

Peaceways

CENTRAL KENTUCKY COUNCIL FOR PEACE AND JUSTICE

April 2020

Healthy at Home Edition

by Margaret Gabriel, Editor

If you're reading or listening to the news every day you know just about everything you need to know about coronavirus, COVID-19, self-isolation, quarantine, the precarious condition of the world economy, which athletes and celebrities have been diagnosed with the virus, and you might even know that unscrupulous schemers are preying on people's fears in an effort to sell useless "safeguards" in the form of medications or diet plans.

As I work on this issue of *Peaceways*, I've committed to keeping only one eye on the news, and the other looking for other things to keep myself occupied in positive ways. I'm sure you, gentle reader, are doing most, if not all, of these things. I create this list as a way of reminding myself of the things that I've idly said to myself that I should be doing, now that time presents itself.

- I have nearly 500 contacts in my cell phone. Although I talk to some of those people weekly or even daily,

there are others that I would like to catch up with or just check on. How many numbers do you have on your phone? How many of those folks would be surprised to hear from you?

- Somewhat more time-consuming (but what else do I have more of right now?) and something my children would mock is letter writing. I recently found a stack of blank cards in my office which I could use to write a note, address an envelope, affix a stamp and drop into snail mail. When is the last time you sent a hand-addressed envelope with a live stamp? Would you be excited to get one?

- A baker's rack in my kitchen is stacked with cookbooks. I've used a few recipes in several of them, but it might be fun to commit to cook one recipe from every book. For an added challenge, I must make it a recipe for which I already own all the ingredients. That will keep me out of Kroger which will be good for my social distancing. If you're not a collector of cookbooks, there are

millions (no exaggeration) of recipes online. Would this be a good time to brush up on your cooking skills?

- Books. Read 'em, write 'em. I find myself wishing I had been more diligent about figuring out how to get electronic books from the library to the Kindle app on my iPad. But I guess I have the time to figure it out.

- Watch or listen to Gov. Andy Beshear at 5 p.m. every day. Set your clock by him; he doesn't even take weekends off. I find #healthyathome far more comforting than press conferences of other politicians insisting we'll be back to business by Easter. If this were a text message, I'd insert an eye roll here.

- Keep to a routine that includes work, prayer or meditation, exercise, And fun. Make sure you find something fun to do every day.

I haven't gotten around to many of these things. But in what I fear will be the first few days of a long siege, at least I've created a do-list for myself. Stay home, be healthy and keep washing your hands!

Gun Violence In America as of 3-30-20	
2020 (year to date)	
Killed	3,567
Suicide	3,894
Wounded	6,177
2019 (annual)	
Killed	15,208
Wounded	29,501
Source: www.gunviolencearchive.org	

CKCPJ on Facebook

If you have "Liked" the CKCPJ Facebook page, thank you. You've seen posts that are both informational and inspirational from a variety of people focused on local, national and international issues. If you haven't check it out!

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

Recent posts include an update about

the Poor's People's Campaign; The Mindful Life, information from the *Lexington Herald-Leader* about personal protective equipment; an article about a First Amendment lawsuit against Donald Trump; a *Washington Post* story with a infectious disease epidemiologist from the University of Chicago Medical Center; a piece from sharing.org about diverting U.S. military spending to starvation relief; and a piece from vox.com that includes Bill Gates comments about "restarting the economy."

What are YOU appreciating these days?

By nature, I'm generally able to find a silver lining in any dark cloud. That's not always the greatest quality, but during our universal coronavirus lockdown I've noticed some things that I really appreciate. Not the least of which is the fact that I'm still able to communicate to my heart's desire and in a lot of ways. The methods are not significantly different from the way I communicated before, but phone, text and email have been joined by significantly more Facebook as well as conference calls and Zoom calls. And what a blessing those have been! Being seen on screen has motivated me to brush my hair and put on a little makeup.

Speaking of screen time, I told my daughter months ago that FaceTime with Peggity didn't count as screen time for my grandson. I appreciate the almost-daily FaceTime calls with Connor because worries about coronavirus (and at 15 months old, he has none), haven't affected his busy schedule of toddling, laughing at Nova the dog, waving, saying "Bye-bye" and learning to say, "Hi!"

Has anyone else noticed that we've had a remarkable amount of rain in the last few weeks? I am extraordinary grateful for sunshine. I'm grateful for the Weather Channel app on my phone that is pretty accurate about when the sun is going to be shining in any given hour. I can plan ahead for the time that I can go outside for a walk.

I'm grateful for creative ideas like the Bear Hunt that has been going on in some neighborhoods in Lexington. Since my kids aren't living at home any more, the stuffed animals are gone and I'm disappointed that I can't give kids a "bear sighting."

I looked across my sitting room and asked *Peaceways* book reviewer Jim Trammel for his insight about gratitude. He thought for a moment and said "I'm

grateful that we're going to be more appreciative of things like graduation ceremonies, weddings, March Madness, the Derby, and group things that usually bring us together."

When I asked my pastor, Father Dan Noll, for permission to reprint his letter to the editor, I also asked for his perspective. He wrote: "Going through these days I am just thankful that, since this is already happening, it is happening during Lent and in the Spring. During Lent, because this time is a strong reminder that the cross leads to life. ("Quarantine" = "Forty Days" = Lent.) In Spring, because it is a strong sign that what seems to be dead can 'spring' to life."

Community activist Billie Mallory has heard these comments from her friends:

- We are learning who and what is most important.
- We will all have new priorities in our lives.
- Everyday life has slowed down and our lives are not so frenzied.
- There is more common courtesy and consideration; more "take care" and more "I love you".
- Once social distancing is over there will be lots of group hugs (lots of Corona babies, too, in nine months!).
- God has sent us all to our rooms to think about things and come out in a better mood.
- Love driving down Nicholasville Rd with no traffic.
- Crisis brings out the worst and the best in people—we like seeing the best of humanity.
- We need to show our appreciation to those that are still out there putting themselves at risk, as well as their families.
- When this is all over we need to have one helluva party and drink Corona beer.
- We gotta get outta this place.

Finally, my friend and co-worker Cindy Brown mentioned to her husband, Ted, that she didn't sleep well one night this week. Ted suggested that she was probably excited about getting to shop during "senior hours" at Kroger. That excitement, she said, was actually gratitude for the effort that Kroger, as well as other stores, have gone to make their environments safer for folks in high-risk categories.

Email peacewayseditor@gmail.com and tell me of the things you find yourself appreciating these days.

~ Margaret Gabriel

The Central Kentucky Council for Peace and Justice

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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 2020. Deadline for calendar items is April 10. Contact (859) 488-1448 or email peacewayseditor@gmail.com.

PFLAG Central Kentucky is seeking new members and volunteers to continue its mission of education, support and advocacy for LGBTQ individuals and their families. The group loves new members, and is always looking for people to volunteer in various ways. Volunteers help at Pride events, assist with social media/website, develop programs, and anything else they are able to add. Call (859) 338-4393 or email info@pflagcentralkentucky.org.

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.

To be determined

CKCPJ began experimenting with zoom calls before quarantine and hopes to continue virtual meetings going forward. For more information about a specific meeting, email Richard Mitchell, rjm47@twc.com

Tues., Apr. 14

CKCPJ health care action committee, 5:30 p.m. Quaker Meeting House, 649 Price Ave., Lexington.

Tues., Apr. 14

PFLAG Central Kentucky, 6:30-8:30 p.m., St. Michael's Episcopal Church, 2025 Bellefonte Dr., Lexington. The April meeting is cancelled, but for support is available at info@pflagcentralky.org or by phone, 859-338-4393

Mon., Apr. 20

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.

Sat., Apr. 25

Christian-Muslim dialog, 10 a.m.-noon. Hunter Presbyterian Church, 109 Rosemont Garden. Meetings have been cancelled until Fall, when the speaker will be Tom Eblen, an independent journalist, writer and photographer based in Lexington. Tom was a columnist for the *Lexington Herald-Leader* from 2008-2019. Watch Peaceways calendar page for the more specific date.

Tues., June 23

Election Day, 6 a.m. - 6 p.m. The primary has been moved from May 19. The ballot will include the presidential and senatorial races. To identify your polling place and to see a sample ballot, go to 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 general election is Nov. 3.

Rescheduled for September

BUILD, Nehemiah Action, Heritage Hall, 7 p.m., 430 Vine Street, Lexington.

As you might imagine, the Calendar page was tough to fill since meetings have been cancelled. Fortunately several CKCPJ meetings have converted to Zoom calls, and will still take place. For others, please consult the group's website. You CAN win fabulous prizes for this bingo game, albeit virtual. Some suggestions for either a straightline or coverall bingo are: Peace on earth, \$1000 (because that's the prize for coverall at Kentucky's charitable bingo halls); the pandemic goes away; big party with family and friends; trip to somewhere besides Kroger; award your own prize whatever you want. Please email results to peacewayseditor@gmail.com

H	O	M	E	!
Watched/listened to Andy Beshear at 5 p.m.	Checked on an elderly relative	Tried a new recipe	Took recyclable paper to a bin	Heard the phrase Healthy at Home
Washed my hands	Read a book	Put winter clothes away	Heard the phrase Healthy at Home	Worked a puzzle
Participated in a zoom call	Went on a "Bear Hunt" in my neighborhood	FREE <i>me from this house</i>	Set up a digital newspaper account	Waved to a neighbor
Took a walk	Heard the phrase Healthy at Home	Wrote a legislator	Called a friend	FaceTimed with my grandchildren
Heard the phrase Healthy at Home	Played a board game	Washed my hands	Ate three healthy meals	Cleaned a closet

News: *Not for sissies any more*

THE TRUTH MATTERS:
A Citizen's Guide To Separating Facts from Lies and Stopping Fake News in Its Tracks. By Bruce Bartlett. Paperback: 138 pages; Publisher: TenSpeed Press (Crown Publishing, a division of Random House), Oct. 27, 2017).

Reviewed by Jim Trammel

Because we're relying even more heavily on news these days, Peaceways is taking this opportunity to re-run a review of a book that instructs us about the importance of sifting everything we hear. This review originally appeared in December 2017. What goes around comes around.

Not nearly in time comes *The Truth Matters*, best thought of as a Strunk & White-style guide to divining truth from what you see and hear in the media and online. If you're a naturally critical thinker it's still worthwhile for the rules to be written down in a guide.

"Nothing can now be believed which is seen in a newspaper," a shrewd political observer has written. "The man who never looks into a newspaper is better informed than he who reads them. The details are all false."

Okay, who wrote it? Karl Rove? Steve Bannon? Roger Ailes?

Thomas Jefferson. True in his day, probably truer now.

Even those newspapers we think strive for objectivity and excellence are suspect because of their ownership. Liberal Jeff Bezos bought the liberal *Washington Post*. Did he turn it into his personal soapbox? Like Roger Ailes did with Fox News?

Plus, ultra-conservative AM talk radio; right-wing drumbeats from Fox News, Breitbart online, and Alex Jones from whatever bunker he's in; and an ocean of faceless propagandists, left and right, each spout their own points of view and peddle visible or hidden agenda. How can an ordinary citizen

sort it all out?

Some Bartlett tips:

- Prefer primary sources (people who saw it) to secondary sources (people telling you what others said).
- Prefer documentary evidence (such as tax returns) to verbal accounts, even eyewitness accounts (which can be of variable veracity).
- Watch out for leaked information, especially an exclusive leak which might have tempted or fooled the reporter. Is anyone else reporting the story?
- If the story contains a computer link to relevant information, check it out, but be skeptical of links that don't fulfill the implied purpose.
- Check on a paper's dedication to objectivity: How promptly and fully do they correct their errors? Do they ever correct any? They all make them.
- Your local library has databases of all news accounts you need, without a \$400 per year subscription to *The Wall Street Journal*. Databases EBSCO and ProQuest will give you everything you need for free. Your library can show you how to access them.
- Check how polls were taken, and by whom; how questions were worded, and whether the sample was weighted. The RealClearPolitics.com website aggregates polls, which has the effect of leveling them out. PollingReport.com furnishes recent polls sorted by issue.
- Wikipedia is a great place to start research, but a terrible place to end it. Google Scholar is a useful supplement.
- Fact-checking is a hopeful sign that reporters are trying to do things right. Politifact.com, FactCheck.org, and Snopes.com are independent and trustworthy.
- Twitter is useful for following journalists you have learned to trust.



In the working press I always claimed to be "truth's biggest fan," but I'm willing to change my mind in a 180-degree turnaround in the face of convincing evidence. Not many can say that. Sadly, most these days seek out news that validates pre-conceptions. I fight that tendency by double-sourcing volatile facts — a habit ingrained in me in my time with the Associated Press, which always required two sources regarding the controversial.

You've got to care about truth to immunize yourself against fake news. Bartlett has provided a quick and up-to-date read, and a useful summary of the rules of verification. He also has a bibliography of good fact-checking sources. It's worth a download (the audiobook is free with a subscription to Audible, and it's also downloadable to Kindle). But, as they say, don't just take my word for it.

Bruce Bartlett is a Washington-based writer who has worked in the White House, at the Treasury Department, and as staff director of a Congressional committee.

Reviewer Jim Trammel works in Frankfort, enjoys political chat rooms, and served in the Third Crusade where he killed 50 heathens. This is mostly true.

Reprinted from the [Lexington] Herald-Leader

As Congress evaluates a COVID-19 emergency aid package I urge it to support charities and nonprofit organizations serving vulnerable people and communities at this time of need, Charities and nonprofits need the following policies to maintain operations expand scope to address increasing demand and stabilize losses from closures.

1. Expressly include charitable nonprofits in the \$200 billion loan fund for businesses, including airlines. The charitable sector needs an immediate infusion of \$60 billion and the loan program is a fast way to get cash in the hands of organizations serving immediate needs in communities.

2. Improve the above-the-line charitable deduction by raising the cap to \$2,000 and allowing taxpayers to immediately claim the deduction on the 2019 taxes (due on July 15), and afterwards through 2021.
3. Clarify that charitable nonprofits of all sizes are able to participate in the emergency Small Business Loan Program by using the tax-law definition of charitable organizations (sec.501(c)(3) public charities) and removing the language excluding nonprofits that receive Medicaid reimbursements.

Father Dan Noll, Lexington

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. Endnotes or footnotes are not used.

Please query submissions to 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 that 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.

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. 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, lmattingly@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 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.

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.

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 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.

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, (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.



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 The Central Kentucky Council
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 Lexington KY 40511
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*“We will get through this
 and we will get through it together.”
 ~ Gov. Andy Beshear*

**From *The East Ender*:
 The newsletter of the East End Community Development Corporation**

THE MET, a project of the Community Ventures Corporation, is a \$22 million mixed-use development at Midland and Third Streets, scheduled to open in early July. It is expected to bring new life to the east end of Lexington with new businesses and housing. At the time that *The East Ender*, the newsletter of the East End Community Development Corporation, was published, it was expected that the development would be home to a restaurant, coffee shop, hair salon, artist gallery and workout facility. These businesses will be at street level; office space and 44 one- and two-bedroom apartments will be on the upper floors. There will be designated parking at the Midland end of the structure, and across from the Isaac Murphy Memorial Art Garden will be historical and cultural elements. The EECDC will keep the public informed about opportunities for employment and housing.

The EECDC is also looking forward to the completion of the Legacy Trail that will move down Fourth Street to Elm Tree Lane at the Lyric Theatre to the Isaac Murphy Garden and connect with Town Branch Trail.

On neighborhoods

The task force on neighborhoods in transition was launched in the spring of 2018 and has been meeting at least monthly for the past year and a half, studying the impact of gentrification on vulnerable neighborhoods. They are focusing on areas whose people are often minorities with low incomes and live in neighborhoods that have been ignored or neglected for too long.

Led by Council Member James Brown and Vice Mayor Steve Kay, this committed group of developers/landlords, city/community leaders, vested community partners, and residents are nearing a release of draft recommendations that will be presented to city council for further discussion and approval with the intent of arresting the further decline of our most vulnerable neighborhoods. For more details contact James Brown, (859) 280-8238, or www.lexingtonky.gov/task-force-neighborhoods-transition. All meetings are open to the public.

Since its inception in 2015, the Affordable Housing Trust Fund has leveraged \$13 million to provide a total of 1,700 units of affordable housing (single-room, duplexes, houses), with nearly half of those provided for special needs populations. In the east end it has rehabbed, remodeled, or built 32 units of affordable housing, with rent below market rate. There are several units under construction currently in the east end.



LWV announces essay contest winners

Concerned that 18-to-29-year-olds have significantly lower voting rates than other groups, the Lexington League of Women Voters posed this question for its 2019-20 essay contest: “Why do eligible young voters have lower voting rates than older voters?” Almost 50 Lexington high school students researched the question, interviewed young people and submitted essays to LWV.

The students found that young people often don’t vote because they don’t know how to register, they feel uninformed about the candidates, and/or they can’t get to the polls because of work schedules or lack of transportation. One young voter commented, “It’s such a tedious process to get registered.” Another young voter, when asked why she hadn’t voted, said it was because she “was in college.”

Because of the current need for social distancing, LWV has discontinued in-

person voter registration and encourages those who would like to register to go to GoVoteKY.org. The 2020 primary election has been postponed to June 23; the deadline for registration is May 26.

Recognition in the contest went to:

- **First place:** Isabella Mullins, Lafayette HS.
- **Second place:** Roumiana Mihaylova, Henry Clay HS.
- **Third place:** Zoe Schaeffer, Henry Clay HS.
- **Special Recognition for ESL Writing:** Bing Zhang, Lafayette HS .
- **Recognition for Outstanding Insight:** Kristi-Ahyna Washington, Martin Luther King Academy.

The winning essays can be found at lwvlexington.com.