


END RACISM DAY - MARCH 21




MAKE A DIFFERENCE

"Prejudice is a barrier that confuses the past, breaches the future and renders the present inaccessible."  
—Maya Angelou

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MAKE A DIFFERENCE

"One of million for every million in Dr. King's hands are the seeds they can transcend racial, religious, linguistic and ethnic barriers to create a common state of shared principles and constructed programs to build a new society as collectively embraced by them."  
—Dr. An. Kingstone

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MAKE A DIFFERENCE

"It demands great spiritual resistance not to hold the father whose food is on your neck, and an even greater act of perception and clarity not to finally your child to hate."  
—James Baldwin

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MAKE A DIFFERENCE

"I wish the most of great love being made of it, there is one goal: to pursue the Millennium Development Goals with fresh vision - redefining values, equity and shared with the same determination that we shall not return from which they spirit - justice, tolerance, poverty and peace."  
—Coretta Scott King

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MAKE A DIFFERENCE

"It is enough that everyone in the face of discrimination, we accept the responsibility ourselves. We should, therefore, proceed equally every day. The success of discrimination or violence."  
—Mary McLeod Bethune

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# END RACISM DAY

## March 21


...make a difference...

Every act of compassion makes a difference!  
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Join the BetterWorld Movement.

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MAKE A DIFFERENCE

"Hate, racism, gender violence and other forms of discrimination and violence in culture cannot be eliminated without changing culture."  
—Oprah Winfrey

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MAKE A DIFFERENCE

"If parents stopper of racial and gender jokes, another generation will grow up that the children of the adults still have not had the courage to speak out."  
—Martin Luther King Jr.

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MAKE A DIFFERENCE

"I refuse to accept the view that mankind is so tragically bound to the sinfulness of racism and war that the bright daylight of peace and the golden rule of the world is forever lost. I believe that unarmed truth and unconditional love will have the final word."  
—Martin Luther King Jr.

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MAKE A DIFFERENCE

"In order to have a fair, we seek tolerance and faith and patience and anger and all of our citizens embrace the idea of a truly national democracy, and the only of this way to be change our course, so that we can create a world of peace and harmony between our peoples."  
—John F. Kennedy

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MAKE A DIFFERENCE

"We've come a long way, but we still have a distance to go before all of our citizens embrace the idea of a truly national democracy, and the only of this way to be change our course, so that we can create a world of peace and harmony between our peoples."  
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—Rosa Parks

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"I think we have to own the fears that we have of each other, and then, in some practical way, own daily way, fight and how to see people differently than the way we were brought up to."  
—Alice Walker

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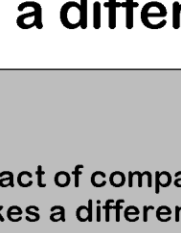


MAKE A DIFFERENCE

"We must take action. Nonviolence helps the oppressor, never the victim. Nonviolence encourages the oppressor, and the oppressed. Whenever anyone is persecuted by their race or political views, that place must become the center of the universe."  
—Coretta Scott King

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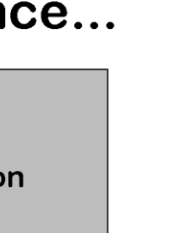


MAKE A DIFFERENCE

"Love is what we are born with. Fear is what we learn. The spiritual journey is the unlearning of fear and prejudice and the acceptance of love back in our hearts."  
—Madeline Williams

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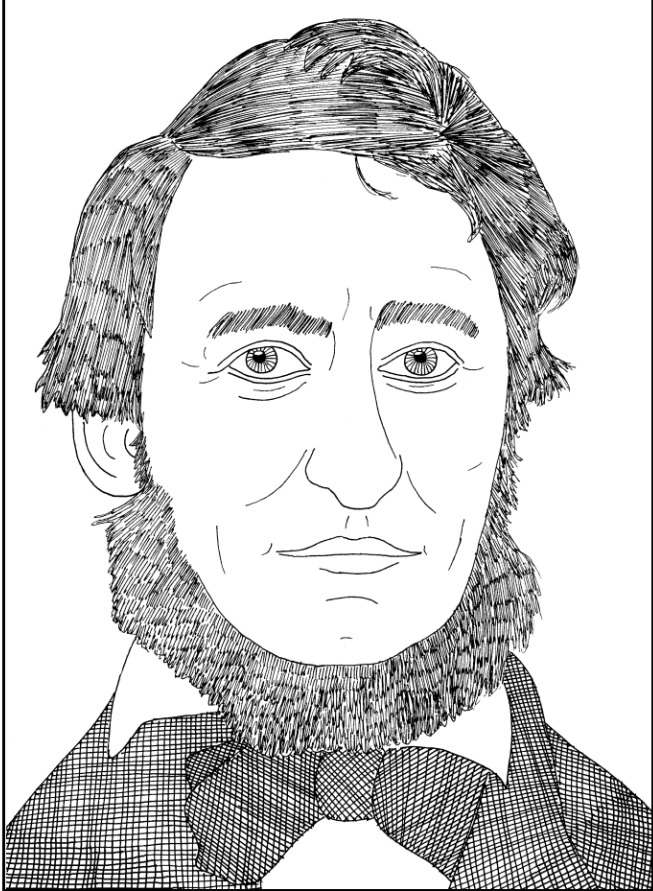


MAKE A DIFFERENCE

"Essence is the best defense to racism or sexism."  
—Oprah Winfrey

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"It's never too late  
to give up our prejudices."  
-- Henry David Thoreau

Throughout history, many of the horrible things that people have done to each other have occurred because one group of people felt superior to another. They learned to see differences in others -- such as race, color, gender, age, disability, religious belief or sexual orientation -- as a reason for thinking that people with that characteristic were not worthy of the same rights as they were. This "prejudice" justified their decision to discriminate against the other group - the other group was humiliated, excluded, restricted or marginalized because of these perceived differences.

When the United Nations was formed to help countries work together to create a more peaceful, just and sustainable world, a cornerstone of its Charter declared that all people are entitled to the same human rights and freedoms, regardless of their color, sex, language or religion. Our global community has come a long way in helping to eliminate discrimination, but we still have far to go.

End Racism Day on March 21, officially known as The International Day for the Elimination of Racial Discrimination, is a perfect opportunity to help our communities celebrate human unity and the diversity of the human race, rather than allow our differences to become an excuse for racial separation. It's a chance to recognize prejudice, stereotypes and discrimination in our society, and how each of us may have our own prejudices and may be making people feel excluded without our even realizing it.

End Racism Day is a chance to reaffirm our commitment to eliminate all forms of discrimination and help create communities and societies where all citizens can live in dignity, equality and peace.

## Be A Hero For A Better World!

1. Find out more about hidden prejudices, discrimination and racism
2. Think about ways you might be acting with prejudice and find ways to change
3. Support organizations working to protect against discrimination

## End Racism Links

- Anti-Racism Information Service (antiracism-info.org)
- AntiRacismNet (antiracismnet.org)
- Artists Against Racism (artistsagainstracism.org)
- Intl. Movement Against All Forms of Discrimination and Racism (imadr.org)
- Minority Rights Group (minorityrights.org)
- World Against Racism (endracism.org)

For more information: [www.betterworldcalendar.com/endoracismday.htm](http://www.betterworldcalendar.com/endoracismday.htm)

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**"Prejudice is a burden that confuses the past,  
threatens the future and renders the present inaccessible."**

**-- Maya Angelou**

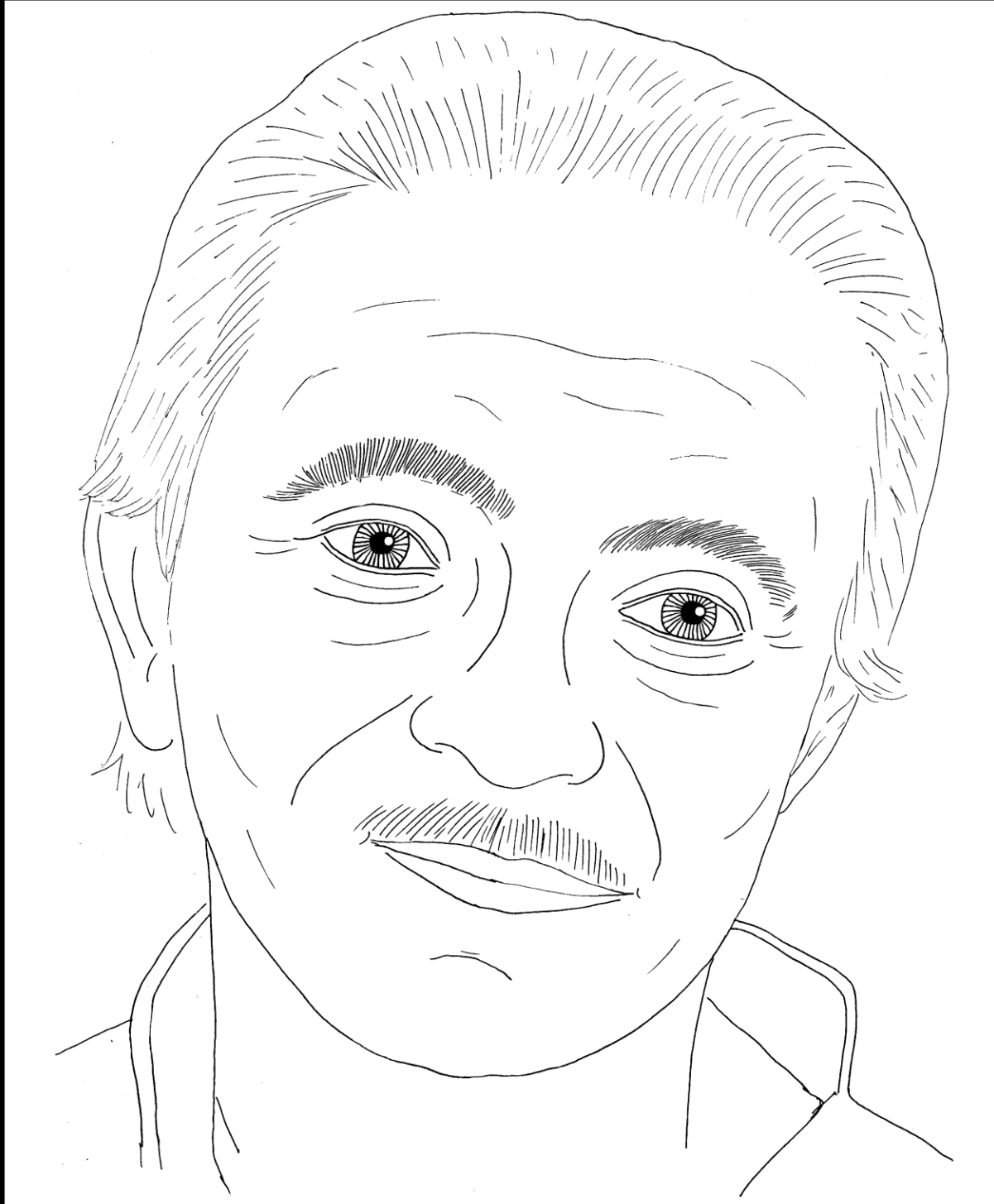
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**"...Several million Sarvodaya adherents in Sri Lanka have proved that they can transcend racial, religious, linguistic and ethnic barriers to accept a common state of ideals, principles, and constructive programs to build a new society as collectively envisioned by them."**

**-- Dr. Ari Ariyaratne**

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**"It demands great spiritual resilience not to hate the hater whose foot is on your neck, and an even greater miracle of perception and charity not to teach your child to hate."**

**-- James Baldwin**

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**"Anti-Semitism has no historical, political and certainly no philosophical origins. Anti-Semitism is a disease."**

**-- Daniel Barenboim**

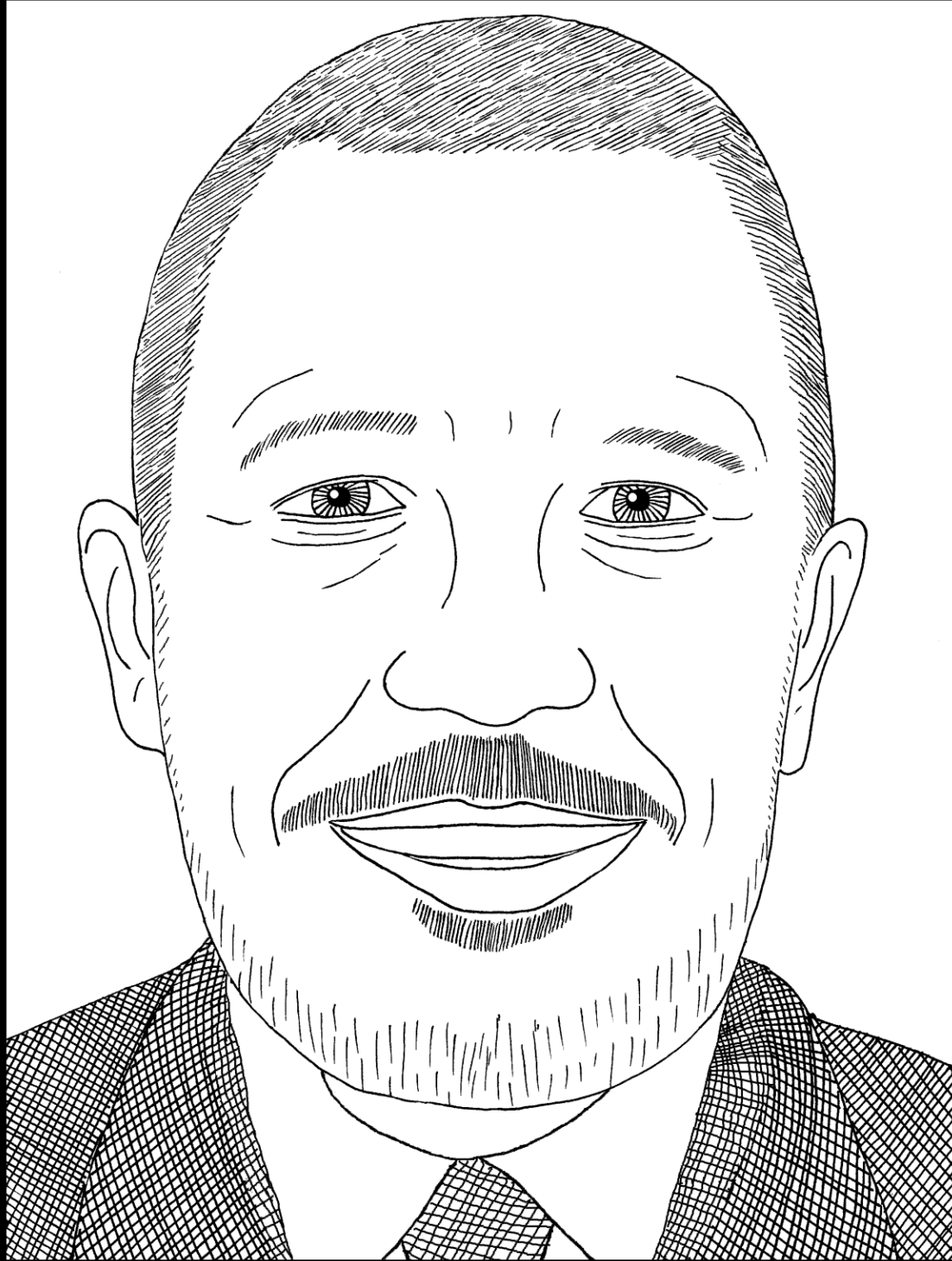
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**"If you want to address racial disparity in the juvenile justice system, everybody has to have a role in it. Everybody has some responsibility."**

**-- James Bell**

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MAKE A DIFFERENCE



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**"Despite the threat of global terror hanging over all of us, there is only one path: to pursue the Millennium Development Goals with fresh resolve –confronting violence, bigotry and hatred with the same determination that we attack the causes from which they spring – conflict, ignorance, poverty and disease."**

**-- Carol Bellamy**

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**“Racism is an ism to which everyone in the world today is exposed; for or against, we must take sides. And the history of the future will differ according to the decision which we make.”**

**-- Ruth Fulton Benedict**

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MAKE A DIFFERENCE



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**"If we accept and acquiesce in the face of discrimination, we accept the responsibility ourselves. We should, therefore, protest openly everything ... that smacks of discrimination or slander."  
-- Mary McLeod Bethune**

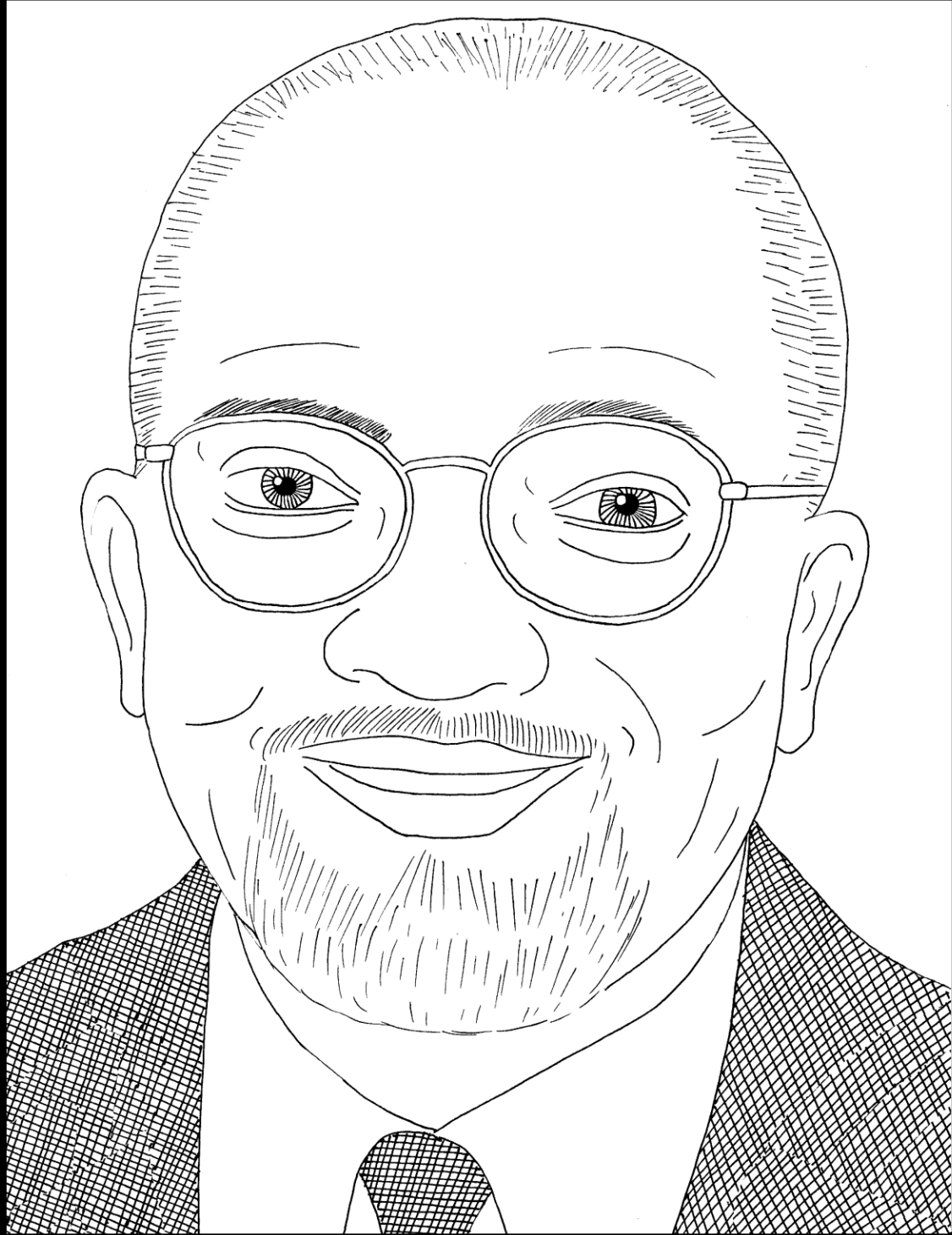
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**"At the heart of the problem is the fact that the United States is a racially divided nation where extreme racial inequalities continue to persist."**

**-- Robert Bullard**

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"Sexual, racial, gender violence and other forms of discrimination and violence in a culture cannot be eliminated without changing culture."

-- Charlotte Bunch

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"Man has but little heeded the advice of the wise men. He has been - fatefully, if not willingly - less virtuous, less constant, less rational, less peaceful than he knows how to be, than he is fully capable of being. He has been led astray from the ways of peace and brotherhood by his addiction to concepts and attitudes of narrow nationalism, racial and religious bigotry, greed and lust for power."

-- Ralph Bunche

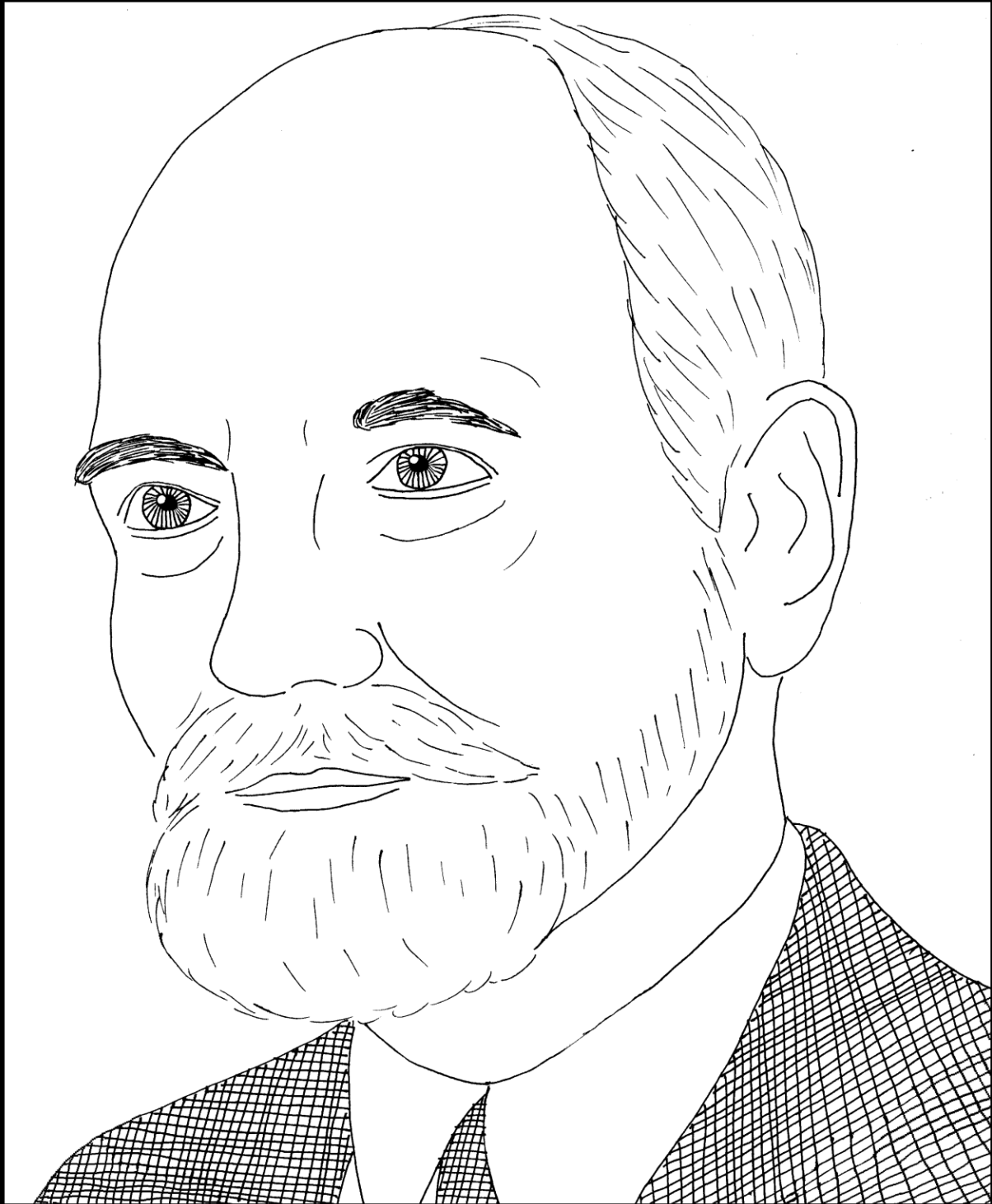
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"The exploitation of women, mass hunger, disregard for freedom of conscience and for freedom of speech, widespread and racial discrimination -- all these evils are far too prevalent to be overlooked."  
-- René Samuel Cassin

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"Non-violence can truly flourish when the world is free of poverty, hunger, discrimination, exclusion, intolerance and hatred - when women and men can realize their highest potential and live a secure and fulfilling life.

Until then, each and every one of us would have to contribute - collectively and individually - to build peace through non-violence."

-- Anwarul Chowdhury

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"A white person listens to my act and he laughs and he thinks, 'Yeah, that's the way I see it too.' Okay. He's white. I'm Negro. And we both see things the same way. That must mean that we are alike..... So I figure I'm doing as much for good race relations as the next guy."

-- Bill Cosby

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"Racism is a much more clandestine, much more hidden kind of phenomenon, but at the same time it's perhaps far more terrible than it's ever been."

-- Angela Davis

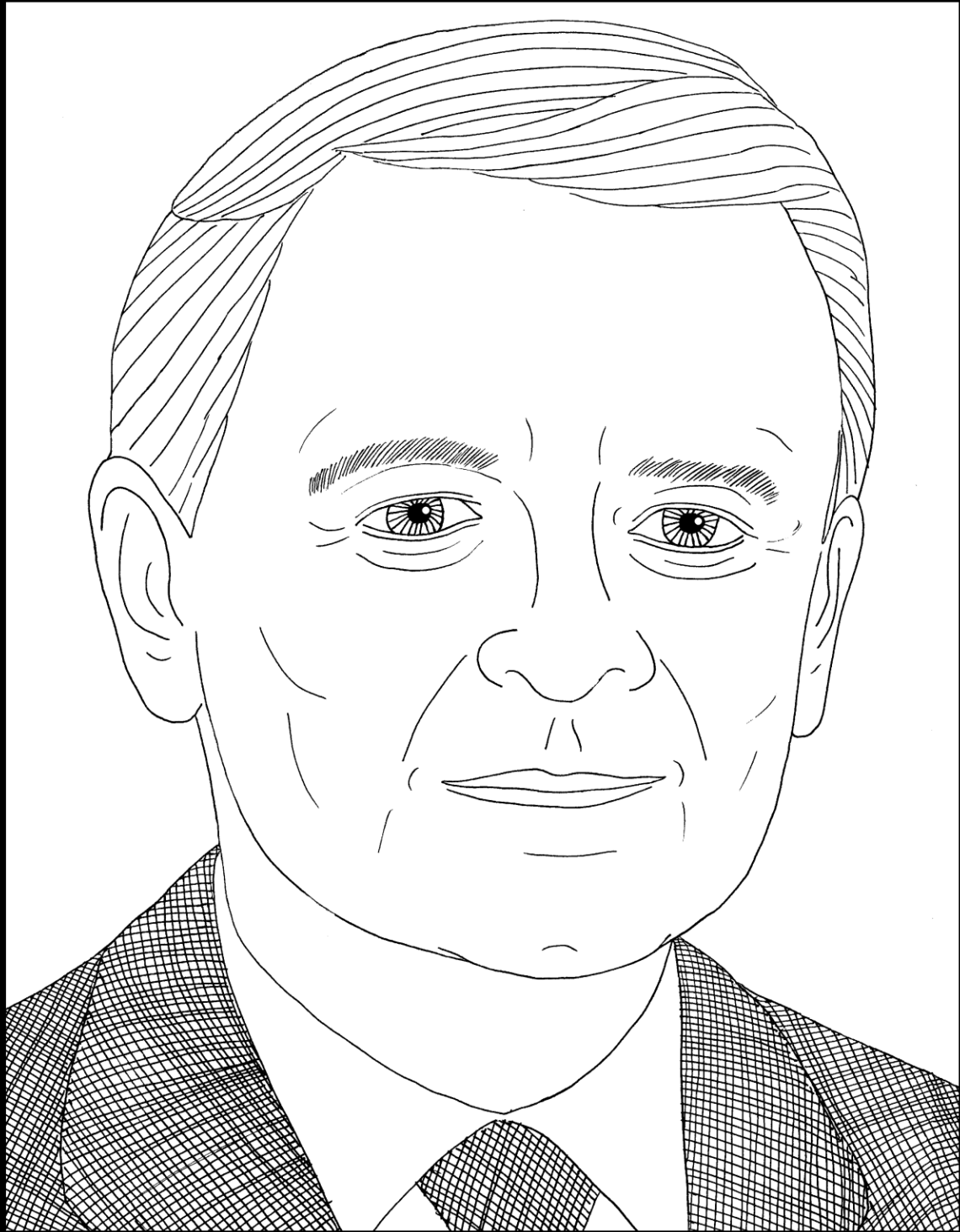
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**"Racism is cruel and unjust. It cuts deep and lingers long in individual and community memories. And it is not a thing of the past....We all have a duty to do what we can to turn this around."**

**-- William Deane**

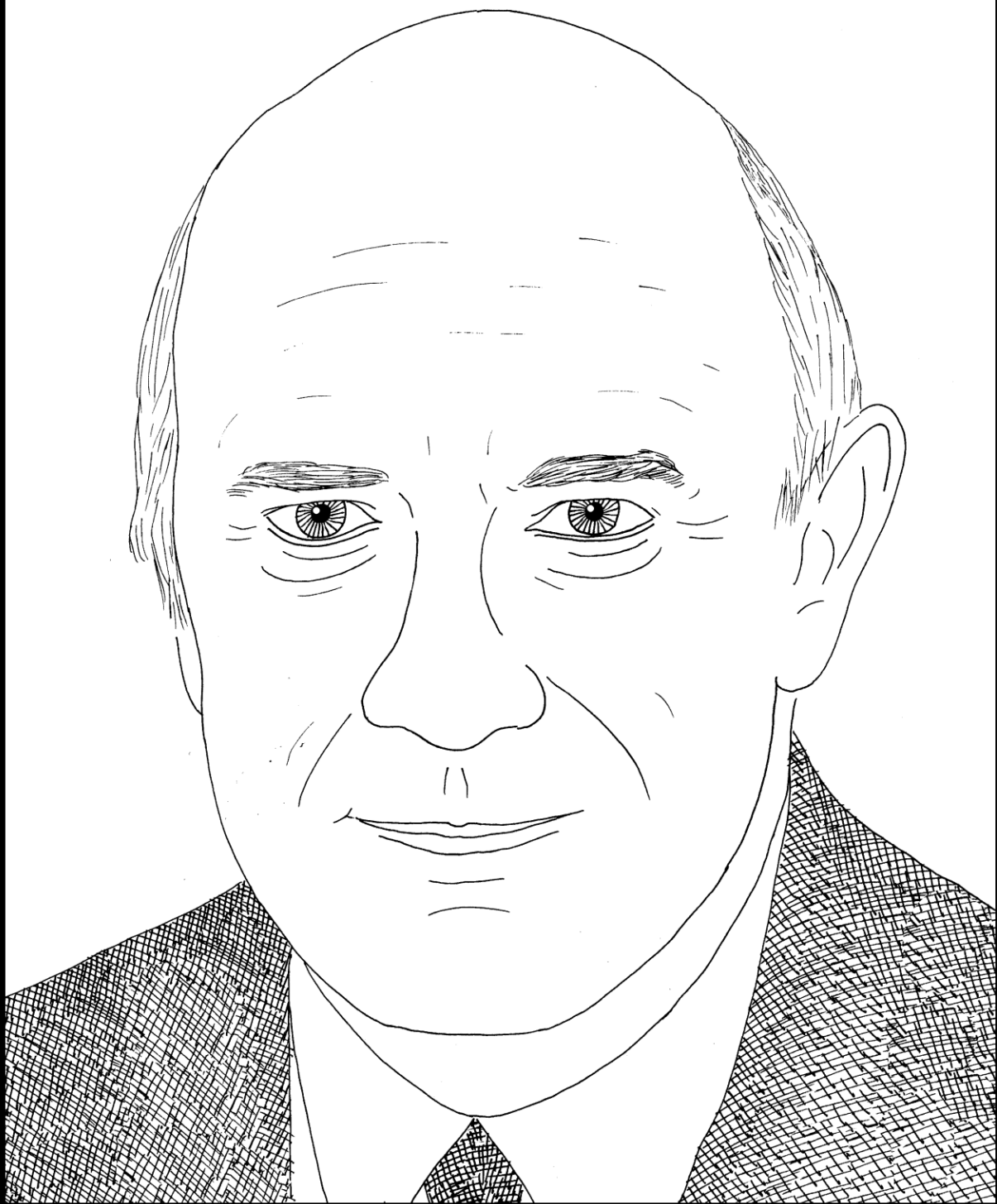
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**"Peace does not fare well where poverty and deprivation reign...Racial, class and religious intolerance and prejudice are its mortal enemies."**

**-- Frederik Willem de Klerk**

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**"If parents snicker at racial and gender jokes,  
another generation will pass on the poison  
adults still have not had the courage to snuff out."**

**-- Marian Wright Edelman**

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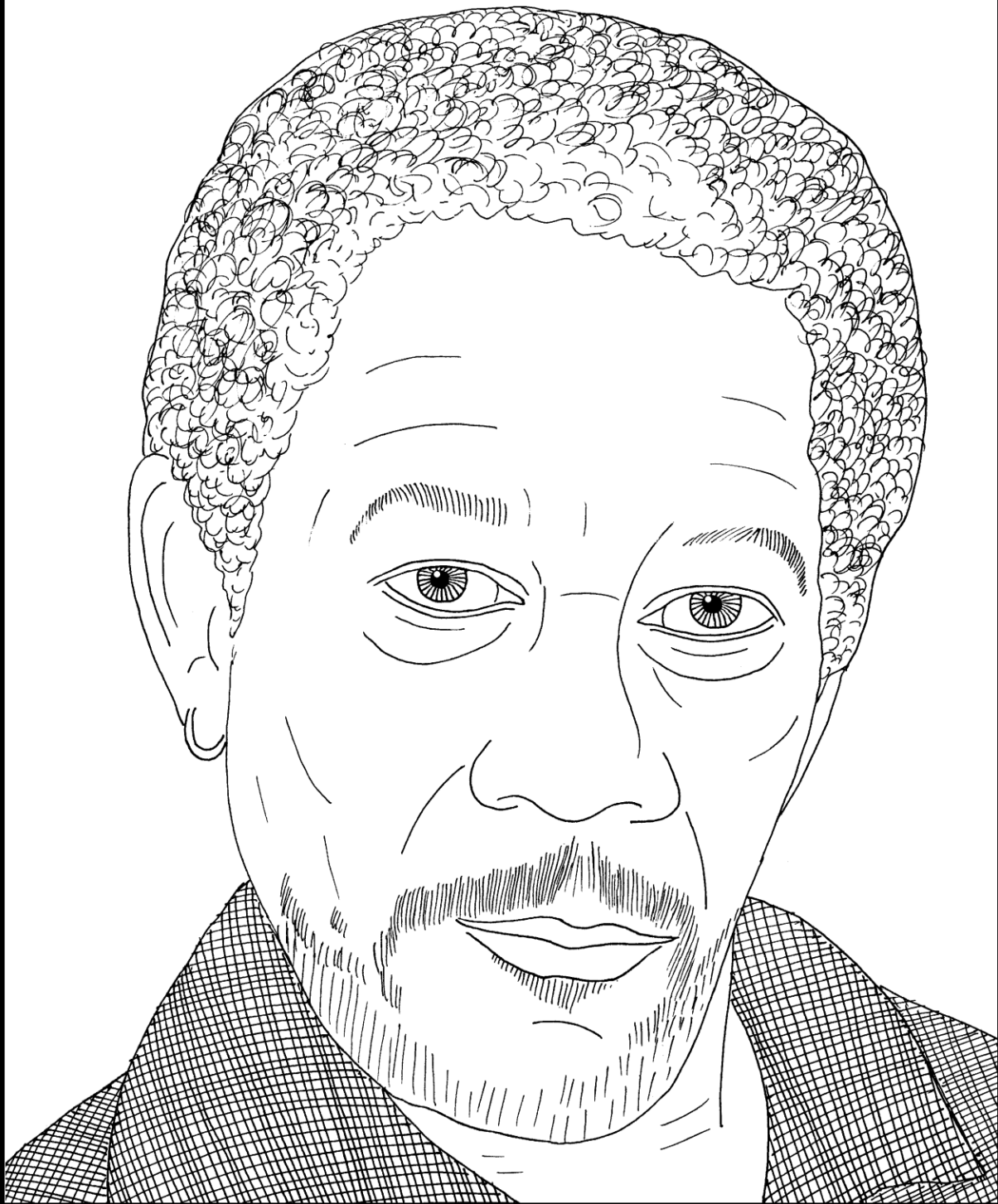
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**“I am going to stop calling you a white man  
and I'm going to ask you to stop calling me a black man.”  
-- Morgan Freeman**

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"Everywhere we turn, we see violence and hate and prejudice and anger and all of these negative emotions that are destroying humanity. And we have to wake up and take note of this and try to change our course, so that we can create a world of peace and harmony where future generations can live happily together."

-- Arun Gandhi

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**“Whatever community organization, whether it's a women's organization, or fighting for racial justice ... you will get satisfaction out of doing something to give back to the community that you never get in any other way.”**

**-- Ruth Bader Ginsburg**

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"If we talk about the environment, for example, we have to talk about environmental racism - about the fact that kids in South Central Los Angeles have a third of the lung capacity of kids in Santa Monica."

-- Danny Glover

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"Let America be America, where equality is in the air we breathe."  
-- Langston Hughes

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**"The ugliness of bigotry stands in direct contradiction to the very meaning of America."  
-- Hubert Humphrey**

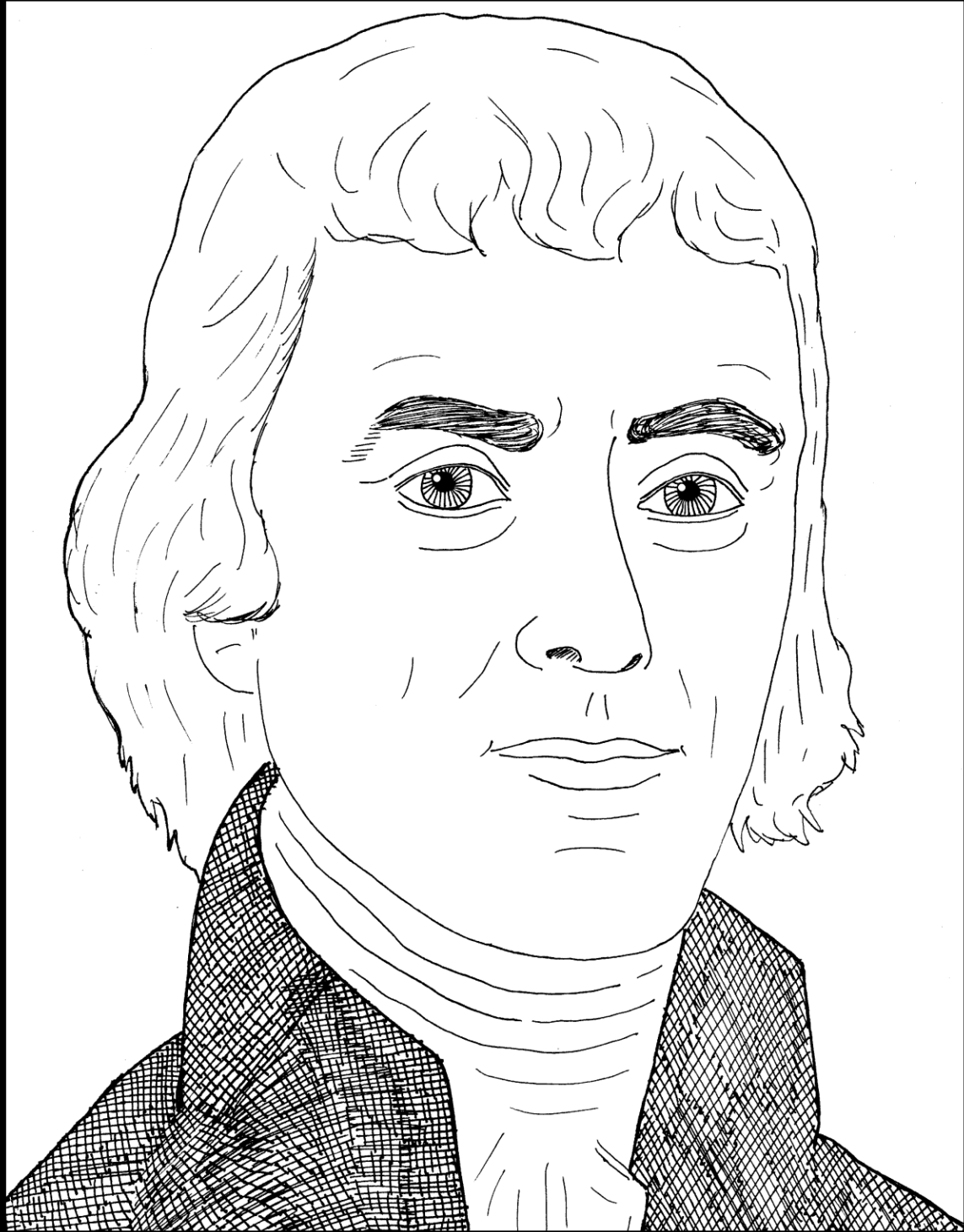
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**"Bigotry is the disease of ignorance, of morbid minds...  
Education and free discussion are the antidotes of both."**

**-- Thomas Jefferson**

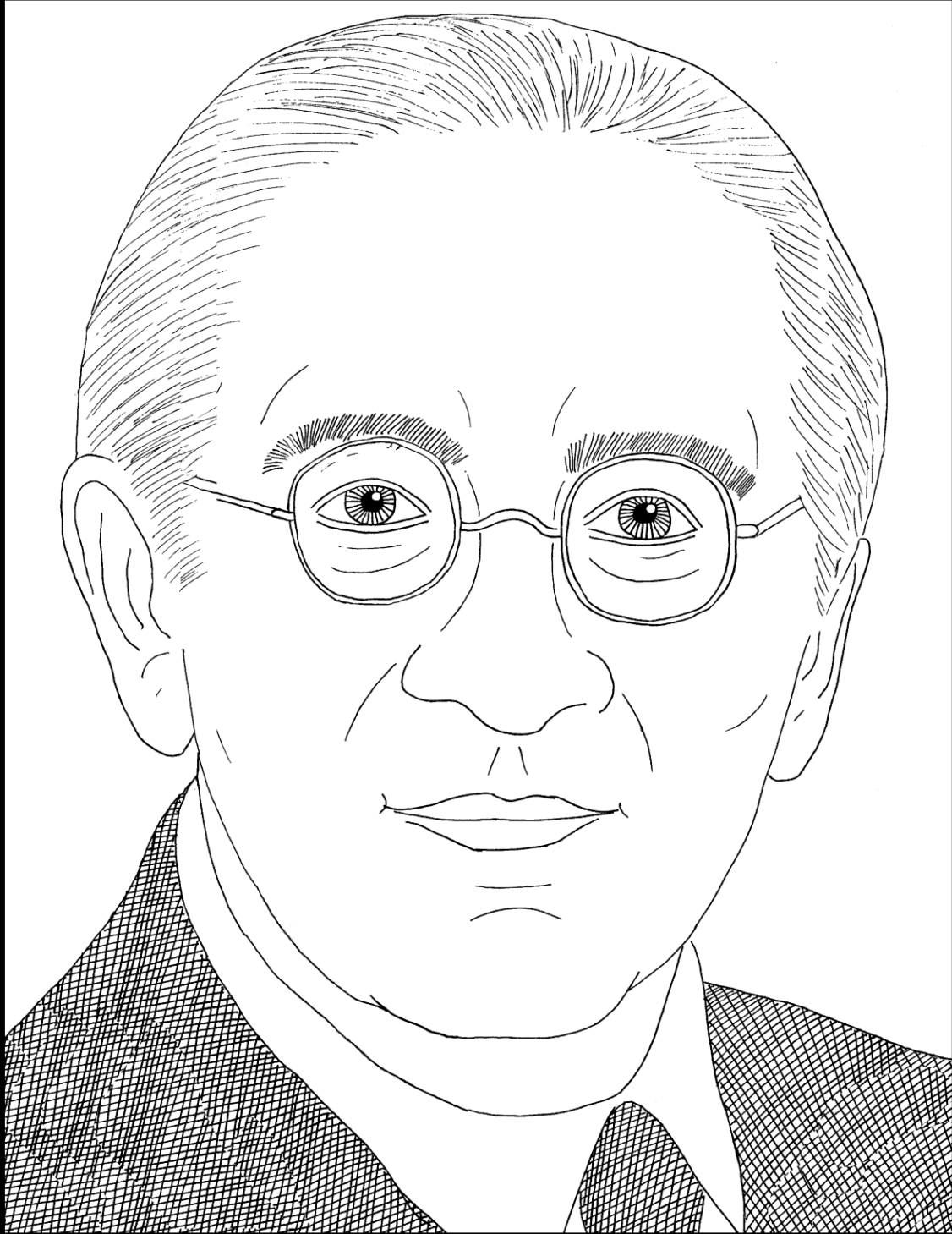
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**"In order to create a new history for mankind, human beings will first have to create a new history within themselves. They will have to liberate themselves from national, religious, racial, and class prejudices..."**

**-- Frederick Kettner**

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**"I believe all Americans who believe in freedom, tolerance and human rights have a responsibility to oppose bigotry and prejudice..."**  
-- Coretta Scott King

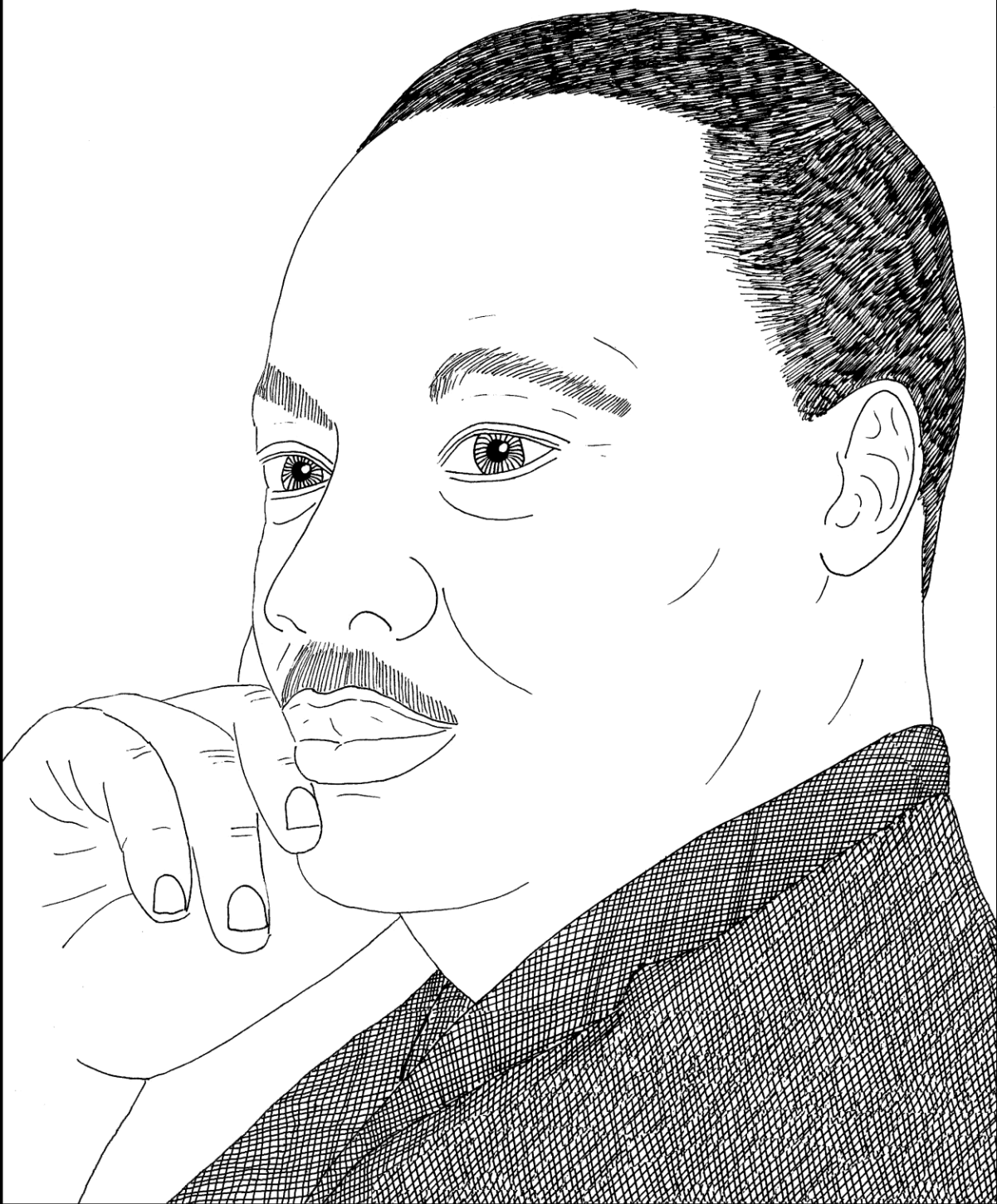
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# END RACISM DAY - MARCH 21

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"I refuse to accept the view that mankind is so tragically bound to the starless midnight of racism and war that the bright daybreak of peace and brotherhood can never become a reality.... I believe that unarmed truth and unconditional love will have the final word."

-- Martin Luther King, Jr.

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# END RACISM DAY - MARCH 21

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"What we need to do is learn to respect and embrace our differences until our differences don't make a difference in how we are treated."  
-- Yolanda King

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# END RACISM DAY - MARCH 21

MAKE A DIFFERENCE



MAKE A DIFFERENCE

**"The United States of America is a nation where people are not united because of those three glaring frailties: racism, injustices and inequities."**

**-- Yuri Kochiyama**

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"Poverty is a weapon of mass destruction. Joblessness is a weapon of mass destruction, homelessness, a weapon of mass destruction...racism, a weapon of mass destruction...We must disarm these weapons and renew our commitment to quality public schools and dedicated teachers and good housing and quality health care and decent jobs and stronger neighborhoods."

-- Dennis Kucinich

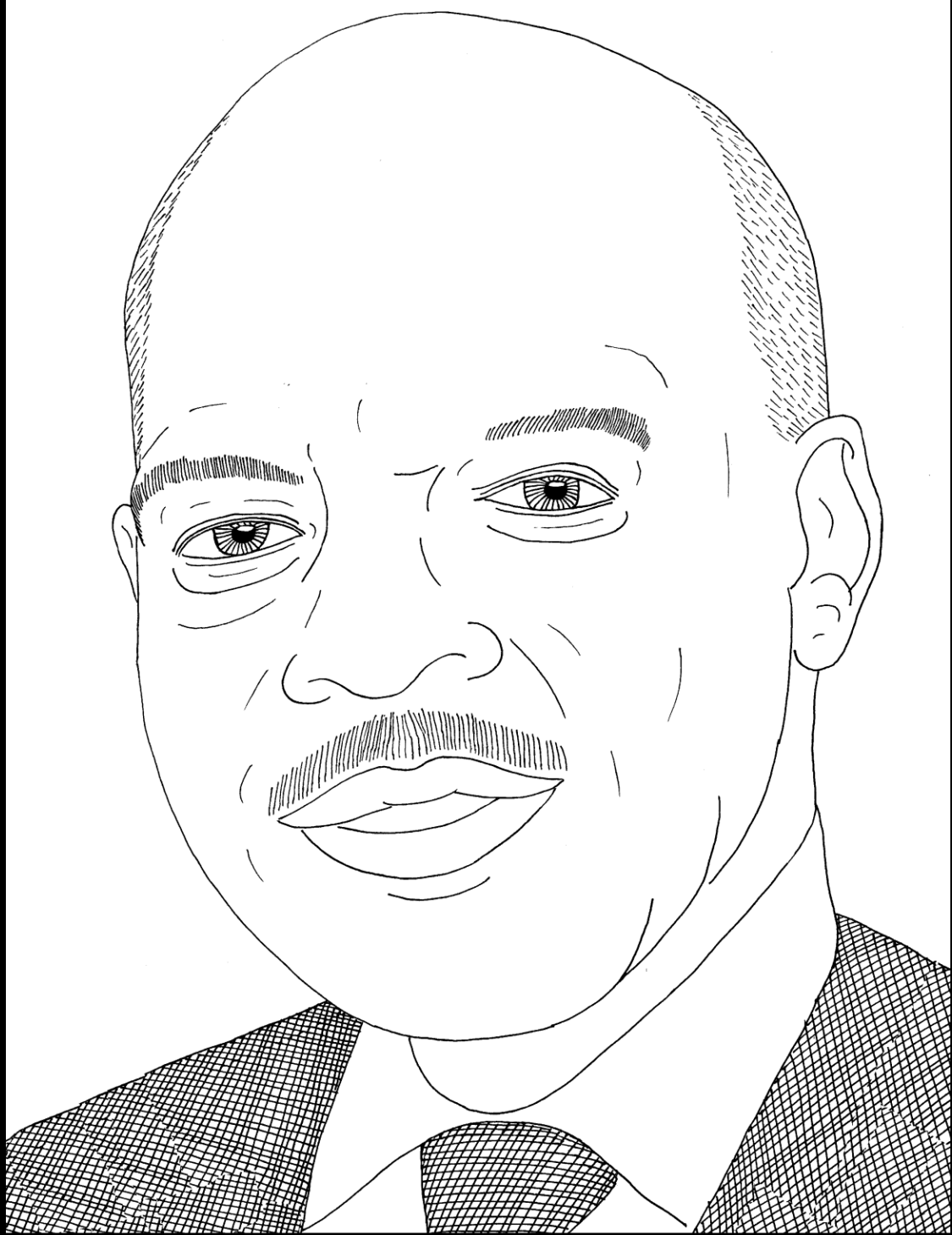
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"We've come a long way, but we still have a distance to go before all of our citizens embrace the idea of a truly interracial democracy, what I like to call the Beloved Community, a nation at peace with itself."  
-- John R. Lewis

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**"No one is born hating another person because of the color of his skin, or his background, or his religion. People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite."**

**-- Nelson Mandela**

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**"An intensive human rights education for all communities  
needs to be provided to overcome the old prejudices."**

**-- Ruth Manorama**

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"...war is never won... Only peace can be won and winning peace means not only avoiding armed conflict but finding ways of eradicating the causes of individual and collective violence: injustice and oppression, ignorance and poverty, intolerance and discrimination."

-- Federico Mayor

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# END RACISM DAY - MARCH 21

MAKE A DIFFERENCE



MAKE A DIFFERENCE

**"I resolutely believe that respect for diversity is a fundamental pillar in the eradication of racism, xenophobia and intolerance."  
-- Rigoberta Menchú**

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"We have to build things that we want to see accomplished, in life and in our country, based on our own personal experiences ... to make sure that others ... do not have to suffer the same discrimination."  
-- Patsy Mink

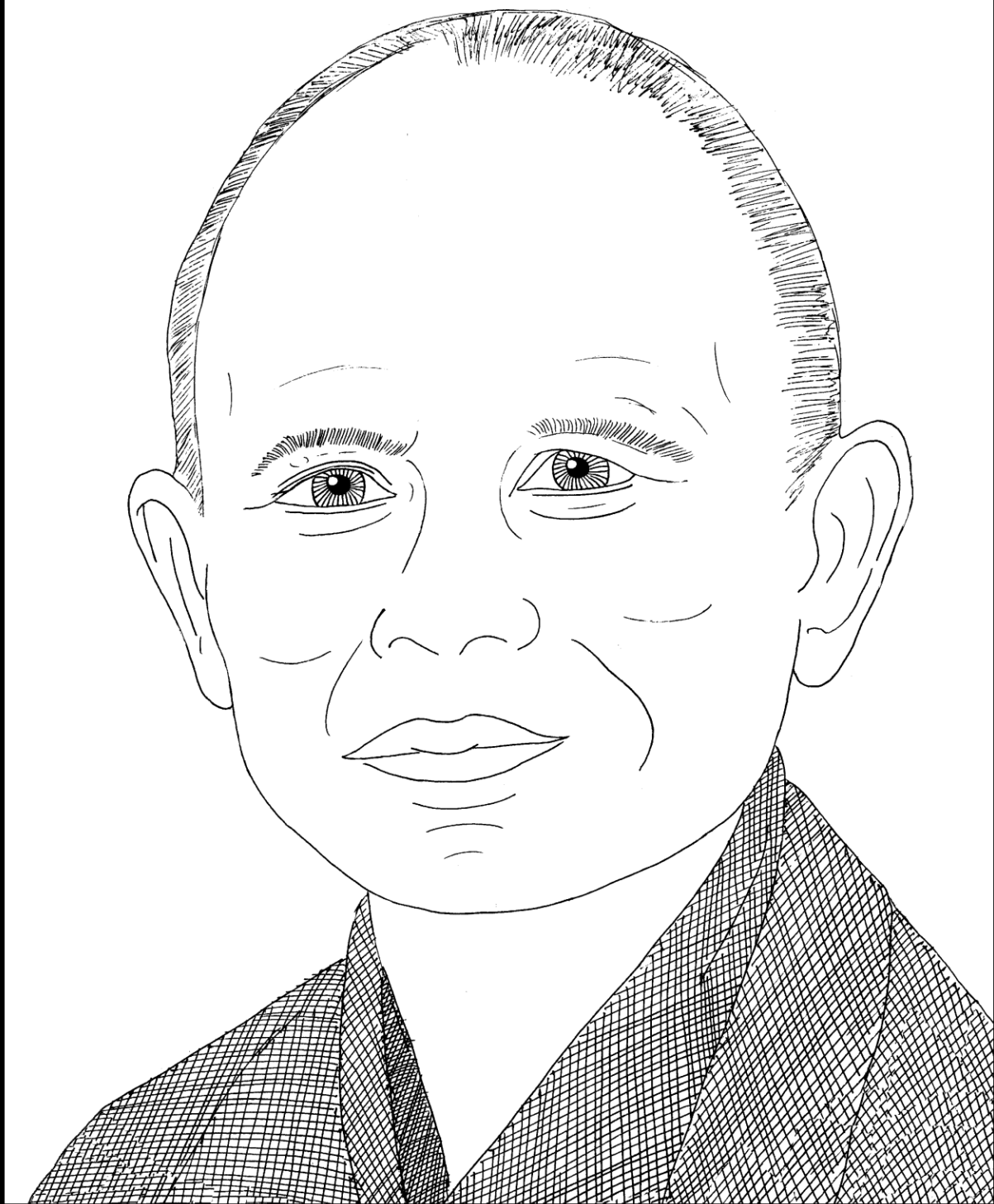
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"We often think of peace as the absence of war; that if the powerful countries would reduce their arsenals, we could have peace. But if we look deeply into the weapons, we see our own minds - our prejudices, fears, and ignorance...Seek to become more aware of what causes anger and separation, and what overcomes them. Root out the violence in your life, and learn to live compassionately and mindfully."

-- Thich Nhat Hanh

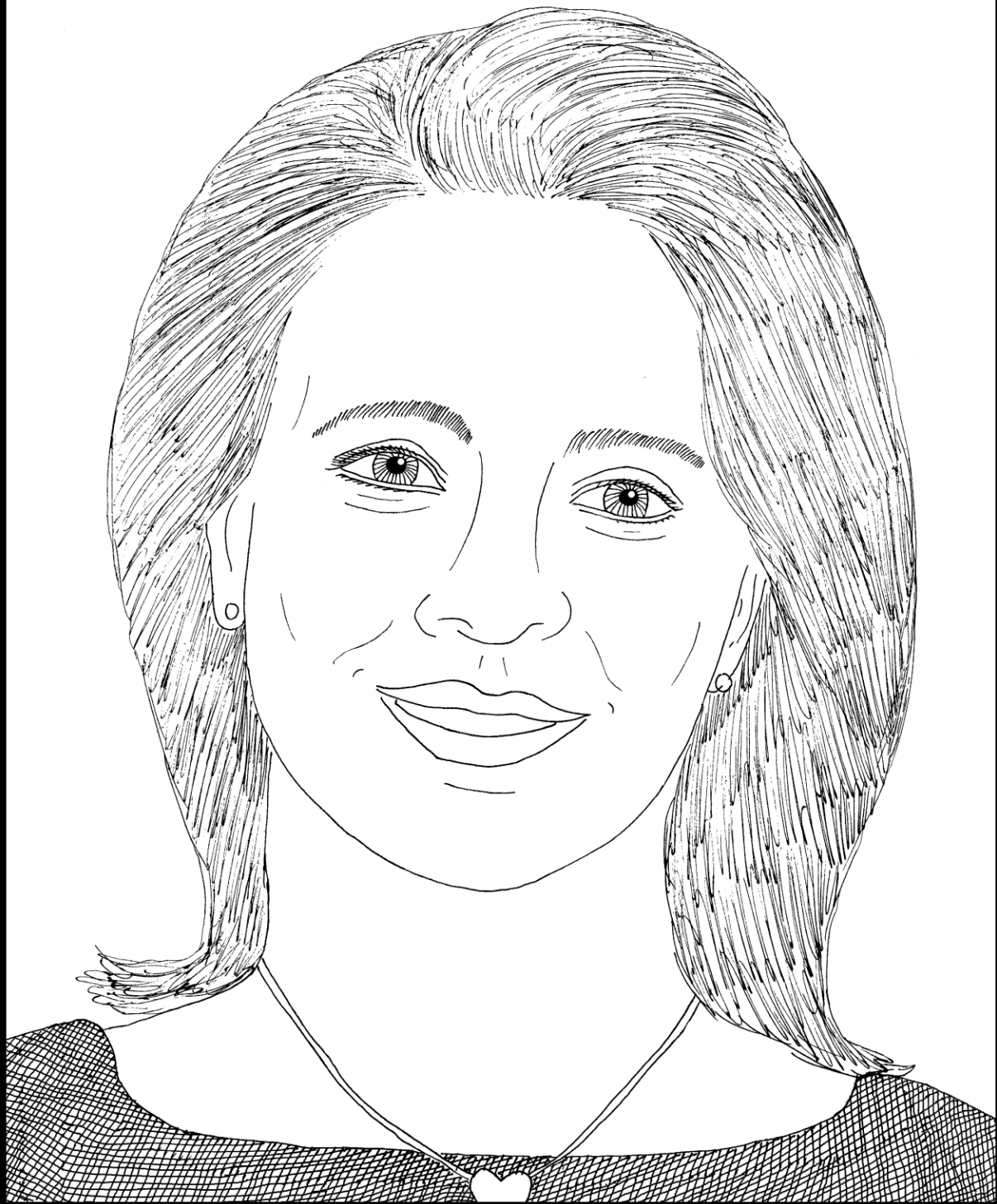
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**"As believers we all have an opportunity and moral obligation to recognize our spiritual common ground; to rise above our differences; to combat prejudice and intolerance."**

**-- Queen Noor of Jordan**

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**"Affirmative action is the most important modern anti-discrimination technique ever instituted in the United States. It is the one tool that has had a demonstrable effect on discrimination."  
-- Eleanor Holmes Norton**

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"Our goal is to have a country that's not divided by race."  
-- Barack Obama

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"Race is the great taboo in our society. We are afraid to talk about it. White folks fear their unspoken views will be deemed racist. People of color are filled with sorrow and rage at unrighted wrongs... Once we decide to transform ourselves from fearful caterpillars into courageous butterflies, we will be able to bridge the racial gulf and move forward together towards a bright and colorful future."

-- Eva Paterson

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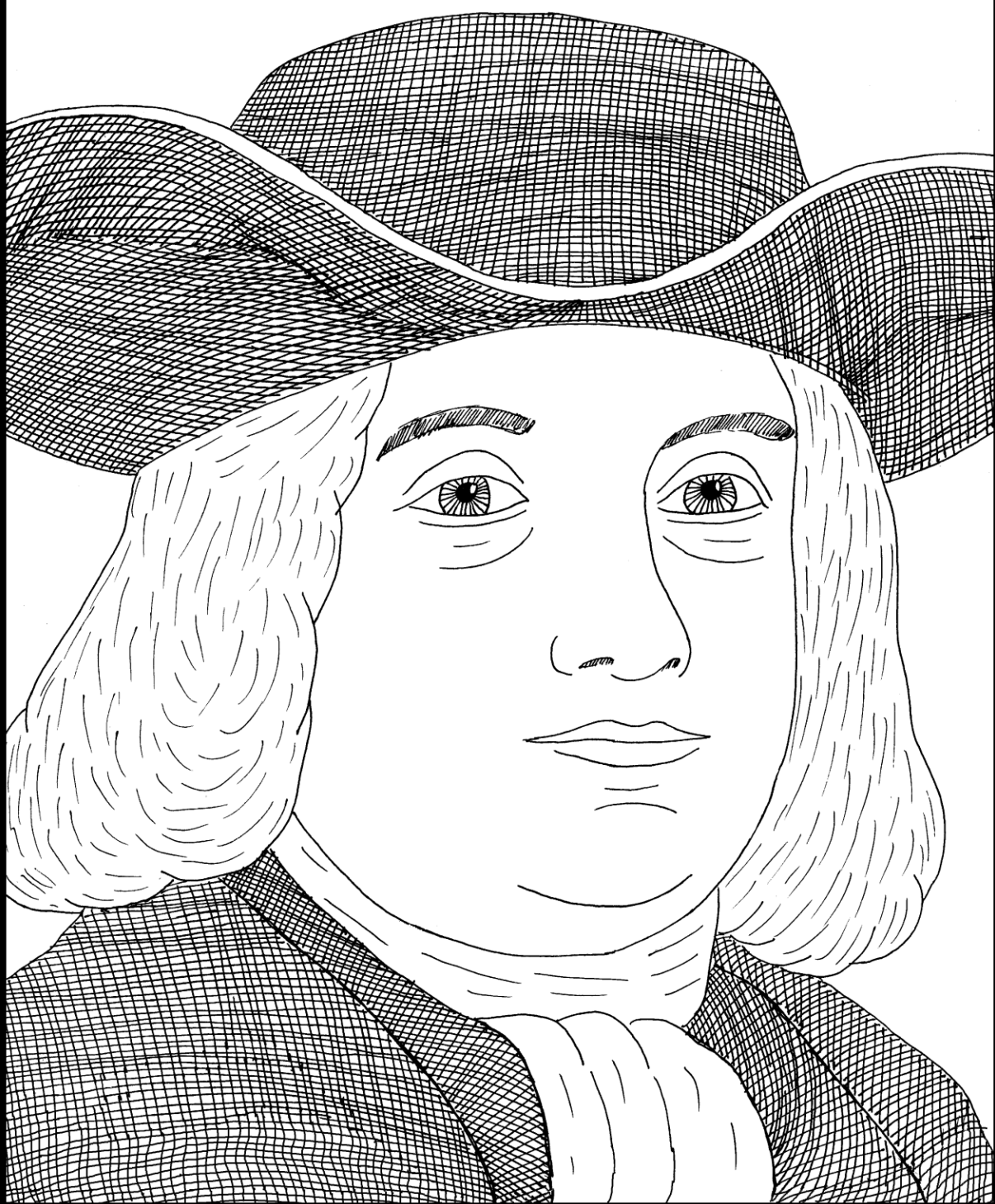
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"O Lord, help me not to despise or oppose  
what I do not understand."

-- William Penn

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"...we need to realize that we have a role to play in overcoming our own discrimination which is sometimes very subtly held..."

-- Bishop Samuel Ruiz Garcia

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# END RACISM DAY - MARCH 21

MAKE A DIFFERENCE



MAKE A DIFFERENCE

"...we all sometimes ... harbor some prejudices and all, but we have to know in our heart it's wrong. And we all want to remember that we are connected. And that any kind of racism is wrong."

-- Russell Simmons

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**"All human beings bear God's image and must be respected for what each person is. Therefore, no external description of one's being, whether based on race, ethnicity, gender or sexual orientation, can properly be used as the basis for either rejection or discrimination."**

**-- Bishop John Shelby Spong**

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"This is no simple reform. It really is a revolution. Sex and race because they are easy and visible differences have been the primary ways of organizing human beings into superior and inferior groups and into the cheap labor in which this system still depends. We are talking about a society in which there will be no roles other than those chosen or those earned."

-- Gloria Steinem

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# END RACISM DAY - MARCH 21

MAKE A DIFFERENCE



MAKE A DIFFERENCE

"How I wish we lived in a time when laws were not necessary to safeguard us from discrimination."  
-- Barbra Streisand

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**"If you judge people you have no time to love them."  
-- Mother Teresa**

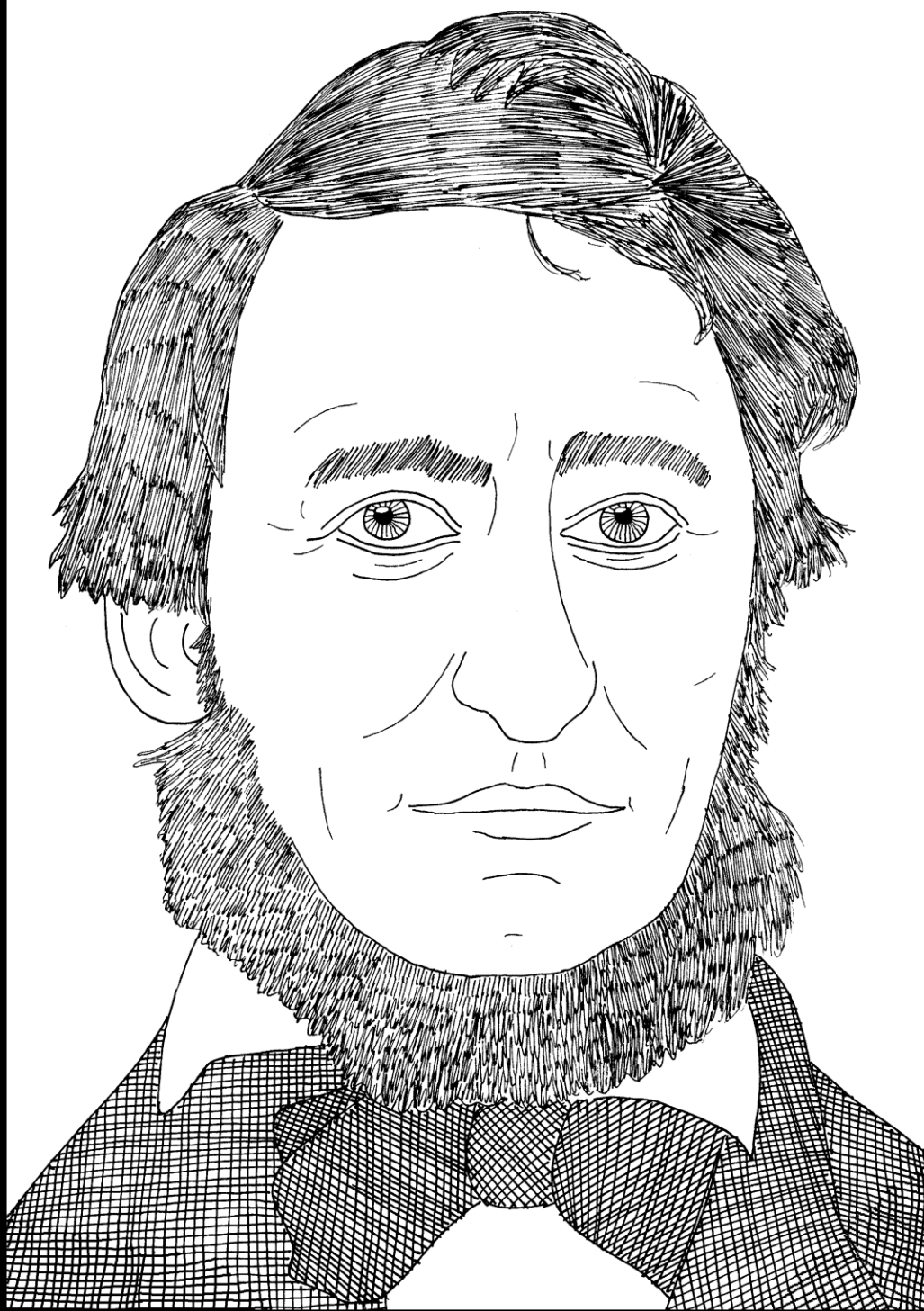
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"It is never too late to give up our prejudices."  
-- Henry David Thoreau

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"We have not yet tamed our own demons of racism, nationalism, sexism, and materialism. We have not yet made peace with a land we took by force and have only partly paid for. We are a teeming conglomeration of people from different tribes who have yet to embrace fully the humanness in one another. And none of us can be really free until all of us are."

-- Robert Thurman

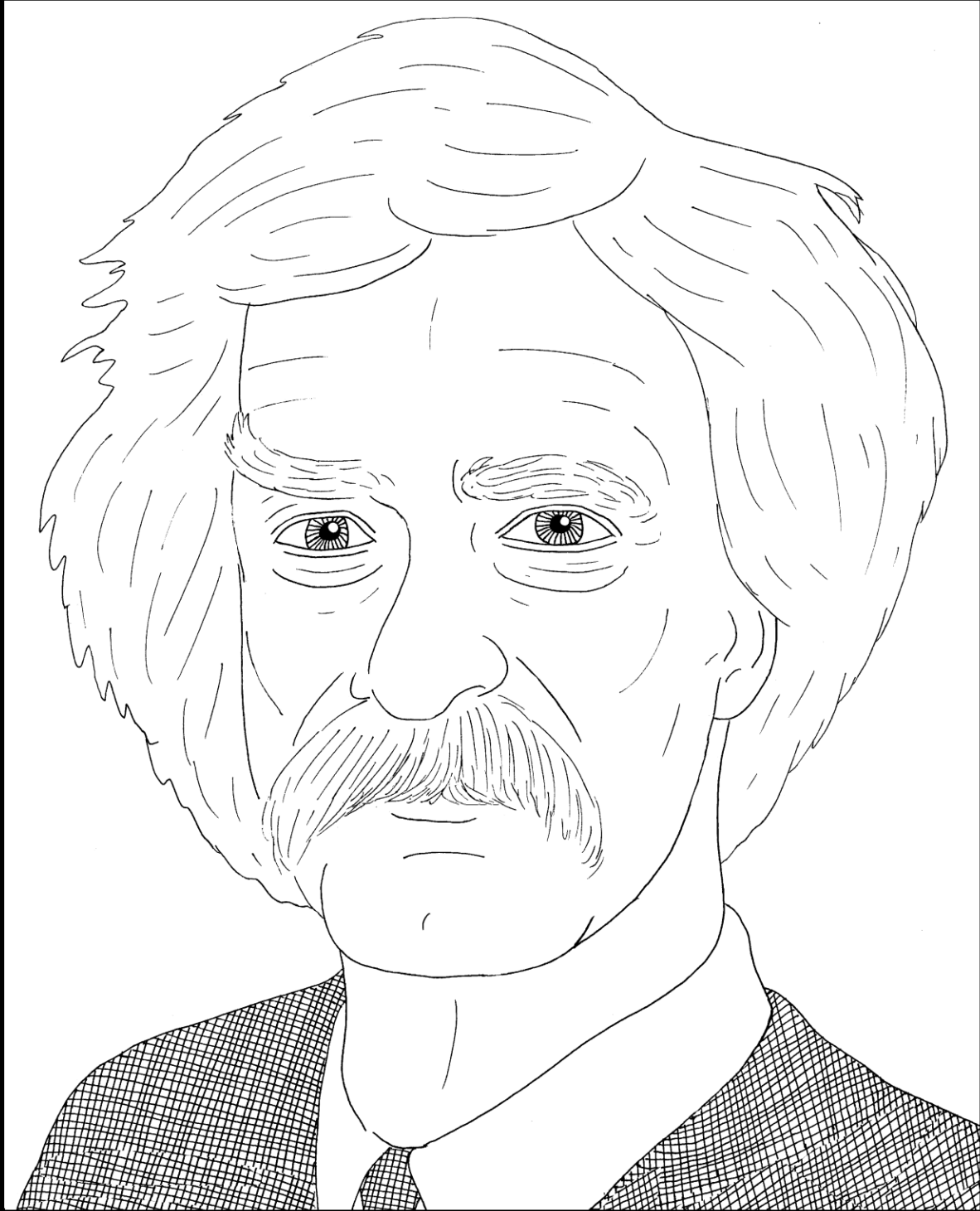
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**"I have no color prejudices nor caste prejudices nor creed prejudices. All I care to know is that a man is a human being, and that is enough for me; he can't be any worse."**

**-- Mark Twain**

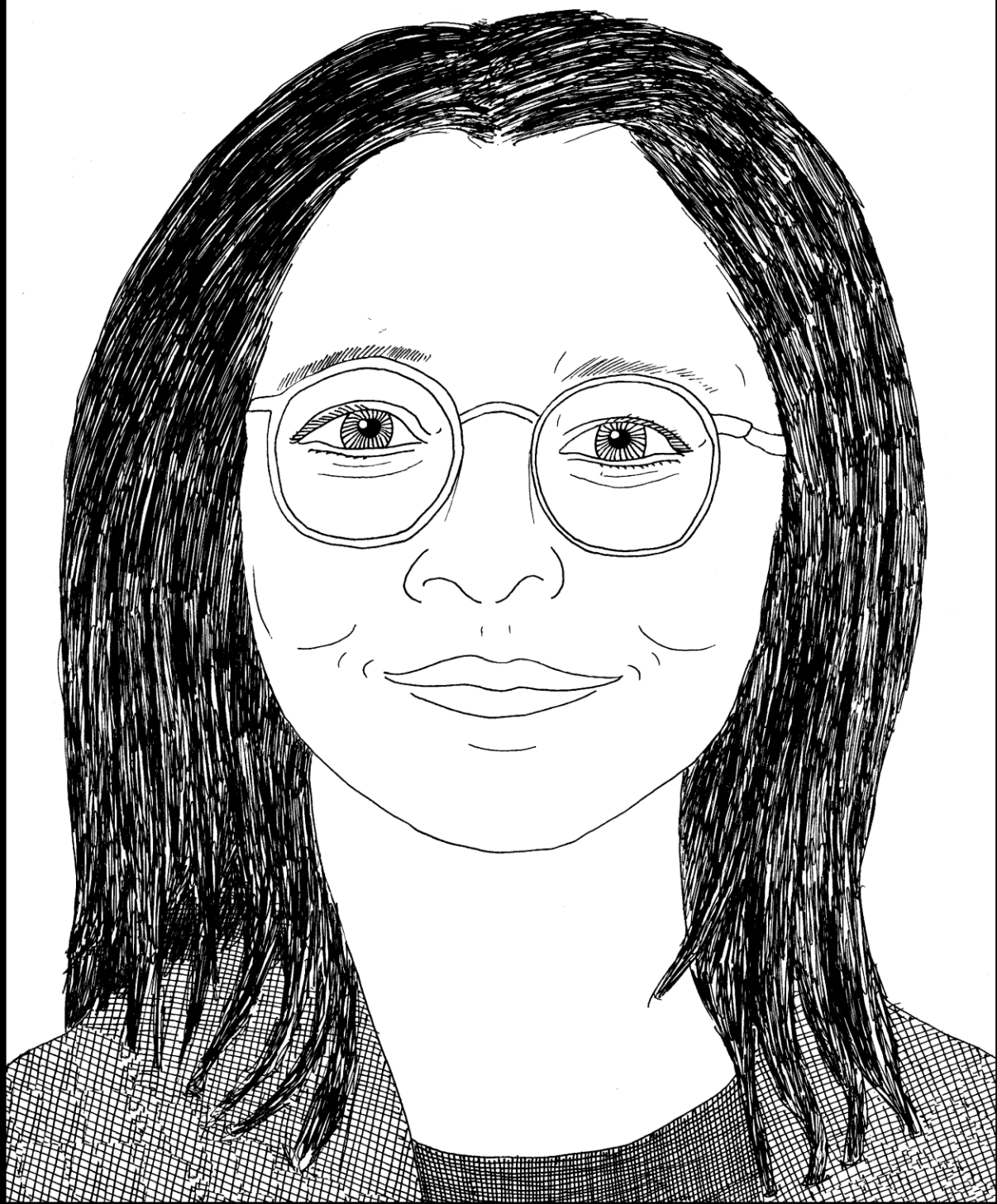
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"I think we have to own the fears that we have of each other, and then, in some practical way, some daily way, figure out how to see people differently than the way we were brought up to."  
-- Alice Walker

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# END RACISM DAY - MARCH 21

MAKE A DIFFERENCE



MAKE A DIFFERENCE

"I refuse to allow prejudice to defeat me."  
-- Dionne Warwick

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"I've been in this struggle for many years now. I understand racism. I understand that there are a lot of people in this country who don't care about the problems of the inner city. We have to fight every day that we get up for every little thing that we get. And so I keep struggling."  
-- Maxine Waters

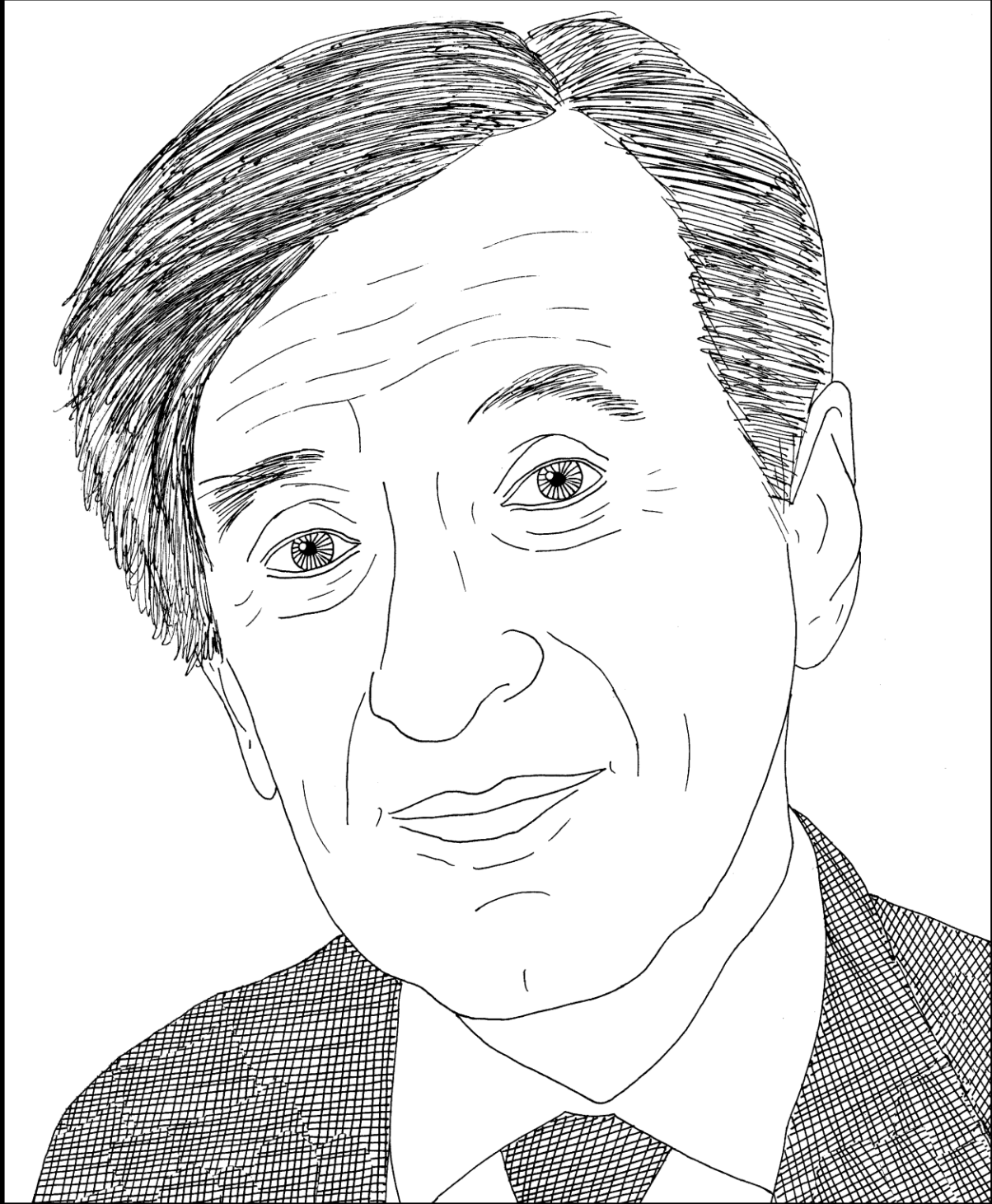
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**“We must take sides. Neutrality helps the oppressor, never the victim. Silence encourages the tormentors, not the tormented. Wherever anyone is persecuted for their race or political views, that place must become the center of the universe.”**

**-- Elie Wiesel**

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"Freedom is an indivisible word. If we want to enjoy it, and fight for it, we must be prepared to extend it to everyone, whether they are rich or poor, whether they agree with us or not, no matter what their race or the color of their skin."

-- Wendell Wilkie

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**"Love is what we are born with. Fear is what we learn.  
The spiritual journey is the unlearning of fear and prejudices  
and the acceptance of love back in our hearts."**

**-- Marianne Williamson**

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"Excellence is the best deterrent to racism or sexism."  
-- Oprah Winfrey

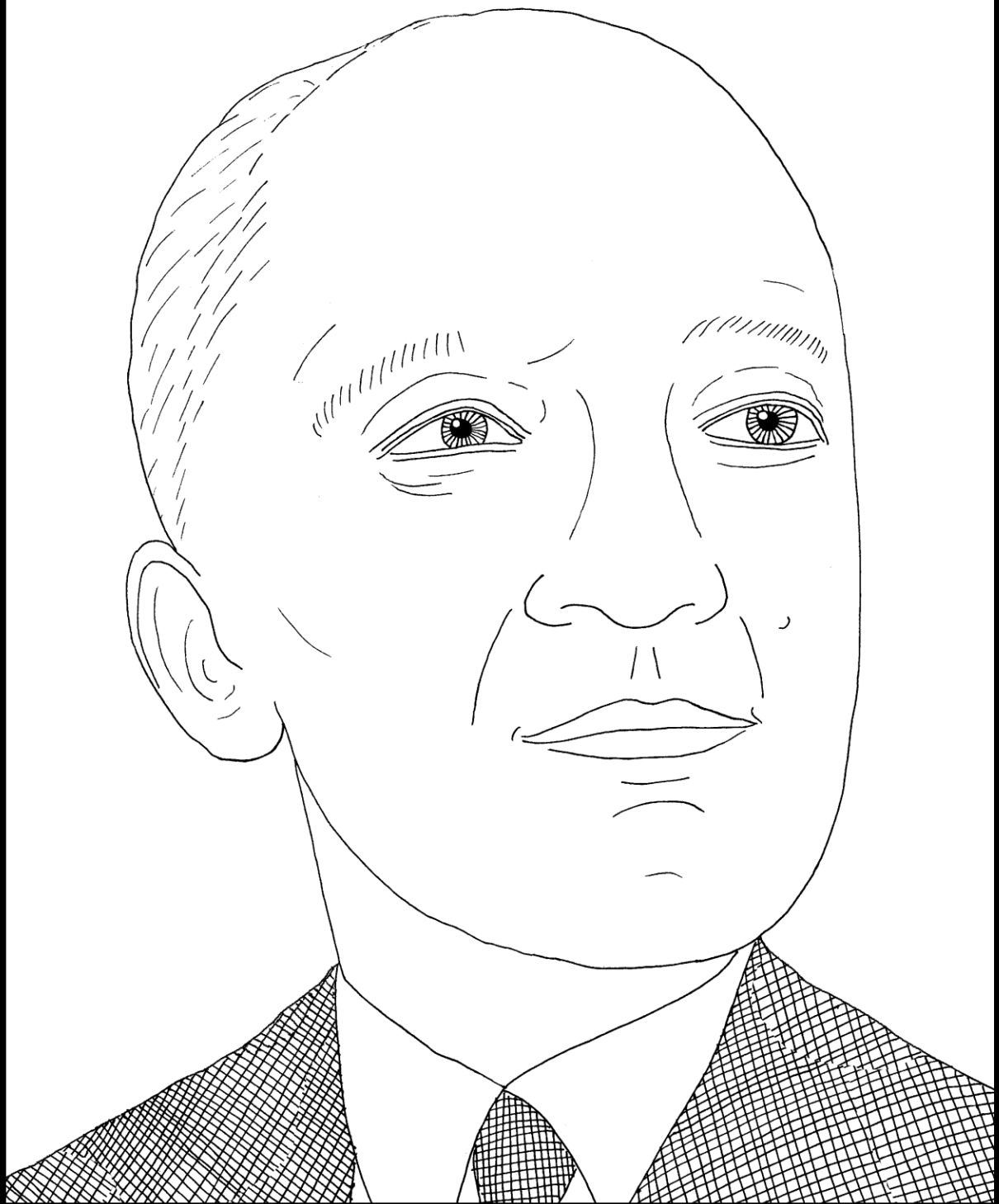
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# END RACISM DAY - MARCH 21

MAKE A DIFFERENCE



MAKE A DIFFERENCE

**"What we need is not a history of selected races or nations, but the history of the world void of national bias, race hate, and religious prejudice."**

**-- Carter Woodson**

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