

Andrews University

Digital Commons @ Andrews University

---

The Student Movement v. 106 (2021-2022)

Student Movement

---

3-11-2022

## The Student Movement Volume 106 Issue 16: Making History, One Step at a Time: AU Celebrates Women's History Month

Grace No

Lauren Kim

Solana Campbell

Megan Napod

Kaela McFadden

*See next page for additional authors*

Follow this and additional works at: <https://digitalcommons.andrews.edu/sm-106>



Part of the Education Commons

---

---

**Authors**

Grace No, Lauren Kim, Solana Campbell, Megan Napod, Kaela McFadden, Hannah Cruse, Abigail Lee, Chris Ngugi, Evin-Nazyia Musgrove, Angelina Nesmith, Alexander Navarro, Isabella Koh, Alannah Tjhatra, Karena Lee, and Qualyn Robinson

## Making History, One Step at a Time

AU CELEBRATES WOMEN'S HISTORY MONTH



Photo by University Communications Photographers. Curated by Lyle Goulbourne.

# Humans

---

## HUMANS

# A Life in Books

Interviewed by: Grace No 03.11.22



Photo by Beverly Matiko

---

*Dr. Beverly Matiko, a former associate professor of English and Communication at Andrews University, has always had a deep passion for literature and books, even in her early childhood. Dr. Matiko was kind enough to donate many books from her personal library to the Nu Sigma book sale that took place on campus from March 7-10. In this interview, Dr. Matiko shares her lifelong experience with books and their significance in her life.*

### **What did books mean to you as a child, and do you have any memorable early reading experiences?**

My mother tells me that I wasn't interested in dolls at all as a child—except to line them up and teach them, including reading to them. When my brother came along, he joined the "class." I have seen toddler photos of myself where I am engrossed in a book, pretending to read. I loved reading from an early age and was surrounded primarily by Bible storybooks and other children's books from the Adventist Book Center. When I started school, we were able to order books regularly and my

parents very generously allowed me to order whatever caught my interest. I had and used a library card from the moment my local library would issue one to me. Growing up in Toronto, the nearest library was just a 5-minute walk from my house. I visited it regularly, as you can imagine.

### **When do you think you became a true book lover?**

I have always considered books to be beautiful and valuable objects. My parents had quite an impressive library in our home. All the books were hardbacks too. I remember my dad saying, "If a book is worth reading and owning, you should buy a hardback." When I first heard the term "paperback," I didn't know what that meant. My father enjoyed antiquing and would frequently bring home interesting, attractive old editions of the classics for me. He was always on the lookout for first editions too. This habit of his continued well into my college years. I still cherish these gifts from him.

### **How does your career play into your love of books?**

Obviously, as an English professor, books have been the tools of my trade. As a writing and literature professor, and earlier as a student, I was always interested not only in the story or the contents of a book but how the ideas were put together. "Structure" interested me as much as storyline—sometimes more.

### **How did it feel to part with so many books, and will you continue to build a collection of books?**

I probably will become more of a borrower now than a purchaser. I was very happy to donate about half of my collection of books—about 20 boxes. Some of the books I donated I have read. Many I have not. I discovered that it is easier to buy a book than it is to actually carve out the time to read it. I'm happy to have supported so many writers by buying their books. I actually am a very slow reader because I am so interested in analyzing the writer's choices as I read. I am constantly asking myself "Why this word, this phrase, and not something else?" As a new retiree, I want to downsize in every way possible. I realize I won't live long enough to read all the books I already own, so it makes sense to pass them on to someone else who might enjoy them. It really wasn't hard to part with so many of my books. I am probably less attached to possessions than a lot of people. Also, I probably enjoy rereading a favorite book as much as picking up a new one. Rereading is a great pleasure for me. I always find something new in a book—even those that I've taught 20 times or more!

### **What are some of your all-time favorite reads?**

My favorite genres are literary nonfiction and spiritual autobiographies. Today I just finished reading the memoir "The Glass Castle" by Jeannette Walls. Some of the authors on my shelf that I could not part with include Frederick Buechner, Tracy Chevalier, Michael Cunningham, Annie Dillard, William Golding, Donald Hall, Jhumpa Lahiri, Anne Lamott, Frank McCourt, and of course Virginia Woolf. Woolf is the one writer I probably will return to the most. I have some scholarly work in progress on her that I would like to continue.

## HUMANS

# WEAAU President Interview: Caryn Cruz

Interviewed by: Lauren Kim [03.11.22](#)



Photo by Caryn Cruz. Top, Left to Right: Mahal Tio (freshman, major), Caryn Cruz (senior, English), Emma Vanderwaal (junior, social work), Kyra Wirsz (senior, behavioral science) Bottom, Left to Right: Sydney

Reeves (sophomore, wellness/speech-language pathology & audiology), Hailey Prestes (sophomore, interior design), Angelina Malcolm (senior, international business) Not pictured: Abi Lee (sophomore, sociology), Reba Perkins (senior, nursing), Karla Torres (sophomore, graphic design/Spanish)

---

*This week, in honor of Women's History Month, I sat down with Caryn Cruz (senior, English), president of the Women's Empowerment Association of Andrews University (WEAAU), to discuss the club's plans for this month and how the club has grown over the past couple of years.*

**What is your role as president of WEAAU?**

I basically make sure that everything runs smoothly. From scheduling meetings to planning events, there are a variety of duties that presidents usually carry out. I am fortunate to have an excellent group of officers that contribute to executing the many tasks we set out to accomplish, so it makes my job easier when working with them!

**How has the club expanded and grown since it was started a few years ago?**

I first participated in the club my freshman year as WEAAU's secretary. I remember feeling grateful for that opportunity because it gave me a chance to be active on campus and connect with other students that I wouldn't have initially met. I believe that year was WEAAU's first real and official appearance as a club, which means I've been fortunate enough to see the club grow during my time here. I've always been impressed with the positive reception that we have received from students and faculty, and these sentiments have only increased over the years.

**What is the purpose of the club?**

WEAAU was created to inspire change throughout our campus, striving to connect women of all backgrounds to one another. Through our events, we inspire this change by encouraging discussion, facilitating new learning experiences, and creating a fun and safe environment for our club members. We aspire to support and promote the growth and success of our female peers on this campus, though everyone is welcome and encouraged to attend our events!

**What are some of the things WEAAU is planning for Women's History Month?**

Women's History Month is such an important and commemorative time for the general public to officially recognize the hard work that many women have

contributed to making our world a better place. Obviously, this means that the month of March is a significant moment for our club because we also want to lead the effort in empowering present and future women leaders. I think the best way to stay updated on our plans for this month and the rest of the year is to follow our Instagram!

**What are some favorite memories you have from being a part of WEAAU?**

A few weeks ago, the WEAAU officers and I gathered at our wonderful sponsor's house (Dr. Stacie Hatfield) for an officer hang-out. I really enjoyed my time there because I felt like we got to bond outside of a club event and our scheduled meetings. Our day ranged from eating Sabbath potluck, baking cakes, debating the superiority of the West/East Coasts, and finally ending the afternoon with a heartfelt conversation about the frustrations we face as women. This specific day made such an impression on me because I really love social interaction with other people. I learned a lot about my fellow officers and some of their ambitions as well, which honestly left me inspired and hopeful.

**Do you have any goals for the club this year? What is your vision for WEAAU?**

I hope that WEAAU continues to promote the empowerment of our women on campus. I would also love to see more community involvement, as we seek ways to help other women who find themselves in unfortunate situations. Lastly, I see the value of building relationships and forming connections with people so my hope is that WEAAU will continue to contribute to this type of bonding on our campus.



HUMANS

# Women Who Inspire Us

Solana Campbell 03.11.22



Photo by Chema Photo (Unsplash)

---

The women of my life never cease to inspire and amaze me, constantly pushing the boundaries of who I believe them to be and always teaching me more & more about myself. From my grandmother, who traveled to a new country to create more opportunities for her daughter, to my mother, who unconditionally supported me and had my back in hard times, to my friends today, whose hard work and love for me constantly inspire me to be the best version of myself. Even women I've had momentary contact with, the hard-working musician I worked with this summer who always found time to have something kind to say to each person on set, and the kind producer who recommended me as an inexperienced production assistant to her first movie job. Even as I look back, my Pathfinder leader in high school who taught me what leadership means, and my 8th- to 9th-grade teacher who taught me that being strong and opinionated was never a bad thing. Over the years, countless women in my life have inspired and strengthened me. This article is a tribute to how women, both near and far from us, whether they live next door

or on our Instagram home page, inspire & encourage us to be the best person we can be.

**Taznir Smalling (sophomore, music and international business)**

I find my inspiration in the little things, a melody, a fallen leaf, a mother, and her child. A woman is one of my many inspirations, she signifies strength, courage, and power. I don't have just one person that inspires me! I find inspiration in women who are ambitious, beautiful, and powerful, like Michelle Obama.

**Brooke Scott (freshman, nursing)**

The woman that inspires me the most is my mother, April Rasnic. She inspires me to be the best version of myself. She is the strongest, most independent woman I know. She is building up her career to be the best that it can be. She uses her resources to help others and care for those around her. She puts everyone that she loves before herself. She not only tells me to be a successful woman, but she also shows me what it's like to be one.

**Nilah Mataafa (junior, accounting)**

A woman who inspires me is Rihanna; she's a brilliant musician & businesswoman. She filled a gap in the beauty industry where it lacked WOC providing makeup options for darker skin tones. Up until recently, it was super difficult for WOC to find makeup in their skin tones. That's a huge chunk of the market right there! She has differentiated her brand giving value to her target market by providing 40 different shades of foundation. You would think other brands would have come up with this idea by now. She revolutionized the beauty industry and now monopolizes this niche because of her strides towards inclusion. Now she's reaping the benefits. Go her.

**Abigail Timothy (freshman, biochemistry )**

A woman that inspires me is Malala Yousafzai because she stood strong in her beliefs even in the face of adversity. She was also very young and was still very firm in her beliefs. So much so, that even after she was shot, she continued to speak out and never wavered.

**Hailey Prestes (sophomore, interior design)**

A woman who inspires me is my grandma, Vó Roseli. She gave birth to two stillborns, went through a nasty divorce from my cheating grandfather, and very soon after lost her 20-year-old first-born and only daughter. Even with so much pain and loss in her life, she is the most giving, cheerful, and selfless woman I will ever know. She is the definition of an empowering woman who overcomes all that

is thrown her way. Although women, especially Latina women, are usually told to be quieter, she is always the loudest person in the room and she owns it with such confidence that no one can silence her.

**Rekha Isaac (sophomore, biochemistry)**

A woman who inspires me is Neelam Gill because she was the first Indian model for Burberry and it's nice to see an Indian face doing modeling. In fact, she never had a correct shade for her foundation color, so Burberry made a specific foundation for her skin tone. She brought awareness to the fact that most foundation shades aren't for Indian undertones, so the market began to expand and include more diverse shades.

**Agishay Sudhaker (freshman, public health)**

A woman that inspires me is my mother, Tigist. She inspires me every day through the way she carries herself. She is kind, positive, caring, selfless, fun, and intelligent. My mom effortlessly gives love to everyone she meets wholeheartedly and fully supports them in anything they need. She inspires me to better myself and try to instill the previous qualities mentioned into my own character.

**Gabby DeSouza (freshman, biology)**

Every time I get asked the question "who inspires you," the first person that comes to mind is always my mom. She has never failed to show me her character. She inspires me to be the best version of myself. She has always shown me the better side of everything. She inspires me to work harder, to care for those around me, and never fails to be by my side whenever I need her. She raised me to be the person I am today and for that, I will forever be grateful.

**Grace No (sophomore, English)**

Kim Kardashian inspires me to live freely. I think that it really reassures me to know that you don't have to be the smartest, most talented person out there to still find success as long as you really know your own individual strengths. I like when she says stupid things on TV because she's still getting paid for it, so no matter how many people might make fun of her for being dumb, she's still winning.

**Bailey Young (sophomore, business)**

One woman that constantly inspires me is my mother. Growing up I wasn't able to truly recognize and appreciate the sacrifices she made for me and my sister, but the longer I live by myself the more I notice all the little things she did that I took for granted. However, what I appreciate even more than the material comforts she provided, is the character she passed down. She's the most forgiving and least

judgemental person I know, but she's also never afraid to put me in my place (kindly) if I'm in the wrong.

**Carolina Smith (sophomore, animal science)**

A woman who inspires me is Jane Goodall, the woman who worked with chimpanzees. She was a woman in the STEM animal field, pioneering in an area of work that was often a man's job. She's pretty cool and is a truly kind person who really cared about the animals and preserving the earth.

**Elianna Srikureja (senior, English and chemistry)**

A woman who inspires me is Malala Yousafzai, because she represents my own personal background as an Indian woman who grew up and spent a lot of time there. I experienced a community where my education was not prioritized as much as my male counterparts. To have a woman who I can identify with, who emphasizes the need for education and independence for women, is very important. She created a space for cultural acceptance that has allowed for female agency.

## Arts & Entertainment

---

### ARTS & ENTERTAINMENT

# AU Music Fest Vespers Concert

Solana Campbell [03.11.22](#)



Photo by Peter Tumangday

---

Every other year, students from academies all over the Midwest convene at Andrews University for an occasion aptly named MusicFest. Over the course of several days, high schoolers gather to practice and polish their vocals, their instruments, and their performances, as well as learn from our renowned conductors. Then, on Friday night, they get the opportunity to attend a Vespers Concert performed by our very own AU Wind Symphony and Singers.

Friday's concert opened with Rossano Galante's "Beyond the Horizon." Julaine Phillips (sophomore, medical laboratory science) said, "That was such a beautiful piece to open the concert with." This was followed by van der Roost's "Canterbury Chorale" and "Blessed Are They" from "A German Requiem" by Brahms. The Wind Symphony ended their initial opening with "Reluctant Joys," a recent 2020 piece by Brent Karrick.

The Singers began with the recognizable "Psalm 23," a piece by Craig Courtney and commissioned for Southwestern Adventist University's Choral Fest, where it premiered several years ago. It's a beautiful piece that I sang at MusicFest several years ago and the Singers were accompanied by a string quartet. My personal favorite from the choral performance was Murray & Mann's "For Everyone Born," a peaceful, harmonic piece featuring Grant Steinweg (senior, music composition) on the cello. Morgan Williams (sophomore, social work) enjoyed the piece as well: "I like classical music but usually I don't go out of my way to listen to it. I was required to go for my Enjoyment of Music class. I really loved the piece 'For Everyone Born.' It showed that everyone has a seat at the table in heaven." The Singers ended their section with a traditional spiritual: "We Shall Walk Through the Valley in Peace."

Nicole Boddetti (senior, public health), an Alto II in the Singers group, had the following to say: "Being part of Andrews University Singers is truly a feeling unmatched. To be able to stand and perform next to such talent amazes me each and every time. My favorite from this last concert was 'For Everyone Born' written by Shirley Erena Murray and arranged by Tom Trenney, a piece that left the audience in awe while we held the last note and the immense vibration of the resonance shifted through the auditorium. The most difficult was the last piece, 'We Shall Walk,' written by Moses Hogan, an intricate classic spiritual. Starting off soft and slow, the piece changes throughout, reaching a magnificent climax, and then back down to an extremely soft pianissimo, truly sensational."

The final section of the program, another set by the Wind Symphony, began with a 4-section rendition of Ticheli's "Simple Gifts." The piece ends in the recognizable melody we all know and love, but is introduced by some of the less-common pieces of the score. Next was the soulful "One Life Beautiful" by Julie Giroux. My personal favorite was the second-to-last piece, Vinson's "Variants on a Shaped Note Tune," directed by Cyril Punay (graduate, conducting). The closing piece, Hazo's "Exultate" ended full of energy and left us with high spirits to walk out with. As usual, the Andrews University Department of Music did not disappoint.

## ARTS & ENTERTAINMENT

# Creative Spotlight: Paige Swanson

Interviewed by: Megan Napod [03.11.22](#)



Photo by Paige Swanson

---

*I sat down with Paige Swanson (senior, English) to talk about her writing.*

**What got you interested in writing?**

I had one teacher my junior year of high school, an English teacher, and she had us focus on different genres of writing. I hadn't ever really written poetry before, but when I had to for school, I found out that I enjoyed it. I didn't really pick it up again much, I just kind of wrote on and off for the next couple of years and then got into it again sophomore year of college.

**Who are you inspired by?**

The people in the Scriptorium are great; they are all incredible writers and I love how it's just a little community where you can share and exchange ideas and help each other along.

**What do you enjoy most about writing poetry?**

I think when a piece is really well written it can convey a lot of emotion through the things that are said and the things that aren't. It's also a way for people to connect with each other without actually talking to each other face-to-face. I mean if you think about the classics, those are from a thousand years ago and we're still reading them today and still hearing their voices and I think that's a really cool thing.

**What is your favorite style of writing or what do you gravitate towards?**

The narrative poetry style is what I enjoy, and I love pulling from the Greek myths for inspiration. When I am doing poetry, if I want to make a piece longer I typically pull from the myths. If I am just writing to get my thoughts out it's usually free form, I don't do much of the rhyming aspect. So when I write short stories, I do creative nonfiction, where you talk about things you've learned through the years and compare now from then.

**Tell me about your favorite piece you've chosen to feature.**

It is one of the Greek myth pieces I've written. It's the one about Icarus where his father makes the waxed wings and he tells him not to fly too high because the sun melts the wax that holds it together and you'll fall, and not fly too close to the sea because the water will make it too brittle. But Icharus, being a young man, became too excited about being able to fly, wanting to escape the prison he was being held in, so he flew too close to the sun and fell to his death. I don't know why I am so

drawn to that story, but when I was writing my poem I wanted to capture his thoughts as he was falling and saying goodbye to everything.

*Freefall – Paige J. Swanson*

Falling.

I'm falling,

the sky streaming by ever so slowly,  
and yet so fast.

I have all the time in the world before my ravaged body hits the waves,  
and yet I have no time at all.

What can I do?

What can anyone do?

My father made these wings of feathers and wax;

gifted them to me so I could fly and be free from the clutches of King Minos  
and his  
shame.

He gave them to me accompanied by a warning:

“Don't fly too close to the sun,  
my son.

If you do, my son,

your wings will break,

as will your body as it crashes into the unforgiving sea that you love so  
dearly.”

I didn't listen,

as should have been expected.

I fell in love with the beauty of flight as soon as my feet left the earth,

as should have been expected.

I craved more.

The wind in my hair wasn't enough.

The sea just beneath me -

just within reach of my outstretched fingertips -  
wasn't enough.

The crisp, salty air;

the birds all around me;

the smell of freedom -

none of it was enough.

The sun on my back,



so pleasant and warm after the years in that dungeon,  
drew my attention,  
and thus came my fatal mistake.  
I heeded the voice that told me to fly higher,  
for I wished to touch the sun,  
the source of this newfound pleasure and life.  
Higher I flew,  
ignoring the shouts of my father,  
who dared not leave the safety of the lower sky.  
Higher still I flew,  
ignoring the calls of the birds far beneath me,  
as all creation cried out to me,  
trying to warn me of my inevitable end.  
The sun burned my wings,  
just as predicted.  
So now,  
I fall,  
just  
as  
predicted.  
I sense the water coming near,  
reaching up to embrace me and claim me as its own.  
Looking up at the infinitely glorious sky,  
I say goodbye to it all.  
To the sun,  
who continues providing light in blazing majesty.  
To the birds,  
who continue to soar so high above me.  
And to my father,  
my beloved father,  
who sheds tears of desperation  
as they all watch me fall.  
I whisper one last goodbye to everything,  
and welcome the inescapable darkness.

**What kind of impact would you want your personal writing to have?**

I'm not sure actually. When I write about moments like Icarus, I really just want to bring that story to life, instead of people just reading it from the anthologies where

they are like “this happened, then this happened.” I really want to bring the characters to life and help people see them and focus on the visual aspect of the story.

**Where can we experience more of your writing?**

I usually just share my writing at Scriptorium events; I would love to find a platform to get my writings out at some point though. But you can find out when Scriptorium events happen through their Instagram [@au.scriptorium](https://www.instagram.com/au.scriptorium).

## ARTS & ENTERTAINMENT

# Current Favorites: Women’s Herstory Month

Kaela McFadden 03.11.22



Photo by Public Domain

---

It's Women's History Month (or should we say 'herstory')! As students at Andrews University, take some time to contemplate the amazing contributions that women have made to our world. All around us are incredible women making their mark on our lives, and in the past hundred years, we have come so far in our fight for equal rights. The fight is not over and in honor of the women who have contributed to the media, we can reflect on what they have accomplished. If you are looking for women who are contributing to the creative space, here is a non-exhaustive list of some favorites from fellow Andrews students. Perhaps you could watch a movie featuring an incredible actress, listen to music brought to life by a female singer, or read a story with a strong female character. However you choose to uplift women, try to find some time to give some special attention to women during this month as we celebrate their impact and creativity.

- 1) Anna Lonto (junior, pre-physical therapy)—Billie Eilish, singer
- 2) Karena Lee (sophomore, English)—MJ Rodriguez, actress
- 3) Jason DeWitt (freshman, engineering)—Zendaya, actress
- 4) Alexander Hess (junior, English)—Beyonce, singer-songwriter, activist, and cultural icon
- 5) Ellie Dovich (sophomore, communications)—Dr. Heather Thompson Day, Viral Jesus podcast host and AU professor
- 6) Marcel Mattox (junior, social work)—Rosa Parks, activist
- 7) Alannah Tjhatra (junior, biochemistry)—Daphne du Maurier, author
- 8) Qualyn Robinson (senior, digital communications)—Simone Biles, gymnast
- 9) Anjela To-Ong (junior, pre-physical therapy)—Doja Cat, singer
- 10) Yoel Kim (junior, physics and math studies)—Red, Youtuber contributing to "Overly Sarcastic Productions"
- 11) Pearl Parker (senior, English)—Ruby Bridges, activist
- 12) Owen Hamstra (sophomore, elementary education)—Caitlin Clark, basketball player for the University of Iowa
- 13) Moriah McDonald (senior, English)—Taylor Swift, singer-songwriter
- 14) T Bruggemann (junior, computer science & physics)—Abigail Thorn, Youtube actress of PhilosophyTube
- 15) Hannah Austin (junior, sustainable horticulture)—Allyson Felix, US Olympic runner
- 16) Andrew Potts (freshman, history)—Malika Andrews, journalist host of NBA Today
- 17) Izzy Koh (junior, English)—Phillipa Soo, actress
- 18) Nora Martin (sophomore, psychology and English)—Jane Austen, author

Currently, I have Halsey's music on repeat, especially her "If I Can't Have Love, I Want Power" album. I love themes of femininity sprinkled throughout all of Halsey's work. This album has an interesting mix of music that seems to be a twist on the rock genre mixed with pop while being put into the alternative genre. Whatever the music genre is, I have been enjoying it immensely.

## ARTS & ENTERTAINMENT

# Where Have All the Good Women Gone?

Hannah Cruse 03.11.22



Photo by Public Domain

---

I remember the crushing sense of sorrow when one of my favorite TV series was canceled. It was all wrapped up haphazardly with a 2-hour finale as a gift to the

fans and left me wanting more. The story had so many untied threads; nevertheless, the executives at NBC decided “Timeless” wasn’t worth the airtime. Several weeks later while I was wallowing in Nethery Hall, Dr. Pittman and I struck up a conversation over things we were watching and I mentioned that “Timeless” was canceled even though it had a [strong fan base](#) (which stopped it from being canceled during the first season) and very [strong ratings](#). “Was the lead character female?” was her reply. I quickly replied “yes,” and she nodded knowingly. I was startled by the idea at first, but in our male-dominated society, it made sense. Ever since then, I’ve been hyper-aware of TV series cancellations with female leads.

Let’s recap some of the more recent cancellations on network television and streaming services:

- 1) “Zoey’s Extraordinary Playlist” starring Jane Levy in the leading role of Zoey Clarke, a woman who sees people’s inner feelings displayed as musical numbers, lasted two seasons and had a score of [81%](#) on Rotten Tomatoes.
- 2) The Netflix hit teen series “Julie and the Phantoms” was canceled after one season despite its [Daytime Emmy wins](#) and ongoing and overwhelming [response](#) to renew it for a second season (please tell me I was not the only one seeing all those Instagram comments).
- 3) “Diary of a Future President” also had a two season run on Disney+, being one of the first original series to be on the streaming service, and despite also having [good ratings](#), it was sadly short-lived.

Reflecting back on these and many more examples of unjust cancellations of quality television shows starring leading women, it just boggles my mind how network executives decide to pull the plug on them. At least Netflix should know better; “Orange is the New Black” was one of their highest watched shows of the past decade and won multiple [awards](#) for them. It seems to me that the industry believes that women’s stories are not as interesting or profitable as men’s; that people would rather watch the same boring morally-gray male try to navigate his job, his alcoholism, and his nagging wife. But what can one expect when, as of 2020, 68% of chairs and CEOs are men and 60% of senior executives are, you guessed it, [men](#).

I know that there are many decisions that are necessary to plan out the future of a television series, but women are being shown time and time again that their experiences and lives are just not worth telling, and that is something that I cannot sit with. We deserve to see ourselves on screen, taking up as much time and space

as men. I know that in the future we will see more amazing female shows, but for now I have a bone to pick with all the networks who gave up on all the projects that had more life to give.

## News

---

### NEWS

# March Events on Campus

Abigail Lee [03.11.22](#)



Photo by Public Domain

---

With spring break right around the corner, it can be easy to look towards vacation destinations rather than what's happening on campus. Don't check out quite yet!  
Be

### **March 10 to 17: Ukraine Focus Go4Life Relief Project**

At 11:00 to 3:00 PM in the Student Center, Andrews University alumni working with the Student Missions Club will be selling t-shirts and stickers in order to raise funds for those impacted by the current war in Ukraine. All funds raised in the following week will be donated to the Ukraine-focused "[Go4Life Relief Project](#)."

### **March 11: Honors Scholars & Undergraduate Research Poster Symposium**

In collaboration with the J.N. Andrews Honors Program and the Office of Research and Creative Scholarship, at 1:30-3:30 PM in Buller Hall, there is the Honors Scholars & Undergraduate Research Poster Symposium. Students from all over campus will be presenting their research, so don't miss out! Snacks and other refreshments will also be provided.

### **March 15, 18, 29: Pitch Competition Information Session, Registration Deadline, and Workshop**

Get your powerpoints polished up and your presenting skills ready, because the School of Business and the Office of Innovation and Entrepreneurship are hosting a campus-wide Pitch Competition on April 8 in the Newbold Auditorium. There will also be an information session held on March 15 at 11:30 AM in the Whirlpool Room at Chan shun Hall, along with a "How to Pitch" Workshop on March 29, at 11:30 AM in Buller Hall room 108.

\$30,000 in-kind and in cash will be awarded at Pitch Competition, so sign up before the March 18 deadline today!

You can register for this event through the [Office of Innovation & Entrepreneurship website](#), and learn more about it from their Instagram, [@auinnovation](#).

### **March 20: Southwest Michigan Symphony Orchestra: Taking Flight**

From 4:00 to 6:00 PM at the Howard Performing Arts Center, the Southwest Michigan Symphony Orchestra will be performing the program "Taking Flight." With pieces by Peter Tchaikovsky and Igor Stravinsky, the SMSO will take you on a musical journey inspired by the beauty of the avian.

## NEWS

# Running Like a Girl

Alyssa Henriquez 03.11.22



Photo by Randy Ramos

---

On Sunday, March 6, the “Running Like a Girl” 5K Relay Race Fundraiser was held on the Andrews University Athletic Fields Track. This fundraiser took place in honor of Women’s History Month, and featured a set of participants who ran on the track in high heels, many of which were men. A fee was collected at the event in order to raise money for the organization “[Mujeres Latinas en Acción](#),” which was established in 1973. Jocelyne Rico (senior, Spanish), who organized the event, states, “The organization that we chose specifically helps women who are victims of domestic violence. We wanted the money to go toward that specifically because I think it’s such an important cause.”

One of Sunday’s participants, Timmy Duado (junior, marketing and communications), shared his motivation behind participating in the event. He states, “Honestly, I didn’t know what to expect. I knew I had to run in heels, but I didn’t really think about how difficult it could potentially be. AULA president and good friend Jocelyne Rico asked me to do it, so I knew it was going to be a good event. Also, it was for a good cause so I wanted to support it and her.”

Another high-heeled participant was AUSA president Dongchan Kim (senior, religion), who states, “It was a meaningful experience to participate in the Running



Like a Girl event. I knew it was hard to walk or run in heels, but now I understand the pain very well. The hardest part was when I had to keep my ankles straight to not get them twisted.” Duado likewise took precautions to avoid injury, as his heels had to be duct-taped to his feet because they were not the right size. He notes, “I’m not going to lie, I thought I was going to roll an ankle. However, Duado likewise notes that he was “pretty confident” before the event, adding, “I’ve been in my sister’s heels growing up, so I wasn’t fazed. Then I put the heels on, and I immediately regretted my thought process. I give a lot of credit to those who wear heels daily, ‘cause after five minutes with them on, I was already dying. But once I hit the track, and I started running, I was hyped. Stopping was difficult, but still fun nonetheless.” At the end of the event, Timmy came out victorious and won first place with his teammates, Shadrach Agol (senior, computer science), Tyler Ninalga (junior, music), Steven Injety (senior, data science), and Wesley Marcellus.

To many AU students, the event caught their attention due to its unique nature. Abigail Lee (sophomore, sociology) states, “In an attempt to break down gender stereotypes, I feel like the event maybe fulfilled them in a different way. I don’t want to be too pedantic about it though, because it was clearly for a good cause.” Lyle Goulbourne (senior, biology) notes, “That sounds like good way to hurt yourself.” High heels are known to cause a significant amount of discomfort and injury, particularly with long-term usage. As noted in a [study](#) on high-heeled shoes and musculoskeletal injuries in the BMJ, “High-heeled shoes were shown to be associated with hallux valgus, musculoskeletal pain and first-party injury.” Furthermore, a [study](#) in the Journal of Foot and Ankle Surgery includes the caution, “Although high heels might be stylish, from a health standpoint, it could be worthwhile for females and those interested in wearing high heels to understand the risks of wearing high-heeled shoes and the potential harm that precarious activities in high-heeled shoes can cause.” Women who have worn heels for extended periods of time know of the acute pain that accompanies walking in these shoes, let alone running in them. This made the events of last Sunday especially striking, as students around campus watched a group of young men literally place themselves in someone else’s shoes for a charitable cause.

NEWS

# “She Leads” Vespers Honors Women in Leadership

Abigail Lee 03.11.22



Photo by Sandrine Adap

---

On Friday evening, March 4, Pioneer Memorial Church was decorated and aglow in preparation for the annual collaboration between Proximity Vespers and the Women’s Empowerment Association of Andrews University (WEAAU). For this year, the theme and corresponding title was “She Leads,” a statement that sought to underline the importance of women coming together and the value of female leadership.

After introductions from WEAAU president Caryn Cruz (junior, English) and Isabella Rappette (junior, finance), the program started off with an all-women worship band. Led by Ashley Yabut (senior, nursing), the women-only set was an uncommon but overall positive sight to see, with students like WEAAU Event Coordinator, Hailey Prestes (sophomore, interior design), saying “I feel like it’s so common/normal to see an all-male band upstage and we don’t even think much of

it, but seeing the women-led band just kind of reminds you that we don't get the full spotlight that often unless it's pushed [forward]—such as for Women's Month . . . I saw girls up there who are my friends and I didn't even know they played an instrument! It's just crazy how much harder girls have to work sometimes to showcase their talents.”

With a prayer led by WEAAU officer, Kyra Wirsz (junior, behavioral science and political science), the vespers continued with a spoken word section from members of The Scriptorium, the university's creative writing club. Genna Prouty (junior, psychology) performed a poem written by Scriptorium President, Alannah Tjhatra (junior, biochemistry) titled, “Botticelli Angels.” The piece made commentary on not only the hardships that modern women face, but also expressed appreciation for the gender, with lines such as, “I know of a woman/ Who brought her life across the sea/ Despite the rolling waves/ That shouted blue uncertainty.”

After the spoken word performance, the vespers took a sharp turn with a focus on audience interaction. A trivia contest on female leaders of the Bible was led by WEAAU officers Emma Vanderwaal (junior, social worker) and Angelina Malcolm (senior, international business). In this friendly competition, those attending the program could compete for the chance to win the 2022 WEAAU official sweatshirt. All around PMC, students thought hard and did the best they could to prevail, but there could only be one winner: Tjhatra says, “I think it was really cool that they did a trivia for this vespers service, it really got people engaged, and I really thought I was going to win a sweater until I got a question wrong and fell back 30 places.”

After cooling down from some heated trivia, discussion questions were led by WEAAU officers and leaders from the Southern Asian Student Association (SASA), as well as the Andrews University Latino Association (AULA). Focusing on specific women leaders of the Bible like Esther, Ruth, and Rahab, the questions and time for discussion allowed for students to reflect on how female representation is needed in leaders of all forms, and why it's still important to consider these figures in our everyday lives. When conversations came to a close, a final word was given by the WEAAU sponsor and Assistant Professor of Anthropology, Dr. Stacie Hatfield. With that, and some final songs from the worship team, the “She Leads” vespers was over. While the program may have come to an end, it marked only the start of the many celebrations of Women's History Month.

*If you would like to receive updates for any future events or programs being held in honor of Women's History Month, follow [WEAAU on Instagram](#) to keep up.*

## NEWS

# The Ukraine War: How It Began

Chris Ngugi 03.11.22



Photo by Public Domain

---

We see it on our feeds, hear about it in the news, and discuss it with our friends: The war in Ukraine has begun. This war is an event that has long been foretold, but one that many [never truly believed](#) would happen. That all changed on February 24, when Vladimir Putin began a war in Ukraine under the pretext of a [military operation](#).

For more context on the events before this war, [this article](#) from a week before the conflict is more thorough, but the following is the shortened version: Ukraine and Russia have had a deeply intertwined history for over a millennia, but their relationship has not always been friendly. Examples of their tense relationship include tragedies like Holodomor (a Soviet-era manufactured famine that resulted in the deaths of at least 3.3 million Ukrainians) or more recent conflicts like the 2014 revolution that ended with a pro-western Ukrainian government and the

Russian annexation of Crimea. These tensions have heightened as NATO (the North Atlantic Treaty Organization) has spread to formerly Soviet-aligned countries in Europe. Then, as the Ukrainian people have continued to push for entrance into both NATO (which they have officially [requested](#) since 2008) and the EU, Russian President Vladimir Putin expressed his opposition to these ideas of westernization. He then placed a force of over 100,000 troops on the Ukraine-Russia border and the Ukraine-Belarus border (the Belarusian president is a [self-proclaimed dictator](#) and strong ally of Putin) and the Black Sea. The president of Ukraine, Volodymyr Zelensky, initially treated this as a pressure technique and told people to “calm down.” Then, the dreaded day came, and Russian troops marched into Ukraine.

On Thursday, February 24, at 4:50 a.m. EET (Wednesday, 9:50 p.m. EST), Vladimir Putin [spoke](#) to the Russian people. In his speech, he asserted his plan to “conduct a special military operation . . . to protect people who have been subjected to abuse and genocide by the Kyiv regime for eight years.” He further stated that “[he is] not going to impose anything on anyone by force.” Seventeen minutes later, the Russian military began conducting missile attacks on the Ukrainian cities of Kyiv and Kharkiv. Volodymyr Zelensky declared martial law in the country, air raid sirens sounded across the nation, and the war officially began.

Immediately after this, many Ukrainians [flooded](#) out of the capital city of Kyiv, but many others remained. Many of those who remained in the city are among the [thousands](#) across the country who have volunteered to defend their land from the invading force of Russia. In fact, the Ukrainian president vowed that he would arm any of his citizens who wanted to protect their nation for as long as he had weapons to give. The Ukrainian president has also stayed in Ukraine and has been posting videos from the frontlines of Ukraine, showing that he, along with many other leaders in the country, is dedicated to staying and fighting with his people. This is despite an offer by the U.S. to move Zelensky to a safer place, where he famously [responded](#), “The fight is here; I need ammunition, not a ride.” As a result of this, as well as his other acts of demonstrated bravery, his [narrative](#) has changed from one of a, “comedian-turned-president . . . in over his head,” [to](#) an “inspiring . . . hero.”

As Zelensky leads his nation in a war of resistance, the rest of the world has reacted and countless people across the globe have [protested](#) in solidarity with Ukraine. The [world’s leaders](#) have also responded in solidarity with Ukraine against the aggression of Russia, with the United Nations, NATO, and many world

leaders condemning Russia in the strongest possible diplomatic terms. Many of these countries have also committed to applying [sanctions](#) on Russia and applying pressure on the government in any possible way, outside of beginning a global conflict. This is only the beginning, and we have yet to see what else this war has in store.

## NEWS

# The Ukraine War: How It's Going

Chris Ngugi [03.11.22](#)



Photo by Public Domain

---

Every hour of every day, something new happens; A suburban [family](#) is found dead, a Ukrainian [city](#) is captured, or a Russian [tank](#) is stopped with the body of a patriot. This article is meant to clarify the details of this war and how Ukraine, and the world, are responding.

On February 24, at 4:50 EET, Russia began to rain missiles on the Ukrainian cities of Kyiv and Kharkiv, and the war over Ukraine began. Putin gave a few [reasons](#) for his “military exercises.” These reasons include Russia not feeling “safe [to] develop and exist,” which is a familiar message to what Putin said about the Georgian government in the regions of South Ossetia and Abkhazia when he [went to](#)



[war](#) with Georgia and declared both of these regions independent in 2008. Another reason he gave was the protection of Ukrainian people from genocide and bullying that has occurred over the past eight years. It should be noted that 14,000 people (including 3,000 civilians) have died during this time. However, they did not die due to a Ukrainian genocide, but due to a [war](#) between the Ukrainian government and Russian-backed separatists in the Donbas region of Ukraine.

Another main reason Putin gives is the “de-Nazification” of Ukraine. This accusation is mostly false, but it [should be noted](#) that there have been multiple statues erected by the government praising different Ukrainian heroes who were aligned with the Nazis. Also, many of those who have been fighting for the government against separatists, and are currently volunteering in the war against Russia, are a part of neo-nazi groups in the country. However, not only does the Ukrainian government not align with Naziism, but the Ukrainian president is Jewish, he has family members who were killed in World War II and his [grandfather](#) fought against the Nazis. Putin also stated that his goal included the “demilitarization” of Ukraine. This included a promise from the Russian Foreign Minister saying, “no strikes are [will be] made on civilian infrastructure,” and the Russian Defense Minister going as far as to [say](#), “there is no threat to [the] civilian population.” This is simply [not true](#), with rockets slamming into homes, cars, gardens, and other specifically civilian locations. This includes a [maternity and children’s hospital](#). As a result, [hundreds](#) of civilians have died, with more passing every day. There is, however, [a way out](#). If Ukrainians follow directions from the Russian military and accept a new administration, they won’t be subject to shelling, and their flag will be allowed to stay in place. The Ukrainian people have not accepted these terms.

The Ukrainian people have not made any indication that they plan to allow the Russian military to [“protect”](#) them. In fact, many have shown that they refuse to give up their land without a fight. A [flood](#) of Ukrainian volunteers has rushed to enlist in the Ukrainian army. Ukrainians who are not prepared to fight or haven’t received a weapon have [joined](#) the effort by digging trenches, making Molotov cocktails, and intimidating the Russian army in any way they can. As Zelensky [asks](#) other nations to help Ukraine more, they have responded by pouring [supplies](#) into the country and issuing harsh [sanctions](#) against Russia. Many countries are also attempting to punish Russia, even if doing so impacts their own citizens. One such policy includes America’s recent [ban](#) on Russian oil and energy resources, even though this will come with steeper gas prices in the United

States. However, these world powers are wary of doing anything that could push Russia too far and possibly trigger a world conflict (like providing Ukraine with troops or accepting their requests to join NATO and the EU). As a result, Zelensky has personally asked volunteers from around the world to “join the defense of Ukraine, Europe and the world.” These [foreign fighters](#) are pouring in, with Zelensky announcing that 16,000 have joined the fight so far, including volunteers from the [United States](#).

Zelensky is refusing to back down, Ukraine is refusing to back down, the world is refusing to back down. However, there is even more to the story as some people flee and others dig in their heels for war. That is a story for another article.

## NEWS

# The Ukraine War: Run

Chris Ngugi 03.11.22



Photo by UN Women/Aurel Obreja (Flickr)

---

This article aims to give another angle on the war, focusing on the experiences of those who have not been heard as much as others.



While many freedom fighters stay in the country to fight, and others have fled the country, many more are still in the country regardless of their will. Under martial law, men from the ages of [18 to 60](#) are not allowed to leave the country. These people include husbands, brothers, sons, fathers, and grandfathers who have had to stay put while their families find refuge in other countries. The Ukrainian refugees, primarily composed of women and children, who have successfully left the country as of March 5, already number about [2.2 million](#) and counting.

As with other outpourings of refugees, there is an expectation that there will be a refugee crisis, but the opposite has happened. Unlike with different groups of people (like refugees from Iraq, Syria, Afghanistan etc.), European nations have opened their doors wide to the flood of Ukrainian refugees. While there are many [examples](#) of this, one presented by Hungarian Prime Minister, Viktor Orbán, captures the differences in the ways refugees have been welcomed. He said that Ukrainians coming to Hungary were coming to a “friendly place” that would accept them, but two months earlier when faced with another wave of refugees he said that Hungary would not only keep its restrictive policies, but that “[Hungary isn’t] going to let anyone in.” This pattern of resistance to refugees from the Middle East, Asia, and North Africa has been consistent across the European Union, but with this new wave of refugees come different sentiments. This includes a sweeping [EU policy](#) that all Ukrainian people automatically have the right to live and work in the EU for three years. This is in opposition to Europe’s past handlings of refugees. In fact, in this article from the UN, Europe is [accused](#) of having “ambivalence,” being “securitarian,” “[forgetting] the principles of justice, equity, and freedom upon which the very delicate issue of border management should be based.”

The new reception of Ukrainian refugees is partly based on the ties between Ukraine and its neighboring countries. However, there are official statements from European leaders that suggest other reasons, like this one from the Bulgarian Prime Minister, Kiril Petkov, who [said](#), “These are not the refugees we are used to... these people are Europeans. These people are intelligent, they are educated people.” The double standards used to measure these refugees do not just come from world leaders, but also certain journalists. There are many quotes to choose from, but one that fully captures this ideal is taken from the words of an Al Jazeera English presenter who in his reporting said, “These are not obviously refugees trying to get away from areas in the Middle East [or]...in North Africa. They look like any European family that you would live next door to.” Other statements used words like “civilized” and “middle class” to describe how bad the situation was for

Ukrainian refugees. In response to these media reports, the AMEJA (Arab and Middle Eastern Journalist Association) gave a [statement](#) rejecting “orientalist and racist implications that any population or country is “uncivilized” or bears economic factors that make it worthy of conflict.”

There have been other disparities among refugees, particularly people from Africa and South Asia who have been in Ukraine for their education or employment. There have been multiple accounts of African and South Asian people having trouble crossing through the borders of Hungary and Poland [because](#) “[guards] have to let ‘Ukrainians’ through first.” This has led to [testimonies](#) like this one from Clement Akenboro, a Nigerian student who is studying economics, who said that not only was he thrown off a train headed for Poland but “They [dragged] all the Black guys from the train.”

There are still others attempting to flee their country, but not Ukraine. These are Russian citizens who are steadily [streaming](#) into Finland. There are also reports of Russians abandoning the war effort, and even one [account](#) of a Russian captive crying and talking to his mom about how he was lied to by the Russian military. There are further [reports](#) of Russian military personnel abandoning their equipment in Ukraine. The Pentagon has also said that Russia is attempting to recruit [Syrian](#) fighters in its fight against Ukraine. There are also [reports](#) of nearly 5,000 Russians being arrested for protesting against this war. Adding insult to injury, many [private companies](#), from Starbucks to Mastercard, have been cutting all ties to Russia and suspending services in the country. Russian state media has been trying to keep up appearances by [restricting](#) social media and [controlling](#) the news broadcasted across Russia. It also [banned](#) independent Russian media, [like](#) Dozhd (a program that got about 25 million views daily), when these programs did not present the official narrative given by the Russian government. This is not the war of the Russian people or even Russian [elites](#); this is the war of Vladimir Putin. In response to the actions of Putin and his army, Zelensky has [said](#) this, “We will not forgive. We will not forget. We will punish everyone who committed atrocities in this war . . . There will be no quiet place on this earth for you, except for the grave.” There will be nowhere to run.

# Ideas

---

## IDEAS

# And So I Bid You Adieu

Evin-Nazya Musgrove 03.11.22

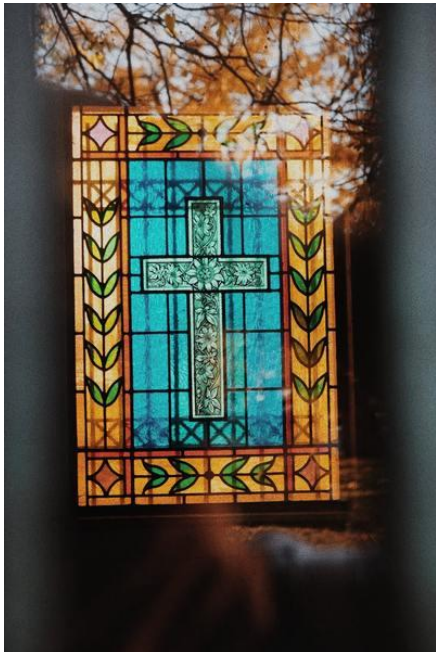


Photo by Damien Dan (Unsplash)

---

The sweet fruit you hoped and prayed for finally came in due season. Along with what felt like perfect timing, came peace, happiness, and gratitude. At first, it seemed too good to be true, but over time, you learned to rest in your God-given blessing...that promotion, that friendship, that creative opportunity, that relationship. You looked up at God and thanked him for 'lookin out,' for keeping his promise of giving good gifts to those who love him (Matt 7:11). It was the quintessence of 'life is good.' Then, a simple truth hit: Practice makes perfect until it just ... doesn't. No matter how many times you've had to let something go, each time feels just like the first. You ask the *same* questions, feel the *same* magnitude

of pain, and journal the *same* number of pages about how you “just don’t understand.” A hard lesson in letting go...

Let me first begin by saying that this message is not as bleak as it appears at first read. Challenging and potentially painful, maybe, but certainly not hopeless. That being said, there is much to say on the psychological benefits of letting go of a toxic thing. I mean, it goes without saying (*proceeds to say anyway*). Releasing painful emotions and centering ourselves in the present moment not only boosts our resilience but improves both our mental and physical health (Benefits, 2016). Likewise, removing toxicity from our lives increases our ability to be optimistic, allows room for self-growth, improves mood, and increases self-esteem (Noonan, 2019). In other words, if you’re currently wrestling with whether or not to keep certain toxicity in your space, this is your sign to let it go, sis/bro. But what’s the script for letting go of a *good* thing, something or someone that brought immense growth and joy into your life?

I was met with this question in my own life, not too long ago. God had allowed me to partake in a *really good thing* for a good chunk of my story. As you may assume, my initial response to returning what God had lent me was utter denial and rationalization. To be frank, it hurt ... a lot. Psychology suggests that this hurt is often due to an ingrained belief that to let go of that “thing” is to actually let go of a part of *you*; to have to change who *you* are (Celeste, 2020). This was definitely true for me. On the other hand, I was quite frankly upset at God for blessing me with something just to snatch it away, and in a manner that seemed abrupt. Did he not understand the magnitude of the situation? Was he unaware of the possible repercussions? I was tempted to think so. With time, however, my frustration made room for understanding, and here is what brought me a bit of comfort...

**A good gift from God only remains good within the bounds of its intended season.** Once it has served its time, despite our attempts at preservation, it *will* lose its flavor. While saddening, this idea also brings gratitude. Just think, God knows and cares for you and your needs *so* deeply that he gifted you with this beautiful thing for as long as he knew you’d need it. The gift was meant to be enjoyed. It was given to teach you specific lessons, to expand your perspective, to reveal pivotal components of your story that may not come to fruition until a future time. Whatever the purpose of the gift, be encouraged, that if God is choosing to take it away now, its purpose was fulfilled. I can recall times where I gripped a life-giving thing so tightly, just to witness how sour it became as I dragged it into a part

of my life that it did not belong. It's the equivalent of trying to fit a square peg into a round hole. Frustrating.

Listen, it is natural to mourn, to reminisce, and to even feel that void for a while; but remember that just how God met your needs in one season, he will undoubtedly meet them in the next. He will always give you what you need, when and how you need it. God wants you to be happy, but above all, He wants you to be able to trust him with yourself. Trust that he is not going to withhold something good from you. It's just not who he is. Friend, won't you trust God enough to let go of your good thing?

### **References:**

Celeste, N. (2020). The Psychology of Letting Go. *Psychreg*.

<https://www.psychreg.org/the-psychology-of-letting-go/#:~:text=Letting%20go%20is%20hard%20because,letting%20go%20to%20be%20scary.>

Noonan, S. J. (2019). The Art of Letting Go: How letting go of a positive or a negative can

impact our lives. *Psychology*

*Today*. <https://www.psychologytoday.com/us/blog/view-the-mist/201912/the-art-letting-go#:~:text=Letting%20go%20of%20a%20negative,in%20a%20much%2Dimproved%20way.>

The psychological benefits of 'letting go' (2016). *The Chelsea Psychology Clinic*.

[https://www.thechelseapsychologyclinic.com/self-help/psychological-benefits-letting-go/.](https://www.thechelseapsychologyclinic.com/self-help/psychological-benefits-letting-go/)

IDEAS

# Equal Pay in Sports

Angelina Nesmith 03.11.22



Photo by Flickr

---

I think I'll remember July 17, 2019 for the rest of my life. I was sitting with my right leg propped up and iced, recovering from an ACL reconstruction, watching the final of the 2019 Women's World Cup. I diligently followed the U.S. Women's National Soccer Team's progress throughout the entirety of the tournament. The final match was between the USWNT and the Netherlands Women's National Football Team. With every pass, dribble, and attempted shot my eyes were glued to the screen. Then it happened; a foul inside Netherlands's goalie box. I remember moving closer to the edge of my seat as star forward Megan Rapinoe lined up to take the penalty kick. The ref's hand signaled start; Rapinoe breathed. Dashing forwards, she shot the ball low. I held my breath as I watched Dutch goalie Sari Van Veenendaal dive towards the ball as it rocketed towards the lower right corner. The ball slammed into the back of the net giving the US the first point of the game. Rose Lavelle later sealed the win with a shot from her favorite left foot. You can watch both the U.S. goals and additional highlights [here](#).

Following the match, the stadium surged to their feet and began this resounding chant: “Equal pay USA!” Back in NYC, the chant continued to grow, calling for equal pay for the U.S. Women's Soccer Team. Earlier that year on March 8, International Women's Day, the USWNT World Cup Squad filed against the United States Soccer Federation (USSF), suing them for the right to equal pay for an estimated amount of \$67 million.

The lawsuit continued over the next three years, being argued in court, and dismissed in a Federal Court in 2020; however, the WNT appealed their case. Finally, almost three years later, on February 2, 2022, the case against the USSF was settled, which awarded the World Cup squad a total of 24 million dollars. The USSF and USWNT said in a [joint statement](#): “We are pleased to announce that, contingent on the negotiation of a new collective bargaining agreement, we will have resolved our longstanding dispute over equal pay and proudly stand together in a shared commitment to advancing equality in soccer.”

World Cup Champion forward Alex Morgan said on [NBC's Today show](#) “U.S. Soccer has agreed to equalize the prize money moving forward, obviously, we call on FIFA to truly equalize that for men's and women's tournaments,” implying that this equality that the U.S. women now receive should not only be endorsed, but guaranteed at an international level. Similarly, in an interview with [Good Morning America](#), forward Megan Rapinoe said "I think we're going to see that [equal pay] in the coming days and hopefully this will be a day we look back on in a number of years when we're a little bit older and say that's the moment that everything changed.”

Though these settlements are brilliant and very much needed, it leads me to ask the following questions: Why was the USSF paying the WNT less in the first place? What is the reason for why women athletes are paid less? How does the settlement that the WNT reached affect or change the situation for other women athletes and sports? Most importantly, what can I do to help that change occur?

Is the reasoning behind lesser pay for women due to their performance, or a change in the game? No. According to the USWNT's [official demand for trial by jury](#), the players must adhere to the same rules of the game of soccer as established by the Federation Internationale de Football Association (FIFA). This means that, like their male counterparts, they play on the same size field, use the same size ball, have the same duration of matches, and play by the same rules. So the women's game isn't to blame.



Instead, as in many sports, the gender pay gap is the result of decades of underinvestment and sexism. This sexism in soccer goes as far back as 1921, when the Football Association of England (FA) issued a [ban](#) on professional women's soccer because it was considered to be "quite unsuitable for females, and ought not to be encouraged." After WWI, professional male soccer players returned back to England and were surprised that women's sports had become so popular. Afraid that they would lose support towards their clubs, and thus their jobs, they pressured the FA to place a ban on women's professional soccer. Prior to the ban, women's soccer was all the rage in England, France, and beginning to spread to other countries around the globe. However, this ban halted the momentum that could have easily equalized the game early on, and set a precedent for women's sports in the future. The FA ban on women's soccer was eventually revoked in 1972, which was consequently the rebirth of women's professional soccer; however, the damage to the industry had already been done.

The current reasoning for under-supporting women's soccer, and consequently other women's sports, is marketing. Because support was stripped away from women's soccer in the birth of professional women's sports, more sponsorship money was poured into the men's sports industry. Deals with companies such as Nike, Adidas, and other big-name brands were already made in support of men's sports, leaving less money available for women. In addition to that, advertisement and televising contracts have been consistently pitched more towards men's athletics than women's. In recent years, these contracts and deals have been changing; however, often change can't come soon enough.

Thankfully, statements and actions in support of women's athletics from international corporations, such as [Coca-Cola](#) and [Proctor & Gamble](#), have been a major push in equalizing pay in women's sports. However, it is evident that the biggest push factor in changing the system and equalizing the pay in women's athletics comes from the common people such as you and me. We as a society need to change our viewpoint, our support. In addition we need to realize that equalizing women's sports pay should eventually, and sooner than later, reach and apply to all forms of work.

Currently, not a lot will change. This is due to the process, the time frame, and the gender inequality that women athletes still face today. However, the recent equalization in pay for U.S. Women's Soccer promotes the ability to change, not just the need for it. This shows that there is a possibility and reality of equality on the world stage, which hopefully will trickle down into the grass-roots of the sport.



When influences arise from the roots, or trickle down into the soil thereof, it usually becomes an ingrained part of our society and culture.

In former USWNT striker Abby Wambach's [address to Barnard College's Class of 2018](#), she has a moment where she says that after a soccer player shoots a goal, when all of her teammates are running onto the field, "it appears that we're celebrating her; but what we're REALLY celebrating is every player, every coach, every practice, every sprint, every doubt, and every failure that this one single goal represents." These concepts can be translated outside the world of soccer. When one woman, one minority, takes a big step forward, we all move forward. When these steps are taken, they show that change is not only necessary, but possible. Change is happening, and for the better. As a community, we should support and further encourage this progress, and take the first step towards making a better world for tomorrow by leveling the playing field today.

## IDEAS

# My Place Is Where Now?! Perceptions and Expectations of Women with Housework

Alexander Navarro 03.11.22



Photo by Jimmy Dean (Unsplash)

---

When you want to see what a culture thinks about something, a great place to start is the cultural artifacts it produces—its literature, music, art, and movies. After all, these were all created by people living in it, so it will naturally reflect, at least to some degree, their beliefs about the world. Over winter break, I watched the film “It’s a Wonderful Life” with my family. For anyone who has not heard of it, it is a classic film from the 1940s focused around the life of George Bailey (James Stewart) and the importance of the often unnoticed good acts we do each day, and recognizing the value of simply living life, even when one’s plans and aspirations may not pan out as hoped. Older movies reflect a culture that is quite different from the one we live in today. One aspect of the 1940s culture that I noticed is embodied in the lead female character of the movie, Mary Hatch (Donna Reed), who mainly just played the part of a domestic housewife and love interest to Georgy Bailey. The character of Mary does not have much identity outside of her marriage and familial role, ultimately serving as “the object of a domesticated form of desire” ([Beuka, 41](#)). Once she is married, her main roles are shown to be almost exclusively working in the house and engaging in child-rearing, and the few times she is shown to have any unique skills or abilities of her own (financial in making business deals, or social in negotiating with others), these skills are always used on behalf of George and for his benefit. This idea of women as being the one in charge of things like housework, child rearing, and other such roles, is worth discussing, both as far as the continued prevalence and impact of this idea, and how we should move forward. What should be the role of men and women in the house?

According to the [US Bureau of Labor Statistics](#), in 2019, roughly 57% of US women were in the civilian labor force, compared to 69% of men. This is a significant difference, and while this is much more equal than in 1948, where 33% of women were in the labor force and 87% of men were, the massive discrepancy is still clearly present. And yet, the difference in the way men and women are still thought of as far as societal roles becomes more clear when one considers marital status. In 2019, if one compares men and women between those who were never married and those who are, 59% of married women with a present spouse work, while 65% of women who never married work. As women married, they tended to work less outside the home. Compare this to how 73% of married men with a present spouse work, while 68% of men who have never married work, so, contrastingly, married men tended to work more than unmarried men. The difference is even more significant when considering the presence of children. While 94% of men with

children under 18 years old are in the labor force, only 72% of women in the same position are. The real bias for men to be in the workforce while women do more domestic work still very much exists today, even if it has decreased.

The discrepancy in the number of men and women in the workforce still remains, and while some small improvements have occurred in the workplace, there is still a large gap in the amount of housework done in married couples between wives and husbands. Even considering those without children, [while women typically do 17 hours of housework per week, men only do 10](#). Then, in families with 3 or more kids, the amount of housework done by women jumped up to 28 hours per week; for men, it was still only about 10 per week.

This difference in both kinds of work as far as one's profession and in the home, demonstrates just how large the difference in expectations is for men and women. We are all raised with certain ideas about what men and women ought to do in life, which shape both our own behaviors, and our expectations for both ourselves and our partners in marriage. But when there are differences in what is expected between men and women, this can sometimes lead to people being forced into roles that they don't want, or being treated as unusual when they go against the expectations. It shouldn't be strange to think of the possibility of a wife who is the primary breadwinner for the family, and a husband who might do most of the child rearing and housework. Why should that be considered unusual? I think back to where I live, and one of my neighbor families has a mother who works in information technology, and the father is a househusband. In my own family, when I was younger, my mother was the one who stayed home to care for my siblings and I, but now my father actually does the vast majority of the housework as my mother is focusing on her career. There are other ways for a family to split up the work than our culture often seems to expect. However, for many, social stigma and discrimination can get in the way other options. For example, [according to a study conducted in Germany](#), because women are more likely to be expected to be in charge of childcare, women who were married and had young children, or were seen as likely to have children, were at a disadvantage during the hiring process for part-time jobs when compared to those who either had adult children or were unmarried. And [men don't escape problems](#) when they try to break social norms either – stay at home fathers often struggle to find support and form social connections with other stay at home parents (usually mothers), as often support and education groups are targeted at new mothers.

In many areas, it is becoming more common for couples to evenly split things like housework, and it is becoming more acceptable for women to be the primary breadwinner, with their spouse being a househusband, but the social stigma sometimes associated with this counter-cultural approach still exists. There are many other influences that are further enforcing this inequality in gender expectations, such as the continued problem of unequal pay between genders, among the many other forms of workplace discrimination that women face. Because men have on average higher pay than women, it is often better financially for a married couple to decide that the wife will stay home, while the husband works. Additionally, men don't face the same types of harassment and discrimination that women face in the workplace, and will have greater motivation to continue working. All of these are problems that would take too long to discuss in themselves here, but it is clear that they contribute to perpetuating the bias toward the working husband and housewife, which then feeds the idea that women should be the ones doing housework. Moving toward a culture where it is considered normal for either a woman or man to decide to focus on their profession, for both a man and woman to stay at home and focus on caring for their home, for both genders to have equal responsibility and expectations for things as basic for living as cooking and doing laundry, will be a shift for many out there. However, it isn't the 1940s anymore; it is about time our ideas about who and what people can and should be moved beyond gender to what they personally want to be and do with their life.

### **References:**

Beuka, Robert. "Imagining the Postwar Small Town: Gender and the Politics of Landscape in *It's a Wonderful Life*." *Journal of Film and Video*, vol. 51, no. 3/4, University of Illinois Press, 1999, pp. 36–47, <http://www.jstor.org/stable/20688219>.

# Pulse

---

## PULSE

# 22 Books to Read in 2022

Isabella Koh 03.11.22



Photo by Public Domain

---

As an English major, I have a deep love for the power of books. They tell stories that bring people together, teach people about themselves, and push for change. The written word can bring so many rich, valuable voices to the forefront of our world, providing important insight into the lives we live today.

I set aside a Saturday evening to search through book lists and review sites in order to bring you twenty-two of the most interesting-looking new releases of 2022. I took a deep dive into the internet to put together a catalog of diverse stories, voices and genres. The list that I have compiled here are books that sparked my interest, and, at times, pushed me outside of my comfort genres and zones to find voices that I have not encountered before. There's everything from lighthearted YA novels to hard-hitting historical fiction, and I hope that it serves a wide variety of audiences.

In honor of Women's History Month, I've included titles from women of varied backgrounds, passions, and storytelling styles. Danyel Smith writes about the history of black women in pop music, Isabel Allende tells the story of a woman whose life is bookended by pandemics, Laura Gao highlights her experience as a Wuhanese-American in the form of a graphic novel, and Jane Holloway edits an anthology of poetic works about the meaning of home. Wherever your interests may lie, I hope that you'll have the chance to explore new voices and celebrate the stories that they have to tell.

As a disclaimer, I have not read any of these books yet, simply because the majority of them have not been released. Their inclusion on this list was based on an interest in their synopses and any pre-reviews or current reviews that existed on various book platforms. If you are interested, I encourage you to delve deeper and do some exploring of your own. I hope that you'll discover something new and, perhaps, find a new book to engage with and love. Wishing you happy reading!

**Nonfiction:**

“Dark and Magical Places: The Neuroscience of Navigation” by Christopher Kemp  
Available Now (as of Jan. 20, 2022)

Synopsis from [Goodreads](#):

Inside our heads we carry around an infinite and endlessly unfolding map of the world. Navigation is one of the most ancient neural abilities we have—older than language. In “Dark and Magical Places,” Christopher Kemp embarks on a journey to discover the remarkable extent of what our minds can do... A book for anyone who has ever felt compelled to venture off the beaten path, “Dark and Magical Places” is a stirring reminder of the beauty in losing yourself to your surroundings. And the beauty in understanding how our brains can guide us home.



“Shine Bright: A Very Personal History of Black Women in Pop” by Danyel Smith  
Available Apr. 19, 2022

Synopsis from [Penguin Random House](#):

A weave of biography, criticism, and memoir, “Shine Bright” is Danyel Smith’s intimate history of Black women’s music as the foundational story of American pop. Smith has been writing this history for more than five years. But as a music fan, and then as an essayist, editor (Vibe, Billboard), and podcast host (Black Girl Songbook), she has been living this history since she was a latchkey kid listening to ‘Midnight Train to Georgia’ on the family stereo.

**Fiction:**

“No Land to Light On” by Yara Zgheib  
Available Now (as of Jan. 4, 2022)

Synopsis from [Goodreads](#):

“Exit West” meets “An American Marriage” in this breathtaking and evocative novel about a young Syrian couple in the throes of new love, on the cusp of their bright future...when a travel ban rips them apart on the eve of their son’s birth ... Achingly intimate yet poignantly universal, “No Land to Light On” is the story of a family caught up in forces beyond their control, fighting for the freedom and home they found in one another.”

“True Biz” by Sara Nović  
Available Apr. 5, 2022

Synopsis from [Penguin Random House](#):

A transporting novel that follows a year of seismic romantic, political, and familial shifts for a teacher and her students at a boarding school for the deaf, from the acclaimed author of “Girl at War” ... This is a story of sign language and lip-reading, disability and civil rights, isolation and injustice, first love and loss, and, above all, great persistence, daring, and joy. Absorbing and assured, idiosyncratic and relatable, this is an unforgettable journey into the Deaf community and a universal celebration of human connection.

“Night of the Living Rez” by Morgan Talty  
Available Jul. 5, 2022

Synopsis from [Goodreads](#):

Set in a Native community in Maine, “Night of the Living Rez” is a riveting debut collection about what it means to be Penobscot in the twenty-first century and what it means to live, to survive, and to persevere after tragedy... In a collection that examines the consequences and merits of inheritance, “Night of the Living Rez” is an unforgettable portrayal of a Native community and marks the arrival of a standout talent in contemporary fiction.

### **Historical Fiction:**

“Violeta” by Isabel Allende (translated by Frances Riddle)

Available Now (as of Jan. 25, 2022)

Synopsis from [Goodreads](#):

This sweeping novel from the New York Times bestselling author of “A Long Petal of the Sea” tells the epic story of Violeta del Valle, a woman whose life spans one hundred years and bears witness to the greatest upheavals of the twentieth century... Told through the eyes of a woman whose unforgettable passion, determination, and sense of humor will carry her through a lifetime of upheaval, Isabel Allende once more brings us an epic that is both fiercely inspiring and deeply emotional.

“Woman of Light” by Kali Fajardo-Anstineu

Available Jun. 7, 2022

Synopsis from [Penguin Random House](#):

A dazzling epic of betrayal, love, and fate that spans five generations of an Indigenous Chicano family in the American West, from the author of the National Book Award finalist “Sabrina & Corina”...the wildly entertaining and complex lives of the Lopez family fill the pages of this multigenerational western saga. “Woman of Light” is a transfixing novel about survival, family secrets, and love—filled with an unforgettable cast of characters, all of whom are just as special, memorable, and complicated as our beloved heroine, Luz.

“Horse” by Geraldine Brooks

Available Jun. 14, 2022

Synopsis from [Penguin Random House](#):

A discarded painting in a junk pile, a skeleton in an attic, and the greatest racehorse in American history: from these strands, a Pulitzer Prize winner braids a sweeping story of spirit, obsession, and injustice across American history...Based



on the remarkable true story of the record-breaking thoroughbred Lexington, “Horse” is a novel of art and science, love and obsession, and our unfinished reckoning with racism.

### **Science Fiction:**

“Mickey7” by Edward Ashton

Available Now (as of Feb. 2, 2022)

Synopsis from [Macmillan Books](#):

Mickey7 is an Expendable: a disposable employee on a human expedition sent to colonize the ice world Niflheim. Whenever there’s a mission that’s too dangerous—even suicidal—the crew turns to Mickey. After one iteration dies, a new body is regenerated with most of his memories intact. After six deaths, Mickey7 understands the terms of his deal...and why it was the only colonial position unfilled when he took it.

Note: Soon to be adapted into a movie by Bong Joon Ho (dir. “Parasite”), starring Robert Pattinson.

“Sea of Tranquility” by Emily St. John Mandel

Available Apr. 5, 2022

Synopsis from [Penguin Random House](#):

“The award-winning, best-selling author of “Station Eleven” and “The Glass Hotel” returns with a novel of art, time, love, and plague that takes the reader from Vancouver Island in 1912 to a dark colony on the moon five hundred years later, unfurling a story of humanity across centuries and space...A virtuoso performance that is as human and tender as it is intellectually playful, “Sea of Tranquility” is a novel of time travel and metaphysics that precisely captures the reality of our current moment.”

### **Personal Growth:**

“Toxic Positivity” by Whitney Goodman

Available Now (as of Feb. 1, 2022)

Synopsis from [Penguin Random House](#):

In this refreshingly honest guide, sought-after therapist Whitney Goodman shares the latest research along with everyday examples and client stories that reveal how damaging toxic positivity is to ourselves and our relationships, and presents

simple ways to experience and work through difficult emotions. The result is more authenticity, connection, and growth—and ultimately, a path to showing up as you truly are.

“Find Your People” by Jennie Allen

Available Now (as of Feb. 22, 2022)

Synopsis from [Penguin Random House](#):

In a world that’s both more connected and more isolating than ever before, we’re often tempted to do life alone, whether because we’re so busy or because relationships feel risky and hard. But science confirms that consistent, meaningful connection with others has a powerful impact on our well-being. We are meant to live known and loved...In “Find Your People,” you’ll discover exactly how to dive into the deep end and experience the full wonder of community.

### **Young Adult:**

“Daughter of the Moon Goddess” by Sue Lynn Tan

Available Now (As of Jan. 11, 2022)

Synopsis from [Goodreads](#):

A captivating debut fantasy inspired by the legend of Chang'e, the Chinese moon goddess, in which a young woman’s quest to free her mother pits her against the most powerful immortal in the realm... “Daughter of the Moon Goddess” begins an enchanting, romantic duology which weaves ancient Chinese mythology into a sweeping adventure of immortals and magic—where love vies with honor, dreams are fraught with betrayal, and hope emerges triumphant.

“You, Me, and Our Heartstrings” by Melissa See

Available July 19, 2022

Synopsis from [Barnes and Noble](#):

“Noah, a cello prodigy from a long line of musicians, wants to stick to tradition. Daisy, a fiercely independent disabled violinist, is used to fighting for what she wants and likes to take risks. But the two surprise each other when they play. They fall perfectly in tune... Daisy is tired of her disability being the only thing people see about her, and all of the attention sends Noah’s anxiety disorder into high speed. They can see their dream coming closer than it’s ever been before. But is the cost suddenly too high?”

“The Lies We Tell” by Katie Zhao  
Available Aug. 9, 2022

Synopsis from [Barnes and Noble](#):

From the author of “How We Fall Apart” comes a tense and thrilling YA about what it means to not feel safe in the places we call home... “The Lies We Tell” is a social activism/we all belong here anthem crossed with a thriller and with a rivals-to-romance relationship set on a college campus.

### **Memoir:**

“The Beauty of Dusk” by Frank Bruni  
Available Now (As Mar. 1, 2022)

Synopsis from [Simon & Schuster](#):

From New York Times columnist and bestselling author Frank Bruni comes a wise and moving memoir about aging, affliction, and optimism after partially losing his eyesight... The result is a poignant, probing, and ultimately uplifting examination of the limits that all of us inevitably encounter, the lenses through which we choose to evaluate them and the tools we have for perseverance. Bruni’s world blurred in one sense, as he experienced his first real inklings that the day isn’t forever and that light inexorably fades, but sharpened in another. Confronting unexpected hardship, he felt more blessed than ever before. There was vision lost. There was also vision found.

“Messy Roots” by Laura Gao  
Available Now (As of Mar. 8, 2022)

Synopsis from [Goodreads](#):

“After spending her early years in Wuhan, China, riding water buffalos and devouring stinky tofu, Laura immigrates to Texas, where her hometown is as foreign as Mars—at least until 2020, when COVID-19 makes Wuhan a household name. In “Messy Roots,” Laura illustrates her coming-of-age as the girl who simply wants to make the basketball team, escape Chinese school, and figure out why girls make her heart flutter. Insightful, original, and hilarious, toggling seamlessly between past and present, China and America, Gao's debut is a tour de force of graphic storytelling.”

### **Mystery:**

“The Violin Conspiracy” by Brendan Slocumb  
Available Now (as of Feb. 1, 2022)

Synopsis from [Goodreads](#):

Ray McMillian loves playing the violin more than anything, and nothing will stop him from pursuing his dream of becoming a professional musician...And when he makes the startling discovery that his great-grandfather's fiddle is actually a priceless Stradivarius, his star begins to rise. Then with the international Tchaikovsky Competition—the Olympics of classical music—fast approaching, his prized family heirloom is stolen...But now his family and the descendants of the man who once enslaved Ray's great-grandfather are each claiming that the violin belongs to them. With the odds stacked against him and the pressure mounting, will Ray ever see his beloved violin again?

“Summer’s Edge” by Dana Mele  
Available May 31, 2022

Synopsis from [Goodreads](#):

Emily Joiner was once part of an inseparable group—she was a sister, a best friend, a lover, and a rival. Summers without Emily were unthinkable. Until the fire burned the lake house to ashes with her inside... Eerie events culminate in a stunning accusation: Emily’s death wasn’t an accident. And all the clues needed to find the person responsible are right here. As old betrayals rise to the surface, Chelsea and her friends have one night to unravel a mystery spanning three summers before a killer among them exacts their revenge.

### **Graphic Novel:**

“How to Take Over the World” by Ryan North  
Available Mar. 15, 2022

Synopsis from [Penguin Random House](#):

Taking over the world is a lot of work. Any supervillain is bound to have questions: What’s the perfect location for a floating secret base? What zany heist will fund my widely ambitious plans? How do I control the weather, destroy the internet, and never, ever die?

In this introduction to the science of comic-book supervillainy, [Ryan North] details a number of outlandish villainous schemes that harness the potential of today’s most advanced technologies... You don’t have to be a criminal mastermind

to share a supervillain's interest in cutting-edge science and technology. This book doesn't just reveal how to take over the world—it also shows how you could save it.

“Squire” by Sara Alfageeh and Nadia Shammam

Available Now (As of Mar. 8, 2022)

Synopsis from [Sara Alfa Illustration](#):

Squire is a young adult graphic novel set in an alternate history Middle East/North Africa. This YA comic follows 14-year-old Aiza, who trains to become a knight for a war-torn empire while hiding her true background as a girl from conquered lands.... Now, ravaged by famine, Bayt-Sajji finds itself on the brink of war once again. This means Aiza can finally enlist to the competitive Squire training program....

Hiding her Ornu status in order to blend in, Aiza must navigate friendships, rivalries, and rigorous training under the merciless General Hende. As the pressure mounts, Aiza realizes that the “greater good” Bayt-Sajji's military promises might not include her, and that the recruits might be in more danger than she ever imagined.

### **Poetry:**

“No Place Like Home” (Anthology, edited by Jane Holloway)

Available Now (as of Feb. 1, 2022)

Synopsis from [Walden Pond Books](#):

Poets from around the world celebrate the universal appeal of the comforts of home in this unique anthology. Whether inhabited or remembered, whether solitary or teeming with family, whether a refuge from the world or a connection to a community, home is essential to the self. The poems in this anthology invite us into urban apartments and cozy cottages, stately mansions and hermits' huts...Wherever you happen to dwell or whatever your idea of domestic bliss, you are sure to find visions that resonate in “No Place Like Home.

PULSE

# A Reflection on “Still I Rise” by Maya Angelou

Alannah Tjhatra [03.11.22](#)



Photo by Getty Images

---

The first time I heard Maya Angelou recite this [poem](#), I almost cried. It was a two-minute [YouTube clip](#) that I’m sure did no justice to the live performance—but it still gave me the shivers, how she spoke with so much strength and conviction. In the video, Angelou conveys a sense of resilience that cannot be broken. And absorbing her work that first time made me feel that I could not be broken, either. Her words made people feel alive, electrified. Her words spoke to the power of women everywhere.

Published in the late summer of 1978, “Still I Rise” has become a well-loved gem of both African-American and feminist literature. It’s a nine-stanza poem separated into uneven sets of lines, conjuring luxurious imagery of rich oil wells, celestial

bodies, and gold mines in one's backyard. Each line, rhyme, and syllable rolls off your tongue like heaven when you read it out loud.

The poem, as conveyed by its title, is about confidence, self-respect, resilience. This is something that Angelou learned as she grew up—a well-documented narrative that is masterfully-explored in her memoir “I Know Why the Caged Bird Sings” (as well as in the memoirs that came after this). It speaks to the strength that Angelou learned from her life experiences and from the women who raised her. The poem essentially reminds us that hardship will be overcome, that women's voices were never meant to be suppressed; that we can be confident, sassy, assertive, funny, sexy, haughty, and everything else—and do not have to apologize for it. I especially love these two stanzas here:

*You may shoot me with your words,  
You may cut me with your eyes,  
You may kill me with your hatefulness,  
But still, like air, I'll rise.*

*Does my sexiness upset you?  
Does it come as a surprise  
That I dance like I've got diamonds  
At the meeting of my thighs?*

The first stanza acts as a powerful climax to a mighty poem. And the second claims a woman's sexuality as her own, not for anyone else's taking. It embodies the boldness and tenacity of it all.

The victim will rise up, the slave will overcome adversity, the woman will become all she was meant to be, and more. We have come a long way. But there is still work to be done. As long as prejudice and bigotry still exist—though they may exist in more “subtle” ways than before—we need to continually strive for better. “Still I Rise,” though written forty-four years ago, is still so relevant today. Throughout the entire poem, the lines “I rise” are repeated like a mantra, attesting to the power and strength of Blackness as well as womanhood. The “I” referenced in the poem is not singular—it acts as a collective voice that consists of all those who have been oppressed before. Like dust, like air, like hopes springing high, we will rise.

-----  
Maya Angelou serves as an example of a great poet who used her words to empower others. This Women's History Month, we can also celebrate the poets

who have come before and after her. I have linked just a few of the poems I have discovered and enjoyed below.

[“won’t you celebrate with me”](#) by Lucille Clifton

[“They shut me up in Prose”](#) by Emily Dickinson

[“Postfeminism”](#) by Brenda Shaughnessy

If you’d like to explore further, you can also find more in this [Poetry Foundation collection](#) and this [compilation](#) of contemporary women poets. I hope their words remind you of the hope, strength, and reliance of the incredible women in our lives.

## PULSE

# Women & Adventism

Karenna Lee [03.11.22](#)



Photo by Neonbrand (Unsplash)

---

On the Andrews campus, Seventh-day Adventism significantly influences students' experiences with gender. Our community dictates the culture we internalize, and the Adventist community is no exception. For the most part, the church's definition of what is acceptable for men and women is narrower than



general society's. Historically, we have upheld distinct expectations for men and women.

Though [some Adventist conferences and unions ordain female pastors](#), the General Conference does not officially permit this. Furthermore, a number of Adventists champion a specific interpretation of the Biblical dynamics of marriage found in Ephesians 5:22-27. Verse 22 states, "Wives, submit yourselves unto your own husbands, as unto the Lord." Its companion, verse 25, continues, "Husbands, love your wives, even as Christ also loved the church, and gave himself for it." The Biblically compliant family model reflects the church with the man at the head of the family symbolizing Christ at the head of the church. Placing the man above the woman sustains unequal gender dynamics within and without the family. Oftentimes, the circles which promote these ideas will view women as subservient to men. [While the AU seminary has refuted this claim](#), this sexist framework allows other sections of the church to refuse to ordain women and treat them as second class citizens.

It is my personal belief that we should not be teaching children that their gender bars them from opportunity. Why should we tell our girls that they cannot be ordained ministers or heads of households? We gain nothing from limiting women except perhaps preserving male pride.

Along a similar vein, victim blaming plagues conservative Adventism's standards of female modesty. I grew up in a conservative Adventist church, attending major Adventist conferences with breakout sessions on modesty and participating in conservative Adventist programs like Youth Rush with strict dress codes. Within these conservative circles, women are expected to wear skirts below the knee and long-sleeved, high-collared shirts. I was told that if I did not dress modestly I would be a "stumbling block" to men. However, teaching young girls that men cannot control themselves benefits no one. Not only does it illogically blame women for men's actions, but it perpetuates a culture where women feel unsafe and unsupported in the unfortunate instance of assault. Ultimately, God has given us freewill for a reason; we should be teaching our girls and boys to exercise it properly.

The Andrews campus has left many of these overtly sexist ideas behind. Nonetheless, sexism persists in subtle ways. Many of our families expect us to find an Adventist partner while attending an Adventist college. On the surface, this aspiration appears harmless. However, the pressure to find a lifelong partner often

leads to hyper-focusing on forming romantic relationships which supersede valuable friendships and diminish the quality of the romantic relationships formed. Of course, many of us do not believe that a wife should submit to her husband, but women still frequently perform much more emotional (and, later on, household) labor than their male partners. Unfortunately, when Adventist girls are pressured into feeling like college is the last chance to find love, we settle for less—when really, it is perfectly normal to expect a partner to cook, clean, and communicate just as much as you do.

Furthermore, the Bible asks us to be Christlike—exhibiting qualities like love and meekness. Though God calls all of us to be like Him, women are inevitably held to higher standards, and on occasion, Biblical truth can be twisted into reinforcing negative female stereotypes, such as expecting women to only ever be polite and agreeable. But Jesus Himself stood up for what He believed in sometimes, even at the cost of others' comfort. Thus, as we strive to be good Christians, we can also strive to want the best for ourselves.

## The Last Word

---

### THE LAST WORD

## To Fear Femininity

Qualyn Robinson 03.11.22



Photo by Mohamed Nohassi (Unsplash)

---

Back when puberty arrived at my doorstep, unannounced, my adolescent self had abruptly become quite the overthinker. Gender roles and associations had developed early on in my life already, but the pressure to fulfill those roles intensified once I developed some bass in my voice. I'll be honest, I was always jealous of the *guy's* guys—distinctly masculine, sport-loving, sociable stars—probably because I had none of those traits. I talked with a lisp and liked musicals and for me, that was the end of the world. But don't fret, this is not a sob story about my puberty-era insecurities. This is a story of admiration and appreciation to the women in my life who crafted a young man with their feminine energies.

I always found my grandmother to be an extremely captivating woman and when I was younger, it felt like I couldn't spend enough time with her. She adored the theater, was a serious bookworm, and always made a statement on a Saturday at church with her many, many hats. Her burnt orange-colored walls and tiled floors accompanied by purple curtains, black art, and zebra-printed loveseats always left an impression. She was even a seamstress, creating several outfits that I wore cheerfully as a child. Like me, my grandmother *loudly* expressed herself through her creative influences. I constantly found myself inspired by her theatrical expressions and over-the-top hand gestures. If she had something to say, whether verbally or through her fashion and style, you were going to hear it—and that was an attitude I wanted to initiate in my life.

It was an unfortunate moment as a kid when I realized that I did not, in fact, have the capability to absorb my grandmother's innate confidence, and that my journey of self-love and discovery was only just beginning. Growing up felt like consistent teeter-tottering between "manning up" or being vulnerable, both of which had negative consequences. But what happens when the most trivial things make you anxious? Can I wear this color? Can I walk this way? Talk this way? Masculinity was difficult to earn but easy to lose.

But then there was my mom, who raised me by herself for most of my life. She didn't have the resources of an onsite handyman at our home. Yet, the grass was always cut, messes were always clean, and damaged goods were rebuilt. My mom just got things done, and she managed to do so without a partner. She exhibited both conventional masculinity and femininity—she was self-sacrificing while being my sole provider and caring for me in a loving home. There's a power in raising a child alone while simultaneously succeeding and growing in your career. It's a

testament of one's will to push forward and succeed, and a power that makes me confident in where I come from.

Being constantly afraid of doing anything remotely feminine became exhausting fast, and I decided that there were more things to stress about. But sometimes I still get insecure. Sometimes I still limit myself. And sometimes I just like blending in. That's okay. If I don't want pressure from others why give it to myself?

I am on a continuous journey of understanding who I am and in what direction my future is headed. But such things aren't clear without looking back at my past, and understanding where I came from, who inspired me, and who discouraged me, because these things have all made me, me. Therefore, I admire my grandmother, mother, and every other single woman in my life that has graced me with her confidence, power, and most significantly, her love.