



# Reflection: Raymond Martin

What does it mean to be successful, and how can success be used to change the world for the better?

Filipino-American Raymond Martin is a Paralympic T52 wheelchair racer. Martin has done what few others have done, in our out of a wheelchair. He has won seven Paralympic gold medals and many other awards and accolades as an athlete. Explore more of the things that make Martin so special using the prompts below.

Martin was born with Freeman-Sheldon Syndrome, which stiffened his fingers, wrists and legs. One way he adjusted to this as racer is by having adaptive sports equipment — special gloves — made for him with a 3D printer.

Martin is proud of his Filipino heritage, and that includes food. Things like *tocino* and *lumpia* are among the favorites made by his mom.

### Questions:

1. What questions would you ask Raymond Martin?

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2. What are the Paralympics?

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3. How might he prepare for a race?

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4. How is a racing wheelchair different from a regular wheelchair?

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5. Have you used a wheelchair before? How would using a wheelchair change your daily life?

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6. Research and list how other differently-abled athletes (cyclist Denise Schindler, archer Taymon Kenton-Smith, etc.) have used technology to help them achieve.

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7. Research classic Filipino dishes. Create a special menu using the ones that interest you the most.

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**Notes:**

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## Reflection: Channapha Khamvongsa

*What does it mean to be a pioneer, or trailblazer, and how can it inspire a group of people?*

Channapha Khamvongsa is a humanitarian with Laotian roots. Laos was often locked in civil wars with Vietnam and Cambodia. To escape turmoil, she escape Laos on a fishing boat bound for Thailand. Eventually, she and her family made it to the United States. She was happy to be there, but not happy about things the USA had done to Laos during wartime.

Thanks to Channapha being vocal about troubles in Laos, former President Obama visited the country and pledged America's support to fix problems there. Explore what made Channapha's humanitarian efforts so important.

### Questions:

1. What is a humanitarian?

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2. What was the Vietnam War and how did the USA's actions affect Laos?

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3. Research and report on Laos's wartime struggles using key search terms like UXO (unexploded ordinance), the Mekong River, Thailand, and Vientiane, Channapha's hometown in Laos.

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4. Write a short personal narrative about a real time in your life where you saw people in need & tried to be a humanitarian.

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4a. Did you witness a vulnerable population, such as the homeless?

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4b. How did you feel about their struggle?

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4c. How did you try to get others involved in your community to help fix the problem?

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**Notes:**

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# Reflection: Jim Lee

*How hard might it be to succeed, coming from another land?*



Jim Lee is a Korean-American comic book artist. He is favorite among comic book readers around the world for his versions of well-known characters from Marvel and DC Comics. He has created his own characters, too. Explore his culture and career further with these helpful prompts:

Jim Lee is of Korean descent. There are many famous comic book artists all around Asia. It's often called manga, and in Korea, manhwa. Make a list of other Asian-American comic creators via further research. Your list may include Walden Wong, Gene Yang, Thi Bui, Stan Sakai, Brandon Choi, and others.

While some comics are about the fantastic, others are about real life.

**Questions:**

1. Do you like drawing? What do you like to draw and why?

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2. Why do people like superheroes and superheroines? Which do you like and why?

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3. Have you created a character before? Who was it and what did that character do?

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4. Using the text, find what you think are the three most important events in Lee's life on his way to success.  
- Explain why you think so.

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5. Character design are part of Lee's success. Research examples of style in art, such as cartoons, painting, and animation. What styles appeal to you and what traits or details make them popular?

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6. Write a one page personal narrative or recount about a special event in your life. Then, try transferring the main details to panels in a comic book page. There is no need to ad word balloons here, simply challenge yourself to capture the same story with the expressions of your art.

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## Notes:

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## Reflection: I.M. (Ieoh Ming) Pei

*Why is architecture important in society?*

Chinese-American Ieoh Ming Pei was one of the country's most well-known and celebrated architects. His structures stand everywhere from Montreal, Canada to Taichung, Taiwan. He's designed towers, chapels, and banks. His work has been described as having a clean and modern look, but one that fits everything from the Rock and Roll Hall of Fame to the Louvre. Explore more of the late I.M. Pei, who passed away in 2019, with these prompts.

- Here is a quote from Pei: "Cubism is really the genesis of modern architecture..."
- The Pei family became American citizens in the late 1950s.

### Questions:

1. What is architecture?

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2. Do you like your home? How would you change it?

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3. Have you traveled to other countries? Do buildings look different there? Why is that?

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4. Materials influence how buildings are constructed. How did steel and glass change modern architecture?

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5. Research different styles of architecture: Cubism, Gothic, Victorian, Art Deco, etc. Write two paragraphs. In the first, give examples of how one of these styles is different from Pei's. In the second, give examples of how the style is similar.

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6. Interview someone in your community whose first heritage is not American, or whose first language is not English. Perhaps they came here from Poland, Somalia, or Brazil. Report on their experience with questions on why they came to the United States, who they came with, and what have been their greatest trials and triumphs.

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### Notes:

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## Reflection: Bruno Mars

*Why is music called a universal language?*

Bruno Mars is a singer and songwriter who counts Hawaiian and Filipino among his heritages. He's one of the most awarded pop performers of the 21st century. He's won American Music Awards, BET Awards, Billboard Music Awards, Grammy Awards, a Japan Gold Disc Award, and NAACP Image Awards. The man who wrote and performed songs like "Uptown Funk" and "Billionaire" came from a humble start. One of his family growing up had only one bed and didn't have a bathroom. Explore more of Bruno Mars, including his heritage and his musical influences, with these prompts.

Bruno Mars performed as Elvis Presley as a child, His music inspiration comes from many places including a kind of pop music genre from the 1950s called doo-wop, and rock-and-roll artists such as Elvis Presley, James Brown, and Little Richard.

Bruno Mars is proud of his many cultures, from Puerto Rican to Jewish, and Hawaiian to Filipino.

### **Questions:**

1. What challenges might Bruno have faced without a college education?

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2. Do you play an instrument or sing? Have you written a song before? If not, try writing a few verses here.

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3. What music do like? Are the lyrics more important or the melody or beat? What songs are your favorites & why?

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4. Research two different genres of music: reggae, R&B, funk, country, jazz, techno, K-pop, etc. Think and write about what makes each unique in paragraph or diagram form.

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5. Research the traditions and customs of two of Bruno’s cultures. Compare and contrast their food, holidays, sports, musical instruments, or art.

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6. As a challenge, combine something from each culture to create new impact or expression. For example, imagine music created with a Puerto Rican *pandereta* (tambourine) and a Jewish *oud* (guitar).

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## Notes:

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# Reflection: Dr. Isabella Aiona Abbott

*Why is it important to study nature?*

Dr. Isabella Aiona Abbott was the first Hawaiian woman to earn a PhD. in science. Her island upbringing is what sparked her intense interest in seaweed. Walking along to the Oahu beaches with her mom, she studied *limu*, the Hawaiian word for seaweed, in all its varieties. She was interested in how her people used it both in ceremonies and in their diet. She even created a cake recipe using seaweed. Explore more of Dr. Abbott's life and interests with these prompts.

Phycology is the branch of botany that focuses on algae. Choose a country and research the algae there: *wakame* in Japan, golden algae of Poland, red algae in Brazil, etc.

Like Hawaii, many cultures eat seaweed as part of their diet. *Korengo* is eaten in New Zealand. The people of Fiji enjoy *nama*. Some people in Ireland even top treats like pizza with a seaweed called *dulse*.

**Questions:**

1. If you could, what subject would you like to get a PhD. in?

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2. Have you been to a beach near you? What animals or plants would you find walking along the shore?

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3. Have you been to Hawaii? Why is important to catalog native species of plants and animals, especially on an island?

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4. Have you eaten seaweed? Research why eating seaweed may be good for you.

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5. Write a short report on the use of algae in one country's cultural traditions and customs.

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6. Research edible seaweed, creating a recipe that matches one with a dish from your own culture.

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