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The Student Movement v. 108 (2023-2024)

Student Movement

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11-10-2023

## The Student Movement Volume 108 Issue 8: Conducting Us Into The Season

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*See next page for additional authors*

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## Conducting Us Into The Season



Photo by Nathaniel Reid

# Humans

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## HUMANS

# Eating Healthier at Andrews

Brooklyn Anderson 11.10.23

## EATING HEALTHIER ON CAMPUS



Photo by Nathaniel Reid

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Imagine: You just got out of class. It's 11:20, and it's time to make sure you get your daily nutrients, keeping in mind your health goals. You pull out your phone to find out what's for lunch; it's risotto. "Ugh, I'm trying to eat better, but I don't want ANOTHER salad!" The Gazebo seems too repetitive and the thought of a Gazebo burrito makes you queasy. That overwhelming feeling begins to set in because you feel like there's nothing to eat: "I guess it's pizza again," you think. Does this sound familiar? Eating at Andrews can become more of a chore instead of something enjoyable. It feels like all that's available are carbs and hardly any protein. There are some students who are left with money on their cafe accounts at the end of the year because they just don't eat there. Other students might have a cafe card full of money but their debit cards are almost empty because of their daily trips to Taco

Bell and Baguette. Because of this, you might be wondering if it's possible to get a proper, protein filled diet while still using money on our cafe accounts.

The truth is eating healthy shouldn't be this hard. It should be easy and enjoyable. Rachel Keele, Director of University Wellness and Manager for Andreasen Center for Wellness, says, "My biggest piece of advice is to work on your relationship with food. Stop trying to separate foods into moral categories. Instead of thinking of food as "good" and "bad," take a few moments at meals to tune into how your body feels before you eat, while you eat and after you eat. You might learn that some foods generally considered "unhealthy" make you feel just fine when eaten in moderation, while other "healthy" foods don't sit well with you. Knowing these facts is valuable information. And if you're a fast eater, try to slow down and savor. God intended for us to enjoy what we eat." Ultimately, it comes down to personalizing your meals and discovering what works best for you. What might be "good" for one of your buff friends might not be the same for you. Everyone has different protein intakes due to size, goals, activity, and body composition. However, everyone can benefit from more protein. Keele adds, "Aside from helping us build and maintain muscle, it's essential for your immune functions and will keep you fuller for longer, so it's the economical choice!"

It can be hard to get all your protein and vegetables to feel good with a personalized diet. Sometimes, the carb-filled Gazebo can make you feel bloated after. On the other hand, salad can get repetitive and almost feel like you're eating like a bunny. Having a healthy balance of fruits and vegetables, protein, and carbs is essential to getting your daily nutritional needs. However, it can be more challenging for the dorm residents who have to spend all their cafe money before the end of the year. "If you want to eat better than how you're currently eating," Keele suggests, "I'd focus on getting more fruits, vegetables, beans, and protein in your diet. Fruits, vegetables, and beans are high in fiber, low in calories, and packed with nutrients. Eating more of these will provide a host of benefits but will also mean you're eating less of other things that aren't as high in valuable nutrients. Start by seeing if you can get a fist-size serving of these plants at each meal and a palm-sized serving of protein. If you feel like you can nail that regularly, increase both."

There are some outlets to acquire protein upstairs in Terrace Cafe. Some examples Rachel Kelle gives are soy products, egg products, and tofu. If tofu isn't served at the main counters, you can roam the sandwich area and usually find some slices there. Another great outlet through dairy is cottage cheese (which can also be found in packaged form at the Gazebo), milk, and yogurt. When in doubt, grab

some rice, beans, and a source of vegetables. Overall, it can be hard to try and eat healthily if you can't grocery shop or hardly make your own food. However, what you can make is the best of the situation. Try these helpful tips that Rachel Keele has given and enjoy eating.

## HUMANS

# Honors Research with Shania Watts

Grace No **11.10.23**

*Starting an Honors thesis project can be extremely intimidating, especially if you haven't thought about your topic and what you want to write about for such a big project. This week I talked to Shania Watts (senior, music and English) about her Honors thesis, in hopes of providing some inspiration for fellow Honors students who are interested in starting to think about their own research.*

### **What is your Honors thesis about?**

My research is titled "Avenues to Influence: The Impact of the Musicians Club of Women In the Careers of Florence Price and Blythe Owen." I am doing my research on the friendship of Florence Price and Blythe Owen. During the 1930s in Chicago, they were both classical composers, and Florence Price was African American and Blythe was white. Their friendship was highly unusual, considering the historical tensions with the Jim Crow era and the Great Depression, but they were both in a musicians group for women. I think Owens was in the club a little bit before Price was, but we have evidence in the James White Library in the Owens Collection in the Center for Adventist Research (collection 186), and we have two letters from 1948 and 1949. That confirmed that they had known each other prior to Florence Price joining the club. With this in mind, I'm not only informing the broader field of Price scholarship, but I'm also exploring how their friendship could have worked, because all relationships are transactional to a degree. I'm looking at the transactional elements of the relationship and determining if it was more business related, or actually personal, because they had a lot of similarities in their life. They were both composers and very religious, and they both had similar problems with

their spouses. So there are a lot of similarities that could suggest that their friendship went beyond the levels of just professionalism, and so I'm analyzing this under the lens of intersectionality, white feminism, and Musicology, which is just a fancy term for music history. My research is basically how both figures fit within the musicology timeline and also within feminism.

### **What made you choose your topic?**

I started it because I'm working at the CAR (Center for Adventist Research) and I was transcribing a woman's personal letters to her mother. And I've been interested in Florence Price for a long time because I'm also Black and studying classical music and there are just not a lot of people who look like me in this field. The fact that there was a woman in the past who kind of paved the way for women like me was so fascinating. It felt like we had a connection.

### **What is your favorite thing about your research?**

It's very hands-on in terms of historical research. Being able to read letters from the 1920s kind of takes me back in time. I can see how people lived and compare it to our lives today or how different it is from our lives today. So I really enjoyed that aspect of it because it's like time traveling a little bit.

### **What advice would you give to other people who are trying to start their Honors research soon?**

Pick something that is very personal to you, something that you feel some sort of connection to. Obviously this would be more relevant for humanities majors since I know the science people can't really do that. So if you are in a humanities related field, pick something that you know you're going to enjoy because it makes the process so much easier. When you actually are interested in what you're doing, it's so much more enjoyable. Pick something that you're passionate about, and that will make the process of research much easier because it is really difficult to get in the mood and make time to work on your project.

HUMANS

# Social Media: Is It Really Social?

Colin Cha 11.10.23



Photo by mikoto.raw Photographer

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*There's little in the world as widely impactful as the Internet. You probably wouldn't be reading this article without the Internet. In fact, most people here wouldn't be at Andrews if not for the Internet. But as useful as modern technology may be, there's much more to it that isn't as often spoken about. This article serves as a tiny, yet vital glimpse into the effects of technology on our personal relationships. Here's some input from AU students when asked if technology disconnects people:*

“I went to a high school where phones weren't allowed in class, so everyone was pretty much forced to talk to each other. As bad as that sounds, we actually ended up making really good friendships because we were all focused on each other instead of our phones. But I noticed since coming here that most people are just on their phones all day, and it feels so different. On the other hand, we can use technology to talk to long-distance friends and family, so there's ups and downs.”



Margaret Rogers (freshman, psychology)

“Yes; we’re all so caught up in a world through screens, whether it’s social media or texting or other things, that we forget to enjoy physical connections with our friends and with nature. Also, we start caring too much about our statistics on social media, like how many likes or comments we get on our new posts. But at the same time, we can use technology to video call people like our relatives and old friends.”

Dhara Marquez (senior, psychology and music)

“Yes and no. Everyone seems to be on their phones a lot, even in social settings; we’d all be together in person, but everyone’s doing something on their phone. But also, technology enables us to communicate with people we wouldn’t otherwise be able to communicate with.”

Krystal Yoo (sophomore, nutrition science)

“Yes, but it also does help us connect with people. We can connect with people worldwide who have similar interests, but it also gets in the way of relationships right in front of us too. Whether technology connects or disconnects us really depends on how we use it.”

Priscila Orellana Campana (sophomore, speech pathology)

“It does; technology and social media provide quick content that can be interesting, but it’s from people who aren’t exactly connected to you. Also, it becomes a passive habit to take out your phone in an awkward situation, or even just a situation where there’s nothing immediate to do. I find that it makes it hard to focus on the present moment.”

Clark Barayuga (freshman, pre-physical therapy)

Professor Delyse Steyn, a communications professor through the Andrews School of Distance Education, recommended a documentary to me concerning this topic entitled “The Social Dilemma” (2020, dir. Jeff Orlowski). Available to watch on Netflix, this documentary confronts the terrifying reality of how technology has changed people’s lives. Although this isn’t the complete story of what has happened since the rise of social media, it does expose much of the unintended consequences of the Internet on society and modern lifestyle. I hope this has given you some food for thought today, and perhaps a different perspective on how we live our lives today.

# Arts & Entertainment

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## ARTS & ENTERTAINMENT

# Journey to the Marvelous God - A double conducting recital

Aiko J. Ayala Rios [11.10.23](#)



Photo by Nathaniel Reid

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I like to attend different ensemble performances, especially if I have the chance to go for free. I also like to attend unique performances. This Saturday, I fulfilled both of my likings: a night performance by the two important choirs from the music department - University Singers and University Chorale - and a double graduate recital! "What does that mean?" you might ask. It means that two students are doing their recitals together on the same night. That is something that you do not see every year. But before I talk about this recital, let me give you some context.

The Master of Music in Conducting is an exciting program at Andrews University, where some of the future successful conductors from different parts of the world come to study and prepare for their careers, either in Choral Conducting or Instrumental Conducting. For this program, like most music degrees, the student has to prepare a recital as a partial fulfillment of the requirements. However, the recital for student conductors is quite different from a standard instrument recital; they have to conduct a large ensemble. That is not easy to do: several different minds under one, multiple sounds coordinating together to create a picture for the listeners. It is a different pressure from being a solo performer, as it also involves pedagogy, several rehearsals, lots of thinking about what kind of sound you want to create and then thinking about how to make the performers generate that sound. A conductor not only indicates pulses and dynamics; it is more than just telling people what to do.

The night performance started with Nicole Neugebauer's (graduate, music) recital "Journey of Hope." Her pieces were almost totally connected as it was related to the Hebrews' Exodus to Canaan. She first directed the University Singers with some acapella pieces, one of them being in Spanish and another one in English, composed by her husband and music student Roy Bournissen (graduate, music education). As a Latina, I felt touched by the first Spanish piece, as it reminded me of my days as a teenager at church.

Later in the program, she directed a women's ensemble and then a men's ensemble, to then put them together as University Chorale and perform some beautiful pieces with piano accompaniment by Tyler Ninalga (senior, music performance), including another piece in Spanish, as she is Uruguayan-Argentinian. Nicole's conducting style was smooth, calm, and gentle but clear for the ensemble and not shy.

After the intermission, the program went straight to Janelle Dobson's (graduate, music) recital "He is Marvelous!" which was focused on praising God with a gospel touch. One of her pieces was even from Broadway, as she loves Broadway musicals, and it was personally connected to her experience when she was once driving in an early morning, and seeing a beautiful sunrise made her say, "What a beautiful morning!" (and thus, the song's lyrics related to her). Tyler Ninalga and Eleanor

Joyce (senior, music education) accompanied some of the pieces, and the program followed the same format as Nicole's recital. Janelle's conducting character is vibrant, energetic, and expressive, even noticeable in the choir's volume raising. Her selection of pieces was also delightful and captivating.

Mr. Stephen Zork, the main conductor of the University Choirs, gave some fantastic comments about both conduction students, praising their commitment, pedagogy, and character. Also, the choir was very responsive to their conducting styles and produced the colors that each conductor wanted to paint for the listeners. Besides the amazing soloists for the pieces and the talented pianists, all the performers did a fantastic job!

My conclusion? The concert was a diverse and enriched experience for performers and listeners, with a high-quality performance and a deeply thought-out program. I cannot wait to attend their upcoming Christmas Performance on December 8, when these two talented music choirs will be singing along with the University Orchestra and joined by two other choirs. Doesn't that sound amazing already? Then I hope you, dearest reader, will attend the next performance!

## ARTS & ENTERTAINMENT

# Love, Murder, and Secrets: A Night At The MSU French Film Festival

Amelia Stefanescu 11.10.23



Photo by Dr. Sonia Badenas (Language Department)

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Young love, golden excitement, blissful marriage. Happy ending? No, not quite. The next step is a brutal murder.

Michigan State University has recently hosted the [Anna Norris French Film Festival](#) titled “Amour” (“Love”), presented by Anne Violin-Wigent and Valentina Denzel. Along with Professor Sonia Badenas from the Language Department, two students, Anders Jeronimo (junior, biochemistry and French) and Rachel Cote (senior, visual arts education), as well as myself, attended the opening night. Dr. Badenas explained, “In a time and day where people watch shows on their own on personal devices, I thought it was a great idea to bring together people that like French to watch movies together.” Anders similarly expressed his enjoyment of the event, saying, “I think there is something about when the lights go dim, and we

are all just in silence, no matter how big or how small the audience, and we are just waiting to be led by the filmmaker.” The film festival kicked off with the thriller “Ne le dis à personne,” the movie adaptation of the novel “Tell No One” (2001) by the American author Harlan Coben. In 2006, the story was taken over by the French movie director Guillaume Canet, who created a picturesque movie that won twelve [awards](#) and was nominated for fifteen.

Guillaume Canet pulls us into the convoluted life of Alexandre (François Cluzet) as he receives cryptic messages from his late wife, Margot (Marie-Josée Croze), who was murdered eight years prior. With new details and clues springing up, Alexandre finds himself drawn back into the past, looking for ghosts and lost love, trying to make sense of what really happened that fateful night at the lake. The audience is left blind, knowing only what Alexandre himself knows, making us at times doubt his own doubts.

This French film, as Canet so artistically portrayed, is a love story before it is a thriller. In fact, Harlan Coben, the author, was quite impressed with Canet's passion for the story and his unique vision, admiring the fact that he saw that the novel was a love story first and a thriller second, which Hollywood never really understood. Canet masterfully communicated this in this film's cinematography through the use of music, dialogue, and visuals. Dr. Badenas conveyed, “I liked the fact that the movie was unpredictable. Until the end, you did not know how it would end. Films based on good books make great movies.” The music choices were extraordinary, including songs like “With Or Without You” by U2, “Lilac Wine” by Jeff Buckley, “For Your Precious Love” by Otis Redding, and “Ne le dis a personne” by Matthieu Chedid. They enveloped the movie wonderfully, putting into words and melodies the important and, at times, unspoken themes of the film.

At times, the absence of any dialogue made perfect sense; so much emotion was communicated through music, visual symbolism, and the actors' expressiveness. There was no excessive dialogue, just enough to communicate needed information to the audience, making the viewers feel like they were personally implicated in the plot, simultaneously discovering plot twist after plot twist with the characters. The visuals were equally spectacular, making use of different filters for different timelines and characters and using camera angles in a beautiful way that accentuated movement and emotion. Rachel commented, “I appreciate the visuals and how straight to the point it was. Thrillers are always fun to watch.” Anders

added, “The movie makes great use of color and camera movement. There is a lot of intentionality and symbolism in there.”

As someone in the audience expressed at the end of the viewing, this isn’t a movie you can only watch once. Dr. Violin-Wigent, heartily affirmed that she had watched it six times now, and the plot was finally clearing up in her mind. The twists and turns seem so raw and direct, everything clearing up at the end, but at the same time, nothing is clear anymore as the film comes to a close. “Ne le dis à personne” really makes you want to sit alone with your thoughts in an empty theater while the credits roll, pondering on human connection and to what ends you would really go for love.

## ARTS & ENTERTAINMENT

# What To Do About National Clean Out Your Refrigerator Day

Nate Miller [11.10.23](#)



Photo by Nathaniel Reid

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*November 15 is National Clean Out Your Refrigerator Day, a holiday most people are not aware of, but one that has more practical pertinence than many holidays we observe. Below, I provide a sample schedule for the lead-up to the day.*

### **Friday, November 10**

After reading this article, go to your mini fridge. Open it. Behind the bag of rotting clementines is a tub of Panera mac and cheese you bought in August. Justify it being there, then take it out and put it in the microwave for three minutes. The cheese tastes old and grainy.

### **Saturday, November 11**

Sleep in. Your stomach feels weird. You forgot to stock up for breakfast and all you have is the bag of clementines. Open the mini fridge and stare at the splotches of green-gray mold. Decide the oranges aren't *too* rotten. Try and fail to cut the mold off. The (mostly) good parts of the oranges are small and bitter. Finish the bag quickly. Walk down the hallway to throw away the rotten parts, feel queasy, hold onto the wall. When you get back to your room, fall into bed. Take a nap.

Feel worse when you wake back up: sheets tangled, face wrinkled. The standard-time sun is low in the sky. Sit, legs crossed, in front of the mini fridge. Stare into it. Your head feels hot. Change your shirt, because you're going to see "The Marvels."

After the movie, your eyes are sore. Go into the sticky movie theater bathroom and look at them. They are creased with red.

Get back to your room. Write an incoherent movie review. "I couldn't get my mind off Matthew McConaughey and I've also never been a big Brie Larson fan, but I haven't seen Apartment." Matthew McConaughey is not in "The Marvels," and there is no movie called "Apartment." Brie Larson's Oscar-winning movie was "Room." You don't look it up before posting the review on Google.

### **Sunday, November 12**

Spend the day watching football. Your teams lose. Finish the half-full bottle of pink lemonade you find in the fridge.

Look up symptoms for pink eye. Go down a *WebMD* rabbit hole. Diagnose yourself with mild paranoid schizophrenia, ADHD, and autism. Schedule an appointment with a psychiatrist for November 15.



### **Monday, November 13**

Say “tired” whenever anyone asks you how you are. You are not tired, you just don’t know how else to answer. Look up symptoms for sleep apnea and diagnose yourself with it.

National Clean Out Your Refrigerator Day is in two days. Order soap and a rag on Amazon.

### **Tuesday, November 14**

Slimy fluids are coming out of both eyes, and your vision is blurry for the fifteen minutes after you wake up.

A notification comes up on your phone. Your movie review has been disliked five times. Disable notifications for negative reviews of your reviews.

Open your fridge. You can see to the back. Something like icy snow has accumulated. Scrape it off and make a snowball with it. Wait for someone to come near your window. Your math professor walks by, talking on the phone. Throw the snowball at her, then duck so she can’t see you. After a minute, peek out. The snowball landed on the sidewalk and your professor is gone.

The soap and rag arrive. Leave them on top of your dresser in the box.

Go to a co-curricular event about love. Shop for jackets while the presenter talks. Don’t find anything you like. After your classes are done, buy cottage cheese at the Gazebo.

When you get to your dorm, see that you left the fridge door open. Close it. Think about the rag and soap.

### **Wednesday, November 15**

Your psychiatrist appointment is in South Bend. You wake up twenty minutes before it is supposed to start. Throw pants and a t-shirt on, eat the cottage cheese, run downstairs, get into your car. Blink to clear your vision, but it’s still foggy.

Hit a car in your blind spot when merging onto the highway. Stand, shivering, by the side of the road for thirty minutes while the old man from the car yells at you. He has a checkered scarf that flaps around in the wind. Worry about your self-diagnoses.

When you get to the psychiatric office, the tight-haired secretary passive aggressively tells you that no more appointments are available. Drive back to Andrews.

It's early afternoon by now. You've told your teachers you aren't coming to class today because of your appointment.

With your extra free time, take out the only thing in your fridge: microwave popcorn on the bottom shelf. Wonder why you had microwave popcorn in your fridge. Take the soap and rag, fill a bowl with water, and clean your fridge.

## ARTS & ENTERTAINMENT

# Places to Go: The Lake Michigan College Mendel Center

Madison Vath 11.10.23



Photo by the Mendel Center Website

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We are now entering into the month of November. The brilliant autumn colors that we saw last month are now fading into the flurry of preparation for the bleakness of winter. With the holidays approaching, plus the stress of final papers and exams looming closer and closer, you might want to take a minute off of campus and do some exploring around the area. Well, dear reader, I might have somewhere you can start.

Located in Benton Harbor (only a fifteen minute drive away from campus), the Lake Michigan College Mendel Center is an engagement space that hosts different events throughout the year, such as concerts, touring Broadway productions, comedy, plays, dance, and speakers. Their 2023-24 season has plenty of programs to ponder seeing. When I looked at some of the events on the schedule, a play entitled "[John Proctor is the Villian](#)" immediately caught my eye. Written by Kimberly Belflower, this play centers around a group of high school students who deconstruct Arthur Miller's "The Crucible" in light of the #MeToo movement and other important societal issues. This particular event runs from November 10 - 11 & 17 - 19 at both 3pm and 7pm. Tickets are low-priced at \$18 per person.

Another holiday-themed event you may want to look into is "[Baltimore Consort presents Wassail, Wassail! Music for the Yuletide Season](#)." This highly recognized musical group offers Renaissance music from the British Isles, Germany, France, and Spain not only through song, but also through different musical instruments. These include the lyre, cittern, viols, crumhorns, recorders, rebec, and percussion. They were founded in 1980 and began to perform music from Shakespeare's time and since then they've focused on the "relationship between folk and art, song and dance. The concert is on December 1 at 7pm and tickets are \$45 for general admission.

If you're looking for something a bit out of the ordinary, on November 12 at 4pm the group Step Afrika! will be performing. Founded in 1994 by C. Brian Williams, [Step Afrika!](#) is the first professional group dedicated to the tradition of stepping " . . . a polyrhythmic, percussive dance form that uses the body as an instrument. " This is not only a dance performance, it also includes storytelling, audience participation, and humor. Step Afrika! is one of the top 5 African American dance companies in the United States and has toured all over the world in 50 countries, including Jordan, Ghana, Croatia, Ukraine, Zambia, Angola, and

South Africa. Personally, I wouldn't mind taking a peek at this one. The cheapest tickets are \$35.

After a long day of classes, work, and just life in general, it might be nice to sit back and take in a show. For a full list of programs, you can go to [Lake Michigan Entertainment - Lake Michigan College Mendel Center](#) to view the 2023-24 calendar season.

## News

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### NEWS

# Argentina Election Article

Reagan McCain [11.10.23](#)



Photo by Angelica Reyes

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While America gears up for the 2024 presidential elections, below the equator, in the country of Argentina, elections are well under way – with a second round of

voting set to begin November 19 after no candidate won the necessary percentage to be declared president in the first [round](#).

While the main political forces in American politics are political parties, in Argentina they are political coalitions, frequently shifting alliances of parties working at both the regional and national level. The two main coalitions in Argentina consist of the center-left, current ruling coalition, Unión por la Patria and the center-right, main opposition party, Juntos por el Cambio. The current Minister of Economy, Sergio Massa represented Unión por la Patria in the election in October, while Patricia Bullrich represented Juntos por el Cambio. But a fringe character, a candidate named Javier Milei has shaken up the political scene. “It’s very unusual,” commented Profe Mariela, an English professor at the Universidad Adventista del Plata, “We are voting in an election with one guy who doesn’t have a real, substantive [coalition] supporting him.” Milei doesn’t come from any mainstream coalition, instead he established his own right-wing libertarian coalition La Libertad Avanza in 2021 to run for Congress, his first foray into politics. His coalition is very small, with only Milei and one other person in his coalition having seats in congress. La Libertad Avanza also doesn’t have any senators and has no candidates expected to win any other elections this year. Milei’s meteoric rise in politics has shocked many, as Profe Mariela explains, “No one thought a year ago that he’d have a real possibility of becoming president.” While Milei didn’t win outright in the first round, he still impressively managed to knock out one of his main competitors, Bullrich, of the center-right coalition, leaving just him and Massa to battle it out.

Milei has frequently been compared to former president Donald Trump and former Brazilian president Jair Bolsonaro. He’s a big personality with right wing politics and a wild hairstyle he attributes to never brushing his hair. Before his political debut in 2021 he worked teaching economics and writing several books, such as “The Path of the Libertarian.” He detests big government so much that his campaign has adopted the symbol of a [chainsaw](#), representing his promise to drastically cut government expenses. If elected, he plans to abolish 10 of the current 18 federal ministries, including the Health, Education and Social Development – privatizing Argentina’s current public education and health care. His most strange idea might be to legalize the buying and selling of organs, treating organ exchange “just like any other [market](#).” Milei also denies the existence of climate change, even while Argentina currently lives in its third year of drought which experts expect to only worsen as global temperatures rise, and opposes

abortion, which was legalized in Argentina in 2020. Additionally, Milei would like to dramatically reorganize Argentina's economy by eliminating its central bank and using American dollars rather than the Argentine peso.

Milei's eccentric personality and beliefs tend to drown out news of his main opponent, current Minister of Economy, Sergio Massa. Even though he won more votes in the last round of election, there's not much excitement surrounding him. He's spent his entire adult life in politics, and has been called a "pure Peronist," which is an Argentine political movement based on the ideas of former president Juan Perón. Peronism essentially seeks to be a third position between socialism and capitalism, and seeks to ease tension between classes in society and help with the cooperation between public and private spheres. In 2020 he helped pass laws that legalized abortion and has previously acknowledged the existence of climate change.

But Massa's current position as Minister of Economy reflects poorly on him as Argentina struggles with triple digit inflation and nearly 40% poverty rates. Profe Mariela explains the common perception of Massa, "He keeps saying 'if I am your president, I'm going to fix all these financial problems.' But he is the current [Minister of Economy]! So how is he going to fix them when he can't fix them now?" As dissatisfaction with the current government and economic situation has grown, so has the attractiveness of Milei's outsider position. "We [Argentines] don't know Milei well or if he can do the things he's promising," explains Profe Mariela, "but we know Massa and we know the things he can or can not do... It's like voting for the lesser of two evils." Who the Argentinians will decide are the lesser of two evils is still uncertain but right now the odds are looking good for Milei. Many speculate that Bullrich's more right wing voters will cast their ballot for Milei, especially since her formal endorsement of him. While most polling in recent years, including the most recent election, have been wildly off, a Brazilian [firm](#) that correctly predicted the outcome of the most recent election has conducted polls showing Milei in a narrow lead ahead of Massa.

## NEWS



# Qualitative Research Writing Group: Your Research Accountability Partner

Melissa Moore [11.10.23](#)

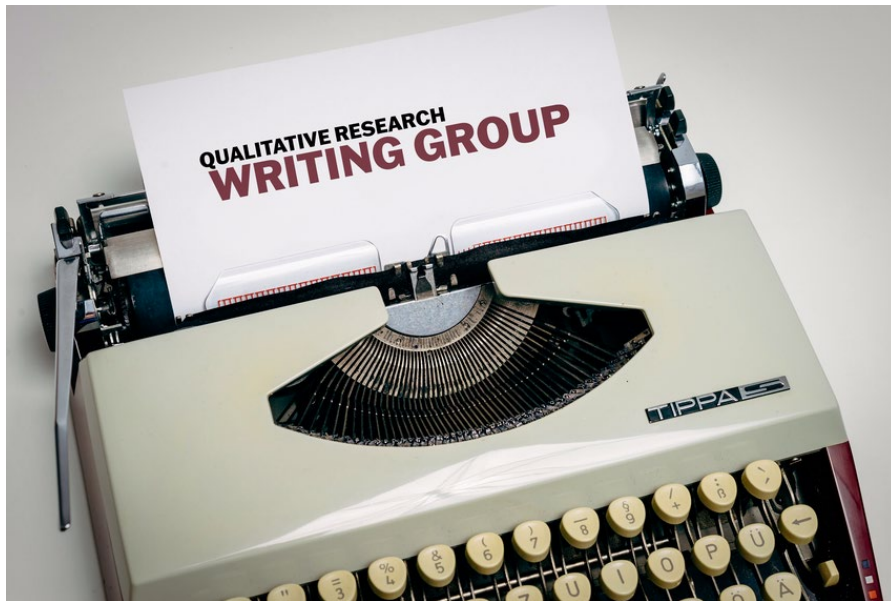


Photo by Markus Winkler

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Andrews University has a strong record of providing opportunities for students to actively gain research experience. Whether students are completing their Honors thesis, participating in projects sponsored by a particular department, or answering survey questions for their peer's research, there are many ways for students to take part in this valuable skill-building experience. However, it can be difficult to balance research with classes and daily life requirements. It can especially be hard to set aside time to work on such a project when there are not as many small deadlines to adhere to. One excellent way to avoid the procrastination problem and prevent the need to complete large chunks of a project the night before a major milestone is due is to find someone to hold you accountable. The School of Social and Behavioral Sciences has prepared a place to do just that. At

least one Friday every month, there is a come-and-go qualitative research group that meets in rooms 238 and 215 of Buller Hall's second floor.

I emailed Dr. Stacie Hatfield, a professor of anthropology, to learn more regarding the Qualitative Research Writing Group.

### **What is the goal of this writing group?**

There are several goals for the writing group:

1) To provide protected time and space for

qualitative research writing. Faculty and students alike face busy schedules that make effective writing

difficult. Whether you're working on a research paper, a conference presentation, a grant proposal, or a

journal article, these sessions are designed as designated time for writing.

2) While many faculty and

students engage qualitative methods in their research, there has been little community around

qualitative research here at Andrews University. Qualitative methods and theory are essential for

producing knowledge about the why, how, and experiential questions of the world.

One goal of

the writing group is to foster community around qualitative research. We do this through interactive

conversations, collaboration, and presentation sessions and throughout our time together during the

sessions.

3) We often have information sessions, for example, on how to use Endnote or other resources

as part of our session. One of our goals is to increase awareness of the many resources that support

qualitative research writing and scholarship.



### **What can participants expect if they choose to attend these meetings?**

Participants coming to the Qualitative Research Writing Group can expect a generous array of snacks

and hot drinks, dedicated quiet time for writing, spaces for collaboration and networking, and resources

for qualitative work and academic writing. We meet in the lobby area of the Office of Research and

Creative Scholarship and the Behavioral Sciences Research Center on the second floor of Buller Hall. The

schedule for the mornings looks like this:

9:15-9:30 Welcome: sign in, get something to eat, and set up your writing space.

9:30-10:20 Dedicated writing time

10:20-10:30 Break: snacks and stretch

10:30-11:20 Dedicated writing time

11:30-12:30 Interactive session for learning, training, and sharing qualitative research approaches,

experiences, and expertise.

### **How can students and staff find out what days you will be meeting?**

Information on the Qualitative Research Writing Group is available to faculty and staff through weekly

emails from Anneris Coria-Navia and the Center for Teaching and Learning.

Announcements are also

made through the CAS faculty newsletter. Students can find information about the sessions through

posters and announcements in class. Look for our whiteboard announcing the day's activities in the hall

outside the School for Social and Behavioral Sciences. If the Writing Group is in session, come on in!

### **Will this be continued next semester as well?**

Yes! The Qualitative Research Writing Group meets about one Friday a month from 9:30-12:30

throughout the academic year. Our spring semester meetings will be on January 19, February 9, March

1, and April 5.

**Are there any qualifications students, staff, or faculty must have to attend?**

**What sorts of projects are**

**welcomed?**

The Qualitative Research Writing Group is open to faculty, staff, and students of all levels at Andrews

University. While we focus on qualitative research, we welcome writers from every discipline and

research approach. We also welcome anyone simply needing a quiet, supportive space to work on non-

research-related writing projects.

**Does this provide time to collaborate with others or is the time designated for primarily independent**

**work?**

The Qualitative Research Writing Group is divided by time into writing sessions, breaks, and

collaborative/informational/networking sessions. The Writing Group area is divided spatially as well. We

offer a large room for quiet, independent writing during the writing sessions. We offer a conference

room and tables outside of the independent writing area for conversation, teamwork, and collaboration.

We also offer a sensory room and tools to support writing across diverse writing styles and needs.

**How much commitment is required?**

Networking, collaboration, and developing a personal and professional craft of writing take regular

work, so come as often as you can! We are also happy to welcome participants who can only come

once, or who can only attend part of a session.

### **Anything else you would like readers to know about this Qualitative Research Group?**

Qualitative research helps to answer some of the most important and interesting questions there are. If

you never thought you wanted to be a researcher, try qualitative research. It might change your mind.

Qualitative research also provides essential tools beyond research and across disciplinary and

professional fields. Qualitative research skills are highly desirable to employers and improve your

abilities across employment sectors. The Qualitative Research Writing Group is a great place to practice,

learn, and produce knowledge through writing.

As you can see, this is a great opportunity for anyone taking part in research to set aside time to work on their projects and develop skills. Be sure to mark your calendar, as there will be one more meeting this year on November 11. There will not be one in December as the semester wraps up, but next semester, the group will pick up where they left off. What are you waiting for? Go forth and research!

NEWS

# Self-Driving Taxis

Katie Davis 11.10.23



Photo by Roberto Nickson

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In a day and age where everything is becoming more technologically advanced, people are thinking about the future of self-driving taxis. This article will describe incidents that might cause fear and doubt in self-driving taxis, how they might play a pivotal role in the future of urban life, and what we can do about the future of these vehicles.

Self-driving taxis might soon be the new norm, especially in California. The [state](#) has just expanded two autonomous vehicle companies: Cruise and

Waymo. These companies have raised concern for people because of several incidents that have occurred. A [couple](#) of months ago, after California approved the use of robotaxis, ten taxis suffered malfunctions on a busy street in San Francisco. This incident created lots of traffic spanning several streets during a music festival. Another [article](#) describes an incident that occurred later in the month. City officials have claimed that Cruise's autonomous taxis caused a delay in an ambulance transporting a critically injured patient to the hospital, ultimately resulting in the patient's tragic passing. These [cases](#) have raised many questions and concerns about the future and safety of self-driving taxis. One main problem right now in this particular stage is what kind of regulations and plans cities have that would be required before autonomous vehicles can be fully integrated into city roads worldwide.

Autonomous vehicles can only be integrated in cities with active plans and infrastructure to support the car. William Riggs, the director of the Autonomous Vehicles and the City Initiative at the University of San Francisco [states](#) how the future of self-driving vehicles could play a role in paving the way for "more multimodal cities." This future will provide more space for pedestrians, cyclists, transit, and the use of human-operated private vehicles. The main challenge facing robotaxis and other autonomous vehicles is establishing trust and familiarity among the general public. The extent of success in this endeavor relies heavily on the company's capacity to showcase the safety of these vehicles.

Robotaxis are being used more and more. Cruise is [beginning](#) to expand its rider base by accommodating additional individuals on its waitlist, which currently exceeds 100,000. Waymo is [charging](#) about \$18 to \$21 per ride, depending on the distance, which is comparable to Ubers, Yellow Taxis, and various local taxi services. Self-driving taxis will allow more adaptability for disabled passengers, reduce human error and crashes, and increase fuel efficiency. However, self-driving cars might cause more traffic, incidents, higher vulnerability to cyber attacks, and loss of jobs for thousands of people who make careers driving taxis.

We often feel unprepared for advanced technology because we are comfortable with how our life is currently. Self-driving taxis will likely become the norm in larger cities. We have the choice to either support or reject the use of these vehicles. Some things are certain, though, when it comes to self-driving taxis. One of them is that cities will need to develop the proper infrastructure to support self-driving taxis and establish active plans to engage in any malfunctions these vehicles might encounter. With many other major technological shifts in society,

like smartphones, this transition will bring challenges and opportunities. Staying informed, remaining open to change, and actively participating in shaping the future of transportation are essential for self-driving taxis to become an integral part of our urban landscape.

## NEWS

# Students' reactions to Andrews's National Ranking

Kiheon Chung 11.10.23



Photo by AU Website

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In September 2023, [Andrews University](#) released several national rankings across various categories, sparking a range of reactions among the student body. According to the [U.S. News Best College Rankings](#), Andrews University achieved the #1 ranking for its diversity and was placed at #7 for having the highest number of international students. The U.S. News rankings employ the [Carnegie Classification](#), the widely recognized standard for evaluating higher education institutions in the United States, which is also utilized by the U.S. Department of Education. Moreover, Andrews University earned the distinction of being the #1 top private university in Michigan and claimed the #14 among the best Christian Colleges in the nation, as per the 2024 Niche rankings. [Niche](#) compiles data from

various public sources, including the Department of Education, U.S. Census, and FBI, and combines this information with over 100 million reviews and surveys to generate simplified rankings.

Here is the summary of the rankings:

[#1](#) Top Private University in Michigan

[#1](#) Top ranked national university for ethnic diversity

[#1](#) Top Ranked college for students experience in Michigan

[#7](#) Ranked seventh among national university for the number of international students

[#14](#) Top fifteen among Best Christian Colleges in the Nation

When Andrews University unveiled their national rankings, it triggered a wide array of reactions across various social platforms. The responses ranged from enthusiastic approval to skeptical questioning of the rankings' accuracy. Reflecting on this development, I conducted a series of interviews with students throughout the campus during the past week. I asked the same question to these students: "How did you respond when you encountered the rankings?"

**Alex Minani (sophomore, psychology)**

"I'm really proud to see these rankings. Especially diversity. I mean, I can experience more than one culture on this campus, and that is so awesome. I'm a little skeptical on top #1 private college in Michigan, but #1 in Diversity – that I know it's true. Learning new culture, new food... they are all amazing. That is one reason I think Andrews is a good university. But #1 Student Experience? Hahaha... I don't know what this exactly means. I mean Andrews definitely have experiences no other university can have, especially the chapels and the worship experience. I mean the worship experience is definitely the best here in Andrews."

**Zane Jones (senior, social work)**

"I think the diversity ranking is really positive, for sure. However, the #1 Student experience in Michigan, that's interesting. I am not sure if Andrews has the best student experience? I don't know. But I really would love to know more before I talk

about these rankings. Like who are we comparing too, and what categories are we specifically comparing?”

**Hans Bersabal (sophomore, aviation flight)**

“So my first impression was like ‘really?’, and then I am like, ‘where did they get this from? I want to know.’ But if it is true, I think that's really cool, I guess. But otherwise, the rankings don't really change anything much for me. I'm here at Andrews, not because of the rankings, but because I came here.”

**Joseph Burton (junior, theology)**

“The value I see in Andrews has nothing to do with these rankings. The value I see in Andrews is that Andrews is a Seventh-day Adventist School. So Andrews has a unique mission that no other school has. Adventist school's mission is to prepare youth to rebuild the character of God in a dying world shortly before Christ's return. So the only value I see in Andrews is a school that fulfills that purpose, preparing youth to represent the kingdom of God, and to represent the character of God. And if this is not done, Andrews has lost all of its value to me. So these numbers mean nothing.”

**Sangming Lee (senior, architecture)**

“These rankings are really nice, I think. But I'm not so sure about the ranking on best student experience. I hear a lot of complaints from my friends. Especially, if you have stayed in the dorm, you know what I mean.”

**Joshua Curameng (sophomore, nursing)**

“Yeah, I saw this post one morning when I woke up, and I was like ‘Huh, that's interesting.’ I mean like most of the times, I just feel like its another day, and I'm going to school, and that's all. But I heard students saying that Andrews doesn't have the best student experience. But personally, I think student experience really depends on your own decision. You have to be involved in the activities, and try to make the best out of the college experience. I mean if you don't attend any activities, you will have bad student experience.”

**Aaron Almocera (sophomore, nursing)**

“First time I see this, I was like ‘are we actually top Private university?’ I mean I only attended Andrews university so I can't compare to any other experience myself. But overall, I'm really proud of my college and I'm glad I can be here.”



**Jhoana Mortera (senior, digital communication & marketing)**

“I feel like the rankings are really accurate, to be honest. I am not in the position to say that Andrews is the best private university in Michigan, because I only attended Andrews, but as for diversity, I really feel like we have the top ranked campus with ethnic diversity in the nation. When I go to my class, there are students from all around the world with different perspectives. I don’t even have to travel outside of the country to experience different cultures, and foods from all over the world.”

**Ashlee-Rose Wilson (senior, religion)**

“I feel proud of Andrews for having the ranking. Of course, there are areas to grow, but the fact we are doing well means we have the knowledge and resources to exceed even more in the future.”

During the interviews, numerous students expressed skepticism regarding the credibility of the #1 Student Experience ranking from the Wall Street Journal. However, many students agreed with the diversity rankings. Overall, there were a variety of responses and, as always, Andrews University will do what it can to improve the Andrews Experience.

## NEWS

# Upcoming Winter Events

Melissa Moore 11.10.23



Photo by

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In the past couple of weeks, pedestrians strolling around the Andrews University campus have likely begun to see an explosion of puffy jackets and winter coats. They may even have been wearing one themselves. This is just one telltale sign the weather has been growing colder as of late. In fact, Southwest Michigan even experienced its first snowfall of the cold season last week. However, just because the winter is growing colder doesn't mean students have to disappear to the dorms and hibernate. Plenty of events are still happening on campus for everyone to build community. Keep reading to learn about some upcoming events to enjoy the final weeks of the semester.

### **Nu Sigma and Honors Winter Coat Drive**

Nu Sigma, the Andrews University chapter of Sigma Tau Delta, an international honor society for those pursuing degrees in English, is hosting a winter coat drive. They are doing so in conjunction with the J. N. Andrews Honors program. Through

November 30, coats, scarves, gloves, and hats in new or gently used condition can be dropped off at the Writing Center (Nethery 134) or the English department on the main floor of Nethery Hall. All items should be clean and have no stains. Take advantage of this wonderful opportunity to help our local community by donating today.

### **Poetic Circle**

Interested in poetry? The poetry club would love to have you at one of their upcoming meetings on November 14 and November 28 at 7:00pm. The club meets in Buller room 150 biweekly to educate about and create poetry while building community and growing spiritually. They offer co-curricular credit and drinks, as well as a safe space to share your creativity. See their Instagram page [here](#).

### **Christmas Concerts**

Although Thanksgiving has not even arrived yet, the Christmas season will be here before we know it. Make sure to include the various Christmas concerts on your calendar now so you don't forget. Ring in the Christmas season at the Howard Performing Arts Center by attending the AU Wind Symphony Christmas Concert on December 2 at 8:00pm, or the Andrews University Singers and Chorale on December 9 at 8:00pm as they present their annual Welcome Christmas Concert.

### **Off-Campus**

While Andrews University hosts plenty of events through its variety of student organizations and various departments, there are also local events off-campus that offer a chance to enjoy yourself with friends while exploring a new area. Eden Springs Park in Benton Harbor will be running train rides on December 9,10, 16,17, 22, and 23 from 5:00pm-9:00pm. The cost is \$5 per person and transports passengers along a path to see the park's Christmas lights display. There will also be a Holiday Artisan Fair in St. Joseph on December 3. Both of these events are just a couple of examples of the many activities available in the area.

Looking for the best way to stay updated on upcoming events? The best bet to stay informed is to check multiple platforms through which clubs announce events. Most clubs have an Instagram account where they share information about

upcoming events. Two of the best accounts to check regularly are @au.sila\_ and @weareausa since they often share information about events they or other clubs are hosting. You can also check Engage, the AU Agenda, the HPAC website, and the various bulletin boards around campus. Finally, ask around. Many people learn about events through word of mouth, and your friends may be informed about several events you are unaware of. Also, many student organizations have not yet announced their upcoming Christmas events, so be sure to check these resources often to learn about upcoming social gatherings when they are finally advertised. Hopefully, this will give you some ideas of how to stay connected as Andrews University enters the cold season. Remember, relaxing in your room with a hot drink and a book or TV show is a good way to wind down, but don't completely hide away from the rest of the student body. On that note, I hope to see you at some winter events soon.

## Ideas

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### IDEAS

# Morally Gray

Katie Davis 11.10.23



Photo by Andrea Piacquadio

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[Morally Grey](#) is a term used to describe a character who is neither good nor bad. They have no motivation to do good or bad actions. On the contrary, morally gray characters follow their ambition rather than those of the greater good or evil. Due to their goals being detached from these attributes, they could be intrinsically virtuous or vicious if their character's values align with their objectives. However, morally ambiguous characters may still strive to impact their world positively or negatively in some manner. In recent years, there has been a [shift](#) in a society of morally gray characters in our literature. This article will describe morally gray fictional characters and the impact that it has on young adults and their moral compass.

Morally gray characters can be seen in numerous fictional books such as the *Court of Thrones and Roses* series, *Mockingjay*, *Divergent*, *Shatter Me*, and *The Cruel Prince*. The main characters in these books grow up good or evil, and once they reach a certain age, they start understanding more of the world from different perspectives. They realize that their morals and values do not align with what they want their future to be. Throughout the story, they are dancing around good and evil, but they never choose a side. The author keeps the reader in suspense throughout the book. Morally gray characters add depth to the storyline, making it easier for readers to connect with their complex motivations. When they choose to take actions that defy the ordinary, it captivates and surprises the reader.

As stated above, morally complex characters are frequently encountered in young adult fictional literature. This influence on literature has real-life implications. The main one is that young adults might find morally gray people more attractive. These characteristics could result in us being involved in more mysterious and/or vulnerable relationships that we might not envision ourselves in. The mysterious and ominous charm that these characters contain allows the reader to be enthralled and sometimes get exhilaration from their actions.

Characters with ambiguous moral traits have the potential to influence not just our interpersonal connections but also the formation of our ethical principles and values. This [article](#) explores the idea of cognitive dissonance and the effect that it has on our moral orientation. It discusses the impact that cognitive dissonance has on young adults and the disconnect that they might feel because they are growing their own moral compass. Morally complex fictional characters can exert a comparable influence on our ethical framework as much as cognitive dissonance

does. Characters described as morally gray often reflect the gray areas of morality in the real world which makes it more appealing for young adults to escape reality. Their grayness attracts readers to their intricate morals because their actions and choices blur the lines between good and evil. The parallelism of morally gray characters and cognitive dissonance is that most morally gray characters are ethically complex because they experience uncertainty when their beliefs and actions conflict. The impact of cognitive dissonance on the character affects the decisions that they make, ultimately making them a morally gray character.

This particular genre challenges us to reevaluate our ethical perspectives by embracing the complexity of moral decision-making and allowing us to appreciate the details of a person's life and choices. Morally gray characters in literature enable young adults to self-reflect and foster a deeper understanding of good and evil in the human brain. When we immerse ourselves in these stories, we begin a journey of moral exploration that leads us to question, refine, and solidify our ethical compass.

Next time you read a book, think about the effects that characters can have on your moral compass and the implications that it might have on your future.

## IDEAS

# Red and Green Flags

Ruben Colón 11.10.23



Photo by Ivan Zhuldybin

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When meeting someone new, our brains often subconsciously pick up on multiple behaviors and characteristics of an individual that can be thought of as a red or green flag. Many people use these “flags” as indicators that help us form impressions or ideas of a person and analyze their potential as a significant partner or friend. I wanted to understand what other students thought about red and green flags, so I spoke with Ian Freed (junior, business management), Melissa Carvalho (junior, cognitive psychology), and Sofi Oudri (junior, exercise science/pre-physical therapy). I made it a priority to speak with individuals from different backgrounds, scholarly and cultural. During our conversations, I learned

more about their experiences with individuals and their thoughts on red/green/beige flags.

In a conversation with Ian Freed, he stated, “When I am asked about red and green flags, I automatically think of red flags. I think red flags are more attractive since understanding what is wrong is more enticing than what is good. When I think of red flags, the first is one with a poor relationship with either a parent or family members. I’m not sure about the psychology behind it, but I’ve found that when someone has a poor relationship with their family, they often try to fill the void left by family with other people, and this often becomes toxic since those expectations one may have for family members can’t be filled by a romantic partner. I want to note that I find the red flag relevant when the individual openly chooses not to connect to their family when they have no reason not to.

Other red flags I see are when a woman I may be interested in goes out and parties too much. I used to be heavily involved in this lifestyle, and these activities are usually a way to escape some sort of issue. I also believe a lack of spiritual devotion, connection to God, and discipline for goals is a red flag.

When it comes to green flags, things are the opposite of what the red flags are. I am drawn to people with good relationships with their families and prioritize spending time with them. People who speak highly of their mother and father and their accomplishments are often very respectful. Green flags can also be seen in one's dedication to their goals. When people have goals to become something successful and prioritize their goals, it's unlikely that a relationship will not align with these goals. I believe there are many other green flags, such as taking the initiative, showing small gestures of love, and having open and honest communication. These things are a little more basic and may take time to be visible when getting to know someone, but these are also green flags.” I enjoyed my conversation with Ian; it allowed me to learn more about his mindset in relation to finding a partner and friend, and he views many green and red flags in the same way I do.

Melissa Carvalho had a different outlook on red flags. She stated, “Individuals who lack accountability in situations where they may be at fault is a huge red flag for me. This also leads directly to double standards, which I cannot stand. It is a massive issue if the individual lacks accountability but gets on me for that same thing when it may not be accurate. I love individuals who are intentional about friendship and the way in which they live their lives, so if they aren’t, that is also a red flag.



On the other hand, I find one's relationship with their parents and family extremely important. That is a red flag for me if they aren't in tandem because of their decisions. Also, people who are easily influenced by others and respect others' opinions and boundaries is an extreme green flag for me." Her outlook on green and red flags shows the differences in preferences between people.

Lastly, I spoke with Sofi Oudri, who stated, "I find that a partner who doesn't provide and never gives their undivided attention when with me is a red flag. I also hate when people speak badly about others regardless of how well they know them. Concerning friendships, I like to be free-spirited when with them, so if I feel like I must watch how I say things or what I say around them, I find that to be a red flag.

My green flags are different from the opposite of my red. If I notice animals love them, that is the most significant green flag ever! I also love when they are kind to waiters or waitresses, customer service, and staff in restaurants and stores. Lastly, I am highly attracted to individuals who set boundaries, just in general and romantically."

Some major red flags I have noted in the past are dishonesty, inconsistency, and being over-friendly. The psychology behind dishonesty stems from our need to trust others; it can always be broken, and our brain prepares for that possibility. Inconsistency is prominent in friendships, and I personally cannot stand when, at one moment, an individual is a friend and, in the next moment, isn't. This can be unsettling and cause issues in social interactions with the individual. Over-friendliness correlates directly to red flags I look for in romantic relationships. If one is too touchy or "friendly" (viewed as flirty) with individuals they deem as friends, I will view this as a red flag, especially if they have double standards in relation to my friends. As mentioned earlier by Ian, Melissa, and Sofi, major green flags are ones who actively listen when in conversation, have a good relationship with their family, and have strong values and goals. Our brains seek out individuals that are like-minded, which can lead to very strong and powerful friendships or romantic relationships.

The psychology behind compartmentalizing these flags is a form of [cognitive heuristics](#). Our brains use simplified mental shortcuts to assess and categorize individuals quickly. This helps us make prompt judgments but can also lead to bias. Remembering flags is not always definitive, and people can change over time is essential. Being aware of these flags allows us to make better-informed decisions

about our interactions and relationships, but it's essential to remain open to the possibility that people can grow, change, and surprise us.

## IDEAS

# Remembering Matthew Perry

Corinna Bevier [11.10.23](#)



Photo by Fox Broadcasting Company

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Actor, comedian, and author, Matthew Perry was [born](#) in August of 1969 in Williamstown, Massachusetts and passed away on October 28th, 2023 in Los Angeles, California. Although most well-known for his role on the iconic sitcom *Friends*, as the sarcastic yet loveable Chandler Bing, Perry had a successful and wide ranging acting career. He appeared in over [50 film and television projects](#) such as *17 Again*, *Fools Rush In*, and *The Odd Couple*. Matthew Perry was a well-loved actor who had a large fanbase of devoted fans, many of whom were devastated to hear of his recent and unexpected passing. In his honor, [many fans left flowers](#), notes, and other memorial items at the New York apartment that

served as the exterior for the *Friends*' apartment building, and many of his friends released statements expressing their grief at his passing and fondly remembering him. His fellow *Friends* co-stars released a [joint statement](#) saying, "We are all so utterly devastated by the loss of Matthew. We were more than just castmates. We are a family. There is so much to say, but right now we're going to take a moment to grieve and process this unfathomable loss. In time we will say more, as and when we are able. For now, our thoughts and our love are with Matty's family, his friends, and everyone who loved him around the world."

Matthew Perry was not just an actor but also an important voice in the discussion of drug and substance abuse. Since the early 2000s, Perry had been [open to the public](#) about his struggle with alcoholism and drug addiction and more recently in 2022 released the book *Friends, Lovers, and the Big Terrible Thing: A Memoir* where he discussed his rise to fame and his struggles with addiction and narcotics use. In addition to being outspoken about his struggles and encouraging others to seek help and recovery, Perry was also in the process of creating a foundation to help others struggling with similar issues. Unfortunately, his passing came before he could finish this process, but the Matthew Perry Foundation has still been established posthumously [in his honor](#). Even after his death, Perry's dedication to helping others and giving back is still evident and spoken about by those he helped. In a [video](#) posted to his Instagram account, Perry's former *Friends* co-star Hank Azaria, revealed that Perry was the one who encouraged him to confront his struggle with alcoholism and that he was the reason Azaria had been sober for 17 years. Azaria said, "I want to say that the night I went into AA, Matthew brought me in. The whole first year I was sober we went to meetings together. And... I got to tell him this, as a sober person he was so caring and giving and wise and he totally helped me get sober. And I really wish he could have found it in himself to stay with the sober life more consistently." During [his appearance](#) on the podcast *Q with Tom Power*, Matthew said, "When I die, I don't want 'Friends' to be the first thing that's mentioned – I want helping others to be the first thing that's mentioned. And I'm going to live the rest of my life proving that," Although Matthew has since passed on, he has left behind a legacy of care and a willingness to help others that he will always be remembered for.

# SDAs and The Big Bang: A Survey

Erin Beers 11.10.23



Photo by Pixabay

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I sent a survey out to the seminary faculty and current seminary students with at least two years of seminary education and asked their opinions on three aspects of the Big Bang and creation. All respondent identities have been kept confidential, with the only identifier being their level of education or position. I received 11 responses, so the information collected is not to be used as definitive of the whole SDA church. Instead, the goal of this article is to provide information on what kinds of perspectives are present within the church.

Before diving into the survey, some definitions may be helpful. For instance, the SDA church believes in a New Earth which Jesus will create after He returns for us, as is highlighted in the church's [28th Fundamental Belief](#). The SDA church also takes a firm stance on what the earth will become, but there is much debate on what the origins of Earth are. There are variations of earth's origins which use terms like "new", meaning within the last few years, and "old", meaning a few

million years old. Another point of contention is whether or not the Big Bang is compatible with creationism. Oftentimes these two are placed on opposing sides, insinuating that there is no in-between option. The third topic brought up in this survey was whether or not the Big Bang is true or not. This would discuss the sudden dispersing of matter and the evolution that occurs after.

When asked, “Do you believe the Big Bang Theory to be totally true, partially or not at all descriptive of earth's origins?”, no one responded with totally true. Seven of the respondents said that the Big Bang is partially true and the other four said that the Big Bang was not descriptive at all. When this was broken down between pastors/professors on campus versus seminary students, the ratio of response types stayed fairly consistent between the two groups. There were a total of six pastors/professors and four who said this was partially true, while the other two said it was not true at all. The seminary students responded similarly with three saying partially true and two saying not true at all.

When asked, “Is the Big Bang Theory compatible with creationism?”, the responses were broken up a bit more. Three responded that the two are compatible, two responded somewhat compatible, and six responded ‘not compatible’. When this was broken down between pastors/professors or professors on campus versus seminary students, the ratio of responses was fairly consistent within categories. Three pastors/professors and three seminary students stated that the Big Bang and creation were not compatible. This left five other respondents who believe that there is some if not total compatibility between the two.

When asked, “Which framework do you believe to be true? ‘Old Universe’: millions to billions of years old or ‘New Universe’: under 10,000 years old”, eight responded with ‘old universe, new life’. The last three responded with ‘new universe, new life’. Of the respondents who answered ‘old universe, new life’, there were five pastors/professors and three seminary students. Of the respondents who answered ‘new universe, new life’, there was one pastor/professor and two seminary students.

There is a blurry line on what is true and what is Biblical. Neither the pastors/professors nor the seminary students were totally united in their beliefs. Each response brings another set of questions as to where they got these beliefs from, which then stems from core beliefs. The origin of each respondent's understanding could stem from a variety of backgrounds whether that was taught, learned, or experienced, yet they all remain under the umbrella of Adventism.

When having conversations about issues like these, it's important to remember the humanity behind the debate. When it comes to religion, it can seem like disagreeing with each other is disagreeing with God. But these debates are happening between *people*, not with God. All the respondents believe in God and want to believe what is true, but truth can be hard to pin down when faith comes into the mix. The origins of the universe will probably continue to be a debate until Jesus comes again. Until then, keeping an open mind when discussing theories of creation, as well as reading the Bible firsthand, can help eliminate some of the tension which gets in the way of productive conversations. Though this survey did not determine a finite answer of earth's origins, it did highlight that no matter our differences in theology, we all still share the love of God.

## IDEAS

# Shoot Your Shot – Or Maybe Not?

Reagan Westerman [11.10.23](#)



Photo by SHVETS production

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Walking up to the porch and ringing the doorbell. You are awaiting your date to swing the door open and accept the flowers you have in hand. Oh, the anticipation! Eventually you lead her to your car and drive somewhere nice to eat. You pay for the whole ordeal – everything you have saved up!

This image may be familiar to many, as it is traditionally displayed in movies, books, and perhaps even in real life! The man asking out the woman. The woman happily wined and dined. It has been done time and time again. Will the girls ever get a turn? In honor of KASA's annual Sadie's event, in which girls ask out guys, the floor is now open for discussion. It seems like it is time for girls to make the first move and ask out that special someone. This leads us to a heartfelt discussion: How do students feel about the roles being reversed? What are traditional norms that influence our ideas of dating? Let's see what everyone has to say!

**Samuel Rivas (Sophomore, Spanish Translation and Global Studies)**

It depends on the history between the two people prior. If you know the person, then you should implement things that they like into the theme of your asking out and to the date if they say yes. It is acceptable [for girls to ask guys out], however most people won't do it. The traditional norms are guy asks girl, chivalry, etc.

**David Creitz (Sophomore, Biology and Biochemistry)**

Ask them up front if they want to go on a date. It might be a good idea to become friends with them first, though. Girls asking guys out is fine and should be considered normal. Religious traditions (such as anti-premarital sex), current societal standards (such as the pressure to date through online apps), and pop culture (influence from media) can all influence our ideals when it comes to dating. What you listen to most is what you follow most.

**Eleanor Joyce (Senior, Music and Education)**

There's not really a right or wrong way, but intentionality is nice. For example, asking in person rather than over the phone, and putting thought into the time and place of both the invitation and the event you're asking them to go to. I also don't think that it should be done too publicly or too grand of a gesture. Like, be sincere and intentional, but don't pressure the other person. I think it's great that it's more accepted for girls to ask guys out. As a woman, I don't see a problem with it, and I have yet to see a guy complain about a girl asking him out. This isn't necessarily a



traditional norm, but there's the idea floating around that "if he wanted to he would." I have mixed feelings about that; it seems like an excuse for inaction. If your concern is that asking your crush out will allow them to be lazy and low-effort, then the truth is you can do better! But yeah, even romance aside, life has a lot of missed opportunities if you never put yourself out there because you're just waiting for someone else to do something.

**Robert Zhang (Senior, Psychology)**

It seems to me that there is no fixed form. Everyone's method of extending an invitation is different, but what they have in common is a request with some kind of kindness. Perhaps in some conservative cultures, it is seen as an unusual phenomenon for women to initiate invitations, but in the secular world and some cultures, it can be seen as a norm for women to initiate invitations. Having experienced many different cultures, I'm not surprised that this is the case. I think the main factors that influence our dating, in addition to our own cultural practices, also include factors from our parents and family. It is very likely that a person will date according to the pattern of his or her parents.

**Rohannah Riley (Sophomore, Elementary Education)**

When someone is asking another person out they should be direct and pick an activity that you both will enjoy. They should also be open to the other person's response even if it's not what they want it to be. I think that anyone regardless of gender should be proactive and directly ask for what they want. Guys asking girls out is what is normalized but that doesn't mean that that's how it should always be done.

**Paulette Velazquez (Senior, Business management and Spanish translation)**

I think that someone should get to know the person well enough before asking them out in order to be more successful. The need to choose the right moment and put some thought and effort into asking someone out to personalize it and make it unique for the person. It's better if it's done in a way that the other person would be receptive to and would appreciate. Overall, it's important to make it fun and authentic and don't forget to be yourself. Personally, as a girl, I would never ask someone out lol but I think it's a cool/different idea for those that are down to try new things. Traditional dating norms influence our ideas of dating by prescribing gender roles. In many cases, the way that our families think, how we see things traditionally done, and even the culture we come from play a huge role.



The Sadie Hawkins fad still holds impact today, as more than [200 colleges](#) in the United States participate and egg on young women to chase that special someone! This unique American holiday should encourage young women to take charge and ask the men out on a date! It is important to remember, however, that you don't need a specific time or day of the year to go ahead and just **shoot your shot!**

## Pulse

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PULSE

# Burnout vs. Laziness: What's The Difference?

Lexie Dunham [11.10.23](#)



Photo by Nataliya Vaitkevich

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Burnout is something we all fear, and it can creep up at any moment. We can especially get scared of burnout when we have a lot of tests and quizzes one after the other. [Burnout](#) is defined as a state of emotional, physical, and mental exhaustion caused by excessive and prolonged stress. This can occur after an incredibly overwhelming time, with all the pent-up stress manifesting itself as burnout. However, why do people say that those who are burnt out are just being lazy? What are the differences between burnout and laziness? What tools can we use to help avoid burnout and laziness?

Burnout can be an all-consuming feeling. It has similar symptoms to a depressive episode: the inability to do tasks, the inability to get up, exhaustion, and more. It usually comes with stressful events. This can be a week filled with tests and papers, trouble at work, or simply feeling bogged down by all the piles of stuff you have to do. We often feel the emotional effects of burnout before its physical effects. As the term burnout suggests, I like to imagine a match. All you have to do is light the match, and it gets lit. Things go fine for a while, but as more and more things come at you, that motivation starts to dwindle, and the spark starts to disappear. However, burnout is not laziness. Yes, that motivation has now reduced, but it was there to begin with and has only started to fade after using motivation for so long. Your body almost gets exhausted from constantly trying to stay motivated to accomplish tasks.

Laziness, however, never starts with motivation. The dictionary definition of laziness is “the quality of being [unwilling](#) to work or use energy; idleness.” The dictionary clearly says laziness is an unwillingness to produce any motivation. This can be bad if you are lazy and have a big project coming up worth 70% of your grade or a paper that is part of a group project. But is laziness always bad? No! I feel that laziness can almost be a way to alleviate burnout. I think it’s so important to have those lazy moments, to have those moments where you just lay in your bed and do absolutely nothing. But you have to have limits. If you have something due, it would be unfortunate if you spent all day not working on that project. But, if you take thirty minutes to be lazy, an hour to be productive, an hour to be lazy, an hour to be productive, and so on, you will find that it may be easier to focus on one particular task. But everyone is different. So, it’s essential to find what works best for you to get out of your temporary lazy state of mind. I encourage you not to be lazy 24/7. Your grades, your mind, and your future jobs will thank you.

But how can we prevent these things that can bring so much discomfort to our lives? One of my favorite ways to avoid burnout is to [practice good sleeping habits](#). I feel much less overwhelmed by the constant stress of school when I go to bed early. I go to bed at 11:30pm and wake up at 8:15am. That's 8 hours and 45 minutes! Find what works best for you and your body. Only you know your body. Another fantastic way to prevent burnout is to [ask for help](#) and surround yourself with people who notice and care. For example, if you see one of your friends working too hard and biting off more than they can chew, talk to them. Let them know that you care about them and their well-being. If you feel like you are about to experience burnout, reach out to someone. Whether that be through therapy, talking to a friend, a pastor, or even to a family member, it's crucial that you prevent your feelings of overwhelming stress and pressure before it makes you feel awful.

To prevent laziness, as I mentioned, one thing that helps me stay motivated is setting a [productivity alarm](#). I usually put this on my phone, but you can also use [Tomato Timer](#). Even as I write this article, I have set a timer of forty-five minutes that lets me know that I must be productive for that time. This can help you break the cycle of procrastination and laziness. Another way to prevent laziness is by writing the tasks down. One of the most satisfying things is completing a task and aggressively crossing it off your list. This will help you visualize your to-do list, and it may start to look less scary than you thought. You can also [write down](#) or verbalize the problems you're having and why you may be having those issues with motivation.

As we get closer to the end of the semester, I wanted to encourage everyone that there are many ways to prevent burnout and laziness. You're not being lazy if you get burned out. Make sure to take care of yourself. For students, remember that your professors may be experiencing burnout. Professors, make sure to remember that your students may be experiencing burnout. It's essential that, while we have things we need to do, we all watch out for each other as part of a beautiful college community.

# How Habits Happen

Anna Rybachek 11.10.23



Photo by Oleksandr P

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Many of us want to change things in our lives. We want to wake up early and go to the gym. We want to study and submit our assignments before the late-night cramming session. We want to eat a healthier diet. We want to have a productive schedule. And so we start out on our self-improvement journey. Then, as with our New Year's resolutions from 2023, we soon fall back into our old ways of doing things. So why does this happen, and how can we change that?

In an [article](#), Phillippa Lally explores how habits form and how we can apply those results in the real world. What was interesting was that she mentioned that doing something for the first time takes planning, intentionality, and time. Yet it is more than that. Intentionality is needed, not just the first time we do something differently, but for the first few times. It also means when we do something different, our minds will need more energy and “help” to actually get around to

doing that thing. So, the reason we need to make extra effort is because our brains are getting used to doing things that are new or in a new way.

How do we actually change our behavior? In their [article](#), Benjamin Garder and Amanda L. Rebar explained that forming a new habit is as simple as just doing a specific behavior repeatedly when you set up a system of cues to guide your behavior. For instance, you want to drink more water. So, you would place water containers in visible areas to cue you to drink water. That sounds like an easy and straightforward way to do things. But what about other more complicated ones, like going to bed on time? Break up those complex habits into smaller, more achievable steps. Try turning off your phone before bed so you are not tempted to check it. Create a restful environment with the use of an essential oils diffuser. Or make a routine that encourages you to go to bed earlier. These and other tips can be used to help you develop those harder-to-achieve habits.

In another [article](#), we find some more tips. We can use reminders, rewards, and sometimes punishments to motivate ourselves to do certain things. For instance, you want to go to bed earlier. So, you set an alarm to let you know when to stop your daily tasks and begin to prepare for bed. And on the days you follow through with this, you reward yourself with time to do something you enjoy. Cues, reminders, rewards, and punishments can all help you to establish the changes in your behavior that you want.

In his book “[Tiny Habits](#)” social scientist B.J. Fogg provides readers with a method that they can use to create tiny habits that would make a significant impact on their behavior. He argues that big habits may take more work to follow through with. Instead, he recommends that we work on tinier changes, which, through repetitiveness and cues discussed previously, can create a system of behaviors that steers us in the desired direction.

Deciding to drink a gallon of water daily might not be the best option; start smaller and work yourself up to the ultimate goal. Studying for 3 hours at a time every day may not be the best choice, instead, try doing sessions of 30 minutes. Learning to speak another language in 30 days is unlikely to happen, so instead, try learning bits and pieces over a year. Little things, done repetitively and consistently, can create the person you want to become. So, what are you waiting for? Go out and change the world, one small habit at a time.

PULSE

# The Mauricio Fund

Elianna Fisher 11.10.23



**THE  
MAURICIO  
FUND**

Photo by Elianna Fisher

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*Before the beginning this article, we would like to clarify that the intention of this article includes fundraising. If you feel moved to give while reading this piece, please click [here](#) to contribute to our [GoFundMe](#).*

“Whoever receives one little child like this in My name receives Me... Take heed that you do not despise one of these little ones, for I say to you that in heaven their angels always see the face of My Father who is in heaven. For the Son of Man has come to save that which was lost. What do you think? If a man has a hundred sheep, and one of them goes astray, does he not leave the ninety-nine and go to the mountains to seek the one that is straying? And if he should find it, assuredly, I say to you, he rejoices more over that sheep than over the ninety-nine that did not go

astray. Even so it is not the will of your Father who is in heaven that one of these little ones should perish.”

Matthew 18:5, 10-14

Mauricio was brought to the Children’s Home (Hogar de Niños) on the closing days of March on a hot Sabbath. He was wearing crocs that had lost their traction and their shine ages before. Since we didn’t know how long his stay would be, he spent long days studying the walls of the Hogar while the other children went down to school.

During these first few weeks, Mauricio adjusted quickly—singing the rhythms of the new hymns he would lipsync to and adding spice with his own personalized lyrics. For unexplainable reasons, Mauricio saw a kindred spirit in this strange, out of place gringa. The only work that could fill his precious time was serving as my assistant in the panadería, the bakery, where we prepared bread, among other creations, for the rest of the children at the hogar. He believed that he was the only person in all of Honduras that could understand my gringo español, always thoughtfully getting me into trouble by translating my phrases to “Honduran.”

In exchange for his fearless creative power in our shared panadería, I compelled him to practice reading and writing for a couple hours every afternoon. Mauricio, like many other impoverished children in Honduras, didn’t know how to write his name. Day after day, we used our rainbow of markers to practice letters and learn their sounds. These were helpful lessons for him and me!

One Sabbath, I stayed at the hogar to supervise the children who decided to rest instead of heading to land on a nearby mountain. When the group returned from the mountain, Mauricio was not among them. He was reported to have taken off down the mountain when no one was paying attention. The hogar’s policy is that if a child decides to leave, they’re on their own. This was a terrible reality for me to process. This precious child had just begun learning his letters and more importantly learning about his Heavenly Father! This little boy was MY Angel sent by God! And now he’s gone! It is not fair! My faith was shaken and I couldn’t bring myself before God in the same way as before.

A short time before Mauricio had arrived, we started teaching Bible classes in the nearby neighborhood. Here, many of these children learned how to write their names, heard the Lord’s Prayer for the first time, and listened to stories like Daniel



in the lion's den. This certain afternoon, I taught my group about the story of the one lost sheep that the good shepherd diligently seeks, and, as we know, finds.

The director of the Hogar, Señor Nelson, calls me the night following the lesson as I'm preparing for the next devotional. He invites me to a fortress along the Honduran coast used to fight off real-life pirates. I spend the rest of the night baking and finding substitutes for my work. With indescribable energy, I am leaving with the director and some kids on our way to the fortress three hours away before the sun could think to rise! We arrive, explore, stop at the beach, throw seaweed at each other, and begin our our way back to the hogar. Our stink was so strong of dead fish, I'm half hanging out of the van enjoying the view of San Pedro, the second most populated city in Honduras. There are many more motorcyclists, pedestrians, and papayas than in most cities I have seen in the U.S.

I catch sight of a young child walking alongside his bike, a bag of food hanging off a handlebar. I notice how he's hobbling, like he's injured, when I notice he's barefoot. I study this child as we pass him—he's the same size and build of Mauricio. As my head follows his movement, my heart freezes. On the busiest highway in Honduras, I'm now screaming, "MAURICIO!! MAURICIO!! ALLÍ ESTÁ MAURICIO!" I tell Señor Nelson to stop. Of course, any woman in a mania is a safety hazard, so we skirt over to the side of the four-lane highway. Immediately my wheels are turning and I am in hot pursuit of Mauricio. Some of the other children want to see what has gotten me so excited, and follow close behind. As we near Mauricio, we begin to call him, "MAURICIOOO!!" He turns and stops for a moment before—WHOOSH! And he's on top of his bike flying around the corner. We finally catch him as he's climbing a steep hill entering a neighborhood.

As the other kids near us, we tell him how thrilled we are to see him! He doesn't meet our eyes and looks very uncomfortable. However, when we ask, "Vamos con nosotros... estamos en camino al hogar" (come with us... we're on our way to the hogar), he, almost imperceptibly, nods his head.

Like the story of the shepherd, when the shepherd finds the missing sheep, I carry Mauricio back to the van, and he returns to our hogar.

When I was without faith and had given up, God was faithful. I was honored by witnessing this revelation of God's amazing care and creative power in the rescue of His children. Because God cares so deeply for Mauricio, and wants Mauricio to have the opportunity to know Him, He brought Mauricio back to our hogar. There, he is able to study and learn of God's character and, inevitably, of His love as well.



Today, I share this story with you because there are other children like Mauricio that are in need of an education, not just on reading and basic arithmetic, but of their Savior. The hogar has an elementary school on their property that shares the SDA faith and teaches basic grades 1-6. Last year, thanks to generous donations of money and prayers, Maria (age 13) and Yeferson (age 9) were able to study in this elementary school. Both learned how to read and write and about the miracles and promises our Heavenly Father liberally bestows upon us.

We are looking to send Maria and Yeferson on to their next grade, along with other children from their neighborhood. Each student requires \$1,000 in order to attend this school. This cost includes their registration, uniform, school supplies, and payment for a tutor to help them with their homework as needed.

I pray that the story of Mauricio may show you how God's power is unlimited when He seeks to save His children. Whether through your funds, prayers, or passing this link on to friends and family, you are giving these children hope. God bless you for your contribution and ongoing support!

This is a link to our GoFundMe where you can contribute to this cause. We appreciate your contributions. <https://gofund.me/f33e61ff>

Please email me [eliannaf@andrews.edu](mailto:eliannaf@andrews.edu) if you would like to keep in contact with some of the children that this fund will support :)

# Last Word

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LAST WORD

## Reality for a Second-Generation Immigrant

Gio Lee 11.10.23



Photo by Gio Lee

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*Dear Diary,*

As a second-generation immigrant, I've noticed that some people think it should be fun to grow up with two cultures (for me, Korean and American). Although there are some perks, such as being bilingual, the reality is that sometimes there are certain aspects you wish you could enjoy like other Americans: not having a place

to call home, not saying I love you to your family and more. One of those things for me is being left out as we're the only ones in the U.S. while others are in Korea. I've always been jealous of those visiting their families over the holidays or hanging out at their cousin's house over the weekend. Whenever our family wanted to see my grandparents, we'd save money to afford plane tickets to South Korea. While it may seem like a minor deal for others, I've realized it's a bigger luxury than you may think.

In 2013, my mom suddenly started to lose vision in her left eye after a failed Lasik eye surgery. Before the Lasik surgery, the doctor claimed that one of her eyes was weaker than the other but didn't believe it would be a huge problem when doing the procedure. While having complications with her eyes, my mom also started to get migraines triggered by her eye. After working for over 15 years, my mom had to stop working to treat her eye. From then on, my mom has had multiple surgeries to recover her eye, and yet all of them failed. To prevent my mom's migraines, she constantly had to be on bed rest. I saw how weak her

body had become. I remember my mom's tears soaking up the bed she was lying on. At one point, I questioned whether my mom could recover enough so we could walk together to the beach, eat out, or even talk about our days. At this point, I prayed that there would be someone who could help my mom. I felt so alone like I had no one to depend on. At that time, I wished my grandparents could visit to help us care for our mom.

Another moment was in high school when my grandmother passed away. Each year I visited my grandma, I saw how much thinner she was getting after being diagnosed with Parkinson's. The last time I saw her was a few months before she passed away, and she was about 75 pounds. And after she passed away, I couldn't attend her funeral. It wasn't until after four years that I could visit her grave (Covid-19). Being a second-generation immigrant means accepting that you won't be able to meet your family often and won't be as close to your cousins, aunts, uncles, or grandparents as other families. As a second-generation immigrant, that's precisely why the idea of family is so crucial to me. But I hope that when I have kids, they won't experience this same emptiness. Anyway, just a thought. I'll write again. Good night.

*Love,*

*Gio*