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### 20220920\_Hispanic Heritage Month

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# HSLIC News - LibGuides at University of New Mexico

## Hispanic Heritage Month

by Alexis Ellsworth-Kopkowski on September 20th, 2022 | [o Comments](#)



Alt text: Hispanic Heritage Month September 15-October 15 surrounded by colorful banners

### Hispanic Heritage Month is recognized September 15-October 15

We hope you can use this time to recognize and celebrate the contributions, cultures, customs, and people from all over Mexico, Latina America, South America, Spain, & the Caribbean.

As [@Ganeshspace](#) has recognized, there are some wellness practices we can and should work to decolonize during this time. For example, burning palo santo and using it for smudging has led to over harvesting and it is difficult for the peoples of the Amazon to use palo santo for health ceremonies as a result. While the cacao fruit can be processed to produce chocolate, the pure cacao is important for spiritual practices in Latin America. Yerba Mate is a popular drink in the US but it has been used by the Indigenous Guarani people of Paraguay for medicinal purposes since time immemorial. Finally, plant medicines are often seen in western culture as "alternative medicine" but have been utilized and recognized for wellness across Latinx Indigenous cultures for healing and ceremonies. Being aware can help us to incorporate mindfulness into our wellness practices.

## [Hispanic, Latino/a, Chicano/a, or Latinx?](#)

**Hispanic:** denotes people ethnically from Spanish-speaking countries in Latin America and Spain. The term has been used since the 16th century to describe people from the Iberian Peninsula, or Spain and Portugal and was adopted by the U.S. government and Census Bureau in the 1980s.

**Latino/Latina:** is used to describe people with ancestry from Latin American countries. Unlike “Hispanic,” the term “Latino” does not imply the country of origin is Spanish speaking, so it includes peoples from Brazil and Haiti.

**Latinx:** Is a gender-neutral form of “Latino” or “Latina”.

**Chicano/Chicana:** Someone who is native of, or descends from, Mexico and who lives in the United States.

“Hispanic Heritage Month” also encompasses many Independence days and holidays during this same time.

September 15th: Independence days of Costa Rica, El Salvador, Guatemala, Honduras, & Nicaragua

September 16th: Independence day, Mexico

September 18th: Independence day, Chile

October 10th: Virgin Islands-Puerto Rico Friendship Day

**UNM Health Sciences** is holding both in person and virtual events in recognition of Hispanic Heritage Month including food trucks and a virtual Loteria (Bingo). For a complete listing see, <https://hsc.unm.edu/diversity/celebrating/hispanic.html>.

**For more information:** <https://sites.ed.gov/hispanic-initiative/national-hispanic-heritage-month/>

<https://learninglab.si.edu/news/top-8-reasons-why-and-how-we-celebrate-hispanic-heritage-month>

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