## Remember, Remember

## **January 6th this November**

American democracy matters. Traveling the far corners of this world for spices I can tell you there are few things more night-and-day different than the difference between democracy and dictatorship. One is happiness. One is heartbreak. And there's no other America out there. If democracy falls here, like dominoes, it falls everywhere.

After the January 6 attack on our Capitol and our democracy, we hoped it was a one-time event driven out of misguided loyalty to Donald Trump. Today we know this isn't about one day or one man. This is about America's changing demographics and what Republicans will do to stay in power when their message no longer has the chance to win elections.

Already among our young we've become a minority majority nation and it's kind of awesome. Once no one

group makes up 50.1% of the vote the door unlocks to democracy being a true force for equality and equity for all. Some celebrate this. Others will stop at nothing to prevent it.

If Republicans won't hold themselves responsible for January 6, that job falls on us. As a Cook, as someone who gives of yourself to care for others, people look to you to see the difference between right and wrong.

Please use the respect you've earned to remind all those around you that, with how dangerous they've become, voting for Republicans this November would be wrong on every level. Please send this message with love, but know for those still supporting the party of Donald Trump, it will need to be tough love to get through.

And thanks for living your life with the kindness, compassion, and decency that make you an actual role model. You have the power to make a difference in times like these and that's no small thing. Well Done, You!