



# Zebra Hoofbeats

We have now reached the end of the year. Happy December, everyone! The team at *Zebra Hoofbeats* would like to wish our readers a Happy Holidays. In many of our editions this past year, we have asked you all to do a lot of hard work with self-improvement and advocacy. We want to wrap up 2020 by saying that every single one of you is unique and worthy. There are a couple ways in which this is true. For one thing, there is radical acceptance. You are unique and you are worthy, and that is that. There is also the secular and spiritual perspective. We want to talk about another way that most students at the HEC can relate to---using science. In order for you to have been born, multiple factors had to have worked congruently: ovulation, ovum, sperm, fertilization, genetic coding, etc. Just in the last 24 hours, your heart has been beating for about 100,000 times; in a year, perhaps about 35 million times. Every single cell in your body is effortlessly and tirelessly working hard to keep you alive. Think about that. Seriously.

“We often block our own blessings because we don’t feel inherently good enough or smart enough or pretty enough or worthy enough... You’re worthy because you are born and because you are here. Your being here, your being alive makes worthiness your birthright. You alone are enough.” — Oprah Winfrey



## Rosa Parks Day - Dec 1

December 1st is the anniversary of when Rosa Parks historically refused to move from her seat on the bus in 1955. At the time, bus drivers had the authority to assign seats and asked an entire row of passengers from the “colored” section of the bus to move in favor of a white passenger.

Parks was arrested for her decision to stay put and her actions inspired the black community and sparked the Montgomery Bus Boycotts, which lasted over a year. In November 1956, bus segregation was ruled unconstitutional.

Rosa Parks Day is a day for us to remember the importance of equality and civil rights. To learn more about Parks’ story and the civil rights movement you should check out her book: *Rosa Parks: My Story*.



## World AIDS Day - Dec 1

On World AIDS Day we remember the ongoing fight against HIV, support all of the folks battling an HIV diagnosis, and commemorate those who have died from an AIDS-related illness. HIV has taken over 35 million lives since it’s identification in 1984.

Since its emergence, the scientific community has made incredible breakthroughs in treatment and more individuals are able to live full, healthy lives with HIV. However, fear, stigma, discrimination, and lack of knowledge about protection and transmission remain.

In addition to de-stigmatizing HIV, WAD is an opportunity for us to learn about and promote the use of PrEP (Pre-exposure prophylaxis) to reduce the risk of getting HIV. For an overview of PrEP and who would benefit from PrEP [here is some information](#) from the CDC.



**Hanukkah/Chanukah**  
Dec 10-18

Hanukkah (or the Festival of Lights) is an 8-day Jewish celebration that falls in November or December every year. Instituted in 165 BCE, it celebrates the rededication of the previously desecrated Second Temple in Jerusalem after the Jews drove the Syrians out of Jerusalem.

During the rededication and purification, the Jews found an untainted jar of oil that was meant to burn for one day, but actually burned for 8. Thus, the tradition of lighting a menorah of 8 candles and celebrating for 8 days was born. Other traditions include cooking traditional foods such as latkes, and exchanging gifts.



## National Wreaths Across America Day - Dec 19

Every year on the second or third Saturday in December cities across America commemorate fallen soldiers by laying wreaths on their tombstones.

This tradition began in 1992 when the Worcester Wreath Company chose to honor veterans by laying wreaths in the Arlington



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Cemetery. This annual tribute gained national attention in 2005 when a photo of the wreaths went viral.

Every year, volunteers lay thousands of memorial wreaths and hold ceremonies at historic sites and cemeteries including the Pearl Harbor Memorial, Valley Forge, and Bunker Hill.

WAA aims to remember, honor, and teach in order to give thanks to veterans who have given their lives and teach others about the value of their freedoms and those who sacrificed their lives for them.

For more information on WAA and their projects and initiatives, check out their [website](#). There is also information on how to sponsor a wreath by location this year.



## Festivus - Dec 23

Festivus is a holiday celebrated as an alternative to the commercialization of the Christmas season.

Festivus became popular in the Seinfeld episode "The Strike," which aired on December 18, 1997, when George Costanza's father, Frank (Jerry Stiller), decided to declare war on Christmas.

The holiday includes a Festivus dinner, an aluminum Festivus pole, "Airing of Grievances," and "Feats of Strength." Did you know that one of the writers of the show, Dan O'Keefe's father invented the holiday?

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O'Keefe had been celebrating Festivus since he was 8 years old. Amazing that a quirky family tradition turned into a phenomenon! Plus, with how 2020 has been, we suppose a lot of people would love a holiday that allows them to complain and voice their disappointments! Festivus for the rest of us!

By the way, we encourage you to all to google "festivus" because an aluminum pole graphic will appear on the side of your searches.



## Christmas - Dec 25

Christmas is an annual religious and cultural holiday celebrating the birth of Jesus Christ. Modern day Christmas is much more commercialized and includes secular and non-secular traditions.

Popular customs include exchanging gifts, decorating Christmas trees, attending church, sharing meals with family and friends, and taking pictures with Santa Claus.

We all know about Christmas, but did you know that Coca-Cola shaped the current image of Santa Claus?

In 1931, Coca-Cola commissioned illustrator Haddon Sundblom to paint Santa for their Christmas advertisements. Those paintings made Santa look like a jolly, warm character with rosy

cheeks, a white beard, twinkling eyes and laughter lines.

Prior to this, Santa had inconsistent descriptions and was often depicted as a tall gaunt man or a spooky-looking elf. Year after year, Coca-Cola continued to build upon the Christmas spirit through advertisements.



## Kwanzaa - Dec 26-Jan 1

Kwanzaa is a celebration of African-American culture that involves gift-giving and a feast of faith, called Karamu Ya Imani.

Dr. Maulana Karenga, professor and chairman of Black Studies at California State University, created Kwanzaa in 1966 during the aftermath of the Watts riots.

His goal was to "give Blacks an alternative to the existing holiday and give Blacks an opportunity to celebrate themselves and their history, rather than simply imitate the practice of the dominant society."

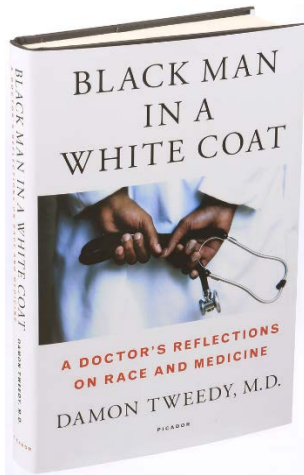
The name "Kwanzaa" comes from the Swahili phrase "matunda ya kwanza", which means "first fruits." Each of the seven days of Kwanzaa is dedicated to a specific principle:

1. umoja (unity)
2. kujichagulia (self-determination)
3. ujima (collective work and responsibility)
4. ujamaa (cooperative economics)
5. nia (purpose),
6. kuumba (creativity)
7. imani (faith)



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Each is represented by lighting a candle on the Kinara (candleholder).



**From Connie's Library: *Black Man in a White Coat: A Doctor's Reflections on Race and Medicine* by Damon Tweedy, MD**

As many of you know, the white coat ceremony is one of our proudest moments in our career as healthcare professionals.

Many of my friends are in medicine, so I saw many of them don their "cloak of compassion" and post it on social media for everyone to see. It is truly a day that you won't forget.

The white coat signifies professionalism and trust, and the ceremony is meant to show that those wearing white coats are colleagues and comrades in the field. However, does everyone in a white coat get treated equally or does the color of the bodies underneath still matter?

Dr. Damon Tweedy addresses this question through an examination of race and medicine during his medical training. Not only does he bring to light the experiences of black patients but also black physicians who often feel like a minority in a predominately white profession.

The author does a great job drawing from other memoirs, DECEMBER 2020

history books, and public health studies to tie in with his own self-reflections.

I highly recommend this book for our fellow zebras. I absolutely could not think of a better title to recommend for the final edition of *Zebra Hoofbeats* in 2020.

## **Holiday Light Displays**

[Ashtabula County's Lights on the Lake](#)

[Cleveland Metroparks Zoo "Wild Winter Lights"](#)

[Cuyahoga Country Fairgrounds "Magic of Lights"](#)

[Country Lights Drive-thru Annual Christmas Light Show at Ghostly Manor](#)

## **Shop Local Businesses in Cleveland**

[Geiger's](#)

[Room Service](#)

[Lake Erie Pet Food Co.](#)

[LOCLE Box](#)

[Old Brooklyn Cheese Company](#)

[Malley's Chocolates](#)

[CLE Urban Winery](#)

[Cleveland Whiskey](#)

## **Check out CWRU's Chapter of Medicine in Motion!**

MIM is hosting regular (friendly) exercise and wellness competitions for students to connect and stay active while socially distanced.

Follow the CWRU chapter's Instagram for updates: [@cwrumedinmotion](#)

Email the co-chairs for more information:

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