

HISPANIC HERITAGE MONTH



IN THIS ISSUE:

Info on Hispanic Heritage, Podcasts,
Resources, and more!

[SEE OUR COLLECTION](#)



Highlighting Latinx in Science & Medicine



Growing up in New York, **Dr. Helen Rodriguez Trías** (1929-2001) faced discrimination in academia because she was a Latina. Nevertheless, she continued to work hard in school and got her medical degree from Universidad de Puerto Rico.

She founded Puerto Rico's first infant health clinic. Then in 1993, She became the first Latina president of the American Health Association.

Mario Molina (1943-2020), a Mexican chemist, discovered chlorofluorocarbons (CFCs) have a negative impact on the ozone layer. At the time, CFCs were being utilized as refrigerants, aerosol sprays, and in making plastic foams. Mario along with his mentor began to share his research with the world warning them of the dangers of CFCs. IN 1995 he and his mentor were awarded the Nobel Prize in Chemistry.



Hispanic Heritage Q&A

Q: WHY SEPTEMBER 15-OCTOBER 15TH?

A: BECAUSE 5 HISPANIC NATIONS SHARE SEPTEMBER 15TH AS THEIR INDEPENDENCE DAY! COSTA RICA, EL SALVADOR, GUATEMALA, HONDURAS, AND NICARAGUA. MEXICO FOLLOWS ON SEPTEMBER 16TH AND CHILE'S IS ON SEPTEMBER 18TH.

Q: WHEN DID HISPANIC HERITAGE MONTH START?

A: PRESIDENT LYNDON B JOHNSON BEGAN A WEEK-LONG OBSERVANCE OF HISPANIC HERITAGE IN 1968, AND 20 YEARS LATER PRESIDENT RONALD REAGAN EXTENDED IT TO A MONTH!

Q: WHAT'S UP WITH "HISPANIC" VS "LATINO"?

A: SOMEONE WHO IS HISPANIC IS FROM A COUNTRY WHERE SPANISH IS THE NATIVE LANGUAGE. SOMEONE WHO IS LATINA/LATINO/LATINX IS FROM A COUNTRY IN LATIN AMERICA. IT IS IMPORTANT TO NOTE, HOWEVER, THE LABEL HISPANIC, HOWEVER, IS NOT WITHOUT CRITICISM. THE TERM HISPANIC WAS INTRODUCED IN THE US CENSUS IN 1980. AS A RESULT, IT IS NOT A TERM THAT ORIGINATED FROM THE COMMUNITIES IT LABELS. FOR MANY, HISPANIC IS PROBLEMATIC BECAUSE IT EMPHASIZES SPAIN WHO COLONIZED THE LANDS AND IT IGNORES THE INDIGENOUS, AFRICAN AND OTHER IDENTITIES THAT ARE PART OF THEIR ANCESTRY. AS A GENERAL RULE, IT IS IMPORTANT TO REFERENCE PEOPLE IN THE WAYS THEY CHOOSE SO IF YOU ARE IN DOUBT OF HOW SOMEONE IDENTIFIES AND IT IS IMPORTANT TO KNOW, ASK RESPECTFULLY.

Q: WHY ARE PEOPLE USING LATINX AS OPPOSED TO LATINA OR LATINO?

THE TERM LATINX EMERGED FROM A DESIRE TO MAKE THE MASCULINE AND FEMININE TERMS LATINO AND LATINA GENDER-INCLUSIVE OF PEOPLE WHO IDENTIFY BEYOND THE GENDER BINARY. THE LETTER "X" IS USED AS REPRESENTING THE UNKNOWN SIMILAR TO HOW "X" REPRESENTS IN ALGEBRA A VALUE THAT IS NOT YET KNOWN.

[HTTPS://WWW.HISTORY.COM/NEWS/HISPANIC-LATINO-LATINX-CHICANO-BACKGROUND](https://www.history.com/news/hispanic-latino-latinx-chicano-background)

HERE ARE SOME ARTICLES TO LEARN MORE.

[HTTPS://WWW.TEENVOGUE.COM/STORY/PROBLEMATI
C-HISTORY-OF-HISPANIC-WORD](https://www.teenvogue.com/story/problematic-history-of-hispanic-word)

Alumni Highlight



ADRIENNE RIGUEUR, DO

Adrienne Rigueur, DO ('06) is an emergency medicine physician at Virtua Hospital Voorhees, NJ, where she has worked since 2010. Dr. Rigueur is a South Jersey native, growing up in Camden, NJ. She attended college at Johns Hopkins University, and completed graduate studies at Rutgers University, before enrolling at SOM. Today, she enjoys mentoring students and residents in her practice, and finds emergency medicine to be a door into health care for many of her neighbors, family and friends. When she is not working, Dr. Rigueur enjoys watching HGTV, re-watching all of the Marvel movies, and taking care of her two sons, daughter, and cocker spaniel.

Watch the interview here!



I was born and raised in Camden, New Jersey. I attended Paul VI high school in Haddon Twp. During which time I participated in numerous activities on the then University of Medicine and Dentistry of New Jersey - School of Osteopathic Medicine campus, which cultivated my interest and passion for medicine. For my undergraduate degree I attended Johns Hopkins University in Baltimore Maryland with a major in biology and completed my studies in 2000. Not certain what I wanted to do "when I grew up," so I pursued and completed a master's degree in cell biology at Rutgers University in Newark, NJ in 2002. I wasn't very happy with bench work, only interacting with dead rats and decided maybe medical school was my future. I completed my medical education at the University of Medicine and Dentistry of the New Jersey School of Osteopathic Medicine in 2006. After completing my first rotation of the 4th year, I finally decided to pursue a residency in Emergency Medicine. I completed my training also at University of Medicine and Dentistry of New Jersey - School of Osteopathic Medicine in 2010. I am currently an emergency medicine attending at Virtua Hospital Voorhees, New Jersey where I've been since 2010.

I enjoy mentoring students and residents in my practice. I find Emergency medicine to be a door into healthcare for many of our neighbors, family and friends. I work diligently to help connect them with our primary care partners.

Adrienne Rigueur, DO '06 is currently an Emergency Medicine attending physician at Virtua Hospital Voorhees, NJ, where she has worked since 2010. In her middle and high school years while growing up in Camden, Dr. Rigueur participated in numerous summer programs and activities on the SOM campus, including the Scholars Program, which cultivated her interest and passion for medicine.

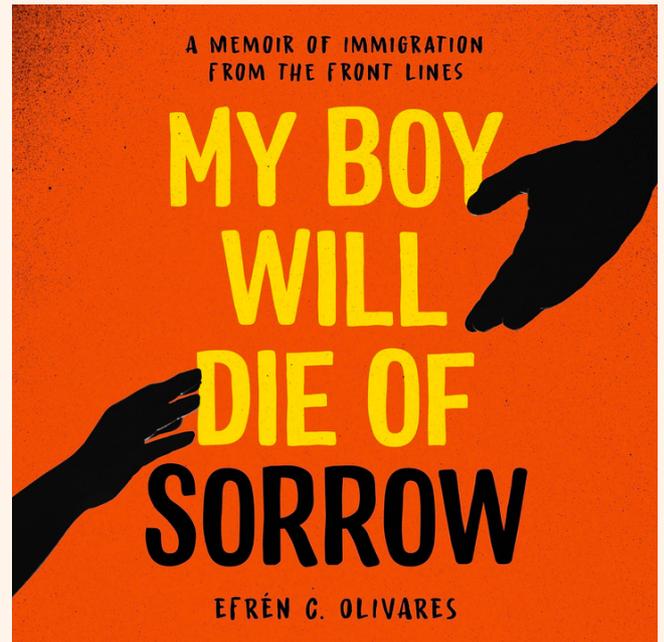
Dr. Rigueur's fondest memory of her time at SOM was serving as President of the Student National Medical Association (SNMA) and being able to host the Annual Medical Education Conference on campus. Today, she enjoys mentoring students and residents in her practice, and finds emergency medicine to be a door into health care for many of her neighbors, family and friends. Her advice for current SOM students is that "when you pick a specialty, make sure you are committed to it, and take the time you need to make that decision." She adds, "There is no rush!"

When she is not working, Dr. Rigueur enjoys watching HGTV, re-watching all of the Marvel movies, and taking care of her two sons, newborn daughter, and cocker spaniel.

Good Reads

"MY BOY WILL DIE OF SORROW: A MEMOIR OF IMMIGRATION FROM THE FRONT LINES" BY EFREN OLIVARES

Efren Olivares is a human rights lawyer who works with families separated at the Southern Texas border and someone who has also immigrated to the United States at thirteen. This is a discussion of immigration policy with the addition of personal experiences.



"HIGH-RISK HOMOSEXUAL" BY EDGAR GOMEZ

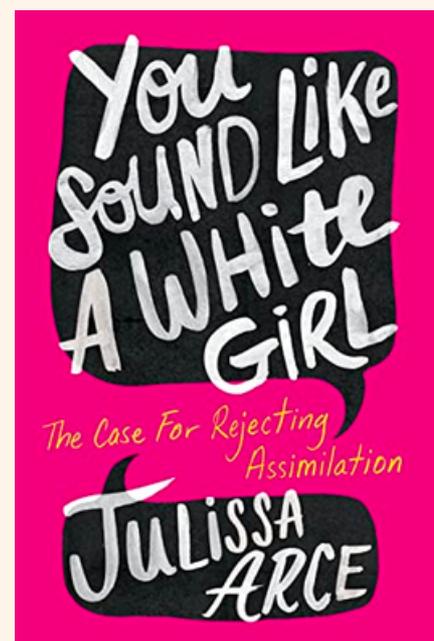
Edgar outlines his journey in accepting both of his identities: Latinx and gay. Effeminate queer men specifically are rejected in the Latinx community, which makes the road to acceptance that much more difficult. Edgar learned more about both of his identities while navigating various spaces, including a doctor's office where he was diagnosed as a "high-risk homosexual."



"YOU SOUND LIKE A WHITE GIRL: THE CASE FOR REJECTING ASSIMILATION" BY JULISSA ARCE

Julissa shares her story as a Mexican American about assimilation in the United States, and how this in-fact does not make people feel like they "belong in America".

This is a common experience for most first-generation Americans, where often-times there are periods in our life where we reject the parts that make us "different", but through experience we realize that these differences are what unites us.



Podcasts



TO PRACTICE SPANISH LANGUAGE SKILLS AND THE ART OF LISTENING TO PATIENTS - SIMPLE STORIES IN SPANISH:

[HTTPS://PODCASTS.APPLE.COM/US/PODCAST/SIMPLE-STORIES-IN-SPANISH/ID1497441201](https://podcasts.apple.com/us/podcast/simple-stories-in-spanish/id1497441201)

COMING OUT OF THE CLOSET IN A MACHISMO DOMINATED CULTURE:

[HTTPS://PODCASTS.APPLE.COM/US/PODCAST/COMING-OUT-OF-THE-CLOSET-IN-A-MACHISMO-DOMINATED-CULTURE/ID1371931450?I=1000419555338](https://podcasts.apple.com/us/podcast/coming-out-of-the-closet-in-a-machismo-dominated-culture/id1371931450?i=1000419555338)

THE CLINICAL PROBLEM SOLVERS EPISODE 223: ANTIRACISM IN MEDICINE SERIES, EPISODE 14- RACE, PLACE, AND HEALTH

[HTTPS://ANCHOR.FM/CESLAC/EPISODES/THE-JOURNEY-INTO-MEDICINE-EKAP7U](https://anchor.fm/ceslac/episodes/the-journey-into-medicine-ekap7u)

AN AFRO-LATINX EXPERIENCE:

[HTTPS://PODCASTS.APPLE.COM/US/PODCAST/AN-AFROLATINX-EXPERIENCE/ID1371931450?I=1000421918936](https://podcasts.apple.com/us/podcast/an-afrolatinx-experience/id1371931450?i=1000421918936)

TÚ ERES
INVENCIBLE

"Wait, this cannot be only about education or lack of money, or if you know better you do better. There's something else going on."

- Linda Villarosa

Under the Skin: The Hidden Toll of Racism on American Lives and on the Health of Our Nation

Articles

COVID-19 VACCINATION: HELPING THE LATINX COMMUNITY TO COME FORWARD. DIAZ, A; CELEDON, J. 2021.

LINK:

[HTTPS://WWW.SCIENCEDIRECT.COM/SCIENCE/ARTICLE/PII/S2589537021001401?VIA%3DIHUB](https://www.sciencedirect.com/science/article/pii/S2589537021001401?via%3DIHUB)

PUBLIC HEALTH HAS AN EQUITY PROBLEM: A LATINX'S VOICE. RAMIREZ-VALLEZ, J. 2020.

LINK:

[HTTPS://WWW.FRONTIERSIN.ORG/ARTICLES/10.3389/FPUBH.2020.559352/FULL](https://www.frontiersin.org/articles/10.3389/fpubh.2020.559352/full)

BEING QUEER AND LATINX IN ACADEMIA. MALTA, M. 2022

LINK:

[HTTPS://WWW.NCBI.NLM.NIH.GOV/PMC/ARTICLES/PMC9125630/](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9125630/)

THE MYTH OF HEALTH INEQUITIES: CHANGING THE NARRATIVE AROUND RACISM IN HEALTH

LINK:

[HTTPS://WWW.AAMC.ORG/NEWS-INSIGHTS/MYTH-HEALTH-INEQUITIES-CHANGING-NARRATIVE-AROUND-RACISM-HEALTH](https://www.aamc.org/news-insights/myth-health-inequities-changing-narrative-around-racism-health)

A Review of Latinx Therapy podcast, Episode 7, An Afro-Latinx Experience

by Adedoyin Akingbade

Afro-Latinx are people whose ethnicity have both Latinx and African origins - the richness of having multiple cultures and experiences coupled with the potential of not being accepted by either. There's a Spanish saying, "No soy de aqui, ni soy de alla," which translates as, "I'm neither from here, nor there." On the podcast Latinx Therapy episode 7, Jersey Garcia gives insight on her experience identifying as Afro-Latinx.

Jersey Garcia is the descendant of parents originating from the Dominican Republic who immigrated to NYC and self identifies as Afro-Latinx. Garcia states this identification conflicts with what she learned growing up due to the negative cultural connotations associated with being Black. From her experiences with discrimination, racism, sexual labeling, and colorism, both at home and at school, Garcia explains to listeners her feelings of confusion and the mental battle she faces to embrace her darker skin, Dominican culture, and her differences. Garcia's journey to self-identification did not come easy as she provided insight on how members of her family were not accepting of her darker skin and features. They suggested that she must not find a partner darker skinned than her due to the fear of facing discrimination and not having the same opportunities of fair skinned counterparts. Garcia also describes the difficulty fitting in with her Black friends due to her strong Latinx culture making her easily identifiable as an outsider. Up until college, Garcia never considered herself beautiful because of her skin color. Her parents never called her pretty or beautiful growing up. For Garcia, the colorism associated with being darker skinned caused depression, shame, and feelings of not being good enough. The lack of representation in media also led to poor feelings because Afro or Black Latinxs are not seen on American or Spanish media. When they are, they are often depicted in degrading ways. The podcast stated that studies show adolescent Black Latinas have higher levels of depressive symptoms. Research also shows that dark skinned Latinx individuals who have faced discrimination report worse health outcomes. This requires us as medical students and practicing physicians to seek out a deeper understanding of the Latinx culture, including colorism. Better understanding allows improved care, inclusion, and support for Afro or Black Latinx people and other communities with similar issues.

LATINX THERAPY PODCAST, EPISODE 7 AN AFRO-LATINX EXPERIENCE

FOR MORE INFORMATION ON BLACKNESS AND LATINIDAD, CHECK OUT THIS ARTICLE.:

[HTTPS://WWW.CNN.COM/2021/09/26/US/BLACK-LATINOS-AFRO-LATINOS-EXPERIENCE/INDEX.HTML](https://www.cnn.com/2021/09/26/us/black-latinos-afro-latinos-experience/index.html)



Add to your watchlist:



DISNEY ORIGINAL DOCUMENTARY "MIJA" TRAILER

"Mija" features Doris Muñoz and Jacks Haupt, two daughters of immigrants from Mexico who are both navigating their careers in the music industry. Seeking to provide for their families while achieving their dreams, Doris and Jacks bond over the ever-present guilt of being the first American-born members of their families and the financial risks of pursuing their dreams. For them, the pressure of success is heightened because it is their family's hope for green cards and family reunification. To be released September 23rd on Disney Plus.

<https://www.youtube.com/watch?v=LtXeORZkatk>

PBS DOCUMENTARY SERIES "LATINO AMERICANS"

"Latino Americans" chronicles the rich and varied history and experiences of Latinx people who have helped to shape North America over the last 500+ years and are now the largest minority group in the US. Available now.

<https://www.pbs.org/video/latino-americans-episode-1-foreigners-their-own-land/>



TEDEX TALK ON "BEING HISPANIC AND LATINX IN THE UNITED STATES"

This is a first-person account of identity-addressing stereotypes and assumptions that invites the audience to dig deeper into the Latinx experience and addresses the role that Latinx people play in shaping the culture, politics, and economy of the US.

<https://www.youtube.com/watch?v=Q1A4Vsh5Qas>

Resources



TOGETHERALL: 24/7 PEER

SUPPORT FOR MENTAL HEALTH

Togetherall is an online mental health peer support community, 24/7. Rowan students, staff, and faculty are able to create an account, post about your own mental health, and get help from others. There are self-paced courses about managing sleep, stress, reducing alcohol use, and other topics to help your well-being.

All interactions through Togetherall are anonymous and supervised by licensed mental health practitioners. To sign up, visit togetherall.com and use your Rowan email address.

NJ GAY LIFE

The mission of Pride Center of New Jersey is to provide a safe and welcoming space for all individuals who identify as LGBTQ+ to find support, educational tools, health and education resources, and social opportunities within a community of acceptance. Comprehensive programming in support of this mission includes lesbian, gay, trans, and family resources, social groups and free HIV testing

<http://www.pridecenter.org/>



"DEAR SIR,
At a faculty meeting held last night it was decided not to receive students of color. I report that under this resolution Mr. Barbosa will be unable to matriculate here.

Very truly yours, John G. Curtis"
October 5, 1877
College of Physicians and Surgeons
(now Columbia University Medical School)



Jose Celso Barbosa, MD
University of Michigan
[First Puerto Rican to obtain a medical degree](#)



"Dear Mr. Hood,
I am sorry I must write you that we are not authorized to consider for Admission a member of the Negro Race.

Your very truly,
L.L. Clegg"
August 5, 1959



Marion Gerald Hood, MD
Loyola University Chicago
Stritch School of Medicine
Retired OB/GYN

62 years later: Emory apologizes to medical school applicant rejected because he was Black

<https://www.aamc.org/news-insights/celebrating-10-hispanic-pioneers-medicine>

INDIGENOUS PEOPLES' DAY

October 10th



Rowan University has a land acknowledgment which serves to recognize Indigenous People as original stewards of this land and their continuing spiritual connection to the Earth. While statements alone do not heal past injustices, it serves as a demonstration of respect and reflection.

For more information:

<https://sites.rowan.edu/diversity-equity-inclusion/land-acknowledgement.html>

[Rethinking How We Celebrate American History—Indigenous Peoples' Day](#)

[A Guide to Indigenous Land Acknowledgment](#)

Upcoming Events

OCTOBER 17-21: DIVERSITY WEEK

"Please join the IDEA Council and RowanSOM's diversity clubs as we celebrate Diversity Week 2022. Each day will feature fun, educational, and interactive events that are aimed at creating a dialogue for diversity and engaging our campus community in RowanSOM's mission for diversity, equity, and inclusion. All students, faculty, and staff are encouraged to attend!"

Check out the landing page for more information and timeline of events:

<https://tinyurl.com/zjvtdkpk>

“I think one of the solutions is to just admit that something is going on that is giving marginalized people a bad experience when we enter the health care system — not always but too often, and it’s been well documented. So it’s time to stop looking away from the problem and to figure out how to face it.”

– Linda Villarosa

<https://www.aamc.org/news-insights/myth-health-inequities-changing-narrative-around-racism-health>

Gracias!

INSTAGRAM ACCOUNTS TO FOLLOW:



[@latinxinmedicina](#) (also has a page called [@drlesliegonazalez](#)): a Family Medicine resident that promotes Hispanic health and other issues on her social media page
[@michaelgalvezmd](#): a Hispanic pediatric hand surgeon who often discuss disparities in medicine and provides mentoring