

NSULA Gail Metoyer Jones Center for Inclusion and Diversity



May is Asian American & Pacific Islander Heritage Month

Asian American, Native Hawaiian and Pacific Islander Heritage Month is observed in the United States during the month of May, and recognizes the contributions and influence of Asian Americans, Native Hawaiians and Pacific Islander Americans.

It's important to understand that "Asian" is a very complex and broad term that encompasses many countries and regions, cultures and subcultures, norms, diets, languages, and more. Describing things as "Asian" without more specificity can actually be offensive. That's because using such a broad term brushes aside the unique identities and histories of specific cultures.

How to Celebrate

- Host a Chinese Tea Brewing and Tasting
- Virtually Visit Sites and Museums Showcasing AAPI Art and History
- Attend a Local Festival or Market
- Start Learning a New Language
- Create Art influenced by Asian and Pacific Islander Cultures
- Work with Businesses Owned by Asian & Pacific Islanders
- Learn the South Asian Heritage of Yoga



AAPI Significant Figures

Queen Liliuokalani was the last monarch of the Kingdom of Hawai'i and was held prisoner after the United States overthrew the government.

Dr. Margaret "Mom" Chung was the first Chinese American woman to become a physician. She founded one of the first Western medical clinics in San Francisco's Chinatown in the 1920s. During World War II, she and her widespread network of "adopted sons," most of them American soldiers, sailors, and airmen who called her "Mom," became famous. Although she faced prejudice because of her race, gender, and sexuality, Dr. Chung forged a distinctive path throughout her life.

Bhagat Singh Thind was an Indian independence activist, immigrant to the United States, and World War I veteran. His quest for naturalization is a key part of the long struggle to remove racial barriers to U.S. citizenship.



Graduating Students of the CID

We would like to recognize A'Shuntee Simmons for graduating with an Associate's degree in General Studies.



We would also like to recognize Gabrielle Bellard for graduating with an Associate's degree in General Studies.

Congratulations A'Shuntee and Gabrielle!

Student Educator Opportunity

If you are a student and are interested in planning and partaking in more events like our Shades of Feminism: A Paint and Sip Discussion, join the Cultural Bridge Builders. Click the link below to apply!

[SIGN UP HERE](#)

Dates to Know

- **Cinco de Mayo - May 5th**
- **Yom HaShoah - May 5th - 6th**
- **International day against Homophobia, Transphobia & Biphobia - May 17th**
- **Agender Pride Day - May 19th**
- **World Day for Cultural Diversity - May 21st**
- **Pansexual Visibility Day - May 24th**
- **Africa Day - May 25th**
- **Buddah's Birthday - May 26th**

Last Month

We celebrated our NICSS presenters who dedicated their time to teaching their peers how to be more inclusive on campus.



Tip of the Month

Prioritize your Mental Health:

- Stand up to negative self-talk.
- Practice gratitude.
- Stop saying yes when you want to say no.
- Eat healthy.
- Move your body.
- Ask for help when you need it.

