

Minelia Sotelo 0:00

Hello, my name is Minelia Sotelo, my pronouns are she/her/hers. I am currently a third-year undergraduate student at UC San Diego. Today I have the privilege of interviewing Angelina Santana for the race and oral history project. Thank you so much for joining me today. I am looking forward to our conversation. So, we will begin by having you introduce yourself to start off, could you share with me your full name pronouns and the year you were born on?

Angelina Santana 0:30

So, my name is Angelina Santana. I use the pronouns she/her/hers and I was born in 1975.

Minelia Sotelo 0:39

Thank you. So how are you today?

Angelina Santana 0:42

Doing well, thank you.

Minelia Sotelo 0:44

Okay, awesome to hear that! So, tell me about yourself, where were you born, your family and your hobbies?

Angelina Santana 0:52

So, I was originally born in San Francisco. I'm a native San Franciscan. I come from an immigrant family, a family where both my parents were considered undocumented, so they had a lot of hardships when they were here in the United States. They did get deported, so I do have family stories on that. I was so little that I didn't you know, experience it myself. But my parents do talk about it. And I think the big thing is, I grew up in a city. So, I'm definitely a city girl. And I'm a city girl who grew up in a very multicultural area, but also a very impoverished area in San Francisco. So usually when people go there, they usually see the

touristy areas, which is like the northern part of San Francisco, the northern, east and west side. And I grew up in the southern part, which is the southern east side of San Francisco. And it's funny because it's so little that you would say, well, how is it divided into areas. So basically, what I say is I grew up in the southern part of the mission area. So, mission is kind of like a dividing, because it's so long, and extensive, like through the city. So, I'm on the southern side of the mission area. But I grew up in an area called Sunnydale. And many people associate Sunnydale with areas like Hunters Point Bayview Hunters Point. And it was pretty much where candles the old Candlestick Park, which we called Candlestick Park. So people who were originally from San Francisco know, and probably will always know it as Candlestick Park, even though it changed names like a couple of times. But it's definitely an area that people would go to see 49ers or a game and then leave. So it wasn't like a place that you would go walk around, hang out. And that's because there was a lot of rival gangs. There's definitely the area with high crime rate, drugs, and homicides. There was a building that was known, that was part of the central area of the projects area. Many deaths happened there until they took it down, which they did. And I think that one of the things that stands out for me that I would say, as a kid that was growing up was a study on the males. There were a lot of reasons temptations for them to not be successful. I think as females we have more of an opportunity definitely than the males. And I know because I grew up with brothers who didn't always have like the standing chance because it was like they were lured into meetings that are so positive for their well-being and for their future. But for sure, I think the big thing is, we, in that time, we were lucky to live across the street from a church. And that was actually the school I went to for eight years, my brothers and I went to that school. It was called Our Lady of visitation. And I think because we were in that community, a lot of us were able to hold on to kind of family values, moral values, and try to do the best that we could under those circumstances.

Minelia Sotelo 4:50

Yeah. I'm really happy that you're able to share that with me. I know a lot of your experiences are important and sometimes they're very difficult to share. So, thank you for taking your time and being open to having this conversation as well. Thank you. And then so I wanted to ask the next question, could you give a brief introduction as to who you are?

Angelina Santana 5:14

So I'm definitely a Latina. You know, I consider myself a Latina. And it's so funny, because I think that growing up, I always think of the movie, Selena, because of the moment where the father said, you're born here, you're not truly Mexican. And if you go over there, you know, they don't consider you that way. And then when you're here, they don't see you as American. So, it's just, I would say that I understood growing up and going into college. But I definitely think that there was an additive feature. And I think this is funny, because I think it's important to mention, because you grew up in such a multicultural kind of environment in San Francisco. I mean, when I was little, I could speak Tagalog. To this day, there's certain words that I still remember and experiences that I remember. I mean, I had a friend who was from Yugoslavia. So, I would hear her family's speak Slavic, you know, dialect. And so, we had Samoans, Tongans, Vietnamese, we had all kinds of backgrounds in the school. And so of course, you know, people who were born and raised in San Francisco, but came from immigrant families, as well as families that were impoverished or leaving countries where they were impoverished. And so of course, they come to San Francisco thinking like, this is better, you know, we're doing better for our family, we're doing better for our kids to be able to have a future. So that's definitely something that stands out, I want to say my upbringing is that I got an opportunity to be around different cultures.

Minelia Sotelo 7:09

Yeah. Okay. Thank you for sharing that with me. So, thank you for sharing about yourself as well. Now, I'll be asking questions on your background and your experiences growing up. So, I know you describe the bit of your upbringing in the previous questions. Is there something that you feel sticks out that you weren't able to talk about during for your upbringing?

Angelina Santana 7:33

I think that if we, if we want to go, mentioned, the part where with the upbringing of being, in a Mexican family, is that both my parents didn't reach higher levels of education. But I do know that the one thing they would always put first was our schooling. They didn't know how to support us in terms of like writing, reading, doing math, but they would always ask us about our grades. They always asked us, have you finished your homework, but it wasn't even asking if we finished our homework. It was, by the time my dad would get home, we had to be doing something. I mean, even if it was just sitting at the table staring at a book, but his idea of us doing well in school was, "when I come home, I have to see you guys studying", you know, you needed to be doing some assignments or something. And the funny thing is, my both of my parents are very Catholic. And so that was the other thing was we lived across the street from church. So that was huge for us. And actually, we were known in the community, because we lived across the street, and we were always helping in the church. So, I think that the big push for us was to see that we did well in school. Then my dad said, then we knew we did our job. And so, for him, it was as long as we graduated from high school, they did their job. And then it was our choice to decide what we wanted to do after that, which I found very interesting, because now I look back. He didn't really say like you must just finish high school. He never said that. He just said, you know, you need to have good grades and you need to finish school. And school was just schooling. So, for me, it was interesting to think about college, because college wasn't something that was really mandatory, per se.

Still, the goal is to have a good life, to do well, to do better than they did. And to have better opportunities. So, if that meant, like my younger brother, he pursued, what is it being an electrician, so he did that go to like a formal four-year college. But my dad's very proud of him, because he has a good job, he makes good money, you know, like, he had to go to school at some point, again, to study to be an electrician. So, I think just, it was one of those of we did our part. Now you guys have to do your part. And I think that that was always put out on us as our responsibility, like, I'm being responsible as dad or your mom and making sure you're going to school, we're paying for as much as we can for school. But then after that, it's on you what you're going to do. And so I think that when I thought about college, I was kind of like, Okay, what am I going to do? And I thought, you know, well, what's closest is you either go to City College, or you go to San Francisco State. And so, I was like, okay, I got lucky and I went to a high school that was very affluent. And the only reason why I got there was because a teacher at that high school, who was Bick Wilmerding. And he created the summer program called 'Aim High'. And it was basically an opportunity for like low-income inner-city students who don't have opportunities to go there during the summer and be in an environment that was very positive. And that was always the message was "Aim High", which was you can do more, you can do better. And I do have to say, a lot of my experience now is thanks to that program. And thanks to the leader, which was Alec Glee, because he steered us in a different direction, that I definitely see like when somebody gives you an opportunity, you go for it, right. And so, he was giving us all opportunities. And it was up to us to say like, okay, I'm going to walk through that door. And that's something actually I take to heart because I tell students all the time, like, we're not going to close doors on you, we're going to open doors of opportunity for you. And but then you have to walk through them, you know, so we'll hold you by the hand as much as we can. But then at some point, you have to have the motivation or inner strength to be able to overcome what's going on in

your life. You know, because we all have stories, and then walk through that door as much as possible and might not be now but definitely at least leave those windows of opportunity open for you. And that's usually what we're talking about when we're talking about graduating from high school. Because many times in the communities I've been that is something that's like, well, you know, I'm here, I'm in high school, but if I don't make it, I don't make it. You know. And so, I think that the one thing we kept pushing was graduating from high school. And I always remember my dad for that, because I was the one thing, he kept telling us, like, you need to go to school, and you need to finish school, whatever school was, right. So that was my experience. And I think that going to that high school, definitely opened my eyes to a different world of people that had lived affluent lives. Who had Saab cars. I didn't even know what Saab was, you know, who had homes that were definitely like, on the nicer part of town, vehicles that their parents had bought new, you know, we didn't even have vehicles. In San Francisco, you don't really need it, you get around in buses and Bart, but I mean, they definitely had what many people don't have, which is a garage to store the cars, nice homes. So, I think that my experience there with hearing about college and where you're going to go, and they were prestigious colleges. You know, I just kept thinking like, what am I supposed to do? Or where am I going to go? And actually, his wife went to the college that I ended up going to which was Santa Clara. And I appreciate it because of when I spoke to her, she just told me it was a small school. It's a Jesuit school. So, you know, of course, my dad it's not that he didn't want me to go to college, he didn't want me to leave home. So, I had to basically figure out where am I going to go, that's close enough for me to come back home on weekends. So, I'm still part of the family. And I don't he doesn't feel like I left, right, because that was a big thing was oh my gosh, you're not supposed to leave that house unless you're married. Right? And it's funny because it's true. And so, once I went to college, it was like I had to make the commitment of coming home on weekends. But I'm very

thankful that I ended up there. I met some great professors that, again extended the hand of help along the way, who mentored us, one being Dr. Ramon Chacon. I actually majored in studies because him, but he was definitely our mentor. And, you know, we still remember him today. And I say we because we were all very passionate about schooling at times. And there were times that we weren't. And he is motivating us, like, reminding us of Why were there. Yes, you know, this is hard. This is not easy. You know, your family doesn't really understand what colleges and they're always like, calling you, why aren't you at home? You know, "where are you? " "Why do you have to study so much", you know, and so he was just always there for it. So that's, I mean, that's pretty much in a nutshell, schooling wise. And then, of course, there's career wise, what happened, what you know, what we've gone through in terms of experiences, but pretty much if we want to say growing up, I always include up until college, and those are people that definitely influence us, as well as females, because in science, I actually pursued biology. And of course, if I want to talk about 'Aim High', there were many teachers there that were female scientists, and that I looked up to, you know, so I had like, the male role models like Dr. Chacon, a Latino, who became a professor, he was at a prestigious university. And then, of course, I had my female role models for science, you know, that you typically didn't see. And so again, they showed me that kind of love and passion for not just science, but then teachings as well. And so, I got the mix of both worlds. And of course, that that guided me on a path of being a teacher. So that's pretty much my experience growing up.

Minelia Sotelo 17:06

Thank you for sharing. Thank you for sharing your upbringing with me. I wanted to ask for the next question. Would you like to share any experiences that changed your perspective growing up?

Angelina Santana 17:22

Yes, I think I've shared a bunch of ready. But I will go ahead and add the part of the Mexicana part in me and the American part, you know, and having kind of seen the best of both worlds, I was really thankful for being able to see that how hard my dad worked. Basically, my mom stayed home and took care of us, and that's a job. So, no matter what anybody says, like mothers that stay home and raise kids, that's definitely a job. But I didn't understand my dad's job in terms of the jobs, the many jobs he had. I mean, I knew he worked in construction, but the long hours, him being kind of moody all the time. You know, he was serious, he would be I don't want to say angry but very strict with us, to the point that I was like, man, I can't do anything, I can't go outside, you know. But interestingly enough, as as a female growing up in an area that was like, not very safe. He maintained that safety around me, you know, not so much my brothers. And I saw that difference is that if you were the male part of the family, you kind of had a lot more freedom. Since I was the only female, I didn't, and it's strange, because sometimes I say, man, he had me like in a bubble. And then, you know, I experienced life, and it's like, man, you know, I had never experienced this, I had never seen that. But yet, there were a lot of things that I saw because I grew up in an impoverished area. So, one of the things that I am thankful for, that I look back on is that he taught us work ethic. And it was work ethic in terms of like you do the best that you can and because someone's not looking at your work, does it mean that you do less than and so that was important because he used to always come home with stories about how people were cutting corners, you know, just things like that, like all the material they did, there was a gap. And he wanted to do it over again and people would get upset, you know, but at the end of the day, he was like, if you know what you did, and you're proud of what you did. And I just, that's one thing. That changed a lot about how I do things now. So, it's the first thing, and I'm very appreciative of him. And I understand now why he was so stressed and understand why because it's not easy. You know, raising kids, and paying for them in a city that's so expensive, you know.



So that's the first one. And then the second one was, he always found ways to take us back to Mexico. So, every year almost you know that I have memory of, he would take us during Christmas to Mexico, and their families aren't originally from Mexico City. So, it's the same thing of immigrating. My mom is from Pueblo, my dad is from Jalisco. So, their families came to the city again, because of poverty. So of course, the city had more wealth. So, they kind of continued that history by coming to San Francisco, another city, you know, to try to do better for their lives. And so, I think that having been there, having lived that definitely changed my perspective in terms of language. And so, I'm going to just share quickly growing up my dad used to tell us all the time that from the door in we only spoke Spanish. And from the door out he- I'm sorry, I'm translating it because he would say it

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"de la puerta para dentro van hablar español y de la puerta para afuera" ...los decía... que "podían hablar Chino, Francés, lo que sea. But so basically, the translation is that "from the door out, you can speak whatever language you want Chinese, French" ...but he's like... "you are going to keep your language:". And he actually reminded us that he disagreed with one of the nuns about the language part because they were always telling families, again, these are immigrant families, and no offense to them is just, you know, hey, if you can speak to your child as much as possible in English, this will help strengthen their language, right? Because we were all second language learners. So it's funny, because my dad disagreed with that. And he was like, you will speak Spanish, so you don't lose your identity. And outside, you can speak whatever you want. And so sure enough, that goes back to my first part, which was, you know, that I could speak Tagalog that I could speak, you know, like, there was little, there was words that we all picked up on, because of the friendships that we had. And because when you went to somebody's home, you were respectful that way. So,

you know, like, if I went to my friend's house, you know, we would do mano, you know, and I don't know if you know, but in Filipino culture for the elders, you're supposed to, it's kind of like welcoming, but also blessing, right? And then, you know, just things like that. So, I'm very thankful for those experiences.

Minelia Sotelo 22:20

Yeah, thank you for sharing that with me, I think it's really important to be able, you know, to just learn your language at home, and then like, being able to learn different language somewhere else, because I feel like, it is true that you can lose your language and your parents only, like, mostly speaking to you in English. And I just feel that it even like, though, I went to school, I was starting to pick up more English and kind of forgetting about Spanish, even though I spoke it here at home. So, like, I feel like, in a sense, like, it does have its pros and cons. Thank you for sharing with me. Also, I know you spoke about a couple of traditions earlier in our conversation with your upbringing. Is there anything else that you would like to mention, according to traditions that you practice with your loved ones?

Angelina Santana 23:48

I think in terms of the traditions, I think that it's still combined with Catholicism, you know, so like, a lot of the Posadas, the other, Dia de los Reyes Magos, you know, like, we would do cards, you know, about what we wanted, we would understand the history of it. So I think that that, I mean, that pretty much sums, a lot of, you know, traditions that were passed on.

Minelia Sotelo 24:28

Yeah, that's true. So, thank you for sharing with me, your background and your experiences growing up. Now, I'll ask you questions on

opportunities you have taken and what motivated you to get to where you are today. So, for the first question, Who or what has influenced you the most to overcome boundaries that you faced throughout your lifetime? And also, if it is a person like you can share any memories that you have with this individual?

Angelina Santana 24:57

So it's interesting because I can't say that there's one in particular that had the most influence, because I think that it depended in the period of time that I was in. And that moment that I felt like in that moment, this person influenced me the most, you know, I feel like if I chunk time, so I think I've mentioned everybody, pretty much I mean, you know, from when I was younger, I think like I was mentioning growing up in a Catholic school influenced me a lot in terms of like, morals and values, like maintaining those. And, of course, with my parents, right, so, of course, I have to include them. But I think like, as I moved on in life, I think I've mentioned key people, which would be like, you know, Mr. Lee, with aim high summer program, and the female science teachers that were there. I remember Malia, Danelle, Ms. McBride, like those are people that were strong. Ethan, there was also male role models, you know, Ethan Benwell, was also somebody else. He was younger, but he definitely showed as a black man growing up, having been on an interracial family, he shared experiences. So, I think, if I want to say feeling enriched, at its peak was through Aim High. And I think because of Aim High and being there for three summers, as a student, and then I went back and was a student teacher, and then I went back and I became a teacher there really strengthened the idea of being there and giving, which is what the program was about was giving opportunities. So, I would say that, and then of course, you know, college, Dr. Famen Chacon, of course, MEChA (Movimiento Estudiantil Chicano de Atzlan), which I belong to MEChA, and, you know, we were in the Multicultural Center. And so, it wasn't just MEChA, it was all the other clubs, or unions that were there, but it was just, you know, Pacific Islander, I

mean, we were all a mix of just support for each other. Right. And then from there, you know, I would say then, career wise, I've had other mentors. But I think like, if I want to do service to the people that helped me through the harder part of my life, which was the younger part, you know, because again, I think that once we are given tools to grow and survive, and I do call it survival, because you're looking for what am I going to do next? How am I going to get myself into a better place and space? I think after that, then, you know, by self-motivation, you're like, okay, I'm at the age and stage in my life, where now I understand things, I can pursue other avenues. Right. And so I think that those were the key one.

Minelia Sotelo 28:06

That's really awesome to hear. I also was in MEChA so that's, that's pretty cool. And then I also wanted to ask you, how did you get involved with education system, I did hear that you were once a teacher. So, I wanted to add to that, in order to get to where you are, do you feel that you have to also you have to be a teacher and go up from there?

Angelina Santana 28:56

So educational system, again, was through Aim High. So, Aim High was definitely like, the program where I was like, I really enjoyed teaching. Then when I went to college, because I liked science, I thought I wanted to be a doctor. So, I was pre-med. And I say, pre-med, because, you know, we took all the coursework, and then we did summer internships. I think it was like our junior year, when I decided like, this isn't for me, because I don't like blood. You know, I definitely would cry with the situations that were happening. I think I was super sensitive, and everybody would tell me what No, no, you know, like you'll, you'll get used to it. And just the thought of thinking like, Oh, I'm going to get used to like seeing somebody's pain and I don't know, just the thought of thinking, 'I'm going to get used to like seeing somebody's pain' and I

don't know, it just didn't sit well with me in terms of me thinking that I'm going to become not immune, but like not that emotional, you know, to things that are happening to families, which I realize now like reality is, is that it happens overall, even in education, there's, there's kids situations that I used to go home and cry, like you don't want, you don't want to cry in front of them. Because you're trying to be strong with them. And then I would go home, and I would, you know, break down because I felt so bad that you know, these that the students were going through these situations. So, but definitely blood was not sitting well with me. So that was one of the things that I was like, okay, I love education, I love teaching classes. So, then I pursued that. And I would say like, as a teacher, I really enjoyed that aspect of like, teaching my subject matter. But I really enjoyed the groups of students that I work with. So, this was long beheld, I mean, I was like a, quote, unquote, co teacher, for students with disabilities without the term of it, because back then, it was known, but it wasn't like, co-teaching wasn't a thing. So, I think for me, I mean, I kind of always laughed, because I think later I go, Oh, you know what, actually, I think that and you kind of self-diagnose. I go you know what, I was the long-term English Language Learner. You know now that they come with the acronyms that they use like are you an STL/ELTL are you an SWD(Student with Disabilities). And so, I think I'm like, well, I was probably a kid who probably had a disability, but was never identified, you know. And then, of course, I'm a long-term English language learner, because to the date, there's days where I can't speak Spanish, there's days I can't speak English and or all of the above, you know. And so, I think that we're always saying we're a work progress. And I think that's important, in education, for everybody to see themselves that way. Because I think that as educators, whether you're a teacher and administrator, whatever area you're in, for education, if you don't believe that, and you don't own it, like hey, we're always learning. Like, I don't have all the answers. I think that when people see, because it's scary, you know, something's good to say, well, I don't know. But I think the key thing is to tell someone, 'Hey,

you know what, that's a good question. I'm not sure yet. But let me see what I can do to find out an answer.' And if we can do that, that changes a person's perspective about like, okay, you know, like, yeah, they may not have all the answers, but they're going to look for one, and that's really what you want from a system is to say, 'we don't have all the answers, but we're going to keep working on it, so that it gets better'.

Minelia Sotelo 32:45

Yeah, that's really true. Thank you for sharing that with me. So, thank you for sharing your opportunities with me. Now, I will ask you questions about prosperity in your community? How do you feel about the inequities and unjust placed in the system we live in today? And how do you see it connected to your history?

Angelina Santana 33:07

Okay, this is this is one of those very loaded questions. And I say loaded because there's so many tears that I can go through in terms of the inequities and injustices in the system. And sadly, as much as sometimes we say, in the educational system, and I'm going to focus on that one, right, because there's like, there's like world, and I think that we would be in this interview the whole day, if not a couple days, but I just want to, you know, say for education, there are inequities. And there's definitely a lot of injustices and I think that depending on what area you're from, and you live in, it's either discussed or not discussed. And I do have to say that in in some schools, where it's not discussed, when it is brought up, it makes everyone be very uncomfortable...

Minelia Sotelo 34:26

...Can I pause you? it kind of broke out when you said usually, so people get uncomfortable and then you said something...

Angelina Santana 34:40

Okay, so people get uncomfortable in some schools and so we don't discuss it anymore, right, like the conversation stops. And then the inequities are happening, right? We all talk about it, and it's open and it's out. But then it's like, what are we doing to change it, and we're working with in the community, the school setting to change that. But it's like, then you have a mess. I was saying there's different tiers. But then it's like, you hit a certain point where it's like, okay, we can't do much more, because the next tiers that are above us are putting barriers. And so that's the one thing that is really frustrating, I would say, in education, and that's I'm going to focus on education, because that's the area that I'm in. And I think that as a school many times it's coming from the top down, where the inequities, and I mean, like, whether it be racial inequities, whether it be socio-economic inequities. Because sometimes we're saying, like, oh, we're going to be equal, and give everybody what they need. But sometimes, like I, and I'm thinking, like, at a high school, I was that that was a very impoverished, you know, what, we need more resources. So, it's like, in order for these students to compete, we need to have some other resources. And luckily, I want to say that I've been in schools where there were there was poverty. I've been with people who genuinely care, the majority of the time, not all the time, sometimes. And this is the part about inequities and injustices. People are placed in certain areas, because they know that no one's going to say anything. And that's what's bothered me is why instead of putting leadership in a space and place where they're going to do great things with the school, and sometimes we see it, and sometimes we don't, but there are the instances where people are put there because, you know, no one's going to complain. And it's going to be the same old, same old, like, you know, it can't get any worse. And so that's the frustration sometimes with the system. And again, I'm going to focus on education. I think that's it what I was going to say... just to kind of generalize it.

Yeah, thank you, that's honestly really important to share. I feel like in terms of an education system, if you want to enter, you know, that career like people should have that in mind. And it's like, not something that I would have thought of like, no, people just pass it on as it is what it is. But I'm really happy to know that you like acknowledge that, and I will want to thank you for that. But I'm going to go ahead and move on to the next topic. And thank you for explaining your experience with your community. I will now ask you questions all for your experiences during the pandemic. So how has your life been impacted by the current pandemic? What is your understanding of the current ongoing situation?

Angelina Santana 38:28

Oh, pandemic, okay. So definitely something that's probably like, for many people, in generations, maybe the first time for many generations that somebody has been in a pandemic, right? Because this is not supposed to happen. We're like, supposedly so advanced in, in, in our science, that how did we get to the point where there is a pandemic, like, that's something you would hear of back in the 1900s. So, again, I come from the perspective of maybe science, because I love science so much, but I think that our current situation, you know, people are getting vaccinated. schooling wise, it looks like we will be returning to school, not sure what that's going to look like. But I think that if people are vaccinated, you know, then they don't have to wear a mask around each other, just like kind of normal. And I think that's important that there is some sort of normalcy for people if, if we're moving in the right direction. But I do have to say that it has been difficult for somebody who likes to plan ahead, especially in school, because you get asked all kinds of questions like, when are the kids coming back? Who's going to teach them? Like, you know, is it going to be like some kids go back and others don't. And so it's just for a system that's used to having things in place. And knowing what's happening, like there's a calendar, there's a plan. I think that with time, what happens is that people got worried



that we didn't have an answer. And I think we had more of the idle knows, but followed with a, we don't know what the plan is yet, you know, other than what we're doing right now, in this moment. So right now, in this moment, everybody's distance learning, and it was kind of like, Okay, I know that. But what about, like, what's to come? And so it's not like, you know, it's like, yeah, I'll get back to you. But when we get back to them, it's usually like, we don't know yet. We have no idea. We have to wait for the governor, we have to wait for the county, and then we have to wait for our superintendent.

Minelia Sotelo 40:57

Yeah, I totally agree. I feel like something that I take out of the conversation on is learning to deal with the unexpected, you know, it's something that I definitely learned through the pandemic. But more in conversation with the pandemic. I also wanted to know, how do you practice self-care?

Angelina Santana 41:28

On this one, it's, there's two things, there's self-care. Like me, myself, and I. And then there's self-care that I say with the group of your support, right. And actually, this is something like when we talk about inequities in our system, is that, and I didn't mention this earlier, but I think that as a female, in education, normally people say, oh, well, you know, you're female, and you're in education, your kindergarten or elementary teacher, you know, and usually, it was like the males that were in the higher levels, like high school levels. And I think that one of the things that I've learned now, is that there's differently, whether you're Latina, whatever it is, like students with disabilities, you know, your gender, like questioning your gender, you know, again, sexism is very apparent. And it's interesting, because I've had some of those experiences, where, you know, we want to talk about machismo to where you're thinking, hey, we are within my own same background, like we're Mexicano, we're Latinos. But yet the machismo comes out,

you know, and how is it that a woman is doing more saying more than I am, you know, so those things have come out in in the time and so when I want to say with self-care is that you build your network, your support group, and luckily, I've that worked with women that I want to say it this way, like, fix each other's crowns without letting them know that there's something wrong, you know, and I think that, because we have that kind of mentality, and, and care for each other. Our roles like counselor, categorical coordinator, resource teacher, assistant principal, I think that our teacher, you know, it's like we all came together for because at the end of the day, we're Latinas, who, who share the similar experiences that like 'les estan hecando ganas' like we're passionate, we're trying to, you know, do what's right for others. Because we share that same motivation and love and passion, and that we have kind of resorted to each other as a little community to help each other remind each other about self-care. So, I think that's important because it is self-care to try and, you know, be in your community and your group of support. But it's also important because that community reminds you of like, you need to take care of yourself. Like I just remember one time. One of the counselors that one of the schools I was at, she felt comfortable enough with me. And she was like, I know you're my boss, right? You're my immediate boss, but she was like, you need to stop, like, you need to take a deep breath, you need to like slow down, and you can't do everything. So, it's like, the realization of like, and she didn't eat in a negative way it was positive, because it's true. I can't, I don't have the energy and I don't have the time to do everything, but you're going to do what you can. And what you do with what you can, you do very well, you know? And so, I was like, okay, you're right. Yeah, because then if we do too much, it's like, you spread yourself thin, and then you're not really helping anybody. And so, like I said, those acts of self-care from yourself, like what I need to do to take care of myself, like, the positives, like I have the wall of things in my office. And it's funny, because I don't just use it for myself, I use it for my students too. So, when they go through experiences, you

know, like, I have my wall of sayings, and I go, okay, which one applies. And I think that's like affirmations. So positive affirmations, I have positive affirmations as well, I have sayings that are like, 'be careful who you are friends with' because, that's a memory that's going to stay with you for life. And it's like, oh, that's true, that's a memory I'm going to have with that friend, you know, so it's like, I'm choosing my friendships and my choosing someone who's positive, or someone who's negative, you know. So those are just things that in terms of self-care, like you do your own self-care with affirmations, but then you also have your, your group of support, which also take care of you. Or remind you of self-care.

Minelia Sotelo 46:22

Yeah, so true. Thank you for sharing that with me. There's a lot for me to still learn about that. And so, I really appreciate like having that perspective. And then, so for the last question, I wanted to ask, is there anything else that you would like to share?

Angelina Santana 46:40

No, I think we've covered an extensive amount.

Minelia Sotelo 46:47

Yeah. Okay. Thank you so much. I really want to say that I'm really thankful that you opened up about your experiences. And just like being able to learn who you are, and, you know, like having heard your history, I really appreciate that. You were able to, you know, just be open about anything.

47:10

Angelina Santana

Thanks.