2-14-2019

BSCF VESPERS IMPACTS CAMPUS LIGHTHOUSE HIGHLIGHTS BLACK HISTORY

Andrews University

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**NEWS**

**A NIGHT TO REMEMBER**

“I made so many positive memories. I know I’m going to look back at this year and banquet will be a highlight.”

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**CHRISTIAN SINGLE**

“As opposed to the ‘ring before spring’ culture of Christian campuses (*cough cough* Southern *ahem*), I think it’s completely okay not to date in college.”

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**LOVE YOURSELF**

“But whether you are single, taken, or somewhere in-between, self-love is an imperative attribute that we need in our lives in order to feel and express an array of vibrant energy within yourself and radiate it unto others.”

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If you haven’t already voted, it’s not too late.

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“The purpose and mission of [the Watchmen] is to ‘bring an urgent message to a cold world.’”

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**THE LAST WORD**

**MY SPEECH PATH AND IDEOLOGY**

“It’s difficult to view your situation from outside yourself, especially when you’re ten years old. If it were not for my friends, I might have lost my voice, chopped off my tongue to escape the bitter taste of being alone.”

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A Night Under the Stars

On Sunday, February 10, AUSA hosted its annual banquet, this time themed, “A Night Under the Stars.” As usual, it was an elegant affair, with the main focus being to create “a relaxed environment where students could spend time fostering their relationships with the people around them,” says Karl Arrogante (senior, chemical engineering).

As social vice president of AUSA, he played a pivotal role in planning the perfect night for the student body. The banquet was held at The Brick in South Bend which added a rustic but classy vibe to the event. The evening was full of community, food, music and games. As a whole, the AUSA officers seek to allow opportunities for the student body to make memories and engage with each other in a way that allows for comradery and connectedness among the students. As usual, they didn’t disappoint and students thoroughly enjoyed their experience. So often as college students, it is easy to get engrossed in grades and classes and overwhelmed with assignments, and forget that it is still important to enjoy your time here.

Floyd Counsell (junior, finance) expressed the general consensus of the student body in expressing that it “allowed for me to spend time with my friends in a setting beyond the classroom. I enjoyed the photos the most...it’s great when so many people look so good all at the same time.”

Another great component of the banquet is that it wasn’t geared solely towards couples. It created an environment for everyone to feel welcomed: couples and friends alike. The games allowed everyone to feel involved and have a great time playing and watching other people play.

Once again, hats off to our AUSA officers for making our year a little better.

Adriana Santana (junior, speech pathology and audiology) expressed her gratitude by saying “I made so many positive memories. I know I’m going to look back at this year and banquet will be a highlight.”

Although the night has come and gone, the moments will not be forgotten.

Lighthouse Celebrates Black History Month

This past Friday on Feb. 8, the first Lighthouse Vespers of the semester kicked off. As it is the month of February, the theme of Lighthouse was intended to honor and celebrate Black History Month. After the musical praise, Dr. Ty-Ron Douglas, who was the featured speaker, prefaced his message by singing, before giving his testimony. Powerful and eye-opening to some, Megan Napod (freshman, speech-language pathology and audiology) says “I thought the experience of Lighthouse was very enlightening.” When asked to clarify, she continues, “I guess enlightening in the sense that I got to learn more about Black culture through the speaker.”

Dr. Douglas encouraged his audience to do “ME-search.” By this, he meant that the audience should attempt to understand the context of their birth, emphasizing how it can have an exceedingly large impact and role in the identity of a person. Arielle Douglas, (junior, biology and pre-veterinary science), a longtime attender of Lighthouse, said “it really was nice and memorable to hear the speaker sing before he spoke, and I did come away pondering his message. I was especially interested in his emphasis on the importance of ME-search.”

Lighthouse vespers has been a favored event in Andrews University, and its impact during Black History Month has managed to reach new and seasoned students alike. Part of the “Celebration Series” that includes the New Life programs during the month of February, Lighthouse has done its job at kickstarting the sacred programs of this year’s Black History Month. Whether a new face on campus or a longtime attender, this year’s celebration is looking to be gripping and profound.
French Diplomat Lectures at Notre Dame

David Forner

On Thursday, Feb. 7, the Nanovic Institute of European Studies at the University of Notre Dame hosted Guillaume LaCroix, the Consul General of France in Chicago, to present a lecture on the relationship between France and the United States, given both countries' current political environments. As the Department of International Languages provided transportation for any Andrews University students interested, a small group of Andrews students was in attendance for LaCroix's lecture. The lecture, as part of the Conversation with Diplomats series, was entitled "The Macron Government, France and Europe in Light of the Yellow Vest Protests," featuring a discussion of French President Emmanuel Macron's policies and recent face-off with the "Gilets Jaunes" ("Yellow Vest") protestors. Having mobilized for 13 consecutive Saturdays to date, the Gilets Jaunes have organized the longest-running protests in France since the Second World War; what was initially sparked by a French tax on gasoline has since morphed into a largely-unstructured, semi-militant attack on urban elitism, immigration, Macron's government, and even the French system of constitutional representative democracy.

Dr. Sonia Badenas, Assistant Professor of French, advertised LaCroix's lecture to students in her French courses after being invited by Dr. Sonja Stojanovic, an alumna of Andrews University who serves as Assistant Professor of French and Concurrent Faculty for the Gender Studies Program at the University of Notre Dame. "I invited my French majors because I thought it would be interesting for them to meet the Consul General of France for the Midwest and learn about current events that are shaking up France and Europe," Badenas said. "I want my students to understand that French is not just a language that's fun to learn from a country far away, but that French and France are part of our lives here in the Midwest as well."

After the short lecture, the LaCroix hosted a Q&A session, with questions pertaining to LaCroix's responsibilities as General Consul, Macron's relationship with Trump, and France's inevitably tumultuous political future. Toni-Ann Gayle (sophomore, communications & French studies, pre-law), one of Badenas' students, stated that she found the lecture to be interesting, although she wished that LaCroix could have provided more details about the Gilets Jaunes' current and potential impact on French politics and French daily life.

Ephraim Palmero III (senior, political science, pre-law), who has not taken a French class but was invited by one of Badenas' students, was pleased with LaCroix's accessibility as a lecturer.

Upcoming Events

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<td>Science-Theology Dialogue about Creation (Need Registration)</td>
<td>FEB.15</td>
<td>Seminary Chapel</td>
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<td>Enjoy the long weekend!</td>
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<td>Science-Theology Dialogue about Creation (Need Registration)</td>
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<td>Light Bearers: Bible Study</td>
<td>FEB.17</td>
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<td>Quality of Life</td>
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<td>President's Day (No School)</td>
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<td>Staff Worship</td>
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<td>Women Clergy Network - A special Chat n' Chew on Branding (Professional Attire)</td>
<td>FEB.21</td>
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Single’s Awareness Day: Spread the Word!

Caitlin Jankiewicz

Cold as it may be, as Valentine’s Day approaches there is a lot more than snow in the air. For those of us not in relationships, Valentine’s Day is a time to bemoan the fact that we are single and indulge in the chocolate teddy bears from the Gazebo that we buy for ourselves. Some of us even take the bold approach of renaming it “Single’s Awareness Day,” daring to celebrate the fact that we have yet to tether our life to someone else’s and claim being “Single Pringles never ready to mingle.”

Though we are in college, and the days of passing out paper valentines and sticky Hershey’s kisses to the class are long gone, Valentine’s Day comes with a conglomeration of joy, jealousy, pain, contentment, resolve and love that only a day punctuated with roses, chocolate and Hallmark movies can bring. For some, this Valentine’s Day marks another year that we have failed to secure the affection of someone, anyone, and brings us one step closer to graduating without finding “the One,” which, for an Adventist student at an Adventist college, is the greatest failure of all. After all, what good is all that tuition money if we’re not going to graduate with the “Mrs.” degree? As a strong proponent of the idea that life is meaningless without a relationship, I suggest that this Valentine’s Day, if we find ourselves single, we all take a very hard look at ourselves and figure out what the heck is wrong with us. Okay, time out. While Valentine’s Day is special for some, it can be pretty rough for others. However, the alternative to celebrating the holiday isn’t wallowing in a puddle of self-pity, bemoaning the fact that we are single. As opposed to the “ring before spring” culture of Christian campuses (*cough cough* Southern *ahem*), I think it’s completely okay not to date in college. When I was in high school and even recently, in my early years of college, I’ve been told a million times to use the time that I’m single to invest in myself and who I want to be. Cliché, right? But hey, we’re talking roses and teddy bears and chocolate here so come on what else do you expect? From talking with people who have been in relationships and drawing on my own experiences, here are some very real advantages of being single:

1. So much free time: a relationship, especially if it becomes unbalanced, eats up a ridiculous amount of time. That time can cut into your schoolwork, hobbies, family time or even just down time you’d normally have to unwind or spend time with God.

2. Friendships: having just one person who you are pouring your heart into makes it easy to neglect other significant friendships, and people won’t just wait around for you to make time for them if you are continually blowing them off to hang out with your boyfriend or girlfriend.

3. Emotional energy: recently, one of my friends made a very simple but true comment: “Dating sucks if it’s the wrong person.” As obvious as it sounds, it’s actually pretty profound. If it’s the wrong person, dating has the potential to be exhausting and stressful, leaving you completely emotionally drained. As the old adage goes, it’s a lot better to be single than in the wrong relationship. It’s worth waiting for the right person, rather than settling out of loneliness.

4. You get to be you. When dating, it’s pretty easy to get your identity tangled up with that of your significant other. You forget about pieces of your life that are specific to you, focusing more on the areas that the two of you share. Whether you are recovering from a breakup or have yet to be in a relationship, being single is valuable free time that you can use to build who you want to be, to learn as much as you can about anything you want and to invest in “Identity Capitol” (for more on this, look up Meg Jay’s TED talk, “Why 30 Is Not The New 20”).

5. Fall in love with God. While I recognize that not all on this campus are Christians, the fact is that many of us strive to maintain a connection with God. Your single years are the perfect time to establish your relationship with God, because once you get into a relationship, it’s so easy for your heart to become divided and pulled away from your true First Love, because of time, emotional energy, or other factors. In addition, the Bible promises in Psalm 34:18 that “the Lord is close to the broken hearted.” Though this may sound like just another Sabbath School Memory verse, I’ve found this promise to be true in a very real and amazing way in my life. My moments of deepest pain and heartache are the moments that I’ve felt God’s love most keenly. I believe this to be a unique blessing from God to those who are in pain that can never be experienced by those who aren’t.

I could talk about the advantages of not dating until I am blue in the face, but the fact is, it won’t really do much to change the fact that if we’re single, most of us want not to be. We all want to love and be loved, to have someone there to share life with. We all yearn for that intimate connection. I think that’s just part of what it means to be human, part of the way God created us. Yeah, it can hurt pretty badly to be alone, and Valentine’s Day can be just one more kick while we’re down, but then comes the reminder that it’s really just one day out of 365. On February 15, life moves on. And hey, there’s always next year!
Packed Primaries: Kamala Harris for President?

Daniel Self

Following a fairly standard midterm election and a very recently reopened government, Democratic candidates for the party nomination are beginning to emerge. Immediately, the number of potential nominees seems very high—a similar issue faced in the 2016 primaries. While having a richly diverse set of political platforms and personalities may initially seem appealing, it usually results in a divided voter-base. One strong, early candidate to many is California Senator Kamala Harris; however, many Democratic voters seem to split on her past actions as a prosecutor, district attorney, and attorney general. Nevertheless, finding the optimal matchup against sitting president Donald Trump, the election bid must remain paramount for the Democratic party.

For Senator Harris, the only black woman sitting in the Upper House, serving as President would be another incremental step forward in regards to political representation at the highest level of government. Entering into the 2020 election, she holds standard Democratic party primary issues for the 2020 President Election, such as being pro-choice on abortion, supporting Medicare for all, and supporting sanctuary cities and expanding and protecting potential legislation for DREAMers. In many regards, Harris mirrors two other possible Democratic candidates, Elizabeth Warren and Cory Booker on many social issues. Particularly, their co-sponsoring of the Climate Risk Disclosure Act with Senator Elizabeth Warren’s intended to speed corporations’ transitions from fossil fuels to cleaner energy; as well as her co-sponsoring of the Marijuana Justice Act with Cory Booker, though she holds these socially liberal stances, they do not separate her from the previous two senators—and potential nomination competitors.

However, Harris’s past work as a prosecutor, DA, and attorney general make her a difficult candidate for some more activist Democrats to fully support. Particularly, her “tough on crime” stance and support for the death penalty and slowly embracing criminal justice reform. For a holistic understanding of Harris’s positions and actions, one may read Lara Bazelon’s NY Times piece “Kamala Harris Was Not a ‘Progressive Prosecutor’.” While she heavily critiques the California Senator, I tend to approach Harris’ body of work from a different lens. During the 90s, the phrase “tough on crime” became trendy in America. Often, however, with the Republican and Democratic parties. During this same period, Harris beclouded with Cory Booker, a Democratic district attorney. By being a woman of black and Indian descent—and thereby lacking the privilege that her many of her competitors held—Harris’s rise up the political ladder demonstrates her desire and aptness for political success. However, because her advancement took more difficulty, ascending the political ladder and being a divergent or activist candidate simply would not have been available. Moreover, the nature of democratic systems requires politicians to adhere fairly closely to current public opinion in order to maintain the status and re-election. While this may be a fairly optimistic perspective of Harris’s past actions, the context at least allows for greater consideration.

When considering Kamala Harris against the aforementioned Cory Booker and Elizabeth Warren, they are both highly competitive in their current positions, and therefore will require an immense amount of compromise between both houses of Congress and the sitting president himself. In his State of the Union, Trump made multiple comments that aimed to mend some of the differences between himself and House of Representatives Democrats. Often, however, these statements fell flat as he took credit for successes that he neither authored nor supported. Implying that his strong economy directly benefitted the 58% of women who filled new jobs, President Trump drew mocking laughter from the group of female Democrat Representatives—all donning white blouses and a female solidarity in Congress. Amusingly, he took the group rising to their feet and clapping sarcastically, “you weren’t supposed to do that”—as though his profound statistic brought them to their feet. From their reactions, their body language and numerous statements, they clearly feel otherwise. In turn, the two parties appear no closer in agreeing to a deal than before.

President Trump’s approval ratings, plummeting substantially after about a week and a half of partially closed government, cannot afford to not compromise on their next spending bill. Traditionally, the State of the Union re-energizes the Congress and the hope and a clear sense of direction, raising presidential approval ratings substantially. However, after a record-setting government shutdown, Trump’s approval spike after the State of the Union only brought him back to his original position before the shutdown, with a number around 41% according to Politico. President Trump’s 2020 presidential bid now faces a no-win situation, either abandoning his major campaign promise of a substantial wall across the Mexican-American border or enlisting into another partial government shutdown which will dramatically drop his approval ratings. Trump’s sense of self-demonstrates that he understands his situation as well, ominously suggesting that he would call a state of emergency to circumvent Congressional voting approval to fund his wall. While many presidents do use this particular executive power several times in their time in office, rarely does it occur to directly aid a president. The Brennan Centre for Justice notes that 31 cases of States of Emergencies still remain in effect; however, Trump’s disdain for limited presidential powers makes this move particularly unnerving. While terms like “authoritarian” or “dictator” are often thrown around when describing the sitting president, this move should not be overly dramatized—yet.

State of the Union Amid Pending Shutdown

Daniel Self

Presenting the State of the Union on February 5, President Trump returned to his traditional talking points: a strong economy, the secularity and the gun reform on the Southern border and his innocence in regards to the Mueller investigation. With the temporary government deal set to expire on February 15, the thought of returning to partial government shutdown loomed over the annual event—a presidential tradition that Speaker of the House Nancy Pelosi deftly prevented until the temporary government spending bill was signed. Critically, President Trump gave his address within a number of important contexts, most notably, his negotiations with House Democrats to both prevent a second shutdown and fund his border wall, as well as raising his approval ratings and preserving his 2020 Presidential bid.

Preventing a second partial government shutdown, presumably Trump’s highest priority, will require an immense amount of compromise between both houses of Congress and the sitting president himself. In his State of the Union, Trump made multiple comments that aimed to mend some of the differences between himself and House of Representatives Democrats. Often, however, these statements fell flat as he took credit for successes that he neither authored nor supported. Implying that his strong economy directly benefitted the 58% of women who filled new jobs, President Trump drew mocking laughter from the group of female Democrat Representatives—all donning white blouses and a female solidarity in Congress. Amusingly, he took the group rising to their feet and clapping sarcastically, “you weren’t supposed to do that”—as though his profound statistic brought them to their feet. From their reactions, their body language and numerous statements, they clearly feel otherwise. In turn, the two parties appear no closer in agreeing to a deal than before.

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Self-Love: Bringing Out an Aesthetic Vibrant Energy

Vanessa Angel

Valentine's day is the time of the year when heart shaped chocolates and teddy bears fill the bottom of gift bags, a time where we also hear the most common clichés, such as “love is in the air” and “couple goals.” In short, the month of February has only two types of people—single or taken. But whether you are single, taken, or somewhere in-between, self-love is an imperative attribute that we need in our lives in order to feel and express an array of vibrant energy within yourself and radiate it unto others. According to the Merriam-Webster dictionary, self-love is “regard for one’s own happiness or advantage.” Below, I have listed a couple of self-love tips.

Write down your strengths and look at the positive. This is simple, easy to do and gives people a sense of purpose. Make a list of your strengths on a poster and hang it up in a place that is visible to your daily routine. In this way, any time that you are feeling down or not in a happy place, you can look at the many strengths you have. A lot of the times, we seem to forget or not pay attention to our strengths, and we often focus on the negative. However, if we choose to have a growth mindset instead of a fixed mindset (thank you Carol Dweck), we will eventually renounce any negative thoughts and cling onto the positive vibes. An unknown writer emphasized the positive side to life, stating how certain words and phrases have the same number of letters. For example, hate and love have four letters, negative and positive both have eight letters, cry and joy have three letters, and right and wrong each have five letters. Sometimes we must forget old and negative thoughts in order embrace new beginnings. Having a strength poster that emphasizes your strengths on one hand is a great way to begin self-love.

Create a happy place. Being a college student, we are often bombarded with many assignments, quizzes, papers, and projects. However, there are times where we just need time for ourselves in order to recharge our inner self. Therefore, my next tip consists in keeping a basket of things you like to do, such as paper and markers for drawing or books to just read for growth and engagement. Yes, school is important, but self-love is also imperative to the body and essence of who we are. Have a time of the week where you devote to what you specifically like doing and unwind a little bit.

Know your self-worth. Fill your mind with positive thoughts from scripture. Delve into the holy scriptures and read passages that emphasize and reiterate the power of God’s love for us. Additionally, read texts that give you hope when you feel as if you don’t have everything together. The word says, “When you go through deep waters, I will be with you.” (Isaiah 43:2) Knowing that God has a plan for you even when you don’t know what it is, is good to hear. In the same way, David states the beauty of the human life, “I will praise you, for I am fearfully and wonderfully made.” (Psalm 139:14)

Love is paramount in a world where the news brings little but profound sadness and anger. Having self-love is a great way to spread positivity and light with our innermost being. There are many ways we can practice self-love, from hanging quotes in our dorms and writing out our strengths, to physically being active and spending time with the things we enjoy. No matter what we do, having self-love in our daily routine is without a doubt a necessity to bring about even the tiniest joy into our lives. For when we do bring joy into our lives no matter the circumstances, we will grow stronger in faith, and be happier with our own selves. The Bible says, “...The joy of the Lord is my strength” (Nehemiah 8:10). So let’s practice self-love and experience a world with positive energy and in doing so, we will begin to shed light in a world of darkness.

Netflix & SAD

Raina Price

Do you ever feel down during the winter months? Then by the time spring rolls around, do you feel “normal” or better? You might be experiencing the winter blues. Seasonal depression, also known as seasonal affective disorder (SAD), is a type of depression that some people experience during particular seasons of the year. This disorder, which is most common during the winter, often keeps people indoors. Individuals who have SAD may experience a lack of energy, have trouble sleeping, and express a loss of interest in daily activities. The transition from autumn to winter creates this shift in mood because of the cold weather, lack of sunlight, and stress created from the holiday season. Even though you may feel antisocial this winter season, treating SAD is possible without a visit to the doctor.

Here are some remedies you can try to feel a little brighter this winter season:

1. Go outside. Taking a walk or having a snowball fight with your friends can get you some of the Vitamin D you may be missing—and make sure your daily vitamins have a healthy dose of Vitamin D as well.

2. Eat healthy and get good exercise. Keeping up a healthy diet while staying active will increase your energy and allow your body to work at its best ability.

3. Light therapy. Light up your room with fairy lights, a cool lamp, or any other source of light that enhances that you get the right amount of light. Exposure to light, even if it’s artificial, has the ability to brighten your day—literally!

4. Talk about it. Being open and honest about your feelings can remove a lot of stress you’re experiencing. Opening up to your friends, family, or a counselor about what you’re experiencing can help you find the support you need and puts your situation in perspective.

Even though you may be feeling SAD, find some time to surround yourself with the things you love throughout the rest of this season.
What Happens Next?

Dani Maletin | Leaving college, and starting your future is the next step for most students at this university. Some are approaching the end of their time here at AU, anticipating their success and full life that is to come. However, how do we leave this place, and what happens once we do? For some, leaving is paired with already lined-up jobs, apartments and friendships. But for others, graduation is paired with a sense of failure as you move back into your parents, lose a part of your identity, independence and confidence. I don’t want to do this to anyone’s future, so I went in search of a professor on this campus who could help give very advice, and share their own personal experience as to what they endured post-graduation. Professor Michael Gayle, a recent addition to the Andrew University family, who has begun working in the Education department. He had much to say in regards to how students should approach their impending future.

After many students graduate, they are hit with the reality of their situation. What advice would you give to a newly graduated student as to the next steps they should take?

Spend time in prayer both individually and with trusted advisors. Seek the will of God. “Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He will direct your path.” (Proverbs 3:5-6) Work diligently at whatever God puts in front of you—that might be a new job; it might be graduate school; it might be whatever God has in front of you, do it diligently.

What steps should students take before they graduate?

Before having a plan for next steps is important before graduating. What are your goals for the next year? The next two or three years? Before graduation, think about what you will do over the next year or two or three.

Should students take just any job right after graduation to get experience, or should they wait for the right opportunity to come along?

This is where having a goal is important: There are times when having “gainful” employment takes precedence over “ideal” employment. Even if you do not have the ideal or perfect job, you may continue to work toward your goal. Keep learning. Keep seeking. Keep the vision that God gives you.

What advice do you have for students preparing to graduate?

As you prepare to graduate, ask lots of questions. Seek the advice of friends, family, co-workers. Become acquainted with the marketplace (i.e. the people, places, tools, knowledge, types of capital that have currency) of your discipline. That is, who are the people; where are the places; what knowledge and skills will be most useful in order for your impact and your influence to be most effective as you serve people?

Do you believe pursuing grad school immediately is more beneficial than obtaining a job?

I believe it depends on the individual circumstances and how God is leading. If it is grad school, then do it well. If it is a job, then do that to the utmost. That being said, I believe that having an income and how can you deal with uncomfortable emotions when coping with stress or a crisis. Many people turn to substances to cope with stress and to deal with uncomfortable emotions. What impact does using substances have on their lives? The mission service is leading. If it is graduate school, they should take advantage of the 2018 Tax Reform Legislation, signed into law by President Donald Trump and Congress on January 1, 2018 lowered the tax rates, as well as changing the income threshold that these tax reform, a person with an income of $77,000 a year would be in the 25% bracket, but under reform, this same person making $77,000 a year would be in the 12% bracket. Remember that filing for tax returns is a long, complex process so don’t get frustrated if you don’t finish instantly. However, taxes aren’t something you want to procrastinate on, so if you haven’t filed yet, it might be a good idea to start thinking about it soon.

Dear Counselor

Counseling and Testing Center | Dear Counselor: I have been hearing a lot about fentanyl and that it is a deadly drug. What exactly is fentanyl and how can fentanyl cause death? Dear Cathy: Great question! According to the National Institute on Drug Abuse, fentanyl is a powerful synthetic opioid and prescription drug that is similar to morphine but is 50 to 100 times more potent. It is often used to treat patients who experience severe pain or to manage pain after a surgery. Some people who experience chronic pain and who are tolerant to other opioids may also be prescribed fentanyl. Fentanyl works by binding to receptors in areas of the brain that control pain and emotions. The effects of fentanyl use include drowsiness, nausea, confusion, euphoria, constipation, sedation, tolerance, addiction, respiratory depression and arrest, unconsciousness, coma and death. Fentanyl is especially dangerous because of its high potency, but only a tiny bit can cause over-dose and even death. Using substances to deal with stress or, experimenting with street drugs is dangerous and can kill you. If you are using substances to cope with stress or merely experimenting, please seek help right away. The Counseling & Testing center located in Bell Hall 123 is here to help. Services are confidential. If you have questions that you would like answered in the Dear Counselor section, please email your questions to: cccenter@andrews.edu Source: National Institute on Drug Abuse, National Institutes of Health: U.S. Department of Health and Human Services.
My name is Leah Wooten, and I am currently a junior international business major at Andrews University. I have spent the last year serving as your AUSA Financial Vice President, and I have also served as an AU senator. I have worked alongside students all across campus as well as your AU senators to help students gain funding for projects that interest and inspire them. Working with students so closely this year has made me want to do even more for the students of our campus. The best way to bring attention to issues that we face here on campus and off would be to have someone available to hear your concerns at all times. I want to have an open door policy for your AUSA officers so students always have access to them. I also want to start hosting town hall meetings every semester, where all new ideas, concerns and frustrations can be brought to administration. Voicing your concerns and being heard is something I want to emphasize and encourage. By having open communication, this campus can be unified and we can begin a dialogue that fosters openness and learning for all. I want to listen, I want students to know exactly who to come to on campus, and I want to do everything in my power to make this university the best it can be. I want Andrews to be a place we can all be proud of. My name is Leah Wooten, and I would like to be your AUSA President. Thank you for your time.

Hello, my name is Alessandra Pineda. I’m a junior studying international business with minors in public relations and Spanish. My previous leadership experience is within AUSA and Adelante. In Adelante, I started out as club pastor and then became Adelante president. My year as president of one of the biggest cultural clubs on campus has been challenging yet fulfilling. We were able to celebrate Hispanic Heritage month for the first time in AU history. Having the opportunity to see everyone come together and embrace their heritage was an amazing experience. Through my time in this leadership position I learned the dynamic of the team, the best ways to manage different personalities within a large group and how to get people to come together and work towards a common goal. I have decided to run for AUSA executive vice president because I believe in the change AUSA and Senates can bring to the student body. If elected to this position, I would listen to your ideas, projects, concerns and work with you to execute them.

Did you know that Andrews University is the second most diverse university in the United States? If so, we need a person who can understand all these differences! Hello AU students. My name is Dongchan. I am from Berrien Springs, but am originally from Korea, where I lived until elementary school. After that, I moved to China to learn Chinese and graduated from middle school there. Finally, I moved to Berrien Springs and graduated from high school here. I am confident that my unique experiences and abundant language skills I gained from moving countries to countries would help with understanding every single AU student and representing the second most diverse university in America. Moreover, I have no doubt that this experience will help further in my life when I am representing AU as Senator-at-Large. The role of Senator-at-Large is to represent all students in meeting of the AUSA Senate and with all the duties and responsibilities of all AUSA senators. In addition, my majors in medical laboratory science and Spanish, and knowledge that I gain from classes will help my responsibilities. Especially with Spanish, which will broaden my understanding and perspective to people all over the world including every single student of the second most diverse university, Andrews University. I am responsible, reliable and relatable. Please vote for me! Thank you!
Michael Cuke
Religious Vice President

To be honest, I should be your RVP because I’m vegan. And if that doesn’t convince you, I’m a PK (pastor’s kid)! And just for the super skeptics, I grew up in pathfinders and have never missed an episode of Veggietales. Am I not qualified?! Let me answer that for you…no. No, I’m not qualified and there’s no amount of accolades, accomplishments or common Christian traditions I could’ve followed that renders me eligible for this position. However, while there might not be something that can qualify me, there is someone, and that’s Jesus! As your RVP that’s how I’ll be making moves, solely based on Christ. Religion has often had a bad rap as being boring, judgemental, and bigoted. And while that may be true on some levels, I want to change the narrative and bring back the O.G. religion, the religion Jesus represented while He was here on Earth. While religion is about obedience, Jesus is about perseverance. While religion focuses on flaws, Jesus focuses on faith. While religion makes you focused on the mistakes, Jesus makes you focused on the maker. As your RVP, I will not base any of my decisions or goals on religion, but on Jesus. So I’ll be more like the JVP (Jesus Vice-President). My goal is to promote and help establish a community on campus that demonstrates Christlike, non-judgmental, grace-fueled, mistaken-ridden, Jesus-covered, love-based religion. So I challenge you to partner with me as we work together to put love, fun and ultimately Jesus back into religion.

Margaux Tan
Religious Vice President

Leadership Positions: Freshmen Orientation Group Mentor (2016), AU sophomore class president (2017), speaker at Sabbath School, various vespers, and co-curricular forums, PR AUSA council (2018-2019), ASIS secretary (2018-2019), AUSA Student Services Director (2018-2019). During my time as a documentary film student, I have learned that we as individuals have been called to something unplanned. I didn’t expect this, but I have felt convicted to serve God by means of being directly involved in the spiritual life on campus. This is the reason I am running for religious vice president. My hope is to foster an environment where the student population can grow in their personal spiritual experience with God outside the walls of a church. My own relationship with God has been a journey that would not have been possible if I had not attended Andrews. While building my relationship with him, I have been blessed to be a part of so many different communities on campus. The opportunity to be involved in many areas has given me the knowledge to bridge gaps in places that God may often be overlooked. God has been so gracious to give me the chance to find Him during my time at AU. Because I believe it is one of my responsibilities as a follower of Christ, it is important that I am an active component of ministry on campus.

Frentzen Pakpahan
Student Movement Editor

As a writer and your Ideas section editor, I’ve sought to both articulate and share my own thoughts and opinions while providing a place where, ideally anyone—conservative or liberal—can express theirs. I have experience in working with and interacting with a variety of individuals and teams as well as balancing a busy schedule through leadership in club office as an AMA worship coordinator, ministry work as Bible study and Sabbath school teacher, and the work that comes with a pre-med track, such as volunteering, research and labs. For the past two years I have worked as the editor for the Ideas section, leading and working with a dedicated group of fellow students. As your editor-in-chief, I would continue to push both the institutional and cultural boundaries of thought permissible in our paper so that individuals can feel free to fully express themselves and their views. Furthermore, I want to make the paper increasingly relevant by focusing on our digital presence. I want to deliver more information faster to the student population. Weekend events, breaking news headlines, the latest in views. Furthermore, I want to make the paper increasingly relevant by focusing on our digital presence. I want to deliver more information faster to the student population. Weekend events, breaking news headlines, the latest in...
Valentine’s Watchlist

Day-perfect soundtrack featuring love songs by David Bowie, Elton John, Madonna, Bono, the Beatles, U2 and Sting. (Karen Vallado)

When Harry Met Sally
Can a man be in a platonic relationship with a woman? Harry says no, Sally says yes, and we get to watch their disagreement playout over the twelve years that the two weave in and out of each other’s lives. This movie has romance and comedy, but it is not like most rom-coms. You may find that some elements in the tone of the film seem familiar, but in 1989, these characters, their dialogue, and this way of telling a love story was new to the big screen. This is romantic and personally heart-string-tugging for the happy ending. (Karen Vallado)

A Walk to Remember
A classic Nicholas Sparks’ movie based off of the book by the acclaimed romance author. It’s a timeless classic with a plot that is sure to break your heart, definitely one to watch if you’re looking to get in your feels. The quintessential good girl and bad boy storylines used here but in a more traditional kind of way, which isn’t usually something we see nowadays, but, there is a twist. Starring This Is Us’ Mandy Moore and 2000s heart-throb Shane West, it is sure to give you a quality portrayal of the complex stories of these characters. It is a sweet, romantic, dramatic one for the books and is a one you can’t go without watching. (Megan Napod)

Groundhog Day
Bill Murray is perfect as Phil Conners whose nightmare is getting stuck in rural Punxsutawney. At first a jerk, Phil’s character goes through a series of transformations as he lives the same day over and over. A meditation on what it means to live a worthwhile life, cloaked in a garb of comedy, the film becomes moving as Phil transitions from cynicism to materialism to despair to, finally, nobility. The Ray Charles version of “You Don’t Know Me” provides a poignant commentary on Phil’s attempt to change his character, change his day, and change his love life. Andie McDowell does a nice job playing Rita Hanson, Phil Connors’ love interest, but this movie is really Murray’s tour de force. (Scott Moncrieff)

50 First Dates
If you are that person who has seen someone, thought they were cute, and then forgot this name then this movie is for you. Now, I know what you’re thinking—doesn’t this movie have Adam Sandler? The answer is yes, but this should not deter you from such a funny and cute movie. First of all, we all know it’s freezing cold here so why not watch a movie about love set in Hawaii? Feel that warm and fuzzy feeling on the inside and pretty funny. Also, when life, cloaked in a bit of action. (Karen Vallado)

On the Basis of Sex
Ingrid Radulescu | Known as the notorious RBG, Supreme Court Justice Ruth Bader Ginsburg has been in and out of the news for the past few months due to being hospitalized. For almost two decades now she has served as a feminist icon and role model for many aspiring to practice law or politics. Recently a biographical legal drama, ‘On the Basis of Sex,’ premiered in theaters based on the true story of Justice Ginsburg’s early career. As the film depicts RBG’s early struggles of being a woman lawyer, the movie particularly focused on a case that Ginsburg, played by Felicity Jones, and her husband, played by Armie Hammer, decided to tackle. This specific case set a precedent in the highest court of the land and proved that the law unconstitutionally discriminates against women.

A change from the overload of action movies, ‘On the Basis of Sex’ brought to mind a critical tale of women’s history. The nuanced relationship between Ginsburg and her daughter, teachable feminist moments and a supportive understanding husband willing to take a back seat made the movie truly a breath of fresh air. The final scene of Ginsburg walking up the steps of the United States Supreme Court had my friends and me in tears. Compared to the challenges Justice Ruth Bader Ginsburg resisted, our own frustrations may seem minuscule. However, injustice still persists against women, minorities and the oppressed. I would not only recommend such a film but would call for more such films that shed light on such important topics.

‘Thank U, Next’
Adriana Castillo | Just six months after her acclaimed album Sweetener was released, pop-phenomenon Ariana Grande dropped her fifth album ‘Thank U, Next’ on February 8, 2019. The singer has had an eventful past couple of years, to say the least, and only seems to be gaining more and more momentum in the industry, with her songs dominating the music charts worldwide. Grande released the song ‘Thank U, Next’ a couple of months back as a teaser for her latest work with the same title. The album, composed of 12 songs, is a testament to her past relationships and breakups that have already been extremely publicized and over-analyzed by the media. To focus on the drama surrounding her past relationships and how it relates to this album would be, in my opinion, a waste of time. Grande has clearly put that in her past and has managed to use it to fuel her creativity and produce an incredibly successful record with a great amount of heartfelt character. Although the style and tone are very similar for most of the songs throughout the album, each possesses the ability to captivate the listener with its sticky melody and lyrics. NASA—the album’s third song—is a great example of Ariana’s incorporation of clever puns and relatable content into each song that allowed for a fresh take on a style that is already creating a lot of buzz amongst her fans and the rest of the music industry. Grande is set to begin touring for both her previous and current albums as early as March of this year. I imagine it will be yet another great achievement for the already successful 25-year-old singer, and I can’t wait to see what fun videos she releases next.
The Watchmen: Graduation Album Concert

Megan Napod | If you haven’t heard of The Watchmen, or haven’t been to the last few chapel services at Pioneer Memorial Church, they are an all-male a cappella group comprised of students of Andrews University. You’ve been hearing their voices all around campus and for the past few weeks they have had many performances in many aspects of the school, all of those performances leading to their biggest one thus far, their album release concert. The Watchmen had a concert for the release of their album titled “Graduation,” on Saturday, February 9 at the Howard Performing Arts Center. It was a huge event, proven by the many tickets sold around campus and amount of word spread through social media and by word of mouth. The HPAC was filled with many friends, family and overall supporters of the group and their mission.

The Watchmen first formed exactly two years ago (2017) from the day of their album release concert and since then a lot has happened. The group over the years has had twelve total members that have come in and out, and currently there are six: Emmanuel Gyamera (bass, sophomore, pre-physics), Jephthah Ndlovu (baritone, junior, aviation & religion), Eugene Amponsah (2nd tenor, health informatics), Devon McFarlane (2nd Tenor, graduate, divinity), Brent Laporre (2nd tenor, freshman, medical lab science), and Abel Siamubi (1st tenor, junior, religion & psychology).

What brought the group together was a dream. The group started with six gentlemen, two of which are still in the group (Ndlovu and Siamubi). These men had a background in a cappella and longed to sing the style at the university. As always, God affirmed their willingness and made the dream into a reality and The Watchmen were created. In an interview, Laporre says that the title of the album isn’t about anyone graduating from the group, but the idea is that someday we all graduate to heaven. He also says that the purpose and mission of the group is to “bring an urgent message to a cold world,” based on Ezekiel 3:17 that there is hope because God is coming soon. The concert was in the works since October 2018, a few months before the recording of the album in December.

I spoke to the marketing manager for the concert, Aya Pagunsan (freshman, medical laboratory science) and was able to get an idea as to some of the obstacles the concert faced, in terms of advertising and selling tickets. They weren’t able to sell tickets at the student center or put up posters without approval by Student Life, so that posed a few problems. But with the help of friends and other supporters of the group, they were able to advertise well in the days leading up to the concert and sell a good amount of tickets. When asked what she thought of turnout of attendance for the concert, Pagunsan said that the turnout was great, especially with all the other events happening the same night.

The concert itself was exceptional, with a colorful stage setup and a wonderful introduction to the concert, with the men walking down the aisles while introducing themselves, singing their first song centered around keeping the Sabbath holy. After so many hours in the studio, it came down to this concert: 17 songs, featuring past members of the group, “Anointed Hands” (an interpretive dance group), and even an attire change in the middle of the concert! But the most important aspect was that the fundraising that occurred during the concert was going towards The Watchmen International Student Scholarship Fund.

The newly created fund was presented at the concert. I asked Laporre for the story behind the new fund. Most of the members of the group are international students, and over the years they have been so grateful for the education and experience that they’ve had at Andrews and would like to use this album to fundraise towards The Watchmen International Student Scholarship Fund. They also want to encourage and supported them throughout their journey to the album and those who continue to support their mission of spreading God’s Word through their gift of music. They also want to especially thank those who have been there financially as well as those who have provided places to stay while on their 2018 tour. The album release of “Graduation” will be soon; until then go onto www.watchmen7.com to get more details and to learn more about the group.

Read of the Week:

The Knife of Never Letting Go (Chaos Walking Book 1)

Since there’s an entire watchlist of movies to choose from for this week, here’s a book recommendation to mix things up. When I heard there was going to be a film adaptation of this Patrick Ness novel starring Tom Holland and Daisy Ridley, I knew I had to read it (I’m a Tom Holland fan, sue me). The first of the trilogy, Chaos Walking. The Knife of Never Letting Go takes place in a post-apocalyptic world where all women are dead and men are forced to hear each other’s thoughts because of a virus. Todd Hewitt, the main character, is a young boy struggling to live in this world when he discovers a girl named Viola, and is taken on a dangerous path to discover the truth of his world. Half-Hunger Games, half-The Handmaid’s Tale, but transcending both, Chaos Walking should not be missed.
How I Learned to Speak

Frentzen Pakpahan

I stood in the shade of the overspread oak trees, wrapped in a winter jacket even as summer approached. This had been my spot all year, the only place during recess dark enough to allow me to see the screen in my hands. The backpack on my Game Boy Advance had broken and I strained to see the pixels battling across the dim surface.

In those days, Pokemon were my only friends, always there for me when I needed them. A few teachers had confiscated these friends of mine from time to time, telling me to go out and make real ones—well-intentioned sentiments, but I still stuck to myself and whirled away the time sitting watching the other kids.

“I wish I could... but I can’t. No one wants to be my friend.” Those words bracketed many a thought in my head as I looked on, beads of sweat tracing the curvy outlines of my pudgy face. I wore the jacket for anonymity: if you couldn’t see you, you couldn’t see me. I wanted to be left alone, to jump in and join everyone else and play tag, gloriously fall from the monkey bars, show off in front of the girls, but I was too self-conscious. “What if they tell me to go away?” That would be way worse than staying over here.”

I didn’t recognize my future best friends in the two boys who walked up to me one day. They’d gotten a game going, tag or basketball. I don’t remember what it was, and with beaming smiles asked if I wanted to join. While I wasn’t particularly eager to spend my precious introverted minutes with a bunch of randoms, I knew they were in my class and I didn’t want to waste an opportunity at some social capital. Heck, I was grateful that someone took the time to notice me, jacket and all.

The memory is long gone from my mind, replaced by the times when boys kept me outside, one-on-one in the midst of a freezing New Hampshire winter dropping 69 points to my measly 21, and when Kenneth and I were back home on summer break, busting out the fast stylings of Frank Ocean’s “Chanel”. When I asked one day what made them introduce themselves to me, I was surprised to hear their response: “We felt sorry for you.” It’s not that I couldn’t remember those days but that I didn’t want to remember. I’d grown so much from the little boy on the outskirts of the playground, when I was ready to be the first back inside so I could lose my self-consciousness in work, that to be reminded of where I began discomfited me. I had to reframe my image of our friendships. Though we’d long moved past pity, I had to be grateful for the boys who took an interest in the lonely loser, for the parents who raised those boys.

I wish I could go back and kneel before little me to teach him all that I’ve learned. It’s difficult to view your situation from outside yourself, especially when you’re ten years old. If I were not for my friends, I might have lost my voice, chopped off my tongue to escape the bitter taste of being alone. I could have stuck to the video games and the books I consumed to escape the world and its piercing glare. Isolating myself to my room, I would have joined the anonymous online masses who paint the world as a cruel and hostile place and who imagine that they are the tragic victims of their temperament, their upbringing, their schooling, their circumstances. But my friends brought me out of myself and invited me to the conversation, to the basketball court, to Bible study, to the stage to sing where they accepted me, awkwardness and all, while challenging me to be better. They taught me to leave no stone unturned, to value every individual and believe in his and her potential—especially those too quiet, too eccentric, too controversial, too oddball. In the words of John Donne, “any man’s death diminishes me, / because I am involved in mankind. / And therefore never send to know for whom / the bell tolls; / it tolls for thee.”

Every silence, every absent voice, robs you and me of a perspective.

My life has informed my work. Editing Ideas has edited my personal philosophy. Since taking over the opinions section here at the Student Movement, I have read through much hateful, illogical rhetoric but equally as many humane moral calls to action on behalf of women, people of color, the environment. We’ve covered the documents that emerged out of the 2018 Annual Council and kept you up to date on the always interesting, always controversial presidency of Donald Trump. We’ve tried new formats for our articles: surveys, joint pieces, editor opinions, thought and personal pieces.

While I certainly believe that in many ways I failed to represent certain groups adequately, it’s not for lack of trying. I have welcomed in all opinions from both left and right. As Adventist and non-Adventist, traditional and innovative, I firmly believe that part of the world ethic, both of this university and the one I find in Scripture is to listen and represent the voiceless even when we disagree. God calls in the stranger and instructs us to “also love the stranger, for you were strangers” (Deut. 10:19). For someone who has always felt estranged, I know what it’s like not to be heard—to be talked over, misrepresented, gone unnoticed.

The Student Movement ought to be exactly that: a newspaper that keeps up with concerns of our campus. It should be the voice of the people. While avoiding any misguided attempt to be everything to everyone, I hope that we can provide a platform for students to dialogue with one another, with the administration, and with the wider circles we inhabit. There is no more easily accessible medium than the written word—no scrubbing through a video, no trying to remember what a speaker once said, no vocalized complaint holds weight to something in writing. Find herein and in all future issues your voice. While I may not, as Voltaire puts it, agree with everyone’s ‘right to speak... by their own device’... that part of the world ethic, both of this university and the one I find in Scripture is to listen and represent the voiceless even when we disagree. God calls in the stranger and instructs us to “also love the stranger, for you were strangers” (Deut. 10:19). For someone who has always felt estranged, I know what it’s like not to be heard—to be talked over, misrepresented, gone unnoticed.

The Student Movement is the official student newspaper of Andrews University. Opinions expressed in the Student Movement are those of the authors and do not necessarily reflect the opinions of the editors, Andrews University or the Seventh-day Adventist church. All letters may be subject to publication.

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