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The Student Movement Volume 105 Issue 11: Together We Can: Celebrating Women's History Month

Jenae Rogers

Caralynn Chan

Terika Williams

Jessica Rim

Wambui Karanja

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Authors

Jenae Rogers, Caralynn Chan, Terika Williams, Jessica Rim, Wambui Karanja, Masy Domicillo, Fitz-Earl McKenzie II, Abigail Lee, Hannah Cruse, Kaela McFadden, Alannah Tjhatra, Alyssa Henriquez, Adoniah Simon, Evin N. Musgrove, and Megan Napod

TOGETHER WE CAN

CELEBRATING WOMEN'S HISTORY MONTH



Photo by Gillian Kuhn

News

NEWS

Andrews Symphony Orchestra and Featured Soloists Perform at Young Artist Celebration: Part II

Jenae Rogers [03.17.2021](#)

On Saturday, Mar. 13, the Young Artist Celebration: Part II was held in the Howard Performing Arts Center (HPAC). It was conducted by symphony orchestra

conductor Chris Wild and Kristii Rasmussen (graduate student, orchestral conducting). Andrews University employees, the Enjoyment of Music class, music majors, music minors, and Andrews University students were allowed to attend in person with a limited seating capacity. Those who attended in person were required to wear masks and social distance. Others were able to watch the concert through live stream on the Department of Music's Facebook page.

Stephen Zork, professor of music and conductor of the Andrews University choirs, watched the concert online. He said, "What a wonderful concert! So impressed with the musicians and their musicianship. Great repertoire, too."

The first piece of the concert was "Piano Concerto No. 5," by Ludwig van Beethoven, featuring piano soloist Nathaniel Cogen (graduate student, music performance), with the Andrews University Symphony Orchestra. Mr. Cogen, as well as Simon Luke Brown, Emily Jurek, and Jeremy Jerim Myung, the featured soloists from the Young Artist Celebration: Part I, were selected to perform with the orchestra out of a group of auditioners who performed for faculty members in November.

Dmitri Shostakovich, a young artist himself, composed the second piece entitled "Polka from the Golden Age" when he was 24. Ms. Rasmussen conducted this selection. It featured parts of the Andrews University Symphony Orchestra. Because the piece is short and fun to play, they decided to play it a second time. The third piece was the final version of "Romeo and Juliet," by Peter Ilyich Tchaikovsky who was also a young artist composer. He composed "Romeo and Juliet" at age 29. Dr. Wild conducted this last piece.

First Violinist Dhara Marquez Torres (sophomore, music performance) commented, "one of the pieces that I really enjoyed in this concert was 'Romeo and Juliet.' This piece has a lot of meaning for me not only because it has beautiful melodies and phrases. Whenever I feel stressed or anxious I like to listen to pieces that are soothing, such as this one."

Trombone player Tyler Braithwaite (junior, computer science, mathematics) said, "I had a lot of fun playing in this concert particularly due to the recognizability of some of the themes in our big last song: Tchaikovsky's 'Romeo and Juliet.' Although the social distancing of the orchestra can make it hard to stay together while rehearsing, everything went really well!" Mr. Braithwaite also enjoyed the arrangement of "Polka from the Golden Age." He added, "The Shostakovich 'Polka from the Golden Age' played by the smaller ensemble of Wind, Percussion, Harp, and String Bass was also a really unique tonal experience, and this particular arrangement was actually put together by our own conductor Dr.

Wild.”

The concert is available to (re)watch [here](#). More Department of Music concerts are coming, so be sure to check them out.

NEWS

WEAUA Continues to Provide Creative Events during Women's History Month

Caralynn Chan **03.17.2021**



Photo by Shalom Dosunmu, Autumn Goodman, Mica Aldridge

At Andrews, students have the opportunity to sign up for diverse clubs to enrich their college experience. These clubs are places where students can interact with other individuals who share their values, form friendships and enhance their knowledge on various topics. One of the newer clubs on campus, formed in September 2018, is the Women's Empowerment Association of Andrews University (WEAAU). As a part of Women's History Month, WEAAU has been endeavoring to provide thoughtful events and activities for its members to participate in.

Shalom Dosunmu (political science, graduate student) is the founding

president of WEAAU. Much like the rest of the clubs on campus, they had to proceed through AU's standard new club creation process. However, Ms. Dosunmu shared that the most challenging aspect of starting WEAAU was assembling the founding team. She commented, "being intentional about diversity and finding passionate women that represent the message was a tough but fulfilling experience."

Autumn Goodman (senior, photography) is one of the co-presidents and the graphic designer of WEAAU this year. As the graphic designer of the club, she has played a vital role in creating the graphics for events for Women's History Month, and has also designed the club sweater and interacted with club members on social media. As co-president, she is tasked with the responsibility of appointing new officers for the upcoming year and helping them with completing their duties. She says, "It is pertinent to create and help facilitate a positive working environment for the officers and to allow everyone's voice to be heard and considered. WEAAU is an inclusive club for people of all ages."

To celebrate Women's History Month, WEAAU hosted their annual Women's History Month vespers on March 5, 2021, where there was a woman lead praise team and a thought-provoking panel discussion about the experience of being a woman in the Seventh-day Adventist church. Additionally, WEAAU and the Pre-Law Society have been hosting a series of Tuesday Short Courses on the subject of sexual assault awareness.

Mica Aldridge (junior, speech-language pathology) is a current member of the WEAAU club. She thought it was the perfect place to meet new friends. The club showcased educational possibilities that she did not find elsewhere. She added that she has attended multiple amazing vespers services, a scrumptious cake decorating event, aesthetic pumpkin painting and a thoughtful Galentine's celebration. Those events were enjoyable, and she was able to spend quality time with friends. Ms. Aldridge remarked, "WEAAU provides events and gatherings that help to empower women. It's nice to spend time doing fun and enriching activities around other women, and provides such a unique and fun platform for women on campus."

To learn more about the WEAAU club, check out their Instagram page @we.aau for updates on upcoming activities and events.

NEWS

Week of Prayer Covers the Theme “Love is Life”

Terika Williams 03.17.2021



Photo by Darren Heslop

Each semester, the Center for Faith Engagement hosts a Week of Prayer. The theme for this semester was “Love Is Life,” a phrase derived from John 3:16. From Mar. 8 to Mar. 12, several insightful speakers, including Danielle Pilgrim, associate chaplain, Rodlie Ortiz, pastor for Evangelism and Grow Groups at Pioneer Memorial Church (PMC), Hyveth Williams, professor of Homiletics, Tony Yang, vice president of Strategy, Marketing & Enrollment, and Micheal Nixon, vice president of Diversity & Inclusion broke down the meaning of “Love Is Life.” From their sermons, students were able to learn about God’s wholesome love and how it operates.

During Thursday's chapel service, Mr. Yang spoke about a unique aspect of God’s love. In today's society, efficiency is key—phones, laptops, tablets and smart watches are all testament to this. But God’s love is different; it's inefficient.

Efficiency works by putting the least work in for maximum return, but God's love gives itself without expecting anything in return.

Adoniah Simon (junior, social work) appreciated the message of Mr. Yang's sermon. "His sermon was simple but really impactful. It was comforting to hear that God's love for us is irrational, counter-intuitive and wasteful. We are all the better for the fact that God loves us recklessly. He gave His life just for the chance for us to spend the rest of our existence with Him," he commented. "The God we serve isn't looking to maximize his return on his investments in us. Now that's a God who draws me in, that's a God who compels me to love more and be more like him every day."

Mr. Yang used Matthew 26:6 to explain where the idea of God's love being inefficient stems from. He explained that although the perfume which Mary used could have been sold for a large sum of money, it was seemingly wasted to show love for Jesus. Caryn Cruz (junior, English) recounted Mr. Tony's visual representation of what occurred in Matthew 26. She said, "I appreciated the visual experience Pastor Yang provided in his sermon. By pouring water over a student's head to show the amount of perfume that was poured over Jesus, it really placed the circumstances in perspective. He tied the theme in beautifully with the stories he incorporated to show how we should love recklessly."

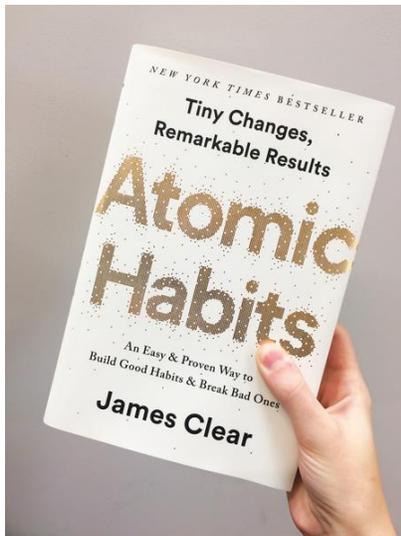
Mr. Yang further explained that God's love is wasteful, and that our love to Him should be the same. Eden Seo (junior, theology) was the student who volunteered to have water poured on him. He shared, "I learned that God's love is inefficient in the sense that he pours out everything He has for us. We should do the same for others by loving without holding anything back. I want to love like Jesus does."

Pulse

PULSE

Improving by 1 Percent: Atomic Habits Book Review

Jessica Rim [03.17.2021](#)



Before the start of any significant transition, such as New Year's or a new semester, we may have a list of lofty goals: waking up before sunrise, exercising more, and being more productive. These goals are often plans for permanent change, not one-time targets, and they require forming better habits. As much as we would like to believe that we can be consistent and improve ourselves, a brief reflection of our New Year's resolutions and a comparison to past resolutions quickly bring us back to reality.

Realizing that simply listening to an audiobook about forming new habits is not a substitute for actual effort—but curious nonetheless—I listened to *Atomic Habits* by James Clear. In this book, Clear provides a framework for starting and

maintaining new habits while breaking undesirable ones. At the beginning, he explains that it is not that lack of motivation or ambitious goals that prevent us from doing so, but that we often have ineffective systems, or how we go about carrying out our habits. If we can improve what we do by a mere one percent every day and enjoy the process, rather than only look towards our goals, we can eventually achieve results. The rest of the book guides us through principles of habit formation and specific examples of techniques we can use to alter our habits.

According to Clear, there are four things that lead to habit formation: making a habit obvious, attractive, easy, and satisfying. These four principles can also be called: cue, craving, response, and reward, respectively. In trying to start a habit, making the cue that signals the start of the habit more obvious increases the likelihood of remembering and putting the habit into action. The craving portion of habit formation involves making the habit seem more enjoyable to increase anticipation for it, while making a habit easier to do leads to higher rates of response. Finally, making a habit satisfying by providing some sort of reward allows the habit to actually last, leading to desired changes. When each of these aspects is addressed, it becomes less and less difficult to start and maintain good habits. This can also be applied to breaking bad habits by reversing these four principles; the cues of to-be-broken habits should be hidden, the habit should be made more unattractive, carrying out the habit should be made difficult, and the rewards for stopping a bad habit should be more immediate and attractive.

Clear provides some helpful, specific examples of how each of these principles can be used. If you would like to stop playing video games right after getting home, you may want to hide the video game console and controllers to make these cues less obvious, making it less likely that you will see them and start playing. To change the mindset that exercise is a drain on energy, which hinders starting an exercising habit, you can start framing exercise as something you “get” to do to become fit rather than “have” to do. In order to make it harder to watch TV, you can make it difficult for yourself by unplugging it after each use; this extra hassle can make you less willing to turn on the TV. Lastly, to make the rewards of doing something more immediate, you can cross each day you stick to a habit off the calendar, as keeping the streak going can act as a reward in itself.

Although some of the techniques that are mentioned in the book may be very familiar to us—likely due to past efforts to start or break habits—such as involving friends and family to hold ourselves accountable and making implementation

intentions that state exactly when and where we will exercise, there are some that I personally found to be new or particularly interesting. A strategy that Clear calls “habit stacking,” this technique involves using an already established habit as a cue to start another habit. For example, you can say that right after brushing your teeth (an established habit), you will do a few push-ups (a habit you want to form). In addition to this, you can use “temptation bundling,” where you add a personally enjoyable activity that can make you anticipate doing these push-ups, such as scrolling through social media. I was also fascinated by the 2-minute rule, where you start a habit by just committing 2 minutes to it. Because this is easy, it encourages you to just start, and this often leads to more than 2 minutes of action. Another way that this rule can be used is by using the 2 minutes as a limit, where you are required to stop. Eventually, this can prompt a longer session, just like an example in the book where someone who limited his gym time for only 5 minutes decided he might as well stay longer.

A key idea that Clear emphasizes repeatedly is that your sense of identity shapes the habits you will want to commit to, as habits provide the evidence to reinforce your identity. Considering yourself as the type of person who takes pride in doing something, such as exercising regularly, will make you more likely to exercise than thinking it is something you would just like to do. Then, as you stick to your habits, you come to think of yourself as a disciplined, athletic person. This interplay between habits and identity allows us to change and maintain these changes. Because each small difference we make in our actions slowly changes who we are and how we think of ourselves, we do not have to despair that we will ever improve. We cannot see the results immediately, but we can surely become the type of people we aspire to be, one percent at a time.

PULSE

International Women’s Month: Lessons From My Mother

Wambui Karanja [03.17.2021](#)

When I think of the defining characteristics of womanhood, my first instinct is to cite characteristics like beauty, nurturance, warmth, sensitivity, and

supportiveness. Stepping outside of the stereotypically-defined feminine attributes, however, we start to notice characteristics like complexity, resilience, and strength. Characteristics revolving around themes of strength are foundational to the functionality of women. Strength can be seen in the hard-working mother who is the primary provider for her family. It can also be seen in the woman who is discriminated against at her place of work simply for being a woman in a society with a long-standing patriarchal history. Themes of strength can be seen in many contexts and in women from all walks of life; we just have to look.

The primary example of a strong woman in my life is my mother. I have seen and heard about many of the adverse life experiences she has encountered and still, she rises to meet her challenges with courage. I sat down with her to have a conversation about the complexities and nuances that exemplify strength in the context of womanhood and what that has looked like in her life.

What is your definition of strength in the context of womanhood?

Strength means getting up at 4 o'clock in the morning before I go to work on projects that I am passionate about. Strength means exercising every day so that I do not die prematurely. Strength means drinking enough water when I can. Strength means making the community stronger by engaging with other people. My ultimate aim is to create a space that is safe for the people I love so that I can live forever and ever. That, to me, is strength.

Please describe a time in which you felt it was necessary for you to be strong, either for yourself or for others.

When my mom was dying, I knew I needed to be strong emotionally for my mom, my brother, and my children. Her passing made me the new matriarch of the family. You, Wambui, actually were a big source of strength for me during this time. I don't know what it would have looked like if I was just taking care of my mom and I wasn't nursing you and having you by my side consistently.

How does one strike a balance between strength and sensitivity? Or are the two mutually exclusives?

I believe my sensitivity is my strength. My sensitivity gives me ears to hear the needs of others and strengthen them. My sensitivity allows me to create and to be joyful. It allows me to continue to be vibrant even under scary, life-altering circumstances. My sensitivity allows me to hear and obey. That, I believe, is true

strength.

Is there anything that your mother taught you about strength that you would be willing to share?

My mother and grandmother taught me the same thing: have your own money and know how to take care of yourself. Mama also taught me I can do anything I put my mind to. My grandmother added to always keep my hands in God's hands.

PULSE

Spring Birding

Interview by Masy Domecillo [03.17.2021](#)



Photo by Public Domain

As warmth begins to grace the Andrews University campus, signs of spring have begun to appear. From the longer, sunnier days to the flowers beginning to bloom, the changing of the seasons is evident. There is perhaps one event that heralds the disappearance of winter above others: the return of the birds. From excited chirping within the early morning hours to the gathering of flocks among birdfeeders, the spring migration of the birds remains a fascinating phenomenon each year.

The return of the birds also allows for an increased variety for bird-watching. A hobby that can quickly be learned, birding allows for humans to interact with nature, as well as with others. An avid birdwatcher, Dr. Tom Goodwin, a biology

professor within Andrews University, gave us some insight to the activity, as well as some tips for beginners.

How did you get into birdwatching?

I initially got into birding when I took an ornithology course in college, and I was a very active birder for several years after this course. Then, after many years without being too active, I got interested once again a couple of years ago when my wife and I were preparing to go to Costa Rica, where bird life is incredibly diverse. I've been hooked again ever since!

Why would you recommend this activity?

First, birding gets you outdoors, and that is a good thing. Second, there is something very satisfying with looking for a new or rare bird, and making an identification based on little details of color or behavior. It's kind of like detective work! And third, you get to meet interesting people who also like being outdoors. (The latter was especially nice for me: I met the young lady who is now my wife on a birding trip many years ago, and we still enjoy birding together!)

What materials and methods would you suggest for beginners?

Get a decent pair of binoculars and a bird identification app such as the free Merlin Bird ID app. And it helps to find someone who likes to bird and can help you get oriented to the common birds in the area and how to identify them. Once you get into birding a bit, you may also want to sign up for eBird, where you can record all the birds you've identified by location and see what others have seen too.

Any suggested prime locations nearby?

Well, during the migration season for warblers (small, colorful birds that are fun to spot), Beaver Point here on campus can be a good spot. And at many times of year, just walking the trails and roads around the Agricultural Education Center on campus can yield quite a few birds. And there are many excellent places off campus too.

Have you had any spiritual reflections while birdwatching?

I'm commonly struck by the beauty and variety of creation, and as a believer this often lifts my thoughts heavenward.

A Saturday Afternoon Birding List: Dr. Goodwin's Suggestions

Here are the 10 most common birds right now in Berrien Springs, according to the Merlin Bird ID app. You can easily see all of these on campus, if you include the Agricultural Education Center in your walk!

- Northern Cardinal
- Canada Goose
- American Crow
- American Robin
- Red-bellied Woodpecker
- Red-winged Blackbird
- Tufted Titmouse
- White-breasted Nuthatch
- Blue Jay
- Black-capped Chickadee

Humans

HUMANS

AU's Favorite Spring Activities

Interviewed by Fitz-Earl McKenzie II [03.17.2021](#)

What is your favorite thing to do in the Michigan/Indiana area when the weather is warm?

Cameron Mayer, (senior, speech pathology): I love to go hiking or go to the beach and then get ice cream with friends afterward. I also love exploring cute little towns like Saugatuck or Holland to see their little shops and get some good food.

Donesha Cooper, (sophomore, elementary education): My favorite things to do when it's warm is going on nature walks with my girls to the swings down by the lake on campus or go to the dunes and watch the sunset, especially on a nice and warm Sabbath afternoon admiring God's handiwork.

Malachi Regis, (senior, marketing, sociology): One of my favorite things to do besides going to the beach is going to the outdoor movies at Silver Beach. I enjoy pulling up a blanket enjoying a movie, pizza, and the warm summer breeze.

Shane Pierre, (senior, music education): My favorite thing to do in the area is finding new spots with friends to do stuff like eating, hiking, walking, sightseeing, taking flicks, etc.

Grace Bell, (senior, social work, Spanish): My favorite thing to do is to spend as much time as I can outside. (i.e. taking Charli on a walk, doing homework outside, go on a bike ride, etc)

Erin Penrod, (junior, nursing): When the weather is warm my favorite things to do include watersports (boat driving, wake surfing, etc.), lifeguarding, gardening, and eating ice cream. I also love to spend time with my family and sit outside on quiet summer nights.

Jea Erazo, (freshman, psychology): I have enjoyed going to the beach and listening to the sounds of everyone starting to enjoy being outside again. I have even enjoyed exploring the streams and lake (or pond, I don't know what that thing is) right on our very own campus.

Jaycee Francis, (senior, nursing): Going to the "beach" in Saint Joseph with friends when the weather is warm is definitely a staple. It's a vibe that cannot be beaten.

Kimberly Supit, (senior, business information system): I enjoy chilling on the beach with the good company playing soccer or slacklining. During the evenings, I'd sometimes read a nice book or take a nap on my hammock.

Rebecca Palmer, (sophomore, marketing): My favorite thing to do here when the weather is nice is to go out with friends and get food or do a picnic. I also like to have game nights no matter what the weather is.

Jake Knowlton, (senior, nursing): During the fall season some of my hobbies include outdoor sports like Football and Golf. During the summer weather, my all-time favorite outdoor activity is pylon jumping.

HUMANS

WEAAU Executive Officers Interview

Interviewed by Abigail Lee 03.17.2021



Who are some women that currently inspire you? Why?

What makes you proud to be a woman?

**Caryn Cruz: Co-President
(junior, English)**

Who are some women that currently inspire you? Why?

Many women who have been instrumental in shaping my personal growth, such as my mother, grandmothers, aunts, cousins, sisters, and friends, are my biggest inspirations. Due to their influence, I have learned how to navigate the world and feel more equipped to keep going. I'm thankful for their encouragement and the joy that they have brought into my life.

What makes you proud to be a woman?

I am proud to be a woman because of what we have overcome. We have persistently stood up for ourselves and the rights we deserve, which makes us stronger than most people realize. I love how women don't have to fit inside a perfect mold and can just be themselves. Lastly, seeing many influential women (and young girls) in the past and present who have fought passionately for equal rights encourages me to do the same.

Karen García: Event Coordinator
(junior, pre-physical therapy)

Who are some women that currently inspire you? Why?

My mom is incredibly inspiring. She's very blunt but also authentic. She's my biggest supporter and also the one who humbles me the most. Besides my mom, I'd say AOC (Alexandria Ocasio-Cortez) cause she's pretty awesome. Other honorable mentions: Kamala Harris, Greta Thunberg, and my two sisters of course. Most women are pretty inspiring in one way or another.

What makes you proud to be a woman?

The community of women that have strived for better every day makes me proud to be a woman. Despite the obstacles that are structured into this world, women every day are succeeding--whether that's in STEM, the arts, business, self-employment, being a parent, etc. I'm proud of every achievement a woman makes because it's an achievement for women everywhere.

Jasmine Collard: Treasurer
(senior, pre-professional psychology)

Who are some women that currently inspire you? Why?

My mother, Michelle, because of her work ethic and amazing story of starting from the bottom and working hard to make her current life a reality. Also, she is such a powerful woman but she handles situations with such grace and humility; she is a great leader. Also, my mother-in-law, Denise, because of her generous and loving heart, her undying love for Christ, and her ability to make those around her feel heard and cared for! Finally, Dr. Angela Duckworth, because of her research on grit and self-control in relation to academic success. Her research is a great tool for all communities!

What makes you proud to be a woman?

I am proud to be a woman today because we have a voice, we're recognized and our growth is limitless.

Autumn Goodman: Co-President and Graphic Designer
(senior, photography)

Who are some women that currently inspire you? Why?

Currently, I am inspired by Meghan Markle and her willingness to go against the grain and stand up for what she knows to be right. Her continued support for her husband and her children is inspiring despite the odds. I appreciate her courage to speak out against an unfair system that is centuries in the making and bringing a

new perspective.

What makes you proud to be a woman?

I am proud of the community we, as women, have. More recently I have felt this sense of community in unspoken “girl codes” which make it easier to keep one another safe, uplifted, and encouraged. Only women know the struggles other women experience as women so it is extremely comforting to me to know that women are supporting women. I am proud of the adversities we have overcome and the odds we have defied. Women can do anything, and that makes me proud.

Reba Perkins: Secretary
(senior, nursing)

Who are some women that currently inspire you? Why?

My mother. Her strength is something I admire because of her ability to endure through almost anything.

What makes you proud to be a woman?

Our tenacity and willingness to never give up.

Angelina Malcolm: Co-Event Coordinator
(senior, international business)

Who are some women that currently inspire you? Why?

My mom is my forever inspiration. She taught me about strength and perseverance, to never give up, and to always overcome adversity no matter the obstacle in front of me. Another person who has recently inspired me is Meghan Markle, who showed so much grace and courage to speak her truth regardless of what anyone had to say. That empowers me to speak out against discrimination and racism when confronted with it.

What makes you proud to be a woman?

The fact that we are so much more than what people think we are. We are powerful human beings. What I am most proud of is our resilience, because as women we are at a disadvantage, and as black women even more of a disadvantage. But we don't ever let that stop us from our goals and aspirations. We continue to break down systemic barriers and fight for the equality that we know we deserve.

Emerson McCain: Male Representative
(sophomore, sustainable horticulture)

Who are some women that currently inspire you? Why?

My mom. She's the strongest woman I know and an inspiration to all her children.

Even in the toughest of times she'll still be smiling and trying to keep everyone's spirits high. She is truly an amazing lady.

Jocelyne Rico: Public Relations
(junior, speech pathology and Spanish)

Who are some women that currently inspire you? Why?

Some women that currently inspire me would have to be Frida Kahlo, Ruth Bader Ginsburg, and Alexandria Ocasio-Cortez. Frida Kahlo has always inspired me because she used art as a way to express herself and every painting she made told a different story about her life. Ruth Bader Ginsburg because she was an advocate for gender equality and women's rights, and lastly, AOC, because she is a huge advocate for issues that affect minorities.

What makes you proud to be a woman?

That we are powerful, fearless and we can accomplish anything we set our minds to. We have changed the world in so many ways and we will continue to do so.

HUMANS

Women in Science, English, Math, and More!

Interviewed by Terika Williams [03.17.2021](#)



Photo by Public Domain

Professors from across several Andrews University departments answered the questions: “Who is a notable female figure (either current or historical) in your field? What has she contributed to your discipline?”

Dr. Summerscales

(Department of Physics)

The exceptional female scientist I would like to highlight is Gabriela González who is a Professor of Physics and Astronomy at the Louisiana State University. She led the LIGO Scientific Collaboration as Spokesperson from 2011-2017 and has made many important contributions to gravitational wave detector science. She is someone I admire greatly both in terms of scientific accomplishment and the impact she has had as a mentor of students and young scientists.

Dr. Pittman

(Department of English)

It’s my joy to honor a scholar who has made a massive impact on my field, the great Kim F. Hall, Lucyle Hook Professor of English, Professor of Africana Studies, at Barnard College, Columbia University. Dr. Hall published one of the single-most influential books in Early Modern and Shakespeare studies in 1996, “Things of Darkness” (Cornell UP), which exposed the white supremacist discourses embedded in the “Golden Age” of Renaissance English literature. Writing at a time when New Historicism dominated the scholarly landscape of our field, Dr. Hall pointed out the blindspots in such scholarship; though preoccupied with examinations of discourses of power, New Historicism had up until that point thought little about how race and white supremacy inflected structures of authority in the era and its literature. For me personally, as a graduate student in the 1990s when New Historicism was the methodology I learned, Dr. Hall’s book transformed my outlook, exposed my own privilege as a white, middle-class scholar, and called me to refocus my emerging body of research on the intersecting concerns of gender, class, and race in Shakespearean performance. After graduate school, when I entered the classroom, Dr. Hall’s book also informed my syllabus construction so that my classes would endeavor to excavate the silenced voices of women and persons of color in the Early Modern period. Dr. Hall has been not just a towering presence through her publications but also as a generous-hearted and gracious mentor of countless younger scholars including several graduates of Andrews University, Dr. Vanessa Corredera, Dr. Emily Shortslef, and Shanelle Kim (her current PhD student at Columbia). No praise is adequate for her impact on the field, my colleagues, and my own discoveries.

Dr. Corredera

(Department of English)

It is my pleasure to honor Ayanna Thompson, ASU Regents Professor and Director for the Arizona Center for Medieval and Renaissance Studies. Thompson is one of the central voices in Premodern Critical Race Studies (PCRS), particularly in the area of race and performance. Her work in “Colorblind Shakespeare: New Perspectives on Race and Performance” (Routledge, 2006) transformed Shakespeare performance studies, asking for more than token “colorblind” casting; indeed, she argued that casting should be color-conscious, considering the ideological and representational work race does (and is not allowed to) do on the contemporary Shakespearean stage. Her book “Passing Strange: Shakespeare, Race, and Contemporary America” (Oxford University Press, 2011) is equally as significant, placing Critical Race Studies in dialog with Shakespeare to better understand Shakespeare’s role in and Shakespeare as a tool for American racial formation. Thompson’s work illustrates her curiosity and creativity, wide-ranging because she is willing to stretch herself, learn new things, and push the boundaries of the field. She is also a generous mentor to not only to her students, but also to fellow colleagues (myself included), providing astute professional advice and leadership in order to pave the way for PCRS’s bright future.

Dr. Goodwin

(Department of Biology)

For biology, let’s go with Rosalind Franklin. Franklin was an exceptional scientist who carefully collected the experimental data that made possible the discovery of the structure of DNA.

Dr. Lyons

(Department of Biology)

The Nobel Prize in Chemistry for 2020 was awarded to two women, Emmanuelle Charpentier (Max Planck Unit for the Science of Pathogens, Berlin, Germany) and Jennifer Doudna (University of California, Berkeley, USA). These two women have made a huge impact in our understanding of genes, genomes, and the potential for genome editing through their discovery of the CRISPR-Cas9 system. CRISPR-Cas9 is a bacterial “immune system” that these scientists happened upon through their work in bacteriology and biochemistry, and that is now beginning to be applied to the treatment and cure of heritable diseases such as sickle cell disease.

Dr. Kutzner

(Department of Physics)

Marie Curie was a Polish and naturalized-French physicist and chemist who conducted pioneering research on radioactivity. As the first of the Curie family legacy of five Nobel Prizes, she was the first woman to win a Nobel Prize, the first and the only woman to win the Nobel Prize twice, and the only person to win the Nobel Prize in two scientific fields. She was the first woman to become a professor at the University of Paris in 1906. She discovered radioactive elements.

Vera Rubin was an American astronomer who pioneered work on galaxy rotation rates.[1] She uncovered the discrepancy between the predicted angular motion of galaxies and the observed motion, by studying galactic rotation curves. This phenomenon became known as the galaxy rotation problem, and was evidence of the existence of dark matter.[2] Although initially met with skepticism, Rubin's results were confirmed over subsequent decades. Her legacy was described by The New York Times as "ushering in a Copernican-scale change" in cosmological theory.[1][3] She discovered "dark matter."

Donna Theo Strickland, is a Canadian optical physicist and pioneer in the field of pulsed lasers. She was awarded the Nobel Prize in Physics in 2018, together with Gérard Mourou, for the practical implementation of chirped pulse amplification. She is a professor at the University of Waterloo in Ontario, Canada.

Dr. Weldon

(Department of Mathematics)

Sofia Kovalevskaya (1850-1891): First woman to receive a doctorate in mathematics; first woman in Europe to become a full-time professor. Contributed to the areas of differential equations and elliptic integrals—applying this to explain behavior of Saturn and its rings.

Maryam Mirzakhani (1977-2017): Only woman to receive the Fields Medal, the most prestigious award in mathematics.

Katherine Johnson (1918-2020): Worked for NASA; provided the orbital entry and launch window calculations that enabled John Glenn's orbit around the moon. Received Presidential Medal of Freedom in 2015.

Emmy Noether (1882-1935): Resolved a paradox presented by Einstein's theory of general relativity—impressing Einstein and providing a fundamental tool for modern theoretical physics. Other work was foundational for further expansions and connections in mathematics.

Dr. Bosman

(Department of Mathematics)

Sophie Germain (1776-1831) was discouraged from studying mathematics and was unable to do so professionally because of her gender. Nevertheless, she persisted and made foundational contributions to Number Theory, although she had to author them using the masculine pseudonym Monsieur LaBlanc. When she disclosed her true identity to the great mathematician Gauss, he responded, "when a person of the sex which, according to our customs and prejudices, must encounter infinitely more difficulties than men to familiarize herself with these thorny researches, succeeds nevertheless in surmounting these obstacles and penetrating the most obscure parts of them, then without doubt she must have the noblest courage, quite extraordinary talents and superior genius."

Dr. Smith

(Department of Biology)

That is tough to pick one, but I guess it would have to be Dr. Elizabeth M Jaffee of the Sidney Kimmel Cancer Institute and Johns Hopkins School of Medicine. She is a past president of AACR (American Association of Cancer Researchers) one of the premiere cancer organizations. She is best known for her work with pancreatic cancer and immunotherapy. She has developed two vaccines that have greatly improved the lives and outcomes for patients with pancreatic cancer.

Dr. Matiko

(Department of English)

Anne Lamott has long been at the forefront of contemporary writers who use their own lived experience for subject matter. The essays and nonfiction narratives of this native Californian deal with day-to-matters (marrying for the first time in her sixties, addiction and recovery, her conversion to Christianity, politics, motherhood, and much more). Lamott comes across at times like a stand-up comedian, at other times as a wise counselor, and often blends both. She is aptly praised for her honesty, humor, and ability to craft amazing, unforgettable prose. She has published fiction as well, but it is her nonfiction that garners the most praise. I read and feed upon every word she pens, and am anxiously awaiting my own copy of her newest book, "Dusk, Night, Dawn: On Revival and Courage" (2021). Lamott reminds readers and fellow writers that we all have stories and that there is hope and healing in the sharing.

Dr. Moncrieff

(Department of English)

Isabel Wilkerson is a writer who has contributed very significantly to the understanding of race in America. Her book “The Warmth of Other Suns: The Epic Story of America’s Great Migration” (2010), tells the story of Black migration from the South to better opportunities elsewhere in the United States during the first three quarters of the 20th century. Her book “Caste: The Origins of Our Discontent” (2020), talks about the role of caste in America, with comparisons to caste in India and Nazi Germany. Wilkerson occupies a kind of mid-ground between a journalist and an academic, and she is able to communicate well-researched and timely stories to a broad audience.

Arts & Entertainment

ARTS & ENTERTAINMENT

“Over the Moon”

Hannah Cruse 03.17.2021



Grief is a fickle thing and one of the rites of passage of the human experience. Losing someone is hard, especially if that person was someone that was beloved. The animated musical film, “Over the Moon”, explores the path of grief through the lense of a 13-year-old science nerd, Fei Fei, and the moon goddess, Chang’e.

Chang’e was a woman who took a potion that turned her immortal and caused her to reside on the moon as the goddess, but she had to leave the love of her life,

Hou Yi, a hunter. She has waited for many years for him and wants to find a way to return him to the land of the living. Fei Fei always felt a closeness to the goddess, believing in the stories that her mother told her, and she still clings to that belief four years after her mother's death. Her father has decided to move on and is engaged to another woman, Ms. Zhong. When celebrating the Moon Festival, she is inspired to prove that her mother's stories are true and begins to build a rocket to the moon. At the launch, all seems to go well until she finds her future stepbrother has snuck on board, adding extra weight that she didn't calculate for. She miraculously makes it to the surface of the moon and is taken to the palace of Chang'e, who tasks her people and Fei Fei with a quest to bring back the gift before she cannot bring Hou Yi back to life. Fei Fei goes on an offbeat journey across the moon with an unexpected companion.

After all the work was done to bring back Hou Yi, he did not want to stay, causing Chang'e to go into a depressed state, letting the light in the moon die. Fei Fei tries to reach her, but she remembers her own loss and she spirals as well. They were two women fighting so hard to keep the memory of their dead alive, that they did not have the chance to accept that they were gone. They had to remember that just because that person was gone, love was not lost but was in the others that were left behind. Grief takes a different amount of time and can look wildly disparate, but there is a time to accept that death is just another process of life and moving on is possible when you hang on to those around you. Grief doesn't have to happen alone.

One of the best parts of the movie is that it features female leads, and not stereotypical women. They are smart, emotional, ambitious, and imperfect, but most importantly they are Asian women and girls. It was so nice to see characters who looked like my family and acted like my family on screen. Women who cry and mourn are not weak, but showing signs of strength.

“Over the Moon” is available to stream on Netflix.

ARTS & ENTERTAINMENT

Contemporary Young Women Making an Impact: Amanda Gorman

Kaela McFadden 03.17.2021



Photo by Public Domain

In this age of racial and political tensions, unity becomes both a hot topic as well as a necessity to move forward. One of the most powerful calls to unity came from “The Hill We Climb,” the poem performed at President Joe Biden’s inauguration, only days after the storming of the Capital. It was a call for unity that tried to tie the country together so it can move forward--so that the dark, racially-charged past can be remembered, but moved past. Only time will tell whether this poem’s message will truly hold true.

Amanda Gorman is one of the most influential young women that comes to mind. At 23 years old, she has already proven herself to be a proficient poet and has begun to make her mark on culture. She [became](#) the first National Youth Poet Laureate of the United States in 2017. She is in the process of [publishing](#) her second and third book, both of which contain “The Hill We Climb,” arguably her most identifiable work.

She is a Harvard University *cum laude* graduate. As a current college student,

it is inspiring to see such amazing people close to my age group. It is a reminder that we are not only the future, but also the now. Our decisions can set us up for success when we are older, but we cannot afford to forget that we are also living in the present.

Through her work as a poet, Amanda Gorman has used her platform to uplift an assortment of people. In “The Hill We Climb,” she speaks how she, a “skinny black girl” is able to dream of better things because of our country, but she does not stop [there](#). She acknowledges our country’s flaws and calls for us to do better, to rise up, to create a country where we can all truly be free. A personal touch I appreciated was when she slipped in two lines referencing Lin-Manuel Miranda’s *Hamilton* musical, which is widely recognizable among young people as part of pop culture. These references tie the younger audience to the message, showing that there we are already making a mark on history. In addition, *Hamilton* is known for breaking boundaries. It is a symbol of progress with its multi-racial cast and modern-thinking lyrics that speak of empowering immigrants and women.

This year, she became the first National Youth Poet Laureate to share a poem for [the](#) Super Bowl. In “Chorus of the Captains,” Amanda Gorman reminds us of the sacrifices of “leaders, healers, and educators” as they propel us through the COVID-19 [era](#). These heroes do not act alone. Amanda Gorman makes sure to mention that we honor these heroes by having compassion, being kind, and living for others.

Amanda Gorman has already become a symbol of unity. She is an amazing woman, still destined to do great things with her poetry. Her words find meaning to inspire us to strive for a better life together. She asks for change so that people of black, brown, asian, and other descent can be seen with the value they deserve, value that is still being withheld. Her poems are yet another reminder of how far we have come, but also how far we still have to go.

ARTS & ENTERTAINMENT

The Importance of Female Art & Creativity

Alannah Tjhatra 03.17.2021



Photo by Jenny Saville's "portrait of a feminist" and Frida Kahlo's "Las dos Fridas"

Art has always been used as a means of storytelling. Whether that be through music, writing, or painting, the world has been vastly enriched by the creativity we have as humans—the stories that we tell.

I believe that it takes both men and women—equally—to make a true, complete society. And as such, female art expresses a side of humanity that cannot be expressed solely through art by men.

Unfortunately, the concept of gender equality in our society has not yet fully come to fruition. American history has mostly focused on men's roles in shaping our country. Perhaps this is because historical accounts were written mostly by men; perhaps it is because women historically were not given the same means of education and training as their male counterparts. Whatever the reason, the fact has come to light in this present era more than ever that we need to hear the voices of women: women in politics, women in the church, women speaking up among crowds where it is mostly men who contribute. Women are crucial to the telling of humanity's narrative. When even one of us steps forward to tell our side of the story, the world becomes a better, more interesting place.

Today, there are so many talented, hard-working women who are making waves in the industry of creativity. Musicians like Beyoncé, Adele, Rihanna, and Taylor Swift have established themselves as seasoned artists who can hold their own ground; while newer young artists like H.E.R. and Billie Eilish have been bringing something fresh to the table.

Painters like Frida Kahlo, Jenny Saville, and Leonora Carrington depict female portraits that are bold and beautifully vulnerable. They paint women through the eyes of women—not women through the eyes of men—and the results are so wonderfully confrontational and real. This can be seen in Kahlo's "The Two Fridas (Las dos Fridas)" from 1939, in which Kahlo shows two personalities: one woman in a traditional costume with a broken heart, and the other woman in modern dress, independent, and full of heart. It can also be seen in Saville's "portrait of a feminist," a woman with penetrating eyes, painted in bold color. These women's artistic innovations, along with many others, have changed the art world forever.

Up and coming fashion designers are also elevating the game—whether they are taking inspiration from icons like Coco Chanel and Vera Wang, or going down a completely different path. Take a look at Priya Ahluwalia, who combines elements from her dual Indian-Nigerian Heritage and London roots, and explores the potential of vintage and deadstock clothing by "giving existing textiles and traditions techniques a new life" or Carolina Herrera, a Venezuelan designer with an "exceptional personal style," who dressed various First Ladies including Jacqueline Onassis and Michelle Obama.

And finally writers like Jane Austen, Mary Shelley, and Emily Dickinson - bold, intellectual pioneers of their time - have paved the way for contemporary authors such as Toni Morrison, Amy Tan, Donna Tartt, Alice Walker, Celeste Ng, and so many more to tell their unique narratives, becoming household names regarded with respect and admiration.

It's not always an easy path, though. So many times, these capable women—especially those who are constantly in the limelight of today's mainstream media—are branded as "too pushy," or "manipulative," or "unprofessional." Sometimes, they are simply written off as lightweights who only made it because they had a "pretty face." All of these things greatly undermine the hard work they have put in to get to where they currently are.

Kayla Bruno, (sophomore, psychology), a creative photographer herself, put it this way: "I think that women are very objectified in society. And as a woman, I think it's vital to see women in a more positive light. Photography for me is a cathartic experience because I feel like I'm able to make people smile when they

see my pictures and just bring joy to their lives. I think that having female voices is important, especially in the art world.”

We need to start giving more credit to the women who have stepped forward to round out the conversation. Whether they are musicians, painters, fashion designers, writers, actresses, or photographers, these amazing women are always pushing the boundaries of their respective fields. Each of them provides a peek into the mystery of the world and why it was brought about.

We only get half the story if there are only men in art and creativity. The world needs women to inspire, to uplift, and to serve as role models for a future generation of girls who are not afraid to make their stories heard, because the path has been paved for them.

Depicted above: Jenny Saville’s “portrait of a feminist” and Frida Khalo’s “Las dos Fridas”

Ideas

IDEAS

Billie and Gender Binaries

Alyssa Henriquez [03.17.2021](#)



Photo by billie advertising

“Okay, billie is like, the unicorn of razors,” says a young woman with a towel wrapped around her head in front of a vanity. So begins the [30 second commercial](#) for billie’s razor brand “built for womankind.” Throughout the ad, different women vocalize positive reviews for the razors, noting that they “sail through” hair, get rid of everything in “one swoop,” and are like “some kind of witchcraft.”

The color pink appears consistently throughout the commercial, composing the initial decorative background, the towel around the first speaker’s hair, various articles of clothing, and the exterior of a house. In a separate ad released on Instagram, billie taps into the misogynistic history of women’s marketing, noting that women’s products are often made by men, colored pink, and priced at higher rates. They lay into the phenomenon of “pink tax,” showing a receipt with a 15% increase on women’s products for “no good reason.” What’s more, the company has garnered praise for actually depicting body hair in their commercials, a stylistic choice which companies such as [Gillette](#) and [Schick](#) have conventionally avoided.

Overall, billie’s modern, unapologetic, stick-it-to-the-man style of marketing has resulted in notable praise from young audiences, demonstrating the effectiveness of this brand of campaigning in recent years. The Instagram ad alone features comments such as “Idgaf about razors, a temporary solution. But seeing a lady with tummy hair just made me smile. Seeing humans being humans makes ya feel nice” (@stefuhnee90), and “whoever in charge of y’all’s advertising needs a FAT raise” (@pictobrat). However, while their campaigning is progressive with regard to its fixation on equality, its emphasis on razors made especially for women necessitates a belief in clear gender binaries. Thus, while the company capitalizes on contemporary support for social justice marketing, their limitations in the area of gender politics raise the question: will billie’s success stand the test of time?

Everything about billie’s marketing rests on clear, tangible differences between men and women. The top of their [website](#) features the phrase “Fact: Women and men shave differently.” They substantiate this claim by stating “We shave 10x the area, navigating more curves and angles.” While this is undoubtedly true, the idea that women collectively *should* shave more of their body hair is an oft-criticized ideal that has spurred some women to purposefully grow out their hair in response. Billie occupies a curious stance in this controversy, as it can only

reap profits by encouraging women to shave their hair. However, this idea contradicts their overall branding of equality and justice for women. While they have included the inclusive qualifier that they will be here, [“if ever”](#) you choose to shave, the fact remains that they only benefit when women continue to do so. Furthermore, in repeatedly including the color pink throughout their commercials, featuring dainty bathroom sets and vanities, and adding unicorn emojis in post-editing, they perpetuate an array of feminine stereotypes. Thus, while the company prides itself on against-the-grain marketing by including body hair and denouncing pink tax, its marketing taps into conventional tropes of femininity.

Overall, billie appears to create a space in the market that is emphatically and unapologetically reserved for women. Their strategy is intelligent in certain respects, as it caters to the tendency of modern buyers to reward companies for engaging in activism and social justice. This is exemplified through the branding of companies such as Nike, Apple, Amazon, and Facebook, who quickly endorsed the Black Lives Matter movement in the summer of 2020 in a rush to maintain respect and financial support among young buyers. Similarly, billie capitalizes on the interest of many Gen Z and millennial buyers to increase equality for women. However, its emphasis on a set of clear demarcations between men and women, which cater to an unabashedly pro-feminine market, is not inclusive toward those who do not identify as either man or woman. In a [study](#) conducted by Bigeye which included 2,000 participants, half of Gen Z’ers and 56 percent of millennials expressed the belief that traditional gender roles and labels are outdated. Thus, as billie profits off of one aspect of today’s social-justice-oriented society, they dance a fine line in ignoring our increasingly plural and multifaceted conceptions of gender.

Overall, billie’s marketing is positive in several respects. Its inclusion of body hair promotes an authentic style of advertising, and its denouncement of pink tax calls attention to historical inequalities in the pricing of women’s products. However, the company’s engagement with gender tropes and stereotypes has troubling implications on its long-term success as a brand. As younger generations grow increasingly weary of society’s traditional conceptions of gender, it is likely that they will eventually outgrow the binary-enforced marketing employed by billie. While many companies enforce these same conventions, an enterprise that prides itself on progressivism is especially vulnerable to damning accusations of exclusivity.

IDEAS

The Equality Act and Transgender Existence

Adoniah Simon 03.17.2021

[The Equality Act](#) is one that has had various versions in the past. This most recent version was introduced February 18, 2021 and passed a week later in the U.S. House of Representatives. In a nutshell, it's a bill that seeks to provide protections for LGBTQIA+ people across the U.S., whereas they currently vary wildly from state to state. The bill prohibits discrimination on account of sex, sexuality, and gender identity in public accommodations (the definition for which is expanded by this bill and is a contentious point) and other areas like education and housing. This bill has passed through the House (in a 224-206 split), and is on the way to the Senate where it will need 60 votes to avoid filibuster. On one side there is the issue of discrimination LGBTQ and specifically transgender individuals experience due to a lack of [civil rights protections](#). On the other are concerns for [female sports](#) and [religious liberty](#). Many opponents believe that as the bill stands, it would jeopardize the safety of cisgender women and do away with the 1993 Religious Freedom Restoration Act, which made exceptions in the Civil Rights Act for religious groups. These are legitimate issues that if left unaddressed will result in the bill's failure.

This bill brings to light a number of issues faced by LGBTQ and specifically transgender people that beg careful consideration. The focus of this article is not on the contentious points of the bill. Instead, the primary goal of this article is to raise awareness of the unique challenges faced by LGBTQ, expose the biases, and misinformation we may have unwittingly absorbed, and promote empathy. It is my hope to bring light to a misunderstood population under the LGBTQ umbrella.

When talking about issues such as these, a number of things must be acknowledged. To start, [understandings of gender identity and sexuality have varied across time and cultures](#). These understandings aren't a new development, or a trendy fad. Instead, they are concepts requiring our renewed attention and consideration. LGBTQ folks will not simply disappear. We Christians must learn to appropriately have these sorts of conversations, and follow the highest command and calling of Christ: to love others just as we are loved by Him ([John 13:34](#)). The

next consideration to keep in mind is this: we're talking about a really sensitive issue for a vulnerable population. As such, they require an extra portion of care and consideration, because historically speaking, LGBTQ and specifically transgender people haven't been afforded dignity and respect, in places like the church, media, the courts and just about everywhere else. They are a group [that contends with poverty, healthcare inaccessibility, sexual violence, and homicides, at disproportionately higher rates than the rest of the U.S. population](#). Finally, ask yourself. How do you understand gender and sexuality? What does your family make of these topics, and what lessons (both silent and expressed) did they impart to you? Are these issues that are safe to discuss? What biases do you have?

Gender affirmative procedures for children are something that are significantly misunderstood, [even by elected officials](#). They are noninvasive and nonpermanent procedures that help youth align their felt sense of their gender with their outer expression of it. Many youth make a social transition where they wear clothes and use pronouns in line with their understood gender identity. Others opt for [puberty blockers](#), an approved procedure supported by experts at [The Endocrine Society](#) and the [World Professional Association for Transgender Health](#) for kids who want to delay or prevent unwanted physical changes. These are reversible treatments (monthly injections can be halted, or an implant inserted into the upper arm can be removed) that allow parents and children to determine whether hormone treatment or surgery may be something the child wants to choose once they are of legal age in their country. [Gender affirmative care](#) doesn't equal permanent surgeries. It equals developmentally appropriate mental and physical health care provided by a whole team of professions, guided by [extensive methodologies](#) that [reduces risk of suicide by 70%](#) and improve mental health outcomes, according to Turban et al.

One recent [study](#) shows that transgender and [nonbinary](#) youth who reported experiencing discrimination based on their gender identity over something such as using the bathroom were nearly twice as likely to report attempting suicide in the past year compared to those who did not experience gender identity-based discrimination. According to [another study](#) published in 2015, a third of all transgender youth have seriously considered suicide and one in five have made a serious attempt.

There are a lot of challenges that transgender people face, particularly in terms of health and overall wellbeing. This is a result of societal and systemic burdens put onto transgender people. So many transgender people face ongoing discrimination from personal to national levels. There are needs and supports that

cisgender people receive that transgender individuals don't get nearly as regularly and consistently by any means. While the challenges are numerous, this isn't all there is to transgender existence.

There are individual and societal risk factors faced by LGBTQ folk, but there are protective factors to be found at every level. What research is showing is that when transgender and other LGBQ youth are given the support of their families and communities, mental health disparities between them and cisgender people [begin to decline](#). As transgender adults live in states that are more affirming of LGBTQ people (states that protecting against housing and employment discrimination, for example, and have higher aggregates of positive public opinion of LGBTQ people, among other measures), [are less likely to attempt suicide](#). This is exciting stuff for vulnerable populations everywhere! Health outcomes can be improved [as individual, relational, communal, and societal factors are bolstered](#).

For example, transgender and gender non-conforming individuals can create healthier inner dialogues, and improve their self-esteem despite external challenges. Family members and friends may not understand fully, but they can still commit to learning, listening, and supporting the LGBTQ person in their lives. As schools, stores, and organizations use inclusive language, this can make all the difference in the lives of LGBTQ people, knowing that they and their concerns are not invisible to communities in which they inhabit. The religious and cultural background, as well as the political environment LGBTQ people are located in are by and large the places in which they first encounter stigmatization.

It is in these spheres that societal shifts can take place that protect trans rights everywhere healthcare, housing and detention facilities. These are often the sites of pain, where they learn all sorts of painful ideas about what their sexuality or gender identity means. Within reach of these spheres of life, from the individual to the societal, are potential for harm, but what should encourage us all is their potential for healing, too.

This is the first in a series of articles about the realities of LGBTQ existence. The next will bring these issues closer to home, as students will speak about their lived experiences as LGBTQ people attending an Adventist institution.

IDEAS

The Importance of a Woman

Evin N. Musgrove 03.17.2021



Photo by Evin N. Musgrove

From the very beginning, God made known His precision in hand-crafting the woman, a creation after His own heart, His very image in human flesh (Gen. 1:27). He breathed into her the sweet spirit of gentleness, vulnerability, assertiveness, ambition, and empathy. He equipped her with the vision and tactfulness necessary to lead, while still gracing her with the tenderness to birth and nurture another soul. God looked upon His careful design of a woman and said, “It is good” (Gen. 1:31).

The prominent role of women in the early development of the Christian church is often overlooked and overshadowed by the contributions of male figures. Scholar Karen L. King offers a “truer portrait” of Mary Magdelene, for example, whose reputation is primarily rooted in prostitution. In contrast, King suggests literature that portrays Mary as a prophetic visionary and leader of the early church, following the death of Jesus Christ (King, 2017). In the Gospel of John, the risen Christ commands Mary to be the first to announce His resurrection, and while she is not typically referred to as an apostle, Mary was given this role by Christ, Himself, when He calls her to share the good news with the other apostles (John 20:11-18). This is, undoubtedly, a high calling.

Katherine von Bora, yet another key influencer for what we often call “women’s

ministry” was a woman who reshaped the role of women in society (Aucoin, 2018). A few years after Martin Luther had published his “95 Theses,” Katherine and ten other nuns concluded that God had a purpose for women beyond the monastic life and devised an escape from the convent. Without the support of their families, the women wrote to Luther for help, and on Easter of 1523, they were hidden in a merchant’s wagon and taken from the convent, for good. While this may seem like a triumphant escape story, one must recognize the magnitude of social shame Katherine and the nuns risked in boldly defying societal standards of women in ministry. Luther later wed Katherine, and her approach to family life set a standard for future decades. Katherine proved that life not only as a woman, but as a wife and mother, are “just as much a discipline of grace and means of sanctification” as life in a monastery.

I recently had a conversation with a close guy friend who mentioned the ways in which God’s image is expressed through women and men. He shared that there is a different sense, a freshness, experienced amongst the women in his life; that women “just smile more” and embrace a unique freedom of expression often neglected by men, who can be more “emotionally reserved.” My friend’s comments suggest that maybe the Adventist church suffers from a lack of a woman’s perspective, her freshness. I posed this point to a mentor and friend, Pastor Jannel Monroe. Similarly, Monroe pointed out the lack of perspective and variance amongst the woman experience in church leadership positions, for instance, the experience of a white woman versus a woman of color, or that of a middle-class woman versus a poor woman. Inviting various perspectives to the table, Monroe says, would greatly inform how the church leads, as well as how we reach and cater to people. It simply takes the desire to listen.

Interestingly, however, Pastor Monroe also believes that if one is not careful, this idea of women displaying such *different* parts of God’s character can serve as a limiting mindset. She said that it is often through this belief that women have been denied a seat ‘at the table,’ where their so-called ‘differences’ have rendered them inadequate in the eyes of the church. Rather, Monroe shared that it is not so much that women should *add* something so spectacularly different, but rather, the issue lies in who is allowed to obtain certain leadership positions, at all.

In hopes of gaining even more perspective into the Christian woman’s experience, I asked a fellow student and woman in Christ how her Christianity manifests itself in her life...

“To me, being a woman connected to God means that I am merely a vessel for God to show tangible evidence of His love to everyone I interact with. My relationship

with God became a lot more personal once I realized that, ultimately, He wants to show His beautiful, perfect, comforting love to this broken world and that He wants to fill me with His love so that everyone around me can experience it through every single one of my words and actions. He wants to fill me so much that it transforms my character into a character of love that can be felt simply just by eye contact or my presence in a room. He wants the atmosphere and space around me to have an overwhelming sense of His pure love.”

To the woman reading this, know that while you may often be denied the space to provide valuable perspective, that while you may not be singled out for your contributions like Katherine von Bora, you are, nonetheless, reshaping culture for God’s glory. Your strong-mindedness, integrity, compassion, independence, wisdom, and eloquent communication are vital for the growth of God’s kingdom and for humanity, as a whole. Embrace how God leads through you. Lean into the connection between your femininity and being made in His image.

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The Last Word

THE LAST WORD

Master Your Mindset, Cultivate Your Creativity

Megan Napod 03.17.2021



Photo by Megan Napod

Growing up I never labeled myself as a “creative” person. My young, naive mind, up until last year, associated creativity with knowing how to draw and think of cool ideas for group projects in class. But the definition of creativity goes deeper than that.

According to Robert E. Franken, the author of “Human Motivation”, ‘creativity’ is “the tendency to generate or recognize ideas, alternatives, or possibilities that may be useful in solving problems, communicating with others, and entertaining ourselves and others.” Nothing in that definition correlates learning how to draw with creativity, yet the art of drawing or sketching is an outlet for one’s own creativity, being that it is a form of communication with others and it entertains us and the creator.

One of the best things about creativity is that it is not predestined. With a solid work ethic, passion, and a vision, you can cultivate creativity. This type of mindset is called a “growth mindset,” a term coined by Carol Dweck, a researcher at Stanford University known for her book “Mindset: The New Psychology of Success”. This book may have been a textbook for your psychology class. In the book, Dweck explains the two types of mindsets that shape our lives: growth and fixed. Particularly with the growth mindset, Dweck found that it encourages a passion for learning rather than a desire for approval. To me, this is what “progress over perfection,” a well-known mantra that I claimed for myself for 2021, encapsulates. It is the overall idea that mistakes lead to growth, not failure and that as human beings we will never reach perfection on this earth; that instead, all we can do is progress. In fact, doing things perfectly all the time is a roadblock to growth. You can’t learn and grow from doing the same thing.

We currently live in this world of hustle, where saying you’re always “busy” is something to be proud of, or makes you seem a more productive and even worthy human being. For many people, including the college student at Andrews University, it gets up to a point where that word stops being a way to describe how we are doing, to a descriptor of who we are. People who are like this tend to have a “fixed mindset,” striving for constant gratification and avoiding failure at all costs as a way of maintaining the sense of being smart, skilled, or even feeling valued. Fixed beliefs like, “I’m a procrastinator,” or “I’m not creative,” will cause us to never try things that we could fail at, and can act as an excuse to avoid grabbing the paintbrush.

As I sat at the end of last year, reflecting on the crazy 366 days we all had in common (it was uniquely enough a leap year), I began to wrestle with the question, “what does success look like?” For the majority of my life, I credited success to the grades I got in school, getting the highest positions possible in the organizations I was involved in, and even in the compliments I got from others. Obtaining success like this meant multitasking and planning each and every minute, getting to the point where nothing was spontaneous and all the checkboxes on my to-do list had to be filled each day, or else I failed. When March 11, 2020 came around, all planning and perfectionism ceased. I soon realized I needed this change, because this was the year I decided I was creative.

Variation is how I identify creativity. It is the different, the unique, and the unexpected. Never in my life did I envision myself enjoying oil painting and starting a small embroidery business almost one year after the world changed (which, shameless plug, you can find on Instagram @[threadswithmegsco](https://www.instagram.com/threadswithmegsco)). We all

had to find alternatives to our time and entertain ourselves, going back to Franken's definition of creativity. This sudden change forced out my inner creativity, healing and inspiring me deeply. I'm not sure I would have ever identified myself as a creative person if it wasn't for the moments during quarantine where I chose not to fill a checklist, and instead filled my canvas.

It seems as if 11 years of piano lessons, 5 years of voice lessons, owning a blog for the past 4 years, and even dabbling in the French horn in the 5th-grade didn't solidify that creative identity in me, so why now? It's not because I know how to draw, because I still don't. I've come to the realization that I was a perfectionist, and in none of those creative outlets was I perfect. I had a fixed mindset, thinking that if I couldn't be the best at those things then there was no point in claiming the characteristic. James Clear, in one of my favorite books of all time, "Atomic Habits", states, "When you fall in love with the process rather than the product, you don't have to wait to give yourself permission to be happy." I know now that perfection doesn't qualify a creative person—or a happy one.

Here is another great quote by David C. Burns that reiterates this idea: "Aim for success, not perfection. Never give up your right to be wrong, because then you will lose the ability to learn new things and move forward with your life. Remember that fear always lurks behind perfectionism. Confronting your fears and allowing yourself the right to be human can, paradoxically, make yourself a happier and more productive person."

Every morning for the past six months, the first thing I've done is write down an affirmation for myself, something such as "I am capable, worthy, loved, strong, brave, etc.," depending on what I need for that day. Dweck found in her research, that the view you adopt for yourself profoundly affects the way you lead your life. It can determine whether you become the person you want to be and whether you accomplish the things you value. Clear concurs with this idea: "Every action you take is a vote for the type of person you wish to become. No single instance will transform your beliefs, but as the votes build up, so does the evidence of your new identity." It is not the huge accomplishments that solidify one's view of themselves, but the consistent actions one takes towards that outlook. One last "Atomic Habits" quote: "The seed of every habit is a single, tiny decision. But as that decision is repeated, a habit sprouts and grows strong...The task of breaking a bad habit is like uprooting a powerful oak within us, the task of building a good habit is like cultivating a delicate flower one day at a time." When you overcome bad habits and outlooks, you can master a solid mindset, and cultivate your creativity.

Creativity lives in all of us. If we take small actions towards identifying our creativity and live out our values, we can manifest what is already within us, cultivated by not just any creative, but the ultimate Creator.

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