

# Comments

Asian Pacific Islander Community Newspaper Serving Sacramento and Yolo Counties - Volume 32, No. 3 Fall/October 2019

## Asian Americans demand stronger gun control

September 2019, SF Examiner  
Opinion by Gordon Mar, Cynthia Choi, Rev. Norman Fong

Recent media accounts have drawn attention to certain individuals in the Chinese American community promoting gun ownership as a solution to crime. As Asian Americans who have grieved with too many families and friends of victims of violence, we vehemently disagree. In fact, promoting gun ownership makes us less safe, and puts our community – especially our children - in greater danger.

This isn't just our opinion. Data shows that increased prevalence of firearms is associated with increased violent crime, homicide, rape, robbery, and assault. Rather than protecting children and families, firearms are the second leading cause of death for youth in America, killing 3,000 youth and injuring 16,000 every year, including homicides, suicides,

and hundreds of accidental shootings. Guns have proven not only to be ineffective as a means of self defense, but add risk for the community by increasing the likelihood of accidental deaths, or that guns will be stolen and used to commit crimes.

Sensationalized media stories about Asian Americans promoting gun ownership also distort the facts. Asian Americans strongly and consistently support gun control, particularly among Chinese Americans. According to the 2018 Asian American Voter Survey, 80% of Chinese Americans support stricter gun control in the country. The minority of pro-gun Asian Americans who have been given an outsized media platform do not represent the majority of us who believe self-armament is not the answer for public safety.

We are gravely concerned about the violence against those most vulnerable in our communities. The recent violent assaults on seniors including sexual assaults on elderly Asian women has justifiably increased community anxiety and fears. However, it is irrational to expect that arming seniors with guns will end the violence. Exploiting people's fears to promote guns sales will only further endanger the community, and make us less safe.

This is the moment to demand stronger gun control along with a complete ban on assault weapons, particularly in the immediate aftermath of the horrific mass killings in Gilroy, El Paso, Dayton, and other cities. We need to work collaboratively with community organizations and neighborhood leaders to strengthen gun control and expand existing strategies to get guns off the street. At the same time, we also need to support community-based solutions to prevent all forms of violence. In contrast, gun proponents are working with the NRA and gun corporations that profit off of fear in our communities.

There is much we can and should do to make our communities safer – including the creation of a comprehensive plan for gun control, and improving data and reporting on hate--motivated crimes. We need a broader, more holistic and resourced strategy to improve public safety, and we cannot advance that strategy without reducing the number of guns on the streets and in our homes.

*Supervisor Gordon Mar represents District 4. Cynthia Choi is co-executive director of Chinese for Affirmative Action. Rev. Norman Fong is pastor at Chinatown Presbyterian Church.*

*This article responded to August articles in the SF Examiner and World Journal featuring SF mayoral candidate/NRA member Ellen Lee Zhou posing with a gun and Wendy Wong'/Coalition for Good Neighborhoods, both calling out to the Chinese community to arm themselves.*

**INSIDE CURRENTS**  
**MY SISTER'S HOUSE - 2,4,6**  
**APSEA - 3**  
**ACC SENIOR SERVICES - 5**  
**RAILROAD 150 - 7**

## Asian skin creams tainted with mercury

A Sacramento women, 47, went to emergency in July with numbness in her hands and feet, slurred speech and trouble walking. She was suffering from mercury poisoning from a tainted anti-wrinkle cream imported from Mexico. As of early September, she was still in the hospital in a semi comatose state. Her prognosis is unknown.

The cream contained methylmercury and the Sacramento County public health officer advised the public to immediately discontinue use of similar skin creams, many imported from Mexico and Asia.

A normal person has an average amount of mercury of about 5 micrograms per liter resulting from diet sources like eating fish and shellfish which contain the toxin. The Sacramento woman had 2,630 micrograms per liter in her blood. She had purchased the cream from a private party, not a store.

People use these creams to fade freckles, blemishes, age spots, treat acne, and lighten the skin. These creams may be sold in small stores, at swap meets, by individuals or on the internet.

General signs and symptoms of mercury poisoning are: Difficulty concentrating, memory loss, nervousness, irritability, anxiety, depression, insomnia, headaches, weight loss, fatigue, tremors, and numbness or tingling in hands, feet, or around the lips.

Children with prolonged exposure to mercury may have pink hands and feet, skin flaking, excessive saliva or thirst, gum disease, irritability, poor appetite, poor muscle tone, leg cramps, high blood pressure, and rash.

The following skin creams have been found to contain mercury (listed by country of origin):

Philippines: Block & White Radiance SPF 15 Whitening Face Powder, Eskinol Skin Therapy Gluta-Milk Whitening face Powder, Natural Body Recipe Skin Whitening Power Continued on Page 10

NONPROFIT ORGANIZATION  
U.S. Postage PAID  
Permit No. 324  
Sacramento California

Asian Pacific State Employees Assn.  
P.O. Box 22909  
Sacramento California 95822

or current resident

A safe haven for Asian Pacific Islander Women and Children



## My Sister's House

My Sister's House serves Asian and Pacific Islander and other underserved women and children impacted by domestic violence, sexual assault, and human trafficking

*Are you or someone you know in an intimate partner violence, sexual assault, or human trafficking situation? Do you think you might be?*

### Free services



#### 24/7 support line

916-428-3271

Confidential and multilingual



#### Counseling

Individual counseling



#### Women to Work Program

Legal Services

Immigration assistance



#### Outreach and Education

Training workshops

40 hour advocate training



#### Support Groups

Art Therapy

#metoo group

Acupuncture



#### Safe Haven Shelter

Emergency and Transitional

[www.my-sisters-house.org](http://www.my-sisters-house.org)

24/7 support line: 916-428-3271

## Asian Pacific State Employees Association (APSEA)

### APSEA Career Development Program (Season 2) Kicks-off

APSEA prides itself on our leadership workshops, career development sessions, networking opportunities, and a membership that includes some of the most distinguished members in state government. Our Career Development Program (CDP) Brown Bag Workshop series focuses on a wide array of professional development topics. Senior leaders from within state government share their experiences and expertise during these one-hour talks.

APSEA continues to partner with the Association of California State Employees with Disabilities (ACSED) for what we're calling "Season 2". We kicked off the new year with a fantastic talk by Matt Schueller, Chief Deputy Director, Office of Systems Integration (OSI). Matt's presentation centered on fundamental practices we all *should* do, but either don't realize their importance or forget to utilize and master them as we deal with day-to-day tasks. One fun fact Matt shared is his fondness for inspirational quotes. Often times, a good quote reflects decades of life experience distilled into a simple-to-remember phrase. Matt also highlighted the importance of developing relationships before you need them and making yourself available to others.



(L-R) Barbara Hiyama Zweig, Stephen Chan, Sean Harrison, and Jean Cooper ready to greet attendees.

Did you miss out on attending one or more of these events? We've got you covered. APSEA members can login to the APSEA website to watch and listen to a recording of these past sessions.

Mark your calendar! Our next session—Season 2, Session 2—is scheduled for October 9th, and features a presentation from Ben Rogers, Chief Executive Officer, Alexan Innovation LLC. Ben has more than 11 years of international work experience in Information Technology, managing the delivery of large government projects in the United Kingdom, Sweden and the US.

Ben's presentation is on *Turbocharging Your Presentation Skills with Tips & Tricks From the Top Speakers*. More exciting sessions are scheduled for 2019...please stay tuned.

### New Learning and Networking Program for 2019/2020

On October 23rd, APSEA is launching a



(L-R) CDP presenter Matt Schueller (OSI) with Jake Johnson and Cindy Chiu from the Department of Rehabilitation.

new program centered on career development and professional networking. The *Conversation with Leaders* program is APSEA's take on speed mentoring. APSEA members and leaders in State government will spend the evening discussing the night's theme.

The theme for the first session is *The Importance of Growing Your Professional Network*. Director Dan Kim of the Department of General Services will be the Keynote Speaker.

Scheduled panelists for the first session include *Deputy Cabinet Secretary* Sonya Logman, *Program Budget Manager for the California Department of Finance* Erika Li, *Former Chief Information Officer for the California Department of Education* Kevin Matsuo, and *Chief Information Officer for the California Department of Social Services* Brian Wong.

### APSEA supports local causes

One of the Sacramento Chapter's new initiatives is the *Season of Service*. This year, we are expanding our efforts to give back to the community through a mix of donation drives and volunteer service projects. The *Season of Service* is an opportunity for members to meet each other, serve together, and expand their social and professional network all while giving back to the community.

Our first service project was the Adopt-a-Classroom supply drive which ran from July 22nd through August 3rd. APSEA learned of a teacher at Samuel Kennedy Elementary School, a Title 1 school that is rich in cultural diversity and has students from all walks of life, looking to revamp their classroom to be more adaptable to different learning styles. We coordinated to develop an online wishlist—which included pencils, pencil holders, classroom magazine holders, and other organizational supplies.

Thanks to the generosity of our members, we were able to fulfill every item on the wishlist. The students are thrilled with their new classroom arrangement. A month into the new school year, the students sent us a thank you message that reads, "Thank you so much for adopting our class and for the generous donation! Mrs. Miller has set up tables with "flexible seating", and your supplies help us keep our materials organized! We greatly appreciate your kindness!"

The weekend of September 6th, APSEA members donated their time to volunteer at the Breathe Bike Trek. The Breathe Bike Trek is a 3-day cycling event, camping event, and celebration of clean air hosted by Breathe California Sacramento Region. During the event, Shivani Bose-Varela and her husband Chris helped with on-site fundraisers. Stephen Chan kept tortilla chips stocked and the cheese flowing at the self-service nacho bar. One of our newest members, Freda Lin, assisted at the snack cantina the first night and helped with decorating the outdoor dance floor the following day. All three assisted with cleanup, teardown, and loading gear into the moving vans on the final day of the event.



(L-R) APSEA volunteers Freda Lin, Stephen Chan, and Shivani Bose-Varela pose for a group photo at the Cantina during the Bike Trek.

October will be a double service project month. On October 11th, Front Street Animal Shelter will host their annual Paws to Party celebration. APSEA members will be helping with post-event cleanup and teardown. On October 26th, members will spend the morning representing team APSEA during the My Sister's House Run for a Safe Haven.

Want to get involved? Email [apseamembership@gmail.com](mailto:apseamembership@gmail.com)

### Save the Date for APSEA's 2019 Holiday Mixer - December 9, Monday

APSEA's Holiday Mixer is scheduled for Monday, December 9th. The holiday mixer is APSEA's largest social event of the year. APSEA members gather for an evening of networking, food, and holiday cheer. APSEA members, please keep an eye on your email inbox for our formal announcement, which will include details on how to register for the event.

### Become a Member Today

Complete a membership application form and indicate which type of membership you are registering for. Forms can be found at <http://apsea.org/membership>

**Mail your completed and signed form to:**

**APSEA**

P.O. Box 22909

Sacramento, CA 95822

For more information, please call (916) 962-6309 or email [apseamembership@gmail.com](mailto:apseamembership@gmail.com)

## Fear of deportation adds to plight of immigrant domestic violence survivors in Sacramento

By Theodora Yu and Panchalay Chalermkraivuth  
Sacramento Bee, September 09, 2019

Three or four years ago, Lalita went furtively to the leasing office of her home in Sacramento and, in tears, asked if she could borrow the phone to dial the National Domestic Violence hotline.

Hearing her recount her plight, the staff member told her to move her belongings to the office as she waited for help to come.

All the shelters she called were full. But they directed her to My Sister's House.

At the organization's emergency shelter, Lalita slept as she hadn't in years: soundly and for as long as she needed.

Rejie Baloyos, employment and immigration program manager at My Sister's House, recalled Lalita refusing to eat or talk when they first met. She had a constant headache.

"You forget to sleep, you forget to eat, you forget who you are," Lalita said of abusive relationships. But slowly, and with meticulous support, she regained her sense of self.

An immigrant who had entered the United States on a dependent visa from Asia, Lalita asked to not be identified by her true name or exact native country because she fears her abuser will recognize her.

Survivors of domestic violence with temporary status in the United States are subject to legal, linguistic and cultural isolation. Stranded in a new country and sometimes barred from work authorization, they may be unfamiliar with things that normal people take for granted, such as opening a bank account, said Saima Husain, deputy director of South Asian Network, an organization that serves South Asians in Los Angeles County.

My Sister's House works to address this deep isolation, offering interpreters for 19 languages and providing services ranging from shelter programs to counseling sessions. Established in 2001 to support Asian Pacific Islander survivors who often do not seek help from mainstream shelters, it is the only organization that provides culturally sensitive services to survivors in Sacramento.

To battered immigrant women with no community to turn to – and who may fear law enforcement due to their uncertain legal statuses – My Sister's House is family. "They took care of me like a baby," Lalita said.

From July 2018 to June this year, My Sister's House has received a total of 2,968 crisis hotline requests.

For immigrants who arrive on K-1 visas as the fiancées of citizens – as well as other dependent visas for the spouses and children of individuals with legal standing in the U.S. – leaving an abusive relationship might mean losing their visas and the current visa programs. The U visa – granted to immigrants who work with criminal investigations on crimes such as domestic violence can impose a risk on immigrants to be deported even while they are waiting for their visas.

Data from My Sister's house show that

21 percent of survivors of domestic violence, sexual assault and human trafficking who sought help from the organization from July 2018 to June 2019 were Asian – equal to the number of African or African American survivors.

Among Asian survivors, 28 percent are Indian. Large percentages of Hmong, Vietnamese, Filipino and Chinese survivors also sought help. The remaining 3 percent includes Afghan, Japanese, Korean, Laotian, Pakistani and Bangladeshi survivors.

### Family and gender expectations

Lalita described constant criticism from her spouse and his family. "They would body-shame me, saying I'm ugly, worthless, that I am fit for nothing and no one is going to give me a job," she said. "And over the years, you start to believe their words."

Psychological abuse, she said, runs deeper than physical abuse.

In Asian immigrant families, in-laws, parents and other family members may be entangled in domestic abuse, a contrast to the mainstream image of a single perpetrator abusing a single survivor, Husain said.

Husain noted that many survivors consulted their own family members before making decisions, and that family members tended to encourage survivors to stay in their abusive marriages.

Gender expectations also lead to victim-blaming, said Liang Ya-shu, a licensed clinical psychologist and the vice president of Central California Asian Pacific Women.

"We keep everything to ourselves, thinking that talking about it is a sign of weakness," Lalita said.

Though patriarchy and victim-blaming aren't unique to Asian cultures, immigrants may become particularly mired in silence out of fear that reporting their abuse will affect their legal status in the U.S.

### 'If you report me, I will report you'

People who immigrate on dependent visas – visas for the spouses and children of citizens, lawful permanent residents, students and other individuals with legal standing in the U.S. – do not have authorization to work and are reliant on their spouse or relative for their immigration status. Abusers wield this legal insecurity over their dependents. Baloyos's clients have had their passports confiscated by their abusers.

"The usual threat is, 'If you report me, I will report you,'" said Thi Do, a Sacramento-based immigration law attorney.

This legal insecurity is exacerbated by social isolation for individuals – predominantly women – who immigrate for the sake of their spouses and have no other form of social support. "They know nobody. They have nobody to turn to," said Thanh Foxx, a family attorney based in Sacramento.

Fearing the loss of their immigration status and possibly deportation, lacking social networks and wary of interacting with law

enforcement, survivors bury their concerns.

### Too high a price to pay

In reality, two legal pathways exist for battered immigrant women: the Violence Against Women Act, or VAWA, and the U visa.

Under VAWA, survivors of domestic violence may gain lawful permanent residence, whether or not they entered the U.S. legally, provided the abuser was a citizen spouse, parent or child, or a lawful permanent resident spouse or parent.

VAWA is a powerful tool, but limited in scope by its specificity about the source of violence. Abuse or violence from sources outside of those mentioned in VAWA – say, an unmarried or undocumented partner – is covered under the U visa for victims of a crime.

The term of the U visa is three years, after which visa holders may apply to become permanent residents.

Both VAWA and the U visa require the cooperation of survivors in helping law enforcement investigate crimes and apprehend perpetrators.

Paradoxically, therefore, being the victim of a crime – including and especially domestic violence – can offer legal pathways to immigration that wouldn't otherwise exist. But, Do cautioned, "Nobody wants to be a victim of domestic violence to have status. It's too high a price to pay."

Individuals fleeing domestic violence from overseas could seek asylum in the US, after the Board of Immigration Appeals granted asylum to a Guatemalan woman fleeing domestic violence in 2014.

But this legal protection is currently being contested by the Trump administration: then-Attorney General Jeff Sessions tried to get the ruling overturned in mid-2018, although a judge struck down his attempt.

VAWA, which became federal law in 1994, has been expired since January. It has yet to be reauthorized.

While the U visa is currently the only remaining pathway for the clients whom Do meets through other organizations or at the San Francisco Immigration Court, a revised ICE directive released August 2 states that ICE has the authority to remove immigrants with pending U visa petitions, although USCIS will continue to process their petition.

### Asking the right questions

With enough rest, Lalita started to analyze her condition and attended the programs provided by My Sister's House, such as English and computer classes, as well as immigration counseling and legal support. Survivors learn how to budget money, seek jobs and train on mock interviews.

It is important for people to tap into survivors' forms of cultural healing and resilience and really understand where survivors are coming from, Husain said. "You understand survivors on the basis of cultural, immigrant generation and religious background, and you

Continued on Page 6



## ACC SENIOR SERVICES

### More Evidenced Based Programs at ACC

One of the hallmarks of ACC's Lifelong Learning & Wellness Program is to offer evidence-based programs for our community members.

According to the National Council on Aging's Center for Healthy Aging, "Evidence-based programs (EBPs) offer proven ways to promote health and prevent disease among older adults. They are based on research and provide documented health benefits, so you can be confident they work... EBPs are based on rigorous study of the effects or outcomes of specific interventions or model programs. They demonstrate reliable and consistently positive changes in important health-related and functional measures."

At ACC, current EBPs include staff Soojin Yoo, MSW, Social Worker, and Kim Fujiwara, Volunteer Manager, offering "Powerful Tools for Caregivers." This award-winning, evidence-based education program helps caregivers take better care of themselves while caring for their loved ones. It is a six-week series of classes that gives caregivers the tools to reduce stress, improve self-confidence, manage time, set goals, solve problems, better communicate their feelings, make tough decisions, and locate helpful resources.

In September and October, staff Susan Sarinas, Program Manager, and volunteer instructors, Kerry Kashiwagi and Wayne Shimizu, are once again offering "A Matter of Balance." This 8-week, award-winning program can help participants to view falls and fear of falling as controllable, set realistic goals for increasing activity, change their environment to reduce fall risk factors, and promote exercise to increase strength and balance. ACC has been offering this EBP in the Spring and in the Fall, since 2017.

Another Fall Prevention Program that we are starting on Mondays in October is Ready, Steady, Balance. This program is being brought to ACC by the Sacramento Central YMCA, YMCA of Superior California, and made possible by Kaiser Permanente. Using seated and standing exercises, this class increases strength, flexibility, and balance while focusing on the breath. The instructor guides participants in enhancing personal awareness and consciousness to help prevent falls.

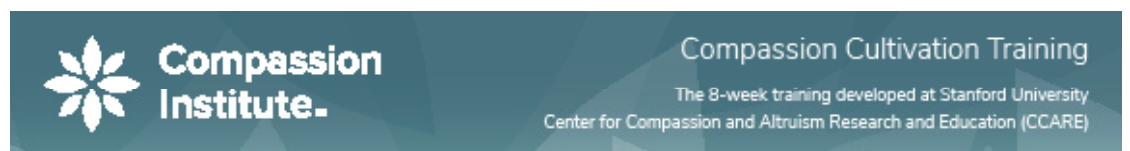
Also in October, guest instructor, Priscilla Sarinas, MD (Susan's sister) will offer Compassion Cultivation Training. This 8-week program was developed at Stanford University Center for Compassion and Altruism Research and Education and was designed to help anyone learn new ways to meet life's difficulties, uncertainties, stress and challenges. This course is for those who want to develop compassion for themselves and others, increase awareness, mindfulness, self-care, self-acceptance, acceptance of emotions,

strength, courage, resilience in the face of suffering, pain, illness, and aging.

A collaboration with Dignity Health also brings the Diabetes Empowerment Education Program™ (DEEP™) in October with instructor Nancy Remly. DEEP™ is an EBP for people with diabetes or prediabetes and it encourages lifestyle changes while learning about your diabetes and the way it affects your quality of life. DEEP™ sessions are interactive and involve demonstrations, games, movement and other engaging activities for group learning.

We are very proud to bring these research-based programs to ACC and encourage you to visit our website: [www.accsv.org](http://www.accsv.org) for more information.

Reference: <https://www.ncoa.org/center-for-healthy-aging/basics-of-evidence-based-programs/about-evidence-based-programs/>



**When faced with difficulty and stress, we can meet life with steadiness and respond from a place of courage and resilience.**

Stress and struggle are a natural part of life. We train people and groups to move through life and its challenges with a steady mind, from a place of connection and inner strength.

**What does Compassion Cultivation Training (CCT) look like?**

CCT is an 8-week course, including:

- Weekly 2-hour class, with lectures, discussions, & in-class interactive exercises
- Daily meditation practices that progress from week to week
- "Homework" to help you move new practices into long term habits

**What effects can I expect?**

While everyone will have their own unique experience, research has shown CCT can lead to:

- Happiness
- Calmness
- Acceptance of emotions as they are
- Self-acceptance
- Job satisfaction
- Self-caring behavior
- Compassion for self and others
- Openness to receiving compassion from others

**The 8-week CCT journey**

- Week 1 Steady & calm the mind
- Week 2 Loving-kindness & compassion for a loved one
- Week 3 Compassion for oneself
- Week 4 Loving-kindness for oneself
- Week 5 Common humanity & developing appreciation for others
- Week 6 Compassion for others
- Week 7 Active compassion practice
- Week 8 Integrated daily compassion cultivation practice

**Course Details**

**8 Week CCT Course:** Every Thursday  
October 3, 2019 - November 21, 2019

**Time:** 2pm - 4pm

**Location:** ACC Senior Services  
7334 Park City Drive, Sacramento, CA 95831

**Fee:** \$200 Pre-paid. No refunds or credit.  
Portion of proceeds benefit ACC Programs; limited partial scholarships are available.

**Register:** [classes@accsv.org](mailto:classes@accsv.org)

**Contact:** Anna Su at (916) 393-9026 Ext. 330

**Website:** [www.compassioninstitute.com](http://www.compassioninstitute.com)

**CCT Info Contact:** [Priscilla.Sarinas@alumni.ucsf.edu](mailto:Priscilla.Sarinas@alumni.ucsf.edu)



**Cost:** FREE

**Carlton Senior Living**  
6915 Elk Grove Blvd / Elk Grove  
Sundays at 12:45pm

**Seasons at Laguna Ridge**  
7301 Bilby Road / Elk Grove  
Mondays at 10:15am  
Fridays at 1:30pm (Starts September 20th)

**Sacramento Central YMCA**  
Studio A  
Mondays at 10:30am

**ACC Senior Services**  
7334 Park City Dr / Sacramento  
Mondays at 4:00pm (Starts October 7th)

**Sacramento Central YMCA**  
Studio B  
Fridays at 10:30am

**Commons at Elk Grove**  
9564 Sabrina Lane / Elk Grove  
Fridays at 1:30pm

**Camden Springs Gracious Retirement Living**  
8475 Sheldon Road / Elk Grove  
Saturdays at 11:30am

This Program is Made Possible By: KAISER PERMANENTE.

**Sacramento Central YMCA**  
YMCA of SUPERIOR CALIFORNIA  
2021 W St., Sacramento, CA 95818 • 916.452.9622

[ymcasuperiorcal.org](http://ymcasuperiorcal.org)

### YOUR INSTRUCTOR



**Priscilla S.A. Sarinas, MD**

Dr. Sarinas is a board certified physician in Internal Medicine, Pulmonary and Sleep Medicine, teacher/facilitator in compassion cultivation training, mindfulness based stress reduction, Ananda Meditation, and certified in Ananda Hatha Yoga.



Enroll in a class near you, or bring CCT to your organization.

## UCD Asian American Studies: Fear of deportation The Field & Its Future Symposium

November 16, Saturday

930am-530pm, California Hall, UCD.

The symposium kicks off UCD Asian American Studies' 50th anniversary commemoration and celebration during the 2019-20 academic year. This is a two-part event. The first part (930am-noon) will feature a panel of notable UC Davis Asian American Studies alumni who have pursued careers in education whether it is as scholars, K-12 teachers, student affairs professionals, and the like.

The second part of the symposium (130-530pm) will convene Asian American Studies advocates and educators in the K-12 system, community colleges and CSUs within the greater Sacramento region and beyond to deepen discussions of topics raised at the California Senate Select Committee on API Affairs 2017 hearing on the "Status of Asian American Studies in Higher Education" which UCD Asian American Department co-hosted. (Proceedings can be viewed at <https://youtu.be/GogE3xOri8o>. The hearing background paper is at [https://apia.senate.ca.gov/sites/apia.senate.ca.gov/files/asian\\_american\\_studies\\_background\\_paper.pdf](https://apia.senate.ca.gov/sites/apia.senate.ca.gov/files/asian_american_studies_background_paper.pdf)).

Persons interested in presenting at the event are invited. The second part of the symposium will focus on topics raised at the 2017 hearing including:

- Challenges to Asian American Studies (and Ethnic Studies more broadly) and strategies for addressing them;
- The importance of disaggregated data on APIs in educational settings (including student, staff, faculty and admin. data);
- Best practices related to Asian American Studies curriculum and pedagogy;
- Ideas about how to solidify a "pipeline" in Asian American Studies from the K-12 to college/university levels;
- Struggles faced by API students in today's political context as it affects campus climate;
- Examples of Asian American Studies engaged-research;
- Experiences with the AANAPISI grant;
- Issues related to API college/university recruitment and retention;
- Obstacles in gaining visibility and support for Asian American Studies (including Ethnic Studies more broadly) curriculum (from K-12 - college/university) and research (at CSU/UC levels);

Presenters will be asked to put together a "pecha kucha" style presentation - 20 slides for 20 seconds of commentary each (6 minutes and 40 seconds total). This will allow more people to be able to share their thoughts while reserving ample time for discussions. RSVP and submissions are due October 25th.

For additional information, please contact Dr. Robyn Rodriguez at [rrodriguez@ucdavis.edu](mailto:rrodriguez@ucdavis.edu).

## Fear of deportation

Continued from Page 4

don't judge them on that."

Baloyos said a key component of culturally competent services ranges from being culturally aware during therapy to provide the right food for survivors to connect. She said acupuncture or healing through art are good ways for API survivors to de-stress and channel their thoughts. Survivors can stay 30 to 90 days at shelters, and their stay at transitional housing is a typically a duration of six months to two years.

When deconstructing intimate partner violence with survivors from Asian countries, it is important to ask the right questions pertaining to the context, Baloyos said, such as whether gambling was involved, whether weapons – not guns, but voodoo, a tool in shamanism, or mashite, were involved.

Staff members also accompany survivors to attend services in mosques and churches or take a walk in the park. Some prefer a massage, a haircut, or even simply getting cosmetics for herself. The most important thing is to make them feel safe, Baloyos said.

Lalita recounted her story to Bee reporters with Baloyos by her side.

The Kate Spade bag by her feet – a beige and brown number without a clasp – was well-loved and well-used: She has been inseparable from it since she received it through a Secret Santa gift exchange during the first Christmas she spent with My Sister's House, after she fled her abusive spouse.

"I lived in emergency," Lalita said, "but my first Christmas gift was so special. I tell my family, 'You don't need to worry about me.'"

## ABOUT CURRENTS

Currents is a free community newspaper published three times a year entirely by volunteers. Currents covers local and national issues and events affecting the Asian Pacific American communities of Sacramento and Yolo Counties. Opinions expressed do not necessarily reflect endorsement by the other organizations and are those of the authors or the Editorial Board. The Editor reserves the right to reject prospective materials or advertisements. Current is distributed by bulk mail and other outlets. Currents articles may be reprinted without specific permission, but the source "Currents" and author should be acknowledged. Next publication date: January/Winter 2020. Deadline: December 15, 2019. Circulation: 7,000. Editor: Pattie Fong. Distribution assisted by: The Sacramento Gazette (David Fong), Hach Yasumura, Tim Fong/CSUS-Asian American Studies, and UCD Asian American Studies. Many graphics are by Randall Ishida. Advertising rates: 3.5" X 2", \$50; 5" X 6", \$80; 10" X 6", \$200. Currents has no physical office, but donations, advertisements, addresses changes and other inquiries can be sent to Currents/Davis Asians for Racial Equality, PO Box 4163, Davis 95617. Inquiries can be emailed to [pmfong@hotmail.com](mailto:pmfong@hotmail.com)

Read Currents online at  
[www.apsea.org](http://www.apsea.org)

## CSUS 25 years of Japanese American Archival Collection

The Japanese American Archival Collection at Sacramento State chronicles the Japanese American experience of immigration and settlement to the United States, WWII Internment, redress, and reparations. The collection was established in 1994 with a gift of photographs, documents and artifacts from the teaching materials of Mary Tsukamoto, and additional gifts from Florin Japanese American Citizens League, records of the Sacramento VFW Nisei Post 8985, and more than 240 individual community members.

The October 3rd colloquium celebrated the 25th year of the collection with presentations by Lawson Inada, former Poet Laureate, from Oregon. Inada is a poet, writer, and educator who was born 1938 in Fresno, a third-generation Japanese American (Sansei). In 1942, Inada and his family were removed from their home and sent to a series of Japanese internment camps (Fresno County Fairgrounds, Arkansas, and Colorado). Returning to Fresno after the war, Inada eventually attended college at Fresno State University, University of Oregon, and University of Iowa. It was in college that he studied poetry and fell in love with jazz. His first book of poetry, *Before the War: Poems as They Happened* was published in 1971 with many more titles to follow. His 1994 book, *Legends from Camp*, won an American Book Award. Inada was named the Oregon State Poet of the Year in 1991 and in 2006 he was appointed the poet laureate of Oregon (2006-2010). He is an emeritus professor of English at Southern Oregon University.

Mia Yamamoto, a civil rights attorney and activist, focused her presentation on "Intersection of Race & Gender Identity." Born in the Japanese internment camp at Poston Arizona in 1946, Yamamoto often describes herself as born "doing time." She and her brother joined Mexican gangs and stood up for racial injustice, she enlisted in the army during the Vietnam War, and she attended UCLA School of Law where she co-founded the Asian Pacific Islander Law Student Association (APILSA). In 2003 Yamamoto came out and became the first openly transgender attorney in Los Angeles County. She is the recipient of numerous awards in the legal and humanitarian fields.

Mitchell T. Maki also highlighted the program. Maki is the President and CEO of the Go For Broke National Education Center, a non-profit organization dedicated to preserving the legacy and lessons of the Nisei World War II veterans. Maki is the lead author of *Achieving the Impossible Dream: How Japanese Americans Obtained Redress*, a detailed case study of the 1988 Civil Liberties Act that documents the redress movement from its earliest roots during World War II, the formal introduction of the idea in the 1970s, the Commission on Wartime Relocation and Internment of Civilians, the judicial battles during the 1980s, and the lobbying of the legislative and executive branches in the 1980s and 1990s. Dr. Maki has held the positions of acting Provost and Vice President of Academic Affairs, Vice Provost of Student Academic Success, Dean of the Colleges of Professional Studies and Health and Human Services (CSUDH), Acting Dean of the College of Health and Human Services at CSU Los Angeles and assistant professor in the Department of Social Welfare at UCLA.



US-CHINA RAILROAD FRIENDSHIP ASSOCIATION  
中美铁路文化友好协会



CALIFORNIA STATE  
RAILROAD MUSEUM  
FOUNDATION

## **THE LAST MILE**

### **Embracing the Contributions of Chinese Railroad Workers**

**Saturday, October. 26<sup>th</sup>, 2019**

California State Railroad Museum  
125 I Street, Sacramento CA 95814

**5:30 PM – 6:30 PM, VIP Reception**  
**6:00 PM – 7:00 PM, General Registration**  
**7:00 PM – 9:00 PM, Dinner and Program**

**RSVP by October 12<sup>th</sup>, 2019**  
Railroad150RSVP@gmail.com  
\$165 / Person or \$150 / Table of 10



## Learn about Adverse Childhood Experiences (ACES)

Pediatrician Nadine Burke Harris was named California's first-ever surgeon general in January. Now she is implementing an ambitious trauma-screening effort across the state and educating Californians that adverse childhood experiences and toxic stress is the biggest public health crisis facing California today.

ACES, the scientifically proven idea that multiple incidents of childhood trauma (witnessing or experiencing violence, homelessness, living with drug addicts or mentally ill, neglect, etc.) negatively re-wires the brain and can place people at risk of a lifetime's worth of health issues. Kaiser Permanente and the Center for Disease Control conducted the original study with thousands of patients.

Governor Newsom approved a \$45 million budget in June to reimburse Medi-Cal providers to universally screen adults and children for ACEs. Another \$50 million has been approved to train 88,000 primary care providers to administer these screenings and learn how to respond with trauma-informed care. Harris says that the governor's investment in after school education and safety programs, preschool, early learning, childcare and workforce issues all complement ACEs.

Harris says the most important thing is knowing what to do when you have a positive screen, making sure providers have an effective protocol in place. Not every patient who scores positive for ACEs needs mental health services, most don't. It is important that a primary care physician learns how to guide patients around symptoms which may be related to their history of adversity and toxic stress and what tools they can use to manage and improve their outcomes, i.e. tools like sleep, exercise, nutrition, mindfulness, mental health and healthy relationships. She believes that addressing toxic stress does not require a ton of resources and by coordinating and aligning existing resources will result in a positive intervention and improved outcomes. All research shows that early detection and early intervention work.

### Allen Nishikawa: ACEs Storyteller Helps People Develop Their Resilience

By Sylvia Paull

Reprinted from ACEs Connection Daily Digest: September 19, 2019, ACEsConnection.com

Allen Nishikawa, a sansei, or third-generation Japanese American, majored in political science and American history at the University of Wisconsin, Madison, where he participated in antiwar (Vietnam) marches. But it was his experience as a military brat — moving from school to school across the U.S. and even to Japan as a child — that shaped his own childhood experiences and channeled a mindset conducive to welcoming the truth of ACEs.

Nishikawa recently retired from more than 20 years with Sonoma County (CA) Health Services, where he coordinated services for people with HIV/AIDS for 15 years and then worked on special projects in maternal child health and communications. When Dr. Vincent Felitti, co-principle investigator of the CDC-Kaiser Permanente Adverse Childhood Experiences Study (ACE Study), came to speak about ACEs

at his workplace in late 2013 or early 2014, it was Nishikawa's "aha" moment. "It was really exciting," he says.

The ACE Study links 10 types of adverse childhood experiences (ACEs) to adult onset of chronic disease, mental illness, violence, or being a victim of violence. The original 10 ACEs included experiencing physical, sexual or verbal abuse; physical or emotional neglect; living with a family member who abuses alcohol or drugs or is mentally ill; experiencing divorce; having a family member who is incarcerated and witnessing a mother being abused. Since then, more than a dozen other experiences have been added to the ACEs list, including being bullied, experiencing community violence, racism, living in a war zone, moving often, having a family member deported and being involved in the foster care, immigration or criminal justice systems.

Nishikawa ties the importance of ACEs to a popular meme — the hero's journey described by Joseph Campbell. Campbell's television series investigated myths and religious beliefs. "The premise being that a person is living their normal life," explains Nishikawa, "and then they encounter something and are faced with a real decision point: Does this information tell me I have to do something different?"

"The same thing happens with ACEs. This information is world-changing on a lot of levels. For anyone in human services, it reinforces everything you instinctively knew. People are doing things as a result of who they are. They are acting in ways that may not be helpful to them now but at one time worked for them."

Nishikawa says that knowing about ACEs also impacted his personal life.

"It explains so much in my life. I have a very low ACE score, either 0 or 1, but that's because adverse community factors like racism were not included. My father was in the military and we moved around a lot. To always be the new kid in the school was a challenge. The added complication was being Asian. When we were stationed in Japan, all the Japanese knew I was American because of the way I spoke and moved. And in America, people assumed I was Japanese. For me, I always felt a bit like an outsider, and I was drawn to populations that weren't always welcome. That's why I have worked with refugees, farmworkers, and people with AIDs.

"And the other thing I realized, in the military, you have to realize that for some of these people, the military is a better family than the one they came from. I knew several men and asked them, 'Why did you join the military?' They said, 'Because the judge said, We can send you to jail or if you enlist, we will make this go away.'"

That led Nishikawa to realize that many people who experienced trauma are naturally drawn to certain professions: law enforcement, military, human services and health services, because of things that happened in their own lives. "This bad thing happened to me," he explains. "If I can use it to help other people, then maybe it can become a good thing. You hear it all the time with people who do drug counseling." And in Nishikawa's case, he first worked helping refugees resettle because he felt

he shared outsider experiences with immigrant communities.

While working with the county as a manager, Nishikawa says that although he wasn't in a position to integrate ACEs for their clients, he focused on the staff. "We spent a lot of time talking about ACEs and thinking about it because a lot of our staff had high ACEs, and we were putting them in high-risk situations. They might hear a story that's too close to home one day.

"A lot of our staff took the ACEs test and were surprised because we didn't fit the normal curve. There was a higher number of people with ACEs and they had higher scores. At a training, people started freaking out the first time we took it and we had to stop. We had to call in counseling professionals to deal with the fallout."

A big supporter of ACEs integration into community health agencies, Nishikawa also believes much needs to be done to make organizations truly trauma-informed. He advocates that health agencies need to develop standards, interagency communications and methodologies, so that "we are all talking the same language."

Nishikawa began posting stories on ACEsConnection based on his own experiences because he thinks stories are more powerful than straight news accounts. "People remember stories," he says. "With stories, it's the point you realize: Maybe I should learn a different way of doing stuff. It's the hero's journey again. Do I just keep doing business as usual, or do I have to do something different? That's the key issue: you have to reach a decision point. It's true for people, for agencies, and ACEs community groups."

Nishikawa continues to apply ACEs training into his life. As one of the first class of local graduates of mind-body medicine conducted by Dr. James Gordon, founder of the Center for Mind-Body Medicine, he is now applying the lessons of stress-reduction practices for people in Sonoma County. Because of the terrible fires in Sonoma County two years ago, Nishikawa said there was an opportunity to talk about the effects of trauma and discover that people might have encountered trauma earlier in their lives. He then offers solutions, some as small as a few minutes of meditation, to develop resilience to counter former destructive behaviors arising from ACEs. He recently completed a set of sessions with low-income seniors and plans to lead more groups in the future.

Jan Ken Po Cultural Association  
Presents  
**Japanese  
Shibori Dyeing**  
with John Marshall



Saturday, October 12, 2019



## Knowledge of mental healthcare for APIs

By Geoff McLennan

Contemporary media abounds with news about mental healthcare in the US and California. Focus articles on homelessness, addiction and drug use by youth and elders, violence at home and in the workplace, and difficulty in accessing mental healthcare services appear weekly. How many of us pass homeless people sprawled on sidewalks, near park trails, and on public transit who have seemingly given up on life? How can we as APSEA members be better informed about mental health among Asian Americans and Pacific Islanders (API)?

As a local and state volunteer for public and private healthcare organizations. I have a keen interest in mental illness, including addictions. I was drawn to this area because of decades of lived experience and seeing mental illness as a daunting adversary for families and communities. I want to give back to my friends, associates, and communities, because I have witnessed what addiction and mental illness can do to families and friends who often don't have basic information about mental healthcare, such as terminology and treatments. Sometimes we don't realize that family and personal issues may be caused by one of many types of mental illness, such as psychosis, addiction, mood disorder, depression, trauma, and many more. Nicotine from smoking is still one of the most prevalent addiction illnesses. I urge readers to attend a mental health training course provided by local county government or their medical care providers. Allow me to share some notable facts about Asian American and Pacific Islanders (APIs) when it comes to mental health.

According to the US Department of Health and Human Services:

- The API population across the US has increased rapidly since 2011 and will continue to increase up to 6 % by 2020, which is 20 million people. About 37% of the US API population, or about 7.5 million people, reside in California alone.
- API Americans are very **diverse**, with some subgroups experiencing higher rates of health problems, such as pre-migration traumas, language difficulties, and culture conflict, which complicate mental health treatment where hospitals have no multilingual services.
- Little national **data** are available that describe API's mental healthcare use. This is because the sampling for API mental health was done in small numbers and not conducted in native languages, of which there are about 100. Few valid studies exist on the mental health needs of Pacific Islanders, because the government categorizes all API nationalities in just one variable instead of categorizing islanders in unique variables or study identities. This is comparable to studying Europe by using just a few countries. Not good scientific research!
- Among ethnic populations in the US, AAPIs have the **lowest utilization rates** for mental health services. Among those who do seek help, the severity of the mental illness is

high. A possible explanation of this severity is that APIs delay seeking help until mental illness worsens. This is a disturbing trend, because early intervention studies for psychosis among all peoples indicate better outcomes for early diagnoses and treatment. Don't delay.

- Low utilization of mental health care may be attributable to stigma and shame over mental illness, language barriers, **cultural differences**, and use of alternative medical resources within a subgroup's culture. Ethnic matching of therapists and patients works better. A recent state program known as Each Mind Matters, funded by the Mental Health Services Oversight Accountability Commission, proved that social media about mental illness helps people seek treatment and understand that mental illness is not shameful. As for alternative medicines based on cultural preferences, APIs must be careful not to rely on folk medicine when trained doctors can provide more effective care.
- According to a 2018 report from the California Reducing Disparities Project, the API population is one of five historically underserved populations for mental health needs in California.

What can we learn from these facts?

1. Because there is a paucity of accurate research into API mental health care needs and use, better data-gathering research and accurate methodology must begin at all levels of government. The blending of all Pacific Islanders into the larger API population must change. How can private and public healthcare providers begin to understand the specific cultural needs for Samoans and healthcare if we combine their cultural needs with every other islander's, Chinese people's, and Japanese people's needs? The fact that there are over 100 API spoken languages requires that statisticians and researchers make a concerted effort to respect not only these diverse cultures but the need to do better research defined for *each islander identity*. The use of the broad API statistical category masks the true social, cultural and potential treatment variations among API groups. We must respect identity and culture in mental healthcare.
2. Because California has the largest population of APIs, this state's medical statisticians, epidemiologists, and treatment providers should be attuned to this diverse population's healthcare needs, including mental health nuances. The DMV has documents in 32 languages, and officially there are 220 spoken languages in California, including "Austronesian," defined as Ilocano, Samoan, and Hawaiian. 44% of California households speak more than one language. Providing multilingual practitioners for mental healthcare is a daunting task, but US civil rights laws require that we respect and uphold national origin and language.
3. Mental health professionals need to learn specific types of API mental disorders not

listed in the US medical guides. There is a tendency to overlook established cultural variations in mental disorder diagnoses and treatment. Professionals who rely on standard psychiatric diagnosis manuals in the US may not identify or understand API symptoms that are well known and treated in the land of origin. For example, Chinese Americans are likely to indicate more somatic (body borne) complaints of depression than understood by American practitioners. Cultural nuances exist in how APIs express mental illness such as distress, anxiety, and depression. "Neurasthenia", a mental illness diagnosed in China, is not recognized or diagnosed by US practitioners, but may be labeled as other illnesses not understood or known by AAPI people and their doctors. Koreans may experience Hwa-Byung, or suppressed anger syndrome, that is not known or understood by American doctors and mental health practitioners. According to the California Reducing Disparities Project report cited above, "... mental health providers need to learn cultural competence skills to more effectively reach communities."

4. In California, Governor Newsom has made mental health for California families one of his top priorities by elevating key personnel to executive administration. New appointees are just beginning to gather and plan how to improve service delivery to all peoples and nationalities. Key mental health issues remain with MediCal delivery, data collection and interpretation, county mental healthcare inconsistency, large numbers of untreated mentally ill homeless people, untreated Veterans suffering post-traumatic stress disorder, and family support services that reassure friends and family during mental health crises, especially serious mental illness events. More crisis centers staffed with multilingual practitioners are needed.

Much remains unknown about the API population, because past research was poorly designed to combine the many nationalities of the Islanders with Chinese and Japanese Americans. Private and public research institutions on mental health need to change their research methodology for us to understand both the general and mental health needs of APIs. This article provides an awareness of how we presently may not understand mental health care and needs for the API peoples and what changes are needed not only by researchers but by the mental healthcare providers who care for the diverse population, and for families of the mentally ill and addicted persons. I would be happy to help anyone who needs diversity based mental healthcare resources. I am proud to be an ASPEA lifetime member and to share the blessings of diverse cultures and a sincere interest in effective healthcare delivery.

## Asian parents charged with university admissions bribery

As of September 17<sup>th</sup>, 35 parents have been charged in the federal college admissions prosecution. The last parent is a Chinese national residing in Canada, Xiaoning Sui, 48, who was arrested September 16<sup>th</sup> in Spain; the US government is seeking her extradition to Massachusetts. Sui allegedly paid a consultant \$400,000 to get her son admitted to UCLA. Sui hired a recruiter based in Sarasoto, Florida and sent a photo of her son playing tennis. The photo was forwarded to William Rick Singer who decided to present her son as a soccer player instead, sent a fake soccer resume to UCLA men's soccer coach Jorge Salcedo. Salcedo got Sui's son admitted to UCLA as a soccer recruit in November 2018 with a 25 percent scholarship. Mr. Salcedo has been charged and pled not guilty. Singer claims he paid Salcedo \$100,000. The investigation revealed that UCLA knew of Singer's money laundering in 2014.

The original 33 parents charged in the federal "Operation Varsity Blue" case included: Gamal Aziz, Diane Blake, Todd Blake, Mossimo Giannulli, Lori Laughlin, Douglas M. Hodge, Augustin Huneeus Jr, Davina Isackson, Bruce Isackson, Elisabeth Kimmel, Toby MacFarlane, Marci Palatella, Stephen Semprevivo, Devin Sloane, John Wilson, Homayoung Zadeh, Robert Zangrillo, Robert Flaxman, Elizabeth Henriquez, Manuel Henriquez, Michelle Janavs, Bill McGlashan, Gregory Abbott, Marcia Abbott, Jane Buckingham, Gordon Capian, I-Hin "Joey" Chen, Amy Colburn, Gregory Colburn, Felicity Huffman, Marjorie Klapper, Peter Jan Sartorio, David Sidoo, Morrie Tobin. Huffman, an actress, pled guilty to fraud was sentenced to 14 days in prison on September 13. On March 12, 2019 the federal criminal complaint charging 50 individuals with conspiracy to commit felony mail fraud was unsealed. On April 9, 2019, an additional charge of conspiracy to commit money laundering were added.

The center of the case continued to be Singer, 58, of Newport Beach, an independent college admissions consultant who is the mastermind of the scheme. He had pled guilty to racketeering and other charges and is cooperating with prosecutors. Singer controlled two firms used in the scheme – "Key worldwide Foundation" and "The Edge College and Career Network" Singer faces up to 65 years in prison and a fine of \$1.25 million. Singer admits to unethically facilitating college admissions for children of more than 750 families. The Foundation's 501(c)(3) non profit status allowed Singer to avoid federal taxes and parents to deduct their "donations." The Edge is a limited liability company which Singer operated out of his Newport Beach home.

Singer used two strategies: Exam fraud and sports credential fraud.

EXAM FRAUD included arranging to allow the client's children cheat on SAT or ACT college admission tests either through fake certification of a learning disability, changing their test site to a test center under Singer's control (West Hollywood or Houston), having corrupt test proctors alter test answers, having a surrogate test taker actually impersonate the student and take the test. In some cases, the student was unaware of the fraud. Mark Riddell, a Harvard alumnus and college admission exam preparation director at IMG Academy, took college admission tests for over 24 students

and was paid \$10,000 for each test. Riddell has pled to conspiracy to commit mail fraud, honest services mail fraud, and money laundering, could be ordered to forfeit \$450,000 and could be sentenced to up to 20 years in prison.

SPORT CREDENTIAL FRAUD: The second strategy used by Singer was to bribe college athletic staff and coaches. At some schools, athletic staff and coaches can submit the names of applicants they want to recruit for their sport to the admission office. To promote his clients, Singer would fabricate profiles highlighting fake athletic prowess including "photoshop-ing" sporting images. Singer's bribes would range from \$100,000 to \$950,000.

The investigation started when in an unrelated FBI investigation of security fraud, suspect LA businessman Morrie Tobin offered information about Singer in exchange for leniency. Tobin, a Yale alumnus, reported that Yale women's soccer head coach Rudolph Meredith asked for \$450,000 to help get Tobin's youngest daughter into Yale. Tobin wore a wire and got Meredith recorded in a Boston hotel in 2018. Meredith agreed to cooperate with the FBI and gave up Singer.

Universities tainted by this scandal so far include Georgetown, Northwestern, Stanford, UCLA, University of San Diego, USC, University of Texas-Austin, Wake Forest, and Yale.

## The college admissions scandal presses our "unfairness" button like no other

By Peter Coy, Erik Larson, Janelle Lawrence, Patricia Hurtado

Bloomberg Businessweek (March 18, 2019)

What makes this scandal possible is that college admissions criteria are opaque and sometimes arbitrary. Some applicants get in because of good grades and high test scores. Other are admitted because the university needs a fallback or a cellist. Others because Mom or Dad is a loyal and generous alum. Still others get in for racial or geographic diversity. There are legitimate arguments for all of these, but the upshot is that it's much easier to cheat when the system is a black box than when admissions are based solely on, say, an (honestly proctored) ACT or SAT.

It's hard not to compare this scandal to the lawsuit accusing Harvard of discriminating Asian American applicants, in part by giving them lower personal ratings than students of other races. Students for Fair Admissions, led by activist Edward Blum, wants the university to abandon race as a factor in admissions. In August the Justice Department backed the plaintiffs, saying the use of a "vague personal rating," including "likability" and "human qualities," illegally disadvantages Asian American applicants by invoking stereotypes. Whether or not you think race should be considered in admission, it's hard not to sympathize with Asian Americans who feel they're being told by Harvard that they, as an ethnic group, are less likable.

The broad strokes of the Harvard case are that Edward Blum, a white conservative activist, is bankrolling a legal attack on the school's admissions criteria, alleging that Harvard discriminates against applicants of Asian ancestry. His legal team's evidence includes the disproportionately low scores Asian-American students get on "personality" measures, which tend to nullify their academic achievements, allowing less "objectively" qualified students to take spots that should rightfully be theirs. This amounts, Blum's team argues, to an illegal curation of incoming Harvard classes on the basis of race. It's also a sidelong approach to an issue that has long animated the 67-year-old's activism. In addition to the Harvard case — which Blum's team hopes to take to the U.S. Supreme Court — he was behind the Court's gutting of the Voting Rights Act in 2013 and Abigail Fisher's failed challenge to the University of Texas admissions criteria in 2015. According to Kang, Blum's stated goal is to end the use of race as a consideration at all, not just in college admissions but in any aspect of the American legal system.

Blum's partnership with Asian American plaintiff is his effort to tear down any progress made in leveling the playing field. According to the New York Times, 30 percent of a typical incoming Harvard freshman class is allocated to applicants who are athletes, legacy admissions (Children of alumni), applicants on the dean's or director's interest list (often children of wealthy donors and other prominent persons) and children of faculty and staff. Applicants in these categories are admitted to Harvard at a rate of 45 percent, compared to 5 percent for the rest of the pool. And this 30 percent is overwhelmingly white.

## Asian skin creams tainted

China: Freckle Killer #2, Jiao Li Hui Chun Su Face

Continued from Front Page

Cream 7 Day Specific Eliminating Freckle AB Set, Jiao Li Hui Chun Su Miraculous Cream, Jiao Li Hui Chu Su Whitening Speckles Removed Cream AB Set, Jiao Li Hui Chun Su 10-Days Eliminating Freckle Day & Night Set, San Ruby Beauty Whitening Cream

Mexico: Crema Aquamar, Aranda Balsamo Blanco, Espinacida Voam, Garnier Skin Active Aclarante, Jalea Real Grisi, La Crema de Rebeca, Pond's Charant B3-mercury added 2010, Pond's Rejuveness-mercury added 2019, Tia Mana, Crema Esparza

Other: Golden Pearl Beauty Cream (Afghanistan), Ly-Na Nourish Face Cream (Taiwan), Monsepa Express Peeling (France),

Unknown: "74," Best, Dr. Japan Nano, Formula AA Arche Pearl Cream, Gluta Speed White Sakura, Kojie San, La Milagrosa, Mena, Milk Cream, Miss Beautiful, POP, Shichade Tokyo, Sinjew, Spot Remover Cream, Top Beauty Whitening Night Cream, Crema de Casa, Crema Jimena.

Anyone using these creams should stop using them and get blood and urine tests from their doctor. Suspect creams can be submitted for testing - contact the California Department of Public Health (CDPH) at (510) 981-4354 or AskEHIB@cdph.ca.gov.

Yolo County Board of Supervisors Resolution No. 19-114

*A Proclamation of the Yolo County Board of Supervisors Opposing the Inhumane Conditions and Treatment of Detained Immigrants*

**WHEREAS**, our nation has been built by generations of immigrants; and

**WHEREAS**, the majority of our immigrant population consisted of individuals and families fleeing economic, social, religious, or political oppression; and

**WHEREAS**, asylum seekers have the legal right to enter the United States to seek asylum; and

**WHEREAS**, there has been a recent increase in numbers of border detainees, the majority of whom are currently women and children, not dangerous criminals; and

**WHEREAS**, previous stays in custody have been relatively brief but are now much longer with detainees kept separated from family members in for-profit detention centers for months rather than days; and

**WHEREAS**, our laws require that detainees be kept in safe and sanitary conditions, and it has come to light that both adults and children are kept in overcrowded conditions with inadequate food, water, hygienic supplies, light and temperature control, bedding and medical care; and

**WHEREAS**, the failure to provide safe and sanitary conditions may have led to the deaths of six children while in custody; and

**WHEREAS**, there has been inadequate adult supervision of children; and

**WHEREAS**, the current administration has argued in court that not meeting these basic needs is legal and is currently perpetuating this inhumane practice; and

**WHEREAS**, the current administration has threatened to withhold funding for legal, educational, and recreational services for detained children; and

**WHEREAS**, we recognize that we as citizens of Yolo County and the United States have a moral obligation to oppose the human rights abuses of family separation, overcrowded and unsanitary housing, depriving individuals of rights and opportunities previously available in custodial care; and

**WHEREAS**, hate speech directed against immigrants by the current administration has contributed to an atmosphere of hate and violence in our nation; and

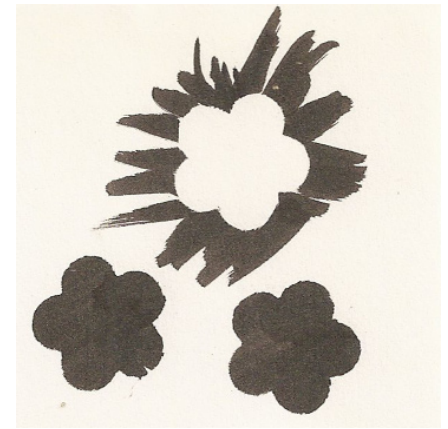
**WHEREAS**, mass shootings, such as the recent massacre of innocent men, women, and children in El Paso have been tied to this hate atmosphere of hate and violence.

**NOW, THEREFORE, BE IT RESOLVED** that the Yolo County Board of Supervisors, on behalf of the citizens of Yolo County, authorize the Chair to send:

1. A letter to the U.S. Senators and Congressional offices representing the people of Yolo County requesting them to:
  - a. Adhere to our nation's laws with respect to the rights of immigrants.
  - b. Immediately halt the detention of children and families in overcrowded, unsafe, and unsanitary conditions.
  - c. Immediately halt the practice of family separation and reunite those families that have been separated.
  - d. Expedite the closure of all for-profit detention facilities.
  - e. Deploy adequate legal, medical, and detention staff to rapidly and efficiently process requests for asylum and other legal immigration criteria.
  - f. Immediately cease and desist all hate speech directed at immigrants, asylum applicants, foreign nationals or against persons based upon race, ethnic background, national origin, gender, sexual orientation, religion, or disability.
2. A letter of condolences to our colleagues in counties that have recently experienced gun violence, including the counties that include the Cities of Gilroy, El Paso, Dayton, and Odessa.

**PASSED AND ADOPTED** this 10th day of September 2019.

Sponsored by Supervisor Jim Provenza



## Currents Faces, New Places

**2019 Thong Hy Huynh Awards** presented by Davis City Council on May 21 to recognize those who make Davis a better place: Sandy Holman (lifetime achievement), UCD Activities and Recreation Center (community involvement), Natalie Corona (public service), Community Harvest (community involvement) and Kelly Wilkerson (civil rights advocacy.) Huynh was killed May 1983 on the Davis High campus during a period of anti Asian violence across the country.

**David S. Kim** has been appointed Secretary of the California State Transportation Agency which includes CalTrans and DMV. Kim, raised in Davis, has been vice president for governmental affairs for Hyundai Motor Co for the past two years. Under the Obama administration he was deputy administrator of the US Dept. of Transportation's Federal Highway Administration. He previously represented the LA County Metropolitan Transportation Authority in WDC and was deputy director of Governor Gray Davis' Washington DC office. Prior to relocating to Washington DC, Kim worked for the City of Los Angeles, former Congressman Xavier Becerra and former State Senator David Roberti.

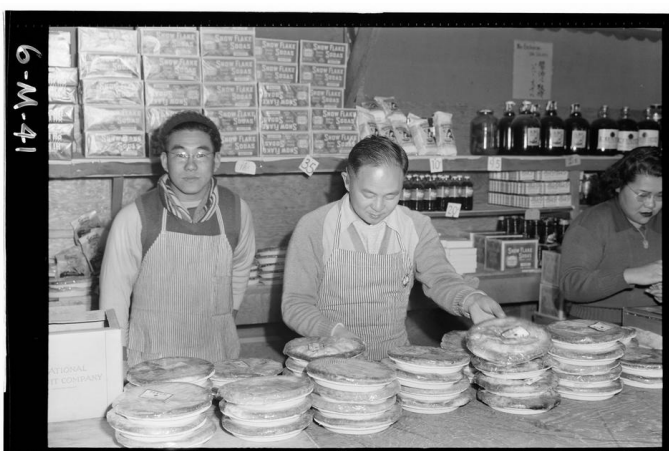
**Hannah Lu** of Davis High won grand prize for her painting "Magnolia" in Congressman John Garamendi's Congressional High School Art Competition for the 3rd District. Her work will display at the US Capitol with those pieces of other winners for a year.

**Jerry Guo, Kenneth Wang, Jerry Chen, Hannah Lu, Rebecca Chin, Erin Rairdan, Aaron Xiang** - all Davis High seniors - in May received scholarships from the Davis Chinese Association.

**David Sun**, 53, of Davis was convicted on September 15th by a federal court jury after a 7 day trial of fraud and conspiracy related to his Richmond California driving school. The school catered to Mandarin and Cantonese speaking students who were helped to bypass written and driving tests for California Class A and Class B commercial licenses. The school helped New Yorkers to get California licenses. Sun was also convicted of counterfeiting identification documents. Sentencing is scheduled for December 9. Sun faces up to 15 years of prison for each of 8 document counts, plus 5-15 years for conspiracy.

**John Pamperin** (1936-2019) - Davis' finest street-campus minister who was in touch with every "scene" and provided counsel to everybody, including the homeless and politicians. Pamperin steadfastly advocated for civil rights and progressive movements, marching in Montgomery, canvassing for Obama in Ohio and regularly distributing Currents!

**Mona Pasquil Rogers** was appointed as a senior advisor at the Governor's Office of Emergency Services.



### UPCOMING ARTICLE ON WWII CAMP

**CO-OPS:** David Thompson, an expert on co-ops, is writing an article for Currents about co-op stores in the internment camps. This photo is of Manzanar's co-op store which in 1944 was the 2nd largest co-op store in the US. All camps, except one, had co-op stores. Everyone with memories about these stores is invited to contribute to the article. Send your memories to [pmfong@hotmail.com](mailto:pmfong@hotmail.com) or directly to David Thompson at [dthompcoop@aol.com](mailto:dthompcoop@aol.com).

## Calendar

Oct 9 Wed **APSEA Career Development Program Brown Bag "Season2" – Turbocharge Your Presentation Skills with Tips and Tricks from the Top Speakers by Ben Rogers** (Alexan Innovation LLC). 12-1pm at Office of Systems Integration (2525 Natomas Park Drive Suite 100, Conference Room #1, Sac. \$10/person, free to APSEA members. Register: <http://octcdp2019.eventbrite.com>)

Oct 10 Thu **OCA Sacramento presents: Social Media & Mental Wellness Forum.** 6-8pm at California Northstate University Event Center (9700 W. Taron Dr, Elk Grove). Free Parking. Refreshments provided

Oct 11 Fri **CACS / CACS Foundation presents: Gold Mountain Celebration.** Honoring: Stephanie Nguyen & Mary Tsukamoto (posthumous). Happy Garden Restaurant (5731 Stockton Blvd, Sac). \$70/person. Info: CACS Foundation, PO Box 22457, Sac 95822, [tsvp2cacs@gmail.com](mailto:tsvp2cacs@gmail.com), Brenda 916/392-0511

Oct 11 Fri **Iu-Mien Community Services (IMCS) presents: Annual Honoring Our Journey Banquet.** 6pm at A&A Tasty Restaurant (6601 Florin Rd, Sac). \$65/Individual, Sponsorships available \$650-5000. Info: 916/383-3082, [president@iumiencommunityservices.org](mailto:president@iumiencommunityservices.org).



Oct 12 Sat **Kelli's Cookies presents: 3rd Annual Taste of Placer.** Sample diverse cuisine and beverages from local establishment. Raffle items and live entertainment. 6-930pm at Roseville Sports Complex (1545 Pleasant Grove Blvd, Roseville). \$55/advance, \$65/at the door. Must be 21 yrs old to attend. Info: [kelli@kelliscookies.com](mailto:kelli@kelliscookies.com). Kelli's Cookies is an on profit bakery with the goal is to reach out to youth 18-24 with mentorship, employment opportunities, job training, work experience and life enrichment classes. "We believe in the value of community service and the importance of our participants to join us in giving back through our Random Acts of Kindness program. This program delivers free cookies to various organizations, in addition to the homeless, underprivileged schools, senior homes, and other non-profit agencies in our region. Through this program, Kelli's spreads goodness. One cookie at a time!"

Oct 12 Sat **Florin Japanese American Citizens League (JACL) Annual Scholarship & Youth Programs Fundraiser "Nikkei Dogs."** All You Can Eat, Senbei Stacking, Pumpkin Decorating, Face Painting, Raffle and Bingo. 530-8pm at Buddhist Church of Florin (7235 Pritchard Rd, Sac). Adults \$12; Ages 4-12 - \$6; 3 and Under – FREE. Event sponsorships and donations welcomed and graciously accepted. Info: Cindy Kakutani [cindykakutani@gmail.com](mailto:cindykakutani@gmail.com). To donate cupcake donations, contact Twila Tomita [twilatamita@gmail.com](mailto:twilatamita@gmail.com).

Oct 12 Sat **Jan Ken Po Cultural Assn: Japanese Shibori Dyeing with John Marshall.** 1-3pm at ACC Senior Services (7334 Park City Dr, Sac). Info: [jkpc21@yahoo.com](mailto:jkpc21@yahoo.com), [john@johnmarshall.to](mailto:john@johnmarshall.to)

Oct 14 Mon **AAJA - Sacramento Chapter presents: CHEF'S SHOWCASE, Benefits Local At-Risk Youth.** 6-730pm at Sequoia at the Cannery (1601 Alhambra Blvd, Sac). \$50/person or 10 pack/ \$450, sponsorships available (\$500-\$10,000). Info: Sandy Louey 415/699-3103, [sandylouey@gmail.com](mailto:sandylouey@gmail.com)

Oct 19 Sat **Sacramento Kenjin Kai presents: 3rd Annual Golf Tournament.** 11am at Dry Creek Ranch Golf Club (809 Crystal Way, Galt), 530pm Dinner & Awards at Golf Course Dining Room. Entry Fees: \$80/Kenjin Kai Members, \$85/non members. \$25/dinner only guests. Info: Harold Yamauchi, 240 Riverbrook Way, Sacramento 95831

Oct 24 Thu **Chinatown Rising** film showing. 7pm at Tower Theater (2508 Land Park Dr, Sac). 2 hr screening by filmmakers Harry and Josh Chuck. (Other screenings Oct 10 at SF State Asian American Studies 50<sup>th</sup> Anniversary, Nov 3 Silicon Valley Asian Pacific Film Festival-San Jose)

Oct 26 Sat **Elk 6 Arts & Crafts Show.** 9am-330pm at Elks Lodge (6446 Riverside Blvd, Sac)

Oct 26 Sat **My Sister's House's 16th Annual Run for A Safe Haven.** 5k fun run/walk, 1/2 mile kids run. 8am at William Land Park (Village Green Area, 3800 W. Land Park Dr, Sac). \$40/person, \$25/youth, \$10/kids. Info: [www.runforasafehaven.com](http://www.runforasafehaven.com). Did you know: Every 9 seconds in the US a woman is assaulted or beaten. API are the largest group of people trafficked in the US.

Oct 26 Sat **Calif. State Railroad Museum Foundation & APAPA presents: The Last Mile - Embracing Contributions of the Chinese Railroad Worker.** 530pm VIP Reception, 7pm Dinner/program at California State Railroad Museum (125 I St, Sac). \$150/person. Sponsorships \$2000-5000. Info: Lucy Obeck 916/479-0339, Stephen Zhou 916/718-3383, Wei Zhang 530/867-1373, Honey Lum 916/261-2118, [Railroad150RSVP@gmail.com](mailto:Railroad150RSVP@gmail.com)

Oct 30 Wed **Philippine National Day Association's Filipino Fork 2019 Food Festival.** 6-9pm at Turn Verein (3349 J St, Sac). \$30/ticket. The 3rd Annual "Celebration of Filipino Food in the Farm-to-Fork Capital" will feature over a dozen chefs, vendors, DJ Mario V, and the best Filipino and Filipino-inspired cuisine in Sacramento. Ticket sales will be announced mid-September. Filipino Fork 2017 and 2018 sold out, and we expect to sell out again. Best way to secure tickets early is through sponsorship or attending the October 3 Donor Dinner. Info: Megan Sapigao [FilipinoFork@gmail.com](mailto:FilipinoFork@gmail.com)

Oct 31-Nov 3 **Crystal City Texas Pilgrimage.** During WWII, 4000 Japanese Americans were held in Crystal City Internment Camp as well as 2300 prisoners of Japanese ancestry kidnapped from Peru and other Latin American countries held for hostage exchange for US Citizens held by Japan. Info: [www.jampilgramages.com](http://www.jampilgramages.com)

Nov 9 Sat **API Rise Fund's Noodle Bowl. "Power in Philanthropy."** Competition amongst teams about trivia. 10am-1pm at ACC Senior Services (7334 Park City Dr, Sac) Teams of 4-5 people pay \$250/team and win noodle prizes along the

way. Best team gets to designate \$1000 to their favorite API group. Info: [christinectien@gmail.com](mailto:christinectien@gmail.com)

Nov 16 Sat **UCD Asian American Studies: The Field & Its Future Symposium.** 930am-530pm at California Hall, UCD. Info: Dr. Robyn Rodriguez [rrodriguez@ucdavis.edu](mailto:rrodriguez@ucdavis.edu)

Nov 23 Sat **CAPITAL Meeting.** 9-11am at Sac Sheriff (7600 65th St, Sac.) Info: Sonney Chong [sonney.chong@att.net](mailto:sonney.chong@att.net), Stephanie Nguyen [stf\\_nguyen@yahoo.com](mailto:stf_nguyen@yahoo.com)

Dec 7 Sat **Sacramento Senator Lions Club's Dandelion Arts & Crafts Show.** 9am-2pm at Sacramento Buddhist Church (2401 Riverside Blvd, Sac)

Dec 16-24 **JACL Kakehashi Project** will take 92 participants on a 9 day trip to Japan. Deadline for applications was Sept 22. Must be of Japanese ancestry, 18-25 years old, student or young professional, US passport. Co-sponsored by Japanese International Cooperation Center with funding from Japan Ministry of Foreign Affairs. Check Facebook or Instagram.

Dec 21 Sat **Halau Ka Waikahe Lani Malie, Halau Kahulaliwai's Holiday Hula Celebration.** 1pm at Christ Community Church (5025 Manzanita Ave, Carmichael). \$25/person.

Summer 2020 – **Pacific Rim Festival** is looking for enthusiastic volunteers. Info: [www.facebook.com/PacificRimStreetFest](http://www.facebook.com/PacificRimStreetFest)

May 16-17 **Save the date: UCD Asian American Studies at 50!** Get updates through Facebook (<https://www.facebook.com/UCDavisAsianAmericanStudies>). Update your info on this Google form: <https://tinyurl.com/ASAUCD50>

## Yolo Archives Spruced Up

The Shipley Walters Center for Yolo County Archives and Library services reopened September 27 after a major renovation to make the center weather-tight and a state of the art archival facility. The Archives are at 226 Buckeye Street in Woodland and are open Tuesdays 9am-1pm, Thursdays 12pm-4pm and by appointment (530/666-8010.)

The Yolo County Archives is a permanent collection of material pertaining to the history of Yolo County from approximately 1850 to the present. The collection consists of records from various Yolo County agencies/departments as well as those from private individuals and businesses. It is available for research on the premises. It includes a variety of media, including maps, blueprints, photographs, bound volumes, manuscripts and oral history tapes.

The Archives is currently featuring a collection of World War II Japanese internment letters - eight letters from Miura, Nishikawa, Onishi and Yamamoto which can be read on the Archives' website. Also available on the website are oral histories in the permanent collection including "The Japanese Contribution to Central Agriculture" by Winters Friends of the Library (Isao Fujimoto lecture, 2000) and Yolo County Archives Japanese American Oral History Project interviews with Alice Nishi, Isao Fujimoto, H. Yamauchi, Anna Fusako Yamauchi, Tim Yoshimiya, Clarence Kimura and Roy Doi.