



# NAMI

# lane county

National Alliance on Mental Illness

...your local voice on mental illness

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## NAMI Holiday Dinner

Tuesday, December 6, 2011  
6:00-8:00

Lane Community College Center  
for Meeting and Learning  
(Building 19, Room 102)

Join us for a good meal, fellowship, awards,  
and the chance to hear **Doug Bates**, Lane  
County's Pulitzer Prize winning journalist,  
and co-author of *Oregon's Forgotten  
Hospital*, which exposed the truth about  
conditions at the state mental hospital.

- No host social hour starts at 6:00
- Dinner is at 6:30
- Program at 7:00
- \$20.00 Send checks to the NAMI Office

## Menu

- Slow Roasted Tom Turkey with Traditional Giblet Gravy and Grand Marnier Cranberry Relish
- Carlton Farms Apricot-Honey Glazed Ham
- Sage and Roasted Garlic Dressing
- Whipped Yukon Gold Potatoes
- Roasted Root Vegetables
- Field Greens with Cranberry-Balsamic Vinaigrette
- Sweet Potato and Dried Cherry Salad
- Rolls and Butter
- Assorted Seasonal Pies and Tortes
- Coffee and Tea

Support for Families and Consumers

## NAMI at the Johnson Unit

by Lesley Rex

The ingenuity of our NAMI Lane County (LC) volunteers drives the new and continuing services we provide. A perfect example is our seven-year-old outreach to patients and families at Peace Health Hospital's Johnson Unit (JU).

Thanks to member Tom Wilson, NAMI LC Education Night began in 2004 when he read a short article in the NAMI Washington County newsletter about a woman who waited outside the check-in area of St. Vincent Hospital psychiatric ward. Ingrid Weinstein had taken it upon herself to sit and talk with patients and visitors about what NAMI offered.

Also inspired by this model, Sheila Sundahl, Sally Diehl and Pat Shackleton joined Tom to plan with Dave Allison, then Manager of Eugene's Johnson Unit, about what they could do.

From that beginning evolved Education Night, which happens every other Tuesday at 6:30pm. Carrying a file bursting with brochures and event calendars, two volunteers speak to patients and their family members.

Volunteers tell their own stories and explain how NAMI accomplishes its mission to educate, support and inform. They answer questions—Where is the Peer-to-

*continued on p. 3*

## From the Executive Director

by

Jose E. Soto,  
III

### Changing Seasons

I hope everyone one is having a warm beginning to the holiday season! Our family has definitely once again embraced the spirit of the season and are beginning to anticipate all the possibilities, opportunities and surprises 2012 will bring.

As some of you may already know, NAMI Lane County will be changing locations at the beginning of the new year. With the many changes the county is experiencing coupled with the expansion of services and oversight, there just isn't enough room for us to remain in the current space.

We have been working closely with our friends at Lane County and have explored several options. This is a very exciting opportunity for us. We have had a lot of support and feedback from members in trying to find a location that meets our needs and is in our price range. The task has not been easy, but it looks like we may have found a new home for NAMI LC!

In our new space we are looking at having an actual resource center for our library to be housed! As we move forward I hope you are able to take the opportunity to share how your skills and passion can be best utilized in the new space and in our new home. -Jose

### F2F Courses Begin January 10

Start the New Year by gaining knowledge, understanding and empathy for your friends or loved ones living with mental illness. Family to Family is a 12-week course covering illness behaviors, medications, brain functions, crisis, recovery, and self-care. There are 3 group workshops focused on problem solving, improving communication skills and empathy. This is a safe, comforting class environment with people who understand and support each other. It is truly life changing.

There are two locations for F2F this Winter—in Eugene at LCBHS, and in Cottage Grove at CG Hospital. Class meets on on Tuesday evenings from 6:30-9:00 p.m.,

beginning January 10. Call the office today at 541-343-7688 to pre-register. Space is limited.

### Getting Back to Basics

The NAMI Basics Education Program is for parents and other caregivers of children and adolescents having challenges with mental health issues. The course is taught by trained teachers who are the parents or other caregivers of individuals who developed the symptoms of mental illness prior to the age of thirteen years. The course consists of six classes, each lasting for 2.5 hours. All materials are free to participants.

The course includes an introduction to and the emotional reactions to the stages of mental illness as well as insights into understanding of the lived experience of the child living with the mental illness. It includes up-to-date information about mental illnesses and medications as well as ongoing research related to the biology of mental illness. Problem solving techniques and strategies for handling challenging behaviors in children and adolescents are also taught in the class, There's a special focus on two key service providers—schools and the mental health system. NAMI Basics begins on January 10 at the Brattain House, 1030 G St. Springfield.

### Helping Educators with Early Identification

NAMI Oregon is pleased to announce the addition of the *Parents and Teachers as Allies Program* in 2012, with the first presenter training scheduled for January 28.

Parents and Teachers as Allies is a two-hour in-service program that helps school professionals better understand the early warning signs of mental illnesses in children and adolescents and how best to intervene. NAMI Lane County is looking for those interested in helping to get this program off the ground in 2012. For more information call us 541-343-7688.

## Happy Holidays!

The NAMI Office will  
be closed  
Dec. 22-Jan. 2 for the  
holidays.

*continued from p. 1*

Peer course held? Do they have NAMI in Salem?— and hear often heart-rending stories. Whether two or twenty attend, no one leaves without feeling they have gained something of value.

Shortly after Education Night began, In Our Own Voice (IOOV) started up in Lane County, and it, too, became a regular at the Johnson Unit.

*Whether two or twenty attend, no one leaves without feeling they have gained something of value.*

*—Tuesday Education Nights at the Johnson Unit*

With support from the NAMI LC board, Judy Clancy, Suzie Cote, Will Brundage and Kristina Unfred trained to be our first Thursday evening IOOV presenters.

JU patients have been especially appreciative of the opportunity to talk with consumers who are successfully managing in recovery, though IOOV receives high praise from the JU staff as well. Presenters consistently provide inspirational messages of hope and courage through the telling of their stories, sustaining IOOV as a twice-monthly highlight of the week for staff and patients alike.

In addition to staff, three different JU managers have consistently been appreciative and encouraging of our nearly trouble-free presence in the ward. In part that may be due to our yearly evaluation meeting with JU volunteers and staff to talk about concerns, feedback, and questions such as “Do our presentations meet

expectations for common courtesy, JU regulations, and NAMI practicalities?”

When we took a short break to evaluate whether or not we could continue to support this program, the JU staff noticed a difference. They let us know that our presence plays a key role in patients’ recoveries by giving them a hopeful sense of what is possible by showing them that it does get better.

Over the years, approximately 12 people have volunteered for Education Night and about the same number for IOOV. Two volunteers have donated their time extensively and consistently. Diane DeMarco helped develop office packets on OCD for the Education Night file. She was regarded by Peace Health professionals as NAMI’s local informal OCD consultant. Susie Cote presented IOOV for many years, often solo. Her use of humor and common sense brought faith and compassion to those most needy of that message. The other volunteers have each in their own way been invaluable.

I am surprised that as few as 12 people have volunteered. After only three presentations at Education Night I am hooked. I have yet to find an opportunity to render so much satisfaction. In only a half hour I am reminded of the importance of my own family’s story and of the assistance it can give to those most in need.

I thank Sheila Sundahl for writing the first meaty draft of this article, which allowed me to tinker around the edges.

*NAMI’s  
Annual Gift  
Wrapping  
Party:  
Saturday,  
Dec. 3,  
5-9 pm at  
LCBHS*

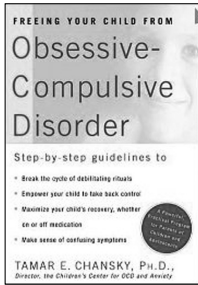
### *Come One, Come All...*

**F**or 16 years Eloyce Enloe has organized the holiday gift wrapping party, and this year is no different...Eloyce is in full swing with the spirit of holiday giving! This year’s event will be Saturday, December 3 from 5-9 pm at LCBHS.

All the gifts go to area homes for those living with mental illness. All are welcome to come and help put gifts into gift bags, plus help deliver gifts to various homes and agencies.

Because we distribute gifts to over 600 people, we need lots of helpers. Dinner and refreshments will be provided.

You can call the office for more information, 541-343-7688.



# Freeing Your Child from Obsessive Compulsive Disorder: A Powerful, Practical Program for Parents of Children and Adolescents

By Tamar E. Chansky Ph.D

Three Rivers Press, 2000

Book  
Review  
by  
*Pete Ruby*

This book is written from the perspective of a parent caring for a child, but it can be just as easily read as a general book about OCD for someone at any age level.

The book makes a distinction between obsessions and compulsions. Obsessions are thoughts that tend to be ruminative, persistent and disturbing; compulsions, on the other hand, are actions taken to try to relieve anxiety: incessant hand washing, locking and relocking door many times before departing typify this disorder. Especially for children, obsessions may be the harder of the two to learn to control. Parents need to observe these symptoms so they can share them accurately with a physician. One OCD indicator may be that these thoughts or behaviors occur for more than an hour a day.

The ruminations cause significant distress for the child and these disturbing thoughts may interfere with daily functioning such as staying focused in school. The average age of onset for kids is 10.2 years in the case of OCD. Of the five to six million adults in our country who have OCD, half say that their symptoms began in childhood. OCD is often inherited: 30% of children with OCD have a relative with this disorder. There is also a correlation between Tourette's Syndrome and OCD in some families. OCD used to be considered a neurosis or behavioral problem; OCD is now seen as a biological situation like so many mental illnesses.

Many physicians are not trained to diagnose OCD even though it is not so rare among kids. An early diagnosis will allow the child the opportunity to break negative thought patterns and actions before they become so ingrained.

Medication and cognitive therapy are the most used treatments for OCD. SSRIs, or selective serotonin reuptake inhibitors, are typically used though it may take some time to find out which of these will relieve symptoms for a particular child. Sometimes an increase in dosage will allow a medication to be effective. However three to four weeks may be needed to evaluate whether a certain SSRI is beneficial. Parents may have to encourage their child to put up with some bothersome side effects for awhile.

In school, some children with more severe OCD problems may qualify for special education services. Students can be evaluated under the IDEA, or, individuals with disabilities education act. The adverse effects of their OCD related symptoms would be analyzed and then an IEP, individual education program, devised for the child.

You may want to seek out other, more recent, books about childhood OCD. Chansky's is not an easy read: it is often dense and poorly organized.

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*continued from p. 2*

## Ratliff Scholarship

NAMI Oregon (our state organization) is pleased to announce an education scholarship program for persons diagnosed with schizophrenia or schizoaffective, or bipolar (manic-depressive) disorder.

Applications must be received by NAMI Oregon on or before January 6, 2012.

See the [Ratliff Scholarship page](#) of NAMI Oregon's website for complete eligibility information and to download an application form.





## 2012 NAMI National Convention

*Think, Learn and Live: Wellness, Resiliency and Recovery*

In 2012 the NAMI National Convention will be held as close to us as it probably ever will be ... in Seattle. The dates are June 27-30.

The convention is a great place to meet people with similar interests and concerns from all over the county ... just ask our Executive Director (Jose) or our Consumer Liaison (Sue Sammis) about the 2011 convention. They both came back full of information and enthusiasm. Sue reported there were many more sessions for consumers than she expected.

The cheapest registration fee for the 4 days is \$195 for members before Dec 31, 2011. Consumers have until May 31, 2012 to register for \$150.

Please let the office know if you are going (541-343-7688), so we can help coordinate transportation.

This year's focus is on developing effective programs and resources to increase resiliency and advance recovery. The program will feature:

- Top-notch researchers and clinicians providing information and tools to increase resiliency and advance recovery.
- People living with mental illness and their families providing their own important perspectives.
- Presenters that are diverse in perspective and demographics to best connect with diverse audiences.
- The country's keenest minds and savviest policymakers offering strategies and tactics to effectively advocate for changing the mental health system in our nation.
- Abundant networking opportunities so we can learn from each other about how we can improve the lives of all people living with mental illness and their families
- Inspiration, innovation, and an exhilarating four days in one of America's most beautiful cities.

For more information, and to register, go to [www.nami.org](http://www.nami.org).

—Sara Wyant

• PLAN NOW TO ATTEND! •

November  
Donations  
*Maureen Jenne  
Carol Johnson  
Bonnie Olin and  
Mike Quigley  
Allen Sellers*

In Memory of  
Robert Bennett  
*Susan Bennett Olson*

### NAMI Lane County

#### Board of Directors

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#### Staff

Executive Director, Jose E. Soto, III  
Office Manager: Sherry Bierwirth

#### Volunteers

Book Reviews: Pete Ruby  
Webmaster: Larry Cummings  
Newsletter: Jeff and Diane Magoto  
Foundation Chair: Dave Howard  
Dignity Project: Richard and Eloyce Enloe  
...and many others

*The mission of NAMI Lane County is to improve the quality of life of persons with mental disorders and of their families through support, education and advocacy.*

# December Calendar

See the next page for a listing of education and support groups.

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Nov 28</b> NAMI Connection, 3:30-5:00, Eugene.</p>	<p>29 Dual Diagnosis Anonymous, 2-3, LHC. ----- Dual Diagnosis Anonymous, 6-7, Florence. ----- NAMI Peer Connections Group, 6:30-7:30, Cottage Grove.</p>	<p>30 NAMI Connection, 3:30-5:00, Springfield.  • Purchase tickets to NAMI Holiday Dinner on Dec. 6 •</p>	<p><b>Dec 1</b> Consumer Only Friendship Group, 10:00, Cottage Grove ----- Dual Diagnosis Anonymous, 2-3, LHC. ----- NAMI Family-to-Family Support Group (for graduates of F2F Class), 7:00-8:30, LCBHS.</p>	<p>2 • Office Closed ----- NAMI Connections, 12-1, SLMH, Cottage Grove.  • NAMI Gift Wrapping Party, Dec. 3., 5-9 LCBHS •</p>
<p>5 NAMI Connection, 3:30-5:00, Eugene.</p>	<p>6 Dual Diagnosis Anonymous, 2-3, LHC. ----- Dual Diagnosis Anonymous, 6-7, Florence. ----- NAMI Peer Connections Group, 6:30-7:30, Cottage Grove.</p>	<p>7 NAMI Connection, 3:30-5:00, Springfield.</p>	<p>8 Consumer Only Friendship Group, 10:00, Cottage Grove. ----- Dual Diagnosis Anonymous, 2-3, LHC. ----- NAMI Friends and Family Support Group, 7:00-8:30, LCBHS.</p>	<p>9 • Office Closed ----- NAMI Connections, 12-1, SLMH, Cottage Grove.</p>
<p>12 NAMI Connection, 3:30-5:00, Eugene.  DBSA, 7:00-8:30, First United Methodist, Eugene.</p>	<p>13 Dual Diagnosis Anonymous, 2:00-3:00, LHC ----- Dual Diagnosis Anonymous, 6-7, Florence. ----- NAMI Peer Connections Group, 6:30-7:30, Cottage Grove.</p>	<p>14 NAMI Connection, 3:30-5:00, Springfield.</p>	<p>15 Consumer Only Friendship Group, 10:00, Cottage Grove. ----- Dual Diagnosis Anonymous, 2-3, LHC. ----- NAMI Friends and Family Support Group, 7:00-8:30, LCBHS.</p>	<p>16 • Office Closed ----- NAMI Connections, 12-1, SLMH, Cottage Grove.</p>
<p>19 NAMI Connection, 3:30-5:00, Eugene.</p>	<p>20 Dual Diagnosis Anonymous, 2:00-3:00, LHC ----- Dual Diagnosis Anonymous, 6-7, Florence. ----- NAMI Peer Connections Group, 6:30-7:30, Cottage Grove.  •The NAMI Office is closed December 22-Jan 2•</p>	<p>21 NAMI Connection, 3:30-5:00, Springfield.</p>	<p>22 Consumer Only Friendship Group, 10:00, Cottage Grove. ----- Dual Diagnosis Anonymous, 2-3, LHC. ----- NAMI Family-to-Family Support Group, 6:30-8:00, Florence. ----- NAMI Friends and Family Support Group, 7:00-8:30, LCBHS.</p>	<p>23 • Office Closed</p>
<p>26 NAMI Connection, 3:30-5:00, Eugene.  DBSA, 7:00-8:30, First United Methodist, Eugene.</p>	<p>27 Dual Diagnosis Anonymous, 2:00-3:00, LHC ----- Dual Diagnosis Anonymous, 6-7, Florence. ----- NAMI Peer Connections Group, 6:30-7:30, Cottage Grove.  •The NAMI Office is closed December 22-Jan 2•</p>	<p>28 NAMI Connection, 3:30-5:00, Springfield.</p>	<p>29 Consumer Only Friendship Group, 10:00, Cottage Grove ----- Dual Diagnosis Anonymous, 2-3, LHC. ----- NAMI Friends and Family Support Group, 7:00-8:30, LCBHS.</p>	<p>30 • Office Closed ----- NAMI Connections, 12-1, SLMH, Cottage Grove.</p>

**Reminder:** What is said in support groups must be kept confidential.

We invite our readers to submit their own articles, photos, stories or anecdotes:  
What happened? What issues did you and your loved ones face? Did you get the help you needed? How are things working out now? Please send submissions to the NAMI office or by email: [office@namilane.org](mailto:office@namilane.org).

**NAMI Groups  
Eugene-  
Springfield**

*NAMI Friends and Family Support Group* 2<sup>nd</sup>, 3<sup>rd</sup>, 4<sup>th</sup> and 5<sup>th</sup> Thursday at Lane County Behavioral Services (LCBHS), 7:00.

*NAMI Family To Family Support Group* (for graduates of F2F Class) at LCBHS, 1st Thursday, 7:00.

*NAMI Connection*  
Mondays in Eugene, 938 Jefferson St.; Wednesdays, in Springfield, 532 C Street, 3:30-5:00.

**Cottage Grove**

*NAMI Friends and Family Support Group* Our Lady of Perpetual Help Church at 19<sup>th</sup> & Harvey. 4<sup>th</sup> Thursday, 7:00.

*Consumer Only Friendship Group* Fleur de Lis Patisserie, 616 Main St, Thursday mornings, 10:00.

*NAMI Peer Facilitated Connections Support Groups*  
Tuesdays, Healing Matrix, 632 Main St, 6:30; Fridays, South Lane Mental Health, 1325 Birch Ave, 12:00.

**Florence**

*F2F Support Group*  
Laurelwood Community Center, 1137 Maple St., 4th Thursday, 6:30-8:00.

**Community Groups**

*DBSA (Depression/ Bipolar Support Alliance Group)*  
First United Methodist Church (FUMC), 1376 Olive Street. 2<sup>nd</sup> and 4<sup>th</sup> Mondays, 7-8:30. Call Lola Mitchell at 541-344-4341 for details.

*Eugene Dual Diagnosis Anonymous* (Mental illness and drug addiction)

Laurel Hill Center (LHC), Tues. & Thurs. 2-3, 2145 Centennial Plaza. Call Stacey Paulsen at 541-485-6340.

*Florence Dual Diagnosis Group*  
Apostolic Pentecostal Church, 1525 12<sup>th</sup> Street, Suite 28. Tuesdays 6-7.

Call David Holopoff at 541-997-9289 for information.

*Oregon Family Support Network*  
For families with children with emotional, behavioral, or mental health needs. Call 541-342-2876 or 800-323-8521.

*Suicide Bereavement Group*  
For those who have lost a loved one. Meets once a month on Wednesdays. Call Darlene at 541-747-2084 or check website: www.jenniferbakerfund.org.

*We can only be said to be alive in those moments when our hearts are conscious of our treasures.*

—Thorton Wilder



**A Home Starter Kit – The Perfect Gift**

*You can support the Home Starter Kit Program through a tax-deductible gift donation to honor your friends or family members.*

The Home Starter Kit (HSK) program provides household basics for people moving into their own home or apartment as they leave local programs for mental health treatment, or programs for people who are developmentally disabled, or programs for families who have been homeless. A kit provides basic household and personal supplies to help bridge the transition to supported or independent living.

*Why is this Ministry needed?*

Most individuals and families who leave these programs have very limited income and very few possessions. A new job or other support may make it possible for them to pay first and last month's rent, but not much else. Many are food stamp eligible, but while that program helps get basic meals on the table, food stamps cannot be used to buy things so basic to daily living most of us hardly think about them: bath soap, toilet paper, tooth paste, a toothbrush, shampoo, razor, sheets, blankets, towels, a pot, fry pan, food storage, dish washing soap, a sponge, plate, fork, spoon, glass, or cup. A Home Starter Kit supplies these basic needs and others, helping ease the first month of "living on their own" when resources may be especially tight.

*The History of The Home Starter Kit Program*

The Home Starter Kit program was begun in 1993 by long-time Resurrection members Neil and Emily Morris, after their son, who had schizophrenia, died. Neil and Emily also helped found the Lane County Chapter of the National Alliance for the Mentally Ill. An initial grant from the Episcopal Diocese of Western Oregon and, later, a grant to support growth helped finance the beginning years of the HSK program. The HSK program now relies on cash donations and recycling of lightly used materials.

*How are Donations to the HSK Program Used?*



Every penny of your donation will go toward the purchase of materials for Home Starter Kits. Most kits include donated materials - your donations are also welcome.

The Home Starter Kit Program is a joint ministry of the Episcopal Church of the Resurrection, Eugene, St. John's Episcopal Church Springfield, and St Matthews Episcopal Church, Eugene. Participating agencies requesting kits for their clients include Laurel Hill Center, Inc., St. Vincent de Paul's First Place Family

Development Center, Sponsors, Inc., Willamette Family, Inc., ShelterCare, Lane County Mental Health Services, and others. Please address questions about the HSK Program to the Church of the Resurrection at the address below, or email [rwzeller@comcast.net](mailto:rwzeller@comcast.net).

Complete the information below and mail it with a check (payable to "Church of the Resurrection" with "HSK Program" on the memo line). We will send you a receipt for a tax-deductible donation and we'll send a gift card to the person or family you name on your behalf.

✕ -----

I want to donate to the Home Starter Kit Program:	<u>Send a card to my gift recipient:</u>
Donor Name: _____	Recipient Name: _____
Street Address: _____	Street address: _____
City/State/Zip: _____	City/State/Zip: _____

Donation amount:	Mail this form and your check to:
<input type="checkbox"/> Provide a kit for an individual (\$75)	Home Starter Kit Program
<input type="checkbox"/> Provide a kit for a family of four (\$150)	c/o Church of the Resurrection
<input type="checkbox"/> Other Amount: \$ _____	3925 Hilyard St.
	Eugene, OR 97405

Address Service Requested

### NAMI Membership/Donation Information

Annual membership benefits include:

- Local, informative monthly newsletter
- State and national membership magazine
- A voice on vital advocacy issues
- Representation on state and local boards
- Tax deductions

- Voting Membership, \$35.00/year
- Newsletter subscription only, \$15/year  
(Available only for members of NAMI Affiliates outside of Lane County)
- Sponsor: \$100/year, Company/Association
- Low Income Membership, \$3.00/year
- General Donation, \$ \_\_\_\_\_
- Donation in memory of \_\_\_\_\_
- Anonymous gift, \$ \_\_\_\_\_

(Please make checks payable to: NAMI Lane County • 2411 MLK Jr. BLVD • Eugene, OR 97401)

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Email: \_\_\_\_\_

City: \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

*Do you prefer to receive your newsletter in printed form  
(via USPS) or electronic form (via email)?*

Contact me about volunteering, donating money,  
products, or services.

printed

electronic

### UPCOMING EVENTS

December 3<sup>rd</sup>. NAMI Lane County annual  
holiday gift wrapping party at LCBHS, 5-9 p.m.  
December 6<sup>th</sup>. NAMI Lane County annual  
holiday dinner at LCC, 6-8 p.m. Invited speaker:  
Doug Bates, Pulitzer Prize winning journalist.