

HISPANIC/ LATINX HERITAGE MONTH

September 2021 Newsletter

"National Hispanic Heritage Month celebrates the histories, cultures, and contributions of United States inhabitants whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America."

EVENTS



FIESTA BIRMINGHAM

Alabama's largest celebration of Hispanic culture and heritage will take place **Saturday, Sept. 25, 2021**, from noon to 8 p.m. at **Birmingham's Linn Park**. Fiesta provides the opportunity for more than 15,000 patrons to journey through 20 represented countries and experience the best of Hispanic art, music, food and dance.

CELEBRATE WITH UA

UA is celebrating the 53rd annual Hispanic-Latinx Heritage Month with art, books, film, dancing, discussions about identity and assimilation, and much more. Click the link above to view the complete list.

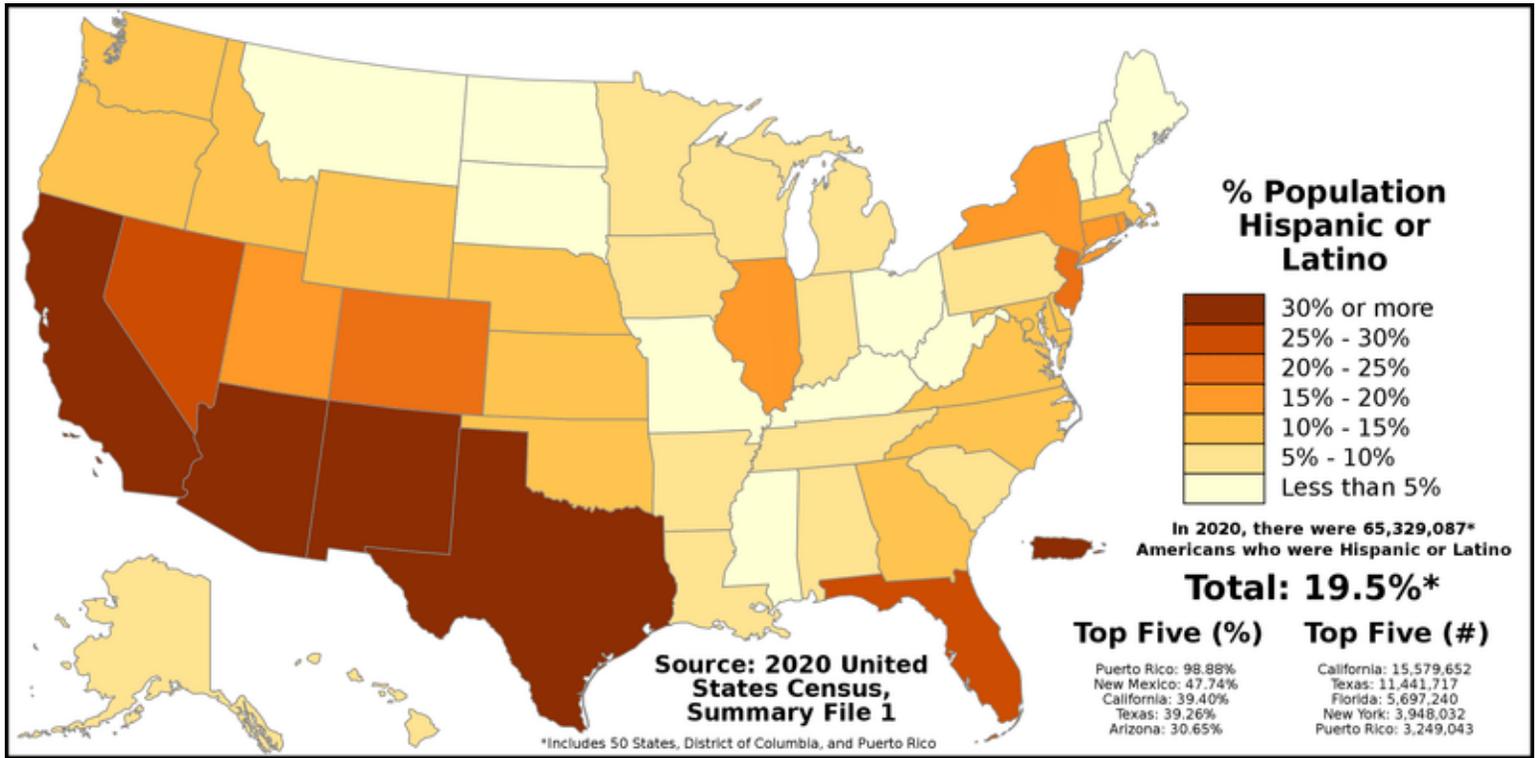
iBaile!

FREE FOOD & SALSA LESSONS!

SEPTEMBER 23, 2021
4-6PM
OUTSIDE THE FERG

Hosted by: **EDUCATION abroad** THE UNIVERSITY OF ALABAMA **UP** UNIVERSITY PROGRAMS **LATINX FACULTY STAFF ASSOCIATION**

U.S. Hispanic/Latinx Population is over 65 million



mental health

IN HISPANIC/LATINX COMMUNITIES

18%

report mental health problems every year

34%

of these communities report receiving treatment

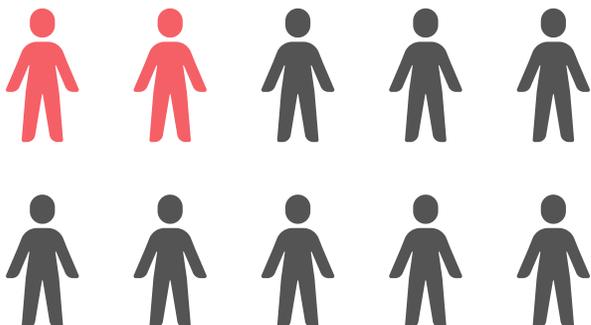
TREATMENT BARRIERS

- *Language*
- *Lack of Cultural Competence*
- *Legal Status*
- *Acculturation*
- *Stigma*
- *Poverty and less/lack of Insurance Coverage*

To Have and to Share

INFORMATION AND RESOURCES

- [*NAMI's Compartiendo Esperanza Program*](#)
- [*Therapy for Latinx*](#)
- [*American Society of Hispanic Psychiatry*](#)



AN ASSORTMENT OF FUN FACTS

1

Chocolate

You can thank Latin America, namely the Olmec civilization of Mexico, for chocolate.



2

Dance

Mambo, salsa, cha-cha-cha, and tango dances all come from Latin America

3

Food

The Cuban Sandwich originated about 500 years ago with the Taíno tribe native to Cuba



4

Shakira, Shakira

She speaks five languages and her songs sound better in Spanish (that last part is more of an opinion)

5

Football

Fútbol (soccer) is a major cultural institution in the Hispanic world, of which Messi is considered a god (although the Pope disagrees)



RECIPES



For meat lovers

[Ropa Vieja](#), which translates to old clothes, is a Cuban dish consisting of shredded beef and veggies that looks like old rags but I promise tastes much better.

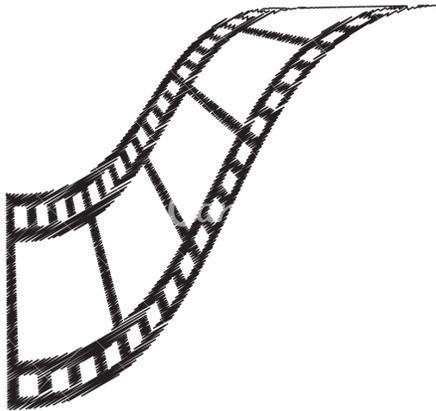
For vegetarians

If your plantains are ripe and yellow, try [maduros](#) (fried sweet plantains). If they are green, try their crispy cousins [tostones](#).

For the sweet tooth

[Tres Leches](#) is a staple of Latin desserts, but did you know about (even sweeter) [Cuatro Leches](#)?

MEDIA



MOVIES |

Roma (Netflix)
Ixcanul (Amazon)
Pelo Malo (Amazon)

TV SHOWS |

Love, Victor (Hulu)
Gentefied (Netflix)
One day at a Time (Netflix)

DOCUMENTARIES |

[Paper Children](#) (YouTube)
Mala Mala (Amazon)
Guatemala: Heart of the Mayan World (Netflix)

Music

THROUGH HIS MUSIC, PUERTO RICAN TRAP RAPPER [BAD BUNNY](#) HAS BEEN ACTIVELY CHALLENGING GENDER STEREOTYPES AND MACHISMO CULTURE AS WELL AS BRINGING ATTENTION TO IMPORTANT SOCIAL ISSUES, INCLUDING VIOLENCE AGAINST WOMEN, LGBTQ+ RIGHTS, AND MENTAL HEALTH.

[PATRIA Y VIDA](#) IS THE PROTEST SONG BEHIND THE 2021 S.O.S CUBA MOVEMENT SEEKING TO BRING AWARENESS TO THE WORSENING HUMANITARIAN CRISIS AFFECTING THE CUBAN PEOPLE. A COLLABORATION BETWEEN EXILED MUSICIANS AND ARTISTS LIVING ON THE ISLAND, THE SONG'S TITLE TAKES BACK THE SLOGAN THAT DEFINED THE CUBAN REVOLUTION AND SUBSEQUENT OPPRESSIVE REGIME: "HOMELAND OR DEATH," BY THE DEMANDING INSTEAD HOMELAND AND LIFE. TO LEARN MORE, CLICK [HERE](#).