

CELEBRATING HISPANIC/LATINX *heritage month*

What is Hispanic Heritage Month?

“Hispanic Heritage Month recognizes and celebrates the contributions Americans tracing their roots to Spain, Mexico, Central America, South American and the Spanish-speaking nations of the Caribbean have made to American society and culture. The observance was born in 1968 when Congress authorized the president to issue an annual proclamation designating National Hispanic Heritage Week. Just two decades later, lawmakers expanded it to a month long celebration, stretching from September 15 to October 15.

The timing is key. Hispanic Heritage Month — like its shorter precursor — always starts on September 15, a historically significant day that marks the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. The designated period is also a nod to those from Mexico and Chile, which celebrate their independence on Sept. 16 and Sept. 18, respectively.” (Census.gov, August 11, 2020)

Recognizing Hispanic & Latinx Scholars in Psychology

Dr. Edelyn Verona is a Professor of Clinical Psychology at the University of South Florida and the director of the Disinhibition & Affect Regulation Clinical (DARC) Laboratory.

Dr. John Ruiz is an Associate Professor of Clinical Psychology and the Director of the Social Risk Factors and Resilience Lab at the University of Arizona.

Dr. José M. Causadias is an Assistant Professor at the School of Social and Family Dynamics at Arizona State University.

Dr. Daniel S. Quintana is a Senior Researcher at the University of Oslo in Australia.

Click a name to learn more. See [here](#) for more Latinx and Hispanic folks who have made indispensable contributions to the field of psychology!

What does my culture mean to me?

As a Mexican American, a foundational value within my culture is la familia, the family and my grandmother’s name Dolores, representing pain and suffering. My grandmother has, and still continues to, embody her name, putting her family above herself, sacrificing much in order for me to even have the initial opportunity to attend college. Without her, I would not be here pursuing a doctoral degree as a first generation student.

Family, for me, goes beyond blood ties, and there is nothing I wouldn’t do for those who I deem a part of my family. Never forget that no single person got to where they are alone, and your success is likely built on someones’ sacrifice. I make sure to support my loved ones, so they can help raise others as they themselves climb.

- Jacob Miranda

A Corner: Food Suggestions/Recipes



“**Aguachiles** are a refreshing Mexican appetizer made with shrimp, great for the hot Alabama days. Enjoy [this great and simple recipe](#) to make your own!”

- Francisco Marquez



“Typical Tex-Mex food does not completely reflect the food that’s been made by families, like mine, who have lived in Texas since it was a part of Mexico and long before then. Our style of cooking is the indigenous cooking of South Texas and inspired others to make Tex-Mex. Here is one of my favorite, quick breakfasts that I grew up with: [Texas Mexican Breakfast - Migas Con Chile](#).”

- Jacob Miranda



“**Horchata**: an easy-to-make Mexican white-rice drink that’s especially appealing for those with a sweet tooth (as well as cinnamon). [Recipe A](#), [Recipe B](#), [Recipe C](#). If you enjoy this cinnamon/rice flavor, see [Recipe D](#).”



“**Flan** is a dessert staple across most Latin countries. Don’t be intimidated by this soft custard of caramel goodness as it is fairly easy to make. The work

of making flan is similarly simple, made easier by a flan-specific baking dish called a [flanera](#). Here are recipes for [Mexican](#), [Cuban](#), and [Costa Rican](#) flan. If you are feeling adventurous, here are some fun flavor recipes for [Coffee](#), [Chocolate](#), and [Cream Cheese](#) flan.

- Betty Mendez



Another fun though challenging recipe to try: [Texas Mexican Gorditas](#). Basically, they are thick corn tortillas stuffed with different delicious fillings. Both recipes are by [Adán Medrano](#), a chef and the author of “Truly Texas Mexican: A Native Culinary Heritage In Recipes”.

- Rebecca Revilla

Support Small & Local Businesses!

Tienda Sabor Latino
2815 University Blvd E
Tuscaloosa, AL 35404

Mi Casita Bakery
513 Hargrove Rd E
Tuscaloosa, AL 35401

La Real Michoacana
925 McFarland Blvd
Northport, AL 35476

Antojitos Izcalli
623 Hargrove Rd E
Tuscaloosa, AL 35401

Want to learn more?

- [Voting Resources](#)
- [Poetry by Hispanic and Latinx poets](#)
- [Hispanic Scholarship Funding](#)
- Fiesta BHAM is hosting “[30 Days of Fiesta](#)” in lieu of its annual live event. You can purchase a “[Fiesta in a Box](#)” to support the Fiesta Scholarship Fund.

If you try any of the above recipes, feel free to share pictures with us! Contact Jacob Miranda at jfmiranda@crimson.ua.edu. Layout by Caylin Perry at caylinperry.com