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The Student Movement v. 106 (2021-2022)

Student Movement

1-28-2022

The Student Movement Volume 106 Issue 11: And The Winner Is...: Andrews Talent Take Center Stage

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And The Winner Is...

ANDREWS TALENT TAKES CENTER STAGE



Photo by Dawson Par

Humans

HUMANS

Andrews Mission Trip to Honduras

Interview with Dr. Glenn Russell, Chairman of the Department of Religion

Interviewed by: Lauren Kim 01.28.22



Photo by Dr. Glenn Russell

What were your goals for this trip when you were planning it?

For thirty-one years, we have been partnering with REACH International by taking groups of student volunteers to provide resources and support. In Honduras, the Friendship Team served at the Hogar de Niños, which is home to about 50 children. The Friendship Team has two main goals: 1) To build friendships with the children and young people, and 2) to invite those we meet into a deeper friendship with God.

What did the students and staff do in Honduras?

The Friendship Team spent many hours worshipping, eating, playing, and

interacting with the children at the Hogar de Niños. Additionally, we conducted a Friendship Camp for about 100 children that included children from the community. The camp activity modules included crafts, music, Bible, health/science, and games. Andrews students taught most of these modules, while other Andrews students served as translators or group leaders for the units of children. In addition, we spent a lot of time with the children at the Hogar de Niños and joined them for meals and for the wonderful times of worship. The Sabbaths were truly a special time of fellowship together. Additionally, we had an Olympic day at camp where the children enjoyed participating in numerous athletic events. Scott Schalk, the Friendship Camp director, was an outstanding leader and brought so much organization and energy. It was quite amazing to see how adaptable and capable the Andrews students were. They were a wonderful blessing.

How many people went on this mission trip?

That is an interesting question, because 20 people were going on the trip at the beginning, but as we departed, our numbers were reduced to 15 due to positive COVID test results even before the flight to Honduras. While in Honduras, six of the team members tested positive for COVID. Fortunately, all had been vaccinated so no one had any major symptoms, and no one needed to be sick in bed or hospitalized. Several had their return delayed as they waited for negative COVID tests. Despite all this, I was so impressed by the positive attitudes of the team members. There was no complaining or grumbling and there were quite a few tears as we left our Honduran friends behind.

What were some memorable/special experiences that happened?

One day, we took the children from the Hogar de Niños to a nearby water park. It was a beautiful sunny day with the temperature in the upper 70's. It was such a great experience to see the children enjoying water slides, the swimming pools, and just being together! Another special experience was the community food distribution where we provided a month's supply of food (and clothing) for 80 families in the community. I remember one woman receiving her food and clothing as she tearfully told us that her children had not eaten in two days. We are so grateful to those who donated funds so we could help these families. Lastly, on the second Sabbath, there was a special baptism for a number of youth and young adults. Due to the lack of a pastor, most of them had been waiting for two years to be baptized. Furthermore, several Andrews students made a major life

recommitment to Jesus Christ. It's an awesome experience to be present when God moves hearts and minds to follow Him.

Were there any setbacks/problems that were encountered? If so, how did you overcome the struggle?

In missions, there are always struggles. The devil doesn't want God's mission to go forward. One of the major challenges is the language barrier and some students who didn't know Spanish struggled to figure out how to make a difference. But eventually, they all found significant ways to connect and interact. Another major challenge this time was COVID. For the six of us who tested positive, we endured 6 COVID tests until we finally were negative and COVID-free. An example of God's answers to our prayers was when Andrews donated two laptop computers for Hogar de Niños. The students carried those computers to Honduras, but little did we know that they would be used by us for the first week of Zoom classes since we couldn't get back to Andrews. We prayed for God's blessings and he answered us before we even knew the need!

What is the value that you see in missions?

The greatest value in missions is seeing the transformed lives, the lives of those we serve, and the lives of those who go to serve. Missions are not just an adventure. Serving in missions requires faithfulness, humility, and surrender to God's will—not our own desire. Research shows that mission service is among the top three formative experiences for college students. We are thankful for our partnership with Pioneer Memorial Church here on our campus. Elizabeth Cisneros was a student missionary from Andrews on the Hogar de Niños and this trip gave her the opportunity to go back to the place where she had served. It was a distinct privilege to spend this wonderful time with the Friendship Team of Andrews students and with our friends in Honduras.

HUMANS

Rollin' Through Life

Alexandria Dunham 01.28.22



Photo by Alexandria Dunham

In the world of anyone with a disability, or the differently-abled, there are always increased challenges. Many people have disabilities, some obvious, some not as obvious, that don't impact their daily lives. I am one whose disability affects my day-to-day life. I have a rare form of muscular dystrophy. I can walk, but walking long distances—like over 100 yards—is very tiring. That is why, for my four years here at Andrews, I will have a mobility scooter.

This scooter makes things much easier for me. I don't have to walk any long distances while using this scooter and I have to get into buildings a different way; however, getting into buildings has its challenges. For one, not all of the buildings have a handicap button that automatically opens the door. I wish that the dorm had some way they could have this button; as sometimes there is no one to open the side door for me. I think the most perplexing thing about getting into buildings is the way Nethery Hall entrance is set up. This is where the disability department is located and the ramp is such an odd shape. Sometimes it's hard to get my big, bulky mobility scooter in the door without feeling like I am about to roll down the front steps. However, I will say that Kristine Walker-Fraser, Associate Director of Student Intervention Coordinator/Disability Services Coordinator, does a wonderful job at ensuring that my needs are met and that I am comfortable in my environment.

Having to go through the back ways in the library and science complex is hard sometimes, especially when I have a class to go to in the science complex. My teachers have been very accommodating for me if I am accidentally late for a class and everyone in the dorm and other buildings have been so helpful in opening the doors for me. I believe the sidewalks are the most difficult thing (and I am sure the skateboarders can attest to this). Sometimes the cracks in the sidewalks are so big that my scooter will get stuck and just stop. It very easily gets back up and running, but it is still a dent in my journey to a particular destination. I always have to find a particular place to park my scooter to shelter it from the rain (and snow). Usually, it is just in the hallway. For work, I have made special arrangements to park it in the garage attached to my job. The two most accommodating buildings on the campus are the cafeteria and Buller Hall. They both have wonderful buttons that open the doors and make it easy for me to drive right in. Fortunately, I visit these two buildings the most.

Overall, Andrews University, while they have some work to do, has done a pretty good job at making things as handicap accessible as they can be. Some of the buildings are an odd shape and I am sure it was hard to think where an accessible entrance would be. Nevertheless, each building has easy (although sometimes tedious) points of entry for those that cannot climb stairs. Almost all of the elevators are very nice and easy to access. The Science Complex is the only elevator that I get a little scared riding; as it sways a little and had two spiders in it (whom I fondly named Freddie and Eddie but who have now passed away). I commend Andrews University for their continued support for me and my disability

and I look forward to seeing the progress that can be made to make this campus the most accommodating place it can be.

HUMANS

Senior Spotlight: Noelle Millner

Interviewed by: Irina Gagi [01.28.22](#)



Photo by Noelle Millner

With graduation season not far away, here is an opportunity to learn more about one of our seniors, Noelle Millner, who has spent almost 3 years as an MLS (medical laboratory science) major.

When did you first join Andrews University?

I joined when I was a junior. I came in as a transfer student after I had graduated from a community college with my associate's degree in 2019, so I started during the Fall 2019 semester.

Was coming to Andrews always your initial plan, or was Andrews just one of a few schools you were interested in attending?

Initially, there were a lot of schools that I was interested in. However, Andrews was

great because my mom also went here, and I was fortunate enough to receive a financial package that was a lot better than other schools were offering me. One thing I was also looking for was an MLS program, which a lot of the schools I was applying to didn't have. The head of Andrews' MLS department also happened to be a family friend, so all these things really worked in my favor.

Did your degree or interests change at all during your time at Andrews?

When I was at my community college, I was a biology major. However, like most community colleges, mine didn't offer as many degree options. I thought about continuing as biology or neuroscience pre-med, but after talking to my advisor at the time, she thought I would enjoy MLS, which I hadn't heard of. I already knew I wanted to go to medical school one day and I was also interested in pathology-- which means I would be studying diseases in a lab. MLS just seemed like the best program to help me reach these goals, while also providing me with a good backup plan.

What has your overall experience been as an Andrews student? What have been some of your "likes" and "dislikes?"

I really love our campus. I think it is so beautiful, and I prefer it much more than a city campus. I specifically like being able to go on walks around campus. Also, I love how everyone can enjoy such a wide variety of church services. Whether you're more conservative or liberal-minded, there's something for everyone; it's also the same for vesper services. Additionally, I generally think the faculty at Andrews are very approachable. Most of the time when you go to talk to them, they are very welcoming and understanding. Especially because our campus is comparatively small and close-knit, you feel like you are getting a more personal experience with them.

There are a few things that have bothered me since I came to Andrews. One of them is the fact that you are pretty much forced into having a meal plan and living your entire undergraduate life in the dorms. I always found myself with hundreds of dollars left over at the end of each semester. Another thing I don't like is how we are forced to complete so many co-curricular requirements. Especially after I became a community student, this was very difficult as I didn't always need to be on campus. Being busy with classes and having to drive just to attend chapel was very annoying. Additionally, I feel that the threat of probation and/or fees really takes the reverence out of chapel.

**Are there any special memories that you have made while being at Andrews?
Are there any events or people you feel have especially impacted you?**

I've really enjoyed being a member of the school's MLS club, and now I'm even its senior representative. Probably the biggest thing that I've enjoyed is meeting a lot of nice, lovely people—people I wouldn't have gotten to meet or spend time with had I not gone here. I think I have made at least a few friends that I'll be able to keep for a very long time, which is important to me since I'm a very social person. I also have to give a lot of credit to the school's faculty who are so approachable and personable. If I had attended a state school, the professors there probably wouldn't have been as lenient or understanding with me; who knows if I could even get in contact with them when I needed help.

What is one thing that you wish you knew before starting college/coming to Andrews?

I wish I had realized sooner how important friendships were going to be for me in college and had put more effort into my social circle. The first semester I was here, I remember how much I was drowning in homework and didn't feel like I was very close with anyone, so I felt very alone. Maybe if I had just put more effort into it, I would have made some closer friends sooner.

What are your plans after graduation?

At the very least, I hope to have my own place in six months and a new pet cat to keep me company! Post-graduation and exams, I am going to move so I can begin my clinicals in April. My hope is that the place where I will be doing clinicals will decide to hire me, I can work for at least a year, and then begin applying to medical school.

I want to have a job in something that allows me to have time for family. Pathology is something that I think I would enjoy since I've already done some job-shadowing. I've even watched an autopsy in a lab, so that's high on the list. I am also interested in anesthesiology. Additionally, I did an internship over the summer at the Department of Surgery at a hospital in New Jersey, so I am also considering general surgery.

Do you have any advice for current or incoming students about Andrews or college in general?

I would suggest that you make sure your professors know you on a personal level, because no matter your major, you will almost certainly need those letters of recommendation after undergrad. You specifically want letters from professors

who truly know you are and can write honestly about you. Generic letters about grades are what you don't want; an honest advocate for why you should get "that job" or should get into "that school" is what you need.

More specifically, I would suggest you stay on top of things with your advisor and your degree requirements. I know a lot of people who didn't find out about certain graduation requirements until the last minute, so make sure that—maybe about a year before you graduate—you're in line too!

I'd also add just to take care of yourself! Aim to eat well and sleep well, which I know, feels impossible as a college student, but if you're not doing either, your school performance and social life will suffer.

Arts & Entertainment

ARTS & ENTERTAINMENT

Creative Spotlight: Genevieve Prouty

Interviewed by: Megan Napod [01.28.22](#)



Photo by Qualyn Robinson

Prouty is a junior studying psychology.

How did you get started in poetry and writing in general?

I've been writing stories, either physical or in my head, for as long as I can remember. I relate deeply to stories and art in words, which is great because there's a lot of it out there.

I started writing poetry a little more in high school because I had less time to write full-length stories and teachers would ask us to write a short poem for assignments and such. I took a creative writing class and I remember hating poetry for the longest time because I don't like rhyming very much because it's trite and easy. At times in poetry, the rhyme and the meter are the stars of the poem instead of the story it's telling, which I didn't like. But once I figured out that poetry didn't need to rhyme or have a specific meter, I was all in.

One poem that I fell in love with is called "God Says Yes To Me" by Kaylin Haught. It's a women's prayer, and it's a sweet little poem about God being a supportive friend, and it's free verse.

I don't do poetry in a professional capacity, I just like doing it because it's easy and fast, and it creates the feeling.

Who or what are your inspirations?

My favorite author is Neil Gaiman, who does stream-of-consciousness writing, which mirrors the way that I think, and it's very easy to listen to and read. I love narration and if I find an author's narration interesting or stimulating, I will read the book no matter how bad it is.

What do you enjoy most about writing?

The feeling and the ability to make something beautiful with my mind. Honestly, half the time I hate writing, it's a grueling and agonizing process, but it's comforting and safe too. It's really hard, but it's good too and my brain feels alive when I do it, which is cool.

Tell me about the piece you're featuring. How did it come about?

So this piece is kind of a reflection of my fears about love. I can be pretty obsessive sometimes and everybody uses the phrase "I know this place like the back of my hand" but how well do you know the back of your hand when you're not looking at it? How well do you know yourself? It can be very easy to lose yourself in a

relationship and completely forget who you are when you're looking at someone else.

How do you see writing playing a role in your life and future?

One of my many dreams is to be a published author and write books and screenplays for movies. I can talk way too long about how important stories are in our world and wanting to play a role in that.

How you do see your major at AU playing a role in your many dreams?

Psychology is a lot about how people think and react to situations and environments. That can be really helpful to tell a story that can convey emotion and it's very helpful in terms of communicating something, plus it's also a cool major.

You are a member of the AU Scriptorium. Why should people join this organization?

The thing is that if I don't have an excuse to write something then I won't do it. If you're having trouble writing but you still want to write, you should join it! The Scriptorium is an amazing outlet because it gives you an environment to write in and people will ask you to write specific things that will help you grow in what you do and learn. There are also cool people who write really cool things and you can get interesting perspectives through other people's writing and ideas.

You can find some of Genevieve's work on AU Scriptorium's [Instagram page](#).

"The back of your hand"

By Genevieve Prouty

If I took your hand,
And I held it in mine,
Would you still know
The back?

If I had them, your hands,
Would you know still
All their veins,
Their creases?

If I hold your hands,
Will you still remember

All their fine bones,
The shape of them?

Would you still know
The back of your hands,
Or would you forget them entirely,
Looking at mine?

ARTS & ENTERTAINMENT

“Encanto”: Disney’s Handling of Latinx Culture

Kaela McFadden 01.28.22



Photo by Public Domain

Released back in November, “[Encanto](#)” has been a fun family movie filled with classic Disney music and magic. It is one of Disney’s only Latinx movies and the writers managed to stay close to the Colombian culture that inspired the movie.

As I watched the movie over Christmas break, I got swept up into this vibrant world of family, magic, music, and Colombian flair. Although I can appreciate it from a storytelling and musical aspect, I wanted to learn more about the cultural

importance of “Encanto.” I asked Loren Manrique (junior, animal science) and Nathalie Batres (junior, psychology) about their experience with “Encanto.”

Batres said, “I enjoyed watching Encanto. I found it very entertaining and joyful to watch as you learn about each character within a song.”

With [Lin-Manuel Miranda](#), who wrote the music for “Hamilton,” “In the Heights,” and “Moana,” at the musical helm, it is no surprise that the music of “Encanto” carries the same explosive flair containing both English and Spanish lyrics. The songs are quite catchy and are becoming fast favorites among fans.

“The music definitely stuck with me, and it set the mood of the whole movie, so you’ll feel the story’s emotion. The [Bruno piece](#) absolutely stood out to me. I had that song stuck in my mind for quite some time afterwards,” said Batres.

Manrique said, “My favorite song will always be a more simple one and it is “[Dos Oruguitas](#)” written by my second favorite artist of all time, Sebastian Yantra, who I have been a fan of for many many years. He did an amazing job in kind of bringing a conclusion to the conflict and to show that even though we are all different we can come together. It shows the importance of unity through change.”

Latinx culture in and of itself is broad and diverse, but this movie has elements that speak to the culture as a whole as well as Colombian culture specifically. The movie is set in Colombia, so Manrique, being Colombian, explained what sort of impact this had on her and how it affects Latinx and Colombian cultures.

“From my cultural point of view, “Encanto” meant a lot to me, as a Colombian born and raised there, we often have the stereotype of drugs, narcos, and violence. My entire life my culture was misunderstood and seen in a bad way because of something that happened a long time ago in Colombia, and instead of showcasing the beauty of my country in the entertainment world people only saw the bad. So “Encanto” meant a great deal to me; I was finally represented in a good way and the world was going to finally recognize the other aspects of my culture and country. Hopefully, Disney or other entertainment networks will keep this up and show all of us.”

The entertainment industry has slowly been making strides towards becoming more diverse and “Encanto” is a great example of that [change](#). From using Latinx voice actors and singers, efforts were certainly made to uplift voices from this often overlooked ethnic group. In the Spanish version of the movie, all of the voice actors are [Colombian](#).

“If you understand Spanish, I recommend watching it in Spanish, since you will be able to recognize the different Colombian accents and it will feel like Colombia,” said Manrique.

Manrique continues, “It does make a positive impact on the community. In Colombia, as an example, we have a huge ethnic diversity that is shown in every region of our country; some Colombians have white skin with blue eyes and blond hair, while others have caramel-colored skin with brown eyes and curly hair, and others have a darker skin tone and very curly hair. In other words, in Colombia, we all look very different and the movie did a great job in showing that.”

She explained how some of the inclusions specifically spoke to the Colombian influences that are a part of the movie.

“An example can be seen in the way that Mirabel’s dad dresses. He always has elegant wear showing how a ‘cachaco’ (someone from the interior of the country or the capital) dresses, showing that part of my culture’s way is to always dress nice and be seen pulled together, which is something that I have been taught all my life but I never actually got to see represented.”

With all of these amazing inclusions and beautiful storytelling taken into account, I personally recommend this movie. I think that it was so much fun to experience the music, the family dynamics, and the incredible Colombian culture. Musical fans will especially enjoy this movie. In the end, it is so much bigger than a simple musical though, because it proves that diversity is becoming more important in entertainment and it is showing that diverse stories can indeed be executed well if they are given the proper attention and include people from that culture in the movie-making process.

ARTS & ENTERTAINMENT

STREAM IT or SKIP IT: Everything I Watched Over Christmas Break

Solana Campbell 01.28.22



Photo by Public Domain

“Arcane: League of Legends” (season 1): STREAM IT

Netflix

An animated Netflix series based in the universe of the popular video game “League of Legends,” this one checked all the boxes for me. Fantastic representation! Good fight scenes! Engaging storytelling! Character development! If you can get through the first two slow-moving, backstory-telling episodes, I can promise the rest of the show is SO worth it.

“Don’t Look Up”: STREAM IT

Netflix

“Don’t Look Up,” a Netflix original with a cast that combined the talents of Leonardo DiCaprio, Jennifer Lawrence, Cate Blanchett, Kid Cudi, Ariana Grande, Timothee Chalamet, and a bunch more of ridiculously famous names, proved that a loaded cast can still make a good movie. To be honest, I was hesitant to watch it at

first since the critics' reviews were not great, but once I watched it, (on a plane!! come ON, if a movie's good on a plane, it's good anywhere) I realized why the critics didn't like it—because it was criticizing them. A dark comedy that seems fun and star-studded at first, the film's ending will leave you with a pit in your stomach and a timely reminder about the reality of how power affects us all. An absolute must-watch to start the new year right.

“Emily in Paris” (season 2): SKIP IT

Netflix

Here's the truth, I've watched every season of this show so far and I plan to watch the next two seasons, but that doesn't mean you should have to. If you really enjoy mindless, slightly painful, privileged TV like I do, go for it! “Emily in Paris” has it all: hot guys, fun surroundings, and, of course, a main character who never has to pay the consequences for her own actions and for whom everything always works out for in the end. However, Emily herself is obnoxiously unaccepting of French culture and annoyingly American, in a way that grates at my nerves. Now that I think about it, my streaming of this show might be my own personal brand of masochism. You should definitely skip this one, but I won't judge you if you don't!

“Euphoria” (season 2): STREAM IT

HBO Max

This one's a complicated one for me to stick on a no-holds-barred, you-should-definitely-watch-it rating (Stream it or Skip it is too binary, guys. This has been really difficult for me.) The truth is, “Euphoria” regularly gets into hot water for its sexed-up portrayal of teenagers in high school and its shockingly record-breaking explicit nudity, but the series has inspired an entire new aesthetic. No matter how problematic it may be, I cannot deny the artistic beauty of the show. This new season was shot on Kodak Ektachrome and it is beautiful. “Euphoria” is back with beautifully crafted character development, its signature rhinestone makeup looks, and forward-focused topics. However, no matter how artistic it may be, Euphoria often relies on shockingly explicit scenes in order to further its storylines, so it might be best to sit this one out. My take, though? You should still take the time to check out Rue's standalone episode on HBO Max; it's a beautiful discussion of drug use and mental health and one of the greatest episodes of TV ever made.

“Harlan Coben's Stay Close” (limited series): STREAM IT

Netflix

Partway through the last week of Christmas break, this series hit all the top 10 charts on Netflix, so I had to give it a try. Plus, I'm a stickler for a good thriller/mystery (check out "The Undoing" on HBO, "Only Murders in the Building" on Hulu, and "Defending Jacob" on Apple TV for some of my personal favorites) and this one certainly did the job. While it was a tad more predictable than some of my faves (I actually prefer a slightly more open-ended ending), the mystery builds well, the characters develop beautifully, and since it's based on a book, the story develops a little better than made-for-TV scripts. Check it out if you're a fan of this genre, and it won't be a waste of your time!

"Hawkeye" (season 1): SKIP IT

DisneyPlus

Is this controversial? Let me tell you what, the fact is I haven't seen "Spiderman: No Way Home" yet, but that's a topic for another day. Personally, I thought "Hawkeye" missed the mark (ironic in a show about bows and arrows). Kate Bishop is a great new character and her and Yelena's interactions really give it heart, but I was really hopeful that the show would make Clint more relatable. It just didn't. Plus, the final fight scene in the ice rink felt cheesy and childish instead of epic. Overall, it's certainly watchable. Seeing Yelena get closure and Kate find herself with a loving "family" was beautiful, but we've seen Marvel certainly do better.

"Hitman's Wife's Bodyguard": STREAM IT

HBO Max

How can you not like these movies? From Samuel L. Jackson and Ryan Reynolds' irresistibly comedic chemistry to fantastically done fight scenes, this franchise might be Oscar-winning for action comedies. And, of course, the sequel does a fantastic job bringing them together again. We get more memorable fight scenes, some beautiful emotional moments for Reynolds and Jackson, and even a confrontation for Reynolds' strange daddy issues (it's literally sadder than I could've predicted). If you're looking for a funny fighty flick to end the night on, press play.

"Love Hard": STREAM IT

Netflix

Cheesy and predictable, yes. Kinda cute, though? Yes. Maybe it's because I watched this during the holidays, but it really was a good movie. Featuring plenty more diversity than your typical Hallmark movie, Nina Dobrev and Jimmy O. Yang shine as an unlikely pairing. The starring turn by Paxton from "Never Have I Ever" doesn't hurt either. I even teared up at the end (please don't use this as a basis for

watchability, I cry at everything). Either way, as long as you know what you're getting into, it's a good watch.

“The Book of Boba Fett” (season 1): STREAM IT

DisneyPlus

One of my favorite/most comforting/nostalgic film trilogies of all time is the original three Star Wars movies. Watching Boba Fett return to the sands of Tatooine, with threatening Tusken and the city of Mos Espa, made my heart happy. Not only does this show give us the opportunity to revisit the tunes of Max Rebo and his band, it also gives us the chance to uncover the humanity of the Tusken. Although the timelines can be a little hard to follow at first, I'm actually super excited for where this show is going to take us. Make sure to tune in Wednesdays on Disney Plus.

“The Green Knight”: SKIP IT

Prime Video

I hate that I can't give this a Stream It rating. It's just far too confusing for the average viewer. I had to do a bunch of research about the original source material after watching to gain even a small amount of understanding. While I love to see Dev Patel gearing up as a dragon-fighting knight (I've been begging for more diversity in medieval fantasy epics), it just doesn't hit like I wanted it to. The music is good, I guess? But other than that, I just cannot recommend it in good faith.

“The Lost Daughter”: STREAM IT

Netflix

A powerful directorial debut from Maggie Gyllenhaal, everything, from the expert performances to the story's slow weaving, is expertly crafted with precision. A film made by women, for women, this film manages to embody and discuss a uniquely feminine experience, that of motherhood, and confronts the question of whether every woman is a “natural mother”. Every moment keeps you on the edge of your seat and the final emotional reckoning provides the viewer with enough open closure so as to draw their own conclusions from it. A genre-bending beauty, this film may be too slow and artsy for some, but if you manage to sit through it and drink deeply from its meaning, you'll leave the room feeling more full.

“The Power of the Dog”: STREAM IT

Netflix

Jane Campion's 2021 addition to the Western genre is beautiful. Although my opinion may be hotly debated (plenty of people didn't enjoy the film), I thought it

was executed with masterful skill. Similar in genre to “The Lost Daughter,” I can say very little about the film without giving the ending away. Look forward to a complex exploration of masculinity long overdue in today’s cinema.

“The Wheel of Time” (season 1): STREAM IT

Prime Video

For fans of Lord of the Rings, and a more wholesome fantasy TV/film experience, this show is the one for you. Set in the hugely expansive “Wheel of Time” book universe written by Robert Jordan, Amazon put billions of dollars into the budget of this project. The show stars Rosamund Pike and Daniel Henney, alongside a cast of diverse newcomers, and promises an entire universe of things to come. Set in a female-focused universe, with a tribe of women acting as channelers of the mysterious One Power, there’s inklings of darkness building on the horizon and it’s our young heroes’ job to stop it. This series provides the opportunity for complicated conversations about morality, gender, and what it means to be called. A must-watch for fantasy fans!

“The Witcher” (season 2): STREAM IT

Netflix

I just love a high fantasy moment, and Netflix serves with its original series “The Witcher.” If you haven’t checked out season 1, put it on your watchlist. The show is short enough and certainly watchable enough to binge a season in a weekend, so consider making that your weekend activity. The series is based on a popular video game, and has since spawned a book series, comic books, an animated Netflix film spin-off, and of course, this title. The internet has spent months searching for something to fill the hole left by “Game of Thrones,” and I think this one does a good job of telling a broad, all-encompassing tale with multiple power players and incredibly choreographed fight scenes (I actually think Geralt might have one of my favorite fighting styles I’ve seen on TV yet). Definitely take the time to check this one out.

“What We Do in the Shadows” (seasons 1-3): STREAM IT

Hulu

To be fair, I technically haven’t finished this show yet, but from what I’ve watched so far, it’s very deserving of a Stream It rating. Envisioned and created by Taika Waititi, it’s a mockumentary detailing the day-to-day interactions of a group of wilful vampires in the city of New York. Be prepared for lots of hilarious situations, celebrity cameos, and nonstop laughs.

News

NEWS

A Day of Service. A Day of Strife. A Day to Honor Martin Luther King Jr.

Chris Ngugi 01.28.22



Photo by Jeff Boyd

“Onward and Upward.” This is the phrase Ntakirutimana Francine (freshman, biology) chose to use when asked what ideal she believes Martin Luther King Day represents. She further explained her point by saying that her dictionary defined this idea as moving “toward a better condition or a higher level.” This idea of progress and optimism was further echoed with ideas such as “equal rights for humanity” from Catarina Falcao (freshman, undecided), and “a day to remember that people are equal. . . it doesn’t matter who you are [or] what class you are” from Elianna Srikureja (senior, English), and finally, a day to remember that MLK “was about justice for all, and peace” from Allana Benjamin (freshman, biology). There

is something that binds these students together beyond their insights. They, along with other AU students, chose to serve others on MLK Day.

I interviewed six individuals who spent January 17 (Martin Luther King Day) serving others in one of two ways. Elianna answered the question, “How did you spend your MLK day?” by saying, “I spent it volunteering at the sewing club. We were making bags for kids that are going into foster care so that they have something more permanent that they can put their stuff in other than a trash bag.”

Tsitsi Pazvakawamabwa (freshman, biology) was in another group that spent the day helping with the Benton Harbor drinking water crisis. She said, “We worked with Harbor of Hope to hand out water cases to the residents of Benton Harbor . . . I took contact info as cars pulled in while others carried water cases to cars, and others handed out masks as well as recycling bags . . . so that when they come for more water they can recycle their used bottles.” Every person I spoke to put their words of progress and hope to action by spending the special day in service to others.

On January 15, 1929 Martin Luther King Jr. was born. He lived a life dedicated to fighting for the equity of people from all backgrounds as a leader of the Civil Rights Movement and a beacon of change. This life was cut short on April 4, 1968 when he was shot and killed in Memphis, Tennessee. According to this [Stanford article](#), he was, “[preparing] for a march the following Monday on behalf of striking Memphis sanitation workers.” He lived his life in service to others and did so until his death. Today we celebrate his life and what he stood for on Martin Luther King Jr. Day.

In the celebration of his life, many of us remember that he fought oppression and pain with nonviolence and peace, but some of the things he fought for were not always appreciated and are not always remembered. In an article in [Time](#), multiple historians were called on to speak to the life of MLK. One of them, Gary Dorrien, said that Dr. King went against, “the Civil Rights establishment, the Johnson Administration, and his closest advisors by opposing the Vietnam War.” According to Martin K. Honey, he also;

“strongly criticized America’s racial form of capitalism that ‘gives luxuries to the classes and takes necessities from the masses.’ He stood strongly with unions, which he called the strongest antidote to poverty. In his Poor People’s Campaign, he sought to reorder our national priorities from funding war, tax cuts and bailouts for the rich to insuring every person the opportunity for a

good education, health care as a human right, a decent job, and a viable income.”

According to this article, as a result, “King was [arguably] the most hated person in America during his lifetime.” This [Smithsonian article](#) supports this point by showing that Dr. King “died with a public disapproval rating of nearly 75 percent.”

This sentiment has since dramatically shifted, with an overwhelming majority of Americans saying they support him and his work. However, as a result of the mixed feelings Dr. King received, the journey to honor his life in all 50 states was a struggle that lasted from the year of his death to a controversial victory in 2000. It began with the work of senator John Conyers who pushed to have the holiday through multiple petitions of Congress, support from fellow politicians and celebrities, and millions of Americans who wanted this day to become a reality. Finally, in 1983, President Ronald Reagan signed a bill that made MLK day a federal holiday. This, however, was only the beginning of the journey, as it would take another 17 years before all 50 states accepted the holiday, and many of these states did so with caveats. According to this [Smithsonian article](#) and this [Forbes article](#), multiple states, particularly ones below the Mason-Dixon line, joined MLK day with a holiday that celebrated both Jefferson Davis and Robert E. Lee, leaders of the former confederacy who Martin Luther King strongly opposed. The final state to officially accept MLK Day as a state holiday was South Carolina. According to this [Washington Post article](#), this was done when the governor of South Carolina, Jim Hodges, signed a bill that made MLK Day an official holiday as long as May 10 would be officially considered Confederate Memorial Day in the state. This was something that the NAACP did not appreciate, and the article continues by saying that the “NAACP state chapter President James Gallman declined an invitation to attend the signing.” It is also pertinent to note that as of the time I am writing this article, both Mississippi and Alabama continue to officially celebrate both MLK Day and Confederate General Robert E. Lee’s birthday on the very same day.

It is true that this day has come with controversy, but the question remains: What ideal does Martin Luther King Day represent, and how can we actively honor this day and the man behind it? There are many answers to this question, ranging from emailing your Senator to just relaxing for the day. One such method of honoring this time can be seen in a statement made by the [US Department of the Interior](#):

“Taking place each year on the third Monday in January, the Martin Luther King, Jr., Day of Service (MLK Day) is the only federal holiday that is also

designated by Congress as a national day of service – a ‘day on, not a day off.’ Participation in service activities has grown each year as more Americans are encouraged to provide meaningful change in their communities.”

The history of his holiday may be contentious, but the idea of service is one that indisputably resonated in the life of Martin Luther King. It is also one that was shown through the service done by our students to build the community. Jordan Anderson (freshman, pre-physical therapy) summarized it perfectly when she said that, “going out into the community and continuing that legacy is what [MLK Day] should really be about.”

NEWS

A Show to Remember, an AU Talent Show Story

Chris Ngugi 01.28.22



Photo by Dawson Par

The lights dimmed, the cameras began filming, and the action commenced. At 8:08 pm on Saturday, January 22, the 2022 Andrews University Talent Show officially began. This grand spectacle was filled with multiple original pieces and incredibly skilled performers. In all, there were ten acts, and each one made the show one to remember. It was also a show of stories; stories of family, love, and the best of friendships. Beyond the beautiful notes and tragic jokes, it can be said that the audience could hear the stories behind them all.

The event began with an opener involving an intricate Gymnics performance filled with drama and tremendous feats of flexibility and strength. This gave way to one of the first great stories of the night. Before it began, the host, Angel Pereira (MDIV), gave us some insight into the first act of the night. Jonathan Lutterodt (freshman, nursing) was set to perform the song, “this is how you fall in love,” with two friends, who could not make it to the show due to unfortunately catching the coronavirus. Jonathan decided that the show must go on and was able to get Gianna Bacchiocchi (sophomore, biology pre-med) and Ethan Emde (sophomore, business finance) to join him. They did an absolutely beautiful rendition of the song and turned a tragedy into a triumph. There were also two original songs performed during the event. One was by [Mateo Banks](#) (senior, finance), called “Wife Type” and the other was by [Evin Nazya](#) (senior, psychology) and named “Under.” Both of these student artists have music on Spotify.

A recurring story throughout the night was one of friendship. During one such performance, Samantha Cardwell (sophomore, music) and Torrey Joo (sophomore, psychology) sang “She Was Mine” by AJ Rafael. Torrey strummed his guitar as the two of them sang their duet, which was filled with near angelic harmonies. Another moving song that was performed among friends was “Something Just Like This” by the Chainsmokers. This was done by the band 13 Roses – with Grayson Slikkers, Joshua Ashley, Nathaniel Chung (junior, religion pre-med), Matthew Lechleitner (freshman, engineering), and guest member, Hannah Ashley (sophomore, undecided). When asked why they chose this name for their band, they told the crowd that they researched the meanings of different amounts of flowers, and they found that 13 roses represent eternal friendship. They further explained that they had pretty much all known each other for the majority of their lives, and they were playing this song with their forever friends.

13 Roses finished their energetic performance, and then came the moment everyone was waiting for. The show was coming to a close, and it was time for the audience to vote and the judges to deliberate. As this was happening, the Gymnics

team came back to the stage and brought to life stories from the Bible, and ultimately the story of Jesus' sacrifice and resurrection, through their breathtaking stunts. When they were finished, and the judges had finished their deliberations, three winners were announced. In third place was Jonathan Lutterodt's soulful performance with Gianna and Ethan. In second place was "The Berrien Buccaneers," who were two individuals, Franky Paypa (junior, pre-physical therapy) and Joshua Bojorquez (senior, informatics and graphic design), who had a stunning performance filled with violins, pirate themes, a launchpad, and of course some pirate dancing.

The first place performer was Christine Neveu-Cathian (masters, youth and adult ministry), who had one of the most beautiful stories of the night. She sang the iconic Whitney Houston song, "I Have Nothing," and she did absolute justice to this time-honored piece of art. She told the audience that she was taught this song by her father, and whenever she sings the song she is brought to the point of tears. While she is able to talk to her dad over the phone, in an all-too-familiar tale that many can empathize with, she has not seen him in years. As she sang, her passion was clear and the audience responded with cheers and waving flashlights throughout the piece. When asked what she believed made her performance stand out, Christine said, "I sang with all my heart . . . I give glory to [God's] name first and foremost." She then had this message for anyone who may want to participate in the talent show next year: She wants anyone who is thinking about performing, "to believe in yourself . . . and to just enjoy."

Before this talent show, I asked Jonathan Woolford-Hunt (junior, global studies and communication) how he thought the show would go and whether he had enjoyed his experiences with it in the past. He responded, "I've gone to this Andrews University talent show for a few years now . . . in the past I've had a lot of fun here so I came hoping this year there could be some talent that really stands out and that speaks to me." After the show, I got an answer to this from a few audience members. Savannah Tyler (freshman, speech-language pathology) said that, to her, "some performances were memorable." I also asked a group of individuals [Sheala Worsham (junior, architecture), Barbara Bend (junior, architecture), Mackenzie Arant (junior, architecture), and Simeí Munoz (junior, social work)] how they felt. They all answered, "it was great!" I also asked them whether the event lived up to their expectations and most said, "yes, yes it did," and "of course," with Sheala even saying "I would say it exceeded expectations, it was really good."

I also spoke with T Bruggemann (junior, computer science and physics), the Executive Vice President of the Andrews University Student Association. My first question was, “what did it take to bring this event together?” His answer was, “It took a lot of planning, specifically from our social vice president, Taylor, and her team.” “We’ve had practices [and] auditions,” and, “a lot of people have helped with those and with setting up tonight.” I also asked him whether he believed the event was a success. His answer? “Yeah, I think it was. People seemed to enjoy it [and] we had a very large turnout, so yeah I would say it was.” With all said and done, this was truly a show to remember.

NEWS

Quarantining on Campus: Spring Semester 2022

Abigail Lee [01.28.22](#)



Photo by Jocelyne Rico

Covid-19 cases are spiking here in Berrien Springs. The most recent data on both positive and probable cases [released by the Berrien County Health Department](#) notes a significant rise in individuals with Covid-19, especially after

the return from winter break. Overall, the Omicron variant is rampant both here and around the rest of the country, so what changes has the Andrews University campus made to promise student safety?

While students everywhere may be exhausted by the constant vigilance of Covid-19's preventative measures, this semester is not the time to relax. As of the publishing of this article, the school is still requiring students to wear masks during in person classes and around the dorm when in the presence of people who are not roommates. Vaccines are not required for those on campus, however they will be required by the school to engage in randomly selected monthly testing. Otherwise, students are required to follow the same protocols from last semester which can be read more about here in the "[campus protocols](#)" website.

If those are the preventative measures taking place on campus, what are students doing when they come face-to-face with Covid-19? "The Student Movement" reached out to multiple Andrews students and asked what their experiences were like with testing and quarantining:

Alannah Tjhatra (junior, biochemistry)

Tjhatra tested positive for Covid-19 and quarantined on campus.

"Thankfully my quarantine did not take place on any days I had labs. So overall it wasn't too difficult. My zoom classes ran smoothly, and although I did have to make up an in-person quiz, everything else went well.

I read a lot—I finished a book, read some news articles and essays, and also read a bunch of my friend's fiction. I called friends and family quite a bit. I also wrote a lot and finished a TV show. I would've liked to go on outdoor walks, but it was cold and I made the bad decision to not bring my winter jacket with me to the place I was quarantining at. So I ended up walking indoors to practice social distancing. Food was delivered to my door and there was no physical contact between me and anyone else over the course of my quarantine.

Honestly, I think quarantine should be longer. Don't get me wrong, I am definitely thankful to be out. But if the school actually wanted to be sure that people were staying safe and not spreading anything, I think they should require self-isolation for at least 7 days, for people who tested positive and had symptoms. But overall, Andrews has a pretty good system going. The isolation rooms aren't bad; they call you every day to make sure you're okay and they deliver food to your door."

Karena Lee (sophomore, English and business)

Lee was exposed to someone with Covid-19 and chose to quarantine on campus while it was not necessary for her to do so.

“Thankfully, my professors were very communicative and accommodating, but Zoom is always difficult. It's hard to stay engaged, and especially in classes when the professor moved away from the mic, I could barely hear them.

While quarantining, I worked on school work, called friends, and decorated my dorm. After a few days, it did get boring.

I wasn't officially told to quarantine, but I ate for around an hour with someone who tested positive, so it was likely I got exposed. Still, the school was extremely unhelpful when it came to procuring a test. I was told to find a ride with a friend who I would've exposed to COVID if I'd driven with them, pay for AU transportation, or order them from Amazon. I understand that the school cannot control the nationwide shortage of tests, but they need to have better systems in place.”

Solana Campbell (sophomore, business)

Campbell had tested positive for Covid-19 while staying at home away from campus.

“Luckily, my professors were very accommodating and most of my quarantining took place during the snow day/over the weekend. I was able to quarantine at home, so I spent most of my time doing homework and watching Netflix. However, the Covid team’s instructions were very inconsistent and difficult to follow. They were also pretty much inaccessible 24/7 and you could only reach them if they called you. They did not communicate guidelines consistent with the CDC, and told me that, although I had symptoms and had been exposed, I could continue going to class. I decided to follow CDC guidelines and isolate anyway, but this caused problems when I was trying to get my classes excused, which was frustrating. I wish the campus had been more prepared for the onset of Covid, with N95 masks and clear instructions for quarantining, as well as a Covid team who responded in a timely fashion.”

Zoe Shiu (junior, psychology and music)

Shiu was exposed to someone with Covid-19 and chose to quarantine.

“Since I didn’t attend rehearsals, I actually had more time to work on my classwork and it ended up actually being one of my least stressful weeks. I read a lot and FaceTimed my friends. I also just kept myself busy with research or

music projects.

If Covid tests were provided for anyone who has reason to think they may have Covid—without the hurdle of having to get approved by the Covid management team—we would catch cases sooner, allow people without Covid to live normally sooner, save time, and reduce anxiety about finding places to test. Furthermore, if a vaccine pop-up was offered on/near campus, it would become feasible for those of us without cars to get vaccinations and boosters.”

If you have Covid-19 or think that you have Covid-19, contact the Case Management team at 269-815-8892 or covid19@andrews.edu.

Ideas

IDEAS

Stand Up and Learn

Angelina Nesmith 01.28.22



Photo by Tim Gouw (Unsplash)

Let's face it. Focusing in class can be hard. Who can blame us if while we sit in class our minds begin to wander, perhaps wondering why we are here, whether or not fettuccine alfredo is for lunch today, or why we didn't sleep in? Plus, we happen to be sitting in class for what can be hours on end. But have you ever really thought about what happens when you sit down for that long?

[Research](#) proves that after approximately 30 minutes of sitting, the body's metabolism slows down to as much as 90% and the muscles of the lower body start to shut down from lack of use. Our body begins its natural process for sleep, inhibiting us from retaining information. But those are only the short term effects. According to [studies](#) by the Harvard Medical School, potential health risks linked to long hours of sitting include obesity, diabetes, cardiovascular disease, cancer, and premature death. So when you may complain that these long hours sitting in class are killing you, it may be doing just that.

If that is the case, how do we prevent these negative effects from happening to us? The solution to the problem is simple. Stand up. Research [conducted](#) by the Department of Environmental and Occupational Health with Texas A&M School of Public Health confirmed that cognition is connected to the creation of new neurons aided by increased regional cerebral blood flow during exercise. More blood flow to the brain has been shown to improve cognitive function. In fact, a [pilot study](#) headed by Texas A&M University showed that the participants experienced 7 to 14 percent improvement in their cognitive performance when they studied while standing.

However, caution is advised if you do choose to stand while you are in class or studying. Standing with no additional movement can also prove to be a problem if sustained for an extended period of time. [Results from a study](#) published in the journal Ergonomics proved that standing for 2 hours or more at a time not only prolonged discomfort, but also affected reaction time and caused the mental state to deteriorate. The reason it does this is because when you stand you are burning calories.

However, before you assume that standing is all that you need to do to stay in shape, think again. Standing does not replace the need for exercise. According to a research [study](#) published in the Journal of Physical Activity and Health, substituting a period of sitting with standing may not affect energy expenditure over small increments of time. Calorie burning-wise, stick to actual exercise and visit our Andreasen Center.

So if improving academically is as simple as standing, why don't we do it? The answer is simple: we feel awkward. [Research conducted](#) by UCLA found that more than half of students thought it socially unacceptable to stand up in the middle of class; nearly two-thirds felt the same about it during smaller discussions. Some may have seen it as distracting, disrespectful to the instructor, or just plain awkward. So if the only thing that is stopping us from better retention rates and cognition skills is fear of social awkwardness, maybe it's time to change what is deemed to be socially acceptable. UCLA professor Angela Leung said it best: "A cultural change has to take place—that it's OK to take a stretch break, to stand up during a lecture, to fidget when needed—it's 'good' for health's sake."

So I challenge you, oh reader who is probably seated somewhere reading this right now. Get those better grades and cognition skills. Choose a healthier lifestyle for yourself. Remember, big improvements sometimes only take little steps. Encourage your friends and classmates. Discuss this with your teachers. But most importantly, stand up.

IDEAS

The Significance of Symmetry

Alexander Navarro [01.28.22](#)



Photo by The Creativv (Unsplash)

How many ways can you rotate or flip a square so it looks the same as when you started? Try it! Grab some scissors, cut out a square from a piece of paper, and see how many different ways you can flip or rotate it, leaving it looking the same. Well, you could rotate it 1 quarter of a full turn clockwise, or 1 quarter of a turn counterclockwise, you could also rotate it half a turn clockwise or counterclockwise (These actually bring the square to the same spot, so here we will think of them as the same), you could also flip the square about on the diagonals, or flip it horizontally or vertically. When I count these, I see that there are 3 rotations, and 4 flips that I can perform on the square that leave it looking the same. These are the symmetries of the square, and this actually reflects what symmetry fundamentally is: actions that you can perform on something that leaves it looking the same. For example, we say a line is symmetric because you can move along it and it doesn't change, or a circle is symmetric because you can rotate in any way and it looks the same.

Yeah, this isn't that exciting, but this idea of symmetry is actually more important than one might think. Normally when we think of symmetry, we might think of something like a painting, a face, or maybe a gemstone, related to the way something looks, as we may think that something symmetric is beautiful. But there is more to it, enough so that mathematicians have a field of study dedicated to the different types of symmetry and how they relate to one another, called Group Theory. But why should you care? Well, as it turns out, it is because of the idea of symmetry that a universe with predictable laws can exist at all! If you throw a ball, as long as it doesn't bounce off of something, it will continue moving forward. Why? You may think that this is easy to answer, but that is just because we are used to a universe where objects keep moving forward after we throw them. Couldn't our universe have some law that says that when we throw an object forward, it moves forward, and then suddenly changes direction and moves backward even though nothing pushes on it? Why do things keep moving when we push them?

Symmetry actually comes and saves the day. When we look out at the world we see that the way things act does not really change as you move from one spot to another. If you throw the ball into the air, it will act the same no matter where you are, in a field, on top of Baguette de France, falling down a flight of stairs, it doesn't matter where, the universe doesn't care. This is a symmetry, what physicists fancifully called "translational symmetry," the way things act doesn't change when

you move to a different spot. This symmetry of the universe is what causes the ball to keep moving in a straight line when thrown. As the ball moves from one spot to another, symmetry requires that it keep acting the same, that is, moving forward. These types of symmetry lead to incredible results, as was shown by the genius mathematician, Emmy Noether. She proved that whenever the universe has a symmetry, there is something in the universe that must not change. For this symmetry in movement, the thing that doesn't change is momentum, which is basically the tendency for an object to keep moving in a straight line. Who knew that something so simple as throwing a ball was connected to something as abstract and beautiful as symmetry?

IDEAS

What is the COVID Endgame?

Shania Watts [01.28.22](#)



Photo by Eberhard Grossgasteiger (Unsplash)

March 11, 2020, referred to as “The Day Everything Changed”, marks the date when the World Health Organization declared COVID-19 a global [pandemic](#). For many Americans, it was the day we realized that Coronavirus was no longer a hypothetical threat, but a frightening reality that was rapidly upending our lives. We all watched in shock as supply chain shortages crippled stores, schools closed,

events were canceled, and travel plans were postponed. Though these things happened in a rapid succession, there were those of us who couldn't fathom the idea of this pandemic lasting for more than a year. Now the new year has passed, and we are fast-approaching the two-year anniversary of the World Health Organization's historical declaration. With the Omicron variant wreaking havoc in nearly every corner of the world, it seems we are back at square one, leaving us all with two big questions: Will society ever return to normal? And more importantly, will this pandemic ever end?

Medical experts are predicting that an [endemic](#) may be in sight as we head into the remainder of 2022. However, it's very likely that we'll never completely return to the normalcy of the pre-pandemic age. Remnants of the Covid-19 pandemic will remain for the foreseeable future, and we'll subsequently have to adjust and reframe. This is something that we've already begun to do. In the initial months of the pandemic, it was so difficult for me to remember to grab a mask before leaving my home. Now, it's like second-nature to me, and I rarely ever forget a mask. Prior to the pandemic, few people had heard of Zoom, but during lockdown and into the present, it became our primary source of communication for work, school, and social gatherings. Small things like this indicate that we are adjusting to a new environment. Throughout history, societies have learned to live with various illnesses and epidemics by reframing day-to-day behaviors, socially and politically. How we determine normality cannot always be based on the past, but on our level of comfortability in the present.

It's also important to acknowledge that normalcy is completely subjective. We've all been impacted by this pandemic in some shape or form. How we determine what constitutes "going back to normal" is completely dependent on what our experience has been over these past two years. Some people have lost friends and loved ones to Covid-19; those lost lives can't be recovered. There are the long-haulers who have had their lives upended by sickness; their health could be permanently altered. There are students who didn't receive the opportunity to have a formal graduation or prom; these are moments that can't be recovered. Personally, I've progressively witnessed parts of my life return to their pre-pandemic state. After spending the 2020-2021 school year online, returning to campus was a huge step towards normalcy for me. I've found a new appreciation in going to stores, restaurants, and engaging with people face-to-face. Though I'm optimistic for the future, I'm also very cautious. The world's traumatic experience with COVID-19 is still, and will always be, a threat that lingers in my mind. It's safe

to say that the pandemic will not remain forever, but there will definitely be lasting effects that will always serve as a reminder for this time in history, and in order to move forward as a collective society, we will have to learn to adapt and grow.

Pulse

PULSE

Feeding Hungry Students

Karenna Lee [01.28.22](#)

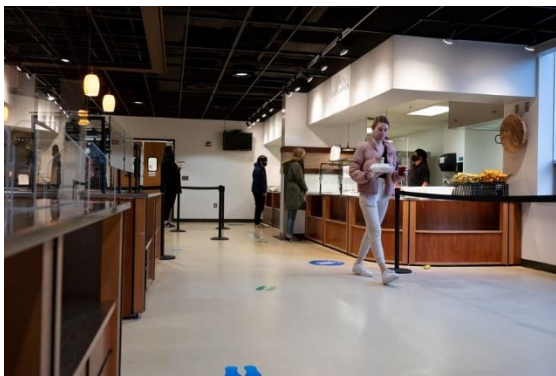


Photo by Darren Heslop

For many Andrews students, Bon Appetit's cafeteria and Gazebo provide us with the bulk of our meals. However, this past fall semester, the Gazebo has cut hours due to a shortage of workers. The Gazebo's reduced hours have made catching meals far more difficult for a large number of students. For example, freshman Suvan Campbell (freshman, biochemistry) states that the cafeteria hours have "made it difficult for some to make it to meals." He says, "I think it is nice to have the Gazebo around for more time, but they do not have enough available to eat a full meal." Currently, the cafeteria hours are:

Breakfast, Mon-Fri — 7:00 AM - 10:00 AM

Brunch, Sun — 10:30 AM - 1:30 PM

Lunch, Mon-Fri ----- 11:00 AM - 2:00 PM

Lunch, Sat ----- 12:30 PM - 2:00 PM

Dinner, Mon-Fri/Sun -- 5:00 PM - 7:00 PM

Dinner, Sat ----- 5:00 PM - 6:00 PM

Likewise, the Gazebo hours are:

Sun (Retail only) ----- 5:00 PM - 9:00 PM

Mon-Thurs ----- 8:00 AM - 11:00 AM, 5:00 PM - 9:00 PM

Fri ----- 8:00 AM - 4:00 PM

Sat ----- 6:00 PM - 9:00 PM

Notably, students share that their class schedules do not align with the cafeteria's opening times. Numerous STEM majors express that their lab times conflict with the cafeteria's dinner hours. For instance, Zachary Alignay (sophomore, biochemistry) says, "I think that the worst thing about the cafe's hours is how inflexible they are. I'm sure this goes for most people, but as a STEM major with labs at dinner time and classes at breakfast and lunch, it just doesn't work. For me, especially last semester, I would go several days only eating ramen in my room. They should transition from breakfast to lunch instead of closing, lunch should go to three, and dinner at four." In a similar vein, T Bruggeman (junior, computer science and physics) says, "I think the cafe needs to be more communicative with their hours, especially on days that they change. They also need to give better options for people who can't make it to meals, because lots of people have long labs that go through entire meal times, and with the Gazebo not being open, they have nowhere else to go."

Overall, sophomore Julaine Phillips (sophomore, medical laboratory science) echoes the sentiments of a significant portion of the student body: "The Gazebo hours this past year have been pretty unaccommodating. As a student with morning classes I'm never able to order before they close. I go to the cafeteria whenever I'm able, but it would be nice to have other options again." Clearly, the cafeteria and gazebo hours have not been fulfilling students' needs.

Of course, their hours rely on the availability of workers. One cafeteria employee, Rachelle Evano (junior, public health and sociology) cites a positive work experience. She says, "Honestly, depending on your hours, you don't feel the shortage. The work is pretty easy unless you are working a particularly understaffed shift." As Flavia Sciarabba (sophomore, accounting), a former cafeteria employee, says, "Overall I had a good experience at the cafe. The

managers were really nice as well as the rest of the staff, but we were definitely overworked and understaffed.”

Bon Appetit's unaccommodating hours force students to seek other meal sources. However, off-campus restaurants and grocery stores remain inaccessible to many students without cars. During my freshman year, I would desperately search for someone with a car and beg them to take me to Taco Bell or McDonald's on Saturday nights. While this specific problem has been remedied by Saturday take-out, the hours as a whole still do not fit students' schedules. When they cannot spend their money at the cafeteria or Gazebo, they waste their nonrefundable cafe account, which the school mandates. Not only is the current food situation inconvenient, it drains students' money.

As a possible solution, I would suggest that Bon Appetit hire more workers in order to increase its hours, or that it allows other food vendors on campus who can offer students accessible meals. Perhaps Bon Appetit could also make their food service jobs more appealing by raising pay. Ultimately, they must instate better hours if they seek to serve the campus's needs.

PULSE

New Year, New Habits

Wambui Karanja [01.28.22](#)



Photo by Ian Schneider (Unsplash)

Bringing in the New Year often comes with the feeling of getting a fresh start or turning over a new leaf. It is a time where we can re-evaluate and begin working towards personal goals, creating healthy habits, or checking items off of a bucket list. This idea that we get a chance to start over at the beginning of the new year is probably why so many people make new year's resolutions. We look back on the previous year and notice things that could have gone better, things that may need to be changed completely in the future, and things that could be implemented to improve our lives. However, we know that most new year's resolutions do not last very long. Upon observation, it seems that most people keep up with their new year's resolutions for the first month or so of the new year before quitting. I have experienced that phenomenon in my own life, which is why I have actually given up on making new year's resolutions in the last couple of years. However, I recently came to the conclusion that there must be a more sustainable way to go about resolutions: instead of deciding to suddenly make big lifestyle changes and ending up unable to maintain them, it's better to slowly create healthy habits that will eventually become routine and naturally a part of the way I live.

Below is a short list of personal goals that will hopefully guide me on the path to creating healthy habits in this new year. I made each goal time-specific, attainable, and personalized in order to increase the likelihood of actually being able to achieve it. I encourage you to make your own list and do the same. For example, instead of making a goal that says, "I will go to the gym more this year," try saying, "I will become more physically active this year, starting with going to the gym twice a week for 30 minutes each day." Then, create a specific plan for how you will spend your time during those sessions.

1. **Read a book each month.** This year I want to increase my general knowledge base and I know that reading more will help me along with that goal. I set the goal of one book per month because I know that is what is attainable for me and my schedule. This may sound like quite a lofty goal, considering that we already have assigned readings for class. However, I realized that if I replace some of my time that I spend watching Netflix and engaging in other non-productive activities with reading, this goal is actually quite feasible.

2. **Branch out and talk to someone new each week.** This year I want to get out of my comfort zone a little more and create new connections with people. Speaking to a new person each week, in whatever capacity, will naturally lead

me to become more inclined to and less afraid of making connections with new people.

3. Explore a new place at least once a month. Whether it is a new study spot, a trendy new clothing store, or a new place to eat, I think it is important to get a change of scenery and explore the world around me.

Overall, I am hoping that this new year will bring lots of happiness, health, and love all around. With the new habits I plan on implementing, I think I should be well on my way soon. I wish the same for all of you in this new year!

PULSE

Winter Driving

Alannah Tjhatra [01.28.22](#)



Photo by Thom Holmes (Unsplash)

On a lovely Sunday afternoon in my freshman year, my friends and I decided to see a movie at Wonderland Cinema in Niles. We were bored and quite looking forward to the budget-friendly expedition. (Sure, the walls there are so thin you can sometimes hear the movie playing in the next room over, but it's all part of the five-dollar experience.)

There was one potential obstacle, however: it was January, and the first of many blizzards had just hit Berrien county. We would be driving in heavy snow before the roads were cleared, and the only car available between the four of us belonged to the Hawaiian who had never seen a snowflake before coming to Michigan.

I'm not sure why we didn't settle for a game or a nap or even a movie on Netflix. For some reason, we were quite determined to go to Wonderland. Besides, we reasoned, there would also be two Canadians and a northern Californian in the car. Surely we could execute a simple trip to the movies without running into too much trouble.

And so, after bundling up and spending 5-10 minutes pushing the car out of an icy rut in the parking lot, we were off, careening down the roads at a spectacular 20 miles per hour. And I am here as a testament that no, thankfully, we did not perish on our trip to the movie theaters. A few times, it seemed that we almost might—but we didn't!

Driving in the snow can be hard—especially for Andrews students who come from warmer climates and have yet to acclimate themselves to Michigan's ice-filled, accident-prone winter wonderland. I've asked a couple of friends to share their first experiences driving in the snow, and provide any advice they might have for those who are still trying to get used to it.

Andrew Wee (junior, biochemistry), says this: "My first experience driving in snow was in Michigan last year. I usually tried to avoid driving on the days it snowed heavily. However, if I had to go somewhere, I would be more cautious and drive slower than usual. I would be more gentle on the accelerator and brake to reduce the chances of slipping." He also advises, "If you can get winter tires, I would get those first. When first driving in the snow, people should pay attention to the road and see if it looks icy. Avoid those parts of the road. Braking earlier is crucial if you want to stay safe."

Cheryl Anne de Guzman (junior, medical laboratory science), a Hawaii native who now has lots of experience driving in the snow (refer to above anecdote), shares: "My first experience driving in winter snow was my freshman year. I was driving to the movie theaters with my friends when we didn't check the weather, and it ended up snowing a lot harder than expected. It was also my first time seeing snow. At first, I tried to ease into it. I would only do short drives to places like Baguette or McDonald's. [It] was a pretty tough experience, and I was also a fairly new driver. I never knew I had to warm up my car for a while before driving. Being a junior now,

driving in snow isn't as scary as I used to think. I would say, don't drive when it's actively snowing." She corroborates Andrew's statement by adding, "Learning how far ahead to start braking is key, and it takes quite a bit to get used to."

Wherever you may come from, do not take Michigan winters lightly. The snow may look soft. The snowflakes may stay on your nose and eyelashes. But when the silver-white winters freeze into ice instead of melt into spring, and when the frost bites and the blizzards hit, remember to drive safely. Snow can be deadly sometimes. So buy your winter tires and watch for black ice. Be careful with the brakes. And only go to the theaters in heavy snow if you absolutely, completely have nothing else to do.

The Last Word

THE LAST WORD

Namaste

Alyssa Henriquez 01.28.22



Photo by Udayaditya Barua (Unsplash)

I'm reaching the end of my time here at Andrews. And as I reflect back on the past several years, there's a memory that has remained in my mind. Hours after arriving in Michigan, I visited a Walmart in Benton Harbor. As my family and I entered the store, a worker greeted us.

"Namaste," he said, nodding at us on our way in. He was a middle-aged white man in a blue vest. Suffice it to say, I was startled. I came from Maryland, a state where people who looked like me commonly walked into stores. In this instance, my family's presence merited a special greeting—one that none of us ever used.

My relatives were all dressed in jeans, t-shirts, and other conventionally American clothes. Some of the people with me were not Indian: I arrived at the store with my Dominican dad and my white uncle, among others. Nevertheless, we were all welcomed with this traditionally Hindu greeting as we walked in the door, I suppose because those of us who looked South Asian just stood out.

In some ways, it was amusing to me to be identified this way. Maybe it's because I have often felt like a watered-down version of who I'm "supposed" to be based on the way that I look. When I visited my grandmother's family several years ago, I was often the only one eating with a fork instead of my hands. My great aunt had to remind everyone to speak English instead of Tamil so that I could understand their stories, and I was the only one dressed from head to toe in Abercrombie and Fitch. In addition to these discrepancies, there is the added complexity of being a Christian Indian, which has impacted my cultural identity in a myriad of ways.

My friend Steven Injety put it nicely. "My name is Steven," he said on a 2020 panel about multiculturalism and religion. "Steven is not a very Indian name. And Christianity is not a very Indian religion." Throughout his remarks, he shed light on the notion that Christian Indians cling to remnants of colonization; that they less authentically embody the culture of their country. Although India's history with Christianity is decidedly nuanced—many believe that it was brought to the country in 52 A.D. by St. Thomas—it still carries troubling connotations to this day.

Like many, my family bears overt markers of religious conversion. My grandfather's last name is Israel, changed from an original Hindu name that no one remembers. While many Indians celebrate Hindu holidays such as *Holi* and *Diwali*, my family abstains from the festivities. Factors such as these can cause the experience of second-generation, Christian immigrants to feel doubly removed from their culture, as they lack a degree of both geographical and traditional proximity to India. This isn't to say that Indians and Christianity don't

mix in beautiful ways—they can, and do, as my family and millions of others will attest. But it is to say that aspects of our relationship with Christianity are complex.

Although there are moments of disconnect, there are countless instances where I have felt intimately connected with my culture. As a child, I sat in my grandparents' kitchen and learned how to string Jasmine flowers to put in my hair. They had sheer curtains that blew in the breeze as we sat at the table with sewing needles, the sweet smell of the flowers drifting through the room. Sometimes, I wore *salwar kameezes* to church, yanking the pant strings tight around my waist and admiring the sequined tops. Early on in my childhood, I learned to put dry bars of soap in my dresser drawers to make them smell like sandalwood. On certain nights, I'd stand in the kitchen with my grandparents, spreading balls of *chapati* dough for them to cook on the stove. Even now, as my family does some very western things—like make charcuterie boards for Christmas Eve with wheels of vegan cheese from Whole Foods—elements of our Indian culture are still integrated into our celebrations. This year, that meant having a board with samosas, pakoras, and south Indian mixture alongside the spread of everything else. All of this is to say that, like many immigrant families, our experiences are hybridized, but elements of our origins remain.

My experience as a multicultural kid in the United States has been a mix of things. Sometimes, it means I don't fit perfectly into any space—I'm not one-hundred percent American and not entirely anything else. This complexity may sometimes get lost in the midwest when I walk into Walmart, but it is something I will always carry with me. I think that for many Andrews students, existing in rural Michigan for four years at one of the most diverse schools in the country is a unique, paradoxical experience. It's an environment like nowhere else I have ever been—one where the bustling, heterogeneous community of our school provides a stark contrast to the world just outside of its gates. Sometimes, it's a place that causes me to process aspects of my identity that I wouldn't think twice about in my hometown. Overall, it's an incredibly unique space, one that has impacted my self-perception in unexpected ways.