



# Zebra Hoofbeats

We are all students attending one of the most prestigious medical schools in the country. It is imperative that we learn to use our voices because we have the power to make changes in society. Health professionals have the skills to be excellent advocates. Since day one, the phrase, “social determinants of healthcare,” has been properly ingrained in our minds (and rightfully so). Being members of respectable professions, we have a social responsibility to understand the meaning of equality and equity and to advocate for our patients.

In light of recent events, we are once again reminded that racism continues to poison our community. In Don Miguel Ruiz and Don Jose Ruiz’s “The Fifth Agreement,” the following quote strikes us when thinking about racism:

“During all the years that we grow up, we make countless agreements with ourselves, with society, with everyone around us [...] we master a language, a symbology, and that symbology is only the truth because we *agree*, not because it’s *really* the truth.”

The idea of discrimination can be argued that it originally started as a “symbol.” There are religious, scientific, medical, philosophical, and political aspects that contribute to the construct of racism. But ultimately, it was agreed upon by certain people that humans could be categorized by skin color, sex, intellect, tradition, language, etc. This “agreement” has been passed on throughout generations and still is present in our current day. It continues to be the cause of health disparities, unjust incarceration, police violence, and microaggression. Let us become more aware of the meanings that we attach to words, ideas, people, and things. Zebras, ask yourself, “Are they *really* the truth?”

With this in mind, consider your role as healthcare professionals to be advocates, to stand up for your patients, to acknowledge the disproportionate effects of racism on the health of our marginalized patients, to challenge your peers about their perceptions of systemic racism, to vote for change that will dismantle racism in our society, and to question the structures that put our patients and our peers in jeopardy every day.



## LGBT Pride Month

June is LGBT Pride Month and is celebrated as a tribute to the activists involved in the Stonewall Riots on June 28, 1969. These riots were the result of a police raid on a gay club in New York City. One of the key leaders of the Stonewall Riots was Marsha P. Johnson, a black, transgender woman.

Brenda Howard, the “Mother of Pride” coordinated the first LGBT JUNE 2020

Pride march in 1970 which eventually became the New York City Pride March.

In 1978, Harvey Milk, the first openly gay elected politician in California asked a designer and friend Gilbert Baker to design the rainbow flag for San Francisco’s Pride March. The flag has been a symbol of Pride ever since.

Pride Month is an opportunity for LGBTQ+ individuals to celebrate their identities as a community and acknowledge the activists who worked tirelessly to attain the rights and recognition they deserve. There is still much to be done for LGBT rights across the world, so Pride Month is another opportunity for community members and allies to advocate for equal rights and fight against discrimination.

If you want to learn more about the history of LGBTQ+ rights you should watch the movie “Milk” which documents Harvey Milk’s life and the role he played in the gay rights movement.



## King Kamehameha Day June 11

King Kamehameha I or Kamehameha the Great is known for uniting the Hawaiian Islands into one kingdom in 1810. In 1871, his great-grandson Kamehameha V proclaimed June 11th a public holiday in his memory.

In 1959 when Hawai’i became a US state, King Kamehameha Day was one of the first holidays proclaimed by the governor of Hawai’i and the State Legislature. Traditionally, this holiday is celebrated with lei drappings, parades, festivals, and hula.

King Kamehameha was a warrior, diplomat, and leader who brought the islands together after years of conflict. According to





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would end up similarly. Nevertheless, it was made official after strong support for this holiday to not single out one of two parents.

In 1966, President Lyndon B. Johnson issued the first presidential proclamation honoring fathers, designating the third Sunday in June as Father's Day. Six years later, the day was made a permanent national holiday when President Richard Nixon signed it into law in 1972.

## Staying Informed

Thank you to the School of Medicine Administration for Compiling these articles and resources!

[We are Living in a Racist Pandemic](#)

[Your Black Colleagues May Look Like They're Okay – Chances are They're Not](#)

[Affirming Black Lives Without Inducing Trauma](#)

[If You See Something, Do Something Instead of Calling the Cops](#)

[What to Do Instead of Calling the Police](#)

## Taking Action

Here is a link to a list compiling action items regarding the current protests and arrests.

[Links to Donate and Use your Voices](#)

## LGBTQ+ Resources

[National LGBTQ Health Education Center](#)

[Healthy People 2020](#)

[CDC Resources For Healthcare Providers](#)

[LGBTQ-Competent Providers Directory](#)

[Terms and Definitions](#)

[Creating A Welcoming Clinical Environment](#)

## Contact Us

*Your Diversity Affairs Reps*

Connie Cheng (PA)

[cxc956@case.edu](mailto:cxc956@case.edu)

Maria Moncaliano (SOM-UP)

[mcm225@case.edu](mailto:mcm225@case.edu)

Gustavo Roversi (SOM-CCLCM)

[gar37@case.edu](mailto:gar37@case.edu)

Gina Whelan (SOM-CCLCM)

[gvw3@case.edu](mailto:gvw3@case.edu)