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The Student Movement Volume 107 Issue 22: Fulfilled: AU Presents a Story of Redemption

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Fulfilled

AU PRESENTS A STORY OF REDEMPTION



Photo by Brennan Katsuren

Humans

HUMANS

Speaking Up with Women

Interviewed by: Grace No 04.13.23



Photo by Nicholas Gunn

Last Wednesday, Andrews University held a joint collaboration with Lake Michigan College to put on an event seeking to honor various women who hold leadership roles in the Southwest Michigan community. The event featured Laura Goos (St. Joseph mayor), Dr. Danielle Pilgrim (Andrews University Chaplain), Stephanie Ott (owner of Base Bowls & Company), and many more female entrepreneurs and leaders. The event presented Princella Tobias (Benton Spirit publisher), Chelsea Lake (WAUS Announcer), and Andrea Luxton (first female Andrews president) with appreciation awards and also held a panel discussion on the struggles that women experience every day along with their unique insights. Nicholas Gunn (freshman, education) originally came up with the idea to hold this event as a member of the Andrews University Community Engagement council, as well as an Equity and

Inclusion Ambassador for Lake Michigan College. I talked to him this week about his intentions while planning the event and he reflected on how he felt it went.

What is the event that you organized?

The name of the event we planned was called ‘Speaking Up With Women’ and was a collaboration between Andrews University and Lake Michigan College. It’s basically a celebration of women who are leaders in our community.

How did you think of this event and what inspired you?

The Dean of Diversity, Equity & Inclusion At Lake Michigan College (Cam Herth) and I were talking about ways we could celebrate and embrace the many achievements of women in our community. I started to think about all the outstanding women who serve our community that I've been blessed to know and so together we tried to think of ways to showcase their expertise, which basically led to the idea for this celebratory event.

What was your role in planning this event and who did you work with?

I led this event in terms of planning but I made it a priority to keep every decision open to both of our great Diversity, Equity & Inclusion offices. Vice President Nixon and Dean Herth were extremely helpful with their experience and leadership.

Who was the event for? What is its purpose?

The event was open to everyone, including students, faculty, and the public. The purpose of the event was to show everyone the great impact that women have around us.

Who are your biggest female inspirations or female role models?

The very women that were in the room inspire me daily. They are all trailblazers in the work they do, and I hope to become a man that will work hard to echo equality in all things I encounter.

How would you say the event went?

I think the event went great and what we set out to reach was obtained. I took a lot of great pictures of the event, too.

What were some of the challenges or difficulties with putting on the event?

We had major difficulties with planning besides scheduling things that would work for everyone's schedule because there were so many people involved.

What did you enjoy most about the event?

I enjoyed seeing so many great women collaborate and come together to celebrate each other, and also be able to inform others, including myself, what women face

on a day-to-day basis. I think I learned more about different perspectives through working on the event and while attending it because there were a lot of great speakers there.

Do you plan on organizing more events like this in the future?

I definitely do. I hope to plan and collaborate more with local institutions to better showcase inclusion across our beautiful communities. At the end of the day, I know we are all stronger together, and planning things that celebrate our unique differences are very important to me.

HUMANS

What is it Like to Work at the Athletics Department?

Interviewed by: Grace No [04.13.23](#)



Photo by Alaina Burghardt

This week I talked to Alaina Burghart (senior, Spanish and global studies) about working for the athletics department on campus and what that looks like on a daily basis. Although I'm not an athletic person at all, it was fun to learn about all of the different events that our university puts on for various sports! If, unlike me, you are athletically inclined or have a passion for running sports events, you might want to look into getting hired in this department.

Where do you work?

In the athletics department. We operate out of the Wellness Center and also Johnson Gym. We basically facilitate all of the athletic programs on campus, so things like helping the basketball teams and the soccer team. We run all the games—we just had intramurals and the Intercontinental Cup. We also run the open recreation days where people can use the gym for whatever they want.

So what do you do on a day to day basis?

So my job is a little bit different from everyone else's because I also do custodial work in the Wellness Center, so I also sweep the floors, vacuum the rugs, wash the windows, and do laundry for when the seasons are over. I would do the soccer laundry, the basketball laundry, I do the laundry for the jerseys for intramurals. Stuff like that is not super scheduled, I'll just go in and do what I need to do. But a lot of us have certain shifts. I work Sunday night and then Monday afternoons, and then Tuesday nights I do things called intramurals— the basketball intramurals— and then Wednesday night I work open rec for football. And then if there are other shifts that need picking up, I'll just text my boss for it.

What made you decide to start working here?

Freshman year I was on the basketball team, and when I came back for sophomore year, I decided that I didn't want to be a part of the basketball team anymore. I was looking for a job and I was familiar with the athletic staff, so I just asked if they needed a worker. I don't remember if I asked or if they asked me. But someone asked, and I got a job. So far this is my second year working there.

Do you like working at the athletics department?

I do, yeah. Honestly, I think it's one of the best gigs on campus. The people you work with are pretty chill and the hours are really flexible. You just show up for what hours you have available and the shifts aren't bad. If there's not a lot of people who come to open rec then you just get to do homework. So it's a great job, honestly.

What are some challenges with your job?

Well, I got hit in the face with a soccer ball once. I guess at the height of basketball season, sometimes it's kind of hard to keep up with everything, like cleaning during all the shifts after each game and everything. But I'd rather have too much work than not enough work. And even if you're gonna miss a shift, you can just text your boss or you text one of your co-workers and be like, "Hey, can you cover the shift?" and usually somebody can do it. I don't think there are a lot of challenges in this job.

Would you recommend this job to other people?

Absolutely I would. They actually need workers for next year, because a lot of us are graduating. There are a lot of PT students working, so they will have literally no time next year. So if you want to work there, talk to Kevin Wooldridge or Jamie Stacy.

HUMANS

What is Title IX?

Interviewed by: Caryn Cruz [04.13.23](#)

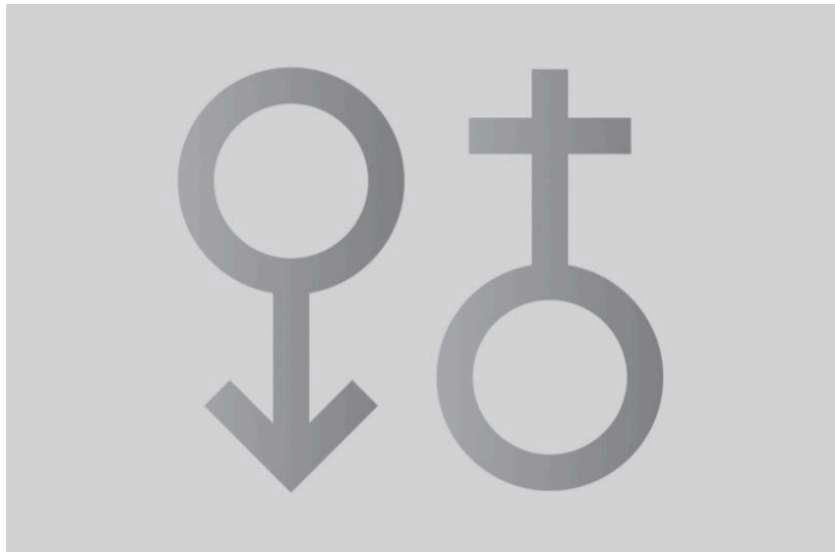


Photo by public domain

The month of April is recognized as Sexual Assault Awareness Month, and if you didn't already know, our very own Andrews campus has provided some great opportunities for students to get involved in the awareness and education of this very important issue! I had the pleasure of interviewing Patricia Fitting (of the Title IX Office) and inquiring about the myriad of ways that this office is dedicated to ensuring the prevention of sexual assault and other boundary violations on campus.

What is the Title IX Office on campus, and what is your position within the office?

The Title IX office is responsible for ensuring compliance with Title IX federal regulations and responding to all complaints of possible sex discrimination, and coordinating proper responses to complaints. I am a Title IX Investigator, which means that I investigate allegations of sexual harassment, which includes sexual assault, hostile environment harassment, dating violence, quid pro quo harassment, domestic violence, and stalking.

What is Sexual Assault Awareness Month?

Sexual Assault Awareness Month (SAAM) was created to help raise awareness about sexual violence, how we can prevent it, and how to support those affected by it. While activism to bring awareness to sexual assault has been around for decades, the nation first observed SAAM in 2001. The goal of SAAM has evolved over the years from mere awareness to prevention by changing behaviors and promoting respect.

Why do you think this month is important for students to be aware of?

We need to recognize that all forms of violence including sexual violence can cause lasting harm to individuals and our community. In a tight community such as AU, we need to look out for one another and follow our Savior's message of loving one another. As a community, we need to say that no one should be hurt this way, and that we will each do our part to protect each other. That begins with how we view each other and ourselves. When we use careless or hurtful words that demean someone based on sex or gender, or even when we hear someone else say them but do nothing, we are not living up to Christ's call of love. That is what the BE THE ONE campaign is all about. It is a call to action about how we each, individually, can be the one to help a friend in need in any way we can. This month is a reminder of that.

What upcoming events and educational opportunities does the Title IX office have planned for SAAM?

The Title IX office has been working on awareness and prevention regarding sexual harassment through co-curricular courses this year, focusing on healthy relationships. Specifically for SAAM, a couple of courses have to do with boundary setting in a relationship and also what being in a healthy relationship looks like. There is a self-defense course offered through the Andreasen Center for Wellness. The Women's Empowerment Association of Andrews University (WEAAU), Social Work, & Social Justice clubs are sponsoring an event of stories, presentations, and artwork confronting the realities of sexual violence, and there will also be a Solidarity Wall constructed outside of the Campus Center where students can show support for those who have been affected by sexual assault (sponsored by WEAAU and the Office of University Culture & Inclusion). Additionally, we're hoping students will participate in Denim Day (who doesn't love to wear their denim, right?!), which is an international day of awareness raising with the message that there is nothing anyone could ever do to deserve to experience sexual assault. All the events can be found here.

In your opinion, in what ways can students be included in the efforts of creating a safer environment on Andrews' campus?

Students can make sure to look out for one another by stepping in when they hear or see something that goes against our "love one another" principle. Students can also educate themselves about how and why sexual violence is perpetrated and understand that we need a change in culture that says we are all worthy of respect and care and that when one of us is mistreated, it is too much. Students can know the resources that are available here on campus if they, or someone they know, have been a victim of sexual harassment. Students can come to the Title IX office located in the Student Life offices in the Campus Center for information and resources, they can also get confidential help from the Counseling and Testing Center or the Center for Faith Engagement. We want students to know that there are resources available to them, and when we all work together, we will have a safer environment on-campus.

What resources are available for students who want to remain engaged with this issue?

Students can always educate themselves with national online resources such as raain.org, nsivrc.org, and sacenter.org. They can reach out to the Title IX office, as we are making efforts to continue educating our campus regarding sexual harassment, and we would welcome student volunteers in these efforts next school year.

Any parting words?

Once again, I'll say that it is important that we each take responsibility for caring for one another. When we treat each other with the love and respect we are called to, we won't laugh at inappropriate jokes that degrade someone, we won't stand by when a friend is being mistreated in a relationship, and we won't allow a friend to mistreat their significant other. It is on all of us to "be the one" to make a difference.

Arts & Entertainment

ARTS & ENTERTAINMENT

Currently: "Foreign" Film

Solana Campbell 04.13.23



Photo by Kayla-Hope Bruno

When Bong Joon-Ho won the Golden Globe for best Foreign Language Film in 2020, he [said](#), "Once you overcome the one-inch tall barrier of subtitles, you will be introduced to so many amazing films." This week's Currently may not be a topic

that everyone's favorite Twitter fiends are talking about, but it's a topic so close to my heart.

You see, I've been watching foreign films since before I could read the subtitles. And recently, in preparation for SASA's culture night, I've been devouring as many Hindi-language films as I could. I watched Bhansali's "Goliyon Ki Raasleela Ram-Leela," an Indian adaptation of Romeo & Juliet, "Rab Ne Bana di Jodi," Aditya Chopra's return to directing, and Farhan Akhtar's "Don" literally all in one weekend. Then I followed it up with a serious "Attack on Titan" binge.

So, today, I want to talk to you about subtitles, the one-inch tall barrier to the rest of the world.

Any true film and entertainment aficionado cannot go without watching foreign films. However, it is a rather Eurocentric perspective to consider anything not produced in America to be a "foreign film." For the purpose of this article, I prefer to refer to foreign films as films not in your language or a film that depicts a culture you are not familiar with. Viewing these films can help you grasp a language quicker, especially since you are hearing characters speaking the language with familiarity, and can help you understand things about a culture different from your own. To some, Hollywood produces foreign films! It really makes you think—perhaps in the future, historians will analyze films like "Legally Blonde" and "John Wick" to determine how the English language works and what the values of our culture are.

As I was deciphering the genre of one of my favorite Hindi films, I realized that it really exists within its own genre. Hindi films are action, comedy, drama, romance, and a musical all wrapped up in one film. Each three- to four-hour rollercoaster will leave you deeply attached to characters you've never met and with a playlist of songs to relive the film for the next few weeks. Furthermore, it is a unique experience, as an American, to watch a film that doesn't center a white narrative. Every film is completely made by and stars Indians, so the stories don't revolve around whiteness the way many American films do.

I'm ashamed to say that as a child, I used to ridicule anime. I saw it as a lower-level art style because it's animated, although my views have since changed. However, "Attack on Titan" is a masterclass in creating an engaging universe and story. The characters are beautifully crafted and easy to fight for in the series' high stakes environment. It's also so unique—Japanese anime focuses on its characters' emotions, lets you in on their thought processes, and is known for its excellent

action sequences. The premises for most anime series are wildly creative, yet still give viewers an opportunity to further explore humanity's relationship with society. Anime is engaging, intelligent, and yet still beautiful to view. Now, one could say that there isn't an "one-inch barrier" to anime, since "Attack on Titan" at least has an English-dub version available, but everyone knows that true fans must hear it in its original language.

Subtitles provide English readers with the supreme privilege of being able to access different cultures. When we excavate the artifacts of extinct cultures, the greatest way to discover the way their society functions is through their art. Art is often the lens through which you can view what a culture values, what they struggle with, and you are doing yourself a disservice in discovering our world if you refuse to watch foreign films.

ARTS & ENTERTAINMENT

Fulfilled: A Musical of Redemption

Aiko J. Ayala Rios [04.13.23](#)



Photo by Brennan Katsuren

When I heard for the first time that the Center for Faith Engagement was preparing a musical for Easter, my first thought was, "Okay, so they are going to pick up

either a musical already made and perform it or take a bunch of Christian songs related to Easter and make up a story to connect them.” Yes, my expectations were probably low at first because I was unaware of all the talents to be discovered on campus. Once the musical officially began to be promoted, the hype suddenly increased, especially thanks to the reels posted on Instagram about the process of making the musical. Because of this, I decided to interview both the director and main author of this musical, Meryen Gonzales (sophomore, communication), and some of the participants of the project as well.

First of all, for those who were not able to attend, the musical goes through the life of Jesus, but from a different perspective: the perspective of the thief on the cross. In the musical, we can see how both characters develop, then how Klay (the thief) learns about Jesus, and how at the very end of his life, he decides to repent and accept Jesus as savior. In the end, a futuristic scene of how it would be in heaven when Klay and Jesus meet is shown to end the musical. The story contains original music made by AU students, and other departments around campus helped and sponsored the project, directed by Meryen, a dreamer and currently religious vice president at AUSA and a student member of the Center for Faith Engagement.

What inspired you to do this project?

Meryen: What inspired me to do the musical “Fulfilled: a Story of Redemption” was being able to tell the story of Jesus's sacrifice and talk about the promise that his sacrifice brought. The idea was to give the campus a different perspective, to highlight the grace and forgiveness of Jesus through the story of redemption from the thief on the cross. Telling the story in a way that we could immerse ourselves in, and understand the magnitude of what Jesus did for us.

What was the biggest challenge you had when organizing the musical?

M: My biggest challenge was working with such a large team; I had never been in charge of such a large number of people. There were dozens of people involved in each department (costumes, acting, etc.), which was one of the biggest challenges.

In what way do you think this musical impacted the AU campus?

M: Saturday, April 8, was an impressive day. PMC was completely filled with around 1,400 people, and our live broadcasts exceeded 2,000 views. We saw families enjoy themselves, we saw community members hear the message of redemption, we saw students come together to support their peers, and more. The campus witnessed the talent that Andrews University has. I feel like the two biggest impacts this musical brought to our campus were: recovering the message of what

truly unites us as Adventists at Easter and remembering that God can use any talent (art, music, etc.) to make great things for his work. Today he calls you and me to work for his kingdom!

What was your favorite song/part?

M: My favorite song was the reflection between Jesus and the thief on the cross. Every time I listen to it, it makes me cry. Seeing the character of Jesus singing and imagining my savior saying those beautiful words of forgiveness through a song is just beautiful.

Anything else you would like to add?

M: I want the people who were there, whether they are children, adults, or young people, to be inspired and know that in everything they do to preach the message of salvation, God will support them and give them the strength, the equipment, and the resources to carry out their work. I was very nervous to do this because this is a new country, a new language, etc., but God told me not to be afraid because when He calls us, He also trains us. Start putting your talents at the service of your Savior, and you will see what amazing miracles will happen in your life.

Part of putting on a musical at this creative level requires a significant investment in costumes and the backdrop. Jennifer Shreshtha, a community member who handled the costume department, shared what the process behind picking costumes entails: “Costumes make such a huge difference, right? They help people get into character. They help the audience understand the emotions that these people are working with or feeling. Like [look at] color symbolism: purple is usually arrogant, rich—if you notice Pilate’s outfit, he’s got this beautiful purple belt, very rich red robe. He’s this character of influence for the rest of Jerusalem. So when we create and pick costumes, it’s very important to understand who those characters are, apart from asking if [the costumes] fit the actors correctly—are they rich, are they poor, are they thieves on the cross? It changes the way we view [the characters]; it gives us a very specific picture of who they are and what we should be feeling from their character.” [She pauses the interview to fix Pilate’s robe.] “The colors, the sashes, the little hair pieces—it all affects what you’re wanting to say to the audience. That’s why we put so much emphasis on costuming. This is truly telling one of the best stories in the world...so all the tiny little details make such a big difference in the end...Then we also look at skin tone, because you want them to look good, especially if you’re a main character. If you have lighter skin, maybe we’ll give you some darker colors...so there’s a nice contrast. First it’s your

character; secondly, it's the aesthetics. And then we work very closely with props, with lighting, with the director.”

Additionally, participants of this project have shown satisfaction and contentment with the experience of being part of the musical. Jose Daniel Sanchez (graduate, Master of Divinity), who played “Marcus” in the musical, shared that he remembers when the team sat together for the first time to hear Meryen talk about the musical for the first time, commenting that “At that moment, only the script existed, but there were no actors nor musicians, and the songs were not finished yet.” Jose also mentioned: “It was incredible to see that a fiery wish in the heart of everyone involved made the musical possible. I enjoyed it a lot, and more than that, God touched my heart with his love, as he did with Klay (the thief on the cross).”

Alanna Samms (freshman, interior design), who acted as Mary (the mother of Jesus), commented on how she got called for the cast. She said: “I got this role because I was singing at Vespers one night, and a friend came up to me and was like, ‘Hey, your voice is amazing, I would love it if you could audition for Mary.’ And I was shocked...I’ve never done a musical before, [and] I was really nervous. But then I auditioned, and the process was super easy; everyone was so nice in the audition room. I got an email later that I got the role, and I was really excited.” She also added: “I feel like [Mary] is such a big role to take on...I tried my best to read over Matthew a few times just so I could actually get into character. But playing her has been amazing, and I learned original music for the musical...I would say this play has really changed my life in the best ways—I’ve made such a close family with my cast mates; they’re all literally amazing. I’m going to miss it, but I’m glad that I did it, and I’m glad that God led me to this moment.”

Finally, Michael Nixon, Vice President for Diversity & Inclusion, participated in the musical as one of the Roman guards. He commented: “I think the performance has been great so far...I’ve been talking with my colleague, Jose [Bourget], who’s also a Roman Guard, and we’re just kind of marveling at the creativity and the talent of our students, because...this has really just been student-driven, and we’re just here to support. It’s been really fun being able to do this with my daughter Noa. She’s been having a blast, and it’s really been a cool time that we’ve been able to spend together, being engaged with the project. I’m excited about the rest of the play.”

There are many positive things to say about it, but I believe that this musical is better experienced if you watch it. When you have time, especially if you want to

chill on a Saturday, click on [this link](#) to watch the recording of it and enjoy the musical as others did! Don't miss it!

News

NEWS

KASA Banquet

Interviewed by: Anna Pak 04.13.23



Photo by KASA

This past weekend on April 8, at 6:30 PM, the Korean American Student Association (KASA) hosted their formal banquet, themed "Spring In Seoul." Attendees were appropriately dressed in bright colors and florals that encapsulated the fresh vibes of sunny spring and warm weather. The event was hosted at Section House in Sawyer, MI, a quaint and modern aesthetic setting perfect for the fellowship dinner, consisting of an assortment of traditional Korean foods and a special vocal performance. After the meal, attendees were invited to participate in a series of games to win a \$100 Amazon gift card, mingle while taking pictures with friends, and show their moves out on the dance floor. During the banquet, I talked to officers of the club and some of the attendees to gain a better understanding of what their experiences of the night were!

“I think the KASA banquet went really well—my officers helped me a lot with the planning process and ensuring everything ran smoothly leading up to the event. It was nice to see a lot of familiar faces and wrap up the spring semester with a lively event! I’m very honored to have been a part of such an amazing organization and can’t wait to see what’s in store for next year.”

Lauren Kim (president, junior, biology)

“It was so fun finishing off the year with one more KASA event celebrating Korean food, music, and culture with all of my closest friends! I think KASA has grown quite a bit in the past couple of years and I am extremely grateful to have been a part of it. I’m excited for the future of KASA!”

Christine Choi (event coordinator, junior, biology)

“I really enjoyed the KASA banquet when I saw the smiling faces and heard yelling and laughing. It seemed like everyone was enjoying themselves and enjoyed being with their friends. Plus the smaller area definitely created a more intimate space.”

Rock Choi (logistical director, sophomore, exercise science)

“Overall, I felt that the KASA banquet went smoothly! For my performance, I am happy with how it turned out, especially with the more moving pieces with Taehyun on the guitar and Jeremy playing the piano.”

Roy Min (music director, senior, informatics)

“KASA banquet was really fun with good music; I was able to share this last banquet with friends that I love!”

Anthony Kang (treasurer/photographer, senior, business)

“The KASA banquet was really a worthwhile experience for many of the AU students, including me. I had a great time bonding with my friends over the amazing Korean food the church aunties cooked as well as the photo booth and the fun games the banquet organizers prepared. I am definitely looking forward to the next banquet and I hope to become more involved in the club.”

Jessica Lee (freshman, biology)

“The banquet was lots of fun! The food was really good, the venue was super cute, and it was a great way to kick off this last month of school!”

Caitlin Adap (freshman, elementary education)

“I’d say that this banquet had the best food out of all the banquets this year, and the atmosphere was so fun. Overall, everyone was perfectly on theme and it was such a

fun night!”

Lia Glass (freshman, elementary education)

“The KASA banquet was the first banquet that I went to at Andrews. It was a good event; I liked the spring theme and I enjoyed spending time with friends.”

Daena Holbrook (freshman, engineering)

NEWS

Watchmen A Capella Concert: "Unstoppable: A Journey Through Self-Discovery"

Gloria Oh [04.13.23](#)



Photo by public domain

Last Saturday evening, April 8, the student center lounge was filled with excitement and anticipation, unlike most other Sabbath sundowns that remain pretty quiet. Amid more than 50 people waiting ahead of time, Watchmen Acappella was busy preparing for their free concert—Unstoppable: A Journey Through Self-Discovery.

As it reached the time for the concert, Philip Wekesa (senior, music performance) appeared on the stage. Together with the audience, the singer sang “Lean On Me” (Bill Withers), which he arranged himself. Soon after Philip finished the song, Opeyemi Adesina introduced the featuring group, One Connection, a kids quartet who continued the lively atmosphere with “I Am So Blessed.” A couple of members from One Connection exited the stage to trade the spot with two new members, creating a new quartet group. Because they did not have an official name for this quartet group, one individual made a name on the spot: Just the Four of Us. After introducing themselves, Just the Four of Us sang “If the World Was Ending” (JP Saxe and Julia Michaels) and concluded their debut stage.

After the successful concert opening delivered by One Connection and Just the Four of Us, all the other members of Watchmen Acappella appeared on the stage while introducing their background and heritage. Abel Siamubi is a graduate student from Zambia studying Organization Management at Andrews. Eugene Amponsah is from Ghana and is actively working as a nurse. Emmanuel Gyamera is also from Ghana, and is an Andrews graduate student studying Speech-Language Pathology program. Coming from Madagascar, Narda Herimala is studying in the MDiv program. The enthusiastic MC, Opeyemi Adesina, is from Nigeria and has recently graduated from Andrews University with his Doctor of Physical Therapy (DPT) degree. Lastly, Philip Wekesa, the only undergraduate student in the group, came up to the stage to complete the lineup while representing his country, Kenya.

After the sound check and a fun interaction with Opeyemi and his mother (“Do better!”), the group started singing “I Still Haven’t Found What I am Looking For” and “More Than Words” (Extreme), in which Eugene and Narda sang the lead. Right from the beginning, the next song was Abel’s favorite—“Brave” (Sara Bareilles)—and he used the song to encourage the listeners to stay brave while introducing and singing his solo. To make the concert more interactive, Abel numbered each member (except him and Ope) from one to four. Apparently, each number/member was assigned a certain song, and the audience was given a choice to decide which song the group should go for. After a fierce debate amongst the

crowd in deciding between two and three, a final decision was made to go for two, which turned out to be “CCTV” (King Promise). After the lively clapping and singing, viewers had a chance to ask questions to the group and hear about their mission and purpose based on Ezekiel 3:17, which is to spread the word of God and empower people to reach their dream. Their mission tied well with the theme of their next song, “The Climb” (Miley Cyrus), which had the lead sung once again led by Eugene and Narda. Next, they sang “If” (Davido), “Unstoppable” (Sia), and lastly, “I Do” (boys2men original), and concluded the concert.

When asked about the concert experience, Patrice Robinson (social work, senior) responded, “I always enjoy watching the Watchmen perform. I love how they always get the crowd involved through questions and inviting us to sing along. They are truly a family up there and make you feel as though you are a part of it too.” Daniele Oduro Kyei Boahen (senior, music) added to this and said, “What stood out to me was the diversity within the audience. Not to mention the ethnicities, but many community members above college age were present. It just showed that the music from the Watchmen is able to reach a variety of people.”

And what Daniele has described is precisely the purpose of Watchmen: using their music to spread the word of God and “empower their audience to make a positive change.” In fact, according to the group, they have recently “established the Watchmen Legacy Foundation, a 501(c)3 charitable organization, to empower students through sustainable scholarships and career advancement opportunities” by mitigating “social inequalities that impede students’ access to quality education and career advancement.” To support and learn more about the Watchmen’s ministry, we encourage you to visit their website or Instagram page: <https://linktr.ee/Watchmen7>, [@watchmenacappella](https://www.instagram.com/watchmenacappella).

Ideas

IDEAS

Charge It!

Alexander Navarro 04.13.23



Photo by Oliur on Unsplash

There are many things in life which we are only aware of when they don't work — including batteries. We all know the feeling where you are using a device, be it a phone or computer, only to realize that the battery is low and that you suddenly have to find somewhere to plug in (presumably, so that you can continue to procrastinate from doing your assignments by spending just 10 more minutes on Instagram, Youtube, or the Student Movement). This is just one example of how important batteries are to our modern world. The very possibility of portable electronic devices depends on battery technology, and as we continue to move towards a renewable energy future, batteries and all types of energy storage will become ever more important. As such, let's take a few minutes to talk about energy storage: How do the main current energy storage technologies work? How are they

used? Why is battery technology so important? And what are current problems that we are facing with energy storage and batteries?

So, how do energy storage technologies, such as batteries, work? The big picture is that some forms of energy are easier to store and are more stable, while others are much harder to store and tend to decay away or dissipate into the environment. For example, electrical energy (the flow of electrons through wires), is extremely difficult to store. This is because as electrons move through a wire, they tend to bump into atoms in the wire, turning the electrical energy into heat, or thermal energy. As such, all batteries and energy storage convert energy that we don't need to use at the moment into another form that is more stable, which can then be converted back to be used later. Several of the [most common types](#) of energy that we store are chemical energy (what is in the batteries our devices use), gravitational energy (with systems like pumped-storage hydropower, which we will discuss later), and thermal energy (where we heat up a reservoir of material, and then try to contain the heat to be converted back to electrical energy later). So while batteries are the energy storage technology we are most familiar with, there are also many others.

Given this information, why do we need so many different types of energy storage? How are each of them used, and why is battery technology so important? Battery technology is important for two primary reasons: portability, and load balancing. The reasons why we need portability are fairly obvious, as we don't want to have to carry around generators in order to use our phone or computer; the need for load balancing, however, comes from our increased usage of renewable energy sources like wind and solar. The wind isn't always blowing, and the sun isn't always shining, so we need to be able to store excess energy produced for later. These different functions of battery technology are exactly why we need many different types, because they all have a very different range of situations where they are useful. For example, the chemical batteries are almost perfect for anything that is portable, as they can be made lightweight, are easily charged and discharged, don't have any moving parts, and last longer without maintenance. However, chemical batteries are often more expensive than other alternatives, and while there are types of chemical batteries (eg. [flow batteries](#)) that are better suited for large scale electrical grid storage, they still require, as the name implies, often much more artificial chemical manufacturing than some of the other storage systems that are being developed, causing them to be more expensive, as well as making them

harder to recycle once they reach the end of their lifetime (as some of the chemicals in them are toxic, and need to be disposed of specially).

[Pumped-storage hydropower](#) is most useful for solving a slightly different problem: long term storage of lots of energy. Essentially, pumped-storage hydropower can be thought of as a two-way dam. Near a body of water that is on some lower ground, there is a pumping/generating station that is connected to a closed off water reservoir that is high up above the pumping station, possibly on a hill. When there is excess power in the electrical grid, the pumping station spends that excess power pumping water into the reservoir, and when there is more electrical demand, the pumping station turns its electrical pump into a generator, allowing gravity to pull the water down through a turbine, generating electricity that can go back into the electrical grid. This is of course, a massive structure, and so is only really useful for electrical grid scale systems, being completely impractical for anything that an individual could ever use. However, pumped-storage hydropower is cheaper per amount of energy stored compared to batteries, and also doesn't have many of the [environmental problems](#) that chemical batteries have, meaning that there are certainly situations where it is the better choice.

The third primary type of energy storage that is used is thermal energy storage. This type of storage is similar to pumped-storage hydropower – it is only really practical for large scale systems – but it is quite different in how energy is stored and released. With pumped-storage hydropower, the pump and generator can be switched between rather quickly, so large amounts of energy can be stored and released as needed. Thermal energy is quite different. With thermal energy systems, energy is usually harnessed using one of two systems: boiling water to produce steam to spin a turbine, or by absorbing the light that the heated object emits. In the systems that boil water to create steam, heating the heat storage material with electricity, which would then be stored to boil steam and then ultimately spin a turbine, would be extremely inefficient, and so these systems are usually paired with electrical generation facilities that work using heat anyway. For example, [concentrating solar-thermal power](#). These solar power plants focus sunlight onto a receiver which then heats up to incredibly hot temperatures. While they are often used to boil steam immediately, the thermal energy can also be stored for later use. But, with systems that heat hot objects, often liquid metals, those metals release their heat as light rather slowly, and as such, these systems are best suited for situations where energy is needed to be released over long periods of time, and so work best when a low level, but consistent output is desired.

While each of these technologies have individual problems, there are some important issues that are common to all energy storage technologies. The most important of these is efficiency: whenever you convert energy from one form to another, there will always be some waste energy that is lost. This makes energy storage much more inefficient than just producing energy as needed, since energy is lost both during charging as well as discharging. As such, while a great deal of progress has been made, there are still many scientists working to make even more efficient energy storage. However, if we think about all of the potential that renewable energy sources have, how the sun is pretty much just constantly throwing free, practically unlimited energy at us for us to harness through both the light, as well as winds, which are driven by the sun's energy, waste to charging and discharging batteries and other energy storage system is not much of a problem. After all, as solar panels and other renewable energy sources become ever cheaper and cheaper, it will become all the easier to simply generate more power. That is why renewables are nice, they don't run out. Renewable energy generation of all kinds are constantly becoming more efficient and less costly, and as such, since renewable energy sources are very scalable (it is really easy to just put down another set of solar panels) the inefficiency of storing energy will become less of an issue as we become capable of generating more and more renewable energy.

The continued development of energy storage technology is essential for humanity as we move towards a green future. As we depend more on renewable energy, and more technologies that still depend on fuels, such as cars, become electric, we will need much improved battery technology. For chemical batteries, we need improved efficiency (so that less energy is lost from charging), improved lifetime and recyclability (so that we aren't doing as much ecological damage from having to dispose of batteries), as well as better rechargeable large scale chemical cells. We need improved thermal and hydropower energy storage, so that the energy produced by renewable sources can be saved for when it is most needed. There are many other potential directions we could go in, from using [compressed air](#) to making [solar fuels](#) directly in solar panels which can then be used to later produce energy, or what is more likely, a wide range of different solutions. But no matter what directions we go, batteries and energy storage technologies will be central to our journey to preserve our planet.

IDEAS

Feminism is for Everybody. Yes- Even You, Dude!

Reagan McCain 04.13.23



Photo by public domain

With the close of Women’s History Month in March, I’ve spent a lot of time reflecting on the conversations the month has sparked around campus. Inevitably, discussions of women’s history lead to conversations about modern feminist politics — after all, when we reflect on where we’ve come from, it’s only natural to wonder where we’re going. While many of the conversations I’ve overheard and engaged in seemed productive and informative, helping to mentally challenge and hone in on ways to fight gender-based discrimination better, others seemed to stop before they even began.

Repeatedly, I noticed a trend of the thought — expressed primarily by men — that feminism is anti-male. “A lot of guys I know feel threatened by the idea [of feminism],” Torrey Joo (junior, psychology) told me, “They see it as an attack on men.” This popular idea was echoed by several of the respondents in a series

of [interviews](#) published by the Student Movement in March, who worried that the modern feminist movement had gone too far and devolved into pointless man-hating. In fairness, the male respondents were usually more sophisticated in their thinking, admitting that this supposed anti-male faction of feminists represented a tiny minority.

But if it's such a small percentage and is really just a distortion of “true feminism,” as many of the respondents claim, then why does it continue to frame and dictate conversations? It seems that before meaningful discussions can really begin, participants get bogged down by trying to answer the man-hating accusation. To the point where nearly every one of the people, male and female, from the interview series felt it absolutely necessary to address this concern when asked to talk about feminism. These efforts would be completely unnecessary if there were already a popular consensus that feminism is not about hating men. Thus, it would seem that in many people’s minds, the relations between men and feminism are still largely ambiguous – if not outright hostile. This relationship must be clarified, and this accusation must be firmly answered if our student discourse on campus hopes to mature.

Let me reiterate what so many have said before: *feminism is not about hating men*. So since feminism isn’t about hating men, then why do so many people have this perception? Well, truthfully, probably because it's not uncommon to hear women say, “I hate men.” But something isn’t automatically feminist just because a woman says it. Phrases like “I hate men” or “men are trash” aren’t so much political messages as much as expressions of frustration stemming from women’s negative experiences with men. Torrey Joo told me that he understands where many of these women are coming from, “Because unfortunately, a lot of men are culprits of harassing and offending women,” he explained, “I think it’s happened to enough women, enough times, to the point where women are justified in saying stuff like that.” In other words, women use this kind of language to vent to peers, not to espouse any articulated feminist goal or opinion. David Sandoval Suñe (junior, psychology and religion) told me that while he personally understands that comments like this are not a kind of “feminist agenda,” he thinks they often get interpreted that way, “mostly because most men don’t really know much about feminism.”

What men do know about feminism—all my interviewees agreed—they mostly learn through social media. But social media can be misleading, as Jordan Sarkodie (sophomore, computer science) explained to me, “There are people on there that

will make feminism look like the ‘I hate men’ thing.” Jacob Kim (sophomore, psychology) agreed with this observation: “On social media, if it's coming from another guy that doesn't understand feminism completely and thinks that women are trying to fight for something that's not even a real problem, then you're going to get a very biased opinion.” As these quotes emphasize, men usually learn about feminism from what their social media algorithms choose to show them. Since most anti-feminist content targets men, they are more likely to see that. Under these algorithms, Torrey told me that “the bogus stuff gets pushed to the front. So that when men hear ‘feminism,’ their first thought is of compilations making fun of less well-spoken or aggravated women trying to defend feminist ideas.”

The end result is that most men learn about feminism through the absorption of women's out-of-context frustration and the consumption of anti-feminist social media content, not through purposeful engagement with educational content. This leads to a skewed perception that feminism is somehow anti-male.

So if modern feminism isn't about hating men, then what is it about? To answer this question, I'd like to use the definition of feminism proposed by popular feminist scholar bell hooks in her book [Feminism is for Everybody](#): “Feminism is a movement to end sexism, sexist exploitation, and oppression.” From this definition, it's clear what feminists primarily identify as the problem — and it's not men. It's sexism and, more broadly, systems of gender and sexual oppression. And *anyone* can be sexist, no matter their gender. Sexism sets up a societal system that is prejudiced against women and supports male domination, which feminists call the patriarchy. Precisely because it is a *system*, everyone plays a part in it. Therefore, women can (and often do) support this system just as much as men. This definition of feminism, which welcomes men and identifies systems of power as the problem, is still far from absolving men of responsibility. In actuality, it draws men closer to working with feminism by inviting them to understand how they fit into this system and how that affects them.

So feminism necessarily includes men in its thinking, which differs from the oft-repeated sentiment that feminism purely concerns women. Most of the men I interviewed felt that the feminist movement had little to do with them. They usually spoke as if women's liberation had no consequence to them, and they could only spectate and passively support. They were sympathetic to the movement but didn't exactly relate feminist ideas to their own lives. They said they rarely actively thought about feminism and infrequently discussed it with any of their other male friends or relatives. When I asked them if they felt that feminism had anything to

offer men, they had trouble coming up with an answer, “I want to say yes,” Jacob Kim told me, “but I also don’t know how.” Jordan repeated this idea, “I mean,” he paused, “How could it help men?” Men seem unaware that the rigid gender expectations patriarchy sets are often harmful to them. Because while yes, patriarchy is a system set up to privilege men, those benefits come with a price.

Probably the most talked about negative side effect of patriarchy on men is their mental health. Sexist stereotypes inhibit men from developing high emotional IQs and healthy coping mechanisms since being emotionally expressive is often deemed unmasculine and “girly.” Jacob Kim told me his experience: “I’ve been told many times to stop crying because ‘boys don’t cry’... you’re told to be emotionless.” But in reality, emotional expression is central to being a healthy human. “You have emotions for a reason. They’re meant to be expressed,” Jacob Kim continued, “And a lot of men bottle that up instead.” This emotional disconnectedness, in turn, makes it difficult for many men to experience deep interpersonal connections. Even platonic bonds can be difficult to establish; Torrey Joo explained, “Among guys, it’s hard to make friends because of that tendency to be more emotionally numb.”

The patriarchy also creates a certain stigma surrounding male survivors of domestic violence. 1 in 9 [men](#) have experienced severe intimate partner violence, but often their experiences are not taken seriously. Men being abused by a romantic partner is treated more like a joke, since patriarchy assumes that men should be the ones dominating their romantic partner. This makes male survivors more ashamed and less likely to seek the support they need to heal from their traumatic experiences.

Another way the patriarchy negatively affects men is the way it divides up duties within the family. The patriarchy confines women to the domestic sphere, making them the primary parent of children. Consequently, a father’s role in child rearing is often downplayed and seen as less important than the mother’s. This makes it difficult for many men to be involved in their children’s lives and makes men feel estranged from their own children. Feminism encourages more equitable splitting of domestic duties in a way that could not only help relieve pressure from mothers but also help give fathers a more meaningful role in their children’s lives.

Lastly, underneath patriarchy, men are expected to be the breadwinner of the family in order to provide for the household. Jacob Kim explained that he saw this reflected in the advice he received growing up: “My mom was always like, ‘You

need to work hard so you can make money,' but my sister was told she can always just marry rich." A man's worth in this system is directly associated with his ability to make money – a setup that seems particularly unfair in a society where class mobility is limited and institutionalized bigotry disadvantages minority men. These are just a few examples of ways that feminism can be applied to understand the stresses that men face under patriarchy. Feminism doesn't see the world as a simple blue vs. pink, battle of the sexes, where men are undoubtedly villains, and women are unquestionably heroines. Feminism sees the world in terms of systems of power that privilege certain people over others. They recognize that patriarchy creates a system of inequality that subjugates women but also hurts the men it supposedly benefits. Because while patriarchy gives material benefits to men, it simultaneously robs them of something much more valuable: the ability to connect with themselves and with others. Feminism, far from being hostile or distant from men, could not be more relevant! The greatest joys of life are love and friendship, and this is precisely what is withheld from men when they adopt the sexist attitudes that patriarchy tries to instill. As long as a man holds sexist prejudices, he will never be able to view and appreciate the women or men in his life in their full human complexity. He'll never truly understand his mother, sister, friend, romantic partner, or daughter. And he'll be no more at rest among men.

If men want real intimacy in their lives, they should want feminism just as much as women. The stakes have never been higher, and the rewards never greater. If a man is ready to learn more about female oppression and join the fight to end sexism, sexist exploitation, and oppression, then feminism is ready to receive him.

IDEAS

Tick Tock... for TikTok?

Abby Shim 04.13.23



Photo by public domain

Time seems to be ticking for that beloved clock app that most of us have come to know and love (or maybe simply become addicted to). As TikTok CEO Shou Chew appears before Congress, users are becoming more and more anxious that the app may be banned by the US government.

Earlier in March, when the hearings first began, Washington Republican Rep. Cathay McMorris Rodgers, who also serves as the chair of the House Energy and Commerce Committee, [opened the first hearing by telling CEO Shou](#): “Your platform should be banned.” Chew has spent the rest of his time before Congress desperately trying to convince lawmakers that his company is not a threat to US security. Chew, a [former Goldman Sachs investment banker and brief Facebook intern](#), has served as CEO of the video-sharing app since 2021. With his background in investment banking and experience in both Western and Chinese business worlds, Chew’s upstanding reputation precedes him.

The main issue that US lawmakers have with TikTok is its apparent affiliation with mainland China. The app is owned by the Chinese internet giant ByteDance, which has raised concerns that the app may be forced at some point to share confidential data about its American users with the Chinese government. As US-China relations worsen, US politicians fear that sensitive data will be compromised. Besides privacy concerns, Congress members tried to highlight the potential negative effects TikTok may have on its younger audience members, citing concerns about content and ad-placements.

However, as the hearings have unraveled before the public eye, many have watched the Harvard-educated CEO defend himself rather competently, remaining calm even while being interrupted multiple times and having his expertise questioned. Chew has stressed how the app is [based in Singapore and Los Angeles](#), with over 7,000 employees within the US. The CEO also highlighted how US founded tech giants such as Facebook have numerous privacy concerns as well, quickly referencing the Cambridge Analytica scandal. Shew stated, “I don’t think ownership is the issue here. With a lot of respect, American social companies don’t have a good track record with data privacy and user security. I mean, look at Facebook and Cambridge Analytica, just one example.”

Chew has maintained that although he does not want to trivialize any concerns users and the US government may have with TikTok’s privacy settings, he believes many of the hypothetical risks pointed out are exactly that: hypothetical. In his testimony, Chew continued further that many of the claims made against his app are still mainly unsubstantiated.

For now, TikTok users can continue to enjoy scrolling away mindlessly on the app, and it is probable to assume that most Andrews students will remain on the app as well. Truth be told, even if TikTok were to be banned, many analysts pointed out that most users would simply flock to other apps that surveil users just as much – if not more – than critics point out TikTok does. To those concerned about TikTok’s potential as a security threat, perhaps more attention should be placed to the numerous apps that also acquire and store user data, such as Facebook, Instagram, or Twitter.

Pulse

PULSE

Dorm Delicacies

Melissa Moore 04.13.23



Photo by public domain

Let's face it, all dorm students experience at least once in their college career the need to eat food that does not come from Andrews University Dining Services. Whether it's because the cafeteria schedule suddenly changes without a student knowing, a lab runs late, or the menu is not appetizing when in a certain mood, at some point in time, each student will find themselves in need of nourishment when both the Gazebo and the cafeteria are closed. While a dorm student's first response to situations like these may be to find a way off-campus to purchase food at a restaurant, I invite all dorm residents to consider another alternative: cooking their own food in the dorm.

Trying to cook meals in the dorm can be intimidating — most college students are on a strict budget (both time and money-wise), the dorm kitchenettes are small, and most students may not have all the equipment found in an average kitchen. However, there are ways to remedy most challenges that may be encountered.

First of all, future dorm chefs can take many shortcuts that will lead to more money in their wallets and less time in the kitchen. One good option is to shop in the frozen section of the grocery store. Frozen fruits and vegetables can save a lot of time in the kitchen, and they are often cheaper, especially if the item is out of season. Not only that, but they are frozen after being harvested at peak ripeness, so they may actually contain more nutrients than fresh produce, which often needs to be picked early and transported over long distances. Canned items serve a similar purpose — beans, for example, are an ingredient that is cheap, convenient, and healthy when purchased canned. Another great way to save money is to take advantage of student discounts. Not everyone has access to transportation to stores with cheaper prices, but both Apple Valley and Hardings are within walking distance and offer student discounts to patrons with valid student IDs. Both stores offer this discount on Thursdays, and Apple Valley also offers it on Wednesdays. In addition to this, buying in bulk is often cheaper. If you are using groceries bought in bulk, see if a friend is willing to also use the same ingredients, so you can both pay less and not get stuck with a ton of ingredients you won't use. The same goes for cooking equipment and seasonings — sharing cooking equipment with a roommate or among a group of friends is an excellent way to save space in the small dorm rooms, as well as save some extra money. This is especially true if you only cook occasionally!

Okay, so ingredients have been purchased, and equipment has been acquired, so now what do you do? Where should you even start? First of all, following a recipe is a good game plan for those who don't have much cooking experience. Try to find simple recipes that use the same ingredients: some good examples include tacos, burritos, avocado toast, different pastas, soups, overnight oats, scrambled eggs or tofu, and in a pinch you can even find 1-minute microwave meals online that only need a microwave or single pot for the stove. In sharing her favorite food to make in the dorm, Maddi Vath (sophomore, English) suggests “Pasta dishes. They're easy and they're quick. If you have the right seasonings you can do so much.” Some other great suggestions can be found [here](#) and [here](#), as well as on [Pinterest](#), [Instagram](#), and [YouTube](#). Make sure to read the recipe before you

start the cooking process, as some recipes on these lists take more time than others.

Finally, to address a problem that is unique to dorm kitchens everywhere, how does one go about sharing a kitchen with hundreds of other people? Since the dorms have communal kitchens that are utilized by many people, there are some simple etiquette rules that will make the shared living experience more enjoyable. Primarily, clean up after you are done in the kitchen. This may seem obvious, but following it truly does go a long way in keeping the kitchen space an appealing area to work in. Just throwing away your trash, washing your dishes, and wiping down the countertop transforms the kitchen from a breeding ground for pests to a clean, cozy, little cooking space. In addition to cleaning up, be sure to keep an eye on anything in the oven or on the stove. When food burns, it can cause the whole hallway to smell bad, so monitoring all cooking projects is courteous toward even those who never use the kitchens. If a dish still does burn, opening a kitchen window will help air the space out. Although these simple etiquette rules may seem obvious, they are especially important; most of the dorm kitchens have little space, which means when people breach etiquette and fail to clean up after themselves the messes are more evident than in large spaces. For this reason, it is considerate of others to clean up after yourself. We are sharing the kitchens with others and sometimes it is good to be reminded of considerate practices.

Need more convincing about why you should experiment in the dorm kitchens? Don't take my word for it. There are plenty of other individuals who believe the kitchenettes are worth using as they are regularly in use. In describing her experience cooking in the dorm, Maddi Vath's experience provides evidence of how popular they can be. "[If] you go at the right time you get the kitchenette to yourself, but there have been times where I've had to leave my stuff on the table and go 'I'll leave this here. I'll come back later.'" There have been times when so many individuals are using the kitchen on her floor that she is left with the choice to wait or relocate to another kitchenette. Take this as a sign from your peers, the kitchens are well worth using.

Although using a communal kitchen may not seem like the most ideal way to source dinner, there are many ways dorm dwellers can make the kitchen a valid option to obtain nourishment. The kitchens may be small, and time may be scarce, but hopefully these simple tips and tricks will make the cooking experience an enjoyable one that most students can fit into their schedules. The next time hunger strikes you in a moment when the cafeteria and the Gazebo are unable to deliver,

why not try out something new and make a quick recipe? You just might find a new favorite meal.

ULSE

How Have We Grown?

Abraham Bravo 04.13.23



Photo by Alexandru Tudorache on Unsplash

Throughout the school year, we as a community have grown together, whether it be in our personal lives or in institutional changes in the administration; for example, this year, President Andrea Luxton and Pastor Dwight K. Nelson from PMC have retired from their positions. These are all changes that we have learned to accept and embrace as we head into the end of this academic year – but how have we learned to do so? I went out to speak with some of our freshmen to ask them about the ways they believe they have grown in this university throughout the year.

“This year has been completely life-changing for me. I have matured in all aspects of my life: physically, mentally, and emotionally. I have made lifelong friends who will always be there with me, and even when they are gone, they will remain in my

memories. When I look back to see how far I have come, I find that I am proud of how far I've gone."

David Creitz (freshman, biology)

"I've grown in a variety of ways, not just in academics but in different sets of skills—one of those is time management. While here, you really learn to deal with hectic scheduling. A lot of the time, certain dates get moved, and some things land on the same day, so you really have to look at your priorities. Another skill is opportunity cost. I've learned that with multiple things happening on the same night and at the same time, [which means] I will have to give one thing up. You learn to manage what the best decision is in that moment and also for the future — an example is whether I should go to the basketball game or study. Overall, decision-making, opportunity cost, time management, and priorities are things I have learned while here."

Reagan Westerman (freshman, psychology)

"At the very beginning, I was very excited to come to Andrews to pursue the dream of becoming a nurse and studying Spanish. However, as time went by, I realized that the dynamic was very different compared to how it was in high school. I was challenged by the classes I had to take, specifically in the sciences, because I wasn't sure how to study for each of them and manage my time wisely. I have always been a good student, so I always felt bad for not knowing what to do with this situation. As time passed, I learned that it's okay to struggle a little bit; the fact that I was struggling didn't mean that I was a bad student; instead, it meant that it was all about being patient and trying different techniques until I found the right one, as well as being able to manage my time well."

Cielo Sandoval (freshman, pre-nursing & Spanish)

"I honestly didn't know if I was making the right decision picking my major or coming to Andrews, and I was very unsure about my future. With the aid of professors and mentors, along with making new like-minded friends, I've seen God brought me here for a reason. I am happier, closer to God, and more prepared for my future than ever."

Ethan William Daniel (freshman, exercise science)

"College life has helped me in being more accountable and responsible over my time and responsibilities that I have as a student. It taught and showed me that success is dependent on being personally intentional about your own actions and

decisions”.

Edd Joseph Jr (freshman, computer science)

“I think one way I've grown in the past year at Andrews is that I've been able to learn to take opportunities as they come instead of just waiting for ‘next time.’”

Helena Hilton (freshman, fine arts)

“I do feel like I've grown throughout the year, especially as an international student. Learning how to be more independent and navigating a new country has been interesting, but it definitely helped build more confidence and responsibility in being able to do things on [my] own.”

Beaula Mangundah (freshman, medical laboratory science)

“I have definitely become more independent since coming to Andrews. I also think my relationship with God has become a lot stronger.”

Seth Wallack (freshman, aviation)

It is hard to remain stagnant here at college; you are almost forced to grow, whether it be through the classes you take, the religious institutions you attend, or the social circles you choose to be a part of. No matter what, you are forced to confront, at least once, situations where your being has to change to adapt to surrounding circumstances. It is only afterwards that one can truly decide if they had grown in the right direction or if they had become a person they did not want to become. On the institutional level, we as a community are still going through changes, some of which most won't see the fruits of until after graduation.

However, on a personal level, we can see ourselves change over a week, a month, a school year, or even over a lifetime. Maybe you won't even realize that you have grown until you graduate, but no matter what, we will always change; I know I have, or at the very least, I know I am not the same person as from the start of the semester. I think I have grown in a good way, and I hope you have too.

What Do We Wish We Did?

Abraham Bravo 03.13.23



Photo by Andre Hunter on Unsplash

Graduating is, and has always been, an enormous deal for seniors. I mean, it's the end of an era for all of them and the start of something new, whether it be graduate school, the workforce, or something else. It is the start of an adult life where many things that college students worry about will no longer be significant. However, amidst all that change, perhaps there are some regrets that some graduating students have about their time in undergrad. I went out to interview some of the graduating seniors about things they wish they had done while at Andrews University, but never did, and asked for any final reflections they had before leaving.

“I wish I would’ve traveled around the area more—finding new restaurants, scouting out beautiful places in nature and immersing myself with local activities and events. I would encourage new students to really take advantage of their time here. I think college was one of the most metamorphic experiences in my life so far. I learned so much about myself, my relationships with people, and God. I honestly can say I put a lot of effort into improving myself over the last four years,

and I would urge new and upcoming students to consider doing the same.”

Caryn Cruz (senior, English literature)

“I don't think there is something I regret not doing at AU. Even the bad moments here have served as a learning experience to me. I do regret not doing several things earlier though. Seeking mentorship is something that I didn't do my freshman year. Managing your time is also key. College life can be demanding, with classes, assignments, extracurricular activities, and social commitments. Learn to manage your time effectively, prioritize your tasks, and maintain a healthy work-life balance. Create a schedule, set goals, and stay organized to make the most of your time at Andrews. Another thing that is important is to take care of yourself. Don't be a people pleaser. Always be yourself and don't be afraid to say things just because you fear people's reactions. I encourage the students to enjoy your time here. It can be very fun if you surround yourself with good friends. Get involved in campus activities and make some connections. Trust me, college will be done before you know it. Reflecting on my time in college, I can't help but feel a sense of nostalgia and gratitude. Four years have flown by, and I'm filled with memories that will last a lifetime. My college experience has been truly remarkable, and I'm grateful for the journey I've been on. I'm confident that the skills, knowledge, and friendships I've gained will serve as a solid foundation for my future endeavors. I'll forever carry the lessons learned, the memories made, and the friendships forged with me as I embark on the next chapter of my life. Thank you Andrews. P.S. Always put your trust in God. Do not let your relationship with God die.”

Christopher Mata (senior, psychology)

“I wish I went to the gym and sauna earlier. I wish I had gone to more banquets and events! Get involved in as many events as possible. You only have four years here, so make the best of them. Experiment, do that business idea, take risks, and be bold! You won't regret it.”

Nilah Mataafa (senior, accounting)

“Honestly, I feel like I did everything I wanted to while at Andrews! I'm pretty happy with how my years at Andrews are ending. For younger students, I encourage you to join any leadership opportunities and be part of helping improve the student experience. It's fun to be at events, but there's also fun in planning and executing events and seeing everyone enjoy. I also encourage everyone to take their time. I know there's a lot of pressure to finish school as soon as possible and spend as little money as possible, but you're only in your college years once. Enjoy

your time here, find yourself, and make lots of lasting memories!”

Aya Pagunsan (senior, nursing)

“Covid definitely impacted my undergraduate experience, but I can say that I was able to do pretty much everything I wanted to do while here at Andrews. The things that would have been nice to do, but I didn’t get the chance to do during my time here, is to check out the observatory or take a summer study tour. To the younger students, learn when to say yes and when to say no. That’s my biggest piece of advice for underclassmen. College is a great time to explore new things and get to know yourself; doing both requires the ability to discern when you should say yes or no. My final reflection is that college is what you make out of it; don’t take yourself too seriously, and don’t be afraid of getting outside your comfort zone.”

Valerie Akinyi (senior, political science)

The general view I’ve gathered from most seniors I’ve talked to is as follows: Do what you can and take any opportunities that come your way. Mind you, don’t forget about your grades or financial situation, but always remember that these four years you have are limited, so make the most of them. Don’t be afraid of any potential consequences; instead, live as if the struggle will bring you happiness in the end. Speaking as a senior, my only regret is that I did not have enough time to continue on friendships, mend relationships, and be there for people who will still be there long after I am gone. However, I am also incredibly grateful for the memories that I made here with people I cared for and currently care about. Whether I still have time after I am gone is up in the air, but the point still remains that we seniors have learned to live a happy life here at Andrews University. So, to any current student, I would encourage you to live life to the fullest and get out of your comfort zone while you’re here.

Last Word

LAST WORD

“Take It From Me”

SM Section Editors 04.13.23



Photo by Kayla-Hope Bruno

As the school year comes to a close, the Student Movement section editors share important lessons they've learned this year.

Nothing. I learned how to do nothing. To be clear, I don't mean I haven't learned anything. I have! I've learned how to live far away from my family, how to learn a new language, and how to persevere through every grammar class (If you don't think a Spanish verb is irregular, you just haven't learned enough tenses yet). What I mean is I simply discovered that sometimes it is ok to do nothing. For a bit of context, I have spent this year studying in the Adventist Colleges Abroad program in Argentina at the Universidad Adventista del Plata. From the moment I arrived, I noticed that the student experience here certainly rhymes with the university life I was used to, but with a twist. Yes, students work incredibly hard, with long hours of

class time and studying, but there is something else. Mate. As many from the south of the American continent will tell you, mate is an herbal drink, but more than that, it's an experience meant to be shared with friends. Many students, teachers, and community members can be found on school grounds, public benches, or one of the many town parks, sipping mate with friends as they do "nothing" together. This drink, and the culture surrounding it, gives a taste of just how serious the ideas of rest and self-care are in the small Argentinian town I am studying in. It extends to our many "feriados," or holidays, and the fact that many stores are not open between 12:30 and 4:30 in the afternoon (And if you arrive at 4:30, you're too early). After everything I have learned in Argentina, this is one of the most important. Sometimes, it's ok to just do nothing.

Chris Ngugi, Pulse Editor

Weirdly enough, I learned how to write. Don't get me wrong—prior to becoming the A&E editor, I knew how to write. I knew how to let the words flow out of me onto paper and I knew how to write with an academic's flair. I knew the difference in tone for personal essays and research papers and a journal article. However, each writing project still felt like climbing an insurmountable mountain. You see, I have a very unique writing style—I can only write when I *feel* like it. This has been very problematic for me in the past—in fact, I infamously had to rewrite the 50% of my grade, 8-page Western Heritage worldview paper in ONE DAY because the *vibes* just weren't right for my first draft. This difficulty has made accomplishing anything writing-oriented near impossible for me. I have a million unfinished screenplays and stories, and completing any project requires an external deadline. However, this year really changed all of that. Writing a weekly column for the Student Movement pushed me so hard. I was writing last minute, trying to eke out every drop of creativity that runs through my veins. Not only did I have to come up with fun and engaging topics (it took me a semester to figure that out), I also had to learn to write through the writer's block. So when I say, I learned how to write, I suppose what I mean is that I learned how to write, at any time, at the drop of a hat. Now, this is all to say that you should write for the Student Movement too. I know I might be biased, but even if you don't consider yourself a good writer, writing regularly pushes you and the kind feedback of the editors makes you better. Writing is an important life skill—learning to convey your emotions and stories into clear and concise words is incredibly useful in the long run. Choose to push the edges of your box next year, step out of your comfort zone, and come write for the Student Movement. I can promise you won't regret it.

Solana Campbell, Arts and Entertainment Editor

This year I learned to be more aggressive. I use the word aggressive because although "confident" might seem more of a desirable trait, I don't think confidence is something I was lacking before, and what I really learned to gain was something like drive or ambition. A lot of my friends describe me as easygoing, and I wouldn't disagree with that at all. For a long time I considered myself as a very passive person, which I have come to realize isn't actually my ideal. As I began the new school year, I learned that if I wanted something, whether academically or in friendships, I had to actually go for it. I think that this happened as a result of busier schedules and the closer looming threat of post grad life which meant that friendships got harder to maintain and classes became more serious. Even with close friends, sometimes we hesitate to reach out first because we're each so scared of coming off too strong or looking weirdly clingy—and all of these worries get a hundred times worse when we're trying to make new friends (at least for me). But, I decided that this year I wouldn't let myself be held back by such conventions, even if it meant taking the occasional rejection. When it comes to things like personal relationships with the people around us, I've learned that it's best to put in more effort than less, not taking friendships for granted. It's easy for these things to slip by during busy weeks, and weeks quickly turn into months, which is why this year I really wanted to make sure that I was continually pursuing my connections with my friends actively. It does take work to keep these things going, but I don't think that's a bad thing! Striking up the first conversation might seem daunting but I promise it'll pay off. I wouldn't be as close with a lot of my friends today if I had been too afraid of texting first or being too friendly. And if it's any comfort, my experience has led me to believe with a pretty high degree of certainty that other people are just as hesitant to reach out—and it pays off to be a little more "aggressive."

Grace No, Humans Editor

This school year, I learned the importance of being forgiving—particularly when it comes to myself. For my entire life, I have always been someone who put a lot of pressure on myself to succeed in everything I do. Most often, this surfaces within the world of academia—since most of my life thus far has been centered around school. In the classroom, I always push myself to be the overachiever. If a professor assigned a paper to be 10 pages long, I would write 17. If the assignment was to write a discussion question on a reading, I would submit a paragraph with building, intersecting queries. While I do think that much of this over-achieving stems from my love of learning, I will also readily admit that sometimes I over achieve because I want other people's approval. If I try something and realize I'm

not immediately good at it, I'll just quit in order to avoid letting anyone (let alone myself) down. However, as a senior, I have begun to realize the importance of giving myself grace. Sometimes I simply don't have the physical, mental, or emotional energy to go above and beyond. And that's okay. As my Mom often tells me, "sometimes you just need to draw the cat" and not try to become the next Michelangelo. That being said, I don't use that as an excuse not to get done what needs to be done. But ultimately, my health and well-being are much more important than any assignment. Will this stop me from going above and beyond? Not at all, nor should it. However, sometimes it's okay to simply fulfill expectations instead of exceeding them.

Alexander J. Hess, Ideas Editor

As the Rascal Flatts sang in "Cars," I learned that "Life is a highway." To keep the driving metaphor, this academic year I've had to slow down and change lanes. As a matter of fact, for most of the year, I've been one of those annoying drivers that like to drive between lanes. I have had my sights set on being a doctor since I was 12 years old, and I entered Andrews thinking that I would be graduating in four years to continue my journey in medical school. But this year I've had to question my motivations behind pursuing a career in the medical field. I've had to interrogate my inhibitions and assess my strengths and weaknesses. I realized that I found my worth in my career path. One night, when my anxieties about leaving the pre-med track were wracking my mind, I told my friend, "I feel like I'm abandoning the Terika I was meant to be in the future. I feel like I owe it to future me to keep on going." She responded, "Terika, that future you doesn't exist yet." These words were like a car honking at me. My future is not set but my agency and decisions in the present are actively carving out my future. The great thing about the chorus of "Life is a Highway" is that it has advice on how to deal with life being a highway. The famous line "I'm gonna ride it all night long" has informed my new perspective on life. I think this is the hardest part of the lesson I've had to learn. This line has inspired me to keep on going and trust God even though I don't know what I'm doing on the highway in the first place. As the semester comes to a close, and my undergraduate career winds down, I've learned to simply put on my indicator, check the side view mirrors, and move over.

Terika Williams, News Editor