



April



Know Your Rights - Protesting

KNOW YOUR PROTEST RIGHTS.

1. The right to protest is a fundamental human right guaranteed by the First Amendment. You don't need a permit to protest in response to breaking news.
2. If you get stopped by police, ask if you're free to go. If they say yes, calmly walk away.
3. The police's main job during a protest is to protect your right to protest and de-escalate any threat of violence.
4. If you get arrested don't say anything. Ask for a lawyer immediately. Don't sign, say, or agree to anything without a lawyer present.
5. Demand your right to a local phone call. If you call a lawyer, the police are not allowed to listen. If you call anyone else, they are likely to listen.

ACLU

We have been seeing so many people wanting to get involved and make their voices heard lately. Protests are one way to do that, but there have also been some concerning things happening at them. Thankfully, ACLU has an incredible database of information available, including a breakdown of what your civil liberties are whether you are hosting, attending, or photographing a protest, and what to do if you are stopped by police or other authorities, available [here](#).

This is what they have to say about your rights if you are attending a protest:

- Your rights are strongest in what are known as "traditional public forums," such as streets, sidewalks, and parks. You also likely have the right to speak out on other public property, like plazas in front of government buildings, as long as you are not blocking access to the government building or interfering with other purposes the property was designed for.
- Private property owners can set rules for speech on their property. The government may not restrict your speech if it is taking place on your own property or with the consent of the property owner.
- Counterprotesters also have free speech rights. Police must treat protesters and counterprotesters equally. Police are permitted to keep antagonistic groups separated but should allow them to be within sight and sound of one another.
- When you are lawfully present in any public space, you have the right to photograph anything in plain view, including federal buildings and the police. On private property, the owner may set rules related to photography or video.
- You don't need a permit to march in the streets or on sidewalks, as long as marchers don't obstruct car or pedestrian traffic. If you don't have a permit, police officers can ask you to move to the side of a street or sidewalk to let others pass or for safety reasons.

What to do if you believe your rights have been violated

- When you can, write down everything you remember, including the officers' badge and patrol car numbers and the agency they work for.
- Get contact information for witnesses.
- Take photographs of any injuries.
- Once you have all of this information, you can file a written complaint with the agency's internal affairs division or civilian complaint board.

What happens if the police issues an order to disperse the protest?

- Shutting down a protest through a dispersal order must be law enforcement's last resort. Police may not break up a gathering unless there is a clear and present danger of riot, disorder, interference with traffic, or other immediate threat to public safety.
- If officers issue a dispersal order, they must provide a reasonable opportunity to comply, including sufficient time and a clear, unobstructed exit path.
- Individuals must receive clear and detailed notice of a dispersal order, including how much time they have to disperse, the consequences of failing to disperse, and what clear exit route they can follow, before they may be arrested or charged with any crime.

IF AND WHEN YOU ENCOUNTER COUNTER-PROTESTORS, OUR STANCE IS THAT YOU DO NOT ENGAGE WITH THEM OR GIVE THEM THE DRAMA THEY ARE LOOKING FOR.

Have you been enjoying seeing the protests grow in Grove City?

Join in! There are lots of ways to help and make sure that they continue.

Here are some needed roles and the basics of what they encompass:

- Protest Leader: primary responsibilities include ensuring the protest remains peaceful and lawful, protecting participants' rights, and communicating the message of the movement

effectively. They must also be responsive to changing circumstances and ensure that the protest is representative of the movement's goals.

- Protest Marshall: primary responsibility is to ensure the safety and smooth execution of a protest, rally, or demonstration by acting as a buffer between protesters, law enforcement, and other potentially disruptive elements. They also guide participants, facilitate civil disobedience if planned, and ensure that the event adheres to the organizers' plan and legal guidelines.

- Medic: responsibilities involve providing medical and wellness care to protesters and bystanders at demonstrations and protests, often in challenging and sometimes dangerous environments.

If a person is a member of a club or group, they should first see if the group is interested in the protest. If the person is acting alone, they can have a protest when ever they want.

If the person would like to join on the 50501 National Day of Protest, they can contact Ohio 50501 on <https://www.50501oh.io/>

Visit Our Website

Become a Member

Donate to the Cause



Rising Out of Hatred
By Eli Saslow

This book tells the story of Derek Black, who grew up in a white nationalist family and eventually questioned his beliefs. A major theme is the "victim complex" some white people adopt, focusing on their own struggles while ignoring the real hardships faced by marginalized communities.

As Derek meets diverse individuals, he learns to empathize with their experiences, showcasing the importance of truly listening to others. The book emphasizes that progress comes from moving past personal grievances and recognizing the struggles of those who are oppressed.

Ultimately, it's a powerful reminder that healing and unity can only happen when we rise above hatred and embrace understanding.

Thank you to Karen Church for the submission!

Community Spotlight - Meals on Wheels



I grew up in the Pittsburgh area, with parents who prioritized giving back to the community. One way, among many others, that they did this was through regular delivery of Meals on Wheels. When I had the opportunity to deliver Meals on Wheels in Columbus, through a team volunteer event at LifeCare Alliance, I was hooked!

You may have seen LifeCare's delivery vans around town. Or, perhaps you've seen their sign, as you drive to and from Grove City on Interstate 71. The organization is a non-profit that provides a number of health and nutrition services to residents of central Ohio. Meals on Wheels may be the most well-known of the services, but there are many others, including:

- ▯ The Cancer Clinic
- ▯ Help-At-Home
- ▯ Senior Petcare
- ▯ Diabetes Services
- ▯ Project Openhand

LifeCare Alliance is one of the five largest Meals-on-Wheels providers in the United States, producing more than 6,000 meals each day for people facing challenges that stem from medical conditions, disabilities, and aging in place. Routes are available all over Columbus and are delivered 365 days a year!

Meals on Wheels is a great option for older adults or those who are medically challenged and needing the convenience of nutritious meals that are prepared and delivered to their home. Meals can either be paid for by the client or through funder-support, inclusive of a mix of government funding and LifeCare supporters.

I've been delivering a monthly meals on wheels route for more than 20 years. It's been a rewarding, easy way to pay it forward. As I've moved around different parts of Columbus, so has my route. I've gotten to interact with so many clients over the years and had the ability to see the impact of these services to those in need. Even as my route has changed, I've maintained contact with some clients with whom I've become close. Here is a picture of one of those clients: Pleasant. She is approaching her 100th birthday and still is able to live in the comfort of her home, thanks to Meals on Wheels!

If you'd like to learn more about LifeCare and their variety of volunteer options, [click here to check them out!](#)

Thank you to Toni Weber for highlighting such an impactful organization!

Five Minute Activism

Everyday Activism is a one-stop-shop where you can learn how to help on a variety of social justice issues and causes. I found [this page](#) to be especially interesting. It is about how to

justice issues and causes. I found [this page](#) to be especially interesting. It is about how to truly be an everyday activist and make activism a way of life, rather than something simply performative or outside of the norm, and simple steps to take to get there.

Whether you have five minutes to spare or five hours, take a look at their site and find something that is important to you. They have helpful guides [here](#) on a myriad of topics ranging from how get involved in ending gun violence, how to be anti ablest, supporting Black joy, ending the national eviction crisis, and so much more.



Everyday
Activism
Network

Next Up...



Our April monthly meeting will be during Sunday Funday hours.

Please bring any food or goodies you'd like to share, and PLEASE bring a friend!

Register online for the location and stay tuned for more information.

Join Our Partners In Action





If you're eager to make a significant impact in your community, consider taking action now. It's time to address the issues that matter to you and express your concerns about leadership. Our friends with Indivisible Central Ohio are planning in person visit's to Senator Moreno's office. Please consider joining them to share your thoughts and help drive meaningful change! You can find the sign up sheet at [this link](#).

Thanks everyone!!

Monthly Meeting Recap - March

At our recent monthly meetup, we came together to chat about the importance of community engagement and development. Community leaders took the spotlight to share some inspiring stories and insights, showing just how much of a difference each of us can make in creating a better place for everyone. Their presentations really drove home the idea that even small efforts can lead to big changes and help build a closer-knit community. It was a great reminder of how we all share the responsibility and the power to make a positive impact. Check out more about our awesome speakers and their organizations below!

Mid Ohio Food Collective - as indicated on their website states - Yes, we're a food bank. We collect and distribute an impressive amount of food. But that's not all. We're a hub for caring people who want to give back with their time, talent and treasure. We're a welcome place to imagine and to test out fresh new ideas to tackle tough social issues. We're a collection of passionate people who want to do all we can for poverty and health as a whole. So, when life happens, we're here for our neighbors who need us. Casey May gave us examples of ways to help our neighbors at the Collective. Please go to their webpage <https://mofc.org/volunteer/> to sign up to volunteer.

Anthony Wilson was appointed to Grove City Council, at-large in February 2025 after Mark Sigrist was elected state house rep for district 10. Anthony Wilson is the Chief Operating Officer for the Columbus Metropolitan Library and current Council Member At-Large for Grove City Council. Prior to joining the library he was Assistant Chief of Police with the Westerville, Ohio Division of Police. Before working at Westerville, Anthony worked for the Columbus Division of Police for 25 years. A military veteran, Anthony earned a Bachelor's degree from Ohio Christian University, a Master's degree from Liberty University, and a Ph.D. in Organizational Leadership from The Chicago School of Professional Psychology. He also serves on the board of directors for Special Olympics Ohio. Anthony has been actively engaging with community members to understand their aspirations and visions for our city. He encourages open communication and is eager to hear from everyone.

John Gattis provided an insightful overview of Indivisible Central Ohio, emphasizing the significance of community involvement and engagement in local politics. He highlighted the importance of connecting with elected officials, mentioning organized visits to Bernie Moreno's office and last-minute trips to locate Mike Carey, as well as various other opportunities for participation in Central Ohio. Gattis encouraged everyone to attend local city council and school board meetings, engage with like-minded groups, and actively connect with the community to make a meaningful impact.

Lauren Powers with Simikovsky Law joined us to share important information about immigration law. Please see their website for a variety of services they offer. <https://www.simakovskylaw.com/> It's hard to appreciate the breadth and depth of the danger our immigrant friends face. Please see a copy of the cards provided by Lauren.

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I do NOT wish to speak with you, answer your questions, or sign
or hand you any documents based on my 5th Amendment rights
under the United States Constitution.

I do NOT give you permission to enter my home based on my 4th
Amendment rights under the United States Constitution unless
you have a warrant to enter, signed by a judge or magistrate with
my name on it that you slide under the door.

I do NOT give you permission to search any of my belongings
based on my 4th Amendment rights.
I choose to exercise my constitutional rights.

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