

LA VOZ UNIDA E - NEWS LETTER

October 14, 2022 / Vol. 1

SCHOOL OF SOCIAL WORK DIRECTOR'S MESSAGE

In honor of Hispanic Heritage Month, September 15th – October 15th, please join me in learning about and celebrating the rich Latine/Latinx/Hispanic heritage within the School of Social Work! Thank you, Dr. Washington for initiating this celebration idea and crafting the first newsletter for the School! There will be more coming in the future with the help of Dr. Washington and Ms. Anderson!!

I hope you enjoy learning more about the rich tapestry of our colleagues' Latine/Latinx/Hispanic cultures!

Dr. Ausbrooks

SI SE PUDO! YES WE CAN!



At the tender age of 9, Elisa Ramirez was in fourth grade and residing in Leon, Guanajuato, Mexico. Her father, Mr. Ramirez, who was born in 1902, pulled Elisa from her fourth grade "Primaria" classroom and said, "go home and learn to cook beans!" Elisa was denied an education that day and never completed any other formal education thereafter. Elisa immigrated to the U.S. in the late 1960s and worked 2-4 jobs tirelessly, alongside her husband, Jose Isaac Ayala, in order to feed their 10 children.

One generation later, Elisa's daughter Dr. Rosalva Washington, as a first generation college student, earned her Doctorate Degree from the USC Dworak-Peck School of Social Work at the University of Southern California, August 2021.

The following generation, Elisa's granddaughter, Gisselle is currently attending an Ivy League! Gisselle attends Cornell University and is due to graduate with her Bachelor Degree in Mechanical Engineering, May 2024.

It is never about how the story begins, as cultural norms, and deep traditional values, have shaped the role of women throughout our history. "This Doctorate degree is for my mother, my daughter, and all my familia to follow... The glass ceiling has been shattered." Dr. Rosalva Washington.

This story, is one of many that Latinx and Hispanic families can resonate with. Si se pudo!



When a mother sees the fruit of her labor and sacrifice!

September 15 - October 15

**Latinx & Hispanic
Heritage Month**



Hispanic Heritage Month (HHM)



The History

President Lyndon B. Johnson honored Hispanic Heritage week in 1968 and President Ronald Reagan in 1988 expanded the Hispanic Heritage week to an entire Month. Each year, Americans celebrate Hispanic Heritage Month from September 15 - October 15. HHM was enacted into law on August 17, 1988, with the approval of Public Law 100-402.

During the HHM celebration, the rich diversity of the Latinx/Hispanic heritage, that is rooted in 20 Latin American countries and territories are honored: Spain, Mexico, Guatemala, Honduras, El Salvador, Nicaragua, Costa Rica, Panama, Colombia, Venezuela, Ecuador, Peru, Bolivia, Paraguay, Chile, Argentina, Uruguay, Cuba, Puerto Rico and the Dominican Republic.

Source: National Council HEPM, May 2022



*"Folklorico, they aren't just dancers...
They are storytellers."*

- Author unknown

Mrs. Norma Mercado

Lecturer



Mi Cultura/My Culture

Growing up in a Mexican American and Hispanic ethnic group, Ms. Mercado's favorite family traditions included:

- **Quinceañera** –Most significant because of its symbolic celebration of the transition that a woman goes through from child to womanhood.
- **Navidad (Christmas)**-Most significant because it provided an opportunity to spend time as a family, cook traditional recipes, such as tamales and pozole and exchange gifts.
- **Pascua (Easter)**-Most significant because it is a celebration of the resurrection of Jesus. Mrs. Mercado celebrates Pascua with a large family gathering, cooking traditional recipes, like chacaes, torrijas, and capirotada.
- **Dia de los Muertos (Day of the Dead)**-Most significant because Mrs. Mercado's family visits the cemetery on this day, to remember loved ones who have passed away. Loved ones are honored by cleaning their tomb, sharing stories about them and bringing food to share with familia or bringing an offering to the deceased.

Mrs. Mercado loves learning about other cultures and can relate to the importance of their values and beliefs.

- **Research interest - Improving outcomes for Hispanic children and families**



"Honoring my family cultural values and beliefs is important to me." - Mrs. Mercado



Mrs. Mercado's Famous Flauta (Rolled-Up Tacos) Recipe:



1. **Cook the chicken:** I cook the chicken until tender in a stockpot over medium heat, with salt and garlic. Once the chicken is soft and cool, shred the chicken. This will be the taco filling.
2. **Warm the tortillas:** You will want to warm the corn tortillas to make the roll. Once the tortillas are cool enough to handle, you will place the shredded chicken and roll securely so that it does not fall out while frying. You can secure your flautas using toothpicks. Then, fry the flautas with vegetable or olive oil.
3. **Ready to serve:** I place the flautas on a plate and top them with refried beans, lettuce, tomatoes, guacamole, sour cream, shredded cheese and salsa. Enjoy!



Ms. Elizabeth T.

Ramos

Academic Advisor



"Though I do not have
a Social Work Degree...
I do have a Social Work heart
and value helping others
in need."



Mi Cultura/My Culture

Parents' traditions most significant to

Ms. Ramos included visiting her
parent's home, where everyone

gathered for food, storytelling, laughter,
shared love, family reunions, friends
gathered, and memories were
cherished!



Ms. Ramos's favorite memory is
without a doubt, receiving a phone call
from her mother who said, "I am fixing
dinner!" Then, this special dinner
would grow into a wonderful family
reunion. Buffet style, and one fit for a
KING! It had all of Ms. Ramos
mother's favorite dishes.



MI FAMILIA

Ms. Ramos's cultural identity is a beautiful tapestry of Spanish,
Mexican and Indigenous roots. Ms. Ramos identifies as 'other' to
encompass her ancestry, and to note that she is much more than what is
visibly seen. Growing up in San Marcos, Ms. Ramos loved listening to
Banda and Tejano Music!

As a child, Ms. Ramos remembers having a home grown fresh garden
with lots of fresh vegetables, beans, potatoes, in every meal; corn, and
flour tortillas. On special occasions, Ms. Ramos's mother would cook
either tamales, mole, menudo and buñuelos with café de olla. The
Ramos family cherished making "cabeza" or "cabrito" in an inground
pit for very special occasions. The Ramos family is known for both
their "Caldo de Rez" (Beef soup) and "Menudo" as their signature dish!

Ms. Ramos is honored to know and make her mother's
famous buñuelos recipe...

Ms. Ramos cultural values instilled by her parents, which she has passed on to her children:

- Place your ancestors and elders in high regard
- Provide a commitment of time and service to our community
- Expected to care for our environment
- Strong work ethic
- Always have faith



Dr. KeriAnne Moon Lecturer



Mi Cultura/My Culture

Growing up in a Puerto Rican and Catholic household, Dr. Moon's most significant family tradition, included: abuelita Chen, preparing a 4 course meal anytime Dr. Moon visited abuelita's house. Regardless of the time of Dr. Moon's arrival, it could have been 10pm, and abuelita Chen had a 4-course meal ready! The famous 4-course meal always included: pastelillos, tostones, lechón de mechar relleno, arroz con habichuelas o gandules, y flán. Dr. Moon arrived hungry and ready to partake of a wonderful time in the presence of Abuelita Chen.

Three things Dr. Moon shares about her culture:

- Puerto Rican Food is awesome
- Dancing and laughing are a must, just like attending Church on a Holy day
- Puerto Ricans constantly battle about statehood vs. independence since 1900s and continues to present day



MI FAMILIA



Tostones - Puerto Rican Recipe by Dr. Moon

Ingredients:

- Green Plantains
- Vegetable Oil
- Salt
- Parchment Paper or Paper Towel

Directions:

- Green plantains – cut at an angle in 1-inch pieces
- Soak pieces in salt water for 15 minutes – dry with paper towel
- Veg oil - pops when water goes in that is how you know the oil is at the right temp
- Submerge pieces in oil for 5 minutes
- Take out and smash between parchment paper or paper bags
- Fry again until golden, immediately remove and sprinkle with salt – enjoy while hot



"Growing up in North Dakota, Dr. Moon volunteered with children who traveled with workers from the sugar beets fields. This experience was the first 'Social Work' type job that Dr. Moon ever had. She was 15 years old! It is amazing to reflect on how different Dr. Moon sees the world, 30 years later."

Mrs. Lea Mendez-Mota- Administrative Assistant

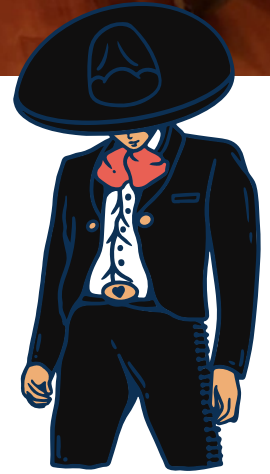


Mi Cultura/My Culture

Mrs. Mota's cultural fabric is both Hispanic and Native American. Family traditions included: Celebrations of the "Dia de Los Muertos" - Day of the Dead by honoring loved ones that passed, Family gathering with mariachi music and Children birthday parties with pinatas.



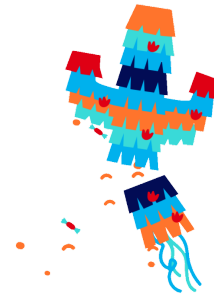
Family is everything!



Colleagues can observe and honor my culture by:

Offering kindness with one another, coming together and sharing an experience; like dancing or listening to music.

Caring for mother earth,
giving thanks,
having faith,
believing in God
and praying for others.



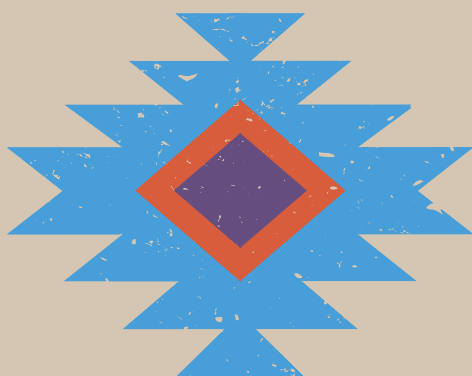
Food Traditions

Mrs. Mota's family enjoyed many special dishes, like crispy tacos, where the taco shell was homemade and fried in her family's kitchen. Then, cheese was shredded from a block of cheese, ground beef was cooked with spices and herbs that was mashed up together in a molcajete (volcanic stone bowl), Caldo de Res, tamales, chicken enchiladas made with tomatillo sauce and white cheese, were all of Mrs. Mota's family favorites.

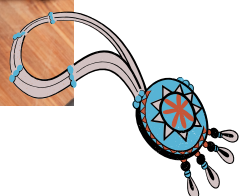


Unique belief in my culture

Our loved ones that passed, watch over us...



Mrs. Mota's signature dish is both ceviche and crispy tacos!





Mr. R. Stephen Medel

Director of Field Education & Clinical Senior Lecturer



Mi Cultura/My Culture

Mr. Medel's family paternal roots trace back to Mexico, and before Texas was Texas! The Mexican-American War ended with the signed Treaty of Guadalupe Hidalgo in 1848. Mexico lost 55% of their land, which included modern day California, Arizona, Colorado, Nevada, New Mexico, Texas, Utah, and Wyoming. The Treaty of Guadalupe Hidalgo established the Rio Grand as the Southern border. Source:

<https://www.history.com/topics/mexican-american-war/treaty-of-guadalupe-hidalgo>

Mr. Medel's maternal family heritage includes both Mexican and Puerto Rican raices "roots". Mr. Medel's family is a beautiful mosaic blend of cultures that include Mexican, Latino, Anglo and African Americans across family generations.

Family Traditions most significant

Family reunions at Mr. Medel's grandparents' home, and being surrounded by aunts, uncles, cousins, was most special. These reunions always included sharing a family meal, especially during the holidays. The food, through the paternal family was traditionally Mexican food that included: tamales, barbacoa and Maternal Family holidays were more Americanized dishes such as Turkey, dressing and ham. Mr. Medel's family continues the tradition of family reunions and gather together with his extended family at his parent's home for their famous Mexican soup, Menudo!

Unique belief in my culture...

In the Mexican American community, Mr. Medel appreciates the collectivist approach to success and happiness! When someone in the Mexican American community achieves something monumental, the entire family genuinely celebrates those achievements and the individual. In addition, it is believed that you do not need to leave your community to be successful. The phrase "pull yourself up by your bootstraps" does not carry much merit in the Latino community, as families are encouraged to provide the support to their extended family members to help them up when they fall.

The three most important things for others to know about Mr. Medel's culture:

- Collectivist and familial in the approach to family & friends
- Value a strong work ethic
- Spirituality and faith are important

Mr. Medel's signature dish

"Puerco Rojo" means pork in a mild red sauce, with rice and beans!

Mr. Medel's famous "Puerco Rojo" Recipe

-A package of pork chops with the bone in; cut up into 1-inch pieces and leave the bone with the cut-up pork shops

-3 tablespoons of olive oil

-2 tablespoons of garlic

-Salt and pepper to taste

-Sliced onion (1 whole onion)

-Sliced jalapenos (2 jalapenos)

-Sliced bell peppers (1/2 a bell pepper)

-1 can of tomato sauce

-1 tablespoon of Adobo

-1 packet of sasson

-Add olive oil to pan and heat. Add in the garlic, onion, jalapeno, and bell pepper and allow to cook until the onions are translucent. Add the pork chops and pork bones to the vegetable mixture. Add the small can of tomato sauce and stir. Once the meet browns, add the can of tomato seasoning and stir. After 2 minutes, add a quart of water and bring to a boil. Place the fire on medium-low and allow to cook for 2 hours. Serve with refried beans and Spanish rice.

What Mr. Medel would like Colleagues to know :

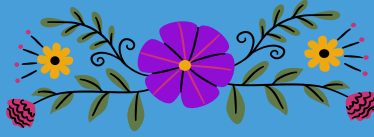
Not all Latino traditions are the same, each Latino population has a unique set of traditions and experiences. Honor each group by not generalizing and assuming "ALL Latinos..." because each have their own food, traditions, music, etc.

The advocacy continues...

Mr. Medel entered the profession because there were not many Latinos in Social Work. Decades later, the profession continues to struggle with the number of Latinos in the SSW, which is important for Latino students. Texas State University School of Social Work, as a Hispanic serving institute only has two full-time Latino Faculty that students can identify with.

Dr. Rosalva Washington

Lecturer



Mi Cultura/My Culture

Dr. Rosalva Washington identifies herself as a proud Mexican American. Her parents were born in Jalisco and Guanajuato, Mexico. She is a first generation college student and the first in her family to graduate from college. Dr. Washington was never afraid to pave the way for her family, and for future generations to follow in their pursuit of higher education. Dr. Washington is a daughter of Mexican immigrants, whose parents later became U.S. Citizens and never missed a voting opportunity in the U.S. elections! Her father was a janitor at the Los Angeles Unified School District and her mother was a business woman. Dr. Washington's fondest childhood memory was taking annual winter vacations with her father, Jose Isaac Ayala to Mexico. During these winter vacations, her family would reunite and celebrate "Las Ferias de Mexico" - Many Towns in Mexico celebrating by having a festival with music, games and food. During these vacations, Dr. Washington's father would say, "mija, nunca te olvides de donde eres," meaning, "never forget where you come from!" Dr. Washington promised her parents to never to forget her Latino community and family's heritage.

Social Work and The Inspiration...

Dr. Washington's parents were the first humanitarians and community servants that she ever met. If an immigrant family recently arrived to Los Angeles, Dr. Washington's parents would provide blankets or clothing, as needed. Often, her parents would feed the homeless and even, allow the homeless individuals to use their first apartment restroom, in order to freshen up. Dr. Rosalva Washington credits part of her career path is due to the seeds planted by her parents, who modeled the value of community engagement, as well as, the dignity and worth of a person.



SI SE PUEDE!

**Advocacy/
Grass Roots Organizing with**

Dolores Huerta



As a BSW student in the 1990s, Rosalva marched beside her hero, and advocated for the healthcare rights of all underrepresented minority groups!

**Texas State University Honors
Dolores Huerta and César Chavez
March 2022**

Con Dolores Y César : Inclusive Excellence - Student Initiatives - Texas State University. "Together, César E. Chávez, Dolores Huerta, the United Farm Workers, and residents of the California valley boycotted local grocery stores, picketed farm fields, and marched the 340-mile pilgrimage in the name of civil rights and dignity. The UFW organized strikes and boycotts, participated in civil disobedience, protested for equal pay and safe working conditions, and achieved civil liberties during the 1970s." The U.S. observes March 31st as César E. Chávez Day. The life and work of Dolores Huerta is observed as an official holiday in US states of Arizona, California, and Washington, on April 10th, Dolores' birthday, as Dolores Huerta Day.

Source:

<https://inclusion.txst.edu/students/programs/cultural-celebrations/con-dolores-y-cesar.html>

La Raza Unida Political Party

"by Patrick Svitek, The Texas Tribune."

The Chicano movement in the 1960s helped propel La Raza Unida to form in a third political party in Texas.



“You get to the point where you get fed up and say ‘no más,” said José Angel Gutiérrez, who recalled being relegated to the back of the bus on his way to community college in Uvalde.

“José Angel Gutiérrez, co-founder of La Raza Unida (Father of Dr. Tozi Gutierrez- Former Texas State School of Social Work faculty) and former president, grew up in Crystal City. By the start of the 1970 school year, nearly 40% of Crystal City teachers were Mexican Americans.” Credit: Eddie Gaspar/The Texas Tribune

To read the full Texas Tribune article, please click the QR code below



Re-publication permission granted

Source: <https://www.texastribune.org/republish?article=/2022/09/19/la-raza-unida-texas/>
and
<https://www.texastribune.org/>

Latinx/Hispanic Community Events



LA VOZ UNIDA

E-Newsletter - Latinx/Hispanic Heritage Month Edition
Created by Dr. Rosalva Washington, LMSW
School of Social Work, Texas State University
October 14, 2022