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Student Movement

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## The Student Movement Volume 107 Issue 11: Have a Merry Christmas! XOXO, The Student Movement

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## Have a Merry Christmas!

XOXO, THE STUDENT MOVEMENT

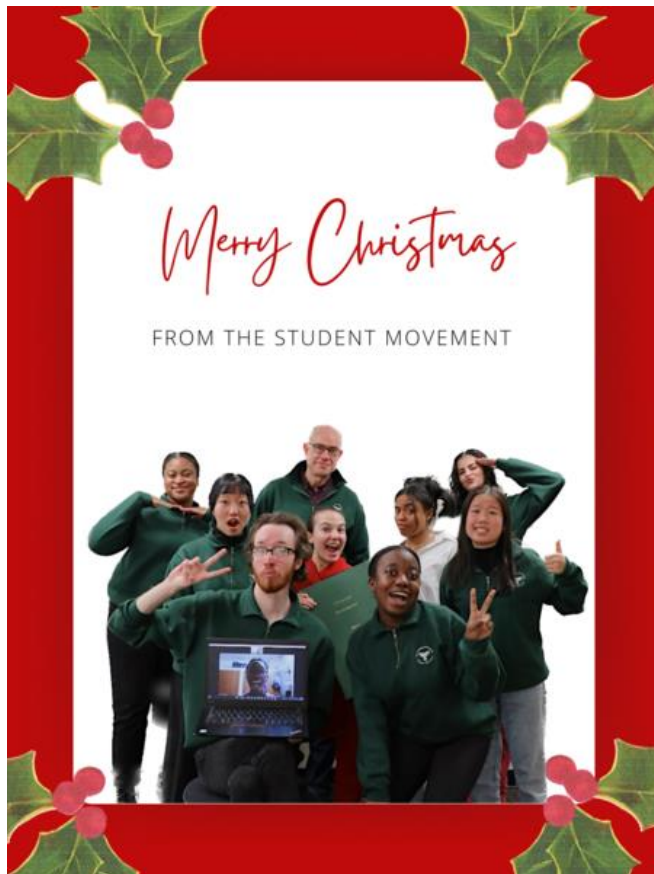


Photo by Kayla-Hope Bruno

# Humans

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## HUMANS

# Coping with Finals

Solana Campbell 12.08.22



Photo by Tim Gouw on Unsplash

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This upcoming week, finals season at AU hits hard. From early in the morning to late at night, the campus buzzes with stu(dy)ng students hard at work to finish final projects, papers, and prepare for cumulative exams. I took a moment to interview a few of your classmates to find out how students at Andrews are planning to cope with finals!

“Taking it one assignment at a time and trying to go to bed early and wake up early.”

Arleny Aquino (junior, global studies and Spanish)

“Eat more.”

Aiko Ayala (sophomore, music performance)

“I’m not coping. I’m spending time with my girlfriend.”

Suvan Campbell (sophomore, biochemistry)

“Caffeine caffeine caffeineeee.”

Karla Torres (junior, graphic design and Spanish)

“Creating schedules to stay on top of deadlines. Also watching Wednesday :)”

Alexander Hess (senior, English)

“Relaxing with my best friends and procrastinating.”

Judson Lall (sophomore, medical laboratory science)

“Studying (also classes at the gym).”

Nathan Mathieu (junior, exercise science)

“I’m not.”

Julaine Phillips (junior, medical laboratory science)

“Eating chips and salsa :(”

Jaylene Koon (senior, nursing)

“Crying”

Aya Pagunsan (senior, nursing)

“I talk to my parents back home in Russia. They comfort and encourage me.”

Sofia Ialysheva (sophomore, business finance)

“Music and watching Rick and Morty in my free time.”

Nick Zimmerman (junior, business administration)

I collected a few tips on how to handle stress from [mefa.org](https://mefa.org) to supplement your classmate’s suggestions. Finals are difficult for everyone, and even taking small steps to help alleviate stress can end up going a long way.

Identify what is causing you stress (which finals are hardest? are you procrastinating on a project?) and make a plan to get those things done.

Write things down and stay organized. Take a moment over the weekend to clean your space so you are all set for the havoc of finals week.

Get some fresh air. Take a walk, step outside during a study break, run over to the wellness center and get your heart pumping. Mind and body are very connected.

Stay calm and practice gratitude. Your final grade isn’t indicative of how successful you are as a human. The real key to how strong you are is how you pick yourself up when you feel like a failure.

You got this!

## HUMANS

# Meet Jea Erazo, AUSA Public Relations Officer

Interviewed by: Caryn Cruz [12.08.22](#)



Photo by Jea Erazo

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*I recently had the pleasure of interviewing Jeannshy (Jea) Erazo. Jea is currently a third year psychology, pre-med major here at Andrews University. A few interesting facts about Jea are that she is of Puerto Rican heritage and she has five siblings. When she was younger, she worried that she wasn't "well-rounded" enough—this now leaves her with many random and "useless" skills (as she puts it). In this interview, I asked Jea specifically about her current AUSA position as social media director.*

### **What exactly does your role entail?**

I basically run social media, which for right now includes Instagram and our Andrews Engage page.

**How do you think your position impacts the student body when it comes to representing AUSA?**

Social media, especially in our generation, is often one of the fastest ways to get informed. I think it's one of the most important ways to keep all our students connected. I also like to think it creates more school spirit, as most of our events are highlighted and anyone can go back through our page and reminisce about events from the year.

**Considering your position, what has been your vision coming into the school year? Do you think you've been able to remain consistent with this vision throughout this semester?**

My vision was to create a closer community within our pages. I want the AUSA officers to feel more approachable. I also wanted to break that wall of formality between the officers and the student body. At the end of the day, we're all just students, and I think sometimes it's hard to convey that through a screen. I think it's definitely had its ups and downs, but any progress is better than none. Through some of our mental health checks, event recaps, and officer takeovers, glimpses of the vision have come to life.

**Why were you initially interested in holding the Public Relations position for AUSA? What prior experiences or positions have prepared you for this role?**

First and foremost, I love people. I had friends on the team last year who felt I would be a really good fit for the position, so I decided to give it a shot. Also I love Aya and I knew that a year with her as president would be the best year to be part of an amazing team. In highschool I was super active. I was the social media director of our student association for three years, vice-president of our thespian society, president of my class, and president of National Honors Society. This included overseeing posts and ensuring open communication. I prioritized making sure my peers felt heard, which is a big part of what I'm trying to accomplish this year.

**What has been your favorite part of working with AUSA this semester? Any specific memories, experiences, or people that have made your job especially fun?**

The events have been so much fun to capture. I love seeing everyone get progressively louder, happier, and more involved.

**What goals do you have next semester, and how do you plan on achieving them?**

I'm planning to make our pages much more interactive. Tiktok, student shoutouts, giveaways, weekly recaps, officer takeovers, and more are all on the agenda for next semester. Follow @weareausa on instagram to keep updated or even just to talk to us :)

### **Any last parting words?**

I know there is still so much more to improve. Don't be shy, let me know your ideas! They are wanted and welcome. Okay, love you guys, bye!

## HUMANS

# Remembering Sharon Dudgeon

Grace No [12.08.22](#)



Photo by Darren Heslop

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*Quotes taken from memorial service, 12/4/22*

*Sharon passed on November 23, 2022 after a fall outside her home. and worked as General Manager at the WAUS classical radio station for nearly 30 years.*

I first met Sharon Dudgeon as a member of the Andrews Wind Symphony last year, where I played flute and she played saxophone. Later on in the term, when I



applied as a student announcer to the local classical radio station, WAUS, I met her as the General Manager of the station. What started as a fun on campus job turned into a more serious passion for radio under Sharon's teaching, with weekly staff meetings and separate appointments for individual coaching for talking on the radio. She would give me feedback on projecting my voice, improvising lines during announcing, and developing a connection with the listeners as a radio announcer. Sharon always told me to treat being on air like talking to a close friend—warm, friendly, and conversational. This helped me become more comfortable in the studio and I started to feel like a more professional announcer with her help. Her advice carried over into many areas of my life and with her help, I learned to become more articulate and confident in my speech. During the time I spent under her mentorship, I also learned how deeply involved she was with the community—cooking classes, a knitting club, counseling, and everything and anything to do with music, including running our radio station. She was truly one of the most interesting and wonderfully funny people that I have ever met, and I'm so grateful for everything that she taught me. I'll always remember the conversations we had and how fun it was to be on air with her during radio fundraising events because she brought such a special energy to the station. We were all lucky to be able to listen to her announcing and to be able to work under her, and I hope that together we can celebrate the life and legacy that she left for us.

"She always used the gifts that He gave her to advance His kingdom, and His grace will see her safely home. I'm sure one of my aunt's love languages was giving, and she gave to me a love of classical music. She showed me so much love, she gave so much love." - *Bill Dudgeon, Jr.*

"Her generosity, her frankness, her ability to take life as it came to her, and her skills at community building are traits I will always remember about Sharon."  
- *Asta LaBianca*

"She was kind, she was intelligent, she was witty... She was a Red Sox fan and I was a Yankee fan, and she told me she would have never hired me if she knew I was a Yankee. My office was right next to hers, and we always spent hours talking. I never really saw her as my boss, she was always my friend, almost like a sister. I'll miss her dearly." - *Teddy Weithers*

"She loved music and strove for excellence, even though she knew it would be impossible. Over the years, Sharon mentored around 250 students at Andrews. I

think it's emblematic of her investment in the future...many students came through and worked at the radio station here, and not everyone ended up working in radio but some did. 28 years of her career was spent at the radio station, and we're going to try and continue that legacy." - *Jeff Smith*

## HUMANS

# Women in STEM: Olivia Joyce

Interviewed by: Gloria Oh [12.08.22](#)



Photo by Olivia Joyce

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*This week, I had the opportunity to talk with Olivia Joyce (senior, chemistry) about her journey throughout her four years at Andrews as a STEM student.*

**Hi, Olivia! Could you introduce to the Student Movement audience what chemistry majors study, and what about it is distinct from other STEM majors?**

Yes, so chemistry is the study of materials: its atoms and molecules and how they

interact with each other and with the forces around them. It involves every little thing that makes up everything. It's different from biology, because chemistry focuses on the materials that compose everything around us—including ourselves—while biology has a focus on the living organism, their systems, and the environment. In my humble opinion, I believe chemistry is the intersection of both biology and physics, because chemistry uses physics when explaining how life functions on a biochemical level and why particles behave the way they do. In fact, I'm taking a physical chemistry class right now, and it's purely about the intersection of physics and chemistry in which students study questions like why particles interact the way that they do and what kind of forces they exert on each other.

**How did you come to choose chemistry as your major? Did you declare this major in your first year, and if so, where do you think you first found this passion or interest in science—and especially in chemistry?**

Before I started my freshman year of high school, I told my mom that I wanted to take chemistry because I just took life science in eighth grade and wanted something else. I also wanted to challenge myself through this subject since my parents had always talked about how hard chemistry is. But I was genuinely surprised as I went through the chemistry because it combined math and reality in a way that I didn't know they connected. Because up until that point, math was not necessarily an easy subject—it felt like an entertaining but not meaningful game in which I would simply find the right answers. But chemistry made math meaningful. It opened my eyes to realize there can be an explanation or reason for every phenomena. And it made me think that if there's a reason for everything on the scientific level, maybe that extends to other aspects of life, on the spiritual level or moral level. Perhaps there are explanations for human behavior on a psychological level. So ever since freshman year of highschool, I was planning on becoming a chemical engineer because I wanted to do chemistry for a living, and engineering sounded like a cool thing to do.

And then, I went to Andrews SciFest during the preview event, and I talked with different Chemistry professors like Dr. Randall and Dr. Ahlberg about how I was kind of going back and forth between chemistry and chemical engineering. They suggested reading the course descriptions and what seemed more interesting, and it was at that point that I realized that I would enjoy studying just chemistry itself, and this would be the subject that will help me keep looking for the answers to the

deep questions I started formulating my freshman year in the chemistry class.

**That's a cool story! And Olivia, I think not many students within the department have an interest and story like yours, since many STEM students are pre-professional students. Since you are pursuing chemistry outside of a pre-professional goal, do you think you had some hard time finding someone to discuss and share your interest in this field?**

That's a funny question because I often find myself as one of the two or three people not taking a pre-professional route in an entire classroom. I think it changes your perspective in some way, too. I'm planning on teaching high school, and some people asked me why I would bother putting in any effort towards subjects like biochemistry or physical chemistry since it's very likely I would never touch anything like this again. But all students, regardless of why they are taking the class, give their best, pursue excellence in these subjects, and find a way to make the subject interesting. It's a practice of self-discipline, which is a skill that you need no matter what career path you go into. So I think I was able to connect with the students regardless of their reason for majoring in chemistry because we are all going through the same phase and task, even if our end goals are different.

**On top of the self-discipline you mentioned, what do you think you learned from your four years as a chemistry major? Do you have a meaningful moment that you can share with us today?**

Pursuing a STEM degree has very much taught me what does and doesn't matter in life. When I was younger, I wanted to do things for the sake of admiration from people. But pride isn't a good motive. Pride will only take you so far as motivation in college and for the rest of your life. What will take you far is your passion and willingness to sacrifice your own immediate gratification to do something for the benefit of others or for greater good. I think we all have reached this mindset to some level in our college careers. We still want challenges, but for a more mature purpose. It's really about why you're studying, not what you're studying.

**I also remember that you are planning to do research next semester. Could you give me more details about this research project?**

Yes—it's not official yet, but I plan on working with Dr. Murray to conduct further research on the electrophilic carbonyl addition, which was a group project that my organic chemistry labs started last semester. It will mainly be about collecting and comparing data for different experiments utilizing electrophilic carbonyl addition.

I think it's cool that I can work on this research since electrophilic carbonyl addition is a mechanism that hasn't been studied in depth, according to Dr. Murray.

**Awesome, I'm excited for your research! Also, you mentioned teaching high school. Are you planning to go straight into a teaching career after graduation? What do you hope to pursue using your chemistry degree after graduation?**

I plan to do a year of overseas student missions to teach math and science after I graduate. And then I would like to pursue a master's, but probably not right away. I think that would happen after getting some teaching experience, but I am interested in doing a master's in Chemistry Education that combines some level of research with educational methods.

**Women in STEM is still an underrepresented group of people, but chemistry is one of those majors where we can see more female figures compared to the other STEM fields. Do you think this is what you see on campus, and is this important to you?**

Yeah, I mean, I haven't exactly counted, but sometimes I feel like it's majority female in many of my science classes, math classes being the exception. I took a lot of my math classes at community college, and it was really strange to be one of the two girls in a class of 30 people. So to see a lot of female students in class and being able to have female professors has been a huge thing, too. It's hard to describe in words, but there's definitely something there psychologically and sociologically.

**Well, I'll look forward to the day you will also be an important figure to the girls in your classroom! Do you have any last words for our readers?**

If there is a substance around you, you're looking at chemistry.

# Arts & Entertainment

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## ARTS & ENTERTAINMENT

# Football Sunday

Nathaniel Reid [12.08.22](#)



Photo by Nate Reid

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The sporting world is currently thriving, with events such as the World Cup capturing the attention of sports fans all around the globe. Despite the World Cup being expected to bring in 5 billion views this year, only around [28% of adult Americans](#) say they are likely to watch the event at all. This pales in comparison to the 65% of Americans who claim they are likely to watch the Super Bowl, which is only a few months away. With the playoffs around the corner, it seems fitting to ask a few questions: which teams are having great seasons, which teams are having disappointing seasons, and why is football so popular in America in the first place?

While there is still plenty of football to be played before [Super Bowl LVII](#) (which will occur February 12, 2023 in Glendale, Arizona), there are several teams which currently stand out as real contenders to win this year's Super Bowl . One such

team is the Philadelphia Eagles, with a physical lineup that is simply outperforming many of the other teams in its conference. They've built a [well rounded and highly motivated team](#), with veteran players, rising stars, and effective coaching. Their incredible 11-1 record is the best in the league, and cements them as an undeniable contender to win it all. The Kansas City Chiefs are another premier team, with Patrick Mahomes consistently showcasing just how high caliber of a quarterback he is. Despite Mahomes providing the Chiefs with a potent offense, the team leaves much to be desired in terms of its [defensive playmaking](#) and has a tendency to allow [small missteps](#) or [missed opportunities](#) to cost them games. The Buffalo Bills have also been a highly regarded team throughout the season and, despite facing multiple injuries, they still exist as a capable team with a talented roster and an exceptional quarterback in Josh Allen. When you start considering the San Francisco 49ers and their [defense which ranks #1](#) in the NFL; the motivated Dallas Cowboys who are hoping to recruit star wide receiver [Odell Beckham Jr](#) before the playoffs in January; and the Cincinnati Bengals with star quarterback Joe Burrow seeming to be the [kryptonite of the Chiefs](#), it becomes clear just how much still is on the table regarding which team could win it all.

While the aforementioned teams might be having extremely successful seasons, not every team is meeting the expectations of its fans. The Denver Broncos are a prime example of one such team. In acquiring QB Russell Wilson, the Broncos had hoped to have a highly competitive team. Currently, however, they have a terrible 3-9 record and one of the [lowest scoring offenses](#) of any team in a while. This has left many Bronco fans extremely disappointed with their team, and unsure of how the franchise can rebuild moving into next year. Many Bucs fans have also been disappointed with their team's performance this season. With their 6-6 record, they simply haven't performed at the same level as they did last year when they won the Super Bowl. While quarterback Tom Brady will always make whatever team he is playing on dangerous, many fans are still disappointed to see the Buccaneers overall mediocre thus far and question how their team will change without Brady's leadership upon his eventual retirement. Despite the team certainly having the potential to succeed in the playoffs, their season certainly subverts what could have been.

While it might be unclear which teams will win the Super Bowl this year, it is clear that Americans are loving football just as much as ever. Miles Lopez (freshman, business) gives a glimpse into why this is the case. When asked about what he

enjoys about football, he said that he values it enabling him “to spend time with [his] dad and family,” along with it being a perfect time to “eat pizza or wings.” To Miles and many other sports fans around the world, the [sense of community](#) is what really makes football enjoyable. To them, nothing beats the feeling that comes when the whole family gets together and cheers on their hometown team, regardless of how interested they as individuals are in the sport. To many, football is a tool that brings family and friends together and gives communities something to bond over. It can help form connections between coworkers and colleagues and gives college students something to chat about. It allows for people to escape their own issues and immerse themselves within an exciting and thrilling environment. While onlookers might see football as just a wild event in which 30 year-old men run around for an hour, to many it's a game with positive implications that go way beyond the 100 yards on which its players compete.

## ARTS & ENTERTAINMENT

# Sounds of the Season

Skylor Stark 12.08.22



Photo by Randy Ramos

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What makes the holiday season so special? Is it the food? The decorations? The weather? I believe one of the most important parts of the holiday season is the



music. We use music to reflect feelings, culture, and nostalgia, and it's no surprise that we make it such a large part of the holiday season. For many, the most favored way to start off the season is to put on some holiday tunes while decorating the tree or baking sweets. Personally, I love listening to Christmas classics while baking brownies, snickerdoodles, and other desserts. Sitting by the fire with some hot chocolate while listening to slower tunes as starlight dances on the snow is another favorite experience of mine. But one of my favorite ways to get into the Christmas spirit is by making the music myself, or watching others perform in holiday concerts.

The Andrews University Symphony Orchestra presented their holiday concert last weekend on Saturday, December 3, at the Howard Performing Arts Center. Directed by Dr. Élysée, the concert featured two soloists and several opportunities for different instrumental sections to shine. During one of the pieces, the audience was even invited to sing along to the songs they knew. This was a wonderful opportunity to keep the audience engaged and promote the holiday spirit. The concert hall was full of festive light, not only from the people and music but also from the Christmas lights hung from the ceiling, the garland wrapped along the balcony and choir seating rails, and lovely wreath that decorated the room. The audience was full of people attending for various reasons, including families coming together, friends supporting the performers, and couples hoping to have a festive date. Everyone there loved the music and the time spent with loved ones, along with the chance to get away from the busy bustle of campus life.

Christmas is a time of year to reconnect with loved ones, take a break from the seemingly endless cycle of everyday life, and enjoy some festive tunes. The orchestra concert opened with Leroy Anderson's medley "Christmas Festival", which brought many different moods of Christmas to the stage, including the tranquil melody of "O Little Town of Bethlehem," the playful style of "Winter Wonderland," and the jazzy swing feel of "Santa Claus is Coming to Town." The medley was a last minute addition to the repertoire, and the thrill of sight reading music the night of the concert was terrifying yet extremely enjoyable for myself. The audience enjoyed singing along to some of their favorite carols during the piece. They also performed the "Christmas Eve Suite" by Nikolai Rimsky-Korsakov, which is the musical background to a Russian Christmas story. This piece was the most technically challenging, requiring much practice and several rehearsals to learn. To assist the audience, Dr. Élysée included a little "study guide" of sorts with the different melodies and had a member of each section play a small phrase to

assist in telling the story. Starting the second half of the event was “Sleigh Ride” (Leroy Anderson), a popular Christmas song. “Sleigh Ride” was perhaps my favorite piece to play, even though it wasn’t challenging. What made the piece fun was the rush of getting it ready right before the concert started, almost like rushing to put Christmas dinner on table after a long day with family. Even though it was last minute, the audience absolutely loved it. The concert ended with a piece not on the program, and it was a pleasant surprise. “Breath of Heaven” (Amy Grant) was a beautiful closing piece, featuring vocalist Davielle Smith (junior, math and music). There was an amazing sensation as her voice filled the performance hall, as if it could be soaring and then gracefully breezing by as the dynamics changed. The final note found many in the crowd on their feet, applauding the soloist and the ensemble.

Music is one of the most important aspects of the holiday season. Whether you like the classics, the suites, or the modern Christmas pop, there’s always a genre of Christmas music for you. One of the qualities that’s often overlooked is that music is made to make you feel something. During the holiday season, music can be used to help you feel festive, reverent, nostalgic, or all three. Oftentimes, we forget that the human mind makes connections in music, and those connections bring out all sorts of emotions in a person. For instance, when I hear the song “Silver Bells,” I think of walking city sidewalks at night while it’s snowing outside and the Christmas lights make the snowflakes sparkle as they fall to the ground. Hearing songs like “Jingle Bell Rock” and “Here Comes Santa Claus” bring a festive mood to any room, and make me think of Christmas parties with friends. There are so many songs that bring out the holiday spirit, and they each play a role in how we celebrate the holidays. Hopefully you can go for a sleigh ride and have yourself a merry little Christmas.

For those who wish to further support the music department, the holiday performance for University Singers and Chorale will be held this Friday on December 9, 2022 at 8pm. Future concert dates may be found on the [Howard Performing Arts Center](#) website, including upcoming performances in January 2023.

## ARTS & ENTERTAINMENT

# Student Picks: Christmas Classics

Ysabelle Fernando 12.08.22



Photo by public domain

The month of December brings freezing cold temperatures, a rapidly approaching finals week, a much awaited Christmas break, and the warmth of infuriatingly cheesy Christmas movies that many will indulge in from the comfort of their homes. For others, Christmas is a time when friends and family gather together to watch a Christmas movie or two...or three. It is a time when many reminisce about their childhood and perhaps recreate or create new memories! If watching a Christmas movie is an ongoing tradition, you probably have a favorite Christmas movie that is a must to watch. Personally, my favorite is “How the Grinch Stole Christmas,” starring Jim Carrey, because I am obsessed with the Grinch’s persona and how relatable he is. His bestie is a dog. Relatable. Rather stay at home. Same. Has a hard time finding clothes to wear. Me too! Every year, my brothers and I try to get our dad to watch it, but somehow we always end up watching it without him because my dad has a way of finding things to do around the house. I think my dad would appreciate the lesson behind the movie, but I think the Grinch is a funny guy

and I honestly just want to see my dad's reaction to this obnoxious-looking character. I can't forget about the iconic song that came out of the movie either. The ironic thing is that my dad knows the song but has never seen the movie. I'm hoping this Christmas is the year he finally sees it.

Here are a list of Andrews University students' favorite Christmas movies:

Hannah Venn (senior, animal science)

"The Polar Express"

Itumeleng Gabasiane (graduate, physical therapy)

"Jingle All the Way"

Davielle Smith (junior, mathematics and music)

"Home Alone 2"

Rachel Rajarathinam (senior, nursing)

"A Charlie Brown Christmas"

Nathalie Batres (senior, psychology)

"Home Alone 2"

Claudius (Nigel) Emilaire (junior, digital communication)

"This Christmas"

Dawilda Lorenzo (graduate, physical therapy)

"The Polar Express"

Enlai Wang (senior, biology)

"Elf"

Angelia Lourry (graduate, business administration)

"Home Alone" and "The Polar Express"

Axel Habimana (senior, medical laboratory sciences)

"Home Alone"

Taznir Smalling (junior, international business)

"Home Alone 1, 2 & 3"

Vieny Anggita (graduate, physical therapy)

"Home Alone 2"

Nicole Boddeti (graduate, public health)

"Home Alone 1 & 2"

Luccas Gabriel de Freitas Souza (junior, music education)  
“Home Alone 1, 2, & 3”

Eduardo Kim (graduate, physical therapy)  
“Elf”

Philip Wekesa (senior, music)  
“Home Alone 2”

Arnelly Miechel Siby (graduate, business administration)  
“The Polar Express”

Gabriel Palacios (senior, mathematics and music)  
“The Grinch”

Abel Siamubi (graduate, music)  
“Home Alone”

So, what is AU’s favorite Christmas movie? If you read through each submission or just looked at the poll, “Home Alone” seems to be the favorite Christmas movie on campus. Whether you agree or disagree, we can all agree that Kevin deserves this for all the times he was left behind—so respectfully, “Keep the change, ya filthy animal.”

# News

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## NEWS

# AFIA x MLS Christmas Party

Ceiry Flores [12.08.22](#)



Photo by Peter Tumangday

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At 7:15 pm on Saturday, December 3, I arrived at the Paskong Pinoy Christmas Party that was put on by AFIA (Andrews Filipino International Association) and the MLS (Medical Laboratory Sciences) club. I saw the set-up, which included some wrapping paper on the walls, the Filipino flag, and a booth for their merchandise. Both clubs had several activities to offer: karaoke, a station for making mini gingerbread houses, a photobooth, as well as ping-pong, foosball, and pool.

When asked about what students should anticipate at the event Sara Hamstra (sophomore, medical laboratory science), who helped to organize the event, exclaimed “Look forward to lumpia! We have lots of gingerbread houses, karaoke, and you also have the chance to throw eggs at officers.”

As people continued to trickle in, the atmosphere changed into a lively, high spirited environment. People filled the seats to make gingerbread houses while the room filled with iconic renditions of the “High School Musical” soundtrack, along

with “Mistletoe” by Justin Bieber. The sound of people singing filled the room with a vivacious Christmas spirit.

Morgan Williams, (junior, social work), said that the event was “all the vibes, all the vibes.”

Morgan came with her besties: Sydney Fritz (junior, speech pathology), Natasha Weber (junior, exercise science), Hailey Prestes (junior, architecture), and Frankie Paypa (senior, physical therapy). When I asked Morgan how she was enjoying the party so far, she said “I’m currently building a gingerbread house and I have to say, I’m enjoying myself.”

After asking some people what they thought of the Christmas party, the most popular items seemed to be the gingerbread houses and egging the officers of both the AFIA & MLS clubs.

“We just got here like 15 minutes ago but we made a gingerbread house, so that was fun,” said Russel Blotore (freshman, biology). “But I’m looking forward to egging the officers. I’m most definitely going to egg Jaden Leiterman (junior, medical lab science).”

When I asked Russel what he thought of the party, he said, “I think it's good vibes so far. I have been to parties with bad vibes, [and] this is definitely not one of them. I’m just going to see how it plays off from here.”

Freshly made lumpia, a type of egg roll, was passed around in cute little bags for everyone to eat throughout the evening. It was definitely one of the highlights of the evening as Sara Hamstra predicted. The night ended with egging the officers, which I myself participated in. The clubs charged \$1 for each egg thrown as a way to help fundraise for their club. It was definitely messy, eggy, gooey, and exhilarating, especially since I was able to egg my roommate, Glenielle Sta Ana.

“AFIA was aiming to provide a place where people could have fun and get to know other people, as well as enjoy the Christmas spirit,” said Glenielle Sta Ana (sophomore, speech pathology).

Lumpia. Karaoke. Gingerbread houses. Photo Booth. \$1 unique egging experience. The best of all worlds.

## NEWS

# Boycotts and Bans at the Qatar World Cup

Hannah Cruse 12.08.22



Photo by public domain

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There is no argument that the World Cup this year, hosted in Qatar, has resulted in numerous articles about all of the problems that have been happening before and during the games. Since the host country has a very strict stance on LGBTQ+ rights and has received backlash on how the stadiums were built, many fans and [celebrities](#) have been boycotting attendance to make a statement.

[Information](#) was sent out by the United States government before the games to tell fans about some of the rules that might be enforced inside and outside the stadiums. Among the list was a warning to LGBTQ+ fans that homosexuality is illegal in Qatar. This started boycotts not only in the US, but globally. [Fans](#) that did go to Qatar have been told to remove rainbow colored clothing because political messages are prohibited inside the stadium. [Players](#) that have worn “One Love” armbands in support of LGBTQ+ rights have been threatened by FIFA with a yellow card should they continue to wear them during game play.



In May of this year, a Qatari doctor living in the U.S. decided to open up about his sexual orientation in a way that created awareness of the problems queer people face within his home country. After coming out as gay publicly, Dr. Naser Mohamed was cut off from his family and had to seek asylum in the U.S. on the basis of discrimination. He told [Time](#) that he is not against people going to Qatar to see the games, but he is looking for accountability from FIFA, the teams, and ambassador David Beckham because they are safer than the people who are living inside the country.

Nevertheless, queer people aren't the only ones that should be [concerned](#). Qatar also has a strict dress code and has told fans to always keep their chests, shoulders, knees, and stomachs covered at all times. Pregnant women will have to present a marriage certificate if they need to seek medical attention because it is illegal to have sex outside of marriage. Freedom of speech is not protected inside the country, leaving journalists and reporters without the protection from their own respective countries. People also are not allowed to promote religions other than Islam during their stay in Qatar, as that could also be considered a criminal act.

The human rights issue with the construction of the stadium is another topic people have voiced concern about. In *Last Week Tonight with John Oliver*, the titular host highlighted the living and working conditions many immigrants have faced while building whole new stadiums and cities while in unbearable heat. Many of the workers had their passports taken away and were not allowed to change jobs without the consent of their supervisor. They also are living in places without showers or baths, and have problems with bed bug infestations. FIFA has said that they have spoken with Qatari officials about these issues and have resolved them, but only time will tell as the games come to a close.

All these boycotts and bans have not stopped fans from attending the games, with more in [attendance](#) at the group stages than the Russian games in 2018. Maybe exposure to the outside world is what local people in Qatar need to figure out how to take back control and demand for more rights, especially the local queer community. If the other countries join forces to demand accountability from FIFA and the Qatari government, real change could be possible and people like Dr. Naser Mohamed would not have to live in fear in the country they love.

## NEWS

# In Loving Memory of Seth Williams

Gloria Oh 12.08.22

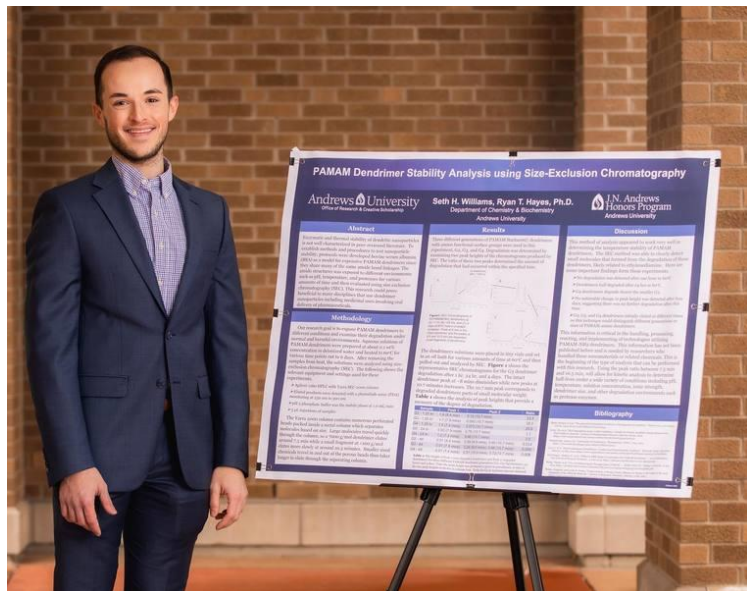


Photo by Anthony Isensee

Seth Williams was a J.N. Andrews Honors scholar who graduated last May with his biology (biomedical concentration) degree. But before any of those titles, Seth was a dear friend, brother, and son to his family members and many people who met him in his personal life—whether that be at Andrews University or beyond. Some of those individuals have shared some of their memories of Seth. To everyone who is feeling pain and loss, we hope this article will help you process that feeling by reflecting on the life of Seth—a life filled with passion, kindness, humor, and compassion. And if you would like to, please visit [this website](#) and share your memories of him.

“I remember Seth as a very dear, incredibly kind, polite, and respectful young scholar. I’m devastated by his death. He was a light of kindness in his every interaction. Ms. Maxine and I remember that whenever he would come into the Honors Office for tea, he would stop, chat, and take time to check up on how we

were doing. He readily volunteered to help in our Honors service project for the Harbor of Hope Church and was a joyful presence on many Honors cultural outings. After Covid disrupted our lives substantially, I witnessed his quiet acts of kindness on many occasions. Seth's personal losses only made him more attuned to the needs of those around him. We have lost a good human. I pray that we can daily practice the acts of love that will honor his example. He will be greatly missed."

*Dr. L. Monique Pittman, Director of Honors Program*

"I knew Seth from Quant lab, where we talked in the chemistry reading room before or after every lab. It was often [regarding] something very silly and outlandish [in terms of] what we would do for the lab that day. Sometimes, it was about lab analysis, and sometimes it was about venting our frustrations of the busy semester. But he always made me laugh whenever we met, always having a joke to spare. During that semester, I learned more about Seth, and we planned to someday meet in Texas and eat BBQ together. While our time together was short, I am forever grateful that I was able to meet Seth."

*Jongwan Bae (senior, biochemistry)*

"Seth was a kind and thoughtful student that will always have a special place in my heart. Seth was an Honors student in my research group, and we had many conversations about science, research, life goals, and our families. When we both lost our mothers in the fall of 2021, he bought me a card and a flower and had them sitting in my office when I returned from grieving with my family. I was touched by his kindness and moved by the thoughtfulness of such a mature student. Honestly, he did more for me than I did for him. But, it was that conversation afterwards where we shared the details of our mother's passing that knitted us together in a deeper way than academics alone could ever do."

*Ryan Hayes, Professor of Chemistry*

"After his first semester of Foundations of Biology, Seth stopped by to express appreciation for the class. To say thank you, he gave me a small plaque that reads, 'Teachers are neuron gardeners!' I have kept this plaque on my desk ever since: it captures well the role of a teacher and illustrates to me Seth's thoughtfulness and kindness, attributes I observed often in our interactions."

*Dr. Tom Goodwin, Professor of Biology*

“I remember clearly my last conversation with Seth Williams. He had come to submit his Honors Thesis. I expressed how happy I was to see him more often in his senior year and the opportunities to have conversations together. He went on to thank me as well for taking the time to talk with him and for the help I had offered in completing his Honors Thesis research. Just before he departed, I took the opportunity to ask what his post-undergraduate plans were; he had shared with me his plans to begin his master's degree in Texas. Then he walked out of the Honors Office for the last time. I am grateful to have had such a lovely final conversation with one another as he looked and felt optimistic about his future.”

*Ms. Umana Maxine, Honors Administrative Assistant*

“You (Seth) left a lasting impression on me, not only with your stainless steel water bottle, decorous shirt, and classic old fashioned glasses, but also with your intelligent mind, brilliant observation skills, and pleasant characteristics. We sat in the same [row] in the Foundations of Biology class on the first day and kept the same seat for the rest of the semester. Sometimes we came up with different answers with our remote controls and debated them. However, your quick reflection skills and excellent comprehension abilities often convinced me, and we ended up with the correct answer. FB was never boring with you, and neither was our ecology class. We shared the same tent in the moist forests in Cuba, explored the Cueva de Ambrosio bat cave at Varadero, and dived into the spectacular Guanahacabibes Peninsula. These memories will always stay with me.”

*Hugo Qin, Class of 2022 (biology)*

“Some memories of Seth are from last year when he took general physics, and I TA'd that class. He and I were already friends from the honors classes we'd taken together. I always looked forward to those classes because he always made funny jokes or was really personable when interacting with anyone. He lit up the classroom, even though physics wasn't his favorite class. Also, he worked as an assistant for my mom (she's the chemistry department administrative assistant), so he and I spent some fun times visiting her office. He had a great sense of humor and I loved talking with him about whatever was going on with his life. He was always willing to help me when anything came up and was so incredibly talented at everything he tried. It really hurts to think about him being gone, and I wish that we had been closer friends. He had such a great positive impact on my undergraduate life, and I wish our paths had crossed more.”

*Lisa Johnston, Class of 2022 (mathematics and physics)*

"Seth always had a casual attitude towards life. He could laugh at anything, even under stress. He never took himself too seriously. It made everyone around him more light-hearted."

*Andras Muranyi, Class of 2022 (biology)*

"One fond memory I have of Seth actually happened my freshman year. I had recently been looking to make some new friends and was keeping my eyes open for opportunities to get to know new people. One day, I walked into the café for dinner and saw Seth and Andras eating at a booth together. I decided to join them, and they gladly welcomed me. I recognized them from Western Heritage because they both sat right in front of me. As I joined them, they immediately included me in their conversation. Although I don't remember exactly what we talked about, I felt drawn to be with them. I realized, however, that at that time, I didn't know their names. As they shared, I misheard Andras's name. I asked that he repeat it. Without missing a beat, Seth stated that the name I missed was Gary. And when neither corrected me, I promptly called 'Gary' and Seth every time I was in class...for months. It was a running joke until one day, Dr. Corredera called on Andras to answer a question and the truth was out. We all had a good laugh about my blunder, and for years I always teased them about my mistake. Seth had a pleasant sense of humor and infectious laugh. In addition, his intelligence blew me away. After returning from Germany, I ran into Seth at Baguette and I discovered that he spoke German fluently. We had a fun conversation exclusively in German. Though I will miss him, I will never forget the impact he had on my life, welcoming me in as a friend."

*Christina Stowell (senior, psychology)*

"Dear Seth,  
Remember when we crammed a bunch of guys in our dorm room to watch a Bollywood movie? I think it was Putung who hijacked your TV and recommended Chennai Express. I was rolling my eyes the entire time but it was frickin hilarious. Thanks for putting up with Gabe, Watson, and me when they'd come over and have a watch party. I wish we could watch one more Bollywood movie together."

*Jonathan Homan, Class of 2022 (mathematics and physics)*

"One of my most memorable times with Seth was helping him learn how to use a chemistry instrument for his research. This instrument can be complicated,

especially for a first-time user. I showed Seth how to prepare his samples, start the program, and analyze his samples, after which I asked him if he wanted to try it for himself. He was nervous—understandably. Nevertheless, he brushed these nerves aside and repeated the steps I had taken, not hesitating to ask for reminders as he learned. Seth practiced for several hours until he was operating smoothly without my aid. He promptly applied this newly gained skill to his honors thesis, and I would regularly see him in Halenz Hall Room 123 working on the project.

In honor of that memory, I read Seth's honors thesis today. As I read through the pages of his writing, I absorbed Seth's passion for his research and reminisced about his persistence in learning new skills, despite their initial challenges. Seth was driven to understand the world a little bit better every day, a collective pursuit of knowledge that we call science. Seth's devotion to learning embodies the spirit of that pursuit, and I will forever remember his passion for science as I, too, share that endeavor with him."

*Aaron Jacobs, Class of 2021 (chemistry)*

"Seth in my life was a bit like basil.

When you first taste basil by itself, it seldom blows you away. I remember the first time I met Seth, I thought he was a very peculiar person. I did not expect him to become a dear friend, yet that very peculiarity would draw me in.

Basil is seldom a rock-star flavor like salt, lemon, or pepper; it prefers subtlety, rounding out and enriching the flavors of your meal without commanding your attention. Throughout college, Seth was a constant and comforting figure in my life. He was the sort of person who was content just being in the room with you, both doing your own things. So often he would be in the room, just looking at his phone while I did whatever and, without saying anything, would comfort and make the world feel less lonely. Even when we didn't have the time to hang out much together, whether he was sitting next to me in class or living on the other side of the suite, I knew he cared and had my back.

Once you really get to know and appreciate the taste of basil, you'll really enjoy it in your food and frequently add it when you cook. I'll always remember and love Seth's off-beat and chaotic sense of humor. You truly never knew what to expect

from him. Sometimes he would drop a 5 lb bag of candy on your desk and tell you to eat it; other times he would invite you to go with him to visit the local Mormon tabernacle. I always loved when, while hanging out with our friends, after being quiet for most of the hour, Seth would jump in with an unexpected joke that would leave the group laughing. As I have been grieving his loss, one of the greatest comforts to me during this time has been remembering Seth's humor and thinking about how he would be able to make light of even this dark situation.

Even so, basil has its moments where it really shines, like in a lovely pesto. Seth was a great friend, the sort of friend I hope everyone has the experience of having. I remember once I called him late at night and asked him to pick me up from the South Bend Airport and take me back to Andrews. In minutes, he was driving towards me and even brought cookies he made himself. He was always down to hang out and have fun, and you could always count on him when you needed a hand. I could fill page upon page with the kind things he has done for me, his many endearing quirks, and the great memories shared together. He truly added joy to my life linearly independent from the joy anyone else has contributed to my life.

The thought of never tasting basil again is sad; the thought of never having Seth in my life again rends my heart.”

*Reise Campbell, Class of 2022 (computer science, mathematics, and religion)*

# Ideas

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## IDEAS

# How Do We Address Queer Violence?

Alexander J. Hess [12.08.22](#)



Photo by Raphael Renter on Unsplash

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On the evening of November 19, America experienced the most recent in a seemingly endless string of mass-shootings. What set this atrocity apart from the many other shootings in the past year was its location: Club Q, an LGBTQ+ club in Colorado Springs. After opening fire on the club of partygoers, U.S. army veteran Richard M. Fierro tackled the shooter and, with the help of an unnamed transgender woman, was able to incapacitate the shooter until the authorities [arrived](#). The shooting left five dead and nineteen injured.

With the initial 911 call to authorities at [11:56 pm](#), this targeted attack on LGBTQ+ individuals took place moments before [Transgender Day of Remembrance](#) (November 20)—a day that remembers the trans individuals who have lost their lives to acts of violence and phobia—and the beginning of Transgender Awareness Week. This act of violence at Club Q points toward an on-



going trend within the United States where both everyday individuals and lawmakers attack the rights and lives of LGBTQ+ individuals. According to an [ACLEDE factsheet](#) released during June of this year, the database “recorded 33 anti-LGBT+ events this year—putting 2022 on track to be a worse year for anti-LGBT+ mobilization than 2021.” Placing these terrifying statistics in conversation with legislature like Florida’s “Don’t Say Gay” bill and the other [162 bills](#) (as of July 2022) that explicitly target LGBTQ+, and particularly transgender, individuals. These bills range from attempting to limit trans children from participating in athletics, barring LGBTQ+ history and stories to be shared within school curriculum, and restriction of queer individual’s access to healthcare. Altogether, this shooting and trends within American politics represent a sustained attack on the wellbeing and autonomy of LGBTQ+ individual’s access to basic human rights.

However, anti-LGBTQ+ rhetoric is equally prolific within social media and entertainment. The first of two recent examples involved influencer Nikita Dragun. After being arrested in early November, Dragun was misgendered and [placed in a men’s prison](#) despite identifying as a trans woman. Doing so not only belittled Dragun’s gender identity, but placed her in a space that is [openly life-threatening for trans individuals](#). Also in the opening days of November, actor Kit Connor, best known from his role in Netflix’s Heartstopper, came out as bisexual on Twitter. In a 28-word Tweet from his now deleted account, Connor stated that he wanted to do so on his own timeline, but felt that ongoing discussions of his identity and [queerbaiting](#) (a term generally associated with when media entities mechanize queerness in an attempt to boost revenue and audience engagement) forced him to come out. Giving voice to his betrayal, he [said](#), “I’m bi[sexual]. Congrats for forcing an 18 year old to out himself.” This heart wrenching moment speaks to dangerous moves within the entertainment industry and media that force celebrities into coming out to avoid blackmail or queerbaiting scandals on social media. As these instances show, bigotry and queerphobia manifests itself in ways that put LGBTQ+ individuals in direct harm and deny them the potential to live the unscrutinized lives that their cisgender, heterosexual colleagues are able to.

Days after the shooting in Colorado Springs, Andrews University’s VP for Diversity and Inclusion Michael Nixon issued a [statement](#) that was emailed to both students and faculty on November 22. In it, VP Nixon states that, “As people of faith, let us resolve to say or do nothing that would demean another person. Differences and

disagreements need not result in disrespectful or hurtful words or behavior. Our highest calling as a Seventh-day Adventist campus is to love one another and demonstrate that tangibly. We are to model ‘a more excellent way’ (Romans 12:31). Later in the statement, VP Nixon called us “. . .to love one another and demonstrate that tangibly” by providing resources for LGBTQ+ individuals on campus in need of support. He took these commitments a step further when, in a [conversation](#) on Twitter with Associate Director of Communication for the Adventist Church, Sam Neves, he affirmed, “100% of LGBTQIA+ humans are image bearers [of God]. Full stop. That point is inarguable. Nothing about their gender identity or who they decide to love can or will ever change that reality.” While I could take this article in a variety of ways when speaking on Seventh-day Adventism and the LGBTQ+ community, I want to affirm the small ways in which members of this AU community embrace the ethical responsibility to care for and love the marginalized and oppressed that God provided us in the Bible (Psalm 82:3, Isaiah 1:17, Proverbs 31:8-9, James 1:27 and more).

However, while acknowledging the positive steps towards enacting God’s “calling. . .to love one another and demonstrate that tangibly,” that are being taken at AU, there is inarguably room for growth. As of the writing of this article, [Andrews University](#) and the [SDA church](#) continue to participate in and perpetuate ideologies that threaten LGBTQ+ individuals within their campuses and on their church pews. My goal in writing this article is not only to educate on these atrocities (such as the shooting at Club Q and the dehumanization of queer individuals), but also to emphasize how important it is for us as good humans to do what we can to help those who are marginalized and ostracized by society—especially when they are denied their most basic rights to bodily autonomy and privacy.

## IDEAS

# Is Reality Really Real When You Aren't Really Looking?

Alexander Navarro [12.08.22](#)



Photo by Clément Morin

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By far, the most famous of all of the Nobel prizes is the Nobel Peace Prize, for contributions towards peace and human rights. However, there are also Nobel prizes for Physics, Chemistry, Physiology or Medicine, and Literature (As well as the Sveriges Riksbank prize in Economic Sciences, which is given in Nobel's memory). This year, the [2022 Nobel Prize](#) in physics was given to three physicists: John Clauser, Alain Aspect, and Anton Zeilinger, who performed experiments that show that the world we live in is even weirder than we thought. The prize was given—and warning, this is a mouthful—“For Experiments with Entangled Photons, Establishing the Violation of Bell Inequalities and Pioneering Quantum Information Science.” This description is rather opaque, and so it is hard to understand what exactly is significant or interesting about the work that was done. Before we dive into the specific research that was done, what the results and significance were, which is simply all too much to fit into one article, let's take some time to understand some of the principles behind these physicists' work.

At the core of this work is investigation of two principles, what physicists have titled 'Locality' and 'Realism.' Locality is essentially the idea that nearby things

influence nearby things. If I want to knock a water bottle off of a shelf, I have two options: either I can directly knock it off by walking over to it and pushing it, in which case I have to be near the bottle to push it, or I can throw a ball at it to knock it off, in which case I first have to be near the ball to throw it, and then the ball moves until it is close enough to the bottle to hit it off. In both cases, every interaction is between things that are close to each other. Locality takes this idea and says that it is fundamental, that everything must only be able to interact with what is immediately in its vicinity. Nothing can magically affect something far away immediately without some kind of information or influence having to travel between them.

Realism can be summarized as the idea that the universe exists in the exact same way when it is being observed as when it is not. So, it is kind of like the idea that after you knocked the poor water bottle off of its ledge, if it fell behind a cloth, it would continue to fall, move, and act in some definite way, just like it did before it fell behind the cloth. You could almost say that realism is like a kind of object permanence for the universe itself. While infants have to learn that objects continue to exist even when you can't see them, realism is the idea that everything exists in some definite way even when you are not observing it.

Physicists then take these two principles, locality and realism, and combine them into one concept, 'Local Realism.' This is the idea that the universe has some definite state even when you are not observing it, and that two different locations can't influence each other without some influence or information traveling between them. Both of these ideas are, at least I think, extremely intuitive, and they seem like quite natural features to expect from our universe. However, the problem comes from one specific word from that long, pretentious title for the work, 'Quantum.'

'Quantum Mechanics' is a field of physics which studies how the smallest pieces of matter move and interact. Quantum mechanics makes the claim that, at the smallest scales, around the size of atoms and electrons, things behave very differently than at the massive scales of humans and our everyday life. For example, in quantum mechanics, we find that it is impossible to say with certainty exactly where a particle will be when you try to measure its position, and instead, you can only calculate the probability, or how likely it is, that you will find it at a specific spot when you try to measure it. Bizarrely, before we measure the position of the particle, the most literal interpretations of quantum mechanics actually say that the particle is in many places at the same time! Now, you may note that this

idea of not being able to know where a particle is, only being able to calculate where it might be, seems to clash with realism, and you would be right. After all, if you know where the particle was, and what it was doing before, then it should be certain what it will be doing in the future. So, do we have to abandon realism when we are dealing with things at the quantum scale? Actually, no! You see, physicists are clever, and realized that if you imagine that the particles actually are carrying secret information that we can't access that tells them where to go, then since we don't know the information, we didn't know everything about the particle when it started its journey. If we don't know this information, then of course the best we can do is calculate the chances that the particle will go to a specific spot. This type of theory is called a 'local hidden variable theory,' where the variable/information that the particle is carrying is local, because each particle carries its own information with it, and hidden, because that information is unobservable. However, how could we ever possibly prove that particles carry information that is unobservable? After all, if the information is unobservable, then we could never measure it or see that it is there!

This is where the Bell Inequalities come in. John Bell managed to show that quantum mechanics, as it is formulated, is actually fundamentally incompatible with local hidden variable theory, and that there are experiments that can differentiate between a quantum mechanical world and a local hidden variable world. To do this, Bell came up with a set of conditions—what are now called the Bell Inequalities—that could be compared with the results of certain experiments to tell us whether the universe is consistent with local hidden variable theory, or with quantum mechanics. This is amazing—it is actually possible to tell if there is information that we can't measure! If Bell's Inequalities hold, we might be in a universe with local hidden variables—but then quantum mechanics, at least as we usually understand it, is wrong. If Bell's Inequalities are broken, then the quantum mechanics we know and love is accurate, but local hidden variables are impossible, and we can't have local realism. It is exactly this—experiments and theory related to testing Bell's Inequalities—which earned the first two physicists, John Clauser and Alain Aspect, their part of the Nobel prize. Further investigation of a related phenomenon, *quantum teleportation*, earned Anton Zeilinger his part, but that is all a story for another time.

*This article is part one of two in a series discussing the 2022 Nobel Prize in Physics. The second article, which will be released in January 2023, will explore the specific phenomenon used to test Bell's inequalities by Clauser and Aspect, the experiments that they performed,*

*the related work of Zeilinger, and finally, what these results mean about how we should think about the universe.*

## IDEAS

# Reflecting on Christmas Traditions

Rachel Ingram-Clay [12.08.22](#)



Photo by Addy Mae on Unsplash

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Tis' the season! December is rolling around, and with it comes the spirit of Christmas manifesting across campus. Departments start to fill with lights, trees, and many other festive adornments. This week we will explore Christmas traditions from fellow students across different cultures. Clayton Potts (senior, aviation), Yamil Kas-Danouche (senior, computer engineering), Izzy Koh (senior, English), and Kyra Wirsz (senior, behavioral science). Here are some of their thoughts about the holidays:

### **What are some Christmas traditions you do every year?**

**Clayton:** Every year on Christmas Eve my family and I drive through the community and look at all the Christmas decorations. Following that, we usually attend a Christmas Eve service at our church or grandparents' church depending

on where we are for the holidays. On Christmas day we have a big turkey dinner full of all our favorite foods, and then we open presents.

**Yamil:** I usually hang out with my family. We enjoy having no cares in the world, and I play a lot of video games with my brothers and cousins.

**Kyra:** I love decorating with my family, Christmas movie marathons, s'mores, and hot cocoa, with Michael Bublé playing at all times.

### **Are there any special foods you enjoy around the holidays?**

**Clayton:** Honestly, I love food, so most of the food we have with our turkey dinner (stuffing, mashed potatoes, green bean casserole, etc), I love to eat! On New Year's Eve, we have a special German feast. We usually have *kielbasa*, sauerkraut, and dumplings.

**Yamil:** Yes. Hallacas and potato salad.

### **Are any of these foods or traditions based on your culture?**

**Clayton:** My grandparents have a lot of German heritage. I am not sure when or where these traditions started, but it has been happening for as long as I can remember.

**Yamil:** The *Hallacas*, yes, they are originally from Venezuela. Stories say that someone didn't know what to cook for Christmas so he just mixed everything he had in the refrigerator and wrapped it in Plantain leaves.

### **What are some of your favorite Christmas songs?**

**Clayton:** “Adeste Fideles,” “Caroling Caroling,” “There's No Place Like Home for the Holidays,” and “The Christmas Waltz,” just to name a few.

**Yamil:** “Have Yourself a Merry Little Christmas,” and “Walking in a Winter Wonderland.”

**Kyra:** Obviously the classic: “All I Want for Christmas is You.” But also, Leslie Odom Jr.’s Christmas album, and of course everything Michael Bublé.

### **What do you look forward to doing the most over this Christmas Break?**

**Clayton:** Relaxing with family and friends that I haven't seen in a while.

**Kyra:** Resting, spending time with my family, wrapping presents, and giving gifts to people!

### **What makes Christmas special to you?**

**Clayton:** As I mentioned, being with family and friends is always something that is

important to me. I also like giving gifts to people—it makes me feel happy seeing their reactions.

**Yamil:** The fact is that at Christmas, I find no enjoyment specifically in gifts or food, but rather being with family sharing the Christmas songs, eating food related to Christmas makes those simple things special, so I would say, family.

**Kyra:** There's just an energy in the air that is so special. I love seeing everyone decorate their houses and stores. And obviously spending quality time with my family and enjoying the season.

## IDEAS

# The New Era of Book Bans

Elizabeth Getahun [12.08.22](#)



Photo by Ed Robertson on Unsplash

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According to an article from [Education Week](#), by the end of 2022 the number of banned books will have surpassed the record set in 2021. This crack down on literature that considers topics of race, gender, and sexuality echoes other political trends banning the teaching of Critical Race Theory and Florida's “Don't Say Gay” bill. The recent increase in book bans begs the question of why conservative politicians are pushing for banning books and what the ramifications of



politicizing schools will be. “Parents, activists, school board officials and lawmakers around the country are challenging books at a pace not seen in decades,” reports the [New York Times](#).

Book banning is currently the most widespread form of censorship in the [United States](#). About 1,648 unique books were banned from public schools between June of 2021 and June of 2022. Of these books, 40% dealt with people of color, 41% dealt with LGBTQ+ themes, 21% dealt with issues of racism and race, 10% dealt with themes of activism and human rights, and 22% included sexual content. Books containing stories of religious minorities were also [banned](#). Parents tend to think they are protecting their kids from unsavory content, but rather than teaching children to reason through controversial topics and aspects of life objectively, this may be teaching them not to talk or think about them at all. Is this the kind of rationale education systems want to foster in their students?

The push behind banning Critical Race Theory (CRT) books seems to be rooted in the misconception that it cultivates a feeling or perception of hate toward white people, which is neither the goal nor intent of the theory. Rather, it serves to denote the racism embedded in governmental, educational, and judicial systems, not necessarily the people, and to provide an accurate and holistic portrait of history that is not the biased, idealized version. Sadly, some citizens cannot separate their person from the system, and this leads them to take personal offense and see this as an attack on patriotism.

Recently, I took a Legal Studies course and we had an attorney as our guest speaker. He mentioned how he was the chair of the school board in St. Joseph County. A petition to ban 12 books, including classics like “The Kite Runner” and “Slaughterhouse-Five,” due to explicit sexual content. The school board members were accused of being porn pushers. He mentioned a great point: that students all have smart phones with access to a lot worse content at the click of a button than what can be found in these books. If pornographic content is what the kids are looking for, they aren’t going to read through 172 pages to do it. Expelling important true stories and biographies doesn’t protect students from the negative but prevalent aspects of life.

While I do believe school is an institution that should primarily focus on academics, I believe education should extend beyond math and science. Authentic stories of people's personal experiences, the nitty gritty of history, and current societal issues are topics that should be discussed in school so that students can

foster a diverse and holistic perspective of life and what it means to be educated. However, I think there should be a difference between what I as a college student should be allowed to learn (being that I am an adult), and what children should be allowed to consume in terms of explicit, non-academic material without parental consent. Striking a balance between ensuring parents feel safe sending their children to school but ensuring students are getting the fullness of what education ought to be is tough—but checking personal biases and making sure they are not the driving force behind our advocacy for or against book bans is a great way to start.

## IDEAS

# Why is Everyone so Happy During Christmastime?

Kayla-Hope Bruno [12.08.22](#)



Photo by Eugene Zhyvchik on Unsplash

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Around the world, Christmas is known as a season filled with joy, happiness, and generosity. Everyone genuinely seems to be happier at Christmastime. Families gather for annual dinners to fellowship with one another, holiday decorations are put around and outside of the home to get into a Christmas spirit, and radio stations begin to play Christmas music to evoke a sense of holiday cheer in the

hearts of their listeners. Happiness during Christmastime can be a contagious feeling for many, and there are various psychological reasons for the inevitable happiness that many experience during the holiday season.

[Research](#) has shown that thinking about Christmas or being exposed to topics centered around Christmas can positively affect brain activity. The mere thought of Christmas can cause various regions in the brain to light up, which generates an emotion commonly known as “Christmas cheer.” Experiencing “Christmas cheer” is different for everyone since everyone has their own personal ties to Christmas—whether that is upholding family traditions, hanging out with friends, going on vacation, or baking cookies for Santa. These positive ties to Christmas can instantly increase someone’s anticipation to experience the holiday joy for themselves. This anticipation can usually result in people [decorating early for Christmas](#), listening to Christmas music, or buying presents for their loved ones as soon as they get the chance.

Being able to experience the nostalgic moments that are associated with the Christmas season can make anyone’s heart smile. The opportunity to take a pause from life’s stressors, be with loved ones, and experience the gift of [gratitude](#) can enhance one’s state of well-being. Having the time to reflect on the joys of life can help an individual to be in tune with their inner child.

The Christmas season for people who identify with the Christian faith, is a time to honor the birth of Jesus Christ, Savior of the world, and to remember the importance of this monumental event in human history. The essence of Christmas is rooted in goodness, joy, and charity. This can be a huge indicator as to why people are more likely to give to others who are in need during the holiday season. Christmas is a time where people take joy in making others happy and want to continue the cycle of happiness for as long as possible.

Although the Christmas season may seem to be a joyful time for most, it can be dreadful for some who have never had positive experiences to associate with the holiday. If an individual has dealt with broken relationships and trauma during the holidays or has never celebrated Christmas with their family, then they will have an adverse mental response to Christmas. For individuals with [negative associations to Christmas](#), a shift in mental perspective or creating positive experiences for themselves and others could help with boosting morale during the

holiday season.

Christmastime gives us all an opportunity to happily reflect on the past, be joyful in the present and be hopeful for the future.

## Pulse

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PULSE

# Bon Appétit and the Threat to Cultural Autonomy

Wambui Karanja [12.08.22](#)



Photo by Clarissa Carbungco

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*Disclaimer: This article is based on a developing story. As of press time, The Student Movement has not been able to see the alleged contract discussed here. We are committed to reporting on additional information as it becomes available.*

The Cambridge Dictionary defines [culture](#) as “the way of life, especially the general customs and beliefs, of a particular group of people at a particular time.” (Note: When we look at this definition of the term, it is clear that “culture” can be used to refer to any group of people who practice a particular way of life. In this article, however, I will be referring to culture in the sense of specific *ethnic* groups and their practices.)

Andrews University is ranked the nation’s [#1 campus for ethnic diversity](#) (tied with the University of Hawaii at Hilo) according to the 2022–23 U.S. News Best Colleges rankings. We have the distinct opportunity to exist in a space that encourages meaningful conversations about the concepts of culture and cultural diversity. Represented on our campus is a beautiful array of cultures, evidenced by flourishing cultural clubs like the Andrews Filipino International Association, the Black Student Christian Forum, and the Southern Asia Student Association. It is well known that a crucial aspect of the cultures represented in these and other clubs is the traditional food associated with each respective culture. In fact, when we think of a specific culture, one of the first things that may come to mind is the traditional food that represents that culture. Cultural food is often rooted in stories of rising up against oppression, preserving customs in the face of a changing society, and other such stories that hold great value for different groups of people.

Having this understanding of the significance that traditional foods hold, I was absolutely astonished to learn of an alleged contract and specific regulations that could potentially undermine the autonomy of clubs in regard to the food they are allowed to serve at events associated with the university. I am speaking of a purported contract between Andrews University and Bon Appétit Management Company, the catering service that Andrews uses. I reached out to multiple administrators of the university, trying to obtain access to the contract documents in order to accurately represent its contents. However, I was met with statements from some saying that they were not at liberty to speak on the matter and no response from others. From what I have gathered in conversations with student leaders, however, this regulation would mean that any and every club event that is on campus and/or hosted by Andrews University must be catered by Bon Appétit. The implications of a regulation like this are deserving of a serious conversation. To get a better understanding of how this may affect our cultural clubs, I reached out to the presidents of Andrews’ two largest student cultural organizations to hear their thoughts on the matter.

Jaden Leiterman, president of the Andrews Filipino International Association, (junior, medical laboratory sciences) says:

“Well, in partnering and having to go through Bon Appétit in the past, the news is a little disheartening as a club leader and member. Food and how we share it with one another is such a large portion of our culture. To be transparent, it is a main reason why many of our members join our club. In the past, when they catered food for our events, it did not meet the standards of what was expected. AFIA emphasizes community and we have aunties from the FilAm church that help to cook and provide home-cooked Filipino food that many people crave after coming from eating food from Bon Appétit for every meal. It for sure throws off many of our events with finding ways to think outside the box to still meet expectations.”

Jennifer Jean, president of the Black Student Christian Forum, (junior, medical laboratory sciences) responds:

“My thoughts on this regulation are that I think it’s quite unfair to have a restriction preventing us from making food from our culture. Every time the cafe attempts to make cultural food, they do not make it correctly whatsoever. My club, the Black Student Christian Forum, should be able to share and teach students about our food and our culture without having to be regulated.”

It is clear that with a regulation like this, the autonomy of cultural clubs could be incredibly diminished. Food and the sharing of food are often profoundly related to what it means to belong to a certain culture. This sparks issues surrounding the concepts of cultural identity and belonging. If students are unable to make and partake of authentically-made foods—foods that for many hold deep cultural value—what does this say about the university’s efforts to create a space where cultural connections are supposedly encouraged?

An official statement on the policy from Bon Appétit Management Company should be available to the student body in the near future. Stay tuned for updates.

# It's OrnaMEANT to be a Wonderful Christmastime

Lexie Dunham 12.08.22



Photo by Rodion Kutsaiev on Unsplash

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It's Christmastime, AU! Along with the blanketing snow, warm hot chocolate, songs about Christmas, and, of course, finals, there is one other significant form that Christmastime comes in: Christmas decorations. Maybe you believe that Christmas decorations come out too early in the year. Perhaps you think they don't come out early enough. Whatever your thoughts, feelings, and opinions are about quintessential holiday garnish, I am here to explore what your fellow AU students have to say about Christmas decorations around campus and in their homes.

Christmas decorations take various forms. They can appear as bright, almost magical lights, wreaths, and pictures. They can also come in figures of different winter scenes, nativity scenes, and many other fantastic, welcoming, and joyful setups. Around campus, we can see beautifully decorated lamp posts, the Student Center wrapped in bright white lights, and various departments abounding in holiday cheer. At the very heart of it all, many students decorate their rooms to

bring a little happiness to their rooms as they deal with the pressures and stress of finals. As I write this article, I look at the Charlie Brown-Esque Christmas tree atop my desk. It makes me smile whenever I look at it, although I wish I could decorate my dorm room more to truly get excited for Christmastime. Trista Braithwaite (sophomore, physical) echoed my sentiments, saying, “Sadly, besides my Christmas advent calendar, I have not been able to set up any other Christmas decorations in my room. It doesn’t quite feel like Christmas without Christmas decorations. Decorating is one of my favorite parts of the season!” She went on to say that her family was able to give her a glimpse of Christmas by decorating her house over Thanksgiving break. She said doing so brought her so much happiness.

Decorating for Christmas can often give us this sense of peace and relief that the semester is coming to a close. When the first decor started to pop up around campus, a smile spread across my face—I knew the future held the end of a stressful semester and the promise of a fresh new one. Christmas decor often welcomes the feeling of family and togetherness that most of us will feel soon when we get home. Jocabed Ayala (junior, international business and foreign language for international trade) said, “I personally love Christmas decorations! They bring me back to my childhood. My dad loves Christmas, and he used to make us decorate on the first day of November. Christmas is such a warm and nice season at home. I always take it as a time to have nice memories with my family.”

While getting ready for Christmas can be difficult on a college campus, finding joy in the little things can be so helpful in getting you through this last week of the semester. Make sure to put up any Christmas decorations you can while you study. May you bask in the glow of the lights and bathe in the warmth of the holiday season!



# It's the Most Stressful Time of the Year

Reagan McCain [12.08.22](#)



Photo by Ben Mullins on Unsplash

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Before students can enjoy the Christmas magic of the most wonderful time of the year, they must first endure the most dreaded week of the semester. Before the break filled with family, fun, and holiday cheer must come finals: a time full of stress, insomnia, and last-minute studying. The end of the semester is a trying time for students as they prepare for their exams, often worth a significant percentage of their grades.

It's well known this leads to students getting less than the ideal amount of sleep. Students like Michelle Thomas (sophomore, biochemistry) have already begun to mentally prepare for that harsh reality. She said, "For finals, I prepare myself not to sleep that much," and, "I try to go to sleep by 10 or 11, but I usually stay up later studying." But sleep deprivation comes with a [cost](#), according to medical experts like Dr. Ackrill, a board member of the American Institute of Stress. She explains that people who get less than five hours of sleep for five nights in a row will test the same as a person who is legally drunk. The same goes for a person who has been

awake for more than 36 hours. This kind of sleep deprivation places the same kind of physical strain on your body as binge drinking. A student's frontal cortex, the home of essential cognitive functions, will begin to shut down, leading to less memory retention and poorer academic performance.

The solution offered to students is to simply begin studying sooner. That advice might be helpful, Alaina Burghardt (senior, Spanish and global studies) explains, if the actual test was all there was to worry about. But in reality, many classes also assign final projects in the weeks leading up to finals. Burghardt shared, "I haven't started studying for [my finals] because my classes have also assigned presentations as well as papers which have deadlines this week, so they have to take precedence." This leaves less time for students to actually begin compiling and reviewing for material that will be on their exams.

Even students who are on top of their study schedule feel the nebulous angst of finals negatively affecting their mental health. Abigail Timothy (sophomore, biochemistry) admitted that she's done everything right preparing for her finals early but has still found her nights haunted by the specter of upcoming exams. She exclaimed, "I've been anxious... I usually study throughout the day, but I still can't sleep. It doesn't make any sense."

Some have questioned the validity of an academic tradition that time and time again has demonstrated clear harm to the health of students, with many of the interviewed students expressing dissatisfaction with a formal exam's ability to capture how well they've absorbed class material. As Michelle Thomas (year, major) put it, "For me, tests don't always seem to measure ability accurately. I feel like there are different ways to show that you understood the concepts [taught in class]."

In lieu of a formal, sit-down, written exam, projects that can have students synthesize and implement the information they learned in class may be better ways for students to demonstrate their comprehension of the course. This would help cut down on much of the cramming and memorization that students are used to when preparing for finals. Another alternative is incremental testing, having smaller, more frequent tests, instead of one or two large exams. This may help with students' long-term retention of important concepts.

But, as far as formal exams go, it does seem that cumulative exams are [more effective](#) than non-cumulative exams. This is because it forces students to actually go back over notes and material from the entire semester and often connect them

together to study. Similarly, because cumulative exams contain more material, students tend to allocate more time to studying for them over a longer period of time with space between study times. So, while it does require more time and energy, that seems to be exactly why they work better. Several students, like Daniella Brobbey (sophomore, marketing) concede, “Even though I don’t believe exams are effective, I feel like [cumulative exams] help students go over everything students have learned in the class; as annoying as it is, I do feel that it helps.”

For better or for worse, finals week and all the stress that comes with it are here to stay. So students, buckle in for the final stretch and remember that break is just around the corner!

## PULSE

# Qatar Controversy: The Shadow Behind this World Cup

Melissa Moore [12.01.22](#)



Photo by public domain

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"Gooooaaalll," people scream while jumping out of their seats. They run around, high-fiving friends and showing great excitement. Regardless of whether or not you are an avid sports fan, this is a scene you may have witnessed if you happened to enter the Campus Center at a time when the World Cup was being streamed.

The World Cup, a worldwide soccer tournament pitting nation against nation, is one of the biggest sporting events on the globe. Every four years, billions of people tune in to watch their favorite teams compete. There are World Cup tournaments for both men and women, with the women's tournament being held the year after the men's. However, this year the World Cup's reputation as a big event to unite people has been tarnished by the increasing publicity surrounding questionable practices that were used to bring about the event. Two of the biggest factors involve the reasons Qatar was chosen as the host of this year's games, as well as its track record in human rights. Allegations have been made that Qatar bribed executive members of FIFA to secure their spot as the host of the 2022 World Cup. In addition, Qatar promised to invest an exorbitant amount of money into preparing their country to host the event by [building stadiums](#), hotels, and even a theme park for attendees to enjoy.

Another big problem that has led many people to question whether they should be supporting the World Cup in Qatar is Qatar's lack of human rights. Qatar participates in the kafala system, which often involves luring migrant workers from other countries by promising them good jobs. When the workers arrive, however, the conditions usually do not live up to what was promised, with many employers taking hold of the employees' passports and immigration status, essentially trapping them in the employers' service. On top of this, migrant workers are usually given the most dangerous tasks and live in poor working conditions, ultimately leading to many deaths. After experiencing pushback, the government has taken steps to improve the conditions—such as instituting a federal minimum wage—but has had issues enforcing the new laws. These are just a few occurrences that have led to people questioning Qatar's suitability to host the 2022 FIFA World Cup.

The above allegations regarding Qatar's approach to hosting the World Cup have led to controversy about whether countries should boycott by refusing to compete in the event. Likewise, a number of fans have expressed opinions that the general public should further boycott the World Cup by refusing to attend. The public's response appears to be somewhat mixed, depending on the country. A [survey by Statista in England](#) revealed that, as of November 2022, only 19% of those surveyed agreed that fans should boycott the soccer matches. A [survey conducted in the US](#) found that 29% of people support the idea of the United States national team boycotting the games. These numbers are much lower than the data found in

a [survey collected worldwide](#) in April 2021, in which 70% of those surveyed stated they were of the opinion that the 2022 World Cup should be boycotted.

Despite the large percentage of people worldwide who claimed the World Cup should be boycotted, it appears that most soccer fans in the US have chosen to embrace the positive aspects and watch the games regardless. Most fans on campus have at least heard of the controversy, even if they are unaware of many details. However, the majority of them are still watching the games, although some individuals have opted to watch fewer games in response to the human rights issues. Angelina Nesmith (sophomore, exercise science) said, “Because of [the controversy], yes, I am not watching the World Cup as much...I am only watching major games from teams that I am supporting.”

The decision not to watch the games is a hard one to make, because there is a positive side to the World Cup as well. It brings people together and can offer a relaxing break from life when people join friends to watch the game. Soccer is also a sport many people love, and it is exciting to see others play their favorite sport at such a big event. In addition, soccer is a major aspect of many cultures. Thus, the World Cup is ingrained in some people’s cultural identities. Even I, an individual who does not watch professional sporting events, have found myself keeping an eye on the results of certain games. I am half Brazilian, and the World Cup has always been an event that my whole family follows: not only those of us who usually watch sports. For these reasons, it may be difficult for people to refrain from watching the game if everyone in the community is watching the game for fun.

Regardless of whether or not people are boycotting the game, the World Cup remains a huge event with many supporters. Like many international events, it has had its share of scandals but brings many positive interactions as well. Although FIFA may need to make some changes in the future, the organization will hopefully plan many more ethical World Cup events in the future.

# Reflections on the Semester and Plans for Break

Elizabeth Dovich 12.08.22



Photo by Ross Parmly on Unsplash

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Everyone has experienced the 2022 Fall Semester differently. The semester has been a happy experience for some, full of new friendships, good grades, and stable mental health. Others have struggled to get up in the morning, to get a passing grade, or to find friends. But finals season is upon us, and that means that nearly everyone is stressed and busy preparing for tests, projects, and presentations.

While most students look forward to the end of the semester, it is not all for the same reason. With mere days left until Christmas break, students share how the previous semester went and their plans for the upcoming break.

“I need a nap, and I’m looking forward to not having uncertain deadlines that come out of the blue with no explanation.”

*Siobhán Conyne (junior, speech-pathology)*

“I haven’t looked forward to the end of a semester since freshman year.”

*T Bruggemann (senior, computer science and physics)*

“The semester went ok. The situation with chapel was frustrating. I respect the dorm staff since Lamson is falling apart. The Gazebo and cafeteria people are so nice to give more food options. Over break, I’ll try to cook, do some hobby work, apply to some internships, see my dog, and go for a run, maybe two if I am motivated.”

*Nora Martin (junior, English and psychology)*

“The semester has gone really well. I’ve been more involved than when I first transferred last year. I’m looking forward to enjoying good food and time with family.”

*Ariana Coast Dice (senior, biology)*

“I’m looking forward to spending time with family, warmer weather, and time to refocus.”

*William Kovach (junior, architecture)*

“This semester was ROUGH and long! I am looking forward to it being over and being in the Dominican Republic on the beach with family I haven’t seen in a long time.”

*Arleny Aquino, (junior, global studies and Spanish)*

“I’m done. The semester has been short, it’s been long, and I’m not sure which one made it worse. But Brazil has been doing ok, at least in the World Cup, so at least that’s something. I’m hoping to spend break in bed.”

*Bia Martins (junior, medical laboratory science)*

“My semester was good. It was busy because of graduate school applications. Over break, I’m hoping to finish grad school applications and rest up.”

*Wesley Martin (senior, physics, computer science, and math studies)*

“My semester was busier than I thought it would be. I’m looking forward to the break. I’m planning to travel abroad to see my girlfriend.”

*Alex Navarro (senior, math and physics)*

“I hope everyone enjoys break and catches up on sleep.”

*Alina Weber (sophomore, photography)*

“The semester was tiring, but I made some good memories. Over break, I’m going to finalize my Research Experiences for Undergraduates (REUs) applications and rest. I’m looking forward to having access to my home kitchen to cook. I also want to nail down an exercise routine and am looking forward to not having

assignments to work on.”

*Yoel Kim (junior, physics)*

However your semester went, and however you are planning to spend the break, I wish you a productive and stress-free finals week. Here’s to the end of the semester and the start of the break!

## Last Word

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### LAST WORD

# A Student Movement Christmas

The Student Movement Staff [12.08.22](#)



Photo by Kayla-Hope Bruno

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For the final Last Word of the Fall 2022 semester, we decided to close out with the SM staff’s thoughts on various Christmas topics. Get ready to enjoy thoughtful



reflections, passionate Christmas-themed rants, and even a lovely poem. Wishing you a merry Christmas from the Student Movement family!

### **Christmas in Argentina**

***Chris Ngugi, Pulse Editor***

Beach. Sunshine. Lonely. That is what my Christmas will look like this year. For more context, I am studying abroad in Argentina for the school year, and I plan on staying in South America for the Christmas break. In reality, I won't quite be lonely for the holiday; I'll be surrounded by friends. However, for the first time, I won't be surrounded by family. It will be much hotter here than the freezing wintery weather I'm used to in my Michigan home, but can I truly feel the warmth of Christmas without my family? What is Christmas, if not a day for family? Maybe this is the Christmas when I get to find out.

Sorry for the mild taste of existential dread there; force of habit. On a cheerier note, I get to travel all over South America for the holidays! My December travels include world wonders like Machu Picchu and the famous beaches of São Paulo and Viña del Mar. Not to mention, people are really getting into the Christmas spirit here. Even with the one-hundred-plus degree weather (Fahrenheit), the streets are lined with Christmas trees and decorated lamp posts. This Christmas season will undoubtedly be different than any I've ever had, but I think that's ok. In fact, I think it's fantastic! I hope you have a fantastic, warm, and beautiful Christmas, too; Happy Holidays!

### **Christmas Break Plans**

***Solana Campbell, Arts & Entertainment Editor***

After the panic of finals dies down, I'll be headed home for the holidays. Since my birthday falls two days after Christmas (December 27), I have to admit that this is my absolute favorite time of the year. All in one week, I get to celebrate Christmas Day, my 21st Birthday, and the coming of a new year that promises to hit a refresh on my current habits (or so we can hope). What can I say, it's the best week of the year!

This year, I'm hoping to split my week between all my favorite people: my family, extended family, my partner, and my best friends. It is a bold and gutsy endeavor, and the jury's definitely still out on whether I'll be successful, but my plans reminded me of what the holidays are all about: the people you love and who love you. Each of us are blessed with only a few short years to spend on this earth, in the great scheme of things, and every year I'm blessed to find myself ending the year surrounded by people I love dearly. So this holiday season, and this upcoming new

year, I hope you all find yourself surrounded by your loved ones, whether it's friends or family, and just take the time to soak in all the love you can. I know we'll need it for the year ahead.

### **More Festivities! More Fun!**

#### ***Grace No, Humans Editor***

My family never took Christmas super seriously as a holiday and I didn't really mind that, even when I was little. We don't have any long standing traditions surrounding it or deep sentiment and I kind of just like having the opportunity to pick out fun presents for the people I care about. I do really enjoy this time of year though, because all the snow and lights and decorations that start going up in December makes everything feel more fun and silly. I wish that we would all be more extravagant and over the top with decor and fashion more times out of the year—maybe that would take away from the special feeling, but honestly I don't think so. If we all had a little more fun with the way we interact with other people instead of saving it all up for the holiday season, I don't see any downsides to that. This is why I'll be wearing my Christmas socks and sweater year round, and why people should leave their Christmas decorations on their lawn for longer. It's just silly and we need more silliness in the world.

### **A Christmas Confessional**

#### ***Alexander J. Hess, Ideas Editor***

Ok, so I have a confession. But first: context. My favorite part of the Christmas season are festive music and films. When my family decorates for Christmas on the Friday after Thanksgiving, we always begin the festivities with bringing up the boxes and boxes of decorations and watching "White Christmas." However, like I said, I have a confession. Even though I love Christmas-specific entertainment, I have never seen a number of movies that are considered "core" Christmas movies. Namely, the "Home Alone" series. I know. Tragic. I can hear the collective scream of scandalized AU students. But honestly, I'm kinda scared to watch it. My freshman year, I watched another Christmas classic ("Elf") and...let's just say I don't think I was missing much. So, I'm nervous to watch it because I'm not sure which is worse: not having seen "Home Alone" or not liking it. But what do you all think? Should I "repent from my sinful ways" and watch "Home Alone"?

### **Why "Home Alone 2: Lost in New York" is the Best Christmas Movie**

#### ***Alannah Tjhatra, Editor-in-Chief***

People always say that the original is better than the sequel, but in terms of the "Home Alone" franchise, this is absolutely not the case. With a whopping 35%

rating on Rotten Tomatoes, Chris Columbus's "Home Alone 2: Lost in New York" is nothing short of a masterpiece. Here are some reasons why it's the best Christmas movie of all time.

First of all: why invent a new plot when you can just reuse an old one? "Home Alone 2" is basically the original "Home Alone" but set in New York City. Instead of Kevin being left alone in his house, our young protagonist has a whole city to run through. Instead of robbing houses, the Wet Bandits are robbing a whole toy store. And instead of learning about the importance of family from a scary but sweet old man shoveling snow, Kevin teaches a lesson about trust to a scary but sweet old lady feeding pigeons in Central Park.

Secondly: Kevin McCallister is living the childhood dream. Sticking your head out of a yellow taxi as you cross the Brooklyn Bridge? Pigging out on ice cream in a Plaza Hotel room that you have all to yourself? Eating pizza in a limousine? Watching a concert in the secret rooms of Carnegie Hall? I want his life so badly. (Minus being tormented by bandits.)

Now, I know there are profound themes in "It's a Wonderful Life." I think that "Carol" is beautifully written and masterfully filmed. I believe in the magic of "Miracle on 34th Street." But absolutely nothing will ever compare to a classic like "Home Alone 2: Lost in New York."

### **Uhh Alannah You're Wrong: My Top 7 Christmas Movies**

***Terika Williams, News Editor***

Let's be honest, Christmas isn't just a day, it's a culture. December 1st to the 25th is where the Christmas spirit is. (All you weirdos that start playing Christmas before Thanksgiving, please do better.) Watching Christmas movies is the perfect way to foster the Christmas spirit. Personally, I have a list of 7 movies that I must watch during these 25 days. Ok, let's go.

Firstly I must watch:

"The Santa Clause"

"The Santa Clause 2"

"The Santa Clause 3: The Escape Clause"

These movies fixate on Scott Calvin, played by Tim Allen, and his struggle being Santa Clause. These are the perfect family movies and usher in the warm Christmas vibe. Next I must watch:

“Home Alone”

“Home Alone 2: Lost In New York”

“Home Alone 3”

Now, this is where Alannah's opinion becomes null and void. Many people stop at Macaulay Culkin's Home Alone Movies and never make it to “Home Alone 3,” but let me tell you, it is a certified banger according to Terika Williams. Lastly, we'll end out with a romance movie. Before I name movie 8, I will list a few honorable mentions: “The Holiday,” “Holidate,” and “The Grinch.” My last movie is...

“Love Actually”

This movie represents many love stories: the good, the bad and the ugly. Kelly Clarkson belts out “Underneath the Tree” with passion that gets me in the holiday mood.

P.S: There are some movies that would never make my list personally. If you want to argue about this please find me. I'd love to talk. “The Polar Express” qualifies as a horror movie because the cartoon style is creepy, and “Elf” is boring.

### **Christmas will be Different This Year**

***Kayla-Hope Bruno, Photography Director***

Christmas will be different for me this year. I am another year older and wiser than I was last year. I have grown and developed a new perspective on life. I am not as concerned as I used to be with knowing what my parents got me for Christmas or making sure that I see the Saks Fifth Avenue holiday light show and the giant Christmas tree at Rockefeller Center. The commercialized and materialistic aspects of Christmas do not interest me anymore; I have realized that I want this Christmas to be one filled with sentimentality.

I want to be more intentional with my self-care, my relationships with my loved ones, and my time away from school. I want to spend quality time with my parents, talking about the things that I have missed while being away from home. I want to talk with friends and family members who I have not spoken to in a while. I want to learn a new recipe with my mom and watch tennis with my dad. I want to be well rested and watch as many YouTube videos and Christmas movies as my heart desires. This year, I just want to take more time to be present.

### **Christmas – Wait, It's Already December?**

***Lily Burke, Copy Editor***

Christmas really snuck up on me this year. You know when you're just minding

your own business, standing in line or something, and a friend comes up behind you and taps your shoulder? And then you jump because you were startled, but then you turn around and see that it is your friend, and then you are immediately happy because you are glad to see them? That's how Christmas is feeling this year. I was just going along, beginning my bi-annual end-of-semester panic at the piles of work that remain to finish, and then the Christmas carols, twinkling lights, candy canes, sugar cookies, and 'what are your Christmas plans?' questions came and tapped me on the shoulder and scared me out of my mind by how fast things are coming to a close. I am very glad to see the holiday season arrive, though I still am too focused on surviving these next few weeks to get too jolly. But soon, finals will be done, the days will be merry and bright, and I know things will turn out alright.

Also, "Elf" is a trash Christmas movie, I am not wrong about this. The best Christmas movie is any Hallmark Christmas movie set to 2x the speed in a language I don't understand. Oh, and the Peanuts Christmas movie is so nostalgic. Lastly, I love to bake Christmas cookies, so if you have any festive holiday recipes, please send them my way!

### **Unpopular Opinion: Things We Need to Retire this Christmas Season...**

***Shania Watts, Website Editor***

I love Christmas and I enjoy most traditions associated with the holiday. I love the music, the movies, the food, and the lights! However, there are just some traditions that I feel we need to retire. I may offend some people, so beware!

Nothing quite brings in the Christmas spirit like a good Christmas playlist with all our favorite classics. "White Christmas", "Last Christmas", "This Christmas", "Blue Christmas", "A Holly Jolly Christmas", "The Christmas Song" ...you get the point, the list is endless and repetitive, but let's be honest: we all love it! However, my friends, there is one song that irks the depths of my soul every time I hear it interrupt some random, yet lovely Christmas playlist I pulled up on Spotify. That song happens to be "My Favorite Things." If you grew up Adventist, you know this is a beloved classic within our denomination. Now, don't get me wrong, I love "My Favorite Things," but for some reason it really just dims my Christmas spirit. Sure, it makes references to silver-white winters, brown paper packages, sleigh bells, and snowflakes. Yes, Julie Andrews sang it for a Christmas special in 1961. BUT never was this song composed with the intention of being a Christmas song. No matter how hard I try, I just can't seem to force myself to associate "My Favorite Things" with the warm, fuzzy feeling I get every time I hear Nat King Cole's rendition of the

“Christmas Song,” or Mariah Carey belting “All I Want for Christmas is You.” I may be the only person who feels this way, but someone needed to say it.

Also, eggnog is an abomination to society. I’m not talking about the vegan eggnog that comes in the cute carton. No, I’m talking about homemade, dairylicious eggnog. The margin of error for making this odd drink is very wide, and few people make it well (and even when it's considered "good" eggnog, it's still just awful). Everything about it is unappetizing: its consistency is unsettlingly thick, it’s made with raw eggs and milk, and the flavor is simply off-putting. I think it’s time we retire this awful drink!

Lastly, I don’t understand why people love “The Polar Express.” I wholeheartedly agree with Terika! This movie is probably one of the creepiest films I’ve ever watched. Aesthetically speaking, the animation is atrocious, and the plot gives me the ick. Like the train conductor is literally kidnapping kids, and promising them a visit with Santa Claus. It’s giving white van abductor vibes. I would really like someone to explain to me why this movie is considered a Christmas classic.

## **My Christmas**

***Scott Moncrieff, Faculty Advisor***

Shoveling snow

Hanging out with Lilia

Dusting off my Spanish

Pine needles on the dining table

Taking the family Christmas photo

Time standing still and moving too

Playing Christmas music with friends

Wearing a Christmas tie with black shirt

Reading updates in everyone’s Christmas letters

Hiking the California desert with the extended family

Greetings, hugs, together times, goodbyes, hugs, tears

Thinking about eggnog, and deciding, no, not this year

Train stations, airports, parking garages, rental agreements