

## TO ALL CONCERNED PARTIES,

It has come to our attention many times over the last few months or so that Crystal (bartender and waitress at The Five Point) has been told misinformation and lies about Aaron. Instead of talking to Aaron for his confirmation or denial of these vicious rumors and allow him a rebuttal--Crystal got confused and angry and stopped helping him fend off the smear campaign that a certain sociopathic Christina started--around three years ago (who did not know, nor had ever met or talked to Aaron) which led to re-opening the wounds and re-starting the lies Michelle and Robert Sasnet started at the Broadway Safeway (where Aaron originally worked in 1997), Troy followed in suit in smearing Aaron a few years ago at the University (Brooklyn) Safeway (who never knew Aaron but was obviously coached by someone from the Broadway Safeway we speculate)--which spread vicious gossip to TUBS, Scarecrow Video, the University Library and all over the University district where Aaron lived and frequented at the time. Christina was trying to destroy Aaron's reputation for reasons we can only speculate on at this point--some have said she was interested in him and was rebuffed, others have said she thought something Aaron said to his friends was a rude comment (which turned out to be that Aaron was just interested in dating older women in their 30's which is his age and not college students (generally 18-22 yo--but are fine as friends) How much of this was due to Troy and how much was due to Christina smearing Aaron is hard to puzzle. We just know from first hand experience that the damage they did to Aaron was extensive. Aaron did not change his last name because of Christina (Crosetti to Crosetto); his whole family did on his father's side to be able to get dual citizenship in Italy--Crosetto was their original surname. Lay that lie to rest. Aaron had a friend who did P.I. work on the side and verified to him that this was true. This P.I. also added that Christina was into Satanism (paganism?), had a lot of power over the street kids, was dating a skinhead, was into vampires and witchcraft, role-playing games, computers, was rich and bored, and had tried to blackmail a businessman (before targeting Aaron) who supposedly put out a contract on her life. We still see Christina so obviously nothing has happened to her so far! Hopefully she will grow out of this psychotic behavior (all we know is she was very young--late teens, early twenties when she started targeting Aaron).

Christina also went to Chris Ledell at Swedish Hospital (where Aaron worked with him from 1988 to 1995) and what remains of his good ol'boy club and got them re-started on the lies and social games they had used to smear Aaron. It is important to understand that Aaron was the victim of cruel abuse and social games at Swedish engineering (main campus) a few years after he started working there. The lies, gossip, smear campaigns etc. were used to discredit him and prevent him from being

able to sue various people, the hospital, and make him so miserable he would leave. The experience at Swedish Engineering led Aaron into severe depression and eventual post traumatic stress disorder. There were people who tried to defend Aaron throughout the hospital and knew the lies were untrue but the engineering good ol'boy system spread to George etc (Nutrition Services) who spread gossip to all who went through the cafeteria, to members of security, environmental services, nursing, doctors, etc. Chris Ledell had spent a lot of years getting well connected and had a lot of power and seemed to be able to get away with anything he wanted to!

Now Crystal is re-victimizing Aaron! P.s. Crystal, Aaron did not send his friend Joe to bother you at The Five Point that night, Joe did that out of his own volition out of anger and frustration for what you started doing to his best friend. Please people do not feed into Crystal's childish, cruel social games! It's important to understand that Crystal really helped Aaron for a few years in dispelling Christina's lies and Crystal may not realize how grateful he is to her for this and Aaron still believes deep down that Crystal can be a good person! Somehow Crystal was told or she she came up with the misconception that Aaron wanted to ask Crystal out or had plans on her being his girlfriend. This is completely not true. Who started that bit of gossip? He knows she has a man in her life. Crystal is an attractive woman and many men would probably jump at the chance to date her. These were not Aaron's intentions. He just thought she was a fun person to talk to about music and movies and that she seemed really good-hearted. Aaron just wanted to be friends. Aaron is actually a really good person who does a lot to help the mentally ill, homeless people, occasionally helps out at church feeds for the poor, takes food and beverage as often as possible to some women's shelters, etc. Aaron is very intelligent, hard-working, educated, spiritual, and political (left wing). Aaron has literally spent thousands of dollars helping out people where he may see very little ever returned. Crystal sadly believed the lies Christina (at some point we believe), Michelle, etc. and Chris Ledell told her--or possibly she heard their stories through a third party. We are speculating at this point. Crystal, a few months back, started snubbing Aaron and some of his friends who were always kind, decent, well-tipping regulars and friendly acquaintances of Crystal's. Then Crystal wouldn't even talk to them and started making rude comments about Aaron (loser, asshole, crazy, psycho, etc--all completely untrue). Ask anyone who really knows him (friends, family, current co-workers, bosses, etc). Aaron was quite naturally hurt, near the end of his rope, really confused (Crystal had told him he was one of her favorite customers), frustrated, and exhausted from being victimized by smear campaigns (by the way in case you still aren't sure--Christina is a psychotic, power-tripping, stalking, nutcase who likes to extort money out of innocent people she preys on. Aaron chose to completely ignore her for the past three years no matter how much

damage she caused him--rarely even making a comment about it to his friends). We also believe this includes vandalism that was done repeatedly to Aaron and Christine's van they co-owned, like breaking windows, putting dogshit inside the car, tearing off rear view mirrors, etc. Nothing was ever stolen, it was just malicious vandalism that was very hard to pay for and replace! Christine by the way is not a friend or any relation to Christina. The police after several reports were filed were unable to find the perpetrator.

We wonder how many people could have mentally survived what Aaron went through all these years without ending it all in suicide. He just grows in strength (eventually) through these experiences. The smear campaign at Swedish Hospital which started this whole thing many years ago is long, complicated, and convoluted--don't be afraid to ask Aaron for a full rundown of the details. So here is just a few of the highlights--he assisted in whistleblowing on the engineering depts lies and hiding serious fryable asbestos problems that directly affected the patients, contractors (who brought it to Aaron's attention and were afraid to work in the environment), and staff (including Aaron, the dispatchers and engineers themselves. Harold Provence, an engineering manager and Aaron's boss as well as some of the engineers just scoffed and in total ignorance made fun of the contractors and in a macho way ignored the problem and continued to work subjecting themselves to this danger!) Aaron was aghast at this level of stupidity which really typified the department. That department was one strange, dysfunctional family. Aaron went to Harold and insisted they do studies as to test the level of danger and was put off several times until Harold finally had George Kevins (the HVAC engineering manager)do some tests and who covered up the problem by faking studies and claiming there was no such problem. While Aaron was pursuing this, a bad dispatcher who was mad at the department and just trying to find ways to sue them to get rich called in OSHA to get back at the dept./hospital and OSHA found that the fryable asbestos situation was very dangerous and it forced Swedish engineering to deal with the problem! Sadly, alot of people were exposed to it before it was dealt with. Harold called Aaron at that point into his office and asked him why he had to do that? Harold told Aaron that look some day we are all going to die... Aaron sat in his office in stunned silence. Aaron also tried to stop the engineering good ol' boy system (mainly controlled by Chris Ledell and Jim Story--the main perpetrators) from targeting workers who they didn't like (this included other engineers and dispatchers). Admittedly some of these workers weren't of the highest caliber that they targeted, but they deserved a fair chance like anyone. Besides no one else would stand up for them. The managers and supervisors (who were not union) would just tell the workers they had to figure out how to get along and would not get any support from the management. This led Aaron to being ostracized

from the good ol' boy club. Aaron also resented the hospital soap opera and being toyed with by the engineers and simply would not get involved in their social games and so the engineers on swingshift (Aaron was the lead dispatcher on that shift) soon grew bored with him (even though Aaron is educated, can talk on many subjects and has a good sense of humor!). Jim Story, the parts engineer and close friend of Chris Ledell, told Aaron that most of the engineers really had no life and would go home and pick cheese out of their ass. A quote, also. Aaron on the other hand had a rather adventurous social and intellectual life. He was surprised to hear Jim say this about his co-workers! At this point early on in Aaron's career at Swedish (after he broke off a short term affair with a married woman who basically seduced him--he knew this was wrong, ended it, and then was trash talked by her around the hospital for revenge for stopping it), Aaron decided to only be friends with the women around the hospital he worked with. Her close female friends who worked at Swedish, told Aaron later on that Maria (her name) liked Aaron the best of her affairs and her friends said if they had not been married they would have dated Aaron. One of them was even going to set Aaron up with her daughter--but by that time Aaron had already quit working at Swedish. Aaron was very flattered. There were other beautiful women at Swedish who also tried to date Aaron (Carmen, Carolee, Amanda--later we did, a black woman who may have been named Angel?, etc. but Aaron wouldn't only wanting to be friends because he feared the potential social games and soap opera of the hospital. There were gay men who tried to pick him up as well. Instead, Aaron focused more on his work, emphasizing teamwork, good training, communication, voluntarily helping the engineers do their work (which none of the other dispatchers would do); Aaron was anything but lazy! He was a lead dispatcher and worked hard at it. He also liked the good pay and benefits of this union job. Aaron enjoyed the challenge of the engineer's work the most--over dispatching. Aaron was told by most of the engineers, dispatchers, and management that he was the best worker in the position they had ever had. The management even wanted Aaron to become an engineering supervisor, but for good reasons Aaron distrusted their style of management and repeatedly declined the offer, angering his boss Harold Provence and the Director--who was later fired for reasons Aaron never knew.

Starting in the early nineties, Aaron began an intense study of Eastern mysticism, Tai Chi Ch'uan, Chi Kung, Zen, aspects of Christianity, near death studies, and Tom Brown Jr.'s Apache spiritualism. Engineers (like Chris Ledell who was an atheist) and some dispatchers, etc. thought these spiritual pursuits were weird or stupid. They made some pretty rude remarks to Aaron. One Engineering manager was later fired and it may have had to do with the rude jokes he'd tell Aaron just to see how he would react and see if he was "one of the boys". Aaron just thought he was

stupid and ignored him (that manager was Bob Rondeau). Some of the engineers also spread the lie that Aaron thought he was Jesus Christ. What a crock! Aaron wasn't even Christian per se even though he believed in many of Christ's beliefs. The engineers also knew Aaron couldn't be bought; Aaron did not sweat the little things, only the big looming problems in the department. After Aaron was later forced into going to Human Resources for help to stop the increasing harrassment (which even included some death threats), he was labeled a snitch and a snake and was completely smeared by members of the department. This included engineers who had been friends for years with Aaron. Sadly, Aaron's favorite engineers like Lou and Glenn had quit or already retired. At that point only Don Renerie (and an engineer named Bill ? who Aaron questioned the extremism of his religious beliefs) would be nice to Aaron and have long discussions with him. Engineers who never really knew Aaron wouldn't even try to get to know him after he was smeared by the swingshift engineers. Aaron tried to switch shifts with other dispatchers but they told him they were afraid to go to that shift knowing they wouldn't last long before they were harrassed out by Chris Ledell, Chuck Stevens, Norm Peach, etc. do to the fact those engineers would get bored with them too, etc. Aaron had no way to defend himself, Human Resources couldn't band-aid the situation, and then perceived Aaron as a threat to suing the hospital/engineering dept. Soon Human Resources turned on Aaron (who learned the hard lesson that HR is not your friend or ally in harrassment cases, etc.); he was now perceived as a "malcontent", "troublemaker" and the system then started also trying to get rid of him (no matter how good of an employee you have been!). They have many tactics for doing this--it's textbook. Aaron also tried to help others who were targeted by their depts, HR, "The Hospital" from the benefit of his experience explaining by the numbers what Swedish would do to them--including HR forcing workers to go see the hospital psychiatrist (then it was Dr. Frank) who would label you as delusional (in Aaron's case without even listening to his story!!! This Dr. obviously had been coached on what to say by HR), crazy, etc. Dr. Frank would then try to put you on strong, anti-psychotic drugs so you could be discredited; if you were diagnosed as "delusional"--you could no longer sue the hospital. It's all very cold, cruel, and calculated. This was done to Aaron as well as other people Aaron would later meet who worked at Swedish. Aaron refused to take these meds; his lawyer likewise advised him so knowing this was complete bunk. Dr. Frank did take Aaron off the anti-depressant he was taking to cope with depression cold--which you never do--you taper a person off of them slowly. That night Aaron was with one of his best friends and the drug affect nearly made him go out of his mind. Aaron quickly put himself back on the anti-depressant which was helping him cope with harrassment. Aaron probably could have sued Dr. Frank for malpractice, but was not up to dealing with a lawsuit. Aaron was just trying to mentally survive at this point. Later, Aaron's

Family Practice HMO Dr. advised him to seek help through an outside psychiatrist (Dr. Hamm) who advised Aaron to leave Swedish Hospital to preserve his mental health (he had been dealing with like 5 years of day to day abuse!). Swedish did not fire Aaron although they tried every trick in their "book"; Aaron tried to transfer to other depts he knew were much better--like MSC--but there were no openings. HR would have probably stood in his way all the way anyways! Aaron however was forced to take a leave of absence of several months before he could return back to engineering. Suddenly when the engineering staff feared a lawsuit, they became friendly again to Aaron, but it was all so phony. Aaron knew that if he did return, his reputation throughout the hospital would be ruined and probably would not be able to psychologically survive what they would do to him next...

By this time Aaron was dealing with severe depression and post traumatic stress disorder and was advised by people (including his lawyer) that if he tried to sue Swedish Hospital that the trial would probably be too traumatic and drawn out and would be unaffordable as well as it would be difficult to prove the harrassment anyways. It's very hard to play this kind of ball with corrupt corporations--they know all the tricks to avoid such suits having it down to a fine science. Aaron was just a very young man, wet behind the ears, fresh out of college and fairly ignorant of the corporate world (other than a great course he took at SU in Business Ethics), and a human rights activist--not much of a threat in their eyes; just a nuisance.

Aaron also began pursuing hardcore street survival self-defense (by the brilliant instructor Brad Steiner) after being mugged late at night on first hill on a work break, facing gang-related "wilding" attacks on the Metro buses (#7) he took home after swingshift was over (though fortunately Aaron was never a victim--although he did have a zip gun pointed at him and was threatened), after facing a crip gang attack at a bar called Giorgios (now Earl's on the Ave) where he helped to protect the victimized girlfriend (who sought safety in the bar) while the bartender Ruby called the police--the gangsters were later caught, and he used this martial art as a form of anger management and therapy in dealing with the terrible harrassment done to him at Swedish Hospital. Aaron also had had lies spread about him that he was gay (and homophobic engineers like Chuck Stevens spread it all around the hospital that he also had AIDS because Aaron was thin weighing only 200 lbs at the time); this was done so Aaron would not be able to meet women friends. Aaron also befriended a confused, closeted homosexual on graveyard shift who worked for Environmental Services. Aaron was working double shifts (swing/graveyard) after the last two graveyard dispatchers quit--the first due to harrassment from an engineer and the other was fired for trying to sue the hospital, consecutively. At the time, Aaron knew almost no one on Graveyard shift, except for Don (he was a nice Env. Svs. supervisor who was fired for reasons Aaron never learned but contacted Aaron to help him to sue the

hospital), and an acquaintance also from Env. Svs. named David. David told Aaron he was straight and that his girlfriend just died; Aaron suspected he was bisexual or gay and had trouble dealing with it. Aaron has some best friends who are gay so it did not bother him--except for why David would not be honest with him. Aaron was feeling set up. It turned out David was a closeted homosexual, a Jehovah's Witness--who do not accept homosexuality; Aaron could see how full of inner torment and confusion this contradiction was for David; it seemed that David had a lot of self-hatred. Aaron felt he seemed lonely so took a chance on a few invitations David extended to his apartment and one camping trip (Aaron did camping trips all the time with his friends and felt he had nothing to fear)--which turned out to be quite an adventure on Orcas Island. One thing Aaron learned early on was that a lot of Swedish workers would put on fronts/masks and not be honest with you. After the experience with David, Aaron was told not only by David but other workers as well that Chris Ledell (Aaron's lead engineer on swingshift) was married, but very gay and sleeping around with lots of closeted gay men at the hospital. Chris was also very closeted (until even admitting it to Aaron and the then current day dispatcher), a gaybasher (lots of internal anger), control freak (even when Chris would do something good for you it was always with strings attached!), power-tripper, macho, and seemingly having some self-hatred about not being straight and all this would come out sideways in his moodiness, tempermentalness, and inexplicable meanness toward innocent people. Chris was well known amongst the women and gay men of the hospital for having a very small penis. No one cared but Chris, who had this strange inferiority complex about it. Too bad he couldn't seem to get over his "teeny weeny" syndrome. It seemed to really screw his head up. Aaron's personal nickname for him was "The Little Napoleon". Chris also would make weird, cruel, mind-fucking comments, sometimes sexual toward Aaron over the years after their tenuous friendship had ended. It got worse as time went on. Chris perceived that Aaron having this information about him was a threat. Aaron didn't care what his sexual orientation was--just to be left alone from his twisted mindgames. When Cindy Forgey (the day dispatcher found out it was Chris that was gay and not Aaron--she knew the Director's Secretary well and tried to do something about Chris. For some unknown reason she was unable to do anything about Chris's harrassing behaviour and she changed her tune rapidly, began kissing up to Chris and then turned on the innocent victim of it all--Aaron. This was much safer for her future political standing and career at Swedish. She then began having an affair with our married boss Scott Bybee--maybe she actually wanted him or maybe she just needed protection or both. Aaron just took the abuse and remained silent. The other engineers who worked swingshift were afraid to anger or get on Chris Ledell's bad side, so would go along with whatever he wanted. This slowly but surely ended the friendships Aaron had with the other swingshift engineers over the years. Aaron never

quite knew if Chris's wife Paula was aware of his affairs and one night stands with men there and elsewhere? He just knew she wasn't real bright. Either Chris and/or David (who communicated) spread it around that Aaron was now gay and had had an affair/got a blow job from David--neither of which happened. David just tried to seduce Aaron, Aaron made it known he was straight and uninterested; David told Aaron he wanted him to be his life long partner and Aaron explained that he only wanted to be friends. Aaron was friendly toward David at work, but kept him at arm's length. During this period of time, Aaron also received some strange phone calls from David who appeared very freaked out and unable to deal with where their friendship was at. Aaron became further and further estranged from David. Aaron rarely saw David again; Aaron was now back to just working swingshift and someone/s on env. svs. graveyard shift did not like gay people, so David transferred to the Ballard/Swedish campus. Then what David did to Aaron was cruel and spiteful; what Chris and David said about Aaron was an evil move because Swedish Hospital (at least in those days) was anti-homosexual. HR even asked Aaron the illegal question if he was ever intending to get married? (wink, wink) Anyone who worked at Swedish Hospital for a while knew their stance against homosexuality. The engineering dept. would not treat you well either if they found out you were gay. Aaron tried to put an end to this kind of prejudice and get these people rights by actually working with HR (ironically); but the seminars were mere lip service. Because Aaron would not date women at the hospital--people in the hospital really thought he was gay (combined of course with the rumors). Suddenly gay men came out of the Swedish wood work and started eyeing and hitting on Aaron. A nice Env. Svs. Supervisor (Jennifer Cochrane) and long time friend of Aaron's pointed this out to him and Aaron explained he just wanted to be friends with the women who worked there even though he thought a number of them were really cute. This supervisor knew some of the abuses Chris Ledell (and his co-workers) were doing and she asked Chris if he would leave! Chris said he would not and that he liked it at Swedish. Aaron quit Swedish in September 1995. Later, that Env. Svs. supervisor was politically squeezed out.

Aaron was also smeared by Safeway over issues and allegations back in 1997. When Aaron first started working in the Broadway Safeway Pharmacy, the head pharmacist Mike Kemp warned Aaron that this was a really mean store and to watch your back. The checkers almost immediately (specifically Robert Sasnet, later it spread to other checkers) treated Aaron very badly and telling the customers he was too skinny! Actually there was a female checker there who if she turned sideways--one could literally see through her. Then some of the checkers started saying Aaron was gay (untrue--he just had gay friends who came into work there to meet him--not to mention straight friends!), also they accused him of stealing from the store--which was not true, and that he was stupid which was untrue; Aaron had the difficult task of learning



to be a pharmacy B tech from scratch and while suffering depression and post traumatic stress disorder which makes it difficult to focus at times; Aaron was up against the unharrassed A techs who were schooled in the trade, certified, and what most pharmacies wanted... Aaron got very little instruction until much later when the second pharmacist was hired under the nice head pharmacist Mike Kemp--who helped train Aaron into doing full A tech level work--which is doing everything a pharmacist does but counsel. For all this work, Aaron was still paid basically the unliveable part time wage of a lower B tech. He couldn't afford to get the certificate. B tech hours were being cut all over the different Safeways. Aaron continued to battle depression and ptsd while being harrassed by Robert Sasnet and Michelle (who he would not kiss up to--they seemed to always be on a power trip...) and had to put up with lies being spread by other checkers to customers (none whom which knew Aaron or his work) and this was done in front of Aaron day after day at work. It is very hard to do your best work in this kind of verbal combat zone. Some of the customers got mad at the checkers and stood up for Aaron. He is grateful to those people! Aaron sought out help from a Safeway sponsored psychologist who allowed you three visits to voice your woes at work. There was little he could do to help, suggested some books to read for dealing with difficult workers, commiserated with Aaron's situation also explaining to him that he was not too skinny, and suggested Aaron go to Family Services for longer term counseling in dealing with these certain workers at Safeway. The psychologist also told Aaron Swedish Human Resources consulted with him on Aaron's case at engineering (a few years earlier), but the psychologist was unable to do much.

JoAnn at Family Services was wonderful in helping Aaron try to cope with an increasingly difficult situation at Safeway. She eventually ran into political problems with her boss at Family Svs. and so she eventually left. Too bad, Aaron believed she was a real asset to the organization--as well as one of the only people who would believe Aaron and not just say he was imagining it all! Those people in Aaron's life (friends, family had trouble believing these kinds of harrassment would go on toward him) were crazy-making for Aaron at the time. JoAnn had a good heart and genuinely cared about people and their troubles. During this time, Aaron was forced to call Safeway Human Resources reporting the checkers who were harrassing him; HR could do little since naturally none of the checkers would admit to anything. Robert Sasnet went around to all the checkers and workers and told them not to say anything--right in front of Aaron while he worked the pharmacy counter. The checkers were union, pharmacy staff and techs were not and had no support. There were pharmacists who subbed at the Broadway Safeway and saw how mean the checkers were (as well as other workers) and would never return to work at that Safeway again. They told me how much they appreciated my work. At this point Aaron was too

stressed out and had little support, was trying how to figure out a way to survive financially, tried to get on at Boeing, and simply did not know what to do. At that time, aaron was of thin build (unlike the last several years) and some of the checkers (within a very short time of when he first started working there) started telling many of the customers he was too skinny and wanted him out. Also, at that time workers, doctors etc. from Swedish Hospital were coming into the store (Swedish is close by) and telling the checkers that Aaron was a mean person, a snitch, etc. These people who came in from Swedish did not even know Aaron, but only the gossip spread by the Engineering dept. and HR. One of the engineers(Don Renerie) came down and visited Aaron at work at Broadway Safeway (he had always been friendly toward Aaron through the whole ordeal) and explained that their current dispatcher in engineering was complaining to Human Resources about harrassment. Big surprise! Aaron knew he had made little accomplishment their in stopping harrassment from occurring. Aaron realized he was young and somewhat naive about being able to make changes in corporations, but even to this day he will stick his neck out for others over human rights issues. Aaron's name is on the Wall of Tolerance. This was basically his background as a liberal arts/psychology/criminology major at Seattle University, suma cum laude.

Since Aaron succumbed to the stress and depression at this point, all he could do was make some signs and leave notes for the customers/locals to read about the abuses that were going on at the Broadway Safeway. It seems crazy, but Aaron was desperate and pushed to the edge of sanity. People would occasionally approach Aaron on the street and ask him if he was okay and if he could continue to cope there; they knew about the abusive checkers at that Safeway. Aaron would basically shrug, say he was doing "okay"and head into another nightmare shift at work. Aaron also tried filling out some courtesy cards complaining about Robert Sasnet's lies and abuses toward him. The management at that Safeway knew what was going on, and right in front of Aaron just laughed about the whole thing with Robert Sasnet. Aaron believes one of those managers was named Larry. They wouldn't touch a black, union worker with like twenty years with Safeway. At this point Aaron snapped from the pressure and began sometimes "hearing" negative voices and his friends and family got him to see a good psychiatrist, Dr. Raphaelly. He gave Aaron some meds that helped a little, stopping most of the troubling voices. He diagnosed Aaron as depressed and schizo-affective. Aaron's apt. manager at the time knew Aaron was now pushed to the point of having symptoms of mental illness (some people get ulcers from too much stress, cancer, Aaron got depression and schizo-affective disorder). His apt. manager also brought it to the attention of the Safeway management--about his signs he was putting up, thinking this would help the situation. It just gave Safeway HR more ammunition against Aaron. His manager was concerned and only trying to help--we

believe. None of this would have ever happened if it wasn't for Swedish Hospital and the Safeway checkers pushing Aaron to this brink of madness. Ironically, Aaron was still performing very well as a pharmacy tech; when Aaron went to Bellevue to get trained on the new pharmacy computer system--out of all the pharmacists and pharmacy techs there, Aaron was the first to finish the exam and got 100%. Aaron periodically asked the pharmacists he worked with and they always told him he was doing very well and that they would tell him if they had a problem with his work.

JoAnn in Family Svcs. at this point knew the whole thing was breaking Aaron down and so she started pushing for him to take a year off to recover and try to get GAU.

Robert Sasnet and Michelle were mad at Aaron for calling Human Resources on them so they did everything in their power to make Aaron's time at Safeway even more miserable. Human Resources called Aaron in to a meeting about the notes and cards he'd left/sent in to get the Administrations awareness and attention to what Robert Sasnet, Michelle, and other workers they'd conned into their schemes against Aaron. Aaron also knew local people who thought Robert and Michelle were arrogant assholes. The HR person Aaron talked to told him they hated Michelle and wanted her out of there. Apparently she had a "history" with other workers as well. He wouldn't say much about Robert Sasnet though and kept skirting the issue. Safeway came to their decision next week and gave Aaron various ways in which he could resign. This was probably set up legally so Aaron would be denied unemployment... HR never told Aaron why he had to resign. Aaron's head pharmacist told Aaron he had no idea why Aaron had to leave? Much was hidden and buried. Another great potential lawsuit. Aaron has never been forced to resign before or after this situation. Aaron has never been fired; however at one point within just a couple months after being hired at a local pizza co.--Aaron became the fastest delivery driver of a large group of drivers at Pizza Hut. His supervisor thought he was so smart and hard working that he promoted Aaron quickly to one of the top four workers (core group) only to inspire jealousy from some Russian immigrant members--some who had been there for years! They then began harrasing Aaron to the point Aaron quit and his supervisor said he cried a tear. Aaron asked why the Russians did this kind of thing and his supervisor's response was "because they are Russian." Whatever. Politics and human evil seem to be somewhat endemic in the corporate world! Aaron still believes there are some good corporations out there somewhere...?

During the time Aaron was trying to cope with bad depression, schizo-affective disorder, and a tremendous amount of anger--his apartment was broken into and several thousand dollars worth of his cd's were stolen --which was all he really had left in life. He was angry, stressed out and completely demoralized! Aaron called the police, filed a report, it was investigated (no response), and with the police report and

a list of the cds went to the local cd stores on the University Ave. explaining to workers/managers to keep an eye out for them--many were obscure enough that it would be pretty obvious when the burglars/thieves brought them in for quick cash. Sure enough, a few days later Aaron found many of them in the shelves of these used cd stores. Aaron couldn't prove it, the workers didn't care, and soon enough they were bought up by other customers because Aaron had no financial means of buying them back! At this point Aaron's anger came out sideways, and he went to Tower Records on the Ave. and Silver Platters (Northgate) in 1997 and tried to steal some of his favorite cds. Not many though, just enough to give him some joy. He really didn't even try hard to hide the cds he was stealing. He got caught and had to do community service. Aaron did it at Sharehouse in the University District (while sick) and he got along with the workers well and they liked him so much that they gave him a letter of recommendation! Aaron feels deeply regretful for this whole incident but was genuinely sick at the time. For the next year Aaron subsisted on cereal and frozen burritos because he had no money.

Life goes on. It took Aaron about a year to recover enough to get back on his feet, start meeting new friends while he had been working as a temp at the University Bookstore and getting GAU. Thank God for good friends, caring counselors, a good psychiatrist, family, and for those supportive in the community that Aaron was unaware of! His working at this time was against JoAnn's wishes; she wanted him to take a year off to mentally recover and come out of the shell he sort of was hiding in. His friends noticed the difference, how full of life he had been in the past and now he was like a zoned out emotional cripple. Aaron had been working since he was 15 years old and wanted some of that structure still in his life. However, it would still be another few years before his confidence and belief in himself would allow him to work better and more toward his potential. Those were dark times of depression for him. Ultimately, it made him much stronger, got very involved in artistic and poetry pursuits, started working for CPC--Stepworks first as a vender, then to actually running the vending program with his boss Peggy's assistance (doing training, machine repair, accounting, ordering, driving truck, filling various types of machines, counting money and doing bank drops, PR at the sites, deliveries, and handling a variety of challenging situations with his trainees and staff at the different vending sites). The Director told Aaron he works very hard and is running vending brilliantly. When Aaron first started the vending program it had been run by a few vocational staff counselors; when Aaron was ready they let him take over (with the assistance of other Stepworks workers and workers in training). Peggy and Nick proved to Aaron their really were uncorrupt, decent, fun, hard-working, supportive bosses out there--at least in the social services. It has restored a lot of his faith again in people. Aaron also works on weekends at a local cafe (cooking, cashiering, stocking, dishwashing, vending, catering, etc.)

Going back three years, Aaron's confidence grew, a level of powerful love, compassion, mental strength, and patience developed within him. Through seemingly impossible situations we can grow through plateaus to higher and higher levels of ability in mental, physical and spiritual ways! It was then that the nightmare of Christina would begin--bringing this full circle to the beginning of this article. One person commented off-handedly that Aaron was a magnet for psychopaths. He ponders that to this day.

Again we ask, do not get involved in the current smear campaigns, lies, and social games! And no Crystal--Aaron is not gay. That's an old, worn out lie that can permanently die at this point. We believe you already know that. People, do not continue to fuel these people's lame attempts at victimizing Aaron. If anything, focus your energies on ignoring or stopping these kinds of sociopathic people. Aaron is very sorry again for being at the end of his rope and leaving a few harsh notes (some humorous) to some of these people to get them to stop the evil they are doing. He did not know what else to do nor do his friends. They've assisted in some of this where they could. Aaron is not the "snake" you have labeled him. When fear, anxiety, and social games reach the peak that they have, no one is going to be thinking perfectly clear. Aaron knows he is as fallible as the next person and has made mistakes, too. If you were to actually meet and get to know Aaron like his friends have known him for years (one of his best friends has known him for over 15 years), you would find a very caring, intelligent, thoughtful, patient person with his feet firmly on the ground--not weird at all like the vicious rumors! Aaron has been aware every step of the way to what Christina, Crystal (and her "friends"), Jasmine, Michelle, etc have been doing to him. Let's stop the GAMES and call it quits!!! There is no victory in this kind of situation. Leave good people alone. We are ALL having a rough enough time in this day and age. Try LOVE and FORGIVENESS. If you can master those--you are truly enlightened.

GO IN PEACE...