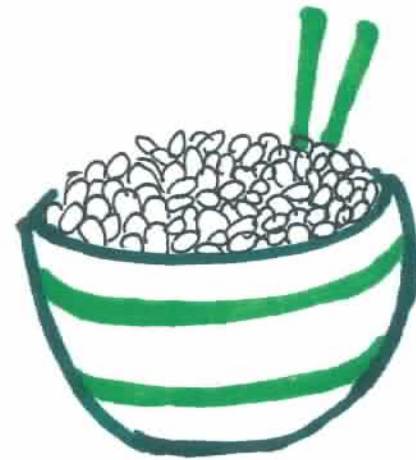


# DON'T YUCK *my yum*



A COLLECTION OF THOUGHTS  
ON ASIAN FOOD IN AMERICA,  
ASIAN CULTURE, AND BELONGING.

Zines—or, self-published print-based alternative media—have a long history as a way for marginalized groups to create community. For example, the groundbreaking “Yellow Power” Movement newspaper, *Gidra*, was instrumental in the formation of Asian American identity in the 1970s. Even then, the publishers of *Gidra* recognized the political aspects of culture, covering topics such as art, fashion, music, and, of course, food. The zine you hold in your hands (and yes, the ability to hold a zine in your hands marks an important material aspect of zine culture and its embodied dimensions) continues this important legacy, linking the personal and the political. The pages found within, while individually produced, come together to forge a collectivity of positionalities and perspectives, illustrating the complexity, multiplicity, and intersectionality of the myriad Asian American and Pacific Islander experiences found on campus. It is a testament to the unique cohesive power of CAPAS to bring these voices together, across students, staff, and faculty. And the zine format highlights the grassroots, do-it-together ethos through which CAPAS was founded and by which it continues to thrive. We hope this zine provides nourishment, joy, and much “food for thought.”

Congratulations to CAPAS on its 15<sup>th</sup> Anniversary!

....Now let's eat!

—Toled Honma

Dear Community:

Thank you for participating and contributing to celebration of the 15th anniversary of CAPAS. It is an honor to continuing to build community through the 15th anniversary CAPAS zine.

For the 15th anniversary, we've been exploring Asian American and Pacific Islander (AAPI) identity, issues and community through food — how food can be an affirmation or marginalization or redefinition of our identities. Recipes are passed on orally or written through generations just as CAPAS institutional memory and history is passed down through our students, alumni, staff and faculty. We do not need to recreate the recipe from scratch but we have a strong foundation to which we are able to add our spices and ingredients to ensure that we are serving the current and future needs of AAPI students.

As director of CAPAS, it is an honor to work with students in defining their personal and collective role and responsibility in creating a just and equitable society. I am proud to be a part of advancing CAPAS' mission and vision and I look forward to many more years of empowering programs and activism from CAPAS.

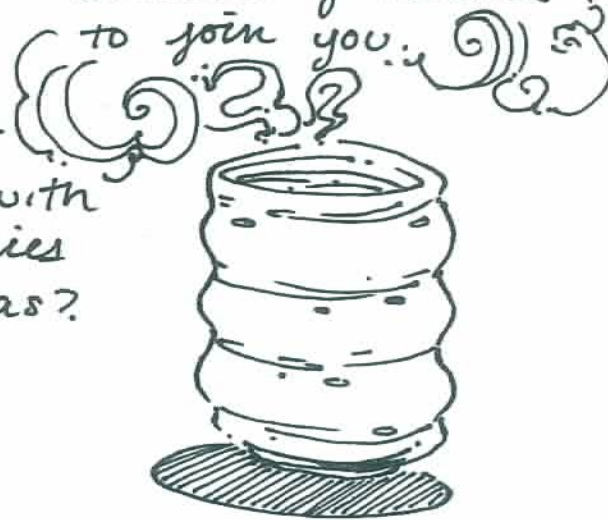
Linda Lam  
Director of CAPAS

# Appetizer

Let me get you  
started on something.

Don't bite off more  
than you can chew,  
perhaps invite  
community members  
to join you...

may I suggest  
a light dish with  
warm memories  
and fresh ideas?



Enjoy...

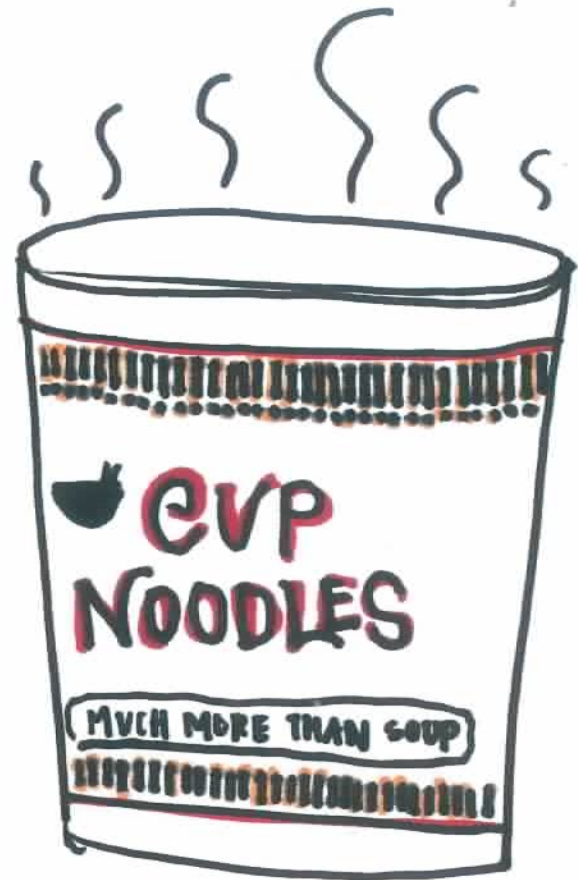
Is this my culture?



Am I only  
what I  
eat?



I guess... ok...



IF THIS IS THE 'STAPLE  
COLLEGE FOOD,' THEN WHY  
IS THERE STILL NO CONVERSATION  
ABOUT ASIAN CUISINE?

egg soup  
taro bread  
egg waffle

asian

egg tarts

fried rice

a food

foods

family

chicken feet

g

siu mai

my favourite

HOME

Local food is food from  
a variety of cultures...

~ Diversity ~

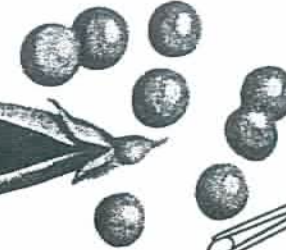
Hawaii



lechon



tea



manok



IF IT SWIMS  
WE HAVE IT

OPEN

"ugh..."

"GROSS"



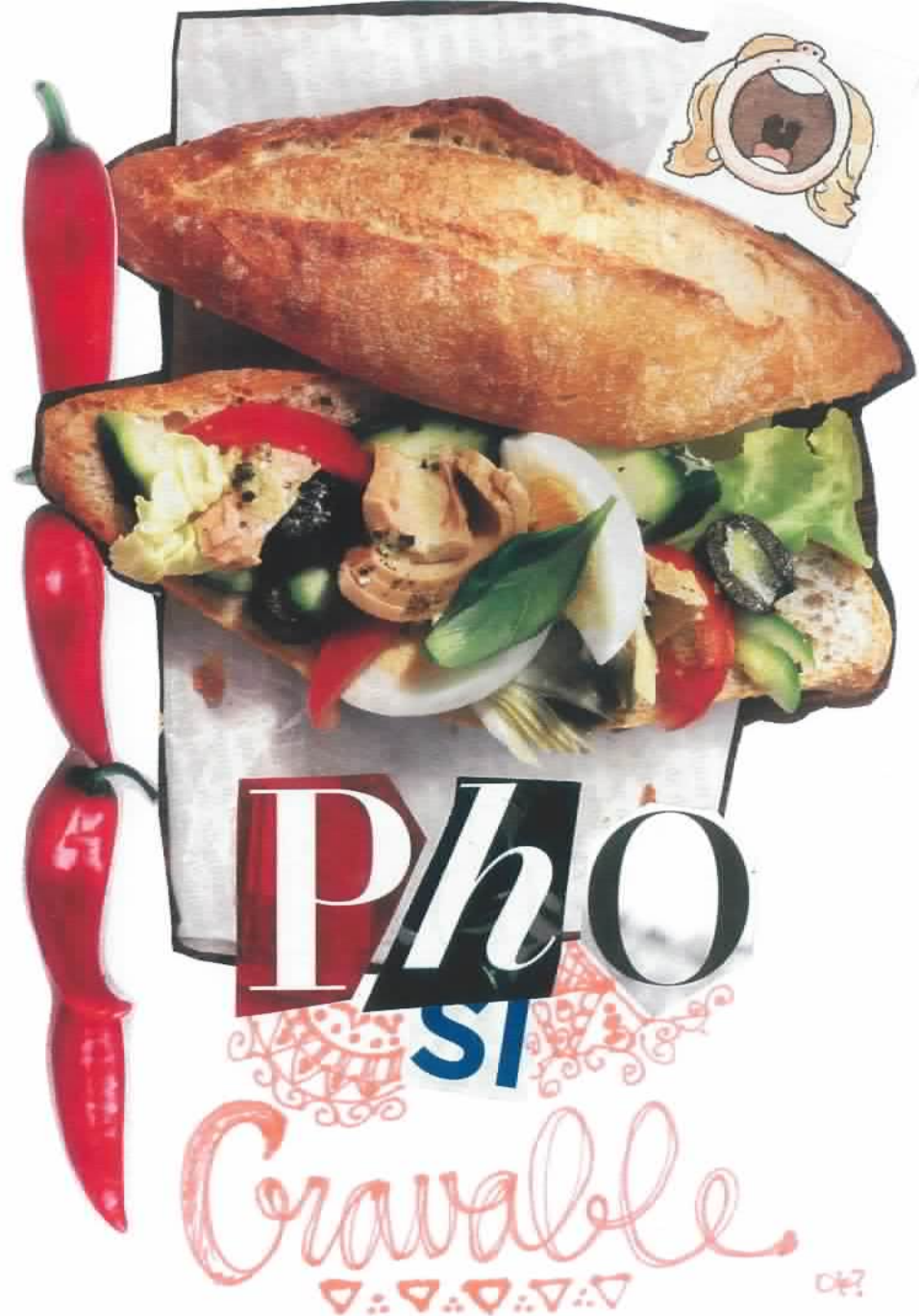
"NEW"

MIND

"THAT SMELLS"



"NASTY"



PHO

Cravable

SERIOUSLY PLUS



Southern BBQ  
Family Recipes  
Homemade Desserts

Dine-In - Carry out  
Family Owned & Operated  
Catering Available



5225 C

~~THE~~

WHO'S

COMFORT

ZONE

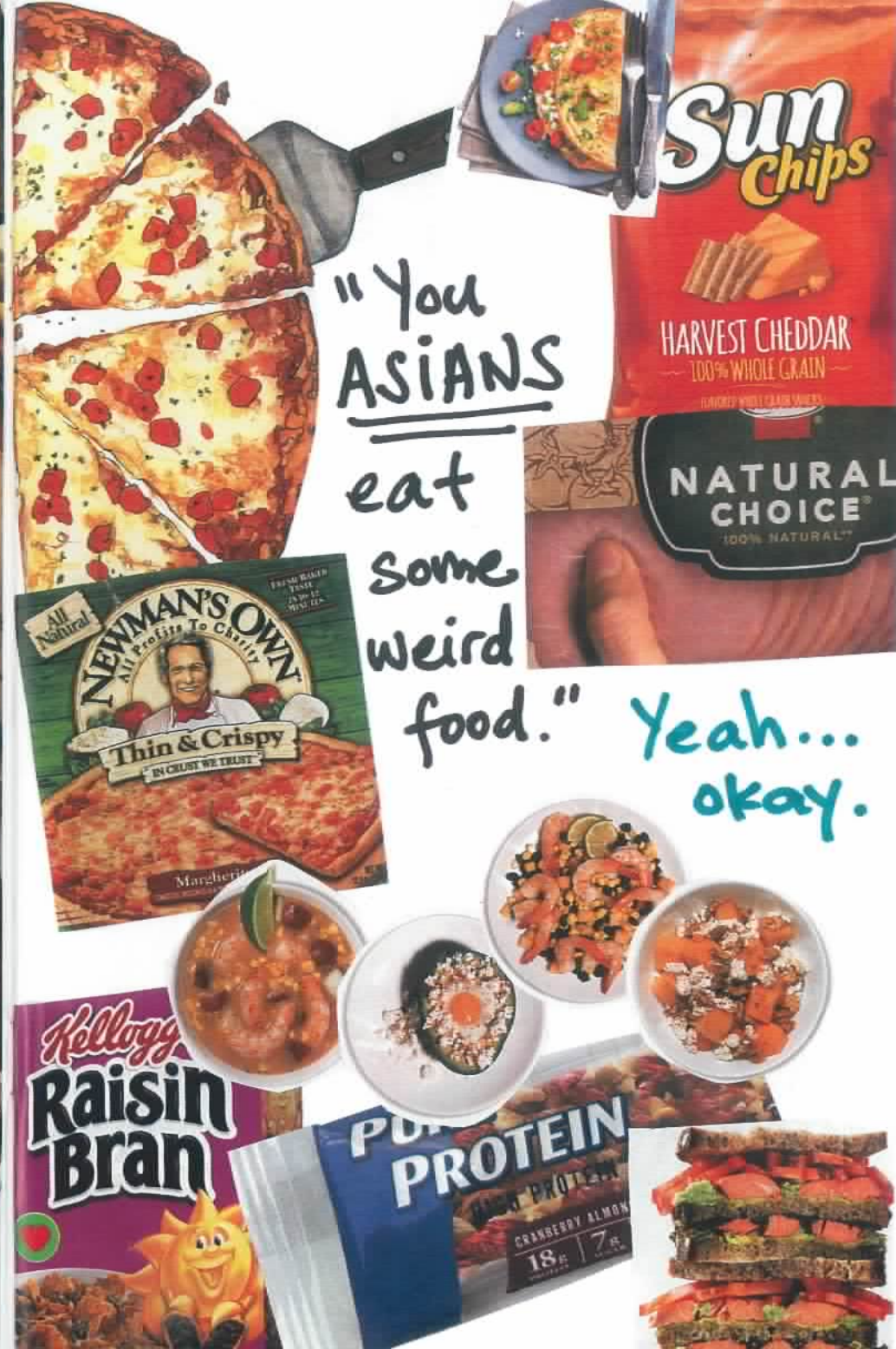
one of the Famous "M...  
ers • Spaghetti • Salad • Pizza  
AD IS BAKED FRESH DAILY!

Antone's  
ITALIAN FOOD

ckton, Riverside  
82-5900  
lianFood.com

RDAY, 10:00-4:00  
ring and parties!

TING OUR 50TH



# ENTREES



## Menu

*Our specialty is reflection. We serve great dishes with strong undertones of resistance and savory critical inquiry and raw emotions.*





sINK



I eat  
fermented  
fishy  
SPICY  
food



SO WHAT



Sorry NOT

Sorry for :

not eating  
chicken legs/feet

not knowing ALL  
Asian languages

not knowing what quinoa is

not liking raw fish

not knowing what  
oriental vegetables  
entails

AUTHENTIC-

JAPANESE LIZUS



寿司?

or  
Japanese 'sushi'?

"You're Japanese  
but you don't eat

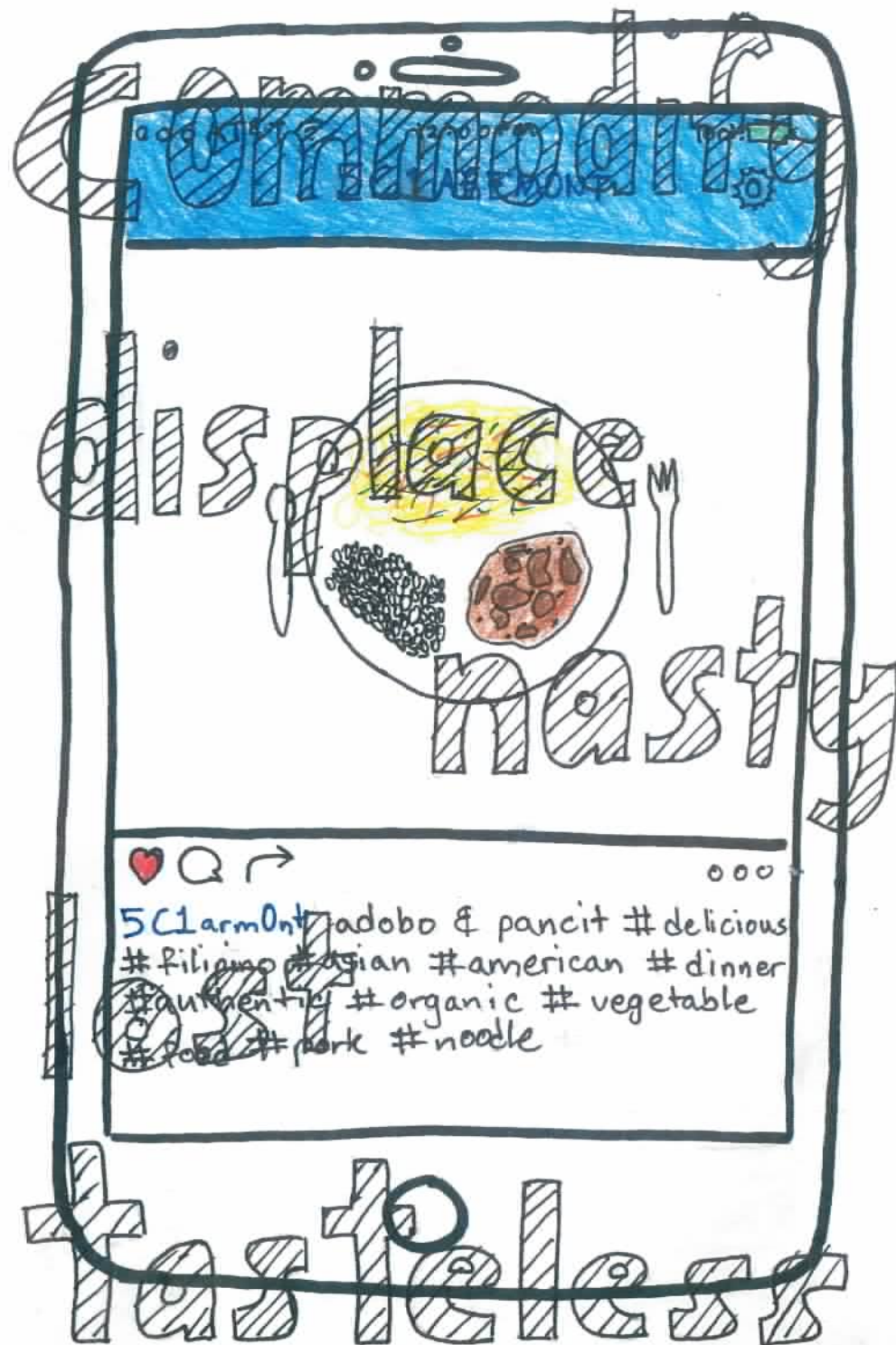
SUSHI



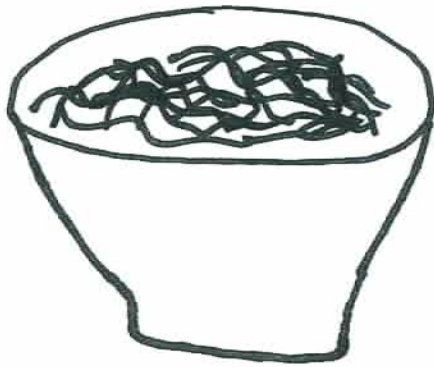
# Unpacking my TRADER JOE'S sack of privilege



"THANK YOU COME AGAIN"



5C DINING  
HALL "CHOW  
MEIN"

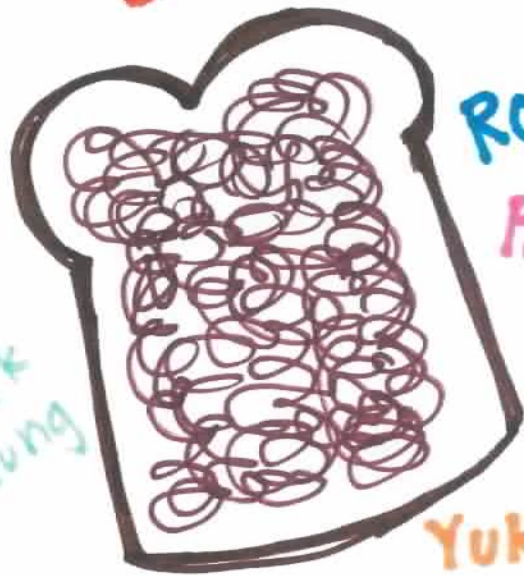


MADE WITH  
ANGEL HAIR!!!



WHAT'S FOR DINNER?

ARE YOU EATING  
**HAIR?!**



Rousong

Pork Floss

Meat  
Wool

Yuk Sung

A dried meat product with a light and fluffy texture similar to coarse cotton.

NO, it's **NOT HAIR.**

**THIS IS MY BENTO BOX**



SOMETIMES I FEEL COMPART-  
MENTALIZED. OTHER TIMES FOCUSING  
ON ONE SECTION FEELS JUST RIGHT.  
CUCUMBERS AND EGGS JUST DON'T  
ALWAYS GO WELL TOGETHER!

# WHAT PEOPLE

## BOMB THREAT

6-136 (Rev. 8-27-77)



FBI BOMB DATA CENTER

PLACE THIS CARD UNDER YOUR TELEPHONE

### QUESTIONS TO ASK:

1. When is bomb going to explode?
2. Where is it right now?
3. What does it look like?
4. What kind of bomb is it?
5. What will cause it to explode?
6. Did you place the bomb?
7. Why?
8. What is your address?
9. What is your name?

EXACT WORDING OF THE THREAT:



Sex of caller: \_\_\_\_\_ Race: \_\_\_\_\_  
Age: \_\_\_\_\_ Length of call: \_\_\_\_\_  
Number at which call is received: \_\_\_\_\_

Time: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ FBI/DOJ

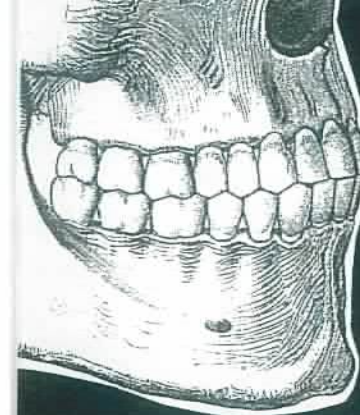


SEE WHEN I

spit out Fish bones @ lunch



MEMORIES FROM MIDDLE SCHOOL



WHO SUFFERS

FOR YOUR MEALS?



DOES MY REFUSAL

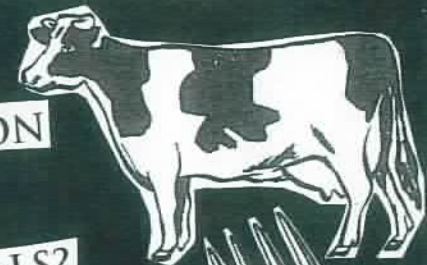
TO EAT FLESH

MAKE ME LESS ASIAN?

DOES ENDING OPPRESSION

INCLUDE THE MASS

SLAUGHTER OF ANIMALS?



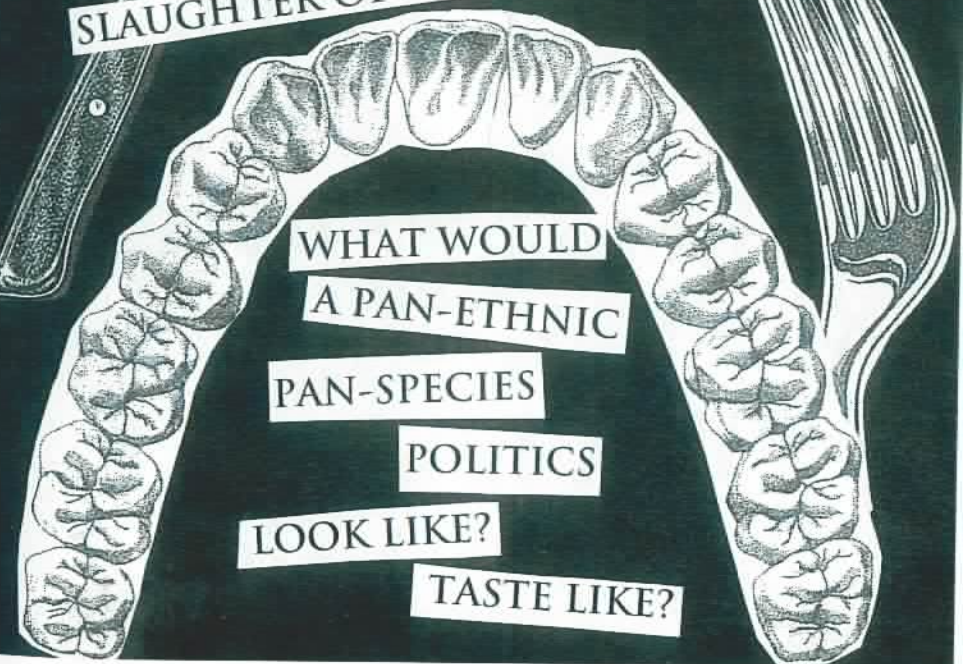
WHAT WOULD A PAN-ETHNIC

PAN-SPECIES

POLITICS

LOOK LIKE?

TASTE LIKE?





# Dessert

for There's always room  
for something sweet!  
We recommend you  
Finish this meal w/  
a sprinkle of OPTIMISM,  
a Dallop of Acceptance,  
all glazed w/ Solidarity.

 de to fried eggs  
+  
rice



i like  
the yellow corners  
of mysticky mouth,  
my warm, hiccuping belly,  
and the empty bowl.

the former life of this bowl  
is a secret that only me  
and now you shall know:  
a gooey ocean of yellows and whiter  
and browns.

and within that ocean, resides  
a sweet nourishing little creature  
made from egg yolk and soy sauce  
and bits of rice and my mom  
and dad's reminders to say  
Jia bung\*!

\* let's eat in Teochew





LOVE

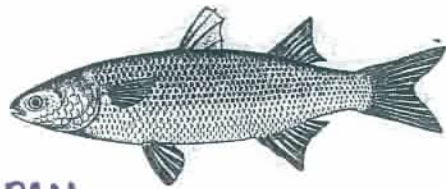
home

cooking



WAKE  
UP TO  
~~EGGS~~  
with Bacon

SPAM  
RICE



But I still  
like...



COFFEE



ice  
cream



Scripp's  
fresh baked bomb of  
cookies



BOB SHIPS IT.

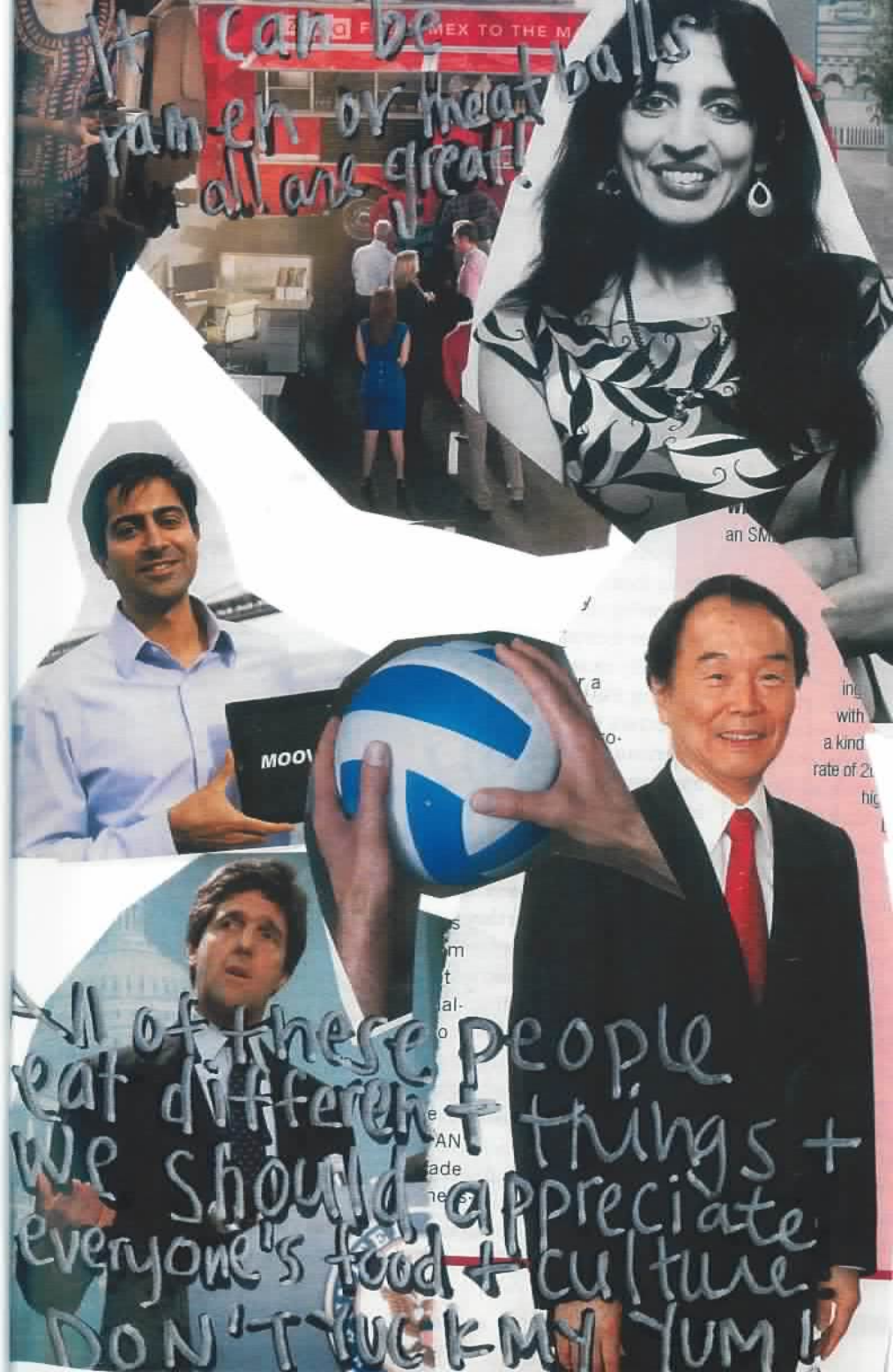


- You want one?
- ... is that seaweed?
- Yeah! It's good, just try one.
- okay...



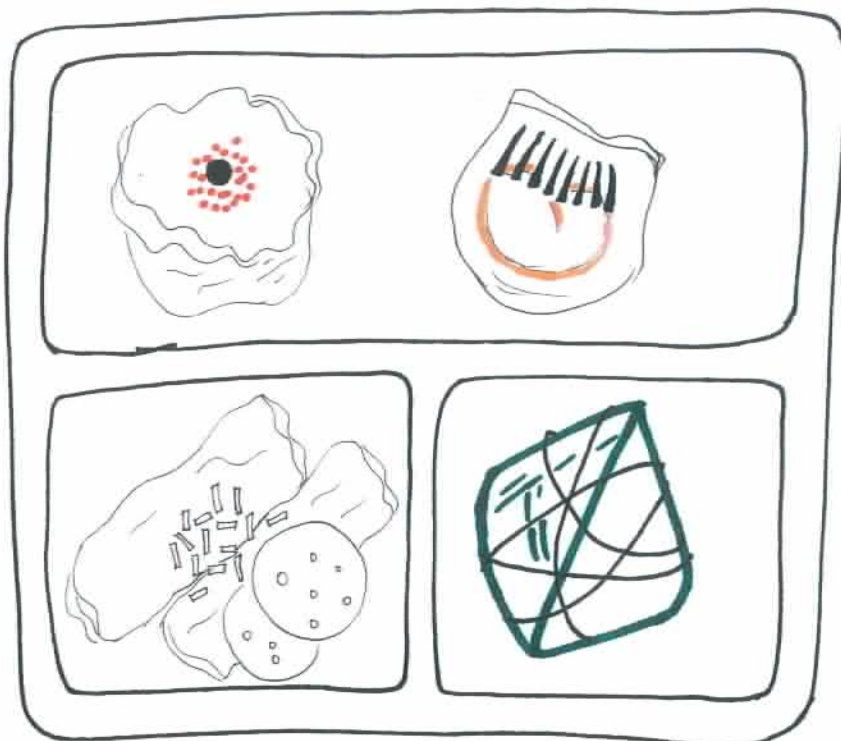
Figure 1. "addiction"

- Wow, that's really GOOD.



ETHNIC  
CHINESE  
FROM  
VIETNAM

# Lunchables

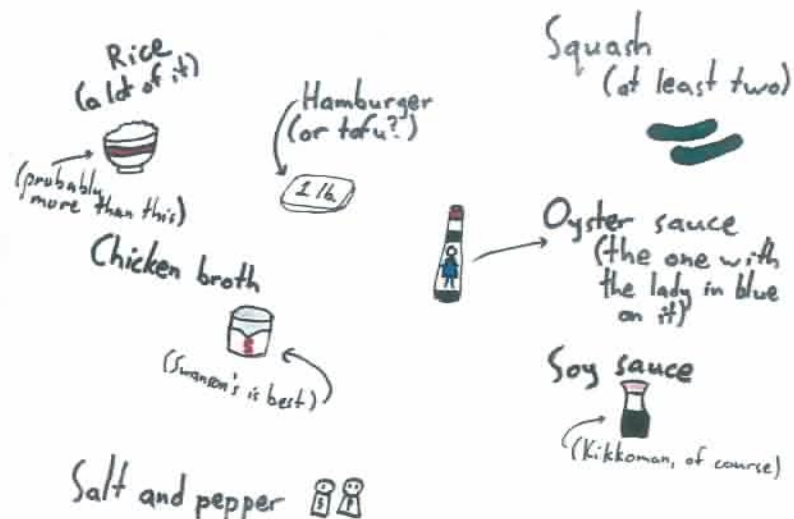


燒賣

BÁNH CUỐN  
糰  
CHẢ Lụa

蝦餃

My mom's world famous  
not-quite-Chinese-but-not-anything-else  
(Hamburger n' squash)



But, what really matters is  
it's delicious



# CONTRIBUTORS

Jenn Kaku

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Theresa Dang

Katherine Carel

EVEREST STRAYER

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Feby Boediarso

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Alexa Strabur

Todd Honma

KEY CULI.

Linda Lam

Stephen Chun



CAPAS 2015  
2016



ALLOW YOURSELF TIME TO  
SIT DOWN  
STAY AWHILE  
DRINK SOME TEA

**DIGEST WITH US**

Come Join Us Anytime!



Love, Pitzer's AAPI Community ♥