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The Student Movement Volume 105 Issue 7: Putting the Finishing Touches on Fall Semester

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Putting the Finishing Touches on Fall Semester



Photo by Julia Viniczay

News

NEWS

Andrews Releases Spring 2021 Opening Plan

Amanda Cho [11.10.2020](#)

Two weeks ago, at the end of October, Andrews University officially announced its plans for the Spring 2021 reopening of campus. Once again, the University plans to have all returning students and faculty tested for COVID-19 prior to the beginning of face to face classes; this testing will begin on Wednesday, Jan. 6 and continue until Thursday, Jan. 14. Therefore, the first week of school will consist of

remote learning from Wednesday, Jan. 13 until Friday, Jan. 15. Note that the schedule may be different for those in professional degree and graduate programs. This fall semester introduced a lot of new protocols and procedures. Some worked and others did not, but hopefully in the spring semester the students will have a better grasp of what is going to happen.

Joelle Kim (senior, English education) said, “I think it’ll be interesting to see how things play out next semester—we did a ‘trial run’ of what works and what doesn’t, this semester, so I hope and trust that the university administration will be wise in implementing guidelines that has the well-being of the students as the first and foremost priority.”

The Fall semester has flown by in an endless barrage of tests, assignments and projects. While the intention of preventing the spread of COVID-19 was a noble cause, the fall 2020 semester was difficult to handle. Students and faculty alike are feeling the exhaustion and stress of the semester. There is hope, however, for this coming spring semester. The University has created strategic breaks spread throughout the semester. These breaks will generally be in the middle of the week to discourage students from traveling to other locations and possibly spreading COVID-19. The breaks will take place on Jan. 18, Feb. 2, Feb. 15, Mar. 10, Mar. 30, Apr. 21, and Apr. 30. Additionally, the University is working to make sure that there will be no scheduled assignments on these breaks to allow the students to fully relax. Many students are grateful for the breaks after the burn-out that was experienced this semester. However, some of them are skeptical that these precautions will work.

Cheryl Anne de Guzman (sophomore, medical laboratory science) said, “I think the University had a very smart considerate alternative when going about no spring break. However, putting the breaks in the middle of the week to discourage students from traveling off campus for an extended period will not completely stop students. I have heard from some students that especially for breaks on Tuesday, along with many classes having a zoom alternative, or lecture recordings posted, that they will either zoom or take an absence and catch up through the lecture recording. Other than that, I think by strategically placing the breaks for the COVID-19 circumstances will be such a relief to students and prevent burnout like what’s happening this semester, myself included.”

Other students are concerned that the planned days off will not actually be a break, and instead will become a day to catch up on studying for upcoming tests. One individual stated, “Honestly COVID-19 is making school life really difficult right now, so I can appreciate that the university is trying their best to give us off

days while trying to keep the university as a whole socially distant. However, I'm not sure how off days during the week will be rest days when they'll most likely be prep days for tests. But in general, I think it's a pretty good idea, much better than the no-break brutal semester we've been having currently."

Regardless of what the students will do with their days off, they are all grateful for the added breaks this upcoming semester. Through the implementation of the University's new schedule, we hope to have a safe and less stressful spring semester.

NEWS

Creating Visions for the Future

Joelle Kim 11.10.2020

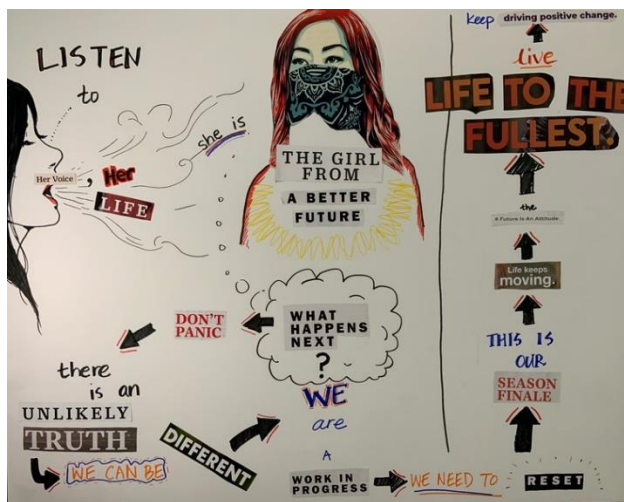


Photo by Ashley Neu

Although the semester is winding to a close, there are still multiple events happening on campus. One such event was the Vision Board Poster Party at Johnson Gym, hosted by the Office of Student Activities & Involvement at 8 p.m. on Saturday, Nov. 7. Each participant was provided with materials—markers, glue and magazines—to create a vision board, a poster that describes its creator's vision for

the 2021 year. Money prizes would be given to the top three most creative posters, judged by a special panel consisting of President Andrea Luxton, Vice President Michael Nixon and Provost Christon Arthur.

Ashley Neu, the director of Student Activities Involvement, was in charge of coming up with the event, alongside Ki'ana Hall (senior, psychology) and Timmy Duado (junior, marketing), the Student Activities Involvement student planners. Due to the COVID-19, planning was not the smoothest process; the total number of participants was limited to 50 people and supplies had to be divided into individual packaging in order to be distributed. Students were also asked to wear masks throughout the duration of the event, as well as spread out in the gymnasium as per social distancing guidelines.

Despite the lower participant turnout, Mr. Duado noted that he liked the dynamic of the smaller group. "I enjoyed the intimate atmosphere. It was also a lot of fun trying to create something, even though I'm not that creative," he commented after the event. Michael Cuke (senior, theology) also mentioned that he appreciated the fact that he was "doing something constructive on a Saturday night." He added, "I'm not a 'planner,' but planning [my poster] was really fun." The posters were a clear demonstration of the thought put into them by each of their creators; the overarching themes included, but were not limited to, moving on, being positive, following your dreams and more. Due to the smaller number of participants, the prizes were adjusted so that first place would be awarded a \$75 prize, while all others would place second and given \$25. All went away happy, and more motivated to focus on their goals for the upcoming year.

Ms. Neu noted that her motivations for the vision board party went beyond simply wanting students to find a creative outlet to destress. "2020 has been a hard year," she said, elaborating, "[Our hope is that] this event will give students a chance to think ahead to 2021 and how they can make that the best year yet." Keep an eye out for more activities in the weekly emails, which list the date and times of the events held on campus.

NEWS

Semester Reflections: Living During a Global Pandemic

Taylor Uphus [11.10.2020](#)



Photo by Lloyd Martinez

The Fall 2020 semester has been unlike any we have ever experienced. Due to the COVID-19 pandemic, the Andrews community has had to readjust how we participate in classes, social gatherings, and dorm life. However, due to the diligence of students and staff, Andrews has been able to remain open for in-person classes. Throughout the course of the semester Andrews has had a total of 44 confirmed COVID-19 cases. Those individuals were placed in quarantine and careful contact tracing allowed for individuals who were in contact to be tested and quarantined if necessary. As we come to the end of the semester, students are reflecting on their experiences throughout this unique semester.

Many students felt that Andrews did an excellent job in maintaining a safe environment for students to attend classes through the semester. Emma VanderWaal (sophomore, social work) explained, “I think Andrews has handled COVID-19 as well as possible this semester. Considering we are having class in person, they have done everything they can to protect us.” Jarred Pullen (junior,

speech pathology) stated, “I appreciate the regular cleaning of common surfaces by the janitorial staff. They should receive a medal for their hard work.”

Our ability to remain on campus for in-person classes could not have happened without the dedicated team of Andrews staff who ensured our safety throughout the semester. Specific departments, such as the Department of Aviation, took even more precautions to ensure the safety of students in their department. Emily Hicks (freshmen, aviation) expressed her gratitude, “I really appreciate how the department scheduled frequent testing for aviation students. Our close interaction with each other made us more at risk, however, they made flying this semester feel safe.” The consistent mask wearing, spraying down of areas after use, social distancing, use of the Campus Clear app and contact tracing ensured that individuals could continue in learning and furthering their education in an on-campus experience this semester.

However, while many positive things contributed to the safety of students on campus, students also felt that certain areas could be handled better in the future. Many students expressed concerns with the way scheduling has impacted their mental health. As a result of eliminating breaks throughout the semester, many students have felt overwhelmed. Ms. Van derWaal stated, “I think the only thing Andrews has done poorly is not provide students with any breaks. As a result, I think we are all struggling with our mental health this semester.”

Other students also spoke about other concerns they had throughout the semester. Regan Hicks (freshman, sociology) explained, “During softball intramurals, girls were asked to share baseball mitts and other equipment during games. This seemed very unsafe and contradicted many of the other rules and precautions on campus.” Additionally, Mr. Pullen expressed his concerns with incessant quarantining: “Many students were placed in quarantine after contact tracing; however, even when they tested negative they were still forced to remain in quarantine. This seemed a bit extreme and made it difficult for certain students to work on group projects and take tests.” While we were successful in remaining open for the duration of the semester, there still appears to be work and adjustments that needed in order to make the campus an even safer environment.

During the semester, a small group of students experienced quarantine as a result of testing positive for COVID-19. Ms. VanderWaal explained her experience, saying, “My quarantine experience went pretty smoothly overall. I quarantined a total of 12 days. Initially, I was quarantined in Lamson Hall, but when I tested positive I was moved to the Advent Prayer Center, which was just like a hotel room. They also asked me who I was in contact with in the past 48 hours in order to

contact trace. The cafeteria delivered my meals each day. Emotionally, it was difficult because I was lonely. Thankfully, the deans were checking in with me every day to make sure I was doing okay and had everything I needed. In addition, I talked to my friends and family constantly for support. I was also able to take a walk behind the Advent Prayer Center every day if I chose to do so, which helped my mental health.”

Throughout the semester students have taken their own safety precautions on top of University guidelines to ensure their own safety and the safety of those around them. Mr. Pullen explained, “I have tried to eat healthy, drink lots of water, and keep my immune system up throughout the semester. God created our bodies to fight off sickness and taking care of them is probably our strongest defense against COVID-19.” Additionally, Ms. VanderWaal stated, “I kept my social circle really small this semester, less than 2-3 people at a time. Luckily, this paid off because no one who I interacted with caught the virus, not even my roommate!” Therefore, it continues to be both the job of the University and students to continue to follow the guidelines and take additional personal precautions to ensure that Andrews can remain open for the rest of the semester and future semesters.

Pulse

PULSE

The Best Drive-Through Meals

Masy Domicillo [11.10.2020](#)

As the semester draws to a close, there appears to be less leisure activities that students can pursue. With the pressures of increased projects and schoolwork, final exams, and rising Covid-19 cases, time and opportunities are in decline. Nonetheless, students can take a break from stress and their studies in an enjoyable, socially distant way by utilizing restaurant drive-throughs. By ordering a meal in this manner, the students can sate their hunger and the urge to wander off campus. Below are a few places that I visit rather regularly and recommend.

Chicken Coop in Benton Harbor

The Chicken Coop features a selection that is Southern comfort food. My favorite thing about this restaurant is the value. For quite a low price, the helpings are humongous, and often the food is sufficient for two meals. Although perhaps not the healthiest, as the majority of the food items are fried, it is certainly a budget-friendly choice. Try the fried okra.

Arby's in Benton Harbor

I used to primarily visit Arby's for curly fries. Although their sandwiches are certainly very good, I particularly enjoy their sides. Arby's certainly has healthier options, however alongside with the curly fries, I have particularly taken to a new item on their menu: the jalapeño poppers. An old favorite, my family makes them from scratch over the grill, with cream cheese and a variety of vegetables, and I have missed eating them. Although Arby's jalapeño poppers do not rival home's, they make a worthy substitute for the time and price.

Panera Bread in St. Joseph

Panera does not have a drive-through, but they have contactless curbside pick up. Personally, I believe this location is the most health-conscious amongst this list, and has a large variety of vegetarian options. I stop by Panera when I feel like having something more nutritious than my usual fare, though the restaurant definitely has choices that are less so. A dish of note would be the barbeque mac-and-cheese.

Culver's in Stevensville

Culver's is another location for comfort food, and is also relatively budget-friendly for college students. Their dinner meals are quite a good value, and they offer a wide range of items. A side dish that they have perfected is the fried cheese curds, which goes along with anything one may order. In addition, they have refined their drive-through system and have maximized their efficiency. The last time I went to Culver's, a few friends and I had a significantly large order, yet we received our food in record time.

Silver Beach Pizza in St. Joseph

This is one of my favorite locations near Andrews. Before the pandemic, I would regularly go to eat at Silver Beach Pizza. Now that they have their drive-through system, I find it even more convenient to pick up food. The pizza has consistently been remarkable, and their selection ensures that there is something for everyone.

Although this is a bit on the pricier side, I would still encourage anyone who likes pizza to try it out. Split a large pizza with a few friends!

PULSE

Reviewing “Leaving the Shadowland of Stress, Depression, and Anxiety”

Jessica Rim [11.10.2020](#)

Due to a recommendation from one of my friends, I decided to read “Leaving the Shadowland of Stress, Depression, and Anxiety” by Dr. Pamela Coburn-Litvak, a former member of the Andrews biology faculty. Having experienced stress-induced depression in her childhood and adult years, Dr. Coburn-Litvak succinctly demonstrates how stress, depression, and anxiety are related, while sharing the lessons and techniques she has learned in dealing with them.

As stress both related and unrelated to Covid continues to accumulate, I thought the contents of the book would be pertinent to us today. Even if this book is not meant to diagnose nor treat depression or anxiety, and anyone reading it may not feel stressed at all, we can definitely benefit from building stress-reducing skills before we are shocked by sudden stressors.

Dr. Coburn-Litvak begins by asserting that “depression is the silent killer in our midst,” not because people do not know they have it but because we tend to avoid talking about it, especially in personal settings. As uncomfortable as they are to address, mind-brain disorders such as major depression increase the risk of suicide, cost people and economies financially, and degrade close relationships. I think we may know these broad trends because of greater efforts to talk about mental health, but I urge you to take a look at the statistics—they are staggering.

Stress, the second central concept Dr. Coburn-Litvak explains, can lead to depression, and vice versa. The worst type of stress is persistent, psychological, perceived stress, which creates chronic strain, stays with us longer than physical stress, and affects us even when it is not present. “Phantom stress,” a subset of perceived stress, is fake in the sense that it is not meant to be a stressor, but it still

has real effects. For example, misconstruing someone's stare as contempt (when they are just daydreaming) can cause phantom stress. What is important is not whether something should cause us stress or not but whether we perceive it to be stressful.

Along with the risk factors that make an individual vulnerable, stress adds another burden that skews the mind towards depression or anxiety. This is especially likely to occur if the stress involves a psychological loss, such as the loss of a relationship, health, self-worth, or belief system. An imbalance in the mind can then initiate a positive feedback loop where it leads to a chronic stress response and negative emotions, releasing stress hormones that contribute further to the imbalance. To combat this, antidepressants and psychotherapy, particularly cognitive behavioral therapy, can be used to treat stress-induced depression.

According to Dr. Coburn-Litvak, what really helped effect lasting change in how she dealt with stress and depression were the principles of cognitive behavioral therapy (CBT). In cognitive behavioral therapy, our beliefs, perceptions, mental interpretations (all categorized as cognitions) mediate between the stressful event and our emotions. How we react to an event depends on how we interpret it, and we can use distorted beliefs about ourselves and the world to make something stressful for us. For example, getting a "C" on a test can make one person frown and vow to do better on the next test, but another person can feel that they are a complete failure who will never be able to be employed in the future. What makes the difference between these two is that the second person believes that they must always do well or else they are not worthy enough.

What I found the most helpful about this book is that four main techniques, the Four R's, can be used to combat negative cognitive distortions that devastate our sense of self-worth. Doing your research, being a realist, finding the right ratio, and using the golden rule involve thinking about the evidence you have for your negative beliefs, thinking realistically about how the worst outcome and also possible good aspects, analyzing the costs and benefits of the distortions you are making, and seeing if you would hold other people to the same strict standard you hold yourself to. For example, when "finding the right ratio," you can ask yourself, "what is advantageous about thinking I am a terrible person that I keep thinking this way, and what are the disadvantages of doing so?" Perhaps an answer would be that you are lowering your expectations of yourself so you do not feel disappointed, but this thinking also makes you more inclined to avoid social interaction.

You may have the preconception that relieving stress is all about letting the emotions out by writing with a fountain pen in a color-coded journal with fancy lettering. Although this can be a valid form of stress-relief for some, you can also be more structured and systematic in targeting the thoughts that make you interpret potential stressors in a negative way. By breaking each of your core beliefs down using the four R's and answering the guiding questions given in each chapter, you may be able to see how your underlying assumptions are increasing your stress. I highly recommend that you use the examples provided in the book, and I hope that you can add this to your arsenal of stress-relieving strategies for whatever the future holds.

PULSE

Study Tips: Re-Examining Routine

Wambui Karanja [11.10.2020](#)

Studies show that regularly refreshing study routines is good for memory retainment and motivation. At this point in the semester, most students are quite set on the routine they have been perfecting since the beginning of the school year. Because of this, it might be hard to think about changing things up—but overall, it is beneficial to do so.

What I would suggest to begin the process of re-examining your study schedule is to pull out a paper and pen and outline what days, times, and places you study for your different courses. Next, think about ways you can change things up—whether that is studying at a different location (maybe at a table outside instead of in the library), or breaking down your studying into smaller increments for those harder courses.

I asked around for tips other students had for refreshing study routines. Here are their responses:

Leo Aguilera (freshman, marketing) says, “An important aspect of studying is the time you do it. It is important to schedule your study sessions at a time that you are able to focus. Pick a time that you are most awake and will have minimal distractions”.

Valencia Senatus (freshman, nursing) says, “I would suggest changing the subject you are studying every 20 to 30 minutes. This way, you are not stuck on

one topic for too long and are able to put your best efforts in”.

Priya Sigamani (freshman, speech-pathology) says, “What I do when I’m studying is break my sessions down into increments and take a break after each segment to let the information I’ve just studied marinate in my brain for a bit”.

Humans

HUMANS

Christmas vs. Thanksgiving

Interviewed by Abigail Lee [11.10.2020](#)



Photo by Public Domain

Which holiday is better, Christmas or Thanksgiving? Why do you think so?

Janelle An

(senior, biology)

I enjoy Christmas more than Thanksgiving because it's the holiday I get to spend with my family. For the past three years, I've spent Thanksgiving here on campus, and I'm really excited to be back at home for Thanksgiving.

Jake Knowlton

(senior, nursing)

When you think, "I love the holidays" what comes to your mind? Christmas! Christmas is a longer and more festive holiday season where we can gather with family, exchange gifts, and enjoy the town while engaging in the Christmas spirit! Christmas movies and music are also some of my favorite parts of the Christmas season, which do not exist for the Thanksgiving holiday season.

Lily Burke

(sophomore, anthropology, English)

If I must choose between Christmas and Thanksgiving, I pick Thanksgiving as my favorite. While I do think some elements of the folklore surrounding the holiday are problematic, I appreciate what Thanksgiving has come to mean for my family and me. In my family, we all typically spend the first part of Thanksgiving Day either accidentally incinerating or miraculously creating various favorite foods, such as homemade vegan turkey, which we enjoy together at a big family dinner in the early evening.

Sam Namkung

(sophomore, psychology)

Here are my reasons for why Christmas is better than Thanksgiving: One, we get a longer break for Christmas than we do for Thanksgiving. Two, Christmas music goes hard, I've never heard a Thanksgiving banger. Three, it's really nice having the whole family around for Christmas.

Tyler Lee

(sophomore, business administration)

I would have to pick Christmas because I love being able to take the time and be with my family, especially during the holiday season.

Ethan Lee

(junior, biology)

I think Thanksgiving is better because it gives me the chance to see my family and eat good food.

Morgan Williams

(freshman, social work)

Christmas is better because it has all the elements of Thanksgiving but doesn't celebrate the genocide of the Indigenous people. There is also more to look forward to with Christmas, such as the movies, music, festive food, and presents.

Zach Alignay

(freshman, biochemistry)

I really like Christmas because I usually get to spend time with family that I normally don't get to see. I also love the spirit of Christmas like the music, movies, and decorations.

Mathias Bruggemann

(sophomore, computer science, physics)

I prefer Christmas to Thanksgiving. Both of them involve family getting together and eating good food and such. At Christmas, however, at least with my family, we do more activities together, like sledding, road hockey, snowball fights, and I personally think that nothing can beat the Christmas season vibe leading up to the 25th, with the lights and the music and the general happiness.

Caleb Calliste

(freshman, mechanical engineering)

I think that Christmas is the better holiday. It has more attributed to it and it is emphasized more in society. It has better music, more deals, and is longer than Thanksgiving as it runs into New Year celebrations.

HUMANS

Interview with Dongchan Kim, AUSA Executive Vice President

Interviewed by Ben Lee [11.10.2020](#)

Why did you decide to run for AUSA, and what is your role on the team?

I ran for executive vice president because I served as senator at large last year. So I thought I had good experience being part of the team and I knew how things worked very well. I wanted to carry that spirit into the next year.

As executive vice president, I am primarily in charge of the AUSA Senate. Senate does a lot of cool things, like make changes on campus, such as replacing the chalkboards with whiteboards in Chan Shun Hall, and they are building a prayer

room in the Rec Center. Another role the vice president has is to help our president, Kyara Samuels, with any executive duties that she has.

What are your goals for the Senate this year?

My goal is to make positive changes on campus. Also, I want senators to feel like they are a family. To achieve that, I believe we need the executive team to feel like family first, because the executive team leads the Senate. I want us to feel like a family so that we can all be more engaged and dedicated to the projects that we're doing.

Can you talk about some of the unique challenges that you've faced this year because of COVID?

Because of social distancing, we cannot have in-person meetings. We have our meetings over Zoom, and while Zoom is good, it is a lot easier for everyone to be engaged during in-person meetings.

How does the average student get in contact with the Senate if they have ideas to share?

Senators represent their districts. If a student lives on Meier Hall Third East, they can contact the senator who represents that area and that senator will bring it to our Senate agenda. That way, every student has the opportunity to offer student suggestions to Senate.

Is there anything coming up this semester or next semester that people should look out for?

One of the projects is masks for vents. This came from a senator who was concerned because vents were all connected and germs can go from one room to another when someone is sick. So Senate started a project to help prevent the spread of COVID on campus.

Another thing is microphones for professors. Because of COVID, a lot of classes are going online, and sometimes because of the quality of the sound students can not really hear what professors are saying. The Senate decided to support students by providing the microphones for professors.

As we transition into next semester, reach out to your local senators for updates on upcoming and completed Senate projects.

HUMANS

Studying Abroad in Argentina: An Interview with Lisiane Umuhire

“I was living my best life, I was not counting coins” - Lisiane Umuhire

Interviewed by TJ Hunter 11.10.2020



Photo by Lisiane Umuhire

Where did you study abroad and why did you choose to go there?

I went to Argentina. I chose Argentina specifically because I heard that's where you could learn Spanish the best. Learning Spanish was my main goal when I first went there but I ended up adding Spanish as a major after going to Argentina. In the beginning, I just wanted to go and live my best life, and then I came back and I said “Why not just add a major?” Going abroad for a year will, however, make me a super senior but it was absolutely worth it. It was worth every millisecond.

What was the most difficult part of your experience there?

Having to come back early. I mean, on a Saturday, around mid March when everything started getting really bad, people were starting to go home because their parents were making them come back. And then the following Thursday, we found out that all of us had to leave that week – just a couple days later. In my mind, I was fine and my parents weren't really too worried about it, so I was going to stay. But then they said we had to leave. And that following Saturday, a week from the first Saturday, people were gone. I stayed as long as I possibly could, which was two weeks and then I left the day before the country shut down.

How did your study abroad experience differ as a result of having to leave early?

As a result of having to leave early, I didn't get to go on two trips: Bariloche (which is the south of Argentina), and they added another one, but I don't remember what it was. I was also planning to learn Portuguese during my last trimester there. I was going to come back speaking a whole other additional language. The reason learning Portuguese was an option is because there were a lot of Brazilians at the university where I was studying. In the same way that it was cheap for us, it was also cheap for them to study there as well. And I had just made a lot of Brazilian friends at the beginning of that trimester, right before everything started getting really bad, so I was really trying to add another language to my belt.

Did you find that it was easy to make friends there?

Yes, making friends was easy for me because I had a goal. Naturally, I'm an extrovert, and my goal was to learn Spanish, and in order to learn Spanish I needed to speak to the natives. So, I didn't want to hang out with any Americans, and I was left with no other choice but to make those new friends. For the first couple of weeks, I didn't do a lot of speaking. It was more of just smiling and nodding, and a lot of "sí." The people there love ACA students (Adventist Colleges Abroad), so that also made it way easier to make friends because they were so excited to have us there. It was also great that these were people our age—they were university students, so it was also easier to connect with them.

What were some of your most fun memories there?

My 21st birthday was celebrated, a couple weeks after arriving there. And also when I went to Brazil for Christmas/New Years break—that was a great experience. For my 21st birthday, I was thrown a surprise party. What made it great was not just the party but also the fact that it was only 3 weeks into the school year and they felt that they liked me enough to throw me a whole party. Every

person that I had ever met in those three weeks was at the party, and they all wore my favorite color, which is red. But, it wasn't a crazy party. It was just a chill party with karaoke, dancing, a little music—it was good stuff. What's different is that they sing like 5 different songs for your birthday. It's very hype, they have several variations of the birthday song in Spanish and then a Brazilian one.

My Brazil trip was also a great experience. I stayed with a friend and she lived on the beach. It was kind of like a beach/tourist resort place. She was actually my roommate that I stayed with at the university. Two weeks into the school year she asked me what I was doing for Christmas break, and I said "I don't know that's months away" and then she invited me to come to Brazil with her. Although I didn't go home for Christmas break, I was not sad because I had so much fun traveling. Spending the break in Brazil was the biggest vibe. There were a lot of beaches. My friend's place was like a cute island. We spent most days sitting on the beach, chilling in hammocks, and doing touristy things. I also went parasailing for free because her boyfriend was a tourist guide. And we also went on a standing sailboat. It wasn't that expensive to travel when I was in Argentina. The school paid for all of the trips that they took us on, but Brazil I paid for out of pocket. The great thing is that I was just living my best life and not counting coins.

Can you contrast your current state of mind to how you felt in Argentina?

Sure, I was learning Spanish, but it was not real school. It was like vacation, so my stress levels were negative. At the most it went up to maybe a 2, every time that I had a test. Now I'm just stressed with literally everything going on.

Can you walk us through your whole experience with learning Spanish? Are you fluent now?

Native speakers say that I'm really good. Someone actually once told me that they thought Spanish was my first language. That's one of the biggest compliments that you can receive. After that, you literally couldn't tell me anything. When I first got there, I understood mostly context because I was able to catch words here and there. I listened to a lot of music and different things before I went. That's why I was able to pick out some words but I never really spoke. I would just say "hola," "feliz sabado."

There's three levels of classes, Intermediate, Advanced I, and Advanced II. Because my understanding was good, I could read and write at a pretty good level, so I got put in the Advanced I Spanish class. Class didn't consume a lot of my time so there was a lot of down time. We arrived on September 16. By my birthday, October 5, I

was finally speaking but not well. It would take me some time to form sentences. By mid November, I was pretty good. Definitely by December, I was really good. Where it took off, was during the summer. The summer over there is from January to March. The campus is mostly empty, the students are gone, and it's just the us Americans, and a couple students who are studying for their version of the MCAT. And I did not want to lose my Spanish, so I found the few people left on the campus and we became very close friends. Every day we would talk, and my Spanish went through the roof during those two months.

What advice would you give someone who was thinking about going abroad?

Go! It is a life changing experience that you won't regret. Although not everyone may be as outgoing as me, learning a new language and being in a new environment is uncomfortable no matter how you look at it, and at some point you just have to suck it up and put yourself out there, and that is when you will truly start to reap the benefits.

Arts & Entertainment

ARTS & ENTERTAINMENT

Creative Spotlight: Ivan Rachath

Graduate, Music Performance: Piano

Interviewed by Megan Napod [11.10.2020](#)



Photo by Ivan Rachath

What got you started into playing the piano?

Since I was young I always wanted to do music, but never piano. When I was sixteen, I had to decide what my major would be, and I decided on music as my career path. I already knew how to play the guitar, which I learned by ear through Youtube, but my father said that if I wanted to study music I had to do the piano. I couldn't even play the piano, nor knew how it worked. But I switched to the piano and started from scratch at seventeen and I have grown to love it ever since.

Seventeen is definitely a late age to begin learning piano and using it to forge a career, why did you begin learning at that age?

The reason why I didn't train in any instruments at a younger age was that in Columbia, which is where I am from, good piano lessons cost a lot of money and so the money that was saved in my childhood was used for those lessons that I would take in university.

What were your undergraduate studies like learning piano for the first time?

I did my undergraduate studies at Corporación Universitaria Reformada in Columbia. When I was there my teachers were shocked, not in a good way, that I only knew three basic chords and told me that if I didn't learn the piles of classical music they gave me by the end of the semester it was over for me. So I would get up at 4 a.m. to do a devotional because I knew I couldn't do this without God, then practice for hours. Throughout undergrad, I learned how to sight-read and learned music theory but in my country, classical music was not famous or widely recognized. The music that people loved was the music that you can dance to, like jazz or salsa, so I had to adapt and add those styles to my repertoire as well. Now I feel like I can teach classical and jazz music because of my training plus hundreds of hours of practice.

Who are your musical influences?

Honestly, my family. Just one of them is a professional saxophonist and was a wind symphony conductor as well, but all of them love music. The piano world was unfamiliar to me when I was younger so when I played guitar my influence was John Mayer. In terms of piano influences, I don't really have any because all I heard and knew of the piano was from my formal training. Although, there was a jazz pianist I knew from my country, Jesús Molina, who became successful transitioning into the states so he motivated me to keep going and pushing especially as I went into grad school here at Andrews.

What is your overall goal with music?

I enjoy teaching, but with teaching, you need to have authority, or else you nor your students will get anything done. I hope that with all of my training and the fact that I can actually play piano, whereas other professors and mentors I had growing up were only conductors and couldn't teach me how to perform, I can really be a good professor in the future. I want to be a good example to my future students on what it means to feel and perform music. That is why I am student-teaching here at Andrews and practicing and expanding my knowledge of music genres and styles, so I can cater to many musicians who want to learn different things. I hope to teach well enough so that one day my students can be my colleagues and we can be on the same level and just be able to talk and grow in music together. I envision myself having my own piano studio and or teaching at a university.

Tell me about a favorite performance of yours.

When I was about to finish my bachelor's degree I received a scholarship. Through this scholarship, I was able to receive further education with a conductor in Argentina, who taught me certain principles, but as I mentioned before, I found that what conductors could teach me as an actual performer was very limited. But, with that training, I was also able to add my style and identity to my music and had the opportunity to perform a concert back in Columbia and play my music the way I uniquely play it, and that was special to me.

Ivan is an example of how you can have a vision and desire but hours must be put in to get to where you want to be. When learning a new skill, like an instrument, you must learn basic principles and once you learn them, you can add who you are and create the work you want to present to the world. That's what I learned most from this interview with my piano teacher on campus. Bet you didn't see that coming. You can have a chance to hear Ivan play at his recital during Spring semester.

ARTS & ENTERTAINMENT

Elementary

Hannah Cruse [11.10.2020](#)



Photo by Public Domain

We've all probably watched too many Sherlock Holmes-based movies and TV shows to count – I know I have – but this one caught my attention when it was recommended to me. If you were a fan of the BBC series, *Sherlock*, there is a chance you might like this iteration of the great detective from the mind of Sir Arthur Conan Doyle.

Elementary sets Sherlock Holmes in modern-day New York City, fresh out of rehab, living with his new sober companion, former doctor Joan Watson (yes, it's Joan Watson, not John Watson, played by the incredible Lucy Liu). Sherlock continues his old job of assisting the NYPD while learning to stay clean from drugs, attending Drug Addicts Anonymous, and dealing with Joan, who follows him everywhere he goes. He decides to teach Joan his trade and starts a strong partnership and friendship that is further cemented by each season. Even when they hit bumps and have major disagreements, they end up finding that working together has been one of the best things that has happened in their lives. Sherlock makes Joan a better detective, opening her mind to the improbable, and Joan teaches Sherlock how to be an empathetic person, a person capable of admitting his own faults. Sherlock learns to stop completely relying on himself and opens himself up to a few close friendships, in and outside of his work. As much as it is about solving cases, this show is about friendships, and how important and meaningful they can be.

One of my favorite parts of this series is the enduring platonic love that Joan

Watson and Sherlock Holmes have. You can see as the show progresses that they learn to rely on and trust each other's judgments. In *Elementary*, Sherlock acknowledges that Joan is quite a brilliant detective on her own, unlike other versions of Watson, shown as being the less intelligent sounding board to Holmes's genius. During the third season, she opens her own successful private investigator practice while assisting the police. They live together for much of the time on the series, making it easier to solve cases when both of them are talking it through and piecing the evidence together. I love the special ways Sherlock creates to wake Joan up, such as using the pet turtle, Clyde, dressed in a shark costume sitting on top of her, or using the phrase "Wake up, Watson" in Morse code. The biggest show of affection to Watson was naming a new species of bee he discovered after her, *euglossia watsonia*. Their love and trust for each other is something that is so inspirational. Lovers come and go, but friendships stand the test of time.

All seven seasons are available to stream on Hulu. The game is afoot.

ARTS & ENTERTAINMENT

It's Beginning to Sound A Lot Like Christmas!

Megan Napod 11.10.2020



PLAYLIST
Christmas 2020!
Created by Megan Napod • 65 songs, 3 hr 25 min

PLAY ... FOLLOWERS 0

Filter Download

TITLE	ARTIST	ALBUM	
25th	Tori Kelly	A Tori Kelly Chris...	10 hours ago
I Need You Christmas	Jonas Brothers	I Need You Christ...	10 hours ago
It's Beginning To Look A Lot Like Christ...	Meghan Trainor	A Very Trainor Ch...	10 hours ago
Christmas Time Is Here	Tori Kelly	A Tori Kelly Chris...	10 hours ago
Under The Mistletoe	Kelly Clarkson, B...	Under The Mistle...	7 hours ago
Have Yourself A Merry Little Christmas	Sam Smith	Have Yourself A ...	7 hours ago
Let It Snow	Tori Kelly, Babyfa...	A Tori Kelly Chris...	10 hours ago
My Kind Of Present	Meghan Trainor	A Very Trainor Ch...	10 hours ago
Gift That Keeps On Giving	Tori Kelly	A Tori Kelly Chris...	10 hours ago
White Christmas (feat. Seth MacFarlane)	Meghan Trainor, ...	A Very Trainor Ch...	10 hours ago

Photo by Public Domain

“It’s that time of the year!” said in a very cliché tone. New Christmas music has begun releasing for 2020 and God knows we need it. After an unprecedented and chaotic election season, it is finally time to relax and bask in the joy that Christmas music has to offer. If you’re looking for Christmas music that isn’t the Michael Buble or Mariah Carey soundtrack, which I don’t know why you would be, but if so, I have just the playlist for you; with newly released music and some of your favorite well-known classics thrown in there.

I want to highlight the new tracks and albums you'll hear on this playlist. Firstly, Tori Kelly's Christmas album, *A Tori Kelly Christmas*. This is Kelly's debut Christmas album and her soul and pop style is perfect for the season. She covers the classics like "Let it Snow" and introduces some new Christmas tunes like "25th" and "Gift That Keeps on Giving."

The other new album that is featured on this playlist is Meghan Trainor's *A Very Trainor Christmas*. This is also her debut Christmas album and it is just as joyful and energetic as her pop classics. She covers classics such as "This Christmas Song" and "Holly Jolly Christmas" and has original songs as well like "I Believe in Santa" and "Holidays."

Other songs you'll hear on the playlist are the Jonas Brothers' new song "I Need You Christmas," which has been all of our cries for help quite honestly, and some beautiful renditions of the classics from Jordan Smith, Ingrid Michaelson, PJ Morton, Norah Jones, and more!

Here's the link to the playlist: https://open.spotify.com/playlist/2qU5d0F3g1FQjQ4alUDcaW?si=Z61AMnRQTayH7IrqQoDH_Q

Ideas

IDEAS

The Good

Kyara Samuels 11.10.2020

Do your little bit of good where you are; it is those little bits of good put together that overwhelm the world. - Desmond Tutu

Stop and ask yourself: Are you a good citizen? Well, do you even know what that means? Is being a good citizen subjective? Does it mean the same thing across the board, or is it different for each individual person? Surely, it can't be the same for us all... can it? My achievement of "goodness" will only fall within my means. Capabilities, sphere of influence, access – all which vary from person to person – will impact as well as alter how we express goodness.

When I think of goodness, when I think of what it is that would qualify me as “good,” I don’t think of some big, grand act. I think of the little things. What I do in my day-to-day, the actions that force me to step outside of myself for the betterment of my community, the betterment of those around me. More than that, I think of the things that I do that will in no way come back to me: kindness that does not result in me taking credit, helping someone who I don’t know, taking my time to do work when there is no pay, giving when you won’t get anything in return. Goodness is not doing what someone else does, meeting some quota, or donating a certain amount of money. It is not even always a task, but often shown through the things you say, the considerations you make. Your expression of goodness will not look exactly like someone else’s. That’s what makes it yours.

When we look at the body of Christ, we see this same concept exemplified. Though all parts of the body do not have the same capabilities, they all contribute to the bigger purpose; they all work towards the good. For some, this means using your social media platform. For others, this may qualify as taking your voice to the street to be heard. It may be shown through acts of kindness for the marginalized, or songs of peace for the troubled. Not all of us are singers, nor are all of us active on social media – knowing this is of utmost importance. We do not need a sea of social media activists, because then, who will do the groundwork? Who will go door to door if we all sing?

Contribution to the greater, which makes a good citizen stand out from any other, is this. Sharing information online when you cannot travel, using your voice to speak in the street for those who cannot speak for themselves. Working within your means. So how can we create the changes that we want to see? More often than not, it means taking those little steps first. Assessing problems, bringing attention to them, and making changes that are right at your front door. What can you do in your household? Your community? Your town? We have to be brave enough to start. We must take the necessary steps to address the change at our own front door.

What does it mean to be a good citizen? Some consider it intention, whereas others consider it action. Yet, the common theme expresses itself as doing what you can with what you have. That leaves the question, what do you have? What does that look like for you? It may be monetary, or it may be thirty minutes a week helping at the local school. Nothing is stopping you from being a good citizen, right where you are. Are you? If not, will you be?

IDEAS

The Power of Resource

Evin N. Musgrove [11.10.2020](#)

I often wonder how Jesus did it. How did he humbly seek to understand those with such contrasting beliefs? How did he willingly extend compassion and empathy, despite his feelings? How did he look into the eyes of his oppressors and offer a smile? Really, how did he love so well? Not too long ago, I found myself questioning the relatability of Jesus. If he was still fully God, didn't that mean Jesus had the upper hand during his time on earth? Surely he hadn't experienced the magnitude of life on a sinful earth, due to the complete perfection of God. Perhaps it's unfair of him to expect so much of us, considering the circumstances we've been born into. In case you were wondering, asking questions like these does not make you a bad Christian. In fact, it can be healthy to question your beliefs, as long as those questions lead you toward God's truth and not away from him. Thankfully, in all of my questioning, God has responded in a way that he knows I can understand and that would anchor my faith.

Consider this. If Jesus hadn't fully embodied the human experience as we do every day, all of its temptations, its pain, and its unpredictability, wouldn't that have made his purpose completely irrelevant? In other words, if Jesus, being fully human like you and me, did not have the capacity to sin, wouldn't that make our efforts to live like Christ completely unattainable?

There is a specific reason God sent Jesus to earth as a baby, having to grow up in a broken world where his proximity to God and his reliance on him is the same as experienced by you and me. The reason is this: Jesus needed to show humanity that living a life as surrendered and sinless as he did is fully attainable! Yes, you read that correctly. You and I have the ability to live just as purely as Jesus did. He did not use the divine power of God to weaken temptations or to make his life on earth any less challenging than you and I know it to be. Instead, Jesus submerged himself into the presence of God, so much that sin simply had no way in, and this, my friend, is no less true for you in today's culture.

Over the past few weeks, many have felt the tension and anxiety within American politics. There have been endless debates, harsh words, and disagreements amongst Americans and non-Americans. With either candidate winning the role of presidency, feelings of frustration, anger, and denial were inevitable. If there was

ever a time Christians have wondered about Jesus' ability to love, it is surely now. How do you face the discomfort brought on by friends who voted against your beliefs? How do you peacefully coexist with those completely different from you?

We can do it in the same way that Jesus did, by a direct connection to a perfect God. The truth is, when difficult situations like this arise, God isn't taken by surprise, nor does he act in a way that contradicts his character, and neither should we. Because God knew just how difficult it would be to live with such a mindset in this world, he intentionally equipped us with a survival kit, the same kit that Jesus relied on when he walked this earth.

We have been freely given a spirit of patience, understanding, wisdom, and kindness. Within our DNA is the unwavering power to love, respect, forgive, and listen before we speak. I genuinely believe that if we had any idea of who lives inside of us, if we had any clue of how capable we are of success, that we would approach life far more courageously. We wouldn't become so easily shaken by our circumstances or approach trials with an attitude of defeat. We wouldn't allow our differences to create insurmountable walls or live with an attitude of "I'll love you if...". Rather, we would boldly access our heavenly resources in order to live confidently, as we're called to live. Jesus did this whole "life on earth thing" first, so that we could look at his life with hope, hope that while so many odds are stacked against us, our flesh is no match for Christ's power inside of us.

Dear reader, my prayer is that you would, first, internalize the empathy Jesus has for you. Meditate on the truth that he completely understands how easy it is to conform to this world. He understands how little effort it takes to hate and not love, to slander and not respect, to argue and not listen. He understands, and because he does, he hasn't left you to live a life of purity on your own (John 14:16). I pray that you access the resources that were guaranteed to you the moment you chose to believe in your Creator. In doing so, living a life like Jesus wouldn't seem so impossible after all.

Exodus 31:3

"And I have filled him with the Spirit of God, with wisdom, with understanding, with knowledge and with all kinds of skills..."

LAST WORD

Fallen Titans: Remembering Alex Trebek and Rabbi Jonathan Sacks

Daniel Self [11.10.2020](#)

“Will I ever be as good as the old masters?” I saw this quote in a Sephko comic, a rhetorical question posed by painters from different generations in different panels before turning to an neanderthal with his cave painting saying, “I’m the best.” It’s a simple joke with a meaningful underlying idea, that we live in the shadow of those who came before us. In whatever discipline one chooses to cast their gaze, the work of some appears as both moves mankind forwards but also serves as something that in some senses must be escaped. The Western philosophical tradition still thinks in Platonic and Aristotelian terms, Western authors still pay homage to Homer and Milton. While they brought forth profound ideas in their own right, it sometimes feels like the classics limit the modern’s ability to become great; in some sense encapsulated by Ecclesiastes 1:9, “What has been will be again, what has been done will be done again; there is nothing new under the sun.” Great modern minds bear the burden of envisioning something novel in an age when much of the low hanging fruit appears to have been already picked.

It’s a tragedy that not everyone will read Rabbi Jonathan Sacks’ “The Great Partnership”. It’s the kind of deeply thoughtful spiritual text that provides answers and explanations to long-debated questions of faith. In the same sense, not everyone watched Alex Trebek host “Jeopardy!”. They were very different men in their respective careers—the first, a Lord Rabbi for Jews in Britain, the second, a TV game show host. But one commonality ran, like an icefield crevasse, through the souls of both men identically: their role as visionaries. When reading “The Great Partnership” for the first time, it drew out reimaginations of Old Testament narratives from allegorical rather than literal interpretations. Drawing the reader into an experience is a mark of truly meaningful philosophy, and it’s something that Sacks understood perfectly. For many religious people, myself included, reading “The Great Partnership” provided a well-reasoned explanation for bringing down the barrier between religion and science. But Sacks’s writing style went beyond simple analysis; rather, it engaged the reader through its tone—it

made me want to see the truth in his writing. For Trebek, the artistry appeared interwoven through thirty-six years hosting “Jeopardy!.” He wasn’t the first “Jeopardy!” host; that title belongs to Art Fleming, who hosted the program through two iterations between 1964 and 1979.

People can sense something sublime, that “match made in heaven,” where an experience just instinctively feels right. As the show’s emcee, Trebek evoked such a feeling in audiences for over three decades; it’s evidenced in his ability to revive a twice-canceled show into a mainstay for audiences. It’s a positive feedback loop in some senses, watching Trebek host “Jeopardy!” feels so correct because of his longevity. You come to expect the subtle nuances, the way he introduces the show’s or the particular squint of his eyes when a contestant guesses incorrectly. Even Trebek understood this, as evidenced by his meta-aware 1997 April Fool’s joke between his “Jeopardy!” and Pat Sajak’s “Wheel of Fortune,” where the two mainstay hosts swapped roles for an episode. It was meant to tease audience’s expectations, they’d observed Trebek and Sajak host their respective shows for over a decade and grew to appreciate the consistency of a familiar face in a familiar space.

In the aftershock of his passing, stories of Trebek’s influence emerge across the popular media. A recollection by Gayle Tzemach Lemmon particularly stuck with me, her retelling of her mother’s bout with cancer and how from 7:00 to 7:30 pm, “Together, we would sit on that metal-ringed bed there at the National Institutes of Health, nurses passing by, waving good night, and, for 30 uninterrupted minutes, forget everything – all the needles, all the blood tests, all the dwindling hope and the long odds – to simply watch the board and yell out answers.” His enduring presence in television allowed for “Jeopardy!” to become habitual, and for some, that thirty minute slot represented a predictable positive in a life that may have lacked stability.

In creating something, we never really understand the full impact it may have on those who receive it. I don’t imagine that Lord Rabbi Jonathan Sacks thought to himself, “I hope Daniel reads *The Great Partnership* and that it changes him”—nevertheless, it’s what occurred. Likewise, Alex Trebek likely died never knowing that his presence hosting “Jeopardy!” brought daily joy to a woman slowly dying of cancer. It’s tragic and yet beautiful, the potential one carries to bring meaning to people without being conscious of it.