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The Student Movement Volume 105 Issue 12: Driving-In to the Spider-Verse: AUSA Hosts Arachnid Movie Night

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VOLUME 105 ISSUE 12

Driving-In to the Spider-Verse: AUSA Hosts Arachnid Movie Night



Photo by Darren Heslop

News

Andrews University Wind Symphony Holds Vespers

Jenae Rogers

Article no longer exists

NEWS

One Year Later: Reflecting on the Changes at Andrews University Since COVID-19

Taylor Uphus 03.24.2021



Thursday, Mar. 11, 2021, marked the one-year anniversary of Andrews University students and staff learning that they would be transitioning to online learning. At the time, everything seemed very uncertain and many wondered what future school years would look like. As a result of the COVID-19 pandemic, life and classes at Andrews have undergone vast changes and adjustments. Aside from the basic aspects of wearing masks and social distancing, students and professors have had to make adjustments in the classroom, café and Gazebo, dorm life, and extracurricular activities.

On Mar. 30, 2020, Andrews classes officially went online for the first time and continued till the end of the semester. Many wondered if Andrews would return to on-campus learning the next semester. While the university's decision to start classes back up on campus during the fall 2020 semester brought some sense of normalcy back to students' lives, it was not without its many changes. Hybrid learning, including both remote and in-class students, was created to meet the challenges of combining distance learning with in-person learning. Professors had to adjust class activities to accommodate social distancing, and tests and guizzes became mostly digitized. Shania Watts (senior, English, music performance) explained what it has been like transitioning to being an entirely remote student. She shared, "The decision I made to learn remotely for the 2020-21 school year was extremely difficult and upsetting! I was sad I wouldn't be on campus to partake in social activities and was also worried because my experience with remote learning in March had not been great." She added, "One of the biggest challenges has been technical difficulties and participating in discussions. However, my professors have done a great job in making sure my voice is heard!"

Dorm life also resulted in many changes affecting both the social life and safety of students. Some of these changes included masks being required in hallways and study rooms, furniture being rearranged to accommodate social distancing, study rooms having limited capacity, increased cleaning, and more students having their own rooms. While many students were nervous about returning to dorm life amidst a global pandemic, over the course of the school year they have begun to settle in. Matakala Muhwanga (sophomore, accounting, finance) shared, "When I first heard that we would be coming back to school I was nervous because I didn't know how the school would handle COVID-19. Overall, I think Andrews has done a good job with their regulations and keeping the dorms safe. However, sometimes it has been hard because we are not able to socialize and have events in the dorm like we used too." While we have all had to make sacrifices in our social lives to ensure one another's safety, Andrews has still provided a safe living environment for students to pursue their education.

Along with changes in the dorm, the café and Gazebo made the necessary adjustments to accommodate COVID-19 regulations. Early on students faced challenges waiting in very long lines for food and being unable to order food from the Gazebo. However, this year the GetFood app was developed to help students safely order food ahead of time for pick up and resolve the line complications. Nehemiah Sitler (junior, communications) explained how the app has helped him this year, noting, "I have been using the app a lot lately and think that it is really easy and convenient to use. The ability to order in class and pick up without having to wait in line has been really convenient!"

The social life of Andrews students has also become more difficult as extracurricular activities have been limited. Clubs have not been able to hold many in-person activities, departments have been unable to take trips, and AUSA has had to get creative with fun, new activities for students on campus. The limited social life has become one of the biggest adjustments for students so far. Kara Shepard (junior, physics) shared, "It's definitely been strange adapting to the changes that have happened over the last year. I am glad that there are ways to have safe, in-person classes, but still miss some of the more social aspects of college. I especially miss going to Honors events, like seeing plays and concerts. Thankfully, we were still able to have a beautiful Agape Feast, which is always my favorite event!"

As we approach the end of the 2020-2021 school year and take steps towards returning to normalcy, it is important that we reflect on all the challenges we have overcome. While we have faced a school year full of unexpected changes, we have grown and worked together to ensure that the Andrews campus remains a safe place.

NEWS

The Center for Faith Engagement Hosts World Changers Week

Terika Williams 03.24.2021

From Mar. 15 to Mar. 18, the Center for Faith Engagement hosted World Changers Week in the Youth Chapel of Pioneer Memorial Church (PMC). This initiative was an innovative way to highlight the Andrews motto, "World Changers Made Here." In each program, alumni and current students shared how attending Andrews empowered them to be a world changer in their day-to-day life.

Caralynn Chan (junior, speech-language pathology) shared, "To me, this

statement signifies that Andrews has an objective to readily prepare its students to create long-lasting differences in the world. We can achieve this through academic contributions, careers serving our communities, sharing the unconditional love of God and the willingness to serve in any capacity."

Students who have served as student missionaries spoke of their experiences and how God changed their lives through serving others, and alumni who are settled in their careers spoke about how their time here at Andrews allowed them to make a difference in their everyday lives. Kyra Collins (junior, speech-language pathology and psychology) shared, "I was inspired to be a world changer in my day to day life because of my time spent as a student missionary in Saipan. Missions are usually advertised as acts done for others, even though the person who comes out of the experience the most altered is the student missionary. This applies to my own life. Letting missions transform me inspired me to be a world changer so that I can change the lives of others, like the people in Saipan changed mine." Ms. Collins's time spent serving others not only changed the lives of those in Saipan, but also her own life. Through this experience, she was convicted to impact lives everywhere she goes.

Esterady Caamal D'Vicente (senior, Spanish studies) shared her source for being a world changer, commenting, "Being a world changer never crossed my mind when I decided to become a student missionary, but I was inspired by other former missionaries to be open and willing to serve God. God empowered me to become a student missionary, and by my deciding to spend a year of service He also allowed me to be a world-changer in His name." The responsibility of being a world changer is not solely up to us. God is willing and eager to help us learn. Ms. Caamal D'Vicente shared advice for how other students can tap into their call to be a world changer. "My best advice would be, be open and willing to be an instrument of God, and I've got to say that one of the coolest ways of doing this is by becoming a student missionary. God will use you and you will become a world changer in His name."

For more information about student missionary opportunities at Andrews, visit the Center for Faith Engagement <u>page</u>.

Pulse

PULSE COVID-safe Adventures

Interview by HeeYun Oh 03.24.2021



Photo by Public Domain

What are the things that you can do with your friends that are COVID safe?

Dongchan Kim (junior, religion): COVID has impacted us in various ways, and it has not only changed our ways to work or study, but also changed our ways to interact with people. Personally, I played musical instruments with my friends during my free time, and since this is COVID-safe [due to distance], I was able to continue doing it.

Yosia Nurhan (senior, math): I usually go out to the park and beach to spend time with friends, through biking and walking. Often walking down to the dairy farm and trails on campus can be a good adventure to take that is COVID-safe. There is also disc golf around campus, near HPAC, and other places on a course. Some places that I want to recommend visiting are Sarett Nature Center and Spicer Lake Nature Reserve. Joseph Kim (freshman, biochemistry) : Due to COVID, it is harder to spend time with friends, so I seek ways to spend time with friends without having to meet them in person. This consists of playing games online with friends, which doesn't require us to meet in person, but allows us to talk on chat during the game and play together. Sometimes, I do activities with my church friends on Zoom.

Andras Muranyi (junior, biology): Going for a walk outside with a few people. Usually call friends online.

Albert Ahn (sophomore, biology): I play League of Legends with my friends online. Go on a hike or to a lake. Walking outside. Hang out with friends as long as we all have masks. I play volleyball with my friends.

Brianna Croughan (senior, medical lab science): Call on Skype or Facetime; hang out in person with the masks on, talking and spending quality time. Watch movies together. Sometimes I study together with my friends even if we don't have the same class, trying to keep distance but still keeping each other company and taking breaks together.

Elianna Srikureja (senior, English): Activities that I do with my friends during Covid usually involve the outdoors. When I have time, I like hammocking or hiking with my friends. Other adventures could include going ice skating or rollerblading (if they are open), enjoying a picnic in good weather, and doing a photoshoot.

Gabriel Orellana (freshman, biology): With my friends, I enjoy going out to nature, down to the dairy farm and near the river, and sledding when it snows, and walk around the trails behind the University. I enjoy skateboarding as well with friends with the masks on. Sometimes, I watch volleyball intramurals with my friends.

Andrew Pak (freshman, music): Because I am a music student, I gravitate towards music, so people jam together on campus with their instruments with the masks on and keeping social distance. You can play Pokemon Go, through walking around the campus with friends and catching the pokemon. Go exploring, dairy farms seeing the animals, like the baby cows, and going to the beach. Climbing the dunes at Warren Dunes was fun, and chasing the sea gulls.

PULSE

The Vaccine

Masy Domecillo 03.24.2021



Photo by Public Domain

The COVID-19 vaccine may feel like a cure that has been a long time coming, but in actuality, the timing is remarkable. The methods behind the vaccine's development is a culmination of recent scientific progress, a synthesis of recent protocols and breakthroughs within medicine. As distribution qualifications widen, a larger proportion of the population has access to the vaccine. The increased availability of the vaccine and the newly acquired immunity of at-risk demographics has drastically improved generale morale.

I am lucky. I work part-time in a laboratory, which allowed me to qualify for an early vaccine. My manager greatly encouraged all of us to sign up as soon as we were able, and before I knew it, I was driving to my appointment. It felt somewhat surreal, and to me, the sensation was akin to exhaling after a very, very long held breath.

I think everyone was—or is—scared, to a degree. People were scared of becoming sick, scared of their loved ones becoming vulnerable, and scared that the world was changing so rapidly due to a disease. Before the vaccine, the cure for the pandemic was not concrete. Of course, there were projections of when one would be developed, how long it would take to distribute, but none of those estimations would be solid until distribution actually began. Now, getting sick is not an unknown, it is not a hope-for-the-best scenario. There is a preventative cure that has been made and is available.

When I got to the testing site, which in my case was a gymnasium at Lake Michigan College, I was amazed at the extensive line of humans who were cycling through at a rapid pace. It was certainly a very efficient system, designed to get individuals vaccinated as quickly as possible while still observing social distancing guidelines. I was given a questionnaire and my forms to fill in while still remaining in my car, then joined the line which had social distancing dots. The actual time it took for me to get vaccinated was around 10 minutes, while I spent another 15 minutes at a waiting area in order to ensure that no adverse side effects occurred, as the majority of symptoms appear within this time frame.

I am trying to ingrain the experience into my memory. There are a select few things that I have seen that I am sure will be written about, talked about, and remembered that I have lived through, and I am sure this, the beginning of the COVID-19 vaccinations, is one of them. On one hand, we have all gotten vaccines. The experience is not new. But the palpable energy, the current of excitement, hordes of people chatting, laughing, seeming hopeful, that was new.

As a biology major, I am especially thrilled. It is, genuinely, a wonder. The development of the vaccine is astounding, and the fact that there are two major distributors, Moderna and Pfizer, shows humanity working in tandem. Nonetheless, there are many who are still scared, however, their apprehension lies with the vaccine instead of the disease. I think we all know a few people who are scared, and I do believe that it is a moral responsibility to spread correct information. There are individuals within my own family who fall under that category, and I try to see their vocal apprehension as precaution instead.

This is my analogy for how the vaccine works, one that I have firstly used with my little brothers and how I have explained it to those certain members of my family. Imagine that there is a dangerous person wearing a purple hat. The vaccine, essentially, teaches your body to quickly spot the "purple hat," and teaches it how to fight against the threat, by creating antibodies. Therefore, the vaccine actually does not put the COVID-19 virus inside an individual, but rather, creates a spike protein that allows for identification. This minimizes risk while creating the necessary antibodies. This is an analogy, and a quick synopsis, that has helped me explain the vaccine to others; however, I encourage everyone to read up on the mechanics of the vaccine to help educate and inform those who may be hesitant on taking it.

The vaccine is rapidly becoming available to all demographics, and I greatly advocate for those who meet the requirements to get vaccinated as soon as they can. Meanwhile, we should all do our part by informing others about what we can understand, and that can start with those closest to us.

PULSE

What is St. Patrick's Day?

Interviews by Wambui Karanja 03.24.2021



Photo by Public Domain

What do you think St. Patrick's Day is/was for?

Morgan Williams (freshman, social work): Honestly, I'm not sure. I know it is something happy. [It is] a form of celebration of life but I'm not entirely sure on the logistics.

Hunter Baldwin (freshman, psychology): I think St. Patrick's Day is for wearing green, having fun with friends, and celebrating the Irish.

Quintin Wilson (freshman, biochemistry): I'd say St. Patrick's Day is a celebration of St. Patrick bringing Christianity to the Irish—I think.

Solana Campbell (freshman, business administration): I have no idea...the Irish?

Michael Castillo (freshman, psychology): I see it as a day to just go out and have fun and stuff. I don't know, I don't really have an opinion on that day to be honest.

Jamison Moore (junior, music): I don't know what St. Patrick's Day is for. It looks like a very Irish-influenced celebration to me.

Nolan Keyes (freshman, mathematics): St. Patrick's Day is to honor St. Patrick [who was] one of the first Christian missionaries to go to Ireland.

Flavia S.B (freshman, business management): To be honest, I don't really know much about it.

Karyl Lou (freshman, animal science): I believe St. Patrick's Day is to celebrate Irish culture.

Basam Mohammed (freshman, architecture): St. Patrick's Day is a holiday that companies use to make money.

Max Pierre (junior, computer science): I know the general overall holiday presentation is based on an old Irish story about how leprechauns would pinch people they see. So in order to avoid getting pinched by those guys you would have to wear green so they won't be able to see you. But there's also the guy that the whole holiday is named after, Saint Patrick who was a missionary in his time. I think St. Patrick's Day was created as a way to celebrate the culture, in a way that honors their beliefs in a fun and enjoyable way that couldn't be seen as "contrived" or condescending.

Humans

HUMANS

AUSA Art Director Interview

Interviewed by Brandi Seawood 03.24.2021



Photo by Courtney Saunders

Courtney Saunders (senior, graphic design)

What was the process like to become Art Director for AUSA?

The process was very simple. The current AUSA President, Kyara Samuels reached out to me to offer me the role. Once I showed interest, she then set up an interview--and the rest is history.

As Art Director for AUSA, what do your duties entail?

I am responsible for creating promotional materials for AUSA events. In order to do this, I am constantly in contact with the officers, especially with Malachi Regis, who is the Social Vice President, to get updates on when the next event is. I also

ensure that my very talented assistant, Taylor Humphrey, has all the necessary information and tools to update the AUSA bulletin board in the Student Center.

What have been some challenges you have faced in this position?

The most challenging aspect of this position has been the moments that require me to create promotional materials under a short timeframe. Due to the fact that I am a student and have another job position, short deadlines force me to prioritize my time wisely.

What have been your favorite parts about being Art Director?

I've really enjoyed working with my teammates. Collaborating with the different officers has really produced some amazing flyers.

What have been some of your favorite projects you have made for AUSA and why?

Three of my favorite AUSA projects have been the AUSA shirts, the Christmas album cover art, and the flyer for the Drive-In Movie Night. Creating the AUSA shirts was really fun. I wanted the shirt to reflect the school year we had in a unique way. As a result, it took a long time because of the small details. Illustrating the Christmas album was also a favorite. Since it was over Christmas break, I could take my time to really think of a cover that reflected the type of music on the album. Lastly, I enjoyed making the flyer for the Drive-In Movie. The simple design captured the vibes that the Social VP was really anticipating and wanted to portray to the students.

What is your major and how does it connect to your role?

Every aspect of being an Art Director connects to my major as a graphic designer. As a graphic designer, I create visuals to communicate important information. This job position has done just that. Interacting with my teammates has prepared me for when I start working in the professional world with real clients.

What are your other hobbies?

I love hanging out with my friends and collecting fanny packs. And when the weather is warm, I love taking long walks on the beach and watching the sunset.

What are your plans after college?

The answer is quite simple: I don't have a final answer yet. However, I know that I plan to utilize the skills that have been cultivated in college, in both graphic design and engineering (my minor), to design visuals that can spark conversation, contemplation, and creativity.

HUMANS

Examining the Myanmar Crisis with Rebecca Fanai

Rebecca Fanai is a recent graduate of Andrews University (2020, nursing) who is from Myanmar. Since the recent military coup, she has dedicated herself to activism for her country in an effort to restore the former government.

Interviewed by Fitz-Earl McKenzie II 03.24.2021



Photo by Rebecca Puii



What is currently happening in Myanmar?

A military coup took place. I heard the news from looking up stuff online, and then I started having some friends send me some posts that they started seeing too. The military had cut off all the phone lines and everything else for several hours. The people in the country had no idea what had just taken place until the Wi-Fi came back, and then they started hearing the news, so some people were able to escape. The military detained many political leaders, especially from the NLD, the National League of Democracy. There were many reasons that this happened, but one of them was an election in November.

In this election, the NLD won by a landslide of 80%, so it was called election fraud and used as an excuse for detaining all the NLD official leaders on February 1. This would be the day that the seats were going to change, so the leaders would start going to the capital city and assuming their positions. There are so many reasons why this happened, and you can read more about that online through credible sources. I think they were going to rewrite the Constitution.

Politicians also like to say that when you turn 65, that's when you have to retire.

The general, who is the head of all of this stuff that's happening right now, is turning 65. So that's also another reason; perhaps he wouldn't be able to hold power anymore. And to add to all of this, when the previous party rewrote the constitution, 25% of the seats had to come from the military no matter what. Every time there was a new law or something they were going to pass, they had to pass a certain percentage which I believe was over 75%. So they make this constitutional change where even though technically they say, "Oh, it's a democracy now," it's technically not, because every time they vote on something, 25% of the vote is always from the military. This arrangement means nothing can pass. The military still holds so much power. They decided to take over the whole country because they probably felt like they would lose their position and the power that they've held for so, so many years. Hence, history is kind of repeating itself.

What was the catalyst that caused you to use your platform for activism about this crisis?

This has happened multiple times, but one of the biggest times was in 1980. When my parents were in college, the entire country shut down for at least one year, and colleges were all closed as well. I heard about it in stories, so for me, it was in the past; it was in my parent's time and I thought we were probably never going to go back there, and we were trying to rebuild the country again because it had gone downhill from there. Especially when I went back home in 2019, after being here in the States for about seven years without going back, I could see how much change had taken place. I saw so much growth in the young people, especially in Gen Z's, who were given opportunities for education and given opportunities to travel overseas and explore more options than just teaching or farming. When I heard about the coup it made me think: "I'm here, and even if I have American citizenship or not, that's still my home country, and I still have so many family members there and young people like me who would lose their opportunity to be where they want to be and branch out." So that's one reason I guess that I didn't even know that I had this passionate love for the country. It just kind of shook me to the core. I sometimes close my door and just sob for hours because it's just hard to take it in.

And on top of that, most of my family members are still in Burma. This made me think: "What are some things that I can do from here?" And I would feel guilty. I'm not saying that every Burmese person or young person from Burma living here has to do something; it's their choice. But for me, I would feel guilty to just sit in my own house to eat the same food to go out and work and get the same money, without actually doing something with the rest of the country, including my family who is suffering.

How can AAPI and Non-AAPI students (or people in general) be allies at this time?

There's a lot of ways. There are many petitions that organizations are creating; there's been a couple of organizations formed by Gen-Zers and formed by other generations as well here in America to encourage more action towards opposing the coup. Many petitions can be signed; there are letters that have been created, and they've made systems where you can just send a text and send a message directly to your governor, to your senators; everything.

There are petitions where you can sign letters to the United Nations, and there are fundraising events. There are people doing CDM (civil disobedience movements) by quitting their jobs and just protesting out in the streets. The government can't get the money, and they don't have a way to get the country going either, so the people protesting know that it has been very effective. Because of that, shootings started happening because of peaceful protests. So because there's CDM, there are lots of people that don't have jobs and that don't have food to eat anymore. I'm doing what I can in that aspect, and some people have created fundraisers to support those who don't have food to eat daily. Medical-wise, you know, there are hundreds and hundreds of people that are hurt every single day. Some paramedics and volunteers are out in the streets all the time, so the supplies will not last that much, and there are funds that are created to support those areas.

What I'm doing is I've created the stickers to not only fundraise but to raise awareness. It's only been a little less than a month since I've started it, but I'm actually in the process right now of sending over \$1,000 just from making stickers. I'm so, so happy about it and, as I said, it hasn't even been over a month yet. Knowing that people will support you when you're doing something that you're passionate about and that supports a good cause is encouraging.

Another reason that I think this project is important is it brings awareness. If you drive around and you see a bumper sticker or you see a sticker on someone's water bottle, then it creates an opportunity for people to have conversations, which is so crucial at this time. My immediate friends know about what's happening because of the posts I share. However, outside of that, there are still people that will be like: "Oh, my circle of friends had no idea this is happening or to the extent that it's happening," because the Western media or even the media in general won't be able to cover everything that's happening. So raising awareness and having conversations is important. Another way to do this is also just by bringing it up

with individuals and saying: "Hey, have you heard about this? This happened in Burma."

Finally, as Christians, prayer is especially important. I emphasize this so much because I do believe that despite the difficulty of us being able to see whether God is going to step in and start saving people, He will do what He can at the right time, so prayers work. I have also created a website, so if people want to follow me on Instagram, it's @beccamatei, and they can follow me there, and I put a link in my bio that will directly send them to a website I've created. The website has information on what just happened as well as really short videos on what is currently happening and what started it. For all petition links, people can just click on it, it will direct them right away to where they can sign it. There's so much to do right now, and if you know a Burmese person, especially one that's actively participating and supporting this resistance in some way, you can also just reach out to them and start by having a conversation.

How has your approach to ministry changed?

I think that worship at Andrews has shaped me in really good ways. It helped me make many connections to different people in different areas and grew my spiritual atmosphere. My dad is a pastor in Maryland, so I'm constantly still involved with youth engagement. I saw that the teens in the church didn't have space to do whatever they had been doing before I went home, so I started teaching every single Sabbath. I would go downstairs, play music, do all the little worship stuff that we do around 9:30am, then go upstairs and teach Sabbath school. After that, I would go downstairs to do divine worship, and then after the music part, go back upstairs and teach the team.

Ministry is not just that, so throughout the day, you'll have kids–and I'm not going to mention names, but I'm also helping many kids these days. Mental health is a big issue, especially with the pandemic and many different struggles within the teams. I mean, I am sort of like a counselor despite having no credentials. I spend a reasonable amount of time in that aspect of ministry, not just in its music sphere. And when this whole thing happened, I think it also took a toll on me, just because I'm already investing so much outside of work as a full-time nurse. So outside of that, I'm doing full-time ministry with my church, and this year, I'm the director of our children's department overall. So that's already kind of a lot of things I'm taking on, and then the coup took place as well, so it's tough for me to balance everything.

These events make me pray, and they make me reach out to God more, and I would

say I have not spent as much sacred time as much as I wish. I'm trying to do more of that, but I think I just get so tired with so much going on. Still, I'm happy to say that sometimes I know that when people go through tough times like this, they lose their trust in God, But that is not the case for me right now, and I think I was in a really good place with God before. So during this time, I have been able to not get to that point of thinking that God is not in control or that He's not doing what he needs to do right now. So I haven't lost hope in God, and I'm doing what I can, but I wish I were more on fire in my relationship with God.

It's tough to give yourself to everything, but I also host prayer meetings as much as I can on Saturday nights. Around 10:30 is when we used to do it. Around the same time, it would match with Burma or Myanmar, so people from Myanmar would join us in the prayer meetings as well as people from India, Singapore, Japan, and Korea. The ministry that I did here at Andrews has shifted in different respects, but I would say I've learned about leadership skills and what it means to do ministry.

Is there anything else you would like the readers to know?

Well, I would like to ask a special prayer request before I do a call to action, which is for my cousin. My immediate cousin is detained right now by the military. He got detained several days ago because he protested. There wasn't any harm that he was causing illegally; he was peacefully protesting. I won't go into the details of the background of this situation, but he's currently still being detained, which is why I'm working hard to raise more funds at this moment; not just for him but other people who were detained with him, that don't even have the means or the money or the support from their families or other people to get lawyers and to get the extra help that they need. Even if they can't get out of prison right now, we hope that their sentence will at least be lessened.

The family put some money together, and we're able to talk to a lawyer and figure it out. But my other cousin, his sister, went and spoke to them and found out that the rest of the people other than him had no contacts and had nobody taking care of them. So that means that if you don't have anyone checking in on you, your sentence could be a year, three years, or more than that. We're just peacefully protesting in this case and their families don't have the connections to figure out where they are. So that's why I'm working hard right now and sending in whatever I can get at this moment, to not only help the people that don't have food these days but also people that are struggling without support from their families. It's just heartbreaking to think about that. They're probably scared and don't have the means for people to reach them. So, with that being said, other than the prayers, it's the fundraising. Even \$1, \$5, \$6, even if it doesn't seem like it's a lot. Here, you probably don't even have a whole meal if you pay \$5 at a restaurant, but \$5 there means a lot. If I have \$5 from 10 people it's \$50. That's a lot of money back in Myanmar after you exchange the currency. So I would just challenge people to see what they can do; maybe they can save \$1 a day or maybe when they go out to eat, you can say, "perhaps I won't get dessert today, or maybe I'll not get an appetizer and save that money to donate instead," so small things; just being mindful helps a lot.

And the last thing I want to propose is just a call to action: Do whatever you can, and whether you can donate or not, be involved in prayers, petitions, and conversations. Keep sharing that. And here at Andrews, I think they're going to print more posters that I've made and put them up around the university in different buildings, so people can scan the QR code link on there. It will take them directly to the <u>website</u>, so that would be a pretty easy way to just kind of get all the information and know what the next steps are. So you can watch out for those posters and follow me on my <u>Instagram</u>; I'm more than willing to talk to people and answer questions.

HUMANS

The Day Our World Shut Down

Interviews by Terika Williams 03.24.2021

What do you remember about the day that we officially found out that school was going remote on March 11, 2020? How did you feel?

Ciera Phillpotts

(junior, psychology)

Honestly, I remember being in class and finding out we were going home for the whole semester, and I was super excited. I was homesick at the time so it seemed perfect to me; I couldn't wait to go. I was a little sad because I was going to miss my friends, especially the ones who were graduating, but overall I was happy.

Shelly Rauser

(junior, biology)

I was about to board a plane to Peru for a mission trip on 3/11 when the pandemic was officially declared and AU announced they were going remote. I was stranded

in Atlanta International Airport as I could no longer travel to Peru, but had no other flight. I started frantically looking for flights for that same day and began planning how to move out of the dorm. It was a stressful time!

Joshua Pak

(junior, biochemistry)

I remember that while I was pretty shocked that it came to having to leave, it just seemed that we would be back after spring break. Although I had kept up with the news, COVID-19's impact wasn't truly felt until the states started locking down and I couldn't see the end of quarantine. However, when I was leaving, I was just a little frustrated that I'd have to possibly go through the second semester of OChem online if the rumors of a slightly extended spring break did come true.

Kayla-Hope Bruno

(sophomore, psychology)

On March 11, 2020, I remember that I had a full day of classes and I was feeling exhausted and overwhelmed. Wanting to release those feelings, I took a walk with my roommate to the Andreasen Wellness Center to grab a smoothie. When we got there and were waiting for our smoothies, I was looking through my phone and I got an email notification. I looked at the email, read through it, and then realized that most of the student body, faculty, and staff had to leave the Andrews University Campus within the next few days and that we were going fully remote because of the beginning of a global pandemic (COVID-19). I remember being in shock; I felt numb and I was internally panicking as well as wondering about the execution of my next steps and having to tell my parents that I had to be home within the span of the next few days. I know that I will never be able to forget the whirlwind of emotions and feelings that I felt on March 11, 2020.

Lex Pena

(junior, nursing)

I thought the day I found out school was going remote was crazy. I was literally shocked and panicked because I had bought a flight for spring break but had to move out of the dorm all of a sudden–although I was also kind of excited to see my family!

Amar Sudhaker

(sophomore, public health)

At first, I was uncertain about how things would go. But I also felt very grateful to be able to see my family in good health during that time and spend time with them.

Deandra Joseph (graduate student, speech-language pathology) I remember panicking and having a great deal of anxiety because I did not know what the future would hold. It was my undergraduate senior year, so I was even more devastated that I couldn't say a proper goodbye to my longtime friends. I felt lost, anxious, and really depressed, but most of all scared that I wouldn't survive.

Elianna Srikureja

(senior, English)

That day was really hard for me. I felt dread all day as we waited for the staff meeting and the announcement to come after that. I remember that in my 18th Century Lit class, Dr. Pittman had brought cake just in case it was the last time we'd see each other in person. When we officially heard the news, I immediately wanted to panic–I was taking OChem and I didn't know how I would finish my labs. But at the same time, I felt so much reassurance both through some of my profs who reached out to ask if I needed help moving out and also through my close relationships with friends and God. That day definitely shattered the way that I understood the world, but it also helped me recognize and appreciate the friends in my life. While I felt really scared and even a little angry, I also felt love.

Sydney Saint-Jean

(senior, psychology behavioral neuroscience)

I remember the day we got the news that we were going home to learn remotely. It was bittersweet. I was excited to see my family, but I couldn't believe that my last semester with a lot of my friends who were graduating had come to an end like this. I didn't even have time to feel because the same day I got the news, I was trying to pack up my room, so I couldn't process my emotions well. but the plane ride back home was definitely an emotional one. Knowing that some of those memories you could have made are no longer is definitely a sad thought.

Alyssa Henriquez

(senior, English and biochemistry)

I remember that afternoon so vividly. In my English literature class, Dr. Pittman brought cake for us all to share in case it was the last time we saw each other in person. Initially, the idea of having an extended spring break seemed fun, and I didn't anticipate that we would literally be unable to return to campus until the next school year. I waited in anticipation with a couple of friends from English class, where we sat in PMC and waited for the provost to announce what was happening. When he finally revealed that we were going online, we were in complete shock. I went into the campus center about half an hour later and it was a crazy scene--everyone was congregated there and people were walking out of The Gazebo with huge bags of groceries. I realized that I wouldn't see my friends who were graduating again and got incredibly sad. I cried a lot that week. I was supposed to go to Honduras for spring break and that got canceled, and I found myself at home for the entire summer living what felt like the same exact day over and over again. Although I got used to things over time like everyone else, that first day felt incredibly surreal.

Arts & Entertainment

ARTS & ENTERTAINMENT

Creative Spotlight: Karenna Lee

(sophomore, English and business administration) Interviewed by Megan Napod 03.24.2021



Photo by Karenna Lee

What got you into creative writing?

I've always adored fairy tales. I remember just eating up Disney princess movies and fantasy books as a kid, so I'm not sure when or how it all started, but I was writing about princesses and magical pandas as early on as elementary school. Although, recently, I've been trying to tap a little more into reality as I write.

What/who are your inspirations?

Actually, poetry is not my main medium. I primarily write short fiction and novellength works in the fantasy genre. Some of my favorite books are "Percy Jackson and the Olympians", "Lord of the Rings", "Six of Crows", and "The Book Thief". In regard to poetry, my friends, Abigail Lee (freshman, sociology), Alannah Tjhatra (sophomore, biochemistry), and Andrew Pak (freshman, music), have been very inspirational.

What is your favorite part of the creative writing process?

It would have to be reading the finished piece. It's so satisfying to see everything come together.

To get the word out there for the club, why should students join the AU Scriptorium?

We're super laid back and friendly. People just gather 'round and chat about the cool things they've read over the past week or share a little something they wrote. We have optional weekly prompts. Really, there's something for everyone. There's no requirements or expectations, so feel free to drop by the rec center any Thursday at 6:30 PM.

Could you describe the story behind the piece you are featuring?

When I wrote this piece, I had just gotten in from watching the 2020 election results come in live. The past week had been a flurry of urging friends and strangers alike to please, please vote, and election day itself had been a constant stream of 'have you voted yet?' My ballot was in the box. There was nothing left but waiting, so flooded with anxiety over who our next president would be, I began to write.

This poem is a homage to anyone who's ever felt like this country isn't theirs to claim. As an Asian American and a kid of first generation immigrants, I wanted to capture the tumultuous experience of entering a new nation, the challenges my grandparents and parents faced, and the trailblazers who led the way. It's undeniable that America has a messy past, and I think that's something I'll always grapple with.

"america, america"

america, america,

plentiful land, land of opportunity, land of solemn-faced, pinched-lip mothers and fathers, clutching screaming infants to their chests, keeping chins up, hiding fear, staring past, marching down seaweed-slick planks to land of the free, home of the brave

overflowing nation, land of giving, land of fresh calluses forming on grandmother's hands from stretching days of scrubbing linoleum tile, wringing gray rags, whitening toilet bowls, trudging home to two sons in one bed in land of manifest destiny, home of abundance

noble country, land of glory, land of 'they are not like us,' see their narrow, black eyes, their foul-smelling lunches, their rude accents in land of 'worry about yourself' because no one else will, and i watch a boy paint his lips in blueberry blood in land of mirth, home of oneness

home, dear america, hope is a man in a plum-dark lip, shimmering crystals in his ears and river cloth draped off his hips, refusing to bow before the hatred, rising to himself, sharing my name and face in land of darkness, home of division

tormentor, dear america, hope is a woman in a pearl necklace and a fitted pantsuit, standing above a sea of people who have chosen her voice to uplift theirs from their island state with a face like mine and a voice like my people's in land of blindness, home of closed ears

stubborn place, dear america, hope is a young person laughing in a tulle, tangerine gown, a brown woman thundering in a congress hall, a tired man sobbing in his brother's arms, a graying woman holding her wife's hand in land of equality, home of justice

america, america, bountiful land, land of self-making, land of unspeakable wrong etched crimson on my nation's soul, families rent by war, cities shelled by bombs, deep scars torn unseen in the people's hearts, all i ask of you is please, let the children be happy. in this land of relentless wishing, home of second chances

ARTS & ENTERTAINMENT

Current Favorite Women in the Arts

Kaela McFadden 03.24.2021



Photo by Public Domain

1. Jenny Han, author of the "To All the Boys I've Loved Before" series—Hannah Verhelle (junior, nursing)

- 2. Naomi Scott, singer and actress—Daryna Kulinich (sophomore, animal science)
- 3. Taylor Swift, singer—Lindsey Howard (sophomore, nursing)
- 4. Awkwafina, comedian and actress—Solana Campbell (sophomore, business administration)
- 5. Kiana Ledé, singer—Emma Tennyson (senior, psychology)
- 6. Beyoncé, singer—Caralynn Chan (sophomore, speech-language pathology and audiology)
- 7. Mary Oliver, poet—Lily Burke (sophomore, anthropology and English)
- 8. Sylvia Plath, poet and author —Rachelle Evano (sophomore, public health and sociology)
- 9. Emma Watson, actress—T Bruggeman (sophomore, computer science)
- 10.Dionne Warwick, singer—Alannah Tjhatra (sophomore, biochemistry)
- 11.India.Arie, singer—Marcel Maddox (sophomore, graphic design)
- 12. Taylor Swift, singer—Kyra Wirsz (junior, political science)
- 13.Beyoncé, singer—Alex Hess (sophomore, English)
- 14.Hilary Hahn, violinist—Madi Jordan (sophomore, music, and pre-physical therapy)
- 15.Maurissa Tancharoen, actress, producer, and writer—Izzy Koh (sophomore, English)
- 16.Mahalia Jackson, gospel singer—Chase Wilder (sophomore, sociology, and theology)

ARTS & ENTERTAINMENT

"Cuties:" Social Value vs. Social

Harm

Hannah Cruse 03.24.2021

Editors' note: The film highlighted in this article is controversial. The streaming service of the film, Netflix USA, was indicted for the promotion of lewd visual material by a state grand jury. Netflix defended the film in a statement: "Cuties' is a social commentary against the sexualization of young children. This charge is without merit and we stand by the film." This is an opinion piece.

What does it mean to be women and feminine, especially within the context of our society and time in history? When looking at influencers and people with a

high number of followers and likes, women are bombarded constantly with the idea that skinny and pretty young women are who they should strive to be and who they should emulate to be accepted. The recent French indie film "Cuties" starts on the platform of what young girls are being taught about how women are supposed to look and act like.

"Cuties" takes a dance team of 11 year old girls that are beginning to dip their toes into puberty and explores what it means to be a young girl in the social media age, where photos and videos of edited women are one click away. It focuses especially on one girl, Amy, who struggles between her conservative roots as a Senegalese-French Muslim and as a girl who wants to be cool and fit in. She tries ardently to show that she can be an asset to their team by helping them learn moves used by older women to be able to qualify for the dance competition. Her determination backfires and at the day of the finals, she realizes with tears in her eyes on stage that this is not where she is meant to be.

This movie created an uproar when it was released on Netflix, with people <u>calling</u> to cancel Netflix on Twitter and criticizing the promotion poster of the movie, which was changed and apologized for. Even Q-Anon and US Senators decided to join the conversation, the latter group indicting the streaming service for publishing child pornography. Nevertheless, Netflix stood by the film, highlighting the importance of the message of the director, Maïmouna Doucouré. From "Toddlers and Tiaras" to "Dance Moms," we are already creating entertainment and a spectacle out of young girls who aren't old enough to consent and subjecting them to the criticism of people worldwide. Yes, part of the movie wasn't fun to watch, but it showed what our younger generation believes about what expressing femininity looks like. If people get distressed by watching this movie, then they should get angry at TV shows and movies like the ones listed above. Doucouré emphasized that this film is all about criticizing the way people treat women, women's bodies (especially women of color), and the pressure to grow up quickly. She said, "We need to protect our children. What I want to [do] is to open people's eyes on this issue and try to fix it." People say things to babies and young children like "they are going to be a heartbreaker one day" or "she's going to be a knockout," enforcing that being beautiful and sexy (the way society portrays it to be) is the road to success.

This film, however, does not provide an answer on how to fix the problem of the hypersexualization of young women and girls, but it does show that there are other ways to express femininity. Social media is still young and the effects are just starting to show. Femininity is not expressed in one way, and our content should reflect that. Could the film have been done better? Yes, it could have been less explicit and gotten the point across, but sometimes the truth is a hard pill to swallow. I hope this film spurs a conversation on this topic and real, effective solutions can be found.

Ideas

Allow the Good Things

"When the conscious mind cannot find a reason to say no, the unconscious says no in its own way." - Charles Eisenstein

Evin N. Musgrove 03.24.2021

Oh, the comfort of self-sabotage. The comfort of watching a good thing move towards us, then redirecting its path. There's something about blocking our blessings that we find so attractive. But, why? What is the lure of talking ourselves out of thriving at that new job, of building that new friendship, of sticking it out during the beginning phases of that budding relationship? As a 'doer,' I'll speak for myself here. It's the perceived control. I believe humans are natural control freaks. We like to keep our hands on something for as long as possible, and when that control begins to slip from our fingertips, we panic. I often find myself, in fact, more than I'd like to admit, at the doorstep of a potential 'good thing,' only to conjure up a plethora of negative outcomes, guiding me back to my safe haven of what is 'known.' I convince myself that in not giving something a fair chance, I've dodged a bullet, because 'that wouldn't have ended well anyway." I think it's safe to say that most, if not all of us, can relate to this, so let's get into the nitty-gritty of this toxic behavior.

Given the most basic <u>definition</u> of self-sabotage, "behaviors or thought patterns that hold you back and prevent you from doing what you want to do," how does this habit hide itself in everyday life? For starters, you blame others when things go wrong. Consider the example of a relationship where your partner behaves in a way that negatively affects you both. Right off the bat, you decide they will never change, break up with them, and exit the relationship completely content with your decision. According to Maury Joseph, PsyD, you have just sabotaged the chance to grow from the experience by neglecting what part you may have played in the relationship drama. Another sign of self-sabotage ... procrastination. You muster up the motivation, spend hours gathering research, and are ready to complete a task, just to lose momentum minutes later and opt to binge your favorite television show or catch a quick workout. Perhaps you don't resonate with such behaviors, but instead, you have trouble communicating your needs. Failure to stand up for yourself amongst friends and family, at work, or just in day-to-day interactions, always leads to burnout or feelings of being misunderstood. Allowing this to go on for too long can breed resentment and missed opportunities.

Being able to acknowledge and identify self-sabotage is key, but it is even more crucial to understand its roots. As previously mentioned, this can often be a need for constant control in your life, where you feel "untouched" by the world's unpredictability. While you may suffer both mentally and emotionally from this control addiction, at least you get to keep your walls up, because God forbid you allow yourself to be vulnerable, right? Your self-sabotage patterns may have even been learned during childhood. Dr. Joseph suggests that for a child who only gained the attention of her parents when they were angry, as an adult, she may intentionally provoke others in order to get their attention, resulting in a toxic attraction to anger (Brito, 2019). Or maybe you relish in self-sabotage because you're afraid of failing. The idea of igniting your own failure motivates you, in hopes of "softening the blow" later on. Sigh.

Despite the prevalence of self-sabotage, many people are completely unaware that they are engaging in it. Some grow to believe that they are just natural pessimists, not realizing that their 'pessimism' is a result of being in constant fight or flight mode. Well, here's the thing, fellow saboteurs, a loving Creator did not breathe life into you for you to snuff it out with debilitating thoughts and behaviors. We were not created to have complete control over all of life's affairs. If we were granted such control, what would we need a sovereign God for? Wouldn't we just be our own god? If you've never been told this before, or perhaps you need a little reminding... you are worthy of good things. Read that again. You are worthy of good things. You are worthy of inner peace. You deserve to apply yourself to new opportunities in order to reap the benefits. You deserve the gift of healthy, stable, enjoyable relationships. You are allowed to live in the moment and appreciate things for what they are, not what you're hoping them to someday be. And most of all, it is okay to be afraid of change or letting your walls down. Congratulations, you're human! Today, God is urging us to "take captive every thought to make it obedient to Christ" (2 Cor. 10:5). Every thought that tells you that good things don't last, that you're incapable of experiencing true, God-given fulfillment on this side of heaven. The thoughts that say negative overthinking is productive and will keep you safe from failure. Trust God's love for you, friend. Accept, with open arms, all of the good things He is sending your way.

IDEAS

What You Can Do: Allyship for the Everyday

Abigail Lee 03.24.2021

During saddening and stressful times such as these, it is easy to become disheartened and overwhelmed by tragedy. Devastating events can range from injustices in the courts, to death amidst cities and neighborhoods. Each of these events stir up emotions of frustration, discomfort, or sadness. You may feel a want to do something but have no idea where to start, a perfectly understandable situation that we all find ourselves in sometimes. Don't become settled into hopelessness; take a moment to collect yourself and try to take some of the following actions.

Work towards informing yourself about the situation.

While Instagram infographics can be an easy way to stay informed, try taking your sources of information past social media. News sites like <u>NPR</u> and the <u>Associated</u> <u>Press</u> can be a thorough source without a strong bias, and local news sources are more likely to provide detailed and specific coverage on incidents that happen within their own areas. As you are researching and learning about recent events, consider similar questions to the following: "Has this happened before in history? "What are the factors that led to this moment occurring?" "Is this event still developing, what information is potentially missing?" Nothing truly exists in a bubble. You could find within your research the historical and political context needed to explain or understand why something may have happened. However, something important to remember is to not exhaust yourself. You do not have to stay plugged into the news constantly; witnessing and learning about distressing

subjects can take a toll on your psyche. *Learn and understand what issues mean the most to you.*

Similarly to your absorption of news, you cannot be expected to fully understand every issue which becomes relevant to the public. When working to understand which issues mean the most to you, try initial broad learning sweeps, paired with self reflection. What are the key topics that impact and influence you in your everyday life? Do you have a love for nature and the environment? Is race and its workings something that you find yourself contemplating often? It is important to be aware about modern issues; however, when you understand which ones you carry the most passion for, you are able to work towards more nuanced and in depth views on those matters. With the topics that you focus on, you can pursue theory and other relevant literature, but it is important to not forget the ways in which issues can overlap and shape one another.

Look for local organizations, clubs, committees, or events where you can participate.

Education is important, but so is action. Consider looking locally for ways that you can engage with others and work towards the future that you want to see. Social media sites from Instagram to Facebook are home to pages which host and publicize organizations and clubs which are likely working on the issues that you care about. Take some time to do some research on potential matches and see if the efforts they take are something that you agree with and if it is relevant and reasonable for you to join. Not all political participation will look like protests. Groups that you may want to join can range from art-based activism to cooking and mutual aid. You very likely may find one which aligns with the passions you already hold.

Take care of your own mental health.

No one is immune to burnout. While in your frenzy to work towards bettering the world, you may forget to maintain your own mental well-being. Take some time to remember that the world is not made up of only pain and injustice. Look towards the people, ideas, and events which motivate you, and remind yourself the reason why you are fighting for a stronger future. Whether healing looks like disconnecting from news or a long hug from a loved one, do what you feel is necessary for you to be able to be the best self that you can be.

The Last Word

THE LAST WORD

Reaching for the Impossible

Kurt Kuhlman 03.24.2021



Photo by Lisa Kuhlman

Failure. It's an uncomfortable word, and yet it is one of the most common sources of motivation. Or rather, one's fear of it. Failure is one of humanity's most common fears, and it forms the base of many others. The fear of rejection is its most basic, the fear that one has failed to do enough to be accepted by whomever it is that they are scared might reject them. But even in its own form it is multifaceted, depending on the privacy of the failure. The possibility of public failure, before friends or strangers, is more adrenaline-inducing and sharp, but less deeply impactful, than failure before oneself. And yet, it is this second type that we more often face.

Adult life involves making choices and setting goals, and the majority of these are made inside our own heads and never communicated to anyone else. If I made the goal to go to bed early this week, or the choice to put off one assignment to finish another that seems more pressing, it could seem so mundane and uninteresting that I would keep it to myself and tell my friends the more exciting things that happened during the day. This means that when we look back and realize we stayed up until 1 A.M. a few nights this week, or that the assignment we put off is due tomorrow and will be rushed and not as good as it should have been, it feels like total failure. To be fair, it is a failure. However, "total" is too strong a word, because something was gained. Most likely, I made those goals knowing that they were unreachable, that total success was not within grasp. However, they were made for a reason. I saw something in my life or work that I was unhappy with and knew could be better, and I did something about it.

It is common nowadays when speaking of goals, for people to suggest making small, manageable goals, to avoid the dejection and loss of drive that often accompanies failure. This is only the first step. The focus is often on the small goals, and what can be forgotten is the larger goal that must be set in order to give the small order and meaning. When someone talks about exercising for twenty minutes once a week, it is often in the context of gradually increasing the time spent exercising in pursuit of a larger goal, say thirty minutes every day. For most people, the larger goal is, at the time they begin to work towards it, unreachable. And yet they reach for it. Perhaps they end up only exercising every other day, or even twice a week. While they may have failed in respect to the larger goal, they have improved themselves from where they were when they began.

I have some personal experience with completely unreachable goals, although it's more of a shared family goal, rather than individual. Since I was very young, a toddler even, my parents have been trying to reach the highest points in each of the fifty states. Through multiple geological surveys by individual states as well as federal entities including the U.S. Army Corps of Engineers, the U.S. Geological Survey measured the highest points above sea level in every state and placed round metal markers on them. For the past 20 years or so, any trip that passed through or ended in a new state required research to determine the possibility of fitting a high point into the itinerary, often more than one. In June 2019, my sister graduated from La Sierra University, and my parents decided that we would drive back home rather than fly. We drove north, and went to Zion National Park, Yellowstone National Park, and Mt. Rushmore, firsts for most of the family. But we also did the highpoints of North Dakota, South Dakota, Nebraska, and Kansas. These four greatly varied in difficulty. We were able to drive up to the Kansas and Nebraska high points, but White Butte in North Dakota was about a three-mile hike, and Black Elk Peak in South Dakota was about seven and a half. These are not unusually long hikes for us, as most of our family vacations involved national parks. However, they pale in comparison to those peaks that make this goal unreachable for my parents. Denali, in Denali National Park in Alaska, stands more than 20,000 feet above sea level, and is the highest point in North America. Mt. Rainier, the highest point in the state of Washington, is more than 14,000 feet above sea level, and the National Park Service says that "Conditioning climbs on similar glaciated peaks, and participation in mountaineering schools are essential" before attempting to scale the mountain. A significant difference from a sevenand-a-half-mile hike on well-maintained trails.

Despite the fact that my parents will never be able to summit Denali or Mt. Rainier, they have attempted to complete their goal as best they can. They have passed on their goal to me and my siblings, and in their attempt, instilled in us a love of nature and national parks. On the base level, they have failed, but in trying, they have improved themselves and those around them in many other ways. This view requires a paradigm shift away from our binary views on success and failure, and towards a more nuanced, tiered understanding of success. The inability to complete every aspect of a goal does not necessarily signify failure, but could, if we try, be understood as another kind of success, even if it was not what we set out to do.