

# NAACP

**"Of all the forms of inequality, injustice in healthcare is the most shocking and inhumane." Martin Luther King jr.**

## Emmett Till Antilynching Act

The Emmett Till antilynching Act, also known as HR 35 was introduced on 1/3/19 by Bobby Rush, Democrat of Illinois. This bill follows passage of a successful antilynching bill in the senate. If passed this would make lynching a federal hate crime. Please call Billy Long (202) 225-6536 and ask him to support this legislation. If this legislation passes both the House and the Senate, it would be the only successful bill of more than 200 filed since 1890.

## High Stress Levels Lead to Worse Health Outcomes

In an article by the Mayo Clinic on April 19th 2019, known outcomes of stress increase the risk of high blood pressure, heart disease, diabetes and obesity. These diseases disproportionately affect the African American Community.

## Meet Brandon Rachal, BSN/MSN

*Tell us about your background.* I grew up in Port Allen, LA, went to public school there and then attended college at LSU on academic scholarships. After four years of school and

multiple changes of majors, I decided to go to nursing school. After starting nursing school I failed Pharmacology and had to start over. In my nursing class at LSU of 60 I was the only black male. After two years working in the Barnes Children's Hospital in St. Louis I went back to school to get my Masters of Nursing Education. We moved to Springfield in 2014 where I have held several positions as an educator and am currently the Campus pastor at The Courageous Church.

*What kind of nursing have you practiced, and what is your job now?* The job I start on July 1st will be at MSU as the co-ordinator of the simulation center. My title is Assistant Clinical Professor. I have worked in the pediatric ICU, faculty at the Cox and UMSL nursing programs and as an educator and Executive Director for Integrity Home Care + Hospice.

*What can you tell us about your family?* I am an only child and my



## Juneteenth Celebration



Journey Stegall reading about her mother, Tehesha Collins-Stegall, Nurse Practitioner

On June 29th the NAACP hosted the annual celebration of the notification on June 19th, 1865 that enslaved people had been freed two years previously.

- Multiple community organizations, groups and political movements were present teaching about their respective activities. Springfield Police and Fire Departments were present and participating.
- Parts of "The Milly Project" were performed during the event.



Adora Snead as Milly and Londyn Wheeler as Easter performing "The Milly Project".

mom was a single mother. My mom taught kindergarten and first grade for 33 years. She is retired from public school and is teaching pre-school. I am married and have two children, Hudson, 3 years old and Noah, 5 years old. My wife Meagan's heart is pursuing photography. She enjoys capturing birth and other vulnerable moments.

*What obstacles have you had to overcome so far in your education and career?* Mostly my barriers have been a lack of resources. My mom struggled but was able to give me everything I needed to succeed. She arranged opportunities for me to grow and be supported by others. *Who were your role models growing up?* There were few black role models for me growing up in Port Allen. I had primarily female teachers and didn't play sports. The 4H leader in middle school, a young white man by the name of Todd, really invested in me. The 4H has a leadership component and with his guidance I became a state officer. He became a father figure for me, taught me to shoot a rifle and put a worm on a hook. He was the best man at my wedding.

*What advice would you offer for our youth?* The only true barriers are the ones you impose on yourself. Don't ever take "No" for an answer, keep coming back. When you share your vision with others, realize they will not be as impassioned as you are. Be your own cheerleader.

*Have you ever experienced racism?* Yes, at the bedside but only once did a family request a different nurse. Because my high school was 60% black and 40% white, there were few incidents of overt racism. I liked a white girl in the seventh grade but her dad objected. Although I have been stopped while driving black in Louisiana, it has not happened here. I have not experienced much institutional racism, the system has largely worked in my favor.

*What do you do for fun?* I am an avid reader, currently reading a book called "Followership". Being a good follower is part of being a leader and leadership. I like to work out and have enjoyed cycling in the past. *Where do you see yourself in 10 years?* I don't have a specific plan, my calling is to "pour into people", liberate them to fulfill their purpose. I intend to be a nurse/educator/pastor, whatever God wants.