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If you're in a race with someone and they run 800 meters before you're able to start running, how could you possibly catch up? That's what happened to African-Americans when they were finally given legal protection against discrimination. Martin Luther King Jr's dream came true for the most part. However, the effects of what happened when they didn't have protection are still affecting African-Americans today, and they're frantically racing to make up for the 800 meters they lost.

When the Civil Rights Act of 1964 was passed, a switch wasn't automatically flipped; while African-Americans were legally protected, it didn't stop the brutality and racism problem in the U.S. Furthermore, the vicious things they experienced affect their children, their grandchildren, and so on.

For example, when pools were segregated, white people would pour acid and nails into pools labeled "colored." African-Americans stopped going to pools. Now, 64% of African-American children don't know how to swim because they, most likely, didn't have anyone to teach them. Additionally, plantation owners used to make male slaves have children with multiple women slaves. To deal with the trauma of this, males would become mentally detached from their families. Now, only 36% of black children live with married parents opposed to 85% of Asian children and 74% of white children who live in two-parent households.

Last year in 2020 we saw more mainstream proof than ever about the systemic oppression and brutality that African-Americans, and all people of color, experience. Despite all the legal protection people of color have, they are still on the losing side of the race that they didn't have an equal start in.

As Americans, it is our duty to honor Dr. King's legacy by acknowledging injustices towards people of color prevalent in society today and work together to overcome them.