



BICULTURAL ACTIVE LIVING LIFESTYLE E-MAGAZINE

MARCH, 2025 | VOLUME 2 | ISSUE 3



Features:

**AMA and Frogtown/Rondo
Black Church Alliance
Teaming up to Showcase
Youth Voice at the State
Capitol**

Project SUPPORT

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INTRODUCTION



Project SUPPORT (**S**upporting **U**nder-served through **P**roduce/**P**ark **P**rescription, and **O**pportunities to **R**ecreation-activity & **T**obacco-control), is led by Asian Media Access (AMA), collaborated with Multi Cultural Community Alliance (MCCA), Project SUPPORT is a cross-cultural, cross-generational, and cross-sectoral initiative, aims to improve health, prevent chronic disease, and reduce health disparities among Black, Indigenous, and People of Color (BIPOCs) who face the highest risk, and bear the highest burden of chronic disease, named: African American/Black, Asian American and will put a special focus on young people from the two poorest but most diverse neighborhoods in MN – North Minneapolis, and Midway St. Paul.

Supported by CDC's REACH funding, AMA will leverage our extensive network of trusted community partners who provide subject matter expertise and have a history of successful engagement with the respective cultural and geographic communities. All partners have been involved in co-designing this Initiative – Project SUPPORT (Supporting Under-served through Produce/Park Prescription, and Opportunities to Recreation-activity & Tobacco-control), through below 4 culturally tailored strategies to promote Bicultural Healthy Living, especially for immigrant and refugee communities:

- **Nutrition:** Increase healthy cultural food access by implementing Food Service Guidelines (FSG) at area Asian Temples and Black Churches, and establishing Produce Rx at area clinics/hospitals.
- **Physical Activity:** Increase policies, plans and community designs through North Minneapolis Blue Line and St. Paul Sears Redevelopment to better connect residents with activity friendly routes to everyday destination to live/learn/work/play, and provide safe, culturally based places for increasing physical activities.
- **Tobacco Control:** Support a Media Campaign to educate BIPOC communities about the potential statewide tobacco flavor ban, and work with area sports teams to find out what people/youth know and feel about flavored tobacco products. Focus groups and media message testing will be done to determine what the community needs to know and what messages related to flavored tobacco would appeal to which cultural groups. We will focus on young athletes from pan-Asian and pan-African communities, and a media campaign featured the young athletes based on what the message testing reveals.
- **Vaccination for Adults:** Increase education, demand for, and access to flu, COVID-19, and other adult vaccinations via pop-up community clinics at the places that cultural groups feel comfortable and connected, and increase regularity of vaccine promotion in priority communities; and increase the percentage of pan-Asian and pan-African seniors who are up-to-date with recommended adult vaccinations.

Please check the Project SUPPORT updates through our Bicultural Active Living Lifestyle (BALL) website, weblog, Facebook, and e-Magazine:

- BALL Facebook at – <https://www.facebook.com/ballequity/>
- BALL Monthly eMagazines: <https://ballequity.amamedia.org/project-support/>
- BALL Website: <https://ballequity.amamedia.org/>
- BALL Web Blog: <https://www.behavioralhealthequityproject.org/>

For More Information: 612-376-7715 or amamedia@amamedia.org



NUTRITION



STRATEGY INTRO: Increase healthy cultural food access by implementing Food Service Guidelines (FSG) at least one Asian Temple, establishing Produce Rx at three clinics/hospitals.

ENHANCING CULTURAL NUTRITION: POLICY RECOMMENDATIONS FOR TRADITIONAL MEALS AND FOOD SAFETY AT THE CAMBODIAN TEMPLE

Asian Media Access (AMA) and Rochester Clinic collaborated on a crucial initiative to assess the nutritional status of the Cambodian community through temple visits at Watt Dhamma Visudhikaram in Rochester, MN. Conducted over the summer, these observations captured the temple's food environment, cultural practices, and meal preparation process—from offering and blessing to sharing meals. Guided by Food Service Guidelines, the project aims to optimize the temple's food offerings with culturally appropriate healthy meal recommendations. This article highlights final policy recommendations to improve nutrition access and promote community well-being.



POLICY RECOMMENDATIONS FOR IMPROVING FOOD SAFETY IN THE 2ND YEAR

Building on the progress from the first year, Asian Media Access and the Rochester Clinic introduced key policy initiatives to further improve the health and nutrition of meals served at the Cambodian Temple. These recommendations aim to create a healthier and safer food environment while respecting cultural traditions. First, Food Safety Guidelines should be implemented to ensure proper food preparation and handling.

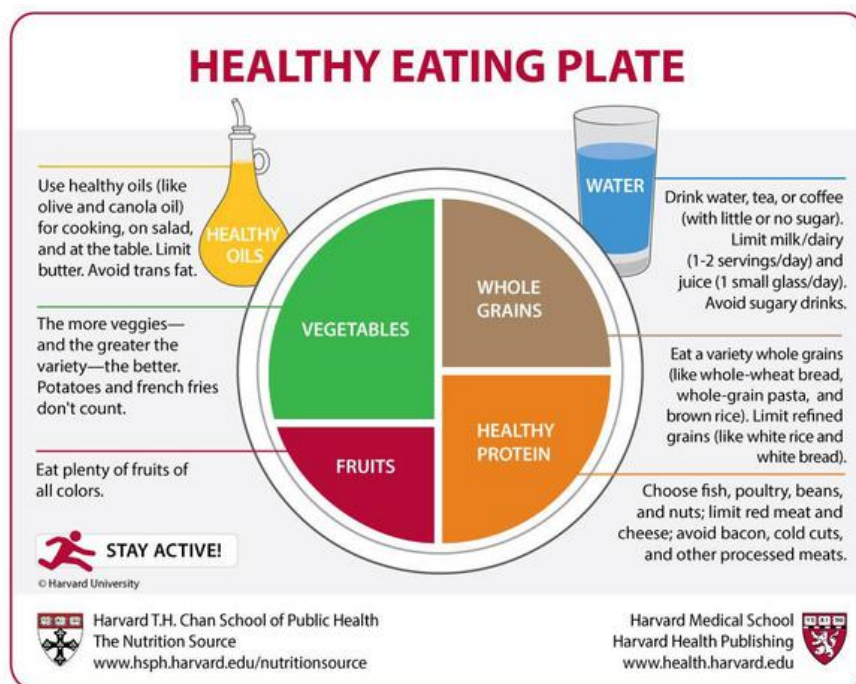
- **Food Handling and Hygiene:** All food handlers should wash their hands for at least 20 seconds with soap and water before and after handling food. Gloves should be worn when handling ready-to-eat foods to prevent contamination. Additionally, separate cutting boards must be used for raw meats, vegetables, and cooked foods to avoid cross-contamination.
- **Temperature Control and Storage:** Perishable foods must be refrigerated immediately upon receipt or preparation, keeping temperatures below 40°F. Any perishable items left out for more than two hours should be discarded. Hot foods should be held at temperatures above 140°F until served to ensure food safety.
- **Cleaning and Utensil Use:** Establish a routine cleaning schedule for kitchen surfaces, utensils, and storage areas. Follow sanitization protocols for all food prep and serving equipment. Use separate serving utensils for each dish to prevent contamination.
- **Waste Management:** Designated bins should be provided for recyclables, compost, and general waste. Regular garbage disposal is crucial to prevent contamination and the attraction of pests.
- **Food Safety Education:** To support food safety practices, food safety posters in Khmer should be displayed in the temple's kitchen and food preparation areas. These posters should also be available for community members to take home.



PROMOTIVE TRADITIONAL FOODS, BALANCED MEALS WITH THE HARVARD HEALTHY EATING PLATE

The second initiative focuses on promoting balanced meals using the Harvard Healthy Eating Plate as a guiding model. This approach highlights the importance of maintaining cultural connections through traditional foods while improving their nutritional value.

- **Guidelines for Healthy Offerings:** Emphasize a balanced plate with a variety of vegetables, fruits, whole grains, and plant-based proteins. Replace refined grains and processed foods with whole grains and minimally processed options.
- **Education and Demonstration:** Provide education on portioning meals according to the Healthy Eating Plate. Offer demonstrations to show how traditional Cambodian dishes can be adjusted to fit these guidelines, such as incorporating more vegetables, using plant-based ingredients, and moderating salt, sugar, and oil content.
- **Adapted Recommendations:** Recognizing high rate of lactose intolerance in the Asian community, substitute milk with water or plant-based alternatives as the primary beverage, following the Harvard Healthy Eating Plate model.



The partnership between Asian Media Access and Rochester Clinic has resulted in important policy recommendations to enhance food safety and promote balanced, culturally appropriate meals at the Cambodian Temple. For more information and updates on this ongoing project, visit our website, <https://ballequity.amamedia.org/project-support/>. Stay tuned for the continued progress and the positive impact it will have on the community.

PHYSICAL ACTIVITY



STRATEGY INTRO: Increase policies, plans and community design changes through China Garden, Minneapolis Open Streets and St. Paul Sears Redevelopment to better connect residents to everyday destination to live/work/play, and provide safe, culturally based places for increasing physical activities.

AMA'S UPDATED COMMUNITY ENGAGEMENT PROCESS FOR BLUE LINE EXTENSION

With project SUPPORT, Asian Media Access (AMA) has remained actively involved in the Blue Line Extension (BLE) project. As part of the 2024 Community Engagement Cohort, AMA has hosted meetings, focus groups, pop-up events, door-to-door outreach, and surveys to strengthen community connections. Looking ahead, AMA is excited to share updates on the 2025 Community Engagement Cohort to keep residents informed and engaged.



The Blue Line Extension (BLE) debate in North Minneapolis has been a contentious issue, focusing on the proposed light rail route connecting Brooklyn Park to downtown Minneapolis. Proponents argue that the extension will provide much-needed public transit access to underserved communities, reduce traffic congestion,

and spur economic development along the corridor. However, critics, including some residents and local leaders, have raised concerns about the potential displacement of low-income and minority communities, increased gentrification, and neighborhood disruption during construction. Additionally, there are debates over the route's alignment, with some advocating for alternative paths to minimize residential impacts. The project has sparked broader conversations about equity, urban planning, and how to balance progress with the preservation of community identity in North Minneapolis.

While discussions continue regarding the BLE route through North Minneapolis and station placements, the project—along with all Community Engagement Cohort members—has consistently prioritized an inclusive, community-driven approach to transit planning while honoring diverse perspectives. Looking ahead to the 2025 outreach efforts, AMA will continue providing a platform for residents to share their ideas and concerns with decision-makers, ensuring community voices shape the project’s development.

AMA SUPPORTS:

A. Establishment of the Displacement Policy

Led by the Anti-Displacement Work Group, a diverse coalition of 26 members—including local residents, business owners, individuals with lived experiences of displacement, and representatives from philanthropic and government sectors—this group plays a crucial role in shaping policies, identifying risks, and advocating for equitable development.

The goal is to prioritize community stability and economic opportunity, ensuring that existing residents and businesses can thrive alongside transit expansion. The Work Group has developed the Coordinated Action Plan, designed to prevent displacement and ensure that the benefits of the future Blue Line Extension reach current corridor residents and businesses.

B. Ongoing Community Engagement

As a member of the 2025 Community Engagement Cohort, AMA will:

- Identify, engage, inform, and solicit feedback from community members directly affected by the extension, including infrastructure development, workforce opportunities, improved access to the transit system, and communal



development opportunities throughout the corridor. The goal is to reduce disparities and improve both personal and project outcomes.

- Build real-time, actionable knowledge about BLE community members' hopes and concerns while inviting them to actively participate in the project's development.
- Co-create a master DREAM that fosters the growth and improvement of the BLE region, its communities, and its residents.



C. Virtual Reality Project

- AMA will lead a Virtual Reality Project with summer interns, allowing residents and community members to experience the BLE's development in real time from a community perspective. This innovative tool empowers residents to reimagine and shape their neighborhoods for future generations.
- AMA will focus on Cultural Placemaking & Localized Development as the central theme for the VR exhibition, celebrating the cultural heritage of BLE communities. Through collaborations with artists, historians, and BIPOC cultural groups, the VR project will create spaces that uplift diverse local voices.

By enhancing engagement, offering educational opportunities, and creating spaces that encourage authentic community voices, AMA envisions a stronger, more connected, and active BLE community.

Educational Article

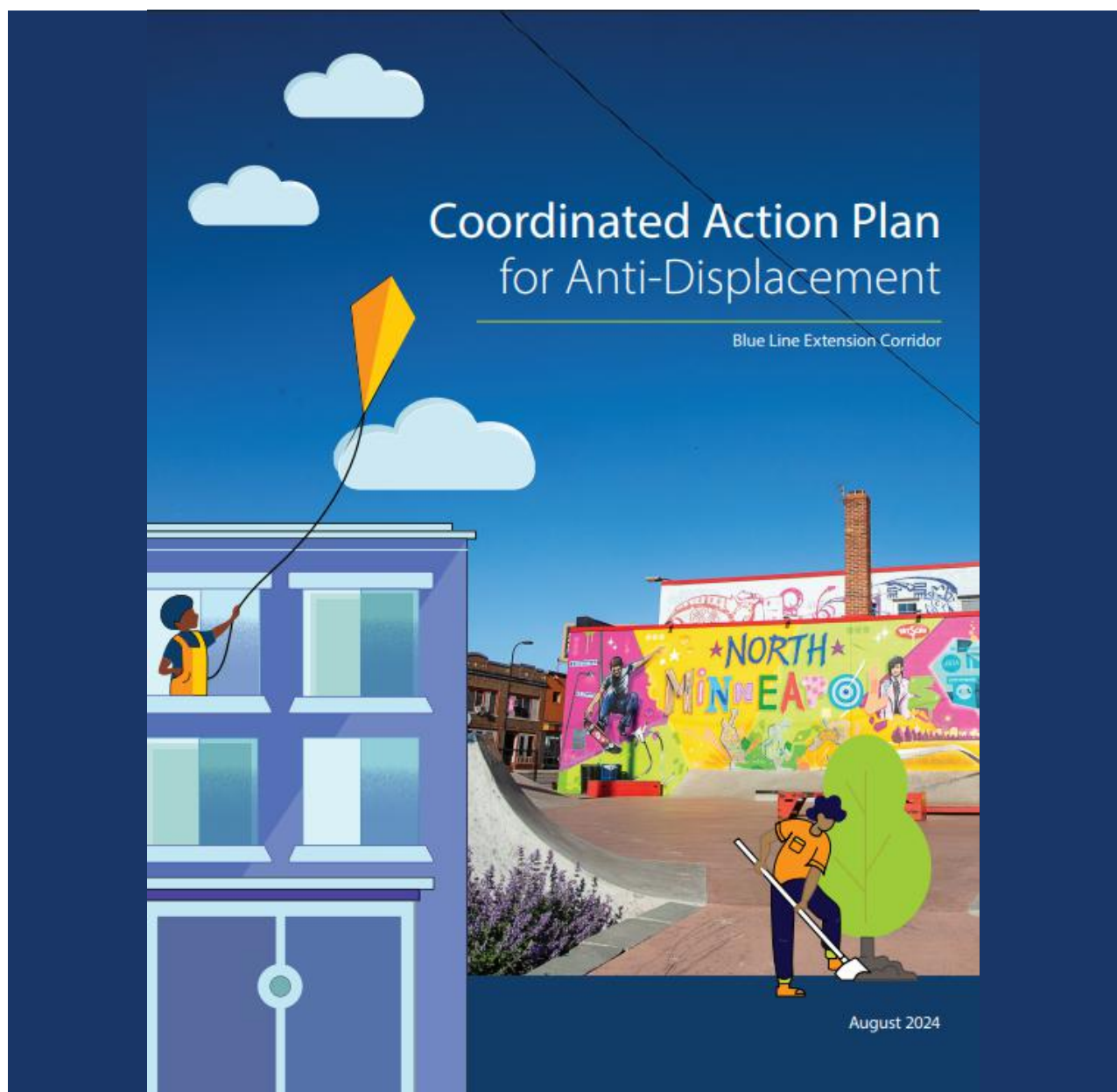
COORDINATED ACTION PLAN FOR ANTI-DISPLACEMENT



A rare opportunity to build inclusive community prosperity. Agency and community partners are committed to working together to prevent displacement and maximize the benefits of light rail for existing residents and businesses within the BLE corridor.

The purpose of this document is to present all possible actions that could be used to achieve anti-displacement and community prosperity and to facilitate the identification and advancement of priority actions by specific entities.

Learn more at: <https://yourblueline.org/24894/widgets/87243/documents/58429>



TOBACCO CONTROL



STRATEGY INTRO: Support a Media Campaign to educate BIPOC communities about the proposed statewide tobacco flavor ban, and work with area sports teams to find out what people/youth know and feel about flavored tobacco products. Focus groups and media message testing will be done to determine what the community needs to know and what messages related to flavor bans would appeal to which cultural groups. We will focus on young athletes from pan-Asian and pan-African communities, and a media campaign featured the young athletes based on what the message testing reveals.

AMA AND FROGTOWN/RONDO BLACK CHURCH ALLIANCE TEAMING UP TO SHOWCASE YOUTH VOICE AT THE STATE CAPITOL

In a chilly February morning, youth from AMA and Frogtown/Rondo Black Church Alliance marched to the Capitol to demand for a SMOKE FREE GENERATION.

Our youth have supported the Minnesotans for a Smoke Free Generation (MSFG)'s Youth Voices Exhibition at the State Capitol. Their voices echoed through the halls of the State Capitol as they shared personal stories, artwork, and powerful messages urging lawmakers to take action. The Exhibition highlights the stories of youth from around the state and how commercial tobacco - especially flavored products - have impacted their lives. Stories of family members lost to tobacco-related illnesses, the struggle to quit vaping, and the frustration of seeing peers targeted by flavored tobacco products painted a vivid picture of why this issue matters. The youth emphasized that flavored tobacco products are not just a public health issue but also a social justice issue, as they disproportionately harm marginalized communities.

AMA Youth also handed out their own creations - "We Win the Game" postcards to state legislatures, to showcase their choices of playing sports and not smoking. "Win the Game" slogan symbolizes their commitment to healthy lifestyles and their refusal to fall victim to the tobacco industry's manipulative tactics.

The tobacco industry has a long history of targeting kids with fruity, candy, and minty flavors. The popularity of vaping has only exacerbated the use of these enticing flavors. The tobacco industry also targets vulnerable populations, like African Americans and Native Americans and LGBTQIA folks with flavored commercial tobacco, especially menthol cigarettes. The state of MN could end the sale of all these flavored products to protect kids and populations that have historically been targeted by the tobacco industry. Luckily, about 25% of the state is currently covered by some sort of flavor banned policy, but lack of state level policy.

The call for a smoke-free generation is clear, and these young leaders are leading the charge. Their message to lawmakers and the public is simple: it's time to prioritize health over profits, protect our youth, and ensure that everyone has the opportunity to live a life free from the harms of commercial tobacco. As the day concluded, the youth left the Capitol with a sense of accomplishment and hope - with their determination and the support of their communities, a smoke-free future is within reach.



Here's a video showcasing our youth at the Minnesotans for a Smoke-Free Generation (MSFG)'s Youth Voices Exhibition at the State Capitol. Their voices resonated through the halls as they shared personal stories, artwork, and powerful messages, calling on lawmakers to take action.

Educational Article

CREATING HEALTHY COMMUNITIES USING RECREATION AS A TOOL FOR TOBACCO PREVENTION



To view the original document, visit:

https://www.tobaccofreeparks.org/documents/Creating_Healthy_Communities.pdf

Tobacco-Free Youth Recreation and SmokeFree Soccer have designed Creating Healthy Communities: Using Recreation as a Tool for Tobacco Prevention to give local community leaders the information and tools they need to utilize recreation as a means for tobacco prevention. This guide will explain how you, as a community leader, can reach out to and connect with the young people in your community that are involved in recreational programs. It contains examples of successful recreation-based tobacco prevention strategies, samples of tobacco policies that have been implemented, and ideas for community events that promote the tobacco-free message. This guide also provides current examples of ways health professionals are utilizing recreation as a means to reduce tobacco use in their community.

VACCINATION FOR ADULTS



STRATEGY INTRO: Increase demand for, and access to flu, COVID-19, and other adult vaccinations via 40 pop-up community clinics at the places that cultural groups feel comfortable and connected, and increase regularity of vaccine promotion in priority communities; and increase the percentage of pan-Asian and pan-African seniors who are up-to-date with recommended adult vaccinations.

UPDATED COVID VACCINES: YOUR BEST DEFENSE AGAINST LONG COVID

Asian Media Access has worked with community partners and Odam Medical Group to build awareness of Long COVID, and using the Long COVID as another motivation to urge more people to update their COVID vaccines. Minnesota Department of Health (MDH)'s Data has shown clearly - fewer long COVID symptoms with more complete COVID-19 vaccination.

Minnesota Department of Health (MDH) conducted a 2023 survey of 1,270 adults who had previously contracted COVID-19 to understand the prevalence and impact of long COVID symptoms. The COVID-19 pandemic has not had an equal impact on all Minnesota communities. As a result, some communities such as Minnesotans of color, American Indians, people with disabilities, those who live in rural or low-income areas, people in the LGBTQ community, or those who are homeless or have unstable housing may also be more likely to experience long COVID.



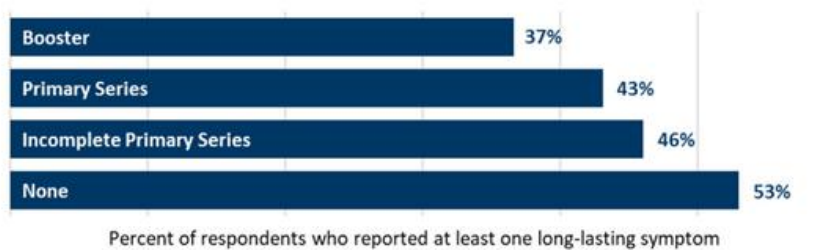
WHAT IS LONG COVID?

Long COVID refers to chronic conditions that persist for three months or more after a COVID-19 infection. Common symptoms include fatigue, brain fog, shortness of breath, muscle pain, and changes in taste or smell. Symptoms can range from mild to severe, with some individuals experiencing debilitating effects for months or even years. Nationally, 8.4% of adults have reported long COVID symptoms, suggesting that approximately 365,000 Minnesotans may have experienced similar issues.

Key Findings from the Surveys:

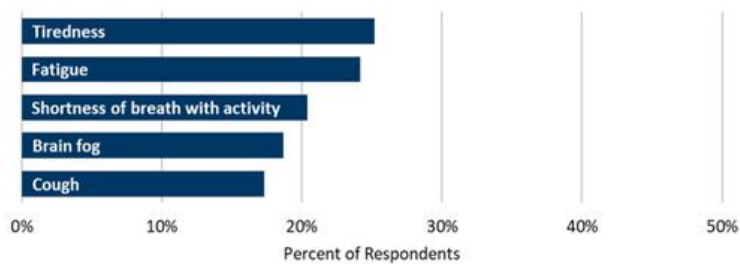
- **Prevalence of Symptoms:** Over 40% of respondents reported at least one long-lasting symptom, with many experiencing symptoms for six months or longer. Approximately 20% reported severe symptoms.

COVID-19 Vaccination Status



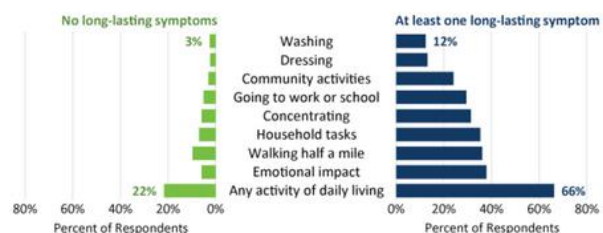
- **Common Symptoms:** The most frequently reported symptoms were tiredness, fatigue, shortness of breath, brain fog, and cough. Other common symptoms included muscle pain, sleep difficulties, headaches, joint pain, and loss of taste or smell.

The most common long-lasting symptoms were tiredness, fatigue, shortness of breath, brain fog, and cough.



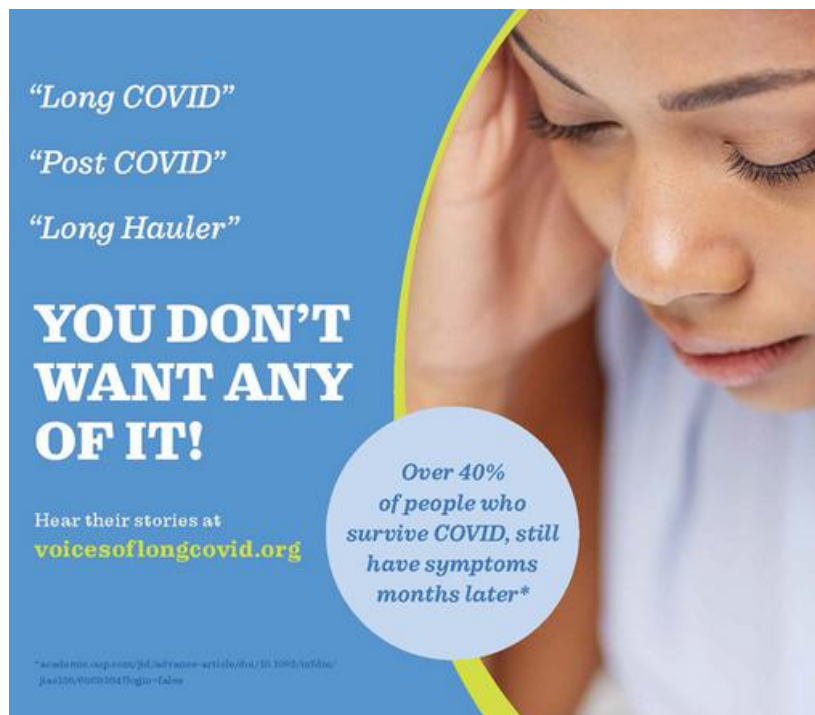
- **Impact on Daily Life:** Two-thirds of respondents with long-lasting symptoms reported difficulty performing daily activities such as household tasks, work, or school. Emotional impacts were also significant.

People with long-lasting symptoms reported more difficulty with activities of daily living.



- **Healthcare Experiences:** Nearly half of those with long-lasting symptoms sought medical care for new health issues post-COVID-19, but only 9% were informed by their provider that they might have long COVID. Nationally, only 7% of physicians feel very confident diagnosing long COVID, and 4% feel very confident treating it.
- **Vaccination and Long COVID - Vaccination Benefits:** Respondents who completed the primary COVID-19 vaccination series and received boosters reported 16% fewer long COVID symptoms compared to unvaccinated individuals. Those vaccinated at the time of their first infection were less likely to report long-lasting symptoms.
- **Prevention and Management:**
 - **Prevention:** The best way to prevent long COVID is to avoid COVID-19 infection or reinfection. Protective measures include getting updated vaccines, practicing good hygiene, improving air quality, and wearing masks during respiratory illness seasons.
 - **Management:** Currently there is no cure for long COVID, but health care providers may be able to help reduce or manage symptoms through rehabilitation services, medications, and coordinated care. Management may include specialists that focus on the heart, lungs, digestion, diet and nutrition, sleep, mental health, neurology, physical therapy, or other fields of medicine.

As we continue to learn more about Long COVID, AMA is committed to emphasizing the importance of vaccination as the most effective way to reduce the risk of severe COVID-19 infection. Emerging evidence also suggests that staying up to date with COVID-19 vaccines may help lower the likelihood of developing long-term symptoms and complications associated with Long COVID.



To make vaccination accessible, AMA continues to host monthly pop-up clinics in neighborhoods across the Twin Cities. We encourage everyone to take advantage of these clinics to protect themselves and their loved ones from the potential long-term effects of COVID-19. Follow us through AMA facebook for the most updated clinics near you - <https://www.facebook.com/asianmediaaccess>

Educational Article

LONG COVID - A POST-COVID CONDITION



Post-COVID conditions are health problems that people experience four or more weeks after being infected with the virus that causes COVID-19. Post-COVID conditions are also called long COVID, long-haul COVID, chronic COVID, post-acute COVID, or post-acute sequelae of COVID-19 (PASC).

View the website at: <https://www.health.state.mn.us/diseases/longcovid/index.html>

LONG COVID

[Long COVID Home](#)

[About Long COVID](#)

[Resources and Support](#)

[What We Are Doing](#)

[Data and Reports](#)

[For Health Care Providers](#)

[Funding Opportunities](#)

RELATED SITES

[COVID-19](#)

[Multisystem Inflammatory Syndrome in Children \(MIS-C\)](#)

[Managing Chronic Conditions During COVID-19](#)

[Health Care During COVID-19](#)

CONTACT INFO

Long COVID program
health.longcovid@state.mn.us

Long COVID

A POST-COVID CONDITION

Post-COVID conditions are health problems that people experience four or more weeks after being infected with the virus that causes COVID-19. Post-COVID conditions are also called long COVID, long-haul COVID, chronic COVID, post-acute COVID, or post-acute sequelae of COVID-19 (PASC).

[About Long COVID](#)

What we know about long COVID, including symptoms and management.

[Resources and Support](#)

Medical and support resources for long COVID survivors, caregivers, schools, workplaces, and more.

[Data and Reports](#)

Findings from MDH's survey on long COVID symptoms in Minnesota.

[What We Are Doing](#)

What MDH is doing to understand the impacts of long COVID.

[For Health Care Providers](#)

Interim guidance and resources.

[Funding Opportunities](#)

Information about grants and contracts.



PROJECT SUPPORT EVENTS

February 08

FOOD IS MEDICINE

We were proud to support the Produce Prescription initiative, promoting fresh produce for better health. In collaboration with Rochester Clinic, Lotus Health Foundation, and REACH, this event highlighted the benefits of fruits and vegetables in improving overall well-being. Our support reinforces our commitment to community wellness and preventive healthcare.



ASK YOUR DOCTOR



WHETHER FRESH PRODUCE IS GOOD FOR YOU?

Potential side effects may include but not limited to:

- Lower Blood Pressure
- Lower Blood Sugar
- Lower Cholesterol
- Weight loss
- Improve Energy
- Improve mood
- Improve blood flow
- Better Sleep
- Improve gut health
- Improve Hormone Balance

REACH
Racial and Ethnic Approaches to Community Health

Asian Media Access

Rochester Clinic
Lifestyle Medicine For Your Well-Being

Lotus Health Foundation

Produce Prescription

FOR MORE INFORMATION
 ✉ health@RochesterClinic.com
 🌐 www.RochesterClinic.com

February 08

VACCINATION POP-UP CLINIC AT THE CITY OF MINNEAPOLIS' COMMUNITY CONNECTIONS CONFERENCE

Asian Media Access was grateful to participate in the Community Connections Conference 2025 at the Minneapolis Convention Center, and to team up with MFairview Medical Group to provide COVID/Flu shots and Vaccine Education. This annual event brought together Minneapolis residents, community groups, neighborhoods, and local government to foster connections and strengthen the community.



February 14

MINNEAPOLIS CENTER COMMUNITY BRIDGE POP-UP MOBILE CLINIC

Led by the Asian American Business Resilience Network, we participated in the Pop-Up Mobile Clinic at the Center for Changing Lives in Minneapolis, collaborating with Community Bridge to provide health check-ups, flu and COVID-19 vaccinations, and health resources from Odam Medical Group.



February 22

POP-UP VACCINE CLINIC EVENT AT THE HAWTHORNE NEIGHBORHOOD COUNCIL

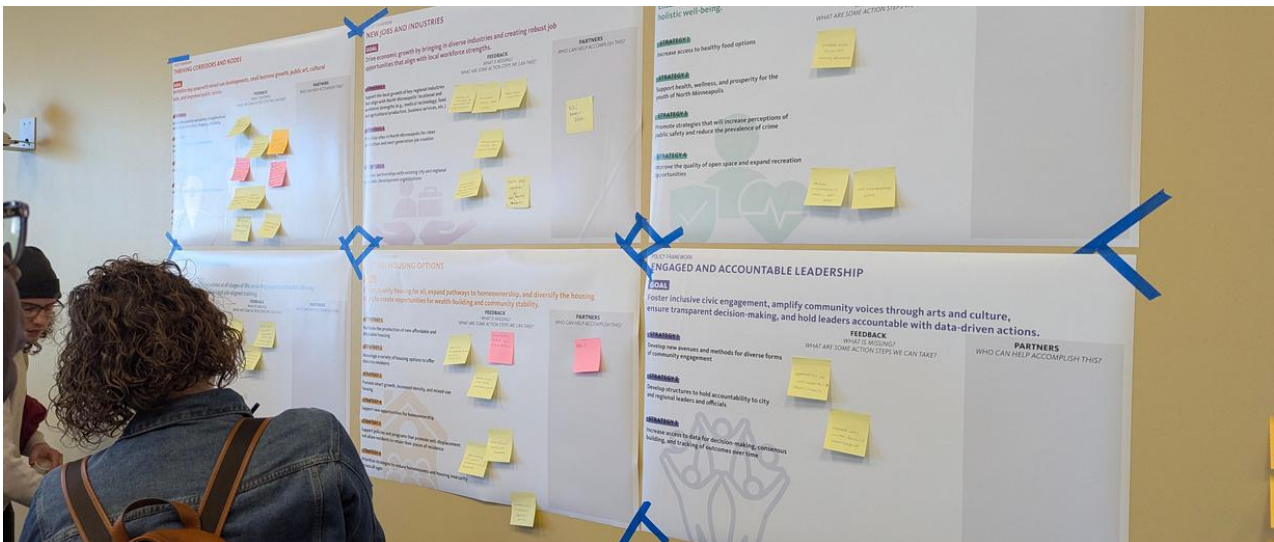
Led by the Asian American Business Resilience Network, We hosted another pop-up vaccine clinic, offering free vaccinations, health resources, and one-on-one consultations at Hawthorne Neighborhood Council. A mobile clinic expanded access, ensuring community members received essential care. Thanks to everyone who joined in keeping our community healthy!



February 26

NORTH MINNEAPOLIS FORWARD

Asian Media Access supported the "North Minneapolis Forward" Forum with more than 80+ Northsiders to share the concerns about education, health and racial disparities at North Minneapolis, and how we all could work together to identify the potential solutions through equitable community development, better public transportation, along with improved fruits/vegetables access, and tighten up neighborhood safety to support social connectedness.



March 03

VACCINATION EDUCATION EVENT AT THE WELLNESS DAYCARE CENTER

We hosted a Vaccination Education Event at the Wellness Daycare Center, engaging the community in discussions about the importance of vaccines. Attendees received health information, participated in Q&A sessions, and had access to a mobile clinic for on-site health screenings. The event fostered awareness and encouraged informed decision-making about vaccinations.



Understanding and Stopping Anti-Asian Hate



PREFACE

Anti-Asian hate is a serious problem that needs to be resolved quickly. Our Asian American and Pacific Islander (AAPI) communities, families, and individuals have tragically been victims of targeted hate crimes. AAPI communities should not have to worry about safety, safety is a human right. More needs to be done in combating anti-Asian hate so that our communities are safer, this starts with education and communication. With the surge of hate towards AAPI individuals after the Covid-19 pandemic, we can clearly see what issues need to be addressed when it comes to ending hate.

In early 2020 Asian Media Access (AMA) engaged the community by raising awareness on anti-Asian hate and racism. In 2021, AMA taught the youth how to make anti-Asian hate postcards, which were also shared on social media to raise awareness. AMA delivered a poem by Taiwanese poet, Xi Murong which expresses the "sentiment of immigration and displacement." Later, AMA led the forces with the community for a rally at the Minnesota state capitol to commemorate the victims of the Atlanta Georgia shooting.

Since then, AMA has published an on-going series of "Stop Anti-Asian Hate" educational materials, and joined the 2023 online commemoration of the 40 year anniversary of the Murder of Vincent Chin. On June 1st of 2023 AMA presented the dance drama "Between the Water and Cloud", this was a Multidisciplinary Arts Showcase which strived to share Chinese culture and arts with an environmental justice message. It is crucial we continually make our voices heard so that change can be made.

In celebrating the new year of 2024, AMA will publicize a series of articles that will highlight issues that need to be discussed, shed light on historical systematic racism, and create an opportunity to share the perspectives of those impacted by anti-Asian hate. As editor of this series "Understanding and Stop the Anti-Asian Hate," I hope that our works can encourage readers to join forces, embody love, promote and protect culture, and be a vehicle for justice and equity for AAPIs. Let's stand in solidarity with AAPI communities.

Asian Media Access
Jarrelle Barton
He\him



Understanding and Stopping Anti-Asian Hate: Article #15

UNDERSTANDING AND STOPPING ANTI-ASIAN HATE: ASIAN CULTURES

Janie Ye - Wayzata High School

Asian Americans are a diverse group and do not represent a single culture. More than 19 million Asian Americans represent over 20 countries that have distinct cultures and histories. Labeling all of these groups as Asian Americans is misleading because one may assume that all have similar cultures. In reality, Asian Americans find pride in their different cultures and find ways to express themselves in the diverse United States.

Each Asian ethnic group has special traditions that form a distinct culture. From religions to languages, there are prominent differences that people should be aware of. Some aspects of culture, such as religion, depend on the location of the group. Popular beliefs such as Hinduism, which originated in Southeast Asia, are most commonly practiced in that region. However, there are a few similarities between different cultures. For example, Chinese, Korean, and Japanese food have a lot in common. Using similar ingredients and techniques, there may be dishes that taste or look alike. Korean tangsuyuk can be compared to Cantonese tangcurou. In terms of

clothing, traditional dress is very varied throughout Asian countries. Asian Americans may show appreciation for their culture by dressing in traditional clothing, like saris from India, hanboks from Korea, or qipaos from China.

Although there are notable differences between Asian cultures, they share similar values. Asians tend to care a lot about their tightly-knit communities and believe in harmony and loyalty. Asian American parents may stress the importance of respect. Family is a big part of Asian culture, with emphasis on respecting elders and living together. In recent years, there have been some changes and parents are more willing to accept their childrens' individuality. Asian American values may be less restrictive and more accepting.

A good way to experience Asian culture would be to attend events such as the Twin Cities West Metro Asian Fair. There will be performances, food, and cultural displays. You can browse local exhibits and experience different Asian cultures. Anyone can stop by and enjoy the activities and food that will be offered. Experiencing Asian culture and trying new things could be a great way to spend your day!



Resources



ENGAGEMENT 1	ENGAGEMENT 2	ENGAGEMENT 3
2 hours in March Participants will participate in a workshop to provide opinions on the opioid crisis and how to reach community with engaging content and messages.	1 hour in April Participants will provide feedback on the campaign content, messaging, direction, and approach. *Optional Interview	1 hour in May Participants will provide feedback on the final campaign design.

3 Engagements Totaling 4 Hours, \$50/hour stipend (\$200 Total)
***1 Video/Photography Interview Optional (\$100 Additional Stipend)**
Engagements will be scheduled once participants are confirmed. The first engagement will be in person. Virtual engagement sessions will be hosted via Zoom. Stipends provided at the end of each session.



Interested participants sign up at bit.ly/hennepinopioidcrisis
For questions, contact Terresa Moses at opioidcrisis@blackbirdrevolt.com.



COMMUNITY INPUT FOR OPIOID CRISIS CAMPAIGN

Seeking Black/African-American adults in Hennepin County to shape an opioid crisis campaign. Paid participation with optional interview opportunity. Sign up at bit.ly/hennepinopioidcrisis

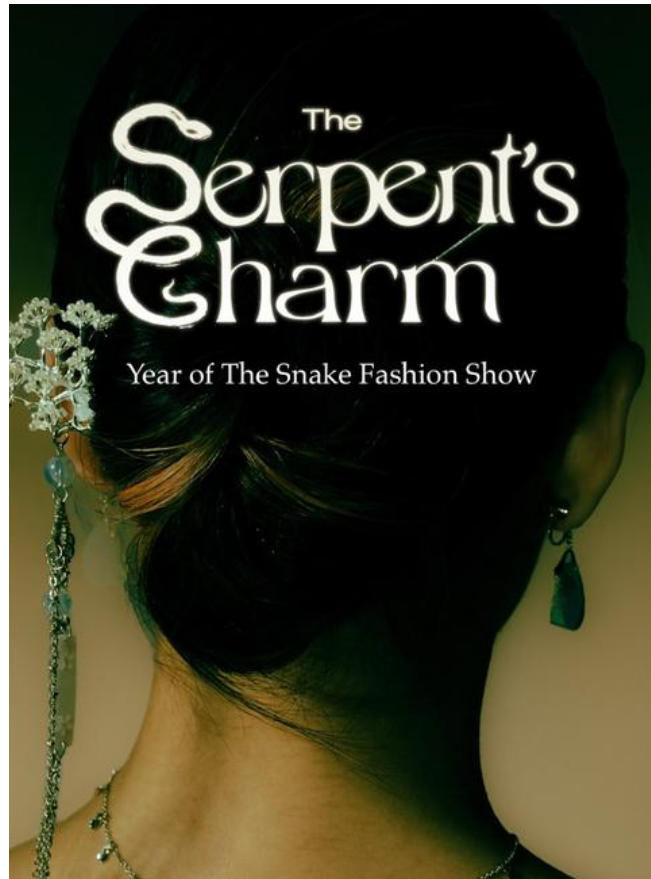
UPCOMING EVENTS

SERPENT'S CHARM PHOTO EXHIBITION

DATE/TIME: February 15-March 29, 2025

PLACE: Xia Gallery and Cafe, 422 University Ave W, St Paul, MN 55103

Curated by: Aeola Lu and Vivian Tran



EDUCATOR ROUNDTABLE: INTERDISCIPLINARY PROJECTS

DATE/TIME: Wednesday, March 12, 2025, 3:00pm ET

Register: <https://us06web.zoom.us/meeting/register/y0vgSuyGTGiGQsfyznpUhA>

Join this roundtable discussion to connect with fellow educators, share experiences, and explore strategies for leading interdisciplinary projects.

TAIWANESE CULTURE FESTIVAL AT MALL OF AMERICA

DATE/TIME: Saturday, March 15, 2025, 1:00pm-5:00pm

PLACE: Mall of America, 60 E Broadway, Bloomington, MN 55425

This will be an fun, artistic carnival rooted in Taiwanese culture, welcome for all! Activities include, Vibrant Costumes, Tea Culture, Ribbon Dance, Folk Songs, Rap Performance, Calligraphy Showcase.

Taiwan Cultural Festival

Ribbon Dancing
featuring dancer Yu Chih Chuang

- Calligraphy
- Aborigines Dance
- Rap
- Choir
- Tea Ceremony

March 15th, 2025
1:00 PM - 5:00 PM
Huntington Bank Rotunda,
Mall of America

Tea, Music, Dance, Calligraphy,
Hosted by Taiwan Online Library

JOIN THE HINDU SOCIETY OF MINNESOTA'S

RANGON KI BARSAAT, KHUSHIYON KA SAATH

GRAND HOLI CELEBRATION

SATURDAY MARCH 22

2:00PM - SOCIAL HOUR & SHOPPING
4:00PM - SHOW STARTS
6:00PM - DINNER

CENTRAL MIDDLE SCHOOL AUDITORIUM
EDEN PRAIRIE

FOR ADVERTISING/SPONSORS: ECSECRETARY@HSMN.ORG | FOR PERFORMANCES: CULTURAL@HSMN.ORG
FOR VOLUNTEERING OPPORTUNITIES: VOLUNTEER@HSMN.ORG

RANGON KI BARSAAT, KHUSHIYON KA SAATH

DATE/TIME: Saturday, March 22, 2025

PLACE: Central Middle School Auditorium

Get ready to immerse yourself in "Rangon Ki Barsaat, Khushiyon Ka Saath" – a celebration of colors, joy, and togetherness!

HNC March Pop Up Clinic for Adults!

SAVE THE DATE
 March 22nd from 10:00am til 1:00pm.
 HNC Office - 2944 Emerson Ave. N.

Join HNC and partners for a Pop-Up Clinic for Adults!

The following is available:

- COVID / Flu vaccination
- Test kits & Masks
- Narcan available
- Water Bottles
- Backpacks (limited)
- Clothing apparel (limited)
- Resources

Thanks to our sponsors!

Holiday Collection
 HNC and partners are collecting several items for our Holiday Give a Way. Over 30 families were helped last year and we wanted to help our community again.
 Collection date is March 1st until November 14th. We are only accepting new items.
 Contact: dhawkins@hncmplb.org or 612-529-6033 for more details regarding drop-off.

HAWTHORN NEIGHBORHOOD COUNCIL MARCH POP UP CLINIC

DATE/TIME: Saturday, March 22, 2025, 10:00am-1:00pm
 PLACE: Hawthorne Neighborhood Council 2944 Emerson Avenue North Minneapolis, MN 55411

HNC March Pop Up Clinic for Adults!

SAVE THE DATE
 March 22nd from 10:00am til 1:00pm.
 HNC Office - 2944 Emerson Ave. N.

Join HNC and partners for a Pop-Up Clinic for Adults!

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ROOTS OF RESILIENCE: STRENGTHENING COMMUNITIES THROUGH L.O.V.E (LAND, OPPORTUNITY, VOICE, EQUITY)

DATE/TIME: Friday, April 4, 2025, 10:00am-2:30pm

PLACE: Humphrey School of Public Affairs, 301 S 19th Ave, Minneapolis, MN 55455

Register: <http://z.umn.edu/EJSummit2025>

This year's theme, Roots of Resilience, will focus on Strengthening Communities Through L.O.V.E. (Land, Opportunity, Voice, Equity).

This inspiring event is an opportunity to connect with like-minded individuals, engage in thought-provoking discussions, and contribute to shaping a sustainable future.

ROOTS OF RESILIENCE:
 STRENGTHENING COMMUNITIES THROUGH L.O.V.E (LAND, OPPORTUNITY, VOICE, EQUITY)
 lonE UNDERGRAD LEADERS : 3rd Annual Earth Summit

SAVE THE DATE FRIDAY APRIL 4, 2025

Time: 10:00 - 2:30PM
 Event Location: Humphrey School of Public Affairs, University of Minnesota campus
 301 S 19th Ave, Minneapolis, MN 55455

INTERESTED IN COMING? BEING A SPEAKER? TABLING? **RSVP** 

 z.umn.edu/EJSummit2025

**Connecting Communities
 Uniting the Future**

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 THE SWAIN CLIMATE POLICY SERIES



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Telephone

612-376-7715

Address

2418 Plymouth Ave N
Minneapolis, MN 55411



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