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SNOWMAGEDDON POLAR VORTEX CLOSES AU FOR 3.5 DAYS

Andrews University
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“Little did students know on Monday afternoon, but classes would remain canceled for the next three days.”

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“Currently, the result of taking a ‘conservative’ position at an Agora is fairly simple; the individual will be booed, asked long, emotional, rhetorical questions, and will have 95% of the crowd cheering against his answers.”

P. 7

“A good roommate follows one basic rule. They are stricter with themselves than they want to be, and more relaxed towards their roommate than they want to be.”

P. 8

“Like the apostles of old, we feel called to boldly advocate for the organic Christianity that has been stifled by institutional bureaucracy and obsolete practices.”

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“One in four girls and one in six boys will be sexually abused before they are even 18 years of age.”

P. 14

“Change the world. It’s a lot of pressure to put on a bunch of kids whose idea of a ‘good meal’ is boxed macaroni and cheese cooked on the stove instead of in a microwave.”

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Snowmageddon

David Forner
On the morning of Monday, Jan. 28, the snow started falling. From their classrooms, Andrews University students stared out the windows, waiting for the moment when their phones would light up with the message that classes were officially canceled for the day. At 12:27 p.m., minutes after the first day of Week of Prayer ended, students received the long-awaited email and text that classes were canceled for the rest of the day.

“On Monday evening, as students went to bed, they weren’t sure whether or not classes would be canceled the following day,” Nellie Karengo (junior, English) said. “I was beyond happy when I saw the school cancellation email notification pop up on my phone,” Nellie Karengo (junior, English) said.

In about 24 hours, temperatures Michigan (and the Midwest) had seen in decades, if not longer. Little did students know on Monday afternoon, but classes would remain canceled for the next three days.

On Monday evening, as students went to bed, they weren’t sure whether or not classes would be canceled the following day.

Gonzalez said she even chose not to come to her classes on Monday, due to the snow.

“I do wish that Monday had been canceled much earlier, as the roads were quite awful and I had a class that I ended up skipping in the interest of my safety,” Gonzalez said. “But, ultimately, it was nice to feel safe. My husband and I made cookies and a snowman.”

As the snow days turned into “cold days,” some students started to become bored when one day of canceled classes began to melt into the next. One such student was Kurt Kuhlman (sophomore, political science).

“I enjoyed the cold weather and did not mind walking around campus while it was here,” Kuhlman said. “However, I do wish that we had not had so many snow days. I felt I missed too many classes and because the school was closed, I didn’t work all week.”

Other students, like Karengo, didn’t get the same amount of free time. According to Karengo, some of her teachers began to assign activities for completion online, stealing her chances for extended rest and relaxation, like a Netflix binge or two.

“I really thought I was going to be able to relax all week, but then they were canceled even if administration didn’t officially cancel them.”

“Not so long ago,” Matiko said, “snow days were considered to be free gifts from the universe. Now, however, it seems we’re expected to just switch over to ‘distance ed.’ I’m about as far as one can be from tech-savvy, but I found myself doing all sorts of work online, including lots of emails with students and colleagues, and even a 90-minute Honors thesis phone conversation.”

Dr. Beverly Matiko—who spent her days at home with her cat—was able, however, to claim some moments during the snow days for herself.

“My cat seemed to enjoy days and nights of human company,” she said. “I read a book of my own choosing too—lovely to spend uninterrupted time with Anne Lamott.”

Sarah Stelfox, Administrative Assistant for Explore Andrews, provided her optimistic perspective on the freezing weather, one that reimagines the cold weather as a personal challenge.

Stelfox said, “It turns out that a few days of mandatory house arrest provide a great incentive to exercise one’s agency and mobility, even if that just means going to the grocery store or getting an oil change. Suddenly the most mundane errands become an adventure.”
WOP Heats Up the Church

Richla Sabuia

Andrews University held its semestery Week of Prayer from Jan. 25 to Feb. 1, 2019 at PMC with the theme “Make Room.” Its guest speaker was Pastor Ndubuisi Nwade (BC NWade) who is an Andrews University alumnus and is currently the pastor of Bethel Seventh-day Adventist Church in Ohio. He is married and has one daughter.

On Monday, Nwade talked about how to make room for God. Pastor He said that in order for us make room for God, we should go out of our comfort zone despite it feeling inconvenient. We have to shift our life around to make room for God. We also have to prioritize God despite our business with school and other daily things. Pastor Nwade used the story of prophet Elisha found in 2 Kings 4, specifically verse 8, which says, “One day Elisha went to the town of Shunem. A wealthy woman lived there, and she urged him to come to her home for a meal. After that, whenever he passed that way, he would stop there for something to eat.” The woman in this story wanted to make Elisha always stop by her house as much as she could because she knew that he was a servant of God. Pastor BC said she prioritized God by wanting to make the servant of God feel at home in her house, and that’s how God wants us to welcome him and make room for him, according to Pastor NWade.

On Tuesday, not many students came because of the snow day but the Week of Prayer still continued. The speaker talked about how having a relationship with God is different from doing his work alone. In order for us to know his will for us, we need to know him. He used the story of Samuel from the Bible (Samuel 3). Samuel, like many of us, was doing God’s work in the temple but he did not know God because he thought it was Eli calling when he heard a voice that woke him up from his sleep. Instead it was actually God. He was calling Samuel because Samuel made his bed in the most holy place, in the presence of God. That was when God started talking to him. So we should also make our bed in God’s presence meaning dwell in God’s presence and pursue his presence. After doing that, the speaker said that we should incline our ears to God and be willing and ready to listen to him when he speaks.

On Wednesday, because of the weather being colder than Antarctica, Campus Ministries (CM) made a live stream for the Week of Prayer session that was held in the CM office. The speaker said that there are some divine appointments that are meant to be in your life. God wants to sit with you, talk with you and commune with you. There are things that he wants to shift in your life. He also said that we need to have the ability and desire to fight through the press, climbing through obstacles to get to the place where Jesus is already waiting for us.

On Thursday, the Week of Prayer resumed in PMC despite the snowy day. The speaker used the story of the demon possessed man found in Luke 8:26-39. He used that illustration to explain that many times in life we ask God to clean us, to free us from the sins that had been holding us back and God doesn’t just that. The catch is that many times when God cleanses us, we don’t fill up the spaces with him but we leave it empty, which attracts more sins into our lives. The speaker also used the illustration of the squatters. When a squatter leaves the house, after seeing it being renovated, he comes back again but this time with more squatters because it has been renewed. We need to be intentional in filling up the spaces in our heart with God.

Upcoming Events

- Sunday Music Series: “Fairy Tales and Nine-Pins”
  - HPAC
  - 4:00-6:00 p.m.

- Love Reality Tour
  - Meier Hall
  - 9:30-10:00 p.m. (All Week)

- Honors Agape Feast
  - 6:00-7:30 p.m.

- H.E.L.P. Kids learn to Succeed
  - 1:00 - 3:40 p.m.

- Science-Theology Dialogue about Creation
  - Seminary Chapel
  - 11:30 a.m.-12:30 p.m.

- The Light Bearers: Discipleship Journey
  - Campus Ministries Office
  - 7:00-7:45 p.m.

- Halfway to Fri-Yay
  - 7:00-9:00 p.m.

- AU Cardinals v. Grace Christian University
  - 5:30-6:45 p.m. and 7:30-8:30 p.m.
Watchmen Concert: Graduation Album Launch

**Tickets**
- Student/Seniors only - $6
- Student/Seniors + CD - $14
- General entrance only - $12
- General entrance + CD - $18
- General CD sale - $14

**Date:** February 9th, 2019
**Venue:** Andrews University, Howard Performing Arts Center (HPAC)
**Time:** 7:00 PM - 9:00 PM

Tickets are now available at: [https://howard.andrews.edu/events](https://howard.andrews.edu/events) for kids under the age of 12.

**Moriah McDonald**
**Kara Herrera**

This weekend on Feb. 9, the HPAC will receive a special guest—the gospel a capella group Watchmen will perform, featuring music from their new album, Graduation.

Devon McFarlane (senior, aviation and religion) and Abel Siamubi (junior, religious and psychology), members of Watchmen sat down and spoke to The Student Movement about the group and their new album.

First, both members were asked about how the group was formed and how each of them joined. “I remember it was last semester I joined the group. A group member was leaving, and they were searching for a new one, and asked me if I would like to join. So I took the offer, they auditioned me, and I was in,” says McFarlane, who joined the group seven months after Watchmen had formed.

Siamubi, in contrast, spoke about how the group formed originally. “Wow, that’s crazy” he says, “we come from way different places. Some from Jamaica, the islands, Zimbabwe and Zambia. We had one thing in common, though—we all wanted to sing. God designed it in such a way that He let us meet, and we talked about it and decided to sing.”

When it comes to practicing, both men say that practice consists of about six hours a week, three on Sunday and three on Friday. “Also 30 hours a week,” adds McFarlane, “for singing gigs and concerts.”

In addition, Watchmen is also known to have international students amongst their members. In fact, McFarlane and Siamubi are from Jamaica and Zambia respectively. Both members also talked about how the album came to be. “We went to sing in Maryland,” says Siamubi, “and as we were having a tour of the GC office, a man asked if we wanted to record an album. Then we got in touch with 3ABN, and we recorded our album there.”

“It was exciting,” McFarlane adds, “a very informative experience. We just met and started singing together, and then we ended up going to 3ABN. It was a getaway experience for the group. We’ve gone on many trips before, but this was a vacation of singing even though we had to sing in the studio for twelve hours to record the album.”

When asked how they balance their school life with practices and performances, McFarlane says, “I’m from Jamaica. There’s so much to do. It’s always been about time management, and I believe that activities are important for my development. I like to do multiple extra things so that I have to have more than one thing to balance in my schedule. It helps me mentally and physically.”

Siamubi explains how music is an integral part of his life. “It’s 2019 and the world keeps literally getting colder and even more cold are the hearts of the society. Watchmen is humbled by this authentic opportunity to deliver an urgent message of hope through the tracks in this album—Jesus is the only answer we have to offer.”

To conclude the interview, additional member Jephta Ndlou (senior, aviation and religion) signed off with this last word: “It’s 2019 and the world keeps literally getting colder and even more cold are the hearts of the society. Watchmen is humbled by this authentic opportunity to deliver an urgent message of hope through the tracks in this album—Jesus is the only answer we have to offer.”
Redefining Diversity: Initial Thoughts

Cecily Kaufmann | What is diversity at Andrews University? We are the number one campus in ethnic diversity, according to the U.S News Best Colleges rankings in 2018. On this campus we have the unique opportunity to engage and connect with people who come from many different backgrounds. So how do we take advantage of this wonderful opportunity of diversity? We start with appreciating the people around us. When we always spend time with people who look like us, who talk like us, and who walk like us, we could be missing out on wonderful connections. Who do you spend time with? Are any of them from a different background than you? A different ethnicity than you? By limiting ourselves to those who seem familiar externally, we may be missing the person who can understand us internally.

If you look at me, in this moment, you would see a young, white, auburn haired, green-eyed girl. What assumptions would you make? I guarantee, my background will surprise you. As an African student on campus, if you saw my father in this moment, you would see an average white doctor in his forties. He probably grew up in Michigan, and probably had his parents pay for college, and went on to lead a normal, average, American life. I urge you to take a second look. My father is a white Zulu, an African man. He grew up in South Africa, in the fierce tribe of the Zulus. If you yelled out “Sawubona! (Hello!)” my father would reply “Sawubona! Unjani? (Hello, are you well?)” My father is African, and that is not something you would guess by the color of his skin, or by the way he talks. This is not something you would know unless you took the time to speak with him. But be honest—would you really take the time?

So I ask you, students and staff of Andrews University: how are we going to internally define our diversity? By being surrounded by people of different cultures but never integrating with them? How would you like it if someone truly listened to who you were, instead of judging your exterior? The students here at Andrews University are unique, and not just by our varied ethnicity. Do not let U.S. News define our diversity as only ethnic; do not let them confine us into a box. There is more to us than just how we look.

College is about making connections that we wouldn’t be able to otherwise. Find that Asian girl who is a rock guitar player, the African man who dances ballet, the white woman who speaks Afrikaans. Perhaps you will meet my good friend, a black man who speaks Chinese. Take advantage of this special time in your life, to not only discover more about yourself, but more about others. Learn who people are on the inside. I challenge you to meet one new person who is not in your clique this semester. Befriend them. Look underneath the ethnic diversity, and strive to discover the hidden beauty. Begin to build a community that enables you to grow in ways you would never have realized. Together, we can all be world changers, but first we must change our own minds.

My father is a white Zulu, an African man. He grew up in South Africa, in the fierce tribe of the Zulus. If you yelled out ‘Sawubona!’ my father would reply ‘Sawubona! Unjani?’
The Reproductive Health Act

Cecily Kaufmann
On Jan. 17, 2019, the New York legislature passed the Reproductive Health Act.* With this new law, every woman has the ability to make the personal family planning decisions that are best for her and her family. Under previous law, a woman could legally get an abortion at any point up to 24 weeks of her pregnancy. After that time, abortion was prohibited except to save the mother’s life, but it remained illegal to remove an unviable fetus before it can come to term. “We’re saying that here in New York, women’s health matters,” said Senate Majority Leader Andrea Stewart-Cousins according to the Democrat & Chronicle Network. “We’re saying here in New York, women’s lives matter. We’re saying here in New York, women’s decisions matter.”

Under the Reproductive Health Act (RHA), if a mother’s fetus is not viable, then the procedure can be performed up to the end of her term. It also authorizes other licensed medical professionals to perform the medical procedure. According to Section 2599-BB of the RHA:

“A health care practitioner licensed, certified, or authorized under title eight of the education law, acting within his or her lawful scope of practice, may perform an abortion when, according to the practitioner’s reasonable and good faith professional judgment based on the facts of the patient’s case: the patient is within twenty-four weeks from the commencement of pregnancy, or there is an absence of fetal viability, or the abortion is necessary to protect the patient’s life or health.”

This gives both the patient and the medical community legal backing to pursue treatment options that were previously restricted by law against current medical expertise. This includes scenarios in which the baby will be stillborn, has too many underdeveloped or missing organs, or possesses fatal and degenerative genetic disorders. It gives the patient the option to cease carrying a fetus to term for which there exists no medical methods to rescue the fetus.

A legal protection has also been added to decriminalize mothers who become victims of home remedies or non-doctor administered abortions. Instead of jailing a mother for choosing this non-medical route, a provision was added to allow them to seek medical care from complications they experienced at home. This will allow the state to drastically reduce the amount of fatalities and injuries from self-administered abortions, overall affecting a positive change in the public health of the entire state of New York.

The Reproductive Health Act is expected to affect about one percent of all abortions, as the vast majority of abortions are done during the first trimester, well within the ruling of the previous law. Sadly, there is an unintended controversial side effect with this new act. In order to legislate these changes within current state law, abortion will no longer be considered a crime, as it required removing abortion from the criminal code entirely. This means that if a fetus is killed as a result of assault, the perpetrator can no longer be charged for murder or attempted murder of the fetus, and can only be charged with assault and battery of the mother.

To some, the Reproductive Health Act shows a lack of regard for life, and to others, this new healthcare act marks a new age in healthcare and women’s rights, giving women a choice for her future and her child. “By no means do we think that decisions around these very important life issues are to be taken lightly,” Senate Majority Leader Stewart-Cousins said according to Democrat & Chronicle Network. “We just understand who needs to be taking them, and we need to get out of the way and let people make those choices.”

*It is not my place to say whether an abortion is the wrong or right choice for another woman. What I do know is that both decisions have consequences. A mother who chooses an abortion will live with that for the rest of her life.
Navigating Political Discourse: @ Conservative AU Student

Daniel Self

One fact became increasingly apparent with every political science class I take—there are many perspectives on how to properly solve political issues. Moreover, these perspectives usually closely correlate to these individual’s worldviews, inevitably drawn from their own dynamic personal experiences. One’s proximity to an issue directly impacts their political interest—and certainly, their ability to discuss it on an ideological level. International students, such as myself, have the privilege to experience and debate American politics from a more theoretical and ideological lens though I admit that as a Canadian student, the changes to NAFTA, the Montreal Protocol, and other Canadian-US joint projects will tangibly affect me. Nevertheless, many of those reading will be more directly affected by the issues of those reading will be most familiar with. An ideological lens through which we view the world is often the result of taking a course on American politics from 10, 5 minutes before their class, it quickly becomes rush hour. Move with purpose and direction or you may find yourself wishing that you had run up to the cafe instead. It’s too late now. If worst comes to worst, you might need to drop your items and run to make it class on time. With so crowded spaces such as the Gazebo is fairly small, the polishes used in the Agora’s lack of interest in political discourse—the posts all seem designed to share an anxiety about losing their voice in an untradi tional manner. While they acknowledge that they can speak, they suggest that the backlash from their message causes them to regret doing so. Although not silenced, the negative impact of arguing or defending conservative positions may be worth the social capital. One post nicely encapsulated this feeling, writing, “I think it’s fine that there are these ideological viewpoints expressed on campus (even though I don’t agree). I just hate it when it’s shoved down your throat in chapel[...].” Within this very politicized and polarized America, may be it would serve the University well to reserve some places explicitly for non-political discourse—chapel speakers showing overt political bias was a not uncommon occurrence on the @ConservativeStudentAU page. Undoubtedly, the issues of making political discussion less combative while also preventing the marginalization of voices remains difficult. However, the campus atmosphere would not suffer from lessening the stakes of dialogue and collectively learning how to peacefully discuss the issues that influence our nation. 

The Gazebo and Spatial Violations

Kelli Miller

Students move in and out of the Gazebo on the daily and with 10, 5 minutes before their next class, it quickly becomes rush hour. Move with purpose and direction or you may find yourself quite quickly jostled to the back of a painfully long line wishing that you had run up to the cafe instead. It’s too late now. If worst comes to worst, you might need to drop your items and run to make it class on time. With so few minutes to spare, a small space and crammed students, comfortable personal space boundaries will certainly be broken. 

In the study of communications there is a theory called Expected Spatial Violations Theory, which the author of the theory, Judée Burgoon, discusses as the possible outcomes when spatial expectations are broken. She posits that if you already like someone, a spatial violation will make you like them more, whereas if you don’t like someone or don’t know them at all, a spatial violation will make you dislike them less. For the sake of example let’s define the “appropriate distances” for our western culture. 


With an undergraduate population edging towards 2,000, there is a high probability that the average student will not know many of the other students they see when going into the Gazebo to grab a meal. With so many strangers in such a small space, spatial violations happen constantly. This is perhaps why crowded spaces such as the Gazebo and other fast food places may provoke anxiety in some people. It seems that the “expected spatial rules” shift as soon as we are all placed into this small area with a particular agenda on our minds. People are all of a sudden comfortable at closer distances than they would be otherwise. One will discover it does not pay to try and politely maintain “expected distance” at crowded circumstances; you will simply find yourself with out a lunch. The Gazebo becomes its own environment with a particular social climate and a whole new set of spatial distance expectations. If you don’t adjust to the new climate, you will, as said before, find yourself lunch-less. A social distance is probably something we are all subconsciously aware of; it is probably not something we think about much. It could be a useful thing to consider in a bit more consciously and could be the reason behind unreasonable dislike or discomfort around certain people or in certain spaces. Being aware of the “new” spatial etiquette may also help you get your lunch sooner. You’re welcome.

Sources
Alicia Dent  
College is a time where young people begin to experience the world through different eyes. It’s the time when many young people feel most alive. Friends, budding romance, social events, and club memberships are just a few of the elements of college life that give it its enticing appeal. However, one of the most important aspects of any young college student’s life is school spirit, often fostered by the athletic programs. Andrews University is home to the Cardinals and Lady Cardinals.

On Saturday, Jan. 26, the Cardinals faced Indiana Northwest for the second time this season. The first time, Indiana came away with an overwhelming victory. So, this time, the Cardinals prepared to approach the team differently. The game was off to a promising start with the Cardinals maintaining as much as a 12 point lead over their opponents. The second half began in much the same manner with the Cardinals maintaining a 10 point lead. However, towards the end of the game, Indiana began to close up the gap and the fans were left in suspense as the two teams were tied with only a few minutes left on the clock.

As the Cardinals executed their game plan, they were ultimately defeated ending the game with a score of 76-73. Although the loss was disappointing for the team, they remain encouraged for the future of their season. Daniel Mundy (senior, finance) expressed that the surprising defeat may have been due to miscommunication among team members, but that overall the team showed heart, and played as brothers. As a Christian institution, one of the greatest lessons of the Cardinals’ games contributes to the sense of camaraderie among students and provide an opportunity to diffuse the stress that is so often associated with the rigors of college courses. Rain or shine, win or lose, the Cardinals hold a special place in the hearts of the Andrews University students and we continue to support them and pray for their success for the remainder of the season!

Roommate How-To’s

Dani Maletin  
If I’m being honest, being a good roommate can be really hard, and this is coming from someone who has known their roommate for the past 18 years. The majority of us went from sharing our room with no one in high school to being required to house with a stranger. Trying to balance cultural differences, sleep schedules, respect of property and cleanliness can be a lot for people.

Because the dorm rooms are often our “safe haven,” do yourself a favor and respect your space for both your benefit and your roommates. For those of you who are struggling, I promise it gets better. If you want your roommate to get better, and be more conscious of your time and property, you must first do the same.

When I asked Rossee Gordon (sophomore, computer engineering) what her expectations are for a good roommate, she said, “Someone who isn’t all up in my business, gives me air to breathe, communicates problems, respects my stuff and my guests. I would say that I am a good roommate because I do all this, and most importantly I don’t wake her up if my day starts earlier than hers.”

Essentially, you must be cognizant that everyone is stressed, busy and going through something, so adding an uncomfortable living situation on top of that can make their lives miserable. Avoid this at all costs if you don’t want to be in a tense living situation where both parties can’t stand each other.

Marcelino Nieves (sophomore, finance) shared how he does his best to avoid this tension and remain a good roommate. “A good roommate follows one basic rule. They are stricter with themselves than they want to be, and more relaxed towards their roommate than they want to be. This means that you might have to be quieter, cleaner or more positive than you want to be, but also means you have to let your roommate know when they are falling below your standards.”

If you want to keep your environment peaceful and positive, I’d heavily suggest having a discussion with your roommate about what they can and cannot tolerate, so that you can be the best roommate possible.
Organization: An Essential Skill for College Students

Vanessa Angel
Organization is an imperative skill for college students. Being organized not only helps in academics but it is also a skill that can help us when we graduate and are in the workplace. However, sometimes organization might be our weak point. Below, I have listed a few tips of how to get organized.

Taking Out a Student Loan

Cristen Williams
I believe all of us can relate to the broke college student stereotype. Higher education does thin pockets, and many times we are forced to seek help from external sources. Luckily, Cynthia Gammon, the Associate Director of Financial Aid here at Andrews University took the time to explain some tips for taking out student loans.

Gammon encourages every student to fill out FAFSA (Free Application for Federal Student Aid). She notes that it is best to pursue FAFSA before you move to taking out a loan. FAFSA offers multiple forms of financial aid, subsidized and unsubsidized loans. It opens in October of the previous school year and provides aid for the upcoming one.

When paying back student loans FAFSA has the advantage of a payment plan. Plus, there is a 6-month break before having to pay back student loans. You can also apply to defer payment, which is an even longer break for paying off a loan. Contact the lender. You will then need to fill out forms and various paperwork. People who file to defer payment are usually either in economic hardship or unemployed. If you have trouble paying off a loan make sure to see if you are eligible to defer payment.

A subsidized loan is interest free. Search for this kind of loan before looking into an unsubsidized loan or interest-bearing loan. Students who are eligible for private loans should compare interest rates. If this is the route you choose to take make sure to secure a cosigner who would be a parent or guardian. FAFSA is more common and easier than hunting for a private loan from a private lender.

When taking out any kind of loan planning is key. Ms. Gammon advises us to complete FAFSA way before school starts. FAFSA gives us plenty of time to fill out its necessary information. Remember that student loans are just a safety net. They are not required. FAFSA is a free application so at least fill it out once. It can’t hurt to see your options. Loans may be a last resort, but they could also be an investment in your future.

Dear Counselor

Counseling and Testing Center
Dear Counselor,
I find that I tend to feel a lot sadder during the winter months. Am I depressed? What can I do to deal with these winter blues? Thanks,
JoAnn

Dear JoAnn,
Some people who feel a lot sadder during the winter months suffer from Major Depressive Disorder with seasonal pattern (commonly referred to as Seasonal Affective Disorder, or SAD). Symptoms generally begin during fall and remit during spring, and can include loss of interest in activities you once enjoyed, tiredness or low energy, difficulty sleeping or oversleeping, difficulty concentrating, feeling sluggish or agitated, changes in appetite/eating cravings high in carbohydrates, feeling hopeless, worthless or guilty and having frequent thoughts of death or suicide.

If left untreated, SAD can lead to problems such as social withdrawal, substance abuse, academic and work-related setbacks, eating disorders, anxiety and suicidal behavior.

Here are some things you can do to deal with your winter blues (SAD):

1. Light therapy. You can purchase a light therapy lamp online or stop by the Counseling & Testing Center in Bell Hall 123 to use one there. Sit a few feet from the lamp with your face in the first hour of each day. Light therapy tends to mimic natural outdoor light that in turn appears to change brain chemicals that are linked to mood. Be sure to consult with your physician/counselor about the appropriate use of the lamp.

2. Try music or art therapy. These can help you relax, provide wholesome distraction and improve mood.

3. Psychotherapy. Talking with a therapist can help you identify and reframe negative thought patterns/belief systems that may be contributing to your negative affect. You can also learn helpful techniques such as stress management, distract tolerance and identify ways to improve positive sense of self.

4. Medication. Sometimes consulting with your physician about antidepressants might be necessary.

We hope you found this information useful. Please do not hesitate to stop by to see one of our counselors at the Counseling & Testing center if you need additional help to deal with your symptoms of if you simply need to use one of our light therapy lamps.

To have your questions answered by the counselor in this weekly section, please email ccitercenter@andrews.edu with “Question for Dear Counselor” in the subject line.
Newmeyer Classic

Dani Maletin |
For many Adventist academies, the Newmeyer Classic is a pivotal moment in student sports careers. It is an opportunity to compete against schools from all over the United States and Canada, testing each school’s skill and spirit. From Thursday-Saturday, the schools battle it out, attempting to get into the highest bracket, and hoping for a shot at first place. While many try, only two teams can be victorious. Male and female athletes compete for the first-place trophies in their division, always determined by the final game on Saturday night. While many students enjoy playing in the classic, it also is a showcase opportunity for parents, friends, and community to not only support the teams, but to also engage in something that they love: basketball. Jemi-Greenridge, a senior at Andrews Academy, said, “My favorite thing about the Classic is being able to play different Adventist teams from all over. My least favorite thing is the time of year, because there is usually a lot of snow and we have to travel to the different gyms in the cold weather and snow.” Some of the teams that were present are: Collegedale Academy, Indiana Academy, Hinsdale Adventist Academy, Kingsway College, Spencerville Academy, Andrews Academy, Madison Academy, Grand Rapids Academy, Louisville Academy, Crawford Academy, Spring Valley Academy and more. Andrews University has been an impeccable host for many years making the classics genuinely enjoyable. A parent of the players, Kenneth Parker, said “I’ve come to the classic for many years in a row now, and I’ve always really enjoyed it. I really liked the church service and the speaker, as well as the food! The players were also really good.” Not only does Andrews make sure that the food in the cafeteria is fantastic, supply locations for games, accommodations for room and parking, supply tours and create additional church services, but they also do their best to give the student players an enriched Christian environment. Kia Williams, current player for the Cardinals and former participant, said, “The classic was one of the most fun and exciting experiences I’ve ever had; I loved the loud atmosphere and energy from the crowd.” Joshua Alabata, coach of the Hinsdale Hurricanes, said “I enjoyed seeing the good quality of sportsmanship and the healthy competition amongst teams. It was also fun watching the different strategies of the coaches and the different skill sets implemented by the players. Participation in this tournament can help students to learn lessons that can be applied to various aspects of their lives outside of basketball.” The teams that made it to the women’s DI championship game are Collegedale Academy and Andrews Academy, with the winner being Collegedale, and the score being 56 to 38. The men’s DI championship game was played by Collegedale Academy and Andrews Academy as well, and the score was 48 to 47, with Collegedale winning by a single point! As always, the game was a show-stopper, and everyone was on their feet until the very last second. The gym was packed full of adoring family and friends, as well as other athletes from other schools cheering on their competitors. Following the championship game, many awards were given to the students of different schools, showing a very promising future for the many athletes and colleges that they are likely to attend. All the teams played amazingly well, and gave it their all.

Drink Water

Jared Marsh |
Nearly everyone is aware that the human body is composed of roughly 70% water, although reports say that nearly 75% of the population falls short of the recommended daily intake of water, leaving many people in a state of chronic dehydration. Water is extremely important for the function of all biological systems. In fact, when scientists search for the possibility of life on other planets, one of the first things they look for is water.

Proper hydration is essential for your organs like your liver, kidneys and brain to function correctly. Water also constitutes nearly 50% of blood volume, so when you don’t drink enough water, the cellular components of your blood become disproportionate to the liquid component of your blood, making it thicker and more viscous, which subsequently makes your heart work harder to pump it through the rest of your body, raising your blood pressure.

Drinking more water also helps to reduce your risk of developing renal calculi, sometimes referred to as kidney stones. When your body is done metabolizing the proteins you ate that day, one of the substances that remains is called uric acid. Uric acid is normally mixed with water and excreted when you urinate, but if you haven’t had enough water that day, the uric acid can build up, and form painful kidney stones.

Almost everyone has heard the colloquial adage that one should drink eight cups of water a day. Although this is a good goal to shoot for every day, the amount of water your body needs daily can depend on your weight. In general, it’s best to aim for drinking about half an ounce of water for every pound you weigh. So, the eight cups a day rule would be perfect for someone weighing in at 128 pounds, but if you weigh more than that, your body needs more than eight cups a day. It’s also important to remember that when you feel thirsty, it’s your body’s desperate attempt to try to get you to drink something. Ideally, you should be drinking more often than just when you feel thirsty.

If you need a reminder to continue drinking throughout the day, many people at Andrews can be spotted toting a gallon jug. While that’s certainly ambitious, if you think that’s a bit excessive, a BPA-free reusable water bottle will work just as well.

1 https://www.medicaldaily.com/75-americans-may-suffer-chronic-dehydration-according-doctors-247393
The Black Experience: Leah Wooten

Have you had any negative experiences that have tied in your black experience? Oh yeah, I think we’ve all had negative experiences that have to do with who we are as people because that’s the world we live in. So I would definitely say I certainly have had them being a black woman, whether it was something small like someone holding their purse a little tighter on an elevator or something big like someone calling me the N-word.

Would you say being a black woman could be a hindrance in your future career? Yes, I think at this time it’s a hindrance being a woman, it’s a hindrance being black, it’s a hindrance because it’s the world that we live in. I think it definitely will be in the future. But fortunately, I have known I’m black enough to know the extra work that has to be put in because of it. Being a woman of color, you have to work extra hard and put in extra work and try very hard not to slip up or mess up. And even though that’s definitely something I probably will face in the business world, I’m mentally and physically prepared for it. Because I think allowing someone else’s boundaries to determine your success is never good.

Do you feel that Andrews does a good job in catering to students in their black experience? Absolutely. I think we are very free to be black here, whether that be expressing that through BSCF whether that be expressing it through the African Student Association or through just us having gatherings together. I think something else that’s really great is being able to share all cultural experiences with each other. So being in an environment where I can show my Korean friends a little bit of my culture and they can tell me a little bit of theirs, that’s great. Also that with all the cultures on campus I think it’s something that we do okay here, but we can do even better.

Are there times where you think there is a disconnect between the university and its black students on campus? Yeah, I think I think there can be in certain situations—we’ve seen it during #its-TimeAU. Then there’s also times where we see the campus like during Black History Month and have big events where people come together, but I definitely think there can be a disconnect.

How do you think the administration is doing now in regards to that disconnect? I think that they’ve made a lot of changes to try to do their best to make this campus the best for black students. I also think that black students have done a good job telling the campus what they think it should be. They’ve been good with voicing their opinions to administration saying, “Hey, this is ok but we think that the campus can do better.”

So as you are currently running for AUSA president is there anything in particular that you want to expand on or regard to the student experience? Absolutely, I think that my platform as a whole is really more geared towards students than anything else. Mainly creating spaces where students can be heard and make what they want on this campus actually happen. So making town halls where every concerned question of a student is taken directly to the office of the president is something that’s very important to me. Having open door hours as an officer so that any time you have a question about curricular or your class schedule, or maybe you’ll have a question about starting a new club, students will have someone they can go to all the time. Having a person who can answer your questions instead of giving you the runaround on campus, that’s really important to me. Also from a cultural standpoint, being a woman of color, and a part of this incredibly diverse community, I would like to bring about recognition for all of our students. So for example having a cultural week of prayer, where every single culture is highlighted and we grow in our faith together. I think it can be something huge that I would want to create on this campus.

If you could give advice to women of color pursuing a career in business, what would you say? I would tell them that connections are very important, and also not to get discouraged. I think sometimes it’s hard, especially if you don’t see someone who looks like you in a position that you want to be in. It can be very discouraging to not see someone else who looks like you in whatever you want to accomplish or if there’s very few women who have done it. However, there’s always going to be a first woman or group of women to accomplish something. I also encourage all of them to be the hand that reaches down and picks up another girl that looks like them. To be another hand that helps other people, that supports other people and wants to see them succeed.

I think that to to let someone else’s boundaries determine your success is never good.
Week of Prayer: BC Nwade

**BC Nwade**
**Interviewed by Darius Bridges**

**How did you get asked to speak at this year’s week of prayer?**
I think it was God’s providence. Chaplain Price and her team were praying about who would come to engage the students for the week of prayer and God put me on their hearts. It just worked out that when they called me, I was able to find the time to be there.

**What was the experience like?**
It was honestly a great experience for me. I love engaging people in ways that get them to see God and the way he thinks about us differently. At first I thought that class cancellations would make things difficult, but it actually created opportunities to be more intimate and intentional with those who we were connected to for the week. I loved interacting with those who were coming out despite the weather and the lack of worship credits.

**Was it surreal preaching to the same student body that you used to be a part of?**
I had addressed the student body before while at Andrews, and I had returned a few times as a pastor to do the same. This still felt special, and I was grateful for the opportunity to speak the student body in this capacity.

**How did it feel to be back on campus, specifically dealing with the snow?**
It was great to be back on campus. I got to have a glass of chocolate milk every day, (a routine while at Andrews) and feel the general vibe of the place. As for the weather, snow is literally my favorite weather of all time. So it was a great time for me; not sure how everyone else felt though. *Kanye shrug*

**What are some of your best memories from being a student?**
Some of my best memories were being a part of worship experiences, convos in the rec center, longboarding around the campus with my friends, and the apple pie ice cream at Kilwins (if you know you know). I also really enjoyed my job in Student Life.

**What are some of your best memories while at Andrews?**
My favorite memory so far has been watching my first sunrise over the Mediterranean sea from my balcony in Spain. A phrase that we live by in Spain is “no pasa nada” which basically means “don’t worry about it.” This phrase reminds me almost every day not to worry about the trivial things and to enjoy my opportunities and experiences abroad.

**What would be your advice for future worship leaders and people who want to be leaders on campus?**
To worship leaders I would say be worshipers first. The craft can be learned, runs can be practiced, and incredible arrangements can be created, but if your heart isn’t a worshipper’s heart then you will never be more than entertainment. I’ve seen people who can’t sing at all lead people into the most mind blowing worship spaces. To leaders in general, I would urge them to be one of the people, know the hearts and minds of the people you are seeking to lead. Exegete their lives so that you can best know the direction to take them, and how to pour into them. All great leaders were “People of the People.”

**What are you currently doing with your ministry musical and pastoral?**
I am currently serving as the pastor of the Bethel SDA Church in Akron, OH, as well as serving in several capacities within our church’s local community. I have been doing a lot of songwriting both for myself and others, and am developing guide for worship theology.

**What are you currently doing with your ministry musical and pastoral?**
I am currently working on releasing an album; hopefully we will be everywhere you stream/buy music in May. I’m completing a book that you absolutely have to read if you like me struggle with devotional time with God, and my good friend and I are launching a podcast this year which will be super dope. You can keep up me on social media (which I will be updating more) @Ndubizil on IG and Twitter or check out more of my sermons on Youtube.

**When are you coming back?**
I wish I could give you a date. It’s not up to me to decide when I could, but should the administration extend an invitation to me again, I would love to come back.

**Antoinette Cave, junior, Spanish**
My favorite memory so far has been watching my first sunrise over the Mediterranean sea from my balcony in Spain. A phrase that we live by in Spain is “no pasa nada” which basically means “don’t worry about it.” This phrase reminds me almost every day not to worry about the trivial things and to enjoy my opportunities and experiences abroad.

**Dadrie Thorp, junior, biotechnology and French, pre-pharmacy**
So far my favorite memory in France has been going to the Louvre for the first time. It’s the biggest museum in the world but you don’t really understand just how big it is until you get there. I’m really into ancient history so it was mind blowing to see all of that art. My favorite French phrase is: “C’est la meme chose,” just because it’s fun to say.
Are You a Part of the Revolution?

Chaplain Michael Polite
Associate Chaplain
Interviewed by Darius Bridges

So for those who aren’t yet aware, what is the general idea of the #AdventistRevolution?

#AdventistRevolution is a collective comprised of Biblically-minded, unconventional Adventists who are committed to reclaiming the revolutionary identity that fueled the establishment of the Advent message. We are determined to cultivate spaces where other avant-garde disciples of Jesus can be encouraged and empowered.

How did the Adventist Revolution start?

#AdventistRevolution began with two personal-statement videos released by myself and Joy Chikweke back on Oct. 30, 2018. The videos were “a revolutionary response to (GCAC18),” the end of the year General Conference council where a landmark decision was made to begin disciplining denominational leaders who did not comply with the General Conference’s preferences. These two videos garnered over 20,000 views across social media platforms and served as the catalyst for the development of the grassroots movement now known as #Adventist-Revolution.

What is the main goal of the revolution?

Like the apostles of old, we feel called to boldly advocate for the organic Christianity that has been stifled by institutional bureaucracy and obsolete practices. We reject the notion that we have to leave our denomination in order to be a part of a relevant and impactful faith community. We believe we can build it right where we are. And we are committed to recruiting others who are passionate about being spiritual culture-shifters in their sphere of influence.

How are you specifically involved in the revolution?

I am the Executive Director of #Adventist-Revolution.

How do you feel about the Adventist Church currently?

As I see it, we could use some great controversy in today’s Adventism. No, not a re-print of the epic work by Ellen G. White, but a group of Adventists who won’t allow the institutional hierarchy to continue suffocating the creativity and innovation that will yield positive change. I think we desperately need a revitalizing rebrand. I think the time for change is now. And I think the way to spark said change is to ignite an #Adventist-Revolution.

Can you explain what the rally is, where it is and what it will be like?

ZEAL 19 is a gathering of unconventional Adventist who are activating themselves to be culture-shifters within our denominational structure. Like King David in Psalms 69:9, attendees are allowing their frustrations to motivate action instead of indifference. It will take place March 22-23, 2019 at the Biltwell Event Center in Downtown Indianapolis, IN. It will bring together Adventists who have identified a need for climactic shifts to take place within our theology, our structure, our methods, and our policies. For two days, we will be inspired by compelling presentations, uplifted by meaningful inter-actions, and empowered by transformational worship. ZEAL 19 is for believers who want to shift Adventism’s current status quo and are willing to activate themselves in order to lead creative, innovative change in their local context.

What would you like to gain from the rally?

I hope ZEAL 19 nurtures a revolutionary encounter where fresh perspectives on contemporary Adventism are shared, affirmed and encouraged. We are being very intentional about offering each attendant the opportunity to experience paradigm shifting content, to expand their network of like-minded believers, to excite their own innovative ideas, and to exhilarate their personal relationship with God.

What is your hope for the impact it will have on the campus?

I hope this movement successfully reinvigorates and attracts Adventists of Generations Y and Z. The aim is to prove that through prayer, hard work, and skillful strategy, our generations can improve Adventism for future generations. Disengagement is not our only option—we can re-engage and change the aspects of our faith tradition that are irrelevant and ineffective.

What is your hope for the Adventist Church?

We are passionate members who champion the controversial work of Christ, and, through the power of the Holy Spirit, we intend to spark a change that will revolutionize the face of our denomination. Through the power of the Holy Spirit, we intend to spark a change that will completely rebrand Seventh-day Adventism.

If a person wasn’t sure if they want to be a part of the Adventist Revolution?

If you are wrestling with whether or not #AdventistRevolution is for you, check out our website at www.adventistrevolution.com and see if our values align with yours. If they do, come join the movement!

David Dunham, junior, English education

My favorite memory from studying abroad was my arrival. I left Chicago in the heart of a snowstorm, and walked out into Argentina in 90 degree weather. This stark contrast just reminded me how much of a big risk I was taking, but I speculate that leaving in a storm and arriving on a beautiful day was a good sign, so it’s always something I consider in my day to day life here. My favorite phrase in Spanish is “bienvenido” because if you break it down, it translates to “well” and “come.” This phrase is such a cool, literal version of the phrase “welcome” in English, and just feels so welcoming to say.

Ben Lee, junior, political science

I am extremely thankful for the opportunity I have been given to study abroad for this year. I have enjoyed the chance to grow and get outside of my comfort zone. One of my favorite parts of my time abroad has been the opportunity to get involved with different outreach groups at UAP (Universidad Adventista del Plata). There are many different groups that do things like going to hospitals and nursing homes or helping to lead Pathfinder clubs in neighboring cities. This has given me the opportunity to see more of Argentina and get a better sense of what life here is like apart from life in the Adventist-dominated town where the university is located.

One of my favorite sayings is, “Cada vez mejor” which means “each time better.” This was one of the first phrases I learned and it has kind of become a mantra to me as I try to learn and grow in my time in Argentina.


### #MuteRKelly

**Kiana J. Gurley**

On Jan. 3, 2015, Lifetime Television aired a three part docuseries called “Surviving R. Kelly.” There are numerous accusations that have been made against the world-renowned artist. It all started with the discovery of his secret marriage to 15-year-old singer Aaliyah in 1994. One of the most widely circulated allegations concerns a tape that was leaked in 2008 of Kelly sexually assaulting a 14-year-old African American girl in 2000. However, Kelly was not incriminated and was deemed not guilty on all 14 accounts during his hearing in 2008. On April 16, 2018 another alleged R. Kelly survivor, Faith Rodgers (19 years old at the time) came forth in suing Kelly for failure to disclose a sexually transmitted disease and for sexual battery. Rodgers also claims that Kelly filmed nonconsensual sex and routinely locked her up. Producers reached out and also spoke to a total of 54 women who also claim to be survivors with similar stories. Eric Deggans, NPR TV critic, had an interview with Dream Hampton, executive producer of “Surviving R. Kelly.” During the interview, Hampton expressed that after seeing the stories about Harvey Weinstein and the #MeToo movement pick up viral attention, she began thinking about why R. Kelly wasn’t also being held accountable. Hampton states, “Having been adjacent in some ways to the music industry, when there was one, I knew that it it took dozens, if not hundreds of people, for R. Kelly to operate as he has.” (NPR, 2019)

It has come out on social media and in the docuseries from several artists that they did in fact know about his behavior. One might question why artists that he worked with, that were in his company, didn’t report or readily stand up for these black and brown women. Since news of “Surviving R. Kelly” hit social media and various other platforms, numerous artists have made appearances on the docuseries and are speaking out on social media to raise awareness and validate these survivors.

“Surviving R. Kelly” received a 95% approval rating on Rotten Tomatoes, reached 1.9 million viewers. The U.S. National Sexual Assault Hotline received a whopping 27% increase in calls during the week of its airing and shortly after the show aired Kelly’s record label dropped him. Movements like #MeToo and #MuteRKelly have only been successful because of people coming together and using their voices. Sexual abuse towards men, women, and children is an age-old problem and is not something that just happens in the news. It should be common knowledge that it’s a widely familiar and real experience for millions everywhere. According to the U.S. National Sexual Violence Resource Center, an astounding one in five women and one in seven men will be raped at some point in their lives. Regarding child sexual abuse, one in four girls and one in six boys will be sexually abused before they are even 18 years of age. That means there are probably people you know who have been through such traumatic and life altering experiences. Your acquaintances, co-workers and loved ones may have or may still be going through it and may not have received justice. Unfortunately most cases don’t even get reported to the authorities, much less brought to justice, and reports usually receive retaliation.

That being said, it’s baffling how much stigma and debate there is surrounding these issues. Many people involved in “Surviving R. Kelly” received backlash for “lying for money or attention” and some were even cut off from their families for speaking out. It is not possible to know whether every story is 100% true, but that’s not an excuse to isolate, shun, or dismiss those who are reaching out. Survivors and victims must not be ignored or silenced.

“You and I have a voice that can make a huge difference in the lives of others. Why not take the opportunity to listen, offer support, and speak out? If you know anyone who is dealing with an ongoing or even past experience(s) with sexual abuse (and all types of abuse), take the time to listen. Take the time to help them find help and or the justice they need. We need to empower each other and support victims that are being silenced. It could leave an impact on the lives of many.”


### Walking in a Warm Winter Wonderland

**Karen Vallado**

Everyone who came out for the 15th Annual Magical Ice Fest was grateful for the fifty degree increase from temperatures earlier in the week. The ice sculptures themselves were less grateful as they glistened in the sun and dripped away, slowly but surely. St. Joseph’s State Street was lined with ice sculptures from the individual competition the day before. Crowds of people wove their way up, down, and around hoping to catch a glimpse and perhaps a picture, of all the unique works of art. Some notable standouts included a fire-breathing dragon, a flying pig (unfortunately one of its back legs had melted off, but I still thought the whole thing was super cute), and a tower of giraffes. Local businesses had their own sculptures as well, like Silver Beach Pizza which featured slices of pizza frozen solid within their sculpture.

On Saturday afternoon, the head-to-head, timed competition was held. One of the sculptors up first was Matt, who started sculpting in competitions when he was just thirteen years old. It quickly became apparent that he was creating some type of horse. His competitor was Dan from Niles and what he was creating was more of a mystery to the crowd that had begun to gather around the stage outside the South Bend Chocolate Company. With just under five minutes remaining, a final song was played to wrap up the first round and the song chosen was none other than the theme for “Mission Impossible.” Unfortunately, Dan’s mission did prove to be impossible as he was unable to connect the parts of his sculpture in time. When he held the pieces in place so we the audience could see the final product, his sculpture revealed itself to be a barrel of monkeys. The announcer stated that Matt’s sculpture was a knight chess piece (the horse one) to which Matt politely replied that it was actually an homage to his Kentucky roots and the derby. Using a creative play on words, Matt’s sculpture was a ‘horse shoe,’ a shoe with a horse coming out of it. It reminded me of the Duffelpuds, for any Narnia buffs out there.

Matt was pronounced the winner and was through to the next round. The initial shape looked like that of a horse again, and more specifically, like a knight chess piece again, while his competitor began to carve what looked like a man with a knob on his head. It was amazing to watch as chainsaws and blow torches in the hands of professionals took a block of ice and, in fifteen minutes, transformed it into a beautiful fish and a happy lego man.
Young Artists Concert

Ingrid Radulescu
Every year several young artists compete to perform at the Howard Performing Arts Center alongside the Andrews University Symphony Orchestra for the Young Artists Concert. This past Saturday night six burgeoning musicians performed with the orchestra, conducted by Chris Wild: Katharina Burghardt (music education, senior), Jade McClellan (violin performance, junior), Stephanie Guimaraes (violin performance, freshman), Simon Luke Brown (Master of Music), Jeremy Myung (violin performance, sophomore) and Emily Jurek (music, pre-medicine, freshman).

According to orchestra veteran Jesse Gray (biochemistry, senior) students “audition before a panel of professors from the music building in the Howard at the end of last semester on dead Friday. The pieces that are performed are a joint decision between the professor and student. The winners are chosen by the faculty that are a part of the judging panel, normally led by Mrs. Trynchuk.”

For the first half of the program Katharina Burghardt sang Recitativo and Aria from Don Giovanni by Mozart, Jade McClellan on violin played Violin Concerto No.3, 1st Movement by Camille Saint-Saëns, Simon Luke Brown on violin played Violin Concerto 1st Movement by Sergei Prokofiev, Stephanie Guimaraes performed on violin Violin Concerto, 1st Movement by Felix Mendelssohn, and Jeremy Myung played Violin Concerto No. 20, 1st movement by Tchaikovsky. After intermission Emily Jurek performed Piano Concerto No. 20, 1st movement by Mozart and the evening concluded with Academic Festival Overture by Brahms conducted by graduate assistant conductor Edgar Luna.

After each performance the talented artists received a heavy applause and many had their close friends cheering them on from the balcony.

Burghardt described her experiencing by commenting, “Competing and performing in the Young Artist Competition was one of the most exciting and nerve-wracking experiences of my life. Nothing truly compares to the feeling of standing on the stage with only the orchestra to aid me in telling a story with the music. And if I may be allowed to be selfish, I killed it. Absolutely killed it.”

Shouts of “encore” filled the HPAC by friends after the young musicians showcased their hard work. The Young Artist Concert exhibits the elite of the already extremely talented student body here at Andrews University. Be sure to attend at least one during your time here at AU.

Watch of the Week:

The Florida Project

I gave this 2018 Oscar nominee (Willem Dafoe as Best Supporting Actor) a shot when I was freezing under two blankets and wishing I wasn’t in Michigan. The Florida Project is a slice-of-life film following the lives of a single mother and her daughter as they struggle to make ends meet living in a motel in Orlando, Florida. The characters aren’t easily lovable. There’s no clear “good protagonist” to root for, but the movie masterfully creates character arcs that pull at your heartstrings. If you said you’d never support a six-year-old with a sailor’s mouth and zero respect, The Florida Project would say, “Bet.” The film shows the gritty reality of living under Disney World’s shadow, and yet, through the eyes of a child, that reality still captures—and holds—your attention.
Alexi Decker  

When the king learns that his wife has been unfaithful, he goes mad with grief and rage.

He executes the queen the next morning, when the first light of dawn touches the sands, and tells his vizier to find him a new wife. The vizier does so, a kind and virtuous noblewoman. They drape her in silks and perfume her with oils, prepare her to rule a country. He prays this girl will heal the king’s heart.

He doesn’t happen.

The king marries her, then has her beheaded the next morning, before she can betray him as his first wife had. The people are horrified; but what can they do? He is king. Each day, the vizier finds another girl, and each morning her family mourns her death. The vizier hates himself. He cannot go on like this. The country cannot go on like this, at the whim of a madman.

And then the vizier, struggling to find a young woman after weeks of deaths, is told that someone has volunteered. He’s flabbergasted. Someone volunteered? Who in their right mind would volunteer?

He opens the door to the audience chamber, and the woman who stands there is his daughter, Scherezade. She volunteers because she cannot bear to see the damage the mad king’s anger does to her country, to her father, to her cousins and friends. She volunteers because her younger sister is nearing marriageable age and this madman can burn the world to the sands, and quiet bloom in his chest, where for so long he had felt only ice and fire, and when the first touches of dawn caress the sands, Scherezade is still breathing. “Just one more night,” the king tells her. “Until I hear the end of the story.”

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When President Lut- ton slaps a diploma in your hand and moves the tassel to the other side of your hat, Andrews University expects you to go out and change the world. And they don’t expect it to happen in some abstract way. It’s very literal, in the same way that they expect you to seek knowledge and affirm faith in your time at Andrews. Change the world. It’s a lot of pressure to put on a bunch of kids whose idea of a “good meal” is boxed macaroni and cheese cooked on the stove instead of in the microwave.

This prerogative consistently terrifies me. Change the world? With what skills? There are three things I am good at: 1) rolling my eyes at literally all of Netflix’s suggestions 2) living my whole life on half a tank of gas and 3) managing to throw a couple thousand words on a page in a sleep-deprived frenzy and calling them an essay.

I am vastly unequipped to change the world—and I graduate in (count them) three months.

Moreover, change the world how? Even if I were suddenly gifted a billion dollars and the ability to manage it, how would I translate that into actual results? I can write papers and articles until my fingers fall off, but what good does it do? Every time I get on Facebook I see some other injustice, some other issue that needs to be addressed, something else that needs to be fixed. And I can’t fix it. I don’t know how. I am pretty good at words, at recognizing the things that need to change, but I am tragically inept at actually making things happen, at doing any real good.

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If you haven’t recognized it already, the story at the start of this column is the frame story of the classic Middle Eastern collection of folk tales The Arabian Nights, or A Thousand and One Nights. Disney’s Aladdin takes its inspiration from The Arabian Nights’ “Aladdin and the Magic Lamp,” and the story of Sinbad the sailor and Ali Baba and the Forty Thieves comes from this collection as well. It’s a fascinating text, easy to find in the children’s sections of libraries, usually retold, abridged and beautifully illustrated. The Scheherazade story, like most fairytales, contains some dodgy gender politics, but it’s also and this is maybe why I like it incredibly meta: it’s a story about the act of storytelling, about the process of it, about how stories are literally life and death.

Because, of course, the king doesn’t kill Scher- ezade. He listens to her stories for a thousand and one nights, and grows into a better man because of them—a just king, a kind ruler, one who knows he can never make amends for the past but who tries anyway. Finally, Scherezade tells the king that she has only one story left. She begins the tale of a young woman, forced to watch her father break under the weight of his crimes, fight for her sister and hatred for a man gone mad—a girl who never ends the madness out of sheer desperation. When he asks how it ends, she explains that the ending is up to him. There is a long pause. And then the king kneels at her feet and begs her forgiveness, and tells her that there is no ending, because he loves her, because he’s learned. Because he’s changed.

It’s probably my favorite fairy tale, because beyond everything else, it’s a story about how stories change even the monsters among us into people, and how those people can change the world.

Sometimes, talking about things does change them. The world can always use a little more empathy, a few more stories.

Most of all, the world can use your story. Your experience, your tenacity, your courage, your des- peration. I know it can be exhausting to speak the truth. I know it can feel useless, spending a thousand and one nights waiting for justice and mercy, talking until you’re drained and hoarse. But it will come eventually. I promise. So keep writing. Keep speaking. Keep telling your story for just one more night. After all, you never know when the world’s going to change.