.

Cooperative Learning: Resources for Teachers by Spencer Kagan
Available from Resources for Teachers, 27134 Paseo Espada #202, San Juan Capistrano, CA 92675 tel. (714) 248 7757

The best handbook we have seen for teachers on cooperative learning. Hopefully, Kagan has found a copy editor for his latest edition. Please let us know if you find a more helpful book on this subject.

Civics for Democracy: A Journey for Teachers and Students by Katherine Isaac

This is the published version of Ralph Nader's Civic Curriculum. It briefly profiles some student actions then devotes over a hundred pages to the history of citizen movements. But ACT teachers will find the latter sections of the book most interesting. One of these sections gives detailed instructions on various citizen participation techniques--from pamphleteering to lobbying. Another gives ideas for student activities. And the final section lists resources on a vast array of social issues.

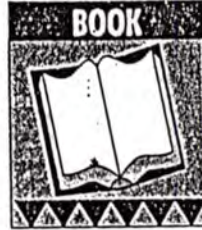
Sim City--a highly acclaimed computer simulation game where you build a city from scratch. Available for both Macintosh and IBM-compatible computers.

The Sacramento Bee

The Sacramento Bee Final • Friday, September 11, 1992



No Kidding Around!



Grade: A

If you're tired of taking it on the chin every time the world of adults faces a tough

choice in the realm of politics, this is the book for you.

Wendy Schaetzel Lesko's "No Kidding Around! America's Young Activists Are Changing Our World and You Can Too" abounds with oral histories of young activists who prove that ordinary citizens — even those who can't vote — can play a key role in American democracy. The book details the stories of many teenagers who have managed to make a major impact on the policies of their city halls, school boards and state-houses.

The book isn't just a list of success stories. It details specific strategies for taking on the power structure and winning. There are more than 1,000 resources listed to help teenagers develop concrete proposals.

"No Kidding Around!" even offers specific ways to deal with skeptical adults.

"When teenagers aren't taken seriously, it only strengthens their resolve," said Lesko in a recent telephone interview. "They start to realize there are no limits here."

Lesko compiled this practical guide as part of her role as the founder of the Activism 2000 project, a resource center created to encourage the political participation of young people. You can write to her at P.O. Box E, Kensington, MD 20895-0418.

Published by Information USA, Inc., the book costs \$18.95 (plus \$4 postage and handling). It can be ordered by calling 1-800-543-7693.

- Bee staff

THE INDIANAPOLIS STAR

"Where the Spirit of the Lord Is, there is Liberty" II COR. 3:17

SING

POLITICS

Kids' activism boosts communities

Two authors tell how children can help themselves and their communities by voicing their opinions.

CHILDREN'S EXPRESS

Most adults believe kids should be seen and not heard. Two adults, however, are trying to encourage children to voice opinions. Both are interested in kid power. Both have written books encouraging kids to take social action.

Wendy Lesko, who lives in Maryland, and Barbara Lewis, who resides in Utah, talked with *Children's Express* recently at The Children's Museum of Indianapolis, discussing ways that kids can lobby lawmakers, submit legislative bills and even change laws.

For Lesko, two experiences made her realize how powerless some people are. "I came to Washington after (working with farm workers) and was a reporter covering the U.S. Congress for many years. I saw the most powerless people — farm workers — and then the most powerful, influential lobbyists while in D.C. "I knew that in our society, what is most important is that the ordinary citizen has a voice."

Active students in Utah

For Lewis, social activism was not a part of her vocabulary until she became a teacher in Salt Lake City.

Lewis' elementary school students convinced the city government to have sidewalks repaved and were successful in starting a fund for Utah kids to plant trees. But there were some steps they had to learn in between.

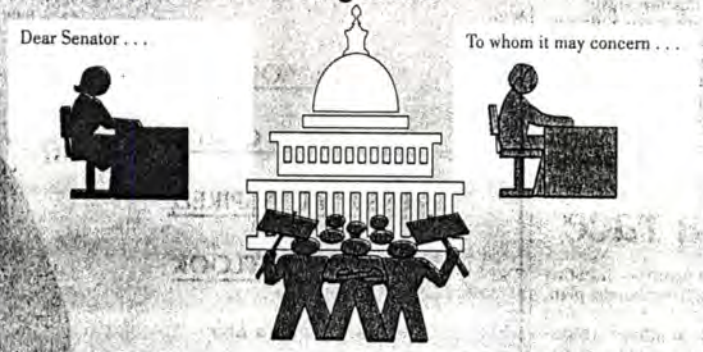
"Of course, they (the students) started out with an unrealistic figure — they started out asking for a million dollars (to plant trees). They had to find out that that is too much. The governor just said, 'Ahhhhh. You need books.' And they learned from their mistake," Lewis said. The students then resubmitted their request, this time being more realistic.

The kids were challenged to raise \$10,000 a year for three years with matching funds coming from the legislature. "Kids tripled the funds and have replenished that for three years. It's been so successful that we've come up with \$90,000," Lewis said.

"(The fund) goes beyond Utah. Kids actually went to the United Nations Youth Environment Forum and got signatures from 1,500 kids on a petition (to create a national fund for environmental projects)."

The Utah kids then approached U.S. Sen. Orrin Hatch, R-Utah, with a request to create a national environmental fund

Kids are tired of not being heard



CHILDREN'S EXPRESS ILLUSTRATION / TIM WARD, 14



PHOTO COURTESY GEORGE TAMES
Wendy Lesko urges adults to listen to kids' concerns.

for kids. Rather than creating a new fund, Hatch proposed amending the America the Beautiful Act of 1990 to include provisions for a foundation that issues grants to support tree planting and cultivation. Hatch succeeded with his amendment, and kids in the United States can now apply for grants under the guidelines.

One of Lesko's goals is to have adults take kids seriously.

"I think adults (need to) realize how important it is that we need to hear the ideas of young people now. That is very difficult... because quite frankly, adults feel they know more and understand complex issues.

"My toughest challenge is to encourage adults to accept and listen hard to what



CHILDREN'S EXPRESS / BRYAN MOORE, 17
Utah teacher Barbara Lewis encourages her students' political involvement.

the next generation is saying," Lesko explained.

Kids taking action

Lesko is encouraged by the kids she has met or heard about who are taking on issues all over the country.

"I think there's one major reason why kids are taken seriously: It is because everyone knows that this country is in trouble and that we aren't going to be able to tidy everything up and fix things. It will fall on you and your generation," she advises.

"I'm very hopeful about our country because what I think I'm seeing in communities are young people who just want so much to contribute their ideas."

Lesko pointed out how the upcoming

elections have kids and adults presenting their ideas on the issues.

"I think (the people) are right in (presenting their views)... there's just a lot of energy out there.

"I see most (kids) really wanting to work with the system and persuade and use the force of their arguments rather than necessarily just protesting... I see young people who have ideas and they seem to want to talk to the powers that be, rather than just hold a sign up and picket. That's sort of exciting."

Books for kids

Books by Lesko and Lewis give advice to kids who want to take action.

Lesko's *No Kidding Around: America's Young Activists Are Changing Our World and You Can, Too* suggests that kids need determination and compassion to get started.

Lewis' *The Kid's Guide to Social Action* provides sample letters to public officials, phone conversation outlines and actual situations encountered by her Utah students.

"If you're only a little bit interested, I wouldn't start out because this is a very difficult process and you really have to work hard to get your facts together... That's the way a democracy should be. I mean, any proposal has to withstand a tremendous amount of opposition and criticism," Lesko warned.

In addition, Lewis says, "You need to have a wide coalition of support... I encourage kids to get involved by listening. (I) ask good questions and then listen to them. It's a dark secret, (that) kids have ideas of their own... I do a lot with making kids think."

One place that kids should begin is in their own schools, according to Lesko.

"You need to make sure your ideas are heard. Educators and experts need to hear from those in the classroom."

Do your homework

Homework, Lesko believes, is important if kids want lawmakers and business leaders to listen to them.

"You can't really expect to be taken seriously if all you're spouting off is someone else's information. You really need to go about the hard work of doing some research and getting some original material. You've got to make sure your facts are right and then people really will pay attention to you," she says.

"Taking social action benefits kids in lots of ways," Lewis said in encouragement. "It benefits the community. But the greatest thing that comes out of it is the benefit to the kids. Because they reach out and learn to think and get the connection between analytical stuff and what (that has) got to do with the community."

EDITORS: Matt Long, 15; Bryan Moore, 17
REPORTERS: Emily Dwenger, 14; Becky Goss, 14

Hunger fighter



A TRAVELING STUDENT — Reed student Heidi Hattenbach traveled to Moscow and met the former Soviet first lady as part of work to end world hunger. Trip was interrupted by midterms.

Bee photos by Tom Pry

How Reddie met Raisa Gorbachev

By **MARCIA PRY**
The Bee

Imagine coming home from your anniversary cruise through the Gallapagos Islands to find a message on your recorder which says, "Hi, Mom, I won't be home as expected, I'm off to meet Raisa Gorbachev."

Well, that's almost how it happened when Heidi Hattenbach, a 20-year-old Reed College junior, got a somewhat sudden chance to travel

to Russia as part of her work with a student led organization, Youth Ending Hunger.

Heidi's parents, who live in Santa Barbara, Calif., were away, so she left a message on their recorder and flew off to London to meet with other Youth Ending Hunger workers with plans to travel on to Moscow.

It took longer than expected, however, to assemble the international group, so Heidi had to leave, flying back to Portland to take mid-term exams.

"I faxed a paper to one professor from Lon-

Activist appeared on U.S., Soviet TV

(Continued from page 1)

don," said Heidi, "but that didn't go over too well, so I figured I had better get back here."

Once exams were behind her, she once again flew to London, this time making good connections. A group of 24 students and filmmakers met with Mrs. Gorbachev, delivering thousands of letters from around the world, each urging political and social change in Ethiopia to end hunger.

"While I was in Moscow I got to appear on national television for about five minutes with an interpreter. I was told my words reached over five million people."

Being on Russian television isn't the only TV for the young activist. In September of 1991, just a few months after her Russian trip, Heidi was flown to Chicago, the guest of Oprah Winfrey.

"I didn't get to be on for very long because the person before me took longer than expected," said Heidi, "but it was all pretty neat, even the limo ride and all."

As a high school student in Santa Barbara, Heidi had participated in an exchange program which took her to Russia, so her trip for Youth Ending Hunger was really a return visit. Her next travel plans will begin in a few weeks, when she travels to India for a semester.

"I'll be looking at government laws which affect infant mortality, which is really an issue of hunger," she explained.

Book tells of work by young people

Heidi Hattenbach's story is included in a book chronicling the works of young American activists. *No Kidding Around, America's Young Activists are Changing Our World and You Can, Too*, is by Wendy Schaezel Lesko.

Lasko implores young people to enter the system and change the status quo and to set examples for their friends, peers, teachers and neighbors.

Her Activism 2,000 Project plans another "No Kidding Around" and is seeking more examples of the efforts of young people to change the world.

The book is \$18.95 and may be ordered by calling 1-800-KID POWER.