3-14-2019

Rise Up Against Abuse

Andrews University

Follow this and additional works at: https://digitalcommons.andrews.edu/sm-103

Part of the Higher Education Commons
“Freshman, sophomore, junior year, you keep looking up towards the time when you will be done with everything, thinking, I’m gonna be there one day.”

P. 3

“One, you can never stop finding yourself in Christ. It’s a daily process where you evolve and grow. Two, the gospel isn’t my hat. It’s my skin.”

P. 8

“With so many female candidates, those who want a woman in the White House can now look beyond gender to policy platforms, instead of only gender.”

P. 4

“I understand that allowing yourself to be vulnerable can be hard, especially around people you might not know very well. But we all have to start somewhere.”

P. 6

“March 8, 2019, was International Women’s Day and the spotlight was on the [Marvel’s] first ever female-superhero lead.”

P. 11

“This, I remember thinking, is sexism. It was not benign. It actively silenced an entire country of women, myself included.”

P. 12
**Rise Up Against Abuse Rally Speaks to AU**

**Kara Herrera**

From Mar. 7 to Mar. 10, Andrews University hosted the Rise Up Against Abuse Rally. This rally was meant to raise awareness about abuse, the mentality of abusers, the effects of abuse, as well as the correct responses to abusive situations. Beginning with the unison group chant on Thursday, Sarah Kelly, two-time Grammy-nominee spoke about her experience with abuse.

Shannon Huang (junior, computer science) says “The Rise Up Against Abuse Rally was something I feel that this campus needed. Having Sarah Kelly as our guest speaker at chapel this past Thursday was awesome. Beyond her fantastic talent, her bravery to come speak to us about her story moved me and surely others. Though I unfortunately could not make it to the other events, I hope we bring this rally back next year. I do not like that we have to talk about this topic, but since we do, I’m glad we are talking about it here at Andrews.”

Joelle Kim (junior, English) also says “I really appreciated Sarah Kelly speaking to us about her past experience in an abusive relationship and advising us to trust that God has a plan for us, even when it doesn’t seem like it. I also appreciated the message that her songs highlighted—that ultimately God is there for us in the dark times and in the good ones too.”

A snippet from Kelly’s kickoff speech, the rally hosted various events throughout the weekend, which also encompassed International Women’s Day on Mar. 8. Events of the rally consisted of talks, art presentations, discussion Q&As and even included a blank solidarity wall outside the campus center, which soon filled up with various written messages addressed to those who have experienced abuse.

Amanda Cho (sophomore, biology) says “I’m grateful for hosting this event and trying to bring more awareness about abuse through art and aesthetics, the dissonance was needed and even now, the solidarity wall still stands outside the Campus Center, a remnant of the rally.”

**AU Hosts International Guests**

**Sarah Stelfox**

The mission and vision of Andrews University is to create world changers. This can sometimes mean venturing off to other countries in exploration of unfamiliar cultures in order to both identify differences and highlight similarities with the hope of connecting on the level of shared humanity. It can also mean bringing another world to our campus, which is exactly what took place on the snowy Wednesday morning of Feb. 20, 2019. The brisk Chicago air chilled each of us to the bone, but all hearts were warm with the anticipation of the adventure to come.

Our international guests were a group of six scholars from Osaka City University, located in the heart of Osaka, Japan. Through a serendipitous series of networking innovations, our schools found themselves embarking on a journey of academic innovation—a program otherwise known as C.O.I.L. (cooperative online international learning). It was decided that while online learning is effective to a point, some of the most valuable learning takes place off-screen, outside the classroom and into the discomfort zone. The goal was to challenge the thinking of both the Japanese students and their Andrews University student counterparts through cooperative learning and intercultural social collaboration.

This was enacted through a variety of settings, the first of which was to challenge each other’s perspectives about the local area. The exchange program coordinators also saw cultural outings as an important component for social collaboration. That being the case, several days were set aside during their visit for our Japanese guests to explore the charms, delicacies and civic designs of rural Michigan.

“I was so happy to participate in this exchange and I think that Andrews is the perfect school to host international students,” said Rika Onishi (junior, biochemical engineering), one of the students from Osaka University. “I learned about so many cultural issues I was previously unaware of and I was able to meet new friends along the way.”

From a walk along the shoreline admiring the grandeur of the frozen mountains atop lake Michigan (hot chocolate in hand) to joining the cheering crowds at Notre Dame for a women’s basketball game, and of course a late night run to Buffalo Wild Wings for a taste of culinary endurance, it’s safe to say that each expedition left participants filled both physically and mentally. Most importantly, though, was the spiritual fulfillment that came as a result of this venture. It turns out that food, laughter and endless amount of singing and dancing are a far more universal language than words will ever be.

According to Aaron Moussion, Director of the Explore Andrews Program, this will be the first in a series of partnerships between two schools. “We are delighted as a University to have the opportunity to collaborate with other institutions around the world in unique and innovative learning experiences for our students. The partnership with OCU has such great potential to provide AU students life changing opportunities and both in and outside the classroom.” The next phase of the project will take place over spring break, when Mr. Moussion and Dr. Janine Lim, Associate Dean of the School of Education and campus COIL coordinator, will bring a group of 10 Andrews students to Osaka.

As Robert Frost said, nothing gold can stay, and our goodbyes to our new friends came too soon. The weight of the farewell affirmed the fact that the connections which were made extended far beyond mere academic endeavors. We were, and are, friends. Friends who are lucky enough to live in the height of the technological revolution, and can still be friends. We sealed our friendship with clicks and mutual follows. This ensured that though apart, we will always be together at hand and at heart.
Honors Symposium Fills Up Buller Hall

Richla Sabuin | The annual Honors Post-
er Symposium was held in Buller Hall on Friday, Mar. 8. There were post-
ers made by Undergradu-
ate Research Scholars as well as Honors students for their final presenta-
tions. The various re-
search projects included subjects such as physics, math, archaeology and English. There were also refreshments for every-
one. Both faculty and stu-
dents came to witness the event by learning from the various research re-
sults found by the under-
graduate students.

One of the present-
ers, Nathon Hilton (se-
nior, theology), says, “It’s very nostalgic. You feel accomplished, you feel fresh. It’s nice to be done with everything. Fresh-
man, sophomore, junior,
year, you keep looking up towards the time when you will be done with ev-
erything, thinking, I’m gonna be there one day. When you finally come to it, you feel weird that there’s nothing left to do.”

Nikitha Nelapudi (ju-
nior, biochemistry), an-
other attender, says, “I really enjoyed learning about the research my peers are involved in. It was interesting to see how they applied knowl-
edge from their classes into their research inter-
ests.”

Presenter Ingrid Rad-
ulescu (senior, English) says, “although participat-
ing in the poster session was absolutely exhausting, it was such a joy to present a portion of my research to my pro-
fessors and peers. I felt so supported when many of my friends stopped by to discuss what I’ve been working on.”

For many, the poster session heralds the end of the year, for some, like Hilton and Radulescu, their last. To conclude, when asked about his overall feelings, Hilton concludes, “At the end of all things, it was a very good experience because I get to see my friends, my professors, from the place where I have grown to be the person I am to-
day.”

A yearly event, the poster-
session is always worth visiting.

English Department Annual Lectureship

Kara Herrera | On Thursday, March 8, the English Department hosted its eleventh an-
nual Waller Lectureship on the Arts with guest speaker Dr. Gregory Laski, an associate profes-
sor at the Department of English and Fine Arts at the United States Air Force Academy. Dr. Laski focuses on discussing democracy and race in American culture and literature and has wr-

The lectureship fea-
tured a discussion that took place at 7:00 p.m. Professor Laski spoke on the topic of his new research on the word “revenge” along with the different con-
ceptions of it. In regards to this, Professor Laski described and analyzed Frederick Douglass’s re-
sponses to Abraham Lin-
coln during the Civil War and the shift in Doug-
llass’s thinking seen in his writing over the period of Lincoln’s speeches and after his death.

Laski also spoke about Douglass’s stance dur-
ing the war and how that shifted as well. Douglass advocated for a just and lasting peace and spoke about and approached the concept of revenge.

Alexi Decker (senior, English literature and French studies) comments, “I have always been interested in the differ-
ent modes of peaceful revenge that Dr. Laski described—of remem-
brance as vengeance. Dr. Laski said that Douglass moved toward writing and truth-telling as a way of controlling the narrate-
tive and making peace with the horrors in his past. I think that it’s a fascinating way of con-
sidering the legacies of slavery that still affects our country today.”

Adair Kibble (junior, French for international trade) says, “He presented a refreshing take on the transition after the Civil War from the perspective of Frederick Douglass, instead of the usual his-
tory of carpetbaggers and Confederate backlash, so I very much appreciated the history from a differ-
ent point of view.”

Diversity in literature being a hot topic in to-
day’s age, many felt that he opened the floor up for a very necessary dis-
course. Dr. Bruce Closs-
er (Associate Professor, English) says “I enjoyed seeing somebody display such passion for a topic that doesn’t get discussed enough. I’m reading a book right now called White Fragility: Why It’s So Hard for White People to Talk about Racism and I think he is helping to open that discussion up.”

A recurring event at Andrews University, the Waller Lectureship brought in lively thoughts and discussion topics to the student body as well as faculty.

Upcoming Events

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Spring Break Starts</td>
<td>MAR.15</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Summer Session 1 Admissions Application Deadline</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spring Break Starts</td>
<td>MAR.16</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spring Break</td>
<td>MAR.17</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spring Break</td>
<td>MAR.18</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spring Break</td>
<td>MAR.19</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spring Break</td>
<td>MAR.20</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spring Break</td>
<td>MAR.21</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Spring Break</td>
<td>MAR.22</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Spring Break

The Light Bearers: Discipleship Journey
Campus Ministries
7:00 - 7:45 p.m.

Spring Break

Tea Time at JWL
2:00 - 4:00 p.m.

Spring Break

Anders Academy Spring Break Starts
6:00 - 7:25 p.m.

Authentically You
Register at Counseling and Testing Center
6:00 - 7:25 p.m.
Women Rising in Politics

Cecily Kaufmann

In the United States of America, we have a record number of women serving in Congress, a female Speaker of the House, and many female candidates running for president this next year. Of the women in Congress, twenty-five of them are in the Senate and a hundred and two of them are in the House of Representatives. We are witnessing the largest number of women to serve in the United States Senate in history. Additionally, never before has there been more than one or two female candidates running in the Democratic or Republican primaries for the presidential nomination. In the 2020 elections, it looks as if we will have many more women to choose from. With so many female candidates, those who want a woman in the White House can now look beyond gender to policy platforms, instead of only gender. Hillary Clinton’s campaign slogan, “I’m With Her,” will not work this time around. With five women running in the Democratic Party, the candidates will have to work harder to set themselves apart in their campaigns.

Other current influential and active women include Nancy Pelosi (Speaker of the House), Ilhan Omar (U.S. Representative), and Alexandria Ocasio-Cortez (U.S. Representative). As Speaker of the House, Nancy Pelosi holds the third highest government position in the country. She has served in Congress since 1987 and is currently the highest-ranking elected woman in the history of the United States. Pelosi speaks on many topics and also holds the title of Minority Leader. Ilhan Omar is the first Somali-American in Congress. She is very active on women’s rights domestically and internationally, and speaks strongly on the issue of climate change. Alexandria Ocasio-Cortez is a U.S. Representative who opposes capitalism and pushes the Green New Deal, which addresses climate change and economical inequality. She is an activist for having a better economy for underrepresented workers. Both Omar and Ocasio-Cortez are very connected with millennials through their social media, which has been a factor in their success.

Thanks to the hard work and dedication of generations of women, we are living in a time where women can become very influential in politics. One pioneer of women in politics is Eleanor Roosevelt, the First Lady from 1933-1945. She was an outspoken, very progressive woman for her time.

Facebook Political Discussion: Why it’s Pointless

Daniel Self

Most social media interactions tend to avoid being overly serious. Behind their avatars and typically ambiguous usernames, people need not follow the same generally accepted social policies for politeness and reason that face to face interactions require. However, interpersonal discourse requires a preexisting knowledge pool from which to draw from as well the ability to articulate this knowledge into a coherent argument. In contrast, a social media debate can replace that personal knowledge with an easy, quick online search of the topic. Likewise, the presumed anonymity allows for taking and defending of positions one would not publicly take. This often leads to combative rather than productive discussion.

The first interaction, a unique aspect of social media conversation, strongly contrasts that of face-to-face political discourse. Typically, accounts will post a political message for the consumers of their content—some people will comment agreement and many others will simply observe and continue along. However, the most meaningful interaction occurs when the post draws personal ire. Here, the writer and the accounts representing the writer—whether personal, political, or professional—respond to the post with counter arguments or corrections to the original post. Immediately, this sets up an aggressor/defender context for the discussion where the original poster must defend the viewpoint they suggested and the aggressor intends to correct or push back against this viewpoint. This foundation occurs in many social media discussions, from your uncle’s shared Facebook post doubting Obama’s birth certificate to social political commentators on Twitter.

However, I might argue that a second layer emerges that reveals the self-serving nature of creating this political discourse. Often, as the initial aggressor/defender interaction occurs, a defender of the original ideology will respond. The interlocutor of this new social media language, a “followor” or “subscriber,” to the original post will receive counter arguments or corrections to the original post. This discussion might benefit from a larger discussion of what drives a social media discussion. Typically, a social media account’s voice may not have the formal training or public influence; yet, if their message resonates with their base, they will likely respond.

This discussion might benefit from a larger discussion of what drives a social media conversation. Often, the more interaction the original posting receives, the more interaction the original posting’s page receives. Clearly, within this context, one may observe the incentive of supporting particularly provocative positions. However, a clear connection exists between many difficult issues and controversial perspectives that arise in an attempt to solve or rationalize societal problems. Simply then, it can become rather difficult to differentiate between bait meant to ensnare people on both sides of an issue and to remove from. From my perspective, many discussions on social media appear fruitless, as people are already cemented into specific positions. However, I tend to believe that the problem lies not inherent within the individuals, or the accounts representing them—rather, social media platforms themselves cause unproductive discussion because they remove the humanity from our discourse.
The Relevancy of School

Kelli Miller

I care about people. Friendships and relationships are my church steeple. If an activity does not further these, I will shortly that, quit. On earth I don’t want to miss The only thing that will come with Me to eternity.

This is the flaw I see, currently, What disgusts me About academic study.

It leaves me too stressed With concerns of my own success To care about others who have less

Academia has a way of creating Gods of our ideas Obsessed with our own themes Dissecting minutia keeps us Discounted from the dreams Of those around us— We can’t see the rust On our own bucket. A bucket with a hole Precious water; Sloshing Falling Eventually takes its toll Water like love Slipping from our grasp Leaving our voices rasp-ing No longer relevant to our surround-ings

We sound crazy But can’t hear it because We only speak to those who are crazy like us.

Deep in academia How far must we go Into the maze The eternal winding stacks Of books, knowledge, too much For a thousand lifetimes; At what point can we say enough!

Knowledge is power. But only in so far as it pertains to your current circumstance. We are cowards If we shrink from defining the importance for today. Why not though? It would only be a few more words to say. Or maybe a few less…

Let’s do away with the stress! The memorization of facts we won’t use We continue to misuse the power of our minds, When it’s meant to be used to find, And help people, to be kind. I have no issue with books and knowledge, But I have an issue with missing resources, To learn what will not help me help them, Experience life more fully, truly, More beautifully. The facts that are not helping me towards a linear, relevant exis- tence. Do better school, you could be so cool.

Questions for Thought:
1. How do you think study helps or dissuades us from being con- nected to and helping other people?
2. How do you think God would intend education and intend for us to use the brain power we do have to connect with others?

“A Word from the Ideas Editor

Frentzen Pakpahan | As the controversy surrounding women’s ordina- tion continues, in light of recent events I believe it remains incumbent upon all participants to familiarize themselves with the history of the cause within our church and the various theological positions on it. Now, both those for and against are already well-informed (and may we continue to be so). The Theology of Ordination Study Committee (TOSC), commissioned for the 2013-2014 General Conference session, is invaluable for this purpose. Please refer to “Seventh-day Adventists on Women’s Ordination: A Brief Historical Overview” by Alberto R. Timm and the “General Conference Study Committee Report June 2014” by TOSC. Both are freely available online. Though lengthy, if you have free time this spring break I encourage you to read these texts.

Of course, we must always return to Scripture. Below are a few of the texts pertinent to the women’s ordination question.

1. 1 Timothy 2:8-15
2. 1 Corinthians 11:1-16
3. 1 Corinthians 14:33-40
4. Galatians 3:28
5. Titus 2:3-5
6. Ephesians 5:22-33
7. 1 Peter 3:1-7
8. Philippians 4:2, 3
9. Romans 16:1-16
10. Genesis 1:26-28

As you study, do keep in mind certain hermeneu- cal principles: pray for the Holy Spirit; read the context; let Scripture interpret Scripture; and study all there is to know on the issue.

A friend of mine recently made a point I believe we would do well to consider. Not everything in Scripture is a prescribed norm; God makes accommodations for our human failures. Divorce, for example, was never God’s plan, but He placed rules around it in order to prevent its abuse. Similarly, Paul frequently mentions that women should be submissive to their husbands (and their husbands to them, a point we often leave out; see 1 Corinthians 7:3). However, this was not the case in the Garden of Eden. There, Adam and Eve were equals. If, as Christians, we are moving toward Heaven—returning to the perfection of Eden—are we still living as if we are of the world?”
Empowerment Through Gymnastics

Dani Maletin |  
Often times, women athletes are taken a lot less seriously despite the work, talent and sacrifices they make for the sport they love. While this is true of nearly every sport, women seem to find their empowerment regardless of the obstacles and strive that stands in their way, telling them they are less than. I chose to interview Sharik Hines, a member of the AU Gymnastics team, to showcase a woman in sports, and how she personally found her own empowerment.

**How did you get into gymnastics?**
I've always watched gymnastics and wished that I could do all of the amazing things that I would witness. After finding out the Andrews had a gymnastics team and watching their Homeshow, I made sure to try out for the team the following semester, and was lucky enough to make it even though I had never done anything like it before.

**What role do you play on the team?**
This year I am one of the four captains, as well as a base. As a captain I am responsible for helping Coach Paddock see what happens on the mats and trying to help to keep everyone safe. Helping everyone to feel like they're a part of the team and staying organized between tours is also my responsibility.

**Would you say that gymnastics is an empowering sport?**
Gymnastics is a very empowering sport, because it allows you to do amazing things that you would never before think of. It has allowed me to grow as a person because of the people I have met and grown with. You might start off knowing nothing, but as time goes you learn the necessary steps it takes to become an amazing gymnast. I'm still on my way to becoming a better gymnast because it takes time and dedication.

**How does gymnastics make you feel as a woman?**
As a woman, gymnastics has helped with my own confidence and strength. It has also showed me that failure is a natural part of the learning process, and that just because you fail doesn’t mean you won’t ever be successful. It has helped me consider my own inner and outer strength as a woman, and allows me to set goals for myself.

**Do you have any heroes within the sport that you have looked up to?**
I would say Katelyn Ohashi and Simone Biles, because of how inspiring they are and what they went through to get to where they are now.

**If people are not on the team, how would you suggest they find their own empowerment?**
Any tips?
I would say to find something that makes you feel good about yourself while having a positive impact on yourself and others. You make the biggest impact on yourself.

Authentically You

Cristen Williams |  
Authentically You is a weekly empowerment support group facilitated by Keila Carmona (Masters of Arts in Youth & Young Adult Ministry). Carmona explains the significance of such a group: “At times being your most authentic self can be hard. Sometimes there are roadblocks on that path, but there is power in community. Community helps break down some of these barriers, allowing us to become the best versions of ourselves.”

Some topics Authentically You plans on tackling are increasing self-esteem, healthy communication in relationships and in general, being more assertive and practicing self-care.

When I attended the first meeting, the turnout was low. Still, Carmona got the ball rolling with a few ice breakers. She logically explained that in order for us to support one another we must get to know each other. Trust is key in empowerment groups like Authentically You. Trust that everything said in the group remains confidential and also trust that those in the group take your feelings seriously. As a group, we drafted up some rules:
1. What we say in the group stays in the group.
2. Be tolerant of what others say. Don’t judge. Try to see other’s perspective.
3. Be respectful when others are speaking—don’t interrupt others.
4. Actively listen—pay attention when others are speaking.
5. Try, within reason, to always be yourself.

Carmona believes that this group will be a safe place for those that join, and I agree. I understand that allowing yourself to be vulnerable can be hard, especially around people you might not know very well. But we all have to start somewhere. Growth in general is uncomfortable, strange, and hard but it is worth it, I promise.

As a woman, gymnastics has helped with my own confidence and strength. It has also showed me that failure is a natural part of the learning process, and that just because you fail doesn’t mean you won’t ever be successful.
Empowering Women

Vanessa Angel

Since we were little, we have seen the delicate love and care a mother places on her new born baby, we admire the way a momma bird places protection on her baby ducklings, and we marvel at the wonderful and beautiful woman that a new born baby girl turns to be. From Rosa Parks, Frida Kahlo, Anne Frank, Mother Teresa, Oprah Winfrey and many more, women have been an innermost power in society and have contributed so much. Such women have had the power to empower and be empowered. Below, I have listed some tips and advice on how we can empower other women to rise and think of themselves as the beautiful women God created them to be.

Write a message of encouragement: Writing messages to one another with our presence is a great way to empower other women to do their very best. Some women have had the power to empower other women to dare to dream the impossible! Know you are far more precious than rubies, fiercer than diamonds, and braver than the roaring lion. Never forget.

Sometimes, it’s hard to be happy all the time, but having encouraging people by your side can make all the difference. So, write verses to your best friends and let them know you are there for them. Spend time with one another. Amidst the exams, papers, presentations and other college stress, spending time with each other is important. We all have things to do and are very busy, but we make time for what we want to make time for. I encourage you to spend at least one meal a week with your best friends. I can affirm that this helps because you will set apart a time or times of the week where you get to relax and tell your friends all about your week. Think of this time as time for bonding with your friends and catching up on everything.

Start a Bible study group: What better way for women to encourage other women than to start your own girl group? For this tip, I encourage you to encourage your friends to talk about the Bible amidst a Bible study group. Have each of your friends write down topics of what you want to know more about. For example, the Bible has so much to say in terms of worrying, exercising, breathing, laughing, dreaming, etc. Instead of excessively worrying about food, calories, and your weight, try doing something to help others. Remind yourself that “true beauty” is not simply skin-deep. When you feel good about yourself and who you are, you carry yourself with a sense of confidence, self-acceptance and openness that makes you beautiful. Look at yourself as a whole person. See yourself as you want others to see you — as a whole person.

Surround yourself with positive people. It is easier to feel good about yourself and your body when you are around others who are supportive. Be Mindful. Mindful eating and healthy physical activity are part of a well-rounded lifestyle. Assess your eating and exercise habits; strive for balance and moderation over extreme measures. Listen to Your Body. Choose a variety of foods that contribute to a healthy diet, and eat when you are truly hungry. Stop when you are full. Do this, and you’re likely to maintain a healthy weight and avoid eating disorders.

Treat your body with respect; give it enough rest; fuel it with a variety of foods.

Exercise moderately. Resist the pressure to judge yourself and others based on weight, shape or size.

We hope this helps.

PHOTO BY HTEEMU DEE

Dear Counselor: Steps to a Positive Body Image

Counseling and Testing Center

Dear Counselor: My parents seem to obsess about my weight even though I think I’m fine. They constantly tell me I need to lose weight. This causes me to feel insecure and oftentimes lack confidence. What can I do to deal with this situation?

-Susie

Dear Susie: Sometimes the people who are closest to us make comments about the way we look and because we place such high value on their opinions of us, we could find ourselves internalizing negative messages about ourselves and our body image. Here are some tips to help you build a positive body image.

Keep a top-ten list of things you like about yourself. Read your list often. Add to it as you become aware of more things to like about yourself.

Appreciate all that your body can do. Celebrate all of the amazing things your body does for you — running, dancing, breathing, laughing, dreaming, etc. Instead of excessively worrying about food, calories, and your weight, try doing something to help others. Remind yourself that “true beauty” is not simply skin-deep. When you feel good about yourself and who you are, you carry yourself with a sense of confidence, self-acceptance and openness that makes you beautiful. Look at yourself as a whole person. See yourself as you want others to see you — as a whole person.

Surround yourself with positive people. It is easier to feel good about yourself and your body when you are around others who are supportive. Be Mindful. Mindful eating and healthy physical activity are part of a well-rounded lifestyle. Assess your eating and exercise habits; strive for balance and moderation over extreme measures. Listen to Your Body. Choose a variety of foods that contribute to a healthy diet, and eat when you are truly hungry. Stop when you are full. Do this, and you’re likely to maintain a healthy weight and avoid eating disorders.

Treat your body with respect; give it enough rest; fuel it with a variety of foods.

Exercise moderately. Resist the pressure to judge yourself and others based on weight, shape or size.

We hope this helps.

If you have questions that you would like to have answered in this section, please email ctceneter@andrews.edu
How has been a woman impacted your journey to who you are today?

June Price, University Chaplain

Being a woman has impacted my journey in life in more ways than I can recount in this brief answer. I will give a few important impacts. First, the camaraderie and sisterhood of godly women has supported me in my darkest hours and highest joys. Second, godly women have spoken timely words in due season, and I have lived vulnerably, without fear, and transparently beside me, teaching me, correcting me and advocating for me.

How hard was it for you to get into the position you are in?

God is the one who paved the way and opened the doors for my current position as university chaplain (the only female lead chaplain in North America). A few years after arriving at Andrews and working as an associate dean in Larson Hall one of the chaplains in the Campus Ministries office left. At that time an AU faculty/staff member approached me and asked if I would consider applying for the job. I brushed off the inquiry, believing that because I did not have a degree from the seminary or not what God was calling me for. A few years after that a different chaplaincy position became available in the office of Campus Ministries. A different faculty/staff member approached me inquiring if I might consider applying for the position. Again I brushed it off. A few years after that the university chaplain position became open in the office of campus ministries and yet another different faculty/staff member approached me inquiring if I would consider applying for the position. At this point God convinced me that I had outright dismissed the two previous invitations to apply without ever considering that he might have a different plan for my life regardless of whether I had a degree from seminary or not. After several deep and clear conversations with God I followed his instruction to apply and leave the rest in his hands. He made it clear to me that if this was the position he wanted me in he would open the doors and if not he would close them. After several intense interviews and a few months of time I was offered the position. If we align our will with God's will, he will bring his plan to fruition. This is not to say that there have not been many people in opposition my appointment or my leadership. As a woman I am frequently underestimated, and the enemies try to injure my pride or halt progress with these assertions and dismissals. But God sustains me, reminding me that he is my judge and he is equipping me with wisdom excellence and he is producing mighty harvest in spite of the opposition.

Tacyana Nixon, Assistant to the Vice President for Campus & Student Life

How has being a woman impacted your journey to who you are today?

Being a woman, specifically a black woman, has instilled in me resilience. On this journey I've been told “you are lightweight” by some. I didn’t know what that meant but I knew it was the limit, irrespective of our gender but my parents never sugar-coated the obstacles we would face simply because of our gender but rather posed it as a challenge to prove our skeptics wrong. It is with this foundation that I have my mantra, “I can and I will. Now watch me prove it.”

How hard was it for you to get to the position you are in?

I am one of three girls. In our home, the sky was the limit, irrespective of our gender. My parents never sugar-coated the obstacles we would face simply because of our gender but rather posed it as a challenge to prove our skeptics wrong. It is with this foundation that I have my mantra, “I can and I will. Now watch me prove it.”

Alyssa Palmer, Associate Dean for Student Life, Senior Title IX Deputy Coordinator

How has being a woman impacted your journey to who you are today?

I am passionate about music composition. Even though it is agreed that musical talent is not more prevalent in one gender than another, women composers throughout history have not had the same opportunities as men. For centuries, most academic and popular music has been written by male composers. As a woman composer, I am committed to keep writing, publishing and performing music, and in creating opportunities for both young men and women composers to find their unique musical voice.

How hard was it for you to get to the position you are in?

Having Jesus’ mindset is the position I truly aim for. There have been several occasions in which being a woman made things difficult, but when God calls you he opens or closes doors according to his will. We serve a faithful God! He has given me so much joy serving as a teacher, composer, choir conductor, author and now as a dean. After getting the name, me and colleagues explained to me the reasons why I was offered the job. They said that they valued my experience working in different countries, my spiritual leadership and creative teaching style. I am a hard worker and I was flabbergasted that he would not have encouraged me to prove it.

Andrea Luxton, Andrews University President

How has being a woman impacted your journey to who you are today?

For me, it has been very important in my journey to find my own voice and value what God has made me to be as an individual and a woman. I believe that has impacted my leadership style. While I know it is a generalization to say women are more naturally relational, intuitive and collaborative, for me those are certainly important in leadership. I think most women have been marginalized at some time because of their gender, and I am no exception. That has helped me understand others better, I believe.

How hard was it for you to get to the position you are in, considering you are the first female president of Andrews?

I don’t know if my being a woman was a challenge to anyone on the search committee for this position. I have not received any negative overt comments since being in this position, and some, particularly older really excited! I would say that the fact that I am a woman was probably more of a barrier earlier in my career, when I would hear phrases such as, “You can’t be—you are a woman!” But after a while the shock for the other person went away!
Future Club Spotlight: WEAAU

Shalom Dosunmu
Sophomore
Political science
Interviewed by Darius Bridges

Tell us about this club you’re creating. My club is Women’s Empowerment Association of Andrews University, WEAAU, which is about encouraging women.

What do you see as the club’s purpose? We have several purposes, one of which is bridging the gaps between women in the student body. It’s something I noticed being here for almost two years, that people hang out in their ethnic groups so we wanted to create something to bring us together. Also to provide a purpose for people to put themselves out there. Another thing I noticed is that the culture on campus, especially for girls, is often negative and an environment for tearing people down. So our club wants to take the focus from the drama and empower one another. Because in this world we live in, women face prejudices and many of us experience similar things. And a lot of people don’t understand that. One example is the wage gap: it’s crazy that minority women make only 77% of what white men make just because they’re a minority.

And we’re here tearing each other down, exerting all this energy when we could just come together instead of fighting over petty stuff.

Was there a specific moment that made you think “I need to start this club”? This club was actually inspired by a show. This girl essentially created a club at her high school because her transgender friend was being bullied by the football team. And the principal didn’t do anything about it. So her goal for starting the club was so that situations like that don’t happen. We don’t have that. From my experience, and it’s so easy to get caught up in the culture of bringing each other down. Like I knew that there had to be a change. We have situations where we as women belittle each other and we tear each other down.

How have you been going about and preparing to become the first president? I feel like with a club like this, you have to represent. I cannot be caught in Twitter beef and subtweets while being the president of this club. I’ve had situations where I felt that this is not me representing this message. This club has actually brought me much closer to God. I used to feel I had to be perfect to start something like this but I realized God doesn’t call the qualified; he qualifies the called.

So what do you guys have planned? One thing about this club that we’re trying to implement is quality experiences. We want you to experience something that you’re not going to forget. So for the future, we have an event planned for this month, especially, on the 30th of March. It’s Saturday night at 7:00 p.m. and we’re collaborating with The Nest, but it’s a whole different experience. We’re even trying to have mentorships.

Anything else exciting? We’re planning on doing campaigns taking pictures of women like Humans of New York or Humans of Adventism. We want to have seminars and help to give more access and information about counseling centers.

What are some of the things you’d like to address? We are on a college campus, and even though it is Adventist, statistically there’s no way sexual assault is not happening on this campus. Girls are uncomfortable talking about their experiences on any campus. Imagine talking about these issues in an Adventist community, where anything sexual outside of marriage is seen as a sin. I can only imagine how much harder it makes it.

So can men be involved in the club and if so to what extent? Men are encouraged and allowed to come because what we aren’t promoting division. We are promoting inclusion. Some events are not for or really kosher for men because they cater to women and talk about women’s issues. But men do play a huge part in the lives of women.

We recently had Ted Wilson come and speak, and we know his views on women’s ordination. Since your club is to help educate women and men on a variety of issues what would you say to someone that feels that way, or what would you say to future club members about this topic? Although everyone is entitled to their own belief and their own opinion, I would encourage people to address this topic with wisdom and with knowledge. A lot of people want to speak on women’s ordination without being completely informed, including him. So to my future club members I would say that you are going to encounter people like him, or people who have even stronger beliefs against women, but as long as you continue to fight for what you believe, God will be with you. I’m a strong believer that standing behind a pulpit, preaching about God and ministering to people about him should not determined by what your gender.

Is there anything specific that you would say to future members or anyone who’s wondering if they should join or not? This is a club for you, regardless of your social economic background, regardless of your ethnic background, regardless of what your race is, this club is for you—for women who need help and community, for men to learn. I hope everyone will want to join and be a part of the empowerment and education of women.
Exhibition Exposes Abuse in its UNREDACTED Form

Jennifer Lara | UNREDACTED, an exhibition by Clarissa Carbungo (senior, photography), gave a voice to women who have been abused, whether it was sexual, mental, physical or emotional abuse. The opening night took place on March 7 at 5:30 p.m. in the Harrigan Hall Gallery. This beautiful and very raw exhibit explained how Carbungo brought up something very important in her exhibit about the Christian community, saying that “we often choose to live in a bubble and pretend these things don’t exist.” She suggested it’s time we stop arguing over clothing, jewelry, dancing or other such things and begin to address more important topics such as this. Violence happens to women within the church. What are we going to do about it?

The stories presented were simultaneously beautiful and tragic. Each picture was focused on the featured person. Carbungo explained in her artist’s statement that “UNREDACTED is a collaboration between these women and myself. I sat with them as they shared each of their stories and experiences.” Then, she helped them pose, trying to capture a feeling, expression or emotion depicted in their story. She chose dark backgrounds to reinforce that these are negative experiences and to ensure that nothing distracts the viewer from the emotions on each face.

There were 10 pictures in total, each with their own stories. What I loved most was that each story was handwritten by that person, making it more personal. Along with the stories of the women photographed, there were also anonymous stories submitted by other abuse victims that were just as impactful. Carbungo made a bold move by covering such a difficult subject, and not only that, but also including her own story. She successfully opened up a platform for people to discuss their stories and hopefully show others who struggle with similar problems that it is okay to speak out, that people will listen and will be willing to help.

Margaux Tan | If you didn’t know by now, March is Women’s History Month, and International Women’s Appreciation Day falls on March 8th. Many countries acknowledge and celebrate the day and the month dedicated to women, but many still ignore it in the same way that people still ignore the pink tax, pay gap, or the great ideas brushed aside at the conference tables. Women are even ignored in art. It is now well-known that women have been left out of textbooks and history, but I didn’t realize how many women are misrepresented in the arts as well. As a woman artist, these statistics are intimidating to look at. For better or for worse, these statistics shed light to an issue that is often overlooked because it seems that for as long as these numbers are, they are still technically on the rise.

According to statistics posted on the website for the National Museum of Women in the Arts, 51% of visual artists are women but are earning, on average, $30,081 cents for every dollar made by male artists. There is also a shockingly low number of living female artists represented in galleries in Europe and North America—only 13.7%. Even within art education, from the 16th to 19th centuries, women were barred from studying the nude model. As a bad, just like any other person. The struggle can be viewed as good and bad. It may be more difficult, but that’s what’s so important about it. Being in a state of struggle often means being in a state that compromises our comfort. However, those areas in life where we take a step out of our comfort zone only cause us to grow.

Struggle in life and in the arts does not only need to be the art; it can be the fuel to the art. The struggle is just another way we drive our art the same way passion and talent does. I’m not saying that the struggle is fair or just, but I’m emphasizing that we don’t allow the struggle to tear us down so we can’t make our art and advocate for it too. If you want to stand in alliance with women artists, do what you can when you can. Go buy a ticket to a film made by a female director you really like, go to your favorite photographer’s exhibition, do whatever, whenever. We need all the support and love we can get because we are so tired of being pushed to the back. Women in the arts need the voices to help lift us up. When generations before have heard “No. You can’t, you’re a girl,” we tell our daughters, nieces, sisters, and even sometimes have to remind our mothers who we are by saying “Yes. You can. You’re a woman.”
Captain Marvel: Another Marvel Domination

Adriana Castillo

This review is spoiler free.

Marvel is yet again dominating the box office with its newest addition to the world of superheroes, Captain Marvel. The film, which tells the story of an aspiring woman pilot who one of the universe’s most powerful heroes, could not have been released on a better date. March 8, 2019, was International Women’s Day, and the spotlight was on the franchise’s first ever female-superhero lead.

Throughout the film, elements allude to our main character’s struggle of trying to compete in a world where being male is automatically a huge advantage. In my opinion, Marvel delivered this message beautifully by making it not only inspirational but also pretty straightforward, which will definitely resonate efficiently with some of the younger viewers.

Like the more recent Marvel movies, Captain Marvel had the same elements of flashy action sequences interlaced with fantastic throwback music and humorous moments. In particular, I think that the various plot twists and non-linear narrative kept the audience engaged and giving its full attention to the story.

My only complaint about this movie is one that applies to a lot of the newer films Marvel has been putting out, and that is the length. Marvel’s movies seem to always be hitting the over-2-hour mark, and while it’s true that films now days just seem to be getting longer in general, I think there could definitely be moments that should be shortened in order to avoid a lull in the story and even intensify the action.

However, in Marvel’s defense, they do fit a lot of material into each film in order to give the people in the audience who aren’t familiar with the comics a solid background in order to equally enjoy the show. Overall, I think directors Anna Boden and Ryan Fleck did a great job with the film and left us all very excited about the next installment in the Marvel Universe.

AUTW Goes Out With a Roar

Kara Herrera

Though not known to all, the Andrews University Theatre Wing (AUTW) has performed annually for the campus community. In the past, the AUTW has utilized adapted versions of various works such as The Ugly Duckling and Much Ado About Nothing. This year’s performance was an in-house adaptation of The Lion, the Witch and the Wardrobe, one of C.S. Lewis’ books from the Chronicles of Narnia series. Performed for a total of three days (Mar. 2, 3, and 9), with a dress rehearsal on Mar. 1, the cast performed five times in all, twice during the Sunday performance date.

Personally, I felt that the final Saturday performance was the best, corroborated by what I heard and experienced from my own attendance at the Saturday performance. The opinions of returning audience members, and the opinions of members of the cast. Having had a whole week to rest and recuperate, the cast gave a stellar performance in Newbold Auditorium. The lights and sound effects were on point and Aslan’s roar came in right on time. Scott Moncrieff, a professor in the Department of English who attended the second performance, said “It was really pleasing how Mrs. Beaver’s voice was handled, the cracking of the stone table, the use of ‘C.S. Lewis’ to serve as narrator, so many interesting solutions to logistic challenges. It was a lot of fun to watch. And it was nice to see a lot of families out at the event, [demonstrating] cross-generational appeal.”

My personal favorite aspect though was the personification of the beaver characters, Mr. and Mrs. Beaver. There was a scene where Mr. Beaver recited the prophecies regarding Aslan, and it was hilarious how Mrs. Beaver mouthed along with his lines.

All in all, the characters were all funny and filled with personality. Having gone to see the last two annual plays by AUTW, the success and quality of this year’s performance makes me look forward to next year’s play.

Watch of the Week:

Knock Down the House

I had the privilege of watching this Sundance Film Festival winner (U.S. Documentary Audience award and Festival Favorite award) at the True/False Film Festival in Columbia, Missouri. Knock Down the House is a documentary that follows four women running for Congress in the 2018 primaries. They are all progressive Democrats, and you probably (hopefully) know at least one of them—Alexandria Ocasio-Cortez. Ocasio, along with Amy Vilela, Cori Bush and Paula Jean Swearingen, are the underdogs of their respective races, to say the very least. Being females, running against long-time incumbents, and determined to only operate on grassroots fundraising posed a serious disadvantage for all four of them, but that did not deter them from fighting for a voice in the government. The documentary is an emotional, feel-good motivator. I couldn’t help but cheer with the candidates at each little success and fret over each new obstacle. This isn’t just an impactful movie that showcases the struggles of political campaigns. Even if politics aren’t your thing, you can still appreciate the empowerment in watching women strive—and succeed—to make a difference for themselves and others. The film is set to release on Netflix sometime in 2019, and I definitely recommend that you keep an eye out for it.

PHOTO FROM PUBLIC DOMAIN

THURSDAY, MARCH 14 2019
VOLUME 103 ISSUE 20
Speaking Into Silence

Alexi Decker

I recognized sexism for the first time at 12 years old.

This is not to say that I didn’t notice it beforehand. I did. But I noticed it in ways that mostly benefitted me, or that at least weren’t coded as oppressive. I knew that the reason why my brother had to help me chop wood and I didn’t was because I was a girl and he was a boy. I knew that laundry was my chore because it was an inside chore, and I was a girl. I knew that my best friend was Mikayla instead of Morgan because Morgan was a boy and girls couldn’t be best friends with boys. Do you see? I found it all relatively benign, because it wasn’t like it couldn’t speak my mind, or chop wood if I wanted to, or be friends with Morgan (just maybe not best friends). I wasn’t oppressed, I wasn’t marginalized. America, after all, wasn’t sexist.

But in 2009 my family moved to a town about an hour outside of Cairo, Egypt, and I understood sexism in a very different light. I couldn’t leave the house in shorts and a tank top, despite the blistering desert heat, because my body would be a distraction for men, because they would think I was a “loose woman”, even though I was still a child. I couldn’t stand with my legs apart because that would mean that someone had taken my virginity. I couldn’t walk the streets of our town alone for fear of cat-calls and pinching and, perhaps, worse. I was only allowed to sit on one side of the church when we gathered for chapel, and I wasn’t allowed to have a conversation with a guy alone, even in a public place, ever. Even if we were friends. Even if romance was the absolute last thing on my mind.

This, I remember thinking, is sexism. It was not benign. It actively silenced an entire category of women, myself included. It kept us indoors, kept us quiet, because the minute we left the house we were automatically judged for what we wore and what we said. I wanted to be put up with it. What else could I do? As the principal’s daughter, I didn’t want to stir up trouble or make my parents’ lives more difficult than they had to be. Moreover, I wanted to be respected, to be thought of first for my mind and my thoughts. I wanted to be seen as a good person, a smart person, before I was seen as a good woman. To do that, I had to erase my gender, make it as much of a nonentity as I possibly could.

When I went back to the US for high school, I expected things to be different. Some of them were, of course—I could wear shorts again, for starters—but some were oh-so-familiar. I had to get my banquet dress checked by a committee, which carefully evaluated the way it fit me in order to make sure I wasn’t “too sexy”. The girls’ dorm had a difficult check-out process with literal pages of paperwork to complete, while the guys just had to wave at the dean on their way out. We watched videos in class about the important differences between girls’ and guys’ brains (girls are spaghetti-ti, guys are waffles) and what that meant for our future marriages.

And the thing is, everyone knows it’s dumb. No one has ever looked at a girl’s knees and thought they were irresistible, or wanted to ravish her because her tank top had a two-inch strap instead of a three-inch strap. If you find someone attractive, you’re going to find them attractive no matter what they wear. But even if you know this—and I don’t buy it anyway. You buy the fact that men can’t control themselves, that women must be the gatekeepers of purity in their dress and their actions. You buy the fact that a 15-year-old girl’s body is inherently sexual in all ways that a 15-year-old boy’s is not. You buy it because everyone tells you that it’s true—your teachers, your parents, your deans, your friends. Even if it doesn’t make sense (and let me tell you, sexism doesn’t make sense) you buy it anyway.

This is not to say that America is enlightened, as a paragon of Western objectivism in a world dark with superstition and horror. But not only is this mentality deeply offensive to cultures that are often far more progressive than we realize, it also fails to recognize the ways in which sexism, racism and homophobia so intensely pervade American society. In truth, we suffer from the same superstitions, the same misconceptions, the same darkness—we just execute them in different ways. It doesn’t matter what you say if you never leave the dorm. It doesn’t matter what side of the church you sit on if you can’t preach from the pulpit.

Do you see? This is sexism. The modes of enforcement are different, but the results are the same: the silencing of women.

This, then, is why I am upset when people say sexism does not exist, or that we’ve somehow cured it because women can vote and wear bikinis at the beach. These are only first steps. Kamala Harris, US Senator and potential presidential candidate, was recently asked what a world without sexism looked like. She immediately answered, “Better.” She didn’t have to specify in what way, because sexism is insidious. It pervades everything. It steeps our churches and our schools and our government.

And it doesn’t get better when you leave high school. Even given the fact that I have to police myself. When I went to a professional event a couple of weeks ago, I was told not to wear lace, as it would signal “too girly” and people wouldn’t take me seriously. It was advice I followed, not because I hate lace, but because I wanted to eliminate, as much as possible, any preconceived notions about my scholarship based on my gender. I wanted to be seen as smart, as a good person, before I was seen as a “girly” woman. Of course, I got sexist questions after my presentation anyway—but maybe, I got less because of the way I was dressed. And when, at 20, I slept over at a close (female) friend’s house after studying too late, the dorm refused to acknowledge that I had a right to a night leave request I’d filled out because they didn’t have parental permission, when I know for a fact that the men’s dorm on campus would not have cared.

I am always a little afraid to write about topics like this. I know they are controversial. I know that they alienate people. But I do not know how else to fight the silence. I do not know how else to make people listen, to make them empathize. I do not know how else to make things better.

I used to think sexism was mostly benign. I know better now.