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Student Movement

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## The Student Movement Volume 105 Issue 4: Students Destress in AUSA's Nest

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## Students Destress in AUSA's Nest



Photo by Julia Viniczay

## News

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### NEWS

## AU Adelante Club Hosts Vespers

Joelle Kim [10.08.2020](#)

On October 2nd, Adelante hosted a Friday night vespers at PMC, one of many installments in their planned events for National Hispanic Heritage Month (NHHM) which takes place from September 15th to October 15th. The month acts as a great opportunity for America, as well as our campus, to celebrate the

Hispanic and Latino contributions and voices that influence and have influenced our society today.

The theme that Adelante chose to represent their focus for NHHM is “Unidos,” which was also highlighted in their vespers. Amanda Pechero (junior, architecture), the president of Adelante, commented that they chose “Unidos” due to our world’s current situation. “COVID is specifically a huge factor in the theme. There are so many things in the world that directly affect Hispanics and we believe in...always [staying strong] together not only with our families, but with each other,” she explained.

The praise songs, led by a team of Adelante members, were sung in both English and Spanish. “Tu espíritu está aquí,” the words reverberated throughout the church, which translates in English, “For the Spirit of the Lord is here.” Kristin Ferrer (senior, biology, public health) remarked that she “particularly enjoyed the praise and how they incorporated Spanish into the songs.” The songs set the ambience of the worship and directed the focus onto the Hispanic culture and language.

Pastor Jose Rojas, the preacher for the night, gave his message through video, and began by introducing the history of his family as well as a general history about the Hispanic presence in the U.S.; all of the short stories culminated to his primary point, about how he identifies not only as Hispanic, but also as a citizen of the U.S. and as a Seventh-day Adventist. “We are all different, but we need to come together.” Pastor Rojas requested all listeners to remember to be united, despite their differences, circling back to the “Unidos” theme of NHHM.

He spoke about God’s miracle-working power in his own life, about how people who were “different” from him, came together and guided him to succeed. “I am the product of Adventist insistence that we can come together,” Pastor Rojas declared. He concluded his message with a powerful metaphor, using the playground game of tag, “Tag, you’re it.” Pastor Rojas prompted by asking his audience to accomplish what his generation could not: “Fulfill your destiny, take the gospel to every nation, finish this thing and, then, we can go home.” Jel Tamayo (senior, nursing), who participated in the worship online, felt impacted by Pastor Rojas’ message. He says, “Sometimes as Seventh-day Adventists living in this world, we forget before we’re people of this world [that] we’re children of God.”

Pechero notes that they have more events planned for NHHM and that the events are “not only informative and fun, but to simply highlight hispanic and latinos on campus.” Keep an eye out for future events on their Instagram page, @auadelante.

## NEWS

# AUSA Hosts The Nest

Amanda Cho [10.08.2020](#)



Photo by Julia Viniczay

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Under the soft glow of hanging lights and the faint sound of rain, the student body sat enraptured by the performances of their fellow classmates during AUSA's The Nest. This past Saturday night in the tent in front of Marsh Hall, AUSA held its bi-annual event: The Nest. The Nest is a musical showcase in which anyone can perform and showcase their talents. People can sing, rap, play music, read original poetry, or even do stand up comedy. Through AUSA's hard work, this event was still able to take place, despite the restrictions.

Heeyun Oh (junior, biology), AUSA student services director, says, "It is the midterm period and I know everyone is stressed out. I planned this event so that the student body could have some space to just breathe, relax, and enjoy some music. Also, I wanted to help the freshmen to get to know AUSA better and have kind of a late welcoming event for the freshmen."

The performances consisted of mainly vocal performances with some people singing duets while others were solo or with an accompanist. There were several duets such as Kristin Ferrer (senior, biology/public-health) and Jeremy Ahn (senior, engineering, music) singing "Without You" by AJ Rafael, and soloists such

as Julio Santana (freshman, theology, vocal performance) singing "Regret" by Yang Da ll and Megan Napod (junior, speech-language pathology and audiology) singing "Unbothered" by Tori Kelly with Dave Cosejo (sophomore, pre-physical therapy) accompanying on guitar.

Julio says, "I'm fairly confident when it comes to music, but it was a different setting so I decided to just go for it, and it was great to be able to perform with my friend. I hope this influences people to shine in their own department and display their talents."

Despite the cold and the rain, many students showed up to watch and support the performers with the tent being at its capacity of 100 people. It was a chance for students to take a break and to see wonderful displays of talent.

Janelle An (senior, biology) says, "I have never come to The Nest before but I felt like this year there was a really nice vibe. I liked this location, it reminded me of a barn house or harvest festival. It was nice to talk to friends and listen to the music; it was exciting to support and cheer people that I knew and to hear people I didn't know and be blown away by their talent."

The evening's event was successful and helped to relieve the student body of some of their stress, if even for only one day. Make sure to keep a look out for the next AUSA event.

## NEWS

# The Gazebo Reopens with GetFood App

Taylor Uphus [10.08.2020](#)

After a long awaited opening, the Gazebo is now serving the Andrews University campus. However, this year they have opened in a new and exciting way using the GetFood app. For the first several weeks of this semester students struggled in long lines waiting to pick their food up at that café. However, with the help and dedication of the Dining Services Team, students not only can now get their beloved burritos but also have the ability to order their food ahead of time and avoid the long and tedious lines.

During the beginning part of the school year students worried about the way food

would be served on campus this semester. Students found themselves waiting in line for food and even having to skip meals in order to get to classes on time. Claire Fossmeier (sophomore, pre-physical therapy) expressed these struggles explaining, “Before the Gazebo reopened it was super difficult to get dinner, especially on evenings with labs.” Nehemiah Sitler (junior, communications) expressed similar feelings: “Before the Gazebo opened this year, the line for the cafeteria was unbearable. At certain points throughout the day, I was unable to eat because of the length of the line.” As a result of these problems the Andrews University Dining Services Team devoted their efforts to finding a way to ensure students could get their meals in a quick and efficient way.

It became apparent that the Gazebo needed to open in order to accommodate students’ schedules. Linda Brinegar, General Manager of Café Bon Appétit explained, “A couple weeks ago, I became aware there were students unable to attend supper in the café, due to evening classes. I immediately made arrangements to open the Gazebo with minimal offerings, while keeping our students and staff safe through social distancing.” This quick action by the Dining Services Team was an incredible help to students. Claire Fossmeier stated, “Thanks to the reopening of the Gazebo, it has been much easier to eat on nights with labs!” However, in order to make the Gazebo safe and efficient due to COVID guidelines, the development of the GetFood app made the Gazebo even more exceptional for students.

Planning began for a Gazebo app in early June; however, due to a variety of complications the app did not officially launch until a few weeks ago. Even when the app launched new students at Andrews were still unable to use the app to order food. Ms. Brinegar discussed how the staff quickly worked to resolve the problem, “The Dining Services office staff worked late into the night to get each student's information into the system, and I am happy to report that now almost all students are successfully able to use the app. Any students who are receiving an error message should stop by Dining Services and we will figure out what is going on.” Now students are enjoying the ability to order their food ahead of time and pick it up in a quick and safe way. Mr. Sitler stated, “I have been using the app a lot lately and think that it is really easy and convenient to use. The ability to order in class and pick up without waiting in line is really convenient!”

The Gazebo not only provides a quick way to order food, but creates a safe environment for students to pick up their food. Ms. Fossmeier shared, “The Gazebo is taking safer precautions to ensure the wellbeing of all students amidst the pandemic. Having a handling free area has been extremely beneficial in

limiting the spread of COVID and allowing students the best option to social distance.”

With the help of the new app and safety precautions Dining Services has adapted and recreated the way Andrews students eat and order food. Ms. Brinegar explained, “COVID has significantly impacted how we are able to handle and serve food. But that hasn’t changed our dedication to provide outstanding food service to our campus and we will continue to do our very best through the ups and downs that may lie ahead.” The Gazebo’s reopening is just another step in returning to the way campus used to be.

## Pulse

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### PULSE

# Cultural Hispanic Catchphrases

Wambui Karanja [10.06.2020](#)

I once heard that catchphrases are the meat and potatoes of language. One of the ways to truly understand and appreciate a culture is to learn common cultural sayings. Behind these words and phrases lie beautiful and rich heritage that carry deep meaning for the people to which they belong. In honor of Hispanic Heritage Month, I asked a few Hispanic students from different ethnicities what saying they heard often in their youth and how this saying is representative of their culture.

Arleny Aquino (freshman, psychology, spanish), from the Dominican Republic, says that most of the common phrases she was raised around were pretty vulgar. “We express ourselves a lot and for others, they might think that we’re mad or aggressive but that’s just us.” Andrés Weiss (freshman, pre-physical therapy), with family members from Cuba, Argentina, and Puerto Rico says the phrase he heard the most growing up is “fulano.” “It’s used to address people in an informal setting, whether it be someone you don’t know, someone you’re teasing, or anything like that.” He adds that there is a playful undertone to the word and it is fun to say. Milca Muñoz (freshman, pre-physical therapy), who has roots in both Mexico and Venezuela chose the saying “te calmas o te calmó” which, in English, translates to “do you want to calm down” or “do you need help?” She says, “All Mexicans use



this phrase with their children when they're disobeying as a 'threat' while holding a chancla (a slipper) and they are basically letting us know that we need to correct ourselves."

These phrases make me wonder if the beauty of language is in how it makes you feel instead of what is being said; what memories it creates instead of how to make yourself understood. Take for example, the famous Costa Rican saying "¡Pura Vida!" It's literal translation means, pure life or simple life, but ask anyone from Costa Rica and they'll tell you, "It's not just a saying, it's a way of life."

## PULSE

# Keep Calm and Breathing On (Yourself)

**Jessica Rim** 10.08.2020

It's midterm season, COVID-19 anxiety permeates the atmosphere, and that breakfast burrito before your 8:30 am class leaves you barely any time. Stress can accumulate from even the smallest daily hassles, and it can leave you frazzled and vulnerable to illness, a disastrous combination.

One thing you can do as self-care is to breathe well. It may not be obvious, but we often engage in "chest breathing" that deprives the lowest part of our lungs of air, making us feel short of breath and anxious. Shallow, rapid breathing activates the fight-or-flight response, increases the heart rate and suppresses the immune system. Controlled diaphragmatic breathing, however, signals the brain that the parasympathetic response (which is involved in resting and digesting) can take over, slowing heart rate and encouraging a feeling of calm.

Here is one basic exercise you can do: while sitting upright or lying down with a hand on your stomach, inhale for five counts, pause, and exhale for six counts. The hand on your stomach should help you check that your abdomen is expanding as you breathe in. If it is too difficult to inhale and exhale for that long, you can try this exercise with shorter times for inhaling and exhaling.

Another exercise involves breathing alternately through one nostril. While gently blocking one nostril with your fingers, breathe out first then in through the uncovered nostril. Change sides after this exhale and inhale and do the same—all

the while making sure to keep your breaths slow and steady. Doing these exercises 10-20 minutes a day will help reduce your stress and anxiety.

Perhaps if this sounds too much like another healthy habit that will not last, you may consider honing your singing skills. Singing is made possible through controlled breathing, and it develops the parts of the brain involved in emotion, attention, and body awareness. Endorphins, which make us feel happier, are released when you belt those resounding notes in the shower.

So whether you bemuse your roommate as you breathe conspicuously while touching your nose (and maintaining appropriate social distance) or when you decide to yodel along the hiking trails, being more conscious of this basic but essential part of human functioning can offer you peace of mind this week.

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# Meet & Make: Reflections

Masy Domicillo 10.06.2020



Photo by University Towers

It was Monday, October 28. Recently woken from a power nap, I scurried over to the University Towers to attend the Meet & Make event, an art and therapy session that I had seen a poster of for the week before. I have no artistic skills in my arsenal to speak of; rather, I went because I was hoping to learn something.

I made my way to the basement, where the Activity Center was located, to find two individuals meticulously arranging brightly colored long-stemmed flowers into vases, alongside driftwood and various assorted fruits. Tables were placed in a circle around the display, with paper taped onto the surface. Pencils, erases, and markers had been placed on the tables for each participant.

The two individuals were Cynthia and Jonathan Stephan, the organizers of the event. They welcomed me warmly, and I learned that Cynthia was both a therapist

and an artist, while Jonathan was the social worker at University Towers. The Meet & Make sessions were their brainchild, in an effort to provide a safe, socially-distant way of both socializing and relaxing. Cynthia spoke about how their goal was to provide a low-stress environment for the students to wind down and create, alleviating the stresses of the week.

Although attendance for that session was noticeably dismal, the couple was no less enthusiastic with their limited class. Cynthia introduced us to a sketching technique called “blind contouring,” a method which I was unfamiliar with. It involved sketching the object as you swept your gaze across its surface; however, there was a catch—you could not look down on your paper.

This revelation slightly perturbed me, as an incessant obsessive for most minor tasks. Nonetheless, I dutifully followed Cynthia’s instructions and focused my gaze ahead on the silhouette of two flowers delicately crossing stems, battling the urge to keep looking down at my paper to see the undoubtedly horrific reproduction.

However, the combination of the soft music playing in the background and the relaxed demeanor of the instructors was calming, and I began to stop worrying about how the sketch was going to turn out. It was certainly nice to be able to concentrate on making, instead of focalizing on the end product. The process itself became enjoyable.

At the end of the session, I realized that learning blind contouring was oddly a strange parallel to university life. We, as students, get so caught up on the end goal of getting a degree, finding a job, or applying to graduate schools, that the process of being in school becomes a tedious chore. Recently, I had been so busy from academics, work, and extra-curriculars, that I was viewing college as an exhausting process that had to be finished as quickly as possible to get to the finished product.

However, college should not just be a painful ordeal to get to the next thing. There are little things to cherish within the process, like your roommate cracking a corny joke at 2 a.m. while you are both hunched over your laptops furiously typing, or when you watch a ridiculous, cheesy old T.V. show with your friends while eating takeout because you can’t find a show you all agree on. There is even something lovely about that little ten-minute nap that you take before your next appointment. Learning how to contour blindly taught me that sometimes, you have to enjoy each moment before you complete the piece.

The Stephans will be holding the Meet & Make sessions every week, Monday, 7-8 p.m. at the University Towers Activity Center until November 30. I highly encourage any student who is in need of an hour in a stress-free, relaxing environment to attend, and to simply enjoy the process.

## Humans

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### HUMANS

# Event Planning With Malachi Regis

Interviewed by Fitz-Earl McKenzie II [10.08.2020](#)



Photo by Malachi Regis

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**As Social VP for AUSA, especially in this climate, there's definitely a lot of changes that are occurring. How has your planning for events been different in light of the pandemic?**

I think in terms of the general amount of events that I would like to have, we had to decrease, and the events that we would add would end up looking dramatically

different. But I think the overall theme that I had coming into this year kind of stayed the same. I just wanted to make sure that I didn't exclude those who are remote this semester. I am trying in my planning to include them as much as possible, but it is always a struggle to find stuff to do online. As far as "different" and how that looks this year, that's kind of where we're at.

**What specific restrictions have you had to work with and manage?**

The biggest thing for me is food. It's hard to have social events without food, and although some clubs get away with having food, we are a sponsored group, so we follow the guidelines more strictly. It has been a challenge to have food at our events. The regulations on having food and who caters it, where it comes from, how it's prepared, and if they were safe while they did it. I think that's one of the biggest challenges that I've encountered besides the restrictions on the number of people in spaces and all of that. In all honesty, the state of Michigan is still at ten people for social events held indoors, so I'm really working under very hard circumstances because there is no event where you can have ten people indoors --- - it's just not a social event. So yeah, those are my two biggest constraints that I've had to work with this year.

**So with the constraints in mind, what events have you planned this year?**

We've already done our game night. It didn't go exactly as I planned, but it still happened, and it still was kind of a trial run, I guess, because we did an in-person and online game night. I just think that I might split them up and have just an online verse and a just "in-person" event in the future. It was hard because I had to figure out how we could play games without using board games because of contact, moving pieces, and different people playing have to be six feet apart while playing the board game---it was just rough. But I think the online version where each person can participate from their phone is the next "game night" event that we've come up with. I think we're still in the process of planning the Talent Show but were going to have to find a way for that to happen with ten people indoors. So yeah, we're still working with that and moving forward. It's a challenge, but we're trying to find creative solutions.

**So I feel like I know your answer to this next question, but if there was anything that you would change about how either AUSA or the administration has dealt with the pandemic this school year in totality, what would that be?**

That's a very good question. I think the biggest thing for me would be consistency. If you say something, it should go across the board, and everybody should follow it. Right now, it seems like the administration does it, and the students kind of do whatever they want to do. It's really hard seeing other clubs plan events, and sometimes they may have outside food. Sometimes they may be less strict about social distancing, it's really hard when clubs can do that, and then students look at AUSA and are like: "well, we did this at this club event, why can't we do it as an AUSA event?" and I'm like "well, we just can't do it because it's against what we've been told to do." and I know it's hard because there is so much going on, and you don't want to have an environment of policing, but it would just be nice if everyone was just consistent and following the rules and stuff like that. Honestly, it's a tough situation that we're all in, and they're not a whole lot we can do about it.

**Is there anything else you would like to say to the readers?**

I know we didn't have the chance to introduce ourselves as AUSA and as student leaders this year, but we are still working, and we're trying to find creative solutions for traditions such as banquets and Talent Show. These are our two biggest events and were going to try to figure out a way to still have those events but still follow the guidelines. So we're working and if anybody has any ideas about events, let us know, but we were still planning on having at least one event once a month.

## HUMANS

# Interview with Michael Nixon: Vice President for Diversity & Inclusion

Interviewed By Abigail Lee [10.08.2020](#)

**What was the inspiration behind the George Floyd Scholar Program?**

During the George Floyd memorial service, which took place in Minnesota, Dr. Scott Hagan, who's the president of North Central University, where the funeral memorial service was being hosted, announced that they would establish a "George Floyd Memorial Scholarship" there at the university. And he essentially presented a challenge to every university president in the United States to

establish a similar Scholarship Fund. The wheels of my mind started to turn. I remember sending a text message to our president and sort of initially telling her what I just heard. We also got some messages from some campus faculty. I remember Dr. Desmond Murray, in particular, from our Department of Chemistry reached out and stated that this is something that we needed to think about doing. So that was really the initial spark which led to a more conversation around us creating the scholarship fund.

**Could you summarize how the scholarship works?**

Prior to the fund being established, the University was already disseminating what are called “Dare to Dream Scholarships”; that's a fund that has been going on for a few years now. So each year through “Dare to Dream” I believe we offer five scholarships at varying levels to students who reflect different criteria. So we look at need and we also look at students who have a passion for issues of justice or things of that nature—that is a part of the George Floyd component. We also have disseminated scholarships to folks, for example, who participate in different campus initiatives and clubs or things of that nature. The George Floyd scholarship

fund really works under the umbrella of those “Dare to Dream” scholarships that go to a diverse set of students every year based upon different criteria to help us to continue to number one, meet the needs of folks who are wanting to pursue their degree and their education here at Andrews, and number two, trying to find creative ways to make that more possible. For a diverse set of people in our student body

**You touched on this a bit earlier but in what ways are you hoping the program can impact Andrews University and the students who are chosen?**

Our first George Floyd Scholar is Jennifer Jean and she's a freshman biology major and as she stated in her essay which led to her selection for the scholarship. She talked about the fact that her family has had some struggles and she was actually praying about the finances for her first year here at Andrews, and she's done a lot of really good community work. She talks about that in her essay. She also has done some events locally where she lived, focusing on emotional, mental and spiritual health and things of that nature. We saw her definitely as someone who would be able to impact our university from the standpoint of helping students to continue raising their voices for issues of joy, justice and things of that nature. The scholarship is really a reflection of a critical moment in our country's history, our world's history even, because this really became a sort of a global moment. So



we're hoping that students who participate in the Scholar Program will be the same kinds of change agents on our campus that will motivate students and others to speak up and speak out on issues of justice.

**With everything in our country being so tumultuous right now, what do you believe is the role of the Adventist church among all of it?**

That's a great question. I mean, I think our role is to be the hands and feet of Christ. You know, I think we have a great message in our church, we do a lot of theorizing and preaching and there's lots of good theoretical and theological concepts that we talk about. Now it's time to be about those things to the people in the world that so desperately need it and to speak up unapologetically on issues of justice. This is not a side issue to the gospel of Jesus Christ, it's central to the gospel and so in our unique framing of that gospel message with the Three Angel's Message—which I believe really is a call to justice, equity, fairness, and to the unifying nature of the everlasting gospel of Christ—I think it's our duty as Adventists to proclaim that message.

## HUMANS

# Meet Professor Pedro Navia

Interviewed by Pearl Parker [10.08.2020](#)



Photo by Brain Tagalog

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### **What are the benefits of studying abroad and the importance of learning a new language?**

Studying abroad provides many opportunities for students. When they go abroad, they not only focus on learning the language but also the culture as they develop cultural awareness. Those who are well-educated professionals with degrees also make mistakes when it comes to dealing with people from other cultures. When students have the opportunity to study abroad, even for a short amount of time or an entire semester or even a full year, students will develop these cultural awareness skills to be able to deal with people from other cultures. So in the future, if students have to work with people from different cultures, they are well prepared to deal with that.

On top of that, if they can communicate in a foreign language, they can still be able to understand those who may not be fluent in English. But they will end up understanding because they speak French, Portuguese, Chinese, Japanese, Spanish, and other languages. This communication and exchange of ideas will be richer than if you had to use a translator.

### **How has COVID affected study abroad programs, study tours, and language learning opportunities for students in your department?**

Andrews is part of a consortium called ACA and in these countries abroad. Most of the schools closed in the spring semester of March. They did not offer any summer programs this summer. However, now some of them are opening now for the fall semester, about one or two schools in Europe. Other schools are planning on opening in the spring, such as Andrews. Currently, we have several students here planning on going for the spring semester abroad. If the situation improves, it will be easier to do that. But if it gets worse, then the spring program may be canceled and moved to Summer 2021.

Every undergrad student has the opportunity to participate in an abroad experience, either through ACA or through any of the study tours that International Languages & Global Studies or any other department might offer. Any student who participates in a study tour will help them develop this cultural awareness. This could be the seed they need in the future in order to look into spending more time abroad or developing more cultural awareness skills.

### **What are your thoughts on celebrating Hispanic Heritage month during this tumultuous time in America?**

It's very important to celebrate Hispanic Heritage Month. I think it's also important to celebrate and honor every single minority in this country because we need to understand the challenges that minorities are facing. Not only in trying to survive here in this country, but also in the process of coming into this country. Almost everyone in this country has a grandparent or great grandparent, who immigrated here. So looking down on those who are migrants is like looking down on your own ancestors, who also at one point came to this country.

If you have the opportunity to learn the stories of your parents, grandparents or great grandparents, ask them to tell you what their experience coming into this country was; your perception of immigrants would be completely different. We should honor all those who made a huge sacrifice to come into this country. If you were born here and you're Hispanic, it's because someone else made the sacrifice to come into this country. We should celebrate all minorities, not just the Hispanic minority. Everyone has to have a space in this country right now.

**What are some of your favorite things about Hispanic Heritage Month? How do you personally celebrate it?**

My favorite thing about this month would be celebrating it with the students. This way students can learn to appreciate important aspects of their culture. When you begin to study your own culture, you're going to discover values that are important and a history and past that's important in discovery, helping you to be proud of your heritage. Other important aspects of the culture and celebration is through food, music, gathering together, and dressing in traditional clothing.

I personally celebrate with my students, my family, and friends who are Hispanic. I always tell them that even though we come from different Latin American countries, we share something in common. It's the fact that we are here as immigrants, and some of us are here as children of immigrants, there is something to celebrate. Every time you achieve something, you should celebrate.

**What is one of the most rewarding things about your job?**

There are many things. But it would be seeing students who have little knowledge, for example, of Hispanic language and culture excel. Working with them for four years, and seeing that at the end of their senior year they are fluent in Spanish, for example, or having excellent knowledge of the Hispanic culture, is the best reward for me.

Another example is when I have the opportunity to take students on study tours. When I see their faces when they are looking at or experiencing a new culture for the first time or if it's the first time they are traveling outside the US. It's a very unique experience. I really enjoy seeing students grow, learn, and become experts in the language and culture.

## HUMANS

# Torian Hill

Spanish Teacher, Private in the Army, Andrews Alumnus

Interviewed by TJ Hunter 10.08.2020

### **Tell me a little bit about your experience studying abroad?**

Before I went to Argentina, I was a little skeptical because I didn't know any Spanish. Going into the trip, I thought I knew enough, because I had had two latina girlfriends when I was in university, and I had a few other Spanish speaking friends. I thought I knew a good amount of words to the point that I would be ok in a completely immersive environment. However, I learned in the first year that I knew nothing. I remember when I got there, I was nervous about how much I was going to be able to learn and if I was even going to be able to keep up because the natives spoke really fast and there were some other students there that already took Spanish classes and were able to speak more than me. What I can say about the experience is that it just takes patience. It really just comes down to how bad you really want it. I had to force English to not be a part of my life. Everything that I did was in Spanish, from the music that I listened to, to the shows that I watched. This helped me acquire Spanish so much faster. Once you get over the peak of not being able to hold a cohesive conversation and you start being able to talk to people in Spanish, it makes everything go so much faster and everything is so much better.

### **What are some challenges that you faced while learning Spanish?**

The biggest challenge for me was the discipline to not really submit to using any English. It was a challenge because we had a few natives there that were able to speak English, and then obviously the other ACA students who you spend the most time with are speaking English the majority of the time. It was especially hard during the summer break, when most of the natives left campus and went home. It

was hard to keep using the Spanish when it was basically only you and the other ACA students and everyone wanted to use English with you. Even when the natives came back to campus, a lot of them wanted to practice English. So, once again the most challenging part is discipline in all aspects. Before I was able to really converse, it was hard having to learn to listen and not be able to talk. But after about three months I was able to formulate some sentences. It was also hard being able to accept that you are speaking, but you most likely are making mistakes. I was constantly having my grammar fixed. A language isn't too hard to learn, as long as you are just consistent.

### **Would you recommend a study abroad experience?**

Yes, definitely. Once you're out there, you have the rest of the world to experience. While I was there in Argentina, I traveled to Chile, Uruguay, Paraguay, Peru, Brazil – 6 different countries. In addition, it wasn't that expensive at all. You also start to travel a lot more when you get back. Once you get a taste of that lifestyle, you don't really want to stop and I feel like traveling really increases the quality of life a lot. In addition, through studying abroad you gain invaluable exposure. You have a lot of students from different backgrounds and you learn a lot of things that you would never really learn in the classroom ranging from the food that they eat to the different ways that they talk. This is something that you would never be able to get here in the States.

### **Can you tell us about your path to becoming a Spanish teacher?**

So, I acquired two degrees at Andrews. The first one was a BS in Psychology and the second was a BA in Spanish. It was really a blessing actually how this job opportunity came about. When I came back to Bermuda, I really wanted to get a job. I wanted a job where I could make decent money but also have time to spend with my family. I heard about an opening to become a student-teacher, but I didn't have all of the qualifications. Regardless, I applied for the position, and I actually ended up talking to them. They really liked that I had two degrees and background going to a different country. It also helped that I had some internships and a lot of leadership experience from my time at Andrews. I ended up getting the job as a Spanish teacher, and although I didn't land a job directly in the field of psychology, when you deal with kids, you have a lot of different hats so I did end up using a lot of what I learned with my psychology degree in the end. I really enjoy the fact that I am there for these kids and that I'm actually able to help them. I don't just teach them, but I also share my experiences with them. I'm using all the things I learned in both of my degrees. When I started at Andrews, I would never have thought I

would have the job that I have now, but it's really a blessing. Especially since even during these COVID times, they still need teachers.

### **How is life after Andrews?**

When you go away to adulthood, there are a lot of things that you can be ready for and then things that you can't be ready for. That's just how it is. In terms of the degree that I acquired, I would say that I was academically prepared. With some degrees, you learn a whole lot of stuff and then never really use it. I don't think that's relevant to any of the degrees that I acquired. We have a fantastic psychology degree at Andrews. Being able to learn and actually apply the concepts that I was taught helped me a lot in my career. In addition the Spanish degree is literally the reason why I have this job. Andrews is great in the sense that it's so diverse because it gave me a lot of cultural exposure before traveling and made me more of a personable person. I owe a lot to the school and it also really helped that I was engaged during my time there, from being an ambassador, to being captain of the football team, to being involved with UNICEF and many other activities that I spread out through my years at Andrews.

## **Arts & Entertainment**

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### **ARTS & ENTERTAINMENT**

## **Hispanic Artist Feature: Felix Gillett**

Megan Napod **10.08.2020**



Photo by Artist Feature Photo

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**What is your major?**

I'm general studies with an emphasis on photography and graphic design. I used to be in business but I switched.

**When did you get into photography?**

I've always loved photography. I like things that are aesthetically pleasing, but I didn't get behind a camera and truly start learning until last year. I decided that business wasn't for me. I was more creatively-oriented and the things that made me happiest were photo and design. I really want to create the content I see online and in advertisements.

**Do you have any inspirations in regards to your art?**

Honestly, my inspirations would be the things I see when I online shop. I spend way more time than I should scrolling through the clothes and brands I'd like to own. It's not like I even buy anything, I just like the way they design their sites and the photos they have of the models wearing the clothes. It makes me happy to see it. I don't really like trendy things, but things that look timeless, where if you do it now, it'll still look boss ten years down the line.

**What is your favorite part of doing photography?**

Taking shots in the studio. I love it when I look at the monitor and shots are coming out nice. I'm in awe when it looks out of the caliber of what I thought it would because it means I'm growing, I feel like I'm really doing something. It makes me feel like I am learning and will one day have all the skills and experience to do everything I love with my own hands."

**Tell me about this specific piece you're featuring.**

I am featuring one of my portraits of Cameron Mayer (junior, speech-pathology and audiology). It was the first time I was intentional about what I wanted and used the skills I had learned to create what was in my mind. The results came out better than expected because Cameron has such potent energy and presence that really came out in the photo. Personally, I feel like this photo was the starting point for me. It makes me excited and is maximizing my drive to learn more so that I can show everyone what it is I've been seeing in my mind all along.

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

## ARTS & ENTERTAINMENT

# Música para el Alma or Music for the Soul

Hannah Cruse 10.08.2020



Photo by Public Domain

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It's safe to say that Latin artists and songs have been dominating the global charts recently and it's time to give them their due. Their music is now played on radios everywhere, helping the American community expand its musical taste. Here's a list of five recommendations from your fellow AU students (including myself) if you're a newbie to Latin music or need some new music on your playlist.

1. If you are new to Latin music, I would first recommend J Balvin. You probably have already heard his music on the radio, such as "Mi Gente" or "Que Calor". Deemed the "Prince of Reggaeton," he was just named in Time Magazine as one the 100 Most Influential People of 2020. Leading the Latin Grammys with 13 nominations, he has a global audience that loves his music and infectious beats. His songs are really fun to listen to and have a universal appeal.
2. Maluma has definitely made his stamp on reggaetón. Crystal Collins (sophomore, psychology) told us that, "I love his fun beats and lyrics; he's so fun to dance to." She especially would like everyone to listen to his song HP "cause it's about being young and free and enjoying life as a woman."



3. Nathalie Batres (sophomore, psychology) recommended “Amor Eterno,” by Juan Gabriel. This beautiful ranchera, played typically at funerals and memorials, expresses the loss and love of a person who has passed. It’s heartbreakingly lovely to listen to and might bring some tears to your eyes, so prepare for some waterfalls.

4. Rosalía exploded in 2018 with her album *El Mal Querido*, a concept album retelling the Occitan story of Flamenca, an abused wife, with each track a chapter in her story to freedom and strength. I love her hauntingly beautiful voice and her passion for flamenco. If you like a bit more of a traditional take on flamenco, her debut album *Los Angeles* is full of chilling cantes.

5. If you’re feeling a bit more nostalgic, might I recommend adding “Atrevete-Te-Te” by Calle 13 to your playlist. With a cumbia beat and catchy lyrics, you will be dancing and singing along in no time. This song is absolutely timeless and will have people dancing for years to come.

Así que este es el momento de sacar tu teléfono y tus altavoces y bailar como nadie está mirando. No te preocupes, no vas a estar solo.

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#### *[Signal Boost](#)*

**Alannah Tjhatra**

This article no longer exists.

# Ideas

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[\*An Defense Against Burnout: Why Meaning Matters\*](#)

Adoniah Simon

This article no longer exists.

## IDEAS

# Remembering RBG: Part Two

The Current State of the Court

Lyle Goulbourne [10.08.2020](#)



Photo by Public Domain

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Following the death of Supreme Court Justice Ruth Bader Ginsburg on September 18, many Americans shuddered as they understood the divisiveness of the political battle to ensue. In the modern era, the Supreme Court has been an extremely powerful branch of government that has ruled on a wide range of issues, including abortion, healthcare, immigration (Dreamers), affirmative action, civil rights, and even who becomes president (Bush v. Gore). Because of its importance, a primary focus of the both parties has been to fill the American judiciary with voices that reflect their respective values. By quickly holding a vote in the coming

weeks and replacing Ginsburg with a conservative justice, conservatives could hold a commanding 6-3 majority in the Supreme Court even if they lose in the 2020 election. This supermajority could dismantle a plethora of the Democrat's initiatives for decades to come, and as a result Democrats have claimed they're putting everything on the table to try and prevent President Donald Trump from confirming a new justice just days before the 2020 election (Dorman, 2020).

One could claim this fight began when the Republican-controlled Senate blocked the appointment of Merrick Garland to the Supreme Court following the death of Justice Antonin Scalia in February 2016. At that time Republicans claimed since it was an election year, the people ought to decide who should fill the seat. Here we are in 2020, deep into an election year where Michigan and other states have already begun early voting, and that argument is no longer being made by the Republicans. Instead, they argue that since they control the White House and the Senate (the two governmental bodies that appoint Supreme Court Justices), America has given them complete authority to appoint Justices, unlike in 2016 when Democrats held the White House and not the Senate (Snell, 2020). Now on first reading these may sound like convenient claims that were really just said to increase power. On second reading you would realize that they definitely are (in my humble opinion, of course). However, at this point there is not much Democrats can do to prevent an appointment as they do not control the White House or the Senate.

President Trump has nominated Judge Amy Coney Barrett, and Republicans have vowed to confirm her as a Justice before the election. Republicans have just about won this battle. They will hold a 6-3 supermajority on the Supreme Court even though by popular vote, Democrats have won 6 of the last 7 presidential elections, and the 47 senators in the Democratic "minority" represent almost 11 million more people than the Republican "majority" (Brownstein, 2020).

Sidenote: I know, these institutions weren't meant to be purely representative, but it just seems odd that the less representative bodies are the ones appointing justices.

In retaliation to the Republicans rushing through a Justice, some leading Democrats have suggested they would add more seats to the Supreme Court if they win the 2020 election, but it doesn't take a genius to understand what Republicans would understandably do the next time they win. So is there a way to standardize the process of appointing Supreme Court Justices that is slightly more democratic and less morbidly reliant on which year a Justice happens to die or resign?

One suggestion for how to fix the Supreme Court has been to set 18-year term

limits on the justices rather than giving them a lifetime appointment. This would be done on a rotating basis, so every 2 years a Justice would leave and the sitting president could nominate a replacement. However, this solution still makes the courts a significant factor in every presidential election rather than isolating them from politics. Another suggestion has been to fundamentally change the composition of the court by having Democrats and Republicans choose 5 Justices each, then those 10 Justices appoint 5 moderate Justices to form a total of 15. I personally like this idea the best, as it seems the most fair for all parties involved. However, the trouble is in the details, as one might wonder why Republicans would willingly give up their power over the courts after already winning the fight. I believe change is the only viable option, as the court is currently on a path towards illegitimacy.

The courts have no real power in the form of armies or sanctions; instead the power of the court is in being respected as a legitimate and fair institution. The more the court is seen as just another body engaging in partisan politics, and the more its membership is seen as just a series of coincidences regarding when vacancies open up, the less clear it becomes why those who are democratically elected should respect the court. Reforming the court will not be easy, but it may be the only way to preserve the valued institution.

# The Last Word

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## THE LAST WORD

# How Does it Change Us?

Daniel Self [10.08.2020](#)

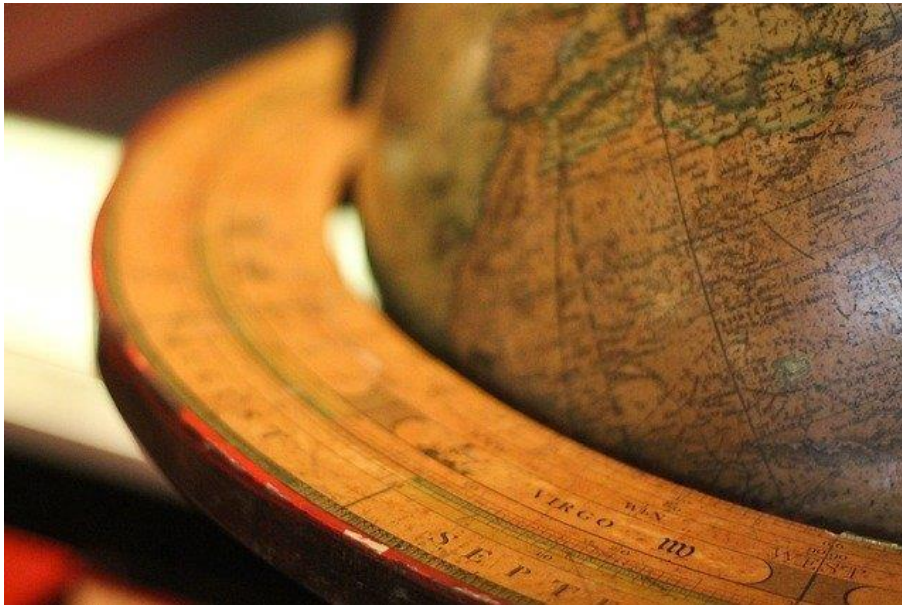


Photo by Public Domain

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“Travel isn’t always pretty. It isn’t always comfortable. Sometimes it hurts, it even breaks our heart. But that’s okay. The journey changes you.” - Anthony Bourdain

My childhood involved more planes than it should have. My parents loved traveling, and in-part to my mom’s worries about leaving us behind, my sister and I were almost always brought along for their excursions. On each embarkment, new faces emerge with their own set of presuppositions and the indelible memories that some left behind. It’s a common question in cognitive psychology: are human beings truly a clean slate or from birth or tainted with some expectations and axioms about the world around us. In hindsight, these kinds of questions fundamentally drive my recollections of travel abroad.

A few years before attending Andrews, my father and I went to the Maldives, an island chain off the coast of India known for its absolutely incredible fish diversity as well as manta ray and whale shark populations—the two of us are avid scuba divers and the opportunity to encounter such pelagics couldn't be passed up. The diving was sensational, everything we could hope for. But even life's highest moments cannot occur in a vacuum, nothing shields them from the very real tragedy of life. Upon boarding our live-aboard, a boat which fifteen to twenty people may live on while diving, our captain provided his welcome speech to the new guests. However, as we quickly recognized, he was heavily intoxicated—and as we'd come to find out, also high on multiple narcotics. Within a matter of minutes, one of his supporting officers brought him away from the spotlight and he vanished. Moments later still, a Maldives police boat docked beside our vessel and we observed the transfer of our captain to their authorities. Upon returning to port after our week of diving, we were informed that our captain had been sentenced to fifteen years in prison—plus an additional two years for failing to comply in providing a drug test.

The Maldives' legal system works under Sharia law, a legal code that most Westerners associate with particularly violent and seemingly exaggerated legal punishments. The legal system, for our captain at least, worked unbelievably swiftly in determining his sentence with little consideration for appeal: a man who I believed to be in his late twenties, would go on to spend the next decade and a half of life in a prison. A victimless crime, to be almost certain, that would likely receive little more than a slap on the wrist in most American states.

But we aren't given Edward Said's *Orientalism* at birth. How could my teenage self reconcile what appeared to be a clear reinforcement of the West's construction of the Islamic Other? Or is it true, that maybe our attempt to counter the work of our ancestors' colonial project allowed the glossing-over of genuine atrocities against very real people? Even now, in assessing the justness of their ruling, I turn to the West's legal principles regarding marijuana and alcohol. Certainly, you cannot ignore the structural and systemic differences, that the Canadian and American constitutions base their understanding on Enlightenment humanism—that of Rousseau and Locke. Comparatively, Islamic jurisprudence still heavily relies on the Qu'ran as well as secondary accounts from the Prophet. It's a very cursory examination, but it's these systemic differences between how states form their legal systems that guide very real legal decisions centuries later. I believe that we carry an ethical burden to be holistic and honest in personal determinations like these, it remains all-too-easy to simply rest on your presuppositions and only

look for cases that confirm them. And yet, how does one react when their only lived experience with a particular entity—in my case, the Sharia legal system—exactly confirms our cultural presupposition?

My father, a physician in Western Canada, began a medical humanitarian team with many of his fellow Canadian colleagues when I was very young. For about five consecutive years, my parents would travel to Nicaragua and in-coordination with state health officials, my father and a team of doctors would perform surgeries and train Nicaraguan medical personnel. I was young, maybe between the ages of nine and twelve, when my parents brought my sister and I down for two of these trips. During our stay, we would often spend time around the compound with occasional cultural trips to nearby cities after my father would finish his day of operations. These moments proved formative, as I remember in the most undeveloped sense recognizing the raw power of class disparity and absolutely soul-wrenching poverty. But through a child's eyes, these sensationalized adjectives were understood simply that these people must have harder lives than I. At this same time in my childhood, I was highly sensitive to the well-being of animals—and to this day, I still am. Insulated from true poverty, even the rare occasions of it in Canada, had allowed the empathy typically reserved for the downtrodden human condition to transition to creatures whose living conditions seemed to harm their quality of life. As I recall, the heart of a child recognized injustice in Nicaragua and my hindsight reminds me that I desperately missed the point.

Our breakfasts consisted of rice and beans, often with additional pork or beef. Every morning, I'd take my leftover meat and I'd put it in a plastic bag and take it out to one of the many local emancipated dogs who roamed the streets of Nicaragua. I recall, on the second or third morning, being scolded by one of the cooks, "how can you feed these dogs when there are people here who cannot feed themselves?" It's a powerful question, even more so when articulated by a local, a person who's entire lived experience was spent amid these conditions. At the time of our medical trips, the lives of many rural Nicaraguans was tremendously difficult. Decades of American interference into Nicaraguan politics and subsequent non-democratic terms from men like Anastasio Somoza and Daniel Ortega left parts of the country economically disenfranchised and impoverished. The reason, I believe, that animal mistreatment has always touched me differently lies in animals inability to articulate issues for themselves, and their relative incapacity to better themselves in the face of human advancement into nature.

Bourdain rightly identifies that travel changes us. The struggle with travel, however, remains the sample size of the experience. If one was to assume that my experience in the Maldives would be representative of daily life, it would create difficult presuppositions to reconcile. In truth, what I saw likely indicates the harsh potentialities of their legal system, but probably not a common occurrence. It's a duality to some extent, where travelers often begin on the most sanitized vistas and moments while avoiding experiences that may be indicative of an area or people's actuality. Of course, exceptions occur, where aid workers seek out locales decimated by natural disaster or economic downturn; but again, the same issue of sample size emerges. When we leave our normal, the realm that we inhabit most-often, the experiences we have run the risk of being anomalies. And yet, an epistemic question remains, 'how do we know that the events we experienced one time are (a)typical?' This may seem like an abstract question, but I believe our (often limited) experiences with the Other fundamentally impact our perspective upon return. When talking about political phenomenon in the Middle East, or hear North Americans discuss Islamic law, I always must balance my lived experience against my training in political science. It's the ability to alter one's perspective and knowledge, I believe, that gives travel such an allure. The fundamental issue, however, remains that upon arrival, not even the traveler can determine how and why they are to be changed—just that they will be.

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