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Eat Serve Love

Andrews University

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“We put too much emphasis on the doctrine and not enough emphasis on the relationship.”

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PHOTO BY JONATHAN LOGAN

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MORE THOUGHTS WITH PASTOR VINCENT

“We put too much emphasis on the doctrine and not enough emphasis on the relationship.”

P. 9
Kara Herrera

On Friday, Sept. 21, the J.N. Andrews Honors program hosted its annual Honors Agape Feast in Chan Shun Hall. This tradition is comprised of a short vespers celebration rife with good fruit, good soup, good cheese and good company. The agape feast has also made a habit of selecting good speakers, usually from among its own faculty, in order to deliver a short message to welcome in the Sabbath. This message has frequently been cited as the highlight of the event every year. Despite what one may think, the agape feast is not limited to just honors students and faculty. Other members of the student body are always invited to attend, and the Honors community has been known to welcome them with open arms.

This year, students arrived at Chan Shun Hall at around 5:30 p.m. and spent some time getting acquainted with old friends and new faces, all while enjoying the good food. After spending some time in good conversation, the Honors student president welcomed all the students and introduced the attending Honors officers. After opening prayer, the students and faculty were given more time to chat and enjoy each other's company. Some of the talented musicians in the Honors community led out in a worship service. As has been done in the past, Honors students get to engage in praise songs as well as listen to a special music by other Honors musicians.

Dr. Karl Bailey, professor of psychology, delivered an inspirational and thought-provoking talk about the nature of the human inability to know the Other's motivations and the consequences of this, as well as how we should strive to overcome this fault. Many underclassmen appeared to enjoy the agape feast this year, as for some this was the very first agape feast they attended. Colleen Staniszewska (sophomore, chemical engineering and public health) spoke about her experience, saying “this year was my first agape feast, and it was great. It was a nice chance to slow down, enjoy time with friends, eat great food (especially Dr. Pittman’s choices in cheese) and open the Sabbath. I initially came hoping for a chance to reconnect with the Honors family at the beginning of the semester, and I left the agape feast once again excited for the challenges that I will encounter this semester. Dr. Bailey’s speech reminded me of what Honors-quality truly means, and encouraged me to push myself to further heights of knowledge.”

Freshmen as well seemed to share in the enjoyment of the event. Hannah Castillo (freshman, chemistry) says, “I had so much fun at the agape feast. The music was so good, the speaker was amazing and I loved the food. I really like how everyone in Honors is so friendly and welcoming to all of us freshmen coming into the program. It’s a great family atmosphere!”

It looks like once again, the agape feast managed to become a good memory in the minds of the students in the Honors program. Hopefully, next year it can do the same!
The Holy Spirit Inside

Richla Sabuin

Andrews University held its first Week of Spiritual Emphasis for this school year from Sept. 17-21, 2018. Every morning at 11:30, the university students came to listen to Pastor Vincent Dehm, as he spoke about the importance of the Holy Spirit in our lives. The speaker is a pastor of the Recreation Church in Baltimore, Maryland. He is married to Tracy Dehm and they have three children.

On Monday, Pastor Dehm preached about how we cannot grow if we are in our comfort zone. He told of how we need to move out of it in order to grow. Sometimes, he said, we go to places with the Holy Spirit and that when we leave our own comfortable zone, we leave with the power of the Holy Spirit.

The following day, the speaker talked about how we don’t clean our lives by ourselves because we can’t. Pastor Dehm suggested we should give our lives to God, the Creator and let the Holy Spirit work in us. That way, he claimed, we can be renewed and God will cleanse us. Everything that God does for us is to make us reach that goal, which is to go to heaven and live with him forever.

Pastor Dehm’s sermon on Wednesday centered on God’s desire to bless us. He spoke about the power in prayer and that God will give you the desires of your heart. Pastor Dehm spoke of how when we ask God for more, God is going to check our seriousness by giving us challenging situations. When we are in trouble, we should seek God’s face. God wants us to pursue him with persistence by the help of the Holy Spirit.

On Thursday, he talked about how whenever we are trying to get close to Jesus, people will always try to get in our way. Like the woman who suffered from 12 years of bleeding, her encounter with Jesus made her perfect.

As Pastor Dehm explained, grace is a favor that comes before obedience. God wants us to rely on ourselves but to rely on him. God also wants us to have faith that he wants to heal us, that he loves us and that we are the greatest creation he has ever made.

Pastor Dehm ended the week of prayer on Friday night with a message about how Satan will always try to put negative thoughts that will make us go downhill in life. That is why we need to depend on God and ask him to be in our hearts so that the Holy Spirit may give us good thoughts and that we will come out victorious from all the things that are making us tied up in darkness.

Through all these messages, the central idea Pastor Dehm was trying to communicate was how the Holy Spirit helps us in our lives and that God wants us to be victorious and live with him forever in heaven.

“Grace is favor that comes before obedience. God wants us not to rely on ourselves but to rely on him.”

It’s a Reunion: BSCF Alumni Weekend 2018

Gabrielle Johnson

On Friday, Sept. 28, black alumni from various states and countries will arrive at Andrews University to begin BSCF Alumni Weekend 2018. This is an annual weekend event that focuses on celebrating and honoring black culture as well as those who have attended, graduated and worked with Andrews University in the past.

Clifford Allen (class of 2014), the treasurer of the BSCF Alumni Association, stated, “The heart of BSCF is dedicated to creating and maintaining a space of belonging and acceptance for all students of color on campus at Andrews University. As the school and BSCF continue to grow and evolve, I challenge current students to connect with alumni, as well as to share how they feel that their current experience can be enhanced with BSCF.”

The theme for the weekend is “Passing the Torch”. The BSCF Alumni officer team goal is to foster stronger connections between the alumni and the current BSCF students. By strengthening this relationship, current BSCF students will have the opportunity to engage with Alumni as well as receive their support.

BSCF Homecoming weekend will begin at 8:45 p.m. with Impact at Burman Hall Chapel. Following Impact, there will be an Alumni meet and greet in the University Towers Recreation Center, with refreshments served. On Saturday, Sept. 29, the church service will take place in the Howard Performing Arts Center (HPAC). The guest speaker is Pastor Dilya Brooks, Chaplain of Loma Linda University. Pastor Brooks is a 2005 alumnus of Andrews University.

When asked about the upcoming Alumni Weekend, Michael Nixon, Vice President for Diversity and Inclusion, stated, “We are looking forward to hosting another BSCF Alumni Celebration. We pray that you all take the opportunity to join us in reflecting on and celebrating the past, as well as helping us consider what it means to pass the torch to those who are leading us both in the present and in the future.”
Is There a Point to Prayer?

Caitlin Jankiewicz |  Last Friday brought a close to Andrews University’s Fall Week of Prayer, a.k.a. Week of Spiritual Emphasis. For me, one really appreciate the chance to take a week to refocus spiritually. However, the emphasis on prayer inevitably raises the question, “What, really, is the point of prayer?” The question is valid. Given that the Adventist faith believes God to be all loving and all knowing, it doesn’t entirely make sense that prayer is even necessary. If God knows everything and wants the best for us, why do we need to ask him for the things we want or need? And what about the times he doesn’t answer?

I think a good way to view it is like communicating with a friend, rather than entering a distant and powerful entity for favors. A common phrase within the spiritual circles I grew up in was “God isn’t a vending machine.” Although for many years, I took this to mean that it was somehow wrong to ask God for things, I don’t think that’s what this phrase is actually saying. In her book The Privilege of Prayer, Ellen White refers to prayer as “the opening of the heart to God as to a friend.” She goes on to say that it is not necessary for us to make known to God what we are, but rather that praying enables us to be open to him. “Prayer does not bring God down to us, but brings us up to him” (The Privilege of Prayer). God and asking him to intervene in our lives binds our mind to his, teaching us to rely on him instead of our own strength and integrating him into the intimate part of our lives. As beings with free will, we can choose whether or not we want him to be involved in our lives. Revelation 5:20 says, “Here I am! I stand at the door and knock. If anyone hears my voice and opens the door, I will come in and eat with that person, and they will me” (NIV). I believe God wants to be an active part of our lives, working through all things for our good, but only if we invite him to be. Reframing prayer in the context of a relationship gives it significance beyond whether or not it “works.” Whether or not God answers our prayers the way we want him to, being vulnerable with him allows him to work with us at a personal level otherwise not possible. Week of Prayer is a the perfect reminder of that.

“The Road to Med School

Frentzen Pakpahan | Every summer I engage in the ritual of examining my application to med school. I log my extracurriculars, my GPA, my experiences and jot down some notes. I look ahead and plan out a schedule and list of all the things I’m going to do to strengthen my application. I plan a four-year schedule, then a three-year plan and now, with a gap year in mind, another three-year schedule. It has never gone to plan.

All this planning sounds organized and focused, but it is actually more of a panic to try to squeeze all these activities into the diminishing number of years I have left in undergrad. I try to fit in research so that I’ll have a publication by graduation; I scout out hidden volunteer opportunities on campus, in the community that I haven’t heard of to make me seem more altruistic; I look for clinical exposure so that I can meet the standard number of hours med schools expect. It doesn’t help that on r/premed, the subreddit for med students, med school as soon as possible. Perhaps simply making peace with the unanswerable is enough. I’ve found that peace by remembering that this world isn’t our ultimate destination. What happens here, though significant to us now, is nothing compared to eternity. Reframing prayer in the context of a relationship gives it significance beyond whether or not it “works.” Whether or not God answers our prayers the way we want him to, being vulnerable with him allows him to work with us at a personal level otherwise not possible. Week of Prayer is the perfect reminder of that.

Where we often go wrong when it comes to prayer is in expecting the gifts without the relationship.”

“Where we often go wrong when it comes to prayer is in expecting the gifts without the relationship.”
Ideas

Unblockable

Daniel Self

Few Americans would consider handing a cell phone with every citizen’s phone number to the most polarizing Twitter user ever. However, it seems that the American government still intends to enact a similar system anyway. These wireless alerts make one question the extent to which the state should insert themselves into the citizen’s personal lives. Hyperbolic news, a state of reporting that many today are familiar with, is the inability to prevent the American economy. boasting of the success of any topic that would make him appear better. However, the Senate must rework Johnson’s original bill to create more safeguards, or the phone companies must advocate for the ability to opt out of the program.

Question Everything

Brandon Shin

I was 15 when I first said, “God doesn’t exist.” It was a conclusion I drew after much thought, much consideration and much personal struggle. After wrestling with issues like why God punished snakes for what Satan did in the Garden, whether God plays favorites or why the Church doesn’t consider the Seventh-day Adventist Church doesn’t consider abuse a legitimate reason for divorce (Fundamental Belief #23), I had had enough. I was tired of having my questions dodged; I was tired of having my uncertainties invalidated; but most of all, I was frustrated with what I saw: the church’s unwillingness to accept anything less than an unwavering adhesive to dogma—an unwillingness to accept doubt.

Recently, I decided to give God another chance. It took me years to make that decision. That doesn’t mean that I have all the answers—in fact, in response to my questions, I’ve received more, “I don’t know,” and “I wish I could give you the answers,” but that honesty has been more satisfying to me than any of the other haphazard, vague responses I’ve heard. I haven’t figured everything out, but I’ve learned to live with my doubts, my complaints and my frustrations. So please, express your own.

* I understand that not everyone at Andrews University identifies with a religious community; but even those who do not identify within one can understand the struggles of faith in anything.
Softball Sportmanship

Jared Marsh

In the last few weeks of tolerable evening weather, the Andrews University softball diamond is aglow with bright lights, clouds of dust and punctuated with cheers of encouragement and pings of aluminum against softballs. Wednesday night at 8:30, the Angels in the Outfield, a softball team comprised mostly of Lamson Hall Resident Assistants, and the only Andrews University softball team comprised mostly of women, went up against Pain and Torture, comprised mostly of Physical Therapy students, and the only other team to have any women on it at all.

While the game itself was relatively uneventful, the sportmanship with which both teams played with was truly inspirational. Many players of the Angels in the Outfield are currently in their rookie years of softball. Although they may not have won Wednesday’s game, the most exciting part of it to the Angels’ captain, Ivy Cooper (senior, Psychology), was that “everyone played a position they’d never played before, and they did really well.” Cooper went on to say that she was “extremely proud” of her team and that she frequently reminds them that “it’s all about being proud of ourselves. We come out here and we have fun every day.”

The Angels in the Outfields’ Wednesday night opponent, Pain and Torture, also sees the game as a way to connect with each other, rather than a fierce competition. Laura Stahl, a Physical Therapy student in her first year of graduate school, remarked that the most exciting part of her night was “getting to play with classmates. Even though Stahl has only known many of her Physical Therapy colleagues and teammates since the start of this school year, she considers herself “close to them already, since we spend eight hours of the day together”.

Wednesday nights’ softball game made more than just Coach Cooper proud; it also takes a moment and fosters learning and improvement at all levels.

Fitness Blender

Gabrielle Johnson

Fitness Blender is a health and fitness website created by couple Kellie and Daniel Segars. Both personal trainers, they shared the same vision: that fitness should be accessible to everyone. Nowadays, too many fitness experts in the industry are focused more on appearances and monetary gain.

Fitness Blender began in 2009, but did not officially launch until 2010. In 2012, both individuals quit their jobs to begin focusing on Fitness Blender full time. Now, Fitness Blender is one of the most popular fitness workouts in the entire world. On the website, individuals can choose to train with either Kellie or Daniel in over 500+ free workouts that target different areas of the body, like the abs, arms, legs or glutes.

In addition, the website provides a wide variety of meal plans, with quick easy meals at their fingertips. Some of these meals include Southwest Spiced Chicken Dinner, Green Pasta Salad, and Smoky Sweet Potato Wedges. Additionally, the website provides users with advice and tips on how to live a healthy lifestyle.

A unique feature to this website is the community and blog tab. Under this tab, users have the opportunity to check-in and share their fitness and health journey. It is a great place for users to cheer each other on and provide words of encouragement. Under the blog tab, Kellie and Daniel share a wide variety of information. Some of the information includes merchandise, such as apparel and exercise programs.

Overall, if someone is looking to jumpstart their fitness journey, Fitness Blender is a great place to start, especially for college students. Many of the workouts offered on the site can be easily completed from the comfort of one’s dorm room; a yoga mat is not even needed. In addition, many of the workout programs with Kellie or Daniel are within a college student’s budget. For just ten dollars, a student can have access to a variety of training sessions with personal trainers, Kellie or Daniel. Instead of sitting around and watching Netflix, students can get up and move!

Beyond the Week

Dani Maletin

Ever been on an amazing spiritual high during Week of Prayer, just to have it disappear the following week? Well, you’re not the only one. It seems to be a commonality, and it is definitely hard to shake. I for one personally always feel closer to our heavenly father, ser-

1. Pay attention in chapel. Get off your phones. Seriously, this one can be so hard because it always feels more fun or productive to play games, text or do homework, but how can you hear God’s voice over all the static?

2. Surround yourself with good people. I’m not saying they have to be perfect, but the more good-hearted people that are around you, the more you notice God’s blessings in your life. Being able to lift each other up is empowering.

3. Go out in nature. Yes, this is still Berrien Springs. You might have thought that there is nothing to do around here, but you couldn’t be more wrong. Between the nature trails, beaches, parks and amazing fruit U-Picks, it is so easy to not only be entertained but to also take a moment and celebrate God’s gorgeous creation.

4. Serve. In the wake of Change Day, many of us are going back into our routine of doing nothing to help benefit the community. Don’t be complacent. Go out and serve others, not just to benefit the community, but also to improve our own health. We shouldn’t just be serving one day a year. God called us to go out and be his disciples. If we want to feel close to our heavenly father, service is a great avenue.

5. Pray. Whether it be as a morning devotional thought, before a meal or when a teacher asks for a volunteer, talk to God. Use this as an opportunity to get closer to him, and begin the habit of constant communication, because that proximity to our Father helps your spiritual high to never die.

The question is, what will you do beyond the week?
Benefits of Plants

Vanessa Angel

Plants are green in nature and can give a room an aesthetically pleasing look and feel. Many college students do not typically own plants, much less have them in their dorms. However, there are a handful of “plant lovers” on our Andrews campus that shed light on the benefits of our surrounding environment.

Indeed, there are a diverse array of plants that are sold in stores and gardens that can be appreciated for both their beauty and benefits. A few students share their telling of plants in their dorm room and how they are able to care for plants as a college student.

I asked a few students whether they had plants and if so, what kind. Jennifer Lara (junior, Nursing) said, “I have always had plants, even back home. I have a sudum spuron and I only have to water it once a week. I really like how it purifies the air around me as well as makes a good decoration to the room.”

Noemi Elizabeth (senior, Nursing) also said that she has always had plants, “I have two succulent plants and they make me happy. They are just so pretty. I water them religiously once a week.”

The reasons why both students decided to keep plants relied mostly on purifying the air as well as having an aesthetically pleasing view, even on a desktop.

Madai Villa (junior, Documentary Film and Global Studies), was no exception. She said, “I have had plants my entire life, even when I went to boarding school for three years. I currently have six plans. I need to see something grow. I find satisfaction in nature.” Madai also says she has plants because it helps to oxygenate the air. Among many others, she has cacti, bamboos and bell palms. Students in Lamson derive pleasure in caring for such delicate and versatile plants.

Benefits of having plants, as stated earlier, deal with helping the environment as well as giving off joy to the eye of the beholder. Some other benefits for having plants in your dorm include: boosting your mood, clearing toxins in the air, enhancing concentration and memory, as well as lowering your risk of illnesses (Benefits of indoor plants). All of these benefits provide enriching and advantageous reasons for having plants in the dorm.

Go Green, help the environment around you, be the change you want to see. So how do you start being a plant owner?

Recognizing Depression

Counseling and Testing Center | If you or someone you know seems to be experiencing sadness, emptiness or irritability over a two-week period that affects one’s ability to function, this could be depression.

College can be a stressful environment, therefore it’s important for parents, friends, roommates, faculty, and administrative staff to get involved and ask questions about the well-being of people they care about. This is especially true if they suspect and/or observe a student exhibiting signs of deep sadness, fearfulness, irritability and withdrawal from social interaction.

Depression can be brought on by many life issues and with many possible causes including faulty mood regulation by the brain, genetic vulnerability, stressful life events, medications and/or medical problems. The combination of several of these forces interacting can bring on depression.

Risk Factors

In the case of college students, the risk factors are many. Various students may find it hard to be away from home and loved ones and are often unprepared for university life. Students face the pressure of meeting deadlines, taking tests, making good grades and securing loans. Students that are less resilient can be easily demoralized by depression and take longer to recover if they are withdrawn, highly self-critical, impulsive or extremely reactive to loss.

Experiencing a breakup can also make students vulnerable to depression as students may suffer from intrusive thoughts and have more difficulty controlling those thoughts. About 43% of students experience insomnia in the months following a breakup.

Moreover, lack of sleep, poor eating habits, not getting enough exercise, being away from home, financial concerns, problems with roommates, social issues (making new friends you can trust), large semester credit load, low grades or getting close to graduation can all trigger depressed feelings. If you or someone you suspect may be suffering from depression, please contact Counseling and Testing Center (CTC) Bell Hall St. 123 (269) 471-3470

If you have specific questions or concerns pertaining to mental/emotional health that you would like for us to address in this section of Student Movement, please email your questions or concerns to: cctcenter@andrews.edu with the subject: Prevention Resources Question Concern.
Humans

The (AU) Piano+ Man

Interviewed by Darius Bridges
Jeremy Ahn
Junior
Engineering & Music

When did your love for music begin?
Around middle school when I started playing in my school’s jazz bands. But it has definitely grown the most since coming to Andrews after meeting so many talented musicians and experiencing the rich, diverse musical culture here.

What instruments do you play?
My first instrument was piano and following that was cello, guitar, bass guitar and cajon. I also played trumpet and trombone in middle school and high school.

Wow. What made you want to learn how to play all these different instruments?
I guess it’s the same as wanting to learn any instrument in general. You see someone or hear someone play and you get inspired and want to learn. I guess learning piano first helped me pick up other instruments a little faster.

Do you have a favorite instrument?
Piano because I am the most comfortable on it and am able to express myself more. It is also very versatile in my opinion.

Are there other instruments you would like to play?
I would like to play the drum set, maybe the flute? As of now, I guess I’m focusing more on getting better at the instruments I know, like piano or bass. But if I had to learn something I think it’d be fun to play drums.

How did you get involved in playing so many instruments on campus?
I got involved by trying to get to know the praise and music leaders on campus and letting them know I was more than willing to play.

Does it ever get confusing switching from one instrument to the next?
It doesn’t get confusing, just awkward if I haven’t played an instrument for awhile.

Is the rest of your family musical?
Somewhat. My brothers played an instrument for awhile. My dad sings but that’s about it.

What do you plan to do in the future, if you want to play a musical instrument?
I am currently studying piano in the music department but also play cello in the University Orchestra. I play in various chapel services throughout campus like One Place, ProximiTY, Vespers and Living Springs Fellowship. Last year, I helped to write and direct AFIA’s (Filipino club) PCN musical (Philippine Cultural Night). I also work in AUIdio and I recently was accepted to play in the New Life praise band.

What was it like to help write and direct a musical?
Writing a musical was definitely one of the most rewarding, challenging, taxing and fun things I’ve ever been a part of. Working with so many talented friends was very special for me.

Did the musical challenge your creativity?
The musical definitely challenged me creatively because we were trying to make all new music and songs. But thankfully I had a couple very creative and musical friends to help me (including Carlyle Tagalog, Michelle Sahangan and Bernadette Flores).

Is there any advice or words of encouragement you would give to people who want to learn how to play an instrument?
For those who want to learn an instrument, I would say that it won’t be the easiest thing in the world (for most people at least, maybe you’re already a musical genius...?). and yeah, practice sucks sometimes, but the reward is definitely worth it.

Remembering Todd Harrington

On Sept. 15, 2018, Todd Harrington, the milking parlor supervisor and assistant herdsman at the Andrews University Dairy, died at the age of 32. He was killed by a drunk motorist while riding his bicycle that afternoon. Todd was a graduate of both Andrews Academy and Andrews University and received a Bachelor of Science in social studies in 2016.

Todd Robert Harrington was born June 2, 1986, in St. Joseph and lived in Berrien Springs, MI. Todd worked at the the Dairy for 19 years, starting off as a calf feeder and then working his way up to being a milking supervisor. According to friends Todd was a lover of life, a family man and had a great sense of humor. To know more about his life or leave a message for the family, please visit allredfuneralhome.com.
A Deeper Look into Pastor Vincent

years later. I was baptized a couple years after that, but I wasn’t really serious about being a Christian until several years later. I got out of the army in ’99 and then went to Southwestern Adventist University, graduating from there with a degree in theology.

Were you ever hesitant to share your testimony to people in church if they might judge?
I have always tried to be a very open, honest and transparent person. Opinions of others have never carried much weight for me. Even when it comes to my children, my wife and I have always been very open to them. Plus, they have heard my testimonies hundreds of times...

How did you end up coming to speak at Week of Prayer here at Andrews?
June Price invited me. I had done a spring Womanhood Week for Lamson a few years ago and she invited me back.

We heard you preach about the Holy Spirit this week—if there is one thing you want the students to remember from your messages what would it be?
There is nothing that you can do that will cancel out God’s love for you. he loves you just in the place that you are and there is nothing you can do to change that.

Everyone was impressed with how good your daughter is at jiu-jitsu. Do you also do jiu-jitsu?
I do. We actually run a jiu-jitsu program for inner city kids in Baltimore. There are over 60 kids enrolled ranging from 5-14 years of age.

To change the subject, what do you think the church could improve on?
I think that we put too much emphasis on the doctrine and not enough emphasis on the relationship. This is especially true in how we teach our young people what they can and cannot do. We give them a list of things they can and cannot do. We give them a list of things they can and cannot do, but there are not a whole lot of practical ways to follow through. That is something that our church as a whole really doesn’t clarify. We also spend so much time talking about the fourth commandment, but we neglect all the other ones. We shouldn’t be so focused on just one aspect of what we believe in, but rather in what we believe in overall.

What was it that drove you to Christ?
What is your testimony in a nutshell?
I heard the audible voice of God calling me to preach when I was 12, but I didn’t listen. Instead, I ran and got into all kinds of trouble. In 1989, I ended up standing on a street corner with 22 bags of crack cocaine in my pocket. The cops pulled up on me and I swallowed 21 of them. I gave them a handwritten confession and got off on a technicality, because God’s hand was on me. I ended up meeting my wife that year, and we started dating. We got married a couple

What advice do you have for those going into ministry and are about to leave the college routine and enter the real world? Don’t sacrifice your prayer time. You’re going to study the Word, because you’re going to have to prepare a sermon, devotion or whatever that may be. Your study time is not going to suffer that much, but your prayer time is something you will be very tempted to cut back on. But that’s where your power comes from. Your power doesn’t come from your Bible study, or your preaching style… the power comes from how much time you spend in prayer.

What advice do you have for those who are not sure what they want to do and may be wondering how they can serve God?
Don’t be in a hurry. You have all the time in the world. Just live your life and enjoy where you are planted at the time. Don’t be in such a hurry to get from point A to point Z. The thing is, once you finally get to the place you think is the “ultimate” end goal, you’ll sit there wondering for the next 40 years “What else is there to do in life?”. So just enjoy the journey. Let God lead you.

What advice do you have for someone who is struggling to have a relationship with God?
We make it a whole lot more difficult than it actually is. We have it painted as if you have to wake up at 6:00 in the morning, read your Bible for an hour, pray for another hour, get ready for class and then pray for another hour… I’m sure God would appreciate if we spent that much time with him, but that’s not what he requires for us to have a relationship with him. In order for us to have a relationship with him, he just wants us to be close. He just wants us to take 10 minutes to listen to him. Trust me, will talk to you. We make it so difficult, when all we have to do is take a little bit of time to spend time with him.
RIP Memes

David Dunham

On Sept. 12, 2018, the European Parliament took a vote about a proposed Article 13. This article basically decrees that any copyrighted material posted on the internet without explicit permission would be taken down. While copyright is important in its own right, this controversial article comes with a catch: machine algorithms would decide and accordingly filter copyrighted material. These machines would be programmed to sift through every site on the internet and delete copyrighted material without any context of why it was being used. In theory, this is a good idea, but the extremes to which it can be taken could be staggering.

The largest uproar has come from citizens of the European Union who participate in posting memes. The resistance has labeled Article 13 as “The Meme Ban.” Memes rely heavily on transforming previously created content and turning them into parodies or satirical content, all of which have previously fallen under fair use. Essentially, this allows copyrighted content to be used if it is transformed for a different purpose, particularly educational or entertainment purposes. To combat the uproar, many people have spoken out, including parliamentarian Axel Voss, who was quoted by CNBC as saying, “this is nothing new.” While that may be true, and fair use will still be in effect, the legal ramifications of this law could be staggering. Sites that host user-created content such as YouTube and Facebook have the capacity to allow copyright strikes, where in a parent company claims that the video or post in question has some copyrighted material. Once this claim has been made, the case is straightened out through the hosting site, or is taken to court and during this time, the content creator is ineligible to earn any profits from what they created. While most cases are indeed copyright infringements, there are a staggering number of cases in which fair use was in order, but the creator missed out on a significant amount of revenue. In today’s digital world, where many people rely on the internet as their source of income, a system that seeks out and reports any hint of copyright breach could be devastating.

While this “Meme Ban” won’t be put to a final vote until early 2019, the overwhelming support from parliamentarians seems to spell doom for many people who are very much against this article. It may be on a separate continent from us, but if the enactment of this ban goes over well, it wouldn’t be surprising to see something even more drastic occur in America, where things such as Net Neutrality are already hot topics. It will be interesting to see how much content is actually sought out by the bots, and how much of an impact this article will actually have. It is quite likely that many are being overdramatic, but the reality is that Article 13 looks to be a turning point in online regulation, and will not go unnoticed either way.
Eighth Grade: The Good, the Bad and the Ugly

Natalie Hwang | This review does not contain spoilers

Bo Burnham’s first directorial attempt at a coming-of-age movie, Eighth Grade, depicts the life of Kayla Day (Elsie Fisher), an adolescent girl in the last week of her eighth grade year. An established internet sensation, the comedian draws from his own experiences with anxiety to produce a movie about the quintessential middle school experience of middle school: the good, the bad and the ugly. Yet the movie is about middle school, parents have reason to be wary, with its R rating and many uncomfortable, undeniably cringe-y moments.

The movie’s rating directly results from its dedication to real life. There is no middle school experience that is not in and of itself brutal, and everyone can find themselves represented in some aspect of the movie, whether they are in middle school or not.

There is Kayla, a nervous, anxiety-ridden 13-year-old — the quiet, friendly person centered in a head full of plain white or black backgrounds, with usually one person centered in a head and shoulders view, either with a straight-faced, pensive expression or lit up with laughter. Then slowly, props came into the slideshow. At first it was a couple vintage camera images, then bunny photos on a laptop, Levi Schemel (10th grade) and Peter Tumangday (10th grade), mentioned their enthusiasm for the hands-on workshops, the studio shooting and the opportunity to develop their hobby.

Though this was the first year of this particular set-up form of the program, based on the passion of the students and mentors for this program, it was an unequivocal success.

Imagining the Future: Image & Influence 2018

Adair Kibble |

As the high school students filtered in room 328 of Harrigan Hall last Saturday evening for the first annual Image & Influence workshop, previously known as ArtFEST, they saw the photos they had taken over the past three days spread across the first three rows of tables in the classroom. Once most of them had filtered in, the buzz of conversation among the participants quickly filled the room. Some parents and younger siblings accompanied them, and everyone helped themselves to the assortment of soda and snacks at the front table.

It was the third and final night of the Image & Influence workshops that had started on Thursday afternoon. Dave Sherwin and Doug Taylor, among other faculty members at Andrews University, had been working closely with the students, who found out about the event through their school. The program is geared towards helping yearbook students develop their skills in photography techniques, design (digital editing and layouts) and tools for creating or expanding a social media platform. Over the course of the program, the students had the opportunity to take photos at the dairy farm, SciFEST, the beach and the studio in Harrigan using the props available.

The final night began with “Worship Thoughts” by Doug Taylor, as he recounted a lively encounter with a scorpion in Costa Rica and related that to spiritual obstacles in life. Then, Dave Sherwin put on a slideshow of some of the photos the students took of each other with props in the studio. The photos had a plain white or black background, with usually one person centered in a head and shoulders view, either with a straight-faced, pensive expression or lit up with laughter. Then slowly, props came into the slideshow. At first it was a couple vintage cameras in hand, then bunny ears, American flags and finally a Jason mask and hatchet. It was clear to see from the results that the students had enjoyed their time working with the cameras, the props and each other. For the rest of the evening, the students were encouraged to take the photos, and either roast marshmallows over a bonfire outside or play board games inside.

Esminra, a senior at Andrews Academy, said of the program, “I like that there was a part this morning where they told us that we can tell a story with our pictures. I thought that was really cool.” Two other students, still editing senior photos on a laptop, Levi Schuler (12th grade)
Boogie-Boarding Home


The sky is gray, but it isn’t cold. I’m jammed in the middle of the backseat, my mom on one side, my sister-in-law Leanna on the other. My back sticks to the leather. Up front, my brother Trei slows the car to a stop, shows his ID to the guard at the gate. Beyond is nothing but sky and sand and sea.

I have a sometimes complicated relationship with my brother’s military perks, but I can’t complain about this. It feels almost like a private beach—just us and maybe two other couples. I strip to my swimsuit and kick off my flip-flops, sand rubbing between my toes. Trei loses me the extra boogie board.

“So what exactly do I do with this?” I yell over the sound of the waves. It’s been years since we’ve had a family activity like this. The last time I saw my brother was at his wedding, just over a year ago, and the days leading up to that were understandably more busy and stressful than fun and relaxing.

“Strap it to your wrist and get in the water!”

I velcro the bracelet over my skin and take my first steps into the ocean. I don’t think I’ll ever get used to just how incredible the sand and water are here—turquoise and glittering, and despite the fact that it’s the same ocean, these waters are so much warmer than the rocky shores of the Pacific beaches I grew up on. I clamber out to where my dad and Trei are already standing, chest-deep, bobbing up and down with the waves. It takes me twice as long to get there. Every wave sends me staggering back—the joys of being at least five inches shorter than every member of my freakishly tall family. I’ve already gotten a mouthful of seawater and the joys of being nine inches shorter and a good sixtyish pounds lighter. I’m the one who laughs this time as I rise to my feet.

Trei almost catches the next wave, but his timing isn’t right, and he wipes out fifteen feet from me. I can’t help but smirk and ask, “Making a data point?” He splashes me, and for the first time in years, I feel like I have a brother again, instead of just parents. For a moment, we share a smile, and even though it’s Hawaii, even though it could not be more different from any of the places I’ve lived, I feel like I’ve come home.

“He looks at me—dripping, sand in my hair and ears, coughing up a lung—and, like the older brother he is, lets out a long laugh.”