June 16th

**Eid al-Adha**

On June 16, Muslims around the world will celebrate Eid al-Adha, the "Festival of Sacrifice." This holiday commemorates Prophet Ibrahim's unwavering faith and obedience to God. Observances include communal prayers, festive meals, and the symbolic sacrifice of an animal, with the meat shared among family, friends, and those in need. It is a time for reflection, generosity, and community spirit.

June 19th

**Juneteenth**

June 19th commemorates the anniversary of the end of slavery in the US. Juneteenth is called Emancipation Day and is the "longest-running African-American holiday". Many recognize it as "America's second Independence Day". The history is complex and often misunderstood, but this holiday aims to celebrate, recognize, and educate on the history that it represents.

June 28 1969,

represents the Stonewall uprising, where members of the LGBTQ+ community stood up when police raided a gay bar in New York. The uprising stretched a few days and ended in a march in the city. Today, we celebrate the courage and bravery it took and relive the celebratory “march” over many cities in the US while we aim to push forward progression towards inclusivity.

June 28

**Pride Day**
There are 22+ Pride flags representing different intersexuality, gender identities, sexual orientation, umbrella flags, and more.

The original Pride rainbow flag was 8 colors and debuted in 1978 in San Francisco, CA.

1 in 5 adults are members of the LGBTQ+ community.

There are currently 522 anti-LGBTQ+ bills (legislation) in the U.S.
  - 6 in North Carolina
  - 111 are related to increasing healthcare barriers
  - Learn more here

Brazil hosts the largest Pride Parade yearly.

Brenda Howard is the “Mother of Pride” for coordinating the first Pride parade/march one year after the Stonewall Riots.

The term “coming out” originated with gay men “coming out” to the LGBTQ+ community, borrowing the term debutantes used when young women were “coming out” into society.

David Bowie
Queen
Chappell Roan
Frank Ocean
Lil Nas X
Miley Cyrus
Chopin
Elton John
Troye Sivan
Renee Rapp
“Can a gay girl get an amen”
- Not my Fault by Renee Rapp
The Duke Summer Discovery Program (SDP) is an intensive week-long experience for undergraduate students interested in physical therapy, especially those from underrepresented communities. Participants will be fully immersed in the profession, gaining exposure to various areas and receiving guidance to enhance their competitiveness for Doctor of Physical Therapy (DPT) programs. The program offers access to top faculty, mentorship from current Duke DPT students and local clinicians, and insights into career tracks and specialties. It includes structured learning opportunities, meaningful interactions with the Duke community, and continued mentorship after the program's conclusion. The participant's schedule nearly mirrored the current schedule of the first year students, starting around 8 in the morning most days throughout the week, with events scheduled through 6:00pm. Some of the “fan favorites” of the week included (in no particular order):

- Tour of the Mike Krzyzewski Human Performance Lab and Duke Sports Medicine Clinic
- Performing Arts PT Learning Experience
- PT Olympics
- Mentorship Mixer Dinner
- Tour of Cameron Indoor Stadium
Independence Day, aka the Fourth of July, has been celebrated since 1870 as one of the first federal holidays. July 4th is the date Americans in the United States commemorate the ratification of the Declaration of Independence in 1776. Two hundred and some years later, we celebrate with fireworks, picnics, and barbecues.

National Disability Independence Day falls on July 26. On this day, President Bush signed the Americans with Disabilities Act (ADA) in 1990, and we celebrate the achievements of people with disabilities and promote their independence. “A hero is an ordinary individual who finds the strength to persevere and endure despite overwhelming obstacles” – Christopher Reeve

To celebrate Black History Music Month, please scan the QR codes here to either Spotify or Apple Music to enjoy some of the pre-curated playlists!
WHERE IS EVERYONE STUDYING?

JULY 26 IS INTERNATIONAL SELF CARE DAY!! HERE ARE SOME WAYS YOU CAN TAKE CARE OF YOURSELF!!

CALL A FRIEND

PHYSICAL ACTIVITY & SPORTS

COOK YOURSELF A NUTRITIOUS MEAL (AND HAVE A SWEET TREAT AFTER :)!!

READ A NON-SCHOOL RELATED BOOK

WHAT'S EVERYONE READING?

RELATING TO TOPICS DISCUSSED HERE...

**Pride Month** - The Song of Achilles by Madeline Miller
**Pride Month** - The Skin and Its Girl by Sarah Cypher
**Alzheimer's/Dementia** - Please Look After Mom by Shin Kyung-Sook
**Juneteenth** - The Warmth of Other Suns by Isabel Wilkerson
**ADA** - The Power of Disability by Al Etmanski

For Fun

**Autobiography** - I’m Glad My Mom Died by Jeanette McCurdy
**Sci-Fi** - Dark Matter by Blake Crouch
**Romance** - It Ends With Us by Colleen Hoover
**True Crime** - Killers of the Flower Moon by David Grann
**Historical Fiction** - The Help by Kristin Stockett
A Duke DPT Summer!

Summer is a time for ____________. At Duke DPT, students are ____________, VERB ENDING IN -ING, and ____________. For the rising third-years, they are ____________. Embarking on their journeys to TCE 1, some are headed to ____________, while others are going to ____________. With their ____________ white coats, they are ready to take on their rotations! For the now second years, they are feeling ____________ about spending their days in IPE with all their pals instead of being in ____________. While MSK and Neuro are ____________, the students are taking time to ____________ and ____________. And for the almost-first-years, many of them are still home, while others are in ____________. They have ____________ to PT school and they are ____________ waiting for Orientation.

SHARE YOUR STORY TO YOUR INSTAGRAM STORY AND TAG @DUKEDPTSTUDENTS !!!!
Thank you for taking the time to read our third edition of the renewed Diversi-TEA Newsletter. If you would like to get involved, please contact us!

Brought to you by:
The Diversi-TEA Newsletter Team