

## Wishing You Health & Happiness in the Year of the Tiger!



### **Believing in Tradition & Justice**

For many of us, and people around the globe, the period between mid-January and mid-February marks the start of the next Lunar New Year. Rooted in centuries of Asian tradition, Lunar New Year is celebrated by many regions in East Asia, the U.S., and widely in the Sacramento region. Entrenched in familial meals and community gatherings; the custom is believed to extend back many centuries and is meant to promote health, wellness, and spiritual renewal in preparation for the coming year. This year, Lunar New Year falls on Tuesday, February 1, 2022.

The celebration is tied to the Lunisolar calendar—the phases of the moon and the position of the sun. The calendar year is also represented by an animal. This year, 2022, is the year of the Tiger. People born in the year of the Tiger are considered courageous, enthusiastic, daring, generous, self-confident, are grounded by a sense of justice and commitment to helping others for a greater good.

Sacramento State recognizes that we must do more than share the importance of Lunar New Year. We must partner with our Asian Pacific Islander Desi American community to foster belonging and ensure safety. We must not simply enjoy the celebratory festivities as spectators or even just read this message and feel that we've done our part. We must cultivate a campus that practices antiracism in season and out of season.

As we join together to observe this holiday, let's channel the spirit of the Tiger and act boldly against all forms of Asian hate and violence; let's be courageous in our efforts to protect our Asian elders from attacks and vandalism; let's dare to speak out against the root causes of Anti-Asian racism and commit to a social justice agenda towards violence prevention, education, and corrective action. This is our chance as a campus community to cleanse ourselves of bias, stereotyping, prejudice, and all forms of oppression.

Though the way we bring in the Lunar New Year will be impacted through limitations on in-person gatherings and travel due to the COVID-19 variants, the Lunar New Year remains one of the most important, broadly practiced, and celebrated holidays around the world. Let us come together as a Hornet family and usher in a Lunar New Year filled with hope, positive energy, restoration, and renewal.

Happy Lunar New Year!

**Dr. Mia Settles-Tidwell**  
VP for Inclusive Excellence and UDO

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### **Take a Stand Against Hate**

*For more information on how you can take a stand against racism and hate in the Asian Pacific Islander Desi American community, visit these Sacramento State and community websites:*

[Asian Pacific Islander Desi American \(APIDA\) Center](#)

[APIDA Faculty & Staff Association](#)

[Asian American Studies](#)

[Stop AAPI Hate](#)

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[View Online](#)