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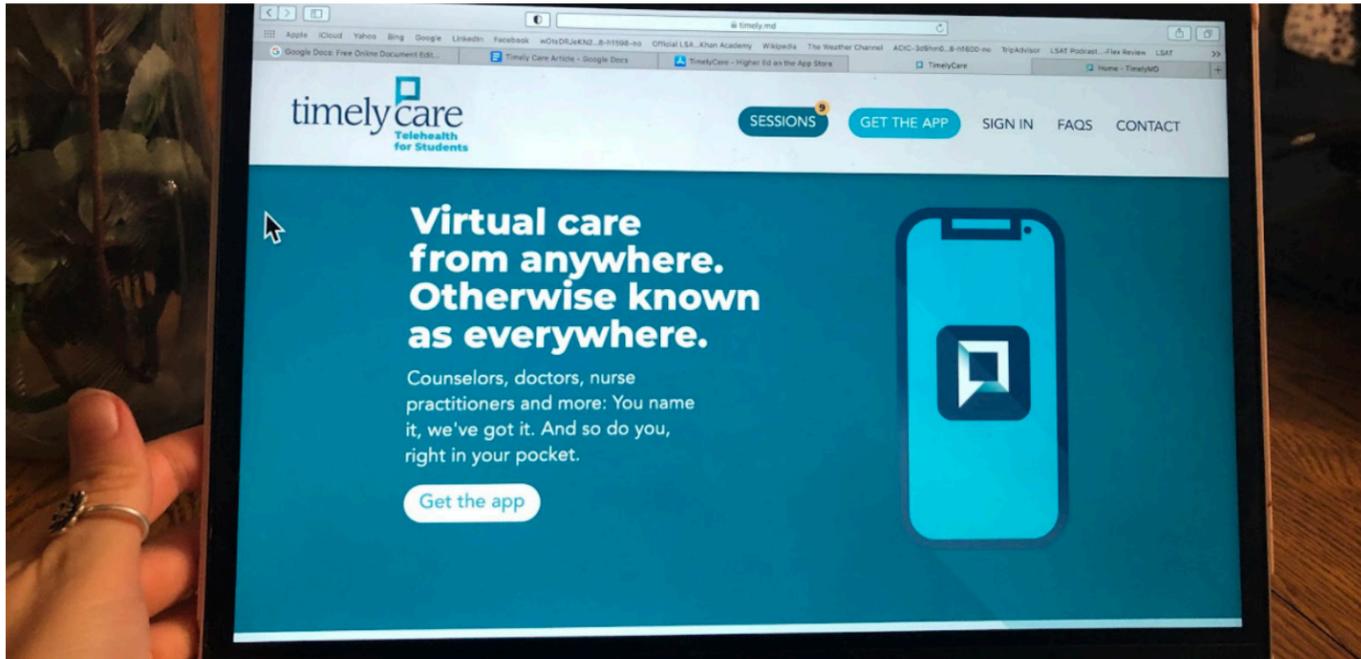
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Beyond the Spotlight: Vincent Bristo

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Albion College Promotes TimelyCare as a Student Resource



Timely Care is a health and counseling service that Albion College has recently been promoted to students. Through the service, users can virtually meet with licensed physicians and licensed counselors (Photo by Morgan DeRose).

Morgan DeRose
Staff Writer

Last school year, Albion College partnered with TimelyCare, a virtual health and counseling service, to provide students with a health-related resource. TimelyCare immediately connects its users with licensed physicians and counselors. Those using TimelyCare meet with providers via video calls. TimelyCare is free and accessible to all Albion College students.

The service first rolled out last year but did not receive much attention from the student body.

"Last year was almost like the 'soft-roll-out' of TimelyCare, but this year we are really working to show students what it really is," said Melissa Sommers, assistant director of Campus Wellness for Albion College.

The college is now working to spread more awareness about TimelyCare. More specifically, Albion College wants to market the convenience of using TimelyCare

and its telehealth services.

Reece Morey, Grand Rapids junior, used the TimelyCare app this fall semester. While doing so, he experienced some minor confusion. Overall, however, he saw the app as being helpful in getting him connected with a doctor.

"Using the app was very easy. The only thing is TimelyCare has two apps, one old and one new, so that was confusing. You have to use the new one," said Morey, via electronic communication. "Overall it's pretty simple and the response times are quick and the doctors will help."

TimelyCare can be accessed through a computer or smart device, as the platform is available online and through the TimelyCare app. To obtain TimelyCare's services, a person must create a TimelyCare account and then choose which aspect of the service they wish to utilize.

TimelyCare provides two main services to its users: access to licensed physicians and access to licensed counselors.

Through TimelyCare's physician

portal, students can speak with a physician about any medical issue that they may be experiencing. This is done in a virtual setting. The physicians are also able to prescribe medications. Medicine prescribed by TimelyCare physicians can be picked up at the Family Fare pharmacy in Albion.

TimelyCare's counseling services can be accessed through a portal similar to the physician portal. In the counseling service portal, students are paired with a TimelyCare counselor. They then meet and talk with the counselor through a video call. If a student wishes to speak with a counselor on an as needed basis, they can opt to do so through TimelyCare's counseling services.

"Sometimes students don't need a regular counselor," said Sommers. "If someone is having a bad day and just needs someone to talk to for a minute, they can use TimelyCare's counseling services and get paired with a counselor right away."

When signing up to meet with a

physician or counselor, students also have the option to choose the race and gender of whomever they may be seeing.

"When you login to TimelyCare, it will show you the physicians and counselors available at the time," said Sommers. "It will also show you their background, as well as their gender and their race, so you really get to pick who you are seeing and what you are more comfortable with at that time."

The TimelyCare physicians and counselors are not affiliated with the college's counseling department or Albion's Oaklawn Health Center. Rather, they are provided through a third party organization.

TimelyCare is free to Albion students. The service is also available 24 hours a day and seven days a week.

This is one of the aspects that Morey especially liked about the app.

"I would recommend using TimelyCare to others, especially to those who don't have access to quick medical care or do not have health insurance," said Morey, via electronic communication.

Opinion: A Break Is Needed to Avoid Burnout

Sam Semerau
Editor-in-Chief

Over Thanksgiving break, I returned from my on-campus housing to my home in southeast Michigan. It was over these five, or so days, that I can say I truly relaxed; this was the first time in months that I have been able to feel that way.

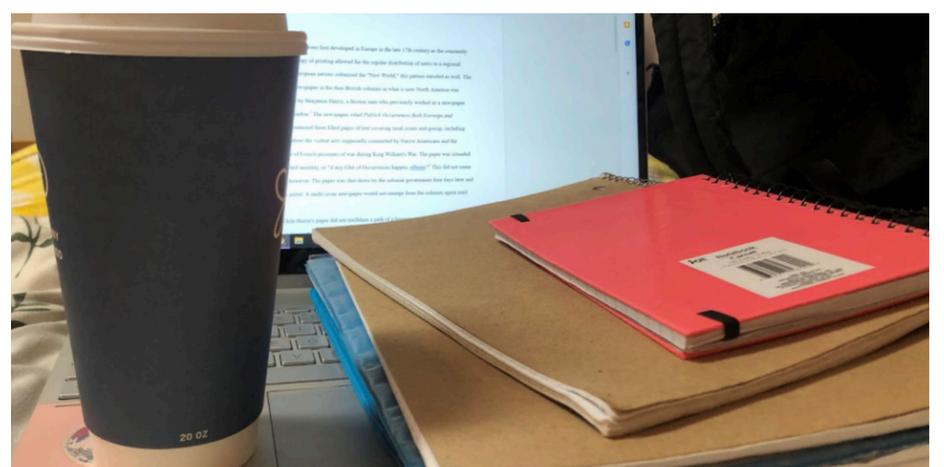
My best friend and I caught up after not physically seeing each other since the summer. My pets got to fall asleep on top of me while we laid in bed to-

gether. My mom and I got stitches in our sides as we cracked each other up over nothing. This period was easily the most blissful and most nurturing time I have spent within recent memory.

It was on the ride back to campus that I got to thinking about the implications of my feelings regarding this break. I found that the realizations I made while processing my time could be of value not only to me, but to others.

I consider myself a person with a solid work ethic. I know I will get things done and I pride myself on doing those things well. I know I'm not the only one, as a good work ethic is considered an American value.

Despite the few that suggest this



Coffee, papers and a laptop are all frequent components of a busy work schedule. As the COVID-19 pandemic has blurred the barrier between work and home, the physical separation of the two is more necessary than ever (Photo by Sam Semerau).

Opinion: A Break Is Needed to Avoid Burnout Continued

value is dying in the American spirit, I still consider the mindset of a good work ethic to be alive and well. We continue to work extended hours, take few work-free breaks and take little time off. In fact, according to the Organization of Economic Cooperation and Development, Americans work more hours than a majority of their peer nations.

While our strong work ethic contributes to achievement and innovations, both to us as individuals and as a collective nation, there is always trouble in excess. In 2019, the International Journal of Environmental Research and Public Health published a study analyzing the effects overworking has on health. The study found correlations between overworking and medical conditions such as hypertension, diabetes, fatigue and occupational injuries.

Beyond the negative effect on physical health, overworking can drastically interfere with mental health. Physiological stress, depression and anxiety are among the mental tolls that can be taken when one is subjected to overworking.

For these reasons, it is important to segregate our work life from our home life. This is something, however, that is easier said than done given our current context. The COVID-19 pandemic forced the American labor force to discover how much work could be completed from home. Now, not only are Americans working hard, but the line between work and home became even blurrier than it had been before.

Part of what made my time at home so relaxing was the physical separation from myself and my work space. While I could make the choice to continue to work, there was nothing pushing on me to continue working, so I didn't

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Jason Raddatz Sticks to His Roots



Jason Raddatz '91, the director of the Whitehouse Nature Center, standing in front of the students who attended his summer program on coding. Raddatz, after becoming the director of the Whitehouse Nature Center, has stuck to his roots of being a science teacher with all the programs he has to offer (Photo courtesy of Jason Raddatz).

Erin Lathrop
News Editor

Jason Raddatz '91 is the director of the Whitehouse Nature Center. Raddatz prior to coming to Albion had career stepping stones as a nurse, a casino dealer, a professional musician and a fund accountant before taking the path to become a teacher.

"When I graduated from [Albion], I graduated with an international finance degree and I had absolutely no intention of becoming involved in either education or in environmentalism because those were my dad's things," said Raddatz.

After 9/11, Raddatz found himself unemployed after working with the same company for five years in marketing. Trying to find what was next for himself, Raddatz decided to train for a marathon.

"About mile 13 is when I decided that I was going to become a teacher," said Raddatz. "I don't know if it was the runners high but after that I put those plans into motion."

Raddatz entered an accelerated

teachers program and got his teaching degree from Saginaw Valley State University.

"Found out that finance wasn't my thing," said Raddatz. "I liked numbers. I like looking at patterns and I can identify patterns pretty well. But it took three or four tries to find out that I was destined to be my dad."

Raddatz had a successful career as a teacher, having received Teacher of the Year from Ron Watson Middle School and becoming a Quarter Finalist for Arizona Teacher of the Year in only his second year of teaching in Yuma, Ariz..

In 2013, Raddatz became the STEM coordinator for Albion Public Schools before the district was annexed into Marshall Public schools. Raddatz developed a program that year called STEM Geekend, which allowed students to participate in STEM related activities.

In the 2013-14 school year, Raddatz was named the Teacher's Teacher of the Year. Later, during the 2017-18 school year, Raddatz was named Teacher of the Year for Marshall Public Schools.

"I really enjoyed what I was doing at Opportunity High School," said Raddatz. "I think when I sat down and talked it over with my wife, it was an opportunity to work at Albion. When you get to work at your alma mater, it's kind of a special thing."

As he transitioned into being the Albion College Whitehouse Nature Center Director, Raddatz stayed true to his roots as a science teacher by hosting and running programs throughout the summer to teach elementary and middle school students coding.

Raddatz, with the push of Michigan College Alliance (MCA) this past summer, partnered with Kalamazoo Public Schools this summer to teach a program about coding for the first half and about scientific inquiry and data analysis for the second half. Raddatz was able to pilot the program at Gordon Elementary, then bring it back to Harrington Elementary in Albion, and the Nora Jacksons Difference at the YMCA in Battle Creek, and then test it through eighth graders at Kalamazoo Public Schools.

Over the summer Raddatz had four to five student assistants that were able to partake in these summer programs and interact with the students.

"I thought that highlighting spheres and the drones would be the highlight, but it wasn't," said Raddatz. "It was the data analysis and a lot of that has to do with the interaction between college students because that's when they took over."

In the upcoming year, the program will be expanding from one week to four weeks with the push of the MCA.

During the school year Raddatz has 93 students on the payroll at the nature center, Raddatz is working on making the Whitehouse Nature Center a student-led program.

One of the perks of the flexibility Raddatz has with his workers is that it allows athletes to be able to work around their busy schedules to still be able to work, like Saginaw sophomore Rodney Mitchell.

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Opinion: The Fight for Racial Justice is Not Over

Irene Corona-Avila
Managing Editor

After reading about Kyle Rittenhouse's verdict on Nov. 19, which acquitted Rittenhouse of all criminal charges in the killing of two people and injuring one at a Black Lives Matter (BLM) protest in Kenosha, Wis., we witness that the fight for social justice continues.

Rittenhouse was found not guilty of five criminal charges: first-degree intentional homicide, first-degree reckless homicide, first-degree attempted intentional homicide and two counts of first-degree reckless endangerment. On Nov. 15, Judge Bruce Schroeder, the judge in the Rittenhouse case, tossed out a charge against Rittenhouse illegally possessing an AR-15-style rifle.

His charges were acquitted to self-defense, sparking controversy on gun control, racial injustice and vigilantism. Many argue that if Rittenhouse was Black, his charges would have not

been acquitted, which provides reason to believe that the fear of Black people can absolve a white person of any crime.

Here's one for example, in a similar case, Chrystul Kizer argues self-de-

“ Silent
diplomacy
is not enough. ”

fense for killing her adult sexual abuser, setting his house on fire and stealing his car in 2018. Both cases were tried in Kenosha, both defendants were 17 at the time of their conviction and both argued self-defense. Kizer is currently awaiting trial.

As unsurprising as it is, this isn't the first time we have seen how unfair the law can oftentimes not apply equally to everyone, particularly to people of color (POC), especially Black people.

This won't be the last time we see this disparity either.

Although the victims of the Rittenhouse shootings were white, the acquittal trial of Rittenhouse still raises issues of racial injustice because if Rittenhouse was Black, we would not be surprised to believe that he would be found guilty or not be able to have a fair, if at all, trial, in a society that has been built on systemic racism and implicit bias.

A 2016 paper found that Americans perceive Black men as larger, stronger and more threatening than white men the same size. In another study, it was found that Black girls, as young as five years old, are perceived as older and less innocent and more aggressive than white girls.

In an article, Michael Harriot explains how the idea of the "scary Black person" manifests itself in every segment of the U.S. criminal justice system and why Black people are perceived less than white people.

But this isn't necessarily simply a critique of the U.S. judicial system, rather it's acknowledging the fact that we continue to debate equity and equality of the human race. Though there is progress, POC are still marginalized, ironically in the judicial system too.

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Online at albionpleiad.com
Contact us at pleiad@albion.edu

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