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The Student Movement v. 105 (2020-2021)

Student Movement

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## The Student Movement Volume 105 Issue Issue 5: Artist Spotlight: Jel Tamayo

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*See next page for additional authors*

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## Artist Spotlight: Jel Tamayo



Photo by Jel Tamayo

## News

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### NEWS

# Andrews University Transitions to Dynamic Campus

Taylor Uphus [10.14.2020](#)

Over the last couple of weeks Andrews University has transitioned to using Dynamic Campus, a third party company, to handle the IT services at Andrews University. Due to the increasing complexities of information technologies and

needs of the campus, Andrews University has decided to outsource the management of the IT services. Dynamic Campus has been working with faith-based higher education organizations for over 20 years, making it, according to some, the outsource company of choice. However, with this new transition comes a variety of opinions and questions of what the pros and cons will be for Andrews University, its staff and its students.

The transition placed ITS employees in a situation where they could continue working as new employees for Dynamic Campus or resign. While some employees have decided to remain on campus and transition to working for Dynamic Campus, several employees have been moved to other positions or resigned.

Two of the individuals who chose to resign were Dan and Lorena Bidwell. Lorena Bidwell has been the Chief Information Officer at Andrews University for many years. Along with the Bidwells, three additional client services individuals have resigned. As a result of these resignations, Russell Murnighan (graduate student, seminary), a Contact Center Technician, explained, “there may be delays in hands-on needs such as fixing laptops. Students and staff will have to be patient in getting their requests processed during this transition.”

Additionally, student workers for ITS have been allowed to continue on as Andrews University employees. Murnighan explained, “This transition does not affect my position and the position of other student workers.” However, while the student workers were able to keep their jobs, there is speculation that there will be fewer—if any—positions in the future for hiring new ITS student workers. One employee stated, “I imagine there will be fewer roles like mine in the future.” Therefore, there appears to not only be immediate, but long term effect for both staff and students as a result of this transition.

While parts of this transition may not initially seem entirely positive, the University is stepping forward to improve and move with the times. One employee explained that since Dynamic Campus is a larger entity than the original ITS team, the hope is that Andrews will have access to resources they did not have before in times of distress. Therefore, Andrews desires to enlarge their IT abilities and be able to provide the University with the services its students and staff need. Andrews hopes that this transition will help protect and provide security for Andrews IT systems, improve the efficiency of services on campus, and lead to a higher level of communication across campus. The full benefits or shortcomings of the Dynamic Systems move will only be apparent after some time.

## NEWS

# ASIS Holds First Vespers of Fall 2020

Joelle Kim 10.14.2020



Photo by ASIS CLUB

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Amongst a handful of events also occurring on October 9th, the Andrews Society of Indonesian Students, or ASIS, held their first official event of the semester—a Friday night vespers program, led by the ASIS officers and members, in the Pioneer Memorial Church (PMC) Youth Chapel. Upon entering, the first notable change was the socially-distanced chairs, to be expected with Michigan’s strict COVID-19 regulations. People slowly filtered through the door; the first ten occupants received a pack of Indomie, which is one of the staple Indonesian instant noodles. Although the seat capacity was 40 people, the worship was no less impactful. Daranthea Atmadja (junior, biochemistry) commented, “It’s been a while since I saw other people. It was nice to have a relaxed, chill worship.” At 6:30 p.m., the event commenced with a prayer by Richla Sabuin, alumna of Andrews University and one of the co-presidents of ASIS.

After prayer, Ms. Sabuin greeted those in attendance and invited the praise team to begin the praise portion of the vespers. The singers, pianist and guitarist led out in a handful of songs, calling the guests to a harmonious worship. Next, she started the program with an icebreaker event, instructing attendees to divide into three

groups according to their seating arrangement. Each group was told to share a blessing that had happened to them that week, and upon completing that, to come up with a skit for other groups to guess. The blessings from each of the skits were guessed correctly and the worship continued with lighter spirits.

After the icebreakers, one of the ASIS members went on stage and performed special music on the ukulele. Following the special music was a personal testimony. Both related to the theme of the vespers, "Connection." Alef Sabuin (graduate, business administration) gave the message of the night, also correlating to the theme. "A major question I wanted to answer," he noted afterwards, "was whether or not being affiliated means that you are connected with the person or thing you are affiliated with." He connected the stories of Samson, Balaam and Judas and answered his query, showing that, although these Bible characters claimed to be affiliated with God or Jesus, they were not "connected" with Them, as their purposes did not align with Theirs. He directed the attendees to a specific phrase in John that showed the tool to "connect", that being "If you love [Jesus], keep [Jesus'] commandments" (John 14:15, NKJV). Kimberly Supit (senior, information systems), said she enjoyed the service and "the opportunity to have in-person worship, because it fosters a lot of community and intimacy with each other."

ASIS will have more events soon, all of which can be found on their Instagram page, @au.asis.

## NEWS

# Students Participate in Andrews University Vote Week

Caralynn Chan 10.14.2020



Photo by Public Domain

From October 5-9, blue and red posters plastered around campus announced, ‘make your voice heard in 2020, vote week.’ The posters featured a QR code that students could scan to find an Andrews University webpage urging individuals to vote. The administration encouraged students to sign up to vote for the upcoming general election in the United States. There was a booth set up beside the Student Campus Center, where US citizens who were eighteen or older could register to vote.

Anita Rutlin and Jane Raymond were at the booth. They were part of the League of Women Voters in Berrien and Cass county. It is a collective of individuals who are non-partisan and visit high schools and universities to raise awareness about voting among prospective new voters.

Ms. Rutlin, president for the Berrien and Cass County League of Women Voters said, “Voting week was established by the Student Life office and Michael Nixon so that students can register to vote during this week.” Concerning why she decided to be a part of the Berrien and Cass County League of Women Voters she stated, “It

is important to be an informed and educated voter.”

Many young individuals are deciding to vote this year in the election on November 3, and Andrews students have signed up on and off-campus. When asked about his experience registering to vote for the general election at Andrews, Arthur Nagy (graduate, theology) stated that “it was okay due to his schedule and class periods. [He] was thankful for the opportunity to come and register because he did not have class on Friday. It is great that voting week at AU was a week instead of just one day.”

Indeed, many students are grateful that Andrews is encouraging students to vote and make their voices heard. Lily Burke (sophomore, anthropology and english) said, “If you are eligible, to vote in this upcoming election is not only your right, but it is your duty. I want to encourage potential voters to think of the people who have fought and sacrificed, in diverse ways, for us to have this right, and also to think of the people who don’t have the right to vote. I want us eligible voters to internalize how much of a privilege the right to vote is, and to recognize that it is their duty to exercise that right.” It is clear that some critical issues and topics are at stake in this election, and your vote will affect the U.S. for the next four years and beyond.

## NEWS

# The Andrews University Symphony Orchestra Performs “Awakening” Concert

Jenae Rogers [10.14.2020](#)

On this past Thursday, October 8, the Andrews University Symphony Orchestra performed their “Awakening” Concert in the Howard Performing Arts Center (HPAC) conducted by Dr. Chris Wild. Because of COVID-19, the Symphony Orchestra live streamed their event over Facebook. The live stream allowed people to watch from all over the world including Argentina and the Philippines. Over a hundred devices watched the concert live. Many alumni and family members joined to watch the concert. Dr. Wild commented, “By broadcasting our concert through Facebook we were able to connect with many more listeners than is



typical of our concerts. Within the first twenty-four hours of the live-stream, approximately 4,000 people had viewed the video.”

Most of the performers wore masks or modified masks based on their instruments. Dr. Wild said, “We’re very fortunate that our concert hall happens to have a choir loft that is connected around to the balcony, creating lots of room up high and to the sides where musicians could sit.”

A first violinist, Samantha Cardwell (freshman, music), said, “It was a weird experience because there was no audience, but I still felt excited because we were performing live. After every song, our conductor would clap and make us laugh. The vibe of the room wasn’t tense, but enjoyable.” Another performer, Wesley Martin (sophomore, physics, computer science), said, “Performing in front of a few cameras is quite different from performing for a live audience. On the one hand, there is less pressure on you because you can’t see the people watching. On the other hand, it feels kind of silly to stand to the applause of a couple cameramen and no one else. Overall, though, I’m satisfied with the performance, and the changes we had to make due to Covid weren’t a big deal to me.”

The performance was based on the theme “Awakening.” A total of five pieces were played by the Symphony Orchestra with a half hour intermission in the middle. The first piece, “Mother and Child,” composed by William Grant Still, expressed the picture of infancy and reliance on others. “On the Beautiful Blue Danube,” composed by Johann Strauss II, is a very famous piece about a morning of the Danube River in Vienna, Austria which expressed joy. Then, the third piece, “Jota,” is composed by Manuel de Falla in his ballet “The Three-Cornered Hat” and shares the excitement of dance. After the intermission, the Symphony Orchestra performed “Finlandia,” composed by Jean Sibelius, which expressed courage and hope coming from dark times. “Russian Easter Festival Overture” conveyed an Easter weekend as composed by Nikolai Rimsky-Korsakov.

One student who attended the concert over Facebook live, Jasmine Smith (junior, criminal justice and psychology), said, “I really enjoyed the performance! It was amazing to see how the orchestra was able to still perform beautifully under the circumstances. My favorite piece from the performance was the second piece.” Overall, the concert was very beautiful and successful.

To watch the concert, you can go

to <https://www.facebook.com/watch/?v=1053451141781212>. Also, the Department of Music plans to hold another program on Saturday, October 24 at 8pm. The Wind Symphony will be performing a “Songs of the Sea” concert. Keep watching for more information.

# How to Stay Eco-Friendly During the Pandemic

Gloria Oh [10.14.2020](#)

During the Coronavirus crisis, we are getting more aware of the environmental problems while, ironically, using more disposable and single-use items than ever. Today, I would like to share a few ideas on how to stay environmentally-friendly during the pandemic.

### **1. Use your own bag and utensils when taking out food from the cafeteria.**

Before leaving your room to get food at the cafeteria, take your bag and utensils with you. Hundreds of students visit the cafe every day for breakfast, lunch, or dinner, and if we choose to use our bag and utensils, it will save thousands of plastic bags and utensils each week. If you end up using plastic bags, don't forget to reuse them as trash bags or in some other ways.

If you eat Gazebo food frequently, try to recycle their plastic containers as much as possible. Make sure to clean out all the food particles left in the container, wash them, and dry them before throwing them into the recycling bin. Be responsible for the food you purchase by reducing food waste.

### **2. Eat a plant-based diet.**

If you are living on-campus, you will most likely be living this suggestion already. However, I strongly recommend you to continue that diet even when you are off-campus or eating out. It is now a well-known fact that the animal industry, especially cows, contributes a lot of methane and causes massive deforestation. We are living in a time where consuming excessive amounts of meat has created an abnormal environmental ecosystem. So, let's not think about what was natural hundreds of years ago, but what actions are "natural" to take for us living in the 21st century. Eat less meat; eat less dairy products!

### **3. Cut the straps off after using disposable masks.**

The masks that have been protecting us have turned out to be a significant hazard to wild animals, especially birds. Many people have found them tangled up by the mask straps, causing many animal welfare organizations to urge the public to take an essential extra step when dumping the masks. So make sure you have your scissors available next to your trash bin to remind yourself to snip the straps! An even better option is to use the reusable masks that Andrews University gave you when the school year started.

### **4. Support candidates that promote environmental causes.**

It can be easy to keep your interest outside of politics, but you should pay attention! If one person can make a difference for the world, how much more do you think the country, states, and the entire nation can make? Pay attention to the pledges the parties are making and check the candidates' records to see if they have continued efforts for the environment.

Any US citizens who are 18 years or older are eligible to vote. If you are from Michigan, you can still register to vote for the upcoming November 3rd presidential election (In person: November 3rd, Online and Mail: October 19th). Vote, vote, vote!

### **5. Use more, buy less.**

With Amazon and hundreds of online malls accessible today, we might compulsively buy unnecessary things, or things we might have in our closet, drawers, or cabinets. Before you purchase anything, first of all, wait for 30 minutes. If you still can't get that item off your mind, ask yourself these three questions: Why do you need it? Do you not have any similar items? Is it something I can borrow from someone else?

If you still find yourselves needing to buy that specific clothes, phone, book, or whatever that may be, make sure to purchase one with good quality—a product you can use for a long period of time—even if it means you might need to pay a bit more. Spending \$100 once every few years will save you more money and help the environment more than spending \$50 every month or year.

Although it is inevitable for us to create waste while trying to keep ourselves safe during the pandemic, there are things out there for us to do to reduce the amount of garbage and make it less dangerous for local fauna. Many environmental crises

have happened this year but let's keep a hopeful outlook and continue to develop eco-friendly habits in our lives! We can make a difference, world changers!

## PULSE

# Paralleling the Hispanic and Filipino Cultural Experience

Alec Bofetiado [10.14.2020](#)

**When planning this event from Makarios x AFIA Vespers, what did you reflect on from your own cultural experiences?**

Yulian Tinoco (senior, spanish and psychology): In terms of Filipinos and Hispanics, we have the same type of origin. We were both colonized by the Spaniards, and so also have very similar words as a result. When we were doing the praise team set, for example, Jesus and Christo meant exactly the same for Filipinos as it did for us. The speaker for AFIA was talking about Filipinos giving everyone food. You can't go hungry. It's kind of like that with us Hispanics, with that whole family feel, the whole interdependence you have with one another. Between Filipinos and Hispanics, there's a lot of interdependence when it comes to those two cultures. For example, in terms of family, you don't think about making sure your parents are in a nursing home when they are older. That doesn't really cross your mind because you will take care of them forever. This goes back to the whole family interdependence thing and that you are not alone but have connections everywhere.

Holly Sharp (sophomore, nursing): I thought it was really cool that Makarios wanted to do a collaboration with us because our cultures do have a lot in common. So when it came to planning, we wanted to have the elements of our different languages in the service. I resonated a lot with Michelle, one of the speakers. We have similar backgrounds and similar experiences with our culture—her and I being third-generation Filipino American and raised in Southern California—which is very different from being a first-generation Filipino American. She went to the Philippines for an SM service trip, and I wanted her to speak about what it meant to her culturally. When she was talking about hospitality, for example, we

are familiar with our parents offering food to our friends here in America; but then you go to the Philippines and a total stranger does that to you. You're like, "Wow, this is Filipino culture."

## PULSE

# The GetApp Go-To Orders

Wambui Karanja [10.14.2020](#)

We all remember at the beginning of the semester when we would stand in the long lines at the Terrace Cafe waiting to eat. It seemed like hours before we would finally pick up our food. However, when the Get app officially opened and the Gazebo expanded to its full menu, things changed for the better. The app allows students to order food from wherever they are and come to pick it up at their convenience. I asked different students what their go-to gazebo orders are and these were their responses:

1. Jasmine Fraser (graduate student, nursing): Basic Burrito
2. Maya Hamstra (sophomore, speech-pathology): Breakfast Burrito
3. Nathan Fernández (freshman, undecided): Sub Sandwich
4. Jamison Moore (junior, music): Fries
5. Sarah Coleman (freshman, biology pre-med): Beyond Burger and Fries
6. Russell Harrison (sophomore, physical therapy): Beyond Burger
7. CJ Authur (junior, physical therapy): Pizza
8. Andre Crayton (freshman, pre-physical therapy): Quesadilla or Mango Smoothie with Chocolate Whey Powder
9. Konnor Settie (junior, architecture): Breakfast Burrito
10. Abby Harcombe (junior, speech-pathology): Pizza or a Breakfast Burrito
11. Priya Sigamani (freshman, speech-pathology): Vegan Breakfast Bowl with Pico de Gallo, Corn Salsa, Chipotle, and Veganaise
12. Drusilla Apola: (freshman, speech-pathology): Quesadilla

# Humans

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## HUMANS

# AU Athletics for the Year 2020-21

Coach Vondorpowski, Coach for the AU Men's Basketball Team

Interviewed by Fitz-Earl McKenzie II [10.14.2020](#)



Photo by Julia Viniczay

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### **So how does it feel gearing up for the new season in light of COVID-19?**

Oh, we're very thankful that we're even able to play. Because we understand the severity of this situation, we can't afford to pass COVID-19 around to anybody. So we've been held to a really high standard, which is understandable. Our guys are willing to do anything so that they can play, and it's really awesome to see. They'll go through any restriction--we're practicing with masks on... we're never in the gym without a face mask on. There are just a whole lot of requirements that we have, and what's really cool is that they are willing to do anything. They're strictly

adhering to what we're asking, and it just shows a lot about their heart. So, I'm excited about it.

### **How has your approach to the season changed?**

We still don't even have a schedule totally set because some teams are dropping out, and on the other side, we have a whole lot of different teams sending requests to play us because their schedules are constantly changing as well. So our athletic director is handling that. But in terms of preparing for the season, we are preparing for our first game at the beginning of November, and we are going at it as strongly as we can. We're going through the same regimen; the conditioning, the strength, the skills training, the play development, and so we're not changing just because of the situation, but it makes it a bit harder, obviously. But we're still going through everything and our athletes are responding very well.

### **How is the morale of the team in light of these constraints?**

I actually thought there would be more complaining, because as you can imagine, not every teammate agrees on the rules that they have to follow. But we told them: "Hey, if you want to play, this is our set of rules," and they said, "okay." So the morale has been pretty positive, and I actually couldn't be prouder of these guys. If we asked them to go outside and pitch a huge tent outside, it's like they wouldn't even ask why... they'd just get it done. They'll do anything to play, and they have this positive attitude. They're just thankful to be able to play basketball, and that's exciting to a coach.

You almost feel...you almost wish that a news group like yourself could do an article on them because their attitude is truly amazing, and I don't think it's just what we're asking our student athletes, by the way, I think the whole campus. I've heard from different teachers saying I can't believe what you all are doing now. You're interviewing me; you have a mask on; how obedient our students are. How you're taking this thing so well even though you'd rather not have it be this way, so I think we just have a great group of students at Andrews University, and I'm grateful that my basketball team is part of that group.

### **Is there anything that you would change about the restrictions or how the administration has handled athletics?**

Wow, that's a good question because I am not a medical doctor. But from what I understand so far, I wouldn't change much. Perhaps the one thing that I would change, a very small change, would be how we leave the gym; we can't leave out of

the front door. Because they do not want us passing anybody, which I understand. So the ladies are in on one side of the basketball court, getting ready for their practice, and we're leaving, so we have to leave out the back. By the time that happens, we were exchanging on opposite ends of the whole court. So it just feels a bit odd that they can't walk through this other door and out if there's no human being there, but I understand the overall principle, so we abide by it. But I guess one thing that I would say; I would let the guys walk out the front door when no one's there. But adding to that, the door that we would like to exit out of would really be an entrance, so I really do get it. It's more than just a basketball program we're talking about.

**Is there anything else you would like our readers to know about the basketball team or you as a whole?**

One of our advantages is that we have this great home crowd. We usually draw more people to our games, and other teams draw to theirs. When we left Johnson Gym, some of the coaches said to me: "boy, you're kind of losing your home court advantage." but I tell you what... last year, our new gym was just as loud, and it was really awesome to have that support. We don't know what restrictions there will ultimately be on who can watch the games, and the governor and the legislators in Michigan are battling each other about how many spots and people can come in, and even if they set the rules, we at Andrews University have to set smart rules, so it's still being worked out. But there's a chance that at the beginning, we can't have any spectators until maybe we're allowed x amount of people... I don't know. So what I ask is if we could still support the team as much as possible. We'll have it streaming online, and we'll make places available to see it off campus, where small groups can gather. But when we do allow it or if it ever gets to the point where we can have some people in, we'd really love the support of the school because our guys are working really hard, and we want to share that effort with the school because it makes such a beautiful game situation.



## HUMANS

# Checking in with Honors: 2020-21 Plans

Lauren Butler, Student President of JN Andrews Honors Program

Interviewed by Terika Williams 10.14.2020



Photo by Lauren Butler

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### **How has it been settling into being President of Honors during this crazy year?**

It's been so great being able to see everyone back on campus! I've really enjoyed working with Dr. Pittman and the Honors Officer team, many of which are Juniors like myself, to make this year just as special as those in the past despite the challenges we face. We have so many awesome freshmen in the Honors Program, but it's been more difficult to get to know and recognize everyone due to the pandemic. Hopefully as the school year progresses, we can fellowship a little more!

### **How has the Honors Program navigated this year, especially with all the COVID 19 regulations?**

We've definitely had to get creative with the COVID 19 regulations. Before school started, the team had a few meetings to discuss how to go about events such as the buddy lunch, Agape feast and Honors Church, which typically gather large groups of people together. Wonderful ideas came up and we ended up having an outdoor picnic for Agape feast instead of hosting it in Chan Shun Hall. It was a departure from the norm, but it turned out really well, and everyone seemed to enjoy themselves while also taking precautions to stay healthy and safe. The weather has also been a blessing, as the past two events we've held have been outdoors! Quite a rarity for Berrien Springs Michigan!

**What are the upsides and downsides to creating events this year especially during this crazy year? (Consider COVID 19, social justice issues, climate change...)**

The upsides to creating events this year are being able to start conversations about these issues that need to change. Spending much of the year in isolation for some might have allowed for reflection on matters they might have brushed off in the past, perhaps. People have been forced to sit and grapple with both social justice and climate change issues and determine actions that can facilitate changes in our judicial and criminal justice systems. In addition, we must ponder ways we can foster an awareness for how our actions impact the environment in the present and future. Downsides to creating events this year are that, as I mentioned briefly before, it's more difficult to connect with people, as we have to be socially distanced from one another. Also with all that's happening combined with attending university, a high stress environment has been created for professors and students alike.

**How will the annual Honors Church service contribute to discussing the current issues in today's world?**

The theme for Honors Church this year will be centered on caring for the earth and being stewards of the planet as part of God's will for us. We hope to dispel the notions that climate change is such a vast and multifaceted problem that there is nothing we can do to help. In combining the efforts of many, change can result. As stewards of the earth we have a responsibility to ourselves and to others to improve conditions of our environment. In having these conversations, we can potentially help others to see that their actions affect the world around them.

## HUMANS

# Discussing Mental Health and the CTC with Dr. Judith Bernard-Fisher and Mindy Kissinger

Interviewed by Abigail Lee [10.14.2020](#)



Photo by Public Domain

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**COVID-19 has the world concerned about the health of the body, but what about our mental and emotional health? Do you feel like there's some things that people need to be considering?**

JF: Definitely, the pandemic has created quite a bit of a challenge for everybody. Over the past seven months, we have literally had to shift to a different way of life. We've had to learn how to do our shopping differently, we are worshipping differently, we are connecting differently and schooling differently, everything has changed significantly. And so as a result of that, stress all around the world has increased monumentally. Basically we're looking at a world and especially on our campus here with students and faculty and staff and members of the community dealing with greater levels of stress. Things have changed significantly and we have to find ways to reduce the stress and manage it well and adapt to this new way of life.

**In what ways do you think life during COVID-19 has specifically impacted students' mental health?**

JF: From the very beginning, people have been told to be socially distanced. We as human beings were created to live in communities, and the social distancing mandate created a separation. Now definitely they were talking about physical distancing—and I'd rather use the term physical distancing because socially we still need to be connected. The isolation is very difficult for people. Students who have had to go into quarantine or isolation have experienced higher levels of anxiety, higher levels of depression, because they felt like they were not part of that community anymore. We've had to reach out to students that were in quarantine, students who work in isolation, to provide them with added support so that they wouldn't feel so alienated.

MK: I think anxiety as a whole is bigger, and not just from COVID but the combination of COVID and it being an election year and social media and the media being pretty negative in general. I think just all of that is pretty heavy. So I think the level of anxiety is pretty high. I think some students have been triggered by a lot of the language being used or even having to wear a mask which can be hard just in itself to adjust to. But I think isolation is one of the biggest issues.

JF: Another thing I'm thinking about is that so much has changed, people have lost jobs, businesses have closed down, so the added stress is there. For example, students at Andrews, they're dealing with the economics of it. We still have to pay for school, our parents may have lost their jobs, and not just that, some of them have lost people to COVID so there's also a grief factor. So we're talking about isolation. We're talking about losses. Losses of employment, losses of a way of life. And we're talking about grief as well. People are grieving the loss of friends, the loss of relatives, the loss of a way of life, the loss of wages and income. So many losses. And so many of those things contribute significantly to the increase in anxiety and feelings of depression.

MK: I know a lot of students have mentioned how they haven't been going home like they normally would, even if they live not that far away. I think just the inability to do the things that they used to do, they are grieving that.

**What resources are the Counseling and Testing Center providing for students during this time?**

JF: The Counseling Center has offered over the years regular counseling, individual counseling, career counseling, couples counseling and so on, but from the time March came on, the University had to shut down and we had to transition to virtual counseling. While our students were away from school and in different places we still offered support. So over the past months the support has been through virtual counseling with students who are away all through the summer, and with provided documents such as messages from the Counseling and Testing Center periodically, so that students can get tips on how to manage, tips on how to build resilience, and tips on different things, those are some of the things that we did all throughout the summer.

Now that school has reopened we have a hybrid system, where we offer both in person counseling and remote counseling or virtual counseling. This year we also added some counselors in an embedded system. These are counselors that work primarily in a specific population. We have a social worker in Meier hall and this person spends several hours working with students there. We have another social worker in Lamson Hall, we have another one in the University Towers and we have another one who works with the apartments--where the families are here on campus. What we've done is literally taken some of the mental health support to these populations. That way, even if a student is not coming here to the Counseling Center, they can still get mental health support in an embedded environment so these mental health supporters are called "peer embedded mental health ambassadors."

In addition to that we've provided support groups. As a matter of fact, throughout the end of the Spring term as well through the Summer, we offered a virtual support group to students. We also have offered support groups for students that are in quarantine, especially for students who are quarantining in their rooms and they cannot go out during those 14 days, we have a support group that is available if they want to tap into it. It's a virtual support group, and they can connect with someone else. In addition to that, just recently we completed a video for students who may be in quarantine so that if they wish, they can download the video and they can listen to mental health counselors who are talking about how you can manage the isolation while you are in quarantine.

MK: We used to have booths on campus and a lot of events that students would be able to come to and socialize with, but now that a lot of that has gone away and since we haven't been able to do the booths because we can't do handouts, we've tried to really ramp up our social media presence. We have a social media account on Instagram at @autc. We're trying to get more people to follow us so that they

can have more tools because that is a way to try to get some more awareness. We started even doing live videos where we are like “hey, send us in questions and we will provide answers for them” and I think our next Instagram live will be on domestic abuse. We are also putting up signs; you've probably seen them on the lawns. We do that to help students that are walking to class see the signs so that they have more awareness. We're also working with Student Life and the Wellness Center to try to provide more activities for students because I know a big concern is that a lot of students aren't making friends like they used to or are not having as much of a social outlet, so we're trying to work together to provide more opportunities. Loneliness is often a precursor to some depression and anxiety because when people feel alone their symptoms might get worse.

JF: October tenth is Mental Health Day. We've asked the churches on campus to make mention of mental health, for example we are receiving invitations to talk about mental health issues in different parts of the campus. Towards the end of October, I believe the 29th, we are going to be at University Towers during their evening gathering time so that we can have a panel and answer questions about mental health. What we're trying to do is pretty much have a presence in the different parts of campus so that students who are needing help can come to the Counseling Center and if they're not coming they can still connect with a mental health person. In addition to that we have put up some COVID tips on our website. So students that go to the website can access it in the privacy of their rooms and get information on how to develop resilience during these COVID-times. On our website, students can access different types of assessments. For example, they can take a survey and find out if they are at risk for depression or anxiety. Especially with COVID, people have had to deal with so much that sometimes they end up engaging in addictive behaviors, whether it is gaming or substance abuse, so we have some assessments that students can access in the privacy of their homes and rooms. And if those assessments do show that they are at risk, they can call the Counseling Center, come in, and talk to a counselor.

**Do you have any general advice on how students can maintain a healthy mind during this unprecedented school year, and tackle common issues that have arisen like loneliness and burnout?**

JF: Everything that we know about humans tells us that we are resilient people. The way we were created tells us that we have thousands and thousands of genes and neurons that are regenerating on a daily basis. We have what it takes to adapt and to survive this combat. And yes, as humans we were taken aback because we

weren't expecting it to happen. We may not have been ready for it and there are lots of changes that have occurred in our lives. The isolation is difficult, yes, the changes are difficult, yes. However, I think that it's important for us to believe deep down in our hearts that we can not just survive this but thrive beyond it.

There are a few things that can be helpful to us. We've got to think about ourselves from a holistic point of view, and that means that we've got to take care of our bodies. That means getting enough sleep, that means getting enough hydration, that means getting enough nutrition. It also means remaining in a positive attitude and one of those happens to be starting each day with a thought of gratitude. There's a lot of research that suggests that when people turn on their gratitude, they tend to do a lot better with managing challenges. So in other words, current students at the beginning of every day, think about something you're grateful for and that in itself will help to turn the tone of your day. So there are lots of strategies and there are lots of resources that are available to students.

MF: I think the only other thing I've done a little bit with clients is to check in with their self talk in their heads. I think sometimes there's a habit of being really hard on ourselves when we're not doing well. What if your friend felt this way? A lot of times there's so much grace given to the friend like, "You know COVID is new. It's really difficult and it's okay that you're having a hard time" but then if you listen to their own mental talk, it can be a lot of negativity of "What's wrong with me. Why am I like this? I need to fix this." It sometimes increases your depression and anxiety. So checking in with your own self talk to make sure it's not shaming yourself and to give yourself some grace because this is a difficult time. It's okay to struggle sometimes, and to open up to someone, whether it's family or friends or coming to the CTC, I think that it can all be really helpful for feelings of loneliness.

# Arts & Entertainment

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## ARTS & ENTERTAINMENT

# Filipino Artist Spotlight: Jel Tamayo

Megan Napod [10.14.2020](#)



Photo by Jel Tamayo

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### What got you into graphic design?

When I was in middle school, Tumblr was a very big thing. I would see so many people posting their artwork and there were just some really nice art and graphics people would put up, and I thought it was the coolest thing ever. Right around the same time, I got into reading a lot of books. I usually only read books that sounded interesting and those with really awesome book covers. From then on I just began to become curious about how people were able to make such beautiful graphics. So from there, I started watching tutorials on youtube and paying more attention to different styles I like--and here I am today, still teaching myself.

### Do you have any inspirations for your style?



I wouldn't really say that there's a specific thing that inspires my style and I don't want to say I have just one style. Because I'm not really an artsy person, I always look to other artists and just anything in my surroundings that I could possibly use. However, I do think I specifically love minimalistic styles, things that look clean, simple, elegant, and sometimes cute.

**What is your favorite part of doing graphic design?**

My favorite part is just being able to make something that I'm proud of. The best moments though are when I make something and someone actually notices and appreciates my work. It feels nice that I'm not a professional but I am being recognized.

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

I'm featuring a piece that I did with a friend of mine, Ben Hiramoto (AU 2020, biology). It was supposed to be art for the Pilipino Culture Night (PCN) for last year. Unfortunately, because of COVID-19, we were never able to show our work. This piece is supposed to represent the main character who was struggling to make connections between her life in America and the life her family had in the Philippines. I'm really proud of this because it was the first time Ben and I were able to make something that really represented each of our own styles and visions.

You can check out more of Jel's work on her art Instagram at @jt.faith.

*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

# Noche Latina: A Night of Music, Poetry, Dance, and Culture

Megan Napod 10.14.2020



Photo by Jocelyn Rico

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Last Saturday, October 10, the Andrews University Latino Association hosted Noche Latina. This was their final event celebrating Hispanic Heritage Month and it was big. Held at AU's main outdoor event area, the Marsh Hall white tent, the event was filled with bright lights, flags, joyous music, and the pure spirit that came from each student attending.

I talked to the president of AULA, Nathaly Manrique (senior, biology, spanish) and the event planner and graphic designer, Loren Manrique (sophomore, animal science), who planned and executed the event to get their thoughts on how they thought it went.

Nathaly said that "During the event, we were able to see all our efforts and planning come into fruition. It was very rewarding to see people enjoying the music, food, and also interacting with each other. We wanted the event to feel like a "fiesta familiar " (family get-together), and it did just that." She said that her favorite part was "the two spoken word acts that we had really touched me, one by

Eddy Montalvo (senior, theology) and one by Grecia Castillo (junior, communication) and Victor Sobalvarro (sophomore, biology). Through them, I was able to appreciate different perspectives of what it means to be Latino/a in our current environment and learn a little more about each other.” Nathaly also explained that “The theme for Hispanic Heritage Month this year is Unidos, and on Saturday night we were able to come together and celebrate our differences and similarities.”

Loren said that “it was definitely a challenge up to the last minute when everything finally came together.” She also explained, “I loved the way it turned out to be, we fulfilled the goal we had from the moment the idea popped in our heads. We wanted to display the beauty and diversity of Hispanic culture and how we have to be proud of who we are, and all the acts did just that beautifully.” Manrique lastly said that “The culture was celebrated in so many ways, from the notes played by every instrument, to the letters of every song and poem. We showed everyone who came to the event our culture and our identity.”

Student Janine Navia (senior, spanish, global studies) thought the event was well put together. She said, “The decorations were great, I liked that they provided food, and I appreciated how homey the vibe was.” Navia also said that all the performers did an amazing job, but her favorite part was “when I was able to dance at the back of the tent with my friends to the songs that each performer would sing.” She also thought her culture was celebrated and recognized by “the flags that were put up and by the performers who represented my countries, especially William Dos Reis (senior, architecture) and Vivian Raimundo (senior, music education) who sang very well known Brazilian songs.” Navia also points out that, “Normally AULA does not include Brazilians, who are usually set aside because they speak a different language, but it was really great to see my country and language being represented in an event like this.”

Yulian A. Tinoco (senior, psychology, spanish) was really happy with how the event turned out. “People came to share their Hispanic and Latino culture with each other, happy vibes throughout the night,” said Tinoco. He expressed that his favorite part of the event was the support that was evident during the entire event. “Most, if not all the people I interacted with that night, were happy. They were so supportive of each other and genuinely hyping each other up during performances. I was just happy to be there seeing my friends participate and show off their God-given talents.” Tinoco explained that “Everyone who participated in the event showed the great pride that he or she had for their country, whether through music, spoken word, or traditional dance.” Cultures also celebrated

through what people wore. He explains that “there were some people who came with some sort of clothing that represented their country and that’s not something you get to experience every day. Joy, happiness, and great pride for one’s country, that to me is how culture is celebrated.”

## ARTS & ENTERTAINMENT

# Signal Boost

“Monday” by Evin-Nazyia Musgrove [10.14.2020](#)



Photo by Evin-Nazyia Musgrove

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Have you ever been there? There at the everything-is-going-wrong space? That dark, lonely, “God where are you?” space? That “I don’t know if I’ll make it outta this one” space? I have been there ... and in being there, I birthed my song, “Monday.” As a singer-songwriter, nothing gets me through a dark season like writing does; and not just writing, but writing from a place of “Wow, I made it out,” even while I’m still in the thick of it. “Monday” offers a change of perspective on that wretched space. As a society, we have labeled Mondays as lackluster, grim, and simply put, the worst day of the week.

The title, “Monday,” is analogous to how we feel not only about the day itself but about those dark spaces. Whether you’re just having a rough day, a rough week, or even a rough year, the lyrics of “Monday” are God’s gift to us all. I wrote this song, during one of the hardest seasons of my life, to remind myself that even on those dreary days, even in that hopeless pit, it's okay, because God has already been there. I took a look up from my situation and saw all of the beauty around me, despite my current state. I saw the friendly campus chipmunks, the way the sunlight lit up the snow, and the therapy dogs running so care-free. It all reminded me that God sees, he understands and he's there. Out of all the places he could be, he is there.

### ***Monday* by Evin Nazya [Official Lyrics]**

#### **Intro:**

I've learned to shape the mess  
Take the lessons from the pain  
Oh, the raindrops' prettier when the sky's blue  
Mondays are a little less mundane  
When I start them with You  
Just You.

#### **Verse 1:**

I watch the chipmunks chase each other in the winter  
Sunshine with snow is such a perfect gift  
Don't get me started on the furry friends with sweaters on  
She gave a sigh of bliss

#### **Chorus:**

Cause I don't need to know what tomorrow holds  
Once I know just Who holds tomorrows  
Just stay close  
Let it go  
You'll be better off  
With your plans in the hands of the One who made Mondays  
He even made Mondays

#### **Verse 2:**

I feel the sun rise up it's 96 degrees out  
A sweaty glow ain't never hurt no one  
Take a walk around the park  
To any song let me put you on  
To my secret to success

**Chorus:**

That I don't need to know what tomorrow holds  
Cause I know just Who holds my tomorrows  
I stay close  
Let it go.  
Cause I'm better off  
With my plans in the hands of the One who made Mondays  
He even made Mondays

**Outro:**

On them Mondays when you feel low and you don't know what's next  
When you're stressed out  
Truly let down  
And you're feeling so depressed  
Just remember God made Mondays  
And He knows just what's best  
You can exhale  
Cause He can't fail  
And He'll make it your best  
Monday.

**Listen to "Monday" on Spotify!**

<https://open.spotify.com/track/2exmT8pMVXuTiXTO4HOyP0?si=FbBh1VCXTiy4NLZDc3xliw>

## IDEAS

# “That’s Just Me”

Evin N. Musgrove 10.14.2020

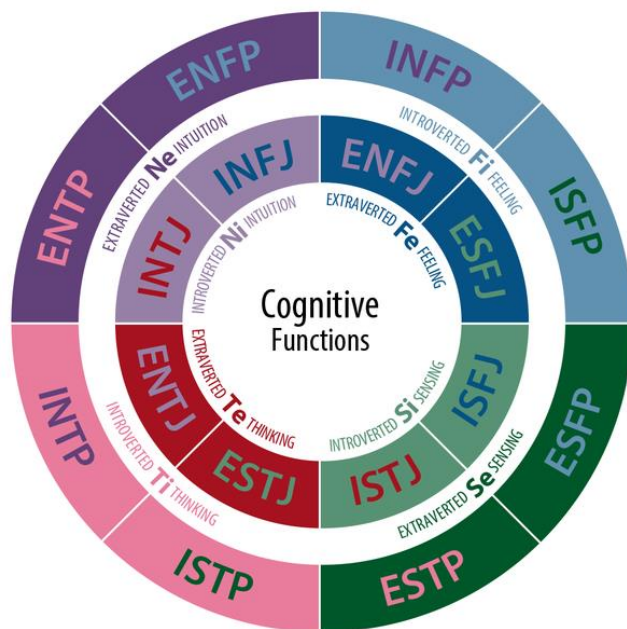


Photo by Public Domain

Let me know if any of these phrases sound familiar: “God knows my heart!” “I don’t know, I’ve always been like this.” and the ever so classic, “That’s just me!” I’ve always had a particular interest in understanding the human psyche. I’m that friend who asks her friends to take the Myers-Brigg’s Personality Inventory just out of curiosity—and to secretly connect the dots in real life, of course. Enneagram tests? In my opinion, there are few things more riveting. Personalities are a beautiful thing. They’re so unique and so complex that the MBTI and “Big Five” tests can only provide so much insight.

God specifically designed human beings to view the world differently, so I truly believe that he gets excited when we invest time in understanding how we work. After all, we are his greatest masterpiece (Ephesians 2:10). All of our little quirks and unique preferences; seeing the value in differing perspectives, it’s what makes the human experience so exciting. But what happens when we take a good thing

and abuse its purpose? What happens when I allow my INFJ-T results to dictate my behaviour, rather than aid in my maturity as a Christian? Let's talk about that ...

There are two ends of the spectrum: those who swear by personality typing and those who deem it meaningless and even harmful (Amerongen, 2015). Extensive research explores the benefits of better understanding one's personality by way of taking personality tests. Doing so increases self-awareness and overall emotional intelligence, improves and helps to maintain healthy life relationships, and aids in one's career choices (Benefits, 2013).

However, critics say that personality tests are often too vague and can serve as self-fulfilling prophecies. An individual reads results like, "Practical, orderly, matter-of-fact, logical, realistic and dependable. See to it that everything is well organized" and readily pins it to oneself, which can work to one's benefit, but can also give a false sense of one's reality (Amerongen, 2015). Psychologists describe this as the "Barnum effect"—the extent of one's gullibility, in that they quickly accept a personality description which they believe uniquely applies to them, when in fact, it can apply to the general population (Vohs, 2007). How's that for being blunt? I think the greatest harm is in identifying with a personality type's weaknesses to the extent that it becomes a safety blanket and a means to protect one's ego.; Hence the famous, "That's just me!" excuse. Yup, guilty as charged.

God knew that living in a fallen world would mean finding loopholes any chance we got, especially when it comes to protecting our own well-being. That's why the Bible speaks so heavily on denying the self and allowing Truth to dictate our actions (Luke 9:23). There are a lot of misconceptions about what God means by denying one's self. Listen, God wants you to have personal boundaries and to recognize your unique needs as an individual, but not at the expense of your identity as a Christian. As I've heard in many sermons, God will always call you out of what's most familiar, because he is far more devoted to your purpose than he is to your personal preferences.

To the extrovert, sometimes God requires seasons of isolation to quiet distractions and to teach you that your contentment can only be found in him. My fellow introvert, sometimes God requires us to give of ourselves more for the good of others, even if our feelings strongly oppose it. Remember this: God gives you what you need before calling you to a certain thing. If he's calling you to isolation, it means he's already gifted you with the spirit of contentment. If he's calling you to be more giving of yourself, it means he has already replenished your energy and given you the strength to do so. Think about it this way, why would God gift you with a unique personality if he knew it would hinder you from fulfilling your life's



purpose? Sounds a bit counter-productive, doesn't it? Your personality is meant to maximize your impact as a servant of Christ (1 Peter 4:10-11), not to keep you stagnant in familiarity.

Dear reader, do not allow labels to blur the lines of your divine purpose. Plant your identity in Christ and submit to the process of being reshaped for his glory.

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## IDEAS

# Superspreader in Chief

Lyle Goulbourne **10.14.2020**



Photo by Public Domain

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Spirits were high in the White House on September 26, as they were about to hold a ceremony officially nominating Amy Coney Barrett to the Supreme Court. This nomination would refocus the topic of the 2020 election away from COVID-19 and onto a topic more favorable for President Trump: filling the judiciary with conservatives. Before the ceremony, the 150 high-profile attendees were told they did not have to wear masks or socially distance themselves if they had tested negative that day (Jenkins, 2020). Five days later, these high spirits quickly deflated when President Trump announced via his Twitter that he had tested positive for COVID-19. Over the following week, 35 people who attended the ceremony or were in close contact with Trump announced that they too had tested positive for the coronavirus (Blasey, 2020). For comparison, over the same time period the entire country of Vietnam, home to over 95 million people, reported only 27 total cases of coronavirus (Roser, 2020). President Trump couldn't protect himself from the coronavirus, and that could severely impact his reelection campaign.

SARS-CoV-2 is a dangerous virus in part because of its ability to be transmitted via airborne particles even if the one exhaling the virus is asymptomatic. The virus is also characterized by superspreader events, where one person disproportionately infects a large number of people (Adam, 2020). There is not a scientific explanation for why some people are superspreaders, but it is clear that these events do occur. Because of these and other factors, the Trump administration should have known a ceremony packed with people was a bad idea. Instead they pushed ahead with their misguided belief that instant testing would protect them, even though the instant tests are less accurate than laboratory tests and are not designed to replace masking and social distancing (Patel, 2020).

After President Trump tested positive, he was taken to the Walter Reed National Military Medical Center. He spent the weekend there receiving dexamethasone, remdesivir, and several other drugs that are being tested as COVID-19 treatments. He was taken back to the White House on October 5 after stabilizing. One might expect a president to thank the medical staff after leaving, or empathize with and console the families of the 200,000 Americans who weren't as fortunate as him, or even allow the CDC to investigate the outbreak so more wouldn't suffer the same fate. Instead, after leaving Trump tweeted "Feeling really good! Don't be afraid of Covid. Don't let it dominate your life. We have developed, under the Trump Administration, some really great drugs & knowledge. I feel better than I did 20

years ago!” Instead of showing his humanity, Trump went back to what he does best: talk about himself while minimizing a virus that has hamstrung America.

America never should have been hamstrung in the first place, as the country entered this pandemic with vast advantages. America has the manufacturing capacity, biomedical research capabilities, expertise, and government institutions like the CDC and NIH that are the envy of the world. Even so, many of our leaders have chosen to disregard and diminish the experts. While tearing down the experts, there has been no building of a national plan to stop the virus that has killed more Americans than any military conflict since World War 2 (America’s, 2019).

The results of our leadership’s failure are clear. An outbreak disproportionately harming communities of color (COVID, 2020) has fanned the flames of inequality. Children are unable to go to school, the sacrifices made by health care workers have been squandered, businesses are unable to reopen while much of the world has reopened, and worst of all over 200,000 Americans died. America’s death rate is 2 times worse than Canada’s, 5 times worse than Germany’s, and 50 times worse than Japan’s—a country with a huge elderly population (Roser, 2020). Anyone who has so recklessly squandered lives and money is not fit to hold office, so this November we must send Trump a message he knows too well: you’re fired.

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## IDEAS

# The Vice Presidential Debate

Alannah Tjhatra 10.14.2020



Photo by Public Domain

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The September 29 presidential debate between President Donald Trump and former Vice President Joe Biden was, according to one CNN reporter, a “hot mess inside a dumpster fire inside a train wreck.” As a Canadian who wasn’t well-versed in the dynamics of political debates in America until this year, I really thought the yelling and interrupting was a normal occurrence. Apparently, this has only ever

happened with the current, special presidential candidates.

After that craziness, it's understandable that many people took in the October 7 vice presidential debate as a breath of fresh air.

This debate, which took place at 9:00 pm EDT in Salt Lake City, Utah, covered a wide variety of topics - debate moderator Susan Page questioned Senator Kamala Harris (D-CA) and Vice President Mike Pence (R-IN) on subjects such as the pandemic and the possibility of a future vaccine, American relations with China, the Breonna Taylor case, plans for the U.S. Supreme Court, climate change, tax policy, abortion rights, and law enforcement.

What was interesting was that Harris, given her immense debating skills, was quite restrained during this debate. Even when Pence went over his time to speak, Harris kept to hers. She chose to focus on the bigger picture of things rather than zooming in on the small details, effectively maintaining the Democratic party's standing with the people of America and following an important unspoken rule of vice presidential debates: do no harm. Harris spoke with a deliberative tone—seeming passionate and relaxed at the same time—and stood her ground on the issues at hand, even being bold enough to tell VP Pence, “I’m speaking,” when he would begin talking over her. In many people’s eyes, this was essentially exercising her equal right as an authoritative woman in politics and proving herself as a competent VP of the United States.

Still, some believe that she didn't really hit home with her statements against the Trump administration, often choosing to attack Trump himself rather than the organization he stands for.

For instance, when asked about the possible Covid-19 vaccine, she said: “If the public health professionals, if Dr. Fauci, if the doctors tell us that we should take it, I'll be the first in line to take it absolutely, but if Donald Trump tells us to take it, I'm not taking it.”

As the debate continued, the discussion turned to environmental issues. Harris criticized Trump for ignoring the threat of climate change and repealing environmental regulations. However, she did little to eliminate the worries people had about the Biden agenda, including raising taxes after the Green New Deal framework.

When asked about Harris's seeming deflection of this agenda, one Andrews University sophomore commented that “the Biden-Harris campaign is focusing more on feelings rather than reassuring their possible supporters about what they're agenda really is.” Is this something that Americans should be worried about?

Mike Pence, on the other hand, went in for the specifics. He addressed the issues presented in a more direct manner (though not in a completely direct manner, as is the way of politicians) and made his claims with a calm, commanding voice as he outlined the differences between the Trump administration and the Biden-Harris administration. Pence was able to point out his opponent's mistakes while driving home a variety of winning points about taxes, fracking, and the Green New Deal.

When asked about climate change, Pence remarked that "the climate is changing. But the issue is, what's the cause? And what do we do about it? President Trump has made it clear that we're going to continue to listen to the science." By providing such moderate answers to this question as well as others, Pence came across as a rational man who was backing up a rational party, showcasing Biden-Harris as extreme instead. But is this portrayal of a rational, level-headed party a true one?

With this background, one might wonder what this debate accomplished. And in the eyes of the people, who won?

Some say Kamala Harris did, her arguments full of substance and strategy. She brought up President Trump's taxes and his failure to clearly condemn white supremacy during his debate, while also refusing to take any of Vice President Pence's repeated interruptions.

Others say that Pence won, zeroing in on numerous Biden-Harris weaknesses while also managing to stay keen and level-headed in his talking points.

One thing to note is that vice presidential debates don't usually change the trajectory of the campaign, but they're still a chance to win swing voters. Many undecided voters often base their decision on persona instead of substance, and both Harris and Pence presented personas that could be argued for. Both seemed almost overly-civil in comparison to the Trump vs. Biden debate, and the night was moderated nicely. Both exuded confidence, passion, and level-headedness in their own ways. On another end, however, some saw Pence's demeanor as condescending, while others saw Harris's laughs and smirks as unlikeable. Both parties also avoided answering some questions altogether, sidestepping into other topics instead, or opting for obvious answers.

Adoniah Simon (junior, social work), commented on this, saying, "What sticks out to me most is the final question asked, sent in from a girl from a local elementary school. In essence, her question was this: 'How can we hope for future generations to get along if the current ones in charge can't?' Both gave their answers...but neither of them reckoned with the hyperpartisanship of today. Instead, they opted for the sort of easy responses that leave our generation feeling

dissatisfied and disillusioned.”

Like Adoniah, most other voters didn't appreciate the ducking of these important questions. It made people wonder if America would really be in capable hands, whichever way they voted.

“I have hope in the future, ultimately,” said Adoniah. “I just wonder how many things left over from our parents and grandparents' generations will be left to us to fix.”

So who do you believe will make the most change for this country? Who do you believe will help America grow and learn from the past as well as work towards a better future for the people? Who do you believe will fulfill that hope? Ultimately, the decision is up to you. Weigh the facts and do the research. Stay informed and be ready to vote when the time comes, because right now, the future of America is in the hands of her people.

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