

RAW FILE
MAKING-VISIBLE
DAVID SAMPE
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>> Adriana Arizpe Martin: HI, BETH, HI, SUZANNE.

>> Annie Mahon: WELCOME. GOOD TO SEE YOU.

>> Adriana Arizpe Martin: HOW ARE YOU?

>> Annie Mahon: WE ARE GOING TO GIVE A COUPLE MINUTES. I THINK PROBABLY PEOPLE ARE RUNNING A LITTLE LATE. WE WILL HAVE A SMALL GROUP TODAY. WHICH WILL BE LOVELY. WE MAY HAVE TIME TO SAY HELLO, INTRODUCE OURSELVES. WE WILL GIVE IT ANOTHER MINUTE AND SEE.

>> HI.

>> OH, YES, WE HAVE, AS ALWAYS, OUR REALTIME CAPTIONS IN THE CHAT.
HE PROVIDED A LINK.

>> Adriana Arizpe Martin: I'M ADRIANA.

>> SORRY, I AM DRIVING. THAT'S WHY I HAVE MY PICTURE. HI, DAVE!
LOVE YOU.

>> David Sampe: HEY, KEEP YOUR EYES ON THE ROAD.

>> Annie Mahon: BE CAREFUL. WE CAN JUST BREATHE TOGETHER FOR A
FEW MINUTES. I DON'T MEAN TO SHUT EVERYONE DOWN. IF YOU WANT TO
SAY SOMETHING, YOU CAN. WE CAN BREATHE AND MINDFULLY CHAT.
WELCOME.

>> David Sampe: HAY, ANNIE, HEY, SUZANNE. WHILE WE ARE WAITING
FOR EVERYONE TO COME IN AND RIGHT WHILE WE ARE WAITING TO START.
WE CAN ALL JUST START TAKING CONSCIOUS BREATHS. THAT'S IT.
NOTHING MORE. NOTHING LESS. BUT JUST ACKNOWLEDGING THIS
BEAUTIFUL LIFE FORCE THAT MOVES THROUGH US ALL. THE ONE THING
THAT WE ALL SHARE IN COMMON. IS THIS BEAUTIFUL, LIVING BREATH.
THE SECOND WE START TO PAY ATTENTION TO IT, OUR LIFE, OUR
BODIES, OUR MINDS START TO BALANCE THEMSELVES OUT. AND JUST FOR
THE NEXT, EVEN, 60 SECONDS, LET'S ALL JUST SHARE THAT BREATH.
SO, THANK YOU, DAVE, THAT WAS LOVELY. WELCOME TO ALL WHO ARE
HERE. AND SINCE WE HAVE A COZY GROUP TONIGHT WE THOUGHT WE WOULD
CHECK IN AND JUST GIVE OUR NAME AND --

IF YOU WANT TO SHARE WHERE YOU ARE CALLING IN FROM AND MAYBE
WHAT BROUGHT YOU HERE TONIGHT, BEFORE WE HAVE OUR BELL WE CAN --
JUST SHARE SO WE KNOW WHO EACH OTHER ARE. AND, I WILL SHARE, I
AM, ANNIE LAKE MAHON, TODAY IN THE MOUNTAINS, BLUERIDGE
MOUNTAINS. AND I AM HERE BECAUSE I REALLY ENJOYED MEETING DAVE
LAST TIME HE SPOKE AND REALLY INTERESTED IN THIS CREATIVE,
UNIQUE TAKE ON GENTRIFICATION THAT IS NOT THE SAME OLD, NOT
THERE IS ANYTHING WRONG WITH INTELLECTUAL CONVERSATION, BUT IT
IS NICE TO ALSO LOOK AT SOME ISSUES FROM A CREATIVE,
HEART-CENTERED PLACE AS WELL. SO I AM EXCITED ABOUT HEARING
THAT. SO I WILL BOW OUT AND WHO EVER WANTS TO INTRODUCE
THEMSELVES, MAYBE, ADRIANA, DAVE CAN GO NEXT AND THEN OPEN THE
FLOOR.

>> Adriana Arizpe Martin: THANK YOU. ADRIANA BOWING IN. I AM IN
MEXICO CITY RIGHT NOW. SO I AM BACK IN MY HOMELAND. I AM REALLY
HAPPY WITH THAT. TRYING TO, I WAS SHARING WITH -- DAVE AND ANNIE
ABOUT, THE GENTRIFICATION, BUT IT IS REALLY -- OBVIOUS IN THIS
CITY. SO IT IS KIND OF CRAZY. SO IT IS REALLY IMPORTANT FOR ME
TO BE HERE, HEARING ABOUT WHAT DAVID CAN SHARE ABOUT THIS TOPIC.
SO, WELCOME, EVERYONE, AND REALLY HAPPY TO HAVE YOU ALL HERE.

>> David Sampe: HELLO, EVERYONE, I AM DAVID. IT'S, I DON'T KNOW
HOW TO DESCRIBE MYSELF EXACTLY IN JUST A FEW WORDS. BUT I CAN

DEFINITELY SAY THAT I AM AN ADVOCATE OF SOCIAL INJUSTICE. I
WOULD DESCRIBE MYSELF AS A BREATH WORK YOGI, MASTERING THE CRAFT
OF HEALING THROUGH THE BREATH. I WORK WITH INTERNATIONAL
ASSOCIATION OF HUMAN VALUES, WHERE -- WE PARTNER UP AND WE
ACTUALLY DO A LOT OF HEALING IN THE CITY WHERE I AM TRAINING
CURRENTLY TRAINING ALL OF THE VIOLENCE INTERRUPTORS IN THE CITY
THROUGH ORGANIZATION CALLED PEACE FOR D.C. AND, MUCH, MUCH MORE.
I AM, I HAVE A FUNDED PROJECT GOING ON, CALLED MUSIC THERAPY.
THAT TEACHES --
YOUNG CHILDREN --
HOW -- HOW TO TALK ABOUT THEIR TRAUMA, NOT USING WORDS, BUT,
USING THE VIBRATION OF MUSIC. WHICH IS --
ONE OF --
MY PROJECTS I AM VERY PROUD OF. YOU WILL LEARN A LITTLE MORE
ABOUT ME AS WE TALK ABOUT THIS UP AND COMING PROJECT, CALLED
GENTRIFIED WOOD, I AM INTERESTED IN HEARING AND MEETING ALL OF
YOU AS WELL. SO, THANK YOU. PLEASE GO AHEAD AND SHARE.
>> OKAY, THIS IS BEA. I AM CALLING IN FROM D.C. AND I PARKED MY
CAR. AND -- YES. I AM HERE TO SUPPORT DAVE BECAUSE HE IS A GOOD
FRIEND AND A FAMILY MEMBER ALMOST, PRETTY MUCH. AND, AND WE LOVE
HIM VERY MUCH. AND I AM ALSO PART OF THE SANGHA, I AM HEAR ALSO
TO SUPPORT, ADRIANA AND ANNIE AND VERY THANKFUL TO SEE DAVE

AGAIN AND LOOKING FORWARD TO HEAR ABOUT THE PROJECT ON, WOOD GENTRIFICATION, BOWING OUT. I AM CALLING FROM ARLINGTON, I AM HAPPY TO BE HERE. DAVID, GREAT TO SEE YOU AGAIN. I WAS THERE FOR YOUR, ANTIBLACK RACISM TALK. AND --

I JUST REMEMBER, YOUR PRESENCE AND YOUR, YOUR CHARISMA, LET'S SAY. WAS VERY MEMORABLE. AND I JUST --

IT WAS A LOT OF HEART THAT CAME FROM YOUR -- FROM YOUR PRESENCE REALLY IN GENERAL. SO IT IS REALLY GREAT THAT YOU ARE BACK. AND, I AM EXCITED TO HEAR ABOUT WHAT YOU HAVE TO SAY ABOUT ARTICLE 730. BOWING OUT.

>> HI, I AM SUSAN. I AM IN CENTRAL NEW JERSEY. AND I DON'T REALLY KNOW WHAT TO EXPECT TONIGHT, BUT I ALWAYS AM HAPPY TO JOIN THE MAKING-VISIBLE CONVERSATIONS. JUST WELCOME WHAT YOU HAVE TO SHARE TONIGHT, THANK YOU. GOOD EVENING, EVERYONE, I AM ANN CALLING IN FROM THE LAND IN WESTERN MASSACHUSETTS. WHICH IS ACTUALLY QUITE RURAL AND YET GENTRIFICATION IS AN ISSUE HERE TOO. SO ALSO VERY CURIOUS TO HEAR ABOUT CREATIVE APPROACHES AND THANK YOU EVERYBODY FOR BEING HERE. I WONDER IF TIM IS A AVAILABLE TO SAY HELLO AND IF NOT, THAT'S OKAY.

>> I AM, HELLO, I WAS TRYING TO AIRPLAY ON TO THE LARGER SCREEN SO THAT I CAN SEE DAVE IN ALL OF HIS GLORY. MY NAME IS TIM NICHOLSON, A CLOSE FRIEND OF DAVE SAMPE, HUGE ADMIRER OF THE

WORK HE IS DOING IN THE COMMUNITY. AND I AM HERE TO SUPPORT HIM
AND --

AND, ALSO TO LEARN. THANK YOU.

>> WE ALSO HAVE OUR REGULAR CAPTIONER BEEN WITH US FOR SEVERAL
YEARS, DON ROMBACH IS HERE. DON, YOU DON'T HAVE TO SAY HI,
UNLESS YOU WANT TO, BUT --

THERE HE IS. GIVE HIM A MOMENT IN CASE. YEAH, GIVE HIM --
CLAPPING HANDS. OKAY. ALL RIGHT, SO --

WE ARE EXCITED, WE DON'T WANT TO TAKE UP TOO MUCH SPACE SO LET
DAVE TALK. BUT I AM GOING TO INVITE THE BELL AND I AM GOING TO
READ A QUOTE FROM THICH NHAT HANH, BECAUSE AS YOU KNOW, WE
PRACTICE --

THESE, THESE SESSIONS THAT WE DO WE HOLD THEM WITH MINDFULNESS.
AND, WE -- WE, OUR STUDENTS AMONG THICH NHAT HANH AMONG OTHER
PEOPLE. ONE OF THE THING, THICH NHAT HANH FOCUSED ON WAS THE
IDEA OF ACTION, OF NOT JUST --

HAVING IDEAS AND THOUGHTS, BUT ACTUALLY ACTING IN WAYS THAT HEAL
THE WORLD. AND I LOVE THIS QUOTE -- ACTUALLY, I WILL READ THE
QUOTE AND THEN INVITE THE BELL AND TURN IT OVER TO ADRIANA, NO,
READ THE QUOTE FIRST. HE SAYS --

WHEN YOU HAVE ENOUGH UNDERSTANDING AND COMPASSION IN YOU, WHICH
IS WHAT WE HOPE TO OFFER IN THESE WEBINARS, THEN THAT AMOUNT OF

UNDERSTANDING AND COMPASSION WILL TRY TO EXPRESS ITSELF IN ACTION. WHEN YOU HAVE ENOUGH UNDERSTANDING AND COMPASSION, IT TRIES TO EXPRESS ITSELF IN ACTION. AND YOUR PRACTICE SHOULD HELP YOU CULTIVATE MORE UNDERSTANDING AND COMPASSION. AND THAT'S WHAT WE ARE HOPING TO DO HERE. SO, I WILL INVITE THE BELL. AND THEN I WILL TURN IT OVER TO ADRIANA AND I WILL START THE RECORDING NOW. SO JUST TO SAY THIS WILL BE RECORDED, BUT WE WILL HAVE, SPOTLIGHT DAVE, SO THAT HOPEFULLY YOU WON'T BE ON THE RECORDING FINGERS CROSSED. THAT'S HOW THAT WORKS. OKAY. OKAY, THAT DIDN'T WORK.

>> RECORDING IN PROGRESS.

>> Annie Mahon: HOLD ON. OKAY. (BELL TOLLS)

(BELL TOLLS)

>> Adriana Arizpe Martin: THANK YOU, THANK YOU, ANNIE, WELCOME, EVERYONE AGAIN. AND WE HAVE -- DAVID SAMPE BACK WITH US. I AM JUST GOING TO READ A SHORT BIO OF DAVID. AND PLEASE BEAR WITH ME BECAUSE I HAVEN'T READ IT LIKE THOROUGHLY YET. SO I HOPE MY PRONUNCIATION IS CLEAR ENOUGH. ARTICLE 730 IS A TRANSFORMATIVE ORGANIZATION THAT GOES BEYOND MENTAL HEALTH ADVOCACY. SERVING AS A BEACON OF HOPE, HEALING,

AND CREATIVITY, WE EMBARK ON A UNIQUE MISSION THROUGH OUR
GROUNDBREAKING INITIATIVE, "GENTRIFIED WOOD." BY REPURPOSING
DISCARDED WOOD FROM GENTRIFIERS' HOME IMPROVEMENT PROJECTS, WE
CREATE CAPTIVATING WORKS OF ART THAT ENRICH AND BEAUTIFY THE
COMMUNITY. THROUGH THE INCLUSION OF HISTORICAL BACKSTORIES AND
FOSTERING RELATIONSHIPS, OUR WOODWORK PROJECTS BECOME A POWERFUL
NARRATIVE OF RESILIENCE, COMMUNITY BUILDING, AND SOCIAL CHANGE.
MOREOVER, WE EMPOWER INNER-CITY YOUTH BY TEACHING THEM THE
THERAPEUTIC ASPECTS OF WOODWORKING AND INCORPORATING MINDFULNESS
TECHNIQUES LIKE BREATH WORK DURING WOOD SANDING. THIS MOVEMENT
NOT ONLY REVITALIZES DISCARDED MATERIALS BUT ALSO EMPOWERS YOUNG
INDIVIDUALS AND CHALLENGES THE NEGATIVE STEREOTYPES ASSOCIATED
WITH THEM, PROVING THAT ART AND YOUTH EMPLOYMENT CAN COMBAT
GENTRIFICATION WHILE PROMOTING SOCIAL JUSTICE. THANK YOU SO MUCH,
DAVID. AND, THE FLOOR IS YOURS. AND -- THANK YOU AGAIN FOR BEING HERE WITH US.

>> David Sampe: FIRST OF ALL, THANK YOU FOR HAVING ME. ARTICLE
730 IS -- YOU KNOW, A MENTAL HEALTH ORGANIZATION, BUT IT IS
DEDICATED TOWARDS CREATING A NEW VIBRATION OF HEALING IN THE
INNER CITY AND AFRICAN-AMERICAN AND JUST ALL COMMUNITIES WHO
ARE, YOU KNOW, UNDERSERVED. I WOULD LIKE TO TALK JUST BRIEFLY
ABOUT ARTICLE 730 WHAT IT KIND OF STANDS FOR FIRST OF ALL.
ARTICLE 730 IS, WHAT IT CAME FROM -- IS A, IS A PROCEDURE, A

COURT PROCEDURE TO WHEN A DEFENDANT IS GOING UP FOR TRIAL THEY
ISSUE SOMETHING CALLED AN ARTICLE 730. WHICH SAYS IF THE
INDIVIDUAL IS MENTALLY CAPABLE OF STANDING TRIAL. SO THAT'S
WHERE IT, IT CAME FROM. IT CAME FROM THE MENTAL HEALTH
PERSPECTIVE. BUT IT COINCIDES WITH, WITH, WITH, WITH A LOT OF
DIFFERENT THINGS THAT GO ON INSIDE OF THE INSTITUTION, BUT THAT
IS PRETTY MUCH WHERE THE NAME OF ARTICLE 730 COMES FROM. FROM
THERE WE HAVE STARTED A SMALL LITTLE ORGANIZATION. I REALLY
BELIEVE THAT WE DO A LOT OF BEAUTIFUL WORK IN AND OUT OF THE
COMMUNITY IN WASHINGTON, D.C.

WHERE WE TOUCH MANY LIVES --

LIKE, I WAS SAYING EARLIER --

I'M CURRENTLY TRAINING ALL, IN EACH AND EVERY ONE OF THE VIOLENT
INTERRUPTORS AND VIOLENT INTERRUPTORS ARE JUST EXACTLY WHAT THAT
SOUNDS LIKE. THEY'RE MEN AND WOMEN WHO ARE PART OF THE COMMUNITY
THAT ACTUALLY --

GO IN, WHENEVER THERE IS -- ANY VIOLENCE, ESPECIALLY SHOOTINGS.
AND THEY INTERRUPT THAT. THEY, THEY USE ACTUALLY THE, THE CDC
MODEL FOR --

FOR INFECTIOUS DISEASES. THAT -- IF YOU STOP IT, VIOLENCE IS --
LIKE ANY OTHER DISEASE. IT SPREADS. AND IF YOU CAN STOP IT AT
ITS SOURCE, AND INTERRUPT IT, THEN IT HAS LESS OF A CHANCE OF

SPREADING TO THE NEXT AND TO THE NEXT AND TO THE NEXT. SO THESE INDIVIDUALS, AS YOU CAN, AS YOU CAN HEAR ARE PROBABLY SOME OF THE MOST TRAUMATIZED PEOPLE INSIDE OF THE CITY. BECAUSE THEY ARE DEALING WITH VIOLENCE, YOU KNOW, HANDS DOWN, IN AND OUT EVERY SINGLE DAY. WHAT WE DO IS --

WE COME IN AND WE, WE --

TEACH THEM THE ART OF HEALING THROUGH BREATH WORK. AND ALONG WITH THAT --

WE FOUGHT FOR TWO AND A HALF YEARS TO BE INSIDE OF BALLOU HIGH SCHOOL, BALLOU IN THE MIDDLE OF SOUTHEAST. IT IS THE EPICENTER OF EVERYTHING THAT, THAT IS KIND OF HAPPENING NEGATIVELY IN -- IN THAT WARD. AND I HONESTLY BELIEVE THAT WE HAVE CREATED A SPACE IN THAT SCHOOL THAT IS CREATING A VIBRATION THAT IS NOT JUST INSIDE THAT SCHOOL BUT IS VIBRATING THROUGHOUT THAT ENTIRE COMMUNITY. AND I AM VERY, VERY PROUD OF THE WORK THAT WE ARE DOING THERE. WHICH BRINGS US TO -- THE INTRODUCTION OF -- GENTRIFIED WOOD. MAYBE I CAN SHARE JUST A LITTLE BIT WITH YOU.

LET ME SEE IF I CAN --

BRING UP A NOTE OR TWO. I WILL TELL THE STORY THE WAY IT IS. THROUGH OUR NEW PROJECT, GENTRIFIED WOOD, WE ARE TAKING DISCARDED WOOD FROM GENTRIFIED HOME IMPROVEMENT PROJECTS AND TURNING THEM INTO ABSOLUTE WORKS OF ART. ALONG WITH BACK STORIES

OF WHERE THIS WOOD CAME FROM, IT GOES INTO TELLING A DEEPER
STORY OF THE HISTORY, THE RELATIONSHIP BUILDINGS IN COMMUNITY,
WHAT'S MORE, WE'RE TEACHING INNER CITY YOUTH THE HEALING POWER
OF WOODWORK. AND INCORPORATING BREATH WORK AS A TECHNIQUE FOR
WOOD SANDING, THAT PROMOTES MINDFULNESS. IT'S MORE THAN ART.
IT'S A MOVEMENT THAT EMPOWERS YOUTH. BEAUTIFIES THE COMMUNITY.
WITH OTHERWISE DISCARDED TRASH. ARTICLE 730 IN GENTRIFIED WOOD,
YOU KNOW WE THRIVE ON BEING A SHINY EXAMPLE OF HOW ART AND YOUTH
EMPLOYMENT CAN BE USED TO COMBAT GENTIFICATION AND PROMOTE
SOCIAL JUSTICE. OUR WORK HAS A POSITIVE IMPACT ON COMMUNITIES,
AND THE NEGATIVE IMAGES, IMAGES ASSOCIATED WITH INNER CITY
YOUTH. AND WITH THAT SAID --
WE ARE CREATING, WE ARE -- WE ARE COMBATING GENTIFICATION IN A
DIFFERENT WAY. YOU KNOW? YOU, YOU CAN CHANGE POLICIES. AND YOU
CAN DO IT WITH --
WITH DIFFERENT TECHNIQUES. YOU CAN EVEN DO IT WITH ANGER. BUT
INSTEAD OF THAT --
WE CHOSE THE NONVIOLENT ROUTE, THE NONANGER ROUTE, TO KIND OF --
IN THE SAME WAY --
IN THE SAME TIME WE ARE HEALING OURSELVES. WE ARE HEALING THE
COMMUNITY AS WELL. BY CREATING SOMETHING SO BEAUTIFUL FROM, FROM
THE THINGS THAT PEOPLE THROW AWAY. THAT IT KIND OF --

CHANGES THE IMAGE OF WHAT THEY SEE US AS. AND THAT ITS THE
BOTTOM LINE OF WHY GENTRIFIED WOOD IS SO IMPORTANT. IT STARTED
VERY INNOCENTLY --

DURING COVID. WHEN EVERYTHING WAS SHUT DOWN AND THE
NEIGHBORHOODS WERE, YOU KNOW, EVERYBODY WAS KIND OF MANDATED,
THE --

MANDATED TO THEIR HOMES, THE ONE THING THAT EVERYONE YOU KNOW,
WE ALL KNOW THAT HOME IMPROVEMENT PROJECTS WENT THROUGH THE
ROOF. I COULD HEAR THE CONSTRUCTION GOING ON 'ROUND-THE-CLOCK.
AND I WOULD WALK THE NEIGHBORHOODS AND I WOULD SEE ALL OF THIS
BEAUTIFUL WOOD JUST BEING TOSSED ASIDE. AS NEW PEOPLE, PEOPLE
WHO HAD JUST MOVED IN OR PREVIOUSLY THERE FOR THE LAST FEW
YEARS. IT WAS BEING DISCARDED. AND I WAS BORED AND GOING OUT OF
MY MIND. AND I JUST DECIDED I SAID, TODAY I AM GOING TO BUILD A
BENCH. AND EVEN THOUGH I HAVE A BACKGROUND IN MINDFULNESS,
MEDITATION, AND BREATH WORK, WOODWORK WAS SOMETHING NEW TO ME.
BUT WHEN I PUT MY HANDS ON THE WOOD --

AND STARTED THE PROCESS OF JUST SIMPLY SANDING IT. I REALIZED
THAT --

THIS WAS AN ACT OF MEDITATION. THIS WAS AN ACT OF MINDFULNESS.
AND, HENCE, HEALING. AND AS I PUT TOGETHER MY FIRST UGLIEST
BENCH I, YOU COULD EVER IMAGINE --

THERE WAS A CERTAIN KIND OF PRIDE THAT CAME OVER ME. AND IT MADE
ME FEEL --

VERY COMPLETE. IT WAS ONE OF THE THINGS THAT GOT ME --
THROUGH COVID. IS STARTING TO BUILD THESE BENCHES. AND, AFTER IT
WAS OVER, I SAID, THIS HAS TO CONTINUE. AND --

ONCE I STARTED SHARING THESE IDEAS WITH A FEW, SOME OF MY -- YOU
KNOW --

STUDENTS IN BALLO OF, WE STARTED TO GET TOGETHER AFTER. AND
SHOWED THEM THE ART OF BUILDING BENCHES. THAT'S HOW IT PRETTY
MUCH ALL STARTED. JUST WITH, LITTLE PASSION PROJECTS. OF
GATHERING -- A FEW YOUNG MEN TOGETHER --

AND --

JUST STARTED WORKING THE WOOD. THAT'S KIND OF HOW THESE THINGS
BEGAN. BEFORE I GO ANY FURTHER. LET'S TALK ABOUT JUST THE
DEFINITION OF GENTRIFICATION. I WILL READ THIS. WHEN THE POOR
DISPLACED BY WEALTHIER PEOPLE MOVING IN, IMPROVING HOUSING,
IMPROVING SCHOOLS, IMPROVING BUSINESSES, AND ETC, AND --
EVEN IN THIS NEIGHBORHOOD, I STARTED SEEING AWFUL THE
IMPROVEMENTS, ALL OF THE BEAUTIFUL THINGS --

THAT GENTIFICATION BRINGS. SCHOOLS IMPROVED. GROCERY STORES
STARTED POPPING UP. THERE ONCE WASN'T. THE FOOD DESERT STARTED
TO DISAPPEAR. BUT SO DID WE. I HAD NO IDEA HOW TO STOP THIS. THE

ONLY THING THAT KEPT COMING UP WAS ANGER. WHY, WHY CAN'T WE BE A
PART OF THIS. WHY WHEN ALL, THE SOLUTIONS COME --
TO THESE NEIGHBORHOODS, WE ARE NOT INCLUDED. AND --
AND HOW DO YOU FIGHT BACK? HOW DO YOU FIGHT BACK? WITHOUT ANGER.
THAT'S KIND OF WHERE THE CONCEPT WAS --
WAS BORN FROM. ONE OF THE --
THIS IS STILL A PET PROJECT. AT THIS POINT. YOU KNOW, WE HAVE
CREATED, MAYBE --
BUT WE HAVEN'T SOLD ANY YET. BUT THE IDEA IS TO MOVE THROUGH --
EACH AND EVERY NEIGHBORHOOD IN THE CITY. AND CREATE BOOTHS AT
ALL OF THE LOCAL FARMERS MARKETS IN EVERY SINGLE NEIGHBORHOOD.
FIND THE PERMITS THAT --
THAT COME WITH ANY HOME IMPROVEMENT PROJECT. COLLECT THE
DISCARDED WOOD. CREATE BEAUTIFUL WORKS OF ART OUT OF IT. AND
THEN RESELL IT TO THE SAME COMMUNITY THAT DISCARDED IT. NOW --
BUT WITH A TWIST. WE, WE WANT --
PEOPLE TO KNOW WHO WAS HERE BEFORE THEM. BECAUSE IN WASHINGTON,
D.C., I HAVE SEEN GENTIFICATION IN MANY OTHER PLACES I HAVE SEEN
IT IN NEW YORK CITY, I HAVE SEEN IT IN SAN FRANCISCO, IN
OAKLAND. AND, ONE THING I CAN ATTEST TO IS --
SOMETIMES WHEN GENTIFICATION HAPPENS IN MOST OTHER LOCATIONS
THERE IS THIS INTERWEAVING OF THE COMMUNITY. NOW A LOT GET

DISPLACED. BUT THERE IS A MEETING OF THE MINDS OF THE TWO CULTURES THAT BENEFIT SOMETIMES EVEN BOTH CULTURES. I HAVE SEEN THAT A LOT IN NEW YORK CITY. WHERE, GENTRIFIES COME IN, MOVE INTO BROOKLYN. BUT THEY BECOME PART OF THAT COMMUNITY. THEY BECOME A PART OF BROOKLYN. THEY BECOME BROOKLYN NIGHTS. BUT HERE IT IS DIFFERENT. I DON'T KNOW IF IT IS BECAUSE OF THE POLITICS OF WASHINGTON AND THE TURNOVER RATE IS BETWEEN, 4 AND 8 YEARS WITH EACH PRESIDENT THAT COMES AND GOES. BUT THERE IS A DISCARDING OF OUR COMMUNITY AND OUR CULTURE. THERE -- THE WAY PEOPLE MOVE IN IN WASHINGTON IS LIKE SOMETHING I HAVE NAVY SEEN. THEY UPROOT THE COMMUNITY AND THEY JUST THROW IT AWAY. JUST LIKE THE WOOD. AND --

WITHOUT ANY RESPECT FOR WHO CAME BEFORE THEM. AND I THINK THAT THIS PROJECT IS AN ANSWER TO THAT. SO WHEN WE CREATE THESE BENCHES WE ALSO LASER PRINT THE HISTORY THE HISTORY OF THESE BENCHES AND WHERE THEY CAME FROM. SO LET'S JUST SAY FOR INSTANCE --

IF A CERTAIN BENCH CAME FROM 1857 KILLBORN STREET, SOME WHERE WE WOULD HAVE LASER ENGRAVED THE HISTORY THAT JOE WILSON LIVED HERE. WHO WAS A CAB DRIVER FOR 40 YEARS. WHO RAISED A FAMILY OFF OF, JUST A BASIC LIVING WAGE. HE HAD FOUR SONS AND TWO DAUGHTERS. ALL WHICH GRADUATED FROM COLLEGE. TWO DOCTORS. NOW HE

HAS SIX GRANDCHILDREN. BUT THE RICH HISTORY OF WHERE THIS WOOD
CAME FROM. SO, IT'S NOT, YOU ARE NOT JUST BUYING A PIECE OF
DISCARDED TRASH ANYMORE. YOU ARE BUYING A PIECE OF HISTORY. AND
WE ARE BRINGING IT BACK TO THE COMMUNITY. BRINGING IT BACK TO
LIFE. AND MAKING ART OUT OF IT, NOT WAR. I DON'T KNOW --

ADRIANA, ANNIE, DID YOU HAVE, I SENT MAYBE SOME PICTURES OF THE
BENCHES THAT WE WORKED ON. MAYBE WE CAN DROP THOSE IN THE CHAT.
BUT THESE WERE, THESE ARE JUST A FEW. BASIC MODELS OF THE
BENCHES THAT WE ARE WORKING, THAT WE HAVE WORKED ON. THEY ALL
HAVE THIS KIND OF SIGNATURE LOOK. IF YOU, IF YOU GET A CHANCE TO
LOOK AT THEM. THEY'RE ALL ENCASED, EVEN THOUGH THE WOOD IS
BEAUTIFUL AND SANDED. A THEY'RE ALL ENCASED IN WHITE TIPS. AND
THAT, THERE IS A REASON FOR THAT. IT IS OUR SIGNATURE LOOK. BUT
IT ALSO TELLS, YOU KNOW, THE DEEPER STORY OF THIS DARK WOOD.
BEING SURROUNDED. BEING ENCOMPASSED BY WHITENESS. AND THAT IS
THE REASON FOR THE WHITE TIPS THAT, BASICALLY SURROUND THE WOOD.
WHAT ELSE CAN I SAY ABOUT THE IMPORTANCE OF THE BACKSTORIES,
OBVIOUSLY. A LOT OF THIS IS ALSO YOUTH EMPOWERMENT. BECAUSE WITH
GENTRIFICATION AND DISPLACEMENT, THERE ARE NO JOBS, HOW DO WE
EMPLOY THE YOUTH AND MAKE THIS WORTHWHILE. MOVING FORWARD WE
WILL PAY 50% OF ALL PROFITS FROM THE BENCHES THAT THEY BUILD
DIRECTLY BACK INTO THE HANDS OF THE YOUTH, KIDS THAT ARE HELPING

BUILD THE BENCHES. AND ONCE AGAIN THIS IS SOMETHING THAT IS
INCREDIBLY EMPOWERING FOR THEM BECAUSE THIS IS BETTER THAN
JUST --

A BASIC --

JUST A BASIC WAGE. SO THEY WILL BE ABLE TO EARN, I BELIEVE, A
VERY, DECENT AMOUNT OF MONEY. BEFORE WE SAND OR DO ANY WOODWORK,
WE GO BACK TO THE BASICS OF WHY WE ARE DOING IT. THE HEALING
PROCESS IN BETWEEN. BEFORE EACH AND EVERY SESSION OF US DOING
WOODWORK --

WE DO A SERIES OF BREATH WORK. THAT'S ONE OF THE STUDENTS, YES.
FROM BALLOU, YES. LET ME SEE IF -- DO YOU HAVE ANY OF THE
BENCHES IN THERE? LET ME GO, I DIDN'T HAVE THAT. BUT LET ME SEE
IF I CAN SAY. I AM GOING TO STOP SHARING, AND THEN COMING BACK,
OKAY.

>> NO WORRIES. NO WORRIES. BEFORE THE WORK, WE, INCORPORATE
BREATH WORK, TECHNIQUE, PROMOTING MINDFULNESS AND JUST
CONNECTING TO THE PROCESS BEFORE ANY WORK IS DONE. SOMEWHERE,
PRETTY SOON, I WOULD LIKE TO SHARE THAT WITH YOU GUYS, OF THE
PROCESS THAT WE UNDERTAKE BEFORE ANY OF THE WOOD IS SANDED. THIS
IS, PROBABLY THE MOST -- IMPORTANT REASON THAT THEY'RE ALL HERE.
BECAUSE COOL, SANDING WOOD IS ONE THING. FIGHTING GENTRIFICATION
IS ANOTHER. BUT WHAT BRINGS US ALL TOGETHER IN THE SPACE IS

HEALING. A LOT OF THESE YOUTH, IF NOT ALL, NOT, LET'S GET IT
RIGHT, ALL OF THESE YOUTH ARE SUFFERING FROM THEIR OWN VERSION
OF PTSD. AND THEIR BACK STORIES ARE UNBELIEVABLE. BUT EVEN AS
YOU JUST HAVE SEEN LONI ONE OF MY FAVORITES. YOU SEE THE SMILE
ON HIS FACE. AND IT IS GENUINE. BECAUSE --

YEAH. THERE IS ONE. YEAH. IF YOU LOOK EVEN CLOSER YOU WILL SEE
THAT NONE OF THESE --

PIECES OF WOOD ARE PERFECT. AND I THINK THAT BRINGS DEPTH TO
EACH AND EVERY BENCH. THE FACT THAT THEY'RE NOT PERFECT. IN FACT
I WOULD LIKE TO SAY MAYBE IMPERFECTLY PERFECT. IN EACH AND EVERY
WAY. THANK YOU FOR SHARING THAT ONE. YEAH, SO I THINK MAYBE
RIGHT NOW IF EVERYONE WOULD JUST, I WOULD LIKE TO GO THROUGH
LIKE --

HOW WE START OFF WHEN WE GROUP UP AND DO OUR WOODWORK PRACTICE.
AND TAKE YOU THROUGH A SMALL GUIDED BREATH WORK. AND,
MEDITATION. QUICK AND EFFECTIVE

IF I CAN ASK EACH AND EVERY ONE IF YOU ARE SITTING STILL, AND
CHECK IF BEA IS NOT DRIVING ANYMORE. OH, BEA IS DRIVING. BEA,
YOU CAN'T DO THIS ONE. I CAN'T. I CAN'T. I'M ALMOST AT TIM'S
HOUSE.

>> David Sampe: ALL RIGHT. IF WE CAN ALL JUST START TO CHECK
BACK IN TO OUR BREATH. AND THIS PARTICULAR BREATH IS CALLED THE

VICTORY BREATH OR, AKA, THE DARTH

VADER BREATH. IT IS A CALMING MECHANISM. THAT IT IS VERY EASY TO DO. FIRST THING YOU DO, BREATHE OUT WITH A WHISPER. REVERSE IT. CLOSE THE MOUTH. DO THE SAME RHYTHM WITH THE NOSE. IT SOUNDS LIKE --

DRAGGING THE BREATH IN A PUSHING AND PULLING MOTION. GENTLY CLOSE THE EYES. EXCEPT FOR BEA. AND PUSH AND PULL THE BREATH. CONTINUE. WE CAN START BRINGING AWFUL YOUR AWARENESS TO ALL OF THE EXTERNAL FORCES AROUND YOU. ALL OF THE EXTERNAL FORCES AROUND YOU. WHETHER IT IS THE BEAT OF CITY. THE RATTLING OF THE AIR CONDITIONING. THE SOUND OF CHILDREN IN THE BACKGROUND. MUSIC FOR SIMPLY THE SILENCE. ALL OF YOUR AWARENESS TO THE EXTERNALS AROUND YOU. THEN BRING YOUR ATTENTION TO YOUR RIGHT FOOT. YOUR RIGHT FOOT. AND YOUR RIGHT SHIN AND CALF. KNEE. KNEE, RIGHT THIGH, ENTIRE RIGHT LEG. AND TAKE A DEEP BREATH IN. LET IT GO. YOUR LEFT FOOT. SHIN, CALF. LEFT KNEE AND THIGH. ENTIRE LEFT LEG. TAKE A DEEP BREATH IN. AND LET IT GO. NOW YOUR RIGHT HIP. LEFT HIP. YOUR ABDOMINAL REGION. AND NOW YOUR LOWER BACK. AND CLIMB YOUR SPINE, ONE DIGIT AT A TIME. AND TAKE A DEEP BREATH IN. AND LET IT GO. PUTTING ALL OF YOUR AWARENESS TO THE CENTER OF YOUR CHEST. NOW YOUR RIGHT SHOULDER. RIGHT ELBOW. AND HAND. ENTIRE RIGHT ARM. AND A DEEP BREATH IN. AND RELEASE IT. LEFT

SHOULDER. LEFT ELBOW. LEFT HAND. THE WHOLE LEFT ARM. DEEP BREATH
IN. AND RELEASE IT. NOW THE CENTER OF YOUR NECK. THE CENTER OF
YOUR NECK. DEEP BREATH IN. LET IT GO. NOW YOUR BEAUTIFUL FACE.
YOUR EYES, NOSE, MOUTH. BRING ALL
YOUR AWARENESS TO THE CENTER OF YOUR EYEBROWS. THE CENTER OF
YOUR EYEBROWS. WITH A DEEP BREATH IN. LET IT GO. EVERY INHALE
ENERGIZES THE BODY. WHILE THE EXHALE RELAXES THE BODY. TAKE
ANOTHER DEEP BREATH IN AND RELAX. NOW THE TOP OF THE HEAD. THE
BACK OF THE HEAD. AND NOW, LET'S GO INTO THE HEAD. AND BECOME
AWARE OF YOUR THOUGHTS. WITH NO ATTACHMENT, LET THEM COME. AND
LET THEM GO. FOR YOU ARE NOT YOUR THOUGHTS. THEY ARE SIMPLY
THOUGHTS. YOU ARE SIMPLY THE OBSERVER OF YOUR THOUGHTS. AND TAKE
A DEEP BREATH IN. AND LET IT GO. AND WHEN YOU ARE READY WITH A
WARM GENTLE SMILE ON YOUR FACE --

IN YOUR TIME YOU CAN SLOWLY OPEN YOUR EYES. AND SO THAT IS A
VERY, VERY SHORT QUICK BODY SCAN MEDITATION. I WOULD NORMALLY
TAKE A LITTLE MORE TIME WITH THE YOUTH FOR. GUESS YOU GUYS GET
THE PICTURE. THEY'RE ABLE TO GROUND THEMSELVES BEFORE THEY
ACTUALLY TOUCH THE WOOD. UNDERSTAND THAT THE PROCESS THAT
THEY'RE ABOUT TO TAKE IS JUST A LITTLE DEEPER --
THAN THE WOOD THAT THEY TOUCH AND JUST A LITTLE DEEPER THAN THE
SURFACE OF THEMSELVES. THEY DON'T JUST HEAL THEIR INNER CHILD,

BUT IN A SMALL WAY WE ARE ABLE TO HEAL THE COMMUNITY. AND, YEAH.

THANK YOU, GUYS FOR THE OPPORTUNITY OF BEING ABLE TO SHARE

THIS --

THIS PROJECT WITH YOU. AND --

HOW WE IN OUR OWN WAY, THROUGH ART, ARE CHANGING THE NARRATIVE
OF, YEAH, WHAT FIGHTING AND BATTLING, GENTRIFICATION LOOKS LIKE.

I WOULD LIKE TO END WITH THIS. THE NEXT STEP IS EVERY FARMERS
MARKET IN THE CITY. INTERIOR DESIGN. LOOKING AT BIGGER COMPANIES

COMING INTO THE CITY. MAYBE IF IT IS BOX RESTAURANTS OR --

OR COFFEE SHOPS, THAT ARE COMING IN, LARGE SCALE. WORK WITH

US --

WORK WITH INNER CITY YOUTH. WORK WITH THIS DISCARDED WOOD. AND,

CREATE BEAUTIFUL WORKS OF ART THAT -- THAT TELLS MORE THAN JUST

A STORY. BUT IN A WAY --

YOU KNOW --

REBUILDS THE COMMUNITY. STHAUBG FOR THIS OPPORTUNITY. THANK YOU,

ANNIE, I THINK WE WILL GO TO Q & As.

>> Annie Mahon: THAT WAS REALLY AMAZING. JUST REALLY SO UNIQUE.

SUCH A BEAUTIFUL, UNIQUE TAKE ON HOW TO, AS YOU SAY, FIGHT BACK

IN A NONHATING, NONANGER WAY, BUT REALLY PROFOUND. WITH THESE

BENCHES AND ALL THAT THEY SAY. SO INCREDIBLE. I AM WONDERING IF

ANY ONE HAS SOME QUESTIONS OR ANYTHING THEY WOULD LOOK TO SAY

NOW. IS THERE ANYBODY WHO HAS ANYTHING? YOU CAN UNMUTE OR PUT IT IN THE CHAT.

>> WHAT KIND OF CHANGES HAVE YOU SEEN IN YOUTH THAT YOU ARE WORKING WITH?

>> David Sampe: OH, MAN, THAT IS AN EASY, NO-BRAINER. SEE IN THIS PROCESS THE CHANGES THAT --

IT IS LIKE THEY DON'T ALWAYS LOOK THE SAME. HOW DO YOU KNOW -- THAT YOU ARE HEALING --

IF YOU NEVER EXPERIENCED BEFORE? SO THEY COME IN DIFFERENT -- THEY COME BACK AND DESCRIBE THE WAY THAT -- THAT THEY'RE DEALING WITH ADVERSITY IN THEIR OWN LIVES. AND THAT'S -- AND ALMOST LIKE, YOU HAVE TO ALMOST POINT IT OUT TO THEM SOMETIMES. THAT'S HEALING. HOW THEY CONFLICT RESOLUTION --

HOW THEY'RE THINKING --

BEFORE THEY REACT TO ISSUES, WHERE THEY NEVER THOUGHT ABOUT IT BEFORE. THEY WOULD JUST REACT. REACT. REACTIONARY. WHERE THEY'RE GOING FROM. BUT THEY USED TO BE CHECKER PLAYERS, YOU ARE LOOKING AT PEOPLE WHO USED TO, THIS IS A METAPHOR OF COURSE, KID WHOSE USED TO BE CHECKER PLAYERS, WHERE IF SOMEONE JUMPS, YOU JUMP. THE OTHER PERSON JUMPS. YOU JUMP. AND TURNING INTO, YOU ARE WATCHING THEM --

WITH CONFLICT RESOLUTION, THEY'RE NOW TURNING INTO, INTO

SKILLFUL CHESS PLAYERS. WHAT EVERY SINGLE THING THAT THEY'RE DOING, THEY'RE STARTING TO THINK BEFORE THEY MOVE. AND IT'S ALMOST, YOU HAVE TO POINT THAT OUT TO THEM. SAY, THAT'S IT. THAT'S HEALING. THAT'S THE PROCESS. AND THIS IS WHERE IT BEGINS. SO THAT IS ONE WAY -- THAT WE ARE, WE ARE SEEING -- THIS HAPPEN, EACH AND EVERY DAY. LET ALONE -- IF YOU WANT TO BE, BRUTAL, I MEAN -- WE ARE WATCHING KIDS SHED TEARS FOR THE FIRST TIME. REALLY TALK ABOUT -- THEIR INNER TRAUMA. IN WAYS THAT THEY DIDN'T EVEN KNOW HOW TO EXPRESS IT BEFORE. GROWTH IS A VERY PAINFUL THING. IT HURTS. THAT'S HUH YOU ABG SHOAL KNOW YOU ARE GROWING. I HOPE THAT ANSWERS ONE OF, THAT'S HOW WE ARE SEEING IT ON A DAILY BASIS OF JUST -- THE CONFLICT RESOLUTION MORE THAN ANYTHING ELSE. YEAH. THANK YOU, TIM.

>> THIS IS ANN. DAVID, FIRST, THANK YOU SO MUCH. JUST SO INSPIRED BY ALL OF THE -- VARIOUS FACETS OF THE BENCHES. I AM CURIOUS HOW SOME OF THE YOUTH RESPOND WHEN YOU FIRST BEGIN OFFERING THEM THE BREATH WORK. AND, YEAH, SO, JUST ANYTHING YOU, ANYTHING YOU CAN SHARE. HOW DOES THAT, LAND WHEN THEY FIRST -- GET EXPOSED TO IT. THANKS.

>> YOU SEE, ABSOLUTELY. YOU WOULD THINK THAT IT WOULD BE --

DIFFICULT THING. WHEN YOU PUT IT IN A PERSPECTIVE OF REAL LIFE.

IT TAKES ON A DIFFERENT FACET. WHEN YOU APPROACH A KID,

ESPECIALLY IN THE INNER CITY --

THEY KNOW ABOUT DEATH. AND THEY UNDERSTAND THAT. A LOT OF THEM

HAVE SEEN SOMEONE TAKING THEIR LAST BREATH. AND WITNESSED THAT.

AND SO --

WHEN YOU TALK ABOUT --

THIS DIVINE LIFE FORCE. THAT MOVES THROUGH THEM -- AND THE FIRST

THING WE DO IN THIS WORLD IS --

AND THE LAST THING WE DO IN THIS WORLD IS, --

WHAT ABOUT THE DIVINE IN BETWEEN THAT FIRST AND THAT LAST? HOW

MANY TIMES DO WE HONOR THAT? BECAUSE -- WHEN YOUR BEST FRIEND OR

WHEN YOU, ONE DAY, WILL BE GASPING FOR THAT LAST IS THAT WHEN

YOU WANT TO -- ACKNOWLEDGE THE DIVINE? WELL, WE ARE GOING TO

GIVE YOU AN OPPORTUNITY TO -- TO, ACKNOWLEDGE THAT DIVINE LIFE

FORCE. NOW. BY SIMPLY TAKING A BREATH. AM I ASKING TOO MUCH?

GUESS WHAT? OH, YOU DON'T WANT TO DO IT IN THE BACK? YOU ARE

DOING IT ANYWAY. SO --

AND, AND, ONCE, ONCE THEY FEEL THAT ENERGY. I HAVE HAD STUDENTS,

SOME OF THE MOST DISRUPTIVE STUDENTS --

WHO KIND OF KID WHOSE COME INTO CLASS, 20 MINUTES LATE, 30

MINUTES LATE. AND THEY LIVE FOR THE DISRUPTIONS. WALKING TO ONE

OF OUR BREATH WORK SESSIONS AND DIDN'T KNOW WHAT TO DO WITH
THEMSELVES. THEY WALKED IN A ROOM, FAST, WITHOUT THINKING
WITHOUT BEING CONSCIOUS. AND THE FIRST THING THEY GOT HIT
WITH --

IS THE RESONANCE --

SEE, THAT'S SOMETHING THAT YOU DON'T REALLY HAVE TO EXPLAIN
MUCH. MOST POWERFUL THINGS DON'T HAVE WORDS TO IT. THEY ALL CAN
RELATE TO, HAVE YOU EVER WALKED INTO A ROOM. AND FELT THE
TENSION IN THE ROOM. DECIDED TO BACK OUT OF THAT ROOM. WHAT MADE
YOU BACK OUT OF THAT ROOM. IT WASN'T SOMETHING THAT YOU THOUGHT
ABOUT. YOU ABSOLUTELY KNEW IT. YEAH. YOU FELT IT. WITH SOMETHING
THAT IS GOING ON, DEEPER THAN YOU. YOUR SPIRIT. AND WHEN YOU --
REACH A CHILD AND TALK TO PEOPLE WHO HAVE GONE THROUGH EXTREME
TRAUMA IT IS HARD FOR THEM TO DENY THAT --

THAT THEIR OWN SPIRIT. SO YOU WOULD THINK IT IS DIFFICULT. WHEN
YOU APPROACH IT IN A CERTAIN WAY, IT RESONATES. THANK YOU,
ANNIE.

>> I HAVE A QUESTION. THANK YOU SO MUCH. FOR YOUR -- FOR SHARING
AND, FOR ME, ALSO, LEARNING A LOT MORE ABOUT YOUR VISION FOR
THIS PROJECT. AND HOW IT -- FITS THE REST OF THE WORK THAT YOU
DO IN THE COMMUNITY. I AM WONDERING IF WHAT IS YOUR VISION --
WORKING AT OTHER SCHOOLS BESIDES BALLO OF IS THERE A VISION OF

KIND OF EXPANDING THE COHORT OF THE KIDS WHO ARE WORKING WITH YOU AND, DO YOU HAVE ANY SUPPORT FROM, WAS THINKING ALSO INVOLVING MAYBE THE D.C., D.C. GOVERNMENT OR SOME PARTS OF D.C.? TO SUPPORT THIS WORK?

>> David Sampe: OH, THIS WOULD BE NICE. THIS IS WHERE THE GRANTS ARE COMING IN THAT ARE GOING ON RIGHT NOW. IF WE CAN -- IF WE CAN ROUND UP -- SOME GRANT DOLLARS. WE SHOULD BE ABLE TO EXPAND THIS. LIKE I WAS SAYING EARLY, TO EVERY SINGLE NEIGHBORHOOD IN THE CITY. THAT HAS A FARMER'S MARKET. THAT IS THE FIRST STEP. I MEAN HOW MANY FARMERS MARKETS ARE IN CITY. MAYBE, 15, 20, THROUGHOUT ENTIRE CITY. WE SHOULD HAVE A -- A BOOTH -- SELL OUR WOODWORK. EVERY BIT OF WOOD COMES FROM THE NEIGHBORHOOD. SO THE HISTORY IS THERE, THE HISTORY OF THAT NEIGHBORHOOD IS THERE. COLUMBIA HEIGHTS. ALL OF THE PERMITS. ALL OF THE PROJECTS THAT ARE GOING ON IN COLUMBIA HEIGHTS. THAT'S WHAT THE WOOD IS WORKED FROM. WE FIND KIDS FROM COLUMBIA HEIGHTS TO WORK THAT WOOD, WHICH IS NOT GOING TO BE A HARD SELL BECAUSE -- WITH -- GENTRIFIED WOOD, SUBSTANTIAL MARKUP IN PRICE, THESE KIDS, INNER CITY YOUTH SHOULD BE ABLE TO MAKE A LIVING WAGE OFF OF THE WORKS AND THE ART THAT THEY SELL. SO, FINDING THE KIDS, YOU KNOW, WE MAY HAVE, THAT, THAT, THAT MIGHT BE THE EASIEST

PART. BECAUSE OF HOW MUCH THESE WORKS OF ART COULD POTENTIALLY BE WORTH. YEAH. WE SHALL SEE.

>> THANK YOU. THANK YOU, DAVID.

>> Annie Mahon: IS ANY ONE ELSE --

DOES ANYONE ELSE HAVE ANYTHING ELSE OR SHOULD WE WRAP UP? ANY LAST THOUGHTS? QUESTIONS? THANK YOU SO MUCH, DAVID. THIS IS AMAZING. BEAUTIFUL. BEAUTIFUL WORK. I JUST WANT TO SHARE SOMETHING THAT I WAS THINKING WHEN YOU WERE SHARING ABOUT GENTRIFICATION, WE TEND TO UGLIFY NEIGHBORHOODS AND BRING THE BEAUTY THAT WE THINK IS STANDARDIZED BEAUTY. THIS IS SOMETHING THAT I THINK IS REALLY IMPORTANT BECAUSE BY MAKING ART I THINK YOU ARE GIVING THESE KIDS THE OPPORTUNITY TO FEEL BEAUTIFUL, TO FEEL BEAUTIFUL --

ALL OF THE BEAUTIFULNESS THEY ARE. THINGS WERE NOT UGLY, AS WE TRY, AS, AS --

AS GENTRIFIES TO THE PEOPLE WHO WERE THERE TO BEGIN, SO THIS IS A BEAUTIFUL PROJECT THAT INVOLVES THAT FOR ME. SO GIVING THESE KIDS THE OPPORTUNITY TO FEEL BEAUTIFUL, HOW BEAUTIFUL THEY ARE AND HOW THEY CAN SHARE THAT BEAUTY THROUGH YOUR WORK. SO, THANK YOU SO MUCH.

>> David Sampe: THANK YOU. LAST I WOULD LIKE TO SHARE, THE ONLY THING I WANT TO SHARE IS --

IF I COULD JUST PULL IT UP REALLY FAST. DROP IT IN THE CHAT.
GIVE ME ONE SECOND. I HAVE A SON. THIS NAME IS KINGSTON. HE IS
THE APPLE OF MY EYE, MY ENTIRE WORLD. RIGHT NOW WE HAVE A
GOFUNDME, CALLED RAISING CHAMPIONS. AND I WANT TO DROP THIS INTO
THE CHAT. JUST GIVE ME ONE SECOND. I HAVE NO IDEA HOW TO GET
BACK TO YOU NOW. BUT IF I CAN GET BACK TO THE CHAT. I COULD
CLICK OFF. NO. I DON'T THINK I WILL BE ABLE TO DO IT.

>> HEY, DAVE.

>> YEAH, CALLED RAISING CHAMPIONS.

>> AT THE BOTTOM OF YOUR SCREEN. YOU SHOULD SEE A BLUE ICON.
SAYS ZOOM ON IT. IF YOU CLICK ON THAT IT SHOULD BRING YOU BACK
TO THE SCREEN.

>> David Sampe: OH, TIM, SAVING ME ONCE AGAIN. BLUE ICON AT THE
BOTTOM OF MY SCREEN?

>> TIM, BEA, DO YOU HAVE THE LINK TO THE GOFUNDME YOU WANT TO
DROP IN THE CHAT. DO YOU HAPPEN TO HAVE IT.

>> I DON'T HAVE IT.

>> SEND IT, SEND IT TO ME BY TEXT. AND I CAN SHARE IT.

>> David Sampe: OKAY. THANK YOU, GUYS. YEAH, I JUST WANT TO SAY
THAT MY SON IS --

HE IS A, HE IS GOING TO BE A JUNIOR NEXT YEAR. BUT A VARSITY, ON
THE VARSITY ROWING TEAM. AND HE IS IN -- SUMMER, SUMMER CAMP ALL

SUMMER FOR VARSITY ROWING. SWIMMING LESSONS. AND SAT PREP. SO,
THAT'S WHAT THE GOFUNDME IS FOR. I APPRECIATE THE TIME. THANK
YOU FOR LETTING ME SHARE. THANK YOU, THANK YOU, EVERYONE.

>> THANK YOU.

>> Annie Mahon: DAVE, THANK YOU, SO, SO MUCH. AND WE WILL FINISH
WITH A BELL. AND THEN, PEOPLE, WANT TO STAY ON FOR A MOMENT THEY
CAN.

>> Annie Mahon: SO FROM THIS TIME TOGETHER MAY THIS PROJECT AND
ALL OF OUR PRACTICES FLOW OUT INTO THE WORLD AND MAKE A
DIFFERENCE AND MAKE OFFER HEALING TO YOUNG PEOPLE AND OLD PEOPLE
AND --

ALL BEINGS EVERYWHERE. MAY DAVE'S WORK GROW AND CONTINUE TO
BRING FREEDOM FOR SO MANY PEOPLE.

(BELL TOLLS)

(BELL TOLLS)

(BELL TOLLS)

>> RECORDING STOPPED.

>> Annie Mahon: THANK YOU ALL SO MUCH FOR BEING HERE I THINK WE

GOT IT IN THE CHAT. DID IT?

>> Adriana Arizpe Martin: YES.

>> Annie Mahon: YEA!

THANK YOU.

>> THANK YOU, DAVID.

>> BYE, GUYS.

>> Adriana Arizpe Martin: THANK YOU SO MUCH.

>> Annie Mahon: THANK YOU. THANK YOU FOR COMING.

>> Adriana Arizpe Martin: THANK YOU.

>> Annie Mahon: THANK YOU, DON.

>> Adriana Arizpe Martin: THANK YOU, DON.