

Email:

My friend, Tom Fontana, a very successful writer and producer, who wrote and produced "Homicide Life on The Street", "OZ", and "St. Elsewhere", started a substack channel called "Tom Fontana Presents". I was honored to be asked to submit a written and spoken version of an article I recently wrote called "The Way We Were". I'm sending a link to the post on Tom's channel.

https://tomfontana.substack.com/p/d9adf2ea-51dc-4065-9dd1-298e8901c08d?postPreview=paid&updated=2026-04-22T12%3A05%3A13.702Z&audience=everyone&free_preview=false&freemail=true

Hope you find it relevant to what many of us have experienced.

Cheers,

Lou

“The Way We Were”

By Lou Sones

“Can it be that it was all so simple then
Or has time rewritten every line?”

Whenever I talk with any of my four best friends, we often end our conversations by acknowledging how lucky we were to have grown up when we did. All of us, being octogenarians, were born right after the 2nd World War, and we came of age in the 60's and 70's. Though none of us were rich or even that well off, “the world was our oyster: full of opportunity and the prospect of a bright future. Unfortunately, that that wasn't necessarily true for black people. Only after we were in college and the Civil Rights movement was underway did we become aware of that painful truth.

However, by the 60s and 70s, most Americans had Social Security, Medicare, and Medicaid, which provided my friends and I a social safety net as we walked the tightrope of life. Polio was vanquished. My friends and I all went to college, without going into debt. Buying a house cost less than many of the cars that are on the road today. If we were willing and able, it was easy to get a job and earn a living. People could join Unions and get benefits. One of my friends and I had the great privilege of serving in the Peace Corps. Idealism was alive and well.

Of course, everything wasn't always “Peace, Love and Bell Bottoms”. In my lifetime, we fought a brutal battle for civil rights and voting rights. We had to fight and defeat McCarthyism. We were waging a cold war against the Soviet Union and hot wars in Korea and Vietnam. Many of us protested the Vietnam War. (I went to jail for that one.) In 1969, the Stonewall riots sparked the movement for gay rights, which eventually led to the Marriage Equality Act.

All of the ills that plagued this wonderful country of ours seemed curable. The battle to move us towards the “slow arc of justice” seemed winnable. Immigrants were welcome. Racial and

cultural differences were celebrated. Hope was in the air. Under President Obama “Sí se puede” was not just a bumper sticker.

But, for the first time in my lifetime, it now feels like we’re going backwards. For years now, The Heritage Foundation and The Federalist Society have been working tirelessly to undo all the political and social gains America had made.

In Donald Trump, they found the perfect useful idiot to be their avatar to carry out their mission: Project 2025. Project 2025 is the detailed blueprint for weakening the courts, making the press the enemy of the people, shredding our social safety nets, demonizing the “other”, dismantling the constitution and conceding more and more power to our “wanna be” king, Donald J. Trump; all with the help of a cowardly Congress and a cadre of his complicit wealthy conspirators.

If it sounds like I feel hopeless or helpless, I don’t. But, “it’s not all so simple now, and time has rewritten many lines” But I remain hopeful that we can and will write the next chapter. Let’s title it “We shall overcome!”