

## Reduce, reuse, THEN recycle

by Margaret Gabriel, Editor

Lexington Mayor Linda Gorton announced in early September that the city has requested proposals from businesses to provide paper recycling, a service that that Lexington suspended in May. When recycling was suspended, it was reported that there were several reasons, including the cost of shipping recycled paper to China and the fact that Lexingtonians are often not careful about properly separating items. I hope we can also point to other communities for including inappropriate materials in their recycling. I would hate to bear the brunt of this issue alone!

I've taken pride in the fact that, in the past, our small household filled our Rosie almost every week and our garbage about every other week. My husband was also happy to have to take only one bin to the street on those weeks.

When paper was excluded from our Rosie, the garbage started going down weekly and the Rosie much less frequently. I started to examine my use of paper that was no longer being recycled and made a few moves. I'm now taking more notes electronically than on paper. I stopped taking the *Herald-Leader* as a hard copy and read it on my phone. I'm not crazy about it and just recently spent a long time, to no avail, trying to find yesterday's paper. (There must be some way to do it; I just need to figure out how.)

But I think the most valuable lesson I realized when paper recycling was

suspended in Lexington (temporarily, I hope!) is that recycling is the last action in the chain "reduce, reuse, recycle."

When I look at things in my own house, I must sheepishly admit that I rely way too much on "recycle" and should focus more on reducing and reusing.

I was always pretty good at using both sides of the paper before I threw it out, but reducing by not using paper at all is better, isn't it? I've always been pretty good at purchasing clothing at consignment shops and the Goodwill, but how many more dresses do I need, even if they are advertised at 75 percent off?

Reducing might be the most difficult place to break this habit. I just have way too much stuff and every time I find something that I forgot I had (and could possibly have purchased another because of that forgetfulness) it comes home to me.



The Catholic Action Center, where I volunteer a couple of times a week, had to stop taking donations of clothing and household goods because we just don't have enough storage space to accommodate everything people good-heartedly give us. I resist the urge, when people call to inquire about the donations we take, to tell them, "Quit buying so much stuff!"

While I'm grateful that Mayor Gorton is close to enabling us to make paper recycling part of my life again, I'm also grateful to her for making me think more seriously about reducing and reusing.

## KFTC Voters' Guide

From the website of Kentuckians for the Commonwealth:

"This is an important election year for Kentuckians. All of Kentucky's statewide constitution offices are up for election in 2019 – Governor and Lieutenant Governor, Attorney General, Secretary of State, Auditor, Commissioner of Agriculture, and Treasurer.

"We believe our votes are key and can make a difference in the elections and issues we care about. We are dedicated to developing a democracy where everyone – regardless of income, race, sexuality, political position or gender – has an equal voice. Where leaders listen and respond to community needs.

"This Voter Guide site is just one of

many outreach tools Kentuckians For The Commonwealth uses to further develop active and informed participation in our elections in an effort to build a Healthy democracy in Kentucky – one where ordinary Kentuckians have a say in and benefit from decisions affecting our lives.

"Working together, we are building the Kentucky we envision. Right now we have an opportunity to grow a healthy democracy – starting with making informed choices when we go to the polls."

The KFTC Voter's Guide can be found at [govoteky.com](http://govoteky.com). and see the rights and responsibilities of Kentucky voters on page 6 of *Peaceways*.

### Gun Violence In America as of 9-27-19 (excluding suicide)

#### 2019 (year to date)

Killed	11,085
Wounded	21,952

#### 2018 (annual)

Killed	13,321
Wounded	25,734

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

# Palestinians have stake in Mideast

*Rita Swan asked if she could submit, a response to Rabbi Uri Smith's column in the September issue. Her response follows.*

For over half a century Israel has occupied the West Bank. Its air, sea, and land blockade of Gaza also meets the definition of an occupation, although Israel did withdraw its settlers from Gaza. Israel shows no intention of withdrawing from the West Bank where 600,000 Israelis now live in 250 settlements that violate international law. Israel gives financial incentives for Jews to settle there. Many call the territory Judea and Samaria and believe Israel has a biblical right to it. The settlements are linked to Israel by a network of roads encircling scores of Palestinian cities and villages including Bethlehem—roads that 3,000,000 Palestinians in the West Bank are not allowed to travel on.

Two million Palestinians are crammed into the open-air prison that is Gaza. The United Nations warns that Israel's decades-long blockade could make the territory unlivable by 2020. Ninety-seven percent of the water supply is unfit for human consumption. Raw sewage pours into the sea. There are no prospects for economic self-sufficiency. Families have about two hours of electricity a day. Gazans are generally prohibited from traveling outside the territory.

The year 2020 is only a few months away. Israel has not offered to lift its blockade. Trump has cut millions of dollars for Palestinian relief including \$25 million earmarked for medical care of Palestinians in East Jerusalem in an effort to force them to give up their desire for an independent state.

Neither the United States nor Israel will work for the only solutions that offer peace with justice: one state including Israel, the West Bank, and Gaza in which Palestinians would have citizenship and civil rights or two states that include an independent, contiguous, economically-viable Palestine.

The boycott, divestment, and sanctions movement (BDS) is a non-violent effort to encourage Israel to make concessions for peace. The Palestinians will also have to make concessions but while Israel is the world's eighth most powerful nation and the Palestinians have no military power, there will not be negotiations until it is in Israel's interest to make peace.

As practiced by the American Friends Services Committee, BDS campaigns target "only companies that support the occupation, settlements, militarism, or any other violations of international humanitarian or human rights law." They do not target companies that are merely doing business in Israel or individuals.

Israel's occupation of Palestine and its annexation of Jerusalem and Golan are illegal under international law. BDS targets institutions and companies that profit from or are complicit in the violation of Palestinian rights to their land, water, and self-determination.

One BDS target is Caterpillar, which makes armored bulldozers that have destroyed thousands of Palestinian homes and olive groves. Another is Hewlett-Packard, which provides services and technologies supporting settlements built on stolen Palestinian land, Israel's prison system where Palestinian adults and children are routinely held without charges and often tortured, and the blockade of Gaza, which amounts to collective punishment and is against international human rights law.

Netanyahu proposes annexing settlements along the Jordan River, the region's major water source. Will the U.S. stop him? Of course not. That is why several churches and human rights organizations support the non-violent BDS movement.

*Rita is a member of Jewish Voice for Peace and Friends of Sabeel North America. She holds a Ph.D. in English from Vanderbilt and is President Emeritus of Children's Healthcare Is a Legal Duty.*

## The Central Kentucky Council for Peace and Justice

*Board of Directors:* Rebecca Ballard DiLoreto, Rick Clewett, Bilal El-Amin, Mary Ann Ghosal (secretary), Heather Hadi, Randolph Hollingsworth, Rahul Karanth, Steven Lee Katz (treasurer), Richard Mitchell, Bruce Mundy, Steve Pavey, Nadia Rasheed, Rabbi Uri Smith, Teddi Smith-Robillard, Craig Wilkie.  
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*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 November. Deadline for calendar items is Oct. 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., Oct. 1**

**CKCPJ Peace Action committee,** 5:30 p.m. Quaker Meeting House, 649 Price Ave., Lexington. Discussion of non-violence training and other peace-related activity.

**Sat., Oct. 5**

**LexVegFest,** 11 a.m. - 4 p.m. Housewarmings Woodhill Circle Plaza, 2320 Palumbo Dr. a community street-fair-like event, held to celebrate and promote a plant-based lifestyle for health, the environment, and animal welfare. The event will feature music by Earth Om Ether, speaker presentations including a talk on health from Debora Tallio, M.D., a presentation from Seedleaf, and a talk addressing the climate crisis from Kevin Archer of Dandelion Ridge Farm. There will also be an "Ask a Vegan Dietitian" booth, food and merchandise vendors, health and wellness information, art projects, a kids' area, and cooking demonstrations. This is an outdoor event — rain or shine. Dogs are welcome provided that they are leashed and can interact well with others.

**Tues., Oct. 8**

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

**Tues., Oct. 8**

**PFLAG Central Kentucky,** 6:30-8:30 p.m., St. Michael's Episcopal Church, 2025 Bellefonte Dr., Lexington. The PFLAG program this month features a father and his college-age son who will share their personal and family story of gender transition. There will be discussion, questions and answers for the first hour, followed by a confidential support group meeting.

**Fri., Oct. 11**

**Kentucky Voices for Health,** 9 a.m. - 5 p.m. Embassy Suites, 1801 Newtown Pike Rd., Lexington. Annual meeting will bring together health advocates, health care providers, insurers and policymakers to identify opportunities for collaboration for affordable health care, prepare for the 2020 General Assembly and assure a complete county during the 2020 census. Contact [angela.cooper@kyvoicesforhealth.org](mailto:angela.cooper@kyvoicesforhealth.org)

**Sat., Oct. 12**

**Pride Run 5K,** 9 a.m., The Club at Spindletop Hall, 3414 Ironworks Pike, Lexington. Includes a 3.1-mile chip-timed race, a one-mile fun walk, entertainment, local vendors and an optional color-splash run station. Presented by the FCPS LGBTQ Advisory Committee in partnership with Lexington Fairness.

**Mon., Oct. 21**

**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.-Wed., Oct. 21-23**

**Pilgrimage to the Holy Land of Appalachia.** The pilgrimage will begin in Stanton, Ky., and travel throughout Eastern Kentucky with overnight accommodations at Mt. Tabor in Martin, Ky. The cost of \$300 includes overnights, transportation and program expenses. Partial scholarships available and no one is denied participation because of cost. To register, contact Fr. John S. Rausch, [jsrausch@bellsouth.net](mailto:jsrausch@bellsouth.net); (606) 663-0823. Participation is limited to 12.

**Fri-Sun., Oct. 25-27**

**PFLAG 2019 National Convention,** Kansas City, Missouri. 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. Register and/or become a member at the PFLAG website.

**Sat., Oct. 26**

**Christian-Muslim dialog,** 10 a.m.-12 noon. Christ Church Cathedral, 166 Market St., Lexington. Jamil Farooqui will be the speaker. For 20 years, a group of primarily Christians and Muslims have convened monthly to seek mutual understanding and respect for their respective faith paths. People of all faith groups, and those with a secular bent of mind, are welcome to participate. This Christian-Muslim Dialogue meets to discuss historical, political and cultural issues that have shaped the current context and contributed to the views we hold today.

**Tues., Nov. 5**

**CKCPJ peace action committee,** 5:30 p.m. Quaker Meeting House, 649 Price Ave., Lexington. Discussion of non-violence training and other peace-related activity.

**Tues., Nov. 5**

**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.

**Mon., Nov. 18**

**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.

## Monday, October 7

### Voter Registration Deadline

**October 7** is the registration deadline for the November 5 gubernatorial election. In order to vote in the upcoming elections, registration must be filed by this date. If you know someone who is not registered, or has recently moved (and young people move all the time!), encourage updating registration. Tell him or her that every vote counts! Also, if you know someone formerly registered who intends to vote for the first time in a while, have them call the Fayette County Clerk at (859) 255-8683 to make sure they haven't been purged from the voter rolls. Don't be on the sidelines for this important election.



# Practical, possible ways to lower health costs

## THE PRICE WE PAY. What Broke American Health Care – And How To Fix It

By Marty Makary, M.D.

Published Sept. 10, 2019, by Bloomsbury Publishing, New York. 269 pages.

Reviewed by Jim Trammel (from his lounge)

Most health care providers are ethical professionals, but it won't surprise you to learn that sometimes ...

- Health fairs at churches ask general questions ("Do you have leg pain?" Spoiler: Who doesn't?) and often goad church-goers into unnecessary vascular procedures.
- Privately-owned transport services overcharge brazenly for air-ambulance trips, and their inflated fees are not covered by insurance.

- Health insurance companies use bonuses and threats on brokers to make their client companies accept unwarranted plan cost increases rather than save money switching to other plans. In the same way, pharmacy benefit managers buy prescription drugs for employees and charge employers a secret "spread" far higher than they paid the pharmacy. (They caught smirking drug-price inflater Martin Shkreli, but there are hundreds more.)

- Some doctors schedule unnecessary C-section births so they can get home for the evening meal. (Dr. Markey calls one "Dr. Dinner.")

- Some doctors rush to elective back surgery, bypassing physical therapy which in some cases would be more effective. Steve Kerr, coach of the NBA Golden State Warriors, missed most of one year's playoffs disabled by elective back surgery and now warns everyone against it, saying "Don't let anyone get in there." (His last operation cost taxpayers \$200,000, also.)

- Balloon sinoplasty to open sinuses is rarely effective, but vastly overused because insurance pays well for it. On the other end, hemorrhoid banding (cutting off the blood supply to a 'roid with a rubber band around the base (you can squirm now) is appropriate in only 10 percent of cases, but pays so well that some docs do it every time.

And even the new "wellness" industry is a money suck, paying an

army of salaries and rife with useless, inaccurate, or harmful health information. (One gold star for me; I avoid them instinctively.)

Dr. Markey is making a difference. His team's study of the Mohr operation by skin cancer surgeons cost \$150,000 to mount and saved Medicare (read: you, the taxpayer) \$11 million in one year. Mohr surgery is billed in stages, by the number of skin slices the doctor takes during surgery to remove the cancer, so there's (our) money on the (operating) table for a doc who takes more slices per surgery than peers.

This is not just a wonky policy issue. Over-performing and over-supplying caused the opioid crisis. Today opioids are the leading cause of death for Americans under 50, according to the New York Times (June 2017). In 2015, 249 million opioid prescriptions were filled in the U.S.—as many prescriptions as there were U.S. adults. A recent Dartmouth University study showed surgery patients don't even take 70 percent of the opioids sent home with them.

Overprescribed? Sure. The author himself was schooled to prescribe 60 opioid pills per operation, and did until he watched his father recover from an operation with a single ibuprofen. Slow to learn in this one case, he took Nexium for three months for heartburn until a study suggested an increased chance of stroke and kidney failure. He changed his eating habits, and cured his heartburn drug-free. "Please stop putting pressure on doctors to



prescribe something," Dr. Markey writes.

The sleazoids making these shadow millions in healthcare, pharmacy, brokerage, and insurance are operating with the same techniques as the sellers of CDOs who collapsed the housing market in 2008 and almost bankrupted the world. This is scarcely less large-scale. .

I hope for a government platform from which Dr. Markey can put these excellent ideas into further practice. Meanwhile, buy and read this just-published work and his earlier book, and then let's look again at a total revamp of the American healthcare system – it can't go on like this. People ask how to pay for these new systems? Dismantle the kickback system of Big Insurance, Big Medicine, and Big Pharma, and there's your money.

*Reviewer Jim Trammel is looking forward to getting back up on both his feet, and stabilizing his blood pressure after this book.*

# 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 #324 • October 2019

*“How dare you?  
You have stolen my dreams  
and my childhood.”*

*~ Greta Thunberg*

## Kentucky Voter Rights and Responsibilities

### *As a Kentucky voter, you have the right to:*

- Vote if you are registered
- Ask questions on election procedures
- Review a sample ballot before voting
- Vote in privacy and free from coercion or intimidation
- Have non-discriminatory equal access to the elections system for all voters, including elderly, disabled, and minority, military and overseas citizens.
- Vote if you are in line to vote by 6 p.m., prevailing time on election day
- Occupy the voting booth up to two minutes if others are waiting in line
- Have your ballot count if it is cast legally and timely
- Vote in an accessible voting place
- Receive assistance in voting if you are blind, have a physical disability, or have an inability to read English. (The person assisting you can be a someone you choose or the two precinct election judges, except that the voter's employer, an agent of that employer, or an officer or agent of the voter's union shall not assist a voter.)
- Skip races if your ballot has multiple issues. You are not required to vote in every race. Blank sections on your ballot will not affect any of the other votes you have cast.

### *To be eligible to register to vote, a person must:*

- Be a resident of Kentucky not less than 28 days before the election
- Be at least 18 years old by the date of the next General Election

- Not be a convicted felon (or, if so, have had your civil rights restored)
- Not have been judged mentally incompetent in a court of law
- Not claim the right to vote anywhere outside Kentucky
- Minors 17 years of age who will become 18 by the November general election are eligible to vote in the prior May primary election.

### *As a Kentucky voter, you have the responsibility to:*

- Register to vote at least 29 days before the election
- Respect the privacy and voting rights of others
- Follow instructions concerning election procedures
- Follow all federal and state voting laws
- Review your ballot before casting it to ensure it is complete and correct
- Treat election workers and other voters with courtesy and respect
- Be informed about the candidates

and issues on the ballot

- Keep your voter registration and address records current

### *Identification Required*

All voters must produce identification or be known by a precinct officer prior to voting. KRS 117.227 and 31 KAR 4:010 provide the types of identification that can be used by the voter such as: personal acquaintance of precinct officer, driver's license, Social Security card, credit card, or another form of written identification containing both picture and signature.

### *How Do I Report Instances of Election Fraud?*

If you believe that your right to vote has been violated, please contact one of the following:

- Attorney General's Election Fraud Hotline (800) 328-8683
- Local County Clerk – see list
- State Board of Elections (502) 573-7100
- Precinct Election Officers

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## Follow CKCPJ on Facebook

Engagement on the CKCPJ Facebook page held steady through the early summer months. Posts by a variety of people focused on local, national and international issues.

Items from the Washington Post and other national publications routinely appear on the CKCPJ Facebook page, so you can expect varied and enlightening posts. Check them out and be sure to share.

“Liking” the page will enable you to receive everything that is posted.

Recent posts include a link to the National Public Radio story about Greta Thunberg's address to the United Nations, a link to Billie Mallory's op-ed piece in the *Herald-Leader* about gun violence in Lexington's East End and the need for input from elected leaders, Richard Mitchell's post about the funding that is being taken away from a school project in Fort Campbell for the proposed border wall.