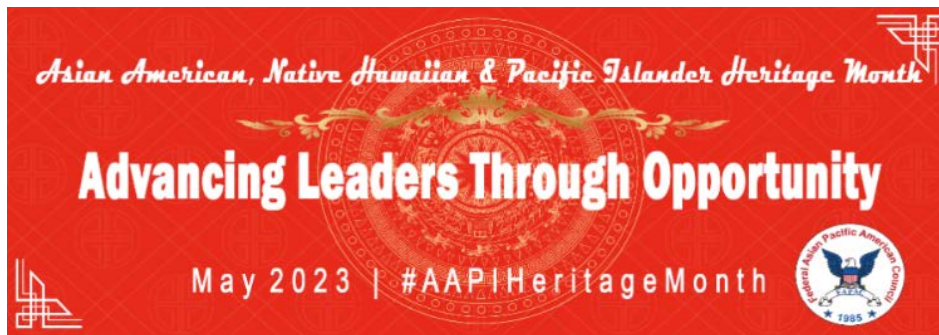


Asian American and Native Hawaiian/Pacific Islander (AANHPI) Heritage Month

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In 1990, the United States (U.S.) government designated the month of May as Asian American and Pacific Islander Heritage Month.

Asian American and Pacific Islander (AAPI) people have a long history in the United States, despite the stereotype that they are “perpetual foreigners,” the idea that Asian Americans and Pacific Islanders are inherently foreign, other and not truly American. According to the Bering Land Bridge Theory, Asians first migrated to what is now known as North America over 15,000 years ago through a land bridge between Asia and North America.

The AAPI umbrella term includes cultures from the entire Asian continent—including East, Southeast and South Asia—and the Pacific Islands of Melanesia, Micronesia, and Polynesia. As of 2019, there were about 22.9 million people of Asian or Pacific Islander descent in the United States.

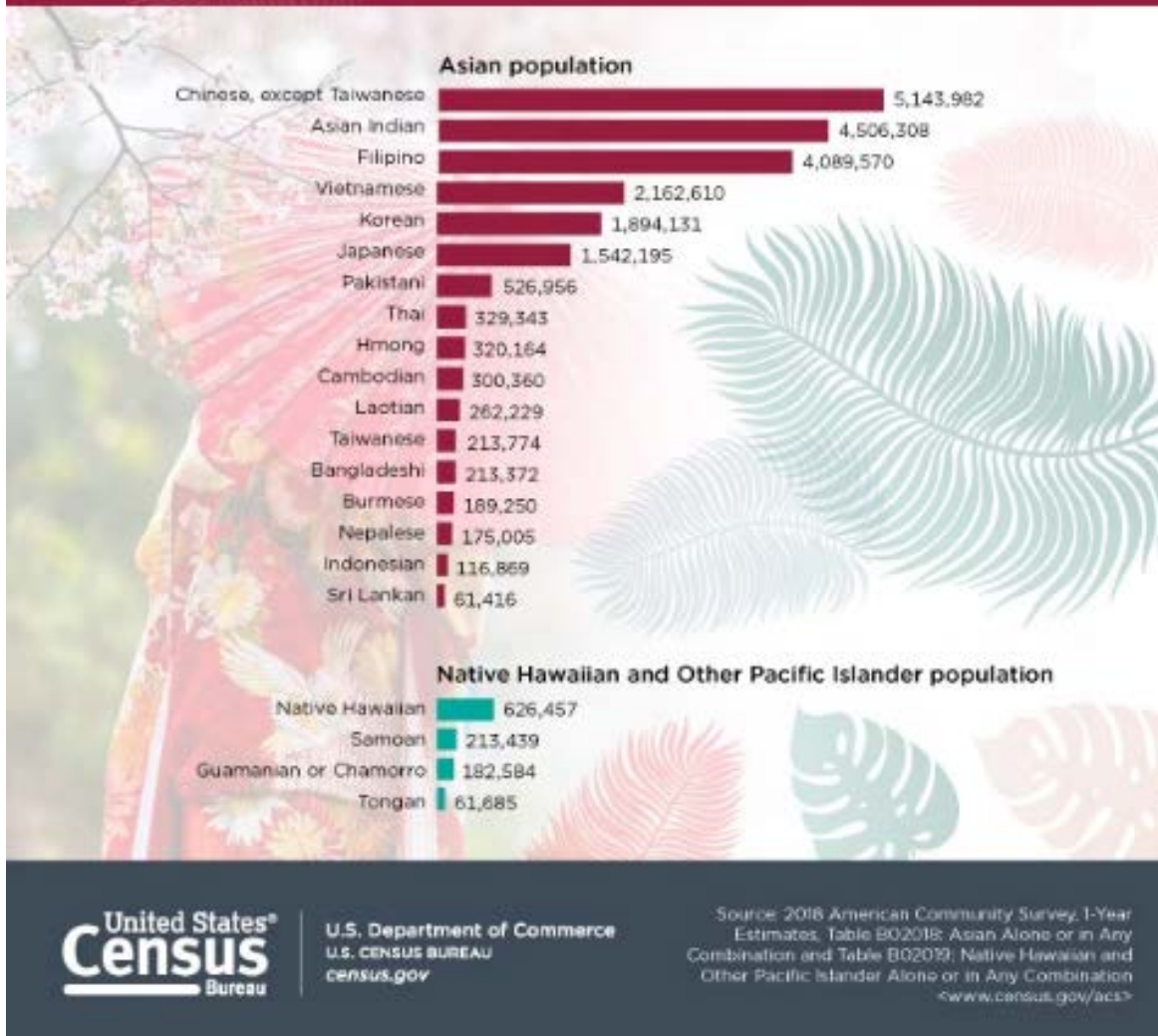
According to the Pew Research Center, AAPI people are a diverse and growing population that make up about 7 percent of the total U.S. population.

Asian Americans and Pacific Islanders are the fastest growing racial group in the United States. AAPI Heritage Month celebrates the unique journey of all AAPI immigrants and citizens in the United States and their unique life experiences, traditions, and cultures.

The Federal Asian Pacific American Council (FAPAC) announced the National 2023 theme for the observance of Asian American, Native Hawaiian and Pacific Islander Heritage Month in May: "Advancing Leaders Through Opportunity". This year's theme is a continuation of the "Advancing Leaders" theme series which began in 2021. "Advancing Leaders Through Opportunity" further highlights FAPAC's efforts in advancing leaders in the Federal and DC government.

Did you know? The First Asian American Settlement Was Established by Filipino Fishermen. The fishing village in marshlands of present-day Louisiana was settled by the so-called Manilamen as early as 1763.

Asian and Pacific Islander Population in the United States



***Did you know?** The month of May was chosen for AAPI Heritage Month because it commemorates the immigration of the first Japanese people to the United States on May 7, 1843. May is also a significant month because it recognizes Golden Spike Day, May 10, 1869, which marks the completion of the Transcontinental Railroad that was built with significant contributions from Chinese workers.*

Asian Americans and Pacific Islanders have made significant contributions to American culture and society. Here are just a few.

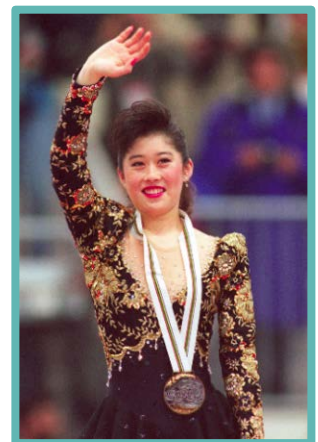


Science and Medicine: *Tasuku Honjo* | Tasuku Honjo was, with James P. Allison (AAI 1978), a recipient of the 2018 Nobel Prize in Physiology or Medicine for their "discovery of cancer therapy by inhibition of negative immune regulation."

Literature and Art: *“Everything Everywhere All at Once”* | The historic seven-Oscar haul is a major sign to an industry that has too often ignored, exoticized or stereotyped Asian and Asian American characters. The “Everything Everywhere All at Once” co-stars bring the total number of Asians who have earned acting Oscars to just six in the awards’ 95-year history. Michelle Yeoh became the first Asian woman to win an Oscar for best actress for her role in "Everything Everywhere All at Once," and the first person of color to receive the award in 20 years, since presenter Halle Berry won it. For many Asian Americans, the film’s seven Oscars, including Best Picture, feel that Hollywood is moving past seeing them only in tropes. It represents an opportunity for optimism after three years of anti-Asian hate brought on by the COVID-19 pandemic.



Sports and Recreation: *Kristi Yamaguchi* | Athletes like Tommy Kono, Tiger Woods, Apolo Ohno, and Kristi Yamaguchi have been seen as trailblazers and game-changers in their sports. They have gone from breaking color barriers in the NHL and NBA to becoming world champions in their respective sports.



Government and Politics: *Vice President Kamala Harris* | Asian Americans and Pacific Islanders have played vital roles in shaping the nation—from building the Transcontinental Railroad to advocating for labor law changes to fighting in multiple wars. They made these contributions while also facing persistent discrimination and violence throughout U.S. history. In 2021, Kamala Harris became the first Asian American Vice President of the United States.

Law and Activism: *U.S. Representative Patsy T. Mink* | Elected in 1964, Patsy T. Mink is sworn in on January 4, 1965, as the first Asian American woman and first woman of color to serve in the U.S. Congress. Throughout her career, the U.S. representative for Hawaii was a strong supporter of civil and women's rights, as well as an advocate for children, labor unions and education. Serving as a member of the Committee for Education and Labor, Mink was vocal in her opposition to the Vietnam War and was a supporter of a national daycare system, Head Start and the Women's Educational Equity Act. Mink, who co-founded the Congressional Asian Pacific American Caucus in 1994, was a key author and sponsor of Title IX of the Education Amendments of 1972, which outlawed sex discrimination in any education program or activity receiving federal funding.



Ways to Celebrate Asian American Pacific Islander Heritage Month

Here are five activities you and the whole family can do to celebrate:

1. **Read a book written by Asian authors.** Here are some recommendations:
 - *The Joy Luck Club* by Amy Tan
 - *If They Come for Us* by Fatimah Asghar
 - *Crazy Rich Asians* by Kevin Kwan
 - *Little Fires Everywhere* by Celeste Ng
 - *If I Had Your Face* by Frances Cha
 - *Eat a Peach: A Memoir* by David Chang
 - *Minor Feelings* by Cathy Park Hong
2. **Virtual Tour** - Booking a flight to Asia may be outside of your budget. However, you can take informative and engaging online tours of Asian museums, landscapes, and heritage sites. Search for “online tours” and check out these destination suggestions:
 - NYC Chinatown
 - Cherry Blossoms Around the World
 - Asian Art Museum
 - Kyoto National Museum
 - Wing Luke Museum
 - Great Wall of China
 - National Museum of Korea
 - Taj Mahal
 - Angkor Wat
 - Thailand
 - Vietnam Heritage Sites

3. **Get crafty!** Asian art goes back thousands of years and spans many categories. Beyond the fine art featured in museums, many Asian cultures are master crafters. Craft classes make great group activities for Asian Pacific Heritage month. Here are some project suggestions:
 - Origami
 - Lantern-making
 - Calligraphy
 - Fan-painting
 - Flower arranging
 - Jewelry
 - Weaving
 - Washi-paper decorating
 - Doll making
 - Mask painting
 - Pottery

4. **Have a movie night.** There are so many different movies that you and your family can spend a Friday or Saturday night watching and learning more about AAPI cultures together. FYI – Everything Everywhere All at Once is streaming on Showtime and can also be purchased or rented on Amazon Prime! Here are a few other suggestions:
 - Minari
 - Parasite
 - The Wind Rises
 - The Joy Luck Club
 - Crazy Rich Asians
 - Flower Drum Song
 - The Farewell
 - Sunset at Chaophraya
 - Tigertail
 - The Lunchbox

5. Spend the night cooking together. Skip your normal go-to meal and spend time picking out a new dish to make in celebration of AAPI Heritage Month!