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The Student Movement Volume 105 Issue 16: Best of The Student Movement 2020-21

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Best of The Student Movement 2020-21



Photo by Manuel Monchon

News

NEWS

Bump, Set, Spike: Players and Fans Enjoy Intramural Volleyball Games

Amanda Cho [04.20.2021](#)

“It’s over!” “Watch back!” “Out!” The court echoed with the rallies of teammates and the squeak of shoes against the court floor as the two teams volleyed the ball over the net. Cheers from the spectators urged on the players as they put in all their effort to get that final point.

During the past couple weeks, students from around the campus have come together to form teams to participate in the annual intramural volleyball tournament at Andrews. While these games are normally played during the week, on Saturday, Mar. 6, the gym was open to not only players, but also fans. Due to COVID-19, the games have been limited to only players during the week. This weekend, Student Activities and athletics worked together to be able to allow students to come and support their friends and watch the games.

Ashley Neu, director of Student Activities and Involvement, said, “We haven’t been able to do a lot of athletic events because of COVID, and we know that students love athletics on this campus so it’s nice to be able to have this event for students to be able to come and watch and support their friends.”

To make the event as safe as possible, students were required to sign up in advance to reserve a seat for the game that they wished to attend. There were only a certain amount of seats per game, and each seat was also kept 6 feet apart to maintain social distancing. Finally, students were also required to present their campus clear at the front door before entering the gym. However, despite these restrictions, students were just happy to be able to participate and to support their friends.

Hope Bollin (sophomore, physical therapy) commented, “It’s really nice that they are actually letting us come watch the games. I’m glad that I was able to support my friends, and it was nice to be able to take a break from homework.”

Students who participated in the games were happy that intramurals were still happening and that they were still able to play. Volleyball and sports in general are a big part of our lives and the community here at Andrews, so being able to have this event when many other programs have been cancelled was a big morale booster. Especially during the games this weekend, the community was able to come out and participate by supporting their favorite teams. The players were a little nervous, but overall excited that they were able to have their friends come out to watch and support them.

Aryana Robinson (junior, architecture) shared, “It’s definitely a little nerve wracking but it is also super encouraging to have people cheering for you and just watching you improve on your skills. It’s a little scary but mostly it’s empowering. Also, keep an eye out because I am trying to start a volleyball club at Andrews and hopefully, eventually even a volleyball team!”

The intramural game for basketball will be on March 29. For more information on how to register and participate you can visit <http://www.aucardinals.com/team->

[registration](#). Also, look out for sign ups to watch the basketball intramurals on April 17th!

Originally published on March 9, 2021.

NEWS

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

Taylor Uphus **04.20.2021**



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 quizzes 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 to." 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.

Originally published on March 23, 2021.

NEWS

Tenth Annual Honors Church Service Reflects on Christian Stewardship

Elianna Srikureja 04.20.2021



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.

Originally published on November 17, 2020.

NEWS

The Andrews University Symphony Orchestra Performs “Awakening” Concert

Jenae Rogers [04.20.2021](#)

On this past Thursday, October 8, the Andrews University Symphony Orchestra performed their “Awakening” Concert in the Howard Performing Arts Center (HPAC) conducted by Dr. Chris Wild. Because of COVID-19, the Symphony Orchestra live streamed their event over Facebook. The live stream allowed people to watch from all over the world including Argentina and the Philippines. Over a hundred devices watched the concert live. Many alumni and family members joined to watch the concert. Dr. Wild commented, “By broadcasting our concert through Facebook we were able to connect with many more listeners than is typical of our concerts. Within the first twenty-four hours of the live-stream, approximately 4,000 people had viewed the video.”

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

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

The performance was based on the theme “Awakening.” A total of five pieces were played by the Symphony Orchestra with a half hour intermission in the

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

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

To watch the concert, you can go

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

Originally published on October 13, 2020.

NEWS

WEAAU Hosts Women’s History Month Vespers

Terika Williams [04.20.2021](#)

To usher in Women's History Month, the Women’s Empowerment Association of Andrews University (WEAAU) hosted Proximity Vespers on Friday, Mar. 5th. Caryn Cruz (sophomore, English), co-president of the club, introduced the theme of the night, “Identity.” She reminded the audience to remember that women are daughters of God. Lisiane Umuhire (junior, behavioral neuroscience), the religious

vice president, invited the audience to assume a mindset of gratitude for all God has done.

After praying, the praise team sang songs that revolved around the central theme of “Identity.” Then an all female team sang, “I am chosen, not forsaken, I am who you say I am,” a wonderful reminder that our value is founded in Christ. After hearing the beautiful harmonies and words of these songs, Laura Fierce (senior, digital communication) shared a spoken word poem. Then, Danielle Pilgrim, Associate University Chaplain at Andrews, introduced the panel for the night. The panel members were Stacie Hatfield, professor of Anthropology in the department of Social and Behavioral Sciences, Gabriela Francisco (junior, sociology) and Keila Carmona (graduate, young adults & youth ministry, social work).

Chaplain Pilgrim asked many probing questions about the nature of being a woman in the Seventh-day Adventist church. Questions such as, have you doubted yourself as a woman, how has society shaped your view of women, and how has the Bible played a role in the way that you view yourself as a woman were answered through different perspectives. From these questions came wisdom and deep insight on the struggle but blessing of being a woman. Cameron Mayer (junior, speech pathology) shared, “I really enjoyed how Keila said that God made man and woman in His image and that in order to understand God’s image fully, we need women. I felt like that statement gave me so much purpose and I’m really happy she shared that thought with us.” Keila’s comment enforced the idea that a woman’s identity is hinged on Christ’s identity.

Megan Napod (senior, speech-language pathology, audiology) wrote, “Professor Hatfield’s answers really rang deep in my thoughts and made me think more about what it means to be a woman. She spoke so eloquently and clearly, it was inspiring.” Professor Hatfield spoke about the need to empower all kinds of women and think broadly about their strength. When reminiscing on the events of the night, Keila Mapp (junior, biology) shared how this vespers service impacted her. She said, “Seeing how other women view their value in Christ caused me to look at the roles of women in the Bible differently. It also inspired me to reevaluate my self-perception as a woman in the church and what I can offer by being a woman.” WEAAU’s Identity themed vespers resonated in the hearts and minds of many, reminding us that when we uplift women, we uplift the image of God.

Originally published on March 9, 2021.

Pulse

PULSE

Fresh Air, Fresh Produce

Jessica Rim 04.13.2021



Photo by Public Domain

Moderate temperatures for the past few weeks have encouraged people to enjoy outdoor activities more often. However, for someone like me, the most acceptable way to spend a Sunday would be to hole up in my room, finishing assignments for the week and avoiding contact with humans, if possible; the balance between rejuvenating my mind by going outdoors and being conscious of COVID-19 risks is delicate and fraught with ethical considerations.

Despite my scruples about taking an excursion, my friend and I decided to find out if there was a way to safely enjoy something close to campus. It occurred to me that it was currently harvest season and that I had not taken advantage of our local agrarian abundance in the past. Thus, after a quick Google search of “farms in Berrien Springs,” we visited the first three locations mentioned, all within a 10-minute drive from Andrews University.

The first stop was Bixby Orchards, which featured a small produce stand including watermelons, cucumbers, zucchini, and honey. Plump pumpkins were lined on the side, waiting for any avid pumpkin carver or pumpkin pie enthusiast to whisk them away. If we had arrived earlier in the month, we might have procured a sunflower or two as well. Although there was not much to do, especially as we arrived close to the closing time, the peaceful drive to the orchard and the picturesque field in front of the parking space were enjoyable for a serene Sunday early afternoon. Perhaps unwisely denting our college budgets, we also left with a small \$8 jar of apple blossom honey, 75-cent cucumber and \$1 golden squash.

Next on the list was Hildebrand Fruit Farms. After covetously glancing over the selection of squash and gourds sitting on the ground, accented by mini pumpkins priced at a quarter each, we walked up to the table in front of the red barn. Well-organized rows upon rows of multiple apple varieties were available for purchase. A woman next to us inquired about the recommended variety of apples for apple pie, while I lamented my lack of an adequate reason to ask for a similar explanation, especially because I did not come for a basketful of apples. We quickly paid for the \$5 gallon of apple cider we wanted and left. When we later tasted it, it was just what apple cider should be—refreshing, clean, and tight as a fresh apple.

The most fruitful part of the trip was at Lazy Acre Vineyard, where families geared with hats, buckets, plastic bags, and shears were diligently picking through the rows of vines and plump grapes. The elderly owners were very willing to point people to the right direction for each kind of grape, and kindly advised taste-testing and taking only the darkest bunches. We took this advice to heart, possibly eating as many grapes as we collected, like most people at any U-pick. We also filled our eyes and camera storage with the natural beauty of the fruit, which existed on a spectrum of shades, speckles, and ripeness, not like the homogeneous factory-perfect grapes at a supermarket. Even the shriveled grapes added to the aesthetic, dramatically juxtaposed with the pristine ones. After experiencing the thrills of a treasure hunt, appreciating both curtains of untouched grapes and hidden grape clusters in thoroughly-picked areas, we bought 2 pounds of grapes at \$1 per pound.

Despite thinking that all of this would consume a huge portion of my precious Sunday, this was not the case. I realized that it is not a waste of time to appreciate the fine weather, coloring leaves and fruit-bearing plants that evidence the passage of time, and a walk with a friend. This may be even more important in current times because going outdoors reduces the risk of transmitting the coronavirus and improves one's mood. While not posing a risk to others by maintaining appropriate

distance and wearing masks, we can still reap the benefits of this fall season. I certainly did, in both very material and intangible ways.

Originally published on September 19, 2020.

PULSE

How to Stay Eco-Friendly During the Pandemic

Gloria Oh [04.20.2021](#)

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

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

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

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

2. Eat a plant-based diet.

If you are living on-campus, you will most likely be living this suggestion already. However, I strongly recommend you to continue that diet even when you are off-campus or eating out. It is now a well-known fact that the animal industry, especially cows, contributes a lot of methane and causes massive deforestation. We are living in a time where consuming excessive amounts of meat has created

an abnormal environmental ecosystem. So, let's not think about what was natural hundreds of years ago, but what actions are "natural" to take for us living in the 21st century. Eat less meat; eat less dairy products!

3. Cut the straps off after using disposable masks.

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

4. Support candidates that promote environmental causes.

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

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

5. Use more, buy less.

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

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

Although it is inevitable for us to create waste while trying to keep ourselves safe during the pandemic, there are things out there for us to do to reduce the amount of garbage and make it less dangerous for local fauna. Many environmental crises have happened this year but let's keep a hopeful outlook and continue to develop eco-friendly habits in our lives! We can make a difference, world changers!

Originally published on October 13, 2020.

PULSE

International Women's Month: Lessons From My Mother

Wambui Karanja [04.20.2021](#)

When I think of the defining characteristics of womanhood, my first instinct is to cite characteristics like beauty, nurturance, warmth, sensitivity, and supportiveness. Stepping outside of the stereotypically-defined feminine attributes, however, we start to notice characteristics like complexity, resilience, and strength. Characteristics revolving around themes of strength are foundational to the functionality of women. Strength can be seen in the hard-working mother who is the primary provider for her family. It can also be seen in the woman who is discriminated against at her place of work simply for being a woman in a society with a long-standing patriarchal history. Themes of strength can be seen in many contexts and in women from all walks of life; we just have to look.

The primary example of a strong woman in my life is my mother. I have seen and heard about many of the adverse life experiences she has encountered and still, she rises to meet her challenges with courage. I sat down with her to have a conversation about the complexities and nuances that exemplify strength in the context of womanhood and what that has looked like in her life.

What is your definition of strength in the context of womanhood?

Strength means getting up at 4 o'clock in the morning before I go to work on

projects that I am passionate about. Strength means exercising every day so that I do not die prematurely. Strength means drinking enough water when I can. Strength means making the community stronger by engaging with other people. My ultimate aim is to create a space that is safe for the people I love so that I can live forever and ever. That, to me, is strength.

Please describe a time in which you felt it was necessary for you to be strong, either for yourself or for others.

When my mom was dying, I knew I needed to be strong emotionally for my mom, my brother, and my children. Her passing made me the new matriarch of the family. You, Wambui, actually were a big source of strength for me during this time. I don't know what it would have looked like if I was just taking care of my mom and I wasn't nursing you and having you by my side consistently.

How does one strike a balance between strength and sensitivity? Or are the two mutually exclusives?

I believe my sensitivity is my strength. My sensitivity gives me ears to hear the needs of others and strengthen them. My sensitivity allows me to create and to be joyful. It allows me to continue to be vibrant even under scary, life-altering circumstances. My sensitivity allows me to hear and obey. That, I believe, is true strength.

Is there anything that your mother taught you about strength that you would be willing to share?

My mother and grandmother taught me the same thing: have your own money and know how to take care of yourself. Mama also taught me I can do anything I put my mind to. My grandmother added to always keep my hands in God's hands.

Originally published on March 17, 2021

Spring Birding

Interview by Masy Domicillo 04.20.2021



Photo by Public Domain

As warmth begins to grace the Andrews University campus, signs of spring have begun to appear. From the longer, sunnier days to the flowers beginning to bloom, the changing of the seasons is evident. There is perhaps one event that heralds the disappearance of winter above others: the return of the birds. From excited chirping within the early morning hours to the gathering of flocks among birdfeeders, the spring migration of the birds remains a fascinating phenomenon each year.

The return of the birds also allows for an increased variety for bird-watching. A hobby that can quickly be learned, birding allows for humans to interact with nature, as well as with others. An avid birdwatcher, Dr. Tom Goodwin, a biology professor within Andrews University, gave us some insight to the activity, as well as some tips for beginners.

How did you get into birdwatching?

I initially got into birding when I took an ornithology course in college, and I was a very active birder for several years after this course. Then, after many years without being too active, I got interested once again a couple of years ago when my

wife and I were preparing to go to Costa Rica, where bird life is incredibly diverse. I've been hooked again ever since!

Why would you recommend this activity?

First, birding gets you outdoors, and that is a good thing. Second, there is something very satisfying with looking for a new or rare bird, and making an identification based on little details of color or behavior. It's kind of like detective work! And third, you get to meet interesting people who also like being outdoors. (The latter was especially nice for me: I met the young lady who is now my wife on a birding trip many years ago, and we still enjoy birding together!)

What materials and methods would you suggest for beginners?

Get a decent pair of binoculars and a bird identification app such as the free Merlin Bird ID app. And it helps to find someone who likes to bird and can help you get oriented to the common birds in the area and how to identify them. Once you get into birding a bit, you may also want to sign up for eBird, where you can record all the birds you've identified by location and see what others have seen too.

Any suggested prime locations nearby?

Well, during the migration season for warblers (small, colorful birds that are fun to spot), Beaver Point here on campus can be a good spot. And at many times of year, just walking the trails and roads around the Agricultural Education Center on campus can yield quite a few birds. And there are many excellent places off campus too.

Have you had any spiritual reflections while birdwatching?

I'm commonly struck by the beauty and variety of creation, and as a believer this often lifts my thoughts heavenward.

A Saturday Afternoon Birding List: Dr. Goodwin's Suggestions

Here are the 10 most common birds right now in Berrien Springs, according to the Merlin Bird ID app. You can easily see all of these on campus, if you include the Agricultural Education Center in your walk!

- Northern Cardinal
- Canada Goose
- American Crow
- American Robin
- Red-bellied Woodpecker
- Red-winged Blackbird
- Tufted Titmouse

- White-breasted Nuthatch
- Blue Jay
- Black-capped Chickadee

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PULSE

The Buchanan Revitalization Project

Interview by Alec Bofetiado 04.20.2021

Students from the Andrews University Design Studio are making a lasting impact on the small town of Buchanan, Michigan, by helping them revitalize the urban layout, planning for both minor and major changes. Juston Foote (graduate, architecture) is part of the cohort of students involved in the remodeling of Buchanan, and here's what he has to say:

How did you get this opportunity?

In your fifth year in the Urban Design Studio, a missionary project is typically done in which you go abroad and help people design houses to be more efficient, increasing the urban standards, and help better people's lives in that respect. But because of COVID-19, we couldn't go where we wanted to go since the University couldn't approve travel to another country. About a week before classes started, Buchanan approached the University asking for help in revitalizing their downtown in order to help the urban environment get back on track.

What are you going to add or change?

Most of the changes are adjusting street widths and urban fabrics like street trees, seating areas—basically, to make the streets more pedestrian-friendly. We wanted to make the urban fabric of the downtown really nice and liveable especially for those who don't have cars. We are also making big changes like adding missing middle housing, which is essentially a multistory-building that comprises a shop or retail area on the bottom floor and an apartment living space on the higher floors. It would help to increase the housing market in Buchanan as well, as many of the houses for sale either aren't in great condition or they are too expensive.

This would be a great option for recent graduates too, especially if some of us wanted to move there after our graduation.

How long do you think this project will take?

When the semester ends, we will give them a book of all the properties we imagined and computer-rendered for them to eventually show to developers. Perhaps this would take around 5-10 years. They are, though, trying to change their street infrastructure within 2 years, so we are helping them plan in accordance with that.

How did you feel when you got this opportunity?

I was excited because it gives me an opportunity to practice urbanism, which is likely what my cohort and I will eventually be doing in the future. As much as I support missionary work and as much as the past projects have been outstanding, a lot of them have been so specific to the missionary area that they exclude the urbanism side of things. It's a great outreach and mission project, but at the same time, I feel like what you are taught is lacking. It's more of a mission trip and doesn't really prepare you in a sense towards what you might actually do in your architecture career. This opportunity gives us a chance to practice our urbanism and actually benefits us more in our field. I can look back upon this project and know that we did a lot of good here for this town close by that a lot of people can enjoy.

Originally published on March 10, 2021.

Humans

HUMANS

Interviewing Andrews University's AAPI Students on Allyship

Interviewed by Abigail Lee [04.20.2021](#)

In order to best support the AAPI community here on campus, we asked some Andrews students the following question, "How do you think people can best support the AAPI community and be good allies during this time?" These are the responses:

Zachary Alignay (freshman, biochemistry)

Love, kindness, and open-mindedness.

Eden Seo (junior, theology)

Ever since I was a kid coming into the US as an immigrant from Korea, I realized that I did not belong. Other kids would make fun of my accent and the food I would bring to school. As I got older I realized that anti-Asian racism is more real and dangerous, especially since the pandemic. Seeing the recent news about my people getting attacked has made me upset and fearful of what could happen to my family and friends. I seek justice. I seek for us to speak out. I seek for change.

Andrew Pak (freshman, music)

I think people could eat food in fellowship and share their cultures with others.

Irina Gagi (sophomore, psychology)

During a recent class assignment when we were asked to research a social justice activist of our choosing, I realized how limited my knowledge is of Asian leaders in politics, religion, social justice issues, etc. And I further realized that this is certainly not because there aren't any, but that they often aren't offered the same platforms as other figures due to the limitations of the racial/ethnic background. Thus, I would heavily encourage people to seek out the authentic voices of individuals struggling to make changes and call attention to Asian discrimination

at this time. We should use our own voices to uplift those who deserve to be heard, and most importantly, respected.

Christopher Inae (sophomore, mechanical engineering)

I think spreading awareness is very important, in order to advocate for a common interest.

Luis Saw (senior, psychology)

I think coming together as a community and talking about what is happening around us is a good start. Like the meeting that AAPI students had with the community here at Andrews that brought awareness toward the current racism and violence faced by Asian and Black individuals. I think one of the best things we can do all together is to find our support system during this time. I know that we all come from different places, and sadly some of us will face some kind of adverse experience. But having trusted people or community to talk to if you ever face discrimination will help us a lot. Also, people have access to information on where to get help if needed. If someone might be afraid to disclose information because they are scared, having information on where to get support or help can go a long way. Lastly, I think that if someone is trying to tell you about a situation where they face racism, violence, or other discrimination, believing their words will let them know you believe them. I myself have been in a situation where I was discriminated against and I tried talking to a friend about it, but they took it lightly and tried to reframe the situation as me overthinking. So acknowledging our words can bring us toward more awareness, and not letting violence and discrimination be pushed into the background of society could even save people.

Sandrine Adap (freshman, computer science)

Be understanding. It's not a matter of who's more oppressed, but the fact that some ethnic groups are oppressed in general.

Joshua Pak (junior, biochemistry)

Signing petitions and donating to peoples' GoFundMe's.

If you would like to donate to the victims and their families from the Atlanta spa shooting, you can find the certified fundraisers on GoFundMe here. For other funds to donate to from Asian American individuals to community organizations, you can check here.

Originally published: (03/31/2021)

HUMANS

My Experience in COVID-19

Isolation: Edition Two

Timmy Duado (junior, marketing, communications)

Interviewed by Brandi Seawood [04.20.2021](#)

I am aware that you came down with COVID-19. Could you please give me a recap of what happened?

Well, I was feeling a few symptoms, but I wasn't sure if it was because of COVID or pre-existing health conditions. I think within the first week of my having symptoms I suspected something was up. I have some previous health problems, and I was assuming that what I was going through was a result of that, so I took it upon myself to stay away from people, and stay in my room as much as possible before I got my results back. My first test results didn't come in, but I was cleared to go to class and such. But, just to be safe, I took it upon myself to go and get tested again just to be extra safe! And well, you know the rest.

Either way, thankfully I really only had some headaches and body aches. Nothing too crazy. Although I can't lie, those body aches weren't playing with me. Ibuprofen was my best friend when I felt a little symptomatic.

How was your experience in quarantine?

Well, I'm a pretty extroverted person, so I definitely missed seeing humans for that long of a period. But, all things considered, AU came through and put me in a great room. My daily routine was not as productive as I would've liked it to be though. It was very easy to get lazy, but for the most part, my routine was to wake up, eat whenever food got delivered to me, and go to class/do homework.

How was your mental and emotional health while you were in isolation?

I felt okay. I took it as a time to reflect and think about growth going forward. Plus, I had friends check on me a lot, so that helped. Around day eight though, I was tired of it. I was ready to get out, and I hated not seeing people. I got into my feelings the first couple of days, but quickly made it back to reality.

How long were you in isolation, and how did it feel the first day you got out?

I was in isolation for about eleven days or so. My first day out was fantastic. I felt

like Cleveland when they heard that LeBron was back. Went to Buffalo Wild Wings, saw friends, and just enjoyed seeing people. Literally anyone.

How are you feeling now?

I'm doing pretty good, can't really complain. I'm pretty happy to be out; I love to see humans again. I feel great now, and I don't think I'll have any long term effects from it. I'm just glad I beat it.

How do you feel about social distancing and wearing a mask?

I personally hate social distancing. I know we need to do it for the benefit of the country and each other's well-being, but it dampens things that I wish could happen. I also hate wearing a mask 'cause my glasses fog up a lot, but it's ok. Whatever we have to do to keep each other safe is what we should do. And I think everyone should engage in it. It's something that is required of us in these unprecedented times.

Have you spoken to anyone else who had COVID-19? How was their experience similar or different from yours?

I actually have had quite a few friends who had COVID-19. Some of them had similar experiences to mine, except their headaches were worse and longer-lasting, and some had trouble breathing. Sadly, I lost my aunt to COVID-19, and she was really going through it at the time, so it's definitely hitting and affecting people in many different ways.

What did you learn from this experience?

I learned a lot about myself to be honest. I think my advice to anyone is to use that time to really reflect on life. It gets easy to just want to not do that ever, but it was a great time to really sit back and reflect. Also, try and stay on top of your homework. Get everything done when you can, and stay productive. Bombard your friends with phone calls too. Even if a friend and I weren't talking the whole time on the phone, just having their presence there helped a lot.

Originally published: (02/03/2021)

HUMANS

Our Lost Season: An Interview with Cardinals Athletic Director Rob Gettys

In the Fall of 2020, the AU Cardinals athletic teams held ongoing practices but were ultimately unable to play a single official game due to COVID-19. Rob Gettys, the Cardinals Athletic Director, describes what it was like to navigate organized sports in the midst of a pandemic.

Terika Williams 04.20.2021



Photo by Public Domain

What were the initial plans for the basketball team last season?

Throughout the spring and summer I worked in conjunction with the university administration and the Collegiate Athletic Association to develop policies and protocols for a safe season, to keep the student athletes, coaches, trainers, any officials and everyone who's involved with the games as safe as possible. The initial plans were to start tryouts as normal. We began tryouts on September 14 and they were well attended. We actually probably had more students try out this year than

any normal year. And I think part of that had to do with the fact that there was really no other gym use available, other than if you wanted to try out for the team.

We went forward with the regular plans like a normal year, with the exception of having all of the COVID safety and health guidelines. We took everyone's temperature and had them show their Campus Clear little green checkmark. We had them use hand sanitizer and we kept track of their daily temperatures. We only allowed 18 players in the gym at a time, and we only allowed three players at any one basket at a time. They all had their own basketball so that they didn't have to share. Once the teams were chosen and practices began on September 21, because we had a smaller group and we knew exactly who they were, we were able to relax some of those protocols.

We were able to share some basketballs and have more interaction, but even in that case, the first two weeks we didn't have any contact or scrimmaging. We had all these plans specifically to make sure that we didn't have too many challenges. Long story short, we practiced for three months, from September 21 until the day that they shut down campus, right before Thanksgiving. We had zero cases, zero positives, even though we had 30 people in the gym on a daily basis. The student athletes always wore their masks, as did the coaches, in all the scrimmages and physical exercise.

I want to start at the beginning, so that would be March 2020. How did the pandemic affect you back then?

That's a great question. In March, the women's team got their first ever invitation to the USCAA National Championships, which I am so proud of them for achieving. So we were in Uniontown, Pennsylvania. We returned to campus on Tuesday, and that Thursday was when they shut down campus. So we returned from Uniontown, Pennsylvania from the National Championships on Tuesday night, we had Wednesday on campus, and then I think it was Thursday at Chapel where they pulled us all together and told us that everything was shutting down. So technically it didn't impact our season at all. But it really impacted the closure to the season. We didn't have an opportunity to end the season together and celebrate the accomplishments of the players.

Were there any specific regulations that you had to adhere to?

We had a lot of regulations that the Cardinal Athletic Program had to abide by last semester. We just kept following the best protocols, which were updated on a

regular basis by the Collegiate Athletic Associations, and the governing bodies of the state of Michigan. We just had to kind of watch all of those entities and whenever they sent out an update we just had to abide by that. The most consistent protocols that would affect the players were, for example, normally they'd get to come to the gym, go to the locker room and change their clothes. Because of COVID protocols there was no locker room use. So we simply set a chair for each player - 25 players, 13 women and 12 men - and we put a nice little laminated name tag with the Cardinal logo on it and their jersey number. We posted on the wall behind their chair so that one little area became the individual player's locker. We had them 15 feet apart, and we surrounded the outside wall of the recreation center with those. We had the guys on one side and the ladies on the other side.

For those first three months, we would always have the men's practice end, then we would clean and sanitize the gym. We would also take their practice jerseys straight to the laundry. Our team managers and equipment managers did a great job with following all the protocols. The men would leave out of the back of the recreation center and the Lady Cardinals would enter the front of the recreation center. We intentionally separated the two teams when normally they're able to intermingle and practice at the same time. But in case we had any COVID cases, we didn't want to have to quarantine both teams at the same time. We also didn't allow anybody in the recreation center other than the players and coaches, because we screened them every day, and we wanted to make sure that we weren't jeopardizing any of them because during practices social distancing obviously wasn't followed.

You can't play basketball with a six foot social distance, but the players on the team always wore their masks and they had the sweetest spirit. It didn't matter. I would pull them together and give them new protocols and policies. They weren't allowed to eat in the cafeteria with the rest of the students, they had to get their food and take it to go. They never blinked, they just kept a smile and said, "Okay, tell us what we need to do. We want to play this year." They had such a good spirit and they really wanted to play the season. And so, anything that myself or the coaches asked them to do, they just did it with a smile and a great attitude. And even though, you know, it's kind of a lost season because we didn't get to play games, we were blessed with many things. Through the practices, and through the interactions and worships with the teams, we've built relationships and friendships, and it was really a blessing. We still wanted to play but, you know, you don't always get

everything you want. So we made the best of it. The relationships that we developed are very special and I think they'll last for a long, long time.

What was the attitude of the players during all of this?

Their attitude was awesome. Weekly, I would come in and address the men's team and the women's team, and tell them "All right, the policy has changed at the regional level" or "Okay, the policy has now changed again at the university level" or "Okay, the policy has now changed again." Every week, it seemed like I would have to come in and let them know the new policies and they just never blinked. They just kept saying, "Okay, thank you. Thank you for letting us know. We'll do it, it's no problem." And part of it I think is once the games began we had a different protocol we were going to follow. The student athletes were going to have to live in either a dorm room by themselves, or in a dorm room with only another student athlete, so that if we ever did have contact with COVID from one of our games it wouldn't be brought back to campus and spread to anyone else. So they would have had to change their living arrangements. We had two Lady Cardinals that were living at home in the community, and they moved into one of the dormitories so that they didn't put their family in jeopardy of catching COVID. The athletes also had to do all of their classes remotely. There were a lot of parameters put in place, and they had the sweetest spirit about it. The coaches and I couldn't be more impressed.

How was the attitude of the coaching staff? How did the coaching team work together to figure out how to make sure that everyone's safe and can still play?

The coaches wanted to do everything they could to make sure the players got a season. On multiple occasions we delayed the beginning of our season. Initially we were supposed to start the last weekend in October, then it got pushed back to the first weekend in November, and then it got pushed back to after Thanksgiving break. And so we were going to play in between Thanksgiving break and Christmas break but then it continuously got changed due to COVID regulations and the university's feelings about having a safe campus and not causing any challenges for other students. The coaches and players during that time just kept being flexible and the goal of the coaches was always to do whatever we needed to do to make sure there was a season for our players.

How was the attitude of the team back in March 2020? Can you tell me about the emotions during that time? How was it for the coaching staff, as well as the team members, to end so abruptly?

That's a great question. It was really challenging, because normally we have a year-end sports banquet. In March 2020, when last year's season ended, we didn't get to end our soccer or basketball season. So we didn't get to give credit to our outgoing soccer seniors or basketball seniors and we weren't able to do many of the things that we would normally do. You probably remember how quickly the year ended, like they just announced it and then all of a sudden the next day, people were packing their stuff and leaving. Since all of our coaches are part time employees or part time coaches, most of our coaches and players didn't get to share a proper goodbye, you know, a face to face goodbye. We tried to communicate with them by text and FaceTime and things like that. It made for a challenging goodbye because some of these student athletes had been part of the team for four years and that builds a lot of depth in the relationships. There were definitely some painful moments because the proper goodbye wasn't able to be shared.

What are the expectations for next year's Fall 2021 sports season?

We have every hope and belief that we will begin our soccer season as normal, with a couple of weeks of preseason training just before school starts. Our first soccer game is scheduled for the first Friday of the school year. We are looking forward to a much more normal year of Andrews University Cardinal athletics.

What is the plan for athletic programs this semester?

Due to the recent changes in the state of Michigan guidelines for contact sports, we're very hopeful that we're going to be able to start intramurals within the next several weeks. And so the best place for students to look for those for that information will be at www.aucardinals.com under the intramural tab. This year, intramural sports are only for Andrews University students. We're not allowing staff, faculty and alumni to play as we have in years past because of safety protocols.

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HUMANS

Teaching During COVID-19

Dr. Beverly Matiko Associate Professor of Communication and English

Interviewed by Celeste Richardson 04.20.2021

Which classes are you teaching this semester?

I'm teaching two sections of Honors composition, a first year writing class for Honors students. That's Honors 115. I have two sections of that and I'm also teaching an upper division writing class called 'Advanced Copy Composition'—that's English 438. So I have all writing classes this term. Next term I have four different classes, so I'll have four preps next term. I'm quaking in my boots at the thought of that.

What tools did you utilize for teaching when the pandemic started? Have these tools changed entering into the new school year?

When we got sent home last March I was able to finish off my classes just with email. I'm trying to think about what else, because students have to send me papers back and forth. So I guess email and LearningHub. But I didn't have any classes that required lecturing. My classes were more creative writing performance classes and that sort of thing. I didn't get on the bandwagon and learn a lot of extra tools; at that point I could finish off without them. However, when I learned that this school year was going to have a very large remote component I spent all of my summer going to online classes that various people at the University offered and I tried to learn as much as I could. I was starting from scratch because I really hadn't even learned to use the LearningHub grade book. I really had to play catch up. But this year in my classes, I am using Zoom because I have some remote students. I'm beginning to use breakout sessions for peer critiquing in my writing classes. That's pretty much it. I rely pretty heavily on email and I find myself emailing back and forth to my students quite a bit. I just miss the conversational component and I know email is on the screen but I think everyone has zoom fatigue.

Did you find the transition difficult? What were some challenges that you faced?

I think it was the hardest thing I've ever done in terms of my teaching career. Just because no part of it comes naturally to me. Lots of people are techie and they

enjoy this sort of thing. I'm still trying to learn how to use my iPhone; I can barely use it and I have no children or grandchildren to bail me out. I would have had a half a dozen kids if I knew this was going to happen. Also my voice is just shattered from trying to talk through the mask. When I have to lecture in class that's been the biggest challenge. I've been staggering around so tired this term and I finally realized it's related to vocal stress and I'm a speech teacher so I should have been able to figure that out pretty quickly.

Did you feel that the classes on online remote teaching were helpful?

Oh yeah, those classes were really, really helpful. The only problem was that they have such a slow and impaired learner as a student. The instructors from distance education and the school of education were amazing. They are continuing to tutor us and I'd be totally lost without them. I have a new appreciation for my students who find my subject area difficult. I am just so much more sympathetic towards them now because I'm doing something that comes easy to other people but does not come easy to me.

What were some methods you found especially helpful?

I did a lot through email. I know this generation doesn't like to use the phone a lot but I try to accomplish some of our class business through telephone as well. And I am trying to get braver with Zoom. One thing I do love about Zoom is that I can see faces. In class I just see people from the glasses up and I really can't recognize a lot of my students, especially my first year students because we're all brand new so when we have a Zoom meeting I can go, 'oh that's what you look like!' It's been so hard to get to know each student or even just recognize them. I do really miss that physical recognition, but I've noticed that I am more of a voice-attuned person so when I can hear someone's voice a few times I can connect in that way. I'm still doing a fair bit of teaching in person. About 60% in-person and 40% online. So I guess I'm still trying to meet in the classroom. I'm lucky that my classes are on the smaller side, so we can be in the classroom and everyone can have a table to themselves.

Do you think there are any aspects of online learning that have been beneficial and should be kept in the future?

Well, I totally believe it's here to stay. Actually this is my last year of teaching and I

know I've complained a lot about the changes but I do see the benefits for students who can't be in the classroom. I have one student from Australia who's there right now and there can be challenges of trying to connect with somebody with a 14-hour time difference. So from the student's perspective and the issue of health, it's a good and necessary thing. But I would like to say that I hope the traditional classroom never totally disappears. I loved every minute of my education that way and I would hate to see the traditional classroom disappear or even diminish. I think it's a great invention.

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HUMANS

Trusting the Science

Dr. Andrea Luxton President of Andrews University

Interviewed by Pearl Parker [04.20.2021](#)

When you initially heard the COVID vaccine was available to you, what were your first thoughts? What are your current feelings now, seeing that you've had the first dose?

"Ah, good! Let's get on with it!"

I'm pleased that I've had the first dose, but it's a little frustrating that you have to have two doses and you're not really covered 'till two weeks after your second dose. So it's really until six weeks before you're fully covered, but I'm pleased that I've started on this process and feeling very good about it. It opens up things a little bit more; I feel less restricted and feel that I can do my job a little bit better and get out there more safely without fear of infecting others.

How long was your wait time in order to get the vaccine?

I hit the priority group theoretically in January, but then there were individuals such as health care workers and those over 75 years who came before. But I was on about three or four waitlists from early January. Eventually, I got sent a link to this particular clinic and was able to sign up. Once I got signed up with this clinic, it was only a matter of two days.

Many individuals are wary about getting the second dose due to potentially having more severe symptoms. How do you feel about getting the second shot?

I'm cool with that; the risks attached to the vaccination are so much lower than the risk of actually getting COVID and the impacts of potentially passing it on to others. I've had a lot of vaccinations over the years as well, so the first dose was not a problem for me. Also, you know that when you have a reaction that probably signals that if you've had it yourself; you could have been pretty ill. So I'm not worried about the second one.

If you could give a word of encouragement to the Andrews community during this time, what would it be? Many say "trust the science."

Yes, I would agree to that. I think we do have to trust science. If the opportunity opens up, seriously consider going in to get the vaccine because my feeling is that it's the only way we are going to be able to get past this and in a shorter rather than longer term. This is all about the community, not just about your own personal health; it's about being able to move on from where we are now and bring back the quality of life to people.

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Arts & Entertainment

ARTS & ENTERTAINMENT

Black Novelists You Should Know & Read

Alannah Tjhatra [04.20.2021](#)



Photo by Public Domain

As Black History Month begins, it is important to remember the many black writers who have helped to shape America as well as the rest of the world. Here are just a few of the incredible black writers who have captured the nuance of the black community as it was, as it is, and as it could be in the future. I took care to try and incorporate authors who each write a unique genre of fiction, but there are so many more I could talk about—not to mention the poets, playwrights, and biographers who have made a huge impact as well.

Each of these writers shaped African-American history and inspired millions to people. They have highlighted African-American contributions to America's history and deepened our understanding of this country's past in a celebration of the African diaspora.

Toni Morrison

Toni Morrison was not afraid to tell it like it is. One of the most celebrated and prolific authors in modern American literature, Morrison's stories have defined and redefined what it means to be a black person in America. In addition to her non-fiction, short fiction, and theatre works, she published eleven (!) novels, which are set in all different time periods and explore the identities of black people in a variety of standings and situations in life. Morrison's writing is at once wonderfully poetic, surprisingly humorous, and hauntingly real. She was able to paint vivid imagery in the reader's mind, weaving her dialogue and description together wonderfully and drawing out deep and complex emotions in her prose. From Morrison's first novel, *The Bluest Eye*, which criticizes the hostility and shame inflicted by white standards of beauty, to *Beloved*, a Pulitzer Prize-winning masterpiece that follows a runaway slave who becomes haunted by the ghost of her dead daughter, Morrison's writing explores black identity in all its complexity—not as defined by Eurocentric ideas, but as defined by the humans who make up the very soul of her writing. If you're looking for a place to start with African-American literature, Toni Morrison is a great choice.

Angie Thomas

Chances are you've read, watched, or at least heard of Angie Thomas's young adult novel *The Hate U Give*.

The author's debut novel, which started as a senior project in college, follows Starr Carter, a high schooler constantly switching between two worlds: the poor, mostly-black neighborhood where she lives, and the wealthy, mostly-white neighborhood where she goes to school. She prefers to keep things separate—but when she witnesses the shooting of a childhood friend by a police officer, her two worlds are forced to collide.

Filled with poignant emotion, wicked humour, and a narrative that hits reality pretty hard, *The Hate U Give* reaches out to young people especially. It brings to light the harsh reality of racism and discrimination in the present day, demonstrating that although we have come a long way, we also have a long way to go. It shows the strength we can find in family and community, and it displays the hope we have within us—in this case, the hope inspired by a girl who has the courage to find her voice and fight for justice in an unjust world.

Now having published three other books, *On the Come Up*; *Find Your Voice*; and *Concrete Rose*, Angie Thomas says that she looks at books as “being a form of activism. Sometimes they'll show us a side of the world that we might not have known about.”

Lawrence Hill

A Canadian author whose first passion was actually running, Lawrence Hill is perhaps the most well-known for his 2007 novel *The Book of Negroes* (published as *Someone Knows My Name* in the United States). It narrates the life of Aminata Diallo, who is kidnapped from her village of Bayo, Niger, and is forced into American slavery at the age of eleven. The story follows this incredibly resilient young woman as she makes her way from Africa, across the sea to the United States, to Canada, back to Africa, and finally to England. As Aminata learns the ways of the world, she never stops fighting for her freedom, and, soon enough, for the freedom of others.

Lawrence Hill takes an insightful spin on the history of the slave trade and how it affected the millions of people involved. He is not afraid to show the awful physical and mental stress it had on its victims—but he also displays the community, love, and perseverance found in historical communities and characters.

Octavia E. Butler

Born in Pasadena, California shortly after World War II, Octavia Butler dreamt of stories from an early age. She begged her mother for a typewriter at the age of twelve after enduring a science fiction film called *Devil Girl From Mars*. Butler was unimpressed with the film and knew she could do better. She knew that most science fiction books and films featured white male characters who killed aliens—but Butler wanted to write diverse characters for diverse audiences. She was able to bring a depth and nuance to her characters that wasn't present in science fiction before.

Butler's work often takes disturbing issues in the world, such as discrimination, and blends them into her stories, creating a new context in which they are set and allowing the reader to explore these problems through a different perspective. For instance, her novel *The Parable of the Sower* takes the reader to a near-future California that has been ruined by corporate greed, environmental destruction, and inequality. It follows a protagonist who has hyperempathy, which allows her to feel other people's pain and sometimes their pleasure. The story highlights the importance of adapting in a constantly-changing world. In her sequel, *The Parable of the Talents*, she writes about a presidential candidate who controls America with virtual reality and shock collars. His slogan is, "Make America Great Again." (Take in that this was written in 1998!)

Through her writing, Butler has been able to bring diverse characters to the forefront of science fiction and explore political and social justice issues while she's at it.

These are just a few of the black authors I have researched, read, and enjoyed; each with a unique story to tell. And I could sit here all day, writing paragraphs more about such legends as Maya Angelou, Langston Hues, Alice Walker, James Baldwin, Barack and Michelle Obama, and so many more who have impacted my life as well as the lives of others. But my advice to you is to see for yourself. My word will not be helpful until you go out and pick up a book by one of these talented people. Listen to the truths in these writers' words, and learn from the stories they tell of their past while they pave new ways for the future.

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ARTS & ENTERTAINMENT

Contemporary Young Women Making an Impact: Maitreyi Ramakrishnan

Kaela McFadden [04.20.2021](#)

In a culture that is so focused on sticking to old ideals, it is a breath of fresh air to finally see the faces of BIPOCs in mainstream media. Recently named as one of TIMES100 NEXT, a list of up-and-coming influencers, Maitreyi Ramakrishnan is someone to watch as she works with Mindy Kaling to highlight Southeast Asians through the media.

Maitreyi Ramakrishnan is a 19-year-old Tamil Canadian actress who stars in the Netflix show “Never Have I Ever.” Her character, Devi Vishwakumar, is the outspoken daughter of immigrants living in Los Angeles. The show covers a wide range of topics that many teenagers can understand, especially those who have experienced some of Southeast Asian culture. The central conflict for Devi is trying to navigate high school while she is dealing with the recent death of her father. In addition to this, Devi vows to reinvent herself along with her two friends, Fabiola and Eleanor. The awkward fumbling of these characters is one of the most relatable high school presentations I have ever seen. The characters are all uniquely their own with fun personalities that seem larger than life.

One of the biggest things about this show is how it gracefully shows Southeast Asian culture and the experiences of immigrant children. There are plot points about arranged marriages, pieces of Hinduism, cultural holidays like Ganesh Puja, separation from family, and parent-child tensions. Devi goes through culture denial in an attempt to be as normal as possible, but eventually begins to see the beauty in her culture.

This is one of my favorite shows from Summer 2020. It made me laugh and cry. They managed to beautifully tackle tough conversations about trauma caused by the death of a family member and the shift in family dynamic. All of the characters seemed relatively authentic and although there were still plenty of tropes, their struggles felt real. It was refreshing to see a different culture being celebrated in a

TV show that can appeal to most audiences.

“Never Have I Ever” is Maitreyi Ramakrishnan’s first major role and she does an amazing job bringing Devi to life. Her vivaciousness and tenacity breaks Western constructed stereotypes about Southeast Asians. Devi is confident, loud, funny, smart, courageous, and so much more. She is definitely living the main-character life. She is a beautiful contrast to her seemingly perfect cousin Kamala, who fits more of the perfect Indian stereotype on the surface, but is revealed to be more rebellious than she appears. The show is loosely based on Mindy Kaling’s childhood and the struggles she faced as a Southeast Asian-American. Maitreyi notes in an interview with Deadline that while it is Mindy Kaling and Lang Fisher’s vision, she gets to bring a lot of her own personality to the character, especially with wording choices. Her artistic view for the character involves hopefully moving towards Devi being able to love herself.

Maitreyi Ramakrishnan is certainly an actress to watch in the coming years as the film industry (hopefully) continues to understand and accept that there is a need for more voices and more representation in the media. Although she has only been on one show so far, Maitreyi Ramakrishnan is already making her mark on young people. Her representation of Southeast Asian culture in such a predominantly white-male-centric industry pushes back against America’s cultural stereotypes. It will be interesting to see what doors this show will open for Maitreyi and how she will continue to make an impact on our society.

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ARTS & ENTERTAINMENT

Creative Spotlight: Michael Davis

(junior, marketing)

Interviewed by Pearl Parker 04.20.2021

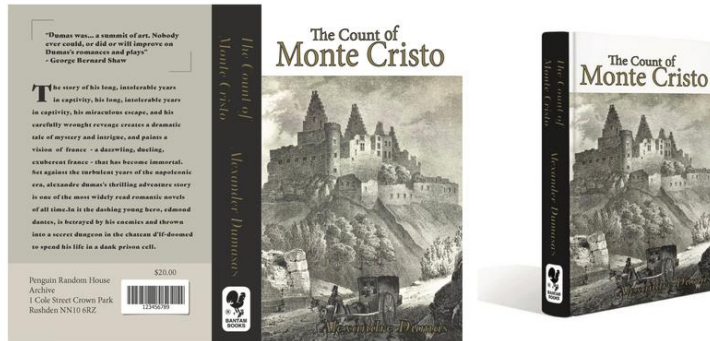


Photo by Michael Davis

When did you first become interested in graphic design?

Essentially I became interested in design before graphic design. I went into design because I'm a sneakerhead and I love sneakers, and as a kid, I used to draw a lot of shoes. In my senior year of high school, I had a teacher named Mrs. Ellen Musselman. She taught a class called Intro into Graphic Design, where we got to play with different design tools and start doing simple graphic design things such as Adobe Suite and stock images. She sort of pushed me because she saw that I was interested in marketing and pushed me to try out branding and either minor or major in graphic design.

I wasn't initially interested in graphic design because I am interested in many other things. I love shoes, I like working out, and I like fashion. As a kid, I always thought about becoming a fashion designer because there are so many men who are. I always wanted to be an artist of some sort, but I learned as I got older that being a graphic designer and being an artist are two different things. It's very comforting being a graphic designer because almost anyone can do it if you put your mind to it. It also meshes well with my major, so I saw it as an opportunity

coming to Andrews. I saw it as something that can be potentially beneficial, as another lane of work that I can do if marketing doesn't.

Where does your inspiration come from? Are there specific individuals or brands that have significantly influenced your work?

My inspiration comes from a lot of places. I sometimes look at similarities of whatever I need to design for. Different projects require different types of inspiration for me.

A lot of my work is inspired by graphic designer Saul Bass. I also look at a lot of black art and companies. I also love the way that Nike does a lot of their branding, along with Apple. Surprisingly, I'll look at a lot of companies' really great design portfolios when it comes to branding, identity systems, or any type of branding projects.

What do you think is the most rewarding aspect of graphic design?

I think for any creative, it would be seeing people use the design you've created, or someone looking at your billboard or using the packaged bottle that you've designed. When your design is received positively, and it's better than the person thought it would be, it's very rewarding because when you put a lot of time into a design and people take to it in a positive way, it's an awesome feeling.

What project are you the proudest of, and why?

This [the project featured above] titled "Redesign of a Classic," is definitely one of the projects I am most proud of because even though this isn't my most recent work, this was one of the first projects that ensured me that I have arrived in some way as a designer. This project was to redesign a classic piece of literature in different ways. One was typography-focused, one was typography mixed with imagery, and another was fully typographic along with another that was image-focused.

Originally published on October 13, 2021

ARTS & ENTERTAINMENT

Signal Boost

“Monday” by Evin-Nazya Musgrove **04.20.2021**



Photo by Evin-Nazya Musgrove

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

The title, “Monday,” is analogous to how we feel not only about the day itself but about those dark spaces. Whether you’re just having a rough day, a rough week, or even a rough year, the lyrics of “Monday” are God’s gift to us all. I wrote this song, during one of the hardest seasons of my life, to remind myself that even on those dreary days, even in that hopeless pit, it's okay, because God has already been

there. I took a look up from my situation and saw all of the beauty around me, despite my current state. I saw the friendly campus chipmunks, the way the sunlight lit up the snow, and the therapy dogs running so care-free. It all reminded me that God sees, he understands and he's there. Out of all the places he could be, he is there.

Monday by Evin Nazya [Official Lyrics]

Intro:

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

Verse 1:

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

Chorus:

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

Verse 2:

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

Chorus:

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

Outro:

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

Listen to "Monday" on Spotify!

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

Originally published on October 13, 2021

Ideas

IDEAS

“Just This Once”

Generosity: “the act of being kind, selfless, and giving to others” (Davis, 2019)

Evin N. Musgrove 04.20.2021

I'm going to go out on a limb here. Generosity is hard. And I'm not talking about the kind of generosity that's extended when you're in a good mood, or when it's a close friend's birthday, or the generosity that's planned in advance, like helping out at the Red Cross next Thursday at 2PM. I'm talking about the generosity that gives time to people who don't say thank you. The generosity that's required of you when you planned a day to yourself and you receive a call from a friend in need of your support. The generosity that truly takes from you. Yeah, that's hard. Nobody ever wants to think of themselves as being selfish in any sense of the word, but the truth is, we are innately selfish beings. Even the most generous people have areas of their lives that remain off-limits. I'll speak for myself and say that oftentimes I respond to the Holy Spirit's prompt to be selfless with a “Man, can't I just put me first just this once?” Perhaps you've uttered that a few times yourself, so how about we explore this whole generosity thing together?

Extensive research exists on the positive repercussions of generosity on the brain. One study states that simple acts of kindness towards others boosts one's immune system and sparks the production of serotonin, a hormone that regulates mood and the body's internal clock, among other cognitive functions (McIntosh, 2018), in both the giver and the recipient. This release of serotonin also occurs in those witnessing a selfless act from the outside (King, 2011)! Giving actually is contagious. Another study reveals that participating in service acts significantly correlates with “lower depressive symptoms, psychological distress, and mortality and functional inability” (Yeung, et al., 2018). Likewise, giving of one's self increases happiness, which stimulates the reward areas of the brain, like the ventral striatum and orbitofrontal cortex, which then results in that warm fuzzy feeling one experiences after helping others (Park, et al., 2017).

As I often say to myself after sifting through loads of scientific research and reading fancy terms, “Jesus said it first.” All of these claims support Proverbs

11:25 which plainly states, “A generous person will prosper; whoever refreshes others will be refreshed.” Considering all of the personal benefits that are experienced by the giver, one may wonder if generosity itself is a bit selfish! Could it be that we subconsciously give because of how good it makes us feel? Whatever one’s motives, God knows. He knows when giving is done out of a place of, “Look at me being selfless! Wow I’m so generous!” versus a humble posture of, “Jesus, you give generously every day and if I am called to be like you, then my generous spirit is required.” Also, consider how beautiful it is that God designed generosity as something that would benefit both parties. Even in denying the self, we are aiding in our own personal growth as Christians. Wow.

Generosity is a decision. It is an everyday, conscious act of telling yourself, “no,” for the benefit of someone else. It does not mean neglecting personal, healthy boundaries, but rather, discerning when you can do without “that” thing and instead, giving someone else the satisfaction of experiencing “it.” Selfishness may be our default desire, but it does not have to be the deciding factor for how we live. In her book, *Life Is a Verb: 37 Days to Wake Up, Be Mindful, and Live Intentionally*, Patti Digh says it this way, “Being generous often consists of simply extending a hand. That’s hard to do if you are grasping tightly to your righteousness, your belief system, your superiority, your assumptions about others, your definition of normal.” Dear reader, I urge you to develop the habit of giving, as if your resources are supplied by an endless Source, The Source. Christ himself.

Originally published on October 27, 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.

Originally published on November 17, 2020

IDEAS

Parler, QAnon, and the Freedom of Speech: What Should be Done?

Abigail Lee **04.20.2021**

On January 6, 2021, the United States Capitol was stormed, shocking people across the nation as seemingly everyone collectively scrambled to explain what we had witnessed. Some said that this was only a flash in a wider, more sinister problem, while others argued that the events of that day did not define the true character of America. Ultimately, even with disagreements on what this event meant in the legacy of this country, most everyone could agree that this was done by a movement who wanted to be heard. For this growing group behind the attack, the raiding of the Capitol was only a single moment in a campaign to take down an elite of "[Satan-worshipping pedophiles](#)" and to protect the country with the guidance of then-president Donald Trump. Those inspired by this narrative of falsehoods had originally found a movement and a community online. From there it only took some time before the execution of "The Storm."

QAnon is a far right conspiracy theory which was started in 2016. It shares its origins from theories like [Pizzagate](#) and has since evolved into wider theories that involve a group of sinister corrupt elites, [including many democrat politicians and celebrities](#), and Mr. Trump, who supposedly was put into office to fight against it. Sites like Parler and Gab are breeding sites for the ideas similar to and supportive of QAnon. Marketed as new and elevated forms of social networking sites, they act as foils to applications like Instagram or Twitter which are [viewed as holding a bias against right and conservative ideas](#). Despite these perceptions having been

disproven as incorrect by the [Institute for Strategic Dialogue](#) and [NYU Stern's Center for Business and Human Rights](#), the sentiment remains ever-strong. With the permanent suspension of Donald Trump from Twitter, the reasoning to migrate to alternative sites only increases. It only takes a single perusal of Gab's front page to find hateful content and a few simple clicks to find the featured QAnon group along with many others ranging from "Cooking" to "Joe Biden Is Not My President."

Ultimately, the argument for the continuation of sites like Parler and Gab lies in the ever-present debate of how we are able to balance freedom with safety. The First Amendment is often cited as a catch-all in conversations on deplatforming and censorship, but with its simplification, it can often be forgotten that not all speech is made equal. Supreme Court cases like *Schenck v. United States* which established the "[Clear and Present Danger Test](#)" and *Roth v. United States* which ruled that obscenity was not constitutionally protected. In a [Letter from Apple to Parler](#), Apple cited the social networking site's removal from the App Store being due to, "[the] continued... direct threats of violence and calls to incite lawless action in violation of Guideline 1.1- Safety -Objectionable Content" reflecting a view that is reminiscent to that of constitutionally unprotected speech.

Even as problematic as these new social networks have shown themselves to be, it must be remembered that freedom of speech is incredibly valuable and does not just impact a single political ideology. Over the summer of 2020, protests in favor of the Black Lives Matter utilized the freedom to assemble just as much as those at the storming of the Capitol. Establishing a precedent impacts more than just the intended target, and we have to consider that the solution for solving violence of this variety is not and will not be easy.

In the country founded by protest and rebellion, it is unlikely that this debate will ever truly end. The internet landscape is constantly changing and growing just like the wants of the people. As movements rise, so too do their reactionary counterparts and innovations to share those ideologies. After all, even if the likes of Parler and Gab or the ideas of QAnon die out, we cannot predict what will take their place.

Originally published on March 3, 2021

IDEAS

Productivity Tips to Help You Get Smart Fast

Alannah Tjhatra 04.20.2021

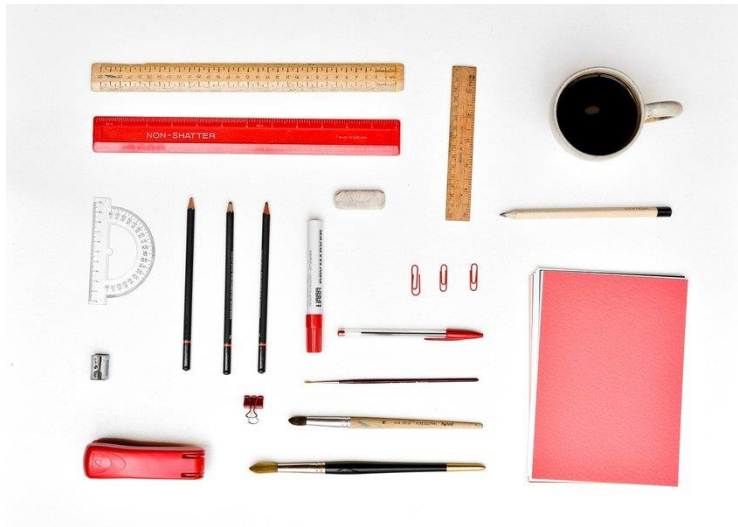


Photo by Public Domain

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

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

maybe even the full eight hours of sleep each night.

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

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

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

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

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

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

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

One more thing I've realized is that active learning is key. It's really easy to slip

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

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

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

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

Originally published on November 3, 2020

More Resources

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

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

IDEAS

The Good

Kyara Samuels 04.20.2021

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

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

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

yours.

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

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

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

Originally published on November 10, 2020

The Last Word

THE LAST WORD

How Does it Change Us?

Daniel Self [04.20.2021](#)

“Travel isn’t always pretty. It isn’t always comfortable. Sometimes it hurts, it even breaks our heart. But that’s okay. The journey changes you.” - Anthony Bourdain

My childhood involved more planes than it should have. My parents loved traveling, and in-part to my mom’s worries about leaving us behind, my sister and I were almost always brought along for their excursions. On each embarkment, new faces emerge with their own set of presuppositions and the indelible memories that some left behind. It’s a common question in cognitive psychology: are human beings truly a clean slate or from birth or tainted with some expectations and axioms about the world around us. In hindsight, these kinds of questions fundamentally drive my recollections of travel abroad.

A few years before attending Andrews, my father and I went to the Maldives, an island chain off the coast of India known for its absolutely incredible fish diversity as well as manta ray and whale shark populations—the two of us are avid scuba divers and the opportunity to encounter such pelagics couldn’t be passed up. The diving was sensational, everything we could hope for. But even life’s highest moments cannot occur in a vacuum, nothing shields them from the very real tragedy of life. Upon boarding our live-aboard, a boat which fifteen to twenty people may live on while diving, our captain provided his welcome speech to the new guests. However, as we quickly recognized, he was heavily intoxicated—and as we’d come to find out, also high on multiple narcotics. Within a matter of minutes, one of his supporting officers brought him away from the spotlight and he vanished. Moments later still, a Maldives police boat docked beside our vessel and we observed the transfer of our captain to their authorities. Upon returning to port after our week of diving, we were informed that our captain had been sentenced to fifteen years in prison—plus an additional two years for failing to comply in providing a drug test.

The Maldives’ legal system works under Sharia law, a legal code that most Westerners associate with particularly violent and seemingly exaggerated legal

punishments. The legal system, for our captain at least, worked unbelievably swiftly in determining his sentence with little consideration for appeal: a man who I believed to be in his late twenties, would go on to spend the next decade and a half of life in a prison. A victimless crime, to be almost certain, that would likely receive little more than a slap on the wrist in most American states.

But we aren't given Edward Said's Orientalism at birth. How could my teenage self reconcile what appeared to be a clear reinforcement of the West's construction of the Islamic Other? Or is it true, that maybe our attempt to counter the work of our ancestors' colonial project allowed the glossing-over of genuine atrocities against very real people? Even now, in assessing the justness of their ruling, I turn to the West's legal principles regarding marijuana and alcohol. Certainly, you cannot ignore the structural and systemic differences, that the Canadian and American constitutions base their understanding on Enlightenment humanism—that of Rousseau and Locke. Comparatively, Islamic jurisprudence still heavily relies on the Qu'ran as well as secondary accounts from the Prophet. It's a very cursory examination, but it's these systemic differences between how states form their legal systems that guide very real legal decisions centuries later. I believe that we carry an ethical burden to be holistic and honest in personal determinations like these, it remains all-too-easy to simply rest on your presuppositions and only look for cases that confirm them. And yet, how does one react when their only lived experience with a particular entity—in my case, the Sharia legal system—exactly confirms our cultural presupposition?

My father, a physician in Western Canada, began a medical humanitarian team with many of his fellow Canadian colleagues when I was very young. For about five consecutive years, my parents would travel to Nicaragua and in-coordination with state health officials, my father and a team of doctors would perform surgeries and train Nicaraguan medical personnel. I was young, maybe between the ages of nine and twelve, when my parents brought my sister and I down for two of these trips. During our stay, we would often spend time around the compound with occasional cultural trips to nearby cities after my father would finish his day of operations. These moments proved formative, as I remember in the most undeveloped sense recognizing the raw power of class disparity and absolutely soul-wrenching poverty. But through a child's eyes, these sensationalized adjectives were understood simply that these people must have harder lives than I. At this same time in my childhood, I was highly sensitive to the well-being of animals—and to this day, I still am. Insulated from true poverty, even the rare occasions of it in Canada, had allowed the empathy typically reserved for the downtrodden human

condition to transition to creatures whose living conditions seemed to harm their quality of life. As I recall, the heart of a child recognized injustice in Nicaragua and my hindsight reminds me that I desperately missed the point.

Our breakfasts consisted of rice and beans, often with additional pork or beef. Every morning, I'd take my leftover meat and I'd put it in a plastic bag and take it out to one of the many local emaciated dogs who roamed the streets of Nicaragua. I recall, on the second or third morning, being scolded by one of the cooks, "how can you feed these dogs when there are people here who cannot feed themselves?" It's a powerful question, even more so when articulated by a local, a person who's entire lived experience was spent amid these conditions. At the time of our medical trips, the lives of many rural Nicaraguans was tremendously difficult. Decades of American interference into Nicaraguan politics and subsequent non-democratic terms from men like Anastasio Somoza and Daniel Ortega left parts of the country economically disenfranchised and impoverished. The reason, I believe, that animal mistreatment has always touched me differently lies in animals' inability to articulate issues for themselves, and their relative incapacity to better themselves in the face of human advancement into nature.

Bourdain rightly identifies that travel changes us. The struggle with travel, however, remains the sample size of the experience. If one was to assume that my experience in the Maldives would be representative of daily life, it would create difficult presuppositions to reconcile. In truth, what I saw likely indicates the harsh potentialities of their legal system, but probably not a common occurrence. It's a duality to some extent, where travelers often begin on the most sanitized vistas and moments while avoiding experiences that may be indicative of an area or people's actuality. Of course, exceptions occur, where aid workers seek out locales decimated by natural disaster or economic downturn; but again, the same issue of sample size emerges. When we leave our normal, the realm that we inhabit most-often, the experiences we have run the risk of being anomalies. And yet, an epistemic question remains, 'how do we know that the events we experienced one time are (a)typical?' This may seem like an abstract question, but I believe our (often limited) experiences with the Other fundamentally impact our perspective upon return. When talking about political phenomena in the Middle East, or hear North Americans discuss Islamic law, I always must balance my lived experience against my training in political science. It's the ability to alter one's perspective and knowledge, I believe, that gives travel such an allure. The fundamental issue, however, remains that upon arrival, not even the traveler can determine how and

why they are to be changed—just that they will be.

Works Cited

Bourdain, Anthony. *No Reservations: Around the World on an Empty Stomach*.
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Originally published on October 7, 2020.

"This Just In!"

[*A COVID Passport: Is It Realistic?*](#)

Matt Jarrard

Article no longer exists.

"THIS JUST IN!"

Graduation Weekend Events Calendar

May 6-9, 2021

04.20.2021



EVENTS CALENDAR

Graduation Weekend
May 6–9, 2021

THURSDAY, MAY 6

7:30 p.m. Virtual Graduation Rehearsal, Zoom Meeting URL to be announced (for in-person graduates)

FRIDAY, MAY 7

2:30-2:50 p.m. **PN Kappa Phi Virtual Installation Ceremony**, URL to be announced

8 p.m. Department of Teaching, Learning, and Curriculum Studies Reception, Zoom ID: 99526839754

8:30 p.m. **MSCP (Black Student Chapter) Fourth Mile of Passage Ceremony**, Howard Performing Arts Center
(for graduates only; guests are invited to view the service online)

8-9 p.m. Commencement & College of Health & Human Services, Pioneer Memorial Church, <https://www.ufl.edu/comm>

8 p.m. **MSA (Arkansas University Latin Association) Reception Ceremony**, Seminary Chapel
(for graduates only)

SATURDAY, MAY 8

9 a.m. **Receptionists Services**, Pioneer Memorial Church, <https://www.ufl.edu/comm>

(for graduates of College of Education & Instructional Services, College of Health & Human Services, College of Professional and SDA Theological Seminary)

(graduates will not present)

Speaker: Witley A. Phipps
Vocal Artist: Compense
Service Pastor: Palm Bay ISA Church, Palm Bay, Florida
Founding CEO/President: U.S. Defense Academy

11:45 a.m. **Receptionists Services**, Pioneer Memorial Church, <https://www.ufl.edu/comm>

(for graduates of College of Arts & Sciences)

(graduates will not present)

Speaker: Witley A. Phipps
Vocal Artist: Compense
Service Pastor: Palm Bay ISA Church, Palm Bay, Florida
Founding CEO/President: U.S. Defense Academy

3 p.m. **School of Engineering Graduation Celebration**, Zoom ID: 235464400

4 p.m. **School of Nursing Graduation Service**, Pioneer Memorial Church, <https://www.ufl.edu/comm>

(for graduates only; guests are invited to view the service online)

8 p.m. Department of Biology Faculty Tribute, Services will receive Zoom ID invitation by email

8 p.m. **School of Business Administration Ethics Grad Ceremony**, Chiles Hall Lobby
Arkansas University YouTube
(for graduates only; guests are invited to view the service online)

8:30 p.m. **School of Real Estate Graduation Celebration**, Zoom ID: 94933400541

6-8 p.m. **School of Architecture & Interior Design Virtual Open House**, Zoom ID: 97654496895

6-8 p.m. **School of Population Health, Nutrition & Wellness Annual Dedication Ceremony**
Howard Performing Arts Center Lobby, Zoom ID: 94933400541
(for graduates only; guests are invited to view the service online)

Special presentation: Dr. Holly Rubin, Assistant Director, Advanced Health Initiatives of the SDA Center for Convergence

7:30-9:30 p.m. **Commencement and Commencement Reception** by Ark-South Theological Seminary
Pioneer Memorial Church, <https://www.ufl.edu/comm>

Honorary Doctor of Laws Conferral: Witley A. Phipps
(for graduates only; guests are invited to view the service online)

SUNDAY, MAY 9

9-11 a.m. **Commencement & College of Education & Instructional Services and College of Professional**
Pioneer Memorial Church, <https://www.ufl.edu/comm>

(for graduates only; guests are invited to view the service online)

5-7 p.m. **Commencement & College of Arts & Sciences**
Pioneer Memorial Church, <https://www.ufl.edu/comm>

(for graduates only; guests are invited to view the service online)

<https://www.andrews.edu/livestream/>THURSDAY, MAY 6

7:30 p.m.

- Virtual Graduation Rehearsal, Zoom Webinar URL to be announced
- (for in-person graduates)

FRIDAY, MAY 7

2:30–3:30 p.m.

- Phi Kappa Phi Virtual Induction Ceremony, URL to be announced

5 p.m.

- Department of Teaching, Learning, and Curriculum Teacher Dedication, Zoom ID 99926835716

8:45 p.m.

- BSCF (Black Student Christian Forum) Rite of Passage Ceremony, Howard Performing Arts Center
- (for graduates only, guests are invited to view the service online)

5–7 p.m.

- Commencement: College of Health & Human Services, Pioneer Memorial Church
[.andrews.edu/livestream](https://www.andrews.edu/livestream).
- (for graduates only, guests are invited to view the service online)

8 p.m.

- AULA (Andrews University Latino Association) Recognition Ceremony, Seminary Chapel (for graduates only)

SATURDAY, MAY 8

9 a.m.

- Baccalaureate Service, Pioneer Memorial Church, [andrews.edu/livestream](https://www.andrews.edu/livestream) For graduates of College of Education & International Services, College of Health & Human Services, College of Professions, and SDA Theological Seminary
- (graduates will not process)
- Speaker: Wintley A. Phipps
- Vocal Artist, Composer
- Senior Pastor, Palm Bay SDA Church, Palm Bay, Florida

- Founder/CEO/President, U.S. Dream Academy

11:45 a.m

- Baccalaureate Service, Pioneer Memorial Church, andrews.edu/livestream For graduates of College of Arts & Sciences (graduates will not process)
- Speaker: Wintley A. Phipps
- Vocal Artist, Composer
- Senior Pastor, Palm Bay SDA Church, Palm Bay, Florida
- Founder/CEO/President, U.S. Dream Academy

3 p.m.

- School of Engineering Graduation Celebration, Zoom ID 2316684900

4 p.m.

- School of Nursing Consecration Service, Pioneer Memorial Church, andrews.edu/livestream
- (for graduates only, guests are invited to view the service online)

5 p.m.

- Department of Biology Senior Tribute, Invitees will receive Zoom information by email

5 p.m.

- School of Business Administration Ethics Oath Ceremony, Chan Shun Hall Lobby Andrews University YouTube
- (for graduates only, guests are invited to view the service online)

5:30 p.m.

- School of Social Work BSW & MSW Graduation Celebration, Zoom ID 94933400141

6–8 p.m.

- School of Architecture & Interior Design Virtual Open House, Zoom ID 97634457899

6–8 p.m.

- School of Population Health, Nutrition & Wellness Annual Dedication Ceremony Howard Performing Arts Center Lobby, Zoom ID 94592627370
- (for graduates only, guests are invited to view the service online)
- Special presentation: Dr. Katia Reinert, Associate Director Adventist Health Ministries of the SDA General Conference

7:30–9:30 p.m.

- Consecration and Commencement: Seventh-day Adventist Theological Seminary Pioneer Memorial Church, andrews.edu/livestream
- Honorary Doctor of Laws Candidate: Wintley A. Phipps
- (for graduates only, guests are invited to view the service online)

SUNDAY, MAY 9

9–11 a.m.

- Commencement: College of Education & International Services and College of Professions
- Pioneer Memorial Church, andrews.edu/livestream
- (for graduates only, guests are invited to view the service online)

1–3 p.m.

- Commencement: College of Arts & Sciences
- Pioneer Memorial Church, andrews.edu/livestream
- (for graduates only, guests are invited to view the service online)

"THIS JUST IN!"

Prescott Khair Joins Center for Faith Engagement as New Associate Chaplain

Isabella Koh and Moriah McDonald **04.20.2021**

Recently, Andrews University welcomed Prescott Khair as the new associate chaplain for the Center for Faith Engagement and as a member of the pastoral staff at Pioneer Memorial Church (PMC). Dwight Nelson, lead pastor of PMC, hired him with the support of the Michigan Conference of the Seventh-day Adventist Church. In 2018, Khair graduated from the Seventh-day Adventist Theological Seminary with a Master of Divinity. Currently, he is pursuing a Master of Business Administration from Raymond A. Mason School of Business at William & Mary, a university in Williamsburg, Virginia. During his time at Andrews, he worked at

several departments on campus, serving as an administrative intern at the Center for Youth Evangelism, an administrative assistant at the Department of Physical Therapy and a pastor at the seminary. Recently, Khair served as the lead pastor for the Bowling Green Seventh-day Adventist Church in Glasgow, Kentucky. He has also had the opportunity to publish multiple articles and devotional series and has recorded podcasts centering on devotional topics and the church.

In describing his approach to ministry, Khair says, "I'm an outgoing introvert who loves seeing people flourish in their relationships with God and in life. I'm here to help people find their fit in this world and refine their relationship with God."

Caralynn Chan (junior, speech-language pathology) commented, "As a Andrews University student, I am excited to witness what God will do through Pastor Khair in this campus. I fully support his plans to create a space where students can be mentored and achieve their purpose of life. I pray that God will use him to reach many students at this campus and wherever God guides him."

Lex Pena (junior, nursing) shared, "I'm looking forward to the new spiritual experiences we'll have next semester. Classes and work can keep us students busy, so receiving support can really make a difference."

As a campus chaplain, Khair plans to work directly with students in helping them to build their faith, and will aid in organizational development for the Center for Faith Engagement. He aims to create a framework in which students can benefit from mentoring and relationship building, and ultimately be better equipped to meet their calling in life. Stay tuned for new updates from the Center for Faith Engagement during the upcoming fall 2021 semester.

"THIS JUST IN!"

This Year I Learned...

Wambui Karanja 04.20.2021

With this whirlwind of an academic year finally coming to an end, there is a lot that we can reflect on. Whether directly related to school or not, I'm sure all of us have learned important lessons that we will keep with us for a long time. I asked several students here on campus about some things that they have learned this year. Here are their responses:

Sarah Coleman (freshman, pre-nursing): I learned that there are many different avenues and ways to achieve what you want. You and the next person could have the same goals and you will each take different paths to get there. I also learned that it's okay to question as long as you keep searching for an answer.

Jaden Leiterman (freshman, medical laboratory sciences): I think some things I've learned this academic year is that a lot of what I thought I knew about college coming in as a freshman changed once I started classes, to things about the dorm experience, the workload, and the people I'd be interacting with during the year. I think I have also been able to grow a lot amidst not only my first year in college but also a global pandemic, especially learning a lot about myself. It really has been much more than I imagined, but I am continuing to grow and learn from all of it and enjoying myself from it as well.

Emma VanderWaal (sophomore, social work): Something I've learned this year is that we are living in crazy times and that means self-care is all the more important. There may be times where you have to make a few sacrifices academically in order to protect your mental health. This is something I'm still trying to learn!

Drusilla Apola (freshman, speech pathology): What I have learned is that the school year can go by really fast if you keep yourself busy--which is an advantage. But a disadvantage to it going by fast is that if you don't focus and get everything together, it could go so fast that you're not paying attention. So it's important to give it your all, all the time and it will be over before you know it.

CJ Arthur (junior, pre-physical therapy): I've learned about the different categories that contribute to trauma; for example, organizational trauma, which was really interesting to learn about.

Jennifer Jean (freshman, business administration): What I have learned is that your mental health is a very important thing. Take a day off if you need to, because you matter.

Max Pierre (junior, computer science): I learned how to build an app from scratch this semester, which seems to be a pretty valuable skill. I also learned a lot about statistics and how useful stats are for developing businesses.

Gabriel Palacios (junior, music performance & math): I learned how to compose a fugue [which is a contrapuntal composition in which a short melody or phrase (the subject) is introduced by one part and successively taken up by others and developed by interweaving the parts].

Giulietta Marcos-Vega (sophomore, nursing): One thing I learned this year was that even though school is important, self-care is also a priority and should be taken seriously.

Justin Flores (sophomore, medical laboratory sciences): One thing I've learned this year is to treat yourself with the same respect that you treat others. When you come up short on your goals, the tendency is to be hard on yourself and ask yourself why you're not performing at your highest capacity. However, this mindset is dangerous and will only be detrimental to you in the long run. Respect yourself and allow as much time as you need to grow and learn from your shortcomings. You wouldn't talk down to someone for not achieving desired results (hopefully) so why should you talk down to yourself?