

Latino/Hispanic Heritage Month

September 15- October 15



*Try this
recipe!*

BREAKING BREAD, BUILDING COMMUNITY

- Sonia Martinez Douglass's family recipe for tamales hondureños brings all the generations together. Sonia first moved to Albany in 1989 and is an Albany High School alumni. She is a veterinary nurse, and she is currently finishing her bachelors at California State University, East Bay. She has been married almost 16 years and has four daughters in AUSD.

FUN FACTS

- Latinos/Hispanics come from over 20 countries
- We are White, Black, Asian, Indigenous, and all combinations (e.g., mestizos) because the term latino is an ethnicity, NOT a race
- There are 826 indigenous groups in Latin America

When should we be using "Race" or "Ethnicity"?

RACE

Race is defined as a group sharing outward physical characteristics and some commonalities of culture and history.

Because of this, race is often thought of as inherent and related to one's biological makeup. However, past research has identified that there's no one gene that is particular to one racial group and not the other. This concludes that racial categories are NOT biological, rather they are socially constructed categories.

ETHNICITY

Ethnicity is defined as markers acquired from the group with which one shares cultural, traditional, and familial bonds.

Ethnicity is a broader term that people can use to describe themselves. It encompasses one's language, culture, nationality, religion, etc. Typically, because it is self-ascribed, people can assign multiple ethnicities to themselves (e.g. Asian American, British Somali, etc.)



COUNTRY SPOTLIGHT: HONDURAS

- 8th largest Hispanic group in the US (2017)
- 2nd largest country in Central America
- 201 years of independence on 9/15
- Honduras was named by Christopher Columbus for the deep waters off its coast
- Copan was one of the most densely populated urban areas of the Mayan world between AD 426 to 820.

COMMUNITY EVENTS

Cuauhtli Mitotiani Mexica: performance by RISE Danza Program at Berkeley North Branch Library on Saturday, September 24 from 11am-11:30am

Join Our District Event

Latino Heritage Celebration
Saturday, October 15th
@ AMS | 12pm-4pm

LINKS FOR MORE INFORMATION

[The Difference Between Race and Ethnicity - Learn about these terms and how they are used by the US Census](#)

[On The Census, Who Checks 'Hispanic,' Who Checks 'White,' And Why](#)