

Office of Multicultural Affairs hosts Purpose of the Plate

“I want us to think twice about the things we say and how the things we say affect us and others.”

RACHEL RUDD

NEWS EDITOR

The Office of Multicultural Affairs hosted Purpose of the Plate, an event focused on opening up a discussion of healthy eating and exercise habits, eating disorders, body image and diet culture. The event was led by Xavion Huff, a freshman psychology major from Marion, but it also featured Vanessa Rivera, a senior dietetics major and nutrition educator as a guest speaker. Open discussion among the participants was encouraged.

The event was hosted on March 30, right at the end of Women's History Month. Huff said he originally wanted to host Purpose of the Plate during Feb. 21-27, which is National Eating Disorders Awareness Week. However, he moved it to March because eating disorders often affect women.

This was Huff's first time hosting an event. Huff said he deeply cares about

how eating disorders affect people, as he has friends who have suffered from them.

Rivera led the first discussion, talking about basic nutrition. She suggested having half of one's diet consist of fruits and vegetables and to shift to more lean protein options. She said having junk foods was still acceptable, but people should have them in moderation. Rivera also recommended 75 minutes of high intensity exercise, or 150 minutes of moderate activity.

“When it comes to exercise, find something that you enjoy. It can simply be taking a 15 minute walk every single day,” Rivera said. “That's easier (so) you can actually stay a little bit more consistent with it.”

After a break for dinner, Huff led a discussion regarding diet culture, eating disorders, healthy exercise and more. The participants brought up how social media can affect one's body image, as well as the different reasons people have for exercising. Trends on TikTok

such as the “Brazilian butt-lift” or “BBL's” for short, as well as hurtful comments people leave came up multiple times.

“TikTok is a very open space for people to just say things,” said Amber Yates, an ambassador for the Office of Multicultural Affairs. “Watch your compliments. Be careful what you're saying because you don't know what (someone is) going through.”

Students related their own personal experiences into the discussion as well. Yates talked about a girl she knew in high school whose mother would not allow her to wear bikinis unless she lost a certain amount of weight. One student even spoke about her own experience with an eating disorder.

Huff related his familiarity with eating disorders as well. Due to having friends who struggle with eating disorders, he knows some of the signs that someone might have one. Some examples mentioned were counting calories on food

labels or picking at one's food.

Huff and the students said if one suspects someone has an eating disorder, they should do their best to be supportive and spread awareness about the topic. Additionally, they shouldn't badger a person to get help, saying that the afflicted person needs to realize the issue for themselves.

“A really good thing to do with someone that has an eating disorder is to not always remind them of (it),” Huff said. “Don't put too much emphasis on it, because it's just going to make them nervous. Be there to support them.”

Huff said that due to the large turnout, he would like to host more events similar to Purpose of the Plate. He said the next event might go into more depth about one of the topics discussed, such as eating disorders. At the moment, another similar event is not scheduled.



Photos by: Rachel Rudd | News Editor
(Above) Rivera discusses nutrition facts. (Below) Huff leads a discussion about eating disorders, diet culture and more.



Korean Student Association hosts Squid Games

JORDAN HEARRING

LIFE EDITOR

The Korean Student Association hosted a Squid Game themed event on April 1. This event gave the organization an opportunity to educate A-State students about traditional Korean games and foods. The games featured were game of statues, marbles, ddakji, hopscotch, gonggi, yut nori and omok. Traditional and commercial Korean music was played to accompany the activities.

Hyesun Choi, the president of the association and junior criminology and political science major from Seoul, South Korea, said “We were really excited to host this event because we don't do a lot of public events and we're trying to do more of that in the future. It's been really fun because people are learning about my culture and it appeals to everyone because Squid Game was so popular. We are also happy that we were able to serve food.”

The food they served were kimbap, yakgwa and sotteok.

Kimbap is a dish made from rice, vegetables and meat rolled in dried seaweed and served in bite-sized slices. Yakgwa is a fried, wheat based cookie made with honey, cheongju, sesame oil and ginger juice. Sotteok sotteok consisted of skewered and fried vienna sausage with sauces like mustard and spicy gochujang sauce.

The game of statues features one person assigned as a ‘curator’. The ‘statues’ attempt to race across the designated area without being caught by the curator. The person who is caught is out. Ddakji involves folded paper tiles where opposing players throw their tile at the other's to flip their tile over. In hopscotch, the player calls a number and throws a pebble at the number they called. When it lands on the number, the player must hop on the numbers and back, grab the pebble, and start again.

Gonggi requires the player to have 5 or more stones called jackstones where a player must throw them in the air individually and catch

them with one hand. In yut nori, the player uses wooden sticks as dice and rolls them to move different spaces around a board. Omok is a strategy board game where a player must form a chain of five stones on a board with graph lines.

Upon entry to the event, each participant was given a slip of paper. If the individual won a game, a shape was drawn. After three games were won, the participant could pick out a traditional Korean bookmark as a token to remember the event.

While participants learned about Korean culture, members of the association learned how to convey their culture. Eunji Seong, a freshman nursing major from Gyeonggi Do, South Korea, who assisted in teaching the attendees the games, said “I didn't realize how hard it was to explain traditional Korean games to Americans, especially in English. I'm glad everyone liked the food and had fun playing the games.”

The event was open to all A-State students and more than 70 students were in attendance.



Photo by: My Huynh | Staff Photographer

Students at the Squid Game event play the game of statues. They cannot be caught by the “curator”, who is trying to prevent the players from getting across the designated area.

CAMPUS CRIME



RACHEL RUDD

NEWS EDITOR

April 3 | 11:15 p.m.

Officer Daniel Bradway was patrolling on University Loop. As he approached the intersection of Alumni Blvd. he noticed a woman sitting on the curb at the entrance to North Park Quads. He could see that she appeared to be upset. He asked her if she needed anything and she told him she did. Since she was upset and crying, he activated his body worn camera and began to ask her what was going on.

She stated her ex-boyfriend, suspect one, had broken into her apartment and they had gotten into an argument. She stated they had recently broken up and he sent a text message to her asking about a missing charger. When she responded that she did not have it, he stated that he was going to come over and look for it. Victim one said she did not see this message for a while and when she exited her room, he was sitting on her couch in the common area of the quad. Bradway had victim one fill out a statement form. While she was doing that, Officer Anthony Gielen tried to make contact with suspect one in his room. Once she completed her statement, Bradway escorted her to her vehicle, where they checked to ensure it had no damage. He then escorted her to her room and checked it prior to leaving. The Title IX and student conduct processes were explained to her.

Upon leaving, as he was driving through the parking lot, he was flagged down by suspect one. He asked if UPD had been looking for him. When Bradway explained to suspect

one why they were searching for him, he admitted to going over to victim one's room. He said while there they had gotten on to an argument, she hit him in the head and he then shoved her. After an exchange of words he left. While speaking to suspect one, his phone rang and he answered it on speaker where Bradway could hear the conversation. A woman's voice on the other end said to him: “if you keep on doing what you are doing to (victim one), you're going to die.” The person failed to identify themselves to him and hung up. At the end of the conversation, Bradway explained to suspect one that he was going to be issued a Persona Non Grata form for North Quad Park building 3 and that if he returned to that building he would go to jail for criminal trespass. After speaking with him, Bradway returned to victim one's room to speak with her about the phone threat. When he spoke with her she was on the phone with her father and had been for about an hour. She stated that she hadn't spoken to anyone else at that point and was unaware of who would have placed the call. Bradway checked with the only roommate that was home at the time and after speaking to her was determined it was not her that he heard on the phone call.

Once Bradway returned to the police department, he reviewed the security camera from that area and determined that suspect one was let into the main entrance to building 3 by an unknown woman who had just exited the building at 10:01 p.m. He walked up to her room on the third floor and arrived at 10:02 p.m.,

he then waited a full minute before he entered the room. According to his statement, he knocked on the door first and then peaked his head in and stated that he was coming in. He said this was common practice for both of them during their relationship. He showed Bradway text messages where he told her he was on his way over and she replied with “ok let me get dressed.” Bradway asked suspect one for a copy of the text messages for report purposes, but has not received them at this time.

April 3 | 3:25 a.m.

Officer Dustin Mitchell observed a vehicle heading west bound on Aggie Rd traveling 39 mph in a 20 mph zone. He got behind the vehicle and started his emergency lights to attempt to stop the vehicle. The vehicle stopped on University Loop near the Pack Place parking lot entrance. Mitchell made contact with the driver and told him the reason for the stop. He identified the driver as suspect one. While speaking to suspect one, Mitchell smelled a strong odor of marijuana coming from the vehicle. He asked the driver to stop out of the vehicle and proceed to the back of his car. Mitchell conducted a search of suspect one and did not locate any marijuana. He then conducted a search of the vehicle and located a blunt inside by the driver side door, as well as a clear bag with marijuana in the rear passenger side seat. He took possession of the marijuana and cited suspect one for speeding. Mitchell took the marijuana to the police department and destroyed it by flushing it down the toilet, the footage of which can be found on his body camera.