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The Student Movement v. 105 (2020-2021)

Student Movement

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### The Student Movement Volume 105 Issue 9: Zooming Away: COVID Alert Sends AU Remote

Caralynn Chan

Joelle Kim

Elianna Srikureja

Masy Domecillo

Jessica Rim

*See next page for additional authors*

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**Authors**

Caralynn Chan, Joelle Kim, Elianna Srikureja, Masy Domicillo, Jessica Rim, Celeste Richardson, Alyssa Henriquez, Hannah Cruse, Megan Napod, Lyle Goulbourne, and Adoniah Simon

## Zooming Away: COVID Alert Sends AU Remote



Photo by Edouard Peloquin

## News

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### NEWS

## AUSA Hosts AU's Got Talent

Caralynn Chan [11.17.2020](#)

Andrews University students wore masks and socially distanced while attending AU's Got Talent, which was hosted by AUSA. There were 12 performers in total, and they all brought a unique sound and experience to the talent show. After all the performers executed their acts, Andrews University students were able to scan a

QR code or follow a link to vote for their three favorite acts. The winners of the AU Talent Show 2020 were Franky Paypas in first place, Torrey Jupiter in second place and myself in third place.

I played a song entitled “I Feel Good” by Monika Stadler on the pedal harp. When I was practicing it, I intended the song to be a combination of intricate jazz and soulful blues to be plucked delicately on the strings. I attempted to utilize numerous harp techniques to enhance the beauty of the performance.

Torrey Joo (freshman, psychology) composed an original rap to a track. The audience thoroughly enjoyed his performance and paid close attention to his original lyrics. He passionately rapped and included pop culture references such as “I’m a fresh prince like my name was Zuko or Will” and “Cause the real ones are among us no room for imposters.” When asked about what was the inspiration behind his original act and how he began cultivating his interest, Mr. Joo said, “I think I was interested in rap since middle school, it was during an eighth grade English poetry class.” Even though the rest of his group found it hard to find words to rhyme, he found it inherently easy and he appreciated the genre. At AU, one of his friends urged him to audition for this year’s talent show and the rest is history.

Franky Paypas (freshman, pre-physical therapy, music) played “Right Round” by Flo Rida on the violin and danced rhythmically to the beat. She displayed her vibrant personality against the backdrop of the upbeat track. Her swift moves and stylistic gestures reminded the audience of Lindsey Sterling. Ms. Paypas brought her own gorgeous flair and energy to her performance and dazzled the audience. When asked about how she came to formulate her dance and violin skills, Ms. Paypas said that she was inspired by Lindsey Sterling and she watched her progress through America’s Got Talent. Franky always loved dancing and violin, but she originally never incorporated them together. The first time she combined them both was when she participated in a benefit concert in eighth grade. She was originally supposed to play a Michael Jackson medley on the violin, but her mom suggested it would be even better if she danced to the piece. She made sure to master the dance and piece separately and then combined it after she felt that she could do it in her sleep. Certainly, this has paid off as the audience was amazed by her energetic performance and she received thunderous applause.

Gloria Oh (sophomore, biology) stated, “I have heard various opinions about this year’s talent show, but I personally enjoyed every performance and I commend each participant for having the courage to perform and dedicate their time despite the stress of school and the pandemic.”

# AU Says an Early Goodbye to Face-to-Face Semester

Joelle Kim [11.17.2020](#)

On Sunday evening, Nov. 15th, faculty and students received an email including an official announcement that Andrews University would be moving all classes online in response to Michigan Governor Whitmer's emergency order. The duration of the order's execution is three weeks long, narrowly encompassing the length of the remainder of Andrews' fall semester.

Some students like Joshua Li (senior, public health) hadn't been too surprised at the announcement. "I had been expecting it since school started," he said. "I registered for as many of the online sections for classes as I could." Autumn Bange (senior, education) also had anticipated her classes to go online "way before this." "For me," she commented, "the announcement didn't make much of a difference but I know that for others it will be difficult."

Just as Ms. Bange mentioned, some students were inconvenienced by the sudden notice to switch to remote learning. In the official email sent by University Communication, they state that, as a result of the switch to remote learning, "all exams and other classroom assessments will be done remotely for the remainder of this semester." Due to this, many students need to quickly consider if they will return to their homes earlier than expected to take their finals online. Most of Kristin Ferrer's (senior, biology, public health) classes "had been doing online assessments already." "But, for my class with a lab, we had no clue how our lab exam would work," she noted. For students with labs and required, in-person classes, this will likely prove to be a source of major worry.

On a positive note, the news came with unexpected benefits for a few. Jan Tamayo (sophomore, social work) is somewhat relieved. She commented, "I felt glad that I didn't have to get up and go to class. It's also good, because I don't have to do my final presentations in person." Younji Park (post-graduate, nursing) is grateful that the semester was nearly completed when the transition came. "For most of my classes, the last tests and practicals were cancelled due to the closure," she said, though she was quick to mention after that "since we only have one week left of school, it didn't change much in terms of how much I had to study coming

into the final week.”

The sudden switch not only affects students, but also faculty. Alma Cortez Alvarez, the administrative assistant for Andrews University’s Center for Intensive English Programs (CIEP), is concerned primarily about “losing the last link we have to on campus operations.” Cortez Alvarez mentioned that, due to the emergency order, the CIEP had to “rush the process to switch the in-office operations online,” as they had been anticipating the switch to occur in December, “and urge teachers and students remaining on campus to finish any in-person processes.”

Some students, like SeungHo Park (senior, religion), are thinking past the end of this semester to the spring. Mr. Park commented that he was initially overwhelmed by the news and then worried about the implications it might have for next semester. “I felt like it was last March all over again. Considering the transition of power in the White House, I think it is very likely that we will go online for spring semester. I would feel sad to graduate from AU remotely,” he said. Another student, Jayde Broussard (senior, medical laboratory science) is also thinking about the outcome for the spring semester. “I’m concerned about whether or not we’ll be back next semester,” she said. It is likely that many of those who are projected to graduate in May share these concerns.

“We are all in the same boat. It's important to go beyond ourselves and take the necessary precautions to preserve our collective health,” said Mr. Li. Although there is a short time left in the semester, and uncertainty regarding the future status of classes, the campus can only progress forward in unity and prayer.

## NEWS

# Tenth Annual Honors Church Service Reflects on Christian Stewardship

Elianna Srikureja 11.17.2020



Photo by L.M. Pittman

Despite setbacks caused by the pandemic, forty Honors scholars and volunteers, along with Dr. L. Monique Pittman, director of the J.N. Andrews Honors Program and professor of English, put on the tenth annual Honors Church last Sabbath on Nov. 14th. The service, held in the seminary chapel and streamed online, emphasized the Christian's responsibility to the Earth through the theme "Hurt Not the Earth." The program included three parts: Stewards of God's Creation, the High Cost of Failure, and Restoring the Fellowship of God's Creation.

Because of the limitations brought by COVID-19, many students feared that Honors Church would not happen this year, so they were overjoyed to be able to both participate and attend. Isabella Tessalee (junior, biochemistry) said, "Especially now, the moments are few and far between that we get to experience worshipping the Lord in one accord with fellow believers. Being able to participate in praising the Lord together with others filled my heart with joy." Ms. Tessalee

added that the topic “Hurt Not the Earth was particularly pertinent for today. She said, “Reminding ourselves of the beauty of God’s creation and the land that we are meant to be taking care of keeps us accountable. Meditating on God’s workmanship also gives us peace and hope in times of distress and turmoil.”

The program focused on fellowship despite distance through pre-recorded videos by participants. Several people joined the online stream as well. Joining the Honors community online, Hannah Gallant (graduate student, English), who graduated from Andrews in the spring semester of 2020, said, “It was truly a pleasure to worship with the Honors family from afar. The topic of caring for God’s creation could not be more timely. I was touched and blessed by the readings and reflections. The whole service was a lovely reminder of what it means to be a good human in our actions and involvement in the natural world around us, a world that we all too often take advantage of and harm.” This sentiment was echoed by Eric Inae (junior, computer science) who attended the service in person and said, “I most enjoyed the opportunity to worship together with my Honors family! It was a great blessing to be able to hear from my friends and peers as they read and sang.”

Mr. Inae also reflected on his take-away from the service, saying, “I think it is especially important to remember God’s Creation. This earth was given by God for humanity to inhabit, and it is unfortunately not being taken care of. Given the current world circumstance, it may be hard to remember this fact, but it is vitally important to look toward a brighter future and work to make that future a reality.” Honors church, for many, became a reminder that, in Mr. Inae’s words, “Nature is beautiful, and it is a shame that more people don’t appreciate it more.”

The two reflection segments were led by speakers Dr. James Hayward, Dr. Shandelle M. Henson, and Dr. Oystein LaBianca. Dr. Hayward and Dr. Henson appealed to steward the Earth the way that God commanded Adam and Eve, while Dr. LaBianca presented “Sabbathing” as an alternative way of living. In his presentation, “Sabbathing” is an acceptance of God’s call to rest while also extending that same rest to the most vulnerable—including the animals, ecosystems, and marginalized communities.



# Pulse

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## PULSE

# Election Results

After a close, remarkably drawn-out electoral race last week, the results finally determined that Joseph R. Biden will become the new President of the United States, alongside Kamala Harris who is already creating history by becoming Vice President. I interviewed a few students to gauge their reactions to the election results, as well as their hopes for the new administration.

Interviewed by Masy Domecillo



Photo by Public Domain

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*What do you think of the results of the election?*

**Alec Bofetiado**

(junior, medical laboratory sciences)

I'm trying to think positively about the future. As they say, innocent until proven guilty, so hopefully Biden in office will turn out well. Hopefully he will fix the state of the country, especially while this pandemic is happening. The Trump administration didn't handle the Coronavirus well, and I would like to have physical school, rather than going online, and hopefully the restrictions will go

away and things can go back to normal. For example, I wanted to go to Jollibee to eat when dropping off people, but Jollibee is closed because of the spike in cases.

### **Angelina Malcolm**

(junior, international business)

Honestly, I have no interest in politics, however, I am thankful that Trump will officially be out of office come January. I think it is amazing that we have the first black south Asian woman as vice president, for that gives especially women of color hope that there will be change.

### **Julianne Magakat**

(junior, medical laboratory sciences)

I believe that it is a good thing that Donald Trump was voted out of office, if not because he's bad but because we need change and we won't see that unless we have someone new. It is very frustrating and disappointing that he keeps trying to fight the results because he is essentially undermining the whole system and the democracy that our country was built on and stands for. I will be relieved when he is out.

### **Gloria Oh**

(sophomore, biology)

I think it was a meaningful result, not just as a country, but morally too. Trump was always trying to create scenes by saying things that seemed really...extraordinary, while Biden was more like a candidate that was considered "boring" because he kept his place. It kinda shows who really becomes the real winner at the end. Even if choosing the good side might seem like a losing side or maybe boring, it's going to win at the end.

## **PULSE**

# **Turkey is Overrated: A Korean Variation on Thanksgiving Dinner**

**Jessica Rim** [11.17.2020](#)

In little more than a week, we will startle our digestive systems with the much-anticipated, food-coma-inducing Thanksgiving meal. Already images of a table set

with a well-roasted turkey, warm mashed potatoes and caramel gravy, pumpkin pie, and a variety of other scrumptious dishes are intruding into our thoughts. However, each household has their own version of the Thanksgiving meal, and in many cases, it may not even include the most traditional aspect at all: turkey.

Like many other children of immigrant parents, I used to believe that it was not a Thanksgiving dinner unless there was at least one classic dish. As the last Thursday of November approached, my elementary school teachers would have a host of activities and decorations pertaining to Thanksgiving that made us excited for the holiday. Every picture book that was read presented only the most conventional meal with a turkey in the center, and the cafeteria would serve smaller portions of these foods for lunch. It was therefore no surprise that my family would sit on the kitchen floor to consume mashed potatoes for the first and only time in the year, as an attempt to honor the American tradition.

However, turkey was another matter. Although my uncle, after inviting the whole family for a Thanksgiving dinner, would have a rare roasted turkey in the middle of a large wooden dining table, I do not remember many enthusiastic responses to it. For a Korean audience that was used to marinated chicken or beef, or the occasional turkey slices in sandwiches, the dry, white strips of meat were a foreign delicacy. When I realized that my aunt and uncle were vegetarian and were only attempting to be good hosts, it became even clearer to me that we would no longer contribute to the decline of the turkey population.

Instead, I have come to appreciate the food that my family has always made even more, especially after being separated from them during the school year. There are a few staple dishes that my family has deemed "party food"—which appear at most major celebrations—brought out with variable side dishes, depending on the particular Thanksgiving. Here are some of my favorites:

### **Japchae (glass noodles with stir-fried vegetables)**

Often present at any celebration with Korean food, whether it be a birthday or a wedding, *japchae* consists of sweet potato starch noodles mixed with mushrooms, spinach, carrots, and bell peppers, along with soy sauce, garlic, and sesame oil. The noodles are transparent before you add anything, which is why they are also called glass noodles. When it is hot, *japchae* can fill a room with a sesame and garlic aroma, and it is chewy, slightly sweet, and savory. One warning, however, is that it does not have the same initial impact if leftovers are stored in the refrigerator. Compare it to any neglected Thanksgiving leftover that you

reluctantly revisit. It can still be unexpectedly delicious when stir-fried with rice if the notion of double carbs does not bother you.

### **Nutrition Rice**

Just as its name suggests, nutrition rice is packed with all sorts of healthy (but still palatable) ingredients. Along with glutinous rice and some salt, black beans, nuts, sunflower seeds, chestnuts, pine nuts, slices of jujube, ginkgo seeds, and raisins are steamed together. Each person has their own preferred mix and may add or remove different ingredients, but the result is the same: a colorful, steaming treasure trove of nutrition. I personally like to upgrade this to another level by stuffing the rice (pre-cooked) and all these ingredients into a hollowed-out kabocha squash that is steamed with its cut-out top replaced. Not only does this add another depth of flavor and more nutrition, it is visually pleasing to have the deep orange squash juxtaposed against the rice when it is sliced open into eighths.

### ***Sujeonggwa* (ginger cinnamon dessert punch)**

In one restaurant that my family used to frequent, they used to offer customers cups of cool *sujeonggwa*, a sweet ginger cinnamon punch. You could see darkening gradients of the caramel color as you looked into the bottom of the cup. I greatly enjoy the strong spiciness of the drink from the ginger, as it helps end any meal with a refreshing feeling. Although all you need are ginger, cinnamon sticks, and sugar, adding in pieces of dried persimmon and a sprinkle of pine nuts to the finished drink is highly recommended.

This year has brought many changes, and the way we celebrate is likely to be modified as well. Whether we usually stick to the basics and set the turkey at the center of the table or put our own twist to the Thanksgiving meal, we can all perhaps deviate a little from our usual fare by being more health-conscious. Admittedly, we tend to allow ourselves to indulge in food as we relax among family and drowsily end our Thanksgiving meal. However, now is our chance to be more aware of our portion sizes, perhaps put a tad less butter in those mashed potatoes, or skip the added sugar in our drinks. As for me, I think I will increase the ratio of vegetables to noodles in the japchae shared with my family, pack the nutrition rice with as many beneficial ingredients as possible, and gulp down unsweetened *sujeonggwa*.

# Humans

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[\*Home for the Holidays: How AU Students Celebrate Christmas\*](#)

Interviewed by Celeste Richardson

Article no longer exists.

## HUMANS

# Reflecting on Fall Semester with Vice President Frances Faehner

Alyssa Henriquez [11.17.2020](#)



Photo by Ivony Sierra-Vargas

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**As Vice President for Student Life, what specific challenges did you anticipate that Andrews would face as a result of COVID-19 this semester?**

Since March, the University spent five intensive months planning for every aspect of the fall semester. The outcome is available for all to review (see our forty-plus page safety plan online). We anticipated challenges for everyone, including:

- challenges for faculty teaching both in-person and remote (lecturing with masks, using new technology, etc.)
- challenges for students sitting in classrooms with masks and having a very limited student experience
- challenges for staff in creating a socially distanced student experience and maintaining facilities with risk mitigation measures and enhanced cleaning
- challenges in navigating COVID-19 related fears and impact on physical and mental health
- challenges to provide diligent case management and support services
- challenges in fiscal operations anticipating a 5% downturn in revenue and greatly enhanced COVID-19 risk mitigation expenses.

**How did your expectations for the semester align with the way that things actually played out?**

We ended up having more undergraduate students request remote learning than we had anticipated and that has impacted our residence hall census. At the same time it also helped us provide more space for the greater number of residents desiring single occupancy.

Although we understand that the experts predicted COVID-19 cases could increase as winter approached, we had of course hoped for better. The reality of dramatically increased numbers of cases in our community as well as the country means much more risk of exposure for the campus community. This is significantly taxing our diligent case managers, who are doing an outstanding job monitoring potential and actual COVID cases to ensure proper quarantine and isolation.

**How well do you think that students complied with the COVID-19 policies and restrictions this semester?**

I am really proud of how our students have complied, especially from what we can observe on campus. At the same time, we know that there is a fatigue that can set in over time, which can lead to more careless decisions, especially if you don't have anyone in your immediate circle that has been impacted by COVID-19.

I checked the COVID-19 Dashboard today (November 13) to note there were 8 students who were initially positive following testing at the beginning of the year, and there have been an additional 7 students who have been COVID-19 positive since September 8th. This is very, very good, especially in light of the massive challenges on many university campuses around the country. So far, we continue

to be encouraged that we have not had confirmation of transmission in the residence halls or in the classrooms.

Still, we currently have 36 students in quarantine which is far from easy for them as well as their professors.

A recent Washington Post article warned that indoor casual dinner parties and game nights are contributing to the COVID-19 surge and will likely only increase in colder weather. With the growing number of cases in Michigan and Indiana, we urge students to fight pandemic fatigue and continue to contain their movements to their housing, classes, getting and eating food as safely as possible, and to avoid taking chances at off-campus venues, etc.

We've recently learned that local health departments will ask anyone who is positive with COVID-19 not to travel until their isolation period is ended, which would be a huge bummer for students looking forward to going home as soon as possible for Thanksgiving.

**Did you anticipate that we would be able to continue in-person classes this far into the term?**

Yes, that was our goal. I remember attending the Friday night vespers in Buller Hall after the March 12 announcement that Andrews was going remote, and being deeply moved by just how much students were devastated about leaving their friends and a face-to-face student experience. So, I, along with COVID-19 Planning teams, vowed to do everything to make it possible to provide an in-person experience for our students. This meant anticipating that there would be members of our community who would be positive for COVID-19, designing a response plan to minimize spread, and offering caring support systems.

**Why did the University decide to remove spring break from the schedule next semester? Is this something that you see happening as many other Adventist institutions around the country?**

The travels, interactions, and return of hundreds or thousands of students from places all over the country comes with serious risk of COVID-19 spreading that could limit our ability to offer students a way to complete the spring semester with face to face classes. I'm not currently aware of the proposed plans for spring break at our sister institutions.

**Some students have heard that the university is not planning on hosting an in-person graduation ceremony this year. Do you have any updates on this?**

It is my understanding that plans for May graduation have not yet been determined. Such plans will likely be driven by the COVID-19 dashboards, both in the country and at Andrews, along with state and public health guidelines for COVID-19 risk mitigation strategies as we get closer to May 2021.

**There is recent news of effective COVID-19 vaccines by Pfizer and Moderna that should be available to the public in the near future. If this is the case, how do you think this development will affect life on the Andrews campus next semester?**

The President, Dr. Luxton, leads a COVID-19 Planning Team that still meets twice a week. With the recent news of two highly-effective vaccines that may be ready for distribution by the end of December, I'm sure this will be discussed on future agendas. It's my understanding that the first populations that will be eligible for the vaccines will be health care workers and senior citizens.

**One concern that I have heard students bring up over the semester is both the availability and frequency of COVID-19 testing on campus. For example, I was sick two weeks ago and was instructed to quarantine by the Campus Clear app, but I was not prompted to get a COVID-19 test. Can you explain a little bit more about who we are testing during the semester and why? If a student is sick and wants a COVID-19 test, are they able to go and get one during the week?**

Our testing protocols draw upon guidance from the CDC and the local health department in the context of what is operationally possible. Since our initial campus testing, Andrews has continued to do weekly COVID-19 testing for up to 100 members of our community. Those tested on any given week may include segments of groups who are regularly in close contact with others due to the nature of their employment or their participation in off campus clinicals, as well as individuals with symptoms that are probable for COVID-19.

Based on the type of symptoms reported, Campus Clear will automatically direct individuals to stay home sick but will not provide direction to quarantine or isolate. Campus Clear will also automatically provide directions to contact Lakeland for COVID-19 testing based on their symptoms. Individuals are quarantined by a Case Manager when they have been in close contact with a COVID-19 positive or probable person. Individuals are isolated by a Case Manager when they are either positive for COVID-19 or based on type/level of symptoms and/or symptoms and exposure.

Campus Clear reports are reviewed daily by our Case Managers and are triaged for



risk, to help separate someone who may be sick vs. at risk for COVID-19. The triage process identifies potential cases based on the severity, quantity, and frequency of their symptoms or exposures. Individuals who are identified as a potential case are then contacted by our Case Managers and may be directed to isolate, quarantine, stay home pending further symptoms, and/or pursue testing.

Currently, if a student or member of the Andrews University has probable symptoms or believe that they may have been exposed to someone positive for COVID-19, they can reach out to covid19@andrews.edu and request to be tested in our midweek testing process. Students can continue to utilize COVID-19 testing options in our local community (some at no cost) as outlined on this website from the Berrien County Health Department.

### **What advice do you have for students as they prepare to depart and return to campus next semester?**

Show your love to your family, friends, and yourself by finding creative ways to interact and enjoy your long break from your studies as safely as possible.

Recently the colleges and universities received guidelines from the Michigan Department of Health and Human Services (MDHHS) that also provides great advice for Andrews students. MDHHS released a document with recommended mitigation measures for students returning home for the holidays and recommended practices for universities to support a safe return to campus.

MDHHS suggests it would be wise to begin self-quarantining as much as possible even now before you enter a new household as well as continue to wear masks and social distance for 14 days from anyone you weren't living with on campus.

On a personal level, I recommend we all share more honestly with our friends and loved ones about how we are really doing. I love the Swedish proverb, "Shared joy is a double joy, shared sorrow is a half sorrow."

I'd also like to ask students what advice they have for us, for me and our Student Life team. What do you value? Where can we better meet your needs? What do you suggest we include for the spring semester, socially, spiritually, etc., to have the best possible student experience amidst the challenges of a COVID-19 pandemic?

May God Bless you and keep you as we press together in love for one another while we are apart.

# Arts & Entertainment

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## ARTS & ENTERTAINMENT

# Tribute to Alex Trebek

Hannah Cruse 11.17.2020



Photo by Public Domain

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On Monday, November 8, 2020, the world lost a TV legend and, in my humble opinion, one of the greatest television hosts of all time. Alex Trebek, the “Jeopardy!” host and trivia guru, died just this past week at the age of 80 from his battle with stage 4 pancreatic cancer. Alex was so iconic that Saturday Night Live had a running sketch called “Celebrity Jeopardy!” with Will Ferrell as the host. The theme song of the show always was played and later made known by many (Marble, 2020). Alex Trebek’s calm and clear voice was a staple part of American TV and will be sorely missed.

If any of you have been living under a rock all this time, “Jeopardy!” is a trivia TV show that has three contestants and a host. There is a board with six categories and each category has a question that is worth \$200-\$1000, going up \$200 incrementally. Contestants choose the money amount in the category and the host reads the prompt, having the contestant answer in the form of a question (e.g.

“What is a smorgasbord?”). There are two rounds and after those two rounds there is a final question called “Final Jeopardy.” You try to answer the question, and you bet how much money you are willing to lose or gain. Alex Trebek acted as the host for this show from its reboot in 1984 until his death (Marble, 2020). Jeopardy! and Trebek are synonymous; you cannot have one without the other.

To me, Alex Trebek is a symbol of strength and perseverance. Even though he was diagnosed with stage 4 pancreatic cancer in 2019, he still wanted to act as host of the show and did not let cancer have the power to control him and his decisions. He loved being around trivia buffs like himself, something that does not surprise me (Marble, 2020). He did not let something bad stand in the way of living his life the way he wanted to. He spent the last years of his life doing the job he loved and that inspires me. It warms my heart that a man of his caliber was allowed to rest with the people he loved the most by his side, his family. Maybe one day Alex Trebek will end up as a question to the answer in his beloved show. Who is Alex Trebek? A man of resilience, an icon of television. I think he would really enjoy it.

#### Works Cited

Marble, S. (2020, November 8). Alex Trebek, ‘Jeopardy!’ host and trivia master, dies at 80. Los Angeles Times.

<https://www.latimes.com/obituaries/story/2020-11-08/alex-trebek-jeopardy-dead>

## ARTS & ENTERTAINMENT

# AUdio Christmas EP is TBD

One of the most exciting things that AU has been doing the past couple of years is the AUdio Christmas EP done by the Andrews University Student Association’s AUdio team. I interviewed this year’s AUdio Director, Nathanael Chung (sophomore, biology), to get an update on the album and its progress, specifically in terms of how COVID has made an impact.

**Interviewed by Megan Napod 11.17.2020**



Photo by Public Domain

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### **How is the progress of the album?**

We are slowly but surely getting there. Because of COVID-19, this year has been hectic and we were not allowed to record until halfway through the semester. This put us very behind schedule as usually recording will start in the summer.

### **What adjustments have you had to make in terms of recording in this time of COVID?**

Some adjustments we had to make was cleaning the mics and switching the heads after recording vocalists. Also, COVID has made it pretty impossible to record any bigger groups, so most tracks will not have a large number of people on them.

### **Who else is helping you with the album?**

My Co-Audio Director and good friend Ben Dronen (senior, engineering) is helping with the various audio engineering jobs that are needed for this project. Also, my fellow AUSA members have helped me along the way with advice and finding performers.

### **Any particular song or student you're excited to have on the album?**

I have a number of people I am excited to be able to record this year. They are all wonderful singers/musicians/artists and I am thankful for the privilege to work

with them. I am not gonna disclose who is on the album as of yet, everyone will just have to see when the songs drop.

**Is there a snippet of something or even a newly recorded song that the Student Movement can preview in anticipation of the album?**

I do not have any previews to show yet. Most songs are still in the recording stage with a few entering the mixing/mastering stage. For any previews, I will get back to you after finals, but I usually do not show much as I want the songs to be a surprise to people who hear it.

*Although COVID has played a huge role in the development of this year's EP, there is still so much to look forward to. Anticipate a huge treat of a preview sometime after finals, but until then, as the EP is TBD, so are your grades, so get to work.*

## Ideas

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### IDEAS

# Election Aftermath

Lyle Goulbourne [11.17.2020](#)



Photo by Public Domain

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By the end of the momentous election night, it remained unclear whether Joe Biden or Donald Trump would win the 270 electoral votes necessary to secure the presidency. Hundreds of thousands of votes had yet to be counted, so a handful of critical states were too close to call on election night. By week's end, all major news outlets had declared Joe Biden the president-elect. However, following this announcement, President Trump refused to concede. In fact, he had claimed on election night that he had won. When Joe Biden was declared the real winner, Trump began saying what we all knew he was going to if he lost: the election is rigged, voter fraud, etc. We knew this was coming because he claimed millions of fraudulent votes were cast even when he won the election in 2016. Unsurprisingly, the voting integrity commission launched by his own administration found no evidence of widespread voter fraud and was disbanded in 2018 (Report, 2018).

Here we are doing the same dance in 2020, with President Trump claiming the election was fraudulent. Legally Mr. Trump has every right to pursue cases of fraud, and his administration has done so with vigor by filing dozens of lawsuits in courts across the nation. But to win a court case claiming fraud one must provide evidence, and no matter how hard his lawyers dig around, the fact remains that there is no evidence. As a result Trump has lost over a dozen cases from Georgia to Michigan, and the one case he did win in Pennsylvania will not change that election as the questionable ballots were not included in the state's vote count (Purely, 2020).

So why is Mr. Trump doing this? He may be doing this to save face and assuage his wounded ego. Or he may be doing this to convince state legislators that they should pursue the "nuclear" route and assign their own electors to the electoral college as the vote counts just cannot be trusted. I personally believe the most likely explanation is because he stands to gain much by feeding his base these ideas of fraud. For one, he stands to gain monetarily, as seen by his many email pleas to his supporters to help fund the legal fight even though all donations under \$8000 only go to a leadership PAC supporting him or the RNC (Donations, 2020). Most importantly, he stands to gain even greater influence among his base by denying a fair election. Instead, he will leave the White House while still claiming fraud, his supporters will believe him based on the 0 grams of evidence provided by his lawyers, and he will go around tweeting and holding rallies complaining about the "illegitimate" election. In my opinion, if Trump is alive and well in 2024 and there is not a smarter version of him by then, he will use this pent up energy to

run again.

Meanwhile, Joe Biden has been preparing for his coming presidency despite Trump's denial. He has placed several climate-oriented leaders throughout his transition team, he has named 13 health experts to a COVID task force that will shape the nation's response to the virus, and is choosing who he would like to fill the cabinet positions (secretary of state, attorney general, etc.) He has said that on day 1 of his presidency he will, among other executive orders, rejoin the World Health Organization, re-enter the Paris Climate Accord, and rescind the ban on immigration from certain predominantly Muslim countries (Biden, 2020).

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## IDEAS

# On Healing

**Adoniah Simon 11.17.2020**

We've lived under the constant reminder of COVID-19 for nine months now. While there are promising vaccines on the way, we will be living with the virus for quite some time. For so many, there is grief and distrust where there once was optimism. For others, there's been a subtler dulling of joy. I think that coronavirus, along with every other disaster and loss of this year, has taken a toll on the unique

human capacity of imagination. I see it in myself most plainly. Perhaps you can relate to this fear I have. Sometimes this fear masquerades itself as a hard truth, an imminent fact when things are looking their darkest in the world or in my life personally. The fear says, in essence, that all things are heading towards ruin. The fear brings with it doubts about our human capacity for goodness, and for change. It doubts God's care for and action in the world. Is this a fear you're well acquainted with, too?

So many of the things that once sustained people spiritually, physically, emotionally, and financially have been uprooted. We've been unmoored, and many are feeling a bit lost at sea, a storm within and uncertainty without. Many of us are preoccupied with school, work, and life responsibilities and are largely able to ignore our respective losses and hurts, but what happens once we finish finals, return home and have more time for our thoughts? It's no wonder we're all feeling a sort of fatigue that sleep has yet to beat. Healing is difficult. Emotional progress is hard. It's easier to settle with how things are, than to work for how we want things to be for ourselves, and for all of the people and things within our communities. Sometimes it's easier to make the most of drifting out at sea than it is to fight the waves, the winds, and the current to arrive at our destination.

I don't like how dramatic this all sounds, but it's something I've nevertheless thought a lot about and continued to contend with: the difficulty of healing. Pretending that things don't bother me or scare me has yet to work for me. Doing everything I can—be it good ol' fashioned hard work or an excess of leisure—doesn't distract me for long from the circumstances, feelings and beliefs I have to eventually process through.

Here's what does work. Acknowledging both the good and the bad that the past months have brought brings us back to reality, and out of our worlds of emotional reactivity. Gratitude keeps us grounded. Naming the thing in the air reassures us that we're not crazy for how we feel about ourselves and the world and how we respond to it. Taking a moment to recognize how things can remind us that we can—if not today then someday—overcome. This is how we can find our hope again. Not in avoidance of the tough things of life but meeting them a hard-fought hope despite the odds.

And now, I'll bring these ideas down and "land the plane," so to speak, in my own experience.

I know how I work, the avenues and backstreet routes my brain takes. When I



don't feel my best, and when I'm alone, I arrive at old, unresolved feelings. Old thoughts or situations I thought I made peace with resurface. Doubts that have festered the last few months about myself, the world and my place in it unsteady me. I think on some level I've let myself believe, for as hard as I try, I will never truly be rid of these things. That is, until I began to treat myself with kindness, and began to reclaim my imagination. For some reason, I've let kindness be something I readily give in abundance to others, then I withhold from myself. I'm critical. Mean. I see the worst parts of myself in high definition: the highlight reel of my worst moments is often revisited. I give so little grace to myself. Judgement and anger come easy, ruminating over all of the ways I've fallen short of my own unrealistic goals and expectations. When successes do come in the different spheres of my life, I never really let myself celebrate them. I sabotage my own progress with a phrase you've perhaps caught yourself saying: "If only I learned, did or said that sooner..." It's an absolutely rotten phrase that robs you of a moment to recognize an accomplishment and pat yourself on the back. None of these things are intentional decisions so much as they're a force of habit.

The turning point for me was in turning inward, but not only that, but meeting the deep hurts I hold within myself with compassion. I've begun seeing changes in the way I think about myself because I decided to love that 13-year-old Adoniah that learned that he wasn't good enough. Realizing that I was holding onto old hurts helped me to understand better why certain things make me angry, sad, or upset. New experiences can be reminders of painful, old ones, and so that wounded kid in all of us responds to them however they learned to. I began to extend compassion towards myself as I forgave myself—long after others have forgiven me—for the ways I've acted out in the past. No wonder I felt or reacted that way in that situation! With self-compassion comes a sort of understanding I never thought possible. I'm less of a mystery to myself, and with that sort of knowledge comes the riches of emotional maturity, like the fruit of the spirit described in Galatians.

Being able to turn inward and meet myself with love helps me to see the best and worst of me in a much fairer light. I'm no longer my worst critic. I'm no longer playing offense against myself. I'm instead learning to love who I am, and who I am becoming. For the first time in my life, I don't feel like I'm managing exterior stresses and situations, but I'm getting towards the core of unprocessed emotion I've carried for the past 20 years. It wouldn't have happened this early in my life if not for every opportunity that the insanity of 2020 has given me to feel, process and grow. For all of the bad that has come this year, I've found it a necessity to hold

onto the good that I've found.

It feels strange to talk about healing and growth with everything going on. It can often feel as though today has enough worries of its own without dredging up the past. Trust me, I get it. But there's a challenge before us, in the best and worst of times: to extend whatever it is we needed during a traumatic, stressful or painful time in our lives, whether it's forgiveness, encouragement, or whatever else. Until we allow ourselves to accept that from ourselves and our loved ones, every moment of growth will be stunted, and every success will be met by insecurity and dissatisfaction.

Another challenge before us, in the best and worst of times is this: how can we, despite the circumstances we find ourselves in return to a hopeful, healthy vision of ourselves, the world and our future in it? That hopeful, healthy vision is nurtured in the soil of the ideas we hold. Our beliefs, the ideas we carry closest to us, shape us. This is why inner work, personal growth, and healing matter. It's imperative to everything we have done, and will do in the world. Our internal world informs what we do in the outer one. So take care, and be compassionate towards yourself that you may withstand and be better for every moment of life you pass through.