

HOW I REFUSED TO TAKE “CUT” FOR ANY ANSWER

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2 PARTS TO ADVOCACY

- **Offensive side**

- Proactive steps
- Examples:
 - Go to school board
 - Parent presentations
 - Newsletters, Facebook, etc

- **Defensive side**

- Reactive steps
- Examples:
 - State cut it, email
 - State AHPERD response to legislation
 - “Protest”

RESEARCH, RESEARCH, RESEARCH...

- Share Local, State, & National Requirements, Recommendations, Mandates, etc.
- Share Studies, Data, Examples, Testimonials (Student, Parent, etc.)
- Find out what their argument/push is and find info that negates it or supports it, while finding solutions



LOCAL RESEARCH (DISTRICT)

Dexter High School Required Elective Physical Education Credit Wavier Proposal

Rationale Behind Proposal

Typical Student

*Student fulfilling MMC graduation requirements in a 6 hour Semester Schedule**

Hour	9th grade	10th grade	11th grade	12th grade
1st	Math	Math	Math	Math
2nd	English	English	English	English
3rd	Science	Science	Science	Elective/Elective
4th	Social Studies	Social Studies	Social Studies	Elective/Elective
5th	PE(LFS)/Health	PE Elective/Elective	VPAA	Elective/Elective
6th	World Language	World Language	Elective/Elective	Elective/Elective

Allows for 11 semester elective choices; or 5 year long electives and 1 semester elective; or any combination*

Highly Academic Student

*Student fulfilling MMC graduation requirements + 4 years of World Language, 4 years of Music, & 4 APs**

Hour	9th grade	10th grade	11th grade	12th grade
1st	Math	Math	Math	AP- Calculus
2nd	English	English	AP- Eng Lang	AP- English Lit
3rd	Science	Science	Science	PE(LFS)/Health
4th	Social Studies	Social Studies	AP-US Govt	PE Elective/Economics
5th	Music	Music	Music	VPAA(Music)
6th	World Language	World Language	World Language	World Language

Note: 3 out of the 4 Music credits, Year 3 & 4 of World Language, & Economics are ELECTIVES

* These charts do not include the zero hour option that is projected to also be available in the 2012-13 school year

LOCAL RESEARCH (DISTRICT)

- DHS graduation requirement is already well below NASPE recommendation of 225 minutes of PE per week for the entire school year, every year
 - Currently, (2010-11 school year), 2 PE classes & 1 Health class is required for graduation
 - Which is **less than 39% of what is recommended by NASPE**
 - With the potential change to only a half credit of PE required, (even when we change back to semesters), **DHS would be at less than 14% of what is recommended** by state and national officials
 - **Which would be a 25% decrease in an already extremely low requirement for PE**
- Most students have no problem fitting in the required elective PE credit
 - In fact, the DHS 2011 senior class had 124 out of 285, (nearly 45%), of its students on “early release” or “late arrival”, (this does not include the number of students who took multiple electives in areas that are not required for graduation), which soundly supports that the majority of students have more than enough room, if not too much...

LOCAL RESEARCH (SURROUNDING DISTRICTS)

School	School PE Requirement	Beyond State of MI PE Req.
Canton High School	1 credit	+ .5 credit
Huron High School	1 credit	+ .5 credit
Ida High School	1 credit	+ .5 credit
Manchester High School	1 credit	+ .5 credit
Pioneer High School	1 credit	+ .5 credit
Plymouth High School	1 credit	+ .5 credit
Salem High School	1 credit	+ .5 credit
Saline High School	1 credit	+ .5 credit
Skyline High School	1 credit	+ .5 credit
<u>Whitmore Lake High School</u>	1 credit	+ .5 credit

STATE RESEARCH

State Population of Michigan

- Estimated Total Population 2010⁽¹⁾
= 9,883,640
- Adults age 18 and over⁽²⁾
= 76.3% of the total population in 2010
- Youth under 18 years of age⁽¹⁾
= 23.7% of the total population in 2010

⁽¹⁾ U.S. Census Bureau. State and County QuickFacts. 2011. Available online at <http://quickfacts.census.gov/qfd/index.html>.

⁽²⁾ Calculated estimated = 100% minus percent of the total population under 18 years old, using State and County QuickFacts, 2010 data from the U.S. Census.

Adult Overweight and Obesity

- **Overweight and Obesity⁽³⁾**
 - 66.1% were overweight, with a Body Mass Index of 25 or greater.
 - 30.9% were obese, with a Body Mass Index of 30 or greater.
- **Dietary Behaviors⁽⁴⁾**
 - 32.1% of adults reported having consumed fruits at the recommended level of 2 or more times per day.
 - 23.9% of adults reported having consumed vegetables at the recommended level of 3 or more times per day.

Adolescent Overweight and Obesity

- **Overweight and Obesity⁽⁶⁾**
 - 14.2% were overweight ($\geq 85^{\text{th}}$ and $< 95^{\text{th}}$ percentiles for BMI by age and sex, based on reference data).
 - 11.9% were obese ($\geq 95^{\text{th}}$ percentile BMI by age and sex, based on reference data).
- **Unhealthy Dietary Behaviors⁽⁶⁾**
 - **Fruit consumption:** 68.4% ate fruits or drank 100% fruit juice less than 2 times per day during the 7 days before the survey (100% fruit juice or fruit).
 - **Vegetable consumption:** 88.4% ate vegetables less than 3 times per day during the 7 days before the survey (green salad; potatoes, excluding French fries, fried potatoes, or potato chips; carrots; or other vegetables).
 - **Sugar-sweetened beverage consumption:** 27.6% drank a can, bottle, or glass of soda or pop (not including diet soda or diet pop) at least one time per day during the 7 days before the survey.
- **Physical Activity⁽⁶⁾**
 - **Achieved recommended level of activity:** Only 25.3% were physically active* for a total of at least 60 minutes per day on each of the 7 days prior to the survey.
 - **Participated in daily physical education:** 31.0% of adolescents attended daily physical education classes in an average week (when they were in school). (continued on next page)

Michigan Merit Curriculum High School Graduation requirement:

- 1 credit of Physical Education/Health; which is recommended to be split evenly between PE and Health
- However, it doesn't stop there, the MI Department of Education clearly states that "Of course, individual districts may choose to exceed the minimum requirement when it is determined to be in the best interest of their students"

NATIONAL RESEARCH

NASPE recommends:

All high school students receive 225 minutes of PE per week for the entire school year, for each and every year.

U.S. Department of Health and Human Services: Healthy People 2020 report:

- Objective PA-4 the goal is to “Increase the proportion of the Nation’s public and private schools that require daily physical education for all students” (HP 2020, 2011)
- Objective PA-5 reads, “Increase the proportion of adolescents who participate in daily school physical education” (HP 2020, 2011)

**American Heart Association, American Academy of Pediatrics, & Centers for Disease Control and Prevention all recommend:
Daily Physical Education for all in grades K-12**

(“The New PE”, 2004)

NATIONAL RESEARCH

National & State Recommendations/Mandates for PE

State	HS PE Requirement for Graduation	2011 State-By-State Obesity Ranking (1st = "Fattest") * tied	Montana +	2 semesters	44th
Alabama -	1.0 credit	2nd*	Nebraska -	No State Requirement	24th
Alaska ~	1.0 credit of PE/Health	30th*	Nevada +	2.0 credits	39th
Arizona ~	No State Mandate*	15th*	New Hampshire +	1.0 credit	33rd*
Arkansas -	0.5 credit	9th	New Jersey +	3.75 credits/year	43rd
California +	2 years	40th	New Mexico +	1.0 credit	33rd*
Colorado ~	No State Mandate*	51st	New York +	2.0 credits	41st
Connecticut +	1.0 credit	49th	North Carolina -	1.0 credit "healthy living" = PE & HE	14th
Delaware ~	1.0 credit	21st*	North Dakota -	.5 credit	21st*
District of Columbia +	2 semesters	50th	Ohio -	.5 credit	13th
Florida +	1.0 credit	29th	Oklahoma -	State Does Not Specify	7th
Georgia ~	2 classes	17th*	Oregon +	1.0 credit	35th*
Hawaii +	1.0 credit	47th	Pennsylvania -	No State Law	19th
Idaho ~	No State Mandate*	32nd	Rhode Island ~	No State Mandate*	42nd
Illinois ~	daily	23rd	South Carolina ~	1.0 credit	8th
Indiana ~	2 semesters	15th	South Dakota -	.5 credit	17th*
Iowa ~	2.0 credits	20th	Tennessee -	.5 credit	4th
Kansas ~	1.0 credit	16th	Texas ~	1.0 credit	12th
Kentucky -	.5 credit	6th	Utah +	1.5 credits	46th
Louisiana ~	1.5 credits	5th	Vermont +	1.5 credits	45th
Maine +	1.0 credit	27th	Virginia +	2.0 credits	30th*
Maryland ~	.5 credit	26th	Washington +	2.0 credits	28th
Massachusetts ~	No State Law*	48th	West Virginia ~	1.0 credit	3rd
Michigan -	1.0 req. split evenly between PE & Health	10th	Wisconsin ~	1.5 credits	25th
Minnesota ~	No State Requirement	38th	Wyoming ~	No State Law*	35th*
Mississippi -	.5 credit	1st	(+)	(-)	(-)
Missouri ~	1.0 credit	11th	17 states**	12 states**	9 states GREEN 13 states RED

** 29 out of 50 states and the District of Columbia adhere to the correlation that the more (at least 1.0 credit) PE required by a state, the less obese the adult population of that state is, as well as on the flip side, that the less (less than 1.0 credit) PE required by the state, the more obese the adult population of that state is.

1.0 credit (2 terms) or more of Physical Education Required for HS Graduation = GREEN
 Less than 1.0 credit of Physical Education Required for HS Graduation = RED

1st-25th (Highest Obesity Rates in US) = RED
 26th-51st (Lowest Obesity Rates in US) = GREEN

(+) **Both Green** = Possible correlation that the more HS Phys Ed required, the lower the Obesity Rates in that state
 (-) **Red/Green** = Less than 1.0 credit (2 terms) of PE required by that state, however are not in the top 25 states in obesity rates. Note: 7 of the 8 R/G have no state mandate/law/requirement for physical education, however this does not mean the schools/districts do not have a set PE requirement that could in fact be more than 1.0 credit (2 terms)

(-) **Both Red** = Possible correlation that the less HS Phys Ed required, the higher the Obesity Rates in that state

(-) **Green/Red** = 1.0 credit (2 terms) or more, of PE is required by that state however are in the top 25 states in obesity rate.

Note: QUALITY OF PHYSICAL EDUCATION COURSES ARE NOT TAKEN INTO ACCOUNT, HENCE MORE CREDITS/TERMS OF POOR QUALITY PE WILL NOT NECESSARILY YIELD BETTER COMMUNITY HEALTH.

(*) **"No State Mandate/Law/Requirement"** Does NOT Mean That Schools Do Not Have a Local or District PE Requirement... They Could In Fact Require Above and Beyond 1.0 credit/2 terms of PE

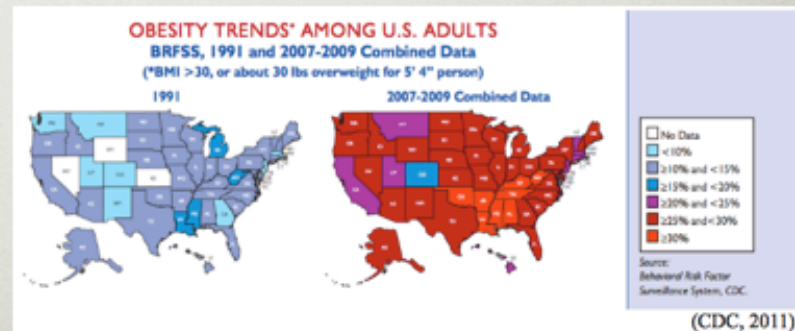
NOTE: Nearly 60% (30/50 & the District of Columbia) of states in the US require a minimum of 1.0 credit of Physical Education for high school graduation

WHAT RESEARCH SAYS...

Research on the Correlation of Physical Education and Physical Activity on Obesity Trends

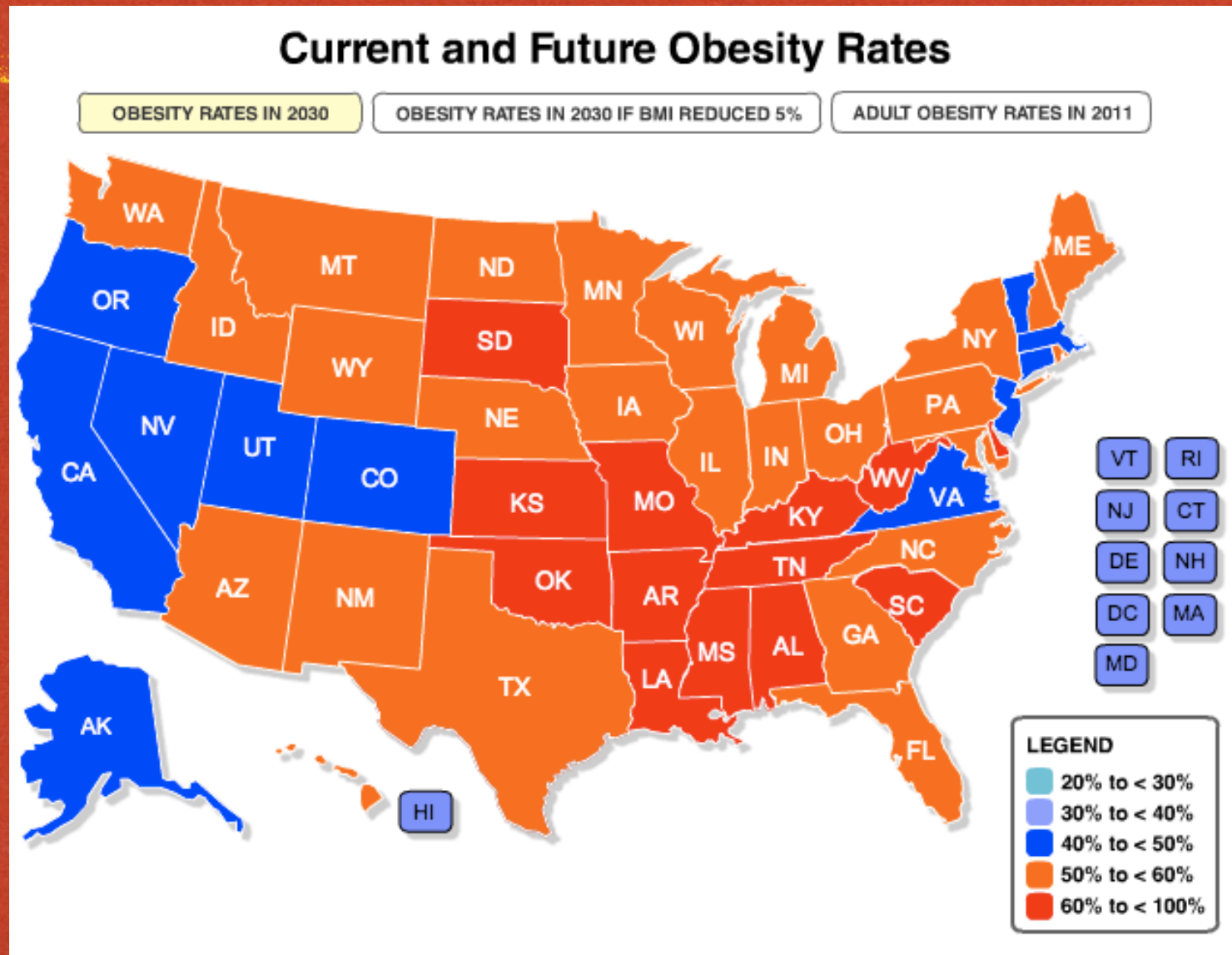
"The physical and emotional health of an entire generation and the economic health and security of our nation is at stake. This isn't the kind of problem that can be solved overnight, but with everyone working together, it can be solved. So, let's move." –Michelle Obama, (Holcsko, 2011)

- From 1976-1980 to 2007-2008, the prevalence of obesity among children ages 12-19 has more than tripled! (CDC, 2011)
- Obesity rates for adolescents in the U.S. has gone from 1 in 20 thirty years ago to a shocking 1 in 6 today! (Isaacs & Swartz, 2010)
- Due to national childhood obesity crisis, the current generation is likely to face a shorter lifespan than that of their parents (McNulty & Prosser, 2011)
- 35% of Michigander's are classified as Overweight (BMI of 25.0-29.9) and 31.7% are Obese (BMI of 30.0 and up) (nccd.cdc.gov/BRFSS)
- With current trends experts predict that nearly 75% of Americans will be overweight & 41% of them obese by 2015 (Douglas, 2010)



"molding healthy behaviors at an early age is easier than changing established adult lifestyles" (States Public...2004)

WHAT RESEARCH SAYS...



WHAT RESEARCH SAYS...

Comprehensive Obesity-Prevention Initiatives the Have Attracted National Attention

Effective Programs

- Child & Adolescent Trial for Cardiovascular Health (CATCH)
- Physical Activity and Teenage Health (PATH)
- Promoting Lifestyle Activity in Youth (PLAY)
- Sports, Play, and Active Recreation for Kids (SPARK)

Research strongly indicates a significant association between enrollment in PE classes & the health-related behaviors of high school students.

- Fulfilled recommended levels of daily physical activity
- Lower daily consumption of soda
- Higher daily consumption of fruits & vegetables
- Less daily TV viewing

(Tassitano et al, 2010)

Commitment to high-quality, health-related school PE programs for all students, (rather than cutting), is an important strategy for having a positive impact on the health of our youth.

WHAT RESEARCH SAYS...

Research on the Correlation of Physical Education and Physical Activity on Academic Performance

"Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity." --John F. Kennedy (Buzzle.com, 2011)

Studies Supporting a Biological link of PA & Increased Cognition

- "The brain uses 20-25% of the body's oxygen & 25% of the body's glucose...a decrement in either of these nutrients can impair cognitive functioning. Since the cardiovascular system transports oxygen & glucose to the brain, any improvement in aerobic fitness should bolster their delivery and lead to improved brain function" (Sibley & LeMasurier, 2008)
- Researchers have "coaxed the human brain into growing new nerve cells...simply by putting subjects on a 3-month aerobic workout regimen" (Carmichael, 2007)
- In the Gage & Small study "new neurons created by exercise cropped up in only one place: the dentate gyrus of the hippocampus, an area that controls learning and memory" (Carmichael, 2007)
- According to psychologist Arthur Kramer's research, exercise increases the size of the frontal lobes which are "the seat of 'executive functioning'--a type of higher thought that entails decision-making, multitasking, and planning" (Carmichael, 2007)
 - This study has particular significance for individuals under the age of 20...

Studies Supporting a link between PA & Academic Performance

- "Investigators in Illinois found that students' total fitness, as measured by passing all 5 components of the *FitnessGram*, positively correlated with academic achievement, measured by the standardized Illinois State Achievement Test, particularly Mathematics and Science" (Chomitz, 2009)
- In the 2004 study done by the California Department of Education, results indicated that students who did better on Stanford Achievement Test, also were more physically fit as determined by *FitnessGram* scores, than their peers who didn't score as well (Vail, 2006)
- A study in California analyzed the fitness testing results for more than 800,000 students, which revealed a significant positive correlation between physical fitness achievement and achievement in reading and math on state achievement tests (Trost & van der Mars, 2010)

All of this research clearly shows a consistent positive relationship between overall fitness and academic achievement, as well as the more a person challenges and improves the fitness of his/her body, the effects go above and beyond the physical gains.

WHAT RESEARCH SAYS...

Research on the Correlation of Physical Education and Physical Activity on Social & Emotional Benefits

"Movement is a medicine for creating change in a person's physical, emotional, and mental states."
~Carol Welch (The Quote Garden, 2011)

Benefits...

- Positive social interactions & support
- Social connectedness/Peer bonding
- Sportsmanship and teamwork
- Social & emotional well-being
- Positive self-esteem/self-confidence
- Character development
- Increased life satisfaction
- Improvements in depressed moods, anxiety, & stress

Studies Supporting link...

- Studies show interactions in a physical environment promotes social-emotional learning & growth, where adolescents learn valuable communication skills, such as negotiation, cooperation, sharing, & problem solving; while at the same time encouraging perseverance & self-control (Ramstetter et al, 2010)
- PA has been shown to "increase serotonin, endorphins, & dopamine levels in the brain...these neurotransmitters play a crucial role in the regulation of a variety of cognitive processes & mood states" (Sibley & LeMasurier, 2008)
- The Brown & Blanton study revealed that "sport participation protected against suicidal behavior" (3rd leading cause of death among adolescents, "in both males & females" (Taliaferro et al, 2008)

The health of our youth goes above and beyond BMI & the absence of disease and that is why the World Health Organization defines health as, "state of complete physical, mental, & social well-being" (Eime et al, 2010)

WHAT RESEARCH SAYS...

“Research indicates that the rate of participation in physical activity peaks between the ages of 10 and 13 and then declines sharply” (Eklund & Bianco, 2000)

Therefore, participation in PE during the high school years may very well lay the foundation for an active lifestyle that will provide health benefits throughout ones entire life

Research of the past & present continues to show the physical, cognitive, emotional, & social benefits of PE & PA

If we are a district that does what is best for our students, we would not cut or eliminate such a crucial part of their education. In fact, the research and best practices would indicate that the amount of physical education time at Dexter High School should actually be increased rather than decreased, due to the fact that the requirements are currently only 39% of what is recommended and would be at only 14% of what is recommended if the required physical education elective is revoked.

We can choose to be part of the solution or contributors to the problem...

DISPELLING THE MYTHS/ POKING HOLES IN THEIR EXCUSES

- Whether it be “so-called” Financial Reasons, Scheduling Issues, Parent Push, More Academic Choices, Enrollment Not High Enough, etc.
- Find out the reasons and address them head on

WHY YOU ARE THERE?

#1) Angie, Why Are You Here?

- About 2 weeks ago I was approached by several community members informing me that the elimination of the current PE elective requirement had been proposed to the board...
- Brought back the memory of about 6 months earlier...
 - Comprehensive presentation on the impact PE/PA has on **Obesity Trends, Academic Success, Social Benefits, & Emotional Benefits...**
 - Clearly that wasn't the type of information they cared about to change their minds from bringing this to the board...
- So, as a professional in this position, it is my obligation to be certain that you are fully informed before you make any decision that would negatively affect the health and well-being of our students.

WHY NOT JUST REQUIRE THE MINIMUM?

#2) The Michigan Merit Curriculum Only Requires 1 Credit of PE/Health. So Why Not Just Require the Minimum?

- First off, these are *recommendations*...the MI Dept. of Edu clearly states, “Of course individual districts may choose to exceed the minimum requirements when it is determined to be in the best interest of their students.”
- Secondly, we are Dexter...a school district known for going above & beyond for the growth of its students; not expect the bare minimums...
 - Ex. MHSAA Eligibility Rules
- Lastly, we shouldn't set a precedence for expecting/requiring the minimum out of our students...**We should, however, want our students to be well-rounded and certainly better than the minimum**

WHAT ABOUT OTHER DISTRICTS?

#3) Are We the Only School District that Exceeds the State Minimum Requirements for PE/Health?

School	School PE Requirement	Beyond State of MI PE Req.
Canton High School	1 credit	+ .5 credit
Huron High School	1 credit	+ .5 credit
Ida High School	1 credit	+ .5 credit
Manchester High School	1 credit	+ .5 credit
Pioneer High School	1 credit	+ .5 credit
Plymouth High School	1 credit	+ .5 credit
Salem High School	1 credit	+ .5 credit
Saline High School	1 credit	+ .5 credit
Skyline High School	1 credit	+ .5 credit
Whitmore Lake High School	1 credit	+ .5 credit

Note: Saline High School was named 222nd best high school in America; they must be doing something right...

<http://www.theintelligist.com/education/teachers/2011/americas-best-high-schools.html>

ISN'T TAKING PE IN MIDDLE SCHOOL ENOUGH?

#4) Don't Dexter Students Take PE in Elementary & Middle School? Isn't That Enough?

- Yes they do, however just as in any subject area, (Math, Science, English, Social Studies, etc.), everything is **progressive**...
 - Age appropriate standards are set by the state and are impossible to fulfill in the current full year of PE, let alone only one term as proposed
- According to the CDC's Youth Risk Behavior Survey:
 - **Physical activity declines starting at the age of 14** (high school age)
 - **Weight gain begins to peak just out of high school as a result of lack of physical activity and poor nutrition**
 - Education can attempt to be part of the solution
- We have the potential to make a difference in our students from just becoming another statistic...

ISN'T THE 1/2 CREDIT REQUIREMENT ENOUGH?

#5) Don't Dexter Students Take the Required Lifetime Fitness & Sports Class? Isn't That Enough?

- *Yes, LFS is required & considered an exploratory class...*
- The elective PE requirement is meant for students to delve further into the areas that interested them in LFS (Aerobics, Aquatics, Weight Training, Court Sports, Field Sports, Racket Sports, etc.)
- Julia J's testimonial

WOULDN'T THE SAME PE ELECTIVES STILL BE OFFERED?

#6) If This PE Elective Requirement Is Removed, Wouldn't the Same PE Electives Still be Offered?

- As far as I know, Yes...
 - But who will be taking them?...Not necessarily the ones who “need” it most...
 - Ex. Extra credit...
- Morgan and Kate F's Testimonials

HOW MUCH OF PE DO THEY REALLY NEED ANYWAY?

#7) So How Much Physical Education Should Our Students Be Getting?

- According to the AHA, AAP, US Dept of Health & Human Services, & the CDC...Daily PE for grades K-12
- According to NASPE, All HS students should receive 225 min of PE per wk for the entire school yr for each & every yr
 - That currently puts DHS at 39% of what is recommended by NASPE (*a failing grade by all standards*)
 - If the current elective PE requirement is eliminated as proposed, DHS will be at less than 14% of what is recommended=*Failure of Epic Proportion*

IS OBESITY REALLY AN ISSUE FOR KIDS IN DEXTER?

#8) I've Heard That 1 in 3 Children are Overweight or Obese...Do We Really Have this Problem With Kids in Dexter?

- As a matter of fact we do, however BMI does not define which students need PE & which ones don't...
 - A student's BMI score may reflect a "Healthy Weight" however have little to no physical fitness
 - Thin or skinny does not equate healthy
- We have a large number of students walking our halls that are lacking in one or more of the **5 HRC of Fitness areas**, (**Cardio End, Mus Str, Mus End, Flex, & Body Comp**), which increases their chances for many diseases and disabilities including **Cardio Disease, Certain Cancers, Type 2 Diabetes, Hypertension, and ultimately Premature death**

AREN'T THERE A LOT OF STUDENTS WHO CAN'T FIT PE IN?

#9) Doesn't this 1/2 Credit of PE Limit Students Choices? And Aren't There Some Students Who Have Trouble Fitting it in?

- Not Really, they still have *11 Elective Choices!*

Typical student

*Student fulfilling MMC graduation requirements in a 6 hour Semester Schedule**

Hour	9th grade	10th grade	11th grade	12th grade
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Highly Academic Student

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4th	Social Studies	Social Studies	AP-US Govt	PE Elective/Economics
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CAN WE MEET IN THE MIDDLE SOME HOW?

#10) Is There an Alternative or Compromise?

- As a matter of fact, Yes-- I would like to **propose a limited waiver** only for students that truly have difficulty fitting in their PE Elective Requirement...
- There are a very few of these students, (**Only 12 out of 285 students, approximately 4%, of the 2011 senior class**), that take such a highly academic schedule, i.e. 4 years of World Language, 4 years of Music, and at least 3 AP classes, that s(he) has difficulty fitting the required elective PE credit in, however I want these students to continue to pursue this track...
- **"Sacrificing the few to save the many"**

I HAVE JUST ONE QUESTION FOR YOU...

I In Turn, Have One Question for Each of You...

#1) Are More Elective Choices Than What Students Currently Already Have (11) & Aligning with the MMC out of Convenience, More Important Than Their Total Health?

You have 2 options:

- 1) You can be part of the solution or
- 2) You can be contributors to the problem and decline of our students

Which will you choose?

“Never be afraid to raise your voice for honesty and truth and compassion against injustice and lying and greed. If people all over the world...would do this, it would change the earth.” – William Faulkner