



Zebra Hoofbeats

As we enter July, we must take time to commend ourselves for the resilience, love, and advocacy over the last few months. We at Zebra Hoofbeats want to say that we see you and that we are proud of what you have accomplished. Nothing has been easy. It has been an honor to see the participation of our student body represent diversity, tackle implicit bias, and advocate for the BIPOC community.



To continue our amazing efforts, we want to present a special challenge for July, called the “21-Day Racial Equity Habit Building Challenge.” Join us in building long-lasting habits of cultural humility by doing one action per day to further your understanding of power, privilege, supremacy, oppression, and equity. There is a [digital tracking chart](#) that you can download to document your progress each day during the challenge. Suggestions for readings, podcasts, videos, and advocacies are available at the official [website](#). We would love to see submissions of tracking charts from our readers, along with recommendations of great resources!

If you want to get more involved with advocating for diversity, please reach out to anyone on the ZH team.



International Reggae Day July 1

International Reggae Day is a celebration of reggae culture and its influence on Jamaican music. UNESCO has "reggae music of Jamaica" on the Representative List of the Intangible Cultural Heritage of Humanity.

Reggae started in the 1960s and is deeply linked to Rastafari, an Afrocentric religion, aiming at promoting Pan Africanism. Each year in Kingston, Jamaica, a large festival is held with musicians and reggae-lovers coming together from all over.

Last year, this holiday saw participation from a variety of countries other than Jamaica, e.g. The Bahamas, South Africa, Kenya, Brazil, Colombia, and the United Kingdom. You can

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participate from where you are now! This year a new music video for Bob Marley’s famous “No Woman, No Cry” was released. Check it out!



Welcome New Medical Students

ZH is excited to welcome our newest medical students this month! Although a lot of our curriculum has been shifted to virtual, we want to let you know that all of your upperclassmen colleagues are excited to meet you either virtually or in person!

Welcome to Cleveland and welcome to Case. Starting medical school is an extremely exciting time and we are all so happy to have you join us. Do not hesitate to reach out to anyone on the ZH team if you have questions about school, transitioning to Cleveland, or navigating our mixed virtual/in person curriculum. Take some time to explore what Cleveland has to offer and get to know your

classmates because they will support you through every step of this journey.



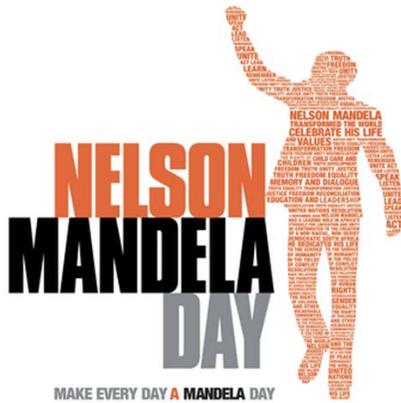
Independence Day - July 4

July 4th marks the date that the 13 original U.S. colonies adopted the Declaration of Independence in 1776. This act marked the colonies’ official separation from Great Britain and led to the American Revolution.

This holiday is usually celebrated with fireworks, barbecues, and outdoor events. If you’re looking for a way to learn about the history of the American Revolution while celebrating the diversity of our country, you should watch *Hamilton the Musical*, released on Disney+ on July 3rd.



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Mandela Day - July 18

In 2009, the United Nations launched Nelson Mandela International Day, celebrated on July 18th, Nelson Mandela's birthday. Nelson Mandela was a South African activist and former president who has been a global advocate for human rights. After spending many years in prison for his activism, he helped end apartheid in South Africa and became the first black president in 1994.

Mandela Day is a time for individuals to come together to take action against poverty and injustice. This year's focus is on education, food, and nutrition. Many of us are actively involved in our communities, so we encourage you to celebrate your service and continue to motivate others to get involved. There are many small ways to help others succeed academically and obtain needed nutrition. For more details on how to get involved check out the [Mandela Day Website](#).



National Disability Independence Day - July 26

National Disability Independence Day commemorates the signing of the Americans with Disabilities Act (ADA) on July 26th, 1990. The ADA provides protection from employment discrimination as well as better access to goods, services, and communications for people with physical and intellectual disabilities.

This monumental act also put regulations in place for businesses to provide accessibility. Right now, we commonly see ramps, tactile paving, service dogs, and other resources available. However, not too long ago, inaccessibility was the norm.

People with disabilities dealt with a lot of discrimination and inaccurate low expectations. While the discrimination may have decreased, it is in no way completely eradicated. Every July 26 is a day to celebrate the independence of people with disabilities and bring awareness to the importance of them having equal rights and freedom.



World Hepatitis Day - July 28

World Hepatitis Day occurs every year on July 28 because it is the birthday of Nobel-prize winning scientist Dr. Baruch Blumberg, who discovered the hepatitis B virus (HBV) and developed a diagnostic test and vaccine for the virus.

This year's theme for World Hepatitis Day is "Find the Missing Millions." It is estimated that there are about 290 million undiagnosed people living with viral hepatitis

(hepatitis A, B, C, D, and E). Each of these five viruses have distinct ways of spreading and affect specific populations differently. For 2020, this day of awareness is calling on us to "find the missing millions."

This viral infection affects millions of people worldwide, causing both acute and chronic liver disease. The World Health Organization data show an estimated 257 million people living with chronic hepatitis B and 71 million people living with chronic hepatitis C worldwide. Further, viral hepatitis causes more than one million deaths each year. Thus, the most important gap to be addressed is lowering the cost of testing and treatment.

Reflections on Pride Month and the Black Community

By Alyson Auriemma and Garrett Weskamp, Case Med Pride

Although June, Pride Month, has come to an end, we wanted to take a moment to comment on the history of Pride and its deep connection to the black community. 6 days of protests, now known as the Stonewall Riots are considered the rallying cry for the gay liberation movement. These protests started on June 28, 1969 in response to a police raid of the Stonewall Inn in Manhattan, New York.

For some context, serving a queer clientele was considered illegal at this time but the Stonewall Inn was one of the few bars who secretly served a queer clientele. Before the riots, raids of queer establishments occurred frequently, as often as once a month. Most patrons were allowed to leave but individuals in full drag, people without identification, and women



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not wearing at least three 'feminine' articles of clothing were arrested.

For verification, individuals dressed in feminine clothing or considered to be in drag were all taken into a separate room and required to expose themselves. During this particular raid at the Stonewall Inn, individuals refused to comply. As a result, the police decided to take almost everyone to the station.

However, before they were successful, a crowd had gathered in front of the establishment with one member allegedly throwing the iconic "first brick," starting the all-out battle between the cops and those seeking justice. That night, the police were successfully fought off, and the bar patrons considered it their first victory. Then after, every night until July 3, 1969 a crowd gathered outside of the Stonewall Inn continuing to fight and gather for their rights.

These riots as well as others that spread across the city and across the nation were organized and led by trans women of color including Marsha P. Johnson and Sylvia Rivera. Even though this was not the first bar that was raided by the police, the leadership and actions of trans people of color inspired the LGBTQ community and showcased a strong visible LGBTQ presence.

As a result, this became the catalyst to forming a cohesive LGBTQ community and queer activist organizations. One year after the Stonewall Riots, gay pride marches were held across the country in commemoration of the previous year's event, sparking even more visibility, organization and advocacy for the queer population.

It is disheartening to see the same patterns of police brutality
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mirrored just over 50 years later and the continued erasure of legal protections and progress of LGBTQ rights, especially transgender rights, that are occurring during this current political administration. It is vital that we continue to fight the continued erasure of trans people, particularly trans women of color, from these movements through awareness, education and demonstration.

Recent events have shown that there is still injustice within our country both on people of color and on the LGBTQ community. During Pride month, the Trump administration removed protections for transgender discrimination within healthcare, set to roll out in mid-August. An important implication of this ruling is that trans people can be refused care. In addition, Riah Milton, Dominique Fells, Nina Pop, and Tony McDade - all black trans individuals were brutally murdered. The murders of other black trans folks occurs on a nearly weekly basis. We are grieving as a community for these losses and as future medical professionals it is our duty to advocate for all our patients and continue opposing the current epidemic of both police brutality and violence against people of color.

As a community, we hope that our members take time to reflect on this brutal epidemic against transgender people of color happening on a micro and macro-level in our society every day and that you educate yourselves on the systemic issues that have oppressed our black and trans community members. With this knowledge, we can start making the changes that we need for our entire community to thrive, and to show our proud black LGBTQ community

members that we hear them and we stand by them in these trying times.

Resources to get involved in education and fundraising:

[Nina Pop Mental Health Recovery Fund](#) for black trans women

[Tony McDade Mental Health Recovery Fund](#) for black trans men

[SNaPCo](#) - A black trans and queer collective pushing for systemic divestment from the prison industrial complex and investment in community support

[Third Wave Fund](#) - an activist fund that resources and supports youth-led Gender Justice activism to advance the political power, well-being, and self-determination of communities of color and low-income communities.

[13th](#), a Netflix documentary exposing racial inequality within the criminal justice system

[The BIPOC Project](#), aims to build authentic and lasting solidarity among Black, Indigenous and People of Color (BIPOC), in order to undo Native invisibility, anti-Blackness, dismantle white supremacy and advance racial justice.

Contact Us

Your Diversity Affairs Reps

Connie Cheng (PA)

cx956@case.edu

Maria Moncaliano (SOM-UP)

mcm225@case.edu

Gustavo Roversi (SOM-CCLCM)

gar37@case.edu

Gina Whelan (SOM-CCLCM)

gvw3@case.edu