

# DIVISION OF STUDENT AFFAIRS AND CAMPUS DIVERSITY

## SDSU Asian Pacific Islander Desi American (APIDA) Center



Read all about it!!!

Check your email! Newsletter #20 is out!

If you didn't get it, don't miss out -

Join the APIDA Center contact list: <https://bit.ly/SDSUAPIDA>



### Location:

2nd floor of Aztec Student Union

Rooms #210A-K (Directly above Starbucks)

### Hours:

Mon-Thurs 10am-8pm

Friday 10am-4:30pm

Connect with us!

Center Website: <https://sacd.sdsu.edu/apida>

Center Email: [apida@sdsu.edu](mailto:apida@sdsu.edu)

Director: Dr. Loh-Hagan at [vloh-hagan@sdsu.edu](mailto:vloh-hagan@sdsu.edu)

Coordinator: Kathleen Dang at [ksdang@sdsu.edu](mailto:ksdang@sdsu.edu)



@sdsuapidacenter



SDSU APIDA

Resource Center

SA+CD



## Celebrate Black History Month!

On Thursday, February 17th, the [Department of Africana Studies](#) hosted the annual [Dr. Martin Luther King, Jr. Luncheon](#) in celebration of the 50th anniversary of Africana Studies at SDSU. I had the pleasure of sitting at the [Student Affairs and Campus Diversity Office of the Dean of Students](#) table. (Pictured: **Christine Molina**, **Caryl Montero-Adams**, and me).

February is [Black History Month](#). The [Association for the Study of African American Life and History](#) provides themes for Black History Month. The 2022 theme is "Black Health and Wellness." The [Black Resource Center](#), the [Department of Africana Studies](#), [Afrikan Student Union](#), and other organizations are hosting a series of virtual and in-person events. The APIDA Center encourages you to attend at least one Black History Month event. Here are some upcoming highlights:

- Feb 19 from 1-3pm: Attend the [SDSU Women's Basketball](#) game. The theme is "Together We Rise for Black History." There will be a special halftime show featuring performances to honor Black History Month.
- Feb 27 from 3-5pm: Attend the "[Let the Poets Speak: Know Your Worth](#)" spoken word event at the Black Resource Center.
- Feb 28 from 12-2pm: Celebrate the fourth year of the establishment of the Black Resource Center.
- Visit the San Diego History Center and check out the "[Celebrate San Diego: Black History and Heritage](#)" exhibition.

Solidarity matters. [Ina Sugihara](#) was a Japanese American activist in the 1940s. She said, "The fate of each minority depends upon the extent of justice given all other groups."

# APIDA Center Highlights: News to Know!

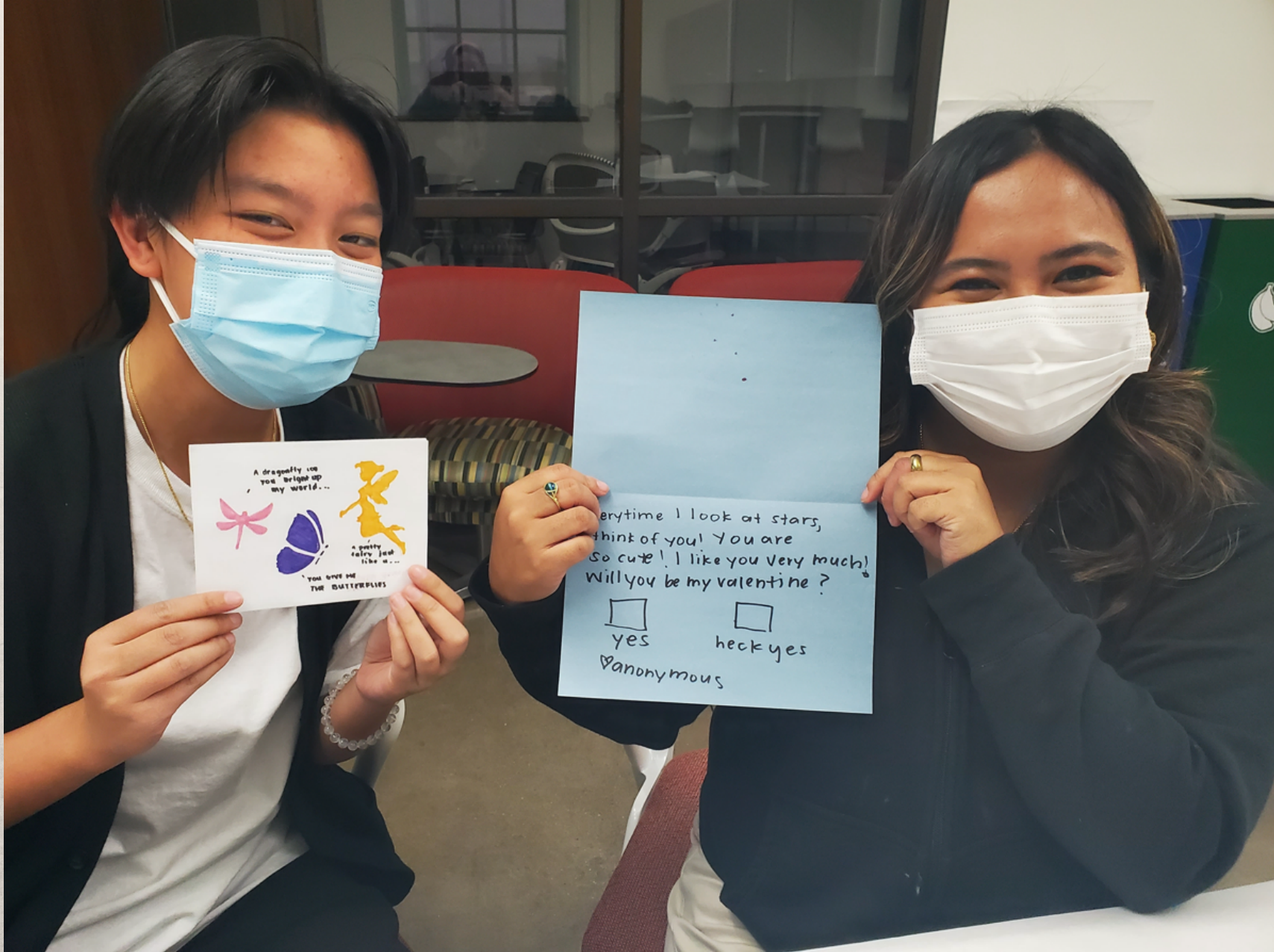


## APIDA Center welcomes back Mirei Kubota!!

**Mirei Kubota** is back! YAY! Mirei was among the first student staff members hired at the APIDA Center in Fall 2019. A business management major with a specialization in entrepreneurship, she took a year off and lived in Japan during the pandemic! As of February 2022, she has returned to the APIDA Center as a student staff member. She said, "I really like the APIDA Center community. It feels very inclusive, whether or not you're APIDA. I'm proud to work at the APIDA Center as we address current issues and educate people while having fun."

While abroad, Mirei kept up with the APIDA Center via Instagram. She said, "My heart will always be in APIDA Center, even if I'm not there." She is extremely proud of her Japanese heritage. Having attended Japanese language school for over ten years, she had no problem talking to others while traveling all over Japan. In addition to traveling, she taught English, volunteered at the Tokyo Olympics, and ate a lot. Her favorite dish was kaisendon, a seafood dish. Mirei is no stranger to world travel. She also did a study abroad in Germany - her favorite thing was eating Turkish food in Germany.

We are thrilled to have Mirei back on the team. She is currently an active member of **Delta Sigma Pi**, a business fraternity. She formerly served as the Executive Vice President and Activities Coordinator of **APSA**.



## **APIDA Center crafts crafty cards for Lunar New Year!**

The APIDA Center hosted a crafty card-making night on February 14th. We made cards but we had more fun coming up with puns and pick-up lines. (You never know what will happen at the APIDA Center!)

- "If you were a vegetable, you'd be a cute-cumber."
- "You must be an artist because you're so good at drawing me in."
- "Was that an earthquake or did you shake up my world?"

We could go on...Not only are we crafty, but we are also clever! We love doing arts and crafts at the Center. Get ready for many more crafty events.

# APIDA Flex Alerts!

- **Aizel Agustino** (Class of 2016; M.A. in Speech, Language, and Hearing Sciences) is a speech language pathologist. When she's not working with clients to support their communication needs, she loves to sing and play guitar. She recently performed for [Reverb](#), a monthly music showcase featuring San Diego's local talent, at Thumbprint Gallery in La Jolla. She shared her original poems and songs about love, heartbreak, embarrassment, and mental health. She said, "It was a blast!" Check out her [YouTube channel](#).

**We want to celebrate the SDSU APIDA community!**

**Have a flex to share?**

**Email us at [apida@sdsu.edu](mailto:apida@sdsu.edu).**

# All Things APIDA: Recommendations



[Kaelan Ganzon](#), [College of Health and Human Services](#) A.S. Representative, is recommending [BAPE](#) (short for A Bathing Ape). He said, "BAPE is a Japanese fashion brand catered toward streetwear using their iconic interpretation of camouflage and ape logo as their hallmarks in the fashion space. I was gifted this reusable and compatible grocery bag from my dear friend, Mirei, who recently came back from Japan. This means a lot to me because it was a present from a great friend and it's from a brand I grew up following and eventually bought into."

**Share all things APIDA (i.e., books, movies, food, restaurants, etc.). Send a picture of you with the product and your glowing review.**

**Email us at [apida@sdsu.edu](mailto:apida@sdsu.edu).**

# Upcoming APIDA Center Events

## **Emotions Week: Anger**

Location: APIDA Center

Date: Monday, February 21 from 1-2pm

This session focuses on how to understand anger and how to manage expressing anger. It's challenging to be calm when faced with a difficult situation. We'll discuss strategies for managing anger, assessing situations, and making anger productive. Come be in community with us!

## **Emotions Week: Stress**

Location: APIDA Center

Date: Tuesday, February 22 from 1-2pm

This session focuses on understanding where stress comes from and how to manage stress. As a college student, stress may seem to be a part of everyday life. It doesn't have to be! We'll discuss what causes stress, the symptoms of stress, and coping strategies. Join us for a supportive space on how to be productive through challenging situations!

## **Emotions Week: Worry**

Location: APIDA Center

Date: Wednesday, February 23 from 1-2pm

This session focuses on how to handle situations that are worrisome, such as worrying about grades, worrying about relationships, and worrying about the future. It's challenging to feel confident when you're worried and unsure. We'll discuss strategies on how to manage emotions and how to identify your emotional triggers. Come be in community with us!

## **Emotions Week: Nerves**

Location: APIDA Center

Date: Thursday, February 24 from 1-2pm

This session focuses on understanding why we get nervous and its effects on our minds and bodies. Controlling our nerves is hard. We'll discuss strategies on how to address and overcome nervous emotions. Learn helpful behaviors that can calm the nerves. Join us for a supportive space!

## **Aging-Related Diseases among Asian Americans & Holistic Health Tips to Utilize Campus Resources**

Zoom: <https://SDSU.zoom.us/my/kathleendang>

Date: Tuesday, February 22 from 2-3pm

Increase your understanding of the importance of APIDA representation in public health research. This panel will share their knowledge about living healthier and happier lives. This workshop is hosted by [Cassie Doyle](#), [Deepali Ernest](#), [Joy Ito](#), [Aaditi Varade](#), and Dr. [Tianying Wu](#).

## **Accelerating Technology and Sustainability Fee Open Forum**

Location: APIDA Center

Date: Thursday, March 3 from 2:30-3:30pm

This forum will explain the proposed fee increase, provide an opportunity for students to engage in conversation, and answer any questions. All students will have the opportunity to provide feedback during this forum. Learn more from this [webpage](#).

## **Student-Led Workshops & Student-Created Social Media Campaigns**

Do you have expertise on a topic? Do you have a special skill? Consider sharing your knowledge with us! APIDA Center launched our Student-Led Workshops and Student-Created Social Media Campaigns. This is a great opportunity to show off your expertise and share your passion with others. It's also an opportunity to learn how to plan an event or prepare a campaign with our support. Work with an APIDA Center staff member who will serve as your project mentor. We are interested in any and all APIDA-related topics! If you are interested in participating, email us at [apida@sdsu.edu](mailto:apida@sdsu.edu).



# MAKERS' MARKET

Sign Up for Maker's Market

## One SDSU x APIDA Center is hosting a MAKERS' MARKET!

Calling all [Makers, D.I.Y.ers](#), entrepreneurs, and singer-songwriters! [One SDSU](#) and [APIDA Center](#) is hosting a MAKERS' MARKET! We want to show off your talents.

We also want to provide you an opportunity to make a little money for yourself, for your student organization, and/or for a good cause. Sign up for a table and sell your homemade products. And/or, sign up to sing an original song on stage. Sign up by Feb 15 for priority consideration. There are limited spots and we will accept as many people as possible. We will confirm your participation by March 1. The actual Market will take place on Thursday, March 10th from 2-8pm in the Student Union Courtyard.



# Opportunities

- SDSU [Center for Intercultural Relations](#) is hiring an inaugural [Faculty Scholar](#). This position is open to any Unit 3 members, including Student Services Professionals Academic-Related Series (SSP-AR), lecturers, tenured, or tenure-track faculty.
- SDSU [Native Resource Center](#) is hiring a [Program Coordinator](#). To receive full consideration, [apply](#) by Feb. 20.
- SDSU [Women's Resource Center](#) and SDSU [Pride Center](#) are hosting a bi-weekly [Queer Femme Healing Circle](#). This is a virtual safe space to connect with other femmes and to discuss the lived experiences of queerness and being femme-presenting.
- SDSU [Black Resource Center](#) is celebrating [Black History Month](#) this February! Follow their [social media](#) for updates!
  - Feb. 21 at 6:30pm: [Paint Talks](#)
  - Feb. 22 at 2:00pm: [Blackness is Queerness Craft Event](#)
  - Feb. 23 at 6:00pm: [Black Transfer Student Support Mixer](#)
- SDSU [VSA](#) is hosting a Lunar New Year Social on Sunday, Feb. 20 at 2:00pm at Balboa Park. [RSVP](#) for Ride Share.
- SDSU [CIR](#) is hosting Get Lost with Bob Ross on Feb. 21 at 2:00pm. [RSVP](#) for this workshop.
- The [American Heart Association](#) is providing blood pressure checks and heart health information for SDSU students, faculty, and staff on Feb. 22 from 10-2pm at various locations across campus: Centennial Walkway near the Student Union, Hepner Hall Entrance before the archway, and Campanile Walkway at Campanile and Hardy.
- SDSU [Pride Center](#) is hosting a hands-on workshop series on [Jewelry, Adornment, and Queer Identity](#) on Feb. 24 from 2:30pm-5:30pm.
- SDSU [Native Resource Center](#) is hosting an Outdoor [Yoga Class](#) on Feb. 25 at 3:30pm at Aztec Recreation Field. All levels of experience are welcome.
- SDSU [APSA](#) is hosting their [Spring 2022 Squid Game FAMBAM](#). It will be on Saturday, Feb. 26, from 11-4pm at Crown Point Park. [Sign up](#) to join a Fam.
- SDSU [Economic Crisis Response Team](#) can help you with U-Haul costs and moving supplies if you are moving to or within the San Diego/Imperial Region. [Request U-Haul assistance](#).
- SDSU [ECRT](#) is hosting two workshops during CalFresh Outreach Week (Feb. 21-25):
  - Feb. 22 from 1:30-4:00pm: ECRT Advocate Training is open to all students, staff, and faculty. Participants will receive certificates of completion. [Register](#) for the training.
  - Feb. 24 from 1-2pm: CalFresh Workshop for Students will give attendees a \$10 gift card. [Register](#) for the workshop.
- The SDSU [Professional Studies and Fine Arts Academic Resource Center \(PARC\)](#) is now open. Students can get tutoring and coaching for Spring 2022. The PARC is located at PSFA-200. Make an [appointment](#).
- SDSU [CIR](#) is accepting event proposals for the SDSU SWANA Heritage Series in April 2022. [Submit ideas](#) for programming and events by Mar. 4.
- SDSU [Student Success Fee Academic Related Programs Application](#) is opening for Spring 2022. Attend [informational workshops](#) to learn more. [Apply](#) by March 28.

**Do you have an opportunity to share?  
Email us at [apida@sdsu.edu](mailto:apida@sdsu.edu).**

# Scholarships

- The [Health Care Communicators Scholarship](#) is a \$2,000 scholarship for students who are entering the healthcare field. Qualified applicants must be high school seniors or college students presently enrolled, and in good standing, in a San Diego, Orange County or Los Angeles County school. [Apply by April 1.](#)
- The [Beverley Yip Scholarship](#) is a \$2,500 scholarship for students who are pursuing post-secondary education toward a degree in social work, behavioral health, or related fields in health and human services. Two winners are selected annually. [Apply by April 15.](#)

**Do you have a scholarship opportunity to share?  
Email us at [apida@sdsu.edu](mailto:apida@sdsu.edu).**

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