

Andrews University

Digital Commons @ Andrews University

The Student Movement v. 107 (2022-2023)

Student Movement

10-6-2022

The Student Movement Volume 107 Issue 4: So Glad to Live in a World Where There are Octobers: AU Welcomes Autumn

Anna Pak

Nora Martin

Kavya Mohanram

Solana Campbell

Hannah Cruse

See next page for additional authors

Follow this and additional works at: <https://digitalcommons.andrews.edu/sm-107>



Part of the Education Commons

Authors

Anna Pak, Nora Martin, Kavya Mohanram, Solana Campbell, Hannah Cruse, Nora Martin, Andrew Francis, Taznir Smalling, Terika Williams, Ralph Gifford, Zothile Sibanda, Ruben Colón, Abraham Bravo, and Alannah Tjhatra

So Glad to Live in a World Where There are Octobers

AU WELCOMES AUTUMN



Photo by Kayla-Hope Bruno

Humans

HUMANS

Following in Amelia's Footsteps

Interviewed by: Anna Pak 10.06.22



Photo by Rayno Victor

This week, I spoke with Angela Coppock (sophomore, aviation) doing the pre-med program with a chemistry minor about her experiences as a woman in aviation, including the challenges she's faced and future goals she has for after graduation.

What ignited your passion for aviation? When did you realize you wanted to do this major?

This might sound cheesy, but my passion for aviation actually started when I first heard about Amelia Earhart in the second or third grade. For me, the idea of exploring the far reaches of the earth and sky seemed too tantalizing to ignore, so I promised myself that when I grew up I was going to get a private pilot's license and look for those new adventures. Going to college for an aviation major didn't cross my mind until my junior year of high school. My high school history teacher was a former Airforce Combat Instructor, so he liked to tell some crazy stories from his

flying days. Hearing about his adventures made me realize that I wanted aviation to be more than a hobby in my life, but I needed to try it out first. For my eighteenth birthday, I flew for the first time, which to date has been one of the best experiences of my life. Since then, I've been hooked and I can't imagine my life without it.

What is your favorite aviation-related class?

Flight Training 3. Most of the Flight Training classes have been one-on-one instruction between the student and the instructor, which allows the students to have personalized training so they can learn the different avenues of flight as efficiently as possible. Flight Training 3 primarily focused on teaching students how to fly in clouds (or other weather), however, this training was done in a flight simulator instead of the actual plane. This has been my favorite class so far because, for the first time since the beginning of my training, I felt like I was learning how to be a professional pilot instead of just some person who likes to fly in their pastime. By learning how to take care of myself as well as my equipment, be aware of my surroundings, and properly communicate with others, I was able to grow my confidence not just in my flying but also as a woman.

Are there any major difficulties or challenges you've faced so far as a woman in aviation?

Sadly, I have had some challenges simply because I am a woman. Although most of the aviation community is welcoming and gender inclusive, there is still some gender bias in the classes. Some people in the aviation community still believe that men are more adept at learning to fly as well as maintaining a higher mastery of the skill itself. Still, I'm thankful for those in the aviation community who recognize that women do not have any disadvantages when it comes to flying; thanks to more and more women are joining the aviation community every day.

Have you been able to create or experience community in your field?

One of the first things I heard when I first came to the aviation department head at Andrews was that I had just joined an international community that was full of resources and support if I only asked for it. However, I didn't believe those words until I talked with an airline pilot after a flight from Washington DC to Fort Lauderdale. During the flight, there was some turbulence and storm clouds near the plane. As a flight student, I know that pilots routinely change course mid-flight if they get too close to storms, so I wanted to ask one of the airline pilots whether or not they made any major course corrections during the flight. One of the flight attendants brought me to the cockpit to talk with the first officer (who happened to

be a woman); of course, I introduced myself but as soon as I said that I was a flight student, it was like I had just said the magic words to this international community. The first officer immediately smiled and asked all kinds of questions like where I was training, what stage I was in, etc. Before I knew it, she was offering me her contact info so that if I ever had any questions regarding interviews, training, or future jobs, I could contact her. She even offered to be a mentor to me and put me in contact with other female pilots in all stages of their careers. Aviation already has a community full of people who want to help and guide new as well as long-standing members of aviation; all one has to do is be brave and ask.

Do you have a role model that you look up to?

As I mentioned above, Amelia Earhart started my passion for aviation; so of course, she has been one of my major role models for most of my life. To me, she seemed like such a fierce woman who was changing the world by doing what she loved, no matter what the world had to say about it. She taught me that one should choose their life based on what makes one happy rather than what social expectations dictate for you. Today I strive to live up to her spirit of adventure, fearlessness, determination, and profound sense of self.

What are your future goals and plans for after graduating?

I don't know if I mentioned this before, but my major isn't just aviation—it's pre-med, too. So right now, the plan for after graduation is to go to medical school (hopefully Loma Linda Medical School). While I'm in school, I would like to be a flight instructor; this would allow me to keep up my flight skills as well as provide a low stress work environment so that I could continue my studies. After medical school, I have no clear idea of what the future will bring, but my end goal is to become a missionary doctor and pilot through the Loma Linda program.

HUMANS

Meet Hailey Prestes, AUSA Social VP

Interviewed by: Nora Martin [10.06.22](#)



Photo by Hailey Prestes

I sat down this week with Hailey Prestes (junior, architecture) to talk about her experience as Social Vice President of AUSA this year. She tells us more about her role as the Social Vice and working as a part of our Andrews student government.

Why did you apply as Social VP?

Since I was a kid, my family has always been super into event planning and decorating. Unofficially, of course—we just did things for the community. Since then, I've had a tendency to just plan things, decorate things, whatever needs to be done. I was always doing event-related stuff in high school, and now in college I've done some sort of event-coordinating thing every year since I was a freshman. Last

year, I was an assistant to Taylor Biek—the social vice president at that time—so it was kind of a natural progression for me to apply this year.

What were the positions that you held?

Freshman year, I was on the creative team for Proximity. I honestly could not tell you what else I did, I have a terrible memory. Sophomore year, I was the creative director for Proximity. I was also the event coordinator for WEAAU (Women's Empowerment Association of Andrews University), and then I was also the assistant to the Social VP then.

What exactly does your job entail?

It entails a lot. I plan every AUSA event, take care of any logistical details, decide if there are any collaborations, and make sure that the events are fun and entertaining. I deal with any rules or regulations that come with events or venues. I think that Covid has taken a really big hit on people socially, so as the Social VP I'm trying to bring social life back. But, even though I am in charge of all of that, I also do collaborate with other members of AUSA with their jobs. They help me, I help them, it works out.

What skills did you bring over from your time working with smaller organizations in your first two years?

There definitely are a lot of aspects that are the same. Basic planning — decorations, food, that kind of thing. They are a little bit different in that I planned a lot fewer events and they were more spread out throughout the year in those other positions. I had a smaller budget then, too — not that much smaller, don't get me wrong — but it was a little smaller. Now, I have to focus on a lot more big-picture things in addition to the logistical stuff. I have to think about the entire student body, inclusivity, stuff that will bring in all these different cultures, so it's a lot more for sure. But all of the work I did with those other smaller clubs did definitely help out.

What are your favorite parts of the job?

Well, this is a really stressful job. Everyone will worry about an event up until the minute it happens. We always have to be on a tight schedule — like, be planning things for next semester, while also planning for later this semester, while also planning for events that are a few weeks away. It's a 24/7 job. So, with all of that going on, it makes it so, so rewarding to see people's stories after an event, or to see Instagram posts about the event, or just hear people say that it was fun. I'm really excited that the last few events have gone so well.

What are your least favorite parts of the job?

Oh. Definitely when things just start to fall through. There are so many things that depend on each other, and if one thing falls through, then everything else starts to fall through too. It's the worst feeling. And I'm an architecture student as well, so I'm supposed to be in the studio 24/7. I have found out recently that AUSA is also a full time job, so it's been really stressful.

Do you work primarily independently, or do you get input from the other members of AUSA?

This year, I am really excited. We have a really great team. We work really well together, we know each other, and everyone is a hard worker. I'm excited to be able to go through the year with this team. Everyone is really supportive and they've been really great. We are all really focused on being the voice for the student body – not just doing events – and we are trying to do our best to represent student concerns to administration. It's a whole long process with a lot of roadblocks, so we probably won't be able to make any major changes this year, but we are hoping to at least set the way for the people coming after us.

What are some events that you are thinking about right now?

Right now, we are putting everything into the Barn Party that's coming up on October 29. It used to be something that happened every year, but since COVID there hasn't been one. Instead, they did stuff like the Fall Festival last year, which was hosted by a different organization than AUSA. I think that this year they actually canceled the Fall Festival, so the Barn Party is gonna be the place to be. We're thinking line dancing, Tex-Mex food, a mechanical bull—we have a lot of stuff planned.

In general, how is your experience being in student government?

It's been an experience. It's been fun, for sure, but like I said before it's super stressful. It does really help, though, to have a team that you can look to for support. I will note that we are the voice of the student body, so if we are going to communicate their needs properly, then we need the administration to listen to us. Right? We are elected so that we can represent the students, which are the heart of the school, but sometimes it seems like the concerns that we are relaying to administration from the students just go nowhere.

HUMANS

History of the James White Library

Interviewed by: Kavya Mohanram 10.06.22

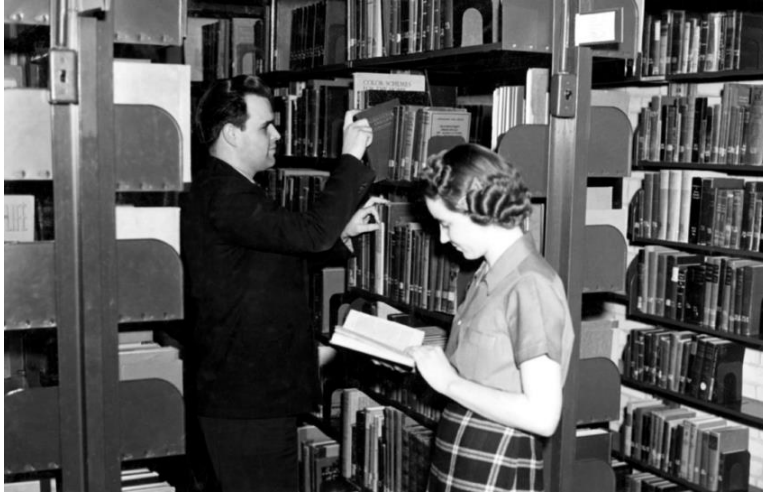


Photo by James White Library Archive

I had the honor of talking to Dr. Meredith Jones Gray, an English professor who has written about the history of Andrews University in the book titled “As We Set Forth.” She is currently writing a book with the working title “Forward In Faith.” She presented the library’s history at the recent 85th-year celebration of the James White Library. She has a wealth of knowledge to share with us and talks about the importance of libraries and the community and resources that they provide for students.

What was your process for writing your previous book and your work in progress?

I am writing the Andrews Heritage series, with volume one covering 1874 to 1960, called “As We Set Forth.” I am now picking up the story starting in 1960, when we became Andrews University. My process is to look at as many primary sources as possible. For library history specifically, I looked at the library’s strategic plans and read through those. I also listened to tapes of oral histories that were interviews of all the staff. When I have time, I do interviews myself to hear the memories of how

the library touches people now. Also, the director of the library, when the library was first built, had a whole speech that she gave, and I read that transcript. I really like this kind of research. The best place to do that research is in the archive in the James White Library.

It was just the 85th Anniversary of the library. How did your presentation for this go?

Well, it was an honor to be asked. I am a big fan of libraries and I like to do everything to support them. It was a little bit intimidating because all the library staff were there, and they know the story better than I do. But it was also kind of fun because I could see the different reactions to the research to get their input. It was also a little frustrating because I had so much to say and tell and had to leave out a lot of interesting things I learned because I had to stay within the time limit. In fact, they are celebrating 85 years since they had their own building. They had a different building back in the day and moved in 1962. The old building is where Buller Hall is now, and it was the first brick academic building. I came along because my dad taught mathematics here, so I used to spend time in the library reading books when I was younger. I have a history with the library, so it is very personal.

What is one specific important event from the history of the library?

In my research, I went all the way back to when we first started in Battle Creek and moved to Berrien Springs in 1901. What strikes me is the dedication of the faculty and staff. When the students first came to Berrien Springs, they worked many hours on the farm in order to keep going and get food on the table. They also sold some of their food to the Chicago market. It was never a rich school, so people worked hard, and it was cold and there were no heaters like there are today. But that dedication goes on today. The students are very dedicated to the University, such as you [talking about The Student Movement]. Of course, the faculty is also very dedicated.

What is something we can learn from the history of the University?

That you must keep adapting. We have to be flexible and willing to try new things and always be committed to the community of learning.

What is to be the future of the library?

When they built the library, they called it the heart of the university. It was the place to go and to be. I know that many people don't go there anymore since they can access it virtually, but the library has a space of community that can be so

important. They have dreams of changing the space for studying and have very great ideas of how the library can serve the campus. They have some exciting ideas because they are adaptable. They want to be able to give the service for information, but also would like to reach out and bring students in and create a community within the library. Lots of exciting plans! The library has been one long story of adapting. In 1962, they had a card catalog, and later on they had to get used to computers. Then, there were databases and the internet. They are a story of adaptation. They have modeled that repeatedly. They always must keep up with the changes. They are very service oriented, and they are interested in the patrons that they serve.

What are the histories of the Center for Adventist Research and the museum there?

The library we have now is a combination of the Emmanuel Missionary College Library and the Seminary library that used to be in the Washington DC area. Both of those entities had collected historical Adventist material. It was first put in a small room. The room was called the Adventist Heritage room and they put the rare books and historical documents there. Then, the Ellen G. White Estate established a branch area here. So, we received a complete collection of Ellen G. White Materials. That collection kept growing and became the Adventist Heritage Center, which is the largest collection of Adventist materials in one place. People kept bringing not only reading materials but started bringing things. The JN Andrews trunk, which is an icon of the University, was donated. The evangelistic beasts you can see were donated. People keep bringing not only paper materials but also artifacts. That's what the Center for Adventist research keeps and displays.

Is there anything else you would like the students of Andrews to know?

I would like to emphasize how important the role of the library is on campus. It has a lot of resources and more people should spend time in it.

Arts & Entertainment

ARTS & ENTERTAINMENT

Currently...On Campus

Solana Campbell 10.06.22

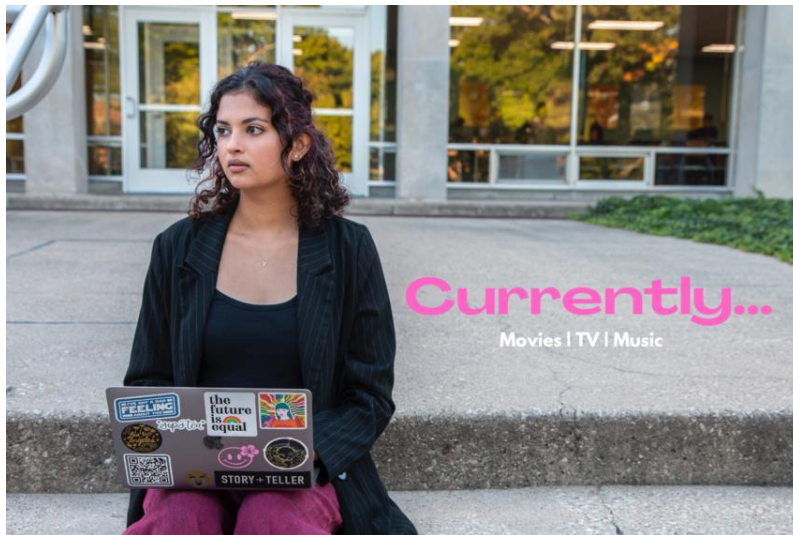


Photo by Kayla-Hope Bruno

Hi my beautiful Andrews readers!! As you can see from this week's title, today's article is going to be a little... different. While there are plenty of new releases to announce this week: "Black Adam," "Halloween Ends," and Charlie Puth's new album "CHARLIE" being just a few of them, it was time to pivot. This week I did some sleuthing around campus for you all to discover how you can engage with the arts right here on AU's campus, no Netflix subscription required! So check out the list below for ways you can develop your own art or engage with your fellow students' and professors' art.

Classical Concerts

The Music Department has prepared quite the month of October for its listeners, with concerts every Saturday night at HPAC. To obtain tickets, either contact a

friend in the Music Department or purchase them in the lobby right beforehand. You can also purchase tickets [online](#). Come the following nights to see your friends perform, relax in the beautiful amphitheater that is the Howard Performing Arts Center, and take in the sounds of autumn.

October 15: Andrews University Wind Symphony Fall Concert

October 22: Andrews University Symphony Orchestra Fall Concert

October 29: Andrews University Choirs Fall Concert

"I'll See You Tomorrow" by Heather Thompson-Day and Seth Day

Have you noticed that there is an overwhelmingly large amount of media encouraging you to “cut toxic people out of your life”? Over the course of the last couple years, I’ve realized that the message Instagram, TikTok, and Twitter have for me is one with no nuance or grace for those around me. Instead, viral memes with millions of reposts encourage us to “break up with him” if he doesn’t buy you flowers every week and “cut her off” if she does something to make you angry. This book encourages the opposite: “discover what the Bible has to say about how we need to keep showing up for one another—even when we feel like walking away.” And by the time this article drops, Professor Thompson-Day’s new book will be available for purchase! This is her eighth book, and it is written in collaboration with her husband, Pastor Seth Day. Both teach classes in the Andrews Communications Department and Pastor Day is currently pursuing his PhD on campus. Take a moment to check out this timely drop written by one of Andrews’ very own!

Art Galleries

Are you an art museum aficionado? When you spend a weekend in Chicago, do you make a pit stop at the Art Institute? Or were you drawn in like many by the overwhelmingly popular Van Gogh exhibit? There’s no denying that Chicago, South Bend, and even St. Joseph have many opportunities for you to explore and experience art, but did you know that you can do it without leaving campus? Straight from your dorm room, you can take an opportunity to tour the two galleries on campus: upstairs in Harrigan Hall and Smith Hall. Both are open for your viewing when the building is regularly open and both have been recently revitalized by the arrival of Gallery Director Alyx Halsey. In fact, keep your eyes peeled for the Student Movement’s release of a regular gallery schedule, so you can catch certain exhibits that draw your attention. An afternoon spent pursuing art is always a valuable use of your time.

Ceramics

Speaking of revitalization, you may have noticed that the Ceramics kiln is burning again. Located in the Art and Design Center, many of you have already had the privilege of registering for Intro to Ceramics in order to fulfill your GenEd Art requirement. And if you didn't know that this was an opportunity available to you, but the idea of spending an afternoon throwing clay and making beautiful creations appeals to you (I know it does to me!), there's still a way for you to do this! Click the link above and you'll find yourself at a sign-up for "Community Arts Classes," where you can choose from multiple options: either register for an instructional class or pay for a punch card that gives you several hours worth of access to the studio. Bring your pottery dreams to life, right here on campus!

Envision

Perhaps you remember the bi-yearly magazine that popped up all over campus in 2021. Courtney Saunders (alumnus, photography) graced the cover in a Mabel Brempong original and the magazine was chock-full of student antidotes, tips for surviving the school year (recipes and workouts!) and even interviews with newlyweds on campus. Every other year, the amazing Communications department here at Andrews University releases a shiny-paged extravaganza detailing the ins and outs of campus life and giving students the chance to exhibit their top-tier media writing. This year, the Communications department is calling on you, the student body, to submit articles. Email your article to dweber@andrews.edu. Articles should be 900-1000 words in length, focus on the college-age student, follow this year's theme of "transitions", and be mindful of the fact that Envision is a Christian publication. Other than that, Dr. Caldwell says to "write whatever you want." So here's your chance to make your voice heard and perhaps be featured in this year's edition of Envision. If you need inspiration, visit the Communications department on the second floor of Nethery Hall to pick up a past edition and take a moment to thumb through it. I can promise that you won't be disappointed by the overwhelming talent our campus has to offer.

ARTS & ENTERTAINMENT

Daddy Yankee

Hannah Cruse 10.06.22



Photo by El Hormiguero Link- <https://www.flickr.com/photos/elhormigueroTV/47968159812>

By the end of the concert, my hearing was shot. I had the biggest smile plastered on my face as I thanked my brother once again for taking me to see Daddy Yankee live in Chicago. Though people were leaving the stadium, the electric feeling still hung in the air. It was a bittersweet experience to see the King of Reggaeton on his ultima vuelta, the last tour before he retires from music. As I was driving back, it really hit me that I got to be in the same place with a living legend in the Latin music industry.

Most may know him because of his hit song “Despacito,” but Daddy Yankee’s career has spanned over [two decades](#) and [13 albums](#). He started out in a club in Puerto Rico rapping over dancehall beats and Spanish reggae coming from Panama, making a fusion sound which was dubbed “[reggaeton](#).” He helped pioneer an underground music scene that went from obscurity to selling out more than [30 million albums](#). He is the one that made it possible for Bad Bunny, J Balvin,

Rauw Alejandro, and Karol G to rise to the height of stardom they have achieved internationally.

My short time with Daddy Yankee made me appreciate him more because he fostered an atmosphere of Latine pride and love. This feeling was so apparent throughout the whole concert. He kept shouting out all the countries represented in the stadium and at one point he asked everyone to lift their flags to celebrate their culture. It was the unity that really made the night special; the idea that we are connected beyond borders through the music that we all love.

Another thing that I love about Daddy Yankee is his sound, which is quite unique; when you listen to him enough, you can tell within the first five seconds that it is his song or a song that he is featured in. From the hard hitting tracks to the party anthems, there is never not a good time to listen to him. If you don't know where to start, here are five songs to start you out (this is the moment where you pull up your Spotify).

Gasolina: If you have been to a Latine party, this most definitely was bumping at one point.

La Santa: A win-win situation because we get both Daddy Yankee and Bad Bunny on this track.

Rompe: It may have come out 11 years ago, but it still hits hard.

Dura: This song is so catchy; it makes me want to dance every time I hear it.

King Daddy: Barrio Fino is just a superior album. Talk to the wall.

If you are looking to see Daddy Yankee live, he is coming back to Chicago on December 12 and 13 this year at the Allstate Arena. I highly recommend that you go and blow your ears out.

ARTS & ENTERTAINMENT

En Español

Nora Martin 10.06.22



Photo by Public Domain

In honor of Hispanic Heritage month, I asked 20 students about their favorite Spanish song, TV show, movie, or artist, and why they like it. Try out any of the pieces in this list if you want new content to stream this month!

My current favorite song is “Kesi” by Camilo. I like it because it makes me happy.
Beatriz Martins (junior, medical laboratory science)

My favorite movie is “The Platform.” It’s an interesting commentary on our society alongside a cool horror aesthetic.

Ian Neidigh (sophomore, chemistry)

“Narcos” is a very interesting portrayal of the history of the cartels in Columbia.
Kathryn Donaldson (junior, pre-physical therapy)

Best thing I can think of yet is “Macarena” by Los Del Rio because do it for the vibes.

Alex Cancel (freshman, mechanical engineering)

My favorite Spanish song is “El Muchacho de los Ojos Tristes” by Jeanette. My brothers showed it to me this summer and we dubbed it “the song of the summer.”
Reagan McCain (sophomore, history)

“Hawaii” by Maluma! I like it because of the happy vibes.
Isabela Gonçalves (junior, Spanish)

“Dos Oruguitas” by Sebastián Yatra. I like it because it's so hopeful.
Siobhan Conyne (junior, speech pathology)

“Corazon sin Cara” by Prince Royce. It’s a groovy song and it brings back memories from middle school.
Kyle Denworth (freshman, art)

“Yo Tengo Paz” by Israel Lima and Cuerdas Celestiales. I really like this piece because of its light, upbeat melody. It’s something I could imagine listening to on an open street or relax to on a summer afternoon. It makes me feel happy.
Alannah Tjhatra (senior, biochemistry)

“Ojitos Lindos” by Bad Bunny. It makes me feel alive.
Guilherme Martins dos Reis (freshman, mechanical engineering)

Wow. I think I have to say “Dos Oruguitas” by Sebastián Yatra. I am deathly afraid of caterpillars, so if something can make me like caterpillars, then it's pretty good.
Yoel Kim (junior, physics and math studies)

“Esclavo de Sus Besos” by David Bisbal. I like this song because when I used to watch “Jane the Virgin” in high school, it was one of the songs that would play in romantic scenes. I got obsessed with it for quite a few months.
Grace No (junior, English)

Honestly I have to say “Feliz Navidad” by José Feliciano. It’s become ubiquitous with Christmas. It’s even able to reach people who don’t usually consume Spanish media.
Wesley Martin (senior, physics and computer science)

“Despacito” by Luis Fonsi. I like it because it’s a good song.
Leo Martins (freshman, computer engineering)

I really like “Desperado” directed by Robert Rodriguez. It’s dramatic and creative, it’s fun and over the top but carries both an excellent script and a lot of heart.
Genevieve Prouty (senior, psychology)

My favorite show is “La Casa de Papel” because of the thriller and the mystery behind it, as well as the acting.

Flavia Sciarraba-Badeñas (junior, accounting)

My favorite Spanish show is called “Caso Cerrado”, and it’s basically the Hispanic equivalent of “Judge Judy.” I think that the drama and emotion that goes into the show is really captivating.

Kevin Alba (sophomore, agribusiness)

“Suncity” by Khalid. The song reminds me that missing something is a privilege, allowing you to better see beauty and comfort that was always there.

Emily Rusnak (junior, chemical engineering)

“Neverita” by Bad Bunny. It’s a really sweet song that makes me think of summer and my SO but to be honest, I love any song on that album. It’s my current favorite album, “Un Verano Sin Ti” by Bad Bunny. It’s a masterpiece. No skips.

Karla Torres (junior, graphic design and Spanish)

“Guantanamera” by Joséito Fernández. I like old music, and I always found the vibe of the song kind of comforting.

T Bruggeman (senior, physics and computer science)

News

NEWS

Andrews Faculty Members Enter the “Shark Tank”

Andrew Francis [10.06.22](#)



Photo by Scott Moncrieff

Andrews University prides itself on being among the leaders in Adventist education when it comes to providing an engaging and effective environment for their students. It is clear that the administration seeks to uphold Andrews’ mission statement to “Seek Knowledge and Affirm Faith in order to Change the World.” This was exhibited during the first annual “Shark Tank” program that took place on Friday, September 30. Planned and hosted by Provost Dr. Christon Arthur, the “Shark Tank” program allowed four separate groups of faculty members to present proposals in front of judges and a congregation of students. These faculty members were applying for grants worth up to \$100,000 to execute their proposal.

Proposals were made to create programs or plans that would help improve student life and answer the mission goals of seeking knowledge, affirming faith, and changing the world.

In an interview, Dr. Arthur was able to shed further light on the goals of the “Shark Tank”.

How and when was the Shark Tank idea created?

The Shark Tank idea was created early this calendar year- so spring semester last year, around the month of February or March. The whole idea was to get faculty... to start thinking about ways they could collaborate across different disciplines. We created what we called an ‘Andrews Partnership Grant’ so that faculty could create partnerships across different disciplines.

How were the participants chosen?

Because this was the first year, we sent [a message] out to all faculty to say ‘This is what we’re doing, this is the criteria for it, and, if you have interest, send me a letter saying you want to be a part of that process. The letter was due in June...and the proposal was due...September 16.

What presentations impressed you personally?

They were all good presentations. ...In terms of a presentation that has the capacity to gain future funding, that was Engineering. A presentation that had the capacity to add value and richness to the curriculum, to impact the lives of students in real meaningful ways, to maybe transform the way we think about the content in our discipline...was the Trauma Informed curriculum presentation.

When should we expect the announcement for which proposals will be receiving the grants?

Later this week. We wanted to be a bit more deliberative than [the show Shark Tank] ... so the judges met afterwards and ranked the four proposals. On Wednesday, we’ll meet with the deans of the five [Andrews] colleges and we’ll look at their rankings, because I want the deans to have some input. So, either Wednesday afternoon or Thursday we’ll make a big announcement.

Should we expect to see more Shark Tanks in Andrews’ future?

I think so. This is a way for faculty to showcase their creativity.

What are some things you may decide to tweak or add for future iterations of the Shark Tank?

In the future I think we might provide a template in which they have to do the

proposal. ...I think we'll become more deliberate...on the budget to say, 'These things are a part of the [proposed] budget.'... I think the next iteration we may have a phased-in approach so that they apply and that we'll have a review so that the top three or five will go to the 'Shark Tank,' because I anticipate we'll have many more [proposals] in the future.

Students were greatly enthused by the program and certain presentations. The four presentations were:

Innovation and Engineering Program by Hyun Kwon

AU Abroad at Newbold College by Vanessa Corredera and Aaron Moushon

Trauma Informed Curriculum by Various Faculty

Keeping Andrews Spiritually and Academically Engaged by Chaplain Jose Bourget and Various Faculty

When asking two students who were in attendance about their favorite presentations, they had various thoughts.

Rachel Meads (freshman, business) said this: "The Shark Tank presentation I liked the most was the one about studying abroad [at] Newbold College in England. I have always wanted to travel outside of the country, but I haven't really had an opportunity yet and I know how expensive it gets. If this program were to be added to Andrews, I would have the opportunity to travel outside the United States without having to learn a new language."

Hannah Sagini (freshman, biology) added, "I liked the 'AU Abroad' presentation the best; Having the ability to be immersed in another country while getting your education should not be something limited to only those interested in a language. A change in atmosphere can help stimulate the mind and improve functionality. Being abroad exposes the students to how the world works, putting what they've been learning into motion. I liked the Engineering program second best. Engineering is a field with many avenues to choose. From technical to mechanical and medical engineering is a fast-growing field. Providing more resources to that department allows them to adjust the curriculum to expand for more interested students."

The "Shark Tank" was a hit, and students and faculty alike are patiently waiting to hear who the winners are.

NEWS

Andrews University: The Vegetarian Hotpot

Taznir Smalling 10.06.22

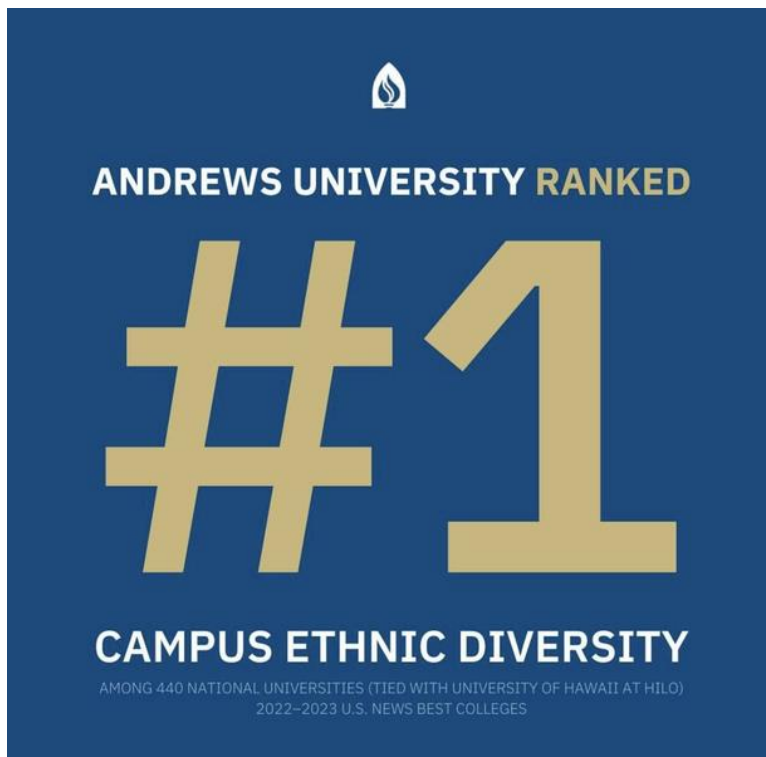


Photo by by Andrews University

Can a hotpot be Vegetarian?

Hi, my name is Taznir Smalling, a junior studying International Business from the beautiful Island of Jamaica. Let me introduce you to some of my friends. Meet Elsie Mokoya (graduate, vocal performance) from Kenya, Cyril Punai (graduate, choral conducting) from the Philippines; and Nicole Bodetti (graduate, public health) with roots in South India. These students represent the many cultures we have on the campus of Andrews University. It has been announced that Andrews University

has been tied in ranking #1 in Campus Ethnic Diversity among [440 National Universities](#).

As a student of color, I am privileged to be on a campus with multiple faces, some that look like mine and an equal number that do not. I adore people, the more differences we share, the more intrigued I am. I am an artist, Vocal performance is my passion, and music within itself is rich with diversity and that is why I am learning to embrace the culture of others, so being given the opportunity to do this at Andrews University is the best opportunity I could have ever received.

I love to learn about Asian cultures. I think they have some of the best cuisine, and one that stands out to me is hotpot - a delicious dish shared by many Asian cultures. This is a dish composed of broth, noodles or rice, meat/ seafood/ protein, vegetables, fresh herbs and spices, and sauces. According to [What is Hot Pot? Ultimate Guide to Ordering and Eating Hot Pot - Thrillist](#) "Hotpot is more of an experience than it is a meal because it encapsulates the communal dining ethos many Western restaurants have only just developed." The point is, the hotpot is a meal that is meant to be eaten with people you consider close; it is a meal that brings families together. When I think of this very messy yet delicious dish, I think of Andrews University, the way that people from different countries create such a beautiful and interesting campus, one that allows each person to experience bits and pieces of the world. Just as this dish was not made to be enjoyed by one person but by many, so is our campus.

The only reason the hotpot is such a popular dish today is because of the variety of things that are included in it—everything combined makes the dish very unique and fascinating to people. I believe this is also the same for our Andrews Campus. It's the people who make this campus an experience and that is what potential students look for in a school. Andrews University has a place for everyone.

I asked my friends the question, "What is the charm that made you choose Andrews University?" Nicole Bodetti (graduate, public health) replied, "The diversity is what made me choose Andrews. Being amongst my people and also meeting new individuals from different races and cultures and still being considered family is a blessing."

Cyril Punai (graduate, music performance) replied, "I experience the beauty of this campus through the eyes of the University Singers. Being part of a community made up of a variety of beautiful people performing songs from all over the world is like a dream come true, and I would not have it any other way."

And finally, Elsie Mokoya (graduate, vocal performance) replies, “The interaction between people of different cultures makes the learning experience even more precious at Andrews University.”

The people have spoken, and I restate my claim that Andrews has a place for everyone. I am proud of our university for receiving this honor and I look forward to greater things happening in the future. To answer the question before, can a hotpot be vegetarian? When I think of this campus, I think of hotpot, and because a lot of us are traditionally vegetarian, that is why I called this article “Andrews University: The Vegetarian Hotpot.”

NEWS

Writing Center - Back in Person!

Hannah Cruse 10.06.22



Photo by Christa McConnell

This fall, the Writing Center reopened for in-person tutoring for the first time since the pandemic began. Tutors are available for virtual or in-person sessions, and can help with all your writing needs. I sat down with the Student Coordinator, Lily Burke (senior, anthropology, English literature, and Spanish), to talk about her experience with the Writing Center.

Where is the Writing Center located, and what services are provided there?

The Writing Center is located on the Buller end of Nethery Hall, Room 134. We help you with writing! Whether you just want a fresh pair of eyes to look over your work, or need some intense redirection and encouragement, we provide many different services, including help with essays, lab reports, research papers, resumes, graduate or med school applications and personal statements, or any kind of academic or personal writing projects you're working on. We help with all parts of the writing process, from helping you understand assignment specifications, brainstorm ideas and structure, find sources and learn to navigate the library's resources, to helping you write outlines, revise for clarity and development of your ideas, and learn to edit grammar, spelling, and citation format. Something that I'm very excited about this year is that several of our tutors are multilingual. If you speak Spanish, Mandarin, Cantonese, or Korean, we have tutors who can help you in that language!

What are the hours and how can someone make an appointment?

We have in-person tutoring service available from 4-9 pm, Monday through Thursday. Virtual tutoring hours extend a little earlier during the week, and there is some limited availability on Sunday. You can make an appointment at this link: [Book Your Appointment with The Andrews University Writing Center - Educational Institution](#), where you can choose a tutor that fits your needs and schedule. We often have tutors available for walk-in appointments, but it's best to schedule ahead if possible. Services are free to Andrews students! You can also keep up with us on our instagram [@andrewswrites](#).

What drew you to work in the Writing Center?

Over this past summer, I was considering switching my English literature major to English education. I'm still considering that. In order to learn more about English education and see if that field would be a good fit, I thought it would be a good idea to work for the Writing Center and get some experience teaching and tutoring writing, so I reached out to Dr. Ivan Davis, the director, and applied for the job. I have loved editing writing for years, as this is my third year working as the copy editor for the Student Movement, so I thought it would be a good fit to turn to tutoring writing.

For anyone who is interested in working there, what does the hiring process look like?

About half the tutors are students in the Teaching and Tutoring Writing class, since we need to get experience coaching writing as part of that class. The other half have already taken that class, as taking that class is a prerequisite for working in the Writing Center. We have our undergraduate tutors for this year but, as budgets allow, we are interested in getting some graduate students to work in the Writing Center. If you are interested in getting into working in the Writing Center in future years, talk with Dr. Ivan Davis (ivan@andrews.edu) and he can work with you to see if that would be a good fit.

How important is it to improve writing skills within and outside of a school context?

Writing is one of those things that so many people think they just aren't good at, and therefore try their best to avoid. However, let me encourage you, writing is a skill that can be improved, and you can even learn to enjoy it! I don't particularly like some parts of the writing process myself. It can be tedious to do a bunch of research for only a few points, and it's easy to find yourself getting stuck on what point to make next or how to connect ideas. However, I have found that sitting down with someone else and talking the problem out can usually encourage me and get me right back on track! Being in university, we have access to amazing resources, like a free Writing Center, tutoring services, and world-class library, and this is the time to take advantage of those opportunities. I hope to see you in the Writing Center soon!

Ideas

IDEAS

Hispanic Heritage Entering the MCU

Andrew Francis [10.06.22](#)



Photo by SauRav Link - <https://wallpaperaccess.in/wallpaper/black-panther-wakanda-forever-wallpaper-superheroes-artist-artwork-digital-art-purple-dir>

The success and longevity of the Marvel Cinematic Universe is one of the world's greatest wonders in cinema. With "Iron Man" being its debut film in 2008, producer Kevin Feige has overseen a collection of twenty-nine movies and twelve series that has taken the world by storm. Out of Marvel Studios' many projects, one of their most popular and influential movies is "Black Panther." Although the MCU was never short on diversity amongst its cast members, featuring plenty of comic characters of color such as James Rhodes/War Machine, Heimdall, and Sam Wilson/Falcon, all lead or title characters have been white, male characters. This all changed thanks to the dynamic duo of actor Chadwick Boseman and director Ryan Coogler, both African Americans, who delivered in "Black Panther." The film

grossed over \$1.3 billion in the global box office and received plenty of praise from critics and fans.

Because of the immense success of "Black Panther" and the ever-expanding continuity and storyline of the Marvel Comics' adaptation, it is not surprising that a sequel is set to release this year. "Black Panther: Wakanda Forever" will be in theaters globally November 11, with plenty of hype and anticipation for what Ryan Coogler and the returning cast members have in store for fans. However, Coogler and company have a new agenda for this film.

The first "Black Panther" film was filled with a plethora of authentic African culture and Black prosperity, having the fictional nation of Wakanda be representative of that. The sequel will seemingly have a similar theme, centering around its main antagonists this time. Mexican actors Tenoch Huerta and Mabel Cadena will be playing the characters "Namor" and "Namora," characters from the fictional kingdom of Atlantis. As excitement builds for Marvel to explore the underwater world for the first time in cinema, anticipation has also been built up for the portrayal of the Atlanteans and Atlantis itself being heavily inspired by Aztec and Mexican culture. Again, Hispanic actors are not foreign to the MCU with the likes of fan favorite Michael Peña, but highlighting Mexican and African culture side by side in this film is monumental. Hundreds of people across social media took time to express their immense pleasure for the casting decision of Tenoch Huerta and the diligence that Ryan Coogler and Marvel Studios exhibited in the first trailer release. One fan's Twitter post encompassed the opinions of many Mexicans and Hispanics alike, stating:

"Tenoch Huerta being cast as Namor is big for all brown and Indigenous Mexicans. An actor who barely got any roles in his home country for those two reasons finally has this huge opportunity in one of the largest media franchises in the world. This opens the door" – @redirewolf via Twitter

Mabel Cadena took time to address how she believes her and Huerta's portrayal in "Black Panther: Wakanda Forever" will be an important inspiration. In an [interview](#) with media company "Cultura Colectiva," Cadena expressed seeing "this opportunity as a hope. Although we know that things are difficult because there are few opportunities, and some actors and actresses have it more complicated than others, in the end, we are managing to get in. I have a lot of hope, there is still a lot of work ahead, but colleagues like Tenoch Huerta... have worked to open doors for us." Many fans and critics are already forecasting "Black Panther:

Wakanda Forever” to be a box office and critical success—but regardless of the outcome, Huerta’s and Cadena’s performances will be undoubtedly memorable.

IDEAS

The Importance of Spanish in American Society and the Classroom

Terika Williams [10.06.22](#)



Photo by Leonardo Toshiro Okubo on Unsplash

According to [Forbes](#), in the United States, Spanish is the most common non-English language spoken, and the United States is the home of the second largest population of Spanish speakers in the world (trailing behind only Mexico). This fact is supported each time we see commercials and publications in Spanish and English. However, [in a 2014 study](#) conducted by Harvard University, it was discovered that most of the Spanish language teaching programs in American schools are not effective for adequate proficiency.

Growing up in the New York City public school system, I took Spanish at most of the schools I attended. However, I only learned the basics. In middle school, we

learned small phrases and the common verb, “ser,” which means “to be.” We watched many movies and videos, and to be honest with you, I graduated from that school not grasping one ounce of Spanish. It wasn't until I met my wonderful Spanish teacher in high school that I yearned to have decent proficiency in the language. The overcrowded classes of 30-50 students prevented full engagement from the students and limited one to one interaction with the teacher. From my conversations with friends, their experience with learning Spanish in school is similar to mine.

As a student who has just returned from studying abroad in Spain for a year, the lax attitude the American education system holds towards language proficiency compared to the overwhelming amount of European people who were multilingual was made apparent. [The Washington Post](#) reports that “According to the U.S. Census Bureau, only 20 percent of Americans can converse in two or more languages, compared with 56 percent of Europeans.” When in Greece, my tour guide told us that Greek students start learning English from around 6 years old until they are 18 years old, and after a couple of years building their English skills, another language is introduced. Meanwhile in Denmark, English speakers can assume that every Dane they interact with knows English. In addition, while traveling from across Europe, all of the flight instructions were given in English. While this can be attributed to the proximity of the United Kingdom, a former member of the European Union, the effort made by non-English speaking countries to communicate in English should teach us Americans to make an effort to communicate with our large Spanish speaking population within the U.S.

Some Americans seem to have a problem with integrating Spanish into everyday life. A New York lawyer [threatened to call ICE](#) on deli employees because they were speaking Spanish. [A young girl](#) called out to her mother in Spanish while shopping at a Walmart in Georgia, which led to another shopper to snap and say, “You need to teach her English.” [In California](#), a cardiologist refused to treat a Spanish speaking patient even though her daughter offered to translate saying, “she's been in this country she should know English.” These instances demonstrate the aversion to expanding American culture to include the many immigrants from Spanish speaking countries and first generation Americans with Hispanic heritage. Many job applications laud applicants that know more than one language, especially Spanish, but there is no nationwide system to ensure that future generations can converse comfortably in non-English languages. By not creating effective opportunities for school children to broaden their horizons and immerse

themselves in Spanish, the growth of American society is stunted and a hierarchy of English speakers over all is perpetuated. There are certificate programs that offer exams to prove levels of fluency in Spanish that students can be prepped to take. I took and passed the Diplomas of Spanish as a Foreign Language (DELE) in Spain, which lasts a lifetime, but there [are other certificate programs](#), such as Certificate of Use of Language in Spanish (CELU), and Standards-Based Assessment and Measurement of Proficiency (STAMP).

Recently our school, Andrews University, ranked first in the list of most diverse universities in the [United States](#). It was my experience here that supported my journey to bilingualism. The many cultures on campus we experience on the daily promotes an environment that accepts the multilingual nature of our world.

IDEAS

The Right to Choose: An Analysis of the Protests in Iran

Terika Williams [10.06.22](#)



Photo by sina drakhshani on Unsplash

The ongoing protests in Iran have garnered interest from people around the world, especially women. On September 13 of this year, a 22-year-old Kurdish-Iranian woman by the name of Mahsa (Zhin) Amini was [arrested](#) by the Tehran morality police at the train station. The morality police, Gasht-e Ershad, was founded [over 15 years ago](#) to enforce dress codes, such as the compulsory wearing of headscarves, by issuing warnings or detaining citizens. After three days, on September 16, Mahsa Amini was declared dead. The Iranian government claims that Amini had underlying health conditions but her family objects that she did not have any issues before her arrest. The other women who were arrested at the same time told Amini's father that the police assaulted her in the van during transit from the train station to the police station. However, her father was told by authorities that their security cameras in the van were not functioning. The inconsistent narrative told by the government supports the belief that Amini was murdered by the morality police leading to the continuing revolts in Iran.

The law of the mandatory hijab has existed since the Islamic Revolution of 1979. According to [Assal Rad](#), the research director of The National Iranian American Council and the author of "State Of Resistance: Politics, Culture And Identity In Modern Iran," protests have occurred since the introduction of the mandatory hijab law and that at heart of these revolts Iranian women are calling out the flawed systems that promised but fail to uphold freedom, precisely, the freedom of choice. The Islamic Revolution of 1979 presumed to replace the authoritarian monarchy instated by Mohammed Reza Shah Pahlavi with a republic that elevates democracy and human rights. Mohammed Reza Shah Pahlavi's regime supported Westernization and adapting Eurocentric standards, which led to the banning of hijabs, a restriction that prevented the freedom of choice just as the 1979 law forcing women to wear hijabs. An understanding of Iran's history is crucial for a true comprehension of its current political state. Under each administration women are never given the decision to wear or not to wear a hijab. The constant suppression of agency from regime to regime, especially towards women, fuels the anger seen by the protesters of today.

Why have governments, and more specifically men within these institutions, taken it upon themselves to police women's bodies, henceforth restricting their agential powers? The silencing of a group by limiting their options marginalizes women while also instilling a dichotomy of the subaltern – those who cannot choose for themselves, subject to the laws of their country, and the hegemony– those who are free to exercise agency and have power to restrict others. More often than not, this

dichotomy is between man or masculinity (hegemony) and woman or femininity (subaltern), clearly diagnosing the root problem as sexism. This is not a statement attributing every problem in the world to men, but rather recognizing that powerful systems across the globe uphold hegemonic masculinity, which is uncondusive to femininity. What is the harm in an Iranian woman choosing whether or not she wants to wear a hijab? When hegemonic systems are displaced from their throne of repression, rage and retaliation occur, evident with the [Guardian's report](#) that "Officially at least 41 people have died since the unrest began, mostly protesters but including members of the security forces, but sources say the real figure is higher."

Sexism plagues our world, as seen in Iran with the woman and allies who are fighting to be heard, the women in the U.S who are now living in a post-overturn of Roe vs Wade world, the femicide rates in Mexico that cause women to say, "I am scared to simply be a woman in Mexico," and many more unabating assaults on women. As a woman myself, observing the trajectory of our modern world to the incessant patrolling of women and our actions, I sympathize with the women in Iran. Here is why you should too. It has been said that an attack on freedom anywhere is an attack on freedom everywhere. While my personal beliefs do not always align with protestors everywhere, our responsibility should lie with the outcasts and repressed. Each human being, woman, man or non-binary person should be able to decide how they navigate their own lives. The golden rule, "do unto others as you would want them to do unto you," should be at the forefront of minds when situations like these arise. Human rights issues involve every living human.

As students of an academic institution that promotes the ability we have to change the world I will share resources to educate you on this matter, and direct you to [ways in which you can help](#).

Pulse

PULSE

Anthony Brown Hits AU!

Ralph Gifford 10.06.22



Photo by Darren Heslop

If you missed Anthony Brown's concert on September 25, you missed a whole different experience. The performance was from 7 - 8 pm at the Howard Performing Arts Center, and the seats were selling fast. I went to buy a seat online earlier that day but forgot to complete it, so when I came back, I could only buy a seat toward the back of the auditorium; the front seats had sold out. I arrived at the Howard a few minutes early, picked up my ticket, and headed in.

When I walked into the auditorium, I noticed purple spotlights illuminating the stage. On the left of the platform was a keyboard, and in the back was a drum set. The auditorium seats were about two-thirds full, with plenty of community members and students. The energy and anticipation were only growing as the time for Anthony Brown to come out approached.

Finally, the man himself entered with Group TherAPy to thunderous applause and cheering. Group TherAPy consisted of a pianist, a drummer, and three backup singers. Anthony Brown wore distressed jeans, a gray jacket, and a bright orange hat. Once he grabbed the mic, he wasted no time jumping into the first song.

After the first song, Anthony apologized for not making it to last year's concert. He and his group had planned to visit Andrews, but a storm prevented their plane from taking off. He was so embarrassed as this was his group's first missed appointment. To make up for lost time, Anthony promised everyone, "The next sixty minutes will be the most intensive of your life."

The second song involved audience participation. I did my best to learn the specific rhythm of clapping and dancing, and found that it was a lot of fun! "Every time I turn a-round: blessings on blessings!" was sung while I physically turned around.

After the song, Anthony expressed how he viewed this as his ministry, spreading God's love through music. He also interacted with the audience, asking if they wanted to sit or stand, finally letting us rest our feet from all that spinning. The mood shifted from energetic praise to thoughtful contemplation as we sang about God's love replacing our fears: "You did not create me for worry; You created me to worship."

We rolled through song after song about affirmation, forgiveness, and blessings. Anthony encouraged us to let our fears and worries walk out that exit door. For his last song, Anthony asked for audience picks, settling on "I Refuse," which also involved audience participation. The audience divided through the middle; the left and right halves competed to praise God with the most energy. I think my side was better, though the right half won officially. Finally, Anthony Brown walked off the stage to applause and cheers. The concert finished.

Except, it wasn't. Soon the cheers changed to chanting: "We want more," everyone hoping this moment wasn't over yet. A minute passed, and I began doubting Anthony would come back onstage. But no, Anthony Brown and Group TherAPy returned for one last song.

After the performance was truly over, I interviewed several students, asking for opinions on the performance. I first asked why they came to see Anthony Brown. Taznir Smalling (junior, international business) was happy to oblige. "I love Anthony Brown and Group Therapy, and I came because I needed therapy."

Alandre Rogers (sophomore, mechanical engineering) replied, “I came because I love Anthony Brown; I’ve been listening to his music for like, literally, years. One of his songs...literally made me cry the first time I heard it.”

I also asked whether the concert delivered, whether it met their expectations. Owen Kayigambi (freshman, aviation) only came because his friends had an extra ticket, but he found the concert “better than I actually imagined; it was actually nice, it was fun, and there was actually too much energy.” Alandre agreed, saying, “I got more than I expected. I was not expecting him to come back out. He’d walked away, and then [we saw] the runner run back and grab the mic, and we were like, ‘Aw yeah, he’s coming back.’”

My last question was whether they wanted more events like this. Davielle Smith (junior, math and music) loves live gospel music. She said, “I’m all for live music, and this live performance was incredible.” We might want to trust her opinion; she is a music major. Owen was ready to add this to his schedule: “Actually, I would come. Like, every Sunday, they could organize something like a concert and invite some other people to come over.”

To be honest, I entirely agree with my fellow students. I attended because I was writing an article for Pulse, but also because I was curious. I wasn’t expecting to get into the groove by singing and dancing with everyone else. This concert was lit, and I absolutely want to see more like it on campus.

PULSE

BeReal: Is it Real?

Zothile Sibanda [10.06.22](#)



Photo by Public Domain

How real can you really get on a social media app?

We've all heard that social media is performative—how Instagram only shows the perfect version of your life, how Snapchat filters hide your “imperfections,” and how TikTok makes your whole life a performance. Growing up during 2020, living our lives mostly online, and trying to get back to normalcy in 2022, we, Gen Z, have gotten tired of the false front we see plastered on every social podium. And as we feel that way, suddenly an app comes along to do just that. BeReal is an app that sends a notification at a random time of the day to all of its users simultaneously. It is supposed to capture you at an unplanned moment with no filters to show you as you are. This is based on a seemingly good idea to remove the concept that everyone is perfect, and replace it with the fact that we are all the same. However, the app has a few ways to bypass its “realness,” which essentially removes its whole purpose.

These are the instructions on how the app is used: the notification is sent out to everyone at a spontaneous moment, and then you have two minutes to take a picture of what you are doing and post it. If the timer runs out, you cannot see the other BeReals people posted, and when you post yours, it will show how late you were. A small motivation to post a picture, but at what cost? If being “real” is being yourself, with no performance or facade, wouldn't pulling out your phone ruin the moment? Would it not take away the realness you were having? And if you wait to post later, it becomes performative, as if you were waiting until you were doing something worthy of posting. It essentially turns into what a lot of other apps have distorted into, a platform for “performative authenticity”. When the BeReal goes off, people tend to start fixing their appearance to make themselves look better, which is a natural response to taking a photo—but it is still not you in your most natural form. It is basically impossible to find true authenticity online because no matter what, it is a performance of some sort. It is a futile search for something that isn't real.

We all long for a natural and real connection to the people around us, but we look to social media instead of face-to-face conversations. When will we learn that the apps given to us will not solve our interpersonal problems? I spoke to some of my friends, asking what their thoughts were on BeReal, and here is what they said: Samantha Woolford-Hunt (freshman, graphic design) says “BeReal is an oxymoron; every single picture is a set up.” Jeremy Samuel (freshman, nursing)

continues that thought by replying, “BeReal makes me feel self conscious when I don’t look good.”

The app itself was made to be an inviting place to capture real-life stories, but we have turned its positive focus into a superficial presentation. We as students must learn that being “present in the moment” doesn’t have to be recorded or documented online. We can just be ourselves without cultivating a desirable illusion of our real lives.

PULSE

FAFSA For You!

Ruben Colón 10.06.22



Photo by Nick Youngson/ Picpedia Link - <https://www.picpedia.org/financial-11/f/financial-aid.html>

What is FAFSA?

October 1 marked a new beginning: an opportunity to apply for federal grants, work-study, and student loans with the Free Application for Federal Student Aid (FAFSA) for the 2023-2024 academic year! Completing this free form—and yes, I said free—gives you the opportunity to be considered for federal student aid. What is the free application for federal student aid, you may ask? If approved, federal student aid helps cover college expenses such as room and board, tuition, books, supplies, and transportation through grants, loans, and scholarships. The federal

government literally wants to give you money! All you are required to do is take less than an hour to fill out the free form found [here](#).

Do I Qualify and When Should I Apply?

A common misconception about FAFSA is that this form of aid is only for students that come from low-income families – this is wrong. Any student entering college, regardless of their family income, has the opportunity to receive financial aid. In fact, FAFSA can even help you receive institutional scholarships. Many public and private universities request your FAFSA applications to better understand your family's financial position during the distribution of scholarships. So, the quicker you submit your application, the greater your chance of receiving money for and from your dream college! It's important to note that depending on what college you plan on attending and the state it is in, there may be different deadlines for FAFSA. For example, the Federal deadline for FAFSA for the 2023-2024 academic year is June 30, 2024; but for the state of Michigan, it must be submitted no later than May 1, 2023. For Andrews University, the deadline is February 15, 2023! I advise you to research the deadlines of your desired school and submit the form no later than the designated time and date.

What do I Owe?

As stated earlier, there is no cutoff on income to qualify for FAFSA, and the application is free to fill out. However, I will point out that the lower-income household student will most likely receive more aid than a student from a middle- or upper-class household. For example, if your family's expected family contribution (EFC) is less than \$27,000 the student could qualify for maximum financial aid. Other [factors](#) such as family size, possible family members in college simultaneously, and the cost of your college affect how much financial aid you may earn. While many private loans must be paid back, the loans and grants that FAFSA provides do not require you to pay them back. Every cent that is given to you belongs to you, and not a penny is owed in return. Financial aid runs on a first-come, first-served basis, so I urge you to apply as soon as possible!

PULSE

So Go Vote

Abraham Bravo 10.06.22



Photo by Public Domain

Tuesday, November 8, midterm elections are coming up, and this is why you should vote. For those who don't know what a midterm is, it's when every member of the House of Representatives, and one-third of the Senate, are up for re-election. It is the same for state governments where legislators/governors are up for election/re-election. The seat of the President and the two-thirds of the senate is not up for election during this time.

Many may wonder why they should even bother to vote during this election cycle. While this time may not be as exciting as when the President is up for election, it does not mean this is still not vital. The President's job is only to enforce the laws that the legislature writes. In order for a President to enact anything they mostly want, they need congressional approval through legislation. I know many people would find this cumbersome; however, this is a check/balance that our founders

placed on our country to prevent one branch of government from gaining too much power.

If you believe that our current President is doing a job well done or at the very least believe in the party they are part of, then you would vote for those in the same party. If you don't like our current President or don't like the party, then you would vote for the party against them. If you don't like anyone in office, vote for a third-party candidate/independent, or run for office. The point is for you to vote, even if you don't think your vote counts. Born or naturalized in this nation, we have a duty to its governance, no matter the circumstances. We should not take this right for granted. Since its creation, there has been a principle of natural equality dictated by the Declaration of Independence in which human beings are the same, with natural and unalienable rights. Now is the time when we are close to fully actualizing this dream, one that many have fought and died to fulfill. So go vote.

The first step to 'go vote' is to figure out if you are registered to vote. A large majority of states require you to register to vote. Most states allow you to register or pre-register (for those who are under 18 before election day) online. However, there are important deadlines that you must follow in order to register. An example of this is Maryland, where the deadline for online registration is on October 18, 2022. To find out about these important deadlines, visit this [page](#).

Absentee ballots are what most college students use to vote out of state. For those who have a permanent residence (live in another state) that is not Michigan, it should be fairly easy to obtain an absentee ballot. Visit this [page](#) and choose your state on the menu; it will take you directly to your state's absentee page. Make sure to follow all the directions your state tells you to follow to receive and return an absentee ballot.

The government is a creation of the people, not separate from ourselves. It is our vote that decides how we as a country move forward. Therefore we are not its subjects, for a tool cannot overrule the master that wields it. In the end, it is not we the government, we the corporations, or we the educated elite, but "we the people." So go vote.

Last Word

LAST WORD

Instagram Therapy

Alannah Tjhatra 10.06.22

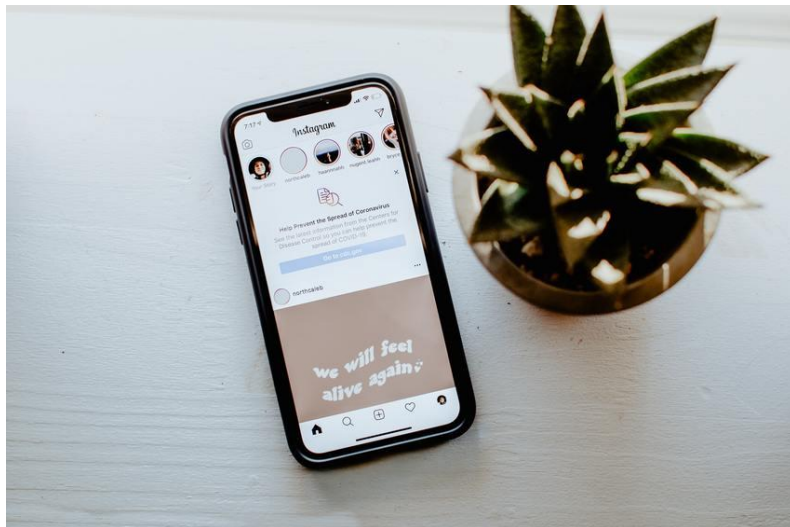


Photo by alex bracken on Unsplash

As we close the sixth week of our time here at Andrews University, it is perhaps safe to say that more than a few of us are beginning to experience a slight decline in the state of our mental health. With so much going on, it is sometimes inevitable. Often, I try to counter that by journaling, talking with friends, and convincing myself that I am allowed to [take a break](#). And sometimes, I find myself on the therapy side of Instagram.

Instagram wellness posts have rapidly been on the rise since the beginning of the pandemic. Often manifested in the form of pastel backgrounds with calming flower doodles and affirming funky fonts, these posts are filled with tips and advice addressing self-discovery and mental health. These therapy posts mostly target young people (the main generation on Instagram) and usually address mental

health, trauma and stress, and interpersonal relationships. I have seen posts on how to: recognize [gaslighting](#), [set boundaries](#), [forgive](#) yourself, differentiate between [kindness and people-pleasing](#), [support friends](#) during hard times, and [identify anxiety triggers](#).

Most of these posts serve to comfort and validate, or encourage the viewer to think about oneself or one's relationships on a deeper level. Some posts have even helped me become a better communicator, bringing up questions that push me to evaluate my emotions and situations more thoroughly. Psychiatrists and mental health experts are able to reach people where they're at, and already, these posts are helping to normalize therapy and mental health check-ins.

Over the years, however, this phenomenon has come under fire for the fact that Instagram therapy is [not actual therapy](#). This is true—any form of social media should never be used in place of real therapy. 'Instagram therapy' is meant for the general public—therefore it lacks much of the personalization and nuance that comes with actual therapy. The advice offered for dealing with depression, navigating relationship rough patches, or dealing with trauma is very broad, and it is most certainly not one size fits all. It cannot give people specific solutions to their unique situations. It does not serve as a professional diagnosis, even when accounts are run by mental health experts with actual credentials. And expert or not, taking any of these posts at face value can be fairly harmful in the wrong situations.

But there are also some upsides to Instagram therapy. For instance, real therapy often comes at a [steep price](#) in the U.S. – and that's if you're able to find an [available therapist](#) in the first place. Wait lists are long, and similar to many working in the healthcare sector since the start of Covid-19, therapists have been experiencing burnout. And many people wouldn't be able to get access to therapy regardless—often due to the stigma surrounding therapy in one's community. Consequently, a social media platform such as Instagram can be much more accessible for people. Information is provided in bite sized, easily digestible chunks. And it is often helpful to know that one can be part of an online community where people going through similar things can work to [uplift, support](#), and share resources with one another. This community has been working to [destigmatize](#) the ideas surrounding therapy and mental illness as a whole.

At the end of the day, 'Instagram therapy' can be a useful tool, so long as it's not used to replace real therapy. Posts can help to [shrink knowledge gaps](#) about

mental and emotional health, as well as help people cope with situations in a generally healthier manner. As with all general advice, caution should be exercised. But it is not so bad to see people spreading awareness of various mental health struggles through posts that contain practical help and encourage thoughtful reflection.