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The Student Movement v. 105 (2020-2021)

Student Movement

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## The Student Movement Volume 105 Issue 6: Waiting for the Election Results to Fall

Amanda Cho

Taylor Uphus

Jenae Rogers

Wambui Karanja

Jessica Rim

*See next page for additional authors*

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**Authors**

Amanda Cho, Taylor Uphus, Jenae Rogers, Wambui Karanja, Jessica Rim, Masy Domicillo, Fitz-Earl McKenzie II, Celeste Richardson, Pearl Parker, Joshua Deonarine, Megan Napod, Hannah Cruse, Lyle Goulbourne, Alannah Tjhatra, and Solana Campbell

## Waiting for the Election Results to Fall



Photo by Darren Heslop

## News

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### NEWS

## ASIS Holds Game Night and Celebrates 75th Independence Day

For a closer look at the games, feel free to read Joshua Deonarine's article in Arts & Entertainment.

Amanda Cho [11.3.2020](#)



Photo by Yobela Kumaseh

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This past Saturday, on Oct. 31, the Andrews Society of Indonesian Students (ASIS) club hosted a game night in Johnson Gym. The club encouraged visitors to wear costumes of their favorite animated characters to the event, and to spice it up, the top three costumes would win a prize. Students arrived dressed up in costumes ranging from Appa from “Avatar” to even Dr. Doofenshmirtz from “Phineas and Ferb.” This game night was also a celebration of Indonesian Independence Day which originally was on Aug. 17, 1945, making this year the 75th Independence Day celebration. Due to the pandemic, they were unable to properly celebrate their Independence Day on Aug. 17, so the members of the ASIS club decided to celebrate on the 75th day, Oct. 31.

Radja Butarbutar (junior, aviation maintenance, business management), the social vice president of ASIS, said, “This event helped us to introduce people on the campus to the games that we used to play since we were little. I want people to know about our culture more. These types of games are rarely played in the US, and we wanted to show people that these are the games we play back in our home country; this is how we play our traditional games.”

The ASIS club set up many different games for people to participate in with their friends. One of which involved taking two stools and racing another person to the other side of the gym while on top of the stools, moving them one at a time. There were also other games such as racing one another whilst balancing a ping-pong ball on a spoon that was being carried in your mouth.

Hannah Sabangan (senior, nursing) said, “My favorite event of the night was the

game where you had to tie the string around your waist and drop the pencil in the bottle, but all of the games were really fun. I really enjoyed that they really thought about the games that they included, since these were games that they play on Indonesian Independence Day, so they put a little bit of their culture into it. These are games that I never played and it was an awesome experience.”

Overall, people enjoyed learning about traditional Indonesian games, and just being able to spend some time having fun with friends whether it was racing them across the gym or taking photos at the photo booth decorated with red and white balloons, the same colors as the Indonesian flag.

Dara Atmadja (junior, biochemistry) said, “I wanted to support the club because there are very few events this year and I wanted to be able to come out and have fun with my friends. It was fun to enjoy some traditional Indonesian games that you play in elementary school so it was nice to have this throwback.”

While this event has passed, be on the lookout for the next ASIS event over the next couple of weeks.

## NEWS

# Students Witness Trump Parade

Taylor Uphus [11.3.2020](#)

On Sunday, Oct. 25, students and staff witnessed a group of around 20 cars with Trump, American and confederate flags parading around campus. They continued their parade throughout Berrien Springs and the surrounding areas. The event came as a shock to many individuals after the email prohibiting partisan campaigning on campus was sent out to students. Campus Safety believed that no Andrews students or staff were involved in the parade—although it appears that a couple students tagged after it to see what was happening. While students and staff have witnessed a heated and contentious presidential election, individuals on campus have maintained a positive level of respect for one another regardless of their political opinions and standings.

As the parade happened around campus, several students offered eyewitness accounts to the event. Caryn Cruz (sophomore, English) was sitting in her car when she noticed the group of cars driving around campus. She explained, “The parade basically consisted of a number of cars, vans, trucks, and even a bus. They all had

either Trump or American flags that they had attached to their vehicles, and sadly a Confederate flag as well. They kept honking their horns and parading around campus with their cars.”

In the car with Ms. Cruz was Isabella Rappette (sophomore, finance) who explained, “My friend and I thought it would be interesting to try and join the parade to see everything up closer and we kind of joined as a joke!” Initially, they both wondered if Andrews students were responsible for the parade. However, after following the parade for over 30 minutes, they discovered who was involved. Ms. Cruz stated, “The cars we had been following had pulled into multiple driveways near one another. We figured that the people who had actually participated in this weren’t actually students from the university, but rather members from the community who had stopped by our campus.”

Several weeks ago, Michael Nixon, Vice President for Diversity and Inclusion, sent out an email providing advice for staff and students on how to engage with and participate in this presidential election. Every student has the right and should use that right to advocate their political beliefs and be engaged in the election. However, they should be mindful and respectful of how they go about it. Ms. Rappette stated, “Everyone should be able to discuss in a respectful manner their political beliefs. It is important for us, as a community and country that allows us to express ourselves, to be able to say what we believe and why. As such a diverse campus, we should take advantage of hearing each other out. Every conversation should be respectful of the other person’s opinion.”

While we may not all share similar political beliefs, there is no better time than now to come together as a campus where everyone feels safe to express their opinions in a respectful manner, and where every voice is acknowledged and respected. It is critical that as this election draws to a close and a president is elected, we continue to treat each other with civility, respect and love regardless of our political opinions and party associations.

## NEWS

# University Singers, Canta Bella and Pioneer Men's Chorus Perform for "The Road Home" Concert

Jenae Rogers [11.3.2020](#)

On Oct. 31 at 8 p.m., the University Singers, Canta Bella, and the Pioneer Men's Chorus held a concert in the Howard Performing Arts Center (HPAC). The concert was based on the theme "The Road Home." Winner Silvestre (graduate student, music) conducted the entire concert for his graduate recital. A limited number of people were able to attend the performance in person, while others watched the live stream through Facebook. Those who attended in person were required to wear masks and social distance.

The concert lasted for approximately an hour and a half. Mr. Silvestre dedicated the concert to his brother who he has not spoken to in a while. Near the beginning, he spoke to his brother, hoping he would watch the performance. Canta Bella sang the first piece, entitled "Ili-Ili Tulog Anay" arranged by Victor Johnson and accompanied by Ms. Tiffany Steinweg playing violin. It is a lullaby written in Ilonggo, a language spoken in Panay Island, Philippines. The piece was followed by a reading of "Gone Suddenly" by Kily Santiago.

Then, the University Singers sang "Only in Sleep," composed by Eriks Esenvalds and featuring Kaija Perry (graduate student, music), a soprano. "Kruhay," composed by Benny Castillon, followed. It was performed in Kinaray-a, another language spoken on Panay Island. Jackson Hayden, baritone, was featured in the next piece titled "And So It Goes," composed by Billy Joel and arranged by Bob Chilcott. "Fog Dissolving into Moon," composed by Mark Wings, followed. Uniquely, the song does not include any words, only sounds.

Following this piece was a reading of "Thinking of You" by Allan David Pritchard. The University Singers' next pieces were "Lightly Stepped a Yellow Star," composed by Dan Forrest, "Come Home," composed by Grant Steinweg, who wrote it as part of Andrews University's composition program, and "The Road Home," composed by Stephen Paulus. Part of "Come Home," by Emily Wilson, was

read before Canta Bella's performance of "Psalm 39," composed by Daniel Gawthrop, and was continued afterwards. Pioneer Men's Chorus sang "Nearer My God to Thee," arranged by James Stevens and featuring Abel Siamubi, a tenor, and "The Awakening," composed by Joseph Martin.

Mr. Siamubi (senior, religion, psychology) said, "This concert was a personal reminder to continue to love on. Looking back at the rehearsals, it was all worth it. I'd do it over again for Winner Silvestre and the University Singers. We all long for something, relentlessly pursuing that something or someone. And if you know somebody who is in pursuit of that something or someone, be a healthy godly helper." Afterwards, Mr. Silvestre thanked those who helped him, and the University Singers sang the last piece entitled "Entreat Me Not to Leave You," composed by Dan Forrest.

One of the performers, Alef Sabuin (graduate student, business administration), a baritone for the Pioneer Men's Chorus, commented, "I liked how Winner Silvestre made the theme and the story of the concert very personal to him, and I also enjoyed the Filipino songs that the University Singers sang."

Overall, the concert and recital was very beautiful and many enjoyed listening. The video is available on Facebook

at <https://www.facebook.com/AndrewsUniversityMusic/videos/374449673757527/>. Christmas concerts for the Department of Music will be coming shortly!

## Pulse

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### PULSE

# De-stressing through Journaling and Painting

Wambui Karanja **11.3.2020**

Finding and implementing personal ways to de-stress is one critical aspect of self-care—especially for students. Students have a substantial amount of tension built up over time as a result of stress and other day-to-day problems. When we



release this tension through various de-stressing methods, we are better able to cope with daily stressors and be more present for the things that matter to us most. Some methods include painting, exercising, cooking, or watching TV. Whatever it may be, it is important to find the method that works best for you.

I use journaling as my main method of de-stressing. Journaling has evolved into something deeply personal for me. When writing, I experience a space in time where I can be completely and authentically myself. There are no fake smiles to flash, there is no saying "I'm fine" so that people won't worry, and there is no watering down the complexity of my thoughts to fit the box that society has created. I found this creation of a safe space to be physically, spiritually, and emotionally beneficial. Each student necessitates a space in which they are comfortable and welcome.

Another method that I have discovered recently is painting. I have never considered myself much of an artist, but upon painting a picture that I was actually quite proud of, I realized that painting and other types of artistic outlets are also sufficient de-stressors—even if I am not very proficient in those areas. Something interesting I found is that engaging in activities that take your mind off of stressors can shift your focus and boost your confidence while giving you the relaxation you need. The goal is not to strive for perfection but to reap the benefits of relief and relaxation that each de-stressing method provides.

To summarize: everyone needs to de-stress; it is a fact of life. If we do not, the unresolved tension will invariably fester into larger, more serious emotional and mental concerns. De-stressing can be as simple as sharing a laugh with a friend or taking a break to eat a favorite snack. However, I believe it is valuable to be intentional about finding a niche for ways to de-stress and making sure that those methods are implemented often.

# Dorm Recipes: How to Never Leave Your Room

Jessica Rim 11.3.2020

As temperatures drop and gusts of wind strip away the warmth held in by sweaters and hoodies, it becomes more of a hassle to make the trek to the Gazebo or the Cafe for meals. Although the physical distance is short, the required effort on a Sunday to cast off lounge wear and leave the coziness of your room can be disheartening. Sometimes you may even wonder if the food is worth it. Before you reach this extreme, I suggest considering cooking in your dorm room.

If you already have a refrigerator and an electric cooking appliance, such as an InstaPot or an electric hot-pot, you have the potential to hole up in your room on any cold day. Unless you are looking for a wide variety of dishes to cook, there are enough ingredients if you take a look around you. It may seem as if we need to spend a lot of extra money to cook, but try experimenting with the groceries at the Gazebo or leftovers from the Cafe.

Here are a few of my own ideas to inspire your own dorm-cooked meals:

## **Scrambled Eggs and Rice**

Along with breakfast burritos, the Gazebo offers scrambled eggs bowls in the morning. For people who may find tater tots too heavy on some days, some simple scrambled eggs with pico de gallo and corn salsa may be enough. I personally found that the scrambled egg breakfast bowl can be reheated and served with rice as another meal. The fluffiness of the egg can be maintained at later times if you allow the egg to steam a little by placing a lid over the pot as you reheat it.

## **Gazebo Grocery Fried Rice**

The three ingredients from the Gazebo that I use to make fried rice are red onion, baby carrots, and Big Franks. Red onions and Big Franks are almost always available at the Gazebo, and baby carrots are in stock from time to time. Typically, half an onion sliced perpendicularly to the roots, three pieces of Big Franks cut into quarter-inch thick circular slices, and a few baby carrots thinly sliced

lengthwise can be one or two servings. You can add as much rice as needed and salt and pepper to taste. If you feel that something is missing, perhaps mixing in ketchup may do the trick by adding in some sourness and sweetness.

### **Random Salad Stir-fry**

If you have leftover salad from a meal at the Cafe, you may want to stir-fry it for some variety. Because what you end up stir-frying depends on what salad is served, this option is for when you do not have anything particular in mind. You may get carrots, onions, and broccoli on some days, or only celery, cucumber, and tomatoes on others. I've learned through a few salad stir-fry attempts that cucumbers can actually be cooked! Add a little bit of oil to a pan and pick out each kind of vegetable to add at different times. Or, you can haphazardly toss everything into the pan at once, probably without detracting too much from the taste. Add the stir fry to anything to make it more nutritionally balanced.

Dorm cooking is not only for days with inclement weather. Whenever you feel like testing your creativity, having more choice in what you can eat, or reaffirming that your cooking skills are those of a somewhat independent adult, try these ideas or make your own dishes. I can vouch that they will make you feel less fettered to either the weather or Cafe-Gazebo opening times, even as they bind you to your comfortable room.

## **PULSE**

# **Reading Recommendations**

**Masy Domicillo 11.3.2020**

With winter looming behind autumn's lovely colors, finding new items of distraction seems to be more pertinent than ever. For many, the colder season provides the perfect opportunity to start a new television series or to rewatch an old favorite. Although watching a show is a comforting pastime, an activity that can be similarly comforting is reading a book. After all, it is much easier to curl up in your blankets with a book rather than a laptop.

Personally, I adore books that compel me to grapple with them. An alluring storyline is enticing; however, books that push me to expand my perspective are the ones that firmly retain themselves within my memory. The following few books

are recommendations that will hopefully broaden your horizons as well as your reading repertoire.

### **“Watership Down” by Richard Adams**

A gorgeous, oddly macabre saga about a band of travelers, this epic questions the lengths an individual will go to establish a home. Although the main cast of characters consists of rabbits, the storyline is anything but light and fluffy. From habitat destruction to the dangers of the cult mindset, the themes contained within this novel address a wide variety of concerns that are pertinent to modern day.

### **“Gun, Germs, and Steel” by Jared Diamond**

Although this book is a historical journey rather than a novel, it is no less fascinating. Diamond tracks the growth of societies and cultures, and explains the positions of countries as they are today due to an influence of geography. Furthermore, the book diverges from previous historical thought as the advantages that have been garnered by the influential countries today are not due to cases of human superiority, but rather, a proximity to resources. I would recommend this book for anyone with an interest in anthropological studies, as well as anyone looking to expand their knowledge.

### **“East of Eden” by John Steinbeck**

This novel is frequently thought to be the magnum opus of Steinbeck, and after reading it, I was in full agreement. Any individuals with even an iota of a Biblical background will easily pick up the references to Genesis within this book, and it is easy to appreciate the craftsmanship that went into creating a magnificent novel derived from the Biblical narrative. Steinbeck dissects and explores morality, ambition, and kinship, while focusing on the interpersonal bonds that humanize each character.

### **“The People in the Trees” by Hanya Yanagihara**

Yanagihara is, perhaps, one of the most understated writers of the 21st century. This is an opinion I share loudly and unabashedly, and I highly recommend her debut novel to anyone looking for a book to read. In this novel, Yanagihara confronts the reader with a dilemma: does brilliance excuse a lack of morality? Can you separate the work from its creator? The storyline follows a scientist that makes a significant discovery to aid the human condition; however, genius and virtue do not necessarily go hand-in-hand. Particularly relevant in current society due to conversations about “cancel culture,” this novel was a striking piece that I hold firmly as one of my favorites.

Although everyone has different tastes in literature, there is undoubtedly a novel that will strike each person's fancy. Perhaps a trip to James White Library would assist that search, although sometimes your next best read is found closer than you think. I would encourage anyone looking for a new book to ask their friends, and maybe a well-endorsed loan from their personal library will do the trick. Change up your routine, and try curling up in your cozy blankets with some hot chocolate and a well-loved book.

## Humans

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### HUMANS

# Club Spotlight: Southern Asian Student Association (SASA)

Steven Injety, President of the Southern Asian Student Association

Interviewed by Fitz-Earl McKenzie II [11.3.2020](#)



Photo by Steven Injety

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**What are the goals of SASA this year?**

So this year, obviously with COVID, the most significant need was to create community. So we have been trying to do that with meet-and-greet events; basically, just events where the officers and members can interact.

**Going off of that, what events have you planned this year?**

So far, we've had a meet-and-greet at the beginning of the year, a bonfire vespers with Adelante, and just last week, we watched "The Prince of Egypt" in Newbold. We have a couple more de-stressing events coming up. As you can see, most of these events are just about getting together, where people can interact and just have fun in a safe manner. However, next semester we are planning some bigger things, and more details about that will come.

**What do you think of the state of Southern Asian representation on campus?**

Generally, in my first couple of years at Andrews, it was nonexistent. It was almost like we were always sprinkled among other groups of people, but not really congregating amongst ourselves. It was just like "oh, that's a South Asian, amongst other races," and we really never had the opportunity to express ourselves on our own time. So I think that all the South Asians are proud and happy that we are finally represented and visible outside of club events.

**This year, SASA participated in an event called Infusion on campus. What is this event, and what was your role in planning it?**

Infusion is one of the biggest events on campus. It is a vespers that infuses three different cultural worship styles into one beautiful service. This year, the vespers showcased Caribbean, Brazilian and South Asian culture. The program highlights how people from these cultures worship and praise God. Students from these regions were interviewed about their experience, and one of the most impactful parts is the song service. The song service was a combination of all three cultures. It was sung in 6 languages! Despite it being in languages that much of the audience would not understand, everybody was moved by it. One could feel the presence of God in the service that night. There was a play that highlighted the beautiful differences in the three cultures. In addition, there was an impactful panel that discussed important topics such as the need for worshiping God within our culture and how we are united by God. The service was streamed on YouTube and is still available to watch on Andrews University's YouTube Channel at <https://youtu.be/ufOtG3NOazc>.

**What went into the spotlight that you got from Infusion, and how has it affected your exposure?**

So, after last year's Infusion became a big deal at Andrews, we were very excited to be a part of it. We decided that since it's our first time on the main stage, if we adequately expressed our culture, we could relate to the audience. I think that as much as we are different from other cultures, we are at the same time very similar. I think that us being on the stage and sharing our culture allows people to say, "Oh, South Asian culture is not that much different from mine" or, "what I had thought about them isn't necessarily true." It was an excellent experience for people to gain knowledge about South Asians.

## HUMANS

# Senior Spotlight: Delight Pazvakawambwa

Interviewed by Celeste Richardson [11.3.2020](#)



Photo by Delight Pazvakawambwa

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**What have been some of your best moments at Andrews?**

My participation in research has helped me grow as a scientist and made it possible to foster some great relationships with my professors and peers. I learned a great deal of patience when my research project was not going well, and this also helped me learn a great deal about reading research papers effectively. On a lighter note, I made beautiful memories: playing on the soccer team, spontaneous trips with friends, participating in AU's Got Talent, life in the polar vortex, etc. I am certainly leaving AU with many stories, new friends, and life lessons.

**How has the experience of being a pre-med student and an RA been so far?**

The pre-med track is very rigorous, and being an RA is almost equally demanding, so I had to be on top of my calendar. As anyone who has taken Foundations of Biology knows, it is not a joke; the textbook is thick and all of that information has to find a home in your brain. Being an RA requires an individual to be up at late hours and be available for students who need assistance at different times of the day. Balancing the two roles is a tough sport: it is not easy, but it is possible. Having a complete support system has helped me through highly stressful seasons. However, most of the credit belongs to God; he came through for me so many times on this journey.

**How have you found balance with work, school work, and your personal life?**

The first semester of my freshman year was probably the time I quickly learned that life as an adult is not as easy as I thought it would be. I learned that keeping a detailed calendar was essential. However, there are times when I have to make some sacrifices to keep my priorities in check. While building a career is important, I also value my relationships and other areas of my personal life.

**What are your plans for after graduation?**

I am just trusting God to guide those plans. Whether that means immediately going to medical school next year or taking a break from school for a while and exploring other avenues, time will tell. Ultimately, I know my calling is serving as a missionary doctor.

**What do you enjoy most about your major?**

I am fascinated about how the body works, so all the biology classes that deepened and strengthened my knowledge of humans were my favorite things about being a biology major. These classes include systems physiology, genetics, psychology,



sociology, and human anatomy, my favorite being the latter. My experiences in these classes have further fueled my desire to be a physician. Thus, being a biology major is a great foundation for my chosen career as a physician.

**What are some study strategies you've acquired in the past four years of college?**

I have learned that you need to figure out what works for each class. Strategies you use for physics class might not work well for a biology class. If you pay attention to class, you will already know a good deal of information. Doing a little bit of studying each day is easier than trying to cram the last few days before a test. Having a study group helps with keeping yourself accountable, and it has helped me pick up a couple of things that I might have missed during my preparation. Do not be afraid to ask the professor any questions you do not understand. Figure out a study method and time that works for you. Early morning is the best time that I retain information the best, so I schedule most of my study sessions in that window. Keeping a balanced life when it comes to meals, getting enough sleep, and having some form of exercise, also plays a role in how well I do on tests and assignments.

**Looking back, what is some advice you would give to your freshman self?**

I would probably tell my freshman self that everyone is on their own journey. There is no need to be anxious or compare yourself to anybody else. You are unique, and God has a plan for your life. It is normal to struggle with your major, so use the resources around you to work through it and figure it out. Take each day as it comes, give it your best, submit your plans to God, and live an intentional life. Also, be kind.

**If you could give an incoming freshman three tips on being successful in college, what would they be and why?**

Firstly, get your priorities straight. For me, it's Jesus first, then everything else. My parents taught me this principle in my formative years, and it has served me well throughout my time in college. Secondly, make sure to build relationships. Make sure your time at Andrews University is not just filled with exceptional academic achievements, but balance it out with time spent building quality relationships with friends, university staff, and professors. These individuals will teach you great lessons that will allow you to live a full life. If the relationships are successful, you will have a great support system and people who can keep you accountable and help you in life, especially after college. Thirdly, take full advantage of the resources available to you. You could participate in clubs, research, worship,

intramurals, mission trips, study tours (after COVID passes), etc. If you have space in your class schedule for more classes, take classes that interest you. Talk and interact with people who do not look or talk like you. If you are having mental health challenges or need help with your career, make sure to use the resources on campus. All of these opportunities will help you in various ways, but most importantly, you will get your tuition's worth.

## HUMANS

# Thoughts on Voting in the 2020 Election

Interviewed by Pearl Parker 11.3.2020



Photo by Public Domain

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**Why did you vote in this year's election? What changes do you hope to see in this country during the next four years?**

**Angelina Malcolm**

(junior, international business)

It's always important to vote, but especially this year. Our country is in need of new leadership because this current president is not it. He doesn't represent all

Americans, and he refuses to denounce white supremacy and instead said to “stand by.” He doesn't represent me or the majority of people in this country. I would like to see better and improved changes in police and immigration reform, being that we fix the way we handle police brutality and immigrants coming into this country.

### **Jenna Donaldson**

(junior, political science)

I voted because I think that voting is an integral component of American democracy. It's not only a right given to us, but it's also a duty we should gladly take part in. I hope that after this election, the country learns from the past four years and chooses to make the next four years about unity rather than division. Hopefully, citizens are more cognizant about issues relating to the environment and racial justice as well.

### **Jewel Murray**

(sophomore, pre-physical therapy)

I voted in this year's election because this was my very first opportunity to do so. Also, as a double-minority (Afro-Latina) and as a woman, my vote is imperative as it serves as a representative for minority groups in the U.S. My vote is important because it has the power to change the face of America, and I did not want to miss this chance. I hope to see, in the next four years, growth and healing. Recently the U.S. has dealt with a lot of trauma. I hope the local and federal leaders will use this fresh start to help our nation to cope with what has happened and help move our nation forward in a proactive manner that will help prepare us to better handle various issues and events in the future.

### **Wesley Marcellus**

(junior, theology)

I voted because I want policies and the culture of this country to eventually be better for the generations after me, and that starts with my decisions today. I hope people see that unity is more effective than division. While this country is divided today, it is important for citizens in smaller spheres of community to inspire love and compassion, that it may spread to the Congress floor and the White House. Once people begin to learn love and compassion, they'll know what it does and does not look like and will want to do something about it.

**Stefan Laurry**

(sophomore, pre-physical therapy)

I voted in this year's election because I am finally of age to vote. Also, I want to get our former president out of office because he isn't taking his job seriously. Some of the changes I would like to see are education reform and other forms of justice for minorities. I would also like to see us crack down on COVID so that we can live like normal again.

**Cameron Mayor**

(junior, speech language pathology & audiology)

This was the first election that I was able to vote in, so I wanted to finally practice my right that so many people in history have fought for. I want to see change, and one of the many ways we can create this change is by becoming informed and voting. I want to see our country put more value in how we treat people of color, people with disabilities, and how we care for the earth.

**Ashley Alexander**

(sophomore, social work)

I voted because this was my first year being eligible to vote. I think it's important to exercise that right and I view voting as an opportunity for change. I'm hoping to see some reconstruction in policing over the next four years.

**Ebonie Thompson**

(junior, speech language pathology & audiology)

I voted in this year's election because it was my first time voting. I think it's important for me to exercise my right to vote because of how hard my ancestors had to fight so that I could have this opportunity. I hope to see change with police reform and how the system works against minorities, especially African Americans. I say this because 2020 really showed me how corrupt the system is, and change needs to happen.

**Shelbi Slade**

(senior, speech language pathology and Spanish studies)

I voted because it's something that I always try to do during an election. As an African American woman, I vote for those black women who could not vote in the

not-too-distant past. This election especially has a lot of issues that are important to me on the ballot that I wanted to make my voice heard on. I hope to see a more unified country with a greater level of civility. I hope to see a more accepting country that is safe for everyone.

**Sarai Sumner**

(senior, Spanish and global studies)

I voted because it's important to exercise my right. I also believe that we need new leadership in the White House. I hope to see more racial unity and sexual equality. I also hope to combat environmental concerns in the world.

## Arts & Entertainment

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### ARTS & ENTERTAINMENT

# ASIS Game Night: Let's Learn Indonesian Games!

Joshua Deonarine [11.3.2020](#)



Photo by Yobela Kumaseh

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On Saturday night, October 31, the Andrews Society of Indonesian Students (ASIS) hosted a game night involving Indonesian games and activities at Johnson Gym. According to event organizer and ASIS Vice President, Radja Butarbutar (junior, aviation), many of these games are usually played on August 17, Indonesia's Independence Day. Unfortunately, because of COVID-19 and quarantine, Radja and many of his friends were unable to celebrate their Independence Day the way they really wanted to, but have decided to change it up a bit and celebrate with us here on campus. Let's learn some of the Indonesian games our ASIS club offered!

The first game is called "Balap Kelereng" which translates roughly to "marbles race." Balap Kelereng involves three main things: a circular object called a kelereng (which is usually a marble or ping pong ball), a spoon, and a finishing line. Unlike the popular egg-and-spoon race, players must keep the spoon with the kelereng in their mouth as they run to the finish line.

The second game played was a bit more unusual, but seemingly more fun. It's called "Lomba memasukan pensil ke botol" which roughly translates to "putting a pencil into a bottle competition." This game is played by tying a piece of rope around the player's waist with a hanging pencil attached. Each player must set a bottle a few feet away from them. When the game begins, each player must run backwards to their bottle. Then, they must squat down and try to place the pencil in the bottle, which is quite a difficult task. The first person to get their pencil in their bottle is declared the winner.

The last game is called "Lari Pusing," which translates roughly to "run dizzy." This game is exactly what it sounds like—you run dizzy! Players are spun around about 15 times then sent to run towards the finishing line. It's reminiscent of the "pin the tail on the donkey" game we used to play at birthday parties.

If you still want to play with some of ASIS's members, don't fear. Radja says that he plans to have another ASIS Game Night sometime in the foreseeable future.

## ARTS & ENTERTAINMENT

# Creative Spotlight: Nathanael Cincala

Interviewed by Megan Napod 11.3.2020



Photo by Nathanael Cincala

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### **What is the name of your business and how did it get started initially?**

It's called Jesus First Apparel. It all started during the COVID-19 lockdown. I had so much time to think about life and what I want to do. I realized that nowadays as young people, we have so much more potential to build and create and don't have to wait and depend on our college degrees. I've always been passionate about Jesus and ministry, especially reaching out to young people who struggle in their spiritual walk. Creating something relevant, trendy, and visually appealing that could also contribute to spiritual growth and missions seemed like a great idea.

### **How do you incorporate art and design into your business?**

Although I don't consider myself a designer and by far not a businessperson, I have had so much fun learning and incorporating these aspects. When it comes to design, I could not have asked for a better design buddy than my fiancé Esterady [Caamal D'Vicente] (senior, Spanish studies). She helps with designs and art. This

has become our little ministry that we can work on together and I'm having so much fun.

**Tell me about the success of this business and what does it mean to you to have your work put out there?**

It's been almost eight months since I launched the site and like with any other starting business, it's a huge challenge to get out there. I used all the money that Andrews refunded me after the lockdown began and invested it in this project. I spent hours and days learning from YouTube tutorials trying to build a website, build "social proof," and sell first pieces of apparel. I'm glad I started with the right mindset though and didn't expect immediate results. There were some months where I barely sold five T-shirts but eventually, the time and money put into it started to pay off. October has been the most successful month so far where I finally started getting consistent sales and the email list started to grow. However, there's still a lot of work ahead of us.

**What is your motivation(s) for keeping up with this ministry?**

The initial goal of this whole project was to help young people grow their faith and support missions. If it wasn't for these two things, it would be meaningless. Every time a new customer purchases one item of our apparel, a portion of earnings is put aside towards missions. With every purchase, there is also an automated email sent with our free eBook called "Spiritual Reset." Huge credit goes to my dad who spent hours writing this book specifically for this project. You can download it for free on our website. We're also building our email list where I'm planning to start sending short encouraging videos about faith once I'm done with school this month.

**Tell me about this piece/merchandise you are featuring.**

This photo I'm featuring is from our last photoshoot where Esterady and Joseph [Martin] (senior, theology) are wearing our top-selling pieces.

Cincala's story is inspiring because it shows that these creative endeavors aren't easy nor effortless. But, if you are resilient and believe in your vision and its purpose, not only will you succeed but your abilities will expand as well. You don't have to necessarily be artistic to do something creative.

You can shop at his business *Jesus First Apparel* at [www.jesusfirstapparel.com](http://www.jesusfirstapparel.com) and keep up with the ministry and get updates on new merchandise and deals on their Instagram: <https://www.instagram.com/jesusfirstapparel/?hl=en>.



## ARTS & ENTERTAINMENT

# Good Books for Cold Nights

Hannah Cruse 11.3.2020

Now that the weather is getting colder and people are heading inside to spend the majority of their time, it is the perfect time to work on that list of books you've been meaning to start. If you need some more books to add to that list or are looking for some reads to kill some time, here is a list of five books to relieve your quarantine boredom.

1. *El amor en los tiempos de cólera (Love in the Time of Cholera)* by Gabriel García Márquez is a novel written about the quarantine in the cholera outbreak in Colombia during the late 1800s to early 1900s. This story is a classic tale of two young lovers separated by distance and disapproving parents. They swear to be true to each other, but soon grow to be strangers and the girl marries another. Throughout his days, the boy tries to keep his love for his beloved alive but falls into affairs with other women. This story is one of heartache and fidelity, a hope that love can survive time and space.

2. *An American Sickness*, written by Elisabeth Rosenthal, is about the healthcare system and how it became a business. As a former doctor now made lawyer, she observes how the system overtime became more interested in your money than your well-being. She does not leave the reader with only despair, but a solution to the problems. She teaches the necessary skills to navigate doctor-patient relationships and save money from unnecessary treatments. In this day and age, especially for us college students, a penny saved is a penny earned.

3. *Children of Blood and Bone* is a thrilling adult fantasy novel from Tomi Adeyemi about a girl living in the fictional world of Orïsha. An ode to her Nigerian roots and a response to police brutality and racism, Adeyemi creates a fantastical world of the enslaved magical maji and the non-magical kosidán. A trio sets out to bring magic back to the maji so they will have the power to overthrow their oppressors. This book is just the first in a trilogy, and the second book *Children of Virtue and Vengeance* is out now, so this will keep you busy for a while.

4. *The Wind-Up Bird Chronicle* by legendary author Haruki Murakami is told in three parts, following narrator Toru Okada, who is tasked to find his wife's missing cat. This simple action results in an amazing journey for the mundane life that he

has led so far, pushing him into other adventures and changing his life forever. This winding and sometimes confusing story will boggle your mind, but keep you wanting more.

5. *In Animal Farm*, George Orwell writes a satirical allegory of some farm animals that decide their farmer is not doing enough for them and it is time for the animals to be in charge. They agree on a fair and equal society, but all that soon changes when one pig starts to slowly take all the power for himself, instating a dictatorship. This entertaining story is a sober warning of dictatorships and how easy it is to follow the crowd; as well as how to guard freedoms and fight for the right to have your voice heard.

If you have a library card, a good way to read these books is in the ebook format from your local library. You can download the Overdrive or Libby app from the App Store or Google Play and enter your library card so you can borrow books and read on your electronic devices.

## Ideas

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### IDEAS

# COVID-19 Update and the Case for Stricter Mandates

Lyle Goulbourne [11.3.2020](#)

The COVID-19 pandemic has reached record levels of daily cases in America as infections spike in the Midwest and throughout the country. I'm writing this on October 30, and as of yesterday, the U.S. recorded a record 90,000 new coronavirus cases, with over 1,000 deaths (CDC, 2020). I know I personally have lost the impact of such high numbers as the pandemic has progressed, but it is important to remember that these aren't just numbers. Each death represents a lost mother, cousin, brother, friend, or other loved one. The rise in cases has centered around the Midwest and rural areas, with North Dakota, South Dakota, Wisconsin, and

Montana leading the country in cases per 100,000 (COVID, 2020). These states have seen explosive growth as the state leaders remain hesitant to respond with more aggressive measures or mask mandates. This is despite the ease of mask use compared to other measures and multiple studies supporting the efficacy of mask use (Brooks, 2020). Side note: a CDC survey found mask use to be the lowest among adults ages 18 to 29, so wear your mask (Hutchins, 2020). While the Midwest has seen some of the greatest coronavirus spikes, nearly all of the country has seen an increase in cases, with 47 states reporting an increase in daily cases (COVID, 2020). Cases have also exploded in Europe, causing France and Germany to issue new national lockdowns (Coronavirus, 2020). These lockdowns differ from the lockdowns enacted by various states, as these are lockdowns of people rather than just businesses. For example, lockdowns in France are enforced by police who are authorized to issue fines if one is out of the house without an excuse form to go to work, school, or other essential places (What, 2020).

Some argue that these stricter mandates (i.e. temporary lockdowns, mask requirements, restaurant/bar closures) are unnecessary, ineffective, and harm the economy more than they help the situation. In contrast, some argue these mandates are necessary to reduce cases and relieve stress from overwhelmed hospital systems. Already hospitals in states like North Dakota and Idaho are being forced to hold their patients in the waiting room for longer amounts of time and send them further away as local hospitals fill up (Rural, 2020). What happens if cases continue to rise and the hospitals further away fill up? According to the Institute for Health Metrics and Evaluation at the University of Washington, deaths in America could exceed 500,000 if mandates are not re-imposed (Projections, 2020). Stricter mandates could reduce death and case counts, reducing the impact of the virus until a vaccine is found. Stricter mandates have been shown to be effective in a variety of locations, as exemplified by the lockdowns ordered in New York, New Zealand, and the state of Victoria in Australia.

These lockdowns would inarguably damage the economy in the short-term if the government did not intervene with another stimulus package. However, according to the Federal Reserve Bank's Neel Kashkari, the economic recovery from the pandemic will be much slower without lockdowns, with far more business failures and high unemployment for the next year or two. He argues this is because the course of the virus will determine the course of the economy, and that there won't be a robust economic recovery until America gets control of the virus (Here's, 2020). Countries like China, Australia, New Zealand, and Vietnam, which have all but eliminated the virus from their nations, are back open for business. Year over

year (comparing Q3 2019 to Q3 2020), China's economy grew 4.9% in the 3rd quarter, Vietnam's economy grew 2.62% in Q3, and America's economy shrank 2.9% in Q3 (GDP, 2020).

America needs to change what it's doing and get a handle on the virus, or it will fall further behind nations that have. Even still, President Trump has been hesitant to order lockdowns or national mandates, and he argues that if Joe Biden is elected, he will destroy the economy with mandates. However, according to Moody's Analytics and JP Morgan, a Joe Biden presidency with Democrats controlling Congress, stricter mandates, and government support would ultimately result in a stronger economy (Macroeconomic, 2020) and higher stock market (JPMorgan, 2020) than that of a Trump presidency.

With coronavirus cases approaching exponential growth, it has become clear that America's response must change. The situation will only become more dire as winter approaches and people are more likely to congregate indoors, so our leaders must act now by issuing stricter mandates along with further economic support. If we fail to act now, the health of Americans and the economy will be imperiled much further into the future.

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## IDEAS

# Productivity Tips to Help You Get Smart Fast

Alannah Tjhatra 11.3.2020

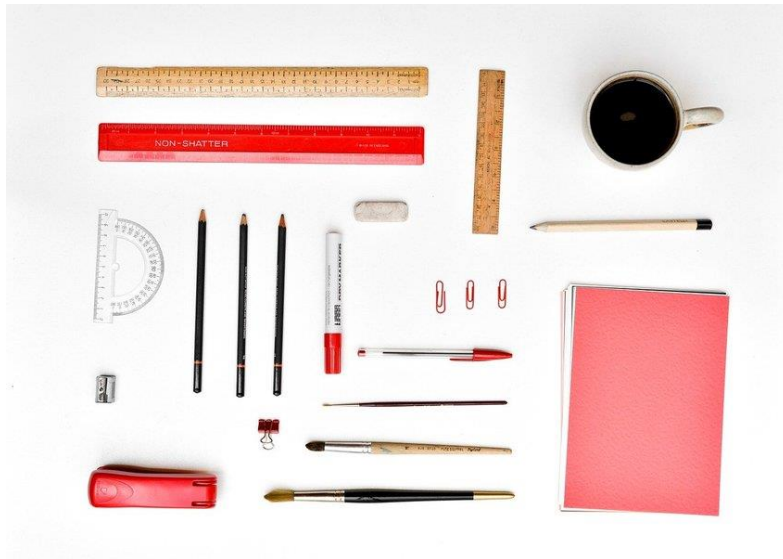


Photo by Public Domain

This semester has been rough. Shortened class time, heavy coursework, lack of breaks, and quickly-settling cold weather have all caused a bit of a struggle for everyone. As students, we're plagued with the anxieties of due dates, test dates, event dates, maybe even actual dates— and everything is expected to be completed in a condensed semester. And I've found myself wondering more and more frequently, *How am I supposed to do this? Stand in close proximity to a particle accelerator when it blows up and become the Flash?*

I've always been a little obsessed with the concept of time and how to use it wisely; we've been given only so much of it, and a lot of it goes to waste. Is there a way to counter that? Is it possible to manage our time so that we can stay on top of school work while also preventing burnout? This thought is especially relevant for students who are striving (and maybe struggling a little bit) to live the dream: the

completed assignments, the good test scores, the club events, the social life, and maybe even the full eight hours of sleep each night.

I was talking with a friend about time management and doing some of my own research recently, and I came up with some great thought points as well as some practical ideas on how to efficiently manage one's time in terms of school, relationships, and life as a whole.

One tool I was introduced to was Time Tracking. Time Tracking is simply a way to record the hours of actual work you do each day, and it can be a really helpful starting point for anyone who's looking to use their time more wisely. For students, Time Tracking can help you figure out exactly how much time you actually spend studying (not how much time you spend kind of studying when you're actually taking a thirty-minute social media study break every ten minutes) and motivate you to stay on task while you are tracking your time.

Personally, I was introduced to an app called Toggl. It can be found on both Apple and Android devices as well as online. What I did was create sections for each course I'm taking, and every time I sit down to do work for a certain class, I set the timer for that class. After each week, Toggl gives me a report that shows me how many hours I've studied for each course and how much time I've spent on each assignment or project. It's helped me to be more aware of how much I think I'm studying vs. how much I'm actually studying. And since I've been more aware of this time, I have been able to tweak my study habits and get the most out of my study sessions. Ultimately, Time Tracking as helped me to be more conscious of how my time is used so that I can be more productive with it.

Time Tracking is a great way to go when you want to be more productive, but what about those times when you're feeling so unmotivated you're contemplating just staying in bed the entire day? In these moments, it's important to set small goals. Essentially, you have to trick your brain.

For instance: When I know I have to read a fifty page-long chapter of my Organic Chemistry textbook, I'm obviously not going to want to do it. It's such a monumental task and there are so many better things to do (like staying in bed).

But what if I read just a paragraph of my textbook? That doesn't seem so bad. A paragraph will take just a minute to read. So I read a paragraph-and the amazing thing is. Well, I've already started reading, so I might as well read one more paragraph. A few paragraphs turns into a page, and a few pages turn into ten pages.

Set small goals at first, because sometimes, the hardest part is starting. Once you start, it's easy to keep on going.

One more thing I've realized is that active learning is key. It's really easy to slip into the habit of passive learning: typing notes word-for-word from the powerpoint lecture, reading without sorting and processing the information, being too worried about how your notes look instead of what your notes contain (something I do a lot), and more. Passive learning is easier, but it's definitely not more productive. Instead, push yourself to actively process information. In lectures, stay alert. When professors ask questions, try to answer them before you are given the answers. After the lecture, don't just put away your notes - look them over and highlight key concepts or circle topics you don't completely understand. When you're studying or reading on your own, sort information into summaries, charts, or diagrams. Read things aloud and process what the information is trying to tell you, making connections with what you already know and what new information you're processing. It may seem like it takes a lot more time to actively learn, but in the long run, you're saving yourself countless hours of unnecessary confusion and cramming.

Sometimes, doing too much can actually hinder your productivity. If you're getting burned out often or if you're finding it hard to keep up with tasks even though you're using all the time you've got, this may be a sign that you're overscheduled. Overscheduling leads to exhaustion, and exhausted people are less productive. If you find that you're doing too much, assess your current schedule and see where you can make a few changes. Maybe that means telling a friend that you're sorry, but no, you won't be able to participate in that event. Maybe that means assuring yourself that your work can wait until morning and having an early night instead. Maybe that even means dropping that extra class you decided to take. It's important to set aside some time during the day - maybe even just a half hour - where you can intentionally relax. Whether that means reading a book, starting a non-school project, or spending quality time with a friend, it's essential to set aside time to do things *you* want to do.

In the end, productivity is all about balance and doing things intentionally. Time Tracking, setting small goals, active learning, and setting aside time for yourself are all great ways to increase your productivity, but I encourage you to go out and discover what works best for you. Of course, there will always be days when we do things just because, or days when we can't bring ourselves to do things, no matter how hard we try. And those days are okay.

Ultimately, though, don't give up. Keep on striving for the best, and I guarantee that you *will* learn to be as productive as possible while also getting those eight



hours of sleep.

More Resources

Youtube: Med School Insiders - A channel that contains a lot of great study tips and advice on how to maximize your time - some content is aimed specifically at pre-med students, but most of their videos contain information that's helpful to everyone, not just pre-med students

Podcasts: Cortex, episode 45 "Cortex Working Group" - If you're interested in starting Time Tracking, this episode provides some good information about it

## IDEAS

# The Confining Routine

Solana Campbell 11.3.2020



Photo by Public Domain

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Wake up. Go to class. Take a nap. Go to work. Do my homework. Shower. Sleep. Every day begins to feel the same. Several months in the semester later, and just thinking about the general routine of things sets my anxiety off. I feel trapped. Once I started talking about this feeling with a few of my friends, I realized it was something we had in common. Routine and structure can be very healthy for us. It helps us accomplish the things we need to, helps keep our lives organized and not chaotic, and establishes us as responsible people. But it can also make us feel stuck. Even though my Western Heritage class has moved on from Plato to Martin

Luther, it still feels like I'm not moving forward. It's like I can see every week of my life for the next four years and predict what will happen.

As if I didn't have enough to be worried about, winter is just around the corner. In fact, at least for this week, it's already here. For those of you who are not Michigan natives like myself, you may not realize just how long winter lasts in these parts. At first, the snow feels magical and euphoric. It heralds the beginning of Christmas and all the serotonin that can come with the holiday season. But, by mid-February, the winter chill has set in and I long for the sun & rain of the spring & summer months. At that point, even temperatures in the 50s would be very welcome. Just a peek of sunshine feels like heaven on earth. This coming of the colder and snowier months can often come with some mental health side effects.

Seasonal affective disorder, or SAD, is a form of depression that affects at least 10 million diagnosed Americans. This disorder usually develops during the fall & winter months due to small changes in your circadian rhythm and lower levels of melatonin & serotonin in your body due to decreased sunlight (MayoClinic). Also, if you already have a mental health illness, the lack of serotonin can magnify those illnesses. If you notice that during the winter months, you feel tired all the time, lose interest in activities you've enjoyed in the past, have difficulty concentrating on school work, and/or experience changes in your appetite, these could be signs of SAD.

Fortunately, there are many easy ways to combat SAD. First off, head to the store and buy some vitamin D supplements. Our primary source of this vitamin is from the sun, so your body is in serious need of help during the cloudier months. You can also buy a light that imitates the feel of sunlight and spend several hours each day using the light. Exercising regularly and developing a consistent sleep pattern also help keep your body healthy, which will in turn help your brain. Make sure to have regular social interaction, even when you're really not feeling like it. Spending time with people you love and trust can help lift your spirits. Of course, if those aren't helping, it may be time to visit the Counseling Center on campus or talk to your doctor about professional help.

I've started to notice that perhaps this recent existential crisis of feeling trapped in my daily routine could be a sign that colder, cloudier, months are coming and my body (and brain) are starting to experience the side effects of it. Keeping your body healthy by eating good food and sleeping enough hours as well as participating in activities that increase your serotonin levels can help get you through the next couple of months. Start developing those healthy habits now so that when the mid-winter gloom of January & February hit, you are ready. Even

though you may feel tempted to hibernate indoors and not leave your room, make sure to set time aside for regular social interaction. Trust me, you won't regret it.

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