



Celebrating Asian Pacific Islander

Asian American Facts & Figures Month

With the increasing buying power and population coupled with a tradition of an entrepreneurial drive and competitive spirit, Asian Americans are a segment of the population you cannot afford to ignore. The following facts and statistics will give you a clear picture of Asian American businesses and the community.

- In 2004, there were nearly 12,097,281 Asian Americans and 403,832 Pacific Islanders in the United States, comprising 4.2 percent of the total population. These figures do not include people of multiple race heritage.
- Current projections estimate the Asian American and Pacific Islander population to reach 34 million by 2050 based on birthing patterns and immigration trends.
- By 2020, Census projections estimate that there will be 20 million Asian Americans in our nation. The elimination of racially based immigration quotas in 1965 and the subsequent waves of immigrants and refugees from Southeast Asia and the Pacific Islands diversified and increased the number of Asian Americans.



- The top six Asian American populations are Chinese, Filipino, Japanese, Korean, Asian Indian, and Vietnamese
- With approximately \$230 billion in spending power, Asian Americans are a powerful force in the United States consumer market
 - In 2000, Asian and Pacific Islanders had the highest median household income, at \$51,205, among all ethnic races in the United States Geometric Growth
 - Asian American-owned companies experienced a growth rate of 30 percent from 1992 to 1997, and a revenue growth rate of 46 percent during the same time period
- At 913,000 firms, Asian American-owned businesses generated a total of \$306.9 billion in sales with each firm averaging \$336,200
- Asian American-owned businesses employed more than 2.2 million workers in 2000.
- Over 50 percent of all minority-owned businesses whose sales exceeded one million dollars were Asian American-owned.



Source: http://www.uspaacc.com/uspac/home/asian_facts_figures.htm



Celebrating Asian - Pacific Islander

Today, according to the U.S. Census Bureau, more than 12 million people in the United States are Asian American. That's about 5 percent of us! Of that, Chinese, Filipino, and Asian Indian are the highest Asian American groups in the U.S.

May is Asian Pacific Islander (API) Heritage Month—a celebration of Asians and Pacific Islanders in the United States. Much like Black History and Women's History celebrations, API Heritage Month originated in a congressional bill.

Congressional Bills Establish Celebration

In June 1977, Representatives Frank Horton of New York and Norman Y. Mineta of California introduced a House resolution that called upon the president to proclaim the first ten days of May as Asian/Pacific Heritage Week. The following month, senators Daniel Inouye and Spark Matsunaga introduced a similar bill in the Senate. Both were passed.

On October 5, 1978, President Jimmy Carter signed a Joint Resolution designating the annual celebration.

API Becomes Month-long Celebration

In May 1990, the holiday was expanded further when President George H. W. Bush designated May to be Asian Pacific American Heritage Month. May was chosen to commemorate the immigration of



the first Japanese to the United States on May 7, 1843, and to mark the anniversary of the completion of the transcontinental railroad on May 10, 1869. The majority of the workers who laid the tracks were Chinese immigrants.

Asian Pacific American Heritage Month is celebrated with community festivals, government-sponsored activities, and educational activities for students.

In these pages, you will find quick facts, activities, and projects that teachers and students can use to explore Asian Pacific Islander Heritage. Feel free to pick and choose, and (by all means!) to adapt these ideas in any way. Use these activities as a jumping-off point for an adventurous journey through history honoring the contributions of Asian Pacific Islander Americans!

Article provided by Infoplease.com



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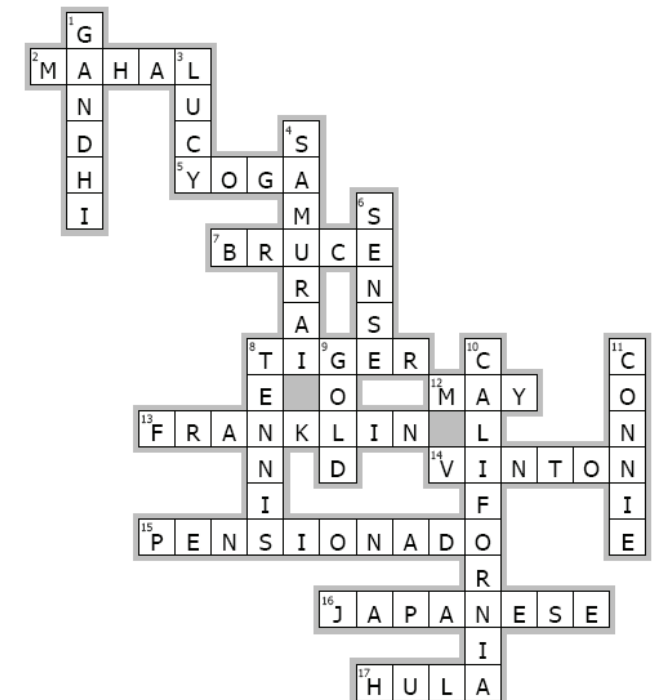
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Quick Quiz Answers

- The 2005 movie *Sideways* put this actress on the public's radar and since 2005 she's been a weekly visitor to American homes in the TV series *Grey's Anatomy*:
A) Michelle Yeoh **B) Sandra Oh** C) Ziyi Zhang
- Who is the Oscar-winning director of *Brokeback Mountain* (2005)?
A) Jet Li **B) Ang Lee** C) Tan Dun
- Who is the stand-up comic who starred in *All-American Girl*, the first Asian American sitcom?
A) Margaret Cho B) Vera Wang C) Michelle Yeoh
- Who is the performance artist and musician who married a famous rock icon?
A) Midori B) Michelle Kwan **C) Yoko Ono**
- Who is the martial arts superstar who made his American debut in *Lethal Weapon 4*?
A) Jet Li B) Jackie Chan C) Chow Yun-Fat
- Who is the actor who was the star of films such as *Speed*, *The Matrix*, and *Bill & Ted's Excellent Adventure*?
A) Keanu Reeves B) Dean Cain C) Rick Yune
- Who is the Oscar-nominated director of *The Sixth Sense*?
A) Wayne Wang
B) Ang Lee
C) M. Night Shyamalan

- Who is the legendary martial arts star of 1973's *Return of the Dragon*?
A) Jet Li
B) Bruce Lee
C) Brandon Lee
- Who played Mr. Sulu in the original *Star Trek* series?
A) Pat Morita
B) George Takei
C) B.D. Wong
- Who charmed listeners in 1964 with his laid-back rendition of the song "Tiny Bubbles"?
A) Don Ho
B) Yo-Yo Ma
C) Seiji Ozawa

Crossword Puzzle Solution





ACTIVITY #1. Match the names of famous Asian Americans to their accomplishments.



1) Jerry Yang

A) Singer



2) Bruce Lee

B) MTV, TRL Host



3) Lucy Liu

C) Olympic Figure Skater



4) Tiger Woods

D) (1940-1973) - Movie Star and Martial Artist



5) Michael Chang

E) Co-founder of Yahoo!



6) Daniel K. Inouye

F) Fashion Designer



7) Kristi Yamaguchi

G) Movie Actress



8) Norah Jones

H) Tennis Player



9) Vanessa Minnillo

I) Golfer



10) Vera Wang

J) U.S. senator, Hawaii

Answers: 1-F, 2-D, 3-G, 4-I, 5-H, 6-J, 7-C, 8-A, 9-B, 10-E



ACTIVITY #2. Research one person on this list and learn about his or her life and special contributions. Write brief reports about the people they researched then share in a group discussion. What surprised you about this person? What impressed you the most?

10 Ways to Celebrate! Asian Pacific Islander Heritage Month

1. Instead of just eating at an Asian restaurant, talk to the owners. Learn more about their stories, how they went about establishing their business, the obstacles they've faced, local issues that they care about as business-owners. It will give you a better sense of just how difficult it is to establish a business, especially if the owners are first-generation immigrants.

2. Flip through any popular magazine and carefully look at how they portray Asian Pacific Americans. Are the portrayals negative? Positive? How are the women portrayed? How are the men portrayed? What other kinds of stereotypes are depicted? What kind of message do you think this sends to other readers?

3. Spend a few hours and talk to a young person. Ask them tough, thought-provoking questions. Are you afraid of violence in your own school? Do you get picked on because you're Asian Pacific American? Hopefully, they'll give you honest, direct answers, and you'll know just the kinds of pressures facing the youth of today.

4. Visit the Census Bureau's Web site, type in your city and state, and look up the most recent demographics of your area. This is an excellent way to survey your surroundings and understand how the population is shifting. In many cases, you'll see a significant increase in the Asian Pacific American population.

5. Look in your local paper and invite a neighbor or friend to an Asian Pacific American cultural event.

6. Find out about issues facing Asian Pacific Americans in your community and ways that you can help.

7. Go to your local bookstore and pick up a book. The book doesn't even need to be specifically about Asian Pacific Americans, as long as it's written by one. Because each author writes through their unique "lens" and their perspective is reflected in their writing, the book could be about anything under the sun (i.e., popular culture, fiction, biography, etc.)

8. Write a letter or article about Asian Pacific American Heritage Month to your local or school newspaper.

9. Do a little bit of personal reflection. Ask yourself some basic questions: Do I really identify as an Asian Pacific American? How much does my nationality or ethnic heritage affect my daily life? Do I think that members of my nationality or ethnic group are superior to others? The answers might enlighten (or scare) you.

10. Tell a non-Asian Pacific American that May is recognized as Asian Pacific American month! This is perhaps the simplest, yet most effective way to raise awareness. Tell him or her what it means to you, invite them to a local event, or share an historical fact with them.

Asian Americans By the Numbers

14.4 million

The estimated number of U.S. residents in July 2005 who said they were Asian or Asian in combination with one or more other races. This group comprised about 5% of the total population. California had the largest population (4.9 million) of people of this group.

3%

Percentage growth of the Asian population between 2004 and 2005, the highest of any race group during that time period. The increase in the Asian population over the period totaled 421,000.

3.3 million

Number of Asians of Chinese descent. Chinese-Americans are the largest Asian detailed group, followed by Filipinos (2.8 million), Asian Indians (2.5 million), Vietnamese (1.5 million), Koreans (1.4 million), and Japanese (1.2 million). These estimates represent the number of people who are either of a particular detailed group only or are of that group in combination with one or more other Asian detailed groups or races.

EDUCATION

49%

The percentage of single-race Asians 25 and older who have a bachelor's degree or higher level of education. This compares to 27% for all people 25 and older.

86%

The percentage of single-race Asians 25 and older who have at least a high school diploma. This compares to 84% for all people 25 and older.

20%

The percentage of single-race Asians 25 and older who have a graduate or professional degree (e.g., master's or doctorate). This compares with 10% for all people 25 and older.

INCOME, POVERTY AND HEALTH INSURANCE

\$61,094

Median household income for single-race Asians in 2005, the highest among all race groups. Median household income differed greatly by Asian group. For Asian Indians, for example, the median income in 2005 was \$73,575; for Vietnamese-Americans, it was \$50,925.

11.1%

Poverty rate for single-race Asians in 2005, up from 9.8% in 2004.

17.9%

Percentage of single-race Asians without health insurance coverage in 2005, up from 16.5% in 2004.

BUSINESSES

1.1 million

Number of businesses owned by Asian-Americans in 2002, up 24% from 1997. The rate of increase in the number of Asian-owned businesses was about twice that of the national average for all businesses.

More than \$326 billion

Receipts of Asian-American-owned businesses in 2002, up 8% from 1997. In 2002, more than three in 10 Asian-owned firms operated in professional, scientific and technical services, as well as other services such as personal services, and repair and maintenance.

2.2 million

Number of people employed by an Asian-owned business. There were 1,866 Asian-owned firms with 100 or more employees, generating nearly \$52 billion in gross receipts (18% of the total revenue for Asian-owned employer firms).

46%

Percentage of all Asian-owned firms that were either Chinese-owned or Asian Indian-owned.

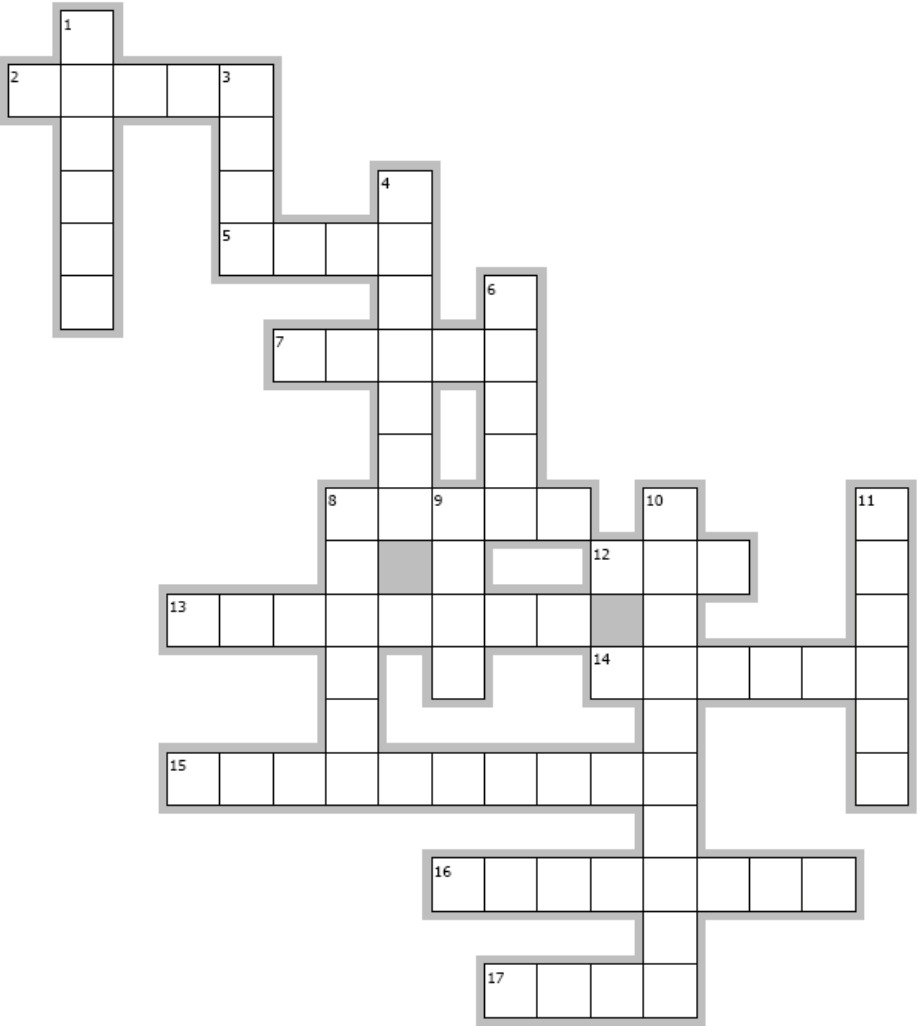
Nearly 6 in 10

Proportion of all Asian-owned firms in the United States that were in California, New York, Texas, and New Jersey.

New York, Los Angeles, Honolulu, and San Francisco

Cities with the highest number of Asian-owned firms.

Crossword Puzzle



population.
14. Ohio county with the lowest Asian Population
15. Implemented in 1902 the _____ program allowed Filipinos to study in the U.S.
16. During World War II, more than 100,000 of Americans of _____ ancestry were placed in internment camps.
17. A dance done in Hawaii.

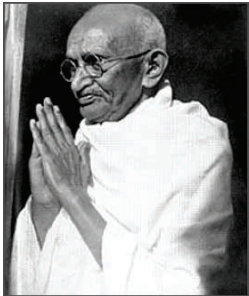
Down
1. Leader of peace and tolerance who inspired Dr. Martin Luther King, Dr. Nelson Mandela
3. A famous Asian American actress who starred in Charlie's Angels, _____ Liu.
4. A type of Japanese

Across
2. The Taj _____ is one of the seven 'modern' wonders of the world, is situated at Agra, in India
5. _____ is a form of stretching exercise, originated in India over 5,000 years ago.
7. Famous film star and Karate expert _____ Lee.
8. _____ Woods was the first Asian American to win the Masters golf tournament
12. Asian Pacific Islander Heritage month
13. Ohio county with the highest Asian
Warrior
6. M. Night Shyamalan was the Oscar winning director of the movie The Sixth _____.
8. Chinese American Michael Chang excels in which sport?
9. Chinese helped pan for _____ in California in the 1800's
10. Daniel Inouye, the first Japanese American elected to Congress, represents which state?
11. _____ Chung was the first Asian American to be a nightly news anchor for a major network (CBS)

Facts About South Asia

Asia is the only region in the world which can be represented as a democracy a whole. All nations that constitute the South Asian Region, are democratic societies - India represents the largest democracy in the world.

India is the only nation in the world that won freedom using passive resistance and non-violent means. Mohandas **Gandhi**, the leader of the movement is still used as a model and his method of satyagraha are still followed by environmentalists, labor unions, and leaders like Dr. Martin Luther King, Dr. Nelson Mandela and the like to overcome the unjust repression of minorities and usher in an age of human rights for all.



South Asia was the first region to recognize **Women's Rights** and their Equality. Sirimavo Bandarnaike, the Prime Minister of Sri Lanka (first elected in 1960) was the first Woman Prime Minister in the world. Mrs. Indira Gandhi of India, Mrs. Benazir Bhutto of Pakistan, Sheikh Haseena of Bangladesh, and Mrs. Kumaratunga of Sri Lanka are all examples that reaffirm this fact.



India started the Non-Aligned Movement - a movement dedicated to the recognition of the sovereignty of each and every nation and **promoting peace** in the world; and the supremacy of the UN as far as matters of International Security are concerned. The movement has the largest following second only to the UN.



Indians are the foremost among all immigrant communities in the United States of America as far as education, employment and revenue are concerned.



India is the first truly secular nation; a place where all major religions co-exist in a single nation. It is the only nation where Zoroastrianism survives, it is the place where Buddhism and Jainism and Hinduism originated and it has the fifth largest muslim population in the World. South Asia as a whole constitutes the largest Muslim population in the world.

Close to **one-fourth of the world's population** resides in South Asia. (That means, if you put neighboring China with it, you have nearly half the world's population!)

South Asia is home to at least **850 languages** and their dialects. In certain regions, the dialect varies every few miles!

- It is the birth place of four of the world's biggest religions, Hinduism, Buddhism, Jainism, Sikhism and of several variants of others, like Sufism (from Islam, which itself is one of the major religions practiced in South Asia).



The **Himalayas**, which seal off South Asia from the north, are the tallest mountain range in the world. On the south of the subcontinent lies the Indian Ocean.

The subcontinent is home to most types of climatic regions. Snowy coniferous in the north-west, the Thar desert in the west, deciduous (monsoon) regions in the central plains and the west coast, and tropical (equatorial) in the South and the east. The town of



Cherrapunjee in the east receives an average annual rainfall in excess of 472 inches, the highest in the world.

1 in 3

Proportion of Asian-owned businesses that were home-based. This is the lowest proportion for any minority group.

LANUGAGES

2.3 million

The number of people 5 and older who speak Chinese at home. After Spanish, Chinese is the most widely spoken non-English language in the country. Tagalog and Vietnamese have more than 1 million speakers each.

SERVING OUR NATION

293,321

The number of single-race Asian-American military veterans. About one in three was 65 and older.

JOB

47%

The proportion of civilian employed single-race Asians 16 and older who work in management, professional and related occupations, such as financial managers, engineers, teachers, and registered nurses. Additionally, 23% work in sales and office occupations, 15% in service occupations and 11 percent in production, transportation, and material moving occupations.

COUNTIES

1.4 million

The number of Asians (alone or in combination with one or more other races) in Los Angeles County, Calif., in 2005, which tops the nation's counties.

AGE DISTRIBUTION

35.1

Median age, in years, of the single-race Asian population in 2005. This is younger than the corresponding figure of 36.4 years for the population as a whole.

THE FUTURE

33.4 million

The projected number of U.S. residents in 2050 who will identify themselves as single-race Asians. They would comprise 8% of the total population by that year.

213%

The projected percentage increase between 2000 and 2050 in the population of people who identify themselves as single-race Asian. This compares with a 49% increase in the population as a whole over the same period of time.

API Population in Ohio:

The total Asian/Pacific Islander population was 135,382 or a little over 1% of the state's 11,353,140 people.

Counties with Lowest Asian Populations		Counties with Highest Asian Populations	
Vinton County	11	Franklin County	32,784
Morgan County	12	Cuyahoga County	25,633
Monroe County	13	Hamilton County	13,844
Noble County	13	Summit County	7,741
Harrison County	18	Montgomery County	7,573
Hocking County	22	Lucas County	5,619
Meigs County	24	Butler County	5,262
Paulding County	33	Greene County	3,046
Perry County	37	Stark County	2,116
Carroll County	40	Lake County	2,089

Data and Statistics obtained from U.S. Census Bureau, 2000

Borrowed Words

One of the chief characteristics of English is its teeming vocabulary, an estimated 80% of which has come from other languages! Linguistic borrowing has occurred over many centuries, whenever English speakers have come into contact with other cultures, whether through conquest and colonization, trade and commerce, immigration, leisure travel, or war.

While English has borrowed most heavily from the languages of Europe and the Near East, it has also acquired many loan words from Asia, sometimes through the intermediary of Dutch, the native language of the merchant-sailors who dominated the Spice Islands trade in the 17th century.

Many of these borrowed words no longer seem foreign, having been completely assimilated into English. Some examples are boondocks, gingham, and ketchup. Others are still strongly associated with their country of origin, such as terms for specific "ethnic" dishes or the different schools of martial arts. How many of these words do you know?

Word	Meaning	Origin
aikido	from words meaning "mutual spirit art."	Japanese
bandanna	dyed cloth One of many cloth and clothing terms from Hindi.	Hindi (India)
bangle	Glass bracelets	Hindi (India)
boondocks	from bundok, meaning "mountain." During the U.S. occupation of the Philippines, the word was adopted by American soldiers, who used it to refer to any far-off or wild place. Later it passed into the general vocabulary.	Tagalog (northern Philippines)
cheetah		Hindi (India)
chop suey	from a word meaning "miscellaneous bits."	Cantonese (southern China, Hong Kong)
chow	related to chop in chop suey, from a word meaning "food, miscellany."	Cantonese (southern China, Hong Kong)
chutney	A side dish for food.	Hindi (India)
cot	Place to sleep.	Hindi (India)
cummerbund	close waist	Hindi (India)
dungaree	A type of coarse cloth.	Hindi (India)
futon	a type of mattress.	Japanese
geisha	from gei, meaning "art" and sha, "person."	Japanese
gung ho	a motto used by the Chinese Industrial Cooperative Society, from words meaning "work together." It was picked up by U.S. Marines during World War II.	Mandarin (Beijing, China; official national standard)
honcho	from a word meaning "squad leader."	Japanese
hula		Hawaiian
judo	from words meaning "soft way."	Japanese
jungle	Now used as another term for a thick forest.	Hindi (India)
karaoke	from kara, meaning "void, empty" and oke(sutora), meaning "orchestra."	Japanese
karate	from words meaning "empty hand."	Japanese

Japanese Internment

During World War II, more than 100,000 of Americans of Japanese ancestry were placed in internment camps. Even though many did not speak Japanese or have close ties to Japan, they were nonetheless regarded as wartime threats. Although the U.S. was also at war with Germany and Italy, Americans with ancestors from those countries did not face internment.



In 1988 Congress passed a measure giving \$20,000 to Japanese Americans who had been interned during the war. President George H.W. Bush signed it the following year.

Increasing Numbers

Although Asian immigration increased steadily through much of the 20th century, the region still contributed fewer newcomers than Europe, Latin America, and North America.

The McCarran-Walter Act of 1952 eliminated race as a barrier to immigration, and in 1965 national quotas were ended, thus facilitating Asian immigration.

Increasing Clout

Political power soon followed. Dalip Singh was elected to U.S. Congress from California's Imperial Valley, and in 1962 Hawaii sent Daniel K. Inouye to the U.S. Senate and Spark Matsunaga to the U.S. House. Two years later, Patsy Takemoto Mink of Hawaii was elected to the U.S. House, becoming the first Asian-American woman in Congress. Since then, hundreds of Asian Americans have been elected to state legislatures and municipal positions.

A More Diverse Group

In 1979 the United States and China resumed diplomatic relations, making immigration easier for Chinese. But, new arrivals came from other Asian countries as well, including India and Pakistan. And in 1975 following the Vietnam War, more

than 130,000 refugees fleeing from the Communist governments of Vietnam, Cambodia, and Laos arrived on U.S. shores. Millions of Asians arrived in subsequent years.

In 1980 more than 2.5 million Asian immigrants entered the U.S., up from under 500,000 in 1960.

The Immigration Act of 1990 increased the numbers of Asians coming to the U.S. by raising the total quota and reorganizing system of preferences to favor certain professional groups. This allowed Asians with training in medicine, high technology, and other specialties to enter more easily. In 1990, over five million Asian immigrants were reported, and in 2000 the figure was over seven million.



by David Johnson on Infoplease.com



ACTIVITY #1. Geography. Locate and mark on a U.S. map the places listed in this article.

ACTIVITY #2. Write. Do further research on one of the events listed in this article. Write a more detailed paper on the facts of these events and share your paper with your family, friends, or classmates.

ACTIVITY #3. Internet Research. Search on the internet for "Asian American history" or "Asian Americans." See what comes up!

ASIAN EXPERIENCE

In the United States

When they first arrived in the United States, Asian (usually Chinese) immigrants were welcomed, or at least tolerated. After the California gold rush brought thousands of Chinese to California, however, Asian immigrants faced restrictive laws and occasional violence.

In the late 1800s Chinese, and eventually other Asians, were excluded from citizenship. These laws were repealed during World War II, followed by further immigration-law changes, making it easier for Asians to enter the United States.

Today, Asian immigrants have a high rate of assimilation and participation in the American mosaic.

Gold Rush Boom

The Chinese were the first Asians to arrive in large numbers. By the 1830s Chinese were selling goods in New York City and toiling in Hawaiian sugarcane fields. Gold was discovered in California in 1848, eventually attracting thousands of Chinese miners and contract laborers. In 1850, just over 1,000 Asian immigrants entered the U.S., but ten years later, the figure had jumped to nearly 37,000, mostly Chinese.



Violent Protests

In some quarters, Chinese workers were welcomed. The Central Pacific Railroad recruited Chinese to work on the transcontinental railroad in 1865. Three years later the Chinese and the U.S. ratified the Burlingame Treaty which facilitated Chinese immigration.

However, many people feared being “overwhelmed” by the influx, which had swelled to nearly 65,000 in 1870, and over 107,000 in 1880. Some cities passed laws against Chinese and other Asians, often referred to as “Mongolians.” Anti-Chinese riots erupted in Chico, California, in 1877 and in Rock Springs, Wyoming, in 1885.

Japanese Arrive

Meanwhile, increasing contact with Japan prompted Japanese to move to Hawaii and California to work in agriculture. In 1869 the Wakamatsu Tea and Silk Colony was established in California.

Contact with the Philippines



In 1899, following the Spanish-American War, the Philippines came under U.S. control, prompting increased immigration. In 1902 the *pensionado* program, which allowed Filipinos to study in the U.S., was implemented.

Because most Filipinos are Roman Catholic, their integration into American life was somewhat easier than for other Asians. Though Filipinos faced the same prejudices as Chinese

and Japanese laborers (as described in Carlos Bulosan's book *America is in the Heart*), Filipinos arrived with English skills, making assimilation easier.

Word	Meaning	Origin
ketchup	from kicap, meaning "fish sauce."	Malay (Malaysia and Indonesia)
kumquat	a small citrus fruit.	Cantonese (southern China, Hong Kong)
kung fu	from gong fu, meaning "skill, art."	Mandarin (Beijing, China; official national standard)
launch	a type of boat.	Malay (Malaysia and Indonesia)
loot	Stolen goods.	Hindi (India)
ninja	from nin, meaning "to endure" and ja, "person."	Japanese
orangutan	from orang, meaning "man" and hutan, "wilderness, jungle."	Malay (Malaysia and Indonesia)
paddy	from padi, meaning "rice, rice field."	Malay (Malaysia and Indonesia)
pekoe	a type of tea.	Amoy (eastern China)
punch	As in the drink - from the five ingredients used.	Hindi (India)
ramen	ultimately from the Mandarin Chinese words for "pulled noodles."	Japanese
rattan		Malay (Malaysia and Indonesia)
rickshaw	from jinrikisha, meaning "person-strength-vehicle."	Japanese
samurai	"warrior."	Japanese
shampoo	massage	Hindi (India)
shogun	"general."	Japanese
soy		Japanese
sushi		Japanese
taboo	like tattoo, occurs for the first time in Capt. James Cook's journals.	Tongan
tae kwon do	meaning "trample-fist-way."	Korean
tattoo	introduced to the English-speaking world by Capt. James Cook in his account of his voyage around the world from 1768 to 1771. Sailors later brought the actual custom to Europe.	Tahitian
tea	originally pronounced like "tay," can be traced to Dutch thee, from Malay and Amoy.	Amoy (eastern China)
thug	From a Hindu sect ("Thugees") that would kill people for the goddess, Kali.	Hindi (India)
tofu	originally borrowed into Japanese from Chinese	Japanese
tsunami	meaning a "large ocean wave."	Japanese
tycoon	from taikun, meaning "great prince." Used as a title, the word was originally borrowed into Japanese from Chinese. It was brought to the U.S. in 1853-54. Members of Abraham Lincoln's cabinet used it as an affectionate nickname for the president.	Japanese
typhoon		Cantonese (southern China, Hong Kong)
wok	from the words for "great wind."	Cantonese (southern China, Hong Kong)
yen	meaning a "yearning" or "strong desire."	Cantonese (southern China, Hong Kong)

Famous Firsts

By Asian-Americans

GOVERNMENT

U.S. Representative: Dalip Singh Saund, 1956, representative from California. The first female Asian American elected to Congress was Patsy Takemoto Mink, elected in 1964 as a representative from Hawaii.

U.S. senator: Hiram Fong, 1959, one of Hawaii's first two senators.

Federal court judge: Herbert Choy, 1971, appointed to the U.S. court of appeals for the ninth circuit.

U.S. ambassador: Julia Chang Bloch, 1989, appointed ambassador to the Kingdom of Nepal.

State legislator: Wing F. Ong, 1946, elected to the Arizona House of Representatives.

Governor: George R. Ariyoshi, 1974, governor of Hawaii. The first on the mainland was Gary Locke, elected governor of Washington in 1996.

Mayor of a major U.S. city: Norman Yoshio Mineta, 1971, in San Jose, California.

Member of presidential cabinet: Norman Yoshio Mineta, 2000, appointed secretary of commerce. In 2001, he became the first cabinet member to switch directly from a Democratic to Republican cabinet—becoming secretary of transportation—and the only Democrat in George W. Bush's cabinet. The first female Asian-American cabinet member was Elaine Chao, appointed secretary of labor in 2001.

AVIATION

Female aviator: Katherine Sui Fun Cheung, licensed in 1932. Astronaut (in space): Ellison Onizuka, first spaceflight in 1985. Died in the 1986 Challenger disaster.

SCIENCE & MEDICINE

Isolated epinephrine (adrenaline) from the suprarenal gland: Jokichi Takamine, 1901.

Invented pulse transfer controlling device leading to magnetic core memory: An Wang, 1949.

Cloned the AIDS virus: Flossie Wong-Staal, 1984.

FILM & TELEVISION

Movie star: Anna May Wong, who starred in the 1921 film Bits of Life and many other movies. Academy Award winner: Haing Ngor, Best Supporting Actor of 1984 for his role in The Killing Fields

Host of own network TV series: Anna May Wong, 1951, The Gallery of Madame Liu Tsong

Star of own network sitcom: Pat Morita, 1976, Mr. T and Tina

First network news reporters: Ken Kashiwahara and Connie Chung, 1974. In 1993, Chung became the first Asian American to be a nightly news anchor for a major network (CBS).

First anchor of a national radio program: Emil Guillermo, 1989, host of NPR's All Things Considered.

OTHER

First to command a combat battalion: Young Oak Kim, of the 100th Infantry Battalion, 1943.

First NBA Player: Wataru (Wat) Misaka, 1946, Knicks.

First selected in the first round of NFL draft: Eugene Chung, 1992, selected by New England.

From Infoplease.com

1600 to 1990

1889	Court upholds constitutionality of Chinese exclusion laws.
1894	Massachusetts court holds Japanese ineligible for naturalization.
1898	U.S. wins Hawaii and the Philippines after Spanish-American War.
1903	Korean workers enter Hawaii. Filipino students arrive in U.S. under the <i>pensionado</i> program, an effort to modernize and democratize the Philippines.
1907	Filipino laborers land in Hawaii. Asian Indians driven from Bellingham, Washington.
1913	California passes law to prevent aliens ineligible for citizenship from owning land.
1924	In response to concerns about rising immigration, Immigration Act establishes strict quotas based on national origin according to the 1880 census, effectively ending Asian immigration.
1942	In wake of anti-Japanese sentiment following the attack on Pearl Harbor, President Franklin Roosevelt signs order interning Japanese.
1943	Congress repeals Chinese exclusion laws, sets immigration quotas, and extends citizenship rights to Chinese living in U.S.
1949	Communist Revolution in China, 5,000 Chinese refugees enter U.S.
1952	McCarran-Walter Act abolishes race as an immigration criterion, sets quotas by nation.
1956	California repeals alien landownership laws. Dalip Singh is elected to Congress from California's Imperial Valley.
1962	Daniel K. Inouye elected U.S. Senator and Spark Matsunaga elected to Congress, both from Hawaii.
1964	Patsy Takemoto Mink elected to Congress from Hawaii.
1965	Immigration Act abolishes country preferences. Asian immigration increases.
1975	Immigrants arrive from Communist regimes in Vietnam, Cambodia, and Laos following Vietnam War.
1979	Resumption of diplomatic relations between U.S. and People's Republic of China increases immigration from China.
1986	In wake of record immigration, both legal and illegal, Congress sought to limit number of illegal aliens in U.S.
1989	President George Bush signs law to pay each survivor of Japanese internment camps \$20,000.
1990	Immigration Act raised the total quota and reorganized system of preferences. Nearly 5 million immigrants arrive from Asian countries.



ACTIVITY #1. Select one of these famous Asian Americans and learn two new facts about that person. Set up a "share time" for students to share with each other the information they've learned.

ACTIVITY #2. Identify other famous Asian Americans in each category. What is their contribution and how has that affected your life?

300 Years of Asian American History

1600s	Spanish bring Chinese and Filipinos to Mexico.
1763	Filipinos desert Spanish ship in New Orleans, establish first Filipino community in U.S. in Louisiana bayou.
1830s	Chinese laborers brought to work in Hawaiian sugar cane fields. Chinese peddlers recorded in New York City.
1848	California gold rush attracts Chinese prospectors.
1850	California imposes tax on foreign miners, targeting Chinese.
1852	Presbyterian mission begins working with Chinese in San Francisco.
1854	Chinese in Hawaii begin to organize. In <i>The People v. Hall</i> , California Supreme Court rules that a Chinese man could not give testimony in court since Chinese were "inferior, and . . . incapable of progress or intellectual development beyond a certain point . . ." Yung Wing graduates from Yale University, becomes first Chinese to graduate from a U.S. college. Commodore Perry signs first commercial treaty with Japan since 1638.
1860	Japan sends first diplomatic mission to U.S.
1862	Chinese community groups in San Francisco form federation. California imposes "police tax" on those of the "Mongolian race" to discourage immigration and protect white laborers from competition.
1867	50,000 Chinese reported living in California.
1868	U.S. and China sign Burlingame-Seward Treaty, affirming friendship between the two nations and guaranteeing the right of Chinese immigration, since inexpensive Chinese labor was popular among railroads and other employers.
1872	California ends law barring Chinese court testimony.
1877	People unhappy at competing with cheap Chinese labor, and fearful of being "overwhelmed" by non-white immigration, cause anti-Chinese riots in San Francisco and other California cities. Japanese Christians form group in San Francisco.
1878	Court rules Chinese not eligible for naturalized citizenship.
1880	As many people blamed the Chinese for taking away jobs and causing unemployment, the U.S. successfully amends the Burlingame Treaty, winning the right to limit or suspend Chinese immigration.
1881	Sit Moon becomes pastor of first Chinese Christian Church in Hawaii.
1882	Congress approves Chinese Exclusion Act, banning Chinese laborers for ten years. It was renewed for another ten years in 1892, and became permanent in 1902. U.S. and Korea sign first treaty.
1885	Irwin Convention allows Japanese contract laborers into Hawaii.
1886	Residents in Tacoma, Washington, forcibly expel Chinese.

Quick Quiz

1. The 2005 movie *Sideways* put this actress on the public's radar and since 2005 she's been a weekly visitor to *American homes in the TV series Grey's Anatomy*:

A) Michelle Yeoh B) Sandra Oh C) Ziyi Zhang

2. Who is the Oscar-winning director of *Brokeback Mountain* (2005)?

A) Jet Li B) Ang Lee C) Tan Dun

3. Who is the stand-up comic who starred in *All-American Girl*, the first Asian American sitcom?

A) Margaret Cho B) Vera Wang C) Michelle Yeoh

4. Who is the performance artist and musician who married a famous rock icon?

A) Midori B) Michelle Kwan C) Yoko Ono

5. Who is the martial arts superstar who made his American debut in *Lethal Weapon 4*?

A) Jet Li B) Jackie Chan C) Chow Yun-Fat

6. Who is the actor who was the star of films such as *Speed*, *The Matrix*, and *Bill & Ted's Excellent Adventure*?

A) Keanu Reeves B) Dean Cain C) Rick Yune

7. Who is the Oscar-nominated director of *The Sixth Sense*?

A) Wayne Wang B) Ang Lee C) M. Night Shyamalan

8. Who is the legendary martial arts star of 1973's *Return of the Dragon*?

A) Jet Li B) Bruce Lee C) Brandon Lee

9. Who played Mr. Sulu in the original *Star Trek* series?

A) Pat Morita B) George Takei C) B.D. Wong

10. Who charmed listeners in 1964 with his laid-back rendition of the song "Tiny Bubbles"?

A) Don Ho B) Yo-Yo Ma C) Seiji Ozawa

Answers on Page 19

Quiz provided by Brainquest

Benefits of Yoga During the Teen Years

Sources: wikipedia.com and about.com, featuring excerpts from "Yoga for Teens" by Thia Luby



Yoga is one of the six schools of Hindu philosophy, focusing on meditation as a path to self-knowledge and liberation. In India, Yoga is seen as a means to both physiological and spiritual mastery. Outside India, Yoga has become primarily associated with the practice of asanas (postures) of Hatha Yoga.

While Yoga evolved as a spiritual practice, in the West it has grown popular as a form of purely physical exercise. Some Western practice has little or nothing to do with Hinduism or spirituality, but is simply a way of keeping fit and healthy. This differs from the traditional Eastern view of yoga.

Yoga, dating back to over 5,000 years ago, is a form of a spiritual practice in India. In the West, it has evolved from its founding philosophy. Globalization over the past decade has been opening new doors for many industries. Today,

yoga is now a lucrative and growing business. About 16.5 million Americans now spend nearly \$3 billion annually on classes and products, a February 2005 poll by Harris Interactive and Yoga Journal magazine revealed. Because yoga invokes ideals of harmony, health and balance, it "fits" well in the environment of modernity. The acculturation of Yoga in America and Europe can be viewed as a welcome celebration of multiculturalism, promoting more open and tolerant cultural dispositions.

According to yoga philosophy, a healthy spine creates balance and is a conduit to a sound mind. Yoga is designed to stimulate the nerves running along the spine. Poses involving twists and upside-down positions are especially effective for this purpose. When you practice all categories of yoga poses-seated, standing, lying down on your stomach or back, and upside down-you cause each vertebra (bony segment of the spine) to be slightly separated from the ones above and below it. Creating space between the vertebrae serves to 'plump' the disks between them,



allowing energy to flow freely to the brain and giving the blood a clear passageway to circulate in a healthy manner.

Boys and young men in their teens usually develop their legs and arms through sports or weight training. However, they often overlook flexibility of the spine, back, arms, and legs. Yoga stretching poses are highly beneficial in correcting this imbalance and in strengthening muscles that are not used in strength training. The stretching may be difficult at first, but with practice, you will become more flexible and the poses will become easier.

When a girl begins developing, the muscles that hold the spine in place are often weakened or strained, because the front of the torso is carrying more weight. Doing chest opening, backward bending, forward bending, and upside-down yoga poses will strengthen arms, shoulders, and back, as well as teach these parts of your body to balance out the weight in front.

Internal organs are growing and changing during this period and can become upset with diet changes or over stimulation of nerves. Yoga helps to keep organs healthy despite everyday stresses. It also assists in balancing out the mood swings and eliminating the body aches resulting from the hormonal imbalances experienced during this time of growth. During this growth period, yoga is useful in easing the tension of tight muscles, tendons, and ligaments, and it can also help to strengthen bones. Certain poses work internally on clearing energy blocks that may cause headaches, sinus problems, irritability or digestive problems.

Yoga promotes unification of body and mind, and as you practice, it will increase your awareness and your ability to look within, think for yourself, and trust yourself. The result is that you will feel more peaceful and self-confident during a period of rapid change and be able to engage the world with a more positive outlook.



YOGA AND SPORTS

Throughout adolescence, when the body is still growing, and bones, muscles, tendons, and ligaments are changing, stress injuries are common. A quick or energetic body movement can sometimes cause a stress injury to any of these areas. Athletes who do not stretch enough in warming up experience injuries that often could be avoided-such as pulled hamstrings, knee injuries from tight tendons and ligaments, and shoulder, wrist, and ankle injuries from weakness in these areas. By offering a complete body workout, yoga balances out the stresses of any sport and helps correct tightness or weakness.

Stretching before and after a rigorous workout from any sport is recommended. Don't forget! Always check with your doctor before beginning any workout program!

