HUMANIST SOCIETA

The Secular Circular

Newsletter of the Humanist Society of Santa Barbara

www.SBHumanists.org

JULY 2023

Please join us this month on Zoom...

Artificial Wombs: Exploring the Story of an Emerging Health Technology

Our Program: Have you heard of artificial womb technology? Are you curious about the possible future of human reproduction? Do you know someone struggling with sexual and reproductive health issues?

Join us as we take a deep dive into the story of artificial wombs - an emerging health technology. During this interactive talk, we'll discuss a wide range of health, ethical, legal, and social issues including potential links to humanist values.

Our Speaker: Srishti Hukku is a Kashmiri-Canadian who loves exploring ethical, existential, emotional, and equity issues. As a Humanist Chaplain, Srishti serves the community at the University of Ottawa.

Srishti is a lifetime member of Humanist Canada, and a supporter of the American Humanist Association, Humanists UK, Humanists Australia, and Humanists International. Srishti is also a Humanist officiant providing a range of ceremonies from child/adult namings to weddings to celebration of life services.



Srishti Hukku, University of Ottawa. Dual Doctoral Candidate & Humanist Chaplain

Srishti is passionate about creating spaces that maximize human potential by leveraging a traumainformed, anti-oppressive, healing-centered lens. Srishti is especially moved by sound public policy and 2SLGBTQIA+ issues including sexual, romantic, and reproductive rights and justice.

As the first racialized and youngest accredited Humanist Chaplain in Canada, Srishti is also passionate about immigration/integration challenges, diversity including dis/ability and neurodiversity, and social determinants of health. Srishti holds a Master's degree in Public Administration from Queen's University and is completing a cotutelle (joint) PhD in Population Health and Medical Anthropology from Macquarie University and the University of Ottawa.

When: Saturday July 22, 3pm-4:30 pm PDT

Where: On-line. Zoom link: https://us02web.zoom.us/j/88193881833.

Tiny Homes: Reducing Homelessness

6-25-23 By Marian Shapiro

Most of us probably know very little about what it's like to experience homelessness, nor do we know what our county of Santa Barbara is doing to help the almost 2000 people who are unhoused in the county each night, 1000 here in Santa Barbara.

The Humanist Society of Santa Barbara sponsored an educational program entitled, *Tiny Homes: Reducing Homelessness*, on Sunday, June 25 at the Unitarian Universalist Congregation in Goleta. Twenty-five attended in person with another 16 participating on Zoom.

In my introduction of the topic and of our three expert speakers, I mentioned that most people would probably like everyone to have shelter, but aren't sure how to accomplish that goal. We need education to become advocates. Our three speakers came to share their vast knowledge and experience.

The recently approved expanded program of tiny homes or cabins, planned for the former Santa Barbara County Juvenile Hall site, has caused critics to express their concerns on platforms such as *Next Door* and *Edhat*. Their comments motivated me to try to get more people to hear these speakers whom I first heard two months ago at a Democratic Women's program on the desperate need for housing in our community.

Some critics seem to believe that those who are unhoused are either dangerous, irresponsible, mentally ill, or addicted. The experts who are working with unhoused citizens, will tell us this is untrue and unfair.

The truth is that any one of us, or a family member could lose a job, could experience depression and anxiety, and not earn enough to pay today's unbelievably high rents. I hope we all believe in the Golden Rule and support treating others the way we would want to be treated at the worst time of our lives.

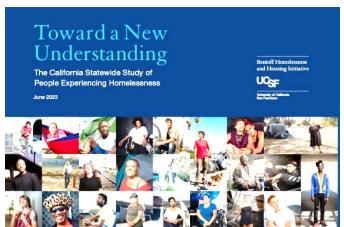


Standing: Marian Shapiro, Judy Flattery. Seated: Speakers Gregg Hart, Lucille Boss, and Jeff Gaddes

Each of our three speakers spoke for about 20 minutes and then they took questions. The first speaker was our CA state Assemblymember, Gregg Hart, who discussed myths that critics often cite when opposing supportive housing. Here are some myths and Assemblymember Hart's responses:

Myth #1. Many unhoused people in California come here from other places because of our nice weather, or because our generosity encourages more to come here.

The truth, Hart said, can be found in the most recent and largest study in three decades from the University of California at San Francisco. The study found that 90% of those experiencing homelessness in California, come from



California, and that 75% are in the same county they lived in before they became unhoused. Economic circumstances resulted in homelessness.

Myth #2. People experiencing homelessness are young and able-bodied. The truth is that nearly half of the population experiencing homelessness are over 50.

Myth #3. People are homeless because of drug and alcohol abuse. The truth is that most people are experiencing homelessness because of economic instability. In some cases, the economic instability might be related to preexisting substance abuse or debillitating mental disorders which made it a challenge to keep a job to pay the rent; then when living on the streets, some do self-medicate with drugs and alcohol to ease their anxiety, but, for most, it's not the primary cause of what got them there.

So what tools do we have to address this statewide problem? It comes down to housing costs are too high. They are disproportionately out of reach and it's a relatively recent phenomenon.



In 1990 the average median income in CA was \$60,000 per year. Now in 2023, it's \$80,000 a year (incomes increased by a factor of 1.33).

In contrast, in 1990, the average price of a home in CA was \$200,000, and now 33 years later it's \$800,000 (increased by a factor of 4). That's our problem: incomes have not kept pace with housing costs.

The reason why housing prices have gone up so much is that we haven't built enough housing to meet the demand. We need 2.5 million more homes in California to address the unmet demand. In Santa Barbara county we need 25,000 more homes.

The next two speakers spoke about the tools we have and what the Santa Barbara County and Dignity Moves are doing collaboratively to solve the problem.

Hart said, "It is the most innovative successful thing I have seen in many many years of public service. I've been doing this work for 40 years, and now we're providing private, temporary space to people, which is the game changer."

In the past we relied on group shelters to provide housing indoors for people who were living on the street and we learned many lessons from that, but most importantly we learned that the people we want to help, like us, prefer privacy and a space of their own. The transition to private individual spaces made a huge difference. Governor Newsom invested in the

Homekey
Project which
converts empty
hotels into
small homes.
The key to
success is



providing services, not just a room to stay in where they can lock the door and feel safe, but also having onsite services (health, mental health, job training, addiction help, etc.).

"We are serving both Santa Barbara and the North County. The state is committed to investing in this (budgeting \$3.7 billion a year) and the Governor has really been an advocate, helping cities get the money they need to succeed."

Hart shared a poignant story about his travels in Europe. He wondered why he saw no people

living on the streets in any of the European countries he visited. He finally went up to a police officer in Amsterdam and explained that in California, we have people living on the streets in most cities begging for money. "Why don't I see that in your country?" The answer he got was, "In our country, we take care of our people."

Hart said, "It's that simple. We need to have a commitment to say we're not going to have homelessness be acceptable in our community."

Hart stated that what we all can do is to participate as neighbors who understand and can explain the facts to friends, relatives and neighbors to help them understand that the answer is to build more housing.



Pallet shelters from Isla Vista now in Lompoc

The second speaker was Lucille Boss, the Encampment Response Coordinator for the County of Santa Barbara. Her job involves working to connect the unsheltered with shelter services and housing. She told us that before she worked for the county, she didn't understand much about homelessness and believed a lot of the myths. She thought, like most people, that "they got into drugs, or made poor choices, but it was probably that person's fault."

Lucille told us a personal story that opened her eyes to how much she didn't know. She read about a local unhoused man who previously had a good life: good job, owned a home, had a wife and a son who just started college. His life irrevocably changed when his son tried drugs for the first time, overdosed, and died. Then a couple of weeks later his wife, racked with grief and guilt about whether she had done something that led to her son taking drugs, died by suicide. This was such trauma for the man that it was difficult for him to function, and soon he lost everything.

The story had Lucille realize that she knew nothing of people's stories and that she wanted to learn more about homelessness, eventually getting her job with the county where she could gain experience and help people.

Lucille coordinates the weekly staff meetings where different groups come together to discuss individual clients who need help, what the challenges and barriers are, in north, south, and mid-county.

A studio apartment now rents for \$2200 a month. Twenty years ago a studio apartment was \$700 a month. \$2200 is a lot of money to come up with every single month and that's only for a place to sleep. That may not include utilities, food, medication, and transportation.

Lucille's job involves working to get funding from the state or from the federal government or from philanthropy.

She explained the different models of shelter. "Congregate shelter" involves cots or bunk beds in a large area, like a school gym. When COVID-19 began, the county worked to get people inside at night, but they learned that many clients didn't feel comfortable in congregate shelter; they wanted a place where they could lock their door and keep themselves and their possessions safe, like we all would. That's what the County is dedicated to providing.

Lucille told of a very successful program the county tried for the first time during COVID, where they provided small portable cabins in an Isla Vista parking lot, getting people off the streets and out of the parks by providing a safe

place to sleep and, importantly, providing the residents with services, including breakfast, lunch, and dinner, health care, job training, and help to get the clients get into permanent housing.

This model was so successful that the county worked with Dignity Moves to create the Tiny Homes project in downtown Santa Barbara, another one in Santa Maria in north county, and coming soon, the newly-approved project, La Posada, in the area of the former Juvenile Hall.



Tiny Home on Santa Barbara Street. *Photo by Caroline Faraday/KCLU*

Marian's comment: One of the complaints County Supervisors have received about the Juvenile Hall location is that bringing unhoused people into that area so close to San Marcus High School and the Page Youth Center puts students in danger. Lucille noted that just 50 yards away from the La Posada site are encampments where unsheltered folks are already living. It will be much safer for everyone to bring them inside the little cabins and address their issues. Some worried that the Tiny Homes at 1016 Santa Barbara Street would be noisy or unsightly, but people who work on that block say no one even knows they're there. So there was no need to worry.

Something these projects all have in common is that they're all on county land, all on available parking lots, and this is much easier than trying to buy expensive land to build on, or converting old hotels.

Lucille is excited that the county received a large grant to provide services out in the field to unsheltered clients wherever they live: on benches, in encampments, in tents, on the beach, by the railroad tracks, by creeks and along river beds. This will help connect more people with help and housing opportunities.

The individual cabins model has been so successful not only because it provides a safe private place to sleep, but also because it has the "wrap around services" including mental health, meals, transportation to doctor's appointments, with the goal of assisting clients into permanent housing.

The fact that clients are only in these tiny homes or cabins for a few weeks or a few months until they are stabilized, is evidence of the success of this model. The homes are not permanent, just enough to help clients get on their feet.

Lucille helped us imagine how how hard it is for an unhoused person to get to a doctor's appointment: they have to leave their things where they've been sleeping, maybe near a river bed. They may have to find a bus to get there, it may take awhile to get in and out of the doctor's office, and maybe get lab work done, or prescriptions filled. This means they may be gone for half a day or more, and not know if their possessons will be there when they return.

The new state grant will fund teams to provide more intensive services out in the field: have doctors, mental health practitioners, substance abuse disorder specialists, etc. come to clients where they are, and then get them into temporary housing where they'll have the wrap around services. The plan is to continue to provide services when people move into permanent housing.

The county is committed to finding more sites to build affordable housing. Please let the county know if you hear of a hotel or office building that becomes available. They were able to develop a HomeKey 15 or 16 unit housing project in Lompoc from an old county office building converted into permanent affordable housing

for people with behavioral health challenges, and they partnered with the city of Goleta to convert the former Super 8 Motel on Fairview and Hollister into several dozen permanent 'Buena Tierra'



Buena Tierra at Hollister and Fairview in Goleta. *Photo Credit: Nov '22 Monarch Press*

housing units, especially for transitional age youth, age 17-24, some of whom have aged out of foster care and have no place to go. They will also have some units for people who need to rehabilitate from surgery or illness.

The county is buying time with these temporary homes until the community has enough affordable housing for all who need housing. If people want to help as an advocate for housing efforts, Lucille says it's really appreciated if community members respond when the city or county has the opportunity for public comments.

Write or call and express your support there and to your elected officials, because they sure hear from opponents, and they need to hear from supporters. If you have home furnishings to donate or want to contribute money, Lucille can provide contacts for many agencies providing housing services, or can discuss with you other ways to help. Lucille can be reached at: LBoss@countyofsb.org

Her closing words asked us to treat unhoused people kindly. They are human beings. Say, "Hello," and if you see them regularly, make conversation. They sadly say that most people treat them as if they were invisible.

The third speaker was Jeff Gaddes, Dignity Moves Project Manager. Dignity Moves has partnered to bring the new, first-of-a-kind interim supportive housing communities to Santa Barbara and to other cities in the state and beyond. Jeff is a Social Justice professor who discovered that in order to build a successful program to help end homelessness, he first had to build trust with those who are experiencing homelessness, to know what they need and to honor them as partners.

Jeff started by saying how proud we should all be of our city and county for taking the lead in providing housing, and that the interim homes and wrap-around services that we're providing here are extraordinary! He never thought he would see this progress in reducing homelessness in his lifetime, although he's worked in this field for 40 years.

Jeff courageously shared that, like the people experiencing homelessness, he also experienced trauma in his own life. It's easy to understand why clients would trust him because he shows that he understands, and doesn't hide his vulnerability. Through his own family struggles and personal challenges growing up, he got some insight in how to build trust and feel safe in the world. He knows that human beings in our culture feel an extraordinary amount of anxiety, and this is not only in unhoused people or in soldiers with PTSD, or those raised in poverty and violence.

Jeff teaches Precarity Theory which describes the way in which the precariousness of life is exploited, how the lives of underemployed minorities, their struggles and suffering, are rendered abject and meaningless. Jeff says, "We feel our culture, our economy, and our institutions are not there for us and not supporting us."

He told us he has survived and learned to feel safe and that his purpose in his life is to help others. A turning point in his life was when he committed to care more about the people he was helping, than they cared about themselves.

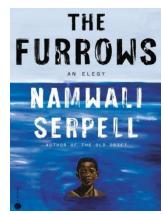
Jeff believes that to heal, a person needs one person to really hear them and validate their experience, their reality. How people feel about being in the housing project depends on trust, and trust has to be earned continually. He's good at that. Some people question the truth about someone else's story and trauma, but Jeff says the truth of their story is not what matters. What matters is that someone is listening and feels their pain and loss. That's what's important. And it's not just the unhoused. It's true for all of us. People have to tell a story that's big enough to match their pain and loss and suffering. If you feel their loss, they feel understood.



In-person attendees at the Tiny Homes presentation. Others attended on Zoom. *Photo credit: Marian Shapiro*

People experiencing homelessness are one of our most depressed, stigmatized population. Jeff has worked with people in many other groups, and knows it's not just the unhoused who need to be heard and who feel the anxiety. He thinks the thing that makes people afraid of the peoplen experiencing homelessness is how close it is for all of us.

The Furrows by Namwali Serpell is a book about grief and loss. A 12-year-old girl tells the story about the death of her little brother who takes his last breath in her arms. She says, "I don't want to tell you what happened, I want to tell



you how it felt." Jeff said that in our culture we tend to negate our feelings and anesthetize them.

Jeff has worked with people who have substance abuse disorder and understands them not wanting to feel the feelings. He understands why they're using substances.

Where do we go when we need to get away and rest? We go to our own room. People need to be able to rest and go to their room. The gift and the blessing of our own room. We are all so fortunate to have our own rooms. People with extreme anxiety are sometimes in flight, fight, or freeze mode. We need to have community and we need time alone to rest and heal.

The Tiny Homes community provides both, a place to rest and heal and breathe in their own room and a place to find community when you come out of your room to have meals, do laundry and deal with each other.

The community of Tiny Homes residents participates in taking care of the place,

themselves, and each other, with the support of the operator, Good Samaritan Shelter team. Together the staff and the residents recognize



the time it can take to heal and the opportunity to move forward with their lives based on care and safety. If the residents in the Tiny Homes community feel heard, understood, and validated, they will create cultures of care and fight for that place. It's about listening to the people who are going through homelessness and allowing them to build what they need. Jeff tells them, "I'm building the places that I needed on the worst day of my life."

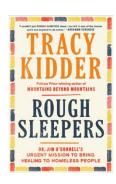
Many people expected that the unhoused people would blow the project, mess things up, make the critics right. Jeff believes they're going to prove, as they did in downtown Santa Barbara, that they won't blow the opportunity if given it.

Jeff gives unsheltered women credit for building the referral system that got people into the Tiny Homes. He earned their trust and they got the people who wanted to come in. Importantly Jeff says, "I don't judge anyone. Who am I to judge? And there but for the grace of god, go I. I keep that humble mantra in my head all the time."

Please contact Marian if you have a group interested in hearing these amazing speakers share what our County is doing to solve the problem of homelessness. This is something we can all do to support their continued success. Please call her at 805-968-0478. Thank you!

For further study:

A book highly recommended by Jeff Gaddess is *Rough Sleepers* by Tracy Kidder about Dr. Jim O'Connell's mission to bring medical services to Boston's unhoused population. Many local resources can be found in the <u>Goleta Homelessness</u> Response Directory.



Spending Some Time In Prison - Part 1

By Dave Flattery

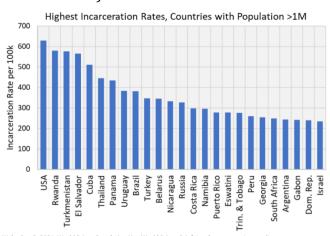
One of the <u>presentations</u> I found most inspiring during last November's Southern California

Secular Coalition conference on incarceration reform reviewed the work of the Compassion Prison Project (CPP). Their work focuses on acknowledging, healing, and managing the childhood (and subsequent) trauma that is found to be so prevalent in incarcerated populations. Judy and I volunteered to participate in the workshops CPP held June 21-22 at RJ Donovan Prison near the California-Mexico border in Otay Mesa.



R J Donovan prison in Otay Mesa. Photo credit: CDCR

First, here's some perspective on the issue of incarceration in the US. The US has the largest prison population in the world (~2 million incarcerated people), as well as the highest percapita incarceration rate at nearly 630 people incarcerated per 100,000 population. The rate in the US is higher than *any* other country, regardless of population (note that the graph is only showing countries with population greater than 1 million).

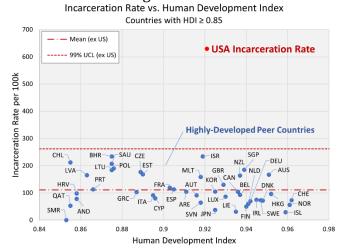


Walmsley, R. 2021. World Prison Population List. World Prison Brief. London. www.prisonstudies.org

The aberration of incarceration rates in the US is amplified further by comparison to our peer countries in terms of development.

The UN Human Development Index (HDI) categorizes countries based on a combination of life expectancy, average income, and educational attainment. The US is in the 'highly developed' category, with an HDI metric of 0.921, along with other healthy, prosperous, and well-educated countries.

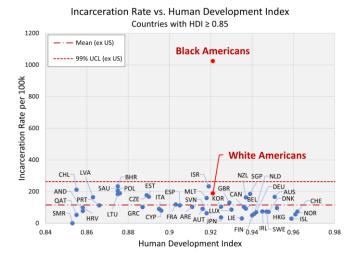
Comparing the US incarceration rate to that of other peer countries (HDI metrics ≥ 0.85) reveals a significant difference. The other 43 countries for which both HDI and incarceration rate data are available are consistent with a normal distribution that averages 111 people incarcerated per 100,000 population with a standard deviation of 58. One would expect from these data that rates for this group would exceed 300 incarcerated per 100,000 population only 1 time in 1500; yet the US rate is over twice that high.



This suggests there is likely another factor associated with the very high rate of incarceration in the US.

That factor is not hard to find.

Using Census Bureau and DOJ data it is straightforward to assess the incarceration rate in the US for white Americans and for black Americans. For white Americans, the incarceration rate falls comfortably in line with that of other developed countries.



For black Americans it is an entirely different story. The incarceration rate for black Americans is over 1,000 incarcerated per 100,000 population; over 9 times the average for the peer countries and over 5 times the rate for white Americans.

It is implausible that this stark difference is merely a residual effect of discriminatory structures that were allegedly dismantled over the last 150 years.

My assessment is that this can only be explained by structures and processes that are both active and systematic.

One of the reflections I have on our experience during the CPP workshops in prison is how relateable and familiar I found the people with whom I interacted. These people, some of whom had been incarcerated for over 5 decades, were just ordinary people that spoke, acted, laughed, and cried like me, and like everyone I know.

I did, however; notice how few of them looked like me; that struck me as criminal.

Thomas Paine Day Online Event

By Judy Flattery

The Thomas Paine Memorial Association sponsored an event honoring Thomas Paine on June 8th. It was both an educational and

enjoyable program co-hosted by Freethought Society Founder, Margaret Downey, and HSSB President, Judy Flattery. The recorded program is now available to watch at this <u>program link</u>. A detailed written summary of the event is available at <u>this summary link</u>.

Thomas Paine was a Deist, like many of the Founders of the United States of America. Deism is an intellectual movement of the 17th and 18th centuries that accepted the existence of a creator on the basis of reason, but rejected belief in a supernatural deity who interacts with humankind.

Thomas Paine's book *The Age of Reason* was written to explain Deism. In that book he states, "One good schoolmaster is of more use than a hundred priests." There is much to learn about Deism and how it relates to the modern world.

The keynote speaker for the 2023 Thomas Paine Day was Amber Quitno. She represented the World Union of Deists (WUD). For more information about WUD, please visit their website, Deism.com

Music was provided by Dan Barker and James Klueh. Congressman Jamie Raskin, Robyn Blumner, Annie Laurie Gaylor, Margaret Downey, and Judy Flattery delivered opening remarks. Joining the event were guests from Thomas Paine's birthplace, including Thetford, England's Mayor Stuart Wright and Gez Chetal, the owner of the Thomas Paine who talked about a new Thomas Paine-themed exhibition.

Paul Fitzgerald from Manchester, England is a cartoonist and illustrator. He is the author of *PAINE: A Fantastical Visual Biography*. Fitzgerald shared several pages of his book that had relevance to the subject of Deism. Sculptor Zenos Frudakis joined the Zoom social hour from his studio in Glenside, Pennsylvania.

HSSB Solstice Picnic

(Photos By Robert Bernstein)

Thanks to Board Member, Judy Fontana, for organizing a lovely solstice picnic at Stow Grove Park on Saturday June 17. The potluck feast supplemented the tri-tip prepared by Phil Holland. Live music was provided by Larry Williams.

We met our newest Board Member, Gary Noreen, and played both a trivia game and a team skills competition (building a tall tower with uncooked spaghetti and tape to support a marshmallow).





We also discussed interest in in-person vs. Zoom speaker events. About half the attendees commented that they would like to have more live speaker events for more social interaction; the other half said they like the Zoom events for their efficiency and the wide variety of speakers and participants we attract from around the world. Some suggested a middle ground where groups of members could participate in our meetings as a group on Zoom (e.g. at someone's

home) so that we could simultaneously enjoy the benefits of Zoom and still have the opportunity to socialize.



Upcoming Events of Interest to Humanists

Submmitted by Diane Krohn

- July 9: Azhar Majeed: <u>Fighting for Science</u> and <u>Secular Rights in the Halls of Power</u>. Center for Inquiry West, Los Angeles.
- July 15: June Everett: <u>Educatin' with Satan</u>. A discussion of the after-school Satan Club. Sponsored by Americans United for Separation of Church and State, Orange County chapter. This is a virtual event.
- August 10: Speaking of Humanism: <u>Becoming Hotspots of Belonging in a Lonely</u> <u>World</u>. This is a virtual event. American Humanist Association.
- September 9: Humanist Studies Program: <u>Humanist Worldview: Then and Now.</u> This is a 14-week course, streamed over Zoom. Sponsored by The American Humanist Association.



Source: Prison Policy Initiative

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Gary Noreen, Mary Wilk

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Deadline for submissions to the Secular Circular is midnight, the last day of each month. Our web site. www.SBHumanists.org, archives current and past issues of the Secular Circular. Non-members may subscribe to hardcopy of this newsletter for an annual fee of \$20. E-mail copies provided to members and interested non-members at no charge. **To Join or Donate to HSSB:** Annual Membership dues are \$36 for an individual, \$60 for a couple, \$100 for a Society Supporter, and \$300 (or more) for a Society Patron. Dues payments and other donations can be made via PayPal (Paypal.me/SBHumanists) or check. Include your name and contact information when submitting payments. Make checks out to *Humanist* Society of Santa Barbara and mail to Mary Wilk, P.O. Box 30232, Santa Barbara, 93130. mwilk@cox.net. Dues, donations, and payments can also be remitted via this PayPal QR code. Once at the site, select 'Send' then log into your PayPal account to complete the transaction.:



Watch our speaker videos on <u>YouTube</u>. Subscribe to our <u>Meetup</u> page to be notified of upcoming events.







Humanist Society of Santa Barbara P.O. Box 30232 Santa Barbara, CA 93130

HSSB Calendar

Tuesday July18, 5:00 p.m. HSSB Board Meeting. Join as early as 4:45pm for socializing. Zoom link: https://us02web.zoom.us/j/83592300667. Members always welcome to attend.

Saturday July 22, 3:00 p.m. Srishti Hukku. *Artificial Wombs: Exploring the Story of an Emerging Health Technology*. https://us02web.zoom.us/j/88193881833.

Tuesday August 15. 5:00 pm. HSSB Board Meeting. Join as early as 4:45pm for socializing. Zoom link: https://us02web.zoom.us/j/83592300667. Members always welcome to attend.

Saturday August 19. 3pm. Hemant Mehta, The Friendly Atheist.

https://us02web.zoom.us/j/88193881833.

Tuesday September 12. 5:00 pm. HSSB Board Meeting. Join as early as 4:45pm for socializing. Zoom link: https://us02web.zoom.us/j/83592300667. Members always welcome to attend.

Saturday September 16. 3pm. Dr. Darrel Ray, Religion's Impact on The Rise of The Incels. https://us02web.zoom.us/j/88193881833.