

THE NEWSROOM

A PUBLICATION OF LOCAL POLITICAL ACTIVISM

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Where's the Democratic Party go from here?

By Elena Super

With the disappointing results of the last election, the DNC is charting a new strategy with the election of national chair Ken Martin. Ken Martin served as the former chair of the Minnesota Democratic-Labor-Farmer Party since 2011. According to Steve Peoples of AP, Martin “offered a warning to Trump and his Republican allies after the vote was announced: “We’re coming. This is a new Democratic Party. We’re taking the gloves off.” But what exactly does that mean for the party not only as a whole but for states like Kansas? We won’t know for sure until a study has been completed to determine where the party failed in the 2024 election.

In the meantime, his words painted a picture of an all-out fight. That fight for me would be to preserve the basic liberties that our country was founded on: a fight to preserve our democracy. We can’t afford to waste time waiting on the outcome of a report to know that this fight is real. This fight is unwavering. **This fight is one fight we can’t afford to lose!**

So, I’m brushing the dust off my boxing gloves and starting a training regime to get me in shape for whatever comes next. My training doesn’t include running laps or working out at the gym. Instead, it includes reading at least one credible news story a day, engaging with groups that provide social support, participating in an occasional peaceful protest, supporting members of my community in need, seeking out members of the community to run for office. But I can’t win the fight alone!

Are you ready to stand up for our democracy? You don’t know where to begin?

Every action, no matter how great or small helps build a dedicated community of neighbors focused on the preservation of our democracy. Consider making phone calls, writing postcards, helping out at a food pantry, make a donation or give a hand with a fund raiser. Contact info@miamicoksdems.org to take the next step.



Did you know?

It was well known during World War II that Hitler hated red lipstick. It became a statement against Nazi ideology and a symbol of defiance and patriotism with women in Allied countries.

Kansas Legislators in Action!

Kansas lawmakers are working at an expedient pace to get as much legislation through with little time for notice for hearings. Check out **Capitolbee.com** to stay informed. You can subscribe to receive free daily email updates and follow them on Facebook, BlueSky, Instagram, or LinkedIn.



Miami County Democrats St. Patrick's Day Social

Monday - March 17th at 6:00 p.m.



Timbercreek Restaurant
14 E Amity St.
Louisburg, KS 66053



Join us for a magickly delicious
Dutch-treat evening.



RSVP (text/call 913-259-4455)
to reserve your seat!



Contacts to add to your speed dial

Kansas

Senator Caryn Tyson

Caryn.Tyson@senate.ks.gov

785-296-6838

Senator Doug Shane

Doug.Shane@senate.ks.gov

785-296-7368

Representative Samantha Poetter Parshall

Samantha.Poetter@house.ks.gov

785-296-7748

Federal

Senator Jerry Moran

Email through his website at moran.senate.gov

913-393-0711 Olathe Office

Representative Sharice Davids

Email through her website at davids.house.gov

913-621-0832

Self-care by Natalia Cortez-Barb

In her 1988 book *A Burst of Light*, written in the midst of battling cancer, renowned Black feminist Audre Lorde writes, "Caring for myself is not self-indulgence, it is self-preservation, and that is an act of political warfare." Carry these wise words with you—not to justify a splurge purchase or trip to the spa, but to remind you that survival is an act of resistance. Joy is an act of resistance. Nourishing and caring for the body is an act of resistance. This most especially applies to those in bodies the oppressors deem unworthy: Black bodies, Indigenous and brown bodies, trans bodies, pregnant and female bodies, and so many more. Lorde teaches that caring for oneself is not frivolous but a radical act. Moreover, this self-care empowers you to care for your community.

If you allow yourself to be consumed by the 24-hour news cycle, by the doom scroll of social media and its adrenaline push and dopamine pull—if you cut back on sleep to organize, if you skip meals to make calls, if you abandon kinship for this cause—you will burn out. The wave of injustices and tragedies already laid down by the Trump administration is only outpaced by the roar of rage, despair, and the mass cry, "What am I supposed to do?"

First, take care. Second, find community. Third, identify the things that are within your power. What energy can you safely commit long-term to resisting this administration? What is the cause that impacts you or your family most? What is local to you that is within your reach? What are your skills, and how might you be able to bring them to bear? Think locally. While the federal government and its vast reach has a massive impact on our daily lives, we as individuals can have a much larger impact on our local and state governments.

Get involved. Show up. Join us at one of our Democratic committee meetings or social events. Find a local advocacy organization that aligns with your values, or step into the arena yourself—whether it's running for school board, joining a library board, or volunteering for a campaign. Download 5 Calls, a simple and effective smartphone app that helps you contact your representatives with just a few minutes of effort. You can also visit their website <https://5calls.org>. And finally, reclaim your attention. Limit social media, carve out time to read a trusted news source each day, and commit to staying informed in a way that sustains you, not drains you. You are needed in this fight—but you are needed whole.

Self-care is not surrender. It is how we endure, how we resist, and how we build a future worth fighting for.