

# The Asian Pacific Women's Connection

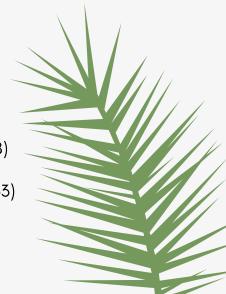
The Official Newsletter of Section 5 Psychology of Asian Pacific American Women of APA Division 35: Society for the Psychology of Women



Section 5 Executive Committee 2021 Retreat

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# **PRESIDENTIAL ADDRESS**

Grace S. Kim, Ph.D., August 2021

Let me first acknowledge that in 2020-2021 we have experienced many challenges as individuals, as a community, and as global citizens. The COVID-19 pandemic and the increased acts of violence against people of color, including Asians, have heightened anxiety and concern for our collective health and well-being. We also suffer the loss of three leaders in



our own community: Drs. Jean Lau Chin, Asuncion "Siony" Austria, and Alice Chang. We are extremely grateful to them for paving the paths for AAPI feminist psychologists.

While holding these difficult truths, I would also like to recognize that the past 1.5 years have been a time of strength. Individually and collectively, we have resisted being scapegoated or targeted, spoke up and educated, provided support for others, and stood in solidarity with other marginalized groups. I am reminded that the roots of AAPI feminism are deep and we have tremendous models in resisting oppressive systems. Especially in a time of a global pandemic, increasing local, national, and global inequity, and the climate crisis, being reminded of--and reclaiming--the resilience of AAPI feminists is critical.

My presidential theme for the years 2021-2022 is "Reflecting on and Living AAPI Feminist Values." Specifically, I would like us to consider questions such as, What does it mean for us to hold AAPI feminist values? What does living those values look like in our individual experiences, in the work we do, in our relationships with each other, in our relationships with our families and community members, and in our relationships with others? What actions are needed when we intentionally try to follow AAPI feminist values? As I grapple with these questions, a few things are clear to me. First, there is no single answer to these questions. In fact, as the AAPI community is made stronger by the diversity we have, the responses to these questions may be as diverse as the community itself. Second, what is also clear is that engaging in these questions will be meaningful as an act of resistance to the systems that have continued to relegate AAPI experiences as stereotypes. Being cognizant of the forces that make invisible, silence, and marginalize our experiences and keeping in mind our own multiple paths to AAPI feminism are some of the ways to strengthen our identities. And finally, it is clear that AAPI feminism is not new, and that people who came before us have pursued work that was unique and meaningful to their own contexts. I encourage us to consider what kind of work

> we want to pursue and what kind of relationships we want to build based on the values we share.

# **PRESIDENTIAL ADDRESS**

We have already worked hard to create opportunities to reflect on and pursue AAPI feminist values since the beginning of 2021. We gathered informally through the "Cook and Connect" event to continue building a sense of community over food and discussion. We held a webinar entitled "At the Intersections of Race, Gender, and Social Class: AAPI Women Resist Invisibility," which had over 200 registrants. Most recently, the student committee of Section 5 held space for students who are planning on applying to internships and finishing dissertation.

We also have excellent programming planned for APA 2021 Virtual Convention on Friday August 13 (Starting 4pm ET/1pm PT), to be held synchronously on the Div. 35 virtual hospitality suite on the Remo platform (https://z.umn.edu/DIV35). The mentor-mentee meet-up led by the Student Committee is scheduled for the first hour (4pm ET) and mentees and professional mentors can connect and get to know each other. We will meet for the section business meeting, during which time section 5 award recipients will be announced (5pm ET). Following this, we will hold a section-wide discussion on what it means to live Asian American feminist and collectivist values (6pm ET).

In addition, as you will see in this newsletter, there are programming through the APA platform, which you can access asynchronously. They include, "Living Asian American Feminist and Collectivist Values: Stories from Asian American Psychologists," and "Feminist and Foreign: International Psychologists' Lived Experiences of Structural Barriers in the U.S." Both presentations were spearheaded by the EC members of the Section 5.

I invite you to join and connect with us. Section 5 is an active and thriving space focused on AAPI feminism, and many people have found friendships, mentorships, and opportunities to get involved. In the coming months, you will also see our announcements about more programming and creativity. Now is time for us to speak our realities, support each other, and continue the work of AAPI feminism. And we would love your presence and voice.



# MEET YOUR EXECUTIVE COMMITTEE



# Grace S. Kim, Ph.D. *President*

Dr. Grace Kim is a Clinical Associate Professor in the department of counseling psychology & applied human development at Boston University. Her research, teaching, and consultations focus on social justice education and Asian American psychology. With regards to social justice education, she explores how students understand meanings of diversity, how to effectively teach diversity and social justice, and how to train future professionals to be more culturally humble and responsive. With regards to Asian American psychology, she researches negotiation of racial and ethnic identities, experiences of belonging and exclusion, and mental health in Asian Americans.



# Susana Ming Lowe, Ph.D. President-Elect

Dr. Lowe is a 2nd generation Chinese American, daughter of a Chinese immigrant father who made passage to the U.S. as a paper son and a Chinese immigrant mother born and raised in British Colonial Hong Kong. She was born in San Francisco, land of the Ramaytush of the Ohlone people. She currently works and resides on Oahu, land of the Kanaka Maoli. She practices psychotherapy with people of diverse racial, cultural, ethnic, gender, and affectional backgrounds and identities.



# Linh P. Luu, Ph.D. Past President Elections Committee Procedure & Policy Comittee

Dr. Linh P. Luu is a licensed psychologist and Director of Training at the University of Memphis Student Health and Counseling Services. Her scholarly interests include social justice advocacy and multicultural competency in clinical supervision and training, racial and gender issues, and issues related to Asian American experiences and mental health. Currently serving as a member of APA Board of Convention Affairs and as secretary of division 35, she is passionate about advancing intersectional feminist social justice agenda across her wide range of training, clinical, and professional services.



# Malin Kimoto, Psy.D. Secretary

Dr. Malin Kimoto (she/her) is a clinical psychologist on the Adult Team at Kaiser Permanente Richmond. She has a passion for social justice, community engagement, and multicultural psychology. Her clinical interests include anxiety disorders, interpersonal and intergenerational trauma, identity development, life transition and adjustment issues, and intersectional identity concerns. She enjoys yoga, traveling, exploring new restaurants, and leisure bike rides.

### Mengchun (Meng) Chiang, Ph.D. Treasurer



Dr. Mengchun "Meng" Chiang (she/her/hers) serves as the Treasurer for the Section. She is a licensed psychologist and the Program Director of the CaPS Doctoral Internship in Health Service Psychology at the Counseling and Psychological Services at Carnegie Mellon University. Originally from Taichung, Taiwan, Dr. Chiang first came to the U.S. as an international student. Her professional interests include trauma-informed and social justice oriented psychodynamic psychotherapy, and community organizing to address mental health disparity for BIPOC. Dr. Chiang enjoys working collaboratively to understand the manifestation and impacts of intersectional identities of students. She is passionate about training the next generation of clinicians. In her free time, she enjoys travelling, grocery shopping, loving-kindness meditation, and (playing and listening to) music.

### Meng-Ju (MJ) Yang, Psy.D. Membership Committee, Co-Chair



Dr. MJ Yang was first trained in Taiwan and served as a licensed clinical psychologist and a supervisor at National Taiwan University Hospital. She came to the U.S. as an international student and completed her Psy.D degree from John F. Kennedy University. She is currently a 2020-21 postdoctoral resident in Child Psychiatry department at Kaiser Permanente, Santa Clara. She is also serving as a staff member at Internship Support team of PsyD program at Wright Institute (Berkeley, CA). Her professional interests include supporting infants and toddlers with developmental delays, working with teens and families with acculturation issues , and advocating for rights of international students.



### Shruti Mukkamal, Ph.D. International Task Force, Co-Chair

Dr. Shruti Mukkamal is a senior staff psychologist at the University of California, Irvine. Her clinical interests focus on women of color in STEM fields, international and immigrant students, graduate students and Asian and Asian American students. Her research intersects with her clinical interests and is broadly focused on racial discrimination and its impact on mental health and lived experience.



### Jennifer Young, Psy.D. International Task Force, Co-Chair

Dr. Jennifer Young (she/her/她) is a 1.5 generation, Taiwanese immigrant who was born in Taipei and migrated to California at the age of two. She earned her Psy.D. in Psychology with an emphasis in Marital and Family Therapy (N.K.A Couples and Family Therapy). Dr. Young is currently a Consulting Psychologist at the Headington Institute, a humanitarian aid organization, and she has been in private practice since 2011. Dr. Young previously served as a psychologist for the U.S. Peace Corps and continues to be passionate about international mental health and serving marginalized communities around the world. Her work is focused around trauma healing and she enjoys working with Third Culture Kids (TCKs), global nomads, and aid workers.



## Ya-Shu Liang, Ph.D. Program Committee, Co-Chair

 Dr. Ya-Shu Liang is an associate professor and the director of the Clinical Psychology PsyD Program at the California School of Professional Psychology at Alliant International University, Fresno. She is also a past president of Central California Asian Pacific Women and leads the San Joaquin Valley API Mental Health Project.
She is passionate about regional organizing, and her scholarship interests include promoting equity, diversity, and inclusion, as well as addressing mental health disparities through the lens of gender and social justice.



# Yuki Okubo, Ph.D. Student Committee, Mentor

Dr. Yuki Okubo is an Associate Professor of Psychology at Salisbury University. Her research focuses on racism and coping, experiences of the marginalized, mentoring of students of Color, social justice issues, and qualitative inquiries. Dr. Okubo's Racism & Coping Research Lab has been conducting qualitative inquiry on how people talk about race, racism, racial identity, and race relations, and it has developed and recently implemented an Antiracism 101: Starting a Race Dialogue, a peer-led, 2-hour workshop for undergraduate students via Zoom. She is a co-director of the Accelerated Mentoring Program for undergraduate students interested in social justice and antiracism topics in the SU Psychology Department.



# Jackie Jimenez, Psy.D. Student Committee, Mentor

Dr. Jackie Jimenez is a clinical psychologist at Southwestern College and in private practice in San Diego. Her clinical interests include Asian American and Filipino mental health, military children and families, immigration-related issues and concerns, navigating cultural conflicts, and family and relationship issues.



# Carisse Cronquist Student Representative

Carisse Cronquist is currently a fourth-year Clinical Psychology PsyD student at the University of San Francisco, completing her practicum training at Highland Hospital in Oakland, California in the Integrated Chronic Pain Clinic. Carisse's clinical interests lie within feminist and health psychology and the mental health and well-being of API communities, specifically transracial adoptees. Her dissertation research explores the experiences of trauma, racial and gender discrimination, self-care practices, and spiritual well-being for womxn of color. She also finds joy in exploring hiking spots in the Bay Area and cooking with her family and loved ones!







### Phi Loan Le, Psy.D. Procedure & Policy Committee Past President

Dr. Phi Loan is a licensed psychologist and the training coordinator of the APA-accredited doctoral internship program at Counseling and Psychological Services, California State University, Fullerton. Her interests include training and supervision, multicultural feminist psychology, and working with underserved population. She served as the founding president of Section 5.



### Diane Hayashino, Ph.D. Procedure & Policy Committee Past President

Dr. Diane Hayashino is a licensed psychologist and the current training director of Counseling and Psychological Services at California State University, Long Beach. She has served as past president of Section 5.



### Yuying Tsong, Ph.D. Procedure & Policy Committee Past President

Dr. Yuying Tsong is a faculty at California State University, Fullerton, Department of Human Services, and the Programming Coordinator for the 2017 National Multicultural Conference and Summit. She enjoys growing things that can be eaten in her backyard when she is not writing, teaching, or tiger parenting her two children. She has served as past president of Division 35 and Section 5.



### Khanh Dinh, Ph.D. Procedure & Policy Committee Past President

Dr. Khanh Dinh is a Professor of Psychology at the University of Massachusetts Lowell. Her primary academic interests are in clinical, community, and feminist psychology, with research focusing on the adjustment and well-being of immigrant individuals/families, diversity, and effects of prejudice and discrimination. She is a recipient of an NIH Health Disparities Service Award and NIMH National Research Award. She has served as a consultant for NIMH and HRSA, and as an editorial board member of the Asian American Journal of Psychology and Women & Therapy.



### Ivy Ho, Ph.D. Procedure & Policy Committee Past President

Dr. Ivy Ho is an Associate Professor Psychology at the University of Massachusetts Lowell. She is a clinical health psychologist who conducts research on stress and health among women of color, particularly Asian American women. Her work is centered around how the intersection of race, gender and socioeconomic status are associated with healthcare utilization, health behaviors and health outcomes. She is the director of the UMass Lowell Center for Asian American Studies, and a 2014-2015 research fellow at the UMass Boston Institute for Asian American Studies. – Page 7 –



### Adeleine Conanan, Psy.D. Social Media & Technology Co-Coordinator

Dr. Adeleine Conanan (she/her/hers) is a clinical psychologist in private practice and a Professional Training Liason at Alliant International University in San Diego, California. Her interests include Filipino and Asian American mental health, intergenerational trauma, and identity development.



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#### Linda Ly, M.S. Social Media & Technology Co-Coordinator

Linda Ly is currently a 4th year Ph.D. Counseling Psychology student at Tennessee State University and attended State University of New York, Albany for her M.S. degree in Mental Health Counseling. She enjoys hiking, reading novels, and playing with her feisty cat during her free time.



### Alexandra Thurston, Ph.D. Awards Committee, Co-Chair

Dr. Alexandra Thurston is a Staff Psychologist at UCSF Student Health and Counseling Services, where she also serves as the Clinical Group Coordinator and the Acting Training Director for the Postdoctoral Fellowship Program. Her clinical interests include mindfulness and self-compassion, Asian American mental health, trauma, anxiety disorders, adjustment issues, and group therapy. In her free time she enjoys cooking, baking, traveling, running after her active and sassy three year old daughter, and yoga.

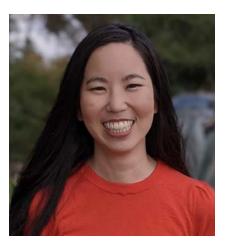


### Angela Kim, Ph.D. Awards Committee, Co-Chair

Dr. Angela B. Kim is an Associate Professor in the Couple and Family Therapy Graduate Program at the California School of Professional Psychology (CSPP) at Alliant International University, San Diego. She is a 1.5 generation Korean American feminist psychologist who works toward researching, providing, and advocating for equal access to quality mental health services that provide culturally responsive care. Dr. Kim trains and mentors future culturally competent therapists and works with underserved communities to gain and provide access to academic, social, and mental health resources for the minority disadvantaged youth and their families. She tries her best in her work to call attention to and advance equality and social

justice.

### Amanda Waters, Ph.D. Early & Mid-Career Committee Chair



Dr. Amanda Waters is a licensed clinical psychologist and the Associate Director, Clinical Services at the University of Maryland, Baltimore County's Counseling Center. Previously, she worked at the University of Connecticut as the Multicultural Specialist, later also directing the mental health outreach efforts on campus. She has personal and professional interests in serving marginalized and oppressed people and communities, developing cultural humility, and advocating for justice, hope and love. Currently, she serves as the Early- and Mid-Career Psychologist Committee Co-Chair for the American Psychological Association's Division 35 Section 5 (Psychology of Asian Pacific American Women), Membership Officer for the Asian American Psychological Association (AAPA), and is a member of the Education and Training Council of AAPA. Dr. Waters founded the Association for Counseling Center Diversity Coordinators and is a former editor of FOCUS, the newsletter for Division 45.



### Cory Reano, Ed.D. Newsletter Committee, Co-Chair

Dr. Cory Reano (she/her/hers) is a 1.5 generation, Filipina immigrant. She is the Director of Student Success and Engagement at USC School of Pharmacy in Los Angeles, CA. She completed her Doctor of Education (Ed.D.) degree from USC Rossier School of Education, her MA from Pace University, and BA from UCLA. Her dissertation examined the influence of sense of belonging, sense of validation, psychological well-being, and campus culture on the academic experiences of U.S. Filipino college students across different types of public and private post-secondary institutions in California. Dr. Reano is also a proud, new mommy and enjoys giving her baby lots of hugs and kisses.



### Yue Li, Ph.D. Newsletter Committee, Co-Chair

Dr. Yue Li (she/her/她) obtained her Ph.D. in Counseling Psychology at Indiana University. She is an incoming Assistant Professor in the Clinical Psychology Psy.D. program at Roosevelt University. Her teaching and research interests evolve around the experience of oppression (e.g., sexism, racism, migration), decolonization and liberation psychology, and the process and outcome of psychotherapy. While being a faculty member, Dr. Li will continue her bilingual (English and Mandarin Chinese) clinical practice with individuals, couples, families, and groups at Center Focused Therapy in Chicago.

- Ellen Yom, Student Representative
- Anne Saw, Early & Mid-Career Committee Chair
- Julie Huynh, Membership Committee Co-Chair
- Bao Her, Social Media & Technology Co-Coordinator

# 2020-2021: Collected voices & reflections From Aapi Feminists...

We know that each of us has endured, witnessed, suffered, and persevered so much during the last 2 years. That is why we asked our members to share about their experience and wisdom coming out of this unprecedented time. We used the following questions as prompts, and would like to encourage all of us to continue to reflect on our story in 2020-2021...

1. What was the most difficult part about living through 2020-2021 and how did you overcome it?

How have the COVID-19 and racism pandemics affected your life and work?
How have you grown as a person or what character strengths did you

develop during 2020-2021?\*

4. Who supported you and whom did you become closer to during 2020-2021?\*5. In what ways is your life more meaningful coming out of this unprecedented time?\*

6. What would you tell your children and future generations about 2020-2021? 7. What does it mean to be an AAPI feminist in our present era?

8. How have you lived AAPI feminist values in your personal and professional lives?

(Questions with asterisks\* are adapted from Dr. Joel Wong's work on redemptive gratitude.)



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#### SHRUTI MUKKAMALA, PH.D., SHE/HER/HERS UNIVERSITY OF CALIFORNIA, IRVINE

This time has made me aware of and grateful for the many gifts I have in my life; The ability to spend more time with my son and partner, the ability to stay healthy and have healthcare when I need it, my wonderful colleagues and my neighbors and community. My job in mental healthcare meant that I could actually help someone who was struggling this year, and I am grateful for that opportunity. Finally, seeing people come together to protest racial injustice reaffirmed my faith in humanity. YA-SHU LIANG, PHD, (SHE/HER) Associate professor & program director, clinical psychology psyd program, california school of professional psychology, alliant international university, fresno

Spring 2021 was certainly not easy, as the crimes against Asian American women in Georgia shed light on the racialized misogyny many of us experience. I was emotionally exhausted and scared for many of our community members, but I also found solace in huddling and addressing such issues with my API sisters in Central California! Four of us were interviewed by our local NPR station, Valley Public Radio, back in March. Here is the link: https://www.kvpr.org/post/sanjoaquin-valley-asian-americanwomen-speak-out-about-racismand-discrimination May your sisterhood fuel and empower you to continue serving our communities!





### MENG-JU YANG, SHE/HER, PSYD

Working as an AAPI feminist during pandemic years afforded me flexibility to adjust to the changes at both my work and personal levels, and made me more sensitive to needs and strengths of myself and others. It also made me more assertive to stand against microaggressions in our daily lives. I would remember 2020-2021 as a time when despite even all unprecedented obstacles, human beings still found ways to move forward and go beyond them.

#### ADELEINE CONANAN, PSY.D. SHE/HER/HERS clinical psychologist www.adeleinepsyd.com

Living through 2020-2021, we've had to renegotiate a lot of plans or events we were looking forward to or moments we wanted to share with certain people. For example, I received my license in April 2020. As excited as I was about finally getting my license, I was also very anxious and worried about how Covid-19 was changing everything. My original plans didn't pan out. Thankfully, I had supportive people around me, including supervisors and colleagues to consult with, as well as my family and husband who always roots for me and encourages me to take risks (he knows I overcalculate anyways). Reminders to stay in the present were also helpful in staying focused and finding new opportunities.



#### VI NEGRETE (SHE/HER/HERS) FOURTH-YEAR CLINICAL PSYCHOLOGY, PSYD STUDENT AT THE CALIFORNIA SCHOOL OF PROFESSIONAL PSYCHOLOGY

As an Asian international graduate student currently living and studying in America, I have heard of the negative experiences the Asian community has endured due to xenophobia and racism amplified by the COVID-19 pandemic on the news and social media.

I personally have experienced a version of what was portrayed on the news. When I walked into a grocery store wearing a face mask, I could tell people were side-eyeing and stepping away from me. I tried not to pose myself as a threat to them by walking faster and choosing open aisles to go into. Not only did I feel quite uncomfortable in these situations, I also felt unsafe in my own community.

Besides my unfortunate negative experiences throughout the pandemic due to my racial background, I felt greatly supported by my family and friends, and especially by my Program Director, who is an Asian American. She understands the effect this pandemic has on the Asian community. Through her encouragement, I have felt empowered to address and change social inequities and injustice using my voice and daily actions; I am committed to a life-long learning process to fully be an ally to all my brothers and sisters of color.



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#### JENNIFER YOUNG (SHE/HER/HERS) consulting psychologist, the headington institute



The most difficult part of living through 2020 - 2021 was to create a safe space for folks to process difficult feelings and trauma related to the pandemic and racism while experiencing it myself. I know I am not alone in that. Learning and unlearning was an expected growing pain but I didn't expect the pain of losing relationships or growing apart (even if it was my choice) because our differences in action suddenly shined a light on the chasm between our social justice values. Being in an interracial marriage also came with its own challenges. My life partner is one of the best human beings I know, yet it was painful that he was unable to fully empathize with the magnitude of emotion I was experiencing from being on the receiving end of microaggression,

discrimination, street harassment, and verbal assault. Getting through this meant I needed to find my tribe. It propelled me to help form a BIPOC therapist group in the DMV area that became a source of support throughout the year, personally and professionally. Going back to therapy became necessary for me so that I can ensure my side of the street was clean in order to continue to show up for others. My growth has been in my ability to stop catering to fragility. Period. My growth edge right now is learning how to use my anger well, and keeping the door open for those who disagree with my values. And with all the tears and sweat, I know it's been worth it because the relationships I have now, including with the one I have with myself, are a lot more honest. And the work continues...

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#### SUSANA MING LOWE, SHE/HER, PHD own my own therapy practice

I just got back from visiting the Bay Area where I got to see one of my brothers and my close friends for the first time in over 2 years. For most of my friends, they too had not ventured out to see friends in person - so they were seeing each other for the first time though they live in the same region! My brother is immunocompromised, so we just had a brief chat outside his house with masks on. My dear friend, Charles, is also immunocompromised, and so I made dinner at Tom's house, which allowed us to place a table on his deck, and keep the doors open with the rest of us sitting at a table inside. I booked an airbnb for the first time so I could have a kitchen and not have to be exposed at restaurants for the whole trip and also to have an outdoor deck to visit with Neesha, who is only seeing people in outdoor settings. It was a whole lot to consider. I got severe mask acne from being double masked so much of the time. My friend Laura is not an anti-vaxxer, but has chosen to isolate instead of vaccinate just yet. My daughter wasn't comfortable with that situation, but her Auntie Laura made it special by fixing up two beautiful tables spaced out on her deck. She made not one but two amazing charcuterie boards, so my daughter would be comfortable coming over! The guy next to me on the plane home had a mask, but was sniffly. And an elderly woman behind us had a coughing fit that was quite scary! In the end, wow, was it worth it to be in the presence of dear loved ones. Most important, we were able to visit the cemetery where my father, my grandfather, and uncle are buried, to replace the worn flowers from too long ago. And we visited mom, a special place by mountain and sea. where we scattered her ashes.



# **MING** Poem by Susana Ming Lowe, Ph.D.

#### brush stroke down

a girl, 19, arrives in the city talented vivacious needs an escort hey, johnny will do it he's a handsome guy, big smile

brush stroke right and down

she's in love two months in, engaged the opera world shocked handsome johnny is a poor farmer scandalous romantic she'll tour once more then make gum sa'hn her home

fill in the house

salt in goong guhng's coffee forgiving man star's on the farm now feeding slop to stray dogs and cats washing clothes new horizon unglamorous life but for the beautiful children

### Long stroke down

off the farm, separated she finds new strengths anything for her children soiled silken hands new resolve to survive old friends laughing

brush across and long down, hook

costumes stored in moth balls taken out just once a season young child watches as mom combs her long black wig into pinwheels late nights memorizing, 'duk kuk' legends on stage in community centers all the lore of a culture rapidly vanishing in her next generation

fill in the house again

where's the car parked daddy left the stove on daddy's dead men are in the house trying to rape the tv remote's broken shattered dreams of a future slowly transforming like butterflies in reverse



"I wrote this poem about my mom and her journey as a young opera singer from Hong Kong to San Francisco to being stricken by Alzheimer's. My mom's maiden name was Ying Lai Ming, and to her friends she was known as Ming. Each stanza is separated by the directions for the brush strokes to write Ming in Chinese, as told to me by my father. The word is comprised of the characters for the sun and the moon. It means bright, brilliant, clear seeing." - Susana

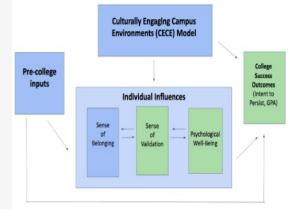
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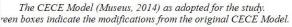
## U.S. Filipinos in Higher Education: Sense of Belonging, Validation, Well-Being, and Campus Culture as Predictors of GPA and Intent to Persist

Cory Reano, Ed.D. University of Southern California

### Dissertation Description:

U.S. Filipinos are one of the largest immigrant groups in the United States. However, they are often invisible in the discussion of race and education. Using quantitative survey research design, this study examined environmental and individual factors that influence U.S. Filipino college students' educational experiences and success. More specifically, using the Culturally Engaging Campus Environments (CECE) model of college success (Museus, 2014), this study explored the influence of sense of belonging, sense of validation, psychological well-being, and campus culture on the undergraduate GPA and intent to persist of U.S. Filipinos in California.





*Methods:* Participants included 220 undergraduate students who self-identified as of Filipino descent and attended the University of California (UC), California State University (CSU), California Community Colleges (CCC), or private post-secondary institutions in California. Using Qualtrics survey platform, data were collected during a three-month period through various avenues, including outreach to student organizations and student affairs professionals and offices at the various types of institutions.

**Significant Findings:** Multiple regression ran separately for outcome variables of GPA and Intent to Persist revealed that sense of belonging, psychological well-being, and campus culture are significant predictors of GPA, while sense of validation and campus culture are significant predictors of intent to persist. In addition, a series of three-way ANOVAs and MANOVAs were conducted followed by post-hoc analyses as needed, and found significant main effects and interactions for gender, college generation, and institution types.

*Implications for Practice:* The findings of this study offer important implications for researchers, educators, and student affairs professionals in their efforts to better understand how to support U.S. Filipino college students in their success during college. Understanding the historical and contextual factors that influence the identity development of U.S. Filipinos, as well as the emotional and social factors they experience as they transition into college, are key in supporting their success.

*Link to a complete copy of dissertation: <u>http://digitallibrary.usc.edu/digital/collection/p15799coll89/id/399313</u>* 



### **STUDENT PIONEER AWARD LYDIA HARIM AHN (SHE/HER)** DOCTORAL CANDIDATE THE COUNSELING PSYCHOLOGY PH.D. PROGRAM THE UNIVERSITY OF MARYLAND, COLLEGE PARK



#### BIO

Lydia HaRim Ahn, M.S.Ed, M.A., is a doctoral candidate in the counseling psychology program at the University of Maryland, College Park. She received her M.S.Ed in Counseling and Mental Health Services from the University of Pennsylvania and her B.A. in Psychology and Communication Arts at the University of Wisconsin-Madison. Her research interests include experiences of oppression and resilience among marginalized communities related to racism, ethnic-racial socialization, parenting, intersectionality, mental health, and psychotherapy. She hopes to develop culturally relevant intervention and prevention programs for BIPOC communities and families.

## PIONEER AWARD SHERRY C. WANG (SHE/HER/女也) ASSOCIATE PROFESSOR, COUNSELING PSYCHOLOGY, SANTA CLARA UNIVERSITY

#### BIO

Sherry C. Wang, PhD, is an Associate Professor in the Counseling Psychology department at Santa Clara University. She is a licensed psychologist, a researcher, and an anti-racist educator. She identifies as a cisgender woman (she/her/她) and her worldview is influenced by her bilingual and bicultural background as a Taiwanese immigrant and Asian American. Her theoretical orientation is an integrated approach comprised



of interpersonal process multicultural, and feminist theories and she sees psychotherapy patients one day a week. Her scholarship is rooted in advocating for the voices of underrepresented groups (e.g., People of Color, immigrants, refugees, LGBTQ populations) and identifying sociocultural determinants (e.g., access to healthcare services, social support, community attitudes) in ethnic/racial health disparities. She teaches graduate courses in multicultural counseling, developmental psychology, microskills in counseling, counseling theories, and gender and counseling. At the national level, she co-chairs the Asian American Psychological Association's (AAPA) Division on Women (DOW). She also chairs the American Psychological Association (APA) Committee on Ethnic Minority Affairs, which is a 6-member committee responsible for representing the issues of ethnic minority communities in APA. She was previously part of APA's Committee on Psychology and AIDS, which has since been expanded and renamed as a committee on health disparities. Since the start of COVID19, she has been featured, cited, and interviewed in the media on the topic of anti-Asian racism, xenophobia, and cross-racial coalition-building. In 2020, she gave birth and became a first-time mom to twin identical girls!

# **DISTINGUISHED MENTOR AWARD**

HSIU-LAN CHENG (SHE/HER) Associate professor, department of counseling psychology the university of san francisco

#### BIO



Hsiu-Lan Cheng (she/her) is an associate professor in the Department of Counseling Psychology at the University of San Francisco. Her research examines help-seeking attitudes and

mental health concerns (particularly depression, body image concerns, disordered eating) from the intersection of racial and ethnic minority psychology, objectification theory, attachment theory, and positive psychology. She is particularly interested in understanding the contextualization of mental health and psychological wellbeing within the sociocultural milieu of racism, sexism, classism, immigration, and acculturation.

#### **A REFLECTION**

Through over a decade as a professor, I cherish deeply the privilege of being able to work and walk closely with students and mentees as they clarify, develop, and pursue their educational, professional, and personal paths for themselves. To me, it is extremely meaningful and humbling to be able to join as a co-traveler in students'/mentees' journeys toward their career and life goals, and to see them flourish and actualize their identities.

Through my teaching, research, and mentorship, one of my goals is to affirm and amplify students' and mentees' identities, voices, critical self-reflections, and ethics as central to the co-creation of research, learning, and the advancement of psychological practice. I am humbled and honored to be selected for the 2021 Division 35, Section 5, Distinguished Mentor Award. I thank my former students and mentees for nominating me, and Section 5 for recognizing me for this very meaningful award.

# JEAN LAU CHIN EARLY CAREER PROFESSIONAL AWARD - ACADEMIC SCHOLARSHIP

VIANN N. NGUYEN-FENG (SHE/HER) Assistant professor in counseling/clinical psychology Director of the mind-body trauma care lab Department of psychology, university of minnesota, duluth

#### BIO

Viann Nguyen-Feng ([vee-anne win-fang], she/her) is an assistant professor in the Department of Psychology at the University of Minnesota, Duluth. She serves as core faculty in the counseling/ clinical masters program and directs the Mind-Body Trauma Care Lab, where her research focuses on increasing access to holistic, trauma-informed mental healthcare among in-need community groups. Viann grew up with Vietnam War Veteran/refugee parents



in Alexandria, Virginia, and moved to Minneapolis, Minnesota for her counseling psychology PhD on the Twin Cities campus.

#### AN EXCERPT FROM THE NOMINATION LETTER

Dr. Nguyen-Feng's multidisciplinary backgrounds in public health and counseling psychology has informed her clinical, research, and community work. She has made outstanding contributions to the field of trauma and holistic health through her innovative research program that illuminates findings in trauma research and efficacious clinical interventions while incorporating advocacy, diversity, and equity.

For example, her Mind-Body Trauma Care research lab is unique in its design and has yielded valuable findings on how trauma-sensitive yoga can be an effective adjunctive treatment for PTSD. These findings have important national and global implications for trauma survivors as well as the field of trauma research and clinical interventions. She has also experimented with the use of mobile technology as a viable vehicle for treatment. She also works closely with community-based partners that serve underrepresented groups such as the courts and agencies that serve survivors of domestic violence and sexual assault. Her involvement in leadership positions in local and national organizations are numerous and include The American Psychological Association's Division 35 (Society for the Psychology of Women), where she is a Chair-Trio and Division 56 (Division of Trauma Psychology), where she is a consulting editor and is on the editorial board.

### JEAN LAU CHIN EARLY CAREER PROFESSIONAL AWARD - COMMUNITY PRACTICE LEI WANG (SHE/HER) Assistant Professor in graduate psychology, chatham university

#### BIO

Dr. Lei Wang (she/her/hers) is an Assistant Professor in Graduate Psychology at Chatham University in Pittsburgh. Lei identifies as a Taiwanese international feminist scholar and advocate. Both her research and clinical work centers around the mental health among Asian international and Asian American college students. She also examines cross-cultural training, language-specific counseling and intervention, and clinical supervision in her research.



**A REFLECTION** 

I am grateful to be a recipient of the 2021 Jean Lau Chin Early Career Professional Award for Community Practice. In my time as an Assistant Professor, a year and a half of my two years has been during the COVID-19 pandemic. While the pandemic has further shed light on and exposed systemic racism that permeates U.S. society, it has also brought solidarity among various communities. Because of the privilege of working from home, I participated in more social justice conferences and events online than I ever could if I were in-person. For example, this allowed me to engage in the entirety of the 21-day training hosted by Academics for Black Survival and Wellness in order to be more educated and prepared to truly support Black students and be a better ally for Black communities. The training has also assisted me in taking a more critical view of how I design my courses and how I can be more intentional about creating space for Black students in my classes. In addition, the training prompted me to establish a monthly online non-Black People of Color antiracist space for the students in my program to not only support one another but also actively engage in dismantling anti-Black racism. Another example, I was able to go "outside" of the ivory tower by co-facilitating an online interdisciplinary conversation about wellness from both an Eastern and Western perspective to a group of Asian and Asian American community members across the U.S. with a Vietnamese American anthropologist who is also an acupuncturist. All this is to encourage folks who are feeling isolated, angry, frustrated and/or want to do more for marginalized communities, is that there are so many opportunities and ways to be involved and to contribute to disrupting/dismantling the system. In the future, I hope to further challenge and decolonize what wellness looks like for non-White communities and continue to find creative ways to serve the Asian international and Asian American communities.

# JEAN LAU CHIN EARLY CAREER PROFESSIONAL AWARD - LEADERSHIP YUE LI (SHE/HER/女也) ASSISTANT PROFESSOR, CLINICAL PSYCHOLOGY PSY.D. PROGRAM, ROOSELVELT UNIVERSITY

#### BIO

Dr. Yue Li is an incoming Assistant Professor position at Roosevelt University. Her teaching and research interests evolve around the experience of oppression (e.g., sexism, racism, migration), decolonization and liberation psychology, and the process and outcome of psychotherapy. While being a faculty member, she will continue her bilingual (English and Mandarin Chinese) clinical practice with individuals, couples, families, and groups at Center Focused Therapy in Chicago.



#### AN EXCERPT FROM SELF-NOMINATION LETTER

In the past two to three years, I had the cherished opportunity to know Dr. Jean Lau Chin via the Division 35 mentorship program. From there, I helped with Dr. Chin's campaign for APA president in 2019, and authored a book chapter in the Psychology of Inequity book series of which she was a co-editor. In our one-onone conversations, Dr. Chin was personable and encouraging. I found great comfort and inspiration as I looked up to her, someone who was also of Chinese descent and a woman, being a top leader in our psychology community.

As our mentoring relationship was just burgeoning, I learned about Dr. Chin's tragic passing due to COVID-19. At the time, I was one of the student representatives of Division 35 Section 5, so I had to great honor to organize a memorial event for Dr. Chin with other Section 5 leaders. Although my path only crossed briefly with Dr. Chin's, losing her as an Asian American woman role model brought me deep feelings of grief and fear. As I collected Dr. Chin's photos and achievements in preparation of her memorial video, however, I was once again in awe of her wisdom, sharpness, kindness, and generosity as a trailblazer and Chinese American feminist. That was the moment when I realized that I can turn my grief and fear into the courage to continue the work that Dr. Chin has started.

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Throughout my graduate training and postdoctoral career, I have found ways to use my voice in subversion to White-supremacist spaces, capitalist values that erode a caring culture at the workplace, and the oblivion to power dynamics in clinical work and collegial relationships. Most recently, after the Atlanta shooting on March 16th, 2021 that led to the murder of 8 people, including 6 Asian American women, I received a number "check-ins" at my workplace that left me feeling more rattled and drained than supported. Feeling concerned about the impact of these protocol-like check-ins on the students and clients that we serve as an institute, I felt compelled to send an email to all clinicians at my workplace. I wrote,

"In work setting, I encourage us to reflect on your intention, expected outcome, and make a plan before checking in. In my experience, a space that is truly dedicated to processing and honest conversations is better than a performative check-in as if it is the protocol. If we are not ready for the former, a casual check-in may risk retraumatizing. When a space is provided and there is silence - what's the meaning of that silence? Are we prepared to sit with the silence and ponder upon its meaning? As we know, like all trauma work, the healing of racial, gender-based, and oppression trauma cannot not begin until a sense of safety is secured. Before we imagine healing, have we truly created an atmosphere and relationships at work that would allow this work to begin? In some spaces yes, some others not, hence the silence."

Doing the work at such a challenging moment can be tough, but I am grateful for the reflection that came out of it: In workplaces and the society, a culture and commitment to doing anti-oppression work needs to have been established **first** before we can check-in with each other at critical moments and have an honest conversation about how these events **really** affect members in the community. There is no good emergency kit to repair relational segregation in a moment of crisis.

The past years, months, and weeks have been destabilizing, terrifying, and exhausting. But these are also the moments that remind me of the privilege to have received graduate training and mentorship from feminist mentors like Dr. Chin, and the responsibility that has to come with it to push the anti-oppression and liberation agenda forward.

Dr. Chin has finished her work, it is our turn to carry on.

# SECTION 5 PROGRAM HIGHLIGHTS

# **MENTORSHIP PROGRAM**

We are the Division 35/Section V student representatives/student committee mentors and would like to warmly invite you to participate in our 2021 Mentorship Experience! This year, we will kick off our Mentorship Experience by hosting a virtual event at APA. This fun event will be a perfect opportunity for new and current members to connect and get to know one another. By participating in this mentoring program, mentees will be matched up with mentors (those who are in more advanced career phases) to develop mentoring relationships. This is a great way for students and early career professionals to get to know the future professionals in our section.

Mentor-Mentee Meet-Up: Virtual Introduction of Mentor/Mentees

### Friday, August 13, 2021 1:00-2:00 PM PST/ 4:00-5:00 PM EST Division 35, Section 5 Virtual Hospitality Suite

If you are interested in becoming a mentor or mentee, please sign up by completing the Qualtrics survey or contact the student representatives/student committee members as indicated below.

https://salisbury.co1.qualtrics.com/jfe/form/SV\_8vw7HIAy1mTOsu2

If you have any questions, please reach out to our student representatives, Ellen Yom (yome810@newschool.edu) and Carisse Cronquist (cacronquist@dons.usfca.edu), or our student committee mentors, Yuki Okubo (yxokubo@salisbury.edu) and Jackie Jimenez (drjackiejimenez@gmail.com). We hope you're enjoying the summer and see you at APA!

Best Regards,

Ellen Yom & Carisse Cronquist, Division 35/Section V Student Representatives Jackie Jimenez & Yuki Okubo, Division 35/Section V Student Committee Mentors

# SECTION 5 PROGRAM HIGHLIGHTS

# **INTERNATIONAL TASKFORCE**

The International taskforce is focused on providing support, resources and programming focused on: a) highlighting the unique intersectional professional experiences of international and immigrant psychologists/students and trainees who are currently in the US. b) Increasing awareness about the practices that have psychological benefits and/or emotional wellbeing internationally as well as exchange ideas.

### International Taskforce, Co-Chairs:

Dr. Shruti Mukkamala and Dr. Jennifer Young



#### SPECIAL ISSUE CALL FOR PAPERS



Rising Up from Anti-Asian Racial Violence, Xenophobia, and Misogyny through AAPI Feminist activism

Guest Editors Yuying Tsong, Ph.D., Grace S. Kim, Ph.D., and Kayoko Yokoyama, Ph.D.

The incidents of anti-Asian racism during the Covid-19 pandemic brought to the foreground the racialized and gendered violence that Asian American and Pacific Islander (AAPI) women have long endured. For instance, women were 2.2 times more likely to report hate incidents than men (StopAsianHate.org, 2021). The murders of six women of Asian descent in Atlanta, Georgia in March of 2021 and the media reporting that centered on the White male shooter and the sex work presumably performed by the women shed light on the assumptions and stereotypes of hypersexualized, exotic, and passive AAPI women. Indeed, such misogynistic portrayals of AAPI women have long standing in the immigration and legal history (Ancheta, 2006), and the media portrayal in everyday life has contributed to further perpetuating these stereotypes.

The writer Arundhati Roy (2020) observed, "Historically, pandemics have forced humans to break with the past and imagine their world anew. This one is no different. It is a portal, a gateway between one world and the next." Feminist explorations of the current moment in the lived experiences of AAPI women are critical, as we carefully examine the present considering what has come before in the past and where we want to go in the future.

To this end, this Special Issue of Women & Therapy seeks to do the following: First, it aims to extend a focused and nuanced look into the intersectionality of race, gender, immigration status, and social class on violence against AAPI women in their experiences of discrimination, racism, xenophobia, and misogyny (Mukkamala & Suyemoto, 2018). Second, it aims to highlight the legacies of resilience, strength, and activism of AAPI women who have not only survived, but advocated and led AAPI communities, and built solidarity with other marginalized groups. Third, as we look to the future of AAPI feminist psychology, this special issue aims to contribute to forging and centering the AAPI narratives in healing from past and current violence and thriving through strength-based framework.

We define "activism" broadly as actions that promote change in various spheres of influence, such as individual and community intervening actions; public engagements and advocacy; scholarship; teaching; training and supervision; and clinical preventions and interventions, etc. Women such as Grace Lee Boggs, Yuri Kochiyama, Sonia Shah, Leilua Lino, and Mai Nguyen have inspired generations of Asian American activism, including grassroots community work and online youth activists responding to calls for justice.

For this Special Issue, in addition to feminist scholars and clinicians, we also seek AAPI feminist activists who are working in the community to advance an agenda of solidarity and social justice. Clinical applications, teaching, training, supervision, mentoring, community engagement and advocacy addressing topics including colonial mentality, settler sexuality and sexual objectification, intergenerational trauma, and solidarity work with other marginalized communities are particularly welcome.

Other possible topics of interest include, but are not limited to, the following:

- Intersectionality of race, gender, immigration status, and social class in violence against AAPI women
- Strategies to build resilience and strength in the midst of Covid-19 and the anti-Asian racism, xenophobia, and misogyny
- Feminist psychotherapy, narrative therapy, and/or liberatory practices with AAPI women
- Development, adaptations/modifications of therapeutic models/guidelines that center on AAPI women's cultural strengths/practices/traditions, such as Individual interventions, Family therapy, Group therapy, Psychoeducation, etc.
- Conceptual and theoretical papers, in addition to qualitative, quantitative, or mixed method empirical studies, including case studies and autoethnography
- Best practices of community activism centering AAPI women
- AAPI feminist psychology for the next generation and/or the evolutions of AAPI feminist psychology
- Training and education models (e.g., teaching, supervision, mentoring, training) centering AAPI feminism
- Interdisciplinary collaboration from AAPI feminist lens (e.g., psychologists collaborating with Ethnic Studies, Student Services, Social Work, Medicine, etc.)
- Integration of indigenous practices or innovative interventions

#### **Instructions for Authors**

Manuscript should be submitted to https://forms.gle/KNGD4goe6N1Q5aqu9

All submissions will undergo peer review. Manuscript received by January 31, 2022, will be considered for inclusion in the special issue. Manuscripts should be no more than 25 pages (including references) and written according to the 7th edition of the Publication Manual of the APA (2020). Please include all authors' affiliations and contact information in a separate cover letter. No authors' identifying information should be included in the manuscript.

Please name your files in the following format: Last Name\_First Initial\_CoverLetter\_Two Main Words of Paper Title e.g., Tsong\_Y\_Coverletter\_Feminist Activism

Last Name\_First Initial\_Manuscript\_First Two Words of Paper Title, e.g., Tsong\_Y\_Manuscript\_Feminist Activism

Last Name\_First Initial\_TitlePage\_First Two Words of Paper Title, e.g., Tsong\_Y\_TitlePage\_Feminist Activism

Interested authors who would like to receive feedback can submit an OPTIONAL 5-page proposal by August 31, 2021 (double-spaced, up to 2000 words, including references). Please send the proposal to WTSI.AAPIW@gmail.com

Questions or inquiries regarding the special issue can be directed to WTSI.AAPIW@gmail.com or the Guest Editors of the issue, Yuying Tsong, Ph.D. at yuying.tsong@fullerton.edu, Grace S. Kim, Ph.D. at gkim15@bu.edu, or Kayoko Yokoyama, Ph.D. at kyokoyamaphd@gmail.com

# **JOB ANNOUNCEMENTS**

# **Psychological Assistant Position in San Diego**

Shibley Psychology is hiring a psychological assistant or licensed mental health professional to join our culturally diverse team.

We are a private practice in Mission Valley where, in addition to psychotherapy with adults, we specialize in conducting psychological evaluations for individuals in immigration proceedings.

The potential candidate must:

- Have finished all pre-doctoral internships
  - Have excellent writing skills
- Be motivated, professional, and well-organized
  - Have flexibility in their schedule
  - Be familiar with psychodynamic theories

Training, supervision, and good compensation will be provided.

If interested, please email CV to: <a href="mailto:drshibley@shibleypsychology.com">drshibley@shibleypsychology.com</a>



# 2021 APA Convention

# Div. 35, Section 5 Programming

# Synchronous Live Meetings @ the Div. 35 Hospitality Suite on Remo

# Aug. 13

4:00-4:50 pm ET/ 1:00-1:50 pm PT

#### Mentor-Mentee Gathering

Please join the section 5 student committee for a gathering of students and mentors. This fun event will be a perfect opportunity for new and current members to connect and get to know one another. By participating in this mentoring program, mentees will be matched up with mentors (those who are in more advanced career phases) to develop mentoring relationships.

# Aug. 13

5:00-5:50 pm ET/

2:00-2:50 pm PT

#### **Section 5 Business Meeting**

**S**ection 5 Business meeting and recognition of Section 5 awardees.

# Aug. 13

6:00-6:50 pm ET/ 3:00-3:50 pm PT

# Section 5 Discussion: Living Feminist and Collective Values

Join us as we discuss what it means for each of us to live feminist and collective values as Asian American feminist psychologists. If possible, please watch our APA presentation, entitled "Living Feminist and Collective Values: Stories from Asian American Psychologists" before you join.

# Aug. 14

4:00-4:50 pm ET/ 1:00-1:50 pm PT All Sections Connection: The Importance of Intersectional Anti-Racist Feminism Now

# Presentation on APA Convention Site (asynchronous access with APA registration)



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# Presentation on APA Convention Site (asynchronous access with APA registration)

APA Div. 35, Section 5

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International Psychologists' lived experience of structural barriers in the U.S. Dr. Yuri Choi Dr. Taronish H. Irani Dr. Seema Jacob Tanvi Shah, M.A. Dr. Niyatee Sukumaran Dr. Shruti Mukkamala Dr. Frances Diaz Dr. Grace S. Kim Dr. Jennifer Young

### APA Convention August, 2021 Date and time TBD

To sign up for the APA convention,



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### Unity, Inclusivity, and Intersectionality in Scholarship REGISTER AT WHOVA.COM/PORTAL/REGISTRATION/AAPAN\_202110

All CEs included

be done politically, spiritually, and socially to bring who are interested in the Asian experience. As we Asian interests to a place of equality. The COVID-19 pandemic has instigated a historic change of the demic it is important to continue to reflect on our Asian experience. Increases in Xenophobic rheto- history in this nation and to engage in efforts of ric directed at the Asian diaspora has resulted in a unification across groups and issues. Awareness steady rise of violence, anti-Asian racism, scape- of who is and who is not represented in our spaces goating, and depictions of Asians as representative of a perpetual foreigner. Meanwhile, the impact of ing tree across the forest aisle. It is also essential the model minority myth continues to disjoint our to maintaining action on the issues impacting our movement for equality from others. This year's communities today. The 2021 convention will thus theme hopes to capture the reality that Asian is- be about branching out while staying true to our sues are not just Asian issues and that it should not

This past year has revealed that much work must just be Asian scholars and Asian-identified people prepare to break out of siloes created by the panis necessary to reach the branches of our expandorganizational roots at every branch.



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