

Below is a compiled portfolio of the work I did with Ethnic Events, a start-up company located in Chicago, Illinois. I was an intern there during the summer of 2021, where I was responsible for crafting blog articles and promoting them on social media (primarily Twitter and LinkedIn). This portfolio is a collection of the articles that I wrote, both the first drafts and the links to the final drafts.

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May 18, 2021 – Asian American and Pacific Islander Heritage Month

Asian American and Pacific Islander Heritage Month

By: Anthony Herring

Not only does the spring season truly begin to bloom in May, but also does the celebration of Asian American and Pacific Islander Heritage Month (AAPI)! From May 1st to May 31st, those who are of Asian and Pacific Islander descent in the United States are recognized for their presence and contributions. (For clarification, those who are of Asian descent are comprised of citizens from all across the continent of Asia, and those who are Pacific Islanders are comprised of those from the island regions of Melanesia, Micronesia, and Polynesia.)

History

Asian American and Pacific Islander Heritage Month has a fascinating history, which began all the way back in the late '70s (1977 – 1978). At this point in time, the recognition of Asian/Pacific Americans was cycled through a few different designations, including one that would only last a week (starting on May 4th) and another that ran through the first 10 days of May. Ultimately, on March 28, 1979, President Jimmy Carter signed into a law a proclamation that created an official Asian American Heritage Week.

This week lasted until May 1990, where President George H.W. Bush issued another proclamation that created the first Asian/Pacific Heritage Month (which itself was that May). The following year, Bush issued a law that designated both May 1991 and May 1992 as additional Asian/Pacific American Heritage Months. (1992 saw Congress permanently establish May as Asian American and Pacific Islander Heritage Month, which has been acknowledged by each President in office since.)

The Importance of May

Asian American and Pacific Islander Heritage Month wasn't placed in the month of May for no reason at all. There are actually two dates that are rather important to these communities: May 7th and May 10th. May 7th marked the arrival of the first Japanese immigrant in the United States back in 1843, and May 10th marked the completion of the transcontinental railroad, which was possible thanks to the work of Chinese immigrant workers.

Some notable figures of these communities

- Jeanie Jew (Congressional staffer; Chinese-American)

- George Takei (actor; Japanese-American)
- Yuri Kochiyama (liberation activist and intersectionality pioneer; Japanese-American)
- George Helm Jr. (musician, activist, and cultural expert; Native Hawaiian)
- Benezir Bhutto (politician; Pakistani)
- Eugene Cho (pastor, human rights advocate, and author; Korean-American)
- Yuji Ichioka (civil rights activist and historian; Japanese-American)
- Anna May Wong (first Asian-American actress in Hollywood; Chinese-American)

Events in Chicago

With AAPI in full swing, it's important to be aware of some events that are being held in the city of Chicago. Here are some listed below:

- [Dare to Tell: Asian American/Asian Diaspora Storytelling \(May 26th\)](#)
- [Introduction to Ohara Rya Ikebana \(May 26th\)](#)
- [Unity in Yoga \(not in May, but still should be on your radar! -June 26th\)](#)

Source list:

- [Asian Pacific American Heritage Month 2021 \(asianpacificheritage.gov\)](#)
- [Asian/Pacific American Heritage Month | Law Library of Congress \(loc.gov\)](#)
- [Asian American and Pacific Islander Heritage Month: How It Started and How to Celebrate | Entertainment Tonight \(etonline.com\)](#)
- [30 Revolutionary Asians And Pacific Islanders To Celebrate For AAPI Heritage Month — Negra Bohemian](#)
- [Asian American and Pacific Islander Heritage Month - Stanford Today](#)

Completed article: [Asian American and Pacific Islander Heritage Month - Ethnic Events](#)

May 25, 2021 – What is Ayurveda?

What exactly is Ayurveda?

By: Anthony Herring

[insert attention grabber statement]

Background

Ayurveda is a medicinal and spiritual practice that originated in India over 5,000 years ago, where it is translated to mean “the Science of Life”. (The word “Ayurveda” itself is a word from the Sanskrit language, it too originating from India; it is often labeled as “the Mother of All Healing.”) Due to its age, many have considered it to be the oldest healing science, with many of its principles being adapted to several Western medicinal practices, such as homeopathy.

Ayurveda advocates the balance between one’s body and mind, which are referred to as “doshas.” The three primary doshas present in everyone are the vata, pitta, and kapha. The vata is composed of air and space, acting as the energy associated with your movement. The pitta is composed of fire and water, acting as your body’s metabolism. Lastly, the kapha is composed of earth and water, and provides the energy necessary to create your body’s structure. If you were to become imbalanced, it is called entering a state of “vikruti.”

Benefits

Those who practice Ayurveda are afforded several benefits, including:

- **Weight loss and maintenance:** Ayurvedic treatments aid you in creating a healthy diet and lifestyle, which should help in losing weight and maintaining it.
- **Healthy skin and hair:** Ayurvedic treatments promote natural and organic remedies, such as a diet consisting of teas, vegetables, and high-antioxidant foods. Such remedies help promote clearer skin and fuller hair.
- **Stress relief:** Ayurveda helps to promote practices such as yoga and meditation in order to help relieve yourself from the stresses of your life.
- **Inflammation reduction:** One practice of Ayurveda is to eat a diet that pertains to your dosha type, which will help strengthen your immune system, provide high energy, and more.
- **Body cleansing:** A treatment present in Ayurveda is labeled Panchakarma, which is a cleansing practice that involves things such as enemas and oil massages.
- **Treatment of symptoms:** Medicines present in Ayurvedic treatments contain many vitamins, minerals, proteins, and herbs, which can help treat various symptoms of illness.

[insert concluding statement]

Links to Ethnic Events in Chicago

- [Ayurveda Seminar \(July 11th, 2021\)](#)

Additional links for more information

- [Ethnic Events Facebook account](#)
- [Ayurveda Seminar and Retreat \(Facebook account\)](#)

Source List

- [Ayurveda: A Brief Introduction and Guide](#)

[The Benefits of Practicing Ayurveda | YO1 Health Resort, Catskills](#)

Completed article: [*What is Ayurveda? - Ethnic Events*](#)

June 3, 2021 – The Allure of MOSAIC

The Allure of MOSAIC

By: Anthony Herring

The Chicagoland area is home to many diverse communities and cultures, and with such a variety, it can be difficult to navigate. Thankfully, we have the Chicago Cultural Alliance at our disposal. The Alliance helps to promote and support the cultural centers within the Chicagoland Area through programs and initiatives, with one of them being the MOSAIC Gala.

The MOSAIC Gala acts a virtual walk-through of Chicago, emphasizing the communities that comprise the North, South, and West Sides. These communities are represented through the many member organizations that are or aren't a part of the Chicago Cultural Alliance; the audience in attendance is free to explore as many as they choose to!

The Gala acts as the virtual premiere of such an event, and Jacoby Cochran will be hosting. (Cochran himself hosts the news podcast City Cast Chicago). The scheduled date for the MOSAIC Gala is Tuesday, June 15th, 2021 at 6:00 pm, with a cultural cocktail hour at 5:30 pm. This will be a brilliant event to attend to learn more about the wonderfully diverse cultures and communities that occupy the city of Chicago. (We at Ethnic Events will be in attendance!)

For additional details in regards to registration, ticket prices, and more, please go to <https://www.chicagoculturalalliance.org/mosaic/>.

Completed article: [The Allure of MOSAIC - Ethnic Events](#)

June 11, 2021 – Acknowledging Juneteenth

Acknowledging Juneteenth

By: Anthony Herring

It goes without saying that the United States has a dark past, with one of the most heinous crimes committed being slavery. The history of American slavery is a long and painful one, having begun in the year 1619. A little over twenty Africans were forcibly brought to the Jamestown colony in Virginia, where they were labeled as “indentured servants.” This would eventually grow into slavery, where it will be practiced for nearly 250 years.

That all began to change in January 1863, when President Abraham Lincoln signed into law the Emancipation Proclamation. This Proclamation would claim that slaves in the southern, Confederate states would be freed—in the case of a northern, Union victory. Said victory was achieved in April 1865, where slaves were able to achieve their freedom. However, this right came about slowly, as not all slaves were freed immediately after the war.

The History of Juneteenth

Slaves in remote areas of the country—primarily those in the southern, Confederate states—were unable to attain their freedom like their northern counterparts. Many cases of this were present in Texas, and many slaves were not yet freed. However, on June 19th, 1865, Union officer Gordon Granger arrived in Galveston to proclaim that Union troops will take control of Texas and that the slaves were to be freed. The response among the freed slaves was that of joy and celebration.

The following year, June 19th in Texas was given the name “Jubilee Day,” in which Black people celebrated with barbeques, prayer services, etc. As southern Black people migrated to other parts of the country, this holiday widely spread, eventually gaining the name “Juneteenth.”

The Importance of Juneteenth

Juneteenth marked an important milestone in Black peoples’ lives here in the United States, for a multitude of reasons. For starters, it represents how the emancipation of the slaves reached not just those in the northern states, but also those in the deepest parts of the Confederacy. (This in of itself is notable, since most people probably wouldn’t be aware of this unless they knew of Juneteenth already.)

Next up, the holiday acknowledges how these newly freed slaves were finally able to take advantage of their rights as American citizens and live prosperous lives. However, as we all know, those lives—and the lives of their descendants—would be hampered by the forces of systemic racism and discrimination. In the 156 years since the first Juneteenth, the holiday has taken on new meanings, particularly with the onslaught of police brutality against African-

Americans. In a sense, the holiday has grown to represent that while Black Americans have made significant progress since 1865, there are still far too many barriers that they have to traverse in order to be successful.

Some ways to celebrate Juneteenth

- Acknowledge the accomplishments of Black artists
- Encourage healthy discussions of Black progress in America
- Have barbeques with your family

Source List

- <https://www.history.com/news/what-is-juneteenth>
- <https://www.vox.com/identities/2018/6/19/17476482/juneteenth-holiday-emancipation-african-american-celebration-history>
- <https://xqsuperschool.org/rethinktogether/what-is-juneteenth-why-important/>
- <https://www.ferris.edu/htmls/news/jimcrow/timeline/slavery.htm>
- <https://www.oprahdaily.com/life/a32893726/what-is-juneteenth/>

Completed article: [Acknowledging Juneteenth - Ethnic Events](#)

June 18, 2021 – Celebrating Pride Month

Celebrating Pride Month

By: Anthony Herring

June is a special month for several reasons: Juneteenth, the now-federal holiday that acknowledges the emancipation of slaves in the Deep South; the start of summer, where the weather decides that it wants to get hotter; Father's Day, which is pretty self-explanatory. However, for this blog, I will not be discussing those. Instead, I'll be discussing the month-long acknowledgement known as Pride Month, where the LGBTQ+ community—one of the most prominent ones in the United States—is celebrated.

Pride Month: A History

The history of Pride Month began before it actually existed, with the primary catalyst being the 1969 Stonewall Riots. The time before the riots were very unwelcoming towards the LGBTQ+ community (1960s in general, along with preceding decades); as a result, many found refuge in clubs such as the Stonewall Inn in New York City. The titular inn was the site of the riots, which occurred on the morning of June 28th, 1969.

The riots began due to the New York Police Department forcefully hauling out patrons, causing others to clash with the police. These clashes would proceed to go on for five more days, with incidents happening both right outside the inn and in close neighborhoods. The Stonewall Riots' legacy is highly notable, with it being a guiding force in the fight for LGBTQ+ rights.

That legacy would soon lead to the creation of various forms of gay pride commemorations in the 1970s, such as "Gay Pride Week" in Chicago and "Gay Freedom Day" in San Francisco. As time went on, these pride celebrations became month-long events, with the entire month of June chosen to do so. During President Barack Obama's administration (2009-2017), he officially declared June as "LGBT Pride Month" or "Pride Month" for short. This was changed to "LGBTQ+ Pride Month" in 2021 by President Joe Biden.

Pride Month: Its Importance

The central goal of Pride Month is to acknowledge and commemorate the LGBTQ+ community, and discuss their activism and accomplishments. During the month, countless parades, parties, picnics, etc. are held as celebrations.

Pride Month is also known as being a mix of celebration and a mix of politics, primarily due to the highlights of LGBTQ+ activism. Many notable activists have made those voices known over the decades, so it's important to make note of some:

- Marsha P. Johnson (American transgender activist; was at the Stonewall Inn herself)
- Erika Montecinos (Chilean lesbian activist; advocates for the rights for women who identify as lesbian or bisexual)
- Beverly Palesa Ditsie (South African lesbian activist; addressed the need for increased rights for LGBTQ+ people at the 1995 UN Conference on Women)
- Arsham Parsi (Iranian gay activist; helps and guides Middle Eastern members of the LGBTQ+ community who have been forced to flee their native countries)

Source List

- [About | Lesbian, Gay, Bisexual, Transgender and Queer Pride Month | Library of Congress \(loc.gov\)](#)
- [1969 Stonewall Riots - Origins, Timeline & Leaders - HISTORY](#)
- [What Pride Month means: A look at the history of the LGBTQ celebration \(usatoday.com\)](#)
- [Pride Month Explained: What Is Pride Month and Why Do We Celebrate? | PEOPLE.com](#)
- [6 LGBTQ+ activists you should know about this Pride month - Equality Now](#)
- [15 LGBTQ Activists of the Past and Present You Should Know \(globalcitizen.org\)](#)

Completed article: [Celebrating Pride Month - Ethnic Events](#)

June 25, 2021 – Each Life is Precious

Each Life is Precious

By: Anthony Herring

It would be rather difficult to not find any nonprofit organizations in the Chicagoland area. You have the likes of the Chicago Collection for the Homeless, the Lungevity Foundation, Totally Positive Productions, and much more striving to help the denizens of Chicagoland. For this blog post, however, I'll be discussing one that is near and dear to us here at Ethnic Events: Vinod Nagubadi's Each Life is Precious.

Background

For those who do not know, the founder and leader of Ethnic Events is none other than Dr. Nitha Fiona Nagubadi. She is responsible for the creation of this organization, having done so in order to honor the legacy of her younger brother, Vinod.

Vinod was a certified technological whiz, having an innate knowledge of it for a very long time. His skills were so impressive that he actually created two successful websites in 1999, Geidi Prime and IPOStation.com. His astounding achievements did not end there: over the next few years, Vinod would go on to create his own IT department, receive acceptance into prestigious technical programs, and was awarded the 2004 Hero Award from the Retirement Capital Group.

He passed away peacefully in 2005, having touched the lives of his family and friends with his incredible talent and big heart.

The Mission

Each Life is Precious was created back in 2006, and its headquarters is located in Indiana. The organization's mission is to give a voice to the voiceless, and to help those who are going through some difficult life transitions. In the fifteen years since the organization's inception, they have collaborated with numerous other entities, such as the Valparaiso Police Department, the Valparaiso School District, the Valparaiso Family and Youth Services department, and more!

An Upcoming Event

If you wanted to attend an event that Each Life is Precious is holding, then you're in luck! On Sunday, August 15th, there will be a Summer Fun Event. (The 12th annual event to be exact!) It will be held in the Butterfield Pavilion in Valparaiso, Indiana, from 11 AM to 4 PM. There will be a variety of activities to do, from yoga to karaoke! Speakers will also be there, giving discussions in regards to topics such as pet care. If you are a food lover, then you'll be satisfied, because

there will be a multitude of different foods, ranging from Ethiopian to Mediterranean. (Nothing wrong with expanding your palette!)

Want to know more? [Click here for additional information.](#)

Source List

- [Vinod – Vinod Nagubadi's Each Life Is Precious](#)
- [Chicago, IL Nonprofits and Charities | Donate, Volunteer, Review | GreatNonprofits](#)

Completed article: [Each Life is Precious - Ethnic Events](#)

July 2, 2021 – Independence Day 2021

The Fourth of July
By: Anthony Herring

The United States has a long—and complicated—history, with many holidays and traditions that are still celebrated centuries after their inception. One such holiday was born on July 4th, 1776: Independence Day. Known as the day in which the newly birthed U.S. declared their independence from Great Britain, this holiday would soon become one of the mainstays of American culture, illustrating pride and a sense of patriotism.

History of Independence Day

The journey to Independence Day began in 1775, with the advent of the Revolutionary War (or American Revolution). The war was the result of the citizens of the thirteen American colonies desiring freedom from British rule. At first, the idea of independence was considered to be too extreme, but that notion faded away by 1776.

During a meeting of the Continental Congress on June 7th, Richard Henry Lee, a delegate, put forth a proposal for the colonies to declare their independence. After nearly a month of debate, the Congress decided to go forward with the proposal on July 2nd. Two days later, on July 4th, the Congress adopted Thomas Jefferson's Declaration of Independence, formally acknowledging American independence.

The earliest Independence Day celebrations were marked by countless parades, bonfires, and even cannon firings! By the War of 1812, the Fourth of July became a federal holiday, with it eventually becoming a paid holiday for employees in 1941.

Independence Day in a Modern Context

Events That You Can Attend

- Arlington Heights Fireworks Show- (July 3rd, 9 pm, Arlington Park, Arlington Heights, Illinois)
- Burr Ridge Fireworks Show- (July 3rd, 9:30 pm, Walker Park, Burr Ridge, Illinois)
- Lombard Fourth of July Fireworks- (July 4th, dusk, Madison Meadow Park, Lombard, Illinois)
- Downers Grove/Woodridge/Darien July 4th Fireworks- (July 4th, 9:30 pm, 75th Street and Lemont Road, Woodridge, Illinois)
- Crown Point Fourth of July Fireworks- (July 4th, dusk, Lake County Fairgrounds, Crown Point, Indiana)

- Munster Independence Fireworks Show (July 3rd, 9:30 pm, Centennial Park, Munster, Indiana)

Source List

- [History of the Fourth of July - Brief History & Early Celebrations - HISTORY](#)
- [Fireworks 2021: 4th of July Chicago area shows - ABC7 Chicago](#)

Completed article: *Independence Day 2021 - Ethnic Events*

August 10, 2021 – American Explorer and the Uptown Event

American Explorer and the Uptown Event

By: Anthony Herring

We here at Ethnic Events pride ourselves with wanting to provide cultural exploration/experiences wherever and whenever possible to clients. In the time since our creation, we managed to achieve this goal many times—even during the ongoing COVID-19 pandemic, where the event scene took a massive hit due to widespread cancellations and lockdowns.

With the Chicagoland area having recently begun its reopening process, there is no better time than to make a special announcement: we have successfully launched our new American Explorer program! Events in this program have already occurred, and we have a new one coming up on Thursday in the Uptown neighborhood. Before we get more into that however, first things first...

What is American Explorer?

American Explorer is our newest program for exciting cultural experiences. Through our event coordinators and cultural experts, we are able to create accessible ways in which you'll be able to discover the various cultures present in your community. (Not just that, but you might be able to make great connections as well!) These discoveries can come about through a plethora of different events: wine tastings, musical venues, dining outings, and more.

The American Explorer program is also able to configure these experiences to the goals of both corporations and teams. We hope that the program is able to foster positive relationships between groups, where everyone is able to meet others from various different backgrounds and cultures. That way, these relationships can help foster innovation through a healthy global mindset.

As mentioned earlier, we have already hosted events in this program: the first was held on June 30th at the Greek Islands Restaurant in Greektown, and the second was held on July 22nd at 5 Rabanitos Restaurante & Taqueria in Pilsen.

The Uptown Event

Our upcoming American Explorer event will be held this Thursday at 6 PM in the Uptown neighborhood. We will be holding a get-together at the Demera Ethiopian Restaurant, where we will be eating some delicious Ethiopian cuisine! The event itself has been labeled as an "Evening in Ethiopia."

Completed article: [*American Explorer and the Uptown Event - Ethnic Events*](#)