

I believe Racism is a Public Health Crisis because it has caused so many to be fearful and operate from a place of stress on a daily basis. I experienced racism as a young girl and it has dramatically damaged me emotionally. Seeing that racism continues and is so blatant in America, leaves little hope for a better future and creates an atmosphere of fear and panic in our communities and workplaces. When my family and I moved to a small home in a new neighborhood, we were so excited to have our own place of peace and quiet. While speaking to our new neighbors (Italians), a young man calmly approached us from across the street, picked up a brick and hurled it into our doorway where we were standing. He proceeded to shout, "N Word, Go back where you came from". Shocked and appalled, our neighbor apologized and wanted to console us. Later that month, someone shot a shotgun into our living room window in the middle of the night. My mother happened to have fallen asleep on the couch and woke to a ring of gunshot pellets on the wall above her head and glass shattered all across the living room floor. We were petrified - to say the least, but subsequently decided to forgo our new home and move to a busier neighborhood. This memory has marred my psyche and I will never ever forget it for as long as I live. I will never understand where the hatred stems from and why there is so much anger among us. What do we teach our children about AMERICA amidst the racist acts we now see almost every day, in some form, on the television and before our very eyes. Our Leaders of this Great Nation must do something to protect ALL of it's citizens, not just some. This is a form of bullying. These people are truly angry and bitter and for what? If our country continues to turn a blind eye, pretty soon, the anger may rub off.

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