



Vol. 13 Number 7

July, 2021

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<https://www.facebook.com/Largodemocrats/>

## From the President's Desk:

By *Mary Lou Ambrose*



In this crazy year, I have decided that I had to prioritize the importance of all the things that are happening at once. I decided that passing the For The People Act and the John Lewis Act would solve many, if not all, of the voting problems that are overtaking the House and Senate. However, in research-

ing the two most recent Supreme Court Decisions on voting rights, it may not be enough even if we could pass both bills. We need to try because they can help stem the course of the abuse of Voting rights in this country.

In order to pass them, it would be necessary to do away with the Senate Filibuster. This will be difficult thanks to Senators Manchin and Sinema and oth-

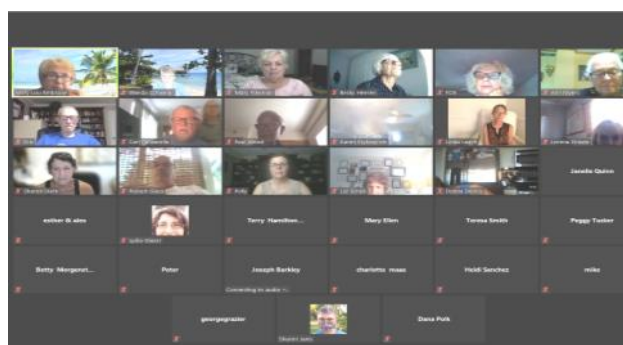
er Senate Democrats who oppose the idea. There is discussion on a possible agreement that the filibuster will not apply to voting rights bills. Somehow, the Filibuster needs to go,

We have a partisan Supreme Court whose 2013 and 2021 decisions on voting rights come down on the side of allowing discrimination. Neither of the recent Decisions would likely have come from a less partisan and more balanced Court, but they

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### ZOOM meeting (join us!)

**July 19 7:00 P. M.**

**Speakers:**

**Commissioner Eric Gerard**

**Darden Rice, Mayorial Candidate (St Pete)**

See page 4 for more information

### MLA from Page 1

are what we have. The 2013 decision, written by Chief Justice Roberts (*Shelby vs Holder*) took a butcher knife to Lyndon Johnson's Voting Rights Act, removing the requirement that states which have historically enacted laws limiting the voting rights of minorities must have any voting laws reviewed by the Attorney General of the United States. The Chief Justice found that there is no longer any voting

discrimination given that we had a Black President and other Black officials elected to office all over the country. (Justice Ginsburg's Dissent compared it to removing an umbrella in a rainstorm because the person holding the umbrella was not getting wet.) The response of the targeted states was to begin putting together the discriminatory laws we have been seeing since the *Shelby* Decision was announced.

This year Justice Alito, (the Justice I consider to be

the most unwavering in support of far-Right ideas), in *Bronovich vs Democratic National Committee* delivered the death blow to the Voting Rights Act by finding two very discriminatory Arizona voting laws to be a mere inconvenience and not an impediment to voting. As a result, many if not all the current anti voting laws being passed across the country will likely be found to be non-discriminatory.

The John Lewis Act (HR4) was written to undo the damage caused by *Shelby*. It does not address Bronovich. Unfortunately, Justice Alito wrote his decision to be certain that, no matter how outrageous these discriminatory laws are, a conservative Court is likely to find them all simply inconvenient.

The For The People Act (HR1) addresses

many different abuses in voting rights abuse which have occurred as a direct result of *Shelby*, but does not address the significant problems in Bronovich. It changes how people vote by automatically registering every eligible voter. It creates a bipartisan commission to deal with drawing district lines and other significant items which could make voting more fair for all the people.

Donald Trump was clearly a dramatically terrible President, but he is not fully responsible for what is happening. He clearly opened the door to make way for these laws. Trump is not very bright, but has a talent for selling himself and his ideas to people who for some reason are drawn to him. As someone who finds Donald Trump to be repulsive, as I assume most of you feel, it is difficult to imagine why anyone



"Long ago, there was a noble word, liberal, which derives from the word free. Now a strange thing happened to that word. A man named Hitler made it a term of abuse, a matter of suspicion, because those who were not with him were against him, and liberals had no use for Hitler. And then another man named McCarthy cast the same opprobrium on the word. ... We must cherish and honor the word free or it will cease to apply to us."

-Eleanor Roosevelt

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### MLA from Page 2

would in any way look up to Donald Trump. Without the “evil genius,” Mitch McConnell, and the weak and easily bought off Republican Senators, he would have done nothing but fail. Working with Mitch, he was able to take credit for a reprehensible tax bill that enriched their billionaire donors, enabling those donors to increase their donations to Republicans who would in turn reward Republican House and Senate members. To add insult to injury, this terrible tax bill gives Republicans a way to complain that we cannot afford the “Build Back Better” bills the Biden Administration is attempting to get through Congress. The Tax Bill skyrocketed the National Debt leaving no room for additional debt.

Working together, Trump and McConnell convinced a sizeable number of Americans that black and brown citizens as well as immigrants were responsible for all their problems. These people were willing to believe that a whites-only voting citizenry was the only answer to their personal failures. This paved the way for Trump

supporters to attach themselves even closer to Trump since he was protecting them from the black, brown and immigrant citizens they despise. We need to remember that this did not all happen in four years. Racial tensions have been an underlying fact in this country for centuries. However, it was exacerbated in the Trump era. It has become the rallying cry of the of many Americans who have felt left out of the system. In this era of the Big Lie, it is absolutely acceptable to be a White Supremacist.

So, what can we, as Democrats and concerned citizens do? Make your voices heard. This is not the time to be quiet, Call, fax and write to Scott (202 224 5274) and Rubio (202 224 3041). Write letters to the editor and attend any open meetings politicians may hold. Keep in touch with Charlie Crist. Just make yourself and your opinions known. 🏆

**The Race to fill the US House Seat being vacated by Charlie Crist, who is running for Governor, is heating up! We have 3 Democratic Candidates who will face off in a Primary Race On August 23, 2022!**

**We will hear from 2 of the candidates in August. Both Eric Lynn and Michele Rayner-Goolsby will be speaking. In September, the 3rd Democratic candidates in that race, Ben Diamond, will be speaking. 🏆**



**Carl Boals**

23 May 2020 • 🌐

I've been searching for this for a long time and finally found it. I first read it in a textbook in one of my Communications classes at UCSD back in 1978. It's a simplified version of the principles Joseph Goebbels came up with in the late 1930s. It still works, obviously.

#### THE NINE FUNDAMENTAL PRINCIPLES OF PROPAGANDA

*Propaganda is the backdoor hack into your mind*

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[PropagandaPrinciples.wordpress.com/](http://PropagandaPrinciples.wordpress.com/)



# Upcoming Speakers

## JULY SPEAKERS:



***Eric Gerard, Commissioner City of Largo***

### **Commissioner Eric Gerard**

earned a Bachelor of Science in Journalism from Ohio State University. Professionally, Commissioner Gerard was Reporter for the Tampa Tribune and the St. Petersburg Evening Independent, Principal of E. Gerard Advertising, Inc and BIG-Gross.com, LLC, and Vice President of Operations of ePush, LLC . Commissioner Gerard has a wife, Pat, daughter, Sarah and son-in-law Patrick.

### **POLITICAL BACKGROUND**

In 2020, Commissioner Gerard was elected to serve on the City of Largo Commission.

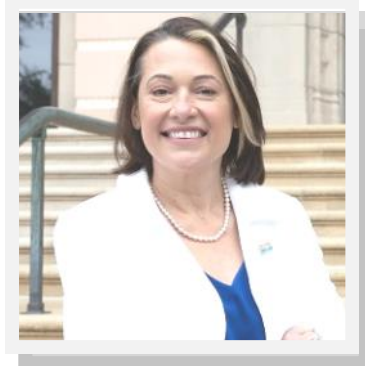
### **CIVIC BACKGROUND**

Graduate of Largo Citizens Academy, Pinellas Sheriffs Citizens Academy, Member and Vice-Chair of Largo Planning Board, Past Presi-

dent of the Greater Largo Library Foundation

### **Awards**

Recipient of the Partners N Progress for the Arts; President's Award; Tonne Award; Greater Largo Library Foundation Volunteer of the Year



***Darden Rice, Candidate for Mayor of St. Petersburg***

### **Councilmember Darden Rice**

was the first openly gay person to run for office in Pinellas County, Florida. First elected to St. Petersburg City Council 2013, Darden was re-elected in 2017 with over 72% of the vote. She is the current Chair of Forward Pinellas, the county's land use and transportation planning agency, and an executive member of the Board of Directors for Tampa Bay Water, the regional water supply

utility.

Darden previously served as the president of the League of Women Voters of the St. Petersburg Area and as chair of the Pinellas Suncoast Transit Authority, as well as the Chair of City Council. Before being elected to City Council, Darden was the Florida Director of Healthy Gulf, an anti-pollution nonprofit focused on protecting our coastal waters, a Senior Associate with Sierra Club Florida, and the Health Care Policy Director for Progress Florida, a non-profit dedicated to promoting progressive values throughout the state.

Councilmember Rice created the Wage Theft Prevention ordinance, was the driving force behind universal curbside recycling, and founded the council committee on the environment which spearheaded the city's most ambitious and comprehensive approach to measurable environmental progress. She has been a champion for increasing affordable housing, creating stronger neighborhoods, improving transportation, historic preservation, and supporting our local small businesses.

Darden lives in St. Petersburg with her wife Eve. 🍷

[Con't next page](#)



# Upcoming Speakers

## AUGUST SPEAKERS:

### *FL HD 70 Representative Michele Rayner-Goolsby — Candidate for CD 13*



**Michele Rayner-Goolsby,** a local civil rights attorney, represents District 70 in the Florida House. Rayner is among the first openly LGBTQ women of color elected to Florida's Legislature.

"It really has been a people powered campaign," said Rayner, who said she sees her victory as "pushing back on patriarchy."

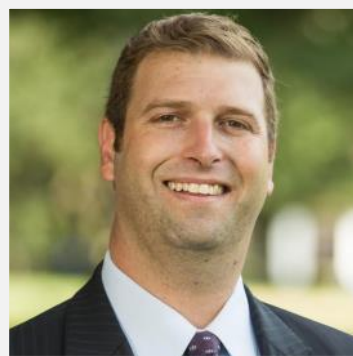
"We ran with integrity. We ran with transparency and we ran with accountability."

"I'm proud because this win

represents a new day," said Rayner in a news release after her House victory.

"I am thrilled by the outpouring of support we've seen already in just the first days and weeks of our campaign," Rayner-Goolsby said in a statement. "As we keep this momentum growing, there will be more opportunities to get involved to ensure that we keep this crucial seat Democratic in 2022. I am in this race to help my community, the community that raised me. Through people power and community input, I know what a difference we can make in Congress for the people of FL-13." 🏆

### *Eric Lynn, Candidate for CD 13*



Er-

ic was originally scheduled for May, but was unable to attend.

So he is joining us in August.

Eric Lynn is the first Florida Democrat to jump into race to replace Charlie Crist.

*From Tampa Bay Times - May 5 by Steve Contorno*

This will be one of the most competitive congressional races in the country.

Eric Lynn, a national security adviser from St. Petersburg, made official on Wednesday his long-rumored plans to run for the District 13 seat.

"My view is the people of Pinellas deserve someone who understands the challenges we face in our communities and the complexities of working in congress," Lynn told the *Tampa Bay Times* on Wednesday.

Lynn previously worked as a congressional aide and served as national security adviser to President Barack Obama's 2008 campaign. He then joined the administration as an adviser to Secretary of Defense Robert Gates.

Lynn lives in St. Petersburg with his wife and three kids. 🏡

# Upcoming Speakers

## SEPTEMBER SPEAKERS:



### Ben Diamond becomes 2nd Democrat to file for Charlie Crist's Pinellas County Congressional seat

Diamond, 42, grew up in Pinellas County. An attorney, he served as special counsel to former Chief Financial Officer Alex Sink from 2007-2011.

"He joined me because my late husband, Bill McBride said he was phenomenal," Sink said on Monday. "He came in as my lawyer and started working right away. We started working 14 years ago on issues like climate change and sea level rise and the insurance crisis."

Diamond, 42, grew up in Pinellas County. An attorney, he served as special counsel to former Chief Financial Officer Alex Sink from 2007-2011.

Diamond's grandfather was Dante Fascell, who represented Dade and Monroe Counties in the U.S. House from 1955 to 1993.

"He had a way of being very effective in public life and it was because he treated people with respect," Diamond said. "He was honest. He was humble. And he always put the people he served first. And that has provided me with a very good model to follow in the way that I approach public service."

Florida's 13th Congressional District was held for more than 40 years by Republican Bill Young. After Young's death in the fall of 2013, David Jolly defeated Sink in a special election in 2014 and held it until 2016.

But CD 13 was found to be one of eight congressional districts that the Florida Supreme Court ruled in 2015 had been drawn up in violation of the state's fair district constitutional amendments back in 2012, the last time there was redistricting. The newly drawn lines (which drew back south St. Petersburg back into the district) made the district more Democratic leaning, and it's been held by Democrat Charlie Crist since then.

"This will be a tough race," Diamond acknowledged in his speech. "It will be one of the most competitive congressional races in the nation, and one of the most expensive."

Diamond also said that he expects "that that you will see a lot of outside forces with unfamiliar names flooding our TV's and our computers, and iPhones and radios with breathless ads and wild claims," adding that it's "absolutely critical" that the seat continued to be held by a Democrat.

Diamond was slated to head the Democratic House Caucus from 2022-2024. Although considered a plum leadership role, the fact of the matter is that House Democrats are in the significant minority in Tallahassee, with just 42 members in the 120-member chamber.

In that respect, his departure to run for Congress is similar to the path taken in 2020 by Democrats Adam Hattersley and Margaret Good, who left their House district seats last year to run (unsuccessfully) for congress.

Speaking with reporters after

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# Upcoming Speakers

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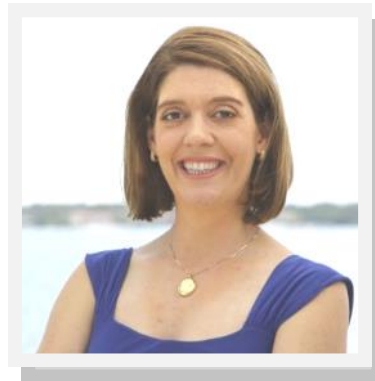
his speech, Diamond denied that his leaving the House is a statement about his feelings about serving in the minority.

“Not at all,” he insisted. “This is just an incredible opportunity to serve the place that I care very deeply about and want to continue serving and hopefully make a bigger impact on the issues that I mentioned in my talk that are so important to our future”.. 🍷

Excerpted from [Bay News 0 May 10th coverage of Ben's announcement](#)

OCTOBER

## Jennifer Webb



### Jennifer Necole Webb

Served one term in the Florida House of Representatives, representing House District 69, coastal southwestern Pinellas County, from 2018 to 2020. Webb was elected in the general election on November 6, 2018, winning 53 percent of the vote.

She has a BA from the Louisiana State University and an MA from the University of South Florida.

Webb is President and Founder at Think Tampa Bay, Founder, Managing Partner at Omni Public, a progressive global strategy, public affairs and public rela-

tions firm that specialize in helping companies introduce and deploy new technologies, concepts and ideas into the market place and engage with government, media and industry, and Director of Community Partnerships at USF Office of Community Engagement & Partnerships

She was the first out lesbian to serve in the Florida legislature. She lives in Gulfport with her wife Cynthia Wurner. 🍷



# SPOTLIGHT ON: Cathy Ewing



*Written and submitted by Ginny Nelson*

“Count your many blessings

Name them one by one

Count your many blessings

See what the Lord has done”

As an adult, Cathy is not religious, but she exudes her childhood training and makes it a point to be grateful for the many good things she has experienced throughout her life. Cathy is smart, tall, beautiful, and a world traveler. She is an inspirational and independent role model who has used her open mind while pursuing her life's goal: “to see as much of the world as possible.”

Cathy trained as a History and English teacher and taught Junior High and High School-age children for the Navy, Army, and the Air Force. She accepted various assignments, all at overseas bases, for 22 years. While not particularly political during those years, she says she read local news as well as the Stars and Stripes news to stay informed on issues. She says she was inspired by the opportunity to live in different countries. She described her overseas life to me as a “learner's paradise” that helped her “to understand why things happen the way they do.”

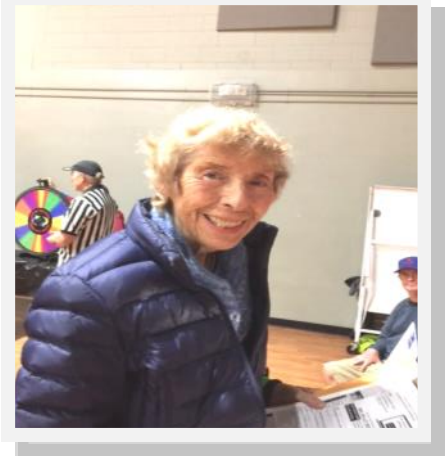
After 22 years, she returned to Largo and continued to teach as a substitute teacher. She cared for her ill father, who passed away in 1991. And in 1993 she applied to the Peace Corp to teach English in Hungary. She was accepted, of course, and worked in Baja, Hungary from June 1993 through 1996.

In 1996 she returned to live in Florida because her aunt lived here. She spent the next years traveling abroad with her sister. Whether with someone or alone, to this day, her travel plans are always in the works or on

her mind. Her friends, like Charlotte Maas, know that several big trips per year were the usual for Cathy. As Charlotte and other friends have said about a place they haven't traveled to yet, Cathy probably already has been there or is planning to go. Per Charlotte the question about Cathy is “Could a cruise on the Great Lakes in 2022 be next?”

In 2008, in between trips, Cathy said, she became aware of Barack Obama. She saw him on TV and read about him in newspapers. She was an enthusiastic supporter almost immediately. When she learned he had a campaign office in Clearwater she began volunteering for his presidential campaign. This was the beginning of her life as a Democratic volunteer. For her, she says, “Barack Obama showed that a President can be a caring person.”

Over the years she has continued her enthusiastic support of Democrats and Democratic issues. As Charlotte has said about Cathy, she is up for “everything that recognized and re-



Registering voters at Ridgecrest!

spected human rights.” Among others, Cathy's commitment to service and volunteering where needed, has included: shopping for the homeless at Christmas, working for food banks, working for gun control, and phone banking for candidates.

Cathy is a humble person, who is always quick to say her contribution is of minor importance. Those of us who know her, know better. 🌹



**PLEASE DON'T FORGET YOUR DUES!**



**YOUR Democratic Club**



Click on  
LINK



**Dues are \$15 per year, payable in January of each year. Dues paid in the last quarter of 2020 carry forward into this year.**

**If you have not already paid you can pay online at:**

<https://www.largodemocrats.org/get-involved>

**Or mail a check to**

Largo/Mid-Pinellas Democratic Club

P O Box 1242

Largo, FL 33779

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# My Thoughts

*A new column featuring our members' essays*

By Carl Panzarella, DDS



My wife came home from getting

her hair cut and announced, "I'm never going back there ever again!" She was visibly upset and agitated. Stunned, I asked her why and what happened?

Apparently, when she entered the shop the stylist asked her if she got the vaccine. Her response was "of course". "Remember" she said, I was in the first group of those vaccinated". Kathryn is a highly experienced nurse who has worked intensive care settings for decades. Nurses like her and physicians on the front lines of the pandemic were the first to eagerly get their shots. Last year she was actually working in the Covid units and saw first hand the horror and deaths of patients old and young. Any health care professional who

understands the dangers of a respiratory transmitted viral pathogen, implicitly understands the life saving value of a vaccine.

"Well I didn't get one and I'm not" was returned. After sitting for her appointment Kathy was having a conversation and asked if the stylist's young daughter was going to be vaccinated? "No, and she hasn't gotten any of the other many vaccinations the doctors are trying to push on them. My daughter is going to be enrolled in a special private school that doesn't insist on vaccinations for the children."

As the conversation shifted into other areas of conspiracy and craziness, Kathy asked that the talking stop and to please just focus on the reason for her visit. After a short pause, the blabber started again. Kathy now challenged her as to where she was getting such off-the-wall information. The answer of course was the internet. "You have to

go really deep to find it, but it's all there. You just need to know where to look."

The question is how does a person get to the point of risking not only their life, but is willing to expose their child to the danger of a known pathogen circulating in the community? What is the process at hand that causes a person to suspend their own judgment and sense of objective evaluation so that the health of their family is at risk? I used to ask myself the same question about the German society in the 1930's.

The answer is in Mein Kampf where Hitler writes about propaganda. He first states that the average person is not very intelligent and is susceptible to emotionally loaded messages. By the use of hate and fear embedded in outrageous lies, the way people think can be changed. The lies need to be told over and over again. Finally, behavior is altered. Goebbels became a

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# My Thoughts

*A new column featuring our members' essays*

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master in implementation of the techniques.

So, now I ask, do we see this being used again?

The Mexicans are rapists, criminals, drug lords. I know more about healthcare than anyone else. Healthcare is simple. You will have great healthcare at a fraction of the cost. I am a very rich, successful businessman. Covid is like the flu. There was a lot of fraud. The election was stolen. The Democrats are weak on immigration. Plus thousands of other examples.

I saw an author on CNN who is a magician. He was hired in the past by some conmen to scam very wealthy marks at the card table. His point was that the marks thought they were playing cards, when in reality the entire scene was a farce. He wants the Democrats to realize that they are not in a fight with the Republicans. It may look like a fight of

points of view and priorities, but the truth is they are being played. The Republicans are not playing the game that the Democrats have been ensnared, but instead are sitting on the side watching and laughing. 🍷

*Editor's note:*

*We would like to include your essay/ Letters/opinion pieces. Please limit to 750 word or less.*

*Please send to*

[Admin@Largodemocrats.com](mailto:Admin@Largodemocrats.com).



**Carl Boals**

23 May 2020 • 🌐

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## CONTACT US

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Office hours vary based on volunteer availability. Please call or email for more information.

[office@pinellasdemocrats.com](mailto:office@pinellasdemocrats.com) 727.327.2796



Positive changes in society – that's what working in Democratic politics is all about.

We are collaborating to grow a democracy that respects the inherent human dignity of all. By registering as Democrats, we've made the choice to play a role in moving the culture of American politics in that direction.

At the Board level, we are moving to improve our Bylaws by changing the name of the Affirmative Action Committee to the **Diversity and Inclusion Committee**. Following the lead of the Florida Democratic Party, we believe that "Diversity and Inclusion" more clearly describes our broader vision of building a Party that is welcoming and uplifting to all, regardless of core identities. "Diversity and Inclusion" encompasses more aspects of the Party's personality and our intended work environment. We are proud to recommend this change.

The National Democratic Committee is offering an online course, Foundations of Inclusive Practice, designed to enrich understanding of the culture of the American political landscape. Users complete the video course at their own pace as they are led through exercises designed to increase skills in communicating about equity and justice. Will you consider spending a few hours taking this important course?

The more each of us commit to being positive actors and contributors in discourse around diversity, equity, and inclusion, the stronger we will be as a Party at the local, state, and national levels.

- Lucinda Johnson

Chair, Pinellas Democratic Party

## Phone banking

Phoning voters is a proven way to remind voters of upcoming elections and to mobilize them to the polls. Please consider signing up for a shift to encourage Democrats to make their voices count in the upcoming **St. Petersburg City Election!**

*Dates range from July 24 to August 23. [Sign up for a shift now.](#)*

**[St. Pete Election Phone Bank Sign Up](#)**



## KEEP IN TOUCH

**Sign up for the newsletter and follow us on social media**

<https://pinellasdemocrats.org/newsletter/>





## MESSAGING FROM THE DNC

**Did you catch the TV and video ad from the Democratic National Committee that aired the week of July 4th. Powerful stuff! View it here:**



**ALL ON THE LINE**



We're on a mission to end gerrymandering because it contributes to the polarization and dysfunction in our political system. It's time to end map manipulation and finally have fair districts. We deserve accountable, responsive elected leaders.

1. [Take advantage of opportunities, resources, and tools to make your voice heard.](#)

"Where there are hearings being conducted in state legislatures -- go to those. Where there are going to be field hearings -- attend those. Figure out ways in which you can get in touch with your state legislator, senator, or representative to make sure they are doing the right thing." -- A.G. Holder

2. [Join AOTL training programs like Redistricting U Summer Sessions and help sustain programs like these.](#)

"The fight is still on. And that's why Redistricting U is so important. Because we want to get the people of the country involved in this fight." -- A.G. Holder

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# DISTRICT NEWS!

## DISTRICT 66



Hello District 66 Democratic leaders,

Marie Garnes shared some great information on the importance of Voting by Mail and the significant increase in turnout for various groups when they are signed up for VBM. We will collaborate with her / FL Women's Club on a program for our district and collaborate with the other districts on the same. (To get a copy of her presentation, please contact me).

Here is additional information that I did not get a chance to talk about during the meeting:

- We are planning an Open House week at the North Pinellas Dem Outreach Center - August 2-7. More to

come quickly on this. Help and participation will be needed to make it a success.

- Help with St Pete elections: Phone banks are being set up, that offer an opportunity for us to help get Dems elected. This is probably most critical for the Mayor's race. Given the primary format, it is extremely important Dems show up and vote over the next few weeks for the primary, in order to prevent a Republican from spoiling the race for great Dem candidates. More to come in the next few days on this.

Finally, as discussed during the June meeting, we are ready to plan our first group activity to utilize "Hot Blocks" for voter registration and vote by mail enrollment. This will be a great way to have fun with fellow D66 activists and to learn together how to get started in our own precincts. If you plan to partici-

pate, please notify Judith ([stonge756@aol.com](mailto:stonge756@aol.com)) with your first and second choices for days and times that you are available.

Thank you!

Bryan Beckman

D66 Democratic Chair  
cell: 224-430-3990

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## Funding the 2021 – 2022 Election

July 28

12:00 -2:00 ZOOM



**Guest Speaker, Nancy Hurlbert, Political Committee Chair**

Ms. Hurlbert is a past **National President** (2004-2005) of **Business & Professional Women/USA** ([www.bpwusa.org](http://www.bpwusa.org)). During her tenure, she represented BPW/USA at both the 2004 **Democratic and Republican National Conventions**; at a convening of the **US Women's Chamber of Commerce**; a **White House Project** debriefing; as a **delegate to the UN** during the **U.S. Commission on the Status of Women's Beijing +10 Conference**; and, as a **panelist to the Democratic Women's Caucus Committee Hearing on Social Security**.

As if her duties with the local Democratic Party and BPW on the national, state and local levels do not keep her busy enough, in March 2004 Ms. Hurlbert concluded a 4-year term as **President of the Florida Women's Consortium (FWC)**, a statewide organization of more than 30 women's organizations throughout the state of Florida, representing some 250,000 members. Nancy has been **FWC's PAC Chair** for five years and was instrumental in FWC's PAC endorsement of Alex Sink in 2006 for Governor.

**Nancy Hurlbert** currently holds or has held several positions with the Democratic Party in La **DWCF Political Committee Chair**, 2014-present

✓ **Immediate Past Chair of the Democratic Executive Committee of Lake County (LCDEC)**, January 2017 to January 2021 and previously from January 2009 – 2012

- ✓ **DWCF VAN Administrator**, 2014 to present
- ✓ 2021-2024 Advocacy Chair, Lake County DEC
- Member of FDP Chair's Club
- ✓ **DPCF (Democratic Progressive Caucus of FL) Former PAC Treasurer**, February 2018 to November 2020
- ✓ **Legislative Chair of the Golden Triangle Democratic Club** (encompassing Mt. Dora, Tavares and Eustis area) from January 2012-2017 and 2021-2022
- ✓ Won a **\$5,000 Challenge Grant** from FDP for LCDEC in 2017 to register voters and GOTV. LCDEC Black Caucus also won a **\$2,500 Challenge Grant** to pursue Restoration of Voting Rights petitions.
- ✓ **President of the Democratic Women's Club of Lake County** 2008 - 2017, interrupted for 3 years as the DWC's Legislative Chair.
- DWCF 1st Vice President 2013-2015
- ✓ **Delegate to the 2012 Democratic National Convention** in 2012 in Charlotte
- ✓ **Won the FDP "Golden Gavel" award** in 2011 for "A Legacy of Leadership"
- ✓ **Lake County "coordinator" of the Hillary Clinton campaign** in 2008.
- ✓ In 2006, **Lake County Coordinator of the Jim Davis gubernatorial campaign**.
- ✓ Worked on the **Bill McBride gubernatorial campaign** in 2002 in Broward County.

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# Opinions/ Letters

## Let's talk about anxiety

(source: unknown)

It's possible you've already experienced it. Over 40 million Americans do despite the fact that only 36.9 percent receive treatment. And while the Covid-19 pandemic prompted a surge, it's been more rising tides than sudden floods. Anxiety is increasing, but it's never been absent.

It's also true that 41 percent of Americans are more anxious in 2021 than they were in 2020. This doesn't necessarily mean they have an anxiety disorder — this involves persistent, sustained emotional and physical symptoms and can be diagnosed by a professional — but it is still not awesome for mental health. Ex-

perts are worried about the post-pandemic aftermath, while investors, sniffing the winds, are pouring money into mental health startups.

“The mental health fallout from the pandemic will continue to grow,” psychiatrist Dr. Lisa MacLean reported in an interview with the American Medical Association. “History has shown that the mental health impact of disaster outlasts the physical impact, suggesting that today's elevated mental health need will continue well beyond the coronavirus outbreak itself.”

So we know anxiety exists and persists — but what is it really? While war metaphors are overwrought in medical writing, there is something to be said of the idea of know

your enemy and know yourself. Understanding the science of something is the first step toward transforming it from a vague and dominant force to something manageable and beautifully unremarkable. This doesn't mean anxiety will stop being a challenge, but it can help reframe it as something you have power over.

To that end, here are 10 scientific facts that can help you better understand anxiety.

10. The American Psychological Association defines anxiety as “an emotion characterized by feelings of tension, worried thoughts, and physical changes like increased blood pressure.” Anxiety disorders involve “recurring intrusive thoughts and concerns.”

9. Anxiety symptoms have been traced back to a kind of brain cell called Hoxb8-lineage microglia. This 2019 discovery may offer a biological answer for one of the drivers of acute anxiety and could point to a place future treatments can target.

8. A single exposure to fear can evolve to ignite new patterns of brain activity over time. A 2021 paper suggests this is why fear from frightening events can turn into lifelong anxiety.

7. Anxiety has also been linked back to the overstimulation of an immune molecule called IL-17. Research on this molecule also implies the immune system and the brain co-evolved.

6. Symptoms of depression and anxiety can overlap. A 2017 study found this is reflected in

[Cont'd on next page](#)

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# Opinion/Letters

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the brain: People who have one or the other have similar structural abnormalities in the brain, specifically in the gray matter of the brain’s salience and dorsal attention networks.

5. A 2020 study found trait anxiety (a tendency to respond with anxiety to perceived threats) is linked to serotonin transporters in the amygdala. Researchers now want to develop anti-anxiety medications that target these transporters.

4. Diet can reduce symptoms of depression and anxiety. Scientists have identified “12 antidepressant nutrients” among 34 essential nutrients. These include iron, omega-3 fatty acids, and zinc.

3. Exercise can also reduce symptoms of anxiety, especially performance resistance exercises like push-ups and squats.

2. People diagnosed with social anxiety disorder who received nine weeks of online cognitive behavioral therapy (CBT) were found to have increased telomerase and glutathione peroxidase

activity in their blood. These are the enzymes that protect telomeres — implying CBT can both protect you from cellular aging and decrease symptoms of anxiety.

1. Anxious people strategically choose worrying over relaxing. A 2019 study found this happens because they want to avoid a potential spike in anxiety later. Anxious people are also “more sensitive to big swings in negative emotions.” However, the study authors report it’s healthier to let yourself experience those shifts; the more you do so, the more you realize you can manage them. 🧘



Jennifer Cohn

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## “Equipment Vendor Elections Systems & Software should explain these security and quality issues.”

Transparency award to be presented to Volusia Election Supervisor Lisa Lewis and Staff” 2/

The audit was conducted by Citizens Oversight, a nonprofit founded by Ray Lutz. Yes, I consider Lutz trustworthy. I interviewed him here. I’m not affiliated with his organization but know Ray through the election integrity community. 3/

I don’t know which party, if either, benefited from the discrepancies. Even if one or the other benefited, w/o a meaningful STATEWIDE audit, it’s impossible 2 draw broad conclusions. Miami Dade, Seminole County, Broward, & other large Florida counties destroyed their images. 4/

Con’t next page

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# Opinion/Letters

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Note how Lutz’s press release does NOT assume “fraud” or call for a revolution. This is the way to responsibly report these types of issues. Steve Bannon, Trump, & their apologists would disapprove bc they are reckless bad faith hucksters who want bloodshed. 5/

This seems to be the key finding. “The voting equipment, provided by [ES&S] maintains two independent internal tabulations that may become inconsistent...” The report considers this a security risk and calls on @essvote to explain why their system does this. 6/

The other key finding is that the ballot image audit worked as a proof of concept. This may be our only viable option to try to discover fraud and error, if any, in 2022. State & federal lawmakers have failed to prioritize & pass laws requiring meaningful manual audits. 7/

Lutz offered to conduct a STATEWIDE ballot image audit in Arizona, but Rs there have so far turned him down. Which is telling. Republicans only want

“audits” where & in a manner that they they think will further their narrative. That is the definition of propaganda. 8/

I’ll try to post more on this later today. 9/

TY to @vcelections for furthering election transparency! This is fantastic. 10/ 🍷

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## Contact your Federal Representative!

**Senator Rick Scott** Washington, D.C.  
United States Senate 83 Russell Senate  
Office Building Washington, DC 20510  
Phone: 202-224-5274

Email: [help@rickscott.senate.gov](mailto:help@rickscott.senate.gov)

**Senator Marco Rubio** United States Senate, 284 Russell Senate Office Building Washington, DC 20510 Main: (202) 224-3041, Toll free: (866) 630-7106 Fax: (202) 228-5171, TTY: (407) 254-5548 Tampa: 5201 West Kennedy Boulevard Suite 530 Tampa, FL 33609 Phone: (813) 287-5035 Call: (813) 977-6450

**Rep. Charlie Crist - 13th District** <http://crist.house.gov/> Washington, DC Office 427 Cannon HOB Washington, DC 20515 Phone: (202) 225-5961 Fax: (202) 225-9764 **District Offices Seminole District Office** 9210 113th Street Seminole, FL 33772 (727) 394-6950 (727) 394-6955 (fax) **St. Petersburg District Office** 696 1st Avenue North, Suite #203 St. Petersburg, FL 33701 Phone: (727) 318-6770

**Rep. Kathy Castor - 14th District** Washington Office 205 Cannon House Office Building Washington, DC 20515 Phone: (202)225-3376 Fax: (202)225-5652 **Tampa Office 4144 N Armenia Ave Suite 300 Tampa, FL 33607** Phone: (813)871-2817 Fax: (813)871-2864 Office Hours: 8:30 am - 5:00 pm **St. Petersburg Office University of South Florida - St. Pete Williams House** 511 Second St. S. St. Petersburg, FL 33701 Phone: (727) 873-2817 Office Hours: Please call in advance. Note: Please mail all items to the Tampa District Office address.

**Rep. Gus Bilirakis - 12th District** Washington, DC Office 2112 Rayburn HOB Washington, DC 20515 PHONE: (202) 225-5755 FAX: (202) 225-4085 **New Port Richey Office** 7132 Little Road New Port Richey, FL 34654 PHONE: (727) 232-2921 FAX: (727) 232-2923 **Tarpon Springs Office** 600 Klosterman Road Room BB-038 Tarpon Springs, FL 34689 PHONE: (727) 940-5860 FAX: (727) 940-5861 **Wesley Chapel Office** 5901 Argonian Drive Suite 102 Wesley Chapel, FL 33545 PHONE: (813) 501-4942 FAX: (813) 501-4944

For the most up-to-date information on your Federal, State, and County representatives including all contact information, Go to :

<https://www.votepinellas.com/LinkClick.aspx?fileticket=R9k4r7jkBB4%3d&portalid=72>

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Peggy Tucker

All of the officers were elected March, 2021. Next election is March, 2023

Additional contact information is available on

## Why Join the Largo/Mid-Pinellas Democratic Club?

The club provides a variety of ways to stay informed and involved in local, county, state and national political discussions. But we're not just about talk. We will be part of the action in finding the best candidates and getting them elected, as well as supporting the most important causes. We will write letters, make phone calls, knock on doors, register voters, and whatever else it takes to bring change to our communities, our county and our state. But, just as important, we also want to make time to enjoy each other's company and celebrate each other's efforts at social events throughout the year. Grassroots politics is effective and fun!

As a member of the Largo/Mid-Pinellas Democratic Club you can:

- Meet other active Democrats
- Meet and get to know your elected officials and potential candidates
- Raise funds and work for candidates
- Participate in community service projects
- Hear speakers and discuss issues of local, state and national importance
- Attend special events and monthly meetings.

