

Otterbein University

Digital Commons @ Otterbein

T&C Magazine

Current Otterbein Journals

Fall 2020

T&C Magazine Issue 22 - Fall 2020

T&C Media

Follow this and additional works at: <https://digitalcommons.otterbein.edu/tcmagazine>



Part of the [Nonfiction Commons](#)

tan & cardinal

Next Generation Warriors:
Training Otterbein Nursing
Students

Finding New Ways To
Escape During Lockdown

What's Your Quarantine
Personality?



Editorial Staff

EDITOR-IN-CHIEF

Marlie Griffith

ART DIRECTOR

Julia Grimm

ASSISTANT ART DIRECTOR

Danielle DiMarzo

STAFF WRITERS

Terra Carr

Rachel Fish

Katie Frame

Allison Fritchen

Julia Grimm

Jordyn Mary

Cassidy Rader

Michaela Spangler

Bettie Waggoner

Emma Wardell

Cover photo by

Julia Grimm

Printing services by

WestCamp

Policies

The views expressed in this magazine do not necessarily reflect the views of the faculty and administration of Otterbein University.

Tan & Cardinal Magazine is a student publication. One hundred percent of the production, editing and design is done by the students.

The first copy of Tan & Cardinal Magazine is free to the public. Each additional copy is \$3, and payment can be made at the office at 33 Col legeview Rd., Westerville, OH 43081. Offenders will be prosecuted.



PHOTO BY EMMA WARDELL '21

LETTER FROM THE EDITOR

I would have loved to avoid opening this letter with details about how odd the time of this magazine's production has been. Everything is so strange now, and hearing about how strange it has all been is exhausting and frankly irritating to keep discussing. "Unprecedented times" and "the new normal" are phrases that will haunt me for the rest of my life. I will be forever reminded of living beneath masks and in between protests while attempting to salvage the economy - all during an election year, no less. But I digress.

This year has taught us the inevitability of change. No matter how brutal or jarring the change, we have managed to adapt. It's easy to get caught up in complaining about the inconveniences we've experienced; it can be almost funny to rattle off the list of things gone wrong. And while there is sick humor in tragedy, there is also hope.

It is my hope that instead of further traumatizing the Otterbein student body with this issue, we have captured the good that balances hardships such as these. We profiled Otterbein's nursing students, on page 22; their perseverance serves as a

reminder of our will to survive. We also looked at the projects we throw ourselves into to escape struggle, such as those on page 16, which are representative of our will to live.

Between the heaviness, there are lighthearted moments. We've captured the sweeter side of things, such as Mike Hudoba's beard on page 10 and compiled lists of budget-friendly activities to do in Westerville on page 4. You will also find reminders of our ability to effect change as students, even amid the chaos, on page 6 with several local Black-owned businesses to check out and on page 8 with student participation in the 2020 presidential election.

As a student body and even as individual students, we are greater than the struggles we face in ways that may not necessarily solve our problems, but propel us through them, nonetheless. While "easy" is the last word I would use to describe this semester, I am confident in saying it has revealed our resilience as a campus. I'm inspired by the stories the T&C staff have assembled this magazine with, and I trust you will be as well. If you're reading this, then we have both succeeded.

MARLIE GRIFFITH
EDITOR-IN-CHIEF

Features

IN THE FALL 2020 ISSUE

4 WESTERVILLE ON A BUDGET

by Bettie Waggoner

6 10 OF T&C'S FAVORITE BLACK-OWNED BUSINESSES

by Marlie Griffith

8 STUDENT VOTING IN 2020

by Allison Fritchen and Emma Wardell

10 PANDEMIC STYLE

by Cassidy Rader

12 GREEK LIFE 1920s - 2020s

by Katie Frame and Jordyn Mary

16 FINDING NEW WAYS TO ESCAPE DURING LOCKDOWN

by Rachel Fish and Michaela Spangler

22 NEXT GENERATION WARRIORS: TRAINING OTTERBEIN NURSING STUDENTS

by Cassidy Rader and Katie Frame

26 WHAT IS YOUR QUARANTINE PERSONALITY?

by Allison Fritchen

28 STREAMING SERVICE STATS: WHAT WERE WE WATCHING

by Jordyn Mary

29 CARDINAL COURSE CATALOG GUIDE: HIDDEN GEMS

by Terra Carr

30 STUDENTS' FAVORITE CONSPIRACY THEORIES

by Emma Wardell



PHOTO BY JULIA GRIMM '22



WESTERVILLE ON A BUDGET

college student edition

WORDS AND IMAGES BY BETTIE WAGGONER '24

Living in a new city can be daunting yet exciting at the same time. Finding your niche in the community is very important, and as a college student, it is good to get out and explore the new place you call home and see all the activities it has to offer. Here are five things you can do in Westerville that are fun, close to campus and won't break the bank.

1. Parks

Being in nature is a great way to destress and spend quality time with yourself or friends. Taking a walk is beneficial for your mental and physical health in many ways. Westerville and Columbus have fantastic parks and trails. Alum Creek Park is on West Main Street, which is right on campus next to The Point. Other parks include Inniswood Metro Gardens (14 minute drive), Hoover Reservoir park (12 minute drive), and Sharon Woods Metro Park (2 miles from campus). Even if you don't have a car or can't be bothered to leave campus, walking around Otterbein can be just as relaxing. The best part about these trails and parks is that they are free! So whenever you

feel stressed or just want some fresh air, you can walk, bike or drive around campus to experience nature.

2. Java Central Café

If you're an artsy person looking for a cozy little place to do some homework or grab a coffee, Java Central Café is perfect for you. They offer a wide variety of drinks, snacks and coffee with indoor and outdoor seating for you to enjoy. They also have open mic nights on Fridays where you can sign up to perform songs and music to entertain the coffee shop community. For even more fun, the café has a solo artist or band come in and play live music on Saturdays. All productions in the café are free and open to the public. Open seven days a week, Java Central is a great place to hang out and meet new friends while enjoying two of the greatest things life has to offer: music and coffee!

3. Thrifting

Not all shopping has to be expensive. The Polaris Mall is a 12 minute

drive from campus, and there are many thrift stores around Westerville that are perfect for finding vintage pieces. Déjà Vu is a quaint shop that sells consignment clothing and accessories for women. There is a Goodwill off Cleveland Avenue. There is even an antique shop on South State Street, and our own campus has a thrift store as well. The Otterbein Women's Club Thrift Shop is a great second hand store, and the proceeds go directly to the University to support seven endowed scholarships. Although they are closed until further notice due to COVID-19, be sure to check them out when they reopen. All of these are cheaper alternatives than shopping for new clothing, and it is better to shop local and support Westerville's businesses.

4. Food

Despite the many fancy and expensive restaurants in and around Westerville, there are still plenty of good and inexpensive places to eat, some of which are only a few blocks from campus. Westerville and Columbus have restaurants that can satisfy anyone's cravings. For example, Cardinal Pizza is a 15 minute walk from campus into downtown Westerville. It is an upbeat pizza place that serves \$2 slices of pizza (as well as whole pies), appetizers, salads, sandwiches, wraps and pasta. If you walk down South State Street, you can find the Westerville Grill, which serves an array of breakfast, lunch and dinner meals, ranging in price from \$5.99 to \$13.99. A little farther away, going toward Polaris, is Barry Bagels Westerville, a deli/diner-style place that serves breakfast and lunch for \$3 to \$10. You can find them on DoorDash and Grubhub, and they are only a five minute drive from campus. There are, of course, a lot of the most popular fast-food chains as well. If you're looking for something sweet, there are plenty of dessert places too. Rita's Italian Frozen Ice, Graeter's Ice Cream, Duck Donuts and Schneider's Bakery are fantastic restaurants you can check out to satisfy your sweet tooth. They are all under 2 miles from campus, so you could easily drive, take a bus or even walk. Skip the dining hall and treat yourself tonight!

5. The Arts

Westerville has so much culture to offer. Adorned with statues, parks, theaters and even a museum, the arts are all over this town. Some of the many statues are part of The Cobert C. Collins Collection. Collins was a sculptor from Ohio, and he has created multiple statues for the greater Westerville area to help engage the community in art. These statues have since brought people of all ages together to observe and appreciate Collin's work. The Westerville Civic Theater is also a great place for community engagement. With most tickets being \$10, it is a great way to experience art as a community. Although no shows are currently being performed, our very own Otterbein Theater is holding their productions online. Shows during the school year are free for students, faculty and staff. These productions include musicals, dances and plays, and they all showcase the many talented Otterbein students here on campus. Westerville also has many art galleries, including The Frank Museum of Art, located on 39 S. Vine St. All galleries are free and open to the public, which makes it more attainable for people of all ages to enjoy the artwork.

And there you have it: Five things to do in Westerville on a college student's budget. These ideas were researched with the average college student in mind, and hopefully at least one of them pertains to you and your interests. Now Saturdays will never be boring because you can ride a bike through a city park, shop at a local thrift store or grab a coffee and enjoy some live music.



10

of T&C's Favorite Black-Owned Businesses

BY MARLIE GRIFFITH '21

Following the rise in support for the Black Lives Matter movement this past summer, it's important to maintain the momentum in social activism. An easy and fun way students can contribute is by supporting Black-owned businesses in the Columbus area. Here is a list of businesses to check out, all within 20 minutes from Otterbein's campus.



IMAGE COURTESY OF ANDREA PIACQUADIO

TOP RIGHT IMAGE COURTESY OF DONNA'S DELICIOUS DOZEN; BOTTOM LEFT IMAGE BY MARLIE GRIFFITH '21



- 1.** Superchef's Breakfast & More is located at 1344 Cherry Bottom Road. Open 7 a.m.-4 p.m. six days a week (closed Mondays), available on delivery services such as DoorDash and GrubHub for delivery, call 614-532-8030 for pickup. Superchef's is a local favorite, offering superhero-themed dishes specializing in breakfast food.
- 2.** Buckeye Crazy is located at 2365 E. Dublin-Granville Road. Buckeye Crazy is a sports bar. Happy hour starts Monday-Friday at 4 p.m.
- 3.** Upper Cup Coffee Co. is located at 79 Parsons Ave. Open 7 a.m.-7 p.m. Monday-Friday and 8 a.m.-7 p.m. Saturday and Sunday, Upper Cup is a neighborhood cafe offering artisan-created coffee and teas.
- 4.** Donna's Delicious Dozen is located at 5322 N. Hamilton Road. Open 8 a.m.-5 p.m. Tuesday-Sunday, order ahead at donnasdeliciousdozen.com. Donna's Delicious Dozen sells specialty doughnuts that taste just as good as they look.
- 5.** Uptown Cheapskate is located at 3854 Morse Road. Open 10 a.m.-8 p.m. Monday-Saturday and noon-6 p.m. on Sundays. Uptown Cheapskate is a resale franchise that buys and sells apparel and accessories.



- 6.** Black Art Plus is located at 43 Parsons Ave. Shop online at blackartplus.com. Black Art Plus aims to "move forward with a view of the past" by offering African American and African art, books and other media.
- 7.** Chunky Armadillo is located at 726 N. High St. Open Tuesday 1 p.m.-7 p.m., Wednesday-Saturday noon-7 p.m., Sunday 1 p.m.-5 p.m., shop online at chunkyarmadillo.com. Chunky Armadillo is a boutique that sells locally made gifts, quirky apparel and accessories.
- 8.** The Nile List at thenilelist.com helps users find a Black-owned business to support next time you're shopping online!
- 9.** Find Black-owned Etsy shops at etsy.com/featured/blackownedshops. You can also support individual artists by shopping on Etsy.
- 10.** Support the Columbus Freedom Fund at paypal.me/ColumbusFreedomFund. Donating to the Columbus Freedom Fund supports the bail of people of color who were arrested during demonstrations.

Student Voting

in 2 2

BY EMMA WARDELL '21 & ALLISON FRITCHEN '21
IMAGES BY JULIA GRIMM '22

The process of voting in a presidential election, starting with registration and ending with casting a vote, is not something that most Otterbein students have experienced. In order to have voted in the 2016 presidential election, a student would have to have turned 18 before the registration deadline, and that is something a majority of the current Otterbein student body didn't do.

Andy Caddas, senior allied health major, did have the chance to experience the 2016 presidential election voting process while he was a senior in high school. Caddas and his mother went to their local recreation center to cast their ballots in 2016. Caddas described voting at the recreation center as neat and orderly.

"You walk down a long hallway, there's plenty of space to avoid other people. When you get there, you do your normal check in, you go to your voting poll, you vote and you walk out," Caddas says.

Caddas had not done extensive research before he cast his ballot in 2016. While he had a general idea about who he was voting for, he made sure to take some time looking at each candidate on the ballot before he cast his vote.

"I voted third party, because at that point, that's who I wanted to win," he says. "I knew that they weren't going to, but that's how voting is."

This presidential election looked very different for people who had voted in one before because of the COVID-19 pandemic. A lot of people were scared to head to the polls and chose to cast an absentee ballot instead.

COVID-19 played a minimal role in Caddas' decision-making when it came to this year's election. Because he has friends and family who are immune-compromised, he thinks it is important to keep up with

COVID-19 health guidelines. Some of his family members have had COVID-19, and his girlfriend has now gotten it twice.

The major way COVID-19 has impacted Caddas and his vote is how the topic can overshadow other important topics he wants to hear discussed. He says, "I do believe it might sway my thoughts on candidates but to be honest, I haven't been as motivated. It just seems like the only thing they were talking about is COVID regulations, and everybody already knows about them. It's not necessarily something I want to hear about."

Caddas' lack of motivation even kept him from watching more than just clips of the presidential debate on Sept. 29, 2020. "But I didn't sit down and watch it, which I normally do," he says. "Even before I started voting, just because it was something that was interesting to me and I wanted to know what was going on in our country. This year, I was just really unmotivated to do that."

Ashleigh Miller, sophomore creative writing major, voted in her first presidential election this year. Miller and her family decided to vote early and take pride in how involved with politics they are. She says, "There's not a day the news isn't on in this house."

Miller says that because of COVID-19, her family decided to vote using absentee ballots for the primaries. The presidential election was different, though. "We thought we had to vote in person," she says.

Miller considered COVID-19 when deciding on which presidential candidate to vote for. Miller is frustrated with how the virus has been handled in the U.S. She says, "just the fact that so many other countries are beating it and we're still dealing with it." Miller hopes a new president will help control the virus so that the pandemic can end soon.

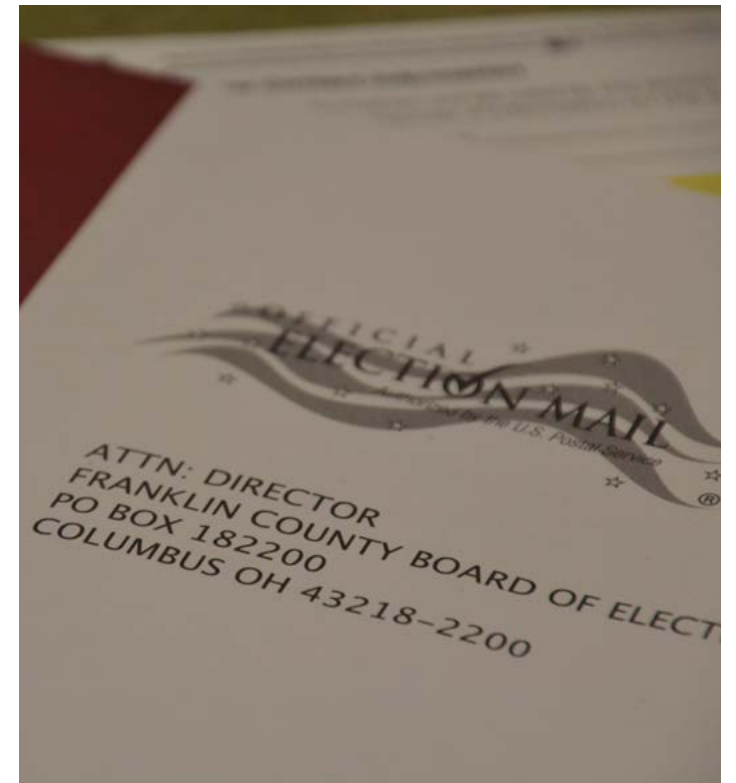
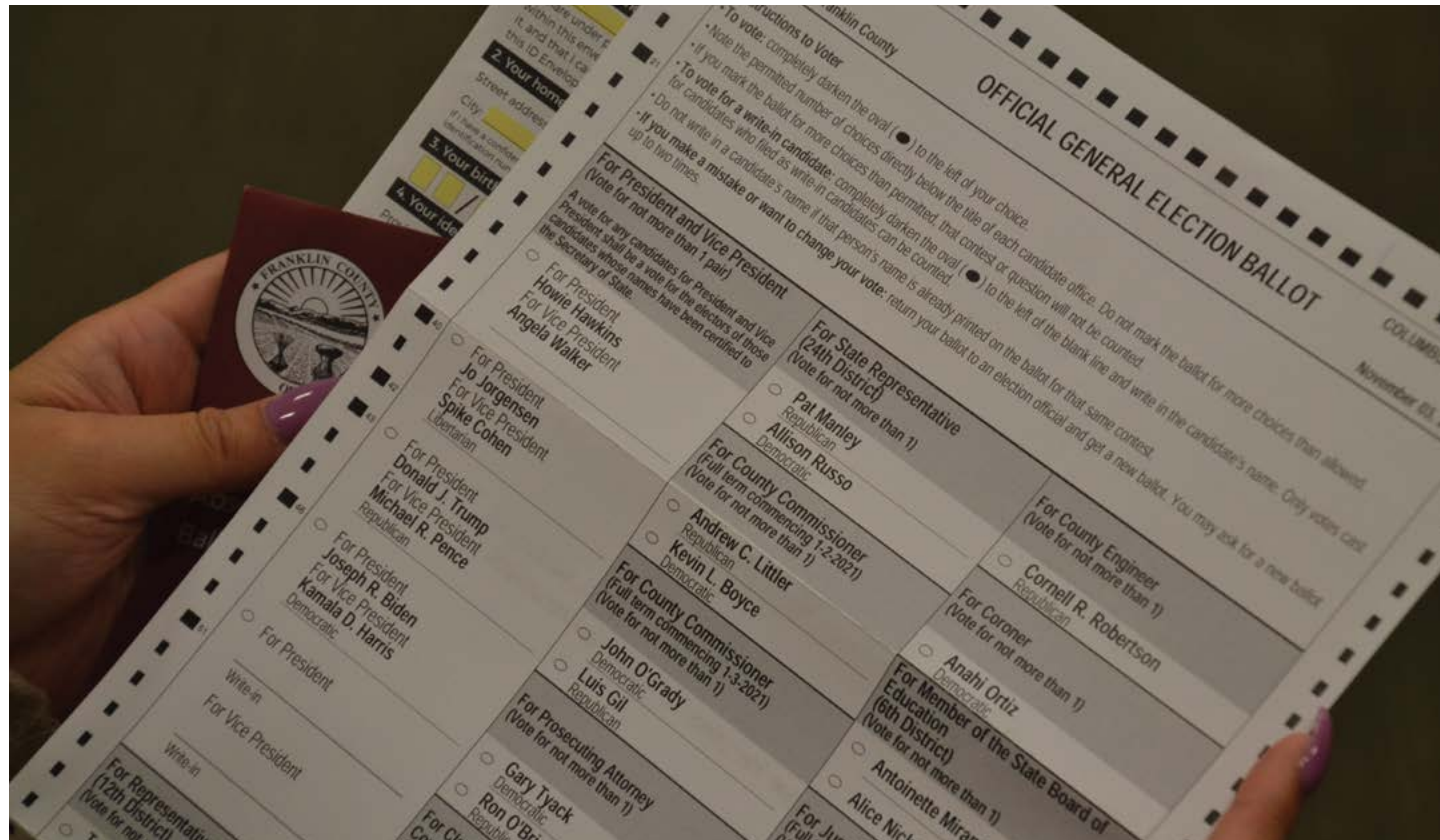
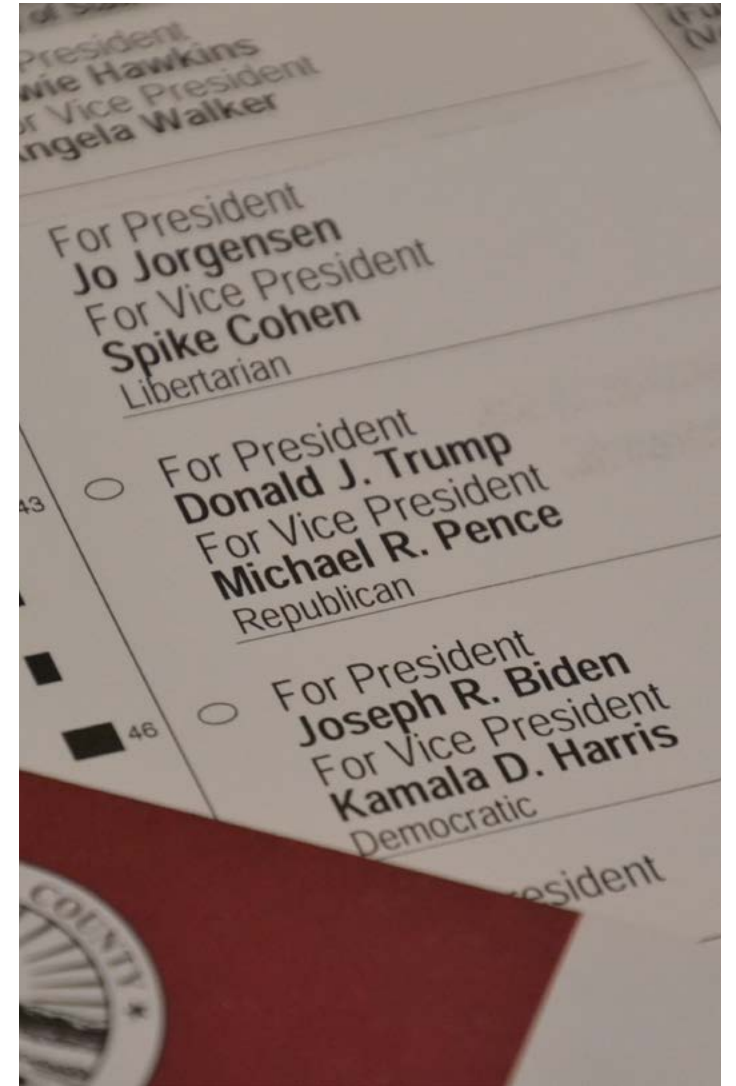
Izzy Smith, junior health communications and public relations double major, voted in the primaries; this was her first presidential election that she voted in. Smith made her case for who she voted for and why. She had to not only think of herself and how it will impact her, but also her 3-year-old daughter, Whitley. This made her vote that much more powerful.

Smith had a lot to say about how it has been following the politics amid a pandemic. "It's confusing. A lot of sources are saying different things and unless you personally seek out information, facts are hard to find," she says.

Smith decided to vote in person for the presidential election. "There is a lot of value in a vote, and I want to know that my vote is going to get counted," she says.

Smith feels strongly about the candidate she chose to vote for. "I voted for Joe Biden due to his stance on climate change and gun control," she says. "He also opposes Trump's efforts to end anti-discrimination protections for LGBT individuals. He also supports universal pre-kindergarten education for children."

Voting in the presidential election is empowering and an action that should not be taken lightly. By participating in civic duty, citizens pave the way for new generations to come. The act of voting not only impacts the voter directly, but also anybody who may not have a voice in this country.





PANDEMIC *style*

BY CASSIDY RADER '22



RIGHT, IMAGE COURTESY OF MIKE HUBODA; ALL OTHER IMAGES BY JULIA GRIMM '22

The mandated quarantine that the United States endured forced people to alter the way they live their day to day lives. It even changed how individuals chose to present themselves physically. Mike Hudoba is currently teaching his fifth year at Otterbein as an assistant professor in the engineering department. His quarantine experience led him to try something that he had always wanted to try, but never felt that the time was right in the past.

Hudoba was drawn to Otterbein during the last months of his Ph.D. He had never seen himself as a teacher of any sort, but during this time of studying for his master's degree, he came to the realization that he had a passion for education. This is because he became heavily involved with external partners. He scheduled a meeting with his advisor to discuss his future plans. During the sit-down conversation, they came to the conclusion that education was a perfect fit for Hudoba. In his final weeks as a graduate, he was presented with a career opportunity by his master's advisor, who had heard of an opening for an engineering professor at Otterbein. The timing could not have been more perfect for Hudoba, as his second day of his faculty orientation happened to be the day that he was defending his Ph.D. dissertation.

Before the outbreak of COVID-19, Hudoba would come to the university in professional wear. He was always clean-cut and professional in physical appearance. On test days he wore a suit and tie and on regular lecture days he dressed in either khaki pants or nice jeans topped off with a button-down or collared shirt. He tied all of his outfits together with comfortable shoes. He described his style as safe and basic. In October of 2019, he decided to cut his normally trim beard for a Halloween costume, and then decided to grow it out again. He had no timeline for when he was going to shave the beard, but was not going to let it get in the way of his professionalism.

During the stay-at-home order, Hudoba was still giving lectures, having faculty meetings on a regular basis and was still required to look professional for the camera. He did, however, take advantage of the fact that only half of his body would appear on screen. So, he dressed accordingly, still wearing a button-down or collared shirt and his hair trimmed, but trading his slacks for a pair of *Homage* sweatpants that were worn seven days a week paired with a set of slippers and no socks. Hudoba realized during his home stay that he saw no need for socks at all. With no place to go, Hudoba saw this as the perfect opportunity to continue the journey of growing out his facial hair. His students loved watching his features transform. He enjoyed being able to cheer his students up and give them something to look forward to during lockdown. He even started *Pajama Fridays*, where he regularly wore a bathrobe and shorts to class.

As his beard began to grow, he realized it was becoming increasingly difficult to manage. He wanted to still maintain a professional look, so he invested in a few products to spruce up his facial hair. He bought beard shampoo, beard butter and even beard wax to try to tame his beard. Although he had a great time growing out his facial hair, when August arrived and school was about to begin, he realized his journey needed to come to an end. So, he picked up his shears and cut the beard completely off. He went back to his pre-pandemic attire, but quarantine taught him that he can still look professional while prioritizing comfort. Although he does miss his shaggy beard, he plans to grow it out again in the far future.

"A lot of crazy stuff is going on in the world right now," says Hudoba, "and this is one thing I can control is being comfortable in my own clothes."



Greek Life

1920s - 2020s

BY KATIE FRAME '22 & JORDYN MARY '22

There's lore of secret societies that surround many schools in the United States. In 2014, Yale University alone had 41 of these secret societies. Did you know Otterbein once had its own secret societies?

THIS AND OPPOSITE PAGE, HISTORICAL IMAGES COURTESY OF OTTERBEIN ARCHIVES

THIS PAGE, MODERN IMAGES, TOP TWO ROWS, COURTESY RESPECTIVE OF GREEK ORGANIZATIONS; BOTTOM TWO ROWS, IMAGES BY JULIA KELLEY '22



Picture this: it's the spring of 1920, and you're meeting in secret with your "social club." You're excited for the prospect of new friends and opportunities, but also frightened of expulsion if it's discovered you belong to this club.

You may be wondering: Why expulsion?

Well, in 1920, Otterbein was strongly against any form of Greek Life existing on campus, so Greek organizations claimed to be these "social clubs" that Otterbein tolerated. One of the first Greek organizations to be recognized by name was Sigma Alpha Tau, or more commonly known as Owls. These clubs that sprung up had to hold their meetings in secret to avoid backlash from the university. Group meetings were held all around campus, in academic buildings and residence halls. Many of the clubs formed were originally large study groups.

You may only recognize a few names from these times. Owls, Alps, Annex and Country Club were the first social groups to semi-formally recognize themselves as Greek chapters. Following them were Cook House, Polygon and Talisman.

Talisman, or Tau Epsilon Mu as it's known today, was ordered to disband by the university when its existence was discovered. According to the legend, they buried their

charter on the banks of Alum Creek.

In 1919, Otterbein began to really crack down on these secret societies. Anyone found to belong to one of these clubs faced immediate expulsion.

This didn't deter the 20th century Cardinals, however. By 1925, eight fraternities and 10 sororities existed on campus, although they were not formally recognized, and continued to largely meet in secret.

In 1921, the Board of Trustees passed a resolution that said social groups could exist as long as they had the permission of the faculty and a member of the faculty sponsored them. Twelve clubs were then officially recognized by the college.

The fraternities were:

Annex (Pi Beta Sigma)

Alps (Alpha Beta Sigma)

Cook House (Delta Beta Kappa)

Country Club (Pi Kappa Phi)

Sphinx (Originally Delta Sigma Phi, now Sigma Delta Phi)

Lakota (Lambda Kappa Tau)

The sororities:

Greenwich (Theta Nu)

Arbutus (Epsilon Kappa Tau)

Tomo-Dachi (Tau Delta)

Owls (Sigma Alpha Tau)

Polygon (Eta Beta Pi)

Onyx (Kappa Phi Omega)

Talisman (Tau Epsilon Mu) was active but not officially recognized in 1921.

In 1922, around 52% of the student population belonged to a sorority or fraternity. New clubs continued to be recognized, such as Jonda (Eta Phi Mu), Arcady (Rho Kappa Delta), Phoenix (Phi Theta Pi), Lotus (Theta Phi) and Philota (Phi Lambda Delta). As the years went on, participation in Greek life grew to almost 76% in 1928. In 1931, thanks to World War I, Cook House and Lakota joined to form Zeta Phi.

It was not until 1932 that sororities and fraternities were recognized as official Greek Life organizations.

In 1971, sororities and fraternities were finally able to move into houses around campus.

IMAGE COURTESY OF OTTERBEIN ARCHIVES



Boy, oh, boy, how things have changed within the Greek community.

There are six sororities and eight fraternities on campus, with two of those fraternities being national chapters. They all go by their Greek names now, but the majority of the chapters still hold onto the nicknames they had 100 years ago. Theta Nu still refers to themselves as the Greenwich Girls, and Sigma Alpha Tau almost exclusively goes by Owls.

National fraternity Alpha Sigma Phi was originally established in the 1980s, but was disbanded soon after. It came back to stay in 2007. Otterbein's other national fraternity, Phi Delta Theta, was officially recognized in 2013.

Today, about 25% of the student body is involved in Greek Life.

All the chapters are invited to participate in the Homecoming Day parade through campus, which is much different from the 1920s when the chapters tried everything they could to keep their existence hidden. Now, the Greek community is celebrated.

Each chapter has a house that serves as its "base." Each house is solely for the members of that chapter. While members don't have to live in the house, unlike other schools who make their members live in the chapter house, the houses are typically as full as they can be

IMAGE BY JULIA KELLEY '22

with members.

"It's nice when you're done for the day to come home and get to sit around with your sisters," says senior Kappa Phi Omega member Jaimie Blunt. "It's a sense of community within the sisterhood I really enjoyed."

Recruitment normally occurs in the fall, but with the COVID-19 outbreak, it has been postponed until the spring of 2021. Some chapters have around 60 members. Recruitment is a formal event that includes preferencing your favorite chapters and later signing them to officially accept your bid. New Member Education lasts for a period of five weeks and serves to educate members on the history of their respective chapter, as well as to build community within the new members and the chapter.

Greek Week happens in the spring; it is a celebration of Greek community, as well as a competition between all of the chapters. The celebration includes a relay race night, a sports night (which is typically volleyball or dodgeball), harmony night, a charity/volunteer night and Lip-Sync, which is always a hit.

"Lip-sync is such a good time," says junior Kappa Phi Omega member Delaney Lombardi. "It's always fun to see the other chapters and my own let loose and have fun.

Everyone is genuinely enjoying themselves and not caring about how silly they may seem."

Greek chapters are heavily involved in the surrounding community. Each chapter does philanthropic work, and the entire Greek community as a whole puts on Trick-or-Treat for Cans every Halloween to donate to Westerville Area Resource Ministry (WARM).

Panhellenic Council (Panhel) requires 10 service hours from each member of each sorority, which fosters the idea of service within the community. Besides each chapter's respective philanthropy, individual groups of members get involved in other service opportunities, such as the Otterbein Community Garden, which donates locally grown food to local food pantries, and local humane societies to help homeless animals from the area.

From large study groups held in secret to avoid the prying eyes of campus faculty, to openly helping the community prosper under their aid, Otterbein Greek Life has had a trying 100 years. Multiple chapters have come, gone, and later came back stronger than ever. Some, such as Arcady, Alps and Polygon, were lost to time. The members of Greek chapters in 1920 and 2020 still have the same goals in mind: grow and thrive under the guidance of new friendships, leadership opportunities and community service.



Finding New Ways to Escape during Lockdown

COLLEGE CANCELLATIONS FORCED STUDENTS TO
FIND CREATIVE OUTLETS AT HOME.

BY RACHEL FISH '22 AND MICHAELA SPANGLER '21
PHOTO BY FALLON MICHAEL



Picking up a new hobby is a common way to cope with stress. There is no better distraction from the pressures of daily life than focusing on a passion project. According to Noam Shpancer, a clinical psychologist and professor at Otterbein University, there are mental health benefits to any activity that someone finds meaningful, pleasurable and interesting. He explains that many people work jobs that do not fulfill those aspects of life, whereas hobbies can fill that void.

“For many people, engaging in their hobby also produces an experience of ‘flow’—being fully present in the moment—which is related to improved well-being. Hobbies can serve as a welcome break from stress and can provide a stabilizing sense of order and meaning when things around us are chaotic and difficult to comprehend,” says Shpancer.

The three elements that Shpancer lists as being beneficial in prospective hobby activities are experiencing nature, engaging in physical exertion and interacting with other people. Shpancer explains that nature relaxes the nervous system and elevates a person’s mood. He also says being active is good for the body and mind, while interacting with people who have similar interests will benefit mental health.

However, these were not simple objectives to reach during the most restrictive period of quarantine. Early 2020 saw the abrupt halt of all normalcy, leaving us scrambling to find new ways to spend our days in a safe manner. Seeking to fill the voids that the limitation of social interaction created, students found themselves filling their newfound free time by turning to creative outlets.

On a breezy evening in early April, Kate McMaster, a senior at Otterbein University, headed down the stairs from her room in her parents’ home to their kitchen. She had just completed a day’s worth of homework, all given by her professors in an online format.

Opening her pantry, McMaster reached for a variety of ingredients including sugar, baking soda, vanilla extract, flour, salt and chocolate chips. She then pivoted to the refrigerator, which sent a wave of coolness over her face upon pulling the door open. Her eyes scanned the shelves for the rest of what she needed. She grabbed the eggs and butter, and set down each ingredient on the granite counter. Her phone



was lit up on the countertop next to everything else, glowing with everything she needed to do. McMaster hit a few buttons on the oven and it responded with a beep. She grabbed her mixing bowl and followed the directions that the simple but unfamiliar recipe instructed of her. As each ingredient was added, the spoon in her hand took another lap around the bowl. All the stirring and mixing left her with a tiredness in her right arm. Once the mixture was complete she rationed it onto a pan and slid it into the oven.

Before then, McMaster had never baked or cooked and was far from interested in trying. But after she, like all other students at Otterbein, moved back home for the remainder of the 2020 spring semester during the coronavirus stay-at-home order, she went looking for a creative outlet. It turns out that this stressful, unusual interlude in the lives of Otterbein students was in fact productive for many. When the schoolwork ran out, creativity kicked in.

“I think that for the first bit of the stay-at-home order, I was truly spending my time hoping that somehow this wouldn’t be how the next few months would go,” McMaster says. “After about a week and a half of being home, I realized I needed to start doing things that keep me preoccupied and add a new type of excitement in my life, because seeing friends and other family is not gonna be possible during this time.”

While the creativity and activities people have discovered are still growing, this virus and stay-at-home situation won’t last forever. However, McMaster still hopes to hold onto the new passions she’s found because of it.

“I do think that after this is over I’ll continue to cook and bake,” she says. “You truly don’t realize how many things you take for granted until a global pandemic occurs in your lifetime. It’s now something I am proud of and gives me something to look forward to during the long days.”

The aroma of freshly baked cookies filled the kitchen in McMaster’s parents’ home. She got up to take them out of the oven and set them on the top of the stove for them to cool off. They’re only one of many batches that she ended up making in the next couple of months.

PHOTOS PROVIDED BY KATE MCMASTER

Residing next to a stack of old T-shirts, Danielle DiMarzo prepared to revitalize the worn fabric. The smell of bleach burning her nose, she prepared to dip the shirt into the clear liquid to replicate the washed-out design she had seen on social media earlier that day.

A senior at Otterbein and assistant art director of this magazine, DiMarzo had to adjust to being at home following the closure of on-campus living. When she started to feel a lack of productivity after finishing her classes for the day, DiMarzo looked to her closet for inspiration in order to fill up the time.

“There are a few moments during these last six weeks where I’ve gotten upset or had a little breakdown because I have barely left my house, so it keeps me busy,” says DiMarzo.

In addition to bleaching T-shirts, DiMarzo has been using white T-shirts as a blank canvas to incorporate iron-on images.

“I feel like I’m being lazy when I’m not completing schoolwork, so it makes me feel productive,” DiMarzo says.

This boost in creativity that a number of students experienced during their time at home is not a coincidence, and can be supported by an article found in Harvard Business Review. The article was written by three authors who conducted an analysis of 145 studies on constraints.

“According to the studies we reviewed, when there are no constraints on the creative process, complacency sets in, and people follow what psychologists call the path-of-least-resistance – they go for the most intuitive idea that comes to mind rather than investing in the development of better ideas,” the article says. “Constraints, in contrast, provide focus and a creative challenge that motivates people to search for and connect information from different sources to generate novel ideas for new products, services, or business processes.”

Ironically, the constraint in this case was the overwhelming amount of free time. The pressure to find productivity while being locked in pushed students to innovate without overloading them - like the pressures of school, work and social lives normally do. The controlled constraint of quarantine applied just enough stress to lead students to use creativity to cope.



PHOTOS PROVIDED BY DANIELLE DIMARZO





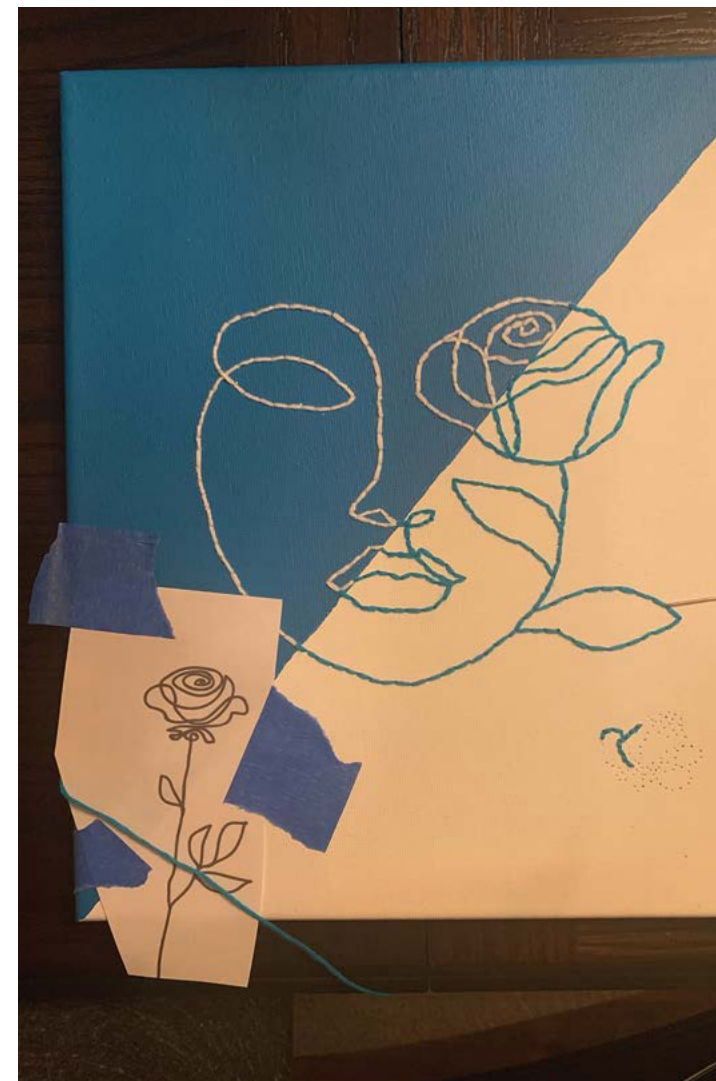
Hunched over and squinting at the numbers on the white sheet spread out on her kitchen table, Otterbein senior Katia Cobourn, dipped her brush into the tiny pot of paint next to her hand. She made sure to get just enough paint to fill the tiny sliver of space for the number 10 shade of yellow space, but not too much that she would go over into the adjacent spot for the number eight shade of brown.

Once the space was filled she broke the intense focus she had been holding for the past half-hour to stretch her neck and back. Her eyes fell on the other crafty project that she had been working on – a crochet blanket. The paint by number in front of her on the table served as a break from weaving the chunky, plush yarn.

Cobourn chose her hobbies as a way to forget the uncertainty and stress that accompanied the news of the pandemic sweeping across the world.

“Having to stay home and not have a busy day made me all the more anxious. I think doing all these fun things has helped me keep calm and [put] my mental state slightly more at ease,” Cobourn says.

Focusing so that she does not mess up the chevron pattern, Cobourn calmly and intently formed the knot and began to loop the yarn in and out of the loops she made in the previous row. The action of weaving the thinner, white yarn on top of the rows of chunky gray yarn drowned out the monotonous droning of the reporters on TV trying to predict when the pandemic will be over.



PHOTOS PROVIDED BY KATIA COBOURN

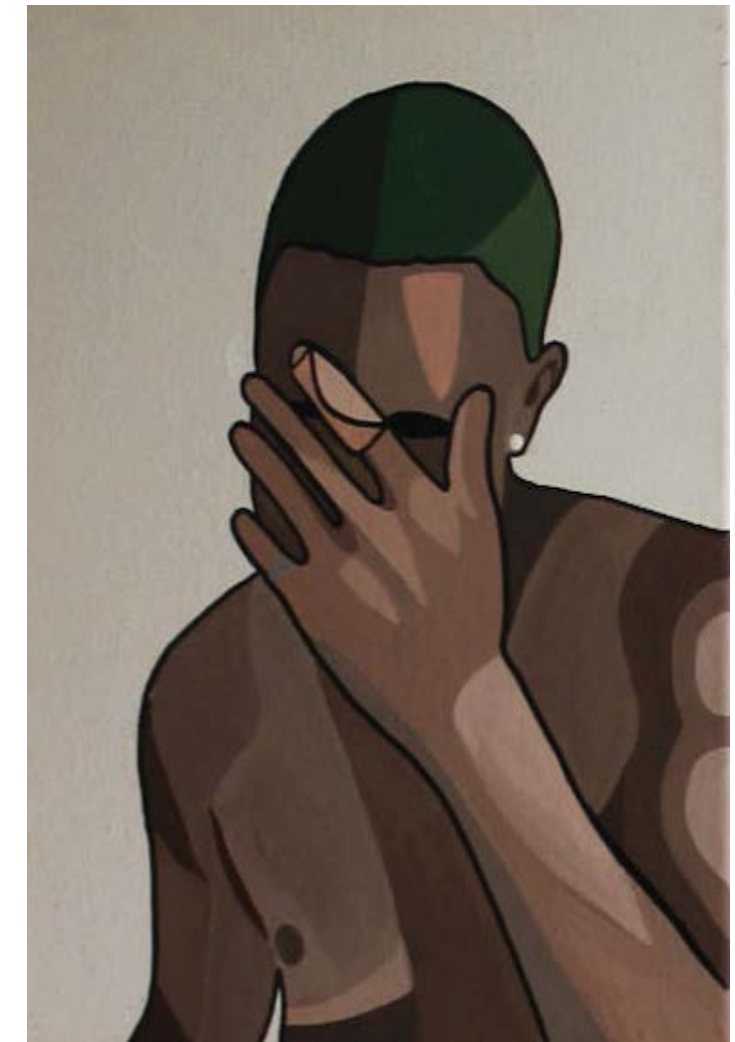


With the sounds of an ever-bustling city around her, even amid a global crisis, Ava Arkin found herself on her rooftop, which provided her with the space she needed. With a laptop propped on a chair and a dance instructor teaching through a video call, Arkin followed along as best she could to the online class. This was the reality of what her dance training would look like for the time being.

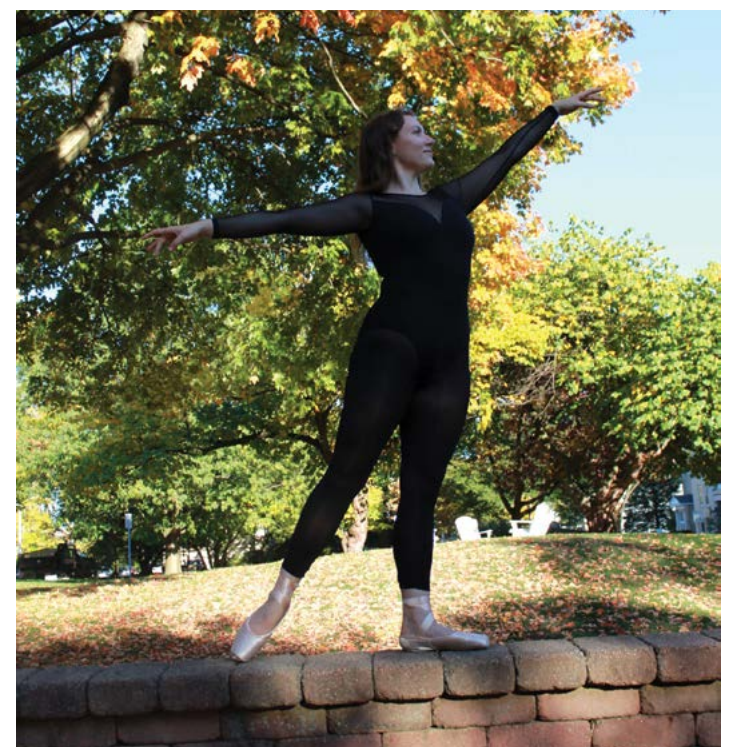
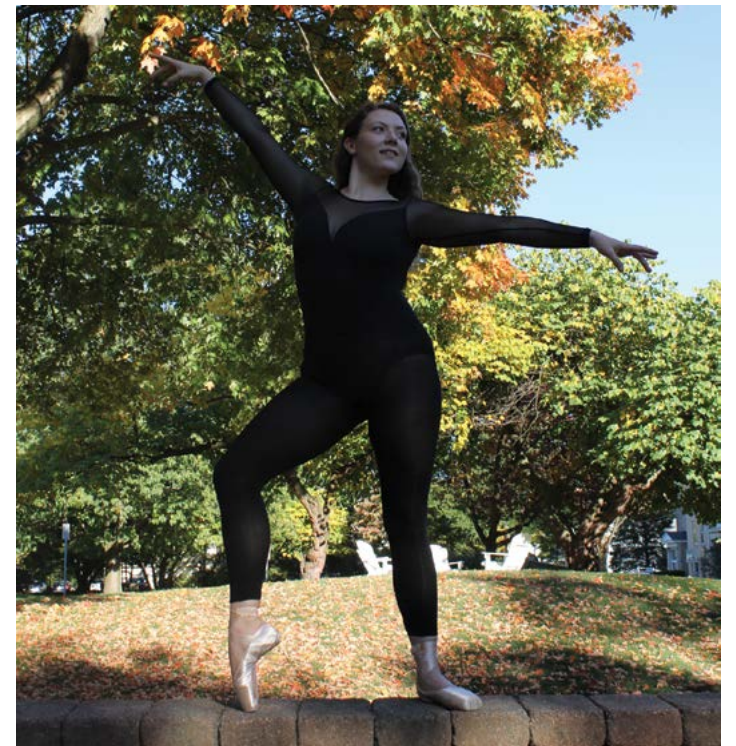
Arkin is a junior musical theatre major with a dance minor at Otterbein. Because of the nature of the classes for these subject areas, class formats have changed dramatically. She, and the majority of her classmates, lack the proper space and resources at home to continue dance and theatre classes in the way they were able to at school. Instead of facing defeat, Arkin also acted creatively in what she could do at home.

“During quarantine, I tried to stay as active as possible. Living in New York City, it’s been very hard to go out for a walk and stay safe,” says Arkin. “I have been using the space that I do have to do workouts and other classes. I’ve also found unique spaces in my house, like the roof, and even the bathtub, to choreograph and experiment with space,” she laughs.

Not only has Arkin been finding ways herself to indulge in creativity during this time, but she and her family are also helping others who may be having a more difficult time, to find a creative outlet. “I am very fortunate to have a mother who teaches for Juilliard, so she’s been teaching me and has been giving Otterbein dance students the online information for those classes as well,” says Arkin.



PHOTOS PROVIDED BY AVA ARKIN



According to an article written by CNN, Jeff Gardere, a clinical psychologist, says that hobbies can be a source of much-needed relief while quarantining. He told CNN, “In this time of uncertainty and instability, and a world and existence we no longer recognize, people need an anchor to familiarity and what once brought them comfort, stability, safety, and happiness.”

While it’s difficult to view spending such a large portion of 2020 in quarantine as a positive experience for anyone, there is no denying this time period led everybody to paths they hadn’t expected to explore. Whether it’s baking, crafting or dancing, we have all found a sense of comfort in keeping ourselves busy.



Taffiney Adams '21, Knox Community Hospital



Kelly Best '94, East Broad Street Urgent Care



Cory Burkhardt '21, pharmacy tech



Stephane Adams '19, Immediate Health Associates

Next Generation Warriors:

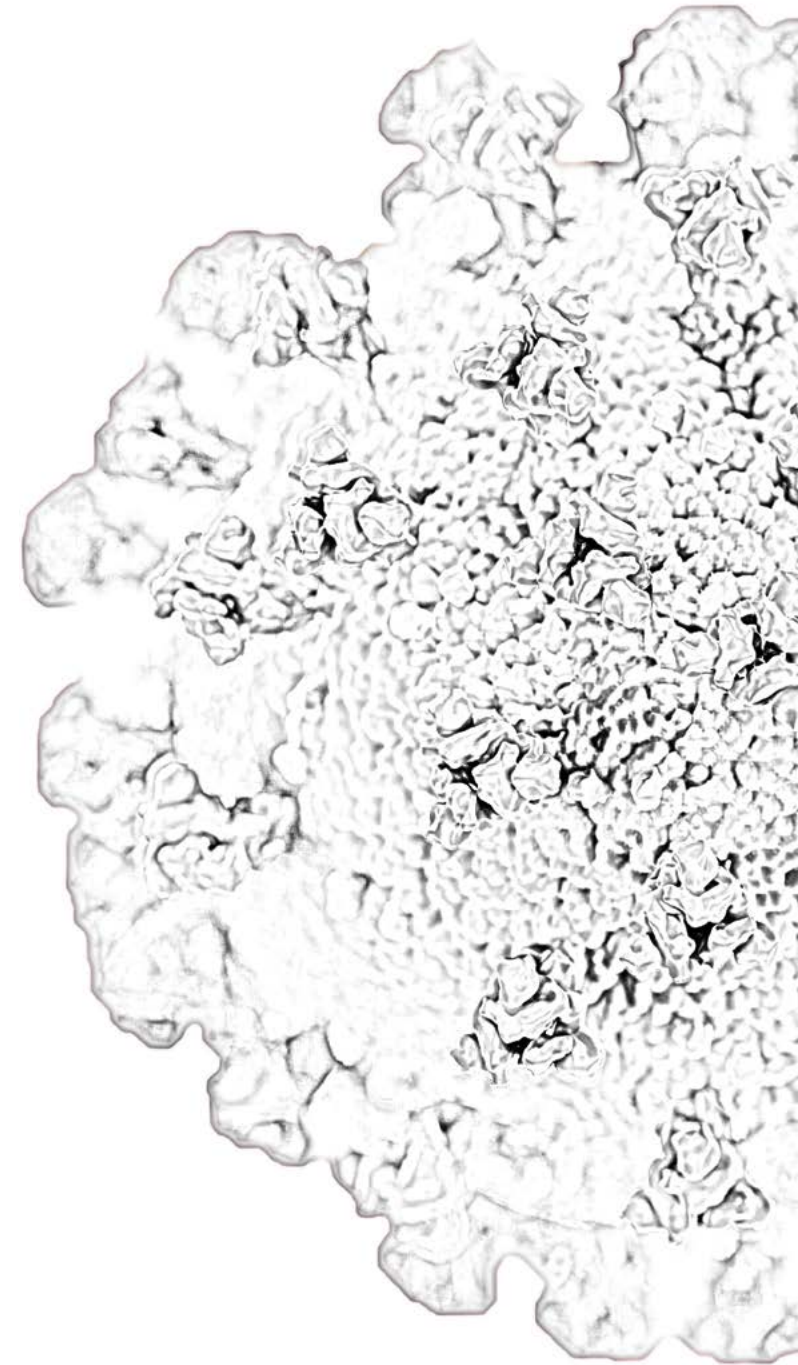
Training Otterbein Nursing Students

BY CASSIDY RADER '22 AND KATIE FRAME '22

As children grow up, they are generally posed with the same question: What do you want to be when you grow up? Usually, this answer evolves with time as children mature and think practically. Stop and imagine: A little girl with a blonde ponytail tells her doll to rest until she feels better. She then pulls up the doll's shirt to listen to her heart with a plastic stethoscope. She puts the stethoscope back into her medical kit. She squeezes the doll tightly and tells her she is all better.

That girl, Lily Ault, decided right then that she loves playing caregiver. As she grew up, this feeling stuck with her and led to her deciding that she wanted to go into health care. Fast forward to today, and she is in her junior year of nursing education. It's a challenging field as is, and she's in a hospital to complete her clinical. She likes what she is doing, but it comes with uncertain hours and a few sacrifices. However, there is no way, as a child or even a few months ago, she could imagine nursing during a pandemic. She's putting her own health and those of her family at risk, in order to help others.

In March 2020, then a sophomore nursing major, Ault saw her typical workday change dramatically. It is now normal for her to take her temperature and log any symptoms before going into her part-time job at the James Cancer Hospital. If she has any coronavirus-related symptoms, such as a cough or even a mild fever, she is asked not to



IMAGES COURTESY OF OTTERBEIN UNIVERSITY

come in that day. If she has no symptoms, she is granted permission to come into work, after review of her log by the hospital. When she gets to work, she always has to wear a mask and eye protection throughout the course of her day.

While Otterbein nursing students are working in hospitals during the pandemic, they still have course work for online classes. Typically, nursing students would be completing clinical and lab hours that are mandatory by state guidelines. However, Otterbein has canceled all in-person clinicals at hospitals in order to protect students from the virus. Instead of in-person clinicals, they have online clinical hours they must complete. Some students are grateful for this leeway because the pandemic is frightening, but others are disappointed, as this is what they want to do with their lives. The nursing department has been very understanding and helpful to students during this time because they know some students are still working at hospitals under the circumstances.

“Going into work is not frightening to me,” Ault says. “Yes, the virus is something to take seriously, but I am taking all of the right precautions to stay safe. I have yet to encounter a COVID-19 patient.”

Ault goes on to explain other precautions hospitals have begun to take, such as leaving crash carts outside of patients’ rooms when there is a code blue medical emergency as to not infect any of the medicine or tools in the cart in case the patient is COVID-19 positive. Medical workers are also told that when they return home they should leave their shoes outside, strip and wash their clothes, then shower immediately. These precautions are taken seriously because the virus could easily follow the health care workers home and infect their loved ones, or even themselves.

Although exhausting, the work is rewarding, Ault says. Her future career expectations have been changed, but she is able to be working in the health care field during a historic time. Ault stresses that her passion is helping people. It is a sacrifice that she is making, but she is more focused on doing what she loves. In no way was anyone prepared for the outbreak of the virus, and it has been affecting the way most are living their lives. Challenges aside, health care workers are continuing to make sacrifices and work long hours in order to help those who are infected with the coronavirus.

Otterbein University made the decision to resume classes on campus for the 2020 fall semester. The pandemic has continued to affect more and more people and continues to reach new heights. However, Otterbein wanted to allow students to still be able to have the college experience that many students look forward to their whole lives. They developed a way for classes to be hybrid, which means they are conducted online as well as in person on some days. For nursing majors, learning online has been somewhat of a struggle. Sophomore nursing major Elizabeth Brown explains that last year as a freshman, she was able to go into labs and learn from hands-on experience. This year, sophomore nursing labs are conducted all online. However, Brown doesn’t feel like her education is being impacted so far.

“Having labs be online is difficult, as we do not have the same instructions and are not able to physically practice the skills ourselves, but the online alternative for this circumstance is advanced and still teaches us the material,” says Brown.

Brown chose to study nursing because she spent a lot of time in a

hospital during her youth due to personal illnesses. She loved the relationships she was able to make with the nurses caring for her and wanted to be able to have that with patients of her own. She dreams of connecting with patients as her nurses connected with her, and her face lights up while talking about how her nurses impacted her spirits as a child. She wants to study pediatrics, specifically oncology, hematology or psychology, once she graduates. As a first-semester sophomore, she is not yet able to go into the hospital for any clinicals. Sophomores begin clinicals their spring semester.

For upperclassmen, clinicals are taking place again. Ault goes in for clinicals every Wednesday and is grateful to be able to have this experience before graduating. Senior nursing major Audrey Soska loves the hands-on experience her clinicals give her, even during a pandemic.

Soska and Brown lean heavily on their fellow classmates for support, especially during these times. Soska smiles as she looks to the photos on her wall, which feature the friends she has made through the nursing program. Soska does admit that the nursing students aren’t as close-knit as they were in previous years because they aren’t able to collaborate and expand their teamwork skills over online classes.

Soska chose to study nursing because she wanted to care for people. “I not only wanted to care for people’s mental or emotional health... but I wanted to care for them as an entire being,” says Soska. She chose Otterbein because of family ties and because of Otterbein’s reputable program and high passing rate on the NCLEX, the exam that determines eligibility for a nursing licensure. Right now, she is glad she made this decision, as Otterbein has been very accommodating and supportive of each student during the pandemic.

“Being able to go into clinicals again has been great. They are definitely stricter; we can only be on the floor from 7 a.m. to 1 p.m., which has been changed from previous years where clinicals lasted for eight hours rather than six,” says Soska.

Students must wear goggles and a mask to their clinicals as part of their uniform, and they are not allowed to go into any break rooms for an extended period of time. Soska and Ault’s lectures both take place in an online format, and they have described learning remote to be much more difficult compared to in-person classes. However, the professors are aware of the added difficulty, especially for nursing majors. Nursing is a hands-on learning experience and without practice, students are apprehensive to enter the workforce after graduation.

“My professors have been very receptive to all of our needs and concerns. They have gone above and beyond to help us with our online learning by adapting to new technology so that they can teach their class more effectively. They have also been very accommodating and flexible with classes,” says Soska.

It has been said that studying nursing during the pandemic has been very difficult. However, the pandemic has brought to the public’s attention how important nursing is. Brown describes her feelings on this subject as mixed. She explains that she is excited to be a part of such a rewarding and crucial career, but is also scared to join front-line workers because they risk their lives every day. She finds that talking to upperclassmen helps with her apprehensions, as they offer her words of encouragement and remind her why she wants to be a nurse: to help people.



Audrey Soska



Lily Ault

IMAGES COURTESY OF OTTERBEIN STUDENTS

“

Ault stresses that her passion is helping people. It is a sacrifice that she is making, but she is more focused on doing what she loves.

”

What is your...

Quarantine Personality?

BY ALLISON FRITCHEN 21'

ILLUSTRATIONS BY MARY JACKSON 21'

Take this quiz to determine your personality during this past spring's quarantine.

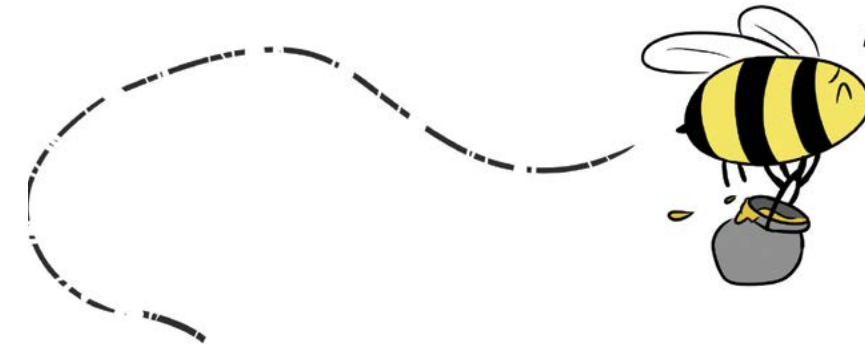
1. What have you spent most of your quarantine days doing?

- a. Finding a new hobby
- b. Trying out new recipes
- c. Glued to the TV
- d. Waiting on Amazon packages



2. How late did you stay up during quarantine?

- a. I stuck to my regular sleep schedule
- b. Not too late... like 12ish?
- c. Yes Netflix, I'm still watching...
- d. What even is time?



6. What is your ideal way to spend your day?

- a. Watching YouTube and TikTok tutorials
- b. Going to the grocery store
- c. Sleeping
- d. My normal routine



7. Did you watch Tiger King?

- a. I have better ways to spend my time
- b. Started but didn't finish it
- c. Watched it...twice
- d. Carol Baskin is GUILTY



3. What is your typical outfit for the day?

- a. Something that is sort of 'put together'
- b. Something you don't mind getting a little messy
- c. I haven't changed in days
- d. Dressed up with nowhere to go



4. What's one positive thing to come from quarantine?

- a. Saving A LOT of money on gas
- b. Being able to disconnect and decompress
- c. Not feeling rushed or pressed for time
- d. My stimulus check



5. How much have you been paying attention to the news?

- a. I'm trying not to think about it
- b. It's on in the background
- c. My TV is strictly for streaming purposes only
- d. You know, a healthy amount

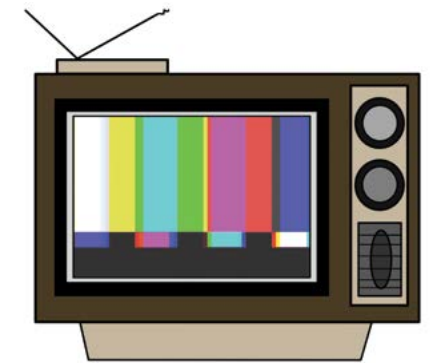


9. What's one thing you are looking for when things go back to "normal"?

- a. Being able to go into places without a mask
- b. Having all of my friends over for dinner and a game night
- c. Actually being a functioning member of society
- d. Being able to try on clothes

8. When do you think things will go back to "normal"?

- a. The sooner the better
- b. It won't; we will have a "new normal"
- c. It's going to take some time
- d. Honestly, I don't know



10. What is something you will miss after the pandemic?

- a. Being able to try new things in the comfort of my own home
- b. Having absolutely nothing to do
- c. Movies coming directly to my screen
- d. Adding things to my cart because I have nothing better to do

Answers



Mostly A's = Busy Bee

You tried 1,001 new trends and crafts during quarantine, and you're not planning on stopping anytime soon. You like to keep yourself busy, so you don't focus on the hot mess that is the outside world, in more ways than one. You buzz around from one project to the next like it's your job because let's face it...it basically is. This is the only way you know how to cope with the dumpster fire that is the outside world, and that's OK. We all need something to keep us from going completely INSANE!

Mostly B's = The Foodie

During quarantine, you invested in either an Instant Pot, Crockpot, air fryer, or all three. You post all your creations on social media to show your newfound skills. Those simple dinner TikTok recipes are your new best friend. You can't wait until the pandemic is over so you can invite all of your friends over for a nice dinner that you made ALL BY YOURSELF! You have made yourself into the chef you have always wanted to be...just remember the 10-person limit.

Mostly C's = The Binge-Watcher

Finishing a whole TV series in less than 48 hours is now qualified as an Olympic sport. Congrats! Proper attire is comfy sweats and an oversized hoodie, which we all know you haven't changed out of in almost a week. And since you can't go outside and live your regular life, you have been living vicariously through your favorite TV stars as if it was your real life. Don't worry, no one is judging you.

Mostly D's = The Online Shopper

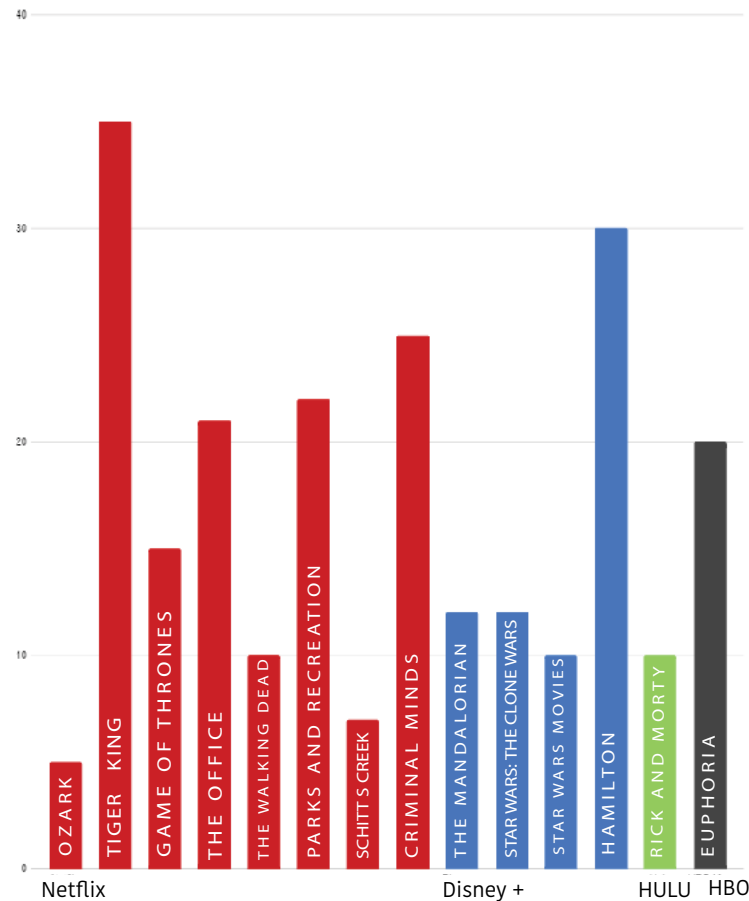
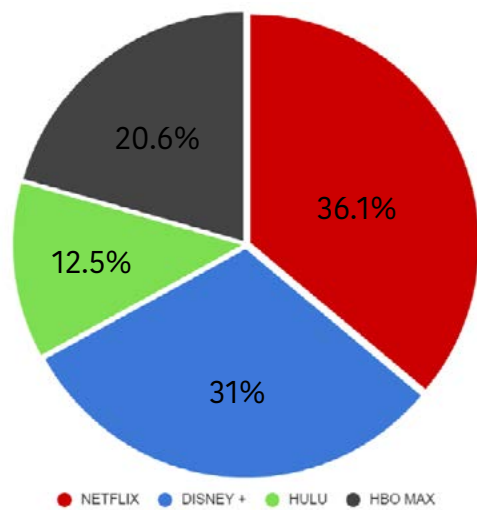
You have been spending most of your days impatiently waiting for that blue Amazon truck with the arrow that looks like a big smile to come down the street. To be honest, it's the highlight of your day, and rightfully so. The best part is that you don't have to worry about dropping while you're shopping because you're already sitting on your couch! Who knows, maybe one day soon you'll try on those new clothes and get ready with nowhere to go. Although now you have a new picture for Instagram, so it actually looks like you're doing something with your life. Oh, look! 50 likes already! Go you!

STREAMING SERVICE STATS:

What were we watching?

BY JORDYN MARY '22

When the world shut down in March of 2020 many people were stuck inside trying to stay busy. In the efforts to pass time many people resorted to streaming their favorite movies and TV shows. Here is what the students at Otterbein enjoyed while in quarantine.



Cardinal Course Catalog Guide: Hidden Gems

BY TERRA CARR '22

If you are looking for a fun elective to take, whether you need the credits or are interested in another subject, Otterbein offers many interesting course selections you may have never heard of before.

SCUBA Diving, a lifestyle, fitness and wellness course offered in the spring, teaches you the fundamentals of the underwater sport, and completion of the course awards you with an "open water" diver certificate. This certification allows students, while accompanied by another diver, to travel up to 60 feet below the surface.

Another course, Business and Science of Whisk(e)y, taught by professor Michael Levin, immerses you into the cultural and social impacts of alcohol consumption. It also analyzes the science behind the production of whisky.

"To understand the product, a student must understand agriculture, biology, chemistry, geography, geology and climate," says Levin. "To know why Jack Daniel's is positioned on a retailer's shelf away from Jim Beam and the middle of that shelf, then you have to know a lot about American history going back to Hamilton and Jefferson."



You have to know the women's suffrage movement and slavery."

Prerequisites to take this course include at least four integrative studies courses and junior standing or above. This course is offered only in the spring.

If you are interested in taking an art class at Otterbein, ART 3800 is Intaglio Printmaking. Intaglio printmaking is a type of art unlike other techniques where the ink lies on top of the surface; instead, the design is etched into a material while the ink lies in the grooves. Materials used in this course include zinc and copper plates. Students can join this course via permission of the instructor.

Another unique integrative studies course offered to students in the fall is INST 3910, Video Games and Society. In this course, students will explore the culture of video games in contemporary society and the various demographic groups' participation in this form of media. This course is offered

to juniors and seniors and requires the completion of at least four integrative studies courses.

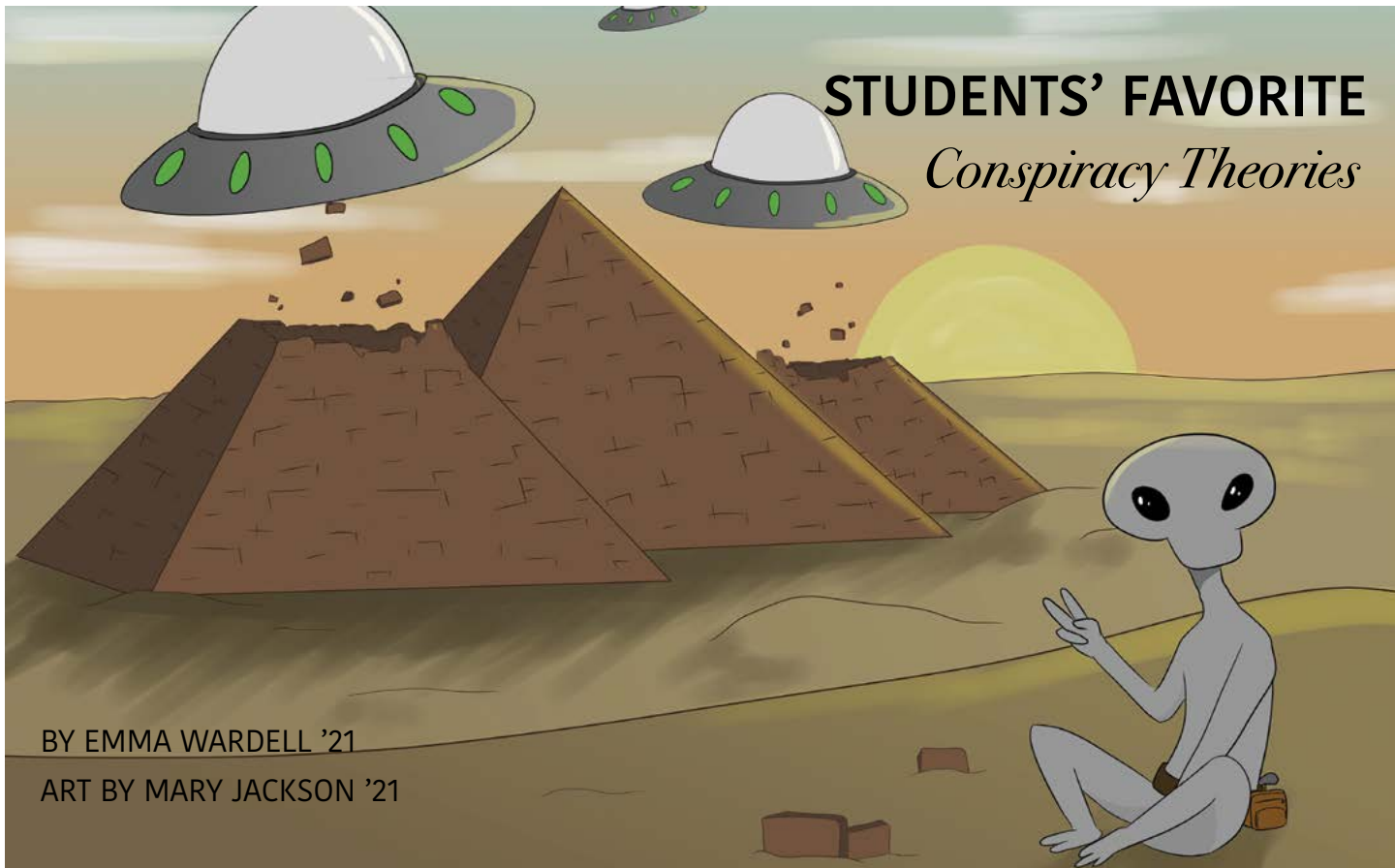
If you are a first-year student still looking for a first-year seminar course, FYS 1038 is called Identities, Dwellings and Off the Grid Living. In this course, students will explore unique designs to create a sustainable home, which requires no air conditioning unit or furnace. These homes are much more affordable without the additional energy costs that are normally associated with those.

"I teach this to students so that they know there is a much better way to design and build a home that uses a fraction of the energy a traditional built home will use," says professor Don Austin.

If you are interested in learning more about sustainable and energy-efficient home designs then this may be a course worth taking - but you will have to act fast. This course is only offered once a year and usually fills up, according to Austin.

TOP RIGHT IMAGE BY HALARD LESCINSKY; BOTTOM LEFT ART BY IZZY COOK '22





Rachel Bogumill, senior, public relations major

“I don’t really know if it’s a conspiracy theory, but something that’s super popular on my For You page on Tik Tok is people shifting realities. They think there’s like an unlimited number of different realities, and you can essentially, through upgraded lucid dreaming, go to any desired reality that you want. And you can literally like write out everything that you want to happen, and you can be there for years and it’s only like a few hours in this reality.”

Jarod White, junior, public relations major

“I always thought the whole thing with John F. Kennedy [was weird]. There’s a bunch of videos of [his assassination] where [the place] he would’ve been shot from is a different angle. But then, where his head explodes, they don’t match up. Scientifically, it’s really weird.”

Lucy Clark, junior, creative writing major and film studies minor

“So, I try not to be super ‘conspiracy theorist-y’ because I think it can be dangerous, but there are some that I think

are kind of interesting. One that has always stuck with me that makes so much sense and I think is 100% true is that airlines want you to die. They don’t want people to survive crashes because then you can sue. [The airlines] know how they want you to sit. They want you to go neck first, so if you fall, you hit your neck, but safety wise, you should go legs first so on impact, you break your legs.”

Kaitlyn Bader, senior, English literary studies major

“One [conspiracy theory] I think is true, is that I think aliens built all of the great pyramids, because I don’t think there’s any way for people at that time to stack anything that high or carry anything that heavy all combined. I think [the pyramids] were some type of temples for aliens and then [the aliens] just left them.”

Kalieggh Bayer, senior, nursing major

“Jeffrey Epstein did not commit suicide. Just based off of his allegations and like the connections that he had and who he knew and who knew things about him. And also, how he committed suicide. How was he not being watched like everyone else was? You can’t claim to be one of the highest prison institutions and then have somebody kill

himself right before the trial. The timing of everything definitely doesn’t add up.”

Dylan Tuggle, senior, early childhood education major and Dominic Ross, senior, exercise science major

Tuggle: “We could say Pizzagate. It’s not just Hillary Clinton, but there’s the higher-up people that run the child sex trafficking.”

Ross: “Oprah, Ellen, Hillary, Epstein. There’s a whole lot of celebrities. The really rich people that have a lot of power.”

Tuggle: “There’s this conspiracy theory that some of them drink and use the blood of children to gain youthfulness. And apparently, they call them pizzas and hotdogs, which means little boys and little girls. That’s how they send their texts to get the children. And the kids were kept in pizza shops.”

Courtney Bussert, senior, nursing major

“I think that the Clinton conspiracy theory is true, all the deaths surrounding the Clintons. There have been a lot of deaths of people that are in their close circle, like people that have worked for them and have like known them. They just, like, die in odd ways.”



otterbein student media

T&C Media is a student-run news organization serving the Otterbein University community that seeks to provide accurate and reliable coverage of events and issues affecting the campus community. T&C Media is not only an extra-curricular activity, but also a service to the college community in general and the student body in particular. All students are eligible to be involved in all aspects of production.

WOBN is the student-run radio station of Otterbein University that broadcasts on 97.5 FM. WOBN broadcasts to the Otterbein and Westerville community and can be streamed live anywhere in the world from WOBN.net. Student showcases play a wide variety of music, from national stars to local artists, with general airplay focusing on modern-alternative. WOBN is the exclusive radio home for Otterbein athletic, broadcasting all football games, and most men’s and women’s basketball and baseball games, as well as select lacrosse games.



We must be willing
to get rid of the
life we've planned,
so as to have the
life that is waiting
for us.

- JOSEPH CAMPBELL