

# One Thing at a Time

It is easy to get caught up in the daily news cycle and to feel frustration, regardless of your political affiliation, about the state of American society today. The sheer volume of information that is forced upon us each day, and the number of decisions that we are asked to make, create a level of anxiety and mental exhaustion that I have never experienced before. This stress is often compounded by a lack of information or conflicting information about issues that affect our daily lives.

If all of this can seem a bit overwhelming, as it does for me at times, my best advice is to slow down and to simply take one thing, one moment, one day at a time. While this is not novel advice, it is tried and true and an inspiring example of this are the female suffragists whose efforts led to the adoption of the 19th Amendment on August 26, 1920.



While there are many great examples of leaders who fought through adversity to achieve their goals, the female suffragists of the early 1900s are particularly relevant given the number of striking similarities between 1920 and 2020—including such things as the Spanish Flu and COVID-19, the advancement of technology and workplace automation and the culture wars found throughout society. The female suffragists, however, never let a moment get too big to distract them from the goal of the passage and subsequent adoption of the 19th Amendment, which guaranteed women the right to vote.

As I mentioned in my article last month, change is never easy, but nothing right and just ever is. As such, whenever you feel overwhelmed by trying to balance being a good parent and lawyer, or trying to make the right decision about your child's education, or trying to be a good employee or leader of an organization, or trying to meet a deadline (such as a President's article), just remember to slow down and focus on one thing at a time so you don't lose sight of the ultimate goal, whatever it may be.

While it may not seem possible in the moment, I promise you can afford to slow down. Rarely, if ever, does anyone regret taking the time necessary to make a more informed decision. Alternatively speaking, when we rush, whether in our personal or professional lives, we make mistakes and we can lose sight of the things we cherish most. And, during these uncertain, and often chaotic times, we cannot afford to lose sight of those things we hold most dear. The reason the suffragists were ultimately victorious is because they never lost sight nor let anyone stand in the way of their ultimate goal, which was the adoption of the 19th Amendment.

The Louisville Bar Association recognizes and honors the 100-year anniversary of the adoption of the 19th Amendment and the achievements of the women who helped its passage. In addition to this month's *Bar Briefs* articles focused on the 19th Amendment, the LBA has created a page on our website dedicated to honoring this historic achievement and will host a seminar in the next few weeks about the 19th Amendment and its lasting impact on our society. The LBA is also committed to helping our members and others throughout our community register to vote in this year's election on November 3. *Information about how to make your voice heard on Election Day can be found below.*

As a proud husband, father to a seven-year-old daughter, a brother to two sisters, and a son, I am grateful for the female suffragists' determination in securing for women the right to vote, a right that none of us should take for granted. As such, I look forward to celebrating this historic achievement both professionally through the LBA in the coming weeks, and personally by voting on November 3, 2020.



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Sincerely,

Peter H. Wayne IV  
LBA President



Election Day is fast approaching and the deadline to register to vote will be here before you know it.

The last day to register to vote in Kentucky for the General Election is Monday, October 5. You can register at [www.GoVoteKY.com](http://www.GoVoteKY.com).

It takes less than five minutes!