

NATIONAL HISPANIC HERITAGE MONTH

September 15 to October 15

Last Week's Talk Series - Sabrina Valdes



Last week's Talk Series featured DVM Class of 2023 student, Sabrina Valdes. Sabrina is a Cuban-American second-generation college student and will be the first in her family to graduate with a doctorate degree.

Sabrina is in the DVM/PhD dual degree program. Her research interest is in Zoonotic and Infectious Diseases. Sabrina strongly advocates that students find a mentor. She stated that her research mentor is one of the main reasons that she is in the veterinary school today.

One of Sabrina's favorite celebrations is Nochebuena. Nochebuena means "good night" and is a Latin American Christmas Eve celebration. One Nochebuena tradition is the slaughtering and cooking of a pig. As a now 2nd year veterinary student, Sabrina shared that during the last Nochebuena, she was able to teach her younger cousins about pig anatomy and walk them through the entire process.

LatinX VMA Student Group

The SVM Diversity Office hosted the first of several planning sessions for a new SVM LatinX student group.

Brief Notes:

- 10% of DVM student population is LatinX
- Focus areas
 - Orientation (students, residents, house officers)
 - Mentorship (faculty-student, faculty-faculty)
 - Community outreach
 - Education (opportunities to connect, learning about different cultures, LatinX speakers)

If you're interested in getting involved, please email SVMDiversity@lsu.edu or join us at our next meeting!

October 7th, 2020

12:00 PM

Zoom ID: 650 936 3160

<https://lsu.zoom.us/j/6509363160>

PILLARS OF EMPOWERMENT

MAKING AN IMPACT IN OUR COMMUNITY



Professional Development | Mentorship | Outreach | Scholarship

<https://www.latinxvma.org/who-we-are>

Upcoming LAHBM Events

The events listed below are hosted by the LSU Office of Multicultural Affairs. Look for upcoming emails for facts about LAHBM and for reminders about the events.

TONIGHT - TALK SERIES ON THE VISA PROCESS

TALK SERIES

Latin American and Hispanic Heritage Month
September 15 - October 15 ; Every Wednesday



SEPT. 23 AT 6:30 PM

Join us and learn more about the Visa process;
what to do before, during, and after.

Register to attend online at www.lsu.edu/latinx

LSU
Office of
Multicultural Affairs

Zoom ID: 983 6703 0975 | Passcode: 906456 | [Zoom Link](#)

TOMORROW - VIRTUAL COOKING SHOW

Virtual Cooking Show
September 24 @ 6:00pm

Chef Laurence

Through collaboration, laughs, and his love for food, executive chef Laurence Landon brings LSU students and staff together to explore healthier eating options on campus.

Hosted by LASO and OMA

Ingredients

Papas
Vegetable Oil
5 Medium Potatoes
Salt

Stuffing or Picadillo
Olive Oil
Chopped Tomato
Chopped Onion
Minced Garlic
Ground Cumin
Sazon Goya Seasoning
Salt and Pepper
Ground Beef

Aji Picante
Hot Pepper
White Vinegar
Water
Salt
Sugar
Lime Juice
Olive Oil
Cilantro
Parsley
Scallions
Chopped Tomato
Diced Red Peppers or Pimentos

Papa Rellena

Papa Rellena is a popular South American dish consisting of potatoes stuffed with ingredients ranging from ground beef to eggs and spices!

LSU
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Multicultural Affairs

This event will be lived streamed via Facebook & Instagram Live.
Visit <https://www.facebook.com/laso.lsu> or <https://www.instagram.com/laso.lsu/>
to view the show.



Latin American and Hispanic Heritage Month

CALENDAR OF EVENTS

KICKOFF VIDEO

SEPT. 15
ON SOCIAL MEDIA

TALK SERIES

SEPT. 16, 23, 30
OCT. 7, 14
TIMES VARY

COOKING SHOW

SEPT. 24
6:30 P.M.

GAME NIGHT

SEPT. 28
7 P.M.

ZUMBA CALIENTE

OCT. 8
6 P.M.

MOVIE NIGHT

OCT. 13
6:30 P.M.

Learn more & register online
at www.lsu.edu/latinx

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Contact SVMDiversity@lsu.edu for more information.

