

During the “No Kings” protest, millions took to the streets in thousands of cities and towns across the country, making it one of the largest protests in the history of the United States. This amazing display of support for democracy, while strong and important, still leaves us with several questions.

What should we do next?

What are our demands?

What should our leaders be like?

Asking ourselves these questions, amongst others, will help with moving from a successful protest to successful progress in our politics and our country. We need to keep this momentum moving and apply pressure to those in power so they make better choices on our behalf.

The truth is that a scheduled protest is too easy to ignore, and we need to continue pressuring our politicians to make it harder for them to ignore us.

Our country’s politics have changed us for the worse. We are more hateful and spiteful. We are more selfish and apathetic. We are more competitive and cut-throat.

We need more community and compassion. We need decent and respectful people in office to guide our present and future.

We need to hold the politicians and influencers accountable for making our neighbors fear us and our people so bitter. We need to change the way we run this country before it changes us any further. We need to break these attitudes before they break us.

# **So, We Went to the Protest!**

## **Now What?**

**Reflections on the “No Kings”  
mass protest October 18<sup>th</sup>, 2025**

## What should we do next?

1. **Vote.**  
The people we have in office now were elected by us to be there. Voting is one way we can have better politicians in office running our country.
2. **Mutal Aid.**  
This can include volunteering in an official or unofficial capacity. We can help our neighbors get to the polls and remind them and encourage them to vote. Help them access basic needs such as food, water, clothing, and shelter.
3. **Contact your elected officials.**  
Make sure they know where we stand on current issues and encourage them to represent us accurately! They are too influenced by lobbyists and not enough by their constituents. This includes your local and federal representatives and senators. Your mayor and your governor. Your city council person and any public servant. Start where you feel most comfortable.
4. **Learn a new skill.**  
Picking up a skill that makes you more self-reliant can be so important for survival and creating independence. Try learning something like gardening, cooking, sewing, maintenance, or anything that makes you less dependent.

## What are our demands?

1. **An end to persecution.**  
We are getting picked up, detained, and jailed without reasonable suspicion or due process, all in the name of the blatant persecution of undocumented migrants. We are suffering because of the hatred our neighbors have towards migrants who struggle simply for the betterment of themselves and their families.
2. **The restoration of our rights.**  
From the foundation of our country, we have rights detailed in the Bill of Rights in our constitution which apply for all people in the United States regardless of legal status. Our constitutional rights are the conditions of civility and peace. They can't take them away!
3. **Affordable healthcare and higher education.**  
We shouldn't have to go bankrupt over healthcare costs or take out predatory loans for our education. The country can choose to better our healthcare and education for the betterment of all the people and the country as a whole.
4. **Housing.**  
We have more houses than people in this country and people are still homeless and homes are still vacant!

## 5. Clean air and water.

Industrial companies need to do the bare minimum and not poison the communities that surround them while they profit from our resources and workforce.

## 6. Universal Basic Income.

This is an interesting way of working with the economic systems already in place and was used during the covid shutdown. People can receive the cost of their basic needs from the government. It will be paid for by taxes, just like every other thing the government does that costs money such as war and corporate bailouts.

## What should our leaders be like?

We should have leaders who are compassionate, brave, intelligent, polite, and who bear all of our best interests. Instead, we have leaders who serve themselves and who are externally manipulated by their ego and stupidity. Why? Because they appear powerful. So, how do they express power? Through domination and the ability to control and destroy their enemies. Our leaders have never had true moral authority, but it is time to claim the power to create, to build, to bond, and to unify that will bring justice, peace, and opportunity to the people of this country.