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life stories together helps to connect people to the truth of addiction.

One of the important things she hopes people can learn from these stories is to empathize, and see that addiction is not necessarily a choice. Genetics, environment and socioeconomic status may be contributing factors for addiction, Kőrösi explained, but people experience addiction whether they are poor, rich or in the middle class.

“It’s all interconnected — it’s not one single thing responsible for addiction,” she said.

Kőrösi’s book also focuses on addiction treatment. She said she has seen people be discharged from treatment centers, only to fall back into addiction, with no safety net to support them afterwards.

“Many times what I’ve seen is there was nothing to catch them after they left,” she said.

Kőrösi has experienced different models of healthcare in her lifetime. She grew up in Hungary during occupation by the Soviet Union, which started around 1949 and lasted through 1989.

“I grew up seeing military weapons while walking around the streets,” she said.

Kőrösi was assimilated into Russian culture and had to learn the language, but

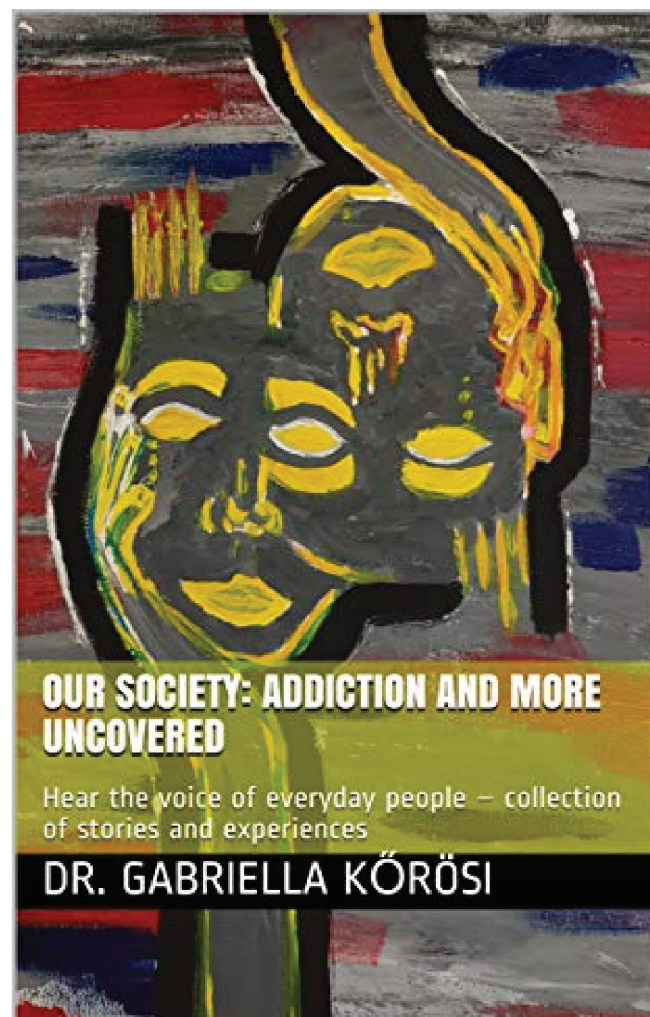
Hungary began to transition into democracy in 1987. After the Soviet Union’s occupation, Hungary kept providing citizens with some socialized services, such as universal healthcare, Kőrösi said.

She immigrated to the U.S. in 1994, and continued her education to become a nurse. She has earned a bachelor’s degree; master’s degree; and a doctorate in philosophy in public and community health from the University of Washington.

After completing her doctorate, working with individuals struggling with addiction, and learning from her personal experiences of healthcare in Hungary and the U.S., Kőrösi found herself motivated to write the book.

“Maybe because I grew up in socialized medicine, I do believe in socialized medicine ... I want to believe that nobody would purposefully want to poison people with addiction, but I do think that we need to do more to help people get out of it, and it shouldn’t be about money,” Kőrösi said. “We need to be smarter about healthcare and learn from other countries.”

Through her book, she shares the human side of addiction, not just the numbers. Kőrösi hopes that she can help readers see the beauty of the people behind the disease, just as she sees the beauty in hummingbirds from her front porch.



The cover of Gabriella Kőrösi’s book.



Bryan Foster, left, and Fred Carter.

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Moon Shines On,” is known as “their protest song,” Carter said. Three voices appear on the tune: Foster, Carter and Julie Nelson, Foster’s girlfriend.

“It is about the way we are trashing our oceans,” Carter said. “It goes through about how it is affecting the animals, and about how one day the ocean is going to be gone. Then mankind won’t be here either if we don’t do something.”

Many of the songs are personal stories, Carter said.

“Everything we do has been because of other people,” Carter said. “I started learning guitar when I was seven, and there has been a lot of music between then and now. Everything I have listened to has affected me.”

Another song was written by Foster about his wife, who passed from breast cancer last year.

“I wanted to put this on the album for her,” he said. “I love all the songs on the album and I listen to this album everyday.”

The pair’s album spurred out of the want to share their music to others during the pandemic, Carter said.

Carter and Foster performed almost every Friday night at North Beach Tavern in Long Beach, Washington, before Washington state’s state shutdown in March.

“We’d see new faces from out of town too, and they would tell us how much they enjoyed it,” Foster said.

The pair look forward to playing future shows, Carter said.