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FANNING ACROSS CULTURES THE ASIAN PACIFIC HERITAGE ISSUE

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“The word ‘Asian’ itself is problematic. The continent is massive and doesn’t lend itself all to the use of one generic demonym. It is four times more massive than Europe and far more diverse.”

“Chino or Asiatico

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“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.”

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Culturally, there’s so much that I don’t know, that I will never understand; the reality of the situation is that I will always struggle with being an ‘in-betweener.’”

“Human

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“This is where the argument lies: which message was better portrayed?”

“A&E

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“Do I have a right to listen to it? Of course. Everyone does. But is it right for me to call it my own? That’s an entirely different question.”

The Last Word

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“FANNING ACROSS CULTURES

THE ASIAN PACIFIC HERITAGE ISSUE

PHOTO BY TEDDY KIM

NEWS

CROSSING CULTURE ACROSS THE SEA

IDEAS

CHINO OR ASIATICO

PULSE

SLEEP HYGIENE

HUMANS

REFLECTION ON WHAT IT MEANS TO BE ASIAN

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GET OUT VS US

THE LAST WORD

CONVERSATIONS ABOUT K-POP
Cultural Exchange Trip to Japan

Dani Maletin
During Spring Break, March 15-26, ten Andrews University students embarked to Osaka, Japan, on a mission to develop collaborative Japanese and American social innovators, essentially working to bridge the divide between various cultures. This was done through a program called Collaborative Online International Learning. Janine Lim, COIL coordinator and associate dean for online higher education, one of the faculty sponsors who attended said, “Our educational tour was designed to serve in an internship with students from Osaka City University and De La Salle University from the Philippines. This meant that we learned the culture and connected to our new friends on a deep level. The amount of learning was amazing and beneficial to all.”

The trip began with a formal ceremony in Han-nan City, where the mayor of the town posed their declining population as an issue to be solved and asked students for their candid solutions. While the town was not fully ready to implement any suggestions given, they were given valuable advice from a current generation who is aware what can spark tourism and the migration patterns of today’s youth. Students on the trip spent the day interacting in groups alongside one member from each school, analyzing perspectives, culture, beliefs and the varying social institutions and services within each country. The immersion then spent a day shadowing and interning at different social institutions such as an elderly care home, mayor’s office, local business and elementary schools which gave a more in-depth look at Japanese customs, and what services look like all around the country. Jacob Jackson, a Senior Elementary Education major said, “My group was super close. It was interesting to see how the cross-cultural dynamic played out. There was a bit of a language barrier between us all, but we overcame that easily with patience. I hope I will be able to keep in touch with them, because the people were honestly the highlight of this trip.”

The differences between cultures were staggering, surprising students on many occasions how different the world can be. Some examples of Japanese customs learned were: eating before others have all sat down is considered rude, the onsen (public hot bathing facility) is considered a traditional way to bathe, wearing gloves outside is unacceptable, speaking on a train loudly is offensive and asking questions usually means you are less intelligent. Katie Krawczyk, a sophomore business and pre-law major, said, “The most shocking custom for me was wearing different slippers in the bathroom. In Japan, we walk wherever we want in our shoes or bare feet. But in Japan, they expect you to be very dirty and don’t want your feet or shoes to touch the floor.”

On the weekend, students were given the opportunity to partner with any of the 30 students and explore Japan! Some of the places visited were Kyoto, Nara, Kobe and Osaka City, where many shrines, temples, palaces and other historic sites were located. This freedom allowed each student to take their own educational experience into their own hand, allowing them to discover more about the Japanese religions, food, history, socio-economic status or commerce. Kylie Walter, junior elementary education major, said “The sites in Japan stood in sharp contrast to the US. One of my favorite sites was Fushimi-Inari, a shrine located in Kyoto that is over a million old and one of the first Shinto shrines. It had thousands of red arches that led up the side of the hill and places to worship all along the way, it was clearly very old and had a large religious significance.” All in all, the trip was a great educational experience for all students involved, and was a once-in-a-lifetime opportunity.

Asian Clubs Serve at Food Fair

Kara Herrera
Every year, the students, faculty sponsors, and related members of Andrews University’s culture clubs organize and serve their own unique food from their countries to other members of the Andrews community. As an international university that boasts a highly diverse population, the ethnic clubs at AU hall students from all around the globe. Said representatives of countries encompass much of Africa, Europe, the Americas and Asia. Amongst the rich multitude of clubs, since the population is so large, AU hosts a plethora of Asian ethnic clubs as opposed to a singular organization. Some of the most well-known and largest Asian clubs are the Korean American Student Association (KASA), the Andrews Filipino International Association (AFIA), and the Andrews Society of Indonesian Students (ASIS). Along with the other clubs of Asian heritage (Chinese, Southeast Asian, Pacific Islander), members of these clubs dedicated a large chunk of their time to cooking and preparing the night before as well as serving from 12:00 p.m. until 7:00 p.m. on Mar. 31 in the Johnson Gym. Each club possessed their own unique food to offer the community and saw a mass of people visit their booths and return for second and third helpings. To speak about being a part of one of the Asian heritage clubs and their booths, members were asked to express their experiences at the food fair. Yosia Nurhan (sophomore, mathematics), a member of KASA says, “Aside from the good food, the food fair was a great opportunity to meet people that I have not seen for a while. I enjoyed the market atmosphere. Although it’s not outdoors it reminded me of the night market at home.”

Not only did the homely food bring back some nostalgic memories, but, as some say, it also brought together the community aspects of being in a cultural club. Hannah Sabangan (sophomore, nursing) member of AFIA, says that the “food fair is always a fun and slightly hectic experience for AFIA. We rely heavily on each other for energy and support. We truly encompassed our theme of bayanihan at the food fair by working together to accomplish a common goal.”

In addition to bringing together the members of each club, the food fair allows people to try new foods. It brings a new aspect of diverse experiences to those who are unfamiliar with the foods that remind others of home. Joelle Kim (junior, English), a member of ASIS says, “I always look forward to the food fair every single school year. There are so many people from different cultures and backgrounds to the point where the gym is bursting. I also had such an amazing experience volunteering at the Korean booth. It was so fascinating to hear how many people liked or were curious to try the foods that I’ve been eating since I was a kid. All of the other booths have equally delicious food, but I’ll always be more inclined towards grabbing a bite of spicy ddeokbokki.”

The International Food Fair has always been an event that we here at AU have looked forward to each year. Now with this year’s fair over, we wait eagerly for the next one.
Andrews Team Wins Stryker Challenge

David Forner
On March 21, 28 students representing nine colleges and universities arrived at the Stryker Corporation in Kalamazoo, Mich., eager to participate in the ninth annual Stryker Engineering Challenge. Twenty-four hours later, after designing, building and programming a remote-controlled vehicle, after competing in a obstacle course race with their robots, and after participating in a number of other technical challenges, two Andrews students, along with the other members of the Michigan Colleges of Engineering Alliances (MCA) team, emerged as the challenge’s champions.

The two Andrews students were sophomores Jeremy Barrett and Devin Garcia, engineering majors who competed alongside Denise Roorda from Calvin College and Joshua Cormier from University of Detroit Mercy. According to Barrett, he and Garcia met their teammates on the day of the competition.

“We were all strangers four hours later, after the competition went on and we adapted to the tasks for this competition well.”

According to Barrett, the competition began with a challenge to build the tallest possible tower out of toothpicks and marshmallows in only five minutes. While the MCA team’s tower was tallest, it soon collapsed. However, Barrett stated that after building their robot and completing a “homework” assignment of complex engineering problems in the areas of software, mechanics and project management, the MCA team was quickly bumped up into second place.

“We spent seven hours, until 2 a.m., designing and building a robot, and then after taking a four-hour break until 6 a.m., we resumed our building and testing of the robot up until 1:30 p.m.,” Barrett said. Once the robotic vehicles were finished, the “main event” of the challenge began: an obstacle course race in which teams would use their robots to maneuver a course, pick up lego people, and then carry them back to the rest of the team. According to Barrett, as many of the lego people were behind doors and windows which had to be triggered by photosensors, button presses and various radio frequencies, the obstacle course quickly became more difficult than it initially appeared.

With a total of 204 points, the MCA team won first place by a margin of one point, beating Michigan Technological University’s 203 points. MCA’s margins, however, were dramatically higher than many of the challenge’s other competitors, including the University of Michigan’s 116 points and also Michigan State University’s and Notre Dame’s 104 points. Other competing institutions included Western Michigan University and Purdue University.

In reference to his high light from the Challenge, Barrett said, “I think it was simply just being in the environment of Stryker and catching a glimpse of what it might be like to work there. The competition happened during two work days so there were plenty of workers there at the time. Going along the same lines, when the actual competition came along a lot of the workers were involved and seemed excited to watch it happen. And it did feel really good to perform well in front of so many engineers.”

In winning first place, each member of the MCA team was awarded a $1,000 scholarship, as well as guaranteed Stryker Corporation internship interviews for Summer 2020.

Gunnar Lovhoiden, the MCA team sponsor and a Professor of Engineering at Andrews University, was quoted in a March 29 article in the Andrews Agenda as saying: “The MCA team worked really well together and maximized their performance by making good design decisions.”

Hyun Kwon, Chair of the Department of Engineering, was also quoted in the same article as saying: “I am so proud of our students. They have proven the ability to successfully compete at such a high level and against much larger schools.”

According to Barrett, after a Q&A Panel with Stryker Corporation engineers, those who gave up careers in automotive or aerospace engineering to work in the medical technologies field, Barrett said he felt prompted to reconsider his career plans and to think about the difference a career in engineering can make in others’ lives.

Barrett said, “People don’t always think of engineers who help others or save lives, but I think that assumption couldn’t be more wrong. I learned that engineers can make a huge difference in the world.”

Upcoming Events

Women of Excellence Conference
Adventist Frontier Missions Morgan Hall
8:00 a.m.-7:00 p.m.

Behavioral Sciences Students Present at MPA Palmer Hilton Hotel, Chicago 8:00 a.m.-1:00 p.m.

Honors Thesis Symposium Butler Hall 1:30 p.m.-5:30 p.m.

Southwest Michigan Symphony Chorus: Belshazzar’s Feast Cantata HPAC 4:00 p.m.-6:00 p.m.

Gymnics Homeshow Johnson Gymnasium 7:00 p.m.-9:00 p.m.

Department of Music Assembly HPAC 4:00 p.m.-6:00 p.m.

Faculty Technology Showcase Lincoln Room at Terrace Cafe 12:00 p.m.-1:30 p.m.

Last Day to Change Credit to Audit or Withdraw Department of Music Assembly HPAC 11:30 a.m.-12:20 p.m.

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

Wind/Percussion Recital HPAC 6:00 p.m.-8:00 p.m.

Andrews Wind Symphony Spring Concert “Diversions” HPAC 8:30 p.m.-10:00 p.m.

Summer Session 2 Application Deadline

Senior Exit Test

Women of Excellence Conference Newbold Auditorium 7:00 p.m.-10:00 p.m.

Gymnics Homeshow Johnson Gymnasium 9:00 p.m.-11:00 p.m.

HPCA 10:30 a.m.-12:30 p.m.

Women of Excellence Conference Newbold Auditorium 7:00 p.m.-10:00 p.m.

Gymnics Homeshow Johnson Gymnasium 9:00 p.m.-11:00 p.m.

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Summer Session 2 Application Deadline
Trump Dumps ObamaCare (or Not?)

Kelsey Rook

On April 1, President Donald Trump published a series of tweets endorsing a replacement for former President Barack Obama’s Affordable Care Act (ACA), stating that the Republican party is “developing a really great HealthCare Plan” with lower deductibles and premiums than ObamaCare, a “truly great” healthcare. The next morning he stated that “The Republican Party will soon be known as the party of healthcare”, echoing his March 26 tweet.

It’s easy to see what Trump’s position on healthcare has been in the past from his action. He supported a 2018 Texas lawsuit opposing protections for those with pre-existing conditions, currently is—is—are these promises really due to a change of heart? Healthcare policies have been one of the most important voting issues since the introduction of the ACA, and this importance will definitely not be reduced in upcoming elections, especially with Trump’s efforts to completely repeal ObamaCare. Trump’s recent tweets and statements regarding his support of healthcare show Americans, who see that the US pays more in healthcare per capita than any other country but that ObamaCare might be a step in the right direction, that he is definitely pandering, especially since he has given hardly any indication of how his alternative plan would function practically in comparison to ACA.

Trump’s claims of wanting to expand upon and improve healthcare are falsified even more by a statement made only a day later, on April 2, as he made another dramatic swerve, this time insisting that it was his own idea to delay healthcare plans until after the next election. These claims are a little fishy considering that Mitch McConnell, on the same day, told reporters that he made it clear to Trump that the Senate would not support any plans to replace the ACA until late 2020.

Trump has certainly realized how important healthcare is to voters and is attempting to appeal to more Americans who see something wrong with the current system. A similar pattern could also be observed in the Republican party right before the October 2016 midterm elections. I would love to think that Trump is changing his views on accessible healthcare for all, but when his Justice Department is fighting to end ObamaCare with no solid plans to replace it in sight and his plans for healthcare are hickle at their most concrete, I’m not so sure Trump has the health of US residents in mind.


Pornography: Harmless?

Caitlin Jankiewicz

“Everyone struggles with it, if they say they don’t, they’re lying.”

“Everything in moderation ha ha.”

“I don’t think it’s a problem.”

These are just a few of the responses I’ve gotten when asking people their opinion about and experience with pornography. Unfortunately, in an era of easily accessible, high-quality pornography, we no longer have the privilege of assuming that it won’t be an issue in our relationships. Increasingly, we’ve become conditioned to accept pornography as normal or even healthy, thanks to the portrayal of sexual violence in music, video games and movies. We’re told that we shouldn’t be upset if our significant other watches it because “yeah, you’re not going to find a guy who doesn’t!”, and that it’s simply providing for the needs of your partner that you don’t want/are unable to meet.

Gorging the effects of pornography yields mixed results, with some voices claiming that porn can be beneficial to couples’ exploration of sexuality and that it leads to a more open-minded approach towards varying sexualities. However, within the world of psychology there is a growing awareness of the harm the use of pornography causes. Multiple studies link the watching of pornography to sexual violence against women and the normalization of sexual harassment. As one psychologist writes, “Consumption of pornography (is) associated with greater acceptance of objectification of women, which in turn (is) associated with greater rape myth acceptance and more frequent acts of sexual deception.”

While today some may argue that not all of it harms or demeaning towards women, at the core of pornography would be makings that women are intrinsically inferior to men. Women are portrayed as both wanting and desiring to be dominated, stripped of their human dignity and agency. As one writer puts it, “Porn eliminates the need to connect with a woman emotionally or intellectually.” Pornography also offers an unfair portrayal of men, demanding that they be emotionless and overbearing, constantly pursuing sexual conquest. This results in a warped and unrealistic perception of what sexuality was designed to be: an act of mutual giving by both parties involved. People may argue that porn is just fantasy, that people know the difference between what they watch and their real-life relationships. However, at a subconscious level, this is repeatedly seeing women ‘enjoy’ being slapped, gagged and spanked going to impact their minds is what we ultimately mean by pornography. People may argue that porn is just fantasy, that people know the difference between what they watch and their real-life relationships. However, at a subconscious level, this is repeatedly seeing women ‘enjoy’ being slapped, gagged and spanked going to impact their minds.

(1) Though there is a growing number of girls who watch pornography, studies confirm this is still a predominantly male issue. ifstudies.org/blog/the-porn-gap-gender-differences-in-pornography-use-in-couple-relationships
(2) psycnet.apa.org/record/2018-22934-001
(3) www.artofmanliness.com/articles/the-problem-with-porn/
(4) curiosity.com/topics/miracle-neurons-activate-with-your-actions-and-the-actions-of-others-curiosity/
Asia: A Monolith

Frentzen Pakpahan | As I advanced through departure, readying myself to return to data and Wi-Fi and summer Greek, I copied whatever the password in front of me did. I had gotten used to the language barrier over three weeks of mission work. I went through seamlessly, arriving in Atlanta shortly thereafter. As we waited in line to reenter the country, my friend informed me that one of the workers back in Honduras had waved me on to her colleague as she refused to serve a “Chino”. I’m used to hearing racial epithets about my eyes, my diet, my intelligence, but it came to my surprise (as someone who does not speak Spanish) to hear myself referred to as, literally, a Chinese person rather than as an Asian.

The word “Asian” itself is problematic. The continent is massive and doesn’t lend itself at all to the use of one generic denomination. It is four times more massive than Europe and far more diverse. The continent originates Southeast Asians, Indians, Middle Easterners, East Asians, Central Asians, but when one hears the word “Asian” we often think of East Asians who tend to have paler skin and skinnier eyes. They formed the main cast of last summer’s box office hit Crazy Rich Asians; even though the film split most of its time between Singapore and Malaysia. At times you can catch glimpses of the working class—colored Indonesians, Malays, Filipinos, Cambodians, Thais—scurrying around to serve and clean up after the ultrawealthy.

But Chinese? I will gladly listen to someone explain to me how they’re twenty-eight percent Portuguese, thirty percent Irish, twenty-five percent German, with a dash of Hungarian. But as soon as I begin explaining how I’m Indonesian, most people look disinterested. “We get it, you’re from another obscure Asian country.” Well, there are more Indonesians than Russians in this world and more Muslims inhabit these islands than any other country in the Middle East. Yet, what occupies the news? Certainly not us, unless there’s some humanitarian crisis and “Pray for...” begins to trend. Pray for me, because if you call me Chinese or Filipino again after I’ve told you already and I’ll call you out.

Just How “Peculiar” Are We?

Nathan Ruedinger | Since arriving at Andrews in the fall of 2016, I have become increasingly aware of the secularization of our campus’ culture. With each passing day, it seems to become more difficult to find any distinction at all between the young people on campus and those “in the world.” With few exceptions that I can see, we dress the same, talk the same, listen to the same music, watch the same television programs and movies and play the same videogames. While we have not abandoned religion, the religion many of us espouse seems to have taken on a very secular tone. We have a form of godliness, but it seems to have little if any actual power.

A regular attendee of rock concerts would feel right at home in many of our worship services. The music which we use to praise the infinite God of the universe often says very little of substance about that God, and what it does say is repeated so many times and in such a manner that the effect may be quite literally described as hypnotic (e.g. Good, Good Father). The most secular elements of society would find little to which they might object in many of the messages we preach (indeed, all too often we find that they were preaching them first); I find that the Thursday chapel presentations are often little more than a repetition of the latest political talking points dressed up in religious language. If we do not dare to deny outright the sinfulness of certain treasured sins, it is nearly a foregone conclusion that it is impossible to resist the tendency to commit such acts and live in accordance with God’s law even through the power of Christ’s blood. Tolerance is the order of the day, and more and more we find ourselves tolerating behaviors which God’s Word commands us not to tolerate.

We are already seeing the consequences of this movement towards a more secular church. A church which offers just another flavor of worldliness is in a poor position to compete with the world for the hearts and minds of the people. And even if this secularization of our religious experience was succeeding in keeping the youth in the church (which it is not), what would it profit us? Those who do remain may retain their identity as Adventists, foregone far more to Adventism than much of Western Adventism. Do we seek a solution to the problem of spiritual apathy plaguing the church today? Here it is: “Stand ye in the ways, and see, and ask for the old paths, where is the good way, and walk therein, and ye shall find rest for your souls.”

1 Matt. 5:48; Rom. 6:12-14; 1 Cor. 3:5; Heb. 2:14-16; 1 John 3:5-10.
2 Rom. 1:26-27, 32; 1 Cor. 5:12-13.
5 Jer. 6:16.
AppreciATE

Raina Price
Food. Glorious food. Marvelous food. Food connects us to one another. Food provides us with feelings of comfort, joy, and peace. Whether it’s a breakfast burrito or your mother’s home cooked meals, food enables us to explore both the known and the unknown. Many people love eating various Asian foods here in the United States. Whether it is spicy, sour or sweet, the foods of Asia are intricately made to bring happiness to anyone’s taste buds. I asked a few students here at Andrews University to share their favorite meals from back home that are special or hold sentimental value. Ember Kim’s (senior, psychology) favorite South Korean food is kimbap dipped in a red, spicy rice cake sauce. Although this food can be found in some stores here in the states, it is pre-packaged and doesn’t really have the same taste. It “doesn’t compare to the street food in South Korea”, in her words.

Ruyi Zhao (graduate, elementary education) explained how taste is very important when it comes to her favorite dish. “You po mia noodles are very special to me. The taste is super good and the spice is dipped in a red, spicy rice cake sauce. Although this food can be found in some stores here in the states, it is pre-packaged and doesn’t really have the same taste. It “doesn’t compare to the street food in South Korea”, in her words.

When I asked Leah Caron Cheung’s (sophomore, international business) favorite meal from Hong Kong is pho Adventist-fake goat meat curry. “Whenever my dad asks me what to eat it’s the first thing that comes to my mind. It is very easy to make and super cheap!”

When I asked Leah Charles (sophomore, medical laboratory science) what her favorite Indian meal was, she boasted about Adventist-fake goat meat curry. The best Adventist-fake goat curry she had was in Dubai.

Although there are thousands of delicious meals from so many countries across the continent of Asia, every single one of them makes someone happy. Even though they may differ here in the States, hopefully they inspire their consumers to learn more about the cultures from which they come from. Take a day to skip the cafe to go and try some delicious foods that represent Asian culture.

Note: The foods and countries mentioned within this article are not a whole representation of the continent of Asia. There are many other beautiful Asian countries with a vast amount of cultures, foods and people. Go explore!

Free Fitness Resources

Cristen Williams
With the month of April came a new set of Living Learning co-curricular credits. This month these credits reside under the theme of physical fitness. Last week’s Grown up, presented by Lamson Hall student dean Kate Carbaugh, featured the theme of physical fitness classes throughout the school week. There should be a class going on every week day. Class times range from 5 p.m. - 8 p.m. This includes but is not limited to Zumba, Spinning and Total Body Fitness. While the residents of Meier Hall do not have the luxury of the scheduled programing as seen in Lamson’s Health Club, they do have access to Meier Hall’s gym. Kate reminded us of the free fitness opportunities held on campus, but outside of the residence halls. Gymnastics open gym are Thursdays from 5 p.m. to 6 p.m. Intramurals are also a good chance to work out. Of course, Marsh Hall Fitness Center and the pool are available for student use.

Carbaugh encourages residents of both Meier Hall and Lamson Hall to exercise on their own time as well. She made sure to give out sources for online fitness programs. All the online programs can be easily found in the app store and more importantly they are free. Listed are some of the apps suggested by Carbaugh and their descriptions:
- Crossfit Journal: browse Crossfit articles and videos relating to news, lifestyle, and instruction; offers a “Workout of the Day”; reviews of workouts by other app users
- 5K Runner: encourages user to run, built in audio coach, tracks workouts and measure number of burned calories, integrates music into work out
- Blogilates: planned exercise routines every day, workouts targeted to specific body parts, offers healthy and easy recipes.

Whether it’s a breakfast burrito or your mother’s home cooked meals, food enables us to explore both the known and the unknown.
**MLS Lab Week**

Vanessa Angel  
The Medical Laboratory Science (MLS) department, along with the MLS club is hosting a lab week from Apr. 22- Apr. 25. The American Society for Clinical Laboratory Science (ASCLS) celebrates lab week annually as a way to appreciate clinical laboratory scientists and professionals who serve so diligently in patient healthcare and laboratory personnel. 2019 medical laboratory science week marks the 44th year that personnel. 2019 medical laboratory science week is a club is hosting a lab week event, along with the MLS Science (MLS) department.

**Every day is a beautiful day to save lives.**

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**Improving Your Sleep Hygiene**

Counseling and Testing Center  
Dear Counselor,  
I have some questions about getting proper rest. Recently, I have been extremely tired after I wake up and I also have trouble falling asleep. I have six hours of sleep during weekdays, which is plenty with the amount of studying and assignments that I need to finish and manage. Yet I still find myself tired and having a hard time concentrating, sometimes even falling asleep in class. Are there any strategies that can help me to get some good rest?  
—Jayden

Dear Jayden,  
Often times, sleep hygiene is overlooked by college students since they have a busy social and school life. Unfortunately, sleep could become one of the last items on the priority list. The recommended amount of sleep is seven to eight hours per night; however, with the workload students have, they might give up some sleep hours to catch up on schoolwork. You might think that four to six hours of sleep is enough, but you will be surprised by how tired you feel throughout the day. Here are some tips for a better quality sleep:

1. Avoid stimulants. Avoid stimulants such as caffeine and nicotine close to bedtime. They will keep your brain hyper pass the time you intend to fall asleep.
2. Exercise. Exercise promotes good quality sleep. Having as short as a 10 minute aerobic exercise could help you to improve the quality of sleep. However, aerobic exercise closer to bed time might have a counter effect to some individuals, so be aware and choose an exercise time that works best for you.
3. No food before sleep. Try to stay away from rich, fatty meals, spicy food and carbonated drinks. These foods tend to stimulate your digestive system and could lead to painful acid reflux when ingested close to bedtime.
4. Ensure adequate exposure to natural light. Exposure to sunlight and having a dark environment for sleep can help to maintain a healthy sleep-wake cycle.
5. Regular bedtime routine. Establishing a regular relaxing bedtime routine helps to remind your body and the brain when it is time for rest. Going to bed at a regular time, having a warm bath before bedtime, doing some light stretches, and reading a book could be some good options for you. Avoiding stressful and emotional conversations or thoughts before going to bed could also help you to fall asleep faster.
6. Pleasant sleep environment. Ensure that the sleep environment is pleasant. Get a pillow and mattress that can comfortably support your body, head and neck for a good night’s sleep. Keep the room temperature at 60-67F for an optimal sleep environment. Keep bright lights from laptops, phones or the street from disturbing your sleep environment.
7. Limit your naps. If you have a habit of taking naps, you might already know that a short nap of about 10 to 20 minutes could increase your alertness and help with concentration. However, limit the daytime naps to 30 minutes if you want to have a good night’s sleep.

I hope these tips give you a better idea of sleep hygiene and improve your sleep quality. If you still have any questions or concern, don’t hesitate to contact us. You can drop by the Counseling center located in Bell Hall 123, or call us at 269-471-3470.

Warmly,  
Your counselor.
As the first native-born generation of Asian-Americans in my family, it’s very hard to see where it all started. Between all the small customs I don’t understand, all the new reasons why I should reconsider being a doctor or nurse and the endless gossiping in the tongue of the motherland, I was never truly Asian. Then, when I am compared to the demographic in the place I grew up—a primarily black neighborhood—I was always the Asian kid. It seemed to me that I would always be an outsider. I was always in the middle, and I was always the Asian kid. And I was always the Asian kid.

Culturally, there’s so much that I don’t know, that I will never understand. The reality of the situation is that I will always struggle with being an “in-betweener.”

Something that I do know about my culture is that family is very important to us. I grew up very far from any other family members except for my immediate family, so I never really knew the depth of this cultural value. Very recently, though, I had the opportunity to meet a lot of my family who grew up with my father in the Philippines. Seeing all these people that looked like me, thought like me and acted like me truly made me realize the idea of family is something that I have been completely missing.

It is increasingly hard to discover one’s self in today’s society. We go through a lot of ordeals and we seem to have no one with whom to share these struggles as everyone’s circumstances are quite different, and when you tie culture into that, people feel increasingly lost. Family, though, has the interesting position of being able to bridge that gap. Even if we don’t identify culturally with one another, our family gives us a place to root our identity, and show us where we come from.

I said before that I will always be an “in-betweener,” but that is not necessarily a bad thing. With my big, loud Asian family, I know where I come from, and knowing where I come from gives me an idea of where I can go.

I was asked once how being Asian shaped me into who I am today, well, that’s a hard question because I am not quite Asian, but also not fully assimilated by America—I am somewhere in between. I am Asian-American. And being Asian-American is hard, but having the comfort of knowing where I come from, and having a foot in two very different worlds means that I can be anyone I want to be. I love being Asian-American.

Dear Young Margaux,

All you know is through an Asian-American lens. Your parents are from Singapore and Malaysia. On your mother’s side, your grandfather is Indonesian, Mandanese to be exact and your grandmother was Native Dyak Malaysian (a tribe known for headhunting). Your Father is Peranakan (descendants of Chinese immigrants who settled in Singapore and the Malay archipelago) and Thai. For your brother and you? All of the above plus American. I know who you are may seem like a lot to explain but, go ahead, tell them who and what you are.

You’re raised in a small midwest town, attending public school in a predominantly white area. It’s no “picnic in the park,” especially if you act and your grandmother was Native Dyak Malaysian (a tribe known for headhunting). Your Father is Peranakan (descendants of Chinese immigrants who settled in Singapore and the Malay archipelago) and Thai. For your brother and you? All of the above plus American. I know who you are may seem like a lot to explain but, go ahead, tell them who and what you are.

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Meet Your Presidents

Joshua Knowlton
AFIA President
Senior
Business administration-pre-dentistry

What is the purpose of your club and why do you think it’s important for Andrews students?
The purpose of AFIA (Andrews Filipino International Association) is to provide a positive educational, spiritual, and social environment for Filipinos as well as those who are also interested to learn more about the Filipino culture and heritage. I believe AFIA is important for Andrews students because the Filipino community is one of the most hospitable and loving groups of people that I have ever been a part of. Exposing Filipino culture to the students can only make the campus here filled with more love and compassion.

What made you want to become president and how did that process go?
I wanted to use my newfound passion in the Filipino culture to help Andrews experience what I had experienced in the Philippines during my student missionary year. To become president of AFIA, you must first be elected as the president-elect. This position is where you’re taught what the president does and you serve as the right hand man/woman to the president. Once your president-elect term is over, you are then transitioned straight into the presidency of AFIA for the following term.

What advice would you give to students who want to get involved in your club?
Don’t be shy in joining our club or even just coming to any of our events! You don’t have to be Filipino to be a part of AFIA. That’s why we stress the “International” part within AFIA so much! If you want to receive our emails and notifications about our upcoming events and where the free food will be, don’t hesitate to talk to any of the officers to be put on our contact sheet!

Elijah Myung
KASA Co-President
Senior
Religion pre-medicine

What is the purpose of your club and why do you think it’s important for Andrews students?
The purpose of our club, Korean American Student Association, is to share our culture with AU and to create a group of fellowship for people with similar interests and background.

What made you want to become president and how did that process go?
I wanted to become president because I had a desire to share my culture with the people around Andrews University. I had found it a wonderful opportunity to be able to at one of the most diverse campuses being able to share about my culture and background. My friend had actually asked me to become president because of an opening in the position of co-presidency.

What advice would you give to students who want to get involved in your club?
I recommend for students who want to get involved in the club to be unafraid of the club as a whole. Being involved may at first feel uncomfortable. However, in due time, you will begin to find your place and how you may be involved in the club.

Hhee Mu
SASA President
Junior
Music education

What is the purpose of your club and why do you think it’s important for Andrews students?
The Southern Asia Student Association (SASA) strive to promote Indian, Pakistani and other South Asian culture and heritage at Andrews University. Our main focus is to carry on a strong tradition of spreading South Asian awareness and traditions and we accomplish these through social and cultural activities.

What made you want to become president and how did that process go?
I was originally the Vice President, but after the first semester ended, I was assigned to be acting president for SASA. This was a very difficult transition in a short amount of time. It wasn't sure I could do it, but my officers assigned to be acting president for SASA. This was a very difficult transition in a short amount of time. It wasn't sure I could do it, but my officers and where the free food will be, don't hesitate to talk to any of the officers to be put on our contact sheet!

Tosca Chrismalia
ASIS President
Senior
Management

What is the purpose of your club and why do you think it’s important for Andrews students?
The purpose of the Andrews Society of Indonesians is mainly to raise the awareness of Indonesian culture around campus. We have a variety of events like vespers, game night and cultural night, with delicious Indonesian food served at almost all of the events. It also creates a safe community for Indonesian students by giving them a sense of familiarity with people that grew up with the same culture and traditions!

What made you want to become president and how did that process go?
At first, I didn't want to become president because of the amount of pressure and responsibilities that I had to go through, but after a lot of thought I figured that since I came straight from Indonesia as an international student in America, this was a good chance for me to share a part of my heritage and culture to the people around me. I also had a good understanding of the different Indonesian traditions, so that was an advantage that I had and should make full use of. I was also the treasurer of ASIS in the previous school year, so I knew how the club functioned, and that was what made me the best candidate for ASIS president.

What advice would you give to students who want to get involved in your club?
Our event posters are always all over school at least a week before it’s supposed to happen, and we also have several social media platforms like Instagram (@au.asis) and a Facebook page will all our information. All our officers are also super friendly, so feel free to approach us and ask us anything!
Jordan Peele’s Us Will Make You Want to Get Out

Megan Napod | This review is spoiler free.

2019’s horror film of the year Us came out recently and it already has many people talking. This is Jordan Peele’s second movie as an actor, director, writer and producer and he did not disappoint. The movie is the successor to his 2017 debut famously known as Get Out which was nominated for Best Picture, Best Director, Best Original Screenplay, and Best Actor, with Peele even being the first black winner for Best Original Screenplay at the 90th Academy Awards, but, some say Us may even be better. Currently, the film holds a 94% rating on Rotten Tomatoes, not as high as the 98% that Get Out has, but enough to say that Peele has broken the sophomore jinx that directors tend to have in their second installation. Because of the “genre confusion” of this first, Peele decided to make Us a complete horror film, as Rolling Stone describes it as “spill-your-soda scary.” The movie is centered around Adelaide Thomsen, portrayed by Academy Award-winner Lupita Nyong’o, and her family on their summer vacation to the beach. Thomas is immediately uncomfortable being back in her childhood vacation home—she was traumatized by her doppleganger at the same beach in 1986. Though her husband doesn’t believe her story at first, Thomas is proven right when the entire family’s dopplegangers appear with horrifying intents.

Many Andrews University students have already gone to see the long-awaited movie and many have their own personal opinions and reactions to the film, and specifically if it was better than Get Out or not. I talked to three students who thought Get Out was better and three who thought Us was better. Trey Lawson (senior, biology), who is on the side of Get Out said that although Us was a good thriller, the message of Get Out was “clearer and better, race in Get Out versus class in Us.” That is where the argument lies for the students I talked to: which message was better portrayed? Of course, clearing doesn’t always mean better. Lex Pena (freshman, pre-nursing) said that the details in Us did it for her; it was a movie she’d have to watch twice to really pull the whole storyline together but that left uneasy feelings for her. Where the clash lies for both movies is that both sides thought that the opposing movie was more predictable. Elijah Chokka (junior, speech-language pathology and audiology) said that Us was more predictable, while Noel Mark (freshman, film) said that Get Out was less suspenseful. He understood what was happening earlier on than while watching Us. The argument doesn’t have to be too complicated; Christopher Mata (freshman, medical lab science) said that he liked Get Out more because it was just scarier. Simply stated, it is a matter of preference. Overall, both sides agreed that even though they liked one message over the other, it wasn’t something you could compare. Pena said that “Peele had an entirely different story for both, but I liked both very much.” As we see in the opinions of our own student body, there isn’t a clear answer on which of the films are better. Although, what we can come to a consensus on is that both movies are extraordinary, especially for this day and age. Peele does his best to incorporate themes of race and social class in the United States in both movies, as well as interpretive messages that our world still needs to talk about today. Us is not just another horror film on the list meant to scare you. It is unique in the message that Peele wants to leave you with. Both are worth watching, not necessarily to compare but to enjoy, as well as grasp the deep messages that we can learn from that underlie both movies.

Margaux(s) to SonScreen Film Festival

Margaux Tan | Over the past weekend, the NAD held its annual SonScreen Film Festival. This year the festival was held at La Sierra University in Riverside, California. Over ninety submissions were entered from Walla Walla University (WWU), Pacific Union College (PUC), Southern Adventist University (SAU), Andrews University, of course and more. The event is made for young Christian filmmakers to showcase their art and network in a safe environment. With over 200 guests this year, the festival was really quite a hit. SonScreen began on Thursday, April 4 and went until April 6. It was a weekend full of talent, networking and sunshine.

Thursday started off with a keynote speaker, Jay Stern. If you don’t know who Jay Stern is, he produced films like Rush Hour and Horrible Bosses. He was a really talented guy and a pretty impressive keynote speaker that gave a lot of insight into the mechanics of producing and working in Hollywood. All the shorts were shown in blocks, in categories such as animation, documentary short, art/experimental short, comedy and drama. On the first night, two of the films that really stood from the crowd were a short documentary by Andrews’ very own, Madai Villa-Coppino (junior, film) titled Black Barber’s Lifetime Thing and a drama/musical titled Car Trouble by a collaborative group from WWU named After5.

Other films showed over the weekend included documentary short Child of Apartheid, directed by Andrews alumnus Stephen Alcock. You may have caught his film at the beginning of the Fall 2018 semester. His film also earned honorable mention for Best Documentary Short. An art/experimental piece by Denae Keizs (senior, film) and Joy Ngugi (senior, film) titled Bridge the Gap won Best Art/Experimental Short. These two films really made Andrews proud.

Sunshine, films and new relationships formed. What more could a film major want? But you don’t have to be a film major to attend or to even submit. There were a few amazing submissions made by students who aren’t in the art department. This event welcomes fresh ideas and interesting commentaries. If you’re passionate about film and storytelling, I suggest you give SonScreen a chance. I’m glad I did.
Asian Art Starter Kit

Megan Jacobs | The rise of Asian culture and representation has put many Asian artists on the map. Constantly, Henry Goldblum, Lana Condor and many other Asian actors have been taking up from their respective hits Crazy Rich Asians and To All the Boys I've Loved Before. Television: The rise of Asian culture (Hulu): I couldn’t make our main character, Izu Condor and many other Asian celebrities, movies and more:

Television: 1. Fresh Off the Boat (Hulu): Created by Iranian-American Nahatchka Khan and based off of Taiwanese chef Eddie Huang’s memoir, this comedy follows the everyday life of an Asian immigrant family living in Orlando, Florida. It’s a light, funny show with Constance Wu (Crazy Rich Asians) and Randall Park (The Interview) as the parents, and that alone should give you an idea of what it’s like. You can’t help but be a sucker for her (sorry, I had to).

2. My Hero Academia: Like Jamil, Chopra uses her popularity as a voice for others, vocalizing the rights for women and gender equality. She has her own foundation that provides health support and education for less fortunate children, and is an active ambassador for UNICEF. You can’t help but be a sucker for her (sorry, I had to).

This list is only a tiny bit of the whole pie. I really can’t give you a single slice. There are so many other genres of movies (Netflix just dumped a load of Filipino movies on their site), shows (I didn’t even get started on Korean dramas) and artists (like Indonesian rapper Rich Brian). But, hopefully this gives you a little glimpse into this awesome world of Asian art and inspires you to explore more. It’s so exciting to see the representation grow in the entertainment industry.

Watch of the Week:

Lion

This film is one of those movies that makes your heart hurt and burst at the same time, and then you find out it’s a true story, and all your feelings are just multiplied by ten. Directed by Garth Davis and starring Dev Patel, Lion is the story of a five-year-old boy named Saroo. He gets lost on a train that takes him across India and far from home. With nowhere to go, he ends up being adopted by an Australian family. After 25 years, Saroo is determined to find his biological family with the few memories he has and the power of the Internet. This six-time Oscar nominee is a feel-good movie that still manages to make you cry. Dev Patel is absolutely phenomenal in his leading role as Saroo, and the way his fight to find his family is portrayed makes you feel frustrated, excited, hopeless and hopeful right alongside him. Catch it on Netflix.
Crossing the Globe: The Case for K-pop

Teddy Kim | Can we claim something that is not our own?

It'd be nice if we could. If we could take anything and call it ours. But sometimes it's better off if we don't claim ownership of everything, because we simply can't call every-thing ours.

As K-pop continues to grow and take the world by storm, I really want to take advantage of my status as a Korean. I badly want to identify as someone who can claim its trendiness as endemic to my identity. It is a genre in which more and more artfully connected, becoming idolized by millions (check any music video outlet) and becoming the trend of a genre that is now a Billboard chart topper and YouTube record breaker, unparalleled in both categories. And most significantly, it is a wave that everyone wants to ride and be a part of, myself included.

But the problem is that while I fit the description of one, I'm not Korean. That starts with my family. I never had to speak an ounce of Korean in my life because my entire extended family speaks to me in English. In fact, when they found out I listened to K-pop, they somewhat ridiculed me: “Are you even able to understand what they’re saying? You never speak Korean.” And that curiosity is justified. I probably relate much more to a non-Korean fan than to the artist they like. It may seem like I’m selling myself short here, but the truth is I was never a Korean, in the truest sense of the word. I am Korean-American, the distinction being a large one.

So, really, when I listen to it, K-pop confuses me. Because while I’m automatically connected by what I’m trying to proxy through my blood, I don’t feel any such connection to it with my identity. Do I have a right to listen to it? Of course. Everyone does. But is it right for me to call it my own? That’s an entirely different question.

The stereotypes that come to most minds when hearing “K-pop” are snazzy clothes and dance moves. But K-pop also is a genre that is now a Billboard chart topper and YouTube record breaker, unparalleled in both categories. And most significantly, it is a wave that everyone wants to ride and be a part of, myself included.

Teddy Kim

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