

Americans of Conscience Action Checklist

Week of March 11, 2018

By [Jen Hofmann](#)



70 weeks down, [34 weeks](#) to mid-term elections.

*This checklist features clear, hype-free actions for Americans who value democracy, equality, voting, and decency. Additionally, we practice gratitude, self-care, and celebration to stay engaged. Urgent actions are highlighted in **yellow**.*

I value equality.

Stand with your rainbow of neighbors from every religion, race, ethnicity, culture, gender, sexual orientation, economic status, age, and ability. Out of many, we are one.

Action: Stand with students and their civil rights.

Write: Your local school district ([look up](#))

Script: Dear Board of Ed., I'm writing to express my concern over [Betsy DeVos's changes to the Office for Civil Rights Case Processing Manual](#). These changes prevent appeals by parents and students who disagree with investigators' findings. They also make it harder for students to provide information on civil rights complaints. I would like the Board to stand with students and challenge these changes. Please ensure every student's rights are protected. Thank you.

Action: Stand with your neighbors vulnerable to discrimination.

Call: Your 2 senators ([look up](#)).

Script: Hi. I'm calling from [ZIP] to stand with [LGBT groups who oppose](#) the judicial nominations of Kyle Duncan and Thomas Farr. People hostile to equal rights and voting access don't deserve lifetime appointments. Should these nominees come to a vote, can I count on Sen. [name] to oppose them?

Action: Stand with your Muslim neighbors.

Write: The State Department.

Script: The Administration's nominee to lead the UN IOM, Ken Isaacs, has [tweeted several comments](#) that vilify Muslims. In this country, all people may worship free of discrimination. Because his statements raise concern over his ability to be impartial toward a large percentage our neighbors, I am writing to request that Ken Isaacs [nomination be withdrawn](#). Thank you.

Address: Office of Public Engagement: PA/PL, Rm. 2206, U.S. Department of State, 2201 C Street NW, Washington, D.C. 20520

Action: Stand with kids who want to grow up peacefully and not be shot.

Script: As capable adults, we have a moral obligation to protect kids. Training babies to hide in closets and be quiet isn't a solution. Arming every underpaid, overworked teacher isn't viable. It comes down to competent adults deciding whether young lives are more important than profit. I am writing to ask [company]

to follow the moral, courageous lead of [Dick's Sporting Goods](#). Stop selling assault-style weapons. Raise the minimum age. Focus on giving [19 kids every day](#) the future they deserve. Thank you.

Addresses:

CEO John Morris, [Bass Pro Shops](#) and [Cabela's](#)
2500 E. Kearney
Springfield, MO 65898

CEO John Schaefer, [Sportsman's Warehouse](#)
7035 S. High Tech Drive
Midvale, UT 84047

CEO David Pratt, [Freedom Roads/Camping World](#)
250 Parkway Drive Suite 270
Lincolnshire, IL 60069

Action: Stand with women and LGBTQ people to ensure they get medical care.

Read: Statements of opposition to a new DHS rule expanding discriminatory, “moral exemptions” by the [National Women's Law Center](#), [National Center for Transgender Equality](#), and [People for the American Way](#).

Comment: Go to the [Federal Register](#) to object to this new rule.

1. Copy/paste: “RIN 0945-ZA03 or Docket HHS-OCR-2018-0002”
2. Share how this rule would affect you personally and/or economically.
3. Explain why you object and suggest alternatives.
4. If you work in medicine, mention this.

I value secure, convenient voting and fair elections.

Democracy thrives when all citizens can freely elect those who represent their values.

Action: Encourage your legislators to hold town meetings during recess.

Senators and House Reps will be out of session from March 26 to April 6, 2018.

Call: Your 2 senators and 1 House rep ([look up](#)).

Script: Hi. I'm a constituent from [ZIP], calling to see if [name] is planning to hold any town meetings during the March 26-April 6 recess. [If no meeting planned yet] Please encourage Senator/Representative to visit with his/her constituents. [If meetings are planned] Thank you for this information; I plan to be there.

Action: Ensure you'll have a ballot for 2018 primaries and midterms.

1. Assume [you've been removed](#) from your state's voter rolls ([verify here](#)).
2. Ensure that you meet your state's voter ID requirements ([check here](#)). If you need help with getting ID or transport, go [here](#) or [here](#).
3. Put your state's primary dates in your calendar ([check here](#)).
4. Make sure your polling place hasn't been moved ([check here](#)).
5. **Important:** Share these steps on social media so your friends vote too.

I value showing respect for all people, no matter where they were born.

[People who immigrate](#) to the US make our country stronger and build our economy. As our neighbors and as fellow human beings, they are entitled to basic respect and compassion.

Action: Stand with your neighbors, the Dreamers.

Donate: To [United We Dream](#).

Thousands of Dreamers face increased risk of deportation and losing the ability to work and drive. In the uncertainty, Dreamers hesitate to pay the \$495 renewal fee. Help them make the leap.

Defend: Call your 3 MoCs: "I want legislation that gives Dreamers permanent status without building a wall or breaking up families." ([look up](#))

Acts of Gratitude

Get out your stamps, postcards, and sparkle markers for some gratitude mail.

Thank Sen. Mazie Hirono (D-HI), during Senate Judiciary Committee, for [continuing to ask](#) judicial nominees, under oath, if they have a history of sexual assault or harassment. I am so grateful to you for highlighting this important issue.

Address: 300 Ala Moana Blvd, Rm 3-106, Honolulu, HI 96850

Thank Evan Rachel Wood, Actor, for [standing up for survivors](#) of sexual assault by testifying about her own experiences before Congress and supporting Sen. Shaheen's Sexual Assault Survivors' Bill of Rights Act. I appreciate your courage.

Address: Twitter: @evanrachelwood

Thank Sen Ron Wyden (D-OR) for [asking the biggest manufacturer of voting machines](#) whether remote-access software is enabled on its systems. Thank you for repeatedly asking tough questions about securing American voting technology, and recognizing that securing elections is not a partisan issue. You rock!

Address: 911 NE 11th Ave. Suite 630, Portland OR, 97232

Thank Al Hoffman, [real estate developer and major Republicans donor] for saying "enough is enough." Refusing to donate to politicians [unless they support a ban on the sale of military-style firearms](#) will save lives.

Address: 12530 Seminole Beach Road, North Palm Beach, FL

Thank Governor Gina Raimondo (D-RI) for [creating a Red Flag Executive Order](#) to [keep firearms out of the hands](#) of those with records of committing violence and/or abuse. You're setting a trend for the rest of the country's leaders to follow.

Address: Office of the Governor, 82 Smith Street, Providence, RI 02903

Thank Governor Kate Brown (D-OR) for signing legislation that [improves safety for abuse survivors](#) from people under restraining orders or convicted of domestic abuse. I'm grateful you're setting a trend for our country's leaders to follow.

Address: Office of the Governor, 900 Court St NE, Salem, OR 97301

Recommended reading

Thought-provoking, in-depth reading that's worth your time.

- What happens when you get all your news from newspapers ([NYT](#)).
- It's time to abolish ICE ([The Nation](#)).
- Feel the anger, but practice kindness too ([Washington Post](#)).

Good news

Decent people everywhere are speaking up and working together. Just look.

Successes for the Americans of Conscience Checklist

- We sent our friend Sherpa Duk in ICE detention over 300 letters of encouragement (featured in [December](#)).
- We sent more than 280 books (including GED prep and job-training guides) and donated \$1,110 for books to people in prison. Prison Book Program volunteers are [overjoyed](#) and [full of thanks](#) (featured [3/4](#)).
- [Molly Gordon](#) is now the 5th subscriber to say they're now helping their local school district include better information about slavery US history (mentioned on [2/4](#)).
- Jen's patrons just reached a new goal, supporting the weekly checklist creation [at half time](#). This means better quality, more teamwork, and less stress. *Huge, huge gratitude.*



Federal

- 526 women [are running for office](#) in November.
- The 2nd Circuit Court of Appeals ruled that a federal law banning sex bias in the workplace and also [prohibits discrimination against gay employees](#).
- The 6th Circuit Court of Appeals ruled that the Civil Rights Act [prohibits employment discrimination](#) against transgender people and that employers may not use "religious freedom" to discriminate against LGBTQ workers.
- Candidates from both parties are [running for office in record-breaking numbers](#).
- 64% of non-NRA gun owners [support higher age limits](#) for gun purchases.
- CA Attorney General and 19 other state AGs formally [oppose a census question](#) that could decrease participation and hurt social programs.
- The ACLU [filed a class-action lawsuit](#) accusing the U.S. government of broadly separating immigrant families seeking asylum.

State

- Texas voters [participated in record numbers](#) in the March 6 primary election.
- Washington's state legislature passed 3 [voting-rights bills](#) to allow automatic and same-day voter registration and pre-registration for 16- and 17-year-olds.
- Washington's state legislature passed [a bill protecting LGBTQ youth](#) from "conversion therapy".
- In Kansas, Kris Kobach's claim of [voter fraud](#) is on trial with national implications for voter suppression.

- The New Jersey Senate voted to [make it easier to change birth certificates](#) to reflect how people identify themselves.
- US District Court ruled that [Idaho will issue accurate birth certificates](#) to transgender people who wish to correct them.
- Hudson County, NJ [ends its collaboration](#) with ICE and increases public safety.
- A CA judge ruled that [mail-in ballots can't be rejected](#) without notifying affected voters to correct discrepancies. This ensures more votes will be counted as valid.

Corporate/business

- Lyft is [offering free rides](#) to students attending the DC March for Our Lives.
- Royal Bank of Scotland (RBS) is taking steps to actively [address employee gender disparities](#).

Local

- The Dallas Independent School District has unveiled a new [website for DACA recipients and their families](#) to prepare families in case of an immigration raid.
- In Arlington, Virginia, people are donating to help immigrants [prepare and pay for their citizenship tests](#).

Groups and organizations

- [8,700 protests](#) in 2017 involved 2.8% of the US population. Sustained non-violent protests with 3.5% of the population are almost certain to be successful.
- There's a good chance Texas will [send two Latina women to Congress](#) next year.
- Four states [challenge the constitutionality](#) of giving 100% of electoral votes to the most popular candidate.
- Canada's doctors [protest their own raises](#).
- Spain grinds to a halt as [3 million women strike](#) for gender equality.
- Fabric art is a tool of free speech at [this year's QuiltCon](#).

Heartwarming

- A little girl thinks [Michelle Obama is a queen](#).
- Philando Feeds the Children, a charity honoring shooting victim Philando Castile, has [paid off the lunch debts](#) of students at 56 schools in Saint Paul, MN.
- After traveling 7 hours to see his hero commemorate the 1965 march, this 4th-grader got to [cross the bridge](#) beside Rep. John Lewis.
- 10-year-old Mari Copeny [asked for](#) \$5,000 for Flint kids to see Black Panther. [People donated](#) \$17,000. The extra will now send kids to see A Wrinkle in Time.
- Striking West Virginia teachers ask for financial support—Americans have already donated over \$330,000. (And [they won!](#))
- Jordan Peele becomes the [first black American director to win an Oscar](#). He was also nominated in three other categories.
- Lupita Nyong'o and Kumail Nanjiani, two actors born in other countries, [advocate for immigrants](#) at the Oscars.
- Mexican director Guillermo del Toro, wins an Oscar for Best Picture for Shape of Water saying, "The greatest thing that art does, and our industry does, is to [erase the lines in the sand](#). We should continue doing that, when the world tells us to make them deeper."
- Powerful PBS [documentary about Wilma Mankiller](#), first female Principal Chief of the Cherokee Nation and winner of Presidential Medal of Freedom.

- The [trailer for the documentary](#) about Ruth Bader Ginsburg looks amazing.
- See more good news at [Small Victories](#), [Marla's Good News](#), and [What Went Right](#).

Know someone who'd like to get involved?

Please share the AoC Checklist with people you value, red or blue.

Tweet: We have 34 weeks until #midterms. Make a positive difference with this week's @AoCChecklist <https://goo.gl/dUTW8F>

Email and Facebook: If you're concerned for our democracy, make a positive difference with this clear, bi-partisan checklist of democracy to-dos. Your voice matters. <https://goo.gl/dUTW8F>

Housekeeping

- **Sign up:** Subscribe to the weekly Americans of Conscience Checklist [here](#).
- **Stay inspired:** Complete the [Self-Care Worksheet](#).
- **Stay focused:** Complete the [Action Worksheet](#) (or Kelly Wooten's artistic [version](#)).
- **Connect:** If you have [a question](#), [correction](#), or [action suggestion](#). With thanks!
- **Get answers:** Here's the [FAQ page](#).
- **Nerd out:** See archives of past AoC Checklists [here](#) and scroll down.
- **Gratitude:** Big thanks to the JEBitor, Juana G., Week 2 social media volunteers, the Research Sous Chefs teams, and to the [amazing angel patrons](#) who make it possible.

Note: This checklist is always ad-free and no-cost. If you're able, support Jen's time on [patreon](#) or [paypal](#).