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The Student Movement Volume 107 Issue 5: Barkada Means Friendship: Andrews Embraces Fall and Filipino Culture

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Barkada Means Friendship

ANDREWS EMBRACES FALL AND FILIPINO CULTURE



Photo by Peter Tumangday

Humans

HUMANS

AFIA Celebrates Barkada

Interviewed by: Sara Hamstra 10.20.22



Photo by Peter Tumangday

I recently had a conversation with several Andrews students of Filipino descent to learn more about the different Filipino languages and dialects that are represented on campus, and if they relate to the Andrews Filipino International Association's yearly theme of "Barkada"—a group of friends." The students featured are Franky Paypa (senior, physical therapy), Cyril Arielle Punzalan Guarin (freshman, architecture), Rod Olofernes (freshman, medical laboratory sciences), and Andre Canubas (junior, medical laboratory sciences).

What languages do you (or your family) speak?

Franky: Bisaya, English, and Tagalog.

Cyril: Kapampangan, Tagalog, English, and Ilocano.

Rod: Cebuano.

Andre: I speak a little Tagalog, but understand enough to have conversations. My whole family speaks Tagalog.

What area of the Philippines is that language found in?

Franky: Bisaya is commonly spoken in the Visayas and Mindanao.

Cyril: Ilocos and Cagayan Valley (Ilocano), Pampanga/Tarlac (Kapampangan), and the National Capital Region and Bataan (Tagalog/English).

Rod: Cebu, Visayas, and Mindanao.

Andre: Tagalog is the national language, so it would be safe to assume it's spoken throughout the country.

Was this your first language? How often is it spoken at home?

Franky: My *lola* taught me English and Bisaya at the same time when I was still a baby, so I grew up knowing both. However, when we moved to America when I was four, my parents tried to primarily speak English so I could transition more easily.

Cyril: Growing up and at home we spoke English, but as I got older I got more interested in the other languages my family speaks.

Rod: Cebuano is my first language and it is spoken at home along with English.

Andre: English was my first language, but I also learned Tagalog while I grew up, so I can translate what I know pretty easily. I'd say it is spoken maybe 30% of the time in my home.

How many speakers of that language do you know of at Andrews right now?

Franky: At Andrews, the only Bisaya speakers that I know of are also from the same home church as me.

Cyril: Aside from Tagalog (speakers), zero.

Rod: None that I can really remember.

Andre: A lot, don't know an exact number.

Does the word "barkada" exist in that language? If not, are there any words you know of with a similar meaning?

Franky: "*Mga higala*," "*suod ng higala*," meaning general group of friends, or really close friends.

Cyril: We say "*dabarkads*" and "*tropa*."

Rod: Yes, it means friends.

Andre: I believe it does. Another word that may be similar as well is *kaibigan*, which means friend.

What does barkada (or equivalent terms) mean to you personally?

Cyril: Barkada means a sense of belonging and connectivity.

Andre: *Barkada* or *kaibigan* (I for sure heard *kaibigan* more from the Tagalog speakers around me growing up) means a friend, someone you can count on. I

think *barkada* may also mean something along the lines of a group of friends, but I'm not 100% sure.

Have you seen this (barkada) in your experience at Andrews?

Cyril: Yeah, and not only just in Filipinos, but in many friends of different ethnicities.

Andre: I believe Andrews provides a great community for people to meet new people and form friendships relatively easily.

How do you hope to further encourage the idea of barkada this year?

Franky: I have the privilege of helping lead out this year's Filipino Cultural Night again, and I'm looking forward to incorporating the theme of Barkada throughout all the different performances and acts.

Cyril: Associate, listen/understand, share, and smile.

Andre: Maybe reaching out to some people I haven't met and getting to meet and create friendships with new people.

Although Tagalog and English are the main languages of the Philippines, there are over 100 languages and dialects spoken throughout the country. Languages such as Bisaya, Kapampangan, Ilocano, Cebuano, and even Tagalog are not commonly heard of in the United States, but learning about them helps preserve their value and expand our appreciation for other cultures.

HUMANS

AU Student's Thoughts About Autumn

Interviewed by: Kavya Mohanram 10.20.22

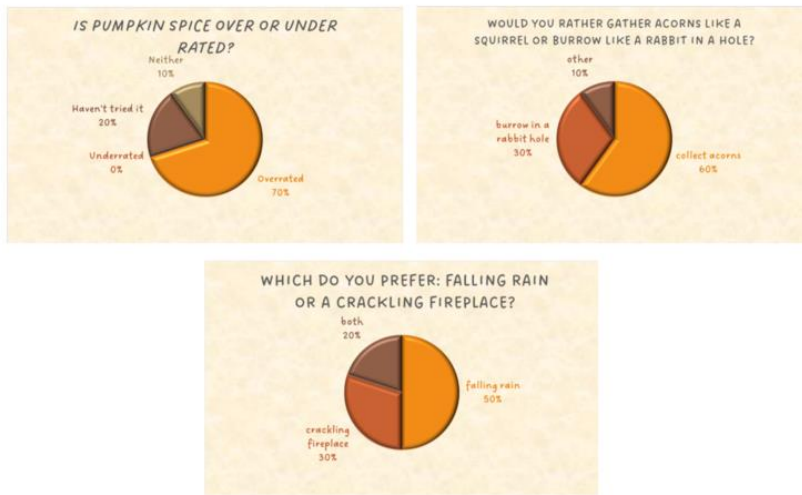


Photo by Kavya Mohanram

As the leaves change color and the weather grows colder, the experience of autumn reaches its peak. Andrews as a campus is one school with many diverse minds, with many different backgrounds and opinions on this season. I had the pleasure to interview Karen Tse (junior, nursing), Ellie Song (freshman, biology), Elise Inae (freshman, biochemistry), Michaela Bokon (freshman, explore program), Musonda Mwila (sophomore, nursing), Jane-Carla Sainsurin (freshman, nursing), Ntakirutimana Francine (sophomore, business), Katherine Pierre (sophomore, biology), Becky Bates (senior, psychology), and Mark Imazu (freshman, medical laboratory science). Here is what they said:

What is your favorite fall scent?

Karen: Cinnamon.

Ellie: Vanilla.

Elise: You know when you step outside and the air smells crisp? That's what I like.

Michaela: Any fall spices, like apple spice and stuff like that.

Musonda: I don't know, maybe cookies or hot chocolate.

Jane-Carla: Pumpkin.

Ntakirutimana: The forest.

Katherine: Apple Spice.

Becky: Fresh Apple Pie.

Mark: Cinnamon.

What are your thoughts about pumpkin spice? Is it over or underrated?

Karen: Overrated because everyone is like, "It's fall, we need to get a pumpkin spice latte," but I don't like it.

Ellie: I've never tried pumpkin spice.

Elise: I've never had pumpkin spice.

Michaela: I don't like coffee so I guess it's in between. It's fall [culture]. People who enjoy it enjoy it.

Musonda: It's overrated because it's not good. Sweet and spicy should not mix.

Jane-Carla: It's overrated; it doesn't taste good.

Ntakirutimana: I think it's overrated. I don't like it, people just use it because it helps them feel like it's fall.

Katherine: Overrated. It's good but not the best thing in the world. I think apple cider is better.

Becky: It is overrated. I don't like pumpkin, much less the spice.

Mark: I think it is overrated, because pumpkin is pumpkin, it's just a fruit.

What is your favorite autumn activity?

Karen: Doing photoshoots for people in red leaves.

Ellie: Being at home drinking hot cocoa.

Elise: Cuddling with my dog.

Michaela: I like walking outside, because it is pretty, or being inside and watching stuff, drinking tea.

Musonda: Hayrides.

Jane-Carla: Hayrides.

Ntakirutimana: Sweater weather.

Katherine: Sweater weather is amazing.

Becky: I like Thanksgiving.

Mark: Falling in the leaves.

What is the best childhood memory you have of fall?

Karen: Usually around September and October, I like hiking.

Ellie: I remember hiking with my dad and my dog.

Elise: Probably hiking with my family.

Michaela: I liked jumping in leaf piles.

Musonda: One time, I played in the leaves with my mom.

Jane-Carla: Playing in the leaves with my friends.

Ntakirutimana: Raking leaves.

Katherine: I made apple cider with my Grandma.

Becky: My best memory is visiting a Fall Festival maze with my dad, step-mom, and step-grandparents.

Mark: Probably when my friends scared me from a pile of leaves.

Is there an autumn holiday from another culture you would like to learn more about? Do you have an autumn holiday that you celebrate culturally?

Karen: The double nine festival; whenever it is double nine on the Chinese lunar calendar, you clean their [your ancestors] grave, and give flowers.

Ellie: I don't have one I know about but I'd like to learn more about the different holidays.

Elise: Chuseok, which is a Korean Fall festival time, like Thanksgiving.

Michaela: I celebrate Thanksgiving, I can't think of any names of festivals from holidays.

Musonda: I celebrate Thanksgiving.

Jane-Carla: I celebrate Thanksgiving and Halloween.

Ntakirutimana: We [My family and I] don't do holidays.

Katherine: I like Thanksgiving.

Becky: I'm curious about any Fall Festivals in Japan, and I have always wanted to celebrate Halloween with my best friend "properly" at Disneyland.

Mark: The Fall festivals in Japan; the local vendors put stuff out for the public.

If you could harvest any fruit or vegetable in autumn, what would you harvest? You would be allowed to keep your hard-earned fruits and vegetables.

Karen: Grapes.

Ellie: Asian Pears.

Elise: I don't like pumpkins, but if I could grow a two-ton pumpkin, that would be fun.

Michaela: Persimmons.

Musonda: Pears.

Jane-Carla: Cherries.

Ntakirutimana: Apples.

Katherine: Squash.

Becky: Chinese Persimmons, which have more of an apple-like texture than other persimmons.

Mark: Corn.

Would you rather gather acorns like a squirrel or burrow like a rabbit in a hole? Why?

Karen: Gather acorns, because I'm more like a squirrel than a rabbit.

Ellie: Gather acorns, because you have a lot of food for the winter, [and] I need food!

Elise: Neither. I would like to hibernate like a bear at the end of fall cause I like to sleep.

Michaela: I guess gather acorns like a squirrel because it's fun to gather and collect things.

Musonda: I'd like to gather acorns. Burrowing a rabbit hole sounds dirty. Only if there's money at the end of the tunnel.

Jane-Carla: Acorns, cause it's [burrowing a rabbit hole] a lot of work, what am I doing that for?

Ntakirutimana: Acorns like a squirrel, because I don't want to get my hands dirty.

Katherine: Burrow in a rabbit hole, because I like to sleep.

Becky: Burrow in a rabbit hole, because I am more of a rabbit person than a squirrel [person].

Mark: Burrow in a rabbit hole, because I'd be sleeping all day.

Which do you prefer: falling rain or a crackling fireplace?

Karen: Falling rain, but I must be inside.

Ellie: Crackling fireplace. It's a nice sound.

Elise: What about both? Like if it's raining outside but there's a crackling fireplace with hot cocoa.

Michaela: Both are cool for different reasons. Fireplaces are associated with spending time with people, and cold weather and rain I kinda associate with having alone time, which I like both.

Musonda: Falling rain. It helps you sleep and fire's hot.

Jane-Carla: Falling rain because it's peaceful and calming.

Ntakirutimana: Fireplace. I don't like rain.

Katherine: Crackling fireplace. I don't like rain that much.

Becky: Falling rain. Rain is an atmospheric refresh. Sleeping during a thunderstorm is also considered good sleep.

Mark: Falling rain, cause it's calm.

What are you doing this fall break? (The interviews were done before fall break)

Karen: Taking pictures of friends and chilling.

Ellie: Studying.

Elise: Hanging out with friends!

Michaela: Going home, but I don't stay in the dorms, so either way I'll be home. Probably doing homework or relaxing.

Musonda: Studying, it's so sad! Professors: Stop assigning so much homework! I can't.

Jane-Carla: Studying

Ntakirutimana: Studying. I have tests on the Wednesday we come back.

Katherine: Staying right here and studying.

Becky: Hanging with friends, catching up on sleep, and doing homework as needed.

Mark: Go with my friends to Chicago.

HUMANS

Meet Joshua Deonarine, AUSA Financial VP

Interviewed by: Gloria Oh [10.20.22](#)

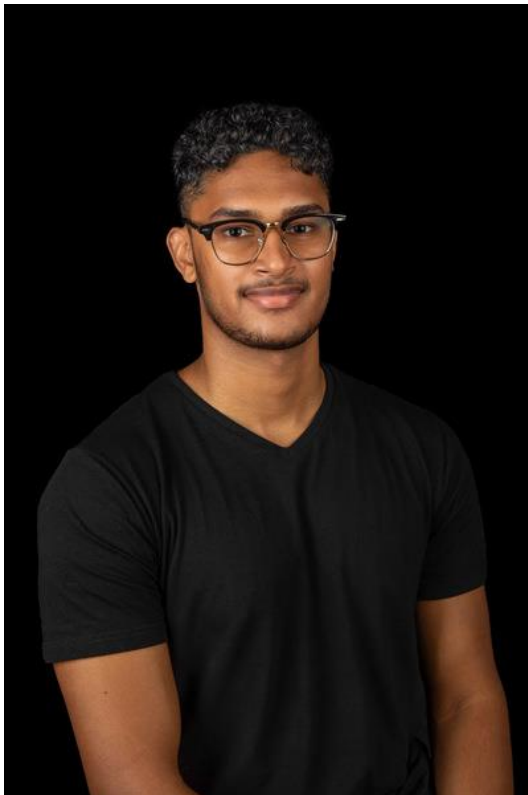


Photo by Joshua Deonarine

This week, I had the opportunity to talk with Joshua Deonarine (senior, finance) regarding his responsibilities and experience during his second year of working as the Financial Vice President of AUSA.

Hi, Joshua! Thank you for taking the time to talk with me today. Could you

please briefly introduce yourself, and what your role as an AUSA Financial Vice President entails?

Yeah, for sure. What I currently do for AUSA as a Financial Vice President is basically to manage the budget and the payroll. That requires me to double check our expenses and make sure that the AUSA team, officers, and the senate have enough money to plan their events and side projects. Some examples of these projects would include spirit grants or Christmas tree decoration like we did last year.

So each officer has their own budget?

Sort of. The amount of budget varies depending on the officer's role. The Social Vice President would be allotted the biggest amount of funds just because they assume responsibility over major events like the banquets. The officers would receive the money that would cover the cost of equipment, resources, planning, and anything else that comes in the way, so how much money we get for our jobs really depends on our role. Some officers like the secretary would not receive any money as their role does not require it.

Interesting! And I know you have been pursuing this role since last year. May I know what was your initial motivation when applying for this position, and whether your visions or goals changed throughout the years?

I joined the team initially to better understand how money works in a school system. I had several internships and work experiences with other companies, financial services, and consulting, but I was not very exposed to the school system, so I wanted to see how it functioned differently compared to the other types of organizations I worked for and gather as much experience as possible. I think I accomplished that over the years, and my primary goal for the team remained relatively static: making sure each officer is satisfied with the money they have to devote and use to get their projects covered, and thus guarantee satisfactory experiences for the Andrews students and community.

That's awesome—and the experience I had with the AUSA events this semester and last year were beyond satisfactory, so thank you for your work! I bet that there are more coming up, since we still have a few months left in the fall semester, and spring is yet to come. What is your vision concerning the student

body during the remaining time of this school year? Is there something special you, or the team, are planning to do?

As mentioned, my goal is pretty static: making sure everyone has enough budget. I think I have more responsibilities this year, since I was not in charge of the payroll, but I am this year. I have been trying to add on as many responsibilities as possible for this position so that we can manage the money better. The thing about money is that it becomes more difficult to handle as an organization grows. So my goal is to make sure that handling goes as well as possible while assisting people to get their projects accomplished. The more centralized the effort becomes, the easier I believe it would be to handle the money, since you don't have to go everywhere to ask for help but simply go to the FVP.

Event wise, the biggest ones the team is planning at the moment are probably the barn party and the banquet. Barn party is going to happen on October 29, and the banquet will happen next semester, but for now, I am really looking forward to the barn party. I am pretty excited since I missed this party my freshman year, and I think it's going to be really fun.

What are your favorite parts of the job and the least favorite parts of the job?

I think I enjoy the planning aspect and hanging out with the officers to chill out. Going to every event can be stressful at times since there are a lot of events, and every officer is required to go to all of them, on top of going to the meetings. These occasions can pile up to your schedule, but I mean, I don't see any major downsides of being a part of AUSA since you are gaining a lot of valuable experience.

What are some of the most memorable or meaningful moments you had from being a part of AUSA?

The talent show last year was really interesting, and my favorite event so far since I like shows such as America's Got Talent. Watching people perform on stage was very entertaining and fun for me. It was nice that I was able to help people set up their performance, and I think that was probably one of the most significant experiences I had while being a part of the team. And also, just generally being part of a team. Although the meetings are stressful at times due to schedule and time management, I find it important to participate, as I can bring up issues present on campus so that we can talk about it and share our different perspectives. So yes,

having meetings is very valuable in the sense that we can have relevant conversations.

Since this is your last year at Andrews, could you provide some pieces of advice of what qualities you believe a Financial Vice President should have?

One change that I'm trying to propose to the team for the process of electing the new Financial Vice President is making a recommendation system, instead of voting them in. So if I recommend someone, the President would be approving my recommendation. I see the need to do this because in the past, we have always had an issue with training. The previous Financial Vice President trained me, and yes, we spent some time together to learn about this job, but there is only so much time you can set aside at the end of the year since everyone has a busy schedule. I probably received maybe a couple days of actual training, and I don't think that should become the case for future candidates.

What I'm trying to do for next semester is to create an internship program that would function like a mentor-mentee program. I'll basically be guiding them throughout the entire semester, so that they can take over the role entirely from the summer without much confusion.

But regardless of whether the proposal is accepted or not, the most important quality that the candidate should have is familiarity with numbers. They have to make sure all the numbers are figured out, because you can't run any of the events without proper budget planning. Considering that each event costs at least \$1,000 at the very minimum and just adds on from there, it is important that the individual is competent in this area, thus the reason why a business or finance major fits this role best. That's a core reason why I see the need for recommendation and an early internship program—this job can become much easier if the candidate has competency and experience. Having some internship or work experience in accounting or auditing would also help a lot as that experience really helped me to adjust quickly to my current role. Being open minded would help a lot too.

HUMANS

Women in STEM Interview: Emily Rusnak

Interviewed by: Lauren Kim 10.20.22



Photo by Justin Jeffery

This week, I sat down with Emily Rusnak (junior, chemical engineering) to talk about her experiences and opinions as a woman in STEM. She explains some of the motivations and struggles that she has faced being part of the minority group in a male-dominated field and tells us about her own motivations and advice for joining this program.

Why did you decide to join the engineering program at Andrews?

The engineering program here is fairly well-rounded. The early widespreadness of classes gives extra leeway to switch to another concentration you may be better suited for. So overall, I liked the course outline.

What are some personal experiences and motivations you have for choosing engineering?

My whole life I have enjoyed applications of math and science. While I never participated in any robotics clubs and such, I did enjoy science clubs and competitions where I used the “E” in STEM. Some of the projects included tornado simulators, formulating biodiesel, solar-powered vehicles, and testing different bridge designs. My main motivation is being able to fuel my creative drive, while also securing a decent paycheck.

What struggles have you faced as a woman in STEM?

Having confidence is one of the main struggles I have faced alongside simply socializing. Especially in engineering, it’s hard being “the other” and asking for help. Most of the time being a woman doesn’t seem to be of importance, but then you face male-gearred comments during classes or you’re collectively ignored, and it’s back to being “the other.” Being a woman in STEM is finding a balance between going completely unnoticed and being the center of attention for undesirable reasons.

What do you enjoy about being an engineering major? What do you dislike?

I like and also dislike the challenge of being an engineering major. If things are too easy, I don’t apply myself, but it can be the same way if they seem too hard. Engineering provides that challenge and keeps me engaged. I dislike the times the challenge feels too out of my league, but that usually just means I need a nap.

What are your plans for the future (career and goal-wise)?

Career wise, I would like to do anything in the food or pharmaceutical industry. Being a food scientist or process/packaging engineer are some of the positions I’m interested in. Some of my goals are to enter a company that pays for advancing my education along with additional benefits.

What advice would you give to women who want to pursue STEM?

Make sure you’re pursuing what you love, not just what you think you are good at or what other people want for you. Without passion, I feel that it is hard to stay motivated. If STEM is truly something you love, the long nights, missed meals, and untimely lows will all be worth it. Additionally, STEM is a rather broad category, so make sure you don’t just pick the specifics with your brain, but also your heart.

Arts & Entertainment

ARTS & ENTERTAINMENT

Box Factory for the Arts

Ysabelle Fernando [10.20.22](#)



Photo by Public Domain

Have you ever been inside an industrial building that has been revamped and turned into an art gallery and the admission is free? Located at 1101 Broad Street in St. Joseph, MI, the Box Factory for the Arts is a hidden gem, home to over forty artists living in the Southwest Michigan Community. The building has three floors consisting of art studios, office space, performance space, galleries, and local artisan shops. It offers a safe and quality space to express, educate, and entertain local art.

The building was originally a paper box factory that was renovated to fit the needs of the resident artists. The Berrien Artist Guild, Inc., which was founded in 1962, purchased the historic Williams Bros. Paper Box Manufacturing building in 1995

and transformed it into what is known today as the Box Factory for the Arts, where art in all its forms are loved and celebrated. Keeping the original structure and essence of the old box factory adds to the artistic and creative spirit of the resident artists.

I visited the Box Factory with my family a couple weeks ago and the building is so striking you can't miss it. I highly recommend you go with a group of friends. The building itself has a box-like exterior while the interior showcases the craftsmanship and metal work of the original box factory as a form of homage to its past industrial space, but at the same time, it displays vibrant colors and designs reflecting the playful personalities of the artists. A walk through the galleries best illustrates the feeling of endless possibility of creativity expressed within the walls of the building.

The mission of the Box Factory for the Arts is to “support established and emerging artists and to enrich the surrounding community through a multidisciplinary, collaborative and vibrant gathering place that nurtures, celebrates and promotes all creative arts.”

The Box Factory's four galleries include the Robert R. Williams Gallery and the Heartha Whitlow Gallery located on the Street Level; the Riverwalk Gallery located on the River Level; and the Skyview Gallery located on the Third Level. The four galleries are free to the public, with a different exhibit every six weeks that is selected by the Gallery Committee of the Box Factory for the Arts. Several art workshops and events are offered, and the Art Market gift shops sell the artworks and handcrafted products of the resident artists.

Portrait Drawing & Painting is a workshop class that takes place on Mondays from 1:00 pm to 4:00 pm and on Wednesdays from 6:00 pm to 9:00 pm for a fee of \$10 per class.

The Biennial Sculpture Invitational is happening right now and will go on until mid-September, 2023. Five sculptures, selected by guest curators Foster and Guy Willey, have been installed across the street from the Box Factory in partnership with the Krasl Art Center.

The Art Market sells a variety of art and handcrafted products that include books, cards, ceramics, glass, home decor, jewelry, mixed media, painting, photography, prints, puzzle, sculpture, and soaps. The Art Market is open on Thursdays from noon to 6:00 pm; and on Fridays, Saturdays, and Sundays from noon to 4:00 pm.

Mark your calendars for Makers Market 2022 which takes place on November 26 (9:00 a.m. to 4:00 p.m.) and November 27 (10:00 a.m. to 3:00 p.m.). Makers Market is a two-day modern artisan fair with unique and authentic artworks from local studios and workshops, gallery exhibits, artists in studio, and food and drinks.

Out of the Box: Open Mic is an event that takes place on the first Wednesday of every month from 7:00 pm to 9:00 pm. Doors open at 6:30 pm. There is a \$5 fee to attend, but it's free to perform. If you or your band feels inspired or is interested in performing, feel free to fill in the [sign up form](#).

It is important to venture out and explore what is available locally, supporting local artists and businesses. Take advantage of free art opportunities and celebrate art in all its forms. Art is something that is universal and transcends barriers such as language and emotions. It is able to bring people together and is an integral part of society. Art beautifies our communities, helps express our feelings, and preserves our histories—all of which connect us to each other. I have had the opportunity to grow up surrounded by the arts. I am currently taking two art classes (Drawing I and Ceramics). No, I am not an Art major. No, I do not need it for credit. I took it just because. You don't have to be artistic to do art. Art is for everyone, no matter what age.

ARTS & ENTERTAINMENT

Creatives on Campus: Filipino American History Month Edition

Ceiry Flores 10.20.22

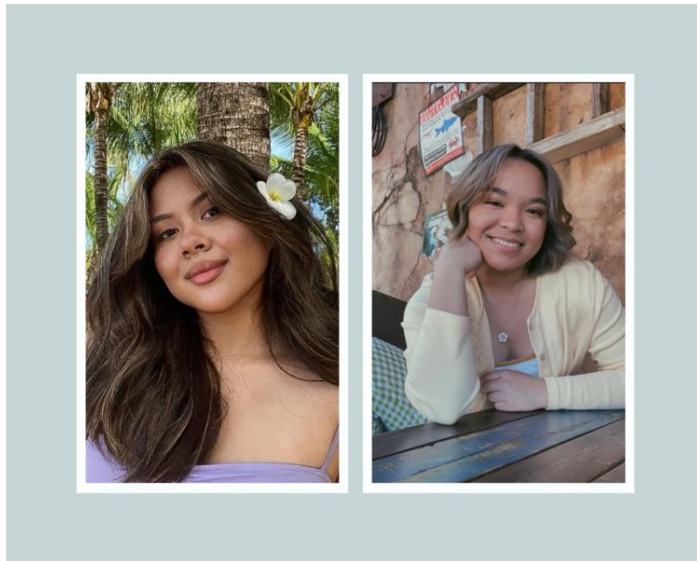


Photo by Cholee de Leon & Franky Paypa

Join us as we explore the stories of two talented Filipino American creatives on the Andrews University campus, Chloe de Leon and Franky Paypa!

Chloe de Leon (sophomore, graphic design)

“My mom was very much aware that I was an artistic child.”

Chloe has loved art since she was young. An only child until she was seven years of age, Chloe had the opportunity to explore her interests and express them in a creative manner. She had a passion for music, dance, and art from the very beginning.

Born in the Philippines, Chloe moved to Canada when she was just two years old. It was during those early years in Canada that she developed her love for the arts. When she is creating, shapes and colors evolve in a way that makes each design unique. Organization, cleverness, and intricacy define Chloe's work. She is able to match the vibe, energy, and theme that she is trying to portray.

During her high school years, Chloe had the chance to attend art school, which further provided a gateway into the arts. Being immersed in this creative and vibrant aura led her to choose graphic design as her major. Chloe loves color and playing around with texture, which are two big assets in Filipino culture. Her culture has also played a part in showcasing her artistic talent. Her mom, her role model and inspiration, has always supported her creative side. She saw how much Chloe loved the arts, so she made sure to provide ways for Chloe to immerse herself in them.

“My mom would frequently put on the Filipino dances and plays at church, so at home I would be her dance partner and also help her make all the props and crafts.”

It was through this that she learned that Filipinos loved color, especially bright and vibrant hues, which exemplifies ‘Pinoy’ pride. Textures, like rocks and anything else in nature, are often integrated into art, compelling Chloe to incorporate some of these textures and beautiful colors into her own work. It is through the arts that Chloe is able to illustrate the beauty of Filipino culture.

Franky Paypa (senior, physical therapy)

Megan Batoon, a Filipino creative, has played an important role in Franky's life. Franky has been following Megan since she was a little girl. Megan broke away from the stereotype of the ‘Filipino nurse’ and decided to abandon a higher education in order to pursue what she loved most. She has explored so many areas of interest, discovered her own niche, and become a very successful individual. Franky looks up to Megan, inspired to not be so hung up on what her Filipino community and parents expect of her. Franky, a first year grad student in the PT graduate program, expects to accomplish more than just her major.

“PT will not be the end all, be all—especially creatively.”

Franky will continue to do a lot of her creative art after school, whether she be playing music at church or performing in a play. But this all stems from Franky's

background in the arts. Franky has been heavily involved in the arts since she was a young girl. Growing up, her house was filled with original Pinoy music. Surrounded by her classic, cultural music as a young child, she developed a love for her culture art.

Her talent and Filipino pride has been expressed through a variation of dance, instruments, theater, and directing, which included directing PCN last year. PCN stands for Pilipino Cultural Night and essentially is a production that celebrates and showcases Filipino history and culture. As the director, she was able to re-use a script written by an Andrews alum, but she added some of her own flair to it and used the music and script to dive deeper into each character. This involved immersing herself in their world by using ‘what’ questions and using this as a guide to help portray the characters’ drives and motivations.

“This is how I approach a lot of things.”

Ranging from concertmaster, to choral director, to the acapella music director, to jazz band musician, Franky has engaged in a wide variety of genres and positions. It is through these different experiences that she has had the opportunity to engross herself into each one and incorporate some of that ambiance into her own work.

You can often hear Chloe's rich vocals on various praise sets around campus, and you can see Franky—who is also AUSA's Executive Secretary—playing her violin expertly and expressively at campus events.

ARTS & ENTERTAINMENT

The Old Warhorse: Wind Symphony's Saturday Concert

Skylor Stark [10.20.22](#)



Photo by Skylor Stark

The Andrews University Wind Symphony performed their first full concert of the season on Saturday, October 15, 2022, in the Howard Performing Arts Center. Directed by Dr. Byron Graves, this concert featured a number of “old warhorses” – pieces that have been part of the standard repertoire for concert bands– as well as some more modern compositions.

In a typical wind ensemble, there are three different types of instruments: woodwinds, brass, and percussion instruments. Some commonly known brass instruments are tuba, trombone and trumpet, and the French horn. The horn is a middle-ranged brass instrument with a circular shape and a bell on one side. Horn parts typically support the rest of an ensemble, but occasionally they will have the melody. Due to their broad range, horns can share parts with many other

instruments, or they can fill in where other sections are lacking. French horns are considered difficult to learn, and many players start playing another brass instrument before transitioning to the horn. The Wind Symphony currently has five players in the horn section, four of whom are graduate students and the fifth is an undergraduate.

Several of the pieces featured the French horn section in the melody with solis (solos played by a full section rather than just one person), including “Meridian” (Ola Gjeilo), Highlights from “The Music Man” (Meredith Wilson), and “El Camino Real: A Latin Fantasy” (Alfred Reed). Other pieces such as “Danzon” from ‘Fancy Free’ (Leonard Bernstein), “ABA Symphonic March ‘Kitty Hawk’” (John Cheetham), “Washington Post” (John Phillip Sousa), and “October” (Eric Whitacre) included the French horn section as a supporting role to the rest of the ensemble.

One of the members of the French horn section is Ricardo Navarro (graduate, music performance). His favorite piece from the repertoire is “Kitty Hawk,” because of the fun energy and the horn entrance at the beginning. The most difficult piece from the concert set was “El Camino Real: A Latin Fantasy,” according to Ricardo, because it had a quick tempo and went up into the horn’s higher register. I would agree with Ricardo that “El Camino Real: A Latin Fantasy” was the most difficult piece as it required me to work on my own flexibility while playing the French horn. I also think “October” was a challenge, due to the dissonances in the horn parts (when the notes aren’t in harmony but are very close together) which required a lot of practice to find the correct pitches. However, I would say my favorite piece from the repertoire was either Highlights from “The Music Man” or “Meridian.” I enjoyed the woodwind feature in “Meridian,” and it reminds me of a breeze carrying leaves to the ground. I also appreciated the horn melody in “Highlights from ‘The Music Man,’” as it is one of my favorite Broadway productions.

After the intermission, the ensemble began the second half of the concert with “Flourish for Wind Band” (Ralph Vaughan Williams), which was followed by “Light Cavalry Overture” (Franz von Suppé). “Light Cavalry Overture” was directed by undergraduate assistant and student conductor Jason Marquez (senior, music performance), who plays clarinet in the Wind Symphony, and the piece featured a clarinet solo which was played by Dr. Byron Graves. “Light Cavalry Overture” may give the audience an allusion of horses galloping in the cavalry in the supporting role of the French horn parts.

For those who wish to attend future Wind Symphony performances, the holiday concert will be held on November 19, 2022 in the Howard Performing Arts Center and a church performance will take place on December 3, 2022. This concert will feature some popular movie medleys and Christmas classics, presented by the ensemble. You can support the Wind Symphony by attending performances and inviting others to attend as well. More information about future concerts can be found closer to the concert dates.

News

NEWS

Edsel Adap's Story: How AFIA Came to Be

Sara Hamstra [10.20.22](#)



Photo by Edsel Adap

With over 300 members, the Andrews Filipino International Association is easily one of the largest clubs on campus. Although its name and number imply a very large Filipino population on campus, the majority of the club members are not of Filipino descent and are simply along for the ride to celebrate Filipino culture. In honor of Filipino American History Month, I decided to look into the history of this club and how it came to be. Andrews University alumnus Edsel Adap was able to share his experience with the beginnings of the group that eventually became AFIA, then known as Andrews Filipino Association (AFA).

“In the 1990’s, I was at Andrews University studying Computer Science and Mathematics. There were not a lot of Filipinos in my department. Aside from me, the only other Filipino in my program was Lowell Vitangcol. There were many other Filipino students on campus—pockets of Filipino ‘barkadas’—but these groups never really got together or hung out. They were mostly composed of a handful of individuals who came from the same locality. You had the Southern California Filipinos, the Northern California Filipinos, the Chicago Filipinos, Florida Filipinos, and the Filipino-Canadians, but these were all separate groups. Not only were we split by our geographical origins, but we were also splintered based on our courses of study. I would bump into a fellow Filipino every now and then, but aside from a quick ‘hi’ and knowing their names, I didn’t really spend much time with other Filipino students.

Around 1991-92, the idea of forming a Filipino club started to float around. Pastor Manny Vitug was [the] one who pushed the idea. He promoted the club so much that we even had a picture of our ‘unofficial’ club in the Cast! In the two years that followed, Andrews Filipino Association (AFA) became an official club. During those years we were still trying to figure out our organizational structure, what our goals were, what we wanted to accomplish as a club, and what impact or legacy we would like to leave. Our members were also still trying to find the right balance between club involvement and academics in addition to other aspects of student life. Naturally, not a lot happened. We didn’t have very many events, although I do remember having meetings and always having food. Not sure where the food came from, but my guess was it came from the Filipino community around Andrews University. During our humble beginnings, we experienced phenomenal support from the Filipino community of Berrien Springs. I’m sure that is still true today.

AFA provided a way for the different Filipino *barkadas* on campus to come together, get to know each other, become a community, and provide support for

each other in many ways. The community stood behind us as we struggled; they had our backs. That is the spirit of *barkada*. *Barkada* is friendship. It is supporting each other. It's caring for each other, and having each other's backs."

As mentioned, an "Andrews Filipino Association" was featured in yearbooks and the club became official in the 1992-1993 school year. Edsel uses the Tagalog word barkada, meaning a group of friends, to describe the community and friendships formed by AFIA. A large draw to join cultural clubs on campus like AFIA is the fact that the clubs are open for anyone to be a part of and form a barkada, not just people of that specific ethnicity. Neil Adap, another AFIA founder and AU alumnus, says "the "T" in AFIA not only stands for international, but it also stands for inclusivity." Today, 30 years after its founding, the Andrews Filipino International Association is still thriving. It holds major events including vespers, karaoke Christmas parties, and an annual cultural night that celebrates traditional Filipino dancing, music, and folklore.

NEWS

Learning Traditional Filipino Dance with AFIA

Ceiry Flores [10.20.22](#)



Photo by Public Domain

Growing up, Sandrine Adap (junior, computer science & mathematical studies) saw many of her friends perform this traditional Filipino dance.

“I didn't learn until I got here,” said Sandrine.

Tinikling.

Tradition. Nature. Life. Dance.

The Tuesday Choice, hosted by the AFIA officers, consisted of learning the traditional Filipino dance called *Tinikling*, traditionally done with bamboo sticks and cultural wear. It essentially involves multiple people rhythmically hopping in between bamboo sticks in an organized way. *Tinikling* is different from any other dance I have seen. It highlights the uniqueness of Filipino culture and how they value tradition.

Cielo Fernando, in her article [“12 Most Notable Philippine Folk Dances That Will Get You Grooving”](#), she describes *Tinikling* as one of the most famous dances in the Philippines. “The movements of this Filipino folk dance imitate the movements of the tikling bird as it walks around through tall grass and between tree branches,” says Fernando.

If you are reading this and did not go to the co-curricular, Jaden Leiterman (junior, medical laboratory science), AFIA President, invites you to please go to Safari or Google for instruction. Next, copy and paste the following into the search bar: “A group of students from the Filipino Student Association at Georgia Institute of Technology in Atlanta go viral for performing a ‘modern’ interpretation of the Filipino folk dance.” Now please watch the video. You will not be disappointed.

Jaden also mentioned how Filipino-American History goes a lot deeper than most people think.

“Although we are pretty well known on campus, it is always great to spread culture [with] Andrews being the one of the most diverse [universities]. I believe that culture is very important. In fact, it was one of the reasons that I chose to go to Andrews.”

Sandrine also stated how important it is for her to share her culture. “It creates an opportunity to connect with others while also sharing where I am from,” she says.

Tinikling was a great co-curricular activity because it is something that anybody can try. I saw lots of laughter, energy, and community being expressed through this dance. As some were learning the footwork, others were showing us the more advanced choreography. *Tinikling* is a lot of fun and you get a good cardio workout while also learning more about the history of Filipino culture.

If you want to learn more about Filipino culture while also being informed about events, go follow AFIA on Instagram @auafia.

NEWS

Andrews Opens New Career Center!

Gloria Oh [10.20.22](#)



Photo by Dawson Par

On September 22nd, Andrews opened the Career Center in the James White Library. The center aims to provide services to all students, both graduates and undergraduates, virtually or in person. These services include preparing and reviewing resumes, interview preparation and career planning. The career

planning process helps pupils to do some self-reflection, career assessments, exploration, and some goal-setting toward a career choice. This week I sat down with Joydel Trail, the career advisor for the career center at Andrews University, who shared all the benefits to the New Career Center.

Before they make an appointment, what do you think they should prepare for the meeting? Is there something they could search up or study before making an appointment?

It depends on the service that they want. Students who would like their resumes or cover letter reviewed should make sure that they have a draft copy ready. They can either email it to us at career@andrews.edu at least 24 hours before their appointment or bring hard copies to their meetings. If they start from scratch and don't have a draft, we walk them through how to prepare one.

For those asking for mock interviews, they must first do a session on interview preparation where we walk them through how to perform well in an interview. Then during the practice interview, we'll need to know ahead of time whether the interview is for a job, internship, or graduate school, and the job description for the position. Depending on their interest, they'll send us the information about the job or school they're applying for. Since the practice interview is a simulation of the actual interview, we'd want to make it as real as possible and ask them questions that would be helpful and relevant.

Related to your answer, where do you think the students should start if they feel absolutely lost in finding what career they are interested in?

We offer individual coaching and career planning. We partner with the Counseling and Testing Center, and they offer three different types of career assessments on either their interests or skills. Those results will help generate some career options. It would tell them the professions in which people with similar responses usually find satisfaction. After that, we help them with exploration. They'll pick the top three from the list of results and do some exploration, talk to people in those fields, find out things like what kind of education they would need, how much salary they would get and do some research into those three, and then make a decision about choosing one of those and making goals towards reaching that career path.

I know students can feel lost sometimes because they lack experience, but sometimes because of paperwork and visa problems. Andrews University has a lot of international students, as one of the most diverse campuses in the United

States. I am curious whether there are any interactions between your office and the International Student Service, and how the career center assists international students.

Yes, we do work with international students as well and the International Services Office. If there are students who need assistance in finding and securing internships, we ensure that they collaborate and coordinate with the International Services Office to make sure they're eligible for CPT, or curricular practical training, in order to understand what it means for them to get an internship. If they're getting ready to graduate, we make sure they understand the eligibility, the process, and the communication needed between them and the employers regarding Optional Practical Training (OPT). We can also provide them some more tools in searching employers who have submitted Visa applications for their employees before. This way, when the student is trying to apply to a specific organization, they can figure out if they've ever sponsored a visa or a green card. Although we are not experts in it, we are definitely aware of the differences and some of the challenges that international students might face when looking for jobs and internships, so we make sure that we refer them to appropriate resources.

That is very great to hear! I also know that in previous years, the Counseling Center provided career counseling. What needs do you think were present among students or the school in order for the university to create a Career Center, separate from the Counseling Center?

The creation of the Career Center was the vision of the Provost to ensure that students and alumni had a dedicated resource to reach their career goals. Having a Career Center allows the Counseling and Testing to focus on their primary services of providing mental health counseling, while the Career Center focuses on career planning and coaching. However, we still do partner with the Counseling and Testing, referring students who might be experiencing any barriers that are hindering them from reaching their career goals, in addition to the aforementioned career assessments. .

Lastly, what advice do you have for Andrew students regarding career prep as they continue their academic career in injuries? Is there anything you believe students are missing out on when it is in fact crucial when it comes to job searching or employment?

Start early. Career readiness starts from freshman year, so I encourage students to visit our [website](#). We have a four year career plan that outlines things that they can

be doing each year to ensure that they are fully career ready and moving towards career success by the time they get to senior year.

One of the resources that I do want to highlight is called Handshake, which is newly launched and currently available to all students—undergraduate and graduate. Handshake is a platform that helps students connect with over 750,000 employers. So there'll be jobs, internships, and events where employers will talk about their industries and various career topics. We'll be moving forward with even hosting virtual career fairs on that platform. An email has been sent to all students' Andrews email addresses with information on how to claim their free account and begin taking advantage of this amazing platform that is being used by hundreds of other universities across the United States. To claim and activate their account, all that the students need to do is to click on the link provided ([Claim Your Account](#)) in the email and log in with their Andrews username and password. I really encourage students to activate their accounts, complete their profiles, and start utilizing all the resources there. Your Handshake profile functions sort of like your Facebook profile. The more complete your profile is, the more the platform will be able to recommend jobs and internships that match your profile. So it would be beneficial if you make your profile as complete as it could be.

Another resource that we have available for students is called [Parker Dewey](#). Here, students can find many micro internships, which are virtual internships in which you would be working somewhere between 5 to 40 hours. Plus, they're all paid. Even international students are eligible to participate in micro internships as long as they have CPT or OPT eligibility. So students can definitely start utilizing that resource right away, create a free account from the link on our website and start applying for these positions.

Any final words that you would like to remind the students?

It would be really nice if they follow us on [Instagram](#) as we post a lot of updates. We also offer **Tuesday co-curriculars at Buller 250** every week, in which we bring employers to campus to talk about industries where they have vacancies for jobs and internships. So it's a good way for students to come and interact with employers. This Tuesday (Oct 18), Amazon will be coming and we already have several other HR representatives scheduled to come in for November. They will be talking about how to build your brand, how to look for benefits, and many other helpful information, so it would be very beneficial for the students to check out these opportunities.

Instagram: @centeraucareer
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Ideas

IDEAS

Be Your Own Bastion for Fashion

Shania Watts [10.20.22](#)



Photo by Public Domain

As the temperatures begin to drop and the leaves morph into vibrant hues of red, yellow, and orange, the desire to break out my chunky sweaters, puffy coats, oversized scarves, and wooly hats couldn't be stronger. Even though I'm not a fan of the windy and rainy weather that comes along with the fall season, my fondness for fall fashion and the increased range of styling options the season offers makes it slightly more tolerable.

If you're also a self-proclaimed fashion enthusiast, then you're probably aware that autumn is an exciting season for haute couture (referring to high fashion and custom-fitted clothing), with many of the most prestigious fashion houses

displaying their collections during fashion weeks across New York, London, Milan, and Paris in September and early October. Paris Fashion Week, in particular, created quite a stir in recent weeks with Balenciaga's outlandish [mud-pit show](#) for their Summer 2023 collection, which became an overnight meme on TikTok. High fashion is no stranger to outlandish and sometimes inaccessible conceptualizations, which has compelled many of us on the outside of the industry to question the purpose of it all.

Italian fashion designer [Elsa Schiaparelli](#) once said, "In difficult times, fashion is always outrageous." Considering the endless political and economic turmoil plaguing the world within the past three years, this quote is very relevant in today's fashion scene. The Balenciaga mud-pit did serve a symbolic purpose. Demna, Creative Director of Balenciaga, explained to [Vogue magazine](#) that the setting of the show was a "metaphor for digging for truth and being down to earth [...]" Individualism in fashion is downgraded to pseudo trends dictated by a post in stories of some celebrity of the moment." Demna also went on to share that he no longer feels it's necessary to explain or verbalize his designs, as he is attempting to "express a state of mind."

Demna's [Spring 2023 collection](#) was also reflective of his desire to conceptualize the various states of society's psyche. He presented designs ideologically inspired by the apparent decline of American capitalism, setting the show right at the crux of American consumerism in the New York Stock Exchange building. The models donned expressionless latex gimp masks paired with wide, intrusive shoulder pads under Adidas tracksuits and business attire. The striking contrasts between the structured pieces and baggier silhouettes with the all-black color scheme, nearly gave the models a mannequin-esque appearance. The notorious stock exchange screens displayed the flickering names of several powerful corporations such as Disney, Bank of America, and Twitter, just to name a few. For an added dystopian "vibe," an eerie, futuristic soundtrack accompanied the models as they strutted through the main floor. Though most of us will probably never wear Demna's designs, nor find them practical or appealing, I think it's important to find appreciation for his creativity as an artist. His SS23 collection is a direct response to society's infatuation with status, money, and our toxic imprisonment to the corporations who satiate our blind consumerism.

On a more accessible level outside the haute couture runway, ready-to-wear

fashion trends have also reflected our collective mental state as a society. Many of the trends Gen Zers follow today hold an overwhelming sense of nostalgia for the past. This became even more apparent during the height of the Covid-19 pandemic, where we saw a mass resurgence of prairie dresses and puffed sleeves, rebranded as the [“cottage-core” aesthetic](#). As we all sat in isolation, yearning for an escape from this unprecedented reality, the cottage-core aesthetic seemingly tapped into the do-it-yourself era of sustainability for many young people. Now that we’re finally entering the endemic stage of the pandemic, another shift in fashion is rapidly taking place: the [resurgence of Y2K fashion](#). Experts foresaw the resurgence way back in 2019, with many of us older Gen Zers and Millennials cringing in fear at the idea of low-rise jeans making a come-back. Those of us who are old enough may remember the trauma of unhealthily trying to attain unrealistic body standards. It was an awful time for body positivity! Fast forward to 2022, and low-rise jeans, micro mini-skirts, cargo pants, crochet tops/dresses, and silk scarves are flooding clothing racks.

It’s hard to predict how long this Y2K craze will last...maybe a few months, maybe two years, maybe even a decade. Fashion experts are already predicting that the Y2K trends could be eclipsed by a [grunge resurgence](#). Inevitably, we’ll all eventually settle into this rapidly changing era of 2020s fashion, but I’d encourage you not to focus too much on following the latest fast-fashion trends. Instead, follow Denma’s example. Dig deep for your truth. Be bold. Let your clothes be a personal expression, and let your mindset be your inspiration. Be your own bastion for fashion. This is what defines true style.

IDEAS

Seasonal Depression at AU

Kayla-Hope Bruno 10.20.22



Photo by K. Mitch Hodge on Unsplash

As the seasons change and the leaves transition from shades of green to autumnal red, yellow and orange hues, some individuals may begin to experience feelings of melancholy. The drastic shift from summer to fall can have a strong impact on one's state of mind. The entrance of colder weather can dampen the mood. Dealing with constant shivers, cold harsh winds and less sunlight can be uncomfortable to experience. Although the season of autumn brings beautiful scenery, many fashion statements, sweet treats and pumpkin spice lattes, the fall season also brings with it a gloomy atmosphere that can be difficult to face.

[Seasonal depression](#), also known as seasonal affective disorder (SAD), is a type of depression that is caused by the change in seasons, specifically when summer transitions into fall. Seasonal depression begins in young adulthood for many. College students are more likely to experience seasonal depression while they navigate through their academic journey. Even maintaining good mental hygiene as a college student can be overwhelming. From the stressors of school-relationships and personal dilemmas to sleep deprivation, poor eating habits, and

inconsistent daily routines—a college student's chances of developing with seasonal affective disorder can be very high.

The environment that a person lives in can definitely impact their mental health, whether that is for better or worse. Being in places that [lack sunlight](#) and or often have cold weather can definitely darken someone's outlook—whereas when individuals are exposed to brighter spaces and warmer climates, the extra doses of light and warmth can act as mood boosters.

Being a student on Andrews University's campus, the brisk cold weather and the darker days of fall may cause you to feel down in the dumps. Even though depressing feelings may persist for longer than you want them to, there are [ways](#) to combat the intense effects of seasonal depression and improve the state of your mental wellbeing. One tip is to seek help from the Counseling & Testing Center (CTC) right here on campus. There, trained professionals are willing to listen to you and support you as you deal with the life-altering factors that seasonal depression can cause. Another tip is to have a steady sleep schedule that you can stick to. As college students, it can be hard to keep a consistent sleep schedule with all of the assignments, deadlines and activities that we have to keep up with. However, it is very important that we make it a priority to sleep on time and get a standard 7-8 hours of sleep each night. Getting enough sleep can help to lessen the effects of seasonal depression as well as reduce the chances of even experiencing it. The last tip is to make it a habit to practice self care, whether that is through time with God, working out, going on a daily walk for 5-10 minutes, taking advantage of the sunlight that tries to peek throughout the day, reading a book, or watching your favorite movie. Although life can get pretty hectic pretty fast, try your best to find time to tend to your garden emotionally, physically and spiritually.

Even though Andrews University is a private institution affiliated with the Seventh-day Adventist church, the approach that Andrews University takes in addressing mental health issues is different from that of the Seventh-day Adventist church. The difference in approaches presents a clear distinction between knowing and not knowing the benefits of having accessible mental health care. For years, the SDA church has unofficially maintained the stance that mental illness is something that can only be prayed away, and that any individuals who are dealing with mental illness should either pray for God to renew their faith or suffer in silence in order to avoid judgment and criticism. This approach only worsens the effects that mental illness has on individuals and does not leave room for these individuals to access the care that they need. In recent years, the topic of mental health has become a

growing discussion in the church and in the world. The Seventh-day Adventist church is beginning to take [actionable steps](#) to normalize seeking mental health services and being more welcoming to people who have mental health issues. Furthermore, in speaking about the effects that mental health issues such as seasonal depression can have on one's way of life, it is important to know that building a spiritual relationship with God, as well as being open to utilizing the available mental health services, are both important ways that all individuals, especially college students, can help to improve the quality of their life as they encounter seasonal changes.

IDEAS

Worldbuilder's Disease

T Bruggemann 10.20.22



Photo by Ali Müftüoğulları on Unsplash

Dungeons and Dragons, most lovingly referred to as DnD, is a table-top role playing game in which a group of like-minded individuals sit down and play pretend. In a role playing game, players do just that: they create a character, then insert themselves into that role and pretend to be them. The group is led by a dungeon master (DM) – also often called a game master – who does everything else to facilitate the game. They play the roles of all the other characters the players may interact or speak to, they adjudicate the rules of the game, they write and dole out the story for the players to play through, and, oftentimes, they entirely create the fictional world the game is set in.

It is the finalmost of these I wish to delve into this day: worldbuilding.

Worldbuilding is the process of creating a fictional world, whether for a book or movie, for a game like DnD, or simply for its own sake as a hobby. Some worldbuilders start with nothing and come up with a world entirely its own, such as in “The Lord of the Rings” or “Star Wars.” Sometimes the process is more subtle, and a worldbuilder takes an existing world—usually our own—and adds to it in an interesting way. See the world of “Harry Potter” or “An Absolutely Remarkable Thing” by Hank Green. Whichever the case, both create something wonderful and unique.

Building an entire world begins with an idea: What if there were dragons? What if spaceships existed in a fantasy world? What if there were spirits that lived among people and gave them magic? From that one idea, endless possibilities branch out. ‘What if there were dragons?’ leads to the question of ‘Where do those dragons live?’ which leads to the question of ‘How common are they?’ which leads to the question of ‘How do the people there interact with them?’ Answer those questions with ‘fictional Scandinavia’, ‘very common’, and ‘they fight them’, and suddenly you have Berk from “How To Train Your Dragon” (the movies, not the books). Answer instead with ‘fictional Britain’, ‘very rare’, and ‘only a select few can control them’, and you might wind up with a world more like Westeros from “A Game of Thrones.”

To me, worldbuilding is amazing because it lets you explore exactly what fascinates you most. If you love languages, you can create your own and build a world around it, like J. R. R. Tolkien did. If you are interested in people and culture, you can create a group of people and design their customs and traditions. If you’re more into geography or cartography, you can spend hours planning realistic biomes or drawing beautiful maps. Personally, I’m fascinated by mythology,

cosmology, and magic, so I usually focus on how my fictional universe was created and the mechanics of how it continues to work.

There's something for everyone when it comes to worldbuilding! It's a wonderful form of self expression and outlet for creativity. It may seem nerdy or niche, but I've seen people I never would have expected get really into it.

There's a term among science fiction and fantasy authors called worldbuilder's disease, where an author spends so much time worldbuilding that they never get around to actually writing their story. Today, I want to encourage you to embrace that. Even if you don't plan on ever doing anything with the world you create, try it out. All you have to do is think about some way the world could be different, then go wild following the questions and answers that interest you. The power is in your hands—see what you can do with it!

Pulse

PULSE

FALLing in Love With Autumn

Lexie Dunham [10.20.22](#)



Photo by Maddy Baker on Unsplash

It's fall, y'all! While the fall season comes with midterms, allergies, rain, and sometimes snow, there is also a less miserable side to my favorite season. If you are new to Michigan, you may wonder what fall-themed things this state has to offer. I can assure you that Michigan is filled with some of my favorite fall aesthetics, and I am here to ensure that you get the best experience out of fall that you possibly can.

Sure, most of the time, it is rainy and dreary outside. But on the rare occasion that it isn't, jumping into the crisp fall leaves is a marvelous experience. Being enveloped in the leaves and the rich smell they contain is an event like no other. There are so many leaves around campus that can easily be pushed into a huge pile. There's even a vast pile blocking the door to the girls' dorm (cafeteria side). You can abandon all of your cares, lay in the leaves, and look up at the clouds. You can even, as Dave Cosejo (senior, physical therapy) said, "go to Love Creek to take a walk and admire the leaves." While you're at it, you can get fantastic shots for your yearly Instagram post. Bring a friend, hop in the leaves, and become immersed in this classic fall activity.

Fall doesn't only smell great, but it tastes great, too. Some of my favorite foods are only around during fall. Even a simple pumpkin donut from Dunkin' Donuts makes my entire day so much better. Apples are especially delicious this time of year—and with that comes delicious apple treats like apple fritters, apple cider donuts, and of course, apple pie. There are also incredible drinks. Let's not forget the famous pumpkin spice lattes and cups of apple cider. Michigan makes some of the best apple cider I have ever tasted. The apples are so fresh and crisp, which enhances the cider's taste to a level unmatched by any other. If you like apples in general, [Stover's Farm and U-Pic](#) is a beautiful place to pick apples and obtain some delicious fall snacks. It's only a quick, scenic, six-minute drive from campus. Isabella Rapette (senior, finance) went to Stover's Farm and she said, "My family and I went apple picking. We were able to pick the apples ourselves and enjoy each other's company!"

You may wonder if you can genuinely trust my advice since I am clearly partial to fall (aka Redhead Season). Here is another perspective from fellow fall lover, Savannah Tyler (sophomore, speech-pathology): "I love layering up, grabbing a pumpkin spice latte, and exploring nature...going for walks around parks to look at vibrant leaves or going to a fall harvest is how I thoroughly enjoy this time of year."

I hope you have learned some tips for enjoying the fall season. Get out there and eat the eats, drink the drinks, jump the jumps, and enjoy your time with fall in Michigan!

PULSE

Filipino-American HISTORY Month

Charisse Lapuebla [10.20.22](#)



Photo by Cholee de Leon

It is important to remember that October is Filipino-American History month: a month not only dedicated to Filipino heritage, but also to Filipino roots in America. [Dr. Dawn Bohulano Mabalon](#), a historic preservationist and activist, explains the importance of the distinction: “History is inclusive of heritage and

culture, but it's also about the ways we have built and changed this nation—our stories, political struggles, transformations, labor, migration, activism, impact of imperialism and war, victories—whereas 'heritage' is more limited to what we pass down in terms of culture, tradition, legacies.”

According to documents, the first Filipino immigrants, the “[Luzones Indios](#),” came to America in October 1587 near the Morro Bay area in California. The first documented Filipino-American settlement was in Louisiana in 1763 by the “Manilamen,” who served in the Battle of New Orleans. Manilamen also began to immigrate and settle in the kingdom of Hawaii during the early 19th century. In the west, during the 1800s, Filipinos began to work as cowboys and ranch hands. However, these scattered cases of Filipinos in America started to increase when the Philippines briefly became [a territory of the United States](#) from the Treaty of Paris of 1898, following the Filipino-Spanish Revolution and Filipino-American War. Mass immigration began to occur, whether by choice or force. Filipino people, specifically the Igorots, were imported and displayed by the US government to be a part of the [human zoo](#) at the Louisiana Purchase Exposition alongside the Apache and Tlingit peoples.

On the other hand, during the 1920s, many Filipinos immigrated to the United States for unskilled labor to provide for their families back home. During the 1900s to 1940s, “[sakadas](#),” which roughly translates to “Filipino migrant workers,” were recruited from the Ilocos and Visayas regions by the Hawaiian Sugar Planters’ Association (HSPA) to immigrate and work as laborers for them in Hawaii. When the Philippines finally gained independence from the United States on July 4, 1943, immigration began to increase as people searched for a better life and a way to provide for their families back home in the Philippines.

Despite Filipino-Americans having been a part of American history as early as 1587, and possibly earlier, the first Filipino American Studies classes were taught only 50 years ago, in 1968. This change came about due to Fil-Am students participating in the longest academic and [student-led strike](#) in American history, alongside the Third World Liberation Front (TWLF), in response to the Eurocentric education at San Francisco State College. In response to the lack of documentation of Filipino presence in American history, [Dorothy Laigo Cordova](#) founded the Filipino American National Historical Society (FANHS) in 1982. The [goal](#) of this organization is “to educate the public about Filipino American historical experience through conferences, workshops, lectures, films, and artwork.” Before that, Cordova also founded Filipino Youth Activities (FYA) in 1957 to develop an

organized sense of community for Filipino-American youths. She also served as the director of the Demonstration Project for Asian Americans (DPAA) in the 1970s, “which conducted a wide variety of studies on the problems Asian Americans faced in the 1970s,” before she went on to create the FANHS together with her husband Fred Cordova. Filipino American History Month was first proposed by FANHS in 1991, recognized in California in 2006, and later by Congress in 2009. Coincidentally, a few years after Fil-Am History Month was first nationally celebrated, the Andrews University American-Filipino International Association, also known as AFIA, was conceived in 1992 and established in 1993.

To appreciate and celebrate Filipino-American History Month, what events is AFIA holding this year? On October 4, during the Tuesday Choices, AFIA hosted guest speaker Andre Rodrigues. Mr. Rodrigues relayed his time acting as a missionary in the Philippines for three years. Most of the talk described the wild beauty of the jungle and how the village children interact with one another, especially with their devotion to learning and God. On October 6th, AFIA supplied a cultural appetizer, lumpia, after the Kinetic worship. Lumpia, a more widely known cultural food of the Philippines, is their take on “eggrolls.” On October 18, AFIA hosted another Tuesday Choice at the Rec Center. AFIA hosted a short tutorial and demonstration on tinikling, a traditional dance involving rhythm and bamboo sticks. Lastly, on October 22, the “AFIA Aunties” are hosting a potluck featuring Filipino dishes to eat and savor after the church service.

Regardless of one’s ethnicity or origins, everyone is welcome to celebrate Filipino-American History Month this October.

PULSE

In Loving Memory of the Gazebo Smoothies

Elizabeth Dovich 10.20.22



Photo by Nathenia Landers on Unsplash

The Gazebo smoothies—mouth-watering, delectable, and heavenly flavors contained in a cup—were last seen during the spring semester of 2021 and did not return for the fall 2021 semester. They have not been seen since. While many favorite Gazebo foods such as breakfast burritos, quesadillas, and sub sandwiches have returned to the menu following their absence during much of the 2021-2022 school year, fresh Gazebo smoothies are not numbered among the returned. Students can only assume that they are gone forever.

The Gazebo smoothies went by many names to those who knew them: Hawaii Five-0, Strawberry-beet, Pineapple, and “The Spicy One,” among others. According to [“Renovated and Reinvented,”](#) an article on the Andrews University website from October 22, 2012, the smoothies were added to the Gazebo menu as part of a push from former Andrews University President Niels-Erik Andreasen to make Andrews University “the healthiest university in the United States.” In the near decade that followed, the smoothies became a staple of campus life at Andrews University.

The Gazebo smoothies are gone; students do not know when or if they will return. We mourn as we remember the joy they brought us, and how they sustained us through many long and hard semesters. Upperclassmen weep, for the freshmen and sophomores could not taste the glory of a Gazebo smoothie.

Of course, the seniors are among the few who truly remember the Gazebo smoothies before they were corrupted into healthier versions of themselves. They used to contain wonderful yummy treats such as yogurt, blueberries, and pineapple, among other ingredients, but then the yogurt was taken away, and healthier, less tasty ingredients replaced it. Seniors remember the smoothies being smooth, cold, and fresh. They were an essential part of campus life, especially because they were generally faster to make than other Gazebo food and available more times during the day than other food. Further, they were cheaper than other options, and they were fresh, tasty, light, fluffy, smooth, cold, debatably healthy, and many other wonderful and delicious things.

With no sign of when or even if the Gazebo smoothies will return, the students of Andrews University must soldier on. To our beloved smoothies, although we shall soon graduate and leave this place, we shall never forget you. You entered our lives and changed us forever. You shall live in our hearts; your tasty delicious memory shall be forever seared onto our tongues. Especially “The Spicy One.” (Does anyone remember what it was called?)

Now, we bid you farewell. We hope that one day we may see you on the menu again, but until that day comes, we trust that you are in a better place. May you exist in a place where things like flax seed and beet juice are a distant memory.

In lieu of flowers, please share condolences with friends and fellow students at Andrews University who cannot have a wonderful Gazebo smoothie to enjoy.

**My thanks to Nehemiah Sitler (senior, communication) for providing personal memories of the Gazebo smoothies.*

Last Word

LAST WORD

Existential Dread

Alannah Tjhatra 10.20.22

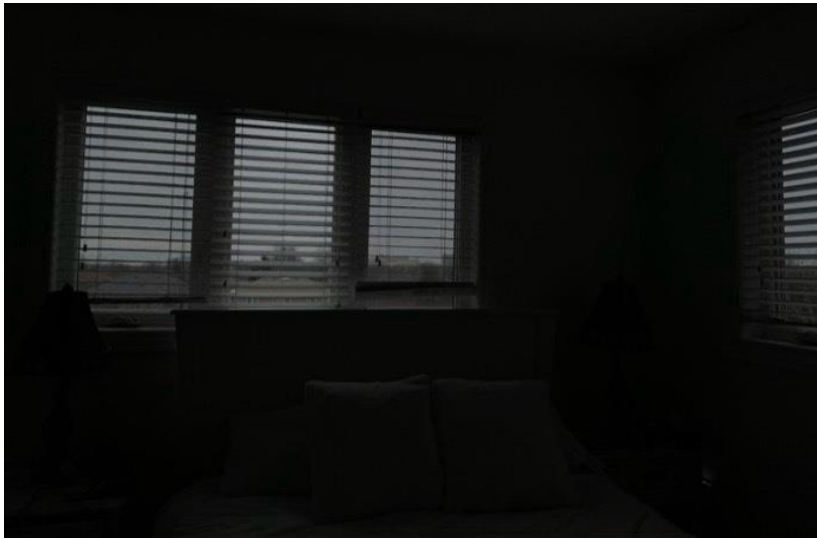


Photo by Alannah Tjhatra

I remember the first time I felt that my life held no meaning. I was maybe eleven years old: I remember standing in the living room, listening to this guy sing on TV, and wondering about heaven. My thoughts went something like this: *I will live, and work, and then I will die. And then I'm just supposed to go to heaven after? And what's the meaning of heaven? What's so good about staying someplace for a million years? Do I really want that?*

Even the eternal life I had been taught to so ardently anticipate seemed pointless.

That was the first time I was overtaken by the vague but looming fear that my life meant nothing—the first time I remember feeling the weight of meaninglessness. And it has surfaced every so often since then—it creeps up slowly, surprises me

while I do my homework or watch a movie. Often, it appears when I feel the most lonely.

In these moments, I certainly want to continue living—I simply struggle to think of meaningful ways to do so. In a world of eight billion people, my life makes up but 0.0000000000125 % of the lives currently on earth. I fear that my existence holds no significance, that I will never have a chance to make a lasting impact on society. I fear being forgotten. I fear that, even if I *were* able to make a difference, I would die with no hope for a future life. I subscribe to Christian viewpoints and beliefs, wherein my meaning could be found in living a life of love. But sometimes, even that is difficult to hold onto.

We as humans fear the unknown, which is why the threat of meaninglessness is so scary—it is mysterious, uncertain, and shaky. It’s interesting that the current generation of young people, which would include myself, seem to be engulfed by this specific brand of existential dread. We feel its undertones in films like “Don’t Look Up,” and in the beats of Gen Z icon Billie Eilish. We see it in the abundance of irony-filled, dark-humored social media critiques of today’s society. We sense it in ourselves, when we think about our future after graduating.

Taking into account the current state of the world—[natural disasters](#) (summer floods, California wildfires, Hurricanes Ian and Fiona), political turmoil (the Russia/Ukraine conflict, the Iraqi political crisis, the unforgettable protests of summer 2020), school shootings ([35 in 2022 alone](#): a record high), and of course a pandemic that has stretched two years—it is no surprise that we are [contemplating](#) our mortality and our worldviews so incessantly. Never before have there been so many problems heaping onto one another like this.

Our situation is further amplified by the instancy of social media: the most recent world issue is no longer an isolated phenomenon; it reaches everyone immediately. And we as young people create discourse about it in our own particular way: just check out the [@hellicity_merriman](#) account on Instagram, a prime example of Gen Z satire that combines 2000s nostalgia with ironically-charged critiques of the various happenings of today’s world, from Roe vs. Wade being overturned, to the Queen’s funeral, to the general failings of capitalism.

We will always be forging into shakier land, into increasingly uncertain tomorrows. So the question then, is, *Are there any ways to remedy this existential dread, or somehow combat it and manage to cling to some sort of meaning?*

I have thought about this for a long time. Though I personally find myself returning to the significance of God or my loved ones, I have no universal answers. Interestingly, [Healthline](#) provides some tips for dealing with this often-overwhelming feeling. Some takeaways include journaling, meditating, and talking with a therapist. All of these things help you think more deeply and push you to evaluate your emotions. Sometimes it's helpful to identify exactly what triggered this existential crisis—did you recently have a traumatic experience or lose a loved one recently, or did you simply overhear a conversation that triggered you? Identifying the root of our emotions can be very beneficial in analyzing our thoughts.

Sometimes, it's also okay to simply acknowledge that we just *don't know*. Perhaps we must learn to embrace this uncertainty somehow, for that is the only thing that will remain certain in these times. The future is unknown and sometimes terrifying, and there will always be moments when you feel that life is too bleak to possess any meaning. But the thing is, you're not alone in this. There is something to be said about going it together. We must cling to the things we love the most. Sometimes, we might not even *know* what we love the most. And that may seem scary. But that's okay. We must make room for the unknown. We must make space for ourselves to question, to think. Dark moments come naturally with uncertainty. But in spending time reflecting, and in conversing with others who may be thinking through similar ideas, we might find a sort of unity. And perhaps we can seek solace in that unity, and find comfort in connection amidst a chaotic existence.