

# Peaceways

CENTRAL KENTUCKY COUNCIL FOR PEACE AND JUSTICE April 2019

## New Zealand Standing

by Randolph Hollingsworth

After a nationally broadcast *Adhan*, the Islamic Call to Prayer, on March 22 at 1:32 p.m. here in New Zealand we stood in silence for two minutes: a nation together in reflection to commemorate the loss of so many lives in the mass murders in Christchurch one week earlier. “We are broken-hearted, but we are not broken,” said Imam Gamal Fouda, prayer leader at the Al Noor mosque commemoration that day. An estimated 20,000 people attended the event near the Al Noor mosque with Prime Minister Jacinda Ardern.

As a new immigrant to this nation, and a native Kentuckian, I wondered if this kind of loving kindness across all peoples was similar to what I had experienced after the horrors of 9/11.

No, it wasn’t. The patriotic jingoism is missing – the use of a national flag to assert whether you are “in” or “out” – the call to arms against the enemies hidden in our midst. I am experiencing nothing of this sort here in New Zealand today.

To be sure, there are disagreements here about whether or not the Call to Prayer over the national radio was appropriate. Or, the fierce arguments in the media whether all women here, regardless of religious affiliation,

should wear a head scarf in public in solidarity with the widows and bereft mothers created by the hate crime and to protest the rise of white nationalist extremism. Prime Minister Ardern’s swift and able leadership crafted a strong majority in the government that promised the next day — and followed through with new legislation a week later — that military-style assault rifles are banned. Some residents began to voluntarily hand in their guns, some took advantage of the lag of just a few days to purchase more guns, and almost everyone is glad that New Zealand has finally agreed to strengthen an already regulated system of firearms purchase and possession.

As Ardern said at the commemorative ceremony, wearing a black headscarf in deference to the religious site she visited: “New Zealand mourns with you, we are one.”

Her security detail and her family are now dealing with the horrors of death threats that have come crashing in with a vengeance. Meanwhile, Christchurch is planning a “March for Love” rally.



*Hollingsworth is a member of CKCPI who recently moved to New Zealand. She reports that this screen appeared when people signed on to Instagram on March 22.*

### Gun Violence In America as of 3-29-19

(excluding suicide)

**2019** (year to date)

Killed	3,283
Wounded	5,817

**2018** (annual)

Killed	13,321
Wounded	25,734

Source: [www.gunviolencearchive.org](http://www.gunviolencearchive.org)

## Get on board – LFUCG

Lexington hopes to increase the diversity of its volunteer boards and commissions through a public education and awareness campaign encouraging more citizens to get involved.

Citizens can email [Boards@LexingtonKY.gov](mailto:Boards@LexingtonKY.gov) to be notified of vacancies on boards and commissions.

LFUCG will host a recruitment fair on Saturday, April 13, from 9 a.m. to noon in the Lexington Senior Center, 195 Life Lane, Lexington, designed to educate community members and increase diversity in the applications the city receives.

# Sister Beth Davies and the opioid crisis

by Margaret Gabriel

The February issue of *Peaceways* included a review of *Dopesick*, by Beth Macy, a report on the opioid crisis and how it has affected the Appalachian region. Featured prominently is Sister Beth Davies, a member of the Congregation of Notre Dame of Montreal, who has lived in southwest Virginia since the early 1970s.

In 1996 Sister Beth was working at the Addiction Education Center in Lee County, Va., counseling people who were breaking addictions to alcohol. Occasionally, she said, they would see people who were addicted to prescription medications, but then she and her fellow counselor were introduced to a drug people called “oxy” or “OCs.”

She asked a local pharmacist, Greg Stuart, if he knew of the drug. “Greg told me, ‘this drug will be the most disastrous thing that has ever happened in Lee County,’” Sister Beth said. And he was right on target. Within weeks, the center was seeing people who were addicted to OxyContin and the crisis was on. “It was almost like a tornado,” Sister Beth said.

Manufacturer Purdue Pharma marketed the drug by telling physicians that it was not addictive and even had schedules that enabled people suffering from chronic and long-term pain to transition from a variety of drugs to OxyContin. Widespread use meant large profits for Purdue Pharma.

Because of the power of the high, OxyContin addicted people quickly, particularly those with addictive personalities, Sister Beth said. The demand for the drug grew equally quickly, and was supplied by the sales efforts of Purdue Pharma. *Dopesick* provides details about the slap on the hand Purdue Pharma received for its deceptive marketing practices. Sister Beth went into far more detail about that deception than this space allows.

Twenty-two years later, the crisis continues. Although Sister Beth can point to some successes fighting the wave of opioid abuse, particularly with the use of medication-assisted treatment, she also knows people who have struggled with addiction, in and out of long-term treatment centers for as long as OxyContin has been available.

Drugs like Suboxone help people feel normal during the detox process and twelve-step programs are also helpful. “They help people get out and into a social routine,” Sister Beth said.

Before moving to Virginia, Sister Beth was a teacher and high school principal. A recovering alcoholic, she received the best treatment available for her recovery.

Her work as a drug counselor is an effort to give back that high-quality treatment that can turn around the lives of people who are addicted. Sister Beth is a graduate of Rutgers University Center for Alcohol Studies.

The community

has a role to play in fighting the opioid crisis, Sister Beth said. “To recognize it as a reality and talk with each other is the most important thing we can do. Denial about the severity of the problem will assure that it continues,” she said.

It is also important to hold elected officials accountable and demand appropriate legislative solutions. “There are things politicians can do,” Sister Beth said. “And if they don’t know enough about the crisis, they should ask.”



*Afflict the  
comfortable;  
give comfort  
to the afflicted.*

## The Central Kentucky Council for Peace and Justice

*Board of Directors:* Rebecca Ballard DiLoreto, Rick Clewett, Bilal El-Amin, Mary Ann

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*Peaceways Staff:* Margaret Gabriel (editor); Penny Christian, Gail Koehler, Betsy Neale, Mary Ann Ghosal, Jim Trammel (proofreaders). The views expressed in *Peaceways* are those of the authors and do not necessarily reflect the views of CKCPJ.

*Member Organizations:* ACLU-Central Kentucky Chapter; Ahava Center for Spiritual Living; Amnesty International, UK Chapter; Bahá'ís of Lexington; Berea Friends Meeting; Bluegrass Central Labor Council, AFL-CIO; Bluegrass Domestic Violence Program; Bluegrass United Church of Christ; Catholic Action Center; Central Christian Church; Commission for Peace and Justice, Catholic Diocese of Lexington; Gay and Lesbian Services Organization; Humanist Forum of Central Kentucky; Hunter Presbyterian Church; Islamic Society of Central Kentucky; Jewish Federation of the Bluegrass; Kentuckians for the Commonwealth; Kentucky Coalition to Abolish the Death Penalty, Central Kentucky Chapter; Kentucky Coalition for Immigrant and Refugee Rights; Kentucky Resources Council; Lexington Fair Housing Council; Lexington Fairness; Lexington Friends Meeting; Lexington Hispanic Association (Asociación de Hispanos Unidos); Lexington Labor Council, Jobs with Justice Committee; Lexington Living Wage Campaign; Lexington Socialist Student Union; Maxwell Street Presbyterian Church; Newman Center at UK; North East Lexington Initiative; One World Film Festival; Students for Peace and Earth Justice (Bluegrass Community and Technical College); Peacecraft; The Plantory; Progress (student group at Transylvania University); Second Presbyterian Church; Shambhala Center; Sustainable Communities Network; Union Church at Berea; Unitarian Universalist Church of Lexington; United Nations Association, Bluegrass Chapter.



*Peaceways* is published 10 times a year by the Central Kentucky Council for Peace and Justice, 1588 Leestown Rd., Ste. 130-138, Lexington KY 40511. The next issue of *Peaceways* will appear in May. Deadline for calendar items is April 10. Contact (859) 488-1448 or email [peacewayseditor@gmail.com](mailto:peacewayseditor@gmail.com).

# Calendar for Peace & Justice

*The council seeks to promote dialogue as a path to peace and justice. Consequently, we announce events that we do not necessarily endorse.*

**Tues., April 2**

**CKCPJ Peace Action committee,** 5:30 p.m. Quaker Meeting House, 649 Price Ave., Lexington. Ongoing discussions of nonviolence training for trainers of nonviolence, nonviolence efforts in schools, youth summer jobs program, and other peace-related activities.

**Tues., April 9**

**CKCPJ Single-payer health care committee,** 5:30 p.m. Quaker Meeting House, 649 Price Ave., Lexington.

**Tues., April 9**

**PFLAG Central Kentucky,** 6:30-8:30 p.m., St. Michael's Episcopal Church, 2025 Bellefonte Dr., Lexington. Presentation from Toyota employees who are part of the LGBTQ community. They will tell about their experiences and the status of LGBTQ issues in industry. The discussion will be followed by a confidential support group meeting.

**Mon., April 15**

**CKCPJ steering committee meeting,** 5 p.m., Quaker Meeting House, 649 Price Ave., Lexington. Discussion will include planning for the upcoming committee meetings, proposals for new initiatives and continuing action.

**Mon., April 15**

**ACLU,** Registration deadline for Youth Organizing Institute, June 10-15, for leaders ages 15-18. The immersion at Kentucky State University will train the next generation of advocates and organizers. For more information, email George Eklund at [george@aclu-ky.org](mailto:george@aclu-ky.org).

**Tues., April 16**

**Catholic Committee of Appalachia,** Tree-planting event, Morehead State University. For more information about time and location in Morehead, email Fr. John Rausch, [jsrausch@bellsouth.net](mailto:jsrausch@bellsouth.net).

**Sat., April 20**

**Seedleaf,** 10 a.m. Let's Plan Your Summer Garden, Lexington Public Library, 140 Main St., Lexington, Jessamine Public Library, 600 S. Main Street, Nicholasville, 2 p.m. Join Seedleaf for tips from experienced growers. Learn which plants and varieties work well, how to select seeds and transplants, and anything else you may be wondering about.

**Sat., April 27**

**Catholic Committee of Appalachia,** Tree-planting event, London, Ky. For more information about time and location on the campus in Morehead, email Fr. John Rausch, [jsrausch@bellsouth.net](mailto:jsrausch@bellsouth.net).

**Sat., April 27**

**Christian-Muslim dialog,** 10 a.m.-12 p.m., Masjid Bilal Ibn Rabah, 1545 Russell Cave Rd, Lexington. Dr. Ann Wainscott, Assistant Professor of Political Science at Miami University, will speak about anti-terrorism efforts in Morocco.

**Tues., April 27**

**Catholic Committee of Appalachia,** Wild Flower Walk, Anglin Fall, Berea, Ky. The event will include prayer and reflection on care for the earth. For information email Fr. John Rausch, [jsrausch@bellsouth.net](mailto:jsrausch@bellsouth.net).

**Sat., May 4**

**Catholic Committee of Appalachia,** Wild Flower Walk, Red River Gorge, Powell Co. The event will include prayer and reflection on care for the earth. For information email Fr. John Rausch, [jsrausch@bellsouth.net](mailto:jsrausch@bellsouth.net).

**Tues., May 14**

**CKCPJ Single-payer health care committee,** 5:30 p.m. Quaker Meeting House, 649 Price Ave., Lexington.

**Tues., May 7**

**CKCPJ Peace Action committee,** 5:30 p.m. Quaker Meeting House, 649 Price Ave., Lexington. Ongoing discussions of nonviolence training for trainers of nonviolence, nonviolence efforts in schools, youth summer jobs program, and other peace-related activities.

**Tues., May 7**

**BUILD,** Nehemiah Action, Heritage Hall, 7 p.m., 430 Vine Street, Lexington. The goal of the Nehemiah Action is to gather 2,000 people from throughout Lexington to ask Lexington city leaders to take specific actions to resolve issues of concern in Lexington. If you are interested in attending, leave a message at (859) 608-2946.

**Tues., May 21**

**Election Day,** 6 a.m. - 6 p.m. To identify your polling place and to see a sample ballot, go to [vrsws.sos.ky.gov](http://vrsws.sos.ky.gov). The site will ask for your name and the last four digits of your Social Security number and will take you to a page where you will see your polling place and your legislative districts. The site can also tell you how to find a ride to the polls.

## PFLAG convention in Kansas City Oct. 25-27

The 2019 PFLAG National Convention is scheduled for Oct. 25-27 in Kansas City.

The last two years have been challenging for the LGBTQ+ and other marginalized communities but members of PFLAG are making a difference, providing support where it's needed, education where it's required, and advocacy of all kinds, on all fronts. Members realize that the public needs to hear about their needs, challenges and triumphs.

The convention gives an opportunity to gather, strategize, plan, bolster, and prepare for critical fights.

The national convention will provide major opportunities for networking, while offering workshops, panel discussions, and nationally renowned speakers. Participants will have an opportunity to meet and speak with PFLAG's new executive

director, Brian Bond, whose personal story and professional experience as a national leader will inspire members to keep pressing forward.

In between sessions, you'll have free time to enjoy all that Kansas City has to offer. PFLAG national staffer Brooke Smith plans to share information about her favorite spots.

The registration fee for the convention is \$275, \$350 for non-members. The two-day event will include learning, relationship building, and honoring those who are making the PFLAG difference in the community. Participants will gain a sense of PFLAG Pride, resources that will help them continue to be the changes in their own community. Register and/or become a member at the PFLAG website.



# Taming the monster that lives in your pocket

**How To Break Up with Your Phone**, by Catherine Price. Published Feb. 13, 2018 by Ten Speed Press, a division of Penguin Books. 173 pages.

*Reviewed by Jim Trammel*

Paula Poundstone is a funny comedian, but she turns serious when the topic is her 19-year-old son's electronics addiction. She's sounding the warning to us all.

She wrote about the search for happiness in her book by that name, pointing out that a vital key is human interaction. Yet smartphone and video game technology gives us *faux* happiness that turns into a disquieted feeling and ultimately isolates us.

You likely check your phone about 50 times a day. Why and when you do that is key to whether you have just a pervasive bad habit or an actual addiction.

Health and science journalist Catherine Price outlines a 30-day step-by-step program for how to wean yourself off mindless phone consultation.

It's key that she doesn't expect you to give up the phone completely, just to know why you're reaching for it, hoping that you'll keep it mindful.

She doesn't want you pulling out the phone at dinner or during a conversation with someone, avoiding live personal interaction by browsing cat videos.

You also should avoid telling yourself that you're "multi-tasking" when using your phone at work, at school, or during your day. You're kidding yourself; the human brain is not wired to multi-task. If you think you can, you're really just switching focus swiftly between activities, at the cost of efficiency and increased mental agitation.

How do you know if you have a problem? One electronic detox expert, Greg Burnham, places the clock time daily at about six hours of electronics usage (telephone, computer, video games) before the problem threshold is crossed.

I think Price has a firmer handle on the symptom that means danger. When you pick up your phone to check something, then notice that a bunch of time has gone by without you noticing — that's when you are getting a cue that your phone use should be more mindful.

Half of us check our phones in the middle of the night. One in ten Americans has checked his or her phone during — uh, the most intimate of marital expressions. (Imagine that. Imagine that some of you reading this don't have to imagine that.)

Applying the standard of mindfulness to smartphone usage, I've evolved three categories of increasing concern:

1. **Smartphone as reference.** Weather forecasts, time, traffic tips, settling trivial facts that come up in conversation by Googling. We all do this, and as long as it's focused and doesn't lead to random browsing, especially of cat videos, it's justifiably useful.
2. **Smartphone as time-filler.** There are times, Price admits, when we aren't doing much of anything and we want to be amused, play a game, watch a funny video. This is slightly more dangerous because smartphones used this way stimulate the pleasure centers of our brains, releasing endorphins, the feel-good brain chemical. Desiring this brain-chemical rush is one reason we reach for our phones for entertainment. If not curbed, this can lead to
3. **Smartphone as avoidance.** At this problem level you'll find yourself turning away from dinnertime conversation or workplace interaction to nose down into your phone. Now you've got a problem.



*Catherine Price, journalist and author, warns that half of us check our phones in the middle of the night.*

We've seen anecdotal evidence of how the general attention span has grown shorter and shorter. Once everyone wrote blogs, but they were too long and sustained, so they gave way to Twitter, one-sentence blogging. Facebook is for old people who can focus; the kids are on the faster-paced Instagram and Snapchat. I've heard Instagram described as Facebook for people who don't read.

The smartphone industry has consciously developed apps that deliver that endorphin rush at just the right time to keep us coming back, Price accuses. Let me just mention, however, that I don't believe for one moment the familiar contention that "blue light" from your screen tells your brain to stay awake if you consult your phone in your dark nighttime bed. (Ask me how I know.)

Price's battlefield report on sinister smartphone engineering is the first half of this short book; her predictable 30-day weaning plan concludes the effort.

I don't find much groundbreaking about Price's work; she quotes more academic authorities with opinions more striking and provocative. But as a self-administered litmus test for phone addiction, and a guide to how to cope if you have one, check this out, especially if any of the preceding speaks to how mindlessly you're using your phone. Self-awareness has to begin somewhere.

●

*Reviewer Jim Trammel is on Facebook but not Twitter or Instagram (therefore, yes, he's old). He uses his phone for reference but will never watch a movie or TV show there. His editor/wife, meanwhile, is proud she left her phone behind so as not to check the score of a UK basketball tournament game during church.*

## Follow CKCPJ on Facebook

March's posts on the group's CKCPJ Facebook page focused on CKCPJ non-violence training; support of Kentucky teachers; Kentucky's open-carry law; racist imagery; United Healthcare's denial for mental health care; bees as pollinators; laws that ensure safe living conditions for renters; David Brooks on reparations; women

scientists; Kentucky's SB 167 (cuts to Medicaid); West Virginia's position on right-to-work; and the good done by the Affordable Care Act.

For some really interesting posts, visit the CKCPJ Facebook page often, and like the pages you see.

Thanks to Richard Mitchell for overseeing the page.

# Submissions to Peaceways

Articles submitted to *Peaceways* should show an awareness of and sensitivity to the CKCPJ's mission and concerns.

Feature articles should be no longer than 500 words, unless you are willing to have the piece cut to fit one page of *Peaceways* text. Pieces will be edited for clarity.

Please include references in the text for all quotations, statistics, and unusual facts. End-notes or footnotes are not used.

Please query submissions to [peacewayseditor@gmail.com](mailto:peacewayseditor@gmail.com) before writing a feature article intended solely for *Peaceways*.

For all submissions, the author's name, address, and phone number should appear on the body of the submitted text.

If you submit material that has been published or which you are also submitting to other publishers, be sure to indicate this. Also include information about your relationship to any organization or issue mentioned in the article for inclusion in a biographical reference at the end of the story.

Submissions should be made in Word format *via* email. Book reviews are usually solicited by the editor, but we welcome inquiries from potential reviewers.

Submission deadline is the 10th of each month. *Peaceways* is published monthly except January.

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your Kroger Plus card  
to #16439 at  
[krogercommunityrewards.com](http://krogercommunityrewards.com)

## MONTHLY MEETINGS

**CKCPJ Steering Committee Meetings**, third Monday, 5 p.m., Quaker Meeting House, 649 Price Ave. More info: (859) 488-1448 or [peaceandjusticeky@gmail.com](mailto:peaceandjusticeky@gmail.com). All are welcome.

**Interfaith Prayer Vigil for Peace**, every Thursday, 5:30 - 6 p.m. at Triangle Park (corner of Broadway and Main Street) in downtown Lexington. Contact Richard Mitchell, (859) 327-6277.

**Migrant Network Coalition**, first Monday, noon - 1:15 p.m., GLOBAL LEX, 1306 Versailles Road, Lexington. Contact Lindsay Mattingly, [lmatingly@lexpublib.org](mailto:lmatingly@lexpublib.org), (859) 231-5514.

**PFLAG Central Kentucky**, second Tuesday, 6:30 - 8:30 p.m. LGBTQ individuals of all ages, family members, friends and allies are welcome. St. Michael's Episcopal Church, 2025 Bellefonte Dr., Lexington. Visit [info@pflagcentralky.org](http://info@pflagcentralky.org) or (859) 338-4393. Speakers followed by confidential support group meeting.

**Bluegrass Fairness of Central Kentucky**, second Tuesday, 7:30 p.m., Lexington Public Central Library, 140 E. Main St., Lexington. Contact Craig Cammack, chair, (859) 951-8565 or [info@lexfair.org](mailto:info@lexfair.org).

**Wednesday Night GLSO "Heart to Heart" discussion group**, 7 p.m., Pride Center, 389 Waller Ave., Lexington. GLSO operates Kentucky's only Pride Center, where they have quietly provided services to the GLBTQQA community for decades. More info, Pride Center hours. and other links at [www.glsso.org](http://www.glsso.org).

**Humanist Forum of Central Kentucky**, first Thursday, 7 p.m., Great Hall of the Unitarian Universalist Church, 3564 Clays Mill Rd., Lexington. The Forum is a Chapter of the American Humanist Association. Meetings are open to people of all beliefs willing to express their opinions in a civil manner. Child care is provided. Contact President Staci Maney, [staci@olliegee.com](mailto:staci@olliegee.com) or (859) 797-2662.

**Kentuckians for the Commonwealth**, third Thursday, 7 p.m., Episcopal Diocese Mission House at Fourth St. and MLK Blvd, Lexington. Contact Beth Howard, (859) 276-0563.

**NAMI Lexington Support Groups**, every Sunday, 2:30 - 4 p.m. Participation Station, 869 Sparta Ct., Lexington. Call (859) 272-7891 or visit [www.namilex.org](http://www.namilex.org).

**Christian-Muslim Dialogue Program**, fourth Saturday, 10 a.m. - noon. All are welcome. Locations vary, call (859) 277-5126. The Christian-Muslim dialogue promotes understanding and mutual respect between Christians and Muslims. By exploring moral, cultural and political factors shaping the current context, the program promotes personal and collective responsibility to build a more just and peaceful world.

**Dance Jam**, every Tuesday, 5:30 - 7 p.m., Quaker Meeting House, 649 Price Ave. Move to the extent you are able. Sponsored by Motion Matters, \$7 per session to cover space rental. Contact Pamela, [info@motionmatters.org](mailto:info@motionmatters.org), (859) 351-3142.

**Movies with Spirit**, second Friday of every month. Unitarian Universalist Church, 3564 Clays Mill Road, Lexington. Potluck at 6 p.m., film at 7.

**National Action Network**, third Thursday each month, 7 - 8:30 p.m. at the Central Library, Lexington.

**Showing Up for Racial Justice**, second Tuesday of the month, 5:30-7:30 p.m., Wild Fig Coffee and Books, 726 N. Limestone, Lexington.

To include a regular meeting of your organization in this space, contact Margaret Gabriel, [peacewayseditor@gmail.com](mailto:peacewayseditor@gmail.com).



The Central Kentucky Council  
for Peace and Justice  
1588 Leestown Rd., Ste. 130-138,  
Lexington KY 40511

Issue #320 • April 2019

*In a world where you can  
do anything, be kind.*

## An open letter to Kentucky teachers

*My daughter is an educator. So is my husband. I grew up in New Orleans, a city with one of the strongest teacher unions in the country — pre-Katrina. Then the school-choice movement decimated my city, and we watched teachers strike. Unified, strong, and fearless, parents understood that our kids were their kids. It wasn't about greed, or asking for something they didn't deserve. It was about respect. So if, as a parent (or any citizen) you struggle with the decisions recently, imagine how an educator who wants to be in the classroom feels. No, they don't want to just sleep in or take a longer vacation. Their jobs are in jeopardy, their futures uncertain. No one should be expected to be at their best professionally when they are ridiculed, laughed at, and deceived. It has become abundantly clear that no one else will fight for them. The "T" in PTA stands for teacher, and we will use our collective voice to do just that. Stand.*

*Penny Christian  
CKCPJ member*

It's time.

I know you don't want this battle. I know you'd rather be teaching your kids and not butting heads with legislators and others. I get it that you hate politics and are too busy with family and other duties. I recognize that many of you are afraid of retribution or losing your job. I realize that confrontation isn't your thing and that you don't want to cause disruption for your kids and parents.

But it's time.

You must take the most courageous and impactful action you may ever

take as an educator. You must face the fear and uncertainty that comes when one has to call out and face down injustice and the powers that be. You must be willing to do what must be done. There's no Superman or Wonder Woman coming to save the day. It's on each of us, active and retired teachers, to be the superheroes in this drama.

Let's be clear on what is happening. Anti-public education legislation has been pushed last year and this year. Educators have been vilified by many of our legislators and the Governor. Pensions and other benefits are under attack. Retaliatory bills have been advanced to lessen educator control over their own pensions and weaken KEA. While we haven't seen anything yet, odds are that another version of the sewer bill is coming and it's sure to stink as much as the first one.

We are much like the frogs in the boiling water fable. You remember that one? It's the story describing a frog being slowly boiled alive. The premise is that if a frog is put suddenly into boiling water, it will jump out, but if the frog is put in tepid water which is then brought to a boil slowly, it will not perceive the danger and will be cooked to death. You see, the temperature of the water has been rising for some time and some legislators just inched that dial up *via* HB205, HB525.

So, it's time.

It's time for you to be willing to walk out of the schoolhouse door and stay out until our legislators get the message that tax credits for private schools aren't acceptable when we have no money for textbooks, instructional resources,

and professional development, that changing the TRS pension board membership to lessen educator control is not acceptable, that draining resources from public schools for charter schools is not acceptable, and that lessening teacher benefits and pensions are not acceptable. And, attacking educators and other public employees must stop. Enough is enough.

So my fellow educators, you can't keep ignoring the problems, you can't keep hoping that others will fix these issues, and you can't keep allowing the blatant assaults on public education.

You have to be willing to engage, to stay informed, to act when called upon to do so. You have to be willing to walk away from the very things you love, your classroom and kids, because this mess has to be fixed and a strong message sent to those in Frankfort.

As I wrote recently to superintendents (the letter is on my FB page), years from now you will either be remembered as the heroes or as silent bystanders in this. I, as well as many others, are hoping you choose to be the heroes.

So, when the call comes to action (as I hope it does), be willing to do the most courageous and scary thing of your career. Stand united with your colleagues across the state and be willing to do as your colleagues in West Virginia, California, and Oklahoma did.

It's time.

Respectfully,  
**Anita Davis**

Retired Teacher/Administrator