

Mackie

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you devote to the exercise regimen to get yourself in such great shape?

About four months. I worked out for six weeks before we started shooting, and then every day on location. To get in shape like that involves a whole lifestyle change. It's not just going to the gym. It's also eating and sleeping differently, and spending your time differently.

KW: I heard that you and Mark Wahlberg even trained together.

AM: Yeah, we worked out together every day, once we arrived on set. I think that's

me like the film actually has a message about the growing distance between classes in America. Or am I asking too much from a spring blockbuster?

AM: I think the movie deals more with The American Dream, and the skewed perception of it in our generation. The idea used to be that you worked hard to achieve more. Now, it's "Do as little as you can to achieve as much as you can."



Anthony Mackie

who do not give themselves permission to pursue their dreams. What advice do you have for them?

AM: [Chuckles] I still meet naysayers every day. This business is funny. It's all about your journey and the road that you're on. There are so many people who like to comment on my career and on what I am or am not doing. But I know that it's my path, and I'm going to decide for myself which direction I want to go. When I meet naysayers, I just thank them politely for acknowledging my career and I wish them many blessings on the success of their own

careers.

KW: Are you attached to any post-Katrina rehabilitation project in New Orleans?

AM: No, I've been staying away from the revitalization of New Orleans, because it's not New Orleanians who are behind it. And that's the problem.

Every time a New Orleanian tries to get behind a project, it gets shot down. But you have all these folks from outside the state trying to change the culture. That's what the backlash is all about right now. We want to keep the city the way it was. New Orleans is not New York, L.A. or Las Vegas, and we want to push all the outsiders out in order to get back to where we were before Hurricane Katrina.

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why we subsequently became such good friends. He appreciated the fact that I wasn't taking this opportunity lightly, since he's not the type of person who takes the stature he's achieved for granted. He's a leader and a hard worker. He liked my dedication to the project which was reflected in how I accompanied him daily to the gym to push it as hard as we could.

KW: Larry Greenberg says: It seems to

KW: Richie the intern says: You have played Tupac Shakur twice, once, Off-Off Broadway, and also in the film "Notorious." Did you listen to a lot of his music growing up?

AM: Definitely! The very first CD I ever owned was a Tupac CD. He's one of my all-time favorites. I have every CD and bootleg CD of his. He was a huge inspiration of mine. Since my parents didn't allow me to hang out on the streets as a child, my way of experiencing the streets was by listening to Tupac.

KW: Did you meet naysayers before your first big break as an actor? There are people

Brussels Secrets

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ROAST

Roasting vegetables just gives them a different flavor by caramelizing their natural sugars and bringing out the vegetables' natural sweetness.

Preheat oven to 400 degrees F

Take 1-1/2 pounds of sprouts; 3 tbsp olive oil; 1 tsp salt and 1/2 tsp ground black pepper and put them in a plastic bag. Add some herbs or spices and garlic to the mix.

Toss the mixture then pour onto a baking

sheet and place on center rack. Roast for 30 to 40 minutes. Stir halfway through the time. Brussels sprouts should be darkest brown, almost black, when done. Serve immediately.

Add-ons: During the last 5 to 10 minutes of cooking time, you can add a bit of grated cheese, or some cooked bacon or ham, or some pine nuts or almonds, to dress up the sprouts a bit.

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TriMet Pensions: A Question of Fairness

It's fashionable these days to call frontline workers and retired frontline workers "greedy." That's what TriMet management wants you to think about us. Yet, over the years, we took less in wages partly so we could supplement our social security benefits. That is how we saved for retirement. Many of us have small TriMet pensions. Sometimes they are completely gobbled up by medical costs. When the numbers are viewed side-by-side, it is clear TriMet management places a higher value on themselves than they do on the front line employees—those who have the most demanding jobs in the organization.

Pension Class Comparison				
	TriMet Union	TriMet Non-Manager Non-Union	TriMet Managers	TriMet Former General Manager
Average Monthly Pension Benefit	\$1,581	\$1,956	\$3,786	\$16,000
Years Worked to Qualify	10	3-5	3-5	7
Minimum Age for Eligibility	58	55	Unknown	Unknown
Paid Life Insurance	\$25,000	\$150,000	\$500,000+	\$800,000 (current Gen. Mgr.)

Note, TriMet pensions are NOT part of the state's Public Employee Retirement System Plan (PERS). Unknown = Information requested but not received.

What we are talking about is economic justice. Corporate America is excessive when it comes to executive compensation. Should our public agencies follow suit? What happens when top management receives compensation far in excess of that received by most of their employees? Does that gap in overall compensation create a sense of superiority or inflated self-worth? Does it taint their relationship with the agency's workers, customers and the community? We think it does. We believe TriMet has strayed from its mission. We are working with the community to put it back on course – providing the safe, affordable, reliable and sustainable public transportation our community deserves.

Sincerely, Your Transit Workers

Not So Golden Years: Retiree Profiles

John: "I drove a bus for 26 years. I often worked 16-hour days due to driver shortages. I seldom got breaks and had to eat on the run. The stress of tight schedules, city traffic and no breaks caused chronic health problems. I've had a triple by-pass and live with diabetes. My TriMet pension is \$1,454 per month. So far this year, I've paid almost \$1,400 toward my health care."

Betty: "I am a fifteen-year TriMet employee. Faulty operator seats crushed three of my vertebrae, and I had to have surgery. The constant use of my right leg on the bus pedals ruined my knee, so I've had to have it replaced. My pension from TriMet is \$748 per month."



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