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The Student Movement Volume 108 Issue 1: '23 and me: Welcome to the AU Family!

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'23 and me

WELCOME TO THE AU FAMILY!



Photo by Ragét Ricketts

Humans

HUMANS

Babbling at the Crayon Box

Anneliese Tessalee 09.15.23



Photo by Cesia Herrera

“Education begins the moment we see children as innately wise and capable beings. Only then can we play along in their world” - Vince [Gowmon](#)

Some of us spent our summer working, taking summer classes, studying, relaxing, or traveling. Cesia Herrera (senior, speech pathology) spent her summer learning about the milestones of childhood speech development at none other than our very own Crayon Box Children’s Learning Center. After hearing about an open position at the Crayon Box, Cesia applied for the job through the Andrews website. After meeting with the manager, she completed her various certifications and began training to work as a teacher assistant. When asked about the application process, Cesia described her superiors as “extremely open to questions.” Working as a

teacher assistant, Cesia had a range of responsibilities, such as supervising the children, helping with lesson and class preparation, sanitizing dishware, and doing food deliveries from the cafeteria. Wherever there was a need for extra hands, Cesia was there. However, Cesia's experience at the Crayon Box goes far beyond being an extra pair of hands. Working at the Crayon Box gave Cesia the unique opportunity to observe the multiple stages of language development in real time. For a speech pathology major, this was absolute gold.

Learning a language is different from the learning we do in school since it's a part of human development. When we are young, we learn by experiencing and listening to the world around us. From the age of four months to seven months, we begin to babble and start making short and long groups of sounds. From seven months to two years, we start to understand words and follow simple commands. From two to three years, we can form two to three-word sentences. These stages Cesia referred to as "[language milestones](#)." "The reason I wanted to work there was because I wanted to be in contact with kids. To get exposure to kids, see their development in language and experience those milestones in real life," Cesia stated. The monitoring of these "milestones" is an essential part of studying language development. Through working at the Crayon Box, Cesia added a new dimension to her knowledge and gained a more personal perspective in regard to her speech pathology study. She adds that she "learned so much more from seeing those milestones in the kids... to see the phonological expressions, the pronunciation, wow! It was so different to see it first hand and not from pages in a textbook." Gaining real-life experience in the field of speech pathology was one of Cesia's ultimate goals this past summer.

Above all else, working at the Crayon Box requires a passion and love for children. This is exactly what Cesia embodies. Although working at the Crayon Box came with its challenges, for Cesia, the experience was well worth it. "Hearing kids learn their 'R' and 'J' sounds was so funny to hear! It really brings a smile to my face," she said. It's no surprise Cesia plans to continue her work at the Crayon Box until she graduates in December.

HUMANS

Dorm Sweet Dorm

Savannah Tyler 09.15.23



Photo by Savannah Tyler

Each year, dorm rooms are occupied by “aspiring” interior designers equipped with insight from Pinterest boards, the latest trends, and, hopefully, all of the essentials to make their space a desirable place to live in. One of the most influential aspects of a university experience is how “at-home” students feel in their dorm room. Success in academics and extracurriculars can depend heavily on how students curate the space they live in. This is all a personal experience; therefore each dorm room is unique to its inhabitants. From determining that having a PC setup deems a room decorated to the most Pinterest-worthy cottage-core room complete with an espresso machine and an essential oil diffuser, Andrews University has had it all. In order to determine what this year's dorm room must-haves are, the student body was solicited to share what makes them feel comfortable in the dorm.

“For me, it’s my electric kettle. Bought it from H-Mart, and fits neatly in a little box that cannot be more than 1 cubic foot. Boils water in about 5 minutes. Good for making tea or coffee for late-night studies, or boiling water for ramen. I think it’s a very not exciting answer, but I think it’s the small quality-of-life improving gizmos that make dorm life more bearable, you know?”

Yoel Kim (senior, physics and math studies)

“I have a few favorite items! One of them is my hot water maker. That thing really comes in handy when making drinks or even just for noodles or other food. You can get it at Amazon or Target! I also really love my tote bags. Those are such easy breezy wonderful things that come in handy for carrying things around. Something really fun to have in a dorm is a Lego set! Yeah, plates and forks are important, but a Lego set is both fun and a wonderful decoration!” *Lexi Dunham (junior, psychology)*

“I have two main must-haves. Number one: an electric kettle that I use to heat water for tea and Argentinian mate! My second is a painting of a lion I got in Kenya the last time I visited my family there.” *Chris Ngugi (junior, psychology and Spanish)*

“...Is it too basic to say my \$10 coffee maker from Walmart? Because truthfully she’s my most prized possession. I love my coffee maker, I use it every morning. I’ve actually rebought it three times because the little coffee pot keeps breaking and it’s just cheaper to buy a whole new one. She’s very useful and since she’s so small and it’s five cups, it fits perfectly. Especially since Andrews doesn’t like selling any caffeine.” *Lucille Borges (junior, speech pathology)*

“Cleaning supplies and Clorox wipes.” *Kevin Alba (junior, agribusiness)*

“Must haves are lights. This can be any LEDS, fairy lights, or sunset lamps. I don’t care, just as long as there are some sort of lights in your room that are not the overhead light.

I bought a sunset lamp and fairy lights off Amazon.” *Reagan Westerman (sophomore, psychology)*

“I would say must-haves would include a fan or white noise machine from Amazon, a small low maintenance plant from somewhere like Home Depot, and a small vacuum from Walmart” *Danny Frederick (junior, computer science)*

“A hanging closet organizer (Amazon) saves so much room in my closet, especially since it’s small and I don’t like using hangers. Also, a water filter pitcher (Amazon) because I drink a lot of water and the water sucks in the dorm.” *Nahzoni Haycock (junior, biophysics)*

“My must-haves are pictures of my loved ones, my weighted blanket (Amazon), and hanging closet storage (Amazon).” *Bianca Loss (junior, elementary education)*

HUMANS

Surviving Freshman Year 101

Colin Cha 09.15.23



Photo by Peter Tumangday

As new freshmen and transfer students begin their journeys at Andrews University, they'll face many new challenges. From stressful classes to unfamiliar faces, it's no easy feat to get through college in one piece. In hopes of the new students' survival and enjoyment at Andrews, I interviewed 15 weathered upperclassmen for their expert advice on this matter. Here are their responses:

"It's very cliché, but work hard, play hard. Balance is everything, and although your studies should be a top priority, learn to live in the moment too."

Ben Kwon (senior, Spanish)

"Freshman year is this weird transition stage between being a kid and being an adult where you have to figure life out on your own; it's scary and stressful because adulting is new, uncertain, and high stakes. I've realized that it's okay to trial and error, make imperfect decisions, mess up, and for life to be messy as you figure stuff out. Beginnings are usually overwhelming and lonely but beginnings don't

last forever. You'll find your way."

Zoe Shiu (senior, psychology and music)

"Take every opportunity you are given to get off of campus and explore."

Grace No (senior, English)

"Don't get too stuck in your studies in your freshman year. Enjoy your time, because it only gets harder every year."

Gio Lee (senior, business)

"Everything is good in moderation; focus on your academics, but also on your mental health. Make sure to take time for yourself to unwind, and try not to compare yourself to others because everyone's path is different. There's no need to stress about not being in the same exact place as your classmates. And most importantly, make sure to count all of your wins, even the small ones, because they all count and you deserve to be proud of yourself!

Christine Choi (senior, biology)

"Leave your dorm room open to meet new people, and try to push yourself out of your comfort zone."

Jaden Leiterman (senior, medical laboratory science)

"Make sure to get enough sleep every night; it makes a big difference. Also, life's never really that serious, so enjoy it!"

Ntakirutimana Francine (junior, biology)

"Ask around about what classes to take, and remember that upperclassmen are there to help you."

Harliegh Murnin (junior, psychology)

"If I had someone give me advice when I was a freshman, it would be to study hard. Your success journey starts now, so work for it. But, more importantly, make sure you master the art of making the perfect ramen, cause the cafe doesn't always pull through. But no, on a real note, stay motivated, encouraged, and determined, yet still make time for fun. College is a healthy balance of all those things. Enjoy your journey and your ramen :)."

Jonathan Lutterodt (junior, finance)

"Don't slack off; study for your classes early on. Things will catch up to you pretty quickly if you procrastinate too often."

Suvan Campbell (junior, biochemistry)

"Networking and making good friends will help you out very much later on."

Nathaniel Frederick (senior, computer science)

"My advice for incoming freshmen is to get out of the classroom when you can. A good GPA is important, but college is about so much more than academics. Go out and discover new hobbies, meet new people, volunteer, work, and go have more 'experiences'. There's no correct way to succeed in college; it's up to you to organize your life in whatever way you're content with. Lastly, remember to be kind to yourself, be understanding of others, and celebrate the small victories. Good luck!"

Sam Namkung (senior, psychology)

"Make sure to stay active, whether it's with sports or the gym."

Samuel Pastrana (junior, aviation)

"Stay focused in your classes, and make a good, consistent schedule. Time management is really important for a good semester."

Ed Joseph (sophomore, computer science)

"Take advantage of every opportunity you are given here. You will only regret the things you didn't do."

Kato Golooba-Mutebi (sophomore, finance and data science)

As you can see, it's possible to survive and thrive in college with some hard work and balance!

Arts & Entertainment

ARTS & ENTERTAINMENT

AU's Reception of "Barbie"

Amelia Stefanescu 09.15.23



Photo by Warner Bros Pictures

One of this summer's movie highlights, besides "Spider-Man: Across the Spider-Verse," "Mission: Impossible – Dead Reckoning Part One," and "Oppenheimer," was definitely "[Barbie](#)." Starring Margot Robbie and Ryan Gosling, this movie shook through the internet like a pink-themed, sparkly tsunami. New TikTok trends – such as "Hey Barbie!" and attending the movie in cinemas wearing all pink – sprang up left and right, almost creating a new culture centered around this movie, Barbiecore.

In "[What Is Barbiecore? Experts Explain The 'Barbie' Movie-Inspired Fashion Trend And How To Get The Look](#)," an article published by Women's Health, Barbiecore is defined as an "aesthetic [that] embraces over-the-top looks, typically monochromatic, with loads of pink hues, and funky silhouettes, like mini dresses paired with larger-than-life platform shoes." This culture embraces pink and hyper-femininity, trying to re-tie these elements with women and femininity. The movie, released on July 21, 2023, was centered around the famous Barbie doll

and her journey of self-discovery. Without revealing too much, [IMDb](#) describes the plot as “Barbie suffers a crisis that leads her to question her world and her existence.” The movie sets out to redefine societal views and give women back their love for their own femininity, reaffirming the beauty of being a woman. I was curious about Andrews University’s student population’s reception of the movie, so I conducted a small experiment. According to my Instagram poll-based research based on 52 students, around 60% of Andrews students have watched the movie. 70% of those students would rate the movie between 8 and 10, and 25% would rate it somewhere between 5 and 7. Lastly, 83% of them would recommend this movie. From Andrews’ body’s own reception of the movie and that of the general public, it is evident that the movie was generally well-received and appreciated.

All of the students interviewed enjoyed the movie but for different reasons. Melissa Moore (junior, nutrition) expressed her great admiration for the movie’s criticism of society, saying, “The film was striking because it balanced that with a nuanced discussion about equality, societal expectations, and perfectionism. One scene I found especially touching was the monologue Gloria (America Ferrera) presented about the expectations women face. I had tears in my eyes because personally, I relate to what she said on a deep level.” Nathaniel Reid (sophomore, communications) greatly enjoyed the movie because of its new and fresh dynamic, saying, “I really enjoyed the Barbie movie just because of how unapologetically it broke from cinema norms. When I went to see it with my niece, every two seconds we would turn to each other and say “What are we watching?!” not because it was bad or ‘too much,’ but because it was different, unpredictable, and simply funny!” Chris Ngugi (junior, psychology and Spanish) had a very interesting experience concerning the Barbie movie based on interactions within the community, which heightened his enjoyment. He said, “I happened to be in a theater with a very active audience, so one of my favorite parts of the movie was just reacting along with everyone else.” Solana Campbell (senior, business management), on the other hand, expressed her admiration for the costuming, saying, “The work that went into basically building a Barbie dream house and the thought process behind the costumes? Absolutely chef’s kiss. I really love watching a movie where you can tell every decision was really well thought out to correspond to a particular theme and help the storyline move forward.”

When asked what the movie could’ve done better, responses varied from the way the message was conveyed to the message itself. Matakala Muhwanga (senior, social work) confided, “I think a lot of the messages the movie was supposed to

[convey] were a little bit too rushed. I think they could have explored more feminist topics and gone in a little bit deeper.” Nathaniel added, “It sometimes felt as though the film would focus on comedy for large portions of time, only to weave in brief dialogues that would remind the watcher of the movie’s message. It felt like the film would switch between solely being a comedy to solely building on the movie’s message, with this problem being especially noticeable towards the end of the film.” Melissa expressed concern as to the rise in consumerism that the movie-inspired trends brought on, saying, “If people don't buy everything or decide they don't want everything to be pink anymore, they may simply throw things away, unnecessarily creating more pollution, but that is not something the Barbie movie alone is guilty of. That's a larger societal problem we have today and a discussion for another time.”

The overall response and appreciation concerning the movie’s message was positive; Christen Li’s (junior, global studies) takeaway from the movie is one of self-acceptance, saying, “I loved the scene where Barbie tells the older lady how beautiful she is. I think that's honestly the most important message I got from the movie: That every person, and specifically every woman, is unique and valuable and beautiful. A woman's very existence on this earth is beautiful because she is a human being... (or a barbie-being).” Lexie Dunham (junior, psychology) similarly praised the movie and its message, saying, “The way that it was a movie about every woman being supported and hyped up was very important to me. It was such a beautiful way to encapsulate womanhood, the effects for both men and women of the patriarchy, and how we can support women more. It’s so beautiful to see a movie like this that is both so nostalgic but also a woman-led movie that was directed by a woman!”

It cannot be denied that this movie has an ongoing impact on our society and culture today. While fashion and TikTok trends will probably die out someday, changed mentality and perception have more lasting effects. “Barbie” has raised some great questions which our society should ponder, and whether or not we allow this movie to influence our perception of society and, even more importantly, to change it, is up to us.

ARTS & ENTERTAINMENT

“Hey, How Was Your Summer?”

Nailea Soto 09.15.23



Photo by Sandy Whittenhouse

Every student hears this at the start of every school year, “Hey, how was your summer?” Although repetitive, it does pose an interesting question: What did I do this summer? Most students catch up on movies, TV shows, or the latest music, so as the semester starts, let’s get a look at what Andrews University students enjoyed!

Moises Reyes (senior, mathematics and religion)

“This summer, I got to watch the movie “**Princess Mononoke.**” It covers heavy themes of death, the effects of war, the cycle of hatred, and prejudice. It masterfully tells a story of how even just one person willing to put aside generational prejudice as a result of warfare can work hard and make a difference in melding back the relationships between people groups. It struck me profoundly and was a beautiful story.”

“Princess Mononoke” (1997) tells the story of Ashikata, who is infected by an animal attack and searches for a cure. Through this, he gets involved in the war between the gods of the forest and the humans who take their resources.

Ashley Daluz (junior, speech pathology)

“This summer, I watched the movie “**Barbie.**” It covered thoughts about how women are portrayed in the world and allowed people to see how women are better

than society thinks we are. It was a movie that women can relate to.”

“Barbie” (2023) is a movie about the one and only Barbie and her friends living a perfect life in the seemingly perfect world of Barbie Land. But when they get the opportunity to go to the real world, they learn about the happiness and dangers among humans.

Salena Rodgers (junior, social work)

“This summer I watched “**The Summer I Turned Pretty.**” It was very interesting and definitely has a shocking ending. I don’t want to spoil it but there is an interesting love triangle for sure.”

“The Summer I Turned Pretty” (2022-) is the latest coming-of-age romance drama about a girl and two brothers in a love triangle. [This story is a perfect representation of a teenager’s first love, first heartbreak, and the magic of that one perfect summer.](#)

Felipe Navia (sophomore, business management and Spanish)

“ This summer, I watched “**Peaky Blinders.**” The 6-season show was very good. You can see that in the first two seasons, the quality wasn’t as good and in the later seasons they were very good. It’s a very interesting show about gangs and England and changed your perspective on your idea of gangs. It was an overall great show!”

“Peaky Blinders” (2013-2022) is a TV crime drama based on the real-life existence of the gang called Peaky Blinders. This story is centered around Thomas Shelby, the gang’s leader, and his notorious family and their build-up from street gangs to organized crime. This show is based in Birmingham, England in 1919, just after World War I.

Amir Peña (junior, aviation)

“This summer, I listened to one of the most anticipated albums from most hip hop fans in a long time: “**Utopia.**” The sound was different from what Travis Scott usually makes and you could definitely see the influence of Kanye’s production in many of the songs such as “Sirens” and “Circus Maximus,” which I was a fan of.”

“Utopia” is Travis Scott’s 4th album, which features other artists like Drake, SZA, 21 Savage, and more.

Maddi Vath (sophomore, English)

One of my favorite books that I read this summer was “**We Free the Stars.**” This duology happens to be one of my favorites because it’s filled with Middle Eastern culture but also very new. There is great tension between the two main characters, a great amount of feminism, and a great morally gray villain (for the booktok

girlies.) I love reading fantasy books that have different cultures in them because representation is important.

“We Free the Stars “ is the second book in Hafsah Faizal’s duology “Sands of Arawiya.” This young-adult fantasy book is inspired by the magical folklore of Saudi Arabia and tells the story of two warriors who are driven together with different goals to retrieve an ancient artifact.

Amelia Stefanescu (junior, history and English)

“This summer, I read “**Throne of Glass.**” It was a very fun and complex story that happens in a fantasy world with lots of parallels with today’s society and relatable characters. It’s a book series that can capture a person’s attention and heart, and I highly recommend it to anyone who is a fan of fantasy, complex world building magic, and girl-bossing.”

“Throne of Glass” is the first book in Sarah J. Mass’ epic fantasy novel series “Throne of Glass.” This story follows Celaena Sardothien, a teenage assassin, and her journey through a corrupt kingdom as she works as the King’s Champion.

ARTS & ENTERTAINMENT

Sewing as an Art Form: My Experience as a First-Time Formal Dressmaker

Daena Holbrook 09.15.23



Photo by Daena Holbrook

When you think of art forms, the first that come to mind are typically painting, poetry, or music. However, there are so many different art forms! Architecture, film, dance, or even making games are also important art forms that you may not initially think of. Though I enjoy many of these, one of my favorites is sewing and

fashion. Fashion has been used over generations to express ideas, feelings, and individuality, and I now use it for the same reasons.

This summer, I attempted to make something that I had never tried before. With an impending trip to the Philippines, my family had planned a cultural social event called a “debut.” Similar to a “sweet sixteen” or a “quinceanera,” a “debut” is the Filipino version that happens when someone turns 18. I had already turned 18 by that point, but we wanted to celebrate the milestone with my family there. With a little more than a week left before our trip to the Philippines, I decided to sew my own gown.

So, my dressmaking journey began with a gown for this big event. I had no plan or experience making formal dresses. I make my own clothes, but I tend to favor heavier fabrics such as denim or cotton fabrics that are easy to work with. My debut dress was mainly going to be made out of a purple satin underneath and a sparkly blue tulle on top. Satin is a shiny and smooth fabric that frays easily, and tulle is a netted, see-through fabric that is quite delicate (think of what tutus are made out of). These materials are not as easy to work with, but I was determined to make this dress.

My intended approach was very similar to how I would paint a painting. Clothes-making, like painting, is very artistic. They both require technical skills, such as proper garment construction in clothes-making, or, an understanding of anatomy and the medium you are using in painting. Further, the freedom to express yourself is something that both art forms share. When I was making my dress, I would drape my fabrics on top of the mannequin to visualize what the final product would look like, changing things as I saw fit. This trial-and-error approach reminded me of my similar trial-and-error approach in painting. I like to see what the full picture looks like, adding almost randomly to different parts of the art piece until I like how everything looks as a cohesive whole.

There was a lot of reworking, stress, and mistakes during this process. At multiple points, I really didn’t want to finish my project. The reason I didn’t give up was honestly because I already bought the fabric; I didn’t want to waste my money! However, in the end, I think it was special that I made my own dress and I am glad that I decided to finish it. Even though when I look at pictures of it I see a lot of mistakes, it was still worth it. It was something unique that I did, and I learned a lot of things in the process. I was able to express myself through the dress. While I did choose the colors, silhouette, style, and more details, making my own dress expressed a part of my personality that was separate from how the dress looked. It showed that I like a challenge, that I love to be creative, and that I love to make

things. Lastly, because I took on this project, I now have more skills. I can add a deeper understanding of dressmaking to my repertoire of hobbies and interests: my different art forms.

As for the event itself, I had a wonderful time with my family in the Philippines at my debut. I spent time with my cousins and got to know some of my distant family better. Traditionally, during a part of the program, the people attending the event pin money on your dress as you sing. That was one of my favorite moments because the dress had an important role. I was able to wear my finished dress to the party, and it seemed like everyone loved it! It was a great experience. It's always rewarding to express yourself and make something that you're passionate about.

ARTS & ENTERTAINMENT

Shadow & Bone: Reentering the Grishaverse

Madison Vath [09.15.23](#)



Photo by Netflix

While summer is filled with fun, friends, or work, it can also be the perfect time to catch up on watching TV shows you may have missed over the school year (or maybe even the past two). The books-turned-show adaptation, "Shadow & Bone," was one such show for me. If I'm being transparent, this particular show has

already been written about in our lovely Student Movement, but it deserves the hype, so here's round two. First, let's give a bit of background just as a refresher, or if this is your first time hearing about it, let me introduce you to the Grishaverse. Leigh Bardugo is the author of both the "Shadow & Bone" (S&B) trilogy and the "Six of Crows" (SoC) duology, which were fused together in the TV show adaptation. She's authored other works as well that are not of the S&B universe (also termed the "Grishaverse"), including "The Ninth House" (for my dark academia aesthetic people and for those of you who aren't quite sure what that means, here's an article that helps explain it: [What Is Dark Academia And Why Is It So Popular | Book Riot](#)). Most of her writing has been focused around the setting in which the above works were created. The first book in the trilogy was published in June of 2012 and steadily gained notoriety for its Russian-themed worldbuilding and its strong, female protagonist. After the other two books followed suit with even more glowing reviews, Bardugo introduced the first book in the SoC duology in 2015. Taking place within the same universe as the original trilogy, these two books feature a cast of even more stunningly written characters, a plot of robberies and heists, and even the "found-family" trope that is incredibly popular in Young Adult (YA) novels. Eventually, these gained so much popularity that Netflix decided to make a show out of them, combining both the trilogy and the duology into one timeline. Season one aired in April of 2021, with season two following two years later in March 2023.

Reactions were mixed with many people saying that although the storyline was decent, it wasn't anything new or revolutionary (such as the review from The Guardian: [Shadow and Bone review – fantasy epic not quite the next Game of Thrones | Fantasy TV | The Guardian](#)). Rotten Tomatoes gave the first season a score of 89%, saying "from gorgeous costumes to impressive—if intimidating—world-building, Shadow and Bone is an exciting adventure for fans and newcomers alike. ([Shadow and Bone - Rotten Tomatoes](#))" The second season scored lower with an 80% but still received positive feedback.

While the show does leave out some details from the books, overall, it hits all of their main plot points, even going so far as to illuminate different social issues we see in our reality, such as racism and sexism, without blotting out the storyline itself. In this vein, both the books and the series do a good job at writing characters with very humanistic traits. One such character is the main female protagonist, Alina Starkov. Starkov is shown to be of a more diverse ethnic background than the rest of Ravka's citizens and is a victim of their prejudice because of it. The audience sees her journey of self-discovery throughout the two seasons and while

being dazzled by her power, can grasp the underlying message of the importance of self-definition. Speaking of women, another of my favorite parts about this series is the vast array of strong women who do what they have to for themselves yet always come through for one another. I happen to love a good "women supporting women" type of vibe and it's nice to see in entertainment with reality being what it is.

Another example of this is the character Jesper Fahey. From the SoC duology and played by actor Kit Young in the show, Fahey exhibits very human-like qualities for being entirely fictional. At odds with who he is and covering his insecurities with a healthy dosage of swagger and suave, he pulls off heists and racks up gambling debts like he gets paid for it, which I suppose he does. However, this isn't why he's my favorite character in the series. He's also a queer, Black man who finds it challenging to be vulnerable around his people, something many young people can relate to. With these admirable writing and casting qualities, both Bardugo and show director Mairzee Almas provide younger audiences with a mirror to look back at themselves and, thus, give a deeper meaning to an action-packed fantasy series. I've watched both seasons twice and read both the trilogy and duology, so I must say that while the books are better (as they always are), the show seems to capture all of the elements that one usually finds in any fantasy universe. So, if you're looking for a fantasy show (or books) with beautiful characters, a stunning setting, and that covers important topics, enter the Grishaverse. You can escape reality for a while by falling in love with a morally gray (not entirely evil but also not "good") villain and rage against the forces of evil with women who know how to fight. Ultimately, I would recommend it.

News

NEWS

Another Generation, Another Convocation

Melissa Moore [09.15.23](#)



Photo by Dawson Par

On August 31, 2023 students crowded into the pews of Pioneer Memorial Church (PMC) for the first Thursday forum co-curricular event of the school year. As always, the event began with one of the most colorful processions to regularly take place in PMC, as professors entered the sanctuary for the processional dressed in their academic regalia. The program consisted of many traditions, each with a different focus intended to kick off the new school year. One favorite tradition, the video on “The Top Ten Reasons Why Students Come to Andrews University,” occurred near the beginning. Although its inventor, David Faehner, has now retired, the tradition lives on. Listed reasons included classics such as the delightful four seasons experienced at Andrews as well as new additions, such as attending Andrews being cheaper than a Taylor Swift concert. Overall, every

reason touched on an aspect of campus life that is relevant to current students and reflects recent University changes. Following the top ten, a variety of preliminaries took place, including the introduction of various groups of students, the singing of the school song, and prayer over the new president by campus student leaders. Following this, the Andrews University Singers performed a musical piece based on Biblical symbolism, and the new Andrews University president, John Wesley Taylor V, took the stage to present a speech about the journey of life.

His speech was based on drawing an analogy between traveling on a physical journey and voyaging through life. It contained many spiritually nourishing suggestions as well as practical tips for college students. President Taylor began by reminding attendees to trust God as the guide when the road is unclear. Also, if students know the word of God, it will illuminate the way when the road goes dark. In addition, Christ followers must be listening for the voice of the Holy Spirit, who will instruct which direction to take when the path splits. President Taylor also made the analogy that successfully navigating college is akin to thinking ahead and planning for a trip. Travelers must consider where the destination is, select the route, and pack the essentials. Similarly, students must set goals and choose a path in order to achieve them. They should unclutter the unnecessary things in their lives to make room for what is truly important. Also, just as travelers need an updated map, college students need to stay connected with their advisor to plan ahead and foresee changes. It is also important that everyone update their spiritual map by investing in a relationship with God in the present. The next suggestion is to properly fuel and care for physical health, just as a car needs care. The last tips from the journey analogy included instructions to focus ahead not behind, take breaks when needed, learn to adapt to the unexpected, and finally to ask for help when needed. In closing, the new president advised students to be kind, budget, share the journey wisely, and most importantly, to remember that God is the lifeline.

Following the presentation by President Taylor, the program came to a close with a final prayer. Chaplain Jose Bourget led all present in the J. N. Andrews Benediction, and the faculty began their procession out of the sanctuary. Now, with all the symbolism of convocation behind us, let us remember the focus we were presented with and charge ahead to make a great school year.

NEWS

Canada's Fiery Struggle: The Ongoing Battle Against Wildfires

Brendan Oh 09.15.23



Photo by Malachi Brooks on Unsplash

As Canada grapples with their [worst](#) season of devastating wildfires in recorded history, the world watches with growing concern. Earlier this summer, the hazy smoke that descended upon Northern U.S. states, including Michigan, served as a stark reminder of the ferocious fires still engulfing the nation. The transition from summer to fall has brought little relief as the nation confronts an unyielding wave of wildfires that have left an indelible mark on its landscape and air quality. While wildfires are not uncommon in Canada, this year has been exceptionally challenging, with numerous fires still blazing across various [provinces](#) since March of this year. Shattering the previous [record](#) back in 1989, the current figure of 27 million acres of burned land speaks to the unprecedented scale of these fires and the significant threat to the environment and local communities.

Canadian firefighters and emergency response teams have displayed unwavering dedication on the frontlines of these relentless wildfires, facing formidable challenges as they strive to gain control over the blazes. Their courage in the face of adversity is commendable. In the spirit of cross-border [cooperation](#), the United States has extended a helping hand, recognizing that tackling these wildfires transcends national boundaries. The sharing of firefighting resources, aircraft, ground crews, and specialized equipment between the two nations reflects the urgency of the situation and the importance of solidarity in times of crisis.

Rebuilding and restoring areas affected by wildfires is an arduous task that requires time, resources, and unwavering commitment. The process is fraught with challenges, from the extensive environmental damage to the emotional toll on affected communities. The scars left by these devastating fires run deep, and as Canadians embark on the journey of recovery, they face the daunting task of [rebuilding](#) not just their homes but also their lives. It's a difficult road ahead, but their resilience remains a beacon of hope in the face of adversity. Efforts to rebuild areas affected by earlier fires encompass a multifaceted approach. [Reforestation](#) initiatives are actively underway, aimed at rejuvenating Canada's lush forests, which have borne the brunt of these wildfires. This includes planting new trees and rehabilitating damaged ecosystems, which is vital for restoring the natural habitat. Communities that have endured evacuation and property loss are receiving comprehensive [support](#), including financial aid and housing assistance.

For the younger generation, these wildfires underscore the [urgency](#) of climate action. According to scientists, the wildfires are directly linked to human-caused climate change and are [responsible](#) for more than doubling the likelihood of wildfires in Canada. According to them, we are witnessing firsthand the environmental upheaval caused by a changing climate. The impact of these fires extends beyond immediate dangers; it shapes our future and underscores the importance of advocating for policies that combat climate change. The relevance of these wildfires extends to the United States and highlights the imperative of global climate action. While the immediate focus remains on firefighting and recovery, the general consensus among scientists is climate change is a growing [crisis](#) that must be addressed.

NEWS

Labor Day, the Writers' Strikes, and Fairness

Nathaniel Miller 09.15.23



Photo by WireImage/ Getty

A sunny day in Los Angeles, clear blue skies, and a festive mood: the Writers' Guild Association (WGA) on strike. Spunky, bass-heavy hip-hop pierced the air; [picket signs](#) bobbed up and down: "You can't pay us in La Croix," "Fair wages are so fetch," "I like your offer as much as you like an angry female lead," people happily chatted with each other while walking along the lines. Their purpose isn't anything new—they want job security, assurance that AI won't write screenplays in place of actual human writers, fair wages, and the ability to live off their salaries. Their opponent? The Alliance of Motion Picture and Television Producers (AMPTP), a group that includes such gargantuan names as Warner Brothers, Paramount Pictures, and The Walt Disney Company. Writers for these companies often work upwards of thirteen hours per day, seven days a week, for multiple months at a time. "It's exhausting. It's unsustainable," said [Danielle Sanchez-Witzel](#), a writer who's worked for productions such as "New Girl" and "The Carmichael Show." And

the pay discrepancies between these writers and their higher-ups are massive. Take Bob Iger, the CEO of Disney. He earns up to [twenty-six million dollars](#) a year, over one hundred times the [median salary](#) of an industry writer, and they don't even take home all the money they make. Agents, managers, and lawyers all have to be paid, taking significant chunks out of writers' paychecks.

Unless a deal is reached quickly, this strike may mean a significant postponement in the TV shows and movies we've been anticipating. There might be a lapse of summer blockbusters next year. "Avatar" 3, 4, and 5, "The Last of Us," "Abbot Elementary," multiple "Avengers" films, "1923," "Stranger Things," "Severance," and countless other über-popular films and television shows have [indefinitely](#) delayed production. This is the largest disruption to the television and film industry since the Covid-19 pandemic, and its impact on Hollywood will be nothing short of seismic.

But this isn't the first strike that's impacted Americans—the United States has a long history of strikes. Workers and executives have been locked for years in a seemingly never-ending wrestling match. This fight has continued since the mid-to-late 1800s, one of the most notable early union strikes being the 1892 [Homestead Steel Strike](#). Workers' salaries were cut, the company's chief executive refused to negotiate with the union, tensions escalated exponentially; the strike culminated in a bloody gunfight in which sixteen people died and countless were injured.

We've come a long way since then. Today's prominent striking workers are writers and actors, not steelworkers. People haven't died in union strikes since the late 1970s. Different industries strike today, but our society has retained the basic principles of bargaining and striking and bargaining, and also a very tangible reminder of union laborers' struggle for fair wages: Labor Day.

Today, we see Labor Day as a convenient easing-in to the school year, the informal marker between summer and fall, but it was originally intended to celebrate the many successes of the United States worker. The first Labor Day parade was in 1882 in New York City, and in 1894 President Grover Cleveland declared it a [national holiday](#). Since then, it's been celebrated every year on the first Monday of September. And because its origins were so long ago, it's become easy to accept the day off we've been given without actually recognizing why we observe it. Labor Day is a celebration of unions, of workers, and of the rights of the people to stand up against money-hoarding corporate bosses.

This year's Labor Day has already passed us by, the sun continues to set earlier, and we are well on our way to the heart of the school year. But it is important that

we do not forget the purpose of the day, even if we won't be encountering it for another year. Striking union workers love their jobs, they've been trained to do them well, and all they want is to get paid and treated fairly. As Chris Keyser, Negotiating Committee Co-Chair for the WGA, [said](#), "We do not write because it's easy; we write because we have no other choice.... on Labor Day, it's worth remembering that." The writers will continue striking until the AMPTP recognizes their right to fair wages. And while the environments surrounding the WGA's strike are incredibly different from those of the United States' first strikes, the WGA is continuing and participating in 150 years of rich American history by taking a stand against the wage discrepancies within the entertainment industry.

Ideas

IDEAS

Antibiotic Resistance

Sumin Lee [09.15.23](#)



Photo by Bruno Guerrero on Unsplash

According to the CDC's [Antibiotic Resistance Threats Report \(2019\)](#), “more than 2.8 million antibiotic-resistant infections occur in the U.S. annually, and 35,000 people die as a result.”

Before we further examine the numbers, what are antibiotics?

Antibiotics are “[medicines](#) used to prevent and treat bacterial infections.” They are commonly used and may be taken orally, physically, or directly injected. However, just as common as their usages, there is a rising challenge of such agents—initially created for good use.

Currently, antibiotic resistance is one of the biggest threats worldwide, affecting not only individuals but society and countries as a whole.

Just as the name indicates, antibiotic resistance is when bacterial pathogens become resistant to antibiotics. Bacteria are known to have a characteristic of quick mutation rates, thus becoming easily immune to such medications. There are four overall characteristics of resistance: [intrinsic resistance, acquired resistance, genetic change, and DNA transfer](#). Bacteria undergo multiple genetic changes to adapt to antibiotic actions in all four cases, whether to create resistance in their genetic material or create a heritable change.

Most resistance is derived from inappropriate prescriptions and usage of antibiotics. As people overuse and misuse medications when such needs aren't as necessary, we fall further into the rabbit hole of this crisis.

Unlike many other illness-related issues, antibiotic resistance is critical in the sense that it can affect anyone and everyone. Although, indeed, certain groups of people (infants, elders, those living in unhygienic situations, healthcare workers, those with weaker immune systems, etc.) are more susceptible to these threats, it isn't something that any single individual can disregard.

As for college students who are relatively young and active, many seem to underestimate the issue of antibiotic resistance and the situation they might be in. A study in 2018 showed that those aged 20-34 were [“twice as likely”](#) as older individuals to find medical attention regarding situations related to antibiotic drugs. Therefore, raising awareness and understanding the seriousness of antibiotic resistance is essential.

Furthermore, another difficulty with antibiotic resistance is that the resistance isn't easily noticed unless [proper testing](#)—taking of a sample of the infected area and running a [blood/urine/wound/sputum/throat culture](#) is conducted. Thus, one might continue with their medication without realizing that the infections aren't getting any better—if not worse.

The risks of antibiotic resistance include but are not limited to; increased severity of illness and death, increased treatment costs and hospital stay, and increased medication side effects.

According to the [World Health Organization](#), “Without urgent action, we are heading for a post-antibiotic era, in which common infections and minor injuries can once again kill.” At such a rate, we may be headed for a world where minor health concerns—of the present—become deadly. Reflecting on the past when infections such as the common cold were fatal, the immunity of our current, overall world might be decreasing. The U.S. saw a gradual increase in infection and death rates within several years—leading more corporations and organizations to seek solutions.

As the temperature drops, the student population at Andrews University is more likely to become sick. Students should take responsibility for their health to prevent illness from impacting individuals as well as the campus as a whole. Although AU officially declared last semester that all Covid precautions are no longer required, if you are sick, in addition to correct antibiotic usage, it might still be helpful to take similar precautions like we used to during the height of the pandemic, such as wearing a mask, washing hands frequently, and social distancing.

Below is a list of a few actions we, as students at Andrews, can take to prevent such a degree of complication:

- Do not take/require unnecessary prescriptions
- Take prescribed antibiotics properly
 - Don't use someone else's medications
 - Don't forget to take the medicine
 - Do take all prescribed medications for their prescribed durations, even if you feel better
- Carry out good hygiene, such as washing hands and showering often

IDEAS

Chapel Credits: Fair or Unfair?

Corinna Bevier 09.15.23



Photo by Orlando Hill

Anyone who is a student at Andrews University is well aware of the co-curricular and chapel credits that are required for all students. According to the Andrews University student handbook, traditional residence hall students are required to have a total of 30 credits of co-curricular activities. [Twelve of those credits are chapel credits, twelve are co-curricular credits, and the remaining six are residence hall credits.](#) Within the student body, there are numerous conflicting opinions regarding this topic. There are those who believe that co-curricular and chapel credits are a fair and valuable part of Andrews University's curriculum, but

there are also those who believe that they are unfair and unnecessary. I spoke with some students to find out their opinions on this topic.

Within the opinion that co-curricular and chapel credits are unfair, there were several main reasons that were continuously stated. The first of those reasons is that requiring students to attend chapels is a violation of religious freedom.

Although this is a Seventh-day Adventist university, there are students of many faiths that attend. Our student body is comprised of a diverse and varied population of many different religious identities such as Seventh-day Adventist, Christian, Muslim, Non-denominational, Atheist, and many others. Some students believe that students who do not identify with the Seventh-day Adventist religion should not be required to attend Seventh-day Adventist worship services if they do not wish to. Religion is a deeply important aspect of many people's lives, and every religion has its own practices and traditions. Requiring a student not of the Adventist faith to participate in a Seventh-day Adventist worship service brings about the possibility that a student would have to participate in something that is not in alignment with their own beliefs and methods of worship. One student that I spoke with, Lianna Glass (sophomore, visual communications), said, "No, chapel credits are not fair. I shouldn't be forced to worship in a certain way." Everyone has their own personal relationship to God and should be allowed to worship God in whatever way they see fit. So, to some students, university-mandated worship services are a violation of their religious freedom.

The second reason that many students stated was that they believe that required co-curriculars are a distraction from their studies and academic life. According to the Andrews University Academic Bulletin, the minimum number of credits for a full-time undergraduate student is 12 credits, and depending on what their major is, they could be taking anywhere from 4 to 6 classes. This typically ensures a heavy workload of homework and additional studying to maintain a passing grade in each of their classes. Some students believe that adding an additional 30 credits of co-curricular and chapel credits does not allow them to properly use their time to the fullest extent and that co-curricular events are filling space that they could use for homework or for studying. One student that I spoke with said, "[co-curriculars] make me waste time on things that aren't schoolwork. A lot of them feel unnecessary for me to spend time on. I could just do homework or something instead." Additionally, attending required co-curricular activities or chapels can make it difficult for students to get to their following class. Usually, scheduled chapels end at 12:20, so if a student has a class at 12:30 on the other side of the campus, there is a good chance that they will not make it on time to their class,

especially since after a chapel or co-curricular the sidewalks are crowded with students who are trying to get to their next class as well. Students could potentially be late to their class multiple times a week and miss valuable instruction time through no fault of their own. A student that I spoke with said, “I understand that as college students, we are going to be busy, but this added layer of co-curricular makes it even more difficult to have time for anything else.” So, for students who have been late to their classes because of a chapel or co-curricular, the requirement is a frustrating disruption to their academic life.

The third reason that many students stated was that they believed that charging students an extra fee for missing co-curricular or chapel activities was unfair. The Andrews Student Handbook states, [“A co-curricular fee is assessed at the end of each semester.”](#) This fee accumulates based on nonattendance. There will be a fee of \$25 for the first credit short of the required number and \$15 for every credit short thereafter. A maximum of \$460 may be charged to traditional students and \$160 to non-traditional students per semester.” (Undergraduate Co-Curricular Policy, andrews.edu) Some students believe that charging a fee for nonattendance is unfair, especially since many students are already paying a lot of money to attend Andrews University, and adding additional fees only adds more financial stress on them and their families. For many people, college is a considerable financial burden, so charging an additional fee of up to \$460 for non-academics will only exacerbate their difficult situation. One student I spoke to said, “Students are forced to choose to study, eat, or go to a chapel, or else they will be fined.” Being financially punished for prioritizing school work or personal health doesn’t seem fair to students who are dedicated to their academics. Another student that I spoke to said, “Some of us are already paying thousands of dollars. Paying extra fees is impossible for some of our circumstances. If the school wishes to require co-curriculars, students should be rewarded for going rather than penalized for not going.” Another student that I spoke with, Helena Hilton (sophomore, dental hygiene), said, “What if someone wasn’t able to pay those fines because they didn’t have the finances for it? If they want students to attend they should use positive incentives to get people in chapel rather than taking money away from students.” Some students believe that charging a fee for missed co-curricular activities or chapels is an unfair and inconsiderate practice that negatively impacts many students.

On the other side of the debate, there are students who believe that required co-curriculars and chapel credits are a valuable and important part of the Andrews University experience. One of the reasons that students I spoke to gave for their

support of the co-curricular program was that requiring students to attend chapels is a good way to ensure that students are participating in the religious resources offered on campus. Some students want to participate in chapels and other religious activities but are so preoccupied that they would forget to attend if they were not required. Other students also believe that required chapels are a helpful tool to help them manage their time and stay active in the religious aspects of their college experience. One student I spoke with said, "I enjoy that the co-curricular credits give me a reason to go to vespers. I feel I would not take advantage of all the spiritual opportunities at school if I had no reason to go." The life of a college student is a busy one and with all of the responsibilities that come with it, it can be hard to set aside time for God. So, for some students, having university-mandated time set aside for worship and fellowship is a resource that they cherish and appreciate.

Another reason that the students I spoke with gave for their support of the co-curricular program is that it helps to develop a campus community and helps students make friends. Entering into a new environment can be frightening, especially when you don't know anyone else there. Having required events where you are exposed to new people can be a helpful way to make friends and find a sense of community. A student that I spoke with said, "For students who spend a lot of time in their dorm room it can be a really good opportunity to get out and see new people." A lot of people are introverted, so for introverted students who have a hard time initiating situations of socialization, co-curriculars provide an opportunity for them to go and interact with other people. Co-curricular activities put you in situations where you are able to interact with students that you have never met before but they can also help students to see their friends that they don't see often. A lot of students have friends who are not in the same major as them and don't have any classes with those friends. With the busy schedule that each student has, it can be hard to meet up with friends who don't share similar schedules, but co-curricular activities give you a chance to see those friends and spend some time with them. A student that I spoke to said, "I enjoy going to co-curriculars because it gives me the chance to see my friends that I don't have classes with. It gives us a set time. We're all busy so it's nice to have this one chance where we all have to be there so we'll see each other." For many students on campus, co-curriculars and chapels are an opportunity to see the friends they don't often see.

The third reason that the students I spoke with gave their support for the co-curricular program is that since this is a Seventh-day Adventist campus, it should be expected that there would be requirements for Seventh-day Adventist worship

services. Before a student applies or registers to be a student at Andrews University, they are able to view the requirements for academics and co-curricular activities and can determine if they are comfortable with those requirements. One of the students that I talked to said, "This is a private religious campus. Everyone here was informed of this school's religious affiliation so it should not come as a shock that some religious events would be required." To some students, chapel credits are an obvious requirement for a Seventh-day Adventist campus and are a valuable part of the Andrews experience. Andrews University's motto is "Corpus, mens, spiritus" which means body, mind, spirit. The focus of this institution is not only to help students grow academically but also spiritually, so including required chapels along with required academic classes follows the motto that has been in place since the University was founded in 1874. The mission statement of Andrews University is "Seek Knowledge, Affirm Faith, Change the World," and so some students view the required chapels as a way of fulfilling that mission and helping students grow spiritually.

Through my interactions with the students on the Andrews University campus, I determined that there are many different opinions about the co-curricular program. There are those who believe that requiring chapel and co-curricular credits is fair and there are those who believe it is unfair. There is no correct all-encompassing opinion for this situation. However, while I was speaking to my fellow students, I was reminded that everyone has their own perspective on every situation and that it's important to be respectful of people who may hold perspectives that oppose our own. It's vital that when sharing our opinions on a topic like this we do so with respect for others and we listen to the opinions of others so that we can work together to find a solution that is right for everyone.

IDEAS

From Flowers to Fires: Does Climate Change Rhetoric Need to Change?

Bella Hamann 09.15.23



Photo by Li-An Lim on Unsplash

What do tomato soup, flatbed trailers, and spilled milk all have in common? They are all connected to different climate change-related protests that garnered negative press. It's not necessarily surprising though; humans have always influenced the world in drastic ways.

Unfortunately, one of the ways in which we have drastically shifted life on Earth is by impacting our environment through reckless activities. One of these impacts is climate change. It is an undeniable reality that climate change exists: Over 100 billion tons of [ice](#) melt each year in Antarctica alone, the average global temperature is increasing, and [countless](#) species go extinct every day.

Many of these changes are largely due to the presence of excessive human consumption, which is why a fair number of individuals have a compelling need to try and make environmental impacts wherever they go. Whether it is simply

picking up trash on the sidewalk or protesting political decisions that affect the climate, there are a sizable amount of people around the world who are so passionate about this issue that they would be willing to do anything about it. But when does anything become too much?

Case in point: last October, two [protesters](#) threw tomato soup at Van Gogh's painting "Sunflowers" in London. Upon receiving an extreme response, they glued themselves to the wall and asked the distraught onlookers what they valued more: the soup-covered painting, or the planet. Eventually, the situation was quelled, and the story—as the protesters were hoping—went viral. So yes, their goal was definitely achieved: by publicly doing something drastic, news of the incident spread, which would then be associated with climate activism.

However, the desired outcome came with major backlash. Many saw the protest as not only negative, but counterintuitive to its intent, with one individual [present](#) during the scene saying that they "may be trying to get people to think about the issues but all they end up doing is getting people really annoyed and angry." A simple google search of the event shows the painting doused in soup, with news headlines like "Oil Protesters Appear in Court," "Vincent Van Gogh Painting Targeted," and "Van Gogh is Crying, but Heinz is Happy!" to name a few. Very much a negative connotation to an issue that cannot afford bad press, especially after an incident that occurred just months before in the high-end retailer Harrods, when [another](#) climate activist group spilled milk all over the store floor and were heavily criticized for food waste.

Additionally, recent [polling](#) revealed that a plurality of individuals have decreased support for climate change efforts when exposed to disruptive demonstrative tactics, whether it be in person or hearing about it via the media. Conclusion? The general public does not respond well to these types of protests.

Yet, despite all this, it is interesting to note that if looked into further, what actually happened was not at all the defacement of a priceless artwork, but a well thought-out demonstration that was meant to be nonviolent. In fact, a skimming of most articles on the incident mention that there was no way the painting could have been damaged since it was fully shielded by protective glass the entire time.

This poses the inquiry that perhaps the reason why most people have a more negative view of these events isn't because of what actually happened, but because of what they immediately saw on the news when first hearing about it. This makes sense: news and media outlets are known to severely shape public opinion, but nevertheless, these types of protests would be much more effective if the way in which the media presented them was less geared towards a flash headline and

more towards actual coverage of the story. The probability of that happening is quite low, however, so doing protests of this nature –regardless of how harmless it may be– will still have a negative effect on the general populace, making these tactics unhelpful towards the actual need to spread awareness about climate change.

It is not only the actions of the media that need to be taken into account, however. An excellent example of the role of police in these situations happened on August 27 of this year, when activists directly caused [miles](#) of backup traffic by parking a flatbed trailer on the singular road that thousands of vehicles used to get to the Burning Man Festival in Nevada. Less than a minute after law enforcement arrived, a ranger drove straight through the blockade, nearly hitting four of the protesters. Despite them being nonviolent, one officer pulled out a firearm and said that he “was going to take all of (them) out.” This ordeal is yet another example of how climate-related demonstrations are linked with several factors that are counterintuitive to the desired outcome, which is positive feedback and press. It could be argued that protests of this nature will always receive negative press of some sort, and while that much is true, protests need to make sense in order to bring about real and substantial change instead of outright havoc. Take, for instance, the bus boycotts of 1955, sparked by Rosa Parks’s refusal to move seats. This nonviolent protest made sense, because it was directly linked to the issue, which was a motion to desegregate public transit. Throwing soup at paintings or wasting gallons of milk by pouring it out on the floor does not have as much of a direct link, causing more confusion and not as strong of an impact. If climate change activists want to truly shift public opinion, strides need to be made to tackle and protest a specific issue, not to simply get people’s attention by doing outlandish things.

Humans have always influenced the world in drastic ways. and with this comes great responsibility. We have the ability to change things for the better, and it is up to us whether or not we change things intelligently.

IDEAS

Suicide Prevention Month and the Power of Support

Reagan Westerman 09.15.23



Photo by Army Staff Sgt. Lisa Crawford

“Suicide is one of the leading causes of death among college students,” says [Lyss Welding](#), a Data-driven higher education analyst at BestColleges. At this stage in life, college students may be struggling the most. More likely than not, they are away from family, or trying to survive in a new environment. This means that friends will come and go—or maybe there’s none at all. Many don’t know who to talk to or who to reach out to. What are we doing to help our Andrews University students who are struggling in an undeniably severe way?

Suicide rates increased approximately 36% between 2000–2021. Suicide was responsible for 48,183 deaths in 2021, which is about **one death every 11 minutes**, states the [CDC](#). Suicide has costly effects. If one is unsuccessful, then they can have injuries that will last a lifetime. If they are successful, then family members will experience prolonged grief, guilt, anger, and shock, which can

manifest itself into depression or anxiety, maybe even suicidal ideations. What do we do with these statistics? It is, for one, very important to promote the tools and resources we know are readily available to those suffering. These outlets, according to the [SAMHSA](#), Substance Abuse and Mental Health Services Administration, include:

- Dial 911 if there is an immediate risk of self-harm
- Call or text 988 to reach the [988 Suicide & Crisis Lifeline](#)
- Talk to a caring professional
- Inquire if they have thoughts of harming themselves. This inquiry won't plant the idea in their mind or increase the likelihood of a suicide attempt.
- Listen without judging and show you care
- Stay with the person or ensure they are in a safe, private place with someone they trust until you can arrange for more help
- Remove any items that could be utilized in a suicide attempt

If you are worried for a friend, it is important to watch the warning signs of suicide. The warning signs in adults may include:

- Talking about or making plans for suicide
- Acting anxious or agitated; behaving recklessly
- Talking about being a burden to others
- Talking about feeling trapped or in unbearable pain
- Increasing the use of alcohol or drugs
- Talking about feeling hopeless or having no reason to live
- Sleeping too little or too much
- Withdrawing or feeling isolated
- Showing rage or talking about seeking revenge
- Displaying extreme mood swings

During Suicide Prevention Month, it is imperative to educate yourself, even if you are not in a current situation involving suicide. Taking the time to learn the signs, risk factors, and available resources for help can save a life down the road.

Spreading awareness is also a key factor. This can be on your social media platform, or in your community. This month also reminds us to check in with our loved ones. Reach out to your close friends and family members, especially those who you know are struggling. Let them know that they are not alone.

Andrews University has some resources you can reach out to such as the Counseling and Testing Center ([CTC](#)), which offers free counseling services to enrolled undergraduate and graduate students and their spouses. The center can

be found in Bell Hall Suite 123, or by phone, at (269) 471-3470. On-campus resources include:

- Campus Safety (269-471-3321)
- The Student Success Center (269-471-6096)
- Campus Ministries (269-471-3211)
- University Medical Specialties (269-473-2222)
- Counseling and Testing Center (269-471-3470)

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." **Psalm 34:18 (NIV)**

Pulse

PULSE

All That and Then Summer

Lexie Dunham 09.15.23



Photo by Ragét Ricketts

Summer: a time for rest, relaxation, and, of course, exploring the world! While some of us may have been working or taking online classes, most of us were able to take some time to escape to a faraway place or even just to the next town over. Some of the things we saw this summer were new, and some were familiar. Let's see where some of our student body went this summer!

To start us off, I'll share where I went. This summer, I was privileged to visit my favorite state, Maine. Not only does my dad's family live there, but so does the ocean. The Atlantic Ocean and the vibes it brings are like no other. While eating Amato's (a Maine sandwich shop staple), we set sail into the incredible vastness of the ocean. The smell of the salty sea and the breeze is enough to bring tears of joy to your eyes. We also drove up to Portland Headlight which, with its exquisite contrast to the ocean below, is the most photographed lighthouse in America. After a weekend in Maine, my parents and I headed down New York State to the Big Apple. I was able to visit my brother and sister-in-law's super fashionable and super small New York City apartment. In just five hours, we saw the 9/11 memorial, the Empire State Building, Grand Central Station, Central Park, the Plaza Hotel, and, of course, one rat. Riding the subway was an insane experience, and boy, was it hot underground. But the sights I saw in both Maine and New York City were some I will never forget.

Let's see what other people did:

Reagan Westerman (sophomore, psychology) had the privilege of going to Ecuador this summer for a study tour. She said, "Ecuador was gorgeous. There [were] a lot of different terrains. While Ecuador is a fairly small country, it was so diverse. You could go from the city to the highlands to the Amazon Rainforest." She went on to say that she had such a great experience that she will remember it forever. Visiting new places and immersing ourselves in another culture is often so wonderful.

Danny Frederick (junior, computer science) went to Phoenix, Arizona. Although he was there when the temperature reached over one hundred degrees, he said, "I had a really great time hanging out with my cousins whom I hadn't seen in years. I was able to eat some really good food. One of my favorite things about that trip was going in a self-driving Uber for the first time. Not having anyone in the front seat was a little strange, but it was very cool. It was crazy hot outside but I tried to make the best of it." This summer was one of the hottest summers in recent times.

Despite the scorching temperatures, there was still lots of summer fun to be had (mostly inside). Let us all be thankful for air conditioning and cold treats.

Getting back to school after a long summer break can be challenging. But don't you worry! This year will be full of events, experiences, memories, and fun. As we struggle through the seemingly endless semester, may we always remember the beautiful times we had this summer as we hold on until the next break.

PULSE

Food Near AU

Alyssa Caruthers [09.15.23](#)



Photo by Stefan Vladimirov on Unsplash

We all know of the food places in Berrien Springs—McDonald's, Taco Bell, Subway, Pizza Hut, Melendez, and Baguette (now there's even that new frozen yogurt place Froyo & So)—that are all a reasonable walking distance from campus. But for those who have cars and might want to expand their palates, there are other options for you to eat out. I researched and interviewed a few students to find some good places to visit.

First is La Perla, a family-owned business that serves authentic Mexican food. This restaurant/grocery store is located in Benton Harbor and serves a variety of Mexican dishes, with many vegetarian choices as well. All of their food is fresh and inexpensive. This, along with their customer service and high ratings make it a great place to eat. Other non-franchise Mexican options include El Rodeo in Benton Harbor and Arriba! Taqueria in St. Joe. Other well-known Mexican cuisines nearby include Q-Doba and Chipotle, which have similar setups and menu items (although Chipotle tastes better to me).

If you are a meat-eater, there are multiple places for you too. Some of the best include New York Fried Chicken and Tasty Chens, both of which are just about twenty minutes away, have generous portions, and are very filling. New York Fried Chicken, in Benton Harbor, has everything from wings and nuggets to fries and Mac and cheese. At Tasty Chens (Buchanan, Michigan), fellow students say their chicken is the best thing on the menu. This fast-food Chinese restaurant is a great place to grab something quick and delicious for lunch or dinner amidst your busy schedule.

Other honorable mentions include Mr. Goody's for sub sandwiches if you're tired of Baguette, Hot Wok for some delicious Chinese cuisine, and Diallos to enjoy some BBQ and comfort food. Though many of these might not be well-known, they are hidden gems that students have found to be great off-campus options.

One of my favorite discoveries has been a place called Cre-Asian. It is a strip mall Vietnamese restaurant in South Bend. This is the furthest place on this list, being about 40 minutes away. However, the drive is definitely worth it. The food portions are big and the restaurant's interior is aesthetic and comfortable. I have not tried everything on the menu, but their curry chicken (or tofu if you don't eat meat) is delicious. They also have several delicious boba flavors.

At Cre-Asian, multiple vegetarian (and non-vegetarian) options will be sure to fill you up. If you go and do not know how you will finish all the food on your plate, don't worry about it, because they will give you however many to-go bowls you need to take it all back to campus with you. Cre-Asian's staff is also very friendly. When I visited, they even joked about how people from our school are constantly coming in and getting the tofu dishes. They said that we eat too much of it!

All of these places contain a variety of delicious food options off campus. If you have a car, or a friend with a car, try something on this list and share it with others if you like it, because good food should not be gatekept.

PULSE

Mirror, Mirror on the Wall, is There a Fairest of Them All?

Anna Rybachek 09.15.23



Photo by Ethan Miller/Getty

“Mirror, Mirror on the wall, who is the fairest one of all?” - Queen [Grimhilde](#)

Beauty. This one word can conjure images ranging from expensive designer gowns and celebrities to diets and sunsets. How can one word have the ability to bring both pain and pleasure all at once? Since the beginning of time, beauty has been desired by all. But is there really a set standard of beauty? Is there a set of traits or features that all inspire the same admiration?

Models, bodybuilders, athletes, singers, social media, and movies present a united front of what beauty ought to be. The current standard in most [Western countries](#) is a white, blonde, skinny woman with a full hourglass figure. For [men](#), it is a muscular and tall build, sharp haircut, and golden skin. So when questioned as to the standard of beauty, most people in Western countries would provide you with a similar answer. Yet when asked about their personal idea of beauty, their answers concerning what beauty is seem as varied as the colors on a color

spectrum.

When asked by interviewers in a video by the [CUT](#), people from different areas of the world defined beauty differently. The answers also varied based on what they described as beautiful, be that a man, a woman, or just the concept of beauty. Some had particular physical characteristics that they viewed as attractive, while others were more concerned with a person's personality. There was no set of traits that were considered beautiful by all these people. This variety of answers points out the subjective nature of beauty. There are things that I view as beautiful that others would not even notice. This subjectivity of beauty leads to a great diversity of beauty appreciation.

So, if all beauty is subjective, can any two people really agree on what beauty is? While there is no set standard for beauty, there are things that are considered beautiful by many people. A smile, a lovely flower, or a song can all be considered beautiful, even across cultural barriers. Beyond these commonalities, though, the answers are as varied as the words in a book. Some people are attracted to height, others to complexion, and others to personality. Everybody has their own standard for beauty.

Given the great diversity of Andrews University, it is customary to expect that each person here has their own understanding of beauty. Their "type" has been formed by culture, social media, society, family, friends, and many other factors. As such, you are likely to see people who are each portraying their ideas or take on beauty. Some might agree with them, and some might not. But because of the many differences, there seems to be no one standard of beauty on the Andrews University campus. Students are less likely to experience the same pressures to conform to one specific set of beauty standards than they may on other, less diverse campuses.

"I think diversity anywhere would result in less of a single standard...so you get a mix of standards." - T Bruggemann, Computer Science and Math Studies, Super Senior

"I think because we are such a diverse school, we have many different tiers. I feel that in other Adventist schools, there is one set tier, but here, there is a diversity that makes it less concrete. There are still standards, but more of them." - Jonathan Lutterodt, Finance, Junior and Kato Golooba-Mutebi, Finance, Sophomore

"There is still a pressure to conform to a certain standard, but on Andrews, there

are many standards, not just one specific standard.” - Kato Golooba-Mutebi, Finance, Sophomore

“I feel like it is very hard to say that there is a set standard because there are people from so many different places. There are many different types of beauty, you know?” - Dersanys Holguin, Biology-pre med, Sophomore, and Gahyun Kim, Nursing, Sophomore

Each person has more freedom to express and appreciate beauty in their own understanding. The pressures from the outside are still there, which means that students at Andrews University still have to deal with difficulties concerning beauty standards and identity. However, because of the great [diversity](#) of the Andrews University student body, a united front of similar beauty standards among peers is not as strong, giving each individual the opportunity to have their own unique opinion of what beauty really means. There are many different standards of beauty on campus, but no one voice is too loud to overpower all the other voices describing what beauty is.

PULSE

Social Media Fasts

Rodney Bell II [09.15.23](#)



Photo by Orlando Hill

Social media is a staple of modern life and something most of us engage with daily. There is a growing trend, though, that asks people to step away from their phones and constant updates on what is happening in the world so that they can reflect and decompress. Social media fasting (SMF) is a process in which one abstains from social media entirely or for specific durations, such as weekdays or school hours, to benefit their lives. This week, I interviewed several students on their opinions on SMF and whether they were for or against it.

“I think it’s really good and people should do it. Social media can wear people down. There is so much information and opinions on social media that it can be overwhelming, and it can be really good to get away from it all. Social media can be good, but I don’t think anyone should always be on it.”

Claudius Emilaire (junior, digital communication)

“I think the answer to this question depends more on the individual. Although we often hear about the benefits of social media fasting, and many people are clamoring that social media takes up too much of their time, it is undeniable that social media as a tool has greatly brought people closer to each other. This feeling of being so close to each other and the immediate feedback makes people want to stop and may be the fundamental reason why many people are addicted to it. So, the problem arises during the fast: in the case of a sudden stop, people may become restless because of the sudden discomfort, which means that relapse and overuse will likely become more serious, thereby losing the essential meaning of fasting. Of course, for light users and people with strong willpower, social media fasting can undoubtedly make a person more focused on the real world, allowing a person to have a better growth experience. For severe users, sudden fasting may be harmful, but gradually reducing the time of use may be a more effective method. Personally, I recommend starting fasting half an hour to an hour before going to bed as this can reduce anxiety and increase sleep quality.”

Robert Zhang (senior, psychology)

“I feel as though when I am on those apps, I can’t take a second to think about what is being presented before something else is already playing.”

Michael Emir (junior, religious studies)

“I am aware of the benefits technology can bring to people, with near-instant access to limitless information, but each of those benefits has a downside as well. Social media has its place in society, but if all you do is constantly scroll through

your feed, absorbing all the nonsense out there, what have you gained? Whenever I get sucked into media, I often lose track of time and can be on it for hours, often not remembering much of what I saw.”

Clark West (graduate, seminary)

“I hardly have time for social media these days, and I wish more people would spend time off their devices. I’m a student teacher, and I see how technology impacts the generation of kids that will be my students. I’ve come to believe that spending too much time on apps, games, or what have you leads to adverse outcomes academically.”

Beth Sutter (senior, elementary education)

“Social media is how I keep in contact with my friends at home. If people are struggling with it, then sure, take a break. I’ll be using it for communication, though.”

Samuel Rivas (sophomore, Spanish and global studies)

“Social media fasting might be a good idea in concept, but it is highly impractical. Technological literacy is a requirement for most careers, including social media literacy. Companies need people who understand how consumers communicate with one another and how to advertise to them. Understanding the world of tech is a necessary modern skill. I don’t think getting away from it from time to time is a bad thing, but there isn’t a realistic outcome where people stop utilizing it altogether, not if they want a job anyway.”

Jess Sterman (freshman, undeclared)

These quotes reveal a variety of opinions on social media use and demonstrate that we could all be more intentional in the ways we use media. There are benefits we can gain from connecting with people over vast distances, but there are also drawbacks that we should consider so as not to be trapped by too much of a good thing. It is something that each of us must gauge for ourselves and learn how to balance technology in our lives.

Last Word

LAST WORD

You Are a God Who Sees Me

Chris Ngugi 09.15.23



Photo by Joao Tzanno on Unsplash

The crisp, fiery oranges and reds cut through the cool autumn morning. The sharp colors blended into the flow of the morning air, which carried the fragrance of a hot cup of spiced tea. A faint strumming could be heard as friends, close friends, enjoyed each other's company. There was a calming 'drip, drip' of mysterious potions slipping off maturing leaves into distant mounds of foliage, but it all began to fade into the background. It didn't just fade, it disappeared. It wasn't real. I woke up.

It wasn't tastefully chilly; it was ridiculously hot. In fact, "hot" should not be used for whatever it was that I was experiencing that day. It was boiling. I felt like I was

boiling. Incidentally, it wasn't just from the hot São Paulo day, but it mainly came from an embarrassing rise in urgency. You see, I was not supposed to be in São Paulo: I wasn't even supposed to be in Brazil! Two days prior, my flight out of the country had left without me, along with any feelings of peace I might have had.

Two days earlier, I had been embodying stress itself. For context, I had been on the Language Department's South America Study Tour, and the group was about to make its way back to the United States without me. But that had always been the plan! I was always planning to part from the group to travel to Columbia and volunteer at a [wonderful NGO](#) I had heard about. However, I discovered something detrimental to my plan: I needed an International Certificate of Vaccination for Yellow Fever to enter Columbia from Brazil. As you may have guessed, I did not have it.

As it was the last minute, my friends and classmates on the Study Tour had to leave without me, and I would have to figure this situation out myself. I waved friends goodbye as they left to board their plane to the U.S., and I stayed behind, trying my best to hang on to quickly diminishing shreds of hope. Maybe, just maybe, there was a chance that the authorities or customs agents would understand my predicament and help me. After hours of waiting, they gave me their answer. No.

What do I do now? I frantically tried to message my dad for advice, but my phone stopped working. Who could I ask for help? Not only do I not know Portuguese, but I happened to be in a part of Brazil where almost nobody spoke either English or Spanish, and it was now the middle of the night. Now, truly feeling the helplessness of the situation, I changed my orientation towards the One who could help me.

With renewed strength, I pushed on with a broken "Portunhol" (a mix between Spanish and Portuguese) reinforced with Portuguese words I had looked up. I then spent the entire night asking different people for assistance and researching all the logistics I would need. My stay in the city would last nine days- the time I had to stay in the area as my vaccination certificate was being certified- and I had to prepare. After a sleepless night, a lot of pacing, and a few technical errands to run, I finally ended up at the place I would be staying in the city the next day at noon. Despite not having slept, I couldn't let the opportunity pass to explore part of the

beautiful city I found myself in. But, I eventually let my drowsiness get the best of me and drifted to sleep.

These events bring us to the present, the Sabbath when I woke up to the confirmation that I was still in Brazil, and still all alone. This was accompanied by the realization that I hadn't eaten since Thursday. It was alright, and Someone had thought ahead of all of that. I managed to get dressed and found a nearby church to attend, hoping to feel some semblance of normalcy for the day. I arrived and soon found that just about all of the wonderful church members only spoke Portuguese, but I was able to understand enough to know that this church did something very different than I was used to. This "something" changed my whole day and reminded me that, even in the smallest of ways, I was not alone. This church had its fellowship meal right after Sabbath School and before the church service started! Before the service even began, I was fed and made to feel like I was at home.

Not only that, I was also asked if there was anything they could do to help me since I had just arrived with no friends or family. Not a moment passed before I was whisked to the kitchen as a church member task-force filled a soon-to-be heavy bag with all the food I could ever need. I may have been far from home, but I was never far from the One who sees me.

This school year has begun, and some of us find ourselves far from home and the security it offers. You are not alone. Not only is there a family of students who understand, but there is also a God who cares and is watching over you. The Michigan weather may not be what you want, the food may not be what you are used to, and you may only know a few people who speak your first language. However, in everything, I would encourage you to turn to Genesis 16:13 as a reminder that our God is a God who sees you and will take care of you.