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The Student Movement Volume 105 Issue 6: AU Infused with New Cultural Perspectives

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AU Infused with New Cultural Perspectives



Photo by Janessa Saelee

News

NEWS

Andrews University Wind Symphony Performs “Songs of the Sea” Concert

Jenae Rogers [10.28.2020](#)

On Saturday, Oct. 24, the Andrews University Wind Symphony held their “Songs of the Sea” concert in the Howard Performing Arts Center (HPAC) at 8:00 p.m. The concert was conducted by Dr. Byron Graves. A limited number of people were able to attend the performance in person, while others watched the live stream through Facebook. Those who attended in person were required to wear masks and social distance. The live stream allowed many viewers from all over the world to enjoy the concert. Glenn Whitt (seminary) said, “The sound was clear and beautiful,” and, “I noticed at the end of the concert that Facebook counted more than 1,700 viewers who joined in and enjoyed at least in part the concert virtually.”

MinSeo Kang (sophomore, math), a flute performer, said, “The Wind Symphony concert was very eventful. Due to unforeseen circumstances, some of our members could not attend. However, our conductor acted quickly and rearranged parts so that it would work out.” She also commented, “I would like to thank our conductor, Dr. Byron Graves, and the school for giving me this opportunity to perform.”

The theme of the concert was “Songs of the Sea.” It lasted for almost two hours with a short intermission. The Wind Symphony played pieces such as “Amparito Roca” composed by Jaime Texidor and arranged by Aubrey Winter and “Overture for Winds” composed by Charles Carter. For the selection titled “With Quiet Courage,” composed by Larry Daehn, the Wind Symphony was conducted by Kaija Perry (graduate student, MA in Music), who also plays percussion in the group. Additionally, the concert featured a quartet that performed “Nightshade” composed by Robert Dillon. Throughout the concert, the Wind Symphony also

played several selections from Folk Song Suite & Sea Songs by Ralph Vaughan Williams and Cajun Folk Songs by Frank Ticheli. The intermission was extra special for those watching live on Facebook because videos made during the pandemic of the Wind Symphony playing pieces together were shown.

Ms. Perry commented, “The players all know that when I get up to conduct I’m probably very nervous, so every time I pass my section to get up on the podium I hear whispers of encouragement, motivating me to do my best. As soon as I step off the podium there are cheers of triumph coming from all angles motivating me to continue to learn and grow in my conducting skills. It’s such a supportive environment.” Regarding the entirety of the concert, she remarked, “In essence, I think the concert was full of beautiful moments both musically and emotionally.”

Overall, the concert went very well and the wonderful music was enjoyed by many. Looking forward, the senior recital of Winner Silvestre will be next week as well as “The Road Home” concert, featuring University Singers, Canta Bella and Pioneer Men’s Chorus. The Department of Music plans to hold several Christmas concerts in approximately a month, so continue looking for more information.

The video is still available on Facebook

at <https://www.facebook.com/AndrewsUniversityMusic/videos/383539623018795/>.

NEWS

Dr. Marilyn McEntyre Speaks at John O. Waller Lecture

Taylor Uphus [10.28.2020](#)

13th Annual John O. Waller Lectureship on the Arts

"Speaking Peace
in a Climate of
Conflict"

SPEAKER: MARILYN MCENTYRE,
Distinguished Writer and Teacher

WEDNESDAY, OCT. 21 at 7:00 - 8:30 p.m. EST

VENUE: ZOOM

CO-CURRICULAR CREDIT AVAILABLE
Questions: english@andrews.edu


Marilyn McEntyre's books and teaching focus on spirituality, reading, writing, and healing. Her recent books include *Speaking Peace in a Climate of Conflict*, *Caring for Words in a Culture of Lies* (new edition 2020), *When Poets Pray*, and *Make a List: How a Simple Practice can Change your Life and Open your Heart*. Two books that draw on her work as hospice volunteer are *A Faithful Farewell* and *A Long Letting Go*. She has taught college students, seminars, medical students and adult learners for many years and leads retreats and writing workshops around the country. You can find out more about her at www.marilynmcentyre.com.

Photo by Department of English

On Wednesday, Oct. 21, the Andrews University Department of English hosted the 13th annual John O. Waller lecture through Zoom. This lecture is held in honor of John O. Waller, who served as the chair of the Department of English from 1963-1979 at Andrews University. Over the years, speakers from around the country have given talks about various topics within the literary and broader arts field. This

year's speaker, Dr. Marilyn McEntyre, spoke about her recent book released in May 2020, *Speaking Peace in a Climate of Conflict*. The topic could not have been more relevant as we face the turbulence surrounding current events and the need to find and speak peace with one another.

Dr. McEntyre specifically spoke about the importance of conversation in human relationships and how conversations can either perpetuate conflict or bring about peace. At the beginning of the lecture, she stated, "Peacemaking is a vigorous business." She continued to explain how speaking peace is a continuous act and process of embodying, imparting, and bringing out peace that requires a continuous consciousness of how we speak to one another. Additionally, she provided eight different strategies on how we can speak peace. These included the importance of taking time to define and clarify the meaning of the words we speak, unmasking euphemisms, learning to put ideas into poetry, articulating our rage and the need of righteous anger, fact checking, being aware of the metaphors we use, the importance of comedy and laughter within conversation, and learning gracious alternatives to winning and losing.

Her beautiful lecture and helpful advice greatly touched and inspired students. Alex Hess (sophomore, English) expressed what inspired him during the lecture, saying, "Something that really struck me from Dr. McEntyre's talk was that the quality of discussion is life giving. I think this idea really stood out to me because conversation and deep discussion are so pivotal to the way I experience interpersonal relationships. Conversation not only affirms your idea of self, but it can also push you to reconsider personal biases and make you confront ideology that is different from your own." Lily Burke (sophomore, anthropology, English) explained another area of the lecture that impacted her. She noted, "Instead of using conversation as a way to beat and prove someone wrong, Dr. McEntyre suggested that we try to genuinely persuade people, encourage others to reflect, and encourage them to challenge their ideas. If words don't work, Dr. McEntyre reminded us that we ought to model what we think is right." Dr. McEntyre's lecture challenged students and professors to rethink how they converse with one another and the power our words hold. During her lecture, she stated, "Words are packets of energy in the world." However, it is up to us to determine whether that energy is used for bringing about peace or chaos.

The lecture has helped students realize how they can use the idea of speaking peace in their fields of study and interaction with others on campus, ultimately revealing the incredible value of the John O. Waller lectures. Ms. Burke stated, "I was inspired to be more intentional in my conversations about difficult topics, and

to treasure those conversations as opportunities for genuine connection with the other human. I greatly anticipate next year's lecture and encourage everyone to attend, even if you aren't an English major yourself." Elianna Srikureja (junior, English) also explained, "As an English major, it is important for me to internalize speaking peace because I have the opportunity to be a voice for others that may not be in the same position. The idea of speaking peace has really helped me further my understanding of listening to marginalized voices and standing up for what I believe in." This year's John O. Waller lecture continues in the legacy of not only educating students but also inspiring them with ways to use their studies to make the world a better place.

NEWS

Students Worship Together at Infusion Vespers

Caralynn Chan [10.28.2020](#)



Photo by Janessa Saelee

How can we be united as a church and still celebrate our various cultures? On Oct. 23, 2020, Andrews University Students socially distanced in the Howard Performing Arts Center and were blessed by Infusion Vespers. According to the

founders of Infusion Vespers, they had a desire to incorporate the flavors of different cultures into worship on campus. In the past, there were recurring vespers called Fusion which brought together different worship groups. It became Infusion because the founders wanted to bring an infusion of cultures together in a one night vespers on campus. Three cultures were highlighted; the Brazilians, Caribbeans, and South Asians.

Throughout the night, it was clear that Infusion was not just about celebrating those three cultures specifically, but celebrating Jesus culture. The praise singers and musicians sang songs such as “Lift Jesus Higher,” “Waymaker,” and “The Blessing,” singing the lyrics in the represented languages. Shortly after, there was a skit with three actors coming from different cultures who pretended that they were at a church service. Even though it was hilarious, it was enlightening to see the various worship styles in different cultures. It was funny to see stereotypes faced head-on and the actors' expressions to each other's worship styles. The takeaway was that sometimes we value our cultural expressions above others, but we are all made by the same God who has created us uniquely.

Afterwards, there was a video of various people from those cultural groups answering questions such as “what is your culture most passionate about?”, and “how do you celebrate Sabbath in your culture?” It was intriguing to hear individuals' responses and how their cultural identity shaped how they experience life. Following the video, there was a panel of three individuals who represented the three cultures and were willing to answer questions from the audience about their worship experiences. The panel discussed several topics, such as how culture has shaped their views on religion, how their culture affects their relationships with God, how the AU campus hosts diverse worship experiences, and how we can be united as a church while celebrating our different cultures.

In response to the question of how the church can remain united and still celebrate different cultures, Steven Injety (junior, data science), one of the panelists, says that “We need the younger generation and the older generation to bring about change. The way culture is structured is that it changes, and therefore the culture of Seventh-day Adventism needs to be more diverse and inclusive of those different cultures. The way we can bring about this change is by having thoughtful discussions and by discussing difficult things. It is important to remember that the thing that brings us all together is Jesus and His offer of salvation for all.”

When asked about the most enjoyable part of Infusion, Vany Carballo (sophomore, Spanish, speech-language pathology) responded, “Definitely the

music! Especially the last song from the worship section, [I] felt God’s presence, and it was such a refreshing and calm moment.” Darius Bridges (senior, marketing) one of the founders of Infusion vespers, says that “The most challenging part of Infusion is trying to represent everyone, which is also the most rewarding part. It was important to get input from many people from each culture, but it's worth it to have the necessary representation.”

The second Infusion Vespers was prayerfully considered by every participant. There was a tremendously positive response to Infusion vespers, and we know that the Lord is working and uniting us as a community through the beauty of our numerous cultures throughout this campus.

Pulse

PULSE

Interest and Apathy Towards Politics

Views on political involvement, particularly with young people, varies. Some believe that it is important to get involved and encourage others to do the same, while others feel mostly apathetic towards the subject. I asked several students on campus how involved or apathetic they are towards the current state affairs within our country, as well as the reasoning behind their responsiveness to politics overall. Here are their responses:

Wambui Karanja 10.28.2020

What is your overall view of politics?

Hunter Baldwin (freshman, psychology): “ I think politics are important, sometimes entertaining, but always consequential to someone if not yourself.”

Verlencia Senatus (freshman, psychology): “My overall view of politics is little to nothing. My family isn’t very political. But when I am partaking in a conversation, I tend to just look for the best things in human life, which provides a more positive than negative perspective.”

Quintin Wilson (freshman, biochemistry): “I try not to talk about politics a lot, because it is always a source of conflict, so that’s kind of how I see it.”

How interested or apathetic are you towards politics?

Senatus: “I’ve grown to become more interested in politics as I’ve been able to see the effect of past political laws on those in my time. It allows me to learn more about not only what’s going on but also to explore other people’s views. This allows for better understanding and better ways of finding new solutions that can possibly help both sides.”

Wilson: “I’m not really very interested. I know it’s important to know, but I don’t really want to argue with people. Also it takes some time to read and to watch political things, and I’m always studying.”

Do you believe it is important for you to be involved in current state affairs?

Baldwin: “I think it is of the highest importance for people to be aware of the current political situation and, at a minimum, participate by voting. Not everyone has the capacity to read articles everyday or the desire to know every U.S. senator’s name, but I don’t see any good reason for someone to be totally dissonant with politics. It’s hard to think about a situation in which politics won’t have a direct impact on your life at some point, so even if it is out of self preservation, everyone should understand their position on politics.”

Wilson: “I do believe it is important to stay up-to-date on the things happening around you, for your benefit and others.”

If you are involved, in what ways would you encourage others to get involved as well?

Baldwin: “As far as my involvement, it is mainly in the form of reading articles and initiating debates with my friends and family. But I don’t under estimate the value of starting those conversations, and likewise when my friends bring up politics with me, it validates my position that we all should be talking about politics.”

Senatus: “I would encourage others to just take the time to first learn about the state you're in and to continually expand to other parts of the world. Becoming political isn’t something that is nasty or something that should get ugly; it is about becoming self aware and learning. In my opinion, I believe people should become more political and open. It’s hard to understand another person’s view without being willing to understand. We all live on this earth—why not all strive to make it the best for everyone?”

PULSE

Memories of Chuseok: Celebrating Community

Jessica Rim 10.28.2020



Photo by Public Domain

As the end of the semester approaches, a line of celebrations packed month after month awaits. Like an ecological succession, the grisly decorations and expressive pumpkins are replaced by paper turkey cutouts plastered over storefronts, then trees and railings entwined with bright lights that compensate for the short daytime. We don't normally question why we do these things; most people see them as an excuse to eat good food in good company. I think the same.

One of my favorite food-laden celebrations is Chuseok, the Korean harvest moon festival that is observed on the day of the harvest moon, which is the full moon that occurs closest to the beginning of the fall season. As its other name, "Korean Thanksgiving," suggests, it is a time to visit family and friends, as well as a time to make and eat too much food.

I especially like this time of the year due to my many childhood memories of shaping songpyeon (a particular type of rice cake eaten during Chuseok). As a child, I was not allowed to pour the boiling water onto the white rice flour or knead the clumps of flour into a smooth dough ball, but I loved to test my technical skills and creativity as I molded each individual rice cake. I could go the standard route, digging my thumb into a ball of dough as I rotated it, gently filling the cavity with a sweet sesame seed filling, rolling it back into a ball, and then using my first three fingers to press it into a bird-like shape. Or I could mischievously sculpt animals while omitting the crucial filling, leaving the consumer with a mouthful of plain rice cake.

At the height of my homesickness in freshman year, I decided to make songpyeon to remind myself of my connection to my family and culture. Asking someone with a car if they could obtain the special short-grain rice flour for the rice cakes and borrowing my roommate's steaming basket, I intended to do the full process all by myself. In exchange for sleep I gained self-satisfaction, the right to call myself self-sufficient, and 2 gallon-sized zipper bags' worth of rice cakes to keep in the freezer as emergency meals.

However, this year's Chuseok (which fell on October 1st) almost slipped by as a normal Thursday. After feeling especially disheartened that nothing special happened on this day, I realized that celebrations not only uplift our moods but also give us a chance to emotionally connect with others. In previous years, I would have been motivated to make large batches of songpyeon for friends, as well as having invited people to cook with me.

Families also purposely make excess food for Chuseok to lighten the burden of cooking for the elderly, alone, or sick, along with the usual food gifts intended to maintain goodwill. I remember the pile of food on the kitchen table meant for my grandmother that was dropped off by different people, as well as accompanying my father on visits to elderly church members, leaving containers of savory pancakes, sweet potatoes, and songpyeon. Chuseok is not solely meant to induce food comas but to reaffirm a shared identity and foster a sense of community.

Despite being unable to enjoy the holidays physically together this year, we can still spread positivity and celebrate our connections. We do not have to be discouraged by toned-down festivities. It is not the bustling of people going in and out of our doors or the decorations on our walls that make these celebrations important. Sending a sincere text, setting aside time for a video chat, or dropping

off food are all things we can do during the holidays to express our concern for others, which is what we may need now more so than ever before.

PULSE

Pumpkin Spice: Deconstructed

Masy Domecillo [10.28.2020](#)

The autumnal infatuation with pumpkin spice consistently baffles me. Perhaps it is due to my Southeast Asian background, where pumpkins are called kalabasa and are largely used in savory dishes such as stews and stir-frys. The notion of the vegetable being utilized within a sweet context was dubious, at best.

My knowledge of the flavoring was confined to annual seasonal promotions. It had never seemed appealing to me, partially due to the aforementioned preference for savory kalabasa dishes, as well as my general avoidance of sweeter drinks. I had heard that pumpkin spice drinks often tended to be excessively sweet, so I had refrained from purchasing such beverages. In short, I had never tried anything pumpkin-spice related. I had no desire to.

I recently started working at a small café, about twenty minutes away from Andrews University. One of the first things I noticed was the pumpkin spice phenomenon. About one in every three orders was for a pumpkin spice latte, and the orders were not confined to a certain gender or age. There is a persistent stereotype about juvenile females ordering the seasonal drink; however, that was not true.

I prefer tea. While on shift, I mainly get either the matcha latte, the Earl Grey tea or a chai latte. The matcha latte is a comforting drink with smooth vegetal, grassy notes, although for some it is an acquired taste. On the other hand, the Earl Grey tea latte tastes like luxury, with a complex flavor profile with notes of bergamot. The chai was an old favorite, although I preferred my personal supply to the beverage offered at my workplace as it was a tad sweeter. I usually alternated those selections throughout the week, depending on if I need a drink to wind down or if I want to sip something while working throughout the night. Since the pumpkin

spice latte did not fall within my usual domain, I had not ordered it, although I worked at the café on a near daily basis.

In fact, I only ordered the beverage in order to try it for this article. My hesitance, I believe, was largely predicated by other people's opinions on the drink. A cursory search will show that the pumpkin spice flavoring consists of spices such as cinnamon, nutmeg, and cloves, which all have warm flavor profiles that I did find appealing. When I finally ordered it at work, my coworker responded, "What happened to your matcha?"

When I made the drink, I attempted to refrain from deviating from the set recipe. Usually, in the rare occasion I made a non-tea latte for myself, I would add an extra shot of espresso to ensure that the flavors were not too sweet. I made an iced pumpkin spice latte, no milk alternatives, with the regular amount of flavor and shots; however I could not help myself from one change. I topped it with sweet foam instead of the usual whipped cream.

After my shift ended, I took my first sip in the car. It was insane. My mind was blown. Then I realized that I had just taken a sip full of sweet foam with just a miniscule amount of the pumpkin spice latte. I must add, this was the first time I tried the sweet foam from work. It was ridiculously good. However, since this is a study on pumpkin spice and not sweet foam, I will refrain from gushing about it, but seriously. Sweet foam should go on nearly every cold drink. Frothy and delicious, it is remarkable.

For the pumpkin spice latte itself, I was surprised by how earthy it was. I thought that it would be sweet, but the spices within the drink made it reminiscent of chai. It made sense as to why it was a seasonal favorite, as the full-bodied, rich flavor filled with aromatics perfectly complemented the fall weather. I was pleasantly surprised that I enjoyed it, as the easiest taste reference to the beverage would be eating an actual pumpkin pie.

Although I still prefer my go-to drinks, I can understand why many devotedly purchase pumpkin spice during the autumn. First, it is a limited-time, seasonal drink which drives the demand. Second, it is a drink with a unique flavor profile that complements the turning of the seasons. I encourage any skeptics to give it a try, and if they are wary of sweetness, to order it with light flavoring. We should not let preconceived notions block us off from new experiences, and I certainly learned that during this taste test. Moreover, I learned an even greater lesson: to always get sweet foam added to your drink.

Humans

HUMANS

Explaining the Letter: Talking with Kelli Coffen

In response to the pandemic's widespread impact on student's mental health, time management and general well-being, Kelli Coffen (sophomore, elementary education), authored a letter addressed to administrators to demonstrate the value in reducing the current co-curricular expectations for the Fall 2020 semester. Below, Ms. Coffen details what inspired the letter and why she believes that it would better the lives of our student body.

Interviewed by Abigail Lee [10.28.2020](#)



Photo by Kelli Coffen

What inspired you to write this letter about co-curricular credits to the Administration?

When I was looking at my own co-curricular record, I was like, “wow, there's still a

lot of credits that I need to get.” I have a fair number, but I realized that the University hadn't really adjusted the credits based on COVID; it was just changed because of the shorter semester. We have a lot of credits crammed in with no breaks, and in conversations with my friends and my suitemates, I discovered that we felt like it was a lot for this semester—it is very intense. It just seemed like the University’s co-curricular requirements was one area where they could have provided a way for students to have a break and do more things on their own. With everything going on this semester, it seemed like students could use a reprieve.

What did you say were the reasons that the Administration should further reduce the number of required co-curriculars?

My main reason was students’ mental health. Students are feeling very burnt out. And that was part of why @auconfessions (on Instagram) has had polls done just to see what people thought. About 90% of students were feeling overwhelmed and more burnt-out than usual. I also brought up financial issues. The pandemic has financially affected people in a number of ways, so it doesn't seem like they should be fining missed co-curriculars for this semester. With the shorter semester, everything is crammed together, so trying to fit co-curriculars in there is just another thing for students to add along with work and classes. It’s something that students don't need right now; not that the co-curriculars are bad—it just feels like it should be a lighter load for this semester.

What does your average schedule look like now and how does it differ from before COVID?

I'm doing a different job than I was doing before, I'm working about 15 hours a week now along with a 16 credit full course load. I'm also a Pulse group leader. I support the co-curriculars, but I do realize that there are limits. I'm feeling that strain myself, where I'm being stretched very thin between all that I am trying to do along with still having a healthy social life. Along with all of that, I also have to take care of myself mentally.

In what ways do you think COVID has limited or made co-curriculars more complicated to get?

I think the main thing is in-person activities. A lot of people are hesitant to spend extra time in some classes just to end up meeting online. It's great that they have provided some online opportunities, but for Pulse groups, students have felt like they weren't quite sure whether they should do online or in-person meetings. Ultimately, the semester is just so crammed into the time that we have. Students have less time to be able to devote to co-curriculars and chapel credits, and they

need that time to work on projects and other things that they no longer have breaks for.

Do you feel that the specific requirements for attending Thursday Chapels should be lowered as well?

I think it would have to be a proportional kind of thing. I don't think that it should just be the co-curriculars that get shortened, I think it should be the chapels as well. Thursdays and Tuesdays aren't necessarily compatible with everyone's schedule and sometimes you need that time for yourself. Again, I am not saying that it's not important, but I do think that there should be some reduction in that area too.

Are there any other actions that you feel can be taken by the Andrews Administration in order to make life easier for students?

I think it's hard for this semester specifically because I think that providing some sort of break from classes would be the best thing that they could do. It sounds like the Administration is taking steps toward that for next semester, so I think they have at least noticed the problem. I do understand why they can't have breaks for this semester, because professors have already kind of planned their schedules. I definitely think that the co-curriculars are just one small area in which they could make those changes. I also think that cafeteria accounts would be another thing that they could change. It sounds like they're providing some sort of refund which is good, but not necessarily what's reasonable for some students because it's a shortened semester. They're eating fewer meals but they have to pay the same amount. Once again, with the financial burden that COVID places on people, that could be one area where they potentially refund more money to help students out.

Has administration gotten back to you and have any actions been taken?

They haven't said anything back to me and it's been about a week. I personally haven't heard anything, so we'll see.

The Andrews University Student Association partnered with Ms. Coffen to ensure that this letter went through the proper channels and reached the necessary ears. On Friday, October 23, Dean Stephen Yeagley sent out an email notifying all Andrews students that the co-curricular requirements for traditional students are now reduced from 26 credits to 20 credits total. The specific Thursday minimum has been reduced from 9 credits to 8 credits, and the Residence Hall minimum will remain at 5 credits. The semester requirements for non-traditional and

remote/hybrid students has been reduced as well, and the details regarding these reductions can be found in Dean Yeagley's email.

HUMANS

Holly Sharp, AFIA Cultural VP, on Filipino American History Month

Interviewed by Terika Williams [10.28.2020](#)



Photo by Holly Sharp

What are some of the things that you love about being Filipino?

Definitely the food and the community. Community is a really big part of our culture. You have several generations living in the same house at once, and then you have the Filipino churches, and everyone there is your uncle or aunt. You're never really alone because you have such a big community around you.

What are some of the traditions that you remember growing up?

We have so many family gatherings. It was never just my mom, dad, and me; it was

my grandparents, then my aunts and uncles, then other “aunts and uncles” who are not really related. So definitely big family gatherings, especially during the holidays. I also learned how to cook Filipino food from my maternal side, because my mom is the Filipino one. Learning about my culture from my mom and grandma is definitely not necessarily a tradition, but it's something that I grew up doing. Being Filipino American, especially third generation, it's very hard to have certain traditions just because we're so Americanized. You still have elements of the Filipino culture, but being half Filipino you have these two cultures which leads to some sort of identity crisis. Being Filipino American is like a subculture. It's very hard to find a balance of not being too Americanized and not being too Filipino, but being in the middle.

How was it coming to Andrews and being a part AFIA? How has it introduced you to new perspectives of being Filipino?

Back at home in Southern California, I never went to a Filipino church. All the people in AFIA hung out and grew up together, and I never had that. So coming to Andrews was like culture shock for me. All of a sudden I was surrounded by so many Filipinos like me, half white half Filipino. I was like, “oh my goodness, I've never had this before.” So it was really nice to be immersed in my culture with people in my generation who are Filipino American. You have people who have immigrant parents, and then you have people like me where the US is all they've ever known. So you kind of make your own culture, as well as relying on the mother culture of just being Filipino and then mix it all together to create this huge melting pot of Filipino culture with different influences. So you have people bringing their own cultures into the bigger category of Filipino culture. Then that adds to a sense of community where it doesn't matter if you're full Filipino. Even if you're not Filipino you're still part of the Filipino community. So coming to Andrews, to me, was a culture shock because I've never been surrounded by so much of my Filipino culture.

How has it been planning events during Filipino American History Month, especially during this crazy year? How has AFIA tried to influence the Andrews campus with Filipino culture?

It was definitely extremely hard. Last year we did Filipino calligraphy, which was the language before colonization, and we had a more hands-on experience learning Filipino folk songs. Having experienced that my freshman year under the previous cultural Vice President and then taking on this role and having to deal

with COVID in my position is hard. I had to think, “how can I still make this interactive and entice people to come when they can't really do things hands-on and we have to do it on zoom?” Then I focused on Filipino American history. It's important to know about culture, but it's also important to keep the history alive, because it's not as talked about as the food or the dress. I was like, “well, why don't we talk about people who are relevant to college students, especially to what's going on?” So we decided to do short courses.

The first short course we did, I was a little intimidated, because I thought that not a lot of people would come since they couldn't show up physically. I thought they'd have their cameras off on zoom and I'd just be talking to a bunch of black boxes. So then I decided to just pick certain Filipino American icons, who are kind of relevant to us in the sense that we're college kids, and a lot of the Filipino community are STEM majors. Plus, considering all the injustice that's going on in our society today, I wanted to focus on the questions: “how did the Filipino Americans step up and fight those injustices? How did they work with other minorities and how did they band together? How can we follow their example and be present for people who are going through these injustices.” So I decided to focus on Dr. Fe Del Mundo. She was the National scientist of the Philippines and the first woman to get admitted to Harvard. And then we focused on a war hero, the first Filipino American to win a medal of honor.

This last short course we're doing is on a man who was working for social justice reform alongside Cesar Chavez. I thought that was really cool, because September is Hispanic Heritage Month and October is Filipino American History Month. What better way to show that we struggled together and that we've grown together as a culture? He was a migrant field worker, and he saw all of this injustice going on in the workplace for the Filipinos and the Hispanics, in addition to all of the other minorities. He knew that it wasn't right and that they had to work together, because if we are disconnected, they're not going to listen to us. We have to see each other struggle and acknowledge that we're going through the same thing. We are only stronger when we work together. I think a lot of people think that the Philippines is “underdeveloped.” Many people have left the Philippines to come here and start a new life, to find something better and make a name for the Philippines and show others that we were much more than our country. It's the people who are the resource, and we have the power to make our country great. So I was hoping, long story short, that by telling these inspiring stories I could inspire others to power through their struggle because you're so much more than your

struggle, and you're so much more than your culture. But those things together, they do make you who you are. You are in control. So I'm just hoping that people take that away from the short course, and you don't have to be a Filipino American to relate to that and resonate with these people's stories.

What ways do you recommend that other people become allies of Filipinos and fight alongside them in their struggle in America? How can we fight for justice together as one united people?

The biggest advice I would give is to just listen, to be there for others and be empathetic. We all struggle, and we're all God's children, and he calls us to listen and to be there for others. For example, we're Filipinos and we're a community. We have to extend that community to our brothers and sisters, because yes, we are the Filipino community, but the bigger picture is that we are the family of God. And how can we see other minorities struggle, and how can we see all this injustice going on and then not do anything about it? You don't have to go out and protest to be an ally. You can use your voice, you can vote, you can talk to other people. But the biggest piece of advice I can give is to follow the golden rule, to treat others the way you want to be treated and to just remember that we're all God's children. We're just one big community. When Jesus comes again it's not going to be the Filipino community or the African American community. We're all a part of God's community.

Thoughts on the Last Presidential Debate

AU students respond to the questions: What were your overall impressions of the last presidential debate? What did you think was the most interesting/important moment of the night?

Interviewed by Alyssa Henriquez [10.27.2020](#)



Photo by Public Domain

Andrew Remmers

(junior, business finance and accounting)

Overall, the second debate was much smoother than the first presidential debate. I found the questions the moderator asked to be interesting and informative. I do wish both presidential candidates provided more specific answers to the questions rather than providing broad, political responses. When addressing healthcare and reactions to COVID-19 specifically, it was fascinating to see the drastic differences between Trump and Biden's plans.

Gianna Bacchiocchi

(freshman, biology)

My overall impression of the last presidential debate is that it was thankfully more civil—as opposed to the last one, also with more direct, impactful questions being asked. I think it was definitely critical to hear both the candidates’ stances on policies such as the healthcare plan, which is a determining factor that will impact how individuals vote. I think that the most affecting moment of the debate was when Biden responded to Trump’s appalling child separation policy at our borders. His response was one that was definitely needed, and very much appreciated.

J. Curameng

(senior, biochemistry)

I think this debate was much more professional and civil than the one that occurred last month. Of the topics discussed, I found it interesting to hear what each candidate had to say in regards to the COVID-19 crisis.

Daniel Self

(senior, political science)

The issues being discussed at the debate were largely a rehashing of the candidate’s standard positions. It’s a reminder of the poor state of American political discourse when candidates repeatedly bludgeon their opponent with their family’s illicit foreign connections or transactions. Likewise, watching Biden stumble over words or Trump reuse the same empty rhetoric from his 2016 campaign should make people seriously question the laws that dictate who can serve as President.

Ravi Swamidass

(senior, religion)

This debate was definitely more orderly this time around compared to the first one. I feel like both of them got the chance to say what they wanted to, thanks in-part to the amazing new moderator. The whole thing was still pretty comedic to me. The most interesting thing for me was when Kristen Welker asked Trump about racism and hate in America. Trump responded by saying that he is the “least racist person in this room.”

Javier Patterson

(senior, biology)

Overall, this presidential debate was much more tame and civilized than the one preceding it, but left little actual substance for the voters to digest. The debate went

“he did wrong” followed by “no, he did wrong” on both sides. Trump bloviated on how well his administration was doing deflecting from key points whereas Biden chose to answer more head on. I think the most interesting point to me was the topic of what each candidate had done for/against the black community especially when Trump said he had done the most for the black community and “was the least racist person in that room.”

Steven Kevin Lall

(junior, biology)

I thought this last debate ran a lot smoother than the one before this one. It gave me a chance to understand each party better. It also gave me a chance to read each candidate's body language. I also think one of the most important points of the night for me was the talk on healthcare and how it could possibly be socialized. As someone going into the healthcare field, it's important for me to know what's going on in that area.

Ryan Injety

(junior, biology)

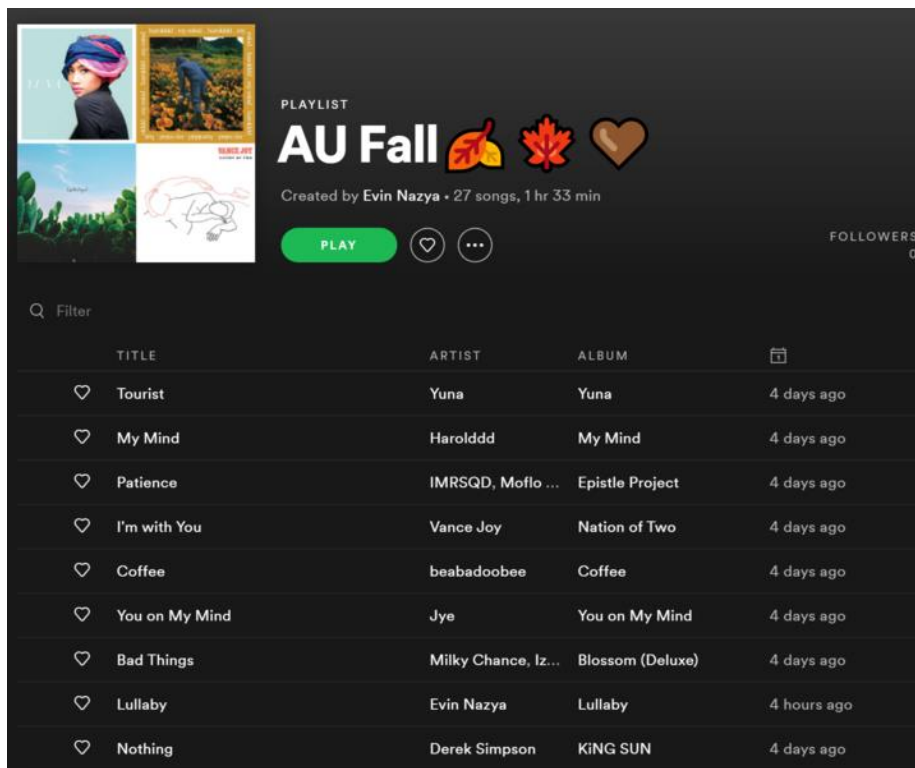
I think the discourse was much more civil this time, less interruptions. I wish more time was spent on Biden's proposed tax plans, which was a big development the previous week. I think the most interesting moment was when Biden said he plans to transition from the oil industry. This has big implications on the economy and climate change.

Arts & Entertainment

ARTS & ENTERTAINMENT

Another Fall Playlist!

Created by Evin N. Musgrove [10.27.2020](#)



The image shows a screenshot of a Spotify playlist titled "AU Fall". The playlist is created by Evin Nazya and contains 27 songs, with a total duration of 1 hour and 33 minutes. The playlist cover features a collage of four images: a woman in a blue and pink headscarf, a painting of a blue jay, a landscape with green hills, and a line drawing of a person. The playlist title "AU Fall" is displayed in large white text, accompanied by three autumn-themed icons: a yellow leaf, a red maple leaf, and a brown heart. Below the title, there is a green "PLAY" button, a heart icon, and a three-dot menu icon. The number of followers is shown as 0. Below the playlist header, there is a search bar labeled "Filter" and a table of songs.

TITLE	ARTIST	ALBUM	
Tourist	Yuna	Yuna	4 days ago
My Mind	Harolddd	My Mind	4 days ago
Patience	IMRSQD, Moflo ...	Epistle Project	4 days ago
I'm with You	Vance Joy	Nation of Two	4 days ago
Coffee	beabadoobee	Coffee	4 days ago
You on My Mind	Jye	You on My Mind	4 days ago
Bad Things	Milky Chance, Iz...	Blossom (Deluxe)	4 days ago
Lullaby	Evin Nazya	Lullaby	4 hours ago
Nothing	Derek Simpson	KING SUN	4 days ago

Photo by Evin N. Musgrove

There's nothing that welcomes a season in like a good, seasonal playlist. When I think of Fall, I think of calm, nostalgic, and carefree. I think of those warm fuzzy feelings and yummy aromas. I hope that in listening to this Fall playlist, you experience all of these feelings, and then some. Feel free to add some of your favorites, too. Happy Fall-ing!

List of Playlist Songs:

- Tourist - Yuna
- My Mind - Haroldddd
- Patience - IMRSQD, Moflo Music, Jake James
- I'm with You - Vance Joy
- You on My Mind - Jye
- Coffee - Beabadoobee
- Bad Things - Milky Chance, Izzy Bizu
- Things I Like - Evin Nazya
- Nothing - Derek Simpson
- Nikes On - Healy
- My Girl - The Temptations
- Mona Lisa - Monte Booker, Naji
- Nothing - Bruno Major
- One Fine Day - The Chiffons
- I Don't Miss You At All - FINNEAS
- LML - Forrest.
- Dreams Tonite - Alvways
- Kick It to Me - Sammy Rae
- Time Flies - Tori Kelly
- Stolen Dance - Milky Chance
- Crush - Tessa Violet
- Instagram - DEAN
- Stupid Deep - Jon Bellion
- Love Like - Peter Collins
- Fickle Friend - Blossom Caldarone
- Strength - Moonchild
- My Chances - Brent LaPorre
- God's Little Rockstar - Montell Fish

Link to Spotify

Playlist: <https://open.spotify.com/playlist/6k2MObHpMkGrwWz9F6xow8?si=sQ3PCZVVRr2WOdaW1Zfzmw>

ARTS & ENTERTAINMENT

Artist Spotlight: Courtney Saunders

Senior, Graphic Design

Interviewed by Pearl Parker [10.27.2020](#)

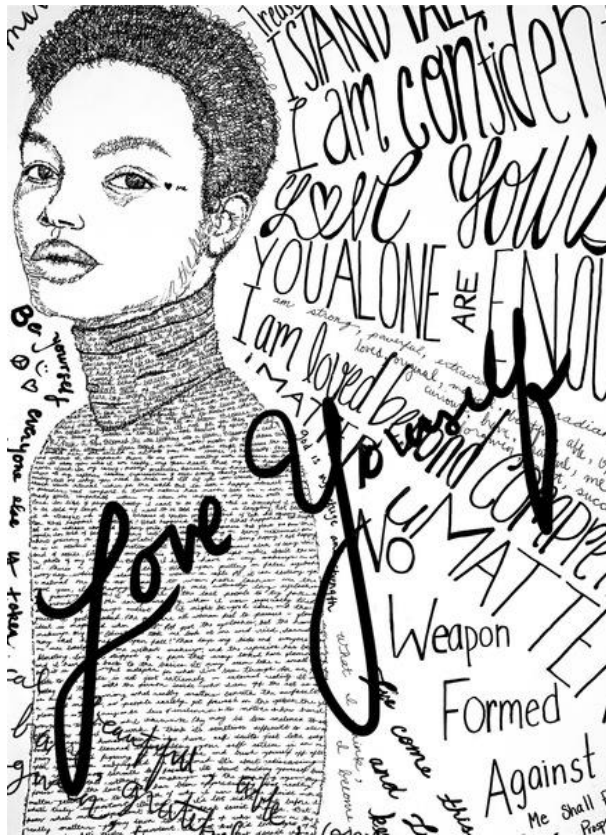


Photo by Courtney Saunders

How did you get started with graphic design?

I really got introduced to graphic design as a career during my freshman year of college. In high school, I was never set on a specific profession. I just knew that I was interested in finding something that aided my passion for creating art. The year before becoming a freshman, I learned that graphic design was a career that interested me and decided to major in it.

What does your creative process look like when preparing to design?

Generally speaking, I start off with some sort of inspiration. Inspiration may come whenever I'm listening to music, looking at TV, scrolling on Instagram, or talking to my friends and family.

The time it takes to generate a solid idea depends on the "why?" of what I'm creating. If it's more of a serious topic, I usually try to take my time to create. That may mean a couple of minutes, hours, days, or months. During the brainstorming phase, I doodle my ideas on paper and continue to refine them until I like what I'm doing. Usually, I get different people's opinions on what they think of my design. Different perspectives help me see my work in a different light. Afterward, I start creating the final draft. This part is always the easiest because I know exactly what I want to create and why.

What brands and/or individuals do you admire the most that have influenced your work?

Whenever I'm asked this question, I never know what to say. I admire so many people's work. It's so easy to find inspiration in people's art because of constantly being exposed to it on the various social media platforms. There are artists that I admire, and instead of recognizing their faces, I recognize their work. But if I had to think about it, brands that inspire me include: Fenty, MSFTS, Vogue, etc. Artists that inspire me are Tyler Mitchel, Harris Reed, Jackie Droujko, Virgil Abloh, etc.

What is your favorite piece of work you created, and why?

This [the piece featured above] titled "Love Yourself," is one of my favorites pieces that I've created in college. I made this one during my freshman year, I wanted to emphasize the power of words. Everything that is depicted was created using phrases that positively affirm oneself. This piece, in particular, really solidified that I wanted to be a graphic designer because I recognized that I can use my art to make positive statements.

We are fortunate to have such talented artists honing their craft at AU. The Student Movement will be continuing to feature artists and their work, if you or someone you know should be featured, send us a DM on Instagram at @theausm.

ARTS & ENTERTAINMENT

Unorthodox

Hannah Cruse 10.28.2020



Photo by Public Domain

When I first saw *Unorthodox* on the coming soon tab on the Netflix app, I got excited because I didn't know much about the Hasidic Jewish community in the United States. I then realized this series was based on an actual person's experience, that of Deborah Feldman, and her book *Unorthodox: A Scandalous Rejection of My Hasidic Roots*. The Netflix series is a loose interpretation of the experience that Feldman had, but it has the same amount of gravity.

This Emmy-nominated limited series follows the story of Esther "Esty" Shapiro, a Hasidic Jewish girl living in Williamsburg, New York. All her life, she knew what she would do as a wife and as a woman in her community, but after she found out she was pregnant, she realized she wanted more in life. With some help procuring German citizenship from her piano teacher and mother, Esty was able to leave the United States and fly to Berlin. Unbeknownst to her, her husband and his cousin chase her to Germany because of a mandate by the rabbi to bring her back home. Throughout, Esty slowly begins her journey of acceptance of her new role in a foreign place and learns to make her own goals—goals not dictated by one of the male figures in her life.

A recurring theme of the series was Esty's worldview being challenged in many ways. One of my favorite scenes happened in the first episode. The students that she met from the music school in Berlin took her to Wannsee Lake to swim and relax after practice. One of the students, Daniel, points out the house overlooking the lake that Hitler used to meet with his top officials to create the "Final Solution," otherwise known as the Holocaust. Shocked, she immediately asks how all these people can swim in the lake. He answers, "The lake is just a lake." Even though there was a reminder of the terrible things that happened to her family and people all around her, she could not blame people for wanting to enjoy life and spend an afternoon swimming in a lake. She even got up the courage to wade in the water, ultimately leaving behind her wig, called a sheitel, worn by married women in the Hasidic Jewish community as a head covering. To me, this symbolized her acceptance of leaving the community in Williamsburg and starting a new life in Berlin, with many possibilities.

This limited series is a must-see. It is heartwarming to see a person who has left everything behind still be optimistic and strive for what they truly want most. All four episodes are now streaming on Netflix for your enjoyment.

Ideas

IDEAS

Get Your Flu Shot! Now More Than Ever

Sung Been Han [10.28.2020](#)



Photo by Public Domain

With COVID threatening the general public and the flu season coming up, getting a flu shot is more crucial than ever. Influenzas like SARS-CoV are disease-causing viruses. Thus, the surest way to protect yourself is to get vaccinated so that your body becomes immune to the virus. If you become infected with the flu, symptoms such as coughing, muscle aches, fever, and headaches can occur. The real threat however is when you become coinfecting with COVID.

An article published in the British Medical Journal (BMJ), reviewed data analysis done by Public Health England (PHE) which looked at 19,256 people who were tested for both the flu and SARS-CoV to compare infection rates and mortality rates. The results showed that although the chances of being coinfecting with both viruses were generally low, when a patient was coinfecting with both COVID-19 and

influenza, the death rate of the patient doubled. This means that although we shouldn't worry excessively about coinfection, we should take the necessary precautions by getting our flu shot and continuing to follow proper social distancing guidelines.

For student's wondering about how they can get their flu shot, the Rite Aid down the street is probably your closest option. Most pharmacies will offer flu shots right before flu season. If not, then any vaccination clinic or doctor's office will work fine. A flu shot will cost you around \$40 dollars but most insurance providers including the Andrews Student Health Insurance will cover the cost. Check with your provider before you head over to get your flu shot.

Finally, those who are concerned about the potential harmful effects of the flu shots, extensive research has been done over the safety of flu shots. According to the CDC (Centers for Disease Control and Prevention), "Hundreds of millions of Americans have safely received flu vaccines over the past 50 years..." If you are worried that you have a weak immune system and are concerned that a flu shot will get you sick, there's nothing to worry about. It is a common misconception that you can catch the flu from a flu shot; however, a flu shot consists only of inactivated (dead) virus which cannot cause infection in your body. There is a slight chance (1-2% chance according to CDC) that you may experience a mild fever or soreness from the vaccine, however this is simply your body responding to the vaccine or and will usually dissipate after a few days.

Overall, given our current circumstances, getting a flu shot is crucial for your health, and with it being easily accessible and safe to use, there is no reason why you shouldn't get a flu shot as soon as possible.

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IDEAS

“Just This Once”

Generosity: “the act of being kind, selfless, and giving to others” (Davis, 2019)

Evin N. Musgrove 10.28.2020

I'm going to go out on a limb here. Generosity is hard. And I'm not talking about the kind of generosity that's extended when you're in a good mood, or when it's a close friend's birthday, or the generosity that's planned in advance, like helping out at the Red Cross next Thursday at 2PM. I'm talking about the generosity that gives time to people who don't say thank you. The generosity that's required of you when you planned a day to yourself and you receive a call from a friend in need of your support. The generosity that truly takes from you. Yeah, that's hard. Nobody ever wants to think of themselves as being selfish in any sense of the word, but the truth is, we are innately selfish beings. Even the most generous people have areas of their lives that remain off-limits. I'll speak for myself and say that oftentimes I respond to the Holy Spirit's prompt to be selfless with a “Man, can't I just put me first just this once?” Perhaps you've uttered that a few times yourself, so how about we explore this whole generosity thing together?

Extensive research exists on the positive repercussions of generosity on the brain. One study states that simple acts of kindness towards others boosts one's immune system and sparks the production of serotonin, a hormone that regulates mood and the body's internal clock, among other cognitive functions (McIntosh, 2018), in both the giver and the recipient. This release of serotonin also occurs in those witnessing a selfless act from the outside (King, 2011)! Giving actually is contagious. Another study reveals that participating in service acts significantly correlates with “lower depressive symptoms, psychological distress, and mortality and functional inability” (Yeung, et al., 2018). Likewise, giving of one's self increases happiness, which stimulates the reward areas of the brain, like the ventral striatum and orbitofrontal cortex, which then results in that warm fuzzy feeling one experiences after helping others (Park, et al., 2017).

As I often say to myself after sifting through loads of scientific research and reading fancy terms, “Jesus said it first.” All of these claims support Proverbs 11:25 which plainly states, “A generous person will prosper; whoever refreshes others will be refreshed.” Considering all of the personal benefits that are experienced by the giver, one may wonder if generosity itself is a bit selfish! Could

it be that we subconsciously give because of how good it makes us feel? Whatever one's motives, God knows. He knows when giving is done out of a place of, "Look at me being selfless! Wow I'm so generous!" versus a humble posture of, "Jesus, you give generously every day and if I am called to be like you, then my generous spirit is required." Also, consider how beautiful it is that God designed generosity as something that would benefit both parties. Even in denying the self, we are aiding in our own personal growth as Christians. Wow.

Generosity is a decision. It is an everyday, conscious act of telling yourself, "no," for the benefit of someone else. It does not mean neglecting personal, healthy boundaries, but rather, discerning when you can do without "that" thing and instead, giving someone else the satisfaction of experiencing "it." Selfishness may be our default desire, but it does not have to be the deciding factor for how we live. In her book, *Life Is a Verb: 37 Days to Wake Up, Be Mindful, and Live Intentionally*, Patti Digh says it this way, "Being generous often consists of simply extending a hand. That's hard to do if you are grasping tightly to your righteousness, your belief system, your superiority, your assumptions about others, your definition of normal." Dear reader, I urge you to develop the habit of giving, as if your resources are supplied by an endless Source, The Source. Christ himself.

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Last Word

LAST WORD

Apoliticism in Election Season

Daniel Self **10.28.2020**

Is it bad that a week away from learning the federal election results, I feel the most politically disconnected? In the early hours of November 4th, a supposed winner will be declared between the two candidates. With such a declaration comes the inevitable gnashing of teeth from the losing party's voter base; undoubtedly, they will dispute, contest, and generally belittle the results of November 3rd, only fueling voter discontent and further instilling the feeling that their loss occurred due to foul play. Into President Trump's second year in office, you still heard people bemoaning the fact that he lost the popular vote while still winning the Electoral College. It's a broken attempt to rewrite election rules after defeat to invalidate the victor; any political scientist worth their salt understands that the campaign strategy for winning the Electoral College versus winning a popular election is wholly different. Without the Electoral College, swing states like Florida and Michigan lose their luster for candidates, and both Trump and Clinton would have spent significantly more time speaking in "swing" metropolitan areas or centers. Trump's proclamation that he may not vacate office upon defeat rings eerily authoritarian and in a sense, very predictable when very few believe in the election institutions set in place.

Recently, I've been musing on the idea that Western politics have become so polarized that we have lost our ability to have contest in areas of importance. The

political realm, in the eyes of many thinkers, represents an arena from which people can derive genuine meaning. However, this can only be true if the presupposition that linear political progress is possible and actualized. Plato believed that political progress is circular, or again, maybe Rousseau was right that political progress was wholly misguided to begin with. Nevertheless, in the here and now, the American people have been sufficiently inspired that their filling in a square with a dull #2 pencil will lead to a linear political progress. It's difficult to avoid cynicism when two parties dominate political discourse and complex political subjects often become reduced to binaries. Few recent moments capture this sentiment quite as clearly as the back and forth between Trump and Biden over child separation at the American southern border. "Who built the cages, Joe?" was one of the many soundbites from the final debate that drew national attention. The president of the current administration and the vice president of the preceding administration traded blows over which administration had their hand more strongly in the separation and caging of migrant children.

Political topics such as abortion and single-payer healthcare have been a part of the American political discourse for some time now. However, because the two-party system makes issues binary, it feels like we've substituted progress for a pair of scales. Whatever party holds the executive branch, the larger allotment of congressional seats, and to some extent, who was able to install ideologically similar federal justices will determine the legislation. We see this in Obama's Affordable Care Act in 2010, and Trump's avowal to remove it. If the ACA were to be dismantled by the US Supreme Court, as some predict, I firmly believe that Democrats would devote significant resources to create something in its likeness. Likewise, if the ACA withstands the assault, I find it unlikely that Republicans stop advocating against its unconstitutionality. The back and forth of the legislation, particularly on specific crucial issues, often seems to directly coincide with the party in power.

And to some extent, that is the nature of democratic politics; nevertheless, it seems to me that what American politics lacks is a true sense of political progress. Regardless of your position on the issue, the legal standing of *Roe v. Wade* continues to be a point of legal contention since its ruling in 1973; similarly, a decade has passed since Obamacare was first formed and yet the political mood surrounding it continues to swing depending on who holds the necessary seats. Is this not stagnancy rather than political progress? Rather than propelling a nation forward, and to some extent, uplifting the humanity of its citizenry, the state of American politics results in a growing division on these binary issues. Here, I

appreciate Viktor Frankl's observations on the subject in *Man's Search for Meaning*, that "What man actually needs is not a tensionless state but rather the striving and struggling for some goal worthy of him." American politics do not lack combativeness, or the 'tension' that Frankl describes; however, the tension is pitted internally rather than being projected forward into some common goal.

Some issues require extensive political debate, unlike, for example, the idea that climate change negatively impacts our lives and thus should be prevented. Although people and parties differ on solutions, the acceptance of a common aspiration allows for moving the point of contest forward. Imagine, for example, if we flipped a series of coins on several key issues and determined that we as a nation would wholeheartedly accept whatever outcomes the coins decide. If that were the case, we could at least share a common set of presuppositions, (for the hypothetical example: that we may not support single-payer healthcare but will maintain abortion rights). From there, one could hope that maybe our collective national gaze could turn from "which binary choice is correct?" to "how can we function within this decision's parameters to better society as a whole?" If we believe that single-payer healthcare should not be under the purview of the state, how then could we reconcile the issue of unhealthy people requiring care another way? To me, it seems that by continuing to oscillate between legislative positions, the issues themselves never become solved. Or at the very least, the answers appear as longlasting as is their initiating party in power. This constant repositioning prevents genuine progress, the sort of progress that could lead to a healthier political discourse.