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The Student Movement v. 105 (2020-2021)

Student Movement

3-3-2021

The Student Movement Volume 105 Issue 10: One Dose Down, One to Go!: President Luxton Vaccinated

Jenae Rogers

Caralynn Chan

Taylor Uphus

Amanda Cho

Alec Bofetiado

See next page for additional authors

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Authors

Jenae Rogers, Caralynn Chan, Taylor Uphus, Amanda Cho, Alec Bofetiado, HeeYun Oh, Jessica Rim, Abigail Lee, Celeste Richardson, Pearl Parker, Megan Napod, Hannah Cruse, Evin N. Musgrove, Sung Been Han, and Masy Domecillo

One Dose Down, One to Go!

PRESIDENT LUXTON VACCINATED



Photo by Andrea Luxton

News

NEWS

Andrews University Holds Employee Awards Virtual Celebration

Jenae Rogers [03.03.2021](#)

On Sunday, Feb. 28, Andrews University held an Employee Awards Virtual Celebration. The event was live-streamed on Andrews University's Facebook page

and the Andrews livestream. The celebration featured readings from the book series *What You Do Matters* and musical selections. The awards given included Years-of-Service, Daniel A. Augsburg Excellence in Teaching, Siegfried H. Horn Excellence in Research & Creative Scholarship, Faith Engagement, Excellence in Service, and Inaugural J.N. Andrews Service Award.

The event began with an introduction and prayer by President Andrea Luxton, during which she showed appreciation for all staff and faculty of Andrews University. Then, Darcy de Leon (Human Resources) presented the groups who have given 5, 10, 15, and 20 years of service. He then recognized those who received the awards of 25 Years of Service, 30 Years of Service, and 35 Years of Service. Next, Denise Curnutt, kindergarten teacher at Ruth Murdoch Elementary School, read a selection from “What Do You Do With a Chance?”

Following this reading, the Faith Engagement award was presented to Everett Wiles (Visual Art, Communication & Design). Ronesto Pineda (senior, architecture) commented, “Mr. Wiles is a man who brings cheer combined with hard work to the New Life community. His life is one of inspiration to all international students, by leaving a legacy of quality wherever he goes. He will be missed, I know wherever his odyssey leads next will be enriched.” Next, Øystein LaBianca (Social & Behavioral Sciences) and Rhonda Root (Architecture & Interior Design) received the 40 Years of Service award. Ms. Jeannie Wolfer (Teaching, Learning & Curriculum) received the 45 Years of Service award. A reading of “What Do You Do With a Problem?” by Donald Bedney (Development) followed.

A performance of “How Do You Solve a Problem Like Corona?” by Charles Reid (Music) and Julie Reid came next. The song featured creative lyrics sung to the tune of “How Do You Solve a Problem Like Maria?” by Richard Rodgers and Oscar Hammerstein. Following the musical piece, the Siegfried H. Horn Excellence in Research & Creative Scholarship award was presented to Dr. Anneris Coria-Navia (Teaching, Learning & Curriculum) and Chi Yong Yun (Music). The Daniel A. Augsburg Excellence in Teaching award was given to Vanessa Corredera (English) and Cedric Vine (New Testament). One student, Abigail Lee (freshman, sociology) said, “Dr. Corredera is the kind of professor that you’ll remember for the rest of your life. Although I have only taken one class with her so far, I eagerly anticipate the many more that I will hopefully get to take with her. From Honors to English, Dr. Corredera shares a passion and drive towards discussion that is contagious for students.” Then, Myrna Araujo-Constantine (Music) read a selection from “What Do You Do With an Idea?”

After the reading, Andrew Fisher (Staff, Citadel Community School of Music)

performed the musical piece “I’ve Got a Great Idea,” by Harry Connick Jr., with modified lyrics. Daniel Hamstra (Information Technology Services) was then presented the J.N. Andrews Service award. Dr. Janine Lim (Education & International Services), Benjamin Panigot (Campus Safety), and A’Lisa Sorensen (Lamson Hall) received the Excellence in Service award. A student dean, Autumn Bange (senior, mathematics education) commented, “I have had the pleasure of working for Dean Sorensen for almost three years. Something I really appreciate is how much Dean Sorensen cares for each of the residents and student workers. I admire her leadership in the dorm and value everything she has done before and during COVID-19 to make sure things run smoothly. ” Mr. Leon made some closing remarks, and Artur Stele (Chair, Andrews University Board of Trustees) gave a closing prayer.

The award recipients can be seen at <https://www.andrews.edu/services/hr/employeeawards/>. Make sure to congratulate all who received an award and show appreciation to all Andrews University employees.

NEWS

New Life Hosts Black Like Me: Growing Up Black

Caralynn Chan **03.03.2021**

On Saturday, Feb. 27, New Life hosted the Black Like Me: Growing Up Black comedy story slam in the Newbold Auditorium. Individuals practiced social distancing. The hosts of this event were Prince Asante (senior, medical lab sciences) and John-Michael Stovall (senior, theology, mathematics). This event was for black individuals to share stories about their culture with others and laugh and learn. On the screen, slides introduced the speakers with information such as their major and an interesting fact.

Many of the shared stories had practical applications. These include ‘do not share your toothbrush,’ ‘don’t do something grandmother would not approve of’ and ‘don’t get into a car with someone who does not understand your parents’ rules.’ Many of these speakers engaged with the audience, asking them how they

were doing or having them repeat the phrase “growing up black.”

Besides stories, there were numerous other amusing activities. During the break, the hosts presented an entertaining Kahoot game for all the attendees to play. There were questions such as "if you go to a buffet with your mother, how old do you tell them you are" and “true or false, are doors allowed to be slammed?" The questions discussed some of the cultural and societal norms that many black people adhered to. Audience members discussed the answers during the answer period. There was also a double-dutch competition and a hula-hoop competition where the hosts selected people from the audience to a friendly competition in those activities. The audience cheered on the selected participants.

Jonathan Woolford-Hunt (sophomore, sociology) was a participant in the hula-hoop competition. He commented on the competition, as well as his favorite story. “The hula-hoop competition was a great way to interact with the audience, and it was a clever social distance activity. I enjoyed the last story from Chap D (Chaplain Danielle Pilgram) because I have a Caribbean family, and I could relate to the experiences of discipline.”

Dehkontee Reeves (freshman, pre-physical therapy) was another attendee of the comedy story slam. She enjoyed the close-knit atmosphere which the story slam provided. “I enjoyed that people could relate to the stories, and the comments such as “yeah me too” uttered from the audience solidified that. This event had the audience feeling very nostalgic and cheerful, and there was an overall great mood.”

Mr. Stovall was one of the hosts of the events. He shared, “The experience was amazing and I was happy that they allowed me to be a part of it. The team is full of love, energy, and great ideas. I felt like I was not putting on a performance, but hanging out with my brothers and sisters.”

At the end of the event, the hosts thanked Chaplain Pilgrim, New Life, the technical team, and members of the Black Student Christian Fellowship (BSCF) for organizing the event. To end off this celebration of black culture, there was a joyous 15 minute dance party where everyone could dance to upbeat music.

NEWS

Texas Winter Storm Impacts Families of Students at Andrews

Taylor Uphus 03.03.2021

On Feb. 12, a light, freezing drizzle began to fall on various counties throughout the state of Texas. As the week progressed that drizzle would turn into one of the coldest and snowiest weeks in Texas in decades. Texas governor Greg Abbot issued a disaster declaration in all 254 counties after roads became unsafe and temperatures continued to drop. By Feb. 15, the state's average temperature was only 11.8 degrees and much colder in certain counties. This left many families and towns unprepared to handle this rare cold front. Some Andrews students have family in Texas who were subjected to these harsh conditions.

As temperatures dropped, Texas's power plants were unprepared, leading to power outages and loss of heat for many homes and businesses. Natural gas pipelines froze, preventing the transport of gas, leading to shortages at power plants needing the gas to produce electricity. Ultimately, this left four million Texans without power during that week. People were not only left without power and ways to heat their homes, but also dealt with frozen and burst pipes, flooding, and food shortages. Frozen and burst pipes left many families without water for drinking, bathing, and the ability to use toilets. In total, over 14 million people lacked access to clean water. To prevent the consumption of contaminated water, the CDC advocated for individuals to boil their water. Additionally, the icy and snow covered roads made it difficult for shipments to reach their destinations, leaving many stores empty and food scarce.

Throughout the week families had to find creative ways to stay warm and cover their basic needs. The families of several Andrews students were impacted during this difficult week. Grecia Castillo (junior, spanish, psychology) said that some of her relatives endured the freezing temperatures without electricity. Ms. Castillo explained, "My family had never experienced below zero weather before, and we were definitely not prepared as a state. Some of the ways they dealt with the snow storm was through lots of cuddling and sleeping together with lots of layers, cooking on backpacking stoves, and using an old backup generator. They were without electricity and running water for 43 hours."

Another Andrews student, Elizabeth Cisneros (junior, speech language pathology), also shared her family's experience. Ms. Cisneros stated, "It is a blessing to say that my family made it through without any pipe or heater issues, but that was not the same for many people including some of my relatives and family friends. Some of them had pipes burst and water leaking throughout their home causing a lot of chaos and many things that will need repaired. On top of that they went days without electricity just having to do their best to stay warm and healthy."

Jose Silva (sophomore, graphic design) from Houston, Texas, said that his family was able to share generators with those in need. He explained, "My parent's power was cut off for about a day and a half, and my grandparents who live outside the city went without power for over 3 days. Fortunately, my dad has power generators that provided enough power for their basic needs. Our next door neighbors had a baby, so my dad shared generators with them as well."

As Texas's power grid begins to get back online and temperatures continue to rise, people in the state of Texas are still facing difficulties in recovering from this storm. Many suggest that this snow storm could be one of the costliest disasters in state history, reaching over \$125 billion in damage. As a result, U.S. president Joe Biden visited Houston on Feb. 26, where he met with state officials, surveyed the damage, and made plans for the state's recovery. Currently, local food banks and organizations continue to provide relief for the people of Texas. President Biden stated that he is, "Ready to mobilize other federal agencies to bring additional support to the people of Texas and ensure that any critical needs are met." While the road to recovery may be long, the goodwill that businesses and individuals are showing one another during this hard time reveals the power of human resiliency and community in order to overcome challenging times.

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NEWS

The Red Cross Blood Drive Reveals Growing Shortage in Donor Participation

Amanda Cho 03.03.2021

It's time to roll up your sleeves and give back to the community. The Red Cross, working with the Center for Faith Engagement, held a blood drive on Wednesday, Feb. 24, at the Pioneer Memorial Church Commons. Students were able to sign up for the blood drive either to donate or volunteer using the UFaith app. All 70 of the available donation slots were filled.

Blood donations from volunteers is a necessity to keep hospitals running smoothly. However, due to the pandemic, there has been a shortage of donations as many donors don't feel safe donating. In response, the Red Cross has taken

many precautions and developed a new system to ensure the safety of their donors as well as their staff during these uncertain times. Some of these precautions include sanitizing between each donor, having appropriate social distancing, and separating tasks to prevent cross-contact.

Kristin Ferrer (senior, biology, public health) commented, “The blood drive made donating blood as easy and comfortable as possible! Checking in and the actual blood donation was really efficient and I felt safe the whole time thanks to the warm and friendly staff.”

Teachers and staff provided incentives such as extra credit to students who were willing to donate and volunteer. While donation is essential, volunteers also play a role during registration to allow nurses to attend to more donors. Many students felt the need to donate after witnessing first hand just how precious these donations are.

Jonathan Castiglioni (sophomore, biology) said, “During the last two months of last year, I was working at a local hospital in the ICU and TCU units, and you can see a drastic need for blood especially during this pandemic. Every unit is so precious and this is what inspires me to keep on donating.”

Although there was a good turnout at the blood drive, we still need to do as much as we can as a community. This can include clubs hosting their own blood drives to encourage more students on campus to donate, or even going off campus to participate in other local blood drive events. Regardless of how you choose to serve, there is an ongoing need in our community that we have the opportunity to alleviate.

Teela Ruehle (director of Student Missions & Service Projects for the Center for Faith Engagement) shared, “We could only have 70 people donate for the whole day, so if another club wanted to host the event, we would be happy to help them do it on campus.”

Information regarding the next blood drive and any other service projects such as the currently running Route 2 Raise can be found on the UFaith App. If you or your club are interested in hosting a blood drive or any other service project, you can stop by the Center for Faith Engagement in the Campus Center from 9 a.m. to 5 p.m. or email them at engagefaith@andrews.edu.

Pulse

PULSE

Favorite Meals: Café Edition

Interviewed by Alec Bofetiado 03.03.2021

The Terrace Café is the centerpoint of food in Andrews University. Students at varying times come in every day to have their daily meals. The Terrace Café serves a variety of ethnic foods, from samosas to flautas, an underlying reference to the University's cultural diversity. Here are some favorites of AU students:

Jan Pagunsan (senior, medical lab sciences): Pea and Potato Samosas

Justin Johnson (senior, medical lab sciences): Italian Crispy Tofu with Spicy Red Pepper Sauce

Bernadette Flores (graduate, speech language pathology and audiology): Peas and Potatoes Samosas

Ben Thompson (junior, aviation mechanics): Grilled Cheese

Landon Brown (senior, biology): Sam's Chicken

Sandrine Adap (freshmen, computer science): Sam's Chicken

Trystan Gammon (senior, nursing): Sam's Chicken

Nels Wangsness (junior, biochemistry): Chickpea Curry

Brent Laporre (junior, medical lab sciences): Parmesan Eggplant

Hope Malabrigo (junior, social work): Flautas

Karen Garcia (junior, pre-physical therapy): Lettuce Wraps with Peanut Sauce

Owen Pagunsan (junior, general studies): Sweet and Sour Crispy Tofu

Janee Mitchell (junior, biology): Sam's Chicken

Julianne Magakat (junior, medical lab sciences): Alfredo and Marinara Pasta

The Wellness Column: Decluttering your Room and Mind

HeeYun Oh 03.03.2021

A Youtuber uploads her special vlog sharing how she spends her morning time. While other people are sleeping, she wakes up at 4:30 am, to work out. After the workout, she takes a shower and reads the newspaper. Occasionally, she summarizes interesting articles in her journal. Some other vloggers study foreign languages for two to three hours or read a book with a cup of coffee or tea. This has been done by many young people around the world: miracle morning. There are more than 400K posts on social media with the hashtag #miraclemorning. The term came from a book written by Hal Elrod called *The Miracle Morning* in 2016. “Miracle morning” is a self-improvement habit that one can engage by starting the day in early morning by doing some activity such as reading, studying, or exercising. It has become one of the fastest-growing and most engaging online communities.

The way an individual does their miracle morning can be different from another. People start introducing a “routine” to their morning, by choosing certain activities. These days, many college students and other working young people cannot find their own free time for self-improvement due to the number of daily tasks they have. Miracle morning allows them to have their own free time in the early morning before they go to school or work to develop themselves by doing things that they want to do. Also, they can be continuously motivated to stick to their new morning routine by connecting with the online miracle morning community from all over the world. Elrod, on his [website](#), comments that “together, by waking up every day and dedicating time to elevating our own individual consciousness, we can elevate the collective consciousness of humanity and make the world a better place.” He recommends to create one’s own routine based on the SAVERS method which stands for:

Silence that allows us to orient ourselves.

Affirmations that form the beliefs that improve self-esteem as we repeat with the intention of changing our way of thinking, which will eventually sink into our

subconscious.

Visualization that directs our focus and generates images of our future that motivate us to grow.

Exercise that improves our physical and mental health.

Reading, which becomes one of the healthiest habits for our mind. Reading inspires us and helps us to nurture a positive attitude.

Scribing that helps us to evaluate our progress.

One of the biggest effects of miracle morning that participants pointed out was increase in self-esteem and self-trust. The feelings of accomplishment are the factors that keep people motivated. A professor at the University of California as well as a Youtuber, Sunny Jeon shares her review on miracle morning challenge after her three years of miracle morning: “By repeatedly doing things that seemed impossible to do in the early morning, you can trust yourself. With that self-trust, I think we can try a lot more things, given any circumstance, and grow in resilience.”

There is no doubt that these practices will improve our lives by increasing productivity and well-being. In reality, it might be a stressful challenge to fill up the morning time with new habits, especially during this pandemic. However, the important thing to keep in mind is that as we try and persevere, we can enhance our lives by creating positive inertia for the rest of the day.

PULSE

The Wellness Column: Decluttering Your Room and Mind

Jessica Rim 03.03.2021

At any particularly hectic point in the semester, some people may find themselves opening their door to a room that reflects their frazzled mental state. Upon stepping over some opened cardboard boxes, a hidden textbook may trip them, leading to a flailing motion that knocks off water bottles and drops a binder full of loose paper. After this destructive chain reaction, shame washes over and realization hits: it is time to clean.

Most people seem to fit into one of two categories when it comes to organization and cleanliness. The first includes those who consistently keep things in order, making their personal spaces always presentable and refusing to let any bit of disorder disturb their pristine domain. The second category consists of people who thrive in chaos, particularly proud of their ability to stick their hand into any pile of objects, fumble around, and extract the target of their search. As someone who often has an assortment of papers and books strewn across my desk, I admit that I belong to the second group. Like many others, consistent disorder does not bother me, especially in the form of seemingly innocuous clutter.

However, being able to tolerate mess does not mean that it never causes stress at all. As any viewer of the Netflix series *Tidying Up with Marie Kondo* will realize, clutter can lead to loss of productivity and feelings of failure, leading to stress. This is important to note because stress is not only detrimental to the body through physiological changes such as increased blood pressure, but also an increased tendency to overeat, especially sugary and fatty foods. After realizing that being unorderly is a questionable lifestyle choice, the added stress may wear down the body and make it more difficult to resist crunching on the emergency stash of chocolate bars and cookies.

Besides reducing stress, organizing personal spaces can also lead to greater productivity. In between bursts of room cleaning sessions, too many books and papers that are irrelevant to the current task are on my desk. It does not help that I also tend to scribble down ideas on innumerable scrap pieces of paper, making it difficult to find them later. With so much visual stimuli competing for attention, it is easy to become distracted, despite knowing that not all of them are important. Once papers are placed in drawers, books are shelved and closed, and writing utensils are herded into a pencil case, there are distinct rectangles formed by my laptop, one relevant textbook, and a notebook for scrapwork to the side. With only a few things to look at to complete my work, I do not have to split my attention across multiple points in my visual field and can fully focus on the immediate task.

Furthermore, I have realized that doing a thorough reorganization of your room can provide an opportunity for reflection and relaxation. While tidying up my dorm room to clear floor and desk space, I listen to a podcast or audiobook that I normally cannot make time for. If I simply want to relax, I also sing, as cleaning does not take much thought and occupies the vision and hands. Or this may be a time to organize mentally as well. As a sort of meditation, I can think about the next course of action, reflect on how the day has gone, or organize my emotions to

clear the mind from noise caused by a frantic lifestyle. Because it feels as if I am being productive by either multitasking or clearly seeing progress while cleaning, this does not feel—and is not—a waste of time.

In order to keep your room or any space from reverting back into a chaotic state, the best way is probably to take short amounts of time to tidy things up at the end of the day. Taking a mere ten minutes to clear away any trash, place things back into their drawers, and make sure any article of clothing is tossed into the laundry bag or stored properly will be more than enough time. We can reduce stress that can inconspicuously accumulate by making small changes, maintaining an open, uncluttered room and state of mind.

Humans

HUMANS

AUSA Candidate Interviews

Interviewed by Abigail Lee 03.03.21



Photo by Public Domain

Taylor Biek

(senior, exercise science)

Desired Position: Social Vice President

What is your go-to Gazebo order or your favorite meal at the cafeteria?

I guess it really depends on my mood for the day, whether I'm feeling like something hot or something more fresh. I usually go for pizza (always cheese, olives, pineapple and onion) for hot food or a sub for something more fresh. I also really love the hummus and pretzel containers but I've been deprived of those lately.

What is your favorite thing to do for fun around Michigan?

I love going to the beach, but not so much right now because it's so cold. I also really enjoy just driving around or going up north to see the more mountainous side of Michigan. I recently went snowboarding for the first time so that could be a favorite thing soon enough, when I stop falling every five seconds.

What are the most pressing issues on the Andrews campus that you believe need to be changed?

I just think that the social interaction atmosphere is lacking, of course that's not our fault. Students are becoming more prone to depression and just overall stress because our campus has so many restrictions on gatherings, which is also not entirely controlled by the university. I think we need to find "outside of the box" ideas on how to engage our student body more so that we can inhibit more students from this issue.

Alyssa Henriquez

(senior, English and biochemistry)

Desired Position: Student Movement Editor

What is your go-to Gazebo order or your favorite meal at the cafeteria?

I usually get a Beyond Burger or a vegan quesadilla from the gazebo. I'm not vegan, but I happen to like that version better than the normal one. As for the cafeteria, my favorite meal is pretty much anything involving pasta.

What is your favorite thing to do for fun around Michigan?

I like going to Saint Joseph beach. When the weather was warm at the beginning of this semester, my favorite thing ever was to spend time outside in the evenings. I

love being outdoors when it's breezy at night, and the sunsets here are beautiful. Pre-COVID, another one of my favorite activities was just going out to get food with friends. Some of my favorite places to eat around here are Bowl of Pho and India Garden in Mishawaka.

What are the most pressing issues on the Andrews campus that you believe need to be changed?

During this time, I think our most pressing issue as a university is forming meaningful connections with one another. More than any sort of administrative or infrastructure-related issue on this campus, I think that our biggest challenge has been connecting as a campus during COVID-19. I hope to change this next year with meaningful events, up-to-date social media platforms for AUSA, and an engaging university paper that keeps everyone informed about campus life.

Karena Lee

(sophomore, business administration and English)

Desired Position: Senator-at-Large

What is your go-to Gazebo order or your favorite meal at the cafeteria?

A honey mustard turkey sub with provolone and veggies and a mango smoothie.

What is your favorite thing to do for fun around Michigan?

Grabbing a bite to eat with my friends.

What are the most pressing issues on the Andrews campus that you believe need to be changed?

I understand and support the university's effort in working towards acceptance and diversity. My goal is to continue to expedite those efforts and lift everyone's voices in regard to both the little things to the big things. I'm also interested in improving Lamson by looking into increasing the WiFi speed and remodeling the rooms themselves. Overall, I'd love to hear what you all have to say.

Abraham Bravo

(junior, political science)

Desired Position: Senator-at-Large

What is your go-to Gazebo order or your favorite meal at the cafeteria?

A breakfast burrito.

What is your favorite thing to do for fun around Michigan?

Sledding.

What are the most pressing issues on the Andrews campus that you believe need to be changed?

The lack of representation that students have to make a real change around the college. There are many individual problems occurring here on campus which students work together to fix, but it is not enough. Many students have major problems with building accessibility for the handicapped, problems with the café prices and food quality, problems with the overall WiFi, and just a lack of transparency that the college has had with handling the COVID-19 pandemic. These are the most pressing issues that I believe that need to be changed.

Torrey Joo

(freshman, psychology)

Desired Position: Executive Vice President

What is your go-to Gazebo order or your favorite meal at the cafeteria?

Breakfast burrito, no chipotle.

What is your favorite thing to do for fun around Michigan?

Being around friends. I specifically have a Korean small group that is always fun to be with and that has my back 24/7.

What are the most pressing issues on the Andrews campus that you believe need to be changed?

I don't like to think that Andrews has a lot of problems: current AUSA officers and senators have been doing a great job at that. But with COVID-19 and the limited opportunities it brings, I think the highest priority is to connect students with each other and give them the opportunities to enjoy themselves and all that Andrews has to offer.

T (Mathias) Willem Crombie Bruggemann

(sophomore, computer science, physics)

Desired Position: Executive Vice President

What is your go-to Gazebo order or your favorite meal at the cafeteria?

Breakfast: strawberry overnight oats. Lunch: mango smoothie, apple, clif bar.
Supper: haystacks.

What is your favorite thing to do for fun around Michigan?

Skating and snowboarding during winter; hiking and the beach during summer.
I'm looking forward to seeing some sporting events and things in Chicago and Notre Dame once COVID-19 is over.

What are the most pressing issues on the Andrews campus that you believe need to be changed?

I've spoken to a number of Andrews students for perspective and ideas. One issue I hear continually surfacing is focused on inclusion and interconnectedness, and this is an issue that has weighed on my own mind recently. Even after freshman year, it can be difficult to break out of a single social circle and make new connections. While our school already makes a prominent effort to keep students connected, there's always more that can be done, especially to counter the additional challenge of COVID-19 restrictions.

Andrews is pretty great, all things considered. That being said, there are always ways to make the student experience even better. Andrews can only benefit from an increase in school spirit and identity. No one wants their experience at Andrews to feel flat. We all want Andrews to be a place we enjoy living and working, a school we're proud to attend, a community united. Currently, we're united by a shared faith, and that's amazing, but we should also be connected by shared memories and loyalties.

As Executive Vice President, I would look forward to working with the AUSA Executive team and the Senate to initiate creative opportunities for students to get even more connected and involved, social activities that will increase our shared communal bonds to each other and our school.

Andrew Rappette

(junior, computer science)

Desired Position: Executive Vice President

What is your go-to Gazebo order or your favorite meal at the cafeteria?

Flatbread pizza.

What is your favorite thing to do for fun around Michigan?

I love going to Silver Beach.

What are the most pressing issues on the Andrews campus that you believe need to be changed?

AUSA needs to be more accountable to the student body. Students should be able to see where their money is going and how it's being spent. AUSA should also be doing a better job at voicing the student body's needs and wants to the administration.

Dongchan Kim
(senior, religion)

Desired Position: President

What is your go-to Gazebo order or your favorite meal at the cafeteria?

Breakfast burrito.

What is your favorite thing to do for fun around Michigan?

Going to the beach and enjoying the nice weather, playing soccer or basketball, and playing musical instruments.

What are the most pressing issues on the Andrews campus that you believe need to be changed?

I believe current and past AUSA teams have been doing a great job of listening and being the voice of the student body. However, since there can always be improvement, I believe reflecting more on the student body's ideas and being the voice of the students can be enhanced. By making this change, I am confident that Andrews University will become even a better school, that educates students to be World Changers, and continues to offer a lot of meaningful and enjoyable experience to not only students but also faculty and community members.

HUMANS

Freshman Spotlight: Rekha Isaac

(freshman, biology)

Interviewed by Celeste Richardson [03.03.2021](#)



Photo by Rekha Isaac

How did you choose your major?

I've always enjoyed the sciences and became really interested in biology and chemistry in high school. The human body and how it functions have always been an interest of mine, so I've also wanted to be a doctor, and I believe that a biology major would be a perfect major for me. I love the biology classes here so far. The teachers go in-depth into the topics and you get to see how the topics in previous chapters connect to others. I like how biology keeps building upon itself and how you have to apply concepts you've already learned about to the current chapter you're learning.

How has it been starting college in the midst of a pandemic?

It's definitely been a different college experience than what I had expected. I've heard of all the activities that were usually planned for college freshmen, but there haven't really been that many activities. I really liked the mentor groups at the beginning of the school year and I thought that was a really cool idea in order to let other freshmen meet each other. The classes so far have been really nice and the

teachers are really interactive and explain the material of the class really well. The teachers and the courses I'm taking this year have really furthered my interest in biology and medicine, so that has definitely been a positive experience for me in college.

How have you enjoyed your experience in the honors program so far? What have been some of your favorite aspects?

The honors program introductory class, Western Heritage, is not like any other course I've taken. I like the fact that the teachers connect common themes over three different subjects (history, religion, and fine arts). It's interesting to learn how specific philosophies have impacted the west, and how the ideologies of the west are represented in art. My favorite aspect of the class would be the theology/philosophy section. As an Adventist, it's really interesting comparing my beliefs to the other beliefs of the world.

What are some of your hobbies?

I really enjoy art, music, and sports. I enjoy painting and playing the flute, and I love soccer and badminton as well. I've been on soccer and badminton teams at high school and really enjoyed playing other teams. I've heard of the teams at Andrews and plan to join them in the coming years.

What are some of your favorite things to do for fun around Michigan?

Due to COVID-19 I haven't really been around Michigan that much since I'm not from here. However, Saint Joseph beach is really nice and I enjoy going there.

What have been the most challenging parts of this year so far?

I would say having a lot of things online is sometimes challenging because sometimes the internet doesn't work and everyone is using it at the same time. One way I've managed the stress of many things being online is to give myself time before the class to make sure everything is working and prepared before I join the class to make sure everything runs smoothly. Making sure everything is prepared and the WiFi is working, and just little things like that, ease the stress that comes along with online classes.

What are you most looking forward to over the next upcoming years of college?

I'm looking forward to meeting new people, taking more interesting classes, and seeing what new opportunities there are.

HUMANS

Trusting the Science

Dr. Andrea Luxton President of Andrews University

Interviewed by Pearl Parker 03.03.2021

When you initially heard the COVID vaccine was available to you, what were your first thoughts? What are your current feelings now, seeing that you've had the first dose?

"Ah, good! Let's get on with it!"

I'm pleased that I've had the first dose, but it's a little frustrating that you have to have two doses and you're not really covered 'till two weeks after your second dose. So it's really until six weeks before you're fully covered, but I'm pleased that I've started on this process and feeling very good about it. It opens up things a little bit more; I feel less restricted and feel that I can do my job a little bit better and get out there more safely without fear of infecting others.

How long was your wait time in order to get the vaccine?

I hit the priority group theoretically in January, but then there were individuals such as health care workers and those over 75 years who came before. But I was on about three or four waitlists from early January. Eventually, I got sent a link to this particular clinic and was able to sign up. Once I got signed up with this clinic, it was only a matter of two days.

Many individuals are wary about getting the second dose due to potentially having more severe symptoms. How do you feel about getting the second shot?

I'm cool with that; the risks attached to the vaccination are so much lower than the risk of actually getting COVID and the impacts of potentially passing it on to others. I've had a lot of vaccinations over the years as well, so the first dose was not a problem for me. Also, you know that when you have a reaction that probably signals that if you've had it yourself; you could have been pretty ill. So I'm not worried about the second one.

If you could give a word of encouragement to the Andrews community during this time, what would it be? Many say “trust the science.”

Yes, I would agree to that. I think we do have to trust science. If the opportunity opens up, seriously consider going in to get the vaccine because my feeling is that it’s the only way we are going to be able to get past this and in a shorter rather than longer term. This is all about the community, not just about your own personal health; it’s about being able to move on from where we are now and bring back the quality of life to people.

Arts & Entertainment

ARTS & ENTERTAINMENT

Creative Spotlight: Karla Torres

Interviewed by Megan Napod [03.03.2021](#)



Photo by Karla Torres

What inspired you to go into graphic design?

I really like creating and sharing my ideas and thoughts through art and design. I want to speak out about important issues that are happening in the world in a creative way. My dad also worked as a graphic designer in college. Watching him work and his passion for it really inspired me to go into it! I don't regret my decision at all. The possibilities are endless with graphic design and I am excited to see where it will take me and the messages I'll have the opportunity to share.

What is some art that you enjoy?

I enjoy art by Latin artists that are full of passion and emotion and tell a story. I like illustrations that carry a lot of meaning behind them. Artists that I look up to are Mariangel Briceño and Susana Castro, two amazing Latin graphic designers.

Do you have a plan or vision of what you would like to do with graphic design?

I want to work as a graphic designer for the company Delish, working on web design and food photography along with any graphic design things that come up.

What is some advice you'd give to students thinking about going into graphic design?

Don't be afraid of critique. Don't be afraid to ask your professors for help. They will help you develop amazing work.

What is a piece that you are proud of and why?

I created a piece that brought awareness to cardiovascular disease. It was a type of irony. It took a while to do but I am really proud of how it turned out.

ARTS & ENTERTAINMENT

Current Favorites: March

Megan Napod 03.03.2021



Photo by Public Domain

If you're looking for something new to check out or try, you've come to the right place. We collected answers from a plethora of students on what they are currently loving, whether that is a hobby, show, song, book, you name it.

Chris Mata (junior, medical laboratory sciences): Hablot Brown - R&B artist

Nathalie Batres (junior, psychology): "Save Your Tears" by The Weeknd - song

Skye Anderson (senior, pre-physical therapy): calligraphy - hobby

Mahayla Toews (junior, speech-language pathology and audiology): *NCIS* - show

Dave Cosejo (sophomore, exercise science): NBA Live Mobile - app

Cassidy Lawson (sophomore, pre-physical therapy): painting - hobby

Felix Gillett (senior, general studies): *My Hero Academia* - manga

Karla Torres (freshman, graphic design): *El Último Tour del Mundo* - album by Bad Bunny

Kristin Ferrer (senior, biology & public health): *Moloka'i* by Alan Brennert - book

Cameron Mayer (senior, speech-language pathology and audiology): *Sherlock* - show

Precious Nant (sophomore, biology): playing the piano - hobby

Evin Musgrove (junior, psychology): TheStrive Studies - YouTube channel

Adoniah Simon (junior, social work): *The Wise Man's Fear* by Patrick Rothfuss - book

Kelli Coffen (sophomore, elementary education): *WandaVision* - show

My current favorite thing is GIVĒON, who is an R&B artist. His NPR Tiny Desk Concert is everything.

ARTS & ENTERTAINMENT

Signal Boost: Canvas

Hannah Cruse 03.03.2021



Photo by Public Domain

Short film is one of my favorite art forms. It takes the same spectacle and wonder of cinema and gives us a bite size version. Since there is a shorter time to tell a story, everything has a purpose and meaning. It gives me the same feeling that I get watching a full feature film. One that stands out to me is “Canvas”, a silent film recounting a story about overcoming the pain of loss and dealing with grief with help from family.

“Canvas” is about a grandfather with a passion for painting, but who stopped after his wife died. Everywhere he is reminded of his previous love for creating and even sees signs to paint, but stops himself. His granddaughter comes to visit him every day and he leaves her to draw pictures every time she is there. She tries to get him to draw with her, but he declines. One day, she finds the room where he keeps all his paintings, particularly the one of his late wife. He starts to get angry,

but stops as he sees his wife in the painting. He sees a vision of her embracing him and he decides it is time to take to the easel.

My favorite part is at the end where the grandfather realizes he wants to paint again and he sits at the easel outside once more, where he painted the love of his life, and hesitates. You can see the pain in his eyes as he debates once again whether he should keep going. His granddaughter and his daughter stand beside him in solidarity, and it is only then he takes the first stroke. It shows the strength of family and how it takes time to heal, but our passions will always be there—even if we lock them up, waiting for us when we are ready to come back.

Just because this part of us is waiting for our return does not mean that it won't take time to relearn the fine aspects. Just as the grandfather is relearning his love of painting, he is relearning the support and love of family after distancing himself from them. Grief is a process, but it's not one that a person needs to take alone all the time. When you restart a hobby, you can be clumsy and make mistakes, but that should not stop you doing what you love. As grief is a process, renewal is also, but the end result is worth the struggle.

This beauty is available on Netflix with a bounty of other short films. So when you have some spare time on your hands, such as eight minutes, it's the perfect time to relax and enter the world of *Canvas*.

Ideas

IDEAS

A Woman and Her God

Evin N. Musgrove [03.03.2021](#)

A woman and her God. What does this connection look like? As a newly committed believer at seventeen years old, I thought this meant making sure I was doing everything right, behaving as if God were peering over my shoulder, judging my every move. Now, as a twenty-year-old young woman who has since matured in her understanding of God, this means so much more. It means releasing the guilt of not spending forty-five minutes with Him at the start of a day, and instead, inviting God into my psychology studies with a simple, “Wow God, you’re so cool”

as I learn about the complexities of the brain. It means acknowledging feelings of angst, jealousy, or self-doubt and getting to the root of those issues, together with Him. It means smiling and thanking Him for the uncomfortable, but necessary conversations had with close friends. With the Holy Spirit's help, I am learning to approach my relationship with Christ from a place of authenticity rather than routine. How I relate to God on a Tuesday may look completely different from how I relate to Him on a Friday, and that's the beauty of developing intimacy with Christ. God identifying Himself as, "I Am," means He is ready and willing to be exactly what I need Him to be, whenever I need Him to be.

I posed this question to a few other Christian women I've been blessed to meet: "In your own life, what does it look like to be a woman connected to her God?"

"To be a woman is great, but to be a woman with a great God is greater. Even before identifying as a woman, a sister, etc., I identify myself as a child of the One true living God. Without Him, I get lost in the thoughts of vanity and false beauty standards. Without Him, I get lost in words that men who only want to use my body say to me. Without Him, I get lost. But with God, I am able to know my worth; know how to live in a way that represents Jesus to the fullest. I am able to be a woman of valor. Instead of being lost, I am found in His love. I am led toward true inner beauty and love that is unfailing. To be a woman is great. But to be a woman of God is greater."

Sarah Nathalié, 21, Singer-Songwriter and Producer

"I feel most connected to God when I take the time to include Him in the little things of my life and truly share what's on my heart and mind. I've found that it can be so easy for me to just start my day alone and neglect to talk with God which ends up sidelining Him in a way. But on the other hand, I find that when I invite God into even the little things, I begin to see His grace and mercy and beauty in the things and people around me."

Kelli Coffen (sophomore, elementary education)

"For as long as I can remember, God has been my source of strength. Although this understanding has been widely perpetuated by society, there is no better way for me to express what God means to me. There are many silent battles and trials that I face within my life; however, my Cornerstone keeps me grounded in all things. Like many relationships, I feel distant when I don't make an active effort to reach out to Him. In spite of my downfalls, God is consistently there. God is my strength."

Zora Williams (senior, nursing)

"A woman truly connected to God is reflective of Him. Every facet of her life becomes saturated with God's character and overflowing with His love. She is curious about life, passionate about serving others, and contemplative of her place in the world. When a woman centers her life around God, then you will clearly see His goodness spilling into her work, her words, her interactions. I'm not that woman yet, but I want to be. And every day God leads me closer to her."

Emerald Norman (class of 2020, behavioral science)

In reading the testimonies of my fellow sisters in Christ, what amazes me most is God's divine ability to connect with billions of souls across the globe, yet, one can feel as if she has God all to herself. God is not bound by any limits. Because of this, He can draw close to those He loves and those who love Him (Romans 8:39). As women in a fallen world, we often forget this perfect love extended to us. We are tempted to feel threatened by another woman's appearance, her accomplishments, or how loved she appears to be by others. We forget that being women connected to the same God is what unites us the most; that comparing ourselves to one another hurts God's heart more than we can understand. We forget that each of us is loved equally by God and are invited to enter into a unique, Father-daughter relationship with Him. If we want to remember, we must personalize our Creator. For daughters of Christ, He is not just God 'the' Father, but God her Father, her Protector, her Strength, her Compassionate Friend. What makes the bond between a woman and her God so special, is simply that. He belongs to her.

IDEAS

COVID-19 Updates: The Variants, the Vaccines, and Other News

Sung Been Han 03.03.2021

Nearly a year since the COVID-19 outbreak, life has become an arduous journey of anxious waiting. At this point in the pandemic, it seems as if we endured the peak and are slowly making progress towards normality as active cases of COVID-19 have been steadily decreasing (NBC, 2021). Does this downward trend of cases foreshadow an end to what has seemed like a never-ending pandemic?

The hurdles still stand, however, as COVID-19 continues to be the leading

cause of death in the US in 2021. In addition, new variants of the COVID virus are emerging, suggesting potentially new threats. Meanwhile, the challenge to vaccinate the population still remains. We aren't out of the woods yet. So the question remains: how much longer till things entirely go back to what it was? To answer this question, we must look at the current problems that are holding us back.

The main focus at the moment is on vaccines. Vaccines are the one hope we have in returning to our normal lives. In the past couple of months, great strides have been made in bringing COVID vaccines to the public with about 1.4 million American people being vaccinated every day. Companies such as Pfizer and Moderna have come out with their own take on the COVID-19 vaccines. As they proved to be successful, they have been expanding their supply greatly. According to experts (New York Times 2021), our lives could go back to normal by Fall if vaccines are delivered quickly and effectively.

It all sounds very promising thus far. We finally have the solution to our year-old problem. Now we just have to get everyone to take it. Turns out, this process is more difficult than expected. There are a number of variables that make giving vaccines such a complex and painstaking process. One of which has to do with the public's attitude towards vaccines. Here are three responses from students about what they think about the vaccine, and whether or not they would get it. Albert Ahn (sophomore, biology), said "I think it's necessary for our safety and the safety of our society, so I would be willing to get the vaccine when it becomes available." Sion Jhan (senior, behavioral science) expressed some hesitancy: "I'm not completely against it, but I do think it can be a little risky because it hasn't been around for too long. It sounds great but I'm a bit scared about what might happen. For now, I want to see what happens before I get it." Sangyeop Han (senior, business) gave his response: "I'm sure the vaccine is safe to an extent but it also seems as if the vaccine is a bit rushed so I want to wait a bit before getting it."

To address the concerns mentioned, it is worth mentioning that nearly a year of vigorous research has been conducted internationally to produce these vaccines. Although the vaccines may have mild side effects, they have been well tested to ensure the safety of the recipients.

Since 2019, hesitancy to get vaccinated has been steadily increasing (New York Times, 2021). Whether it's concerns about the side effects or poor health care coverage, not everyone is actively looking to get vaccinated. There are even citizens who are not concerned about COVID-19 in their area, and thus are indifferent about getting vaccinated.

To effectively combat this issue around vaccination two things need to be prioritized. One, the urgency of getting vaccinated needs to be strongly emphasized by health officials. Too many have died due to COVID, and if we don't take the necessary precautions, more loved ones will be lost unnecessarily. Two, vaccines need to become more easily accessible, especially to those in low-income communities. Many families are unable to get vaccinated because they have limited access to healthcare as they may not have the public transportation needed or internet access to make appointments online. To target this issue, vaccination campaigns need to be diligent in reaching out to such communities to ensure that this group of the population is vaccinated.

If things go smoothly, maybe by summer, we'll be able to enjoy a beach day with our friends without being socially distant. If they don't, maybe we'll have to settle with facemasks for another year. At the end of the day, only God knows what our future holds. Instead of worrying too much about the future, what we can and should do is continue to follow the regulations that by this time are well accustomed to and finally, trust God, knowing that He will take care of everything.

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IDEAS

Parler, QAnon, and the Freedom of Speech: What Should be Done?

Abigail Lee 03.03.2021

On January 6, 2021, the United States Capitol was stormed, shocking people across the nation as seemingly everyone collectively scrambled to explain what we had witnessed. Some said that this was only a flash in a wider, more sinister problem, while others argued that the events of that day did not define the true character of America. Ultimately, even with disagreements on what this event meant in the legacy of this country, most everyone could agree that this was done by a movement who wanted to be heard. For this growing group behind the attack, the raiding of the Capitol was only a single moment in a campaign to take down an elite of [“Satan-worshipping pedophiles”](#) and to protect the country with the guidance of then-president Donald Trump. Those inspired by this narrative of falsehoods had originally found a movement and a community online. From there it only took some time before the execution of “The Storm.”

QAnon is a far right conspiracy theory which was started in 2016. It shares its origins from theories like [Pizzagate](#) and has since evolved into wider theories that involve a group of sinister corrupt elites, [including many democrat politicians and celebrities](#), and Mr. Trump, who supposedly was put into office to fight against it. Sites like Parler and Gab are breeding sites for the ideas similar to and supportive of QAnon. Marketed as new and elevated forms of social networking sites, they act as foils to applications like Instagram or Twitter which are [viewed as holding a bias against right and conservative ideas](#). Despite these perceptions having been disproven as incorrect by the [Institute for Strategic Dialogue](#) and [NYU Stern’s Center for Business and Human Rights](#), the sentiment remains ever-strong. With the permanent suspension of Donald Trump from Twitter, the reasoning to migrate to alternative sites only increases. It only takes a single perusal of Gab’s front page to find hateful content and a few simple clicks to find the featured QAnon group along with many others ranging from “Cooking” to “Joe Biden Is Not My President.”

Ultimately, the argument for the continuation of sites like Parler and Gab lies in the ever-present debate of how we are able to balance freedom with safety. The

First Amendment is often cited as a catch-all in conversations on deplatforming and censorship, but with its simplification, it can often be forgotten that not all speech is made equal. Supreme Court cases like *Schenck v. United States* which established the “[Clear and Present Danger Test](#)” and [Roth v. United States](#) which ruled that obscenity was not constitutionally protected. In a [Letter from Apple to Parler](#), Apple cited the social networking site’s removal from the App Store being due to, “[the] continued... direct threats of violence and calls to incite lawless action in violation of Guideline 1.1- Safety -Objectionable Content” reflecting a view that is reminiscent to that of constitutionally unprotected speech.

Even as problematic as these new social networks have shown themselves to be, it must be remembered that freedom of speech is incredibly valuable and does not just impact a single political ideology. Over the summer of 2020, protests in favor of the Black Lives Matter utilized the freedom to assemble just as much as those at the storming of the Capitol. Establishing a precedent impacts more than just the intended target, and we have to consider that the solution for solving violence of this variety is not and will not be easy.

In the country founded by protest and rebellion, it is unlikely that this debate will ever truly end. The internet landscape is constantly changing and growing just like the wants of the people. As movements rise, so too do their reactionary counterparts and innovations to share those ideologies. After all, even if the likes of Parler and Gab or the ideas of QAnon die out, we cannot predict what will take their place.

The Last Word

THE LAST WORD

Taking Stock

Masy Domicillo [03.03.21](#)

The stock market used to be an elusive behemoth; a decade ago, buying and selling stocks was considered to be a pursuit limited to those with a great deal of disposable income who could afford a financial advisor. There were certainly entry barriers to younger individuals, which was primarily composed of having the

capital to actually purchase shares, as well as the knowledge to turn a profit. Without a solid background in the stock market, the ordeal might seem highly akin to gambling.

Nonetheless, development of apps such as Robinhood have allowed the general public to make forays into the world of stocks at little risk and little expense. Drawn by incentives such as the offer of free shares, many university-aged students have begun to explore their ability to acquire and sell stocks within an affordable range. I began a Robinhood account a couple years ago, and I remember being thrilled to discover the variety of penny stocks on the site. In addition, Robinhood has also introduced the ability to buy fractional shares on the app, which expands the user's ability to procure highly-desired stocks at a price that is manageable.

Robinhood has frequently been on my mind lately due to the volatility of the stock market. It appears that the app vaulted into public consciousness after the massive rise in Gamestop stock. While each share used to be priced around twenty dollars, on January 28, the price rose to an all-time high of \$483.00. Currently, each share is at around \$115.72, which is a massive departure from the initial stock price, but for investors, devastating in comparison to the peak share price. Robinhood, due to the massive volatility, had actually prevented users from buying and selling shares, a decision met with much public fury due to the appearance of gate-keeping the public from taking advantage of the bubble.

Even more fascinating with Gamestop's meteoric rise is its origin. Users on Reddit essentially increased demand shares through widespread buying, which raised share prices. This created an issue with financial institutions that held short stocks, which are stocks that are staked to go lower than their buying price. If the price falls, the financial institution turns a profit, but if it goes up, the financial institution has a massive issue. This phenomenon was remarkable, because it confirmed a rule of stocks: the general public can influence prices. What occurred with Gamestop was a singularity due to widespread, public cooperation, and has empowered the public to attempt the same with other penny stocks.

Reflecting on my own stocks, I am exceedingly averse to selling. This has paid off with several stocks, particularly, the free share I obtained when I signed up for Robinhood used to be priced in the single digits, and now is \$60 a share. Nonetheless, I had bought some shares of a cryptocurrency that has been catapulted into public consciousness and reached a high that I sincerely doubt will

occur again. I should have sold, I kept thinking, but I remained static. Maybe tomorrow will be better.

The game of stocks is not too different from our own lives. We choose what we invest in, whether that be money, time, or energy. I have come to realize that my strategy parallels my own choices on a day-to-day basis. I have invested my “capital” into areas such as academics, extra-curriculars, and work, and I have realized that I have become extremely averse to adding different activities. Although the aforementioned are certainly good things to invest in, the frequent feeling of burn-out is due to being cemented in a certain routine.

Diversifying one’s portfolio is a common catchphrase when investing, and I believe that it is extremely applicable within an individual’s personal life as well. Although the majority of a person’s time and energy can be portioned towards activities that are predicted to yield the highest reward (i.e. academia and work), it is important to invest in oneself in other ways as well. Physical and mental health are of utmost importance, and it is important to dedicate time to physiological well-being. In addition, cultivating hobbies that yield short-term rewards such as joy and relaxation are crucial to having healthy shares in all aspects of life.

Investing in stocks may be a risk to an individual’s wallet, but investing your time can only yield rewards. Perhaps if we took the same amount of interest with our time as we do our stock shares, our intrinsic growth portfolio would yield extraordinary growth.