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Student Movement v. 105 (2020-2021)

Student Movement

9-15-2020

The Student Movement Volume 105 Issue 1: Back with a Bang

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Back with a Bang



Photo by Janessa Saelee

News

NEWS

Suicide Awareness Month in the Chaos of 2020

The names in this article have been changed to maintain anonymity.

Kavya Mohanram [Wed 09.16.20](#)



Photo by Public Domain

Zora excitedly reaches for her report card. It is the end of 7th grade and she anticipated the end of the school year. She rips it open and looks at her grades, but then something catches her eyes: the comments from the teachers. Every single one of them said that she needed a better attitude. Her heart dropped. Surely, this had to be a mistake. “What does that even mean?” she questioned.

She went with her parents to talk to the teachers, and they recommended that she go to a psychiatrist. The thought of, “I am a screw up,” repeated itself in her head over and over again. Attitude, as she understood it, is a fundamental part of who people are. If she was being judged by those who were supposed to support her as lacking such a fundamental thing, she didn’t know if she wanted to continue living.

Those comments from the report card did not describe who she was, as the teachers did not really know her. Thankfully, she sought support from her mom who helped her through the situation and showed Zora how much she was actually loved.

Now, she is at Andrews University as a freshman and her friends describe her as a caring individual with a soft soul.

The issue of suicide is as prevalent as ever. September is the National Suicide Awareness month. You've probably seen the signs the Counseling and Testing Center put up all over campus in order bring awareness. Suicide is the second leading cause of death in people ages 10-34, as told by the National Institute of Mental Health (2020). That means more teens and young adults die from suicide than cancer, as stated by the Jason Foundation (2020). Many professionals, such as those at the Suicide Prevention Lifeline believe this can be prevented. One way to do this is to know the signs, found at <https://suicidepreventionlifeline.org/how-we-can-all-prevent-suicide/>.

COVID-19 has made this year especially challenging to our emotional resilience. It is quite hard to feel motivated during these times, but any effort towards keeping up with your health is worthwhile. For example, making connections could help. There are still spaces in the cafeteria to share a meal with friends. It's still a great place to connect! Our phones can help aid in this connection, whether it's FaceTime or Zoom. The Wellness Center is now open and is another great place to talk and exercise. Making sure to take care of your physical and mental needs is crucial during this pandemic.

As much as the virus has been an impact, the media has been filled with the loss of many valued Black lives. Black people need the support of a community during this time. Mental illness disproportionately affects minorities. According to the American Foundation for Suicide Prevention (2020), Black students report the largest percentage of suicide attempts compared to other ethnic groups. We can support our fellow Black friends by checking up on them and expressing our empathy for the pain that they are going through, even though we may not fully understand. Listening to what Black people have to say and being an advocate is also really helpful. Black lives matter at Andrews University, and they deserve to feel wanted.

Faith can also be a great way to keep emotional wellbeing. Rachel Rettner wrote that having a strong belief in God is correlated to decreased depression and anxiety (Rettner, 2015). Week of Prayer, which took place only two weeks ago, focused on the theme "Love is Life." On September 1st, Keila Carmona made an

impactful sermon about allowing Jesus to be in the places that hurt the most and not push him away. We can allow God inside our dark thoughts so that he can illuminate them.

We are blessed by the fact that we have free counseling services through the Counseling and Testing Center at Andrews University. The challenges of life are hard and constantly changing, but you are not alone. Kristine, another student at Andrews, previously used the resources available on campus and felt more supported. She was feeling anxious from the stress of finals on top of personal issues in her life, and the CTC was there for her when she most needed it. If you or anyone you know is going through anything, please reach out and know that the CTC will be there to guide you (Phone: 269-471-3470, Email: ctcenter@andrews.edu).

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NEWS

AUSA Lighthouse Vespers: The Gospel in Motion

Caralynn Chan [Wed 09.16.20](#)



Photo by Janessa Saelee

Love changes your perception of things. What would you do for love? The theme for the first Andrews University Student Association (AUSA) lighthouse vespers of the 2020-2021 year was intriguingly entitled “The Gospel in Motion.” Andrews University students sat socially distanced from each other in the Howard Performing Arts Center to enjoy Friday night vespers. It was wonderful to experience live praise music at Andrews University after in-person activities were canceled last year due to COVID-19. The praise music was spiritually enriching, people were touched and some were even brought to tears because God's presence was experienced. Chase Wilder, Religious Vice-President (RVP) for the AUSA, was the speaker for the night. He captivated the audience and actively engaged with them in the message. He spoke about Genesis 29, in which Jacob loved Laban's daughter Rachel and worked for him for seven years since he could give no dowry. Jacob was deceived into marrying Leah, Rachel's older sister. Instead of giving up, Jacob put in the effort and worked another seven years to marry Rachel. Chase

explained that God often utilizes marriage as a symbol signifying His relationship with us.

Faith Kaluba (junior, biology pre-med) said, “God’s love is expressed in so many stories in the Bible. I did not expect to see it through this story. His love for me is unconditional whether or not I reciprocate it.” No matter what we do for love, God has first loved us by sending Jesus to give the ultimate sacrifice. Just like how Jacob loved Rachel, God loves us and is always willing to put in the effort. The essence of Christianity is love, as it is the solution to all of the ills in society. However, as Christians, we often lack love in our hearts towards others. If the gospel could be represented by one word, it would be love. Love is the gospel in motion because we need His love to have inherent meaning for us, and it will manifest in our lives.

Chase Wilder (sophomore, theology & sociology) wanted to thank all those involved in putting together the event. He said, “thanks to all of AUSA, my AUSA president Kyara Samuels, the Center for Faith Engagement, Student Life Leaders Dean Yeagley and Asley Neu, the program participants, telecommunications, and everyone who attended and prayed for the vespers to go smoothly.”

When asked about what she enjoyed most at this vespers, Lisa Kamikazi (junior, chemical engineering) said, “I enjoyed worshipping with other believers and that Chase gave a different perspective to the story. I am thankful for the Holy Spirit working through Chase.” Certainly, the Holy Spirit is working through Chase and the AUSA team as the concert hall was at its social distanced occupancy of 150 individuals, and the live stream was well viewed. We are excited to see what the Holy Spirit accomplishes on campus through Chase Wilder and the AUSA team this year.

Ideas

IDEAS

A Summer Recap

Alannah Tjhatra [Wed 09.16.20](#)



Photo by Public Domain

This wasn't my vision of summer 2020.

This really wasn't anybody's vision of summer 2020. Needless to say, it sent our heads swivelling.

I don't know about you, but I tend to think a lot in general. The pandemic restrictions this summer left me with even more time to think. Probably too much time, because I spent many of my days sitting in my room while my mind fell into a spiralling manic rabbithole of Very Irrelevant and Slightly Depressing Thoughts.

But when I wasn't spiralling into the rabbithole and my thoughts were somewhat coherent, I learned. That learning had to do with the killing of George Floyd and everything that happened after it. If you think you've heard enough about this issue, then stop reading. But I'm going to continue.

This tragic incident and the movement it fueled caused many people, including myself, to reevaluate what they believed about literally everything - from America's police system to systemic inequity, from unconscious prejudices to violent versus peaceful protests.

I am ashamed to say that I was ignorant about many of these racial and social issues until this summer hit me like a stack of biology textbooks.

As I watched the news, read the stories, and scrolled through the social media posts, I was forced to question a lot of my beliefs, actions, and thoughts. Why did I believe what I did? Why hadn't I taken any steps in the past to educate myself on these topics? Were there any prejudices I held about different people and ideas? What could I change? And most of all, how could I grow?

Here I am now. I still have a lot (a LOT) to learn, but these are a few takeaways from the summer of 2020.

1. Conversations are important: have them. This summer, I pushed myself to have hard and sometimes controversial talks with people from all different ethnicities, backgrounds, and walks of life. Through these conversations, I was able to grow. I learned to see things from a variety of different perspectives, and through this, I was able to form a more complete stance on social and racial issues. I believe that a meaningful, respectful conversation is one of the best ways to learn more about others and about yourself.

2. The world is a complex place made up of many different components. It's wrong to simplify deep-rooted issues or ideas into a handful of easy catch-phrases; it's wrong to simplify complex groups of people into a bunch of hurtful stereotypes. Instead of simplifying things and only scratching the surface of these issues, take time to go deeper. Excavate a space in your mind and dig into these issues. It might take some time, and that's okay - eventually, you'll figure out where you stand.

3. Self-reflection is key. Oftentimes, we are very quick to point out the flaws in institutions, movements, and people—but we forget to look at our own lives to see where we've gone wrong. I'm guilty of it myself. We have to explore our own beliefs and constructs to the point where we are uncomfortable. This way, when people ask us what we believe in, we can give a firm response. We know what we need to work on in ourselves, and from that, we can grow.

As I thought through everything this summer, one thought kept on surfacing in my mind: Why is there so much hatred in the world? (That, and also why are we so

dumb?) But then I realized something: yes, there's a lot of hatred in this place. But there's also a lot of love. We just have to learn to show it. And sure, it sounds cliché, but it makes sense. We were all created by the God of love, after all.

This summer may have sent our heads swivelling, but I believe something good came out of it: it forced millions of people to re-evaluate the society we live in and hopefully pushed people to think with a deeper understanding of things.

In many ways, I'm still ignorant, naive, and lost, but I'm eager to keep on growing and hopefully help others to grow in that process. That's the most important thing, isn't it? To always seek to learn and to understand--not just in school, but in life. To do this, we need to stay open-minded. We need to educate ourselves and self-reflect, even though it may be uncomfortable. Black lives do matter. There's no sense in fighting each other, because we're all children of the King of the Universe. Let's start treating each other like it.

IDEAS

How to Survive a Pandemic

Solana Campbell Wed 09.16.20

I don't remember a lot from my middle school history class, but I do remember the Bubonic plague. I can still recall the horrifying documentary we were required to watch, those images of huge swollen bumps forever etched onto my mind. I could never imagine that just a few years later I would be living through our own modern-day version of a plague. Halfway through the second semester of my senior year, I went home for spring break and never went back. Quickly, the pandemic began to feel never-ending. Days blended into weeks and weeks blended into months until everything flowed together. I felt as though I was caught in some kind of hamster wheel. Soon I had to develop a routine, which I found out was the only way to survive the kind of strangeness that now pervaded my days. It was something to hold on to. To be honest, the key to my personal survival was Sabbath.

Before COVID-19, Sabbath was a bit of a burden. A day full of "don'ts". Church felt like a drag and I would spend my afternoons sleeping off the lethargy that seemed to fill that day. But after COVID-19 (it's funny that my whole life will likely be defined by before/after pandemic), I loved Sabbath. Wake up late. Watch church in

my PJs. Eat biscuits and gravy with my family. Take a 2-hour nap. Watch another sermon. Read a book. Rest. I finally felt like I was resting. I read my way through the Narnia series. I realized I enjoyed color by number games on my phone, so I tried it out in real life. Suddenly I looked forward to the peace of Sabbath. It was the only thing that felt normal in this whole disaster.

So, how do you survive a pandemic?

Here's what your classmates said when I sent them an anonymous survey:

“Learn a new hobby.”

“Carry your own hand sanitizer.”

“Wash your mask.”

“Don't believe everything you hear.”

“Take your vitamins.”

“Learn something new every day.”

“Think about others.”

“Learn to enjoy your time alone.”

“Shower after you interact with people.”

“Stay connected with God & make sure to prioritize time with Him.”

“Stockpile supplies.”

“Invest in at-home entertainment.”

These are all great tips!

Some people picked up journaling as a way to help process the intense loneliness they were feeling. We are human, and physical touch is a cornerstone of how we interact. Social distancing can be hard, so allow yourself to feel those emotions and process them.

Although wearing a mask is how we help everyone to stay healthy, it's hard not seeing faces, especially when meeting new people or connecting with friends. It can begin to feel like it's just one more layer of yourself to hide from those around you. Try to open up to people you trust. Talk about how you feel, even if it's through a phone screen over FaceTime.

Since the pandemic has redefined how we all process time, we can find ourselves spending way too much time on school or work. Remember to set boundaries for yourself. It's okay to take a break from school to eat or talk to your roommate.

Lastly, be creative with this new normal. Find ways to hang out with your friends, but social distance style. Write that short story you've been putting off for years. Develop a new skill. Redesign your wardrobe and sell the things you don't wear anymore on Depop. Watch a TV show you've never seen before. Try to see the

pandemic as an adventure with many new things to discover—instead of a force holding you back from the things (and people) you love.

IDEAS

Writing Cards to Senior Citizens

Sung Been Han [Wed 09.16.20](#)

Among the many projects implemented for Change Weekend, “Writing Cards to Senior Citizens” was one that delivered love and encouragement to seniors living in retirement and nursing homes. Specifically, letters were sent to those staying in Timber Ridge Manor and Pine Ridge Rehabilitation and Nursing Center. On Friday afternoon of Change Weekend, students and faculty were given packages that included four cheerfully designed cards, a marker, and a list of encouraging Bible verses that could be incorporated into the card. Over the weekend, students filled out the cards to their heart's desire. Some wrote full-on letters while others kept it simple with just Bible verses. The leaders invited students to be supportive and hopeful in their letters and students wrote with the intent to brighten up the mostly uneventful days of the senior citizens.

In addition to cheering up the seniors, the activity proved to be a valuable experience for the students as well. Many students, such as participant Cameron Mayer (junior, speech pathology), found the activity to be enjoyable and even insightful. “Old people have my heart. So when I saw that we would be able to write letters to the elderly I was so excited and wanted to help out. It was such a sweet and fulfilling experience and I’m so glad CFE decided to do this as one of the outreach ministries for Change Weekend,” she explained.

With the friendly, hopeful messages completed, the cards were collected at the CFE office on the Monday after Change Weekend and are planned to be delivered the week after. Hopefully, the efforts of the dedicated students and faculty will bring a smile to the face of many grandmas, grandpas and end up being a form of encouragement to those who need it. In the end, all letters will be delivered following the social distancing guidelines to make sure that the safety of our beloved senior citizens is ensured.

Change Day at Michiana Fil-Am: Dual Perspectives from a Student and an Organizer

Masy Domecillo [Tues 09.15.20](#)

Alec Bofetiado, (Junior, Medical Lab Science)

What made you choose to go to the Michiana Fil-Am Church for Change Day?

The reason why I decided to go to Fil-Am for Change Day is because a friend of mine works in admin building, Fares Magesa. Since I'm the External VP of the Andrews Filipino International Association (AFIA), I was looking for events to do for AFIA members, as well as other students, amidst the pandemic for Change Day. I thought that it was a good service activity for everyone and would make the church look prettier.

Which activities did you participate in? What did Change Day entail for you?

We prepared the ground for mulching. We had to dig a 6-inch deep hole around the area and prepared the grounds, which basically meant pulling all the grass out and all the weeds.

How was the experience for you?

I would say that the experience was very fun. It was very hard work and we were all suffering, but amidst all that suffering, I made some new friends. There were some really cool people that I didn't know beforehand, but now I'm really glad I got to know them.

Was there anything you took away from your Change-Day experience that you plan to implement in your everyday life?

To just talk to people. You never know who's going to be your friend. I did not

expect to make connections to the level that I did, I did not walk into it thinking I was going to make friends to that extent.

Did Change Day impact your spiritual life?

It did. It helped me recalibrate my mindset to be more self-sacrificial to others, not in a toxic way, but in a Christ-like way. Doing more community service reminded me to be more empathetic, instead of being stuck in my room by myself doing work, but to be more selfless towards others.

What would you tell other students to encourage them to participate in Change Day next year?

Change Day is not just about the act of helping others and serving others, but it is also the act of being empathetic and selfless. If you're about personal improvement that would really appeal to you. I encourage everyone to be more empathetic and get out there more and help others!

Fares Magesa, Assistant Director of Accounts, Michiana Fil-Am Church Change Day Event Organizer

What was your primary goal for the students participating in Change Day?

We were trying to accomplish getting the front of the church ready for mulching for the landscaping and to prepare the mound that we are going to put a church sign on.

What was interacting with the students like?

I think they didn't really know what they were going to do, you could see the surprised look on their faces. I brought out shovels and tools and they looked so surprised, but they just jumped in and started working. I was surprised at the end, seeing all the things that got done, and I'm excited to show the Pastor when he gets back.

How do you believe that Change Day impacts the students' spiritual life?

Some people may think landscaping is a small thing, but in a spiritual journey those things make a difference. There's an idea that church is just a building, but people passing by will stop and see what a place is all about if it looks nice and inviting. I don't know what it does to the students spiritually, but I hope they can see that a spiritual journey is not just preaching, but there are other elements such as landscaping that can bring people to Christ.

Do you believe that Change Day was impactful for the Michiana Fil-Am Church community?

It is always nice to see young people come and beautify the church, and it is impactful because it was something that we haven't been able to do. It has been a great benefit, as it was something in which there were previously no resources to accomplish. The church members are busy doing very many things, and so it gets hard. People think Fil-Am is a big church, but there are only a few core members and most are transitional, so the students coming by and giving a hand, especially when there aren't many hands available, was very impactful.

In what ways can Andrews University students improve Change Day?

Doing it more often. I know it's challenging as a student with all the things that must be done, but I think it makes a difference to the community to see them involved in service, in different capacities, throughout the year. Change Day is nice as it's a big event in the year, but maybe the students could partner in a long-term project throughout the year and see it develop within the community.

What would you say to Andrews University Students to get them to participate in Change Day next year?

I would say just really take the opportunity. Sometimes, in giving back, you might get to experience something you never have, meet people you never have, and it's an experience you can take with you for a long time. I think at Fil-Am, some of those things they learned they could use later in life. Take the opportunity, take the chance to do something new, you never know where God is going to lead you.

Honors Agape Feast

Jessica Rim [Tues 09.15.20](#)



Photo by L.Monique Pittman

Comfy blue blankets with the Honors insignia were littered across the Flag Mall in uneven patches as students and faculty gathered for the annual fall Honors Agape Feast on Friday, September 11.

With the restrictions placed on events by University Covid-19 guidelines, it is a given that large-scale events look drastically different from those of last fall. Normally, the Honors Agape Feast would have been held at Chan Shun Hall, with neatly decorated tables and a scrumptious array of cheeses, fruits, and snacks meticulously prepared by volunteers and the Honors office. The evening would be occupied with singing, special music, a few words from the speaker, and chatting with nearby acquaintances.

This year, holding onto boxed vegetarian dinners, students and faculty plopped themselves down on the best patch of grass they could find. Masks muffled conversations and the voices of the speakers, while people naturally formed groups within which they interacted, visually representing the impact of Covid-19. Mics were placed in front of the James White Library, and the entrance was ingeniously used as a backstage area for auditory equipment.

Although the event was unlike past Agape Feasts in many aspects, Jay Martinez (senior, finance) remarked that "It was great seeing all the new faces at Agape feast and the music was entertaining. The message was really touching. It was an encouraging way to kick off the semester."

Along with the introduction of the Honors officers, Dr. Pittman recounted the turmoil of the past few months in a meaningful message that ended on a hopeful note. Terika Williams (junior, english pre-med) and Adoniah Simon (junior, social work), the two speakers of the evening, also did not fail to emphasize this year's theme, which is found in Isaiah 41:13: "For I, the Lord your God, will hold your right hand, saying to you, 'Fear not, I will help you.'"

This message proved to be encouraging to students. HeeYun Oh (junior, biology pre-med), said "Sharing in the scripture reading and listening to two student's messages on Isaiah 41:13 in the current situation of Covid gave me hope and strength. It was a great time for me to remember God's promise that he would hold my hand and help me."

Despite the many changes to such a well-loved event, the Honors Agape Feast maintained its identity as well as its ability to instill a sense of community and hope in these uncertain times. Although we cannot help but compare the current situation to that of last year, we do not have to despair. In fact, the pleasant peacefulness while dusting grass from the blankets, packing up any leftover food, and slowly walking back to the residence halls under a calm, gray sky may only be experienced in an outdoor event such as this.

Humans

HUMANS

Chef Linda Brinegar

General Manager of Dining Services

Interviewed by Alyssa Henriquez [Tues 09.15.20](#)

What was your initial reaction when COVID-19 was characterized as a pandemic and Andrews switched to remote schooling? What were your thoughts about how this would affect food services for the foreseeable future?

My first thought was that it was devastating. I've been doing this for about 38 years, and this has been the most difficult and challenging experience of my career—and my cafeteria burned to the ground about 20 years ago at a place that I worked. That pales in comparison to this. Personally, it was just one of the most stressful experiences because I had to furlough 85% of my team. I've been here for 10 years, and many of my team have worked for me for eight, nine years. To send those people home into such an uncertain future, although we ultimately know that people got subsidies, we weren't sure at the time. Every one of them can tell you that we were just weeping. That was devastating. As we got more into it, we realized that this was going to change our world forever. And as I began to network with the people that I work for, and they were listening to their clients and hearing what people were saying, we began to realize that there may never be another buffet salad bar. People were saying that they don't feel safe touching a tong that someone else has touched, they don't feel safe going along behind someone that has served themselves. And so, very early on as our governor, Gretchen Whitmer, began to layer restriction on top of restriction, we began to seek to see how serious this was and that it was going to devastate the way we have always operated.

You developed a program over the summer where individuals sponsored food for those in need in the Berrien community. What inspired you to do this? How did the program work?

We have a program called Farm to Fork, where I buy from local vendors to promote the farms that are local to Berrien Springs, Michigan. I actually had a ton of extra produce in the basement that we had bought because we thought we had until the

end of the school year to get through, and that would have been just about what we needed. I would buy 50-pound bags of potatoes and carrots and onions and celery, and we had a ton of beans and rice in the basement, so we started making boxes. Several times we filled our big truck up and we went out and parked, and we would ask any family member that came out how many people they had to feed. Eventually, the food ran out, but people's hunger didn't, and we decided that somebody had to do something. I wrote to the university, and they said sure, we'll put the message out if you'll facilitate it. And so, they gave my phone number out and I started getting phone calls from all over the world. I got donations ranging from \$1 to \$1500 dollars. We provided fresh fruit and fresh vegetables to 45 families once a week, all summer. They still come and they say thank you, and I have pictures of their children that they would send. It was a fantastic experience for all of us; some of us actually adopted families all summer and we used our own money. I think it was more of a blessing to us than it was to them, and we made some really great lifelong friends.

What are some of the challenges that the Terrace Cafe has faced as a result of COVID-19 and current state regulations? How has it affected your job on a daily basis?

Since the executive order 2020-114 was issued, we have had to limit the capacity of normal seating to 50%. And so we implemented the dividers, the booths, and required six feet of separation between all parties or groups. We had to close all the waiting areas, so guests can't just gather in a line or a lobby or anything like that. We had to close self-service food and drink options. We were just standing there for days figuring out how we would do this, and I even asked if we could make more space but I was told that it wasn't possible. So that meant the salad bar went away, and the pizzas went away, and the drink stations and all of the cereal dispensers. Everything went away so suddenly and everything had to be served. I think that's probably the most difficult thing that we've had to get past. It's just because of the building and because of the configuration. There are just no easy answers. We want everyone at this university to thrive. We want everyone to be happy and while we understand you can't please everyone at the same time, we want the majority of the students to be happy with what we're doing. It is our heart. It is what we work toward every day. And it's devastating to us not to be able to offer that.

Many students have had questions about the opening of the Gazebo. Do you know when the GET app, which we are supposed to use to order food, will be up and running so that we can customize orders?

We sent the proposal for this app on June 6. The university paid for the service of this back then, so all that piece was done, but there's been a huge amount of technical detail with the engineers, and working with Andrews, and working with the company that we got it from. With all of the back and forth it's taken all summer long. Our desire was to have this ready and tested by the middle of August, and that's why we felt like we'd gotten on top of it early. But as you can imagine, there are tons of universities on the same path. They've all tried to get on board at the same time, and so they're scheduling people as quickly as they possibly can, but it's taking longer than anticipated.

Is there anything that you think students often misunderstand about the restrictions that the cafeteria and Gazebo face during this time? What would you like all students to know about the role of Dining Services during the pandemic? I've been here almost 10 years and this is the best staff I've ever had. Their hearts are so committed. We're doing our very best to make sure that everybody is as happy as we can make them during this challenging time, and I just feel that we need cooperation. I regularly have the Gazebo managers come and get me to please come and talk to a student or a couple or that refuses to observe the social distancing. For people who are here to be ministers and are here to serve you, that's a very awkward position for us to be in, to police social distancing. And so we just beg that everyone will cooperate, that everyone will recognize that we can't have all the options and speed of service at the same time. We don't even close in the morning; the team stays open all morning long upstairs to accommodate, and there are about 50 students who have found that that's the perfect window for them. So we're super excited, we're happy to do it, but we just really need to work together instead of at odds with one another. This isn't us against you guys or you guys against us; we're in this together.

If you have questions, concerns, or wish to express gratitude regarding dining services at Andrews University, Chef Linda welcomes your feedback. Students may contact her via her email, brinegar@andrews.edu

HUMANS

Summer During a Global Pandemic

Interview with Angelina Malcolm: Junior, International Business

Interviewed by Ben Lee **Tues 09,15,20**



Photo by Brent Laporre

What were the best and worst parts of your summer during the COVID-19 Pandemic?

Worst: Having to leave my study abroad program early and staying home for the whole summer.

Best: Having time to reflect on life, myself and picking up a few hobbies like baking.

Nilah Mataafa

Junior, Accounting

The worst part was having all that time to self-evaluate and think about some dark parts about myself that I had swept under the other rug. It put me in a dark place. But it also brought growth.

The best part of my COVID summer was spending more time with my family and having more time to create and do things I put off for a while.

Autumn Bange

Senior, Secondary Mathematics Education

The worst part of my COVID summer was the way it affected summer camp. Thankfully we were able to do family camps but it really made it so difficult to do summer camp ministry and it also cut the summer short.

The best part of my COVID summer was being able to spend more time with my family than I would have been able to without COVID. Yes, it was stressful sometimes, but I'm really thankful for the extra time I got to spend with them.

Lisiane Umuhire

Senior, Behavioral Neuroscience & Spanish, Pre-med

The worst part of COVID summer was having to develop discipline and pull motivation out of nowhere because I had no responsibilities and nowhere to go, so in order to not stay in bed all day and get fat, I needed to refine my discipline.

The best part was having all the time in the world to deep dive into the Bible and learn as much about Jesus that I could.

Adrian Butcher

Freshman, Mechanical Engineering

The best parts of my COVID summer were spending time with family before coming to Andrews and having time to mentally prepare for this transition.

The worst parts about my COVID summer were not being able to hang out as much with friends before coming to Andrews and not being able to play sports with large groups of people.

Ashley Kate Yabut

Sophomore, Nursing

The worst part of COVID summer was watching people get sick and sometimes die.

The best part was getting educated in several aspects, determining which relationships will truly reciprocate, and getting a puppy.

Isabella Rappette

Sophomore, Finance major and Spanish minor

The worst parts of my COVID summer would have to be not being able to see my friends and family as much, as well as not being able to travel. It was difficult having to quarantine and be inside so much! That being said, some of the best parts of my COVID summer would be spending lots of time outside in nature and growing closer to my family by spending lots of quality time together.

Konnor Adema

Senior, Aviation

The “best” part of spending most of the summer in quarantine was being able to enjoy time with my family. Prior to COVID, I wasn’t able to go home very often, but quarantine gave me this unique opportunity to spend more time with family, which for me was the most positive aspect of this very negative situation. The “worst” part of the quarantine summer was the isolation from my friends and extended family, especially when the weather was great.

Kenneth Paronda

Junior, Accounting

I’m from the city so the best part for me was being able to drive around town with no traffic. The worst was when restaurants were shut down and they didn’t take dine-in.

Yucheng Lui

Junior, International Business

The best part was I got more time to focus on myself and to do my summer classes. The worst part was I didn’t get a chance to travel and I couldn’t go back to China to see my family and friends.

HUMANS

Teaching During COVID-19

Dr. Beverly Matiko Associate Professor of Communication and English

Interviewed by Celeste Richardson [Tues 09.15.20](#)

Which classes are you teaching this semester?

I'm teaching two sections of Honors composition, a first year writing class for Honors students. That's Honors 115. I have two sections of that and I'm also teaching an upper division writing class called 'Advanced Copy Composition'—that's English 438. So I have all writing classes this term. Next term I have four different classes, so I'll have four preps next term. I'm quaking in my boots at the thought of that.

What tools did you utilize for teaching when the pandemic started? Have these tools changed entering into the new school year?

When we got sent home last March I was able to finish off my classes just with email. I'm trying to think about what else, because students have to send me papers back and forth. So I guess email and LearningHub. But I didn't have any classes that required lecturing. My classes were more creative writing performance classes and that sort of thing. I didn't get on the bandwagon and learn a lot of extra tools; at that point I could finish off without them. However, when I learned that this school year was going to have a very large remote component I spent all of my summer going to online classes that various people at the University offered and I tried to learn as much as I could. I was starting from scratch because I really hadn't even learned to use the LearningHub grade book. I really had to play catch up. But this year in my classes, I am using Zoom because I have some remote students. I'm beginning to use breakout sessions for peer critiquing in my writing classes. That's pretty much it. I rely pretty heavily on email and I find myself emailing back and forth to my students quite a bit. I just miss the conversational component and I know email is on the screen but I think everyone has zoom fatigue.

Did you find the transition difficult? What were some challenges that you faced?

I think it was the hardest thing I've ever done in terms of my teaching career. Just because no part of it comes naturally to me. Lots of people are techie and they

enjoy this sort of thing. I'm still trying to learn how to use my iPhone; I can barely use it and I have no children or grandchildren to bail me out. I would have had a half a dozen kids if I knew this was going to happen. Also my voice is just shattered from trying to talk through the mask. When I have to lecture in class that's been the biggest challenge. I've been staggering around so tired this term and I finally realized it's related to vocal stress and I'm a speech teacher so I should have been able to figure that out pretty quickly.

Did you feel that the classes on online remote teaching were helpful?

Oh yeah, those classes were really, really helpful. The only problem was that they have such a slow and impaired learner as a student. The instructors from distance education and the school of education were amazing. They are continuing to tutor us and I'd be totally lost without them. I have a new appreciation for my students who find my subject area difficult. I am just so much more sympathetic towards them now because I'm doing something that comes easy to other people but does not come easy to me.

What were some methods you found especially helpful?

I did a lot through email. I know this generation doesn't like to use the phone a lot but I try to accomplish some of our class business through telephone as well. And I am trying to get braver with Zoom. One thing I do love about Zoom is that I can see faces. In class I just see people from the glasses up and I really can't recognize a lot of my students, especially my first year students because we're all brand new so when we have a Zoom meeting I can go, 'oh that's what you look like!' It's been so hard to get to know each student or even just recognize them. I do really miss that physical recognition, but I've noticed that I am more of a voice-attuned person so when I can hear someone's voice a few times I can connect in that way. I'm still doing a fair bit of teaching in person. About 60% in-person and 40% online. So I guess I'm still trying to meet in the classroom. I'm lucky that my classes are on the smaller side, so we can be in the classroom and everyone can have a table to themselves.

Do you think there are any aspects of online learning that have been beneficial and should be kept in the future?

Well, I totally believe it's here to stay. Actually this is my last year of teaching and I

know I've complained a lot about the changes but I do see the benefits for students who can't be in the classroom. I have one student from Australia who's there right now and there can be challenges of trying to connect with somebody with a 14-hour time difference. So from the student's perspective and the issue of health, it's a good and necessary thing. But I would like to say that I hope the traditional classroom never totally disappears. I loved every minute of my education that way and I would hate to see the traditional classroom disappear or even diminish. I think it's a great invention.

HUMANS

The Wellness Center Reopening

Rachel Keele

Interviewed by Terika Williams **Tues 09/15/20**



Photo by Kevin Lembono

During this nerve inducing pandemic it has been increasingly clear that the coronavirus preys on the weak and those challenged with health issues. Now that Governor Whitmer announced that the reopening of gyms across Michigan, the Andreasen Wellness Center will be available for those eager to build their health. To learn more about the Wellness Center Reopening, I spoke with Interim Manager

Rachel Keele.

According to Keele, the staff have been working endlessly to create an environment where people can be safe while working on becoming their healthiest selves. Keele stated “We have over 200 hours a week of employee power, cleaning the building and the facility. We have specialized equipment and chemicals that we use.” Gym members must also do their part to ensure everyone is protected.

Keele shared that, “... when people come in, they’ll get their temperature and show us the campus clear app and confirm that they have a reservation. We also have to make sure that everyone signs an additional waiver about COVID-19, specifically, so they understand that there is an increased risk of being there.” This waiver has been made available online for students to access. Other precautionary measures that will be enforced are the requirement of masks and social distancing of 10 feet apart when exercising.

Keele shared an interesting fact that “while running, one can leave particles up to 30 feet behind them.,” leading to the decision that the track should be “walking only” for the time being. In addition, the Healing Oasis, consisting of the Jacuzzi and Sauna, will remain closed. By adhering to these straightforward guidelines, the process of reopening will be smooth and seamless. Manager Keele also offered advice for students who want to incorporate exercise into their schedule during this time, advising “At the beginning of each week, look at your schedule, pick out a few days where you think you’ll have time to exercise. Choose what you want to do and just stick with it as much as possible. If something comes up, that’s okay, just adjust your schedule and pick another time.” It is evident that The Wellness Center is dedicated to encouraging students to make safe, and healthy decisions during this pandemic.

Arts & Entertainment

ARTS & ENTERTAINMENT

A Tribute to Chadwick Boseman

Megan Napod [Tues 09/15/20](#)

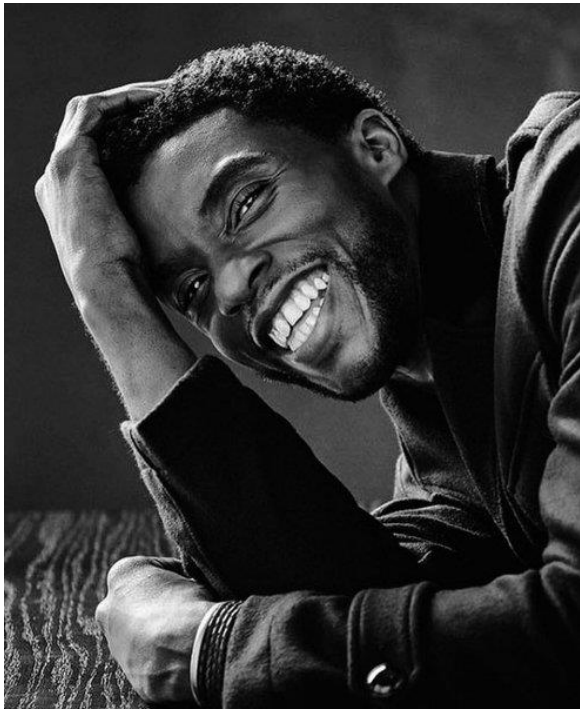


Photo by Public Domain

Waking up that fateful Saturday morning on August 29 to a Twitter notification telling me that “‘Black Panther’ star Chadwick Boseman passes at age 43 due to colon cancer,” put me in complete shock. It has been about two and a half weeks later, and I still cannot believe it.

I find an immense pressure in writing this piece because it is dedicated to a figure who was much more than what a Google search explained to you. Boseman fought this illness for around four years, and in those four years, he accomplished his most famous works. You will most likely know him best from his role as King

T'Challa or Black Panther in the Marvel Cinematic Universe (MCU). Boseman portrayed this character in four movies from when he was diagnosed in 2016 with Captain America: Civil War, to 2019 with Avengers: Endgame. In between those movies includes the eponymous 2018 film, Black Panther. He was a role model to so many young children as he represented an entire community that was lacking representation in the MCU as he portrayed the first black superhero. He also meant a lot to the older generation because to them, Boseman was someone they wished they had while they were growing up. His sickness was something he hid pretty well; all of these years, all of the MCU movies created, and he had cancer.

Testimonies from people in the industry who worked with him can tell you that the previous sentence told you all you needed to know about Chadwick. (I am referring to him by his first name now because his last name seems too formal for someone who touched many people so deeply.)

Chadwick was all about his work, focused on roles that had true meaning to them. His breakout role surprisingly to me was not Black Panther, it was portraying baseball player Jackie Robinson, the first black athlete to play in Major League Baseball in the modern era, in the biographical movie 42 in 2013. He won the NAACP Image Award for Outstanding Actor in a Motion Picture for his portrayal of Robinson in 2014. From there he played other historical black figures such as singer James Brown in Get On Up in 2014, and later on, in the peak of his career, Supreme Court Justice Thurgood Marshall in the 2017 movie Marshall, already a year into his treatment. It is saddening to think of the fact that this whole time Chadwick knew that his life was being cut short. His cancer went from what it initially was at stage three to stage four in late 2019. But he continued to push on and participate in the most impactful movies of this generation. If this tells you one thing, it is this: the money did not matter to him. I mean think about it, you are in the late stages of cancer, do you want to keep working when you know that your time will most likely be cut short within the next couple of years? I think for many of us the answer would be no. But that is exactly what he did, and because of that, his defiant impact was solidified in the world. When I realized this I was astonished because even though I never got to meet Chadwick it told me all about the person he wanted to be and was to so many grown adults and children, a hero.

Of course, I am not the only person who feels this way, so I asked other students about the personal impact Chadwick made on them.

Delight Pazvakawambwa (junior, biology/pre-med), remembers a quote of his: "You have to cherish things in a different way when you know the clock is ticking, you are under pressure." She says this quote reminds her that, "Life is not

guaranteed each day, so I have learned to live an intentional and purposeful life.” That quote of his truly speaks to his mindset in the last years of his life.

Delroy Brockett II (senior, biology/pre-med) loved this quote of Chadwick’s:

“Purpose is not related to career. It is not related to a job. It is related to what God put inside you that you’re supposed to give to the world.” In talking about Chadwick and his impact he said, “Chadwick was truly more than an actor, he was an icon, an inspiration to so many kids and adults as well. The fact that he hid his illness all these years shows his focus on making a change in this world, especially in the age we live in today.”

Kayla Bruno (junior, psychology/pre-med) says that “Chadwick Boseman showed the entire world that God’s purpose for our lives mixed with our willingness to pursue it, will always have a lasting impact on the world, even if we are not here to witness it. Chadwick fulfilled God’s purpose for his life and he did it with pride.”

Even with these quotes, Chadwick’s impact on the world is hard to put into words. He simply did what God wanted him to do on this earth, and he did it not for himself, but for others. Chadwick was a husband, son, friend, colleague, and will continue to be a role model and hero for generations to come. Rest in power, King, “Wakanda forever!”

ARTS & ENTERTAINMENT

Corn and Watermelon for Everyone!

September 6, 2020, was the day of the last activity for Change Weekend, a simple food drive. The activity was held at the parking lot of the Trinity Lutheran Church just a few minutes down the road. I volunteered for this event and it was honestly an invigorating experience.

Megan Napod [Tues 09.15.20](#)



Photo by Darren Heslop

I interviewed Teela Ruehle who oversaw all things Change Weekend to learn more details about planning the food drive and the amount of success that came from it. When asked why a food drive, she explained, “This summer during the pandemic, food was one of the biggest needs of people in our community and area. With so many people being out of work, or families who relied on school for lunches, we decided that this was a way that we could help meet a practical need of our community.” There was a collaboration with several different farms to get what was in season, which was corn and watermelon. Overall she believed it was a great success. Firstly, with getting Bixby Farms and Kerlikowske Farms to donate the corn and watermelon, respectfully. Secondly, an hour before the drive began there was already a huge line of cars waiting into the road which Ruehle said showed, “that the need/want for fresh veggies and fruit was the right choice to help our community with a basic need in a healthy way.” And at the end of it, 400 dozen

fresh corn and 400 watermelons were distributed in just a few short hours! I had a feeling that students were hoping for other opportunities to volunteer so I asked her if other events are being planned for the future. Turns out, there is an event in the making for October! "October's will be sponsored by New Life and focus on foster and refugee children," Ruehle explained. She advises people to be on the lookout for upcoming service opportunities each month and to stay on top of updates on social media.

I had not participated in an outreach activity in so long, so I was thankful for the experience that was planned by the Center for Faith Engagement. There are other students who felt the same way as they dedicated just an hour of their time to serve their community and feed dozens of families.

Maci Chen (junior, social work) was looking for an activity that allowed her to reach out to members of the community directly and saw that the Food Drive was the perfect option. This reaching out to the community was something she loved through this experience. Chen said, "Not only did I meet and get to know some other students from Andrews, but I also got to see the blessing that just some corn and watermelon could be for people." When asked if she felt like she made an impact on the community through the food drive she said, "I was able to hear verbal affirmations from people driving through about what a great blessing it was and thanking us for doing the food drive." Chen says she would definitely do this again and is excited to see what other opportunities the school will put together for outreach.

Alivia Lespinasse (sophomore, elementary education) was also really excited about this event because she really enjoyed Change Day her freshman year. We worked side by side during this event as I packaged stalks of corn into bags and she distributed them to the cars passing by. She said that she enjoyed her role handing out the food directly to the people, "I loved connecting with so many families and community members." When asked if anything unique or interesting happened during her shift she said, "Nothing particularly unique but it was so rewarding to see the smiles on the faces of the people as they drove by. One man randomly handed us a stack of pamphlets about the coronavirus and how it relates to sin so I guess that was interesting." Lespinasse also felt like the food drive made an impact on the community by "showing love in the form of service," she said. And I think at the end of the day, that is what this whole Change Weekend experience was about.

Although we were not able to have the extravagance of a non-pandemic "Change Day," love is life, so what is the point of these outreach opportunities if we are not

showing love through our actions? We still served our mission at the end of the day, or should I say, weekend?

ARTS & ENTERTAINMENT

Local Hotspots: (but not the coronavirus kind)

Hannah Cruse [Tues 09/15/20](#)

If any of you are like me, being cooped up in your room or house multiple days probably sounded great at the beginning of March. You could live in your bed and eat anytime you wanted to; it was going to be paradise. But as you kept spending more of your time indoors and saw the numbers of cases going up, you realized that you were going to be stuck in a bubble for longer than you expected. Then came the daily walks so you could take a break from seeing the same four walls all day. It can feel the same way here at Andrews University, but that does not have to be the case. Here are a few suggestions for getting outside during nice late-summer weather.

A great place to go when you need a break from the campus is the St. Joseph Beach. Just a 20-minute drive from Berrien Springs, you can arrive at Lake Michigan and the city of St. Joseph. While it's still warm, it's a great place to swim and sit in the sun (and to work on the tan you missed getting this summer). A sophomore here at Andrews, Crystal Collins (sophomore, major), said "What I like most about the beach are the beautiful sunsets. Despite the pandemic, I can still enjoy the view with my mask on."

For those who are limited in their transportation, taking a walk to our campus dairy is a great way to vary your normal scenery. Even though the dairy was shut down recently, all the animals are still living there. You can see goats, cows, and even peacocks. "The goats are really loveable and they'll walk right up to you so you can pet them," says Casey Gultom (junior, aviation).

This one is also for those who may be limited to biking or walking places: walking to the downtown area of Berrien Springs. This is for those who want a little bit

longer of a walk or bike ride or just desperate enough for something else to eat The trek may seem long, but the result is worth it. You can go to the local Asian stores like Mabuhay and pick up some boba and lumpia or visit the local Korean store and get ramen.

The weeks before fall and the unbearable winter are fleeting, so now is the time to take advantage of the sun and the 75-degree weather. Be safe, stay healthy, and let's enjoy our time at Andrews this year.

ARTS & ENTERTAINMENT

Radiant Recitals

Isabella Koh [Wed 09.16.20](#)



Photo by Jonathan Logan

After four long years of determination and hard work to refine talent, one of the crowning moments of a music major's final year is their senior recital. There are dozens of things to plan including the music selections, accompanists, programs, and posters. It takes time and resolution poured into every rehearsal, not to

mention a healthy dose of bravery as one finally steps onto the stage in front of family, friends, and professors.

In the wake of COVID-19, those important recitals were put on hold as the campus was rushed home into the strange world of distance learning. This last week, I interviewed two recently graduated music-major seniors, Joanna Deoranine and Jewel Howard, about their experiences with the sudden changes and adaptations they had to face in the final part of their journey at Andrews.

Joanna Deoranine, who was both a biology pre-med and music major, introduced herself cheerfully, explaining that she's currently taking a gap year while applying for medical school, and teaching chemistry in the meantime. When I asked her what her senior recital meant to her as she has progressed throughout college, she replied, "[It] is a commemoration of everything you've done over the past four years. It was not only a test for myself, but also a way of proving to myself and my teachers and friends what I've learned and what I've accomplished."

Jewel Howard, also a double major with biology pre-med and music under her belt (as well as a minor in chemistry), replied from New York City. She explained, "My senior recital really was a culmination of the work I put in to develop my vocal skill for four years. It's like a showcase of what I have learned and achieved and also a celebration with my friends and family of my hard work and accomplishments."

I asked them to elaborate a little on what the planning process for their recitals was like, especially in the wake of the pandemic.

Jewel delved into the extensive planning process associated with senior recitals, recalling how her set list had been handpicked from over three different years. A program draft was due in January, an audition had to be passed, and an accompanist had to be found. She had also planned to perform on April 30. "This would have been ideal because my family would be at Andrews already and be able to attend, along with my friends, classmates and professors." She described the difficulty of switching voice lessons online to Zoom, and the appreciated flexibility of her professors.

Finally, after a long wait, in August, the two were finally able to showcase the results of their hard work.

Joanna admits, "It was a little awkward... almost like singing in an empty hall. It also worked kind of to my advantage - it was like I was singing alone... it took away some of the nervousness that I had." Positively, she spoke on her confidence within

the performance itself: “Singing in my recital, I got really comfortable with my music and my accompanist. I was able to dramatize a lot of my songs, so people could feel the emotions I was trying to portray.”

She added that it was hard to not be able to embrace people both due to the pandemic and because many of her colleagues and friends had moved on. “It was a little saddening that they couldn’t be there, but knowing that they were wishing me well from afar was a great feeling, and I could feel the love.” She went on to acknowledge her gratefulness for her family’s involvement and support for her education, warmly remembering how her parents set up a refreshment tent and threw themselves into the planning process.

Despite the difficulties and hardships of the past few months, both Joanna and Juwel remained positive about their experiences with their concerts, drawing out the good moments, and to thank the people who helped make it possible. To close, I asked both the accomplished musicians if they had any advice for future performers, perhaps who are currently in the process of planning their own recitals.

Joanna suggested that those who are beginning to plan should begin to create a theme or a story to tell. She explained, “Your recital is about a representation of yourself - not only what you studied, but who you are. Start getting ready now and get an idea of what you want to share with people.”

Juwel concluded, “For anyone planning their future recitals, my advice is to plan a program that YOU love. Remember that this is a display of not only your skills and accomplishments but also your artistic style.” She reiterated the importance of practicing and enthused, “Don’t get discouraged by thinking that you “should be better.” Remember that at your recital, no one in that audience can do what you are doing in that moment. When the time comes, pray, take a long breath and walk out in confidence!”

The Last Word

THE LAST WORD

Where is Home?

I'd like to dedicate our first issue to Jason Strack, Andrews University's Web Communications Manager for his work through this summer and fall semester to create the official The Student Movement website. The new website looks phenomenal and our entire team is very grateful for your time spent to make such a lovely platform for us and future SM teams to publish on.

Daniel Self [Wed 09.16.20](#)

I thought a lot about how to reopen The Student Movement, determining my first words back to a campus of people still dazed by the past six months. As with anyone given the opportunity to share, the words after such an event seem to carry additional gravity. Being sent back home by a global pandemic, expelled from our dorm rooms by nature itself, inspired many questions--not the least being, "what is home?" For many of us, we formed friendships and relationships that provided stability amid the stresses of university. The support groups that we developed on-campus were physically separated--if not emotionally distanced. For many of us, it meant returning to our parents' homes and reestablishing life in the towns that we grew up in. But not everything about returning home is inherently easy, rather, in some regards, university provided a type of distance and safety that home did not. Attending college changed and healed me in ways I could not foresee, and being forcibly brought back home brought back a number of painful memories. Being in lockdown over the summer months with my parents was something wholly unexpected, and as one might imagine with such a long period of time, an experience with dramatic highs and lows. I realised more poignantly than ever how returning with minimal expectations helped lessen the blow. Even the most healthy family cannot avoid fights over who lost the TV remote or who left the others' shoes low enough for Piper (our beloved SPCA dog) to chew them. After living in relative independence for years, returning home and re-placing yourself back into the rhythm of someone else's life can be jarring. Nothing says "welcome home" like your anxious mutt waking you up at 5AM while still adjusting to the time zone difference. At home, I am a son, lawnmower, dog-walker, and aspiring

comic; at school, a student, undergraduate researcher, and aspiring lawyer. By so many metrics, the person that I am, or at least how I feel that I am, differs between Alberta and Michigan. To this day, I struggle with avoiding reverting back to some previous iteration of myself when I return home. How could such experiences feel truly like my home?

As with many Andrews students, my home away from campus rests far away from my dormitory room—in my case, roughly twenty-one hundred miles northwest towards the Canadian Rockies. With this, the hybridity of life never really vanishes, I often find myself referencing off the opposite part of myself when inhabiting the other. It's the simple moments of looking back across the 49th parallel, wondering when you'll play pond hockey again or that you miss your morning Tim Hortons' hot chocolate. When in Canada, I wondered how my university friends were doing and craved the intellectual rigor of campus classes. But it runs deeper than that; it stems from interrelations between identity and place—where do I feel the most whole? It's a question I've spent the last four years grappling with, and progress often feels all-too-temporary. The painful reality is that I cannot have both. At some level, I will leave parts of myself that I love behind. Oftentimes, I worry that moving away for school led to inevitably superficial relationships, with many friendships coming with an expiration date.

These questions are more tangible than when they appeared years ago; while attending high school, the dependency necessitates that you live at home regardless of difficult relationships. But with growing older and gaining independence, you may begin to choose which people should make up your inner circle. In applying for law schools across the continent, it begs consideration for what should constitute this new collective. In a time where picking up one's life and moving thousands of miles away appears feasible, the choice carries seemingly endless implications. So many places one could hope to flourish and so many ideas for what the future could hold, all of this grounded by the reality that certain relationships and opportunities simply cannot be lost. Here, I've grown to appreciate the works of the early stoics, none more than Marcus Aurelius. In his text, *Meditations*, he penned, "To love only what happens, what was destined. No greater harmony (Aurelius, 2008)". Aurelius grasps with lucidity how people experience anxiety from the projections they create of the future. He proposes, instead, that grounding oneself in what has been actualized limits concerns to the real. At its core, I believe that it takes genuine honesty with oneself to balance between committing yourself to your now while simultaneously imagining what you could become part of.

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