

-----Original Message-----

From: Herren, Michelle MD

Sent: Monday, November 28, 2016 10:42 PM

To: [REDACTED]

Subject: FW: Apology

Hi [REDACTED],

Wow, well offending an enormous group of people was never my intention! I have become frustrated with the acceptance of the most despicable things being said and done against our newly elected first family, however, it is never acceptable to have negative remarks against the Obama family. I am disgusted with them personally, however, it has never been about race... period. I feel the race card gets pulled out in the reverse fashion and serves to discriminate against non-african American people, which is also racist. I never intended to offend anyone, nor imply that I have any negativity towards different races and I am very sorry that this took place on your post. My deepest apologies to anyone who has been hurt. My choice of words was terrible, disrespectful, and very out of character. I just wanted to forward you this email and apologize if you have felt any negativity from it. Also, to anyone else. I have promptly removed myself from Facebook. I clearly don't need to be throwing around my opinions that can be perceived in many different ways. I am horrified at the whole situation and want to express my deepest apologies for speaking without thinking.

Sincerely,  
Michelle Herren

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From: Herren, Michelle MD

Sent: Monday, November 28, 2016 10:30 PM

To: [REDACTED]

Subject: Apology

Dear [REDACTED],

I am extremely sorry that something that was posted out of frustration was sort of taken out of context and not meant to be hurtful to anyone. In retrospect it sounded horrible and I am deeply sorry. I have been frustrated with the media and so many Americans who have found it acceptable to badmouth Trump, his wife and his supporters and supposed entitled people, but if a person is not fond of our current president or First Lady, then they are automatically assumed to be racists. I am not fond of the policies, leadership and many unpatriotic acts that I have seen in the last 8 years and I personally do not care for Michelle Obama and am not in support of some of her actions. I should never say anything mean about any person period, but my remarks were out of frustration for what seems to be a double standard of who is "OK" to make fun of and who is not. I am very ashamed of myself for even making a negative remark or teasing a person about their looks, I think I have let the recent political unrest get the best of me and the apparent lack of our current President to speak out against violence and hateful acts. People who know me well know that I have never had a racist bone in my body, but as far as being opinionated about individuals that I don't care for, well, I sometimes get mouthy without thinking ahead. This is a big fault on my behalf. I have, however, never had a negative thought

based on someone's race, culture, religion, sex or sexual preference. I chose to work at Denver Health primarily because I want to give the best care to our undeserved populations including primarily minority groups, homeless folks, refugees, undocumented immigrants, and prison patients. I am honored to work there and truly believe that everyone "is" and should be treated equally. In my private and professional life, I try to detach myself from the negative opinions of the masses that only serve to frustrate and anger me. I let myself get caught up in the negativity of the current political situation and I spoke without thinking of how my words would be perceived. My dislike of the current politicians in charge revolves around many of the policies that they have enforced, not the actual people themselves, and I should never let my mouth say things like that, period. I absolutely understand how I look to everyone, and I did not mean for that to be the case. I am terribly sorry to have offended long time friends whom I adore, respect and would never ever mean to hurt. It was tacky and unkind and I regret letting a frustrating post trigger me to say something nasty about another person. It is not my normal nature and I just wanted to express my apologies to everyone. I am not sure who else (I am sure everyone) has had the displeasure of reading the post, but I would like to apologize for my words to everyone. It was very out of character, in poor taste, and not meant to degrade or belittle anyone.

Sincerely,  
Michelle Herren

-----Original Message-----

From: Herren, Michelle MD

Sent: Monday, November 28, 2016 10:43 PM

To: [REDACTED]

Subject: Apology

Dear [REDACTED],

I am extremely sorry that something that was posted out of frustration was sort of taken out of context and not meant to be hurtful to anyone. In retrospect it sounded horrible and I am deeply sorry. I have been frustrated with the media and so many Americans who have found it acceptable to badmouth Trump, his wife and his supporters and supposed entitled people, but if a person is not fond of our current president or First Lady, then they are automatically assumed to be racists. I am not fond of the policies, leadership and many unpatriotic acts that I have seen in the last 8 years and I personally do not care for Michelle Obama and am not in support of some of her actions. I should never say anything mean about any person period, but my remarks were out of frustration for what seems to be a double standard of who is "OK" to make fun of and who is not. I am very ashamed of myself for even making a negative remark and making fun of a person about their looks. I think I have let the recent political unrest get the best of me and the apparent lack of our current President to speak out against violence and hateful acts. In turn, I let myself fall into the trap of being just as bad and saying unkind things about a person. People who know me well know that I have never had a racist bone in my body, but as far as being opinionated about individuals that I don't care for, well, I sometimes get mouthy without thinking ahead. This is a big fault on my behalf. I have, however, never had a negative thought based on someone's race, culture, religion, sex or sexual preference. I chose to work at Denver Health primarily because I want to give the best care to our undeserved populations including primarily minority groups, homeless folks, refugees, undocumented immigrants, and prison patients. I am honored to work there and truly believe that everyone "is" and should be treated equally. In my private and professional life, I try to detach myself from the negative opinions of the masses that only serve to frustrate and anger me. I let myself get caught up in the negativity of the current political situation and I spoke without thinking of how my words would be perceived. My dislike of the current politicians in charge revolves around many of the policies that they have enforced, not the actual people themselves, and I should never let my mouth say things like that, period. I absolutely understand how I look to everyone, and I did not mean for that to be the case. I am terribly sorry to have offended long time friends whom I adore, respect and would never ever mean to hurt. It was tacky and unkind and I regret letting a frustrating post trigger me to say something nasty about another person. It is not my normal nature and I just wanted to express my apologies to everyone. I am not sure who else (I am sure everyone) has had the displeasure of reading the post, but I would like to apologize for my words to everyone. It was very out of character, in poor taste, and not meant to degrade or belittle anyone.

Sincerely,  
Michelle Herren

-----Original Message-----

**From:** Herren, Michelle MD

**Sent:** Monday, November 28, 2016 10:47 PM Mountain Standard Time

**To:** [REDACTED]

**Subject:** Apology

Dear [REDACTED] (and [REDACTED] if possible),

I am extremely sorry that something that I posted out of frustration was sort of taken out of context and not meant to be hurtful to anyone. In retrospect it sounded horrible and I am deeply sorry. I have been frustrated with the media and so many Americans who have found it acceptable to badmouth Trump, his wife and his supporters and supposed entitled people, but if a person is not fond of our current president or First Lady, then they are automatically assumed to be racists. I am not fond of the policies, leadership and many unpatriotic acts that I have seen in the last 8 years and I personally do not care for Michelle Obama and am not in support of some of her actions. I should never say anything mean about any person period, but my remarks were out of frustration for what seems to be a double standard of who is "OK" to make fun of and who is not. I am very ashamed of myself for even making a negative remark and making fun of any person about their looks. I think I have let the recent political unrest get the best of me and the apparent lack of our current President to speak out against violence and hateful acts. In turn, I let myself fall into the trap of being just as bad and saying unkind things about a person whom I do not agree with. People who know me well know that I have never had a racist bone in my body, but as far as being opinionated about individuals that I don't care for, well, I sometimes get mouthy without thinking ahead. This is a big fault on my behalf. I have, however, never had a negative thought based on someone's race, culture, religion, sex or sexual preference. I chose to work at Denver Health primarily because I want to give the best care to our undeserved populations including primarily minority groups, homeless folks, refugees, undocumented immigrants, and prison patients. I am honored to work there and truly believe that everyone "is" and should be treated equally. In my private and professional life, I try to detach myself from the negative opinions of the masses that only serve to frustrate and anger me. I let myself get caught up in the negativity of the current political situation and I spoke without thinking of how my words would be perceived. My dislike of the current politicians in charge revolves around many of the policies that they have enforced, not the actual people themselves, and I should never let my mouth say things like that, period. I absolutely understand how I look to everyone, and I did not mean for that to be the case. I am terribly sorry to have offended long time friends whom I adore, respect and would never ever mean to hurt. It was tacky and unkind and I regret letting a frustrating post trigger me to say something nasty about another person. It is not my normal nature and I just wanted to express my apologies to everyone. I am not sure who else (I am sure everyone) has had the displeasure of reading the post, but I would like to apologize for my words to everyone. It was very out of character, in poor taste, and not meant to degrade or belittle anyone. I truly hope that you find my words to be sincere, I have been so blessed in my life to have such good friends and my last intention in the world is to destroy relationships due to a thoughtless remark in response to another person's nasty post.

Sincerely,  
Michelle Herren

**From:** Herren, Michelle MD  
**Sent:** Monday, November 28, 2016 11:28 PM  
**To:** [REDACTED]  
**Subject:** FW: Apology

Hi [REDACTED] thank you very much for the call I really appreciate it. It was never my intention to hurt anyone and sound like I don't care for an entire race just because I don't care for Michelle Obama. I can't imagine what possesses me to say things negative about another person when I despise that very act! It was extremely hypocritical and not like my normal self at all. I can absolutely see how horrible it sounded and it was a poor choice of words, a poor decision to write anything at all, and foolish to let my dislike for a particular person to sound generalized to a huge group of people. I just want to apologize sincerely. The thing that I can't stand about the Republican Party is their stance on a lot of different social issues and I don't agree with them. Now both parties have acted quite despicably and I can throw myself in there as one of them. Just awful. I unfortunately don't know who all has had the misfortune of reading that post. I tried to post an apology but I'm not sure that it went through because I promptly deactivated my Facebook account. It has only served as a source of stress, inaccurate information, and breeds hatred. Unfortunately family pictures don't seem to make up for all the nastiness that I read on there and now I have slipped into being one of the nasties myself, so I have respectfully dismissed myself from further hurting others.☺. If you happen to encounter someone who may need to read this message would you please forward it to them. I haven't had the opportunity to see just how many people this has affected and I apologize from the bottom of my heart for hurting dear dear friends.

Thanks,  
Michelle