



# Giraffe Heroes Project

#StickYourNeckOut

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Dear JOHN,

The pandemic marches on, the "normal" crises abound, and always, everywhere, there are people standing up, speaking out, being brave and caring in the midst of the fear and chaos. Let their stories light up your day.

*As long as there are Giraffes, there's hope—*  
Ann Medlock Founder



*These are "teasers," quick looks at new Giraffes.  
For their full stories, click on their names, in blue.*



[Richard Apramian](#) stepped away from his dream of attending medical school so he can help people who are ill *now*. He's volunteering as an emergency medical technician, a job that includes working on ambulances that get Covid patients to hospitals.

Mexican journalist [Carmen Aristegui](#) regularly reports on scandals and abuses, making the nation's powerful so angry she's been fired from several networks. Despite the firings, hacks of her computer, and threats against her and her family, she continues undaunted, broadcasting on *CNN en Español*, and getting the facts to her millions of Twitter followers.



When he was a teenager [Eli Beer](#) started a volunteer medical rapid-response team in Jerusalem, using GPS technology to dispatch medics on motorcycles that can reach victims more quickly than ambulances. Now his United Hatzalah is a worldwide volunteer organization, rescuing hundreds of thousands of victims all over the world and training emergency medical technicians. After recently surviving Covid-19, Beer immediately donated blood to pandemic research efforts.

In 1968, a day after the assassination of Martin Luther King, Jr., third-grade teacher [Jane Elliott](#) facilitated an exercise with her all-white students in rural Iowa: She divided them into a "superior" brown-eyed group and an "inferior" blue-eyed group, giving them an experience of unreasonable prejudice. Elliott was reviled by many, including people in her own school and town but the highly effective exercise has been used in diversity training ever since. The hostile kickback has continued throughout Elliott's long career as a successful educator on the fallacy of "race."







High school student [Daniel Goldberg](#) started Zoomers to Boomers—a group of teenaged volunteers who pick up groceries at stores and deliver them at no charge to people who are susceptible to contracting the coronavirus. The organization has expanded to cities across the U.S., with hundreds of volunteers like [Megan Leong](#), giving their time and risking their health to make thousands of deliveries to people who often have no other human contact.



[Asma Hanif](#) climbed out of poverty to become a nurse and to create a free clinic for the poor in Baltimore, and then a shelter where she lives with and takes care of indigent and victimized Muslim women. She provides them not only a home but also medical care, education, and counseling, and in this time of pandemic, she's been taking masks and cleaning supplies to the homeless of the city. The abusive men her shelter's residents have escaped from are an ever-present danger and raising money is a constant worry, but Hanif endures, seeing how vital these services are to the women and children who come to her.

[Lisa Hobbs](#)' husband was on a work crew when he was crushed by a truck that didn't have an audible back-up beeper. When Kentucky's Occupational Safety and Health Administration (OSHA) ruled that no procedures had gone wrong, Hobbs channeled her grief into a campaign for workplace safety, despite hostility from the state. After years of her efforts, the federal OSHA office found that Kentucky was remiss not only in this incident but in many others. The state is now trying to amend its safety regulations so other families don't lose loved ones in negligent workplaces.







[Lauren Leander](#) is a nurse in Arizona who's isolated from her family because she's working full-time in a pandemic-response unit. When she heard that people who believe the crisis is a hoax were rallying to demand the governor lift anti-pandemic restrictions, she led a group of her fellow nurses to stand between the mob and the governor's office, conveying a powerful message of how real the crisis is. The mob screamed insults, and a state senator called the nurses actors. Leander continues to speak out about the reality of the suffering and death she sees every day.

Because [Antoine Robinson](#) is a paramedic with the Fire Department of New York City *and* the volunteer leader of the Bedford-Stuyvesant Volunteer Ambulance Corps—and because there's a pandemic—he's on ambulance duty day and night. The volunteer service constantly needs funding for supplies and protective gear but Robinson and his team go on, helping New Yorkers survive. (And we must tell you that he's the son of Giraffe Hero [Rocky Robinson](#).)



When she read about the pandemic overwhelming New York's hospitals, nurse [Brittany Sims](#) resolved to help even though it meant borrowing money for a plane ticket, and getting her mom to take care of her three kids. She went to work at Brooklyn Hospital, taking care Covid patients. After a month of crisis nursing, despite exhaustion and missing the children, she signed on to keep going, the need was still so great.

[Jianli Yang](#) was born in China and came to the United States to pursue an academic career. On a return to China he witnessed the Tiananmen Square massacre and was moved to become an activist for a peaceful transition to Chinese democracy. On a subsequent visit to China, he was imprisoned for five years and then expelled back to the United States. Yang goes on, speaking before groups around the world, advocating for the rights of the people of China.



We hope these Giraffe Heroes gave you some hope in this dire time.

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