



APIAVOTE ISSUES A STATEMENT IN RESPONSE TO THE RECENT VIOLENCE AGAINST SAN DIEGO'S FILIPINO COMMUNITY

Washington, D.C. - Christine Chen, Executive Director of Asian and Pacific American Vote makes the following statement in response to the growing number of violent attacks targeting the Filipino community in San Diego, CA.

APIAVote condemns the violence targeting Filipinos in San Diego, CA. The growing number of attacks against the elderly and the surge in domestic violence cases is a terrible reminder that anti-Asian hate and violence cannot be just another item in the news cycle. We stand with our neighbors and community leaders demanding access to resources to better educate and address these acts of violence in order to protect our Kababayans.

We stand behind the emotive words of our National Field Director, Raymond Partolan, "As a Filipino American, I am absolutely appalled at the recent uptick in violence against Filipino Americans in San Diego. We cannot tolerate these attacks. We will fight tooth and nail to ensure that the Filipino American community and all Asian American and Pacific Islander communities feel safe and secure in their homes, neighborhoods, towns, and cities. We call on our elected officials at every level of government to address this threat or be held accountable at the ballot box as we educate our communities about the need to register to vote and turn out to vote."

Asian Americans and Pacific Islander populations are quickly growing in every major city, including San Diego. As our electorate grows in strength, we need to ensure our elected officials understand and acknowledge our needs for personal safety, as well as our right to prosper. We call on all community members to make your voices heard by reaching out and working with local organizations, like the Asian Pacific Islander Initiative and the Filipino Resource Center, who are advocating for our communities and holding their government and elected officials accountable. In short, the community will make its issues known by voicing its concerns through such organizations and will make their voices heard by voting.

About APIAVote: Asian and Pacific Islander American Vote (APIAVote) is a national nonpartisan organization that works with partners to mobilize Asian American Pacific Islanders (AAPI) in electoral and civic participation. APIAVote envisions a world that is inclusive, fair, and collaborative, and where AAPI communities are self-determined, empowered, and engaged. See our website for more information at <http://www.apiaivote.org/>

HONDURAS ELECTIONS A TEST FOR DEMOCRACY IN A FAILED STATE



Dear colleagues,

This is a special report produced for EMS from a veteran NAM reporter Peter Schurmann and Manuel Ortiz of Peninsula 360. Please find attached the English and Spanish versions.

HONDURAS ELECTIONS A TEST FOR DEMOCRACY IN A FAILED STATE

We have included 3 photos and captions for your convenience (see below)



of the Honduran capital, Tegucigalpa. Two years ago residents here drove out a mining company. Many here see the coming elections as an opportunity to change course for their community and the country.

El pueblo de Yorito, a unos 200 km al norte de la capital hondureña, Tegucigalpa. Hace dos años los vecinos expulsaron a una compañía de explotación minera. Muchos aquí ven las próximas elecciones como una oportunidad para cambiar el curso de su comunidad y el país.

Tegucigalpa resident Victor Mayorga, 79, says he will not be voting in the coming election. "I believe in democracy, but in Honduras it is broken. It's

Please send us a link if you decide to use this story. Best wishes,

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The town of Yorito, around 200 km north

been broken since the [2009] coup." Victor Mayorga, 79 años, vecino de Tegucigalpa, dice que no votará en las próximas elecciones. "Creo en la democracia, pero en Honduras está rota. Ha estado rota desde el golpe [de 2009]".

Rixi Moncada is a lawyer and part of a three-person rotating chair with the newly created National Electoral Council, or CNE as it's known by its Spanish acronym, responsible for delivering the final vote tally. "The only opportunity for the country to build a democratic foundation is through the coming elections."



Rixi Moncada es abogada y parte de la presidencia rotativa de tres personas en el recién creado Concejo Nacional Electoral (CNE), que es responsable de entregar el recuento final de los votos. "La única oportunidad para que el país construya una base democrática es a través de las próximas elecciones".



關於“匹茲堡川菜美食周”

近年在與成都市的文化交流中，雙方合作參與了一些文化活動：

- 1,匹茲堡高中生參加了2019、2020年度的成都國際高中英語辯論賽(2021年賽事,正在選拔中);
- 2,成都文化教育代表團,參加2020年匹茲堡春節聯歡晚會的演出;
- 3,2020年在成都遭遇疫情和地震雙重壓力下,CSTP策劃並協助某慈善基金向成都捐贈20000只口罩;
- 4,匹茲堡青年音樂藝術人士,參加2020年成都國際青年音樂周;
- 5,匹茲堡市長參加2020成都友城國際會議,並在會議上發言;
- 6,即將由“匹茲堡中國餐業協會”主辦“匹茲堡川菜美食周”。

7,成都市外事辦贈送一批價值約萬餘美元的物資和禮品,作為給在美食周期間到現場用餐客人到禮物,大力支持“匹茲堡川菜美食周”。

關於“匹茲堡川菜美食周”

一,美食周舉辦時間:

11月19日星期五到11月28日星期日,共十天。

(其中11月25日是感恩節)

二,參與“匹茲堡川菜美食周”主要由“匹茲堡中國餐業協會”協下的以下幾家川菜館:

- 1,老四川飯店;
- 2,府合飯店;
- 3,蜀香園飯店;
- 4,川霸王飯店

三,關於川菜的特點:

中國文字中以“烹調”一詞來表示製作食



CHENG DU
成都

品。

其實“烹調”包含了,“烹”和“調”兩種不同製作方法。

“烹”,字的上半部,是一個燒煮的容器;下面四個點,是一個“火”字。

中國文字是由象形文字發展起來的。一個燒煮食品容器,下面用火在燒,這種最基本的燒煮食品方法,屬於廣東菜系使用的主要方法。所以廣東菜系講究“火候”,稱之謂“鑊(鍋)氣”。

四川菜就是以“調”為主的製作菜品的代表菜系。

所謂“調”就是“調味”,就是為了讓菜品更加美味而添加各種不同的調味料。

四川地處中國西南盆地,地勢低窪,盆地中部的成都平原,甚至低於海平面。由於地勢低,成都平原的氣候暖濕,比較沉悶。

因此四川人的食物偏辣、偏麻。以辣和麻來逼出氣血加速循環,使人感覺清爽。

不錯,四川菜系的特點是“麻辣”。“麻”的調味品主要原料是“花椒”。

“花椒”的英文翻譯為 Zanthoxylum bungeanum Maxim (生物學的專業名詞)也有直接叫 Sichuan Pepper 的。

用“花椒”作為原料製成的“調味品”特點就是一個“麻”字。

四川西部山區盛產花椒。

四川菜系里“辣”調味品的原料就是“辣椒”。

“辣椒”的英文學名叫 Capsicum annuum)。辣椒的品種很多,也有其他英文名稱,這裡就不一一列出。

用“辣椒”作原料的調味品,其特點就是一個“辣”字。

成都平原

現在要說的是“麻”和“辣”共同調制的菜品,成為了四川菜系獨有的味道。

但這個“麻辣”,並不令人反感,並且十分刺激食慾,回味無窮。

當然,菜品好不好吃,也要靠廚師的精心製作。川菜也不是單純的“麻”和“辣”,靈活運用麻辣的混合比例,和油鹽醬醋,蔥薑蒜韭搭配中,顯示出廚師的水平。

匹茲堡這幾家川菜館都有非常精湛調制川菜的水平。

“老四川”餐館的祝偉師傅,曾多次在全美烹調大賽上獲一等獎...他的師傅在四川也是久享盛名的川菜大師。

匹茲堡中國餐業協會十分重視協下會員餐館的製作質量和服務水平。

這次舉辦“川菜美食周”,也是為了促進和提高匹茲堡整個中國餐業的水平,令中國餐業更好地為匹茲堡廣大市民服務。

海老 KK 2021年11月5日