

Don't be an Ostrich Hiding From Reality! It Can be Dangerous



by Kat Stansell

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The Ostrich is a peculiar bird, because it has one death-defying habit. It sticks its head in the sand, which, in my mind, leaves the other part – the largest part – sticking out undefended. An alarming number of Americans tend to do the same.

The bird and the human often do so for the same reason – caring for their families. The male Ostrich digs a hole for the female in which she may lay her eggs. They take turn rotating those eggs during incubation, by sticking their heads down in the nesting hole and turning them. That hole can be up to several feet deep; hence the image of their fame.

While the bird and the human are otherwise occupied, though, things around them may be literally disintegrating, and they can't see it. They're busy, doing what



they should be doing, and that's all good. Taking care of our families and our lives should always be high on our lists. So should protecting the world we live in. You don't need me to remind you that we are a hair's breadth from losing our Constitutional Republic, the source of all of our God-given freedoms. Helping to defend our country as founded, is the best thing you could ever do for yourself and your families. Nothing else is more important.

Starting in your own neighborhood or town is the best and easiest way to make an impact, improve or change something you don't like. That is where you have the most influence and it's easier than you think. It takes no special skills, just a few "rules" for best possible outcomes.

I've learned from and worked with some of the best citizen activists in the nation. Here, I share thoughts and suggestions from two of them: Julie Barrett from www.Conservativeladiesofwa.org, who recently moved to Sarasota, FL, and Carol Stopps, from www.CLIC-VA.org, a long-time legislative watchdog and activist friend from Virginia. They have both been guests on my recent podcasts. [[Podcast-1](#)], [[Podcast-2](#)]

Their websites offer insight and tips, from their years on the

front lines. Little things, really, that help to plant and grow your relationships – friend or foe – with those who represent you. Some easy and effective favorites:

- ◆ Keep your main message up front, make it short and to the point. Whether writing, speaking directly, or calling, make your main point your lead-in.
- ◆ Avoid an adversarial tone, even if you disagree with what they've done or stand for. Believe me, I know how tough this can be, but it is important. Find something about which you might agree if at all possible.
- ◆ When you write to them, do it on colored paper – bright neon green, for example – which will stand out of the piles of correspondence on their desks. Use the same color every time. They will soon learn that its from you.
- ◆ If you want to be certain they hear you, CALL, AFTER HOURS, and leave a message, again, main point first. Emails can be deleted but a voice mail will be heard, at least once, before it's deleted.
- ◆ Extend your relationship with your officials and representatives into personal levels, not just official business. Learn their interests (Golf? Sailing? Football? Etc.) and a bit about their families. Should you visit or speak directly with them, even at a restaurant or a community event, lead with a brief comment about something in their lives which is off the political grid.

Here are more links that will give you good general information. Although I've used the Florida government's links, every state has a similar page on their legislative website that tells you how to best communicate with them. [[Link-1](#)], [[Link-2](#)], [[Link-3](#)]

The bottom line is to get involved, **locally**, where you can spend your precious time the most effectively. Regardless of

political affiliation – today, it's either the "Constitution" or "Communism" because old party labels are dead and gone, and only serve to confuse – 99% of everybody really wants to live in freedom. Start there with those who might be stuck on those old labels, and their upstairs light may well turn on.

Whatever you do, please get off the couch and out the door. We have a country to save, and freedom is NOT an indoor sport. Blessings.

I will be here to help in any way I can. You can contact me at katvanatt@protonmail.com

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