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The Student Movement Volume 106 Issue 1: Capping Off AU's Fifth Change Day

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Capping Off AU's Fifth Change Day



Photo by Qualyn Robinson

Humans

HUMANS

Freshman Spotlight: Abby Shim (freshman, business)

Interviewed by: Lauren Kim [09.22.21](#)



Photo by Abby Shim

How were your first couple weeks of school at Andrews University?

Being on campus took some getting used to, but my first couple of weeks went well! To be honest, I was a little anxious that they wouldn't be able to do much because of COVID restrictions, but they still managed to give us an almost normal experience (with masks) for orientation, which I think we all appreciated. Getting

to know new people in-person after the last few COVID-style semesters felt great.

What is your background?

I was born in New York, but I came here from Maryland. New York is still my favorite place in the entire world, but I have a lot of DMV (Washington, D.C.) pride as well, since I've lived there for the past eleven years. My parents immigrated from South Korea in the early 90s. I'm the youngest in my family; I have two older sisters and one older brother.

What are your interests/hobbies?

Before COVID hit, I enjoyed playing soccer in high school and I like to watch the Premier League. I also really love to travel! The pandemic threw a wrench in that, but I like to learn about different cultures in general. Besides that, I like reading and calligraphy.

Why and how did you choose Andrews?

Andrews was actually a last minute decision for me. I applied after college decision week passed in May. I remember asking God back in October when college application season was in full swing to pave the way financially for college. I assumed that meant going to state school, since tuition was cheap, but the scholarship for Andrews ended up working out even better. I felt like all of the other things I wanted from my college experience such as smaller class sizes, a chance to dorm, and worship opportunities were all here as well. I just felt a conviction that He was calling me here, and I'm glad I listened.

What is your current major and your future career plans?

I am a business major on the pre-med track. For now, I'm set on medical school, but I've thought about pursuing an MD/MBA. Later down the line, I hope to be in healthcare administration.

What is your overall reaction to Andrews?

Everyone here is so sweet: the staff, faculty, upperclassmen, and my classmates. There seems to be a sense of community. It's also super diverse, and I love seeing so many different ethnic backgrounds being represented everywhere I go on campus.

The mosquitoes here, though, are massive and really annoying. They might be the only con to the campus so far, although I've heard the cafe food can get old fast.

What are you involved in at Andrews and what else do you hope to become more involved in?

I haven't gotten truly involved yet at Andrews since I'm still trying to acclimate to college, but I especially hope to get more involved with campus ministries and service projects. I also can't wait to join a few clubs, like KASA!

What stood out to you the most at Andrews?

The professors I have seem to truly care about their students and put in a lot of effort to help us succeed. They all seem so passionate about their fields of study, and I think that really shows when they're teaching us. Also, they try to get to know each one of us on a personal level and I thought that was really admirable considering how busy they probably are.

What is one memorable experience you have had so far?

For the second mentoring group session during orientation week, I actually joined a random group because I couldn't find my group in time. The group leaders ended up taking everyone to Silver Beach for a spontaneous getaway, and it was so fun! It was my first time ever visiting Silver Beach, and it did not disappoint. Two juniors, Zyon and Ashley, drove me and some other girls, and they were so welcoming. When the night was over, before they dropped us off at Lamson, they prayed over us and for the upcoming school year. We were really touched by their kindness.

HUMANS

Interview with Change Day Coordinator Teela Ruehle

Interviewed by: Karemma Lee [09.22.21](#)



Photo by Teela Ruehle

So how did Change Day go?

I think it went really well. The total signups were 1,022. We're going through everybody that actually came out that day, but it's looking like around 850 actually came out, which is really good. We were actually trying to have an abbreviated year because the community wasn't quite ready to receive us. A lot of the nonprofits aren't quite open yet to receive volunteers, so we were like, "Okay, let's bring stuff back to campus and do what we can do, and we'll just see who comes out." On a normal year we have around 1,200, so this was really close to a normal year, and I think it went really well. The gym project was our biggest success. It was huge, with 10,000 packages for prisoners!

What were your goals for how Change Day could affect the community and the school, and then do you think you accomplished that?

We had to be so careful while planning, just because we didn't know if the day before we were going to have to cancel. So really, the goal was to reach out to nonprofits and see. These people have been working harder than normal for the past year and a half with the weight of the community and so many needs falling on the nonprofits. We have the opportunity here to really step in, even if it's only for a day; we can lighten their load and that makes a difference in our community.

Looking at the smaller details was the goal this year. How could we just make something a little easier or a little lighter? A Christmas package took us two seconds. Literally, it was two seconds per package. But if you're a prisoner in a maximum security prison, and you get this bag of goodies and chocolate that you hadn't had, that changes someone's life. Or the literature you give them introduces them to God. It seems small, but it's huge in the long run, and we don't get to see it, but that's the goal of the day.

We went to a nursing home which we haven't been able to do in two years, and they said it was the highlight of their year. These are super small things to us; we sing all the time. But there, it made an impact. I think we're going to keep hearing good things from the community.

What were your highlights, and what were the greatest challenges besides COVID?

The biggest challenges were definitely the prices going up for everything in extreme fashion. Normally, we bring in about 40 vehicles to transport everybody everywhere. We learned just last month that it was going to be \$400 a day for each bus. We can't afford that. There was an immediate challenge of, "How do we transport people and get into the community that we want to serve?" Andrews transportation really stepped up and helped us. We found vehicles from churches, and students helped by saying, "Hey, I'll drive myself," which is great too. That was one of the big challenges. Yesterday went so well with very few hiccups. There were 37 different projects. The students showed up and went out, and that's huge. We never know if they are going to want to serve, or if they're too busy to serve. So that was awesome.

How did you approach planning Change Day?

Change Day takes around six months to plan. At first, we were still toying with

whether or not we'd be allowed to do a full-on event. Personally, I was half-heartedly into it. I wasn't sure if I was going to plan all of this just to have it cancelled. But honestly, in about June, something changed in me. God was like, "This is a day of service. It's not for you to do halfway. This is it. Go all in." And after that it was just like, "Okay, God, I'm going to do this. We're gonna open it up. Whoever shows up was meant to come, and whoever doesn't, that's okay too." I tried to just walk in faith for it, but that was really hard.

What was your team like?

So you're looking at it. No, I'm just kidding. It was pretty much me until August, and then I had Hope Malabrigo (senior, social work). She is my right hand student chaplain. She's been full time, working 40 hours since she came in. She's just killing it. The last two weeks, the student chaplains were here, and AUSA helped us, which is huge. I know that I can just give a task to AUSA and AUGSA, and I don't have to think about it again.

How did you come to this position, and was this always a goal for you?

I was a dean in Lamson and University Towers, and I kept hearing about Change Day. I always thought, "Wow, our university needs a service day." And I've always been looped into volunteering. I didn't really plan it, but you know how some people always end up leading a volunteer group? When I heard of Change Day and that they needed a leader for it, I was like, "That sounds like a lot of fun." So I talked with the provost and said, "Hey, I'm just curious," and they were like, "Here!" It was an easy transition. I went from the dorm to here. This is my fourth year.

Do you have a favorite story that you heard from today's Change Day, or even from another Change Day?

The biggest thing that I heard was from Change Weekend, which took place last year. Last year we did a food drive right behind the Lutheran Church in Berrien, and we just put a flyer up to the community that said, "Hey, come on out. It's free." The local two farmers gave us 600 watermelons and tons of corn, and we just gave it to anybody who drove up. The line went out the road and down to Taco Bell on the main street, and people were just piling in. After three hours we were out. The need for food during the pandemic was something that we heard so much feedback about. I delivered food to two different families who didn't have cars after, and there were two kids that opened the door. They turned around, and they yelled back, "Mom! There's food! There's food!" I will never forget that. It makes a difference because normally you don't know they don't have food. We would give

them something if we knew, but this is why we need to go outside of Andrews. If we stay here we're never going to learn the needs of the community.

Is there anything you want to say to the student body?

We are trying to get more clubs to get involved and sponsor Change Day projects. We are so thankful for the AFIA, ASIS, Freedom by Design, BSCF, LSF, and WEAAU clubs who make serving and community engagement an important part of their identity, and of course, AUSA and AUGSA!

The one thing that God has been pressing on me this year is this: We think that we have to do something big to be a world changer. That's a big tagline here, "I have to be a world changer." We think we have to make a prosthetic for someone's leg, like super big CEO stuff. But if everyone on this campus would just step up and open the door for someone, or help someone pick up something that drops on the ground, these small and random acts of kindness change the world. If we all started there, not just in our larger communities, the world would change. I think we forget that it doesn't have to be big. It can just start super super small.

HUMANS

My Goals This Year Are...

Gloria Oh 09.22.21



Photo by Public Domain

The 2020-2021 school year was quite a challenge for the students and faculty of Andrews University. Countless plans filled with ambition and hope had to be put aside, and innumerable adjustments and cancellations were made. However, many expect and hope that this academic year will be different as Andrews University takes steps to transition back to the way it was before. The pandemic has left many individuals with the fear of uncertainty regarding their futures. However, AU students are leaving their fears behind and setting new goals filled with positive spirits and high expectations to actively pursue their academic,

spiritual, and career goals for the new 2021-2022 school year. The Student Movement would like to share a snapshot of those students' aspirations.

Arianna Dice (junior, biology)

As a transferring junior this year, my goals are to create lasting memories with great friends, grow academically, and develop a clearer picture of how God wants to move in my professional and spiritual life.

Jonathan Homan (senior, mathematics and physics)

My goals this year are to make the most out of my classes and graduate this year. I want to make some good memories that I'll keep for long after I graduate.

Glenielle Sta Ana (freshman, speech pathology)

My goals this year are to get closer to God, make genuine friendships, and do my best in whatever I do, whether it be spiritually or academically.

Miriam Tesfay (junior, medical laboratory science)

My goals this year are to remember that education is not to be emphasized as only a degree but as the journey of growth and learning in all aspects of life (physical, mental, spiritual) and the attaining of knowledge that will be of value to help someone. My second goal is to not compare myself to others but walk on the journey that God has me in and be happy for others and content with where I am. Lastly, I want to reach out for help (when I need it).

Isaiah Elysee (junior, finance)

My goal this year was to get an internship for the upcoming 2022 summer. Happily, it's already been accomplished, as I'm going to be interning for a really good company. Another goal is to get more active on and off campus. I've been running off campus to the beach, malls, movies, and et cetera to get some fun in. On campus, I've taken on the role as the VP of Finance for ENACTUS. One of my biggest goals is to create partnerships with some local banks to secure creative scholarships for our ENACTUS members...we'll see how that goes.

Gina Park (sophomore, music)

My goal for this year is improving my time management skills. I want to efficiently manage and balance my study, extra curricular, and personal life.

Oriel Paulino-Peña (freshman, computer science)

My goal this semester is to have a closer relationship with Christ and to learn more about him and the Bible. That is why I chose to come here to Andrews University,

because here I can learn more about what I want to do for the rest of my life as a career, but I can also have a close relationship with God.

Carolina Smith (sophomore, animal science)

My goals this year are to learn as much as I can and make use of the opportunity I have (on-campus) to pursue higher education. My main long term goal is to get into veterinary school and find a workplace environment that I enjoy.

Joshua Deonarine (junior, finance)

My goals this year are to continue to prepare for my career, as I would like to become a consultant at a Big 4 or MBB firm after graduating college. I am also planning to engage in various on-campus activities as I am assuming several leadership positions including: Vice President of Finance for AUSA, President of Enactus, and Public Relations Officer of SASA (South Asian Student Association).

Amina Young-Poon (senior, global studies and Spanish)

My goal this school year is to focus on four topics: compassion, freedom, doing my best, and being present, while keeping in mind that so many things have happened and changed in our personal lives with all that's going on in the world. First, compassion because I want to have patience with myself. I have found it extremely hard to focus nowadays. And that's okay. I'm learning to slow down and be more considerate of myself and what I am feeling, even if that means taking a nap or taking a long break. Second, freedom because I want to give myself time to be silly, explore and take breaks. Third, choosing to do my best and accepting that my best may not look the same everyday. Lastly, I choose being present, because taking life one day at a time is important.

Natalie Perez (freshman, religion)

My goals this school year are to say yes to new fun things and to get involved. I also want to focus on making sure I have good grades, continuing to grow in my relationship with God, and helping others that might be struggling in their relationship with God!

Sion Kim (sophomore, medical laboratory science)

My goals for this school year are to grow more physically, spiritually, and academically. I want to try new things, exercise more, spend more time with my family and friends, learn how to manage time better, spend time with God, and learn more about Him each day.

Noe Reyes (junior, mathematics)

My goals this year include academic success and career opportunities, but my most important goal is building a closer relationship with God. Even though this is an SDA campus, I feel as though we get so caught up with homework and studying that we forget who brought us here in the first place. This year, I hope to look to God as my closest friend, someone who forgives every mistake and heals every wound.

Stherline Larisma (senior, biology)

My goal this semester is to definitely raise that GPA so that by the time I apply to med school, it will be as beautiful as it can be! I also would like to really come out of my "shell." I was already a shy person and the isolation of COVID really just made it even easier to keep to myself; with everyone in their corner masked up doing their own thing and having limited interactions. But since I've been back on campus I've been trying to do things out of my comfort zone, talk to different people, and make new friends... which is bittersweet because I probably won't see them after this semester. Overall, I'm just trying to better myself and become the best version of me at this stage of life that I am in, with the help and guidance of the Holy Spirit of course!

Arts & Entertainment

ARTS & ENTERTAINMENT

Shang-Chi: Run, Don't Walk to Your Closest Theater

Solana Campbell 09.22.21



Photo by Public Domain

It's a brand new year on the Andrews University campus, and you're already missing out on the conversation if you haven't seen Marvel's latest film, "Shang-Chi and the Legend of the Ten Rings." Starring Simu Liu & Awkwafina, directed by Destin Daniel Cretton, the film is a celebration of Chinese culture unseen in the Marvel Universe before now. In short, it tells the story of a young Chinese man who

immigrated to the U.S. to escape his overbearing immortal father and his quest to save his mother's village. Yeah, pretty much just normal Marvel stuff. The movie ties him into the larger Marvel universe with a few end-credit scenes and some big star cameos that help connect him to the larger storyline. But the movie doesn't do much to further the overarching Kang the Conqueror story and instead serves to establish a new hero with villains and sidekicks of his own. That's not to say it doesn't lack Easter eggs, however. Marvel finally finishes the mystery of Iron Man 3's Mandarin character, Trevor Slattery, and brings him along for the journey. The movie also brings us more Wong content which seems appropriate considering he's the only already established Chinese character in the MCU.

Here's a breakdown of what I appreciate about the movie:

- **Fight choreography.** So good. Probably the best fight choreography the MCU has ever given us, and that's saying something since Bucky & Loki's knife flip sequences are a personal favorite. The choreography here plays out in a dance-like manner and definitely finds its grounding in traditional martial arts.

- **Soundtrack.** If you get a chance, please download the soundtrack for this movie. It stands up to the likes of "Spiderman: Into the Spideverse" and they made a point to bring Asian-American musicians to the forefront. Personally, I've been streaming "Act Up" by Rich Brian and EARTHGANG and "Baba Says" by Adawa and Shayiting El nonstop. But Anderson .Paak's "Fire in the Sky" and Swae Lee and Jhene Aiko's "In the Dark" are fan favorites as well.

- **Platonic best friends.** Instead of giving Liu's character Shang-Chi an ostentatious love story, he and Awkwafina's Katy play out as childhood best friends who keep it platonic over the course of the movie. I love how they spotlight his parent's complicated, torrential relationship instead of forcing Shang-Chi and Katy into an awkward pairing. The MCU is famous for pairing up its characters in, for lack of a better word, awkward pairings (may Bruce & Black Widow rest in peace), so I love how they didn't force things in this movie.

- **Culturally appropriate themes.** Representation is such a complicated topic & there's always loads of debate on whether it's done right or wrong, especially for this film. "Shang-Chi" had a lot of weight on its shoulders from the start, being the first Asian-American led superhero and story to come from the MCU (a cultural behemoth in today's society). In my opinion, they did a great job. The filmmakers kept things close to the heart with this one, battling complex, meaningful topics like family and cultural identity while attempting to keep things accurate. Family is

so important in Asian-American culture and this film chose to emphasize it in a way that was culturally respectful.

There's so much to discuss in this movie, but I want to highlight representation for a second. There's been a lot of discussion around whether the MCU's representation here was out of a genuine want to celebrate Asian-American culture or just for the internet clout. One of the things I learned during my summer in the film industry is that, unfortunately, just like any other business, a film's main focus, especially with these big blockbusters, is to sell a product. Who can forget that iconic "Endgame" scene where all the female Avengers work together to take down a bad guy? Viral scenes and themes make money and sometimes it can feel like the industry is using activism to sell their product. It can be important to step back and make sure that these stories are highlighting the right voices and telling marginalized stories the way they should be. The truth is, viral scenes or not, movies like "Shang-Chi" make sure people feel seen because they can see themselves in the characters on screen. So many people were able to see their experiences through the lives of Shang-Chi and Katy, and that's what truly matters.

I've got to be honest with you guys, "Shang-Chi" is my new favorite Marvel movie & I definitely recommend you watch it as soon as possible.

ARTS & ENTERTAINMENT

Shadow and Bone: A Book and TV Show Review

Kaela McFadden 09.22.21



Photo by Public Domain

In current Young Adult (YA) literature, the *Grishaverse* universe created by Leigh Bardugo has been wildly popular among readers. It has been the stage for three fantasy book series so far using its beautiful worldbuilding, Russian influences, and magical spark for the main country of Ravka. Fans of the Grishaverse anxiously awaited this spring when Netflix released the first season of [“Shadow and Bone”](#) featuring Jessie Mei Li, Archie Renaux, and Ben Barnes. As with all book to film adaptations, there were changes; however, some of them were positive additions that were built onto the original text.

As an avid YA enthusiast, I read the first two series in the Grishaverse—“Shadow and Bone” (S&B) and “Six of Crows” (SoC). “S&B” revolves around the story of Alina as she discovers that she is a Grisha, a person with supernatural abilities destined to serve in Ravka’s special forces. She is forced to come to grips with losing her

childhood best friend, Mal, while learning how to be a proper Grisha. The “S&B” trilogy is a story that would appeal to those who enjoy slightly dark fantasy with supernatural tones, angsty characters, and juggernaut power levels. I would especially recommend it to fans of the later “Harry Potter” books, “Twilight,” “The Vampire Diaries,” and “Red Queen” by Victoria Aveyard. The series appeals to a very niche group of YA readers and though “S&B” is enjoyable, I didn’t connect with the characters or plot. While I deem “S&B”’s storyline to be quite overrated, I greatly enjoyed “SoC” and always make a point to recommend it to any interested readers and even non-readers. Whereas “S&B” falls into the downfalls of earlier YA tropes with its slower storyline and more dramatic story and characters, “SoC” is a fast-paced heist with one of the best examples of the ‘found family’ trope that I have ever encountered. This duology is a relatively quick read especially considering how easy it is to become invested in the larger-than-life characters and high stakes storyline. I highly recommend it to fans of “Ocean’s 11” and “Now You See Me.” It is definitely the best executed heist-style story that I have come across; however, its true glory is found in its characters. The six core cast is a band of misfits, each highly unique and interesting to follow. It is also heralded as one of YA literature’s best diverse cast with Black, Southern Asian, LGBTQIA+, body positive, and disability representation (though there is still room for improvement). In general though, “SoC” is just a good series that is hard to connect with “S&B,” especially since their storylines don’t technically occur concurrently. The chronological way to read the Grishaverse is to start with “S&B” then read “SoC” and finish with the final duology “King of Scars”—however, “S&B” and “SoC” do not need to be read with each other for their storylines to shine so I recommend reading only “SoC,” unless the reader is particularly invested in this universe.

Although the show takes its name from the “S&B” books, it is also written to incorporate the characters from “SoC”. Although in some places it can be rough for readers who are familiar with the book, I would say that the artistic liberties taken by Netflix in regards to the storyline are an overall net-positive. They managed to give some of the bland “S&B” characters a bit more personality and the more mundane moments were broken up by the more interesting SoC plot points. That being said, the “SoC” role in the show is weird because in the books these characters and stories have no overlap. Their new plot works as a prequel of sorts for the actual SoC books, and though it did tone down some of the best aspects of the books with this approach, I am still quite interested to see how they move

forward with this in the upcoming seasons. From listening to other people, I would say that although the books do help clarify a lot of the smaller details, the show can still be enjoyed without the background from the books.

ARTS & ENTERTAINMENT

What Are You Listening To?

Steven Injety [09.22.21](#)

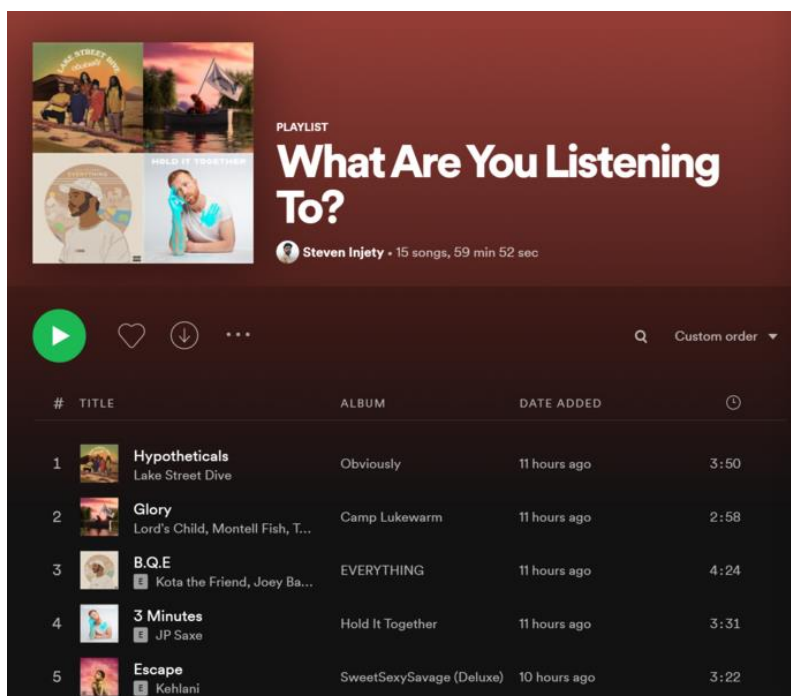


Photo by Steven Injety

The great jazz musician Louis Armstrong proclaimed “music is life itself.” As the semester has kicked off, we asked students around campus to choose an album that they have recently been listening to. The choices were from all over the world and across various genres. A curated playlist of songs from these albums can be accessed through the link at the bottom.

“Obviously” by Lake Street Dive

“It makes me feel happy!”

Patricia Jennesha (senior, computer science)

“Camp Lukewarm” by Lord’s Child

“It is a very raw conversation with God, set to amazing beats.”

Amar Sudhaker (junior, public health/pre-med)

“Everything” by Kota the Friend

“It just has to be this album man!”

Josh Bojorquez (senior, informatics)

“Hold it Together” by JP Saxe

“I liked the album a couple of years ago, after re-listening to it I still resonated with it.”

Elsie Getahun (junior, social work/pre-law)

“SweetSexySavage” by Kehlani

“I love the rhythm and bass of all the songs and it's an album that makes me feel empowered.”

Milikit Bereket (sophomore, biomedical physics)

“Discovery” by Rivers & Robots

“It’s a Christian group with a nice indie vibe”

Corey Johnson, (graduate, masters of divinity)

“High Rated Gabru” by Guru Randhawa

“It just sets the vibe, you know?”

Nathan Gulzar (freshman, aviation)

“We’re All Alone in this Together” by Dave

“The album has amazing instrumentals and great topics. Album of the Year.”

Kevin Lall (senior, biology/pre-med)

“Troupeau Bleu” by Cortex

“It’s a mix of jazz and funk, my two favorite things. The chord progressions are the craziest I’ve heard from the 70s.”

Hawi Gude (senior, sociology/pre-law)

“Wherever You Are” by Kodaline

“Kodaline is one of my favorite bands and this is one of their best works.”

Ben Kwon (sophomore, Spanish/pre-med)

“Graduation” by Kanye West

“Because Kanye is the greatest of all time.”

Lily Rodriguez (freshman, public health)

“Noname” by Telefone

“This album is so refreshing and unique.”

Yvanna Valcein (senior, international business)

“Shang-Chi and the Legend of the Ten Rings Soundtrack” by Various Artists

“I like the movie, and the album just made it way better.”

Ryan Owiti (graduate, sports physical therapy)

“Certified Lover Boy” by Drake

“It has some fire beats.”

Diego Duran (junior, business administration and music)

“Donda” by Kanye West

“Album of the Year.”

Jason Mokuia (sophomore, biology)

<https://open.spotify.com/playlist/5TuB9LnnZ3sbAAMPkm1SIM?si=8b830154fffe4b9f>

News

NEWS

COVID Regulations on Campus: Part 2.5

Yoel Kim [09.22.21](#)

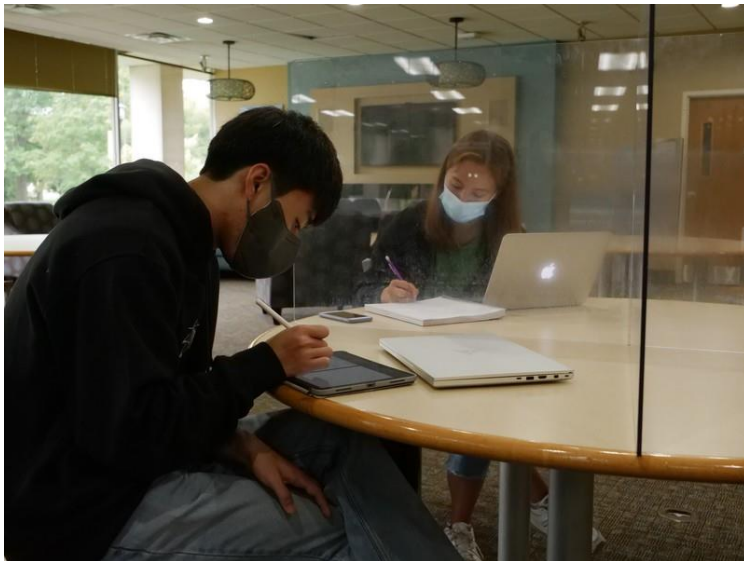


Photo by Qualyn Robinson

With the rollout of the COVID vaccine, more and more people look with hopeful eyes towards the end of the pandemic in the near future. As the world eases out of quarantine, changes around the campus were a foreseen conclusion. We expected more social functions, more openness, and more freedom. Yet, the need for continual safety precautions remains undeniable, with the news regarding delta strains putting a rather viral emphasis on the issue. Which leads us to examine this

semester's COVID Guidelines, a reconciliation of two seemingly contradictory expectations: freedom and caution.

Let us start with freedom. Many of the most noticeable changes in the guidelines come to us in the form of open public spaces. Areas that were formerly unavailable or restricted in the number of people now remain open to those who wish to use it, opening up quite a few areas for groups of people to gather and relax. What used to be unused open spaces in the Student Center or the Dorm Lobbies now bubble over with banter. In addition, no longer do we have to double check if we finished [CampusClear](#) before eating or packed bottles of disinfectant sprays for our chairs; little restrictions and reminders slowly flit away and make way for freedom. The loosening of regulations has been more or less praised as a positive change among students. Both students who believe that the new lax regulations are good and those who think it may be too lax both agree that the increased availability of social interaction is a benefit of this year's regulations.

However, this isn't to say that the regulation this year is without flaws. According to the Berrien County Health Department, people who display COVID symptoms are still recommended to isolate themselves to keep the virus from spreading. Yet the safety net for the people who are self-isolating or quarantining does not exist anymore. Many of the school departments have stated that there is no requirement for the professors to post Zoom links or recordings of their lectures online. Furthermore, any absences accumulated during such time do not have a requirement to be excused, leaving the decision up to each professor and their class. And rare as it may be, those experiencing COVID-like symptoms in isolation do not have a guarantee that their health decisions will be without academic repercussions.

Despite these shortcomings, Andrews continues to exercise caution. The masking guideline released by the school as of September 17th still indicates that masking will be required until at least the end of October. Furthermore, the school's effort of building up a registry of vaccination among their staff and students, as well as continual COVID testing for those who have not been vaccinated, speaks to the university's continual drive toward safety on the campus. There is still a wealth of hand sanitizer and disinfectant to be found across most buildings, wearing a mask is still enforced by the staff as it was last year, and the school continues its effort to exercise caution.

As members of the campus, what can we do? Firstly, you should stay up to date with the changing guidelines. As much as this article makes it seem as if COVID guidelines are a monolithic set of rules carved onto a stone tablet every year, it is not. They are a fluid, ever-changing set of regulations to combat an equally fluid and unpredictable disease. Staying informed through up-to-date information is key above all else. In addition, you should follow the guidelines once you are made aware. It may be annoying, even difficult at times, but the adherence to regulation not only serves to protect you but also the community at large.

If this article seeks to say anything, it is that this pandemic—this difficult, once-in-a-lifetime event that we are going through—is complicated, confusing, and difficult to follow. Yet, let that not be a deterrent to being informed. In fact, this situation speaks to the importance of being informed. As difficult as this pandemic was and continues to be, we can persevere through our careful reconciliation between freedom and caution.

NEWS

Students Get Wrapped Up In Change Day Christmas Event

Nathan Mathieu [09.22.21](#)



Photo by Qualyn Robinson

“Change happens one day at a time.”

With Andrea Luxton’s closing words, the volunteers dispersed to the thirty-odd booths lined along Flag Mall. One of these booths was Operation: Christmas Child. Created by the Samaritan’s Purse and hosted by Campus Ministries, Operation: Christmas Child provides Christmas presents to children who otherwise would not receive one.

The volunteers—consisting of nine students and three Campus Ministries leaders – gathered in a classroom in Buller Hall where pre-printed red-and-green pieces of flat cardboard had been laid on the tables. The volunteers had to fold the cardboard into boxes. Then, another group of volunteers wrote cards for the kids. Finally, other volunteers took the boxes. They would package a card and gifts in the box. Gifts included tubes of toothpaste, toothbrushes, toys, and washcloths.

The volunteer team completed about eighty package boxes, gifts for eighty kids who otherwise may not have gotten a present this Christmas. According to the Samaritan’s Purse website, packages are delivered to kids in more than 100 countries. However, the presents are not the only thing received. Pastors and community leaders engage in outreach to children in at-risk areas. The children are given a Gospel story booklet, and later, their parents are invited to a “graduation” ceremony where they hear the Gospel. The impact of the students who participated in this project is much grander than simply wrapping presents. They can effectively change the lives of those eighty children and their families.

Operation: Christmas Child was only one of the many opportunities on Change Day to serve our community. Change Day itself occurs annually at Andrews University. Classes are canceled for the day in order for the overall student body and faculty to participate. Students can sign up at the [Change Hub](#) for local and even global volunteer opportunities. Change Day specifically hosts local volunteer opportunities, such as blood drives, cleaning up Silver Beach and highways, aiding in the Fitness Trail installation near the Andreasen Center of Wellness, and a prayer walk. Furthermore, Change Day provides an opportunity for students to fulfill the calling of Andrews University in the statement “Change the World.” And, most importantly, students fulfill one of God’s commandments as described in Galatians 5 KJV: “By love serve one another.”

NEWS

The Gazebo Closure

Brendan Syto 09.22.21



Photo by Qualyn Robinson

“We want breakfast burritos and we want them now!” says Casey Gultom (sophomore, aviation). “Open it up!” says Luke Drew (sophomore, medical lab science). Gultom and Drew are two of many individuals who would like the Andrews University Gazebo to resume serving regular food items on its menu. Indeed, Gultom and Drew have been to the Gazebo in the past. However, some students at Andrews University have never been to the Gazebo. What do they think of the closure? Jason Regneantu (freshman, biochemistry), says he feels “kind of disappointed” about the Gazebo being closed. Both new and returning students want the Gazebo to open. So why is it closed?

The Gazebo closure can be explained by an email sent by the Vice President for Financial Administration, Chip Meekma. In this email, titled “Gazebo Open for Retail Only,” it was announced that “due to a shortage of staff, the Gazebo will be open for retail only as of Friday, Aug. 20, 2021, and until (there is) a full team.” Since not enough workers are available, the Gazebo has limited its menu to only retail items. As of when this article was written, it has been over a month without the full menu. What do people want or miss from the Gazebo? When asked what he

would get from the Gazebo if it opens, Jason said, “probably a breakfast burrito.” N. M. (junior, business) says, “I miss the quesadillas, Beyond Burgers, and other hot foods.” Students want their favorite foods to return to the Gazebo. But the closure has affected students in another way.

The Gazebo closure is specifically restricting food options on campus. An insight made by R. J. (senior, finance) was, “no one has options other than the cafeteria [for food].” Not only are student favorites unavailable, but the school cafeteria has become the sole source for student meals. As a result, many students are getting food from off campus more frequently than when the Gazebo was open. The drawbacks of the Gazebo closure are evident. What would be a reasonable solution to the closure?

Some students have suggestions for reopening the Gazebo. Speaking on background, one person suggests, “If you don’t have a job yet, please work in the Gazebo.” If more people join the Gazebo staff, then there may be a way for regular menu items to return. More staff in the Gazebo could mean regular food items coming back to the menu. Student favorites may not be served at the moment but could come again shortly. Once the Gazebo staff shortage gets resolved, there may be a way for breakfast burritos to return.

Ideas

IDEAS

In the Archives: AU During 9/11

Lyle Goulbourne 09.22.21



Photo by Public Domain

In honor of the 20th anniversary of the September 11 attacks, we will look back at the Student Movement archive from the day after 9/11. As we students do not remember the attack, since we were either not born or too young, the archives and my interview with Dr. Gonzalez (2003 graduate of AU) present an insightful description of the feelings of fear, confusion, and solidarity experienced by America and the Andrews community.

Student Movement Volume 87, Number 3, 9/12/2001:

As of six p.m. Tuesday evening, buildings still blaze near the site of what used to be the World Trade Center, a building once filled with nearly 50,000 employees.

An event that reached across the nation to touch millions of lives, students at Andrews University were equally shocked by the news, some rushing from chapel upon the announcement.

Televisions set up all over campus continue to draw people, and Student Services saw a long line of students filing through their office to take up Dr. Hoilette's chapel-time offer of calling home on the AU dollar.

Mass hysteria grips the nation as local gas prices soar to \$5 a gallon and station attendants confess they don't know when the next shipment will arrive. The paranoia has similarly affected the American Stock Exchange and Nasdaq, both of whom will remain closed on Wednesday, along with most of the businesses across the nation, and the FAA has announced the cancellation of commercial flights until noon Wednesday.

The USS George Washington and the USS John F. Kennedy have been deployed to the New York coast, while other ships sent out to sea are frigates and guided missile destroyers capable of shooting down aircraft.

While the borders of Canada and Mexico have not yet closed down, the Centers for Disease Control and Prevention has prepared emergency-response teams in the case that biowarfare should happen to break out.

Reflections from Dr. Daniel Gonzalez-Socoloske, current professor of biology at Andrews University and graduate from the class of 2003, 9/16/2021, (edited for length and clarity):

I remember being woken up by my roommate who was the RA of the hall. If I recall, it happened early at around eight or nine in the morning. And this is the time when cell phones were just kind of kicking up, so only some of us had cell phones. But we all had TVs in the dorm rooms, and so we clicked on the TV and every channel was showing a live feed of the smoldering tower.

This is when only one tower was hit, and there were a lot of questions, and we were all asking each other what was going on. Nobody understood that it was an attack, but all the TV channels and news networks were all tuned into this, so we watched in real time. I remember hearing about the Pentagon being hit, but we never saw footage of that. I remember being glued to the TV and watching the plane hit the second tower. And just the gasp of seeing that explosion, because we didn't even know what had hit the first tower. It was all hearsay at that point. We didn't know it

was an airliner, and there were talks that it was a Cessna or a small plane or something else.

But we literally watched the second tower get hit and then it started to sink in. I remember watching both towers go down on live television, one after the other, and it was surreal. It was like you were watching a movie. Keep in mind, this is at the time when Hollywood was putting things out like “Independence Day”, so we had already seen CGI of the White House and other iconic buildings explode or collapse. And that's literally what it felt like, except that this was real. And so it was such a mix of emotions.

As a result, the campus just froze the whole day. None of us did anything other than watch TV. We were just glued to the TV so we would get constant updates and a live feed from New York. When the towers went down, it was just, I mean, I don't know how to describe that feeling.

The university put out an announcement at some point that morning that classes were being canceled and that students were encouraged to meet for prayer at PMC church. And there were counselors on hand to assist students, as we had a lot of students from New York and New Jersey, and a lot of them of course were devastated.

It was one of those moments in life where you felt even in the moment that life would never be the same. And life was never the same. I'm getting the same vibe with this pandemic; we're going to look at it as a before and after. And for my life, it caught me right as I was around 20 years old. I was your age. And I can very much point to before 9/11 and after and everything that changed: air travel changed completely, the way we looked at each other changed, the way that we interacted. We engaged in this war that just now we are officially closing after 20 years. Things were definitely never the same.

The university mobilized pretty quickly. They organized a bus with anybody that wanted to go to New York to volunteer, to help in whatever capacity. They didn't know exactly how, but they had at least a busload of Andrews students who went to New York close to ground zero. They helped out in various capacities by either praying with people or with mental aid.

At Andrews there was this desire to want to do something, but we didn't know how to help. We were all shell-shocked. Especially with the number of missing people and the wild estimates of how many people had perished.

Certainly at no point in my lifetime had I ever felt a direct attack by another organization or nation towards the United States and, you know, especially not on our soil. And so we were all in sort of uncharted waters. But Andrews was very responsive. They canceled classes that day and I'm pretty sure for the days after there was a soft entry back into coursework.

There was a lot of mental fatigue that the students were going through, certainly those from the New York area, but even for the rest of us it was very difficult to focus. Again, a lot of parallels with the mental grief that we're going through with this global pandemic. Except in that case, it did more to unify the United States and create a solidarity that everybody felt. There was an amazing moment of flattening the world, where you saw every nation expressing strong solidarity. And there was this pride of being an American in this notion that there was a togetherness that I haven't felt since. It would be interesting how that would work in today's political environment. There was no blaming each other, and there wasn't this notion of one political party versus another. Everyone understood we were all Americans, and it was a very sort of somber moment for our nation.

IDEAS

Lily Pads and Epidemics

Alexander Navarro 09.22.21

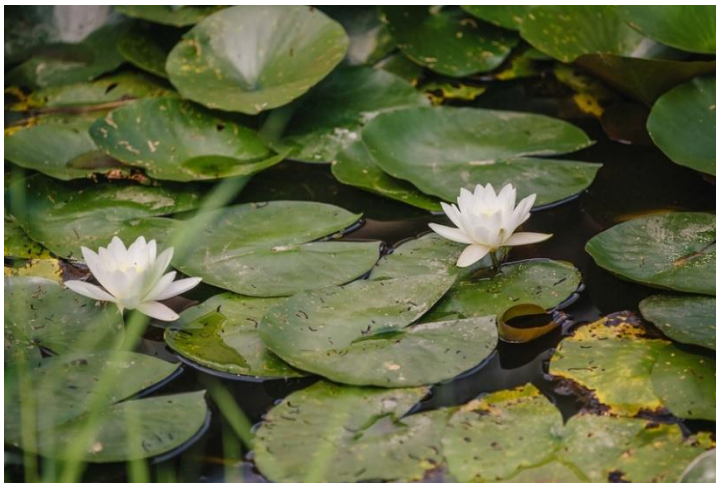


Photo by Public Domain

Suppose that there is a lily pad on a pond that proliferates very quickly. Every day, the number of lily pads in the pond doubles. On the first day, the 1 lily pad doubles to 2, on the second day, the 2 become 4, the next day, 8, then 16—you get the idea. One month later, on the thirtieth day, the pond is completely filled with lily pads. So, the question is, on what day was the pond half filled with lily pads? As it turns out, the answer to this question is more important than one might think, as it leads us to a term that people have probably heard a lot more about ever since the COVID-19 pandemic started: exponential growth! When someone uses “exponential” in everyday conversation, they often mean a big change, like “That test was exponentially harder than the last one” or something that is growing or changing really fast, like “That situation grew out of hand exponentially.” However, when a mathematician uses the word “exponential” they mean something very precise.

In mathematics, something is exponential if the way it grows (or shrinks) is directly proportional to its size, that is to say, its growth depends on how big it is. With our lily pads at the beginning, we started with 1 lily pad, and we added 1 more to have 2. Then, since we had 2, we added 2 more, and ended up with 4. Then we added 4, ending up with 8. Do you see the pattern? At each step, we are adding how many lily pads we had on that day, that is, our growth in this case is actually equal to the number of lily pads! We could imagine situations where instead of adding an amount equal to the number of lily pads we had, we instead added twice as many lily pads as we have, or maybe, if we want to grow more slowly, half as many. Because exponentials relate the way something grows to its size, they can be used to predict things like population growth, where you expect the number of children born each year to be related to the total number of people.

Now, to understand why this is important when it comes to pandemics, we need to answer our question from the beginning. When I first saw this problem ([Used by Professor Shane Frederick of Yale University](#)), my first instinctive answer was that the pond would be halfway full half way through the time period, so on the fifteenth day. However, let’s think about it a little deeper. We are told that the amount of lily pads doubles every day, that means the day before the pond is completely full, it must have only been half full. So, if the pond is completely full on day 30, it must have been half full on day 29. This is kind of surprising, after all, that means that in just 1 day, the pond went from half full, to all the way full, when it took 29 days to go from a single lily pad to filling half the pond. The growth that occurred in a

single day was greater than the growth from the previous 29 days combined! That is why it can be terrible when pandemics grow exponentially. Imagine instead that we had a disease that spread like our lily pads, with everyone being sick after 30 days. Surprisingly, after 23 days, less than 1% of the population will be sick. But, in the week following, that population will go from less than 1% sick, to 100% sick. Now thankfully, COVID does not spread this quickly, and things usually do not grow exponentially forever. But, this rapid change in growth is something that is often not realized when it comes to exponentials. While at the beginning the growth may seem really slow, it can suddenly explode faster than you would otherwise expect. Well, maybe not, now that you understand exponentials.

Pulse

PULSE

5 Ways To Make Your Studying Better

T Bruggeman [09.22.21](#)



Photo by Qualyn Robinson

Welcome to a new year, and welcome back to the grind! After a summer of break or work (I'm immensely sorry to all those who had to do summer school) it can be hard to get back into the swing of school. To help with that, here are some tricks of the trade I've learned over my studious career. Whether you're a freshman getting used to university for the first time, a senior just trying to get this over with, or anything in between or beyond, following these recommendations will make your year more productive and, perhaps most importantly, just a little bit less soul sucking!

tl;dr

Don't study in your room

Make a study schedule

Find study buddies and accountability partners

Don't study too long

Read out loud (and in an accent!)

1. Don't Study In Your Room

This is first on the list because, in my mind, it is the single most important idea for productive studying.

Our beautiful dorm rooms are kitted out with desks, and one would presume their intended purpose to be for studying. However, I'm sad to tell you that studying in your room is generally a bad idea.

Why? Because your room is where you:

Sleep

Eat

Watch YouTube

Get ready in the morning

Stress out

Talk with friends/roommates

Goof off with said friends/roommates

Procrastinate

Brains are especially fond of habits, good or bad. They like to fall into a rut and follow the same sequence of actions. Initiating the sequence can be any number of things, but a powerful trigger is location. At the gym → work out. At the library → study. In our room → literally do anything besides study.

Because the associations our brains make with being in our rooms are almost always things other than studying, your brain will want to do those things as long as you're there. If you try to study, you will naturally be drawn away. Your mind will drift, making it much much easier to get distracted or simply procrastinate. Studying in a place you always go to work will have the exact opposite effect. The pattern is to come to this place and study, so your brain will follow that pattern.

So, you don't want to study in your room; here are some alternate suggestions. The library, of course, though it can definitely get stuffy. I recommend one of their more open study spaces to avoid the claustrophobia as much as possible. Buller has a very nice study room, and the science complex has one on most, if not every, floor. The Gazebo and Rec Center can both be good places for the same reason people like working in coffee shops, as long as other people aren't being too distracting (don't think you can study while a movie is playing in front of you). If it's past curfew, the dorm study rooms are still better than your room. Wherever you choose, just make sure you only study while you're there. If you start getting distracted, take a break and go somewhere else so you don't pollute the association in your mind.

Having designated study spots will help you focus and also help you feel more free when you finally go back to your room.

2. Make a Study Schedule

Continuing the trend of creating habits and brain associations, my next tip is to make a study schedule. This is pretty self-explanatory, but the reason behind it is to be intentional about your work. If you just study "whenever you have time", you will a) often end up not actually having that time, or b) choose to do something fun and study later (which leads back to a). The ambiguity makes it extremely easy to put things off.

So, make a schedule of when you're going to study (ideally this would be part of a daily schedule, but that's a story for another day). Treat your set study times as important as classes, and go to your favourite study spot as if you were going to class. This will very quickly become a habit.

As an added bonus, a habit of studying at a certain time is also a good trigger for your brain's study/focus sequence, just like location.

3. Find Study Buddies and Accountability Partners

This one is pretty simple: studying in a group forces you to sit down and work and

makes you less likely to get distracted. There is, however, one massive caveat to this: make sure you are actually studying! Having a “study” session with friends can be a lot of fun; just be aware that that’s what you’re doing and don’t count it as actual study time.

Related, but sometimes distinct, is to have one or more accountability partners. Study with them or report to each other how much you studied that day or week. Talk to each other if either of you repeatedly skip your set study times. In short, keep each other accountable!

4. Don’t Study Too Long

This isn’t news, but I’ll reiterate it. Your brain gets tired, it gets bored, it gets distracted. There comes a point where your brain isn’t actually really studying anymore, even if you have regular small breaks. So stop. Respect your mind and take an interlude. Go get some food, some exercise, or some socialization. Your brain will refresh and you’ll be more productive in the long run (just make sure you come back to studying after, and your break doesn’t stretch indefinitely).

Try to make these “good quality” breaks. Think of small things like Instagram, TikTok, YouTube, small phone games, etc., as fast food. If you think about it, they aren’t really that enjoyable or fulfilling. A meal, the gym, friends, an intentional gaming session—these are like a good home-cooked meal, leaving you satisfied, refreshed, and happier in the long run.

5. Study Out Loud (And In an Accent)

This final tip may not mesh superbly with the first, since you really need a private space. But if you do end up alone in a study room, study out loud! If you’re reading, just start reading aloud to yourself. Doing math? You can still say what you’re doing and what equations you’re using. And if you’re writing anything, saying it out loud is almost a must.

And better yet, speak in an accent! It doesn’t matter how good or bad it is; you’re by yourself, so go for it! It’s really fun, and it keeps your brain interested. Say what you’re reading or writing and occasionally comment on it. Have a conversation with yourself about the material. Say ridiculous things. Laugh at the author’s weird phrasing or voice your frustration with the assignment.

Be exaggerated, be sarcastic, and allow yourself to have fun with it! You’ll be surprised at how well it works :)

I hope these tips help you, and I wish you luck with your studying this school year!

Adventures Around Andrews (Biking Distance)

Gloria Oh 09.22.21

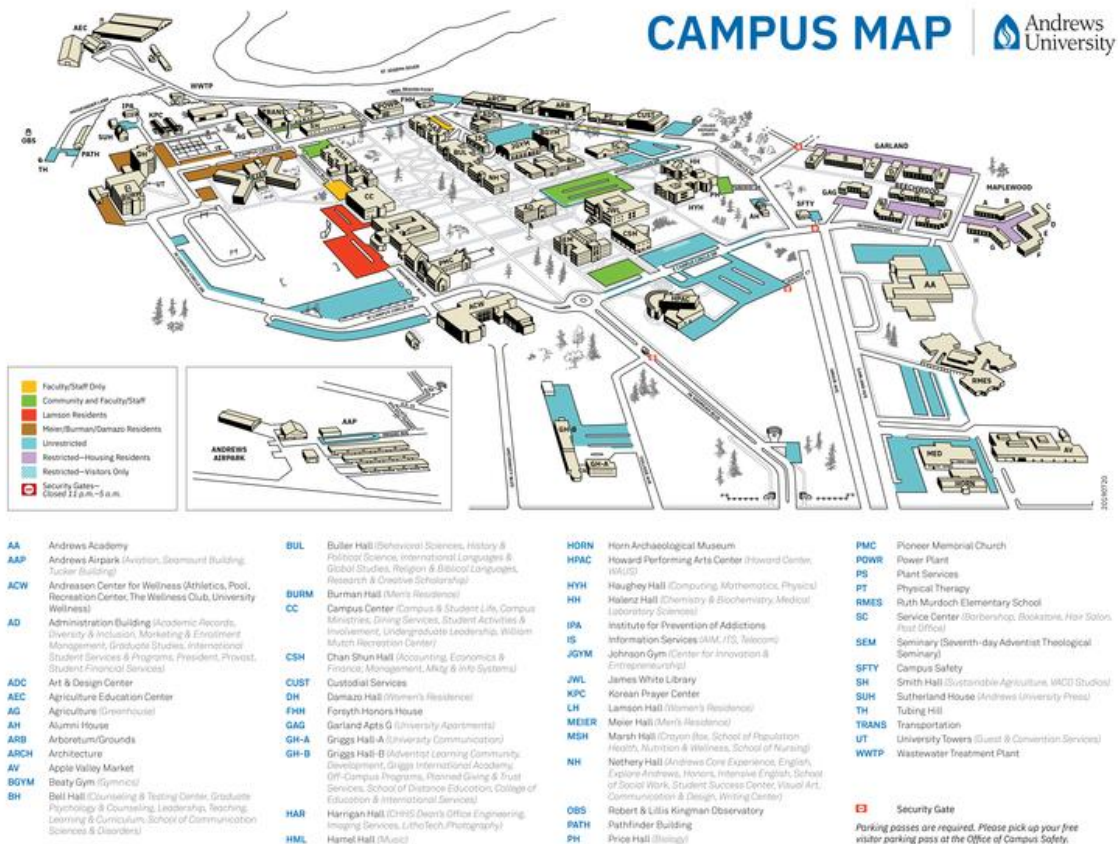


Photo by Andrews University

For many of us students, college may be our first experience living alone. From buying groceries to finding budget-friendly coffee shops to study at, everything can feel a bit overwhelming at first—especially when you don't have transportation while living at, or near, the Andrews University campus (where Uber is not a

luxury). The Student Movement would like to assist anyone looking for places to go or things to do by introducing you to several spots within walking or biking distance from the campus that are great for hiking, eating, chilling, and meeting your daily needs in general.

Hiking/Biking:

Lemon Creek/Robert and Lillis Kingman Observatory

Near the Pathfinder building, you can find a trail where many people go for hikes or bike rides. It is a great place to witness the change of seasons as the flowers and plants bloom and fade. As you walk the trail, you will also find an observatory located at the top of the hill. They host two or three skywatches every month on Friday nights, so check out their schedules by searching “Robert and Lillis Kingman Observatory” on Andrews University’s website. They also list out the directions on the website, so check them if you are unsure how to visit the place by yourself. If you would rather walk the trail with a group of people, feel free to join the Biophilia Club’s nature walk in the fall semester. Not only would you be safe from getting lost, but you will also have Biology professors as your guides, enhancing your knowledge of Andrews University flora.

Andrews University Farm

If you need time off from studies or simply want to spend time interacting with or watching animals, Andrews University has a special spot reserved just for you. At the farm, you will get to sit down and relax on the pasture while enjoying the company of the animals over the fence. You will also often get the chance to pet the friendly goats who approach you. You can find the way to the farm next to the Smith Hall or Plant Service buildings. Remember to refrain from feeding the animals and only watch them eating their feed provided by their caretakers.

Places to Eat/Chill:

Baguette de France

For nearly 30 years, Baguette has served vegan and vegetarian (and omnivorian) sandwiches, soups, and salads. They have truly built their reputation through great taste and quality. In fact, they are so famous within the Adventist community that, last year, when Baguette had to close for a short while due to a car accident, even students from other Adventist Universities were talking about it.

If you have not tasted their food yet, I highly recommend you to give it a try this week.

Healthy Springs

While Baguette offers a great meal, Healthy Springs, located right behind the Baguette, offers nutritious and delicious desserts and drink options, including muffins, cinnamon rolls, cakes, shakes, and smoothies. They are open every day, and their weekday hours start at 7:00 am. This is a great breakfast option if you're looking for one!

Revive Coffee

About 300 meters away from Healthy Springs, you can find this cozy coffee shop named Revive Coffee. Along with a lengthy list of coffee, smoothies, refreshers, and desserts at an affordable price, you can also find a space to study or work while charging your laptop. Another perk of this shop is that you can easily find a place to grab lunch or dinner when you are done studying. Multiple food chains like McDonald's, Taco Bell, and Pizza Hut are only a few steps away (literally) from Revive Coffee. In fact, Subway is next door to this coffee shop! So if you are looking for a place to spend a good amount of your afternoon with your stomach filled, Revive Coffee won't fail you.

Groceries

Apple Valley

Apple Valley celebrated its centennial two years ago in 2019, and their products are a display of why they have been able to maintain their stores for a remarkably long period of time. Here, you will not only find groceries selected to promote vegetarian and vegan lifestyles, but also a floral shop, cafe, and bakery. Also, the Dollar Store is located right next to the Apple Valley, so you will find most of your basic needs met when you visit there.

Harding's

If Apple Valley was not enough, or if you were looking for a broader range of options, visit Harding's! It is farther away from campus than Apple Valley, but it will take only about fifteen minutes to bike from the dorms. Also, it is open every day, so you can always visit Harding's instead of turning back sadly from Apple Valley when it closes on Fridays an hour before sunset.

Also, just around the corner, you can find a place called New Berrien Springs Oriental Supermarket to add some Asian flavor to your grocery items. Just be

aware that this store is open only on Thursdays 3-7 PM, Fridays 11 AM-6 PM, and Sundays 11 AM-5 PM.

PULSE

Back to Andrews

Izzy Koh [09.22.21](#)



Photo by Qualyn Robinson

Every year, I find myself a little sad to be leaving home. I pack my bags, say goodbye to my family, then dutifully board my plane headed east. The flight from Portland to Chicago to South Bend always feels a bit strange, right up until that familiar wind of the road back onto campus.

Then it feels suddenly like I haven't been away all that long after all.

There's something so simple and wonderful about opening my door to find my roommate smiling and saying hello to me, or my suitemate popping into our room to give me a hug. It's become a bit of a routine to put away all of my books, hang up my pictures and pack my bag for my classes in the morning.

Over the course of the next few days, I met friends new and old (some of whose faces I saw for the first time ever—how bizarre!). Although COVID continues on, the steps forward from Zoom classes at home to sitting three seats away in the classroom, then sitting next to someone at dinner, have given me a dose of human connection I haven't felt for a long time.

The first week of school offered its fair share of challenges and triumphs, from navigating one of the longest chemistry labs I've ever experienced to getting to watch the newest manifestations in the Marvel universe with friends. There were little moments of joy that stemmed from unexpectedly catching familiar faces at breakfast and coming up with a particularly good response to a discussion question in my English Literature to 1600 class. I've loved the aspects of community that came from attending my first in-person departmental assembly in over a year just as much as meeting some of my favorite people for supper and talking for hours into the night.

I imagine that the rest of this semester will be a host unto itself for every Andrews student this year—full of valuable moments with friends and lazy walks in the sunshine, as well as dreaded days of tests and that famous, omnipresent Michigan cold. I'll hold onto these two weekends' worth of wading into Lake Michigan on a Saturday afternoon and gathering with friends to eat Baguette at Wolf's Prairie Park. I look forward to more of those experiences in the future, wherever and whenever they may come.

Time passes quickly here, however, and before I know it, two weeks will turn into a month, then into two months, then into three—and soon I'll be back on a plane from South Bend to Chicago to Portland, a little sad to leave Andrews. Perhaps life is made up of those simple things, gathered week to week and made into something memorable and incredibly precious. I'm doing my best to find and keep as many as I can.

The Last Word

THE LAST WORD

Offline Anxiety

Alyssa Henriquez 09.22.21



Photo by Public Domain

Gourmet double-chocolate cookies from the "New York Times". This is what I set out to make one hot summer night with a friend. I melted semi-sweet chocolate in a double-boiler and stirred it with a spoon, leaning over the stove in my pajamas. My friend stood nearby with her phone, filming the process in clips as dough slowly emerged before us. We whipped eggs and sugar as the oven crept to 350, folding dark chocolate chips into a rich mixture of flour, baking powder, and cocoa. I scooped the batter onto a tray and walked toward the oven, my anticipation mounting as we neared the culmination of our work. But just before I could open the door, the power flickered out.

We stood there in shock, my arms limp as I held the tray of half-finished cookies before me. I soon set them down on the counter and prepared to give up, but then the lights turned back on. My friend and I laughed as I walked back toward the

oven with the tray. I opened the door and prepared to set the cookies inside, but the power turned off again.

After several hysterical back-and-forth trips between the counter and the oven, we gave up once we realized that the power was gone for good. I sat in the darkness of my kitchen, slowly processing the situation. My phone and laptop were nearly dead, my internet and cell service were not working, and we had no air conditioning. My friend and I tried to bake the cookies with what little heat the oven had left, which resulted in a half-baked mess. Soon after we accepted defeat, I packed the rest of the dough into the fridge and she left for home.

The rest of the evening was frightening in ways that I did not expect. I crept up to my room with a flashlight and hauled my dead electronics up with me. My parents were asleep, and there was not a sound of life in the house as I sunk into my bed. This might have seemed like an appropriate moment to fall asleep, but I couldn't. Why? Because I had been suffering for months from "revenge bedtime procrastination." In the words of journalist [Daphne K. Lee](#), revenge bedtime procrastination is when "people who don't have much control over their daytime life refuse to sleep early to regain some sense of freedom during late night hours." This is exactly why I was making cookies at 11 pm on a weeknight, and it was the same reason that I was horrified to crawl into bed without a functioning electronic.

There's a scene in "The Mindy Project" (2012) where [Mindy Kaling](#) summons a flight attendant on a plane and says, "My TV is broken and I cannot be alone with my thoughts." This is exactly the sentiment that I felt as I lay in bed that night with no power, cell service, or internet. I had just submitted my primary application for medical school, and instead of resting after weeks of work, my inclination was to keep running. I didn't want to think about the potential mistakes that I had made, or all of the ways that I felt inadequate, or the things that I could have done to make myself a better candidate. I wanted to lay in bed and distract myself with a Netflix show until my eyes glazed over, and my arms grew limp by my sides, and I couldn't stay awake any longer. I wanted to stuff my body full of sugar, and feel an influx of serotonin, and talk to my friend all night to avoid any encounter with silence. But there I was, stripped of my ability to cook, or watch TV, or go on the internet, or even call a friend. And it was horrifying. I had the idea to read a book in the dark, so I grabbed the closest one that I could find and turned on my flashlight. But as I flipped through the pages and began to read, the flashlight started blinking and malfunctioning. I sat dumbfounded in bed, beginning to accept my fate.

My revenge bedtime procrastination started much earlier than last summer. It stemmed from months of sleep-deprived semesters, and summer jobs, and countless hours working in anticipation of my future career. And while I believed that there is value in sacrificing immediate pleasure for a better future, I'd recently begun to think: when was I giving too much? If the only time that I ever felt satisfaction was in the two hours that I lay on my phone after dark, was I really living?

The concept of revenge bedtime procrastination is not just an isolated problem in my life—it's a widespread phenomenon that is arguably aided by technological advancement. Particularly in college, I think that an inclination to constantly move, and consume information, and forego sleep often consumes us. And so, as I enter my last year as an undergraduate student, I have one resounding resolution for myself and for everyone who reads this: be present with yourself. It's a lesson that I'm learning more and more every day, and something that I often have to force myself to do. But I've realized that if I need to enact "revenge" on my daytime work and distract myself in restful moments, then I'm living a life that's not really my own.