

Courtyard Conversations Ep:6 “Hispanic Heritage Month”

00:00:08:10 - 00:00:10:15

Douglas: All right, Nancy, how are you doing today?

00:00:10:15 - 00:00:11:18

Nancy: I'm doing well. And you?

00:00:11:18 - 00:00:12:20

Douglas: I'm doing good. I'm doing good.

00:00:12:20 - 00:00:15:02

Douglas: Thank you for joining.

00:00:15:02 - 00:00:16:16

Douglas: First of all, thank you for joining us here today.

00:00:16:16 - 00:00:20:08

Douglas: We really appreciate you giving us your time for this important discussion.

00:00:20:10 - 00:00:23:10

Douglas: You mind sharing a little bit about your background?

00:00:23:15 - 00:00:24:06

Nancy: Oh, yes.

00:00:24:06 - 00:00:26:05

Nancy: Um, well, my name is Nancy.

00:00:26:05 - 00:00:28:21

Nancy: I am actually from McAllen, Texas.

00:00:28:21 - 00:00:34:04

Nancy: McAllen is actually located in the southern border of Texas,

00:00:34:06 - 00:00:39:02

Nancy: which is about a few miles away from the border with Reynosa México.

00:00:39:04 - 00:00:41:13

Nancy: And I got my,

00:00:41:13 - 00:00:44:22

Nancy: my education from the valley, Rio Grande Valley.

00:00:44:23 - 00:00:49:14

Nancy: So, I started off with getting my associate degree

00:00:49:16 - 00:00:51:13

Nancy: from South Texas College.

00:00:51:13 - 00:00:54:16

Nancy: Then I went ahead and went to the University of Texas, Rio

00:00:54:16 - 00:00:59:15

Nancy: Grande Valley, where I got my bachelor's degree in rehabilitation services,

00:00:59:17 - 00:01:03:07

Nancy: and then I got my master's degree in social work at

00:01:03:09 - 00:01:06:00

Nancy: Our Lady of the Lake University of San Antonio.

00:01:06:00 - 00:01:09:16

Nancy: Then I got a license to the state of Texas

00:01:09:18 - 00:01:11:23

Nancy: to do, license master's social work.

00:01:11:23 - 00:01:16:14

Nancy: And now I'm here as a doctoral student in social work at UT Arlington.

00:01:16:16 - 00:01:18:09

Doughlas: Yeah. And I see you got a Mexico jersey.

00:01:18:09 - 00:01:20:10

Nancy: Yes. Yeah.

Douglas: Who's your favorite player?

00:01:20:10 - 00:01:21:17

Nancy: Santiago Giménez.

00:01:21:17 - 00:01:22:14

Douglas: Santiago Giménez?

00:01:22:14 - 00:01:25:19

Nancy: Yes. He's one of the, you know, one of the new youngest players.

00:01:25:21 - 00:01:28:09

Nancy: That's been playing recently with México.

00:01:28:09 - 00:01:29:20

Douglas: Okay.

Nancy: So, yeah.

00:01:29:20 - 00:01:32:01

Nancy: So he's one of the new one newest ones. Yeah.

00:01:32:01 - 00:01:32:22

Okay. Yeah.

00:01:32:22 - 00:01:36:17

Douglas: Have you been to a --
[speaking Spanish] haz visto un juego en vivo o no?
[English translation] Have you seen a game live before, or no?

00:01:36:18 - 00:01:42:06

Nancy: yes --
[speaking Spanish] fui a un juego este en 2019
[English translation] I went to a game in 2019.

00:01:42:08 - 00:01:44:06

Nancy: con mi hermana alla en San Antonio.
[English translation] with my sister there in San Antonio

00:01:44:06 - 00:01:49:21

Nancy: In Alamodome against Argentina,

but, they lost pretty badly.

00:01:49:23 - 00:01:50:13

Nancy: Four to zero

00:01:50:13 - 00:01:53:01

Nancy: I remember.

Doughlas: [speaking Spanish] Contra* Argentina con Messi.
[English translation] Against Argentina with Messi.

00:01:53:01 - 00:01:54:04

Nancy: Yeah.

Doughlas: Yeah.

00:01:54:04 - 00:01:57:16

Doughlas: Okay, well, for those of you
that are unaware, Hispanic Heritage Month

00:01:57:16 - 00:02:01:11

Doughlas: starts on September
15th and ends on October 15th every year.

00:02:01:13 - 00:02:06:12

Doughlas: Nancy, what does this month mean to you
as a social worker and as a Latina?

00:02:06:14 - 00:02:09:14

Nancy: What it means to me,
celebrating the contributions of

00:02:09:16 - 00:02:13:03

Nancy: individuals,
Hispanic individuals that have made,

00:02:13:05 - 00:02:17:06

Nancy: contributions here in the in the country
and also celebrating,

00:02:17:08 - 00:02:22:01

Nancy: you know, our culturas, you know, where
we're coming from, embracing who we are.

00:02:22:03 - 00:02:23:11

Nancy: So that's what it means to me.

00:02:23:11 - 00:02:26:19

Nancy: You know, when it comes to Hispanic Heritage Month.

Doughlas: - Awesome.

00:02:26:23 - 00:02:29:18

Doughlas: What does it mean to be a Latina to you?

00:02:29:20 - 00:02:30:18

Nancy: It's an

00:02:30:18 - 00:02:34:01

Nancy: Indescribable*, indescribable* feeling, to be honest.

00:02:34:03 - 00:02:36:19

Nancy: What I can tell you,

00:02:36:19 - 00:02:40:17

Nancy: though, is at the minute I was born,

00:02:40:19 - 00:02:43:19

Nancy: I am grateful to God, to him that he made me a Latina.

00:02:43:22 - 00:02:46:06

Nancy: That's all I can tell you.

Doughlas: - Specifically,

00:02:46:06 - 00:02:47:17

Doughlas: [speaking Spanish] una mexicana?
[English translation] A Mexican woman?

00:02:47:17 - 00:02:48:07

Nancy: - Mexicana!

Doughlas: - Mexicana!

00:02:48:07 - 00:02:53:03

Nancy: And I actually, I hold the dual citizenship.

00:02:53:05 - 00:02:54:17

Nancy: Yes.

00:02:54:17 - 00:02:57:12

Nancy: So my-- I was born here

00:02:57:12 - 00:03:02:09

Nancy: in McAllen, Texas,
but my mom decided to give me

00:03:02:09 - 00:03:06:14

Nancy: a Mexico citizenship because, well,
they are Mexicans.

00:03:06:16 - 00:03:10:13

Nancy: So I have also Mexican citizenship.

00:03:10:15 - 00:03:12:14

Douglas: So I need to talk to my mom because, uh,

00:03:12:14 - 00:03:16:01

Douglas: so I'm Colombiano y
Guatemalteco. My mother is Guatemalan and

00:03:16:01 - 00:03:17:06

Douglas: my father's Colombian.

00:03:17:06 - 00:03:17:13

Nancy: Yeah.

00:03:17:13 - 00:03:22:17

Douglas: And I went to Guatemala for the first time
a couple of years ago, and it

00:03:22:19 - 00:03:26:15

Douglas: it was a little cultural shock
that I wasn't

00:03:26:15 - 00:03:30:12

Douglas: looked at as a as a peer to them
because I'm not a citizen.

00:03:30:14 - 00:03:31:05

Douglas: But, yeah,

00:03:31:05 - 00:03:34:18

Douglas: getting citizenship in those countries is definitely something on my list.

00:03:34:18 - 00:03:38:01

Douglas: So, I envy you for having dual citizenship.

00:03:38:01 - 00:03:39:15

Douglas: That's pretty cool.

00:03:39:15 - 00:03:44:01

Douglas: Nancy, how important is identity to you?

00:03:44:03 - 00:03:45:12

Nancy: It's,

00:03:45:12 - 00:03:49:09

Nancy: it's important, you know, because it just makes you who you are.

00:03:49:11 - 00:03:51:13

Nancy: You display to the world who you are.

00:03:51:13 - 00:03:52:05

Nancy: In this case,

00:03:52:05 - 00:03:56:05

Nancy: I mean, I've been a Latina, you know, you're just embracing,

00:03:56:07 - 00:03:59:07

Nancy: you know, who you are, where you're coming from.

00:03:59:07 - 00:04:02:02

Nancy: Um, you're showing your cultural traditions.

00:04:02:02 - 00:04:06:18

Nancy: So that's what, for me, that's what I consider identity.

00:04:06:20 - 00:04:09:04

Nancy: You know who you are as a person.

00:04:09:04 - 00:04:09:08

Nancy: Yeah.

00:04:09:08 - 00:04:10:15

Douglas: You mentioned cultural traditions.

00:04:10:15 - 00:04:13:09

Douglas: What does culture itself mean to you?

00:04:13:09 - 00:04:15:01

Nancy: Um, for sure.

00:04:15:01 - 00:04:17:12

Nancy: The gastronomy, the food.

00:04:17:12 - 00:04:20:20

Nancy: Uh, yeah, yes, the traditions.

00:04:20:22 - 00:04:23:10

Nancy: Um, the important dates that we celebrate

00:04:23:10 - 00:04:28:04

Nancy: in Mexico, um, in the important things that, um,

00:04:28:06 - 00:04:32:15

Nancy: my parents, you know, what* they hold as values and everything.

00:04:32:17 - 00:04:36:11

Nancy: So, um, that's what I consider.

00:04:36:13 - 00:04:38:22

Douglas: Awesome -- I know you mentioned you,

00:04:38:22 - 00:04:43:22

Douglas: you spend a lot of your time in Texas for school, for your advanced education.

00:04:44:00 - 00:04:46:22

Douglas: How did you first get involved

with social work?

00:04:46:22 - 00:04:49:01

Nancy: Oh, that was, um,

00:04:49:01 - 00:04:51:10

Nancy: that was a very interesting one.

00:04:51:10 - 00:04:56:17

Nancy: When I started, uh, my degree
in Rehabilitation

00:04:56:17 - 00:05:00:12

Nancy: services at the University of Texas,
Rio Grande Valley,

00:05:00:14 - 00:05:05:15

Nancy: my sister kept telling me, you know,
you should do social work

00:05:05:17 - 00:05:08:16

Nancy: because she is the assistant

00:05:08:17 - 00:05:12:05

Nancy: administrator assistant
one of the you was U.S.

00:05:12:05 - 00:05:17:20

Nancy: renal care companies for the dialysis,
for dialysis.

00:05:17:22 - 00:05:22:04

Nancy: And, you know, dialysis hires
social workers.

00:05:22:06 - 00:05:27:02

Nancy: And she kept telling me you should do
social work so you could work in dialysis.

00:05:27:04 - 00:05:29:04

Nancy: But I never listened to her.

00:05:29:04 - 00:05:31:23

Nancy: I was being very stubborn. As always.

00:05:31:23 - 00:05:34:17

Douglas: You're the younger sister. Older sister?

Nancy: - I'm the youngest sister.

Douglas: Okay.

00:05:34:17 - 00:05:35:06

Douglas: That makes sense.

00:05:35:06 - 00:05:35:21

That makes sense.

00:05:35:21 - 00:05:38:14

Nancy: There is a 15-year gap between her and I.

00:05:38:14 - 00:05:42:13

Nancy: So, whatever she tells me,
I do the opposite,

00:05:42:15 - 00:05:44:23

Douglas: As most siblings do.

Nancy: Yes.

00:05:44:23 - 00:05:47:01

Nancy: Yeah. So, um.

00:05:47:01 - 00:05:50:01

Nancy: Yeah, I never listened to her,

00:05:50:03 - 00:05:53:00

Nancy: but I'm still grateful though,
that I was able to do

00:05:53:00 - 00:05:58:13

Nancy: my degree in rehabilitation services
simply because I got more knowledge

00:05:58:13 - 00:06:04:02

Nancy: on people with disabilities
and on mental health and substance use.

00:06:04:04 - 00:06:06:13

Nancy: Um, but

00:06:06:13 - 00:06:09:15

Nancy: once I got into the Master's
in Clinical Rehabilitation

00:06:09:15 - 00:06:14:13

Nancy: Counseling at UT Rio Grande Valley, well,
that was back in 2017.

00:06:14:13 - 00:06:17:22

Nancy: And, um, so I did one year

00:06:17:23 - 00:06:24:05

Nancy: and it was around September that I, um,

00:06:24:06 - 00:06:25:21

Nancy: know one day I,

00:06:25:21 - 00:06:29:18

Nancy: when I woke up, you know, from sleeping,
I woke up and I said,

00:06:29:18 - 00:06:33:01

Nancy: I want to be a social worker...

Douglas: - Just out of nowhere?

00:06:33:03 - 00:06:36:06

Nancy: Out of nowhere!

Douglas: Just something within you just overcame.

00:06:36:06 - 00:06:38:09

Douglas: And, hey, I want to do this.
I want to pursue this.

00:06:38:09 - 00:06:40:22

Nancy: Yeah, I, I want to pursue this.

00:06:40:22 - 00:06:42:01

Nancy: I want to be a social worker.

00:06:42:01 - 00:06:45:07

Nancy: So, I started to,
you know, trying to investigate

00:06:45:08 - 00:06:49:01

Nancy: what school's
UTRGV, Our Lady of The Lake University.

00:06:49:03 - 00:06:54:00

Nancy: I started going all over the place
with different universities online.

00:06:54:02 - 00:06:56:21

Nancy: And, um, so, yeah!

00:06:56:21 - 00:06:57:11

Douglas: Interesting.

00:06:57:11 - 00:06:59:16

Douglas: And like, you didn't have a dream?

00:06:59:16 - 00:07:01:18

Douglas: There was nothing, aside from your sister,

00:07:01:18 - 00:07:04:17

Douglas: nothing really inspired you?
It was just something within that just --

00:07:04:17 - 00:07:06:07

Nancy: It's just something within.

00:07:06:07 - 00:07:07:01

Douglas: That's pretty cool.

00:07:07:01 - 00:07:08:14

Douglas: You know,
most people get their inspiration

00:07:08:14 - 00:07:12:17

Douglas: from siblings
role models, virtual role models,

00:07:12:19 - 00:07:16:04

Douglas: or even in with personal experiences,
you know, like with,

00:07:16:06 - 00:07:18:06

Douglas: health issues
and things of that nature.

00:07:18:06 - 00:07:20:20

Douglas: So yeah, that's pretty cool.

00:07:20:20 - 00:07:23:16

Douglas: I want to think to myself, I don't

00:07:23:18 - 00:07:26:10

Douglas: I think one day I woke up and said I,

00:07:26:10 - 00:07:30:19

Douglas: well, I was inspired about other things,
but yeah, uh, my, with my career

00:07:30:19 - 00:07:35:11

Douglas: with like videography and production,
it's one of those things where

00:07:35:13 - 00:07:39:10

Douglas: it just feels like you're supposed to be
in this space. Right?

00:07:39:15 - 00:07:41:21

Douglas: Is that, is that similar
to what you were feeling?

00:07:41:21 - 00:07:43:17

Douglas: It just feels like it's a perfect fit?

00:07:43:17 - 00:07:45:04

Douglas: Like this is what you're supposed to do?

00:07:45:04 - 00:07:47:14

Nancy: Most definitely.

Douglas: - Awesome.

00:07:47:14 - 00:07:49:06

Douglas: Next question for you, Nancy.

00:07:49:06 - 00:07:53:10

Douglas: What is it like for you
learning English as a second language

00:07:53:15 - 00:07:55:13

Doughlas: as you were progressing through your education?

00:07:55:13 - 00:07:58:21

Doughlas: I know you said that you grew up in a Mexican traditional household, so I'm

00:07:58:21 - 00:08:03:08

Doughlas: assuming [el español] was your first language and [speaking Spanish] aprendiendo ingles para la escuela-- [English translation] learning English for school

00:08:03:11 - 00:08:05:18

Doughlas: ¿Cómo -- How was that for you?

00:08:05:18 - 00:08:07:16

Nancy: It was tough.

00:08:07:16 - 00:08:11:03

Nancy: From my first years in elementary school,

00:08:11:05 - 00:08:14:16

Nancy: my, all my core subjects

00:08:14:16 - 00:08:18:12

Nancy: were done in Spanish on my state exams.

00:08:18:12 - 00:08:20:10

Nancy: The TAKS test were done in Spanish.

00:08:20:10 - 00:08:21:13

Doughlas: I remember the TAKS test.

00:08:21:13 - 00:08:23:15

Nancy: Yes, the TAKS test.

00:08:23:15 - 00:08:24:11

Nancy: Yeah.

00:08:24:11 - 00:08:27:12

Nancy: So they were all done in Spanish.

00:08:27:17 - 00:08:30:04

Nancy: And every year I would get tested.

00:08:30:04 - 00:08:35:07

Nancy: It was called to help us to see if

00:08:35:09 - 00:08:36:21

Nancy: if I was competent enough

00:08:36:21 - 00:08:40:16

Nancy: to go into full English classes.

00:08:40:18 - 00:08:42:00

Nancy: But I don't, I don't...

00:08:42:00 - 00:08:45:16

Nancy: I don't understand why they do that,
you know, because I was always in,

00:08:45:18 - 00:08:48:18

Nancy: in Spanish speaking classes, you know.

00:08:48:19 - 00:08:51:19

Nancy: Well, they call it bilingual,
but I was always I was doing

00:08:51:19 - 00:08:53:18

Nancy: always Spanish.

Doughlas: -Spanish.

00:08:53:18 - 00:08:56:02

Nancy: We would always speak Spanish.

00:08:56:02 - 00:09:00:13

Nancy: So, so that was from pre-K

00:09:00:15 - 00:09:04:10

Nancy: or kinder to fifth grade.
Until sixth grade,

00:09:04:10 - 00:09:08:10

Nancy: I was fully immersion to all English,
all English speaking classes.

00:09:08:10 - 00:09:10:07

Nancy: All my core subjects were English.

00:09:10:07 - 00:09:13:06

Nancy: And I took the top US test
and I was competent enough

00:09:13:11 - 00:09:16:06

Nancy: to get fully immersed into English.

00:09:16:06 - 00:09:19:19

Nancy: But what helped me out
was listening to rock bands

00:09:19:19 - 00:09:24:01

Nancy: like Green Day, My Chemical Romance,

00:09:24:03 - 00:09:26:22

Nancy: 30 Seconds to Mars, Blink -182.

00:09:26:22 - 00:09:32:02

Nancy: All these English-speaking rock bands,
they, they helped me out

00:09:32:04 - 00:09:36:16

Nancy: to better my, to better off
my English a little bit.

00:09:36:18 - 00:09:40:00

Nancy: So, and I'm still, I still a little bit struggle
sometimes

00:09:40:00 - 00:09:43:00

Nancy: with my English,
but I'm not ashamed of it.

00:09:43:03 - 00:09:47:21

Nancy: Back then I was
I was kind of self-conscious

00:09:47:23 - 00:09:48:16

Nancy: in, you

00:09:48:16 - 00:09:52:12

Nancy: know, even in eighth grade, um,

while we were reviewing

00:09:52:12 - 00:09:56:13

Nancy: for the TAKS test for US History, um,

00:09:56:15 - 00:10:01:01

Nancy: it was my turn to read out loud and,

00:10:01:03 - 00:10:02:21

Nancy: the teacher kind of laughed at me.

00:10:02:21 - 00:10:04:11

Douglas: Oh, man.

Nancy: Yeah.

00:10:04:11 - 00:10:09:12

Nancy: And I because I kind of struggled to read something and she kind of like, smirked.

00:10:09:14 - 00:10:11:16

Douglas: Was it the pronunciation

00:10:11:16 - 00:10:15:21

Douglas: or was it more of the accent, or did you just not know how to read certain words?

00:10:15:23 - 00:10:18:12

Nancy: Probably. I just didn't know how to read certain words.

00:10:18:12 - 00:10:19:02

Douglas: Okay.

00:10:19:02 - 00:10:22:06

Nancy: And yeah, and that's where my self-conscious

00:10:22:06 - 00:10:26:11

Nancy: in the reading in English began and ran through high school.

00:10:26:11 - 00:10:29:19

Nancy: I just hated doing presentations in English.

00:10:29:21 - 00:10:34:10

Nancy: I would get all of this anxiety and everything, even in college.

00:10:34:12 - 00:10:36:11

Nancy: Um, you know.

00:10:36:11 - 00:10:37:14

Nancy: Even up to now.

00:10:37:14 - 00:10:38:19

Nancy: But I'm here, with you.

00:10:38:19 - 00:10:41:12

Douglas: You're here and you're speaking very well.

Nancy: - And I'm speaking so.

00:10:41:12 - 00:10:42:13

Douglas: And you're speaking very well.

00:10:42:13 - 00:10:46:15

Douglas: And you still have your accent, but but I think that's one of the things that,

00:10:46:16 - 00:10:50:00

Douglas: that you bring value to, you know, like, you have this background,

00:10:50:02 - 00:10:53:11

Douglas: you've had these obstacles and learning and going through certain things

00:10:53:11 - 00:10:55:04

Douglas: like teachers and students laughing at you.

00:10:55:04 - 00:10:59:09

Douglas: But for you to get those reps in and get to where you are now, I think says a lot.

00:10:59:14 - 00:11:02:08

Nancy: Yeah, yeah.

Douglas: - You mentioned Green Day.

00:11:02:08 - 00:11:05:06

Douglas: I just want to ask you really quickly.
What's your favorite Green Day song?

00:11:05:08 - 00:11:07:18

Nancy: I would say Jesus of Suburbia.

00:11:07:18 - 00:11:12:20

Nancy: That was one of my first few songs that
I listened to when I was in sixth grade.

00:11:12:22 - 00:11:15:21

Douglas: All right.

Nancy: - I know!

00:11:15:21 - 00:11:17:18

Douglas: Yeah.

00:11:17:18 - 00:11:20:05

Douglas: Nancy,
you mentioned some of your research

00:11:20:05 - 00:11:24:06

Douglas: interests, such as health
disparities in Latino populations. How --

00:11:24:06 - 00:11:28:14

Douglas: I wanted to ask, how important is overall
health to you, both

00:11:28:16 - 00:11:31:07

Douglas: physical and mental?

Nancy: - It's important.

00:11:31:07 - 00:11:36:18

Nancy: I mean, because I mean, you need
you need your health to survive

00:11:36:20 - 00:11:39:05

Nancy: both physically and mentally to move on

00:11:39:05 - 00:11:42:13

Nancy: forward with your

with your daily life and everything.

00:11:42:13 - 00:11:46:18

Nancy: So, um, I mean, knowing that there is

00:11:46:20 - 00:11:50:18

Nancy: healthcare disparities among the Latino population is a, is a concern.

00:11:50:18 - 00:11:54:12

Nancy: You know, um, this is what I noticed, you know,

00:11:54:14 - 00:11:58:16

Nancy: both professionally and personally living in the Rio Grande Valley.

00:11:58:18 - 00:12:01:05

Douglas: Yeah, I know. Um,

00:12:01:07 - 00:12:04:20

Douglas: for my mother, she just got, thyroid surgery.

00:12:04:20 - 00:12:06:22

Douglas: She had thyroid cancer a couple of years ago,

00:12:06:22 - 00:12:10:00

Douglas: and that was a whole process within itself.

00:12:10:00 - 00:12:13:02

Douglas: But then, you know, I think it's interesting, you know,

00:12:13:02 - 00:12:16:14

Douglas: people don't really teach you how to,

00:12:16:16 - 00:12:20:08

Douglas: people don't really teach you how to go through life as your parents get older.

00:12:20:10 - 00:12:21:20

Douglas: And I think that's one of the things,

00:12:21:20 - 00:12:25:13

Douglas: you know, it just kind of comes when it comes.

00:12:25:15 - 00:12:28:20

Douglas: But yeah, like anything with, with health and like,

00:12:28:21 - 00:12:33:01

Douglas: especially those personal experiences I think make a huge impact in people

00:12:33:01 - 00:12:38:00

Douglas: wanting to pursue fields with health, higher education, maybe even politics.

00:12:38:02 - 00:12:38:12

Nancy: Yeah.

00:12:38:12 - 00:12:41:18

Douglas: I wanted to ask specifically, Nancy,

00:12:41:18 - 00:12:45:12

Douglas: what are you wanting your research to change exactly?

00:12:45:14 - 00:12:50:18

Nancy: To increase access and, health care resources.

00:12:50:18 - 00:12:57:00

Nancy: I also want to do work in policy, making sure you know, the right

00:12:57:00 - 00:13:00:16

Nancy: distribution of health care resources are distributed to the right people.

00:13:00:16 - 00:13:02:00

Yeah.

Nancy: Yeah, definitely.

00:13:02:00 - 00:13:02:23

Definitely.

00:13:02:23 - 00:13:05:19

Nancy: Um, so that's part, part of it.

00:13:05:19 - 00:13:08:18

Nancy: I want to do a social work research in health care disparities

00:13:08:18 - 00:13:13:17

Nancy: amongst Latino population, work in policy and social work education as well.

00:13:13:19 - 00:13:15:22

Nancy: So that's what I want to do.

00:13:15:22 - 00:13:16:16

Doughlas: Okay.

00:13:16:16 - 00:13:19:03

Doughlas: This just a filler question for me. I know

00:13:19:03 - 00:13:22:19

Doughlas: on my end, as a Latino growing up in a traditional household

00:13:22:21 - 00:13:26:04

Doughlas: [la comida]
[English translation] the food
you know, there's no such thing as a diet.

00:13:26:06 - 00:13:28:18

Doughlas: Uh, you know, we got
[comida frita], [English translation] fried food
you know,

00:13:28:18 - 00:13:31:18

Doughlas: [speaking Spanish] los frijoles, platanos,
Bandeja [English translation] beans, platains, tray of
-- you know,

00:13:31:22 - 00:13:35:11

Doughlas: I'm Colombian, so, you know we eat, la bandeja paisa!
Which is [speaking Spanish] carne,

[English translation] Paisa tray, meat

00:13:35:11 - 00:13:39:23

Douglas: huevos, frijoles, aguacates. [English translation] eggs, beans, avocados
You know --- lo de mas! [English translation] everything else!

You know, just everything.

00:13:39:23 - 00:13:44:05

Douglas: Tying back to the culture aspect,
how can we promote

00:13:44:06 - 00:13:47:08

Douglas: health and healthier habits
in these traditional households

00:13:47:08 - 00:13:50:08

Douglas: with our food and how to respond
to certain health concerns?

00:13:50:10 - 00:13:52:18

Douglas: Case and point,

00:13:52:20 - 00:13:53:13

Douglas: I don't.

00:13:53:13 - 00:13:55:09

Douglas: I no longer eat pork,

00:13:55:09 - 00:14:00:05

Douglas: and I've told my father, I shown my father
a little bit about the concerns

00:14:00:05 - 00:14:03:21

Douglas: that come with eating pork
and how it affects your body.

00:14:03:23 - 00:14:05:22

Douglas: But he says it just tastes so good.

00:14:05:22 - 00:14:08:18

Douglas: You know, he's used to eating [chicharrón],
[English translation] pork rinds

00:14:08:18 - 00:14:12:13

Douglas: so, yeah, how, how can we promote health and healthier habits

00:14:12:13 - 00:14:17:05

Douglas: with our food and our our way to respond to certain health issues? (caused by these foods*)

00:14:17:07 - 00:14:20:21

Nancy: I think it all starts with health literacy, um, you know,

00:14:20:21 - 00:14:26:13

Nancy: promoting, in preventative care, having the,

00:14:26:15 - 00:14:30:14

Nancy: the people know, hey, this is what, what's good, this is what's not good.

00:14:30:16 - 00:14:35:05

Nancy: But it all starts with health literacy, you know, uh, having them to know,

00:14:35:07 - 00:14:39:12

Nancy: hey, you need to eat, you need to learn how to eat better.

00:14:39:12 - 00:14:41:16

Nancy: You know, I know it's kind of hard.

00:14:41:16 - 00:14:44:14

Douglas: Very, very hard

Nancy: - I know,

00:14:44:16 - 00:14:48:10

Nancy: and because of, um, you know, tacos,

00:14:48:12 - 00:14:50:16

Nancy: chili rellenos.

00:14:50:16 - 00:14:52:02

Nancy: I just came--

Doughlas: [speaking Spanish]
- Me estás dando hambre
[English translation] You're making me hungry!

00:14:52:02 - 00:14:54:01

Doughlas: ahorita ya!
[English] You're making me hungry!

00:14:54:01 - 00:14:56:02

Nancy: I just came back from,

00:14:56:02 - 00:14:58:18

Nancy: from McAllen this weekend, actually.

00:14:58:18 - 00:15:01:12

Nancy: And my mom made me chili rellenos.

00:15:01:12 - 00:15:04:18

Nancy: Sorry,
Nancy: I ran a little --

00:15:04:18 - 00:15:07:15

Doughlas: [speaking Spanish] ¿No me trajiste nada?
You didn't bring me nothing?
Nancy: - Sorry.

00:15:07:15 - 00:15:08:13

Doughlas: Maybe next time.

00:15:08:13 - 00:15:08:22

Nancy: Yeah.

00:15:08:22 - 00:15:13:16

Nancy: Anyway, so, health
literacy is important.

00:15:13:18 - 00:15:18:05

Nancy: And that's probably
one of the problems, you know, that people

00:15:18:07 - 00:15:21:13

Nancy: don't know how to read correctly on,

00:15:21:15 - 00:15:24:12

Nancy: on what to know what to eat.

00:15:24:12 - 00:15:26:11

Nancy: Um, exactly.

00:15:26:11 - 00:15:29:11

Nancy: And, yeah, so that's what I can think of.

00:15:29:16 - 00:15:31:15

Douglas: How do we start with health literacy?

00:15:31:15 - 00:15:34:10

Douglas: Like, where does that come from?
How does that, what does that look like?

00:15:34:10 - 00:15:38:15

Douglas: Because -- me again,
with the traditional aspect

00:15:38:17 - 00:15:43:02

Douglas: from the culture,
cultural, traditional aspect,

00:15:43:04 - 00:15:44:02

Douglas: parents don't really

00:15:44:02 - 00:15:47:02

Douglas: take a lot of advice from their children.

00:15:47:03 - 00:15:47:13

Douglas: You know?

00:15:47:13 - 00:15:52:00

Douglas: So how, how does how do we get over that
barrier of, you know,

00:15:52:02 - 00:15:54:13

Douglas: giving them that information
and sharing the insights

00:15:54:13 - 00:15:57:21

Douglas: that now we've learned
through education here in America?

00:15:57:23 - 00:16:01:08

Nancy: I guess, you know, just,
you know, letting them know,

00:16:01:10 - 00:16:06:10

Nancy: putting the words up to their level, hey,
you know, this is this is what we --

00:16:06:11 - 00:16:08:02

Nancy: This is what we have been learning.

00:16:08:02 - 00:16:10:23

Nancy: This is what you need to do, you know,

00:16:10:23 - 00:16:14:16

Nancy: so you can have a better health,
you can live longer life.

00:16:14:18 - 00:16:17:14

Nancy: Um, so that's
probably what I can think of.

00:16:17:14 - 00:16:22:09

Nancy: It's just getting to up to their level
because we say sophisticated words

00:16:22:11 - 00:16:24:13

Nancy: they're not going to understand.

Douglas: - No, they're not.

00:16:24:13 - 00:16:27:05

Nancy: Okay, So it's better off to, you know, to,

00:16:27:05 - 00:16:31:09

Nancy: you know, to get to their level
of understanding. This is very important.

00:16:31:12 - 00:16:35:07

Douglas: And being able to,
I guess, explain as simply as possible

00:16:35:10 - 00:16:36:13

Douglas: the matter at hand.

00:16:36:13 - 00:16:38:09

Nancy: Yes. Yes, most definitely.

00:16:38:09 - 00:16:39:15

Nancy: It's very important.

00:16:39:15 - 00:16:40:12

Douglas: Okay.

Nancy: - Mm hmm.

00:16:40:12 - 00:16:44:15

Douglas: Moving on, research shows that there is a great need

00:16:44:15 - 00:16:47:21

Douglas: for more social workers with Hispanic and Latino backgrounds,

00:16:47:23 - 00:16:50:23

Douglas: especially with those that speak Spanish fluently.

00:16:50:23 - 00:16:54:01

Douglas: What advice would you give to Hispanic or Latino individuals

00:16:54:01 - 00:16:55:08

Douglas: considering social work?

00:16:55:08 - 00:16:55:22

Douglas: Or for those

00:16:55:22 - 00:17:01:19

Douglas: not even aware of all the things you could do with a social work degree?

00:17:01:20 - 00:17:05:02

Nancy: I would suggest to come into social work.

00:17:05:02 - 00:17:08:01

Nancy: There's a lot of opportunities out there.

00:17:08:01 - 00:17:11:13

Nancy: It is a wonderful profession, um,

00:17:11:15 - 00:17:14:08

Nancy: and it's very rewarding.

00:17:14:08 - 00:17:16:14

Nancy: And if I was, you know,

00:17:16:14 - 00:17:19:14

Nancy: if I was able to do it and y'all can do it as well.

00:17:19:16 - 00:17:24:12

Nancy: So, yeah,
we need more bilingual social workers too.

00:17:24:14 - 00:17:26:04

Douglas: Most definitely.

00:17:26:04 - 00:17:29:04

Douglas: And I know in your case, it's
kind of special.

00:17:29:05 - 00:17:32:07

Douglas: How do you feel about yourself
being represented as a pioneer

00:17:32:07 - 00:17:35:20

Douglas: for both a Latina, [Latina] pursuing a Ph.D.

00:17:35:22 - 00:17:40:04

Douglas: in a Latina in social work, kind of
bridging those two spaces together?

00:17:40:06 - 00:17:45:00

Nancy: And it's an honor
that I'm in, that I'm in the Ph.D. program.

00:17:45:00 - 00:17:49:00

Nancy: It's I, I still think it's kind of surreal

00:17:49:02 - 00:17:52:17

Nancy: that I'm in the,
uh, I'm in the program, but

00:17:52:19 - 00:17:53:23

Nancy: I'm here for a reason.

00:17:53:23 - 00:17:56:10

Nancy: And I know that I want to make a change,

00:17:56:10 - 00:17:59:09

Nancy: especially for,
you know, for my community.

00:17:59:09 - 00:18:04:02

Nancy: That's, there's a need for,
you know, for better resources.

00:18:04:08 - 00:18:06:03

Nancy: Um, yeah.

00:18:06:03 - 00:18:09:02

Nancy: So, I still kind of,

00:18:09:02 - 00:18:12:17

Nancy: I still want to believe it
that I'm like, hey, I'm here, you know?

00:18:12:18 - 00:18:15:05

Douglas: Yeah, yeah. You're a superstar.

00:18:15:05 - 00:18:19:18

Douglas: And in actuality, yeah, you know, again,
uh, that's because we

00:18:19:20 - 00:18:23:02

Douglas: there's not enough,
at least on my end, exposure

00:18:23:02 - 00:18:27:05

Douglas: to that type of representation,
you know, Latinos* pursuing a Ph.D.

00:18:27:07 - 00:18:29:09

Douglas: and in social work.

Nancy: - Yeah.

00:18:29:09 - 00:18:30:13

Douglas: So, I think that's really cool.

00:18:30:13 - 00:18:33:03

Douglas: You're like a real-life superhero.

00:18:33:03 - 00:18:36:15

Douglas: And, I wanted to ask you, Nancy, what are your plans after

00:18:36:15 - 00:18:38:19

Douglas: you obtain your Ph.D.?

00:18:38:21 - 00:18:41:15

Nancy: I want to continue doing

00:18:41:15 - 00:18:46:12

Nancy: research, social work, research, working in policy, for sure.

00:18:46:14 - 00:18:49:03

Nancy: And,

00:18:49:03 - 00:18:50:03

Nancy: be a professor.

00:18:50:03 - 00:18:54:23

Nancy: But I would also like to, probably go back to the Rio Grande Valley.

00:18:55:00 - 00:18:58:13

Nancy: Just to give back to my community.

00:18:58:15 - 00:19:00:12

Nancy: That's one of my plans.

00:19:00:12 - 00:19:03:07

Douglas: Would you like to open up your own, maybe private practice,

00:19:03:07 - 00:19:06:07

Douglas: your own clinic or something down there in that area?

00:19:06:08 - 00:19:07:02

Nancy: It depends.

00:19:07:02 - 00:19:09:18

Nancy: I still don't know about that.

00:19:09:18 - 00:19:10:11

Douglas: What does it depend on?

00:19:10:11 - 00:19:12:00

Douglas: If you don't mind me asking?

00:19:12:00 - 00:19:15:04

Nancy: I still haven't really thought about it.

00:19:15:06 - 00:19:16:15

Nancy: Uh, what? What--

00:19:16:15 - 00:19:16:22

Nancy: What

00:19:16:22 - 00:19:20:09

Nancy: I can do over there, uh, in the Rio Grande Valley.

00:19:20:09 - 00:19:22:00

Nancy: So that's probably it.

00:19:22:00 - 00:19:24:21

Nancy: That's still on my mind. Okay. Yeah.

00:19:24:21 - 00:19:26:04

Nancy: Work in progress.

00:19:26:04 - 00:19:27:00

Douglas: - Work in progress.

00:19:27:00 - 00:19:27:20

Douglas: Well, yeah.

00:19:27:20 - 00:19:31:04

Douglas: Nancy, do you or would you like to have any final comments

00:19:31:04 - 00:19:33:14

Douglas: to share with our listeners out there?

00:19:33:16 - 00:19:35:20

Nancy: Yes.

00:19:35:20 - 00:19:39:19

Nancy: So like I said, if I was able to do it, y'all can do it.

00:19:39:21 - 00:19:43:04

Nancy: I know that life will bring you challenges in your --

00:19:43:07 - 00:19:47:16

Nancy: More than likely -- more than likely will fall,

00:19:47:18 - 00:19:51:23

Nancy: but you will rise up like a tortilla!

Douglas: - Hmm.

00:19:52:01 - 00:19:53:16

Nancy: And move forward.

00:19:53:16 - 00:19:56:07

Douglas: Or can we --

00:19:56:07 - 00:20:01:01

Douglas: I guess for our Spanish listeners out there, Nancy, I --

00:20:01:02 - 00:20:02:04

Douglas: [speaking Spanish]

¿Tienes unos --

00:20:02:04 - 00:20:06:09

Douglas: [speaking Spanish]

¿Quieres decirle algo para la gente que estan escuchando ahorita?

[English translation] Do you want to say/share anything for the people listening?

00:20:06:10 - 00:20:09:17

Nancy: [speaking Spanish]

Ah, si.

[English translation] Yes.

00:20:09:19 - 00:20:11:16

Nancy: Pues, les mando
[English translation] Sending

00:20:11:16 - 00:20:14:13

Nancy: un saludo a todo mi familia.
[English translation] greetings to all my family

00:20:14:13 - 00:20:18:07

Nancy: A toda la gente del Rio Grande Valley.
[English translation] To all the people from Rio Grande Valley.

00:20:18:12 - 00:20:20:02

Nancy: Mis papas,
[English translation] My parents

00:20:20:02 - 00:20:23:21

Nancy: a mis hermanas, mis primos y mis tias
[English translation] to my sisters, my cousins, and my aunts

00:20:23:23 - 00:20:25:15

Nancy: que los quiero mucho.
[English translation] I love you all a lot.

00:20:25:15 - 00:20:29:22

Nancy: Este y, pues y les extraño mucho.
[English translation] And I miss all of you a lot.

00:20:30:00 - 00:20:31:00

Douglas: [speaking Spanish]
Que bien!
[English translation] How nice!

00:20:31:00 - 00:20:33:18

Douglas: Well, Nancy, it has been great to be able
to speak with you again.

00:20:33:18 - 00:20:36:22

Douglas: Thank you for joining me today,
along with our awesome communications

00:20:36:22 - 00:20:39:03

Douglas: team in the background,
making all of this possible.

00:20:39:03 - 00:20:41:03

Douglas: And for those watching our show,

Nancy: - Mm hmm.

00:20:41:03 - 00:20:44:01

Douglas: if you want to learn more about UTA* School of Social Work and what social workers

00:20:44:01 - 00:20:47:22

Douglas: do, please go to our website or follow us on our social media pages.

00:20:47:23 - 00:20:49:05

Douglas: And please be sure to give us a video

00:20:49:05 - 00:20:49:23

Douglas: a thumbs up,

00:20:49:23 - 00:20:51:01

Douglas: subscribe to our channel,

00:20:51:01 - 00:20:54:07

Douglas: and turn on those post notifications for future content down the road.

00:20:54:09 - 00:20:56:20

Douglas: As always everyone, please be safe, drink your water,

00:20:56:20 - 00:20:58:21

Douglas: and remember, we're all in this together.

00:20:58:21 - 00:21:05:12

Douglas: Until next time, my name is Douglas Gutierrez , signing off --
[speaking Spanish] saludos y bendiciones!
[English translation] Blessings!

Video podcast ends***