



**P4** Ilaw ng Lipunan

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# PHILIPPINE Fiesta

A Division of Five D's Arts, LLC

Volume 20 No. 10 March 2023



**P9** Women History Month: Achievements and Goals

## Brazen attack seriously injures Filipino photojournalist and his wife

BY JUN NUCUM

**O**akland, California – A Filipino photojournalist based in Southern California and his wife were seriously injured in a brazen robbery attempt in Sacramento in what may also constitute a hate crime.

Nicanor “Nikki” Arriola, president of the Asian American Press Club of the U.S., and his wife, Julienne, were attacked while strolling along the State Capitol last month, having taken pictures the day before they were about to go back to Carson after visiting relatives in Sacramento.

They were suddenly assaulted in front of other people, who reportedly did nothing to help but may have even taken videos while the attacker shoved and kicked the couple multiple times, dragging Arriola as the suspect tried to get the latter’s camera.

Arriola, who was wearing his press badge, suffered six broken ribs and abrasions while his wife is still hurting from knee and other bone injuries. Both were confined for a few days at the University of California Davis Medical Center.

“I thank God I had no injury on my head that would have caused concussions, except for a big bruise on my nose,” Arriola stated. He found it “strange” that the suspect left the camera at the scene in his hurry to a getaway car after finally wrestling it from Arriola.

“We were almost run over by the getaway car,”



Arriola while confined at the UC Davis Medical Center for injuries after he and his wife were attacked in Sacramento, California.

which backed hurriedly towards them to help the suspect escape.”

“That guy is full of hate. There were also others taking pictures of themselves, but it seems we were the only Asians he chose to hurt. It was so horrible I thought that was the end of us at that



Nicanor “Nikki” Arriola

time,” Arriola recalled.

“For now, I’m staying home and most of the time watching news about (anti-) Asian Hate Crimes all over the US. I am praying for all those victims especially those who died.”

Arriola and wife are still in much pain from the injuries they sustained and

may take some time before they get fully healed emotionally and psychologically.

“We are also thankful that we were not shot or stabbed by our assailant. I was really not going to let him get my camera, my source of living,” Arriola was somewhat relieved.

“I want to thank the Sacramento Police in apprehending the attacker and I was told that the driver of the getaway vehicle would be next.”

Arriola still keeps seeing images of what happened to them and couldn’t stop talking about the horrible scenarios, which could be therapeutic for him.

Before this incident, Arriola has covered a number of Asian hate crime incidents, including the ongoing trial of Nicholas Weber at the Van Nuys Superior Court. Weber is accused of a hate crime after attacking members of the Roque family at a McDonald’s drive-through on Victory Blvd. in North Hollywood.

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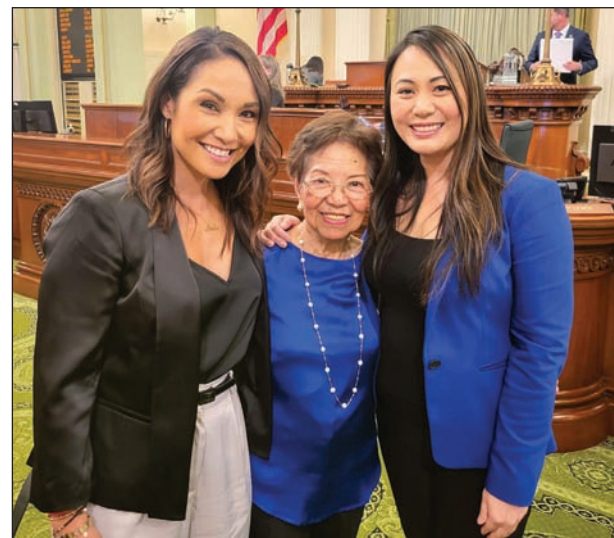
## Women’s History Month



At the California Woman Making History Ceremony at the State Capitol Monday, March 20th of 2023, Josefina “Josie” Patria is excited and nervous to be selected by Assemblymember Stephanie Nguyen as her District 10 Outstanding Woman of the Year. Several community members responded on short notice to surprise the honoree.

**W**omen’s History Month had its origins as a national celebration in 1981 when Congress passed Pub. L. 97-28 which authorized and requested the President to proclaim the week beginning March 7, 1982 as “Women’s History Week.”

Throughout the next five years, Congress continued to pass joint resolutions designating a week in March as “Women’s History Week.” In 1987 after being petitioned by the National Women’s History Project, Congress passed Pub. L. 100-9 which designated the month of March 1987 as “Women’s History Month.” Between 1988 and 1994, Congress

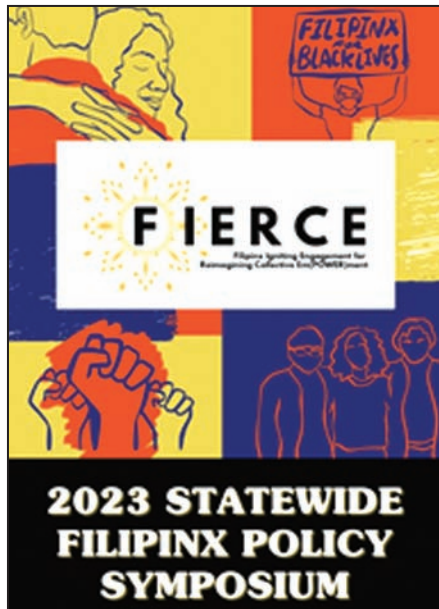


City Councilmember Quirina Orozco, Josie Patria and District Assemblymember Stephanie Nguyen.

passed additional resolutions requesting and authorizing the President to proclaim March of each year as Women’s History Month. Since 1995, presidents have issued a series of annual proclamations designating the month of March as “Women’s History Month.”

These proclamations celebrate the contributions women have made to the United States and recognize the specific achievements women have made over the course of American history in a variety of fields.

The Library of Congress  
Legal USA.gov



BY MAXINE DE LEON

Last March 4th, 2023, the Filipinx Igniting Engagement for Reimagining Collective Em(POWER)ment (FIERCE) Coalition held their annual Statewide Filipinx Policy Symposium to give Asian-American and Filipinx-American organizations and civic leaders a platform to communicate their policy priorities for 2023. The symposium was streamed online for free via the coalition's Facebook page to ensure that anyone in the community had access to the forum.

Formally established in 2020, FIERCE is composed of 15 progressive Fil-Am nonprofits, student groups, and community-based organizations (CBOs) that are all based in California. They conduct a yearly policy symposium as an effort to provide a space for spotlighting equity issues within and beyond the Fil-Am scope, as well as develop policy plans that aim to move the entire community forward.

The program's first keynote speaker was Assemblymember Alex Lee who represents California's 24th State Assembly district—which comprises the counties of Alameda and Santa Clara—and is currently chair of the Environmental Safety and Toxic Materials Committee. He was officially elected in December 2020 at the age of 25, granting him the title of the youngest Asian-American legislator ever elected in California. Lee is also the first openly bisexual assembly member in the state's history.

When asked about his leg-

islative plans for 2023, Lee stated that his focus has always been on protecting small businesses, equity, and affordable housing. "We can't rely on private industries to provide that," The lawmaker said in relation to establishing more social housing. "Hous-

ing should be essential, not a commodity." All regions of California will aid from the planned reforms. However, rural areas in particular or places that private investors do not focus on are the primary intended beneficiaries. Alongside bills for housing, Lee added that he's also working with the rest of the assembly to rectify wealth inequality in the state, with one of the first steps being a proposal to mandate a \$25 minimum wage for healthcare workers.

Besides the decision-making that occurs among the assembly members, the legislator emphasized the significance of action on the community's end as well. "Policy lives in implementation," He noted after explaining that staying engaged is one way the people can indirectly help with moving the community forward. "Stay en-



Assemblymember Alex Lee

gaged so we can make sure that the policy is fulfilling its purpose." Lee also advised taking part in the legislative process itself; in contrast to the majority's belief that they cannot contribute to change, he urged that anyone can have a bill idea or start a bill, and approach local representatives—preferably during

the winter time. The more detailed and fleshed out your idea is, the more attractive it will be to legislators. Finally, the assemblymember closes with a motivational message about becoming more civically engaged and making your opinion known. "There's always ways to get involved, whether it be time or money or something else you're willing to give. Push yourself out of your comfort zone. Otherwise, people will be making decisions without your input," He remarked. "We need to advocate for the policies we need."

Another notable speaker the online symposium had was state senator Aisha Wahab who represents California's 10th Senate District and is the current chair of the state's Senate Public Safety Committee as well. Elected in November 2022, she made headlines as the first Afghan-American woman to be appointed to public office in the United States. As a policymaker, her priorities have been education, public safety, protection for reproductive healthcare, better climate action, alleviating the housing affordability crisis, and reducing income and opportunity inequality for seniors, women, children, and working families.

During the symposium, Wahab talked about building a society that allows people not only to survive, but also thrive. She asserted that extending homeownership opportunities is central to achieving this, hence her focus on the vulnerable and extremely low-income in relation to tackling the issue of housing affordability in the state. As an example, Wahab brought up the matter of education and how having proper housing directly benefits it. "If you have stable, affordable housing, then you're not picking your kid out of school every year to look for a cheaper school, so they also have a more stable student life."

As Public Safety Chair, the senator mentioned that she's also working on introducing a policy that will demand a higher degree of responsibility from peace officers. The California Public Records Act is an already existing law that declares public records as open to the inspection of



Senator Aisha Wahab

the general public. However, it excludes that of peace or custodial officers; their personnel records, except reports and investigations involving the use of force, are to be kept confidential. Senate Bill 400—the policy that Senator Wahab had put forward—will clarify that the confidentiality stated in the existing law leaves out the records of a formerly employed peace or custodial officer; in the incident that a peace officer is terminated, the agency should be permissible to disclose the cause of the termination. "When an individual has this much power, we need to hold them at a higher standard of accountability," Wahab voiced.

The West Bay Pilipino Multi-Service Center is the oldest Filipino-led nonprofit

organization in Northern California. Since 1968, the nonprofit has been serving San Francisco's Filipino and Asian Pacific Islander communities by providing culturally sensitive economic, legal, academic, and health-related services to immigrant families. As West Bay was focused on mentorship and family support, they served as a community hub during the peak of the COVID-19 pandemic for parents who needed a space for their children to stay in while they were at work. The organization gave mental health support to families as well within that period. Despite being active for over 5 decades now, West Bay hasn't had a home they could call their own, resulting in displacement and constantly borrowing from others instead. At least, until they acquired enough funding to purchase and renovate their own building. Through grants that city and state leaders secured and awarded to West Bay, as well as the nonprofit's own hardwork in campaigning, they were able to gather the funding necessary to obtain a much larger space that can better accommodate clients and the members. When asked about what it means for the community and the organization to have their

own building, Genevieve Jopanda, West Bay's current Board President, was proud as she talked about finally having control over a space after having to move around 10 times in the past 50 years. Since the building will also have business lots, it can be used by other Filipino communities as well for any fundraising and other community events. Jopanda also emphasized that they are grateful for the community that has supported West Bay all this time. "With the right people and the right pieces, you can get things done." She remarked.

Towards the end of the symposium, a panel was held with the following notable figures: Jessica Caloza from the Board of Public Works, Chris Mateo of the Sacramento Filipino Political Action Committee (SacFilPAC), Bulosan Center for Filipino Studies' founder Dr. Robyn Rodriguez, Nikki Chan from Empowering Marginalized Asian Communities (EMAC), and Geraldine Alcid from the Filipino Advocates for Justice. They each gave their opinion and advice on matters of representation, community organization, and empowerment for the Filipino community at the local and

Continued on next page



## Editor's Note

I apologize for this late March issue of PF News. We've just made it back from a monthlong vacation in the Philippines. I have to admit, it wasn't the usual vacation we normally take making side trips to the many islands in the Philippines. It was more to connect with

people! After the pandemic, I felt it more important to see who survived it and to celebrate and spend more time with them, especially within our family circle.

This month of March is in celebration of all the women, young and old, and in all ethnicities. One way or another, there's that contributions we've made, in small and big ways to make our world a better place, so let's all celebrate. Timely, salute to our ever present, mover and shaker of our Filipino American community in Sacramento, Josie Patria, for receiving the very well deserved Outstanding Woman of the Year Award.

In the same token, Benjamin Abaya's article on page 9, talks about the Women's History Month and its relevance in the Filipino Americans community we serve in Sacramento and vicinities.

Furthermore, with PF News' association with the Laban Group in our fight to STOP Asian Hate, please support our cause! Be vigilant by knowing all the available resources for our protections.

Love always,  
Dinnah San Pedro

# Marcos firm on new Edca sites amid China warning

BY NESTOR CORRALES

MANILA, Philippines — President Ferdinand Marcos Jr. on Wednesday confirmed that the United States would be allowed to station troops and equipment in four more sites around the country, days after China warned that allowing more sites under the PH-US Enhanced Defense Cooperation Agreement (Edca) would “seriously harm” the Philippines.

“There are four extra sites scattered around the Philippines. There are some in the north. There are some around Palawan. There are some further south,” Marcos said at the celebration of the Philippine Army’s 126th anniversary.

The president did not identify the new locations, but the 2014 Edca already allows the United States to temporarily station troops and equipment in five sites: Basa Air Base in Pampanga, Fort Magsay-

say in Nueva Ecija, Lumbia Air Base in Cagayan de Oro, Antonio Bautista Air Base in Palawan and Benito Ebuena Air Base in Cebu.

Marcos said the Philippines and the United States would announce the four new sites soon, but he also mentioned that the additional Edca locations would also “defend our eastern coast.”

“That’s also something we have to look out for,” the president said, adding that the government must also protect the country’s waters off the country’s eastern seaboard, particularly the Benham Rise.

He said local governments that “had interposed some objections” now support the possibility of being hosts to US troops.

“We explained to them why it was important that we have that and why it will actually be good for their province,” he said.

On March 20, acting



JOINT EXERCISES | US and Philippine marines storm the beach to simulate a raid during the joint US-Philippines military exercise in San Antonio town, Zambales province.

Defense Secretary Carlito Galvez Jr. said Cagayan Gov. Manuel Mamba withdrew his opposition and now welcomes being one of the additional Edca sites.

Cagayan already hosts the Cagayan Economic Zone in Sta. Ana town, a freeport of more than 54,118 hectares of land that includes Port Irene, which used to be the biggest rev-

enue source of the Port of Aparri Customs district. “Taiwan question”

The Sta. Ana freeport is even larger, but less developed, than the 32,000-ha Clark Air Base, which used to be a US military facility.

The freeport is only 270 nautical miles (500 kilometers) from Kaohsiung, Taiwan.

Except for the United

States, Mr. Marcos did not mention any other country in his remarks at the Army anniversary celebration, but China’s foreign ministry on March 12 said Manila’s decision to open more sites under the Edca would drag the country into “the Taiwan question.”

“Those visionary people all asked the soul-searching questions: If the new sites

are located in Cagayan and Isabela, which are close to Taiwan, does the US really intend to help the Philippines in disaster relief with these Edca sites? And is it really in the national interest of the Philippines to get dragged by the US to interfere in the Taiwan question?” the Chinese Embassy said in a statement.

But the president stopped short of announcing any foreign policy changes, particularly the resumption of Philippine recognition of Taiwan, which his father and namesake, former President Ferdinand Marcos, reset in establishing diplomatic ties with Beijing in 1975.

Marcos instead said that the military must be ready to defend the country amid the “emerging threat to our territory,” adding that the external security environment is becoming “more complex” and “more unpredictable.”

## 2023 Statewide FILIPINX Policy Symposium

From page 2  
state levels.

To start, Commissioner Jessica Calazo expounded on some things people can think about as they choose who will represent them at the state level. “Make sure you have alignment in your values about how you’re centering the community,” She explained. Aside from having similar visions of progress for the Filipino-American community, she added that there’s significance as well in understanding the connection between who ends up in office and how it benefits the people. Overall, it’s important to ponder on how the decisions of who’s on the seat may impact the groups they’re supposed to serve as the voice for.

In the topic of discussing the difference between empowerment and building power, Dr. Rodriguez described how the two are both essential, especially as we’re trying to shift more power towards our communities amidst the prevalence of white supremacy. However, while empowerment aligns more

with the actions of electing people or successfully running for office, building power entails not only being able to get people to run, but also getting more of them to act. This relates to Geraldine Alcid’s comment on the huge untapped voting base of Filipinos in California; despite the number of Filipinos in the state being over a million, only less than half of the population are registered to vote. “Our movement is only as strong as our people,” Alcid said as she emphasized the importance of reflecting inwards before trying to expand ourselves. “We have to envision a future where we’re all thriving and not merely surviving.”

Two more concepts that the Bulosan founder mentioned are representing and representation. She argued that although it is great that there’s a growing number of Filipinos in public office, there’s also a tendency of focusing too much on having that representation—having that proximity to power—that whoever is doing the representing gets too excited and fails to properly

give Filipinos representation. Nikki Chan, who earlier briefly touched upon letting go of hiya and empowering yourself first to empower the rest, urged that the community shouldn’t feel frightened of stepping up to do the work. “Where are you at in your place if you’re not the face of something? Don’t be scared, we need more people like you who are ready to take this on.”

A result of the great diversity within the Fil-Am community alone is the clashing of opinions and political alignments. In addressing this, Geraldine Alcid asserted that we should recognize that Filipinos come from a spectrum; a lot of different things can shape our ideologies. However, if we shift our focus on what unites us, such as bayanihan and the history of resistance that’s always been in our blood, we can transcend even opposing political values. Chris Mateo also highlighted the great importance of simply listening to each other more and having an authentic conversation. “This pandemic has cost so many lives, and if we

focus on who’s winning or losing, then we’re all losing. We should get back to the basics and listen to each other.” He advised.

As we live in a society that has constantly made efforts to erase Filipinos and the rest of the Asian-American communities, it’s become increasingly significant on our part to take initiative in pushing back and announcing our presence. FIERCE holding their annual policy symposiums allows community members across the state to do exactly that by providing them with an opportunity to connect and amplify each other’s voices. More importantly, the existence of the coalition itself enables us to remember a message so simple, yet can be easily forgotten in times of struggle—we are not alone, not when there’s so many of us fighting together to progress as a collective.

## Brazen attack seriously injures Filipino photojournalist and his wife

From page 1

in North Hollywood.

Arriola rued that “a lot of people hate us even though we are contributing a lot in this country. It really pains me to realize this.” He maintains though that fighting anti-Asian hate remains his advocacy.

The Asian American Press Club of the U.S. also issued a statement condemning the incident that reads in part:

“We, the (members of the) Asian American Press Club of the U.S. condemn the wrong that had been

done to one of our own AAPCUS family member, our president Nicanor “Nikki” Arriola and his wife. The initial premise is that the perpetrator was after his camera equipment. As we all know, Nikki’s camera represents his profession, personhood and his livelihood. He did what any human being would have done. He protected his prized possession with his life. We solidly stand behind Nikki Arriola and will do all we can to give him the justice he deserves.”

/ Philippine Daily Inquirer

### Philippine Fiesta

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Photograph by Andri Tambunan



**AAPI HATE AND VIOLENCE DISPROPORTIONATELY IMPACTS FILIPINA WOMEN AS THEY ACCOUNT FOR 55% (247) OF THE REPORTS IN CALIFORNIA.\*** But that darkness cannot dim our light. Proudly burn bright to lead our community. If you have experienced or witnessed an incident of anti-Asian hate, bigotry, bias, or discrimination, report it at [STOPHATE.CALCIVILRIGHTS.CA.GOV](https://stophate.calcivilrights.ca.gov) or **CALL 833-8-NO-HATE (833-866-4283).**

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\*Data pulled from the Bulosan Center's report on California Filipinos which gathered data from Stop AAPI Hate

# Viral images show people of color as anti-Asian perpetrators. That misses the big picture.

BY KIMMY YAM

**A new analysis reveals misconceptions about perpetrators, victims, and the general environment around anti-Asian hate incidents. These can have “long-term consequences for racial solidarity,” researcher Janelle**

While news reports and social media have perpetuated the idea that anti-Asian violence is committed mostly by people of color, a new analysis shows the majority of attackers are white.

Janelle Wong, a professor of American Studies at the University of Maryland, College Park, released analysis last week that drew on previously published studies on anti-Asian bias. She found official crime statistics and other studies revealed more than three-quarters of offenders of anti-Asian hate crimes and incidents, from both before and during the pandemic, have been white, contrary to many of the images circulating online.

Wong told NBC Asian America that such dangerous misconceptions about who perpetrates anti-Asian hate incidents can have “long-term consequences for racial solidarity.”

“The way that the media is covering and the way that people are understanding anti-Asian hate at this moment, in some ways, draws attention to these long-standing anti-Asian biases in U.S. society,” Wong said. “But the racist kind of tropes that come along with it — especially that it’s predominantly Black people attacking Asian Americans who are elderly — there’s not really an empirical basis in that.”

Wong examined nine sources and four types of data about anti-Asian hate incidents, including from the reporting forum Stop AAPI Hate, Pew Research, as well as official law enforcement statistics, the majority of them spanning the year and a half when the #StopAAPIHate hashtag was trending. She found major contradictions in the prevailing narrative around perpetrators, victims, and the general environment of racism toward Asian Americans during the coronavirus pandemic. She said such misleading conclusions could be attributed to the lack of context around images, the fail-

ure to amplify all aspects of the data or misinterpretations of the research.

A misread of a frequently cited study from this year, published in the American Journal of Criminal Justice, likely contributed to the spread of erroneous narratives, Wong said. The study, which examined hate crime data from 1992 to 2014, found that compared to anti-Black and anti-Latino hate crimes, a higher proportion of perpetrators of anti-Asian hate crimes were people of color. Still, 75 percent of perpetrators were white.

Other studies confirm the findings, Wong wrote. She pointed to separate research from the University of Michigan Virulent Hate Project, which examined media reports about anti-Asian incidents last year and found that upward of 75 percent of news stories identified perpetrators as male and white in instances of physical or verbal assault and harassment when the race of the perpetrator was confirmed. Wong said the numbers could even be an underestimate.

“This is really how crime is framed in the United States — it’s framed as the source is Black,” Wong said.

Karthick Ramakrishnan, founder of AAPI Data, a data and civic engagement nonprofit group, for which Wong also works, said that the public’s perception of perpetrators and victims is largely formed by the images that have been widely circulated — but that they aren’t representative of most anti-Asian bias incidents. For example, the videos that have gone viral are more likely to be from low-income, urban areas where there is more surveillance, he said.

“You have security camera videos that are more available and prevalent in certain types of urban settings. And so that’s what’s available to people in terms of sharing,” Ramakrishnan said. “The videos are more viral than if it’s something that doesn’t have any imagery or video connected to it, like something that’s happening in the suburbs, for example.”

When they are circulated, they play on a loop with no audio. Even though the videos alone don’t provide much detail about what’s happening, they dominate our perceptions, Ramakrishnan said.

“There’s just something so pow-

erful about these visual images so that no matter what the social science might say, people believe their eyes and especially the images that get played on repeat now,” he said.

Ramakrishnan said anti-Blackness among Asian Americans and the diaspora could also affect how such images are disseminated. Often, videos that confirm prejudices are shared not only on U.S. social networks but also on international messaging apps.

“These kinds of images and narratives of racial tension — Black violence on Asian people — are getting shared in Asia, as well. There is a transnational component to it,” he said. “Whatever aspect of anti-Black racism or racial prejudice that some Asian Americans might have will also matter, in terms of what ends up being more prominent, because these go to social networks, especially through social networks apps, as well.”

Wong said many erroneous assumptions persist about the identities of victims and the types of hate incidents they have confronted. She said there’s a widely held belief that such incidents are generally violent, when studies show that most of the racism Asian Americans have faced because of the pandemic is verbal harassment or shunning. Wong said that although older Asian women are typically thought of as the victims of such crimes, research shows that about 7 percent of reported incidents have involved anyone over 60.

Wong said that while any hate crime or incident is unacceptable, the astronomical increases often reported in headlines don’t capture the full picture of anti-Asian hate. The baseline for anti-Asian hate crimes and incidents has been relatively low, meaning a small growth in the total number of hate incidents can lead to large percentage increases. For example, data indicate that the largest increase occurred in New York City, which jumped from three to 28 anti-Asian hate crimes from 2019 to 2020, about an 833 percent surge. Meanwhile, Sacramento, California, increased from one to eight anti-



Activists participate in a vigil in response to the Atlanta spa shootings in the Chinatown area of Washington, DC. Alex Wong / Getty Images

Asian crimes from 2019 to 2020 — a small jump in raw numbers that equates to an increase of 700 percent.

“Even in jurisdictions reporting the most dramatic year-over-year increases in hate crimes, like New York City, the rate was lower than the proportion of Asian Americans in the population,” Wong said.

Asian Americans aren’t the only racial group that has met challenges during the pandemic. Wong said official law enforcement statistics show that in the 26 largest jurisdictions, which include areas like New York City, anti-Asian hate crimes accounted for 6.3 percent of all reported hate crimes.

Black Americans have long faced higher rates of hate crimes. Even though official 2019 law enforcement data show a drop in anti-Black hate crime reports, Black people were still, by far, the most targeted racial group, Wong said. That year, 58 percent of reported hate crimes were motivated by anti-Black bias, while a far smaller proportion, 4 percent, were motivated by anti-Asian bias. About 14 percent were motivated by anti-Latino bias.

Last year, when Asian Americans dealt with coronavirus-specific stereotypes, 27 percent of Asian Americans reported having ever experienced hate crimes or incidents, while 34 percent of Black Americans did, according to an AAPI Data survey.

“People overestimate the degree to which they, individually, are likely to be the victim of the crime. And so what we’re seeing right now, because there’s so much media coverage — even though we see that Asian Ameri-

cans account for, no matter how you cut it, a minority of the hate crimes in any place — they feel like they’re the most likely to be attacked,” she said.

That isn’t to say that increases haven’t occurred or that verbal harassment and such incidents aren’t of concern, Wong said. There has been a marked increase in discrimination toward Asian Americans that deserves attention. But selectively amplifying aspects of the issue or omitting context can further perpetuate dangerous stereotypes and break opportunities for solidarity among marginalized groups, she said. Ramakrishnan said that when people reach for policy solutions based on insufficient information, they may not solve the issue.

Ramakrishnan called on the media and other institutions not only to add more context to information, but also to draw responsible conclusions from the data. He also emphasized that while the media are hyperfocused on anti-Asian crimes, Asian American and Pacific Islanders deal with a vast range of issues, including language barriers and immigration struggles, which aren’t captured in coverage of pandemic racism.

“Nuance is difficult to get people to rally around and pay attention to. Sensationalism is what gets attention. But hopefully, it’s the nuance that keeps them there so they want to go deeper in their understanding,” Ramakrishnan said. “I’m hopeful that what got a lot of people to care and pay attention were these hate incidents and horrific crimes but hoping that what keeps people interested is understanding the larger set of issues that affect these American Pacific Islanders.”

Photograph by Andri Tambunan



# ILALAW NG LIPUNAN

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\*Data pulled from the Bulosan Center's report on California Filipinos which gathered data from Stop AAPI Hate

# Josephina “Josie” Patria: Assembly District 10’s Women Making HERstory Honoree

BY STEPHANIE NGUYEN  
Assebmlymember / Distrct 10

As part of Women’s History Month it is my absolute honor to recognize longtime community activist, Josephina “Josie” Patria as Assembly District 10’s Women Making HERstory honoree.

Josie was born and raised in the Philippines and later relocated to Sacramento where she earned a Master’s Degree in Education from CSUS and soon became a prominent

leader in Sacramento’s Filipino Community.

She served as First Vice President to the Filipino Family Fraternity; President to the Filipino Community of Sacramento and Vicinity, Inc. (FCS); President to the Filipino Women’s Club, a Founding Member of CAPITAL (Coalition of Asian Pacific Islanders Together for Advocacy and Leadership)

Congratulations, Josie! We cannot thank you enough for everything you’ve done for our community!



Josie Patria (Middle) with Assemblymember Stephanie Nguyen and the Filipino Community of Sacramento and Vicinity

# Filipino American Exhibit at the California Museum



Lilia Rivera, Josie Patria, Christopher Cabaldon and guests

BY MURRAY NAVARRO  
FCSV Secretary

At the opening of the Filipino American exhibit at the California Museum and was fascinated and interested in seeing the exhibit of the past struggles of early immigrant to California. This is a wonderful opportunity to attend a very special event at the California Museum sponsored by the Sacramento Filipino American Lawyers Association, the Bulosan Center, and the Filipino Bar Association of Northern California that showcases the Filipino-American Exhibit which will only be shown at the Museum until April.

Our very own FCSV, Rizal Community Center, and Magellan Hall are familiar featured items. Go and witness yourself. #filipino-americanhistory



Community leader Cynthia Bonta



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BY BENJAMIN ABAYA

**M**arch is National Women's History Month, a celebration and acknowledgement of the invaluable contributions of women throughout history and the first of such commemoration was in 1978, however, in the United States it was only in 1987 when the United States Congress declared March to be our Women History Month.

The commemoration goes back to March 8, 1857, when women in New York City staged a protest for the poor working conditions they were subjected in their workplaces. As expected, the protest turned into a riot and ended with the arrest of several women. In 1910, the International Congress of Women met in Copenhagen, Denmark and discussed the possibility of having an international day to honor women and the idea was first proposed by German socialist Clara Zetkin. The congress decided to hold the first International Women's Day on March 19, 1911, but in the United States as told, the National Women's History Month was first celebrated in 1987.

This is a time to remember and honor the contributions of women to our country. During this month, we reflect on the progress we have made and set our sights on the work that still needs to be done. We celebrate the accomplishments of women of all ages – from trailblazers to everyday heroes. We also remember the women who have faced discrimination and fought for equality. This month, we recommit to the fight for gender equality. We celebrate the progress we have made, and we are determined to fight for a better future for all women.

Women History Month is a time to celebrate the accomplishments of women of all backgrounds. This year let's take the time to learn about and celebrate the achievements of LGBTQ+ women and women of color, who have often been left out of the history books. From scientists to politicians to artists, there are many inspiring stories to be told. By raising awareness of

the accomplishments of LGBTQ+ women and women of color, we can create a more inclusive world.

Greek and Egyptian mythologies have created for us to inculcate into our minds the strength of feminine deities and leaders who ruled ancient kingdoms on account of their physical attributes for being beautiful or their high degree of intelligence to lead an army of men to subjugate and rule other kingdoms. If we are to believe such physical and mental characteristics to be inherent, then women could relegate men as their subjects to obey whatever they wish them to do.

Classic examples of such women could be referred to Cleopatra, the Ptolemaic dynasty queen of Egypt, the lover of Julius Caesar and married Mark Anthony to cling into power and lived in spectacular opulence. Another goddess like figure was Helen of Troy, the daughter of Zeus and the wife of Menelaus of the king of Sparta. Accordingly, Helen was the most beautiful woman during her time, however, despite being married to the king of Sparta fell in love with prince Paris of Troy who eloped with him and was brought to Troy that sparked the Trojan War.

Although, there are no historical facts of their human existence simply because they were only characterized in almost mythological concept to have ruled kingdoms through their cunning intelligence and physical beauty just to hold into power. If we are to accept the existence of such powerful and beautiful women who were able to lure men to become their equal for a thousand years, indicating that there was no other woman of such stature to equal what they accomplished rather placed their gender into the limbo of forgotten time.

That period was broken when in the middle of the millennium another woman Joan of Arc who was barely in her teenaged years emerged in France and believed that she was guided by the Divine Providence to lead the French army to drive away English dominion on the siege of Orleans. Sadly, she was later captured and declared her as a

heretic sentenced her to burn at the stakes when she was only nineteen years old.

Just after World War 11, the most catastrophic global conflagration ever witnessed by mankind, Queen Elizabeth 11 who was only in her teenaged years when she was crowned as queen of United Kingdom and recognized by the members of the commonwealth of nations as such that lasted for seventy years. During her reigned, two women stood toe and toe against their male's counterparts on world issues, one of them was Margaret Thatcher, the longest Prime Minister of United Kingdom was dubbed as the "Iron Lady". Likewise, Indira Gandhi of India, the second longest Prime Minister of the biggest democracy of the world led her country during wars against China and Pakistan. Sadly, she was assassinated by her own bodyguards to avenge the killings of Sikhs in their Golden temple in 1984 at Punjab, India.

Within the same period, another two women Imelda Marcos of the Philippines and Eva Peron of Argentina who lived apart several thousands of miles across continents and oceans between them both possessed high degree of intelligence and endowed with physical beauty became the wives of their countries leaders and wielded great influences that could make or unmake their husband's respective administration. Such perception did not end on the death of Eva Peron and her husband but continued even today as the political party they founded is still fighting for power. Likewise, Imelda Marcos becomes more popular and influential when her son Ferdinand Marcos Jr. became President of the Philippines since 2020 winning a landslide victory in an election against all opposition candidates combined.

In the Philippines, the most beautiful woman Armi Kuusela of Finland who was crowned as the first Miss Universe in 1952

surprised everyone when she married Filipino businessman Virgilio Hilario, perhaps, that will be the first and last to happen in the Philippines for that kind of marriage. Although, interracial marriages in the country of different nationalities are just typical and common since more than 400 years ago when Spain discovered the Philippines and became her colony for more than 300 years until the United States Navy fleet defeated and annihilated the Spanish armada in the battle of Manila Bay in 1898 signaling the end of Spain colonial rule in the Philippines.

In the United States, the richest and most powerful nation in the world, the role of our women is still childbearing and most of the time relegated to household caring leaving the husband as the stronger partner in their matrimonial union. The snail phase progress of women fights for equal rights in all aspects of human endeavor finally received a good result when American women were given the right to vote in 1920. Although, the first congresswoman Jeannette Rankin from Montana was already elected as the first woman in the US House of Representatives and Hattie Caraway from Arkansas was later elected as the first Senator, thus, it opens the gates for women to seek more government and political positions against all comers.

The United States Supreme Court received its first woman jurist in the person of a brilliant legal mind Sandra Day O'Conner and lately another equally brilliant legal luminary, the first black woman Katanjie Brown Jackson was appointed as associate justice of the United States Supreme Court. However, the supposedly complete victory of American women in the political landscape of the United States was eroded when Hilary Clinton was defeated by a demagogue and a congenital liar in the presidential election of 2016.

Nevertheless, we have another

woman in waiting who is just a breath away from the highest position of the United States of America incumbent Vice President Kamala Harris who is ready to take over the office of the president in any succession mandated by our constitution. If that will happen, it will be the apex of women achievement in the history of mankind. Just lately this month, the first Asian woman Michelle Yeoh won the "Oscar" for best acting in lead role in the movie "Everything Everywhere All at Once".

As we celebrate our Women History Month in March, we should also take cognizant the plight of other women in the world like Iran, Afghanistan, Somalia, Saudi Arabia and many other countries whose ironclad adherence on their religious and traditional beliefs as imposed by their male leaders made them suffer physically and emotionally. We all know that the Women History celebration has evolved from just one day to one week and now a month, to show the achievements of our women in all fields of human endeavor.

A month of celebration is not enough if we lower our vigilance against those intruders to belittle what women can do in our lives or to put into oblivion of what they have achieved for more than a century fighting to be equal with their counterparts. Meanwhile our Filipino American community of Sacramento and beyond has long integrated with the American way of life regardless of racial or national identities.

Our highest respect to our ladies in our community for their indefatigable dedication to promote progress, unity, charity and peaceful living in the place where we have chosen to raise our children and loved ones. Kudos to Dinnah San Pedro, Cynthia Bonta, Lilia Rivera, Josie Patria, Mercedes Guerrero, Aida Azurin, Dolores Diaz, Edna delos Reyes, Maria Bahoric, Cristina Bambao, Charity Avena, Remy Solomon, Sonia Delizo, Erna Bambao, Beatriz Alo, Sarah Enloe, Leila Pereira, Estelita Ling Avera, Carolina Munar, Bella Anderson Nido, Fely Flora Esplana, Crisel Centeno, Mina Guera, Edna Villanueva, Estenelle Lopez Dumaguing, my mother, Faina Abaya and many others.

# Women History Month: Achievements and Goals



# When to Use Ice on an Injury, and When to Use Heat

BY BETH SKWARECKI

**I**ce can control inflammation, but you don't always want to control inflammation.

Hot packs and cold packs are some of the most useful and convenient tools we have for dealing with pain in specific body parts. But when should you use each one?

Ice is commonly used for minor injuries, like ankle sprains and pulled muscles, but you may have heard that it's no longer recommended as much as it used to be. Many of us learned that injuries should be addressed with the acronym RICE: Rest, Ice, Compression, and Elevation. But in recent years, you may have heard more about its opposite, METH: Movement, Elevation, Traction, Heat.

In truth, there are good times for ice and good times for heat. Let's look at what each one does, and go over a few rules of thumb to help you decide which one to use.

Why you have swelling and inflammation after an injury

When you get a sudden injury, like an ankle sprain, your body turns on a process called inflammation. Inflammation causes the injured area to become red, swollen, hot, and extra painful. This isn't fun to experience, but it's how the healing process begins.

The swelling brings extra immune cells to the area to get the repair work started. Swelling can also make the body part stiff, which may be somewhat beneficial for protecting the area. And the pain can result in you naturally giving the injured area some rest.

But that doesn't mean that inflammation is always good. If the swelling is extreme, it can cause more damage. And while pain can stop us from using the injured body part, we're usually happier if we can take the edge off the pain and simply not use the body part anyway. What happens in your body when you apply ice

Ice reduces a lot of these aspects of inflammation. It numbs pain, and honestly—the main reason we use ice for injuries is as a cheap, quick, easy form of pain management. It keeps



your body from being able to swell the tissues as much as it otherwise would, and it can reduce the formation of bruises and hematomas (blood clots in the tissue).

In those first few hours to days after an injury, ice can be helpful to control that potential overreaction. Your ankle can heal just fine with a little bit of swelling; it doesn't necessarily need as much swelling as your overzealous immune system might want to give you.

There are downsides to ice, of course. Once the injury is in the past and swelling has gone down, you don't want to get in the way of your body's healing processes. Ice can also increase pain for some injuries, especially muscle soreness, cramps, or knots. It tends to make stiffness and muscle cramps worse.

You also need to be careful with the ice. Cooling the area is good; giving yourself frostbite is not. A good rule of thumb on when to take a break from the ice pack is, "when you're numb, you're done." If the skin is numb, take the ice pack off for 20 minutes or so. Never let yourself fall asleep with an ice pack on.

What happens in your body when you apply heat

Heat's effects are, unsurprisingly, the opposite of ice. Heat

dilates blood vessels and increases blood flow, so if you were to apply heat to that ankle sprain, you could increase swelling and possibly make the injury feel more painful.

But after that initial inflammation (or for an injury that came on gradually and didn't pass through that stage), heat can be a good thing. The increased blood flow can promote healing. This is where the METH acronym comes in: movement and heat are especially helpful for moving blood and nutrients to where they need to go, and for keeping the injured body part from getting too stiff or painful as it heals.

Heat can also reduce soreness and stiffness in muscle injuries. If your back muscles are sore after a heavy deadlift workout, heat will feel great on your back. If you woke up with a crick in your neck and now your neck muscles feel stiff, heat will likely provide some relief.

## How to know which to use

One rule of thumb is that ice is for the first 24 (or 48, or 72) hours after an injury, and heat is your better bet afterward. This isn't a bad rule, but there's nuance to it.

First of all, how long is that initial period where you should ice it? That will depend on the

to be chronic or nagging pains, or ones that involve spasms or cramps.

A few examples:

Recently pulled or torn muscle: ice, because it's an acute injury.

Recently sprained ankle or other joint: ice, same idea.

Severe, recent bruising: ice, to reduce swelling and reduce the chances of ending up with a big hematoma (clot).

Sore muscles after exercise: heat, to relax and soothe them. Muscle spasms or cramps: heat, same idea.

Trigger points or knots in muscle: heat. We don't really know what knots are, but most people find they feel worse with ice and better with heat.

Back pain: often responds better to heat, because it's usually muscle related.

Anything sensitive, hot, red, or swollen: ice, to take the edge off that inflammation.

As a very general rule, you can go with your gut. When my back muscles are sore after a workout, I want nothing more than to sink into a hot bath. You couldn't pay me to ice them.

All of this advice is for minor aches and pains, by the way. Sometimes, injuries can be more complicated than what these simple rules account for. And if something is seriously wrong, or if you suspect it is, make sure to see a professional and follow their instructions. You don't want to sit around icing that sprained ankle if it might actually be broken.

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# The Philippines - Cradle of the most beautiful and talented women on earth.



BY GUS MERCADO

We have always known the Philippines as a cradle of beautiful and talented women, with a bounteous share of Miss Universe, Miss International and Miss World title winners. This past year, in particular, has been a year of outstanding and world-class Filipina beauty queens!

Two Filipino-American young women from Dallas and Houston won the Miss Texas title and went on to grace the world stage. Our very own Averie Bishop, the first Asian-American to become Miss Texas, was head and shoulders above the other contestants in professionalism, talents, community service and grace. She advanced to the Miss America pageant finals and won very respectable 2nd Runner-Up honors.

Houston's R'Bonney Gabriel easily won the Miss Texas USA title with her elegant poise, personality and natural

beauty. She went on to win the highly-coveted Miss USA title and is competing in the Miss Universe contest in New Orleans. Last but not least, the Philippines' own Miss Philippines Celeste Cortisi who is a stunning, stand-out beauty from Manila is also competing for the Miss Universe crown in New Orleans this weekend. R'Bonney Gabriel and Celeste Cortisi aspire to follow in the footsteps of former Filipina Miss Universe crown holders Catriona Gray, Pia Wurtzback, Margie Moran and Gloria Diaz.

Journalist Joseph Lariosa asks: "Who is the fairest of them all?" From my vantage point as a Fil-Am leader from Texas, with of course a tinge of bias combined with immense pride, I declare without fear of contradiction that Filipinas are among the most beautiful women in the world. Our beauty queens are the fairest of them all.

**Filipino Community of Sacramento  
PACIFIC RIM HERITAGE FOUNDATION**  
cordially invites you to the

# Spring Annual Brunch

**Sunday, April 16, 2023**  
10:00 am - 2:00 pm

**Asian Resources, Inc. (ARI)**  
6270 Elder Creek Road  
Sacramento, CA 95824

**Donation: Adult \$25**  
**Children (12 and below) \$10**  
**Attire: Spring Outfit/Sunday Dress**

**Contacts:** Josie Patria - 916-392-6252 Lilla Rivera - 916-524-8008  
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## MUSIC - ENTERTAINMENT RAFFLE PRIZES

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## Sister Cities International Announces the 2023 Young Artists and Authors Showcase!

**Theme:**  
Peace By Piece  
Food Security in my Community

The Annual Young Authors and Artists Showcase is now open for submissions!

Consistent with the United Nations' 2030 Agenda, Sister Cities International will continue to embrace climate change as the overarching theme for its 2023 Young Artists and Authors Showcase. For this competition, SCI is proud to invite youth from member communities to submit innovative, thoughtful, and impactful creations that emphasize various aspects of food security, including the impact of climate change on food production and food consumption, in their own communities.



As a leading nonprofit, citizen diplomacy organization, Sister Cities International has been promoting peace through mutual understanding since its origins in 1956. Food has been one of the core pillars of sister cities' cultural understanding - food is a universal language that

unites us.

As food unites us, the unrelenting struggle of food security, or a lack thereof is an issue that all communities face. The ongoing environmental changes continue to impact locals and their access to nutrition. This makes the importance of raising awareness more essential every day and youth leadership is a necessary tool to help tackle these circumstances felt around the globe.

To participate, please review the eligibility requirements before submitting your application here.

**Eligibility**

- Students must be between 13 and 18 years of age at the time of the May 1, 2022 deadline.
- The student must be affiliated with

- a dues-paying member of Sister Cities International or an international community partnered with a dues-paying member. (If you have any questions regarding your affiliation with a dues-paying member of Sister Cities International, please visit our Frequently Asked Questions (FAQ) page or contact youth@sistercities.org.)
- No more than five (5) submissions per category will be accepted from each member community. International community partners are also eligible to submit no more than five (5) submissions per category. [Note for Sister City Contact Persons: Please provide a list of your (up to) five (5) participating students and their submissions organized by category to youth@sistercities.org.]
- Member communities are encouraged to form their own local compe-

- titions and submit the top five (5) in each category to Sister Cities International.
- No student may enter submissions into more than one category.
- All entries must meet the criteria listed below.
- All entries must conform to Sister Cities International's policy on plagiarism found here.
- All entries must be submitted and received with a completed application by May 1, 2022, 11:59 PM ET.
- For any other questions, please contact youth@sistercities.org.
- Awards will be given out to the YAAS winners who place 1st, 2nd, and 3rd place.
- 1st Place: \$1,000
- 2nd Place: \$250
- 3rd Place: \$100

Photograph by Andri Tambunan



**AAPI HATE AND VIOLENCE DISPROPORTIONATELY IMPACTS FILIPINA WOMEN AS THEY ACCOUNT FOR 55% (247) OF THE REPORTS IN CALIFORNIA.\*** But that darkness cannot dim our light. Proudly burn bright to lead our community. If you have experienced or witnessed an incident of anti-Asian hate, bigotry, bias, or discrimination, report it at **STOPHATE.CALCIVILRIGHTS.CA.GOV** or **CALL 833-8-NO-HATE (833-866-4283)**.

**YOU ARE NOT ALONE.**



The following ad campaign is brought to you by the Laban Group; Filipino Ethnic Media Collaborative. This group aims to promote awareness in our beloved Filipino American community and the broader public about anti-Asian hate incidents and crimes; reduce stigma surrounding the reporting of hate incidents and hate crimes; enhance understanding of resources for victims and survivors; and, to promote community healing and cross-racial collaboration. This collaborative is funded by the "Stop The Hate" campaign from the California State Library in partnership with the California Commission on Asian and Pacific Islander American Affairs. Learn more at [linktr.ee/labangroup](https://linktr.ee/labangroup).

\*Data pulled from the Bulosan Center's report on California Filipinos which gathered data from Stop AAPI Hate