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The Student Movement v. 106 (2021-2022)

Student Movement

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## The Student Movement Volume 106 Issue 18: Spring, Strings, and Jeans: AU Composers Take the Stage

Lauren Kim

Irina Gagliu

Grace No

Megan Napod

Gabriela Francisco

*See next page for additional authors*

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**Authors**

Lauren Kim, Irina Gagliu, Grace No, Megan Napod, Gabriela Francisco, Solana Campbell, Sion Kim, Andrew Pak, Chris Ngugi, Lyle Goulbourne, Angelina Nesmith, Alexander Navarro, T Bruggemann, Isabella Koh, and Gloria Oh

## Spring, Strings, and Jeans

AU COMPOSERS TAKE THE STAGE



Photo by Dawson Par

# Humans

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HUMANS

## Freshman Spotlight Interview: George Isaac

Interviewed by: Lauren Kim 04.08.22



Photo by George Isaac

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*As we come to the end of the 2021-2022 school year, I decided to sit down with George Isaac (freshman, biology) to discuss and reflect on his freshman year at Andrews.*

**How was your first year at Andrews?**

Overall, my first year at Andrews has been a really fun experience. I think that spending time with all of the new friends I've made over the course of this year is the main reason that I enjoy being here at Andrews. This is also the first year I've spent away from home and it's definitely been an eye-opening experience.

**What did you enjoy during your first year at Andrews? What did you not enjoy?**

I enjoyed meeting people here, especially during freshman orientation when I would go to Silver Beach and hang out with the new friends that I made throughout the week. I also enjoyed participating in intramurals such as flag football, volleyball, and basketball. One thing that I did not enjoy during my first year at Andrews was the cold weather. I've lived in Southern California for my entire life so dealing with the cold winter months in Michigan wasn't the most enjoyable experience for me.

**What things changed for you over the course of the year?**

Over the course of the year, a lot of things changed for me because I have never lived independently of my parents so I had to learn how to manage my time and be more responsible. The way that I handle my relationships has also changed since I have a completely new group of friends here while I still try to stay in contact with my old friends and family back at home.

**What were some aspects of the college experience that surprised you?**

The snow. I obviously knew that it snows during the winter in Michigan, but I didn't think too much about how I would have to get up early to scrape ice and snow off my car in the mornings or walk to class in the snow and freezing temperatures. An educational aspect that surprised me was that many professors seemed to genuinely care about their students and do whatever they could to help the students in their classes succeed and do well.

**What are some important things you learned this year?**

I learned that keeping my priorities straight is important because it's really easy to get distracted when there are so many things constantly going on around you. I also learned from some upperclassmen that making good impressions on professors is important because they will be writing my recommendation letters to graduate schools in the future.

**Do you have a favorite memory from this school year?**

I would say that my favorite memory from this school year was on a Sabbath afternoon in the fall when I went to Silver Beach and just hung out with a big group

of my friends. I think that this is my favorite memory because it was one of the first times that I can remember hanging out with a lot of the people that are now some of my closest friends.

## HUMANS

# From Berrien Springs to Beirut – A Spring Break Mission Trip

Interviewed by: Irina Gagliu 04.08.22



Photo by Irina Gagliu

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*This past spring break, I was able to join “The Friendship Team,” --a group of 10 individuals from the Andrews University community--on a mission trip to Lebanon. I sat down with one of the other team members, Adriana DePalma (senior, public health), to get her perspective on the experience.*

### **Where did you go for spring break this year?**

I went with a group called “The Friendship Team” to Beirut, Lebanon. We stayed at the Middle Eastern University (MEU)--a Seventh-day Adventist institution located

within the city. The whole trip was led and organized by Dr. Glenn Russell—the chair of the Department of Religion & Biblical Languages.

**Could you tell me about The Friendship Team? And what were your goals for this mission trip?**

Our team prepared a series of programs we planned to show at a few local Seventh-day Adventist schools. We called it a Week of Spiritual Emphasis—very similar to a Week of Prayer. We hosted a whole week at MEU for the college students and the Adventist School of Bouchrieh (ASB)—a K-12 school.

**What about preparations? How long had you and the team been preparing for this trip?**

The students of the Friendship Team oversaw what would be said and done during our programs. We had been meeting on Monday evenings for 1-3 hours of work time as we tried to focus on the messages we wanted to share and our overall theme for the week, which was “Habits.” We talked about improving our relationships with God, having more focused prayer lives, and even reading Scripture.

Honestly, the preparation for this trip was one of the most difficult parts. I am sure it was incredibly stressful for Dr. Russell, who had to plan and communicate with so many staff members to orchestrate this program and our travel plans. This was his 20th year bringing a team to Beirut, but there were a lot of elements to clarify.

**How did you hear about this mission trip, and what made you decide to join the team?**

When I first came to Andrews, I heard a lot about mission trip opportunities, and I had always wanted to go on one. My sister used to go to Andrews, and she had taken a few classes from Dr. Russell before, so she was the one who told me about him. She also mentioned how he goes on an annual mission trip to Lebanon, so I thought that sounded interesting. Eventually, when I was able to take a class from Dr. Russell, he mentioned the trip again to me and asked if it would be something I'd be interested in joining. At first, I thought it just sounded interesting. But the more I heard about it, I realized this could be an incredible experience, and it was.

**Did you have any opportunities to do anything else outside of leading the Week of Spiritual Emphasis?**

We also held evening worship services—more chill experiences where the MEU students and staff could come together as a community. These were different from how regular meetings are typically done since we would read Scripture together

and then have time to journal our thoughts and opinions. Besides these services, we also spent time with the students at the different schools. We were also able to travel to Tyre and Sidon to visit historical sites mentioned in the Bible!

**Did everything go as planned in terms of what you were expecting to do or see on the trip?**

Dr. Russell and our other chaperone, Kelly Gabriel, worked hard to prevent any hiccups from happening. They made sure to cover all the bases with the needed Covid-19 regulations, travel documents—every detail to ensure everything went as smoothly as possible. However, of course, there were a few hiccups. We couldn't do all the programs for ASB as we had hoped, but this also allowed us to find other ways to minister. For example, we were able to visit the Adventist Learning Center (ALC) for Syrian refugees, which we weren't planning to do. So, although we weren't able to do everything we had planned, we still had some outstanding outreach and ministry experiences.

**Is there anything that you found particularly notable about the culture in Lebanon?**

I think the main thing that amazed our team was the hospitality we were greeted with. Everyone was just so kind! We met such encouraging and supportive people, both on-campus and off-campus. This constant hospitality showed the Christlike characteristics of so many good people.

**Are there any memories or experiences from the trip that especially stick out to you?**

I feel like the connections we made with the students at MEU were much more significant than any of us expected. When I thought about making friends with them, I thought it would be a little tricky. I thought: They have their own friends, schoolwork, and busy lives. If a mission group came to Andrews and tried to make friends with us, I could see that as a weird experience—having a random person coming up to you and trying to get to know you.

But the friendships we ended up making were so great! We played a lot of games together—like Dutch Blitz (with twelve people at once, I have to add), Uno, and even some drawing games. We were also invited to have meals with different families and hosts from the Beirut community. One of the schools we visited, Adventist School Mouseitbeh (ASM), even hosted a dinner for us. Eating together with such a friendly, wholehearted community was so special.



**Were there any life lessons you took away from this experience?**

One thing that surprised me about this experience was how much I learned about myself, as well as my relationship with God. When people think about mission work, I feel like most tend to focus on how they will serve others. But in reality, you're also taking vital steps in your relationship with God and your own personal growth. It's a mutually beneficial experience.

**Is the Friendship Team planning on returning to Lebanon in the future? Or do you see yourself returning for more experiences?**

Absolutely! This was a very eye-opening experience for me. I had always known that I wanted to go on some mission trips, but whenever I explored different mission opportunities, I never felt called to any of them. Yet after this experience, I know this is something that I want to do and will try to continue in the future. I know the Friendship Team tries to go to Lebanon every year, so I would love to be a part of this team again if possible.

After visiting MEU, I became interested in their offered college courses, so I could also see myself attending the school for a semester and possibly volunteering at the local refugee center. I would love to learn more about the culture in Lebanon, but I also love how diverse the university is. There aren't just Lebanese students who attend, but also Brazilians, Egyptians, and many other people from around the world. Andrews is also a very diverse school, but because MEU is so much smaller, I feel like people make more connections with each other while getting a unique experience in another country.

**Is there anything you'd like to share specifically with the AU students, perhaps those thinking about exploring mission work?**

If you're thinking about going on a mission trip, I think joining the Friendship Team would be an excellent start. The length of the journey varies between years—sometimes only lasting a week or two—but it's a perfect way to connect with others. You don't have to be an outgoing person. If you're someone who truly wants to serve others and make connections, I think this is an experience that you should honestly look into. Before going on this trip, I expected that I'd find the work to be fulfilling, but not like a leisurely vacation experience. But I realize this has been far better than any vacation I've been on. The experiences I've had on this trip have been the best of my entire life, so I would definitely recommend looking into this or any of the other mission trips that Andrews provides.

## HUMANS

# Student Workers Across Campus

Interviewed by: Grace No 04.08.22



Photo by Dawson Par

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*Andrews University offers a variety of working opportunities for students on campus, from food service, to the local radio station, to serving as RAs or even working in our school library. I have interviewed some of our student workers at Andrews to get a little peek at what their jobs entail and how they feel about their jobs on campus.*

**Abigail Lee (sophomore, sociology) works at the WAUS school radio station here at Andrews University in the Howard Performing Arts Center.**

### **What does your job entail?**

This year I was hired as a student announcer for the radio station, which means I have a specific time when I get to announce on air. I attend meetings and currently am working on a fundraiser. Basically, we ask a lot of our listeners for money which is really great because it takes a lot of money to run a radio station and it gives us a chance to talk on air, show our personalities and get to know the other workers along with the older announcers.

**What are some aspects of your job that you either like or dislike?**

I really love radio, and I hope to eventually get a career in it. And so this feels like a real foot in the door which I know a lot of college students don't get. Even stations that have their own college station don't necessarily provide the same level of professional work that working at a public station such as WAUS does. I also get to learn more about classical music. I never learned instruments as a kid and classical music isn't something I listened to a lot, but now I do. And that's great.

**Alex Hess (junior, English) works at the English department front desk.**

**What does your job entail?**

It's not bad at all. You just have to occasionally answer the phone or help people if they have a question (generally where an office is or how to sign up for the writing center).

**What skills do you think this job has helped you gain?**

Working at the front desk has helped me learn how to work with other people—especially when they're asking for help or don't exactly know what they're looking for. I always try my best to steer them in the right direction. It's helped me become a better communicator as well since I have to occasionally represent the department through emails or phone calls.

**Akya Waller (senior, art therapy) works as a Lamson Hall RA.**

**What are some aspects of your job that you either like or dislike?**

I like meeting new people and getting a bit of insight into people's lives. It's nice to be a person that can help with problems and know people feel comfortable talking to me about them. However, the hours are really late at night, so if you're tired all day and have to get up again at 10 pm, it's really inconvenient. It's also hard giving noise warnings because it's really awkward when you have to see them again all week.

**Solana Campbell (sophomore, business management) works at the James White Library.**

**What is your job like at the Library and what do you enjoy about it?**

I love working for Patron Services at the library. The supervisors and librarians, as well as my fellow coworkers, are some of the kindest people I've ever met. Not only is my job a great way to unwind after stressful classes, by chatting with patrons and shelving in the stacks, but the supervisors are very accommodating of my class schedule and exams. There are also plenty of opportunities to expand your

knowledge and it's great to be able to put knowing the Library of Congress sorting system on my resume!"

**Rachelle Evano (junior, public health and sociology) works at the Andrews Cafe.**

**What do you like and dislike about working for the Andrews Cafe, and what do you do at your job?**

I like the cafe because it's just chaotic enough for me. It helps keep me from being bored most of the time while I'm there. The thing I dislike the most though is probably when I work Sabbath lunches. Just because there's too much chaos. Most of the time I'm doing cashier work on the daily.

## Arts & Entertainment

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### ARTS & ENTERTAINMENT

# Creative Spotlight: "In Passing" Podcast

Interviewed by: Megan Napod [04.08.22](#)

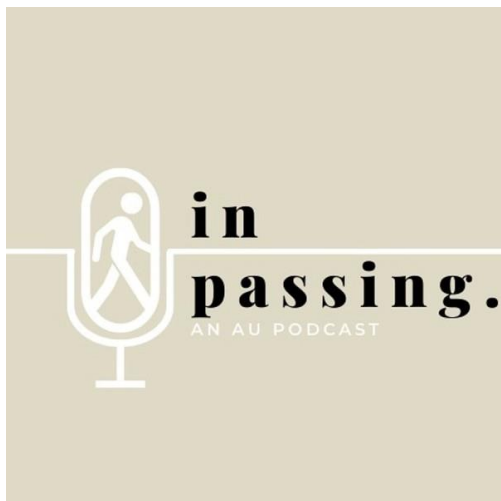


Photo by University Faith

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*The “In Passing” Podcast is a student-led project hosted and directed by Kendra Miranda (senior, psychology and religion) with co-hosts Raabe Garcia (senior, communications and theology), and Isaac Peterson (junior, religion).*

### **How did this podcast start?**

**KM:** It originated in CFE as an initiative to create more community and to use storytelling to spark a sense of community on campus. As a student chaplain in CFE, this was one of the projects I started to develop and the pot was stirring for a few months in Fall 2021 with some basic groundwork, but it didn’t take off until January 2022.

I was looking for 2 others to join the team as we had already made all the purchases and bought our equipment. I knew it was important to expand the team, and God brought just the two perfect people to mind—Isaac and Raabe. So I reached out to them and scheduled a dinner meeting. As I pitched the project to them over the dinner table, it was such a natural, exhilarating conversation as we started to create. The name came about as we just brainstormed, had fun, and talked about the purpose of the podcast and what we hoped to accomplish.

**RG:** Kendra mentioned the podcast a few times before our first unofficial meetup at the cafeteria where we sat across each other munching on grilled cheese and steamy tomato soup. With a computer in hand Kendra sketched out the concept as my eyes and Isaac’s sparkled. We were hooked. At one point, Isaac began doodling on a napkin brainstorming title concepts for the pod. Hashing out ideas, I blurted “what about passing by?” It stuck. Rebranding it to “in passing,” we solidified a clearer purpose and action plan.

**IP:** This podcast started literally on a napkin at the cafeteria. Kendra was eating food with myself and Raabe and a few other friends and explained to us that Campus Ministries wanted to have some sort of podcast that involved students. I jumped at saying yes, because I love to have an excuse to talk on and on.

### **What do you hope to accomplish with the podcast?**

**KM:** Honestly, what more could we hope for than to see that the audience/listeners are inspired to “pass by” people well. I mean, we see so many people on any given day on campus and we pass by them, but what would it look like to let our curiosity be entertained in a way that results in a meaningful experience, lessons learned, light bulbs going off between people that simply care enough to know the stories of those that they walk by “in passing?” That looks like not being afraid to share and

talk about stories, knowing that you aren't alone in your experiences, and realizing even if just a little bit more that people are beautiful; every story in itself is one to find beauty in.

**RG:** Put simply, the podcast is deep, short conversations with people like you. The purpose is to connect with students you'll normally pass by—"in passing." I find it invigorating to share stories and find points of connection.

**IP:** I would love to cultivate a space where students can be honest about their college experience here at Andrews and talk out deeper issues: faith, relationships, personal growth/development, etcetera. The purpose of the podcast is to synthesize ideas from students on campus that many of us just pass by. We intentionally try to keep the time that it takes to articulate the ideas, voiced on the pod, under 30 minutes so that an individual can listen to each episode "in passing."

**How can people listen to the podcast?**

**KM:** You can find us on Spotify, on Buzzsprout, and connect with us through the UFaith App.

We are always looking for students who want to share their stories or join the team too! DM me @kendramiranda\_ or email me mirandak@andrews.edu.

ARTS & ENTERTAINMENT

# Signal Boost: Inventing Anna

Gabriela Francisco 04.08.22



Photo by Public Domain

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*Inventing Anna is a Netflix miniseries about a journalist who explores the life of Anna Delvey, a self-proclaimed German heiress who played the New York elite's game a little too well.*

Perhaps when you were in high school you weren't very much involved, you weren't good at sports, you didn't play any instruments, and you didn't hold any leadership positions. Or maybe you were the star of your team, valedictorian, and

you were the SA President. If you were either of those people or somewhere in between, when you chose your next move after high school, there was a decision (consciously or subconsciously) being made: were you going to be the same person you've been the past four years or were you going to remake yourself? If you liked the person you were, you would most likely just keep adding onto who that person was. But, if you regretted who you were, you might have chosen to tweak a couple of things.

The above scenario, I would say, is a pretty normal event that happens as a part of one human's experience: evolving with time. The difference is that most of the ways we evolve don't include swindling hundreds of thousands of dollars from the rich elite in New York City.

The story of Anna Delvey (Sorokin) is of someone who wanted to change who they were in their past life. She was a regular girl from Russia that wanted more, so she created who she always dreamed of being. She was able to convince everyone around her that she was a German heiress and was able to live lavishly by writing fake checks and claiming issues with her bank, therefore footing the bill to her friends.

Her grand scheme was in creating the Anna Delvey Foundation, which was to be an elite and exclusive art club. Had she been able to pull this off, she would've made her millions, been able to pay off her debts, and truly be who she was pretending to be. It was the infamous incident in Marrakech, Morocco however, that ultimately had her plans come crashing down.

Sorokin invited some of her friends to join her in a lavish trip to Marrakech, and, similar to all of her previous engagements, "her bank was having issues." She convinced her friend [Rachel] to cover all the bills they had acquired over the course of the trip (Rachel ended up having to use a combination of her personal credit card as well as her Vanity Fair company card) that summed up to around \$62,000. Even though I wanted her to be found guilty for this, she was found to be innocent, because she didn't *force* Rachel to pay.

The results of Sorokin's [trial](#) ended in the jury finding her guilty of second-degree grand larceny, theft of services, and one count of first-degree attempted grand larceny.

The most compelling part of the story, in my opinion, was the comparison made between Sorokin and the men who run Wall Street. Just a few years earlier during



the global financial crisis, men that worked in [Goldman Sachs](#) were betting against their clients, others were convincing their clients to get [loans](#) on homes they could not afford, providing the loans with money that was non-existent. Though many participated in these wildly criminal acts, none were held accountable for their actions. The difference between Anna and these men? Anna played the rich for a fool.

Although I believe Anna Sorokin deserved the punishment she received, there is a very small part of me that wishes she would've gotten away with it. If the guys on Wall Street can, why couldn't she?

## ARTS & ENTERTAINMENT

# The 94th Academy Awards: Desert Sci-Fi, Kooky Westerns, & much more

Solana Campbell [04.08.22](#)



Photo by Getty Images

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**Disclaimer:** This article is about the Oscars nominees and winners, not the Will Smith/Chris Rock situation.

Last Sunday, humans all over America turned on their TVs and tuned in to the 94th Academy Awards. For me personally, Oscars night is a bit of a holiday. I tune in to the Nominations announcement at 5:00 am, I try to watch as many of the nominees as possible, and I surf the web for each of the big newsroom's predictions, while making a few of my own, of course. For those of you who may not know much about the Oscars, let me just break it down real quick for you.

The Academy Awards nominees and winners are chosen by [The Academy of Motion Picture Arts and Sciences](#), a group made up of over 9,000 directors, actors, hair stylists, producers, editors, and more. Membership to the group is either by being nominated for an award or by being sponsored by two members of your current branch. Nominations are chosen by ballot, as well as winners. Once the nominees are chosen, tapes are sent to each member & they are asked to watch and make their choice. See this [link](#) for a more detailed version of how the voting process works.

Each Oscars winner is chosen by recognized professionals in their industry, outside of Best Picture, which is voted on by all members. This means fellow costumers vote for the Best Costumes award and fellow actresses vote for the Best Actress award.

Let's get into what you're really here for: breaking down the winners, losers, and surprises. For a full list of the nominees & winners I don't mention here, as well as clips from the Oscars, see this [link](#).

**Dune** (directed by Denis Villeneuve, starring Timothee Chalamet, Oscar Isaac, and Zendaya) carried wins in most of the technical categories, going home with 6 statuettes for Best Sound, Best Visual Effects, Best Film Editing, Best Cinematography, Best Original Score, and Best Production Design. Personally, I thought all 6 were well-deserved. This is Greig Fraser's first win for Cinematography, although I'm certain it will not be his last. His camera work in Matt Reeves' recent "The Batman" and his work on "Rogue One: A Star Wars Story" are both masterfully crafted, so he's certainly a cinematographer to watch. It's also Hans Zimmer's second win for Original Score since 1994's win for "The Lion King".

**CODA** (directed by Sian Heder, starring Emilia Jones, Troy Kotsur, and Marlee Matlin) won the night's most coveted award for Best Picture. While the film was a sleeper for most of awards season, it picked up pace toward the end, culminating in a fantastic night at the Oscars. The story tells the tale of a young woman who is the only hearing member of her family, who discovers her passion for singing. It is available to stream on Apple TV. Alongside their win for Best Picture, Heder won Best Adapted Screenplay and Kotsur won Best Supporting Actor, the second deaf actor to win an Oscar (fun fact: the first was his co-star Marlee Matlin in 1987!). Due to the success of CODA, this was the first year that the Oscars provided subtitled coverage and ASL interpreters, and truly illustrates the meaningfulness a film can provide and change it can inspire.

**The Power of the Dog** (directed by Jane Campion, starring Benedict Cumberbatch, Kirsten Dunst and Kodi Smit-McPhee) took home just one award among the many it was nominated for: a coveted Best Director award for Campion. She is the very first woman to be nominated twice for Best Director (the first of which was "The Piano" in 1994) and the third woman director to win an Oscar (after Bigelow in 2010 and Zhao in 2021). From the perspective of a woman in film, this illustrates an important transition into the era of female directors that the industry has been waiting a long time for. Allowing women the platform to tell their stories and access the world of film and media and art is so so important in today's time. See this [link](#) for my review of "The Power of the Dog" and where to stream it.

**West Side Story** (directed by Steven Spielberg, starring Rachel Zegler, Ansel Elgort, and Ariana DeBose) was nominated for 7 Oscars, in the fields of everything from Directing to Costume Design, but only took home one: Ariana DeBose for Best Supporting Actress. It's a role DeBose has been riding high this awards season, taking home a SAG Award, BAFTA award, and the Golden Globe. It seems proper to top it off with the most prestigious, an Academy Award. Her performance as Anita, a role Rita Moreno won the Oscar for in 1962, was energetic, passionate, and meaningful for many viewers. Furthermore, DeBose's win means she is the very first openly queer woman of color to win an Oscar. Hopefully, her win paves the way for many more beautiful souls to take their rightful place in this industry.

In conclusion, this year's Oscars was about so much more than the Will Smith/Chris Rock drama, and while yes, the multitude of think pieces may be warranted, it overshadows the great strides that were made in film this year. Each year, the Oscars are a chance for film lovers to champion a film that perhaps didn't make the headlines it should have, after all, these aren't Marvel movies. So take a

moment to stream CODA, a heartwarming story of love and disability making waves in the industry. Or check out Ryusuke Hamaguchi's "Drive My Car" winner of Best International film, a story of grief and love and unlikely friendship. Good movies can alter the fabric of who we are, and every year, the Academy Awards are a reminder of that.

## News

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### NEWS

# Gym Class Heroes Challenge

An interview with Rachel Keele, the director of University Wellness.

**Sion Kim** [04.08.22](#)



Photo by Megan Holmes (Unsplash)

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*For the first time in history, University Wellness is holding its first Gym Class Heroes Challenge, which began on Monday, April 4, 2022! The challenge will be held for 2 weeks, from April 4 to April 15, 2022. There will be twenty different classes offered at the Andreasen Center for Wellness and they are open to Andrews University students and employees as well as its partners.*

*Moreover, there will be prizes for the top three participants:*

*1st place: Apple Watch SE*

*2nd place: AirPods 3*

*3rd place: Free 5-Session Personal Training Package.*

*In addition, prizes will also be given to participants for engaging in the challenge on social media.*

### **What motivated you and your team to start a Gym Class Heroes Challenge?**

We had great participation in the University Wellness Step Challenge back in February, and a lot of people expressed they'd like to see more challenges happening. Since April is a time that a lot of people get busy and stop exercising (especially students), we wanted to do something that would motivate individuals to keep moving even though they're busier. We also wanted to incentivize attending the classes that we offer to motivate students and employees to try something new that they might enjoy!

### **Knowing that there are about 20 classes offered, which classes do you recommend to students who will be attending a gym class for the first time or those who are not used to working out?**

We have 20 different classes, but over 40 opportunities to attend a class each week! I think most of our instructors are really good at what we call "scaling," or showing people how to do a movement in an easier or harder way, meaning the class can work for anyone. So it really just depends on what type of workout you'll enjoy most. However, Beginning Fitness, H2O Fit (water aerobics), and Cardio Drumming are all great for those just starting out on a fitness journey. We also have classes that are non-impact and just for helping you stretch and mobilize, like Movement Therapy, Lunchtime Stretch and Restore 30.

### **Which classes do you recommend to those who want to challenge themselves?**

Some of the classes are designed to really help you push hard by getting your heart rate up and helping you keep it high throughout class. Metabolic Conditioning, Kickboxing, Cross Training, Spin X and Lunch Time Grind are all great for this. My personal favorite is STRONG Nation (maybe I'm biased because I teach it), which is high-intensity interval training to music. It's a bodyweight class, so no equipment, but you do a lot of function movements and plyometrics and by the end of the 45 minutes, you're usually soaked.

**Will this challenge be held annually?**

We're going to see how this first one goes and what the response is, but we hope to hold it annually.

**Will these classes be offered until the end of the semester?**

All of the classes will be offered through exam week. We'll start our summer class schedule (which has fewer classes) starting the first week of summer break.

**Do you have any comments or statements that you would like to share with the readers?**

I think sometimes people are nervous or uninterested in trying classes because they think everyone in class will be watching what they're doing. The truth is, people are working hard and focused on themselves or the instructor. The great thing about attending a class is that you can get an awesome workout designed by a professional who will also motivate you the whole time. Sometimes it can be a little confusing the first time you try a new class, but if you keep going, it gets more and more fun. And you usually get to know people in the class. It becomes a little community that helps hold each other accountable. Also, I know a lot of guys think classes are for the ladies, and while we DO have more females that attend classes, it is a great way to meet people and change things up from your normal routine.

As Director Keele says, the challenge is for everyone—to explore new exercises, classes, and people and to take a break from the business of life. As we run toward the end of the semester, let's seize the opportunity and enjoy the Gym Class Heroes Challenge!

NEWS

# Sunday Music Series: Andrews University Composers Concert

Andrew Pak 04.08.22



Photo by Dawson Par

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On Sunday, April 3, 2022 at 4 pm, music students and faculty got together to present a program of works at the Howard Performing Arts Center. Only, this program was filled with contemporary works all written in the 21st century—written by Andrews University’s very own composition students and professors here on campus.

Dr. Max Keller, Professor of Music Composition and Theory, introduced the 3rd annual Composers Concert—featuring mostly student compositions—and exited the stage, leaving the audience leaning forward with anticipation to hear what music had been created from the minds of the musicians here on campus.

The first performance opened with Dr. Kenneth Logan on the piano for “Music of Mourning—For Ukraine.” A powerfully relevant composition, Dr. Logan presented a sorrowful melody to acknowledge and hear the suffering of others across the

world, demonstrating the capacity for art to capture more depth and meaning than the words I could write on this page. He says “this piece is based largely on a somber piano improvisation of mine this last February 16, about a week before the invasion of Ukraine. Only much later did I quite realize that the rhythm, and much of the melodic shape, of the very opening is the same as in the opening of Ukraine's national anthem. May we empathize today with those Ukrainians who have suffered so intensely in this conflict.”

The next piece, written by Daniel Soochkoff-Cerna (junior, music education), was his Piano Quartet No. 1 “Loch Lomond,” a work featuring violin, viola, cello, and piano. It started out with the rich sonorities of the strings atop the piano's warmth, then evolved into a fiery outburst of rhythmic joy and syncopation. With flying arpeggios in the piano, the poor page-turner had to reach over every couple seconds to flip the page, eyes wildly scanning the fast-paced music. Daniel notes “every composers' concert I am amazed by the incredible individuals I get to call colleagues. This concert was no exception. To see the collaboration of musicians and composers was inspiring and reminded me why I love what I do. I can't think of anything more rewarding than hearing your friends bring your music to life. It was a truly memorable event.”

This fantastic composition was followed by “Fantasy for Cello and Piano,” written by composition student Andrew Pak (junior, music performance). Performed by himself with Colin Cha (freshman, biology), it opened with sparkling Em(add2) chords, setting the mood for a mysterious fantasy of offbeat rhythms and echoes of some other world. The cello's longer sustained lines with rich vibrato gave a dramatic flair to the otherwise dark soundscape. Later on, it transitioned into a brighter, more energetic section filled with buoyancy and hope, yet still containing the same syncopated rhythms as the beginning. Eventually, the excitement dissipated with a reprise of the beginning, and the piece ended with unresolved Dorian harmonies fading away to nothingness. Regarding his thoughts as a composition student whose music was being performed, he says, “It was an incredible experience to have my own piece performed live in front of an audience when I knew my music could very well be stuck in a notation software for years without anyone ever hearing it. I loved hearing the music of my peers as well, and it's inspiring to hear what people my age have achieved.”

Along the same train of thought, one of the audience members gave similar input on the notable creative energy and effort of Andrews composition students. “I really enjoyed attending the concert and hearing all of the composers (or fellow



musicians) perform their pieces. I liked the uniqueness of each work and how a variety of instruments were used throughout the program to give a cohesive yet distinct voice to all of the compositions. It's always nice to be reminded of how talented and hardworking AU's students can be," says Caryn Cruz (junior, English).

While each part of the rest of the program held its own special value, a few notable compositions include Philip Wekesa's (junior, music) "Wet Echo," a percussion-only piece that featured the bass drum, glockenspiel, suspended cymbal, and marimba. Amidst the myriad of string and piano instrumentation, the stagehands carrying giant percussion equipment on HPAC's stage after intermission made the performance stand out along with the more diverse sounds of a percussion ensemble. Contrasting this energetic rhythm-driven piece of music, a couple performances later was Nicole Powers's (junior, composition) presentation of her piece, "Her Lullaby." A piece set for SATB choir and piano, it flowed with beauty and grace worthy of its name. This vocal aspect of the concert added another dimension to the sonic palette of the whole experience, giving the audience a taste of how beautiful contemporary choral music can be.

The concert closed with a performance of Daley Lin's (senior, composition) very unique piece, "Brainstorming" for prepared piano. Prepared piano is a technique developed by John Cage in the late 1930s/early 1940s in which certain objects are placed on or in between the piano strings so that unique tones and different percussive sounds are produced when playing the keys. Daley used felt fabric and eraser blocks in the strings to dampen the piano's output, resulting in a fantastic and unique array of sounds throughout his composition. At the end of his piece, the audience response was hugely positive and loud, closing off the concert as a popular success. Dr. Keller invited all the composers on stage shortly afterwards, and they stood amidst the applause as proud creators who had just witnessed their creations come to life.

Regarding the concert as a whole, Dr. Keller says, "I am privileged to host the Andrews University Composers Concert. This year there were the most submissions ever with the resulting concert being a fantastic display of talent and creativity. With that growth I look forward to the Department of Music and all participants building on this success in the years to come."

NEWS

# The Election

Chris Ngugi 04.08.22



Photo by Element5 Digital (Unsplash)

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On Thursday, April 7th, Students gathered in the Howard Performing Arts Center for a special presentation. Before the ceremonies commenced, there was a buzz of energy in the audience for the event to come. The student body was there to listen as the 2022-23 candidates for the Andrews University Student Association (AUSA) gave speeches to prove to the student body that they were the right people to represent them. Some of these candidates had competition for their positions, others ran unopposed, and two were not in attendance and had to prerecord their speeches. The five candidates in attendance sat in a semicircle of chairs with a podium ahead of them in the middle of the stage.

At 11:34 A.M., the lights began to dim as some pre-event announcements flashed on the Howard screen. Once the announcements were finished, the current president of AUSA, Dongchan Kim (senior, religion), came onto the stage and welcomed the audience. He then briefly introduced the positions and their corresponding roles, then prayed. When his section had finished, the current AUSA officers began to come on the stage to introduce the positions they held,

describe the skills that were needed for these positions, and the goals should be aimed for in each post.

The first office in contention was the position of “Senator-at-Large,” which was introduced by the position’s current holder, Karenna Lee (sophomore, English). The first candidate to present was Ralph Gifford (sophomore, explore Andrews), who took a less formal approach by wearing his iconic bright orange jacket and signature bike helmet. He built his platform on making co-curricular courses more tailored toward individual majors and student interests and trying to get more items served in the Gazebo. He spoke about his experience in leadership as a TLT (Teen Leader in Training) in the pathfinder program and as a homeschooler, where he was the de facto “president every year.” The other candidate was Rock Choi (sophomore, exercise science), who took a more conventional approach to the office by wearing formal clothing. His platform was based on a desire for students to feel heard by the faculty and for these same students to be confident in their ability to eat something after class. He proposed doing this by introducing a vending machine in the Science Complex and fixing the one in the James White Library.

The following introduction was that of the Student Movement Editor-In-Chief. Its current holder, Alyssa Henriquez (senior, biochemistry and English), introduced this position and the singular candidate for the role. That nominee is Alannah Tjhatra (junior, biochemistry) who is a current member of AUSA in the position of Associate Secretary. She is currently “The Student Movement’s” Pulse Editor. Her speech and platform can be summarized in her statement that she would like to “hear and share your stories.”

The following office in contention was that of the Social Vice President, and it was introduced by Taylor Biek (senior, exercise science). The first candidate, Hailey Prestes (junior, interior design), spoke about her passion for career and event planning and her experience as a current assistant to Biek. She also ran on a platform to expand gym hours and generally give the student body more time to have fun. She stated, “a vote for me is a vote for your dreams.” The next candidate, Denisse Hirujo (sophomore, architecture), mentioned her Caribbean heritage before talking about the campus's diversity. She noted that AU is an international campus with a rich culture that should be tapped into because “if we all [are] united, we can do better things.”

The next position was the executive vice president, which T. Bruggeman (junior, computer science and physics) introduced. Andrew Rappette (senior, business) was the only candidate. He could not come in person as he is currently in Spain, but he submitted a video where he gave multiple examples of what he would like to change on campus to make things better for students. One example was introducing a better voting system for elections. He concluded his video by saying, "A vote for Andrew Rappette is a vote for change."

The final position was that of the president. The current president, Kim, introduced this position and its candidate. Shanelle Pagunsan (senior, nursing), was also unable to attend in person as she was attending clinicals. She recorded a video for the student body where she spoke about her vision for Andrews. This vision includes revamping programs and adding new ones for the students. Some examples of her vision in practice include increased collaboration with student clubs and creating more programs to increase focus on mental health and relaxation. She concluded by saying that her goal, and the goal of AUSA, "is to serve you" and then said, "a vote for me is a vote for you."

When the speeches concluded, a QR code was displayed on the big screen for a few moments to scan and submit votes. AUSA also sent out an email to the student body with a link for us to vote. This link will be open until Wednesday, April 13th at 5:00 p.m. and will determine who our leaders are in the new school year.

# Ideas

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## IDEAS

# Is Carbon Capture the Key to Stopping Climate Change?

Lyle Goulbourne 04.08.22

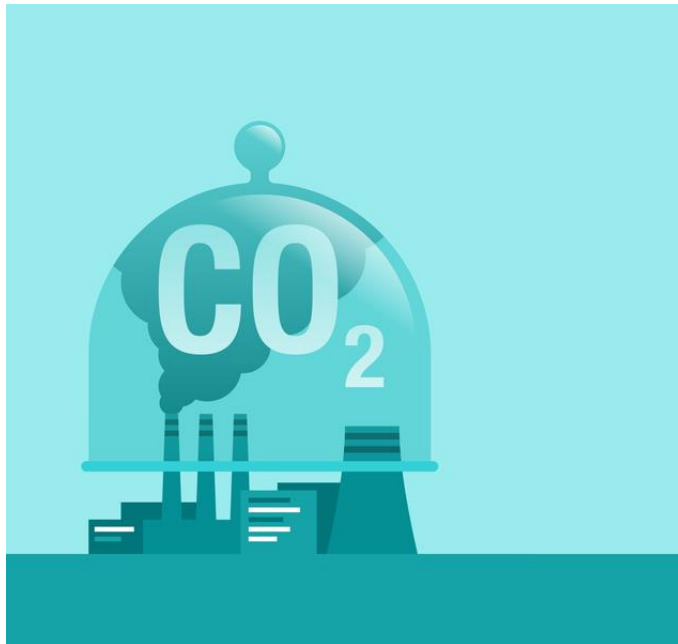


Photo by Shutterstock

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Human activities over the past 150 years have led to large increases in carbon dioxide emissions that have contributed to climate change, with average global temperatures 1°C over pre-industrial [levels](#). Emitting less carbon would help avoid severe climate change and a world with destabilized [ecosystems](#), interrupted food [supplies](#), and a historic refugee [crisis](#). If the earth were a ship that carries all

life, then we have put many holes in the boat with greenhouse gas emissions, and as a result we are quickly sinking. However, what if there was a way to not only plug those holes with renewable energy but also throw buckets of water out? Today, our best shot for doing just that is with carbon capture technology.

Carbon capture technology is fundamentally as simple as it sounds; CO<sub>2</sub> is taken out of the air and either put into reservoirs or converted back into fuel. This can be done either at the source of CO<sub>2</sub> emissions by attaching carbon capture instruments to the smokestacks of fossil fuel power plants or by pulling CO<sub>2</sub> straight out of the atmosphere. The former has already been implemented in a variety of [locations](#), but the latter, also known as direct-air capture, is a much newer and more unproven technology. A major drawback of direct-air capture is that it is quite expensive, at around \$1200 per metric ton of CO<sub>2</sub> extracted compared to \$58 for conventional carbon [capture](#). Advances in technology and utilizing efficiency of scale will be required for this technology to become more economically feasible, but thankfully scientists and engineers are doing just that. The company Climeworks has built a new direct air capture facility that costs around \$600 per metric ton of CO<sub>2</sub> [extracted](#), so dramatic reductions in price are not out of the question for such a new technology. Solar panel technology has undergone a similar reduction in price over the past decade, with a drop in system [price](#) from \$5.79/watt to \$1.38/watt.

As the price decreases, the main issue for carbon capture technology will be what to do with the CO<sub>2</sub> once it has been isolated. Today, companies have so far used this CO<sub>2</sub> to carbonate beverages, fill extinguishers, push gas out of rock formations, and reform fuel, among other [uses](#). However, these uses have been only marginally profitable when extracting carbon from exhaust, and they cannot hold the levels of carbon needed to remove significantly impactful amounts of carbon from the atmosphere.

If we want to get serious about removing carbon from the atmosphere, we will need to put carbon into long-term storage. Carbon storage in saline aquifers presents a viable means of achieving globally significant reductions in greenhouse gas [emissions](#). However, this removes the profit incentive for businesses, so the government would need to increase its role in carbon management via strengthened policies, payments for carbon that has been removed and/or punishments for polluters. It is my belief that this is not unreasonable given the effects of climate change are predicted to reduce the American GDP by 10% by the end of the [century](#). Funding of this technology will reduce its price, making it more

economically feasible and furthering advancements in technology that will help future generations as they continue on our voyage.

## IDEAS

# Learning to Focus: Navigating the Weird, Wacky Mind of A Soul Blessed with ADD or ADHD

Angelina Nesmith 04.08.22

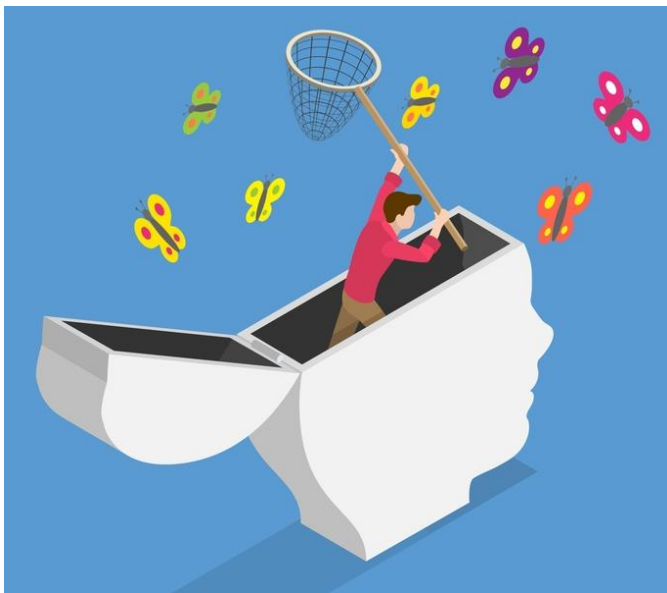


Photo by Shutterstock

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How many things can you do in a span of 10 minutes on any given day? No really, what can you do? Most people might say that they could do two or three, maybe four things, such as read a chapter from a book, text a friend, or scroll through Instagram. For reference to this paper, I timed and videoed myself for ten minutes to see all that I regularly do in the span of ten minutes. Oh boy, it was a lot. First, I

was watching a recording of a lecture for A&P II on the digestive system. Next, I quickly read a BBC news article on Ukraine, then I walked to the laundry room and started a load. A little bit later, I was practicing my balance on my balance board. Soon afterwards, I was doodling in a notebook. The video shows that I must have remembered my original plan and turned back on the lecture recording, however I quickly got distracted and looked up the Champion's League standings to check on Chelsea (they're doing great by the way!). Then I got up and walked to the vending machine, where I didn't buy anything and ran back up the stairs. I did all of these things in the first six minutes of the recording. My brain runs, sometimes it sprints. I'm not always sure where it's going, but I do know that it will always be an interesting ride.

If you haven't gathered, I am one of the 4.1% of American adults who are gifted with the challenge of ADHD, or its kid brother ADD. For those who don't know exactly what that is, ADHD is an acronym for attention deficit hyperactive disorder, and ADD for attention deficit disorder. According to studies, symptoms that can indicate if you also have this lovely puzzle include being easily distracted, difficulty following directions and staying on tasks, forgetfulness, problems staying organized, and a short attention span.

The worst thing isn't when my mind is hyper fixated on a different subject. It isn't when I am doing the complete opposite of whatever I should be doing. The worst is when my brain is in buffer mode and I cannot focus on anything. Everything distracts me, every toe-tap, every sigh, even the action of me typing these words is currently distracting me. Believe me, this article was assigned a week ago, due on Monday. Here I am happily typing away on Wednesday morning, aware that, yes, it is overdue, and yes I need to finish this as soon as possible (ask my editor Lyle Goulbourne. Bless him for putting up with me!) However, focus points like this come and go. It is very much a catch-it-as-you-can sort of thing.

However, there are benefits to experiencing ADHD. I love it when my brain goes into hyperfocus. I can think and process for hours on end if I just get fixated on a subject. And sometimes, I can switch that subject, and focus on something else. On the other hand, the impulsivity that comes with the territory of ADHD can also be very helpful. The ability to think on the fly, come up with the wackiest of punchlines, and even impulsive ideas such as agreeing to write for "The Student Movement."



Honestly, I haven't thought about how it would be to not have a mind that is affected by ADD or ADHD. Though, it does sound like it would make a lot of things SO much easier! My greatest wish is that I could focus whenever I really wanted to, or better yet when I needed to. Especially in these next coming weeks as final projects, papers, and presentations are done, how do I focus? Thankfully, there are [methods](#) that are proven to work. I'd like to explore some of them today with you, and hopefully give you some insight and inspiration on different ways to focus:

Create a thought dump: make a list of things that you would like to or need to do, and when would be the best time to do them.

Interrupt yourself: come up with study breaks that shift your focus onto something else for a short period of time and let you come back with fresh thoughts. For example, read for five minutes a book of your choice, try learning how to juggle, or work on a puzzle.

Work with someone you trust: find a good study buddy. I cannot stress this enough, THIS CANNOT ALWAYS BE YOUR BEST FRIEND. Sometimes when we study with certain people all together in a room, absolutely nothing productive homework-wise gets done. Sure, we may race around the halls in wheelie chairs, and yes we may discuss why pineapples on pizza are the 8th deadly sin, but rarely will anything remotely towards our academic education get finished.

Work towards clarity: especially when professors give you projects with free reign, ask for clarification and find your topic immediately. If you are not sure what the professor is assigning, ask, ask, and ask again. Don't wait until the end to understand what the assignment is about!

Deadlines: thank heavens for these! Make sure you know when the deadline is and set that deadline for yourself.

Turn off the phone: turn it off, put it away, burn it, whatever!

Organization tools: timers, using a calendar or planner, or scheduling apps are ways to keep track of all the thoughts swirling around your head.

Break tasks down: make small chunks to allow yourself to achieve small victories that lead towards the big dopamine hit of completing the whole project.

Keep a clean workspace: 'nuff said.

I hope that these methods and ideas from my weird and wacky brain give you some inspiration on how to focus in school. I encourage you to try out some of these methods, work hard, and push through towards the end of the school year.

## IDEAS

# Silenced Chalk: Unheard Women in STEM

Alexander Navarro 04.08.22



Photo by Jennifer Doudna is a Nobel Laureate and professor of Chemistry, Biochemistry, and Molecular Biology at University of California Berkeley.

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In the US, the balance between men and women in STEM is, shall we say, unbalanced. [Among the categories of occupations in STEM](#), women only had

similar levels of employment in life science, and women only exceeded men in terms of employment in the social sciences. Meanwhile men had significantly higher levels of employment in computers, mathematical science, engineering, physical science, and when it came to working as technicians. It is where we are at the moment, and while things have somewhat improved from the past—as in 1970 women only made up 8% of STEM workers, while in 2019 they made up 27%—we are still a long way away from fair treatment. This bias towards STEM being treated as a male field is even seen in how young children grow up to think of scientists. [A study](#) found that when children younger than six were asked to draw a scientist, they were not biased towards drawing one gender over the other. However, once children started to reach elementary and middle school, when they are exposed much more to societal perceptions and biases, they began to show a strong tendency to draw male scientists. This shows just how important it is for everyone, not only children, to be exposed to more prominent women in STEM. And while many people know about people like Marie Curie, who worked with radioactivity, or Rosalind Franklin and her work with DNA, or Katherine Johnson and her work as a NASA scientist, or for some of the more techy among you, maybe even Ada Lovelace, who is considered one of (if not the) first programmers, today I want to focus on a few lesser known women in STEM. First, to Biology!

[Jennifer Doudna](#) is a Nobel Laureate and professor of Chemistry, Biochemistry, and Molecular Biology at University of California Berkeley. While you may not have heard of her, it is quite possible that you have heard of what she discovered. Doudna is the scientist who is responsible for the discovery of [CRISPR-Cas9](#), or more commonly known as CRISPR, which is a piece of biological machinery that can be used to easily and cheaply edit the genes of a cell. To say this discovery revolutionized biological research in genetics would be an understatement. By giving scientists a tool that could be used to modify the genetic material of a cell, Doudna allowed immense leaps in both the understanding of and control over cells and the information in their DNA.

Next, meet [Rosalyn Yalow](#), a Nobel Laureate in Physiology and Medicine. Yalow's work involved a process called RIA, or radioimmunoassay. Basically, she and her research colleagues took several compounds of interest, and modified the compounds to contain trace amounts of radioactive elements—enough to be detected, but not enough to be harmful. They could then inject the tagged substance into a person and watch how the body interacted with that substance itself by keeping track of the concentration of the radioactively tagged substance.

One of her most notable applications of this technique was with insulin, where she injected the tagged insulin into volunteers and tracked how the insulin was treated by the body, discovering new information about diabetes and guiding the way towards possible treatments of diabetes. This technique is still used today, and has continued to be used to track and study various biological substances and how they interact with our bodies.

Moving in a slightly different direction, next up we have [Frances Allen](#), who was the first woman to win the Turing Award, which is sometimes considered the “Nobel Prize in Computing.” She led the team which designed one of the first supercomputers, massive computers designed for performing huge calculations. Beyond that, Allen did work on and made improvements on the processes used in computer programs called compilers, which basically take code written in the computer languages that humans program in and convert it into specific commands a computer can understand. Without flexible and efficient compilers, computer science and programming as we understand it would be so sophisticated and difficult that computers as we have them today would be a fantasy. In addition, she created a framework for improving the performance of computer programs as well as other algorithms and methods for improving computer performance and analysis. Her work led to immense improvements and optimizations in computing performance and other improvements made by people building off of her work.

[Edith Clarke](#) is considered one of the first woman electrical engineers, and was inducted into the Inventors Hall of Fame for her invention of the [Clarke Calculator](#), which is by far one of her most famous contributions to electrical engineering. What this device would do is simplify the calculations used in modeling and setting up electrical transmission, which was crucial in developing and expanding the power grid. It allowed engineers to analyze and develop large systems which would become the foundation of electrical transmission. She also developed techniques and tools that could be used in obtaining data for and then analyzing power networks, as well as methods and graphs for making complex power systems easier to understand and predict. It is largely thanks to Clarke that we are able to have the electrical grid that we have today, as without her work and what it has led to, such a large system would be nigh impossible.

Next up is [Emmy Noether](#), whose work in abstract algebra and physics should (in my opinion) earn her a top rank in any list of mathematicians or scientists, male or female. Abstract algebra can be thought of as a kind of generalization of regular algebra, where instead of thinking about how one adds and multiplies numbers,

one thinks about what it means to add or multiply any collection of objects that behave kind of like numbers—for example, one can think of “adding” rotations of a circle as just doing one rotation after another. Noether proved several facts that are now known as Noether’s Isomorphism theorems, which pretty much tell us important information about how these different “number-like” collections that are studied can be similar to one another, and how they can relate to each other. This is all besides another discovery of hers, Noether’s theorem, which has been foundational to our modern understanding of theoretical physics.

Last, but certainly not least, is physicist [Chien-Shiung Wu](#). Several years prior to her own work, two other physicists had proposed the idea that one of the fundamental forces in nature, the weak force, does not conserve something called parity; Wu developed and performed the ingenious experiment that verified this idea. One of the best ways to think about parity is to look at a mirror. If you stand in front of a mirror and raise your right hand, then the image of yourself that you see in the mirror will raise its left hand. This idea of left or right handedness is parity, and a mirror swaps parity; it turns left handed things into right handed things and right handed things into left handed things. It was believed by most scientists at the time that if one held the universe up to a mirror, if one flipped the universe, swapping all left and right handed things for right and left handed things respectively, the universe would behave the same as before. However, Wu, by looking at the directions that spinning radioactive atoms of cobalt emitted their radiation, showed that the weak force actually treats left and right handedness differently. If one was in a mirror reflected universe, one could tell if you were in the mirror universe or the regular universe. It is hard to describe how important this result was. Her experiment and related work brought a new understanding of what is truly fundamental in the universe.

Given the immense influence of the women mentioned above, one may ask, why don’t we hear much about them? A huge problem is that many women simply did not receive the credit they deserved during their own time. Noether, for a time, was only permitted to teach at a university under the name of one of her male colleagues, and Wu was not included in the Nobel prize for her work. Historically, beyond simply not being fully recognized for their accomplishments, women scientists have often been marginalized, disregarded, and harassed because of their gender. If STEM is to prosper, it needs a diversity of thoughts, ideas, understanding, and approaches. This means creating a more accepting and equal environment for those who choose to pursue it. What we see with the scientists,

engineers, and mathematicians above is that women have not only done vital and revolutionary work in their respective fields, but they have always been doing so, and if those in STEM do not take intentional steps to treat women how they deserve to be treated, STEM will only suffer because of it.

For those who want to learn more about the continuing problems of sexism and harassment women face when entering STEM fields, their experiences, and the battles many have had to face, I would suggest the movie "[Picture A Scientist.](#)" which addresses and discusses past and current issues women face in scientific fields.

## Pulse

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PULSE

# Hamil Day: Making a Holiday

T Bruggeman 04.08.22



Photo by Papaioannou Kostas

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Let me take you back away to witness the birthing of a glorious tradition. The month is March 2021, and three of my friends and myself are talking in the Rec Center conference room. As it turns out, some humble Andrews students had recently held a birthday celebration for their friend. Some plucky soul had written “Happy Birth Day Hamil” on the whiteboard. While one could question the fascinating choice made to split the compound word “birthday,” what is more relevant is the fact that, in the intervening weeks and days, various scoundrels (I’m sure) had also added an additional “Hamil!” at the end. At a distinctly different point, ruffians also had erased the word “Birth” and replaced it with “(Hamil),” resulting in a final string which read as: “Happy (Hamil) Day Hamil Hamil!”

On this fateful day in the Rec Center, we commented on how it was funny that the header on the board was growing longer and longer over time. We proceeded to question what this celebration of Hamil Day—for which the author of the board wished us to have a happy one—could be. We decided that, since no one else was likely to take up the cause to celebrate Hamil Day, we would. Thus, the annual holiday of Hamil Day was born.

Every holiday needs traditions, and the traditions of Hamil Day are as follows:

1. On Hamil Day Eve, beautiful and/or distinguished rocks are collected to be presented and duly honored as a collection on Hamil Day.
2. On Hamil Day itself, the rock collections are presented and duly honored, a Chris Evans movie is watched (preferably an old, bad one), and a game of (no-actual-betting) poker is played.

How did these traditions come about? Like most holidays, no one really remembers their origins, but perhaps more important than establishing traditions, something else we did that night was set a date. We agreed to meet in a week or two to celebrate it, and we actually did! What’s more, Hamil Day just recently passed again, and once more we met and celebrated. Not a celebration of anything in particular, just a celebration of friendship and the sometimes-silliness that comes along with it.

So often we—at least I—talk about doing something cool, but don’t actually follow through on it. We say, “Yeah, that would be fun,” and, “One day, maybe,” but that day just never ends up coming. With Hamil Day we actually made the commitment, and it was as easy as agreeing on a date. I’ve been trying to do that more this year—actually planning and committing to do things now, rather than leaving them to an indefinite time in the future. My invitation is that you will do the same. Maybe start

your own friend holiday or simply make your friends finally pick a date to go to Chicago. Whatever it is, don't wait; do it *now*. University is the time for doing fun things with friends—you'll never regret following through on that!

*An Afterward from the Editors:*

*While editing this article, our Copy Editor, Lily Burke (junior, anthropology), realized that "Hamil Day" was based on a quick announcement that she wrote on the whiteboard which said, "Happy Birthday Hamil." As an anthropology major she found it incredibly entertaining and said, "I am immeasurably thrilled at the lessons [here]. I loved the reflection on how so many of what we consider to be immovable institutions in time are really just someone's decision to start something."*

## PULSE

# Spring at Andrews

Isabella Koh [04.08.22](#)



Photo by Tomoko Uji (Unsplash)

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As spring approaches Andrews University and the world begins to thaw, it can be easy to miss all the things that southwest Michigan has to offer, especially in the great outdoors. I've compiled a list of fun activities and places to visit that can be



experienced with friends as the weather turns. Whether it's hiking, biking, sunbathing, or hanging out with friends that strikes your fancy, the end of the school year is fast approaching, and I encourage you to enjoy whatever sunshine peeks out from behind the clouds this month. Wishing you happy adventures!

## **Activities**

### *Biking/Hiking on the Andrews Trails*

Did you know that Andrews has a whole system of mountain biking trails in the woods behind the school? If you head down to the farm or past the University Towers and take some of the trails out into the woods, you can spend the day hiking or biking and exploring. You might even stumble upon the Andrews observatory in the process!

### *Local Fruit Stands*

As fruit season approaches, keep your eye out for the many fruit stands and orchards in this area. It's a great way to support local businesses, and some present the fun opportunity to pick your produce. A quick drive down the road from Andrews will take you past a few places—if you'd like somewhere to start, you can check out [Stover's Farm Market](#) or [Hillside Orchards](#).

### *Wonderland Cinema*

Located in Niles, MI, Wonderland Cinema is a great place to go if you want to watch a movie with friends. Although the theater tends to show only a small collection of recently-released films, tickets are approximately five dollars apiece, depending on when you visit. More information about their showings and prices can be found on their [website](#).

## **Parks & Nature Reserves**

### *Wolf's Prairie Park*

A great place to hang out with friends and/or jump in the water, Wolf's Prairie Park is a five minute drive down the road from Andrews. It sits right on the bank of Lake Chapin and includes a set of picnic tables, a playground, and some swing-benches. I highly recommend grabbing some Baguette and heading down there for a picnic whenever a sunny day comes around.

### *Fernwood Botanical Garden and Nature Preserve*

This [nature reserve](#) includes an impressive collection of gardens, trails, arboretums and sculpture exhibits. It is open Tuesday to Saturday from 10 a.m.-5 p.m. and on Sunday from 12 p.m.-5 p.m. Students can visit for \$7 if an Andrews ID

is brought along. Once springtime comes around, it will be full of beautiful plants, trees and wildlife.

### *Sarett Nature Reserve*

The Sarett Nature Center features eight miles of hiking trails and a butterfly house that will open in May. Admission to the center and trails is \$3 per person. The center hosts many community events throughout the year, including walks, runs, and volunteer days. Their [website](#) gives new monthly updates and links to their hours and amenities.

### *Love Creek County Park*

Love Creek Park includes 200 acres of hiking trails and forest, featuring spectacular wildflowers in the spring. Mountain bikers are also welcome to use a 3.5 mile beginner/intermediate trail. Berrien County residents can enter for \$3 per vehicle, non-residents for \$5 per car. Their [trail map](#) outlines the reserve's available routes and roads.

## **Beaches & Dunes**

### *Silver Beach*

If you haven't already visited the town of St. Joseph, MI, and the adjoined Silver Beach, it's well worth the trip. The town has plenty of places to eat, shop, and grab dessert (I personally recommend the ice cream at [Kilwins](#) and [Forever Books](#), a small community bookstore). The beach itself is a lot of fun too, and can be a nice place to enjoy a Saturday afternoon.

### *Warren Dunes State Park*

This dune formation rests on Lake Michigan—and, if you're committed to an uphill climb, it rewards you with a spectacular view of the water. A recreation passport or entry fee is required for the day (and, if you're ever interested, a camping trip), and provides you with access to the beach as well as the trails, which are open year-round.

### *Grand Mere State Park*

Although not as well known as Warren Dunes, this set of woods, beaches and sand dunes is a gem. The entrance can be a bit difficult to find, so having a friend in charge of directions can be a benefit. Individuals can hunt, fish, and visit geologically ancient lakes, or take to the beach for an afternoon of sunbathing and swimming.

# Unplugging from Social Media

Gloria Oh 04.08.22



Photo by Andrew Guan (Unsplash)

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Sometimes I wish I could be on an island where I am completely free from time, social life or cravings—anything in general that I often lose control of. But this is unfortunately only a wish, and I often start to wonder where my time goes. New innovations are made every day, yet I can barely keep up with the news from yesterday. Every tik tok on the clock, TikTok videos somehow find their way to me and drain my energy even when I'm sitting on my sofa. What I want is unclear, because I cannot even distinguish my own feelings. When I watch a YouTube video about a 12-year-old graduating from college or see someone my age posting Instagram photos of their world travels, I experience a confusing array of emotions. I feel jealous, inspired, hopeful, and anxious all at the same time.

Fortunately (or maybe unfortunately), I've experienced these pitfalls countless times, so I know what needs to happen when I find myself here again. I just try to remove myself as much as possible from social media—whether that be Instagram, Messenger, or YouTube. After this, I think of the things that I might have been

avoiding, like assignments, upcoming tests, and uncomfortable situations. I write them out on paper or a digital notepad and plan out how I will deal with them. This could involve asking my friend for an explanation about organic chemistry or filling out my taxes with some professional help. By doing this, I find myself no longer running to social media and beating myself up with comparison.

Before you try out my suggestions (listed below) on how to detach yourself from social media, it might be worth checking why, when, and where you spend the most time on. If you are also running away and procrastinating from your responsibilities or dreams, think about why you tend to do so. As you identify those factors, think and write out what you can do during that time instead of getting consumed by social media. If you spend time on Facebook between classes, perhaps use the extra time to go to a group fitness class in the gym or to draw, write, or read—just anything. If you don't know what to do, make it a time to learn more about yourself! Start by writing out the things you liked as a kid or recently triggered your interest. If there's just absolutely nothing you can think of, use the time to space out or to rest your mind and eyes. Or maybe just go to bed if you are one of the millions of college students who binge-watch reels before falling asleep.

### **Turn off notifications, recommendations, and autoplay.**

In a digital world where algorithms make all the decisions for us, take the initiative to actively choose what to feed your mind, ears, and eyes. Be very clear about what you are using social media for. Leave Instagram once you've finished stalking your friend who is studying abroad. Decide what videos, or how many videos you will watch on YouTube, and stick to that limit.

### **Remove the social media platforms from your sight.**

They say, "Out of sight, out of mind." And this often holds true, especially when it comes to social media platforms! Many digital devices give you the option to make your application invisible, but if that is not an option for you, simply move the location of your application. I chose to install Instagram only on the device I occasionally use, and it has helped me to reduce the amount of time I spend on the app.

### **Make your phone limit the time you use toward social media.**

Most iPhones and Android phones provide statistics detailing how much time you spend on each application, and they allow you to allocate time limits for specific applications. But if you find them unsatisfactory or insufficient, there are multiple

applications for you to try. Stay Focused, Freedom, and Serene are some examples to check out.

### **Delete Your Social Media**

If social media is not the only way to connect with your friends or family members, try deleting the apps! Your account won't be deleted; it is just that the app will be gone from your devices. Don't worry about missing out—you will gain much more in your real life. The time you invest on social media provides you only a few moments of excitement. Invest in yourself, as that truly lasts a lifetime.

## **The Last Word**

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### THE LAST WORD

# **You Can't Give What You Don't Have: Fill Your Cup**

Megan Napod [04.08.22](#)



Photo by Andrew Ren (Unsplash)

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A few weeks back my fellow Student Movement section editor, Alannah Tjhatra, wrote about [boxes](#). Today, I want to tell you about cups.

The purpose and use of cups are discussed in many contexts; one of my favorite iterations of the word *cup* and its synonyms is the metaphor “Is the glass half full or half empty?” It’s a complicated question because the answer changes depending on what is occurring in your life. But either way, the glass needs to be filled to some degree in order for the question to exist.

The same goes for humans: something needs to be in *our* cups in order to *thrive* on this earth. What does that mean? The metaphor of filling your cup typically refers to the idea that a cup and what is inside function as a meter of whether or not our personal needs are fulfilled. When our cups are filled, it shows that we are in a healthy state to provide for others’ needs, and the less we have in our cups, the less capable we are of helping others. This is something that a group of people called “givers” tend to forget. In organizational psychology, there are three reciprocity [styles](#) in relationships that humans take on: *givers* (seek out ways to provide for others), *takers* (try to get as much as possible from others), and *matchers* (who give but expect something in return). Today, I want to write to those whose style I relate to most, the givers.

Givers are characterized by their prosocial [traits](#), such as selflessness, altruism, or kindness. They’re those people in your life whose natural impulse or tendency is to take on others’ problems typically before their own, and try to provide solutions. This is what separates them from takers and matchers. Ideally, if this is done healthily, they give without expecting anything in return, although in our dark and complicated world, this sadly isn’t the case all the time for givers. Givers can take on the unhealthy traits of takers, for instance, when their own cups are empty (I further elaborate in the next paragraph). This displays a *burnout* from giving.

[Research](#) has found that unhealthy giving can be associated with negative outcomes, such as feeling overwhelmed by others’ problems, or feeling frustrated, particularly when there is low reciprocity in their interactions. This can morph givers into takers, using manipulation in order to receive the care and attention that they give, therefore taking from others’ probably already depleted cups. There may also be compulsive giving that is driven by low self-esteem. In such cases, individuals believe that they will only be liked if they do things for other people. Givers also tend to stretch themselves thin by making sure everyone’s needs are

met, neglecting their own needs. Such a pervasive lack of regard for themselves leads to one's cup eventually becoming empty.

So the question is, how can we givers ensure that we don't fall into a trap of unhealthy giving? In a world where we can't always rely on others to help us fill our cups, we must learn how to fill our cups ourselves. Who better to learn from than one of the greatest givers to walk the earth?

Jesus Christ was fully human and susceptible to these feelings of low self-esteem and not doing enough. I think about how exhausted he became nearing the time of his crucifixion when he said in Gethsemane, "My Father, if it is possible, may this cup be taken from me..." (Matthew 26:39 NIV.) He shows the natural human desire to avoid pain and suffering, (the cup being filled by the burdens of others as well as the burden of his mission) yet to me, he is still the greatest example of the radical and free giver; the other half of the verse stating: "Yet not as I will, but as you will." He constantly put aside his own problems to take on the burdens of those whose needs held greater magnitude. He was charitable with his time, stopping whatever sermon or teaching he was doing to attend to those outside of his social circle. He told us to "Love our neighbor as ourselves," labeling it as one of the greatest commandments. Yet, how can we love our neighbor as ourselves if we are not giving adequate care to ourselves?

This is where we can learn from Christ's example on how we can fill our own cups: Jesus constantly *and* consistently prayed to God, he set boundaries with his time, at times went away to quiet places to avoid distractions, and essentially did what He needed to do *for himself* in order to fulfill his mission. That is what *we* need to do in our own lives if we want to continue thriving as givers.

As an extrovert, chronic multi-tasker, people-pleaser (something I'm working on), and someone whose love language is quality time, I have to constantly remind myself that I can't do it all. As much as I want to say yes to every social opportunity I get, I *shouldn't*. I should say yes to asking myself if *I'm* pleased with how I am living my life and if I am giving adequate time to myself. And as much as I'd want to be there for people and their needs, I need to be more deliberate on where my time goes and *really* check to see if I have the capacity in *my* cup to truly be there for them. A quote from Jenée Desmond-Harris says this on how to split your time: "I started dividing my to-do list into 1) things I have to do, 2) things I want to do, and 3) things other people want me to do. Life changing! I often don't get to #3, and I finally realized...this is what it means to have boundaries."

If you asked me three years ago, I used to thrive on being busy (I essentially had no boundaries), but now I know that in order to thrive you must *rest* first.

So to the givers out there, I want to say these things to you today as a reflection of what I've learned:

**You are appreciated and your role is valued.** Your abilities as a giver are unique and are a gift to others. Embrace it, understand that not everyone has this gift, and give *grace* towards those people.

**Check your intentions. Don't force yourself to give.** If it feels forced then it is not the time for you to give. It's inauthentic for both you and the person you're giving.

**When needed, seal your cup.** Set boundaries and protect them when you aren't in the place to be attending to others' needs. And don't be afraid to communicate that, they *will* understand.

**Give yourself some grace. You're doing your best, and that's enough.** *Period.*

Life becomes beautiful when you start treating yourself as well as you treat others. As we experience the increased end-of-school-year stress, I implore you to examine if *you* are the giver in your relationships and ask yourself, "Am I capable of giving right now?" and if so, "How am I giving?" And ponder if your giving is **authentic** (to your current state), **genuine** (without expecting anything in return), and **Christ-like** (giving to others just as much as we are giving to ourselves).

So givers, the next time you ask yourself if the glass is half full or half empty, I hope you can simply say that *yours* is full.