

COLUMN

# Always saying 'yes' isn't healthy, saying 'no' is okay

By Madison Stumbough  
Staff reporter



I'm a yes girl. I always have been.

"Yes, I can do (fill in the blank)," is a common phrase I find myself saying. It took me a very long time to realize that always saying yes isn't healthy, and while I now know this, I still say yes far too many times.

It took a bit of a health scare when I was in high school for me to finally understand always saying yes to opportunities isn't always the best, healthiest or most helpful thing in the world.

My senior year of high school was in full swing. It was early in the spring semester and I was on almost every single club offered at my school, swim team captain and swimming in my last season after 15 years of swimming. I was heavily involved in two youth groups and several church and church conference committees. On top of all of those extracurricular activities, I was trying my hardest to survive my classes and was in the midst of picking a college.

I was stressed, overwhelmed and extremely unhealthy. The extreme exhaustion due to lack of sleep and the high anxiety of being overworked landed me in urgent care. My side was in severe pain and we were concerned about a possible appendicitis. My mom and I sat and waited for the scans to come back and when they did I was left heartbroken.

The scans were clear. Nothing was wrong with me, they said.

This diagnosis brought me to tears. I had been down this road of unknown health problems before when I was a freshman, before I was diagnosed with TMD and severe chronic pain. After giving us the results, the doctor went through a series of questions and one particular question stopped me in my tracks.

The doctor asked me how I spent my free time, and my answer was simple. "I don't have free time." The doctor was puzzled and asked me how many things I was involved in, and I began to spew out activity from activity. The doctor looked more and more concerned.

"You need to cut back," were the first words out of my doctor's mouth.

I'm sure the look on my face was priceless. "That's impos-

sible. People are counting on me and I've already made a commitment," I told him.

I will never forget the kindness in this doctor's voice when she told me that it didn't matter who was counting on me if I couldn't show up fully, and in order to show up fully I had to take care of myself first. Before we left, the doctor told me to make sure I actually enjoyed the things I was doing in life and wasn't just doing them for other people.

After I left the appointment I had to take a serious look at my life and the things that were important to me. It turns out the majority of things I was doing I didn't actually enjoy. I was simply doing them because I wanted to make other people happy.

I began to weed out the things I didn't enjoy and began to say "no" to things I knew weren't go-

ing to me happy.

Now, I try to be intentional about the things I say "yes" to. I'm still not the best at this, but we're all a work in progress, right? It often takes subtle reminders like Molly Just, director of Discipleship Southwestern, telling our Discipleship team that you can't fill from an empty cup. Or, there's Steve Kramer, assistant director of advising and student success, reminding me things are always left on his to-do list at the end of the day. And that's okay.

If you find yourself in a rut, I challenge you to ask yourself if the thing you're stressing about is really worth all of that stress, because life isn't meant to be stressful.

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REVIEW

# Logic's new album creates new perspective for artists

By Scott Olney  
Staff reporter



Sir Robert Bryson Hall II, known by his stage name, Logic, released his fourth studio album, *YSIV*, on Sept. 28. This project follows his two-part Bobby Tarantino project, which released its second part earlier this year.

Over the last few years, Logic has made a name for himself in the rap community with three studio albums. These all had significant commercial success. However, Logic's mixtapes have left much to be desired with the short and often unfinished-feeling

tracks.

*YSIV* delivers on many of the shortcomings of his previous mixtapes. As opposed to borrowing a collage of samples from other artists on almost every track and leaving ideas unfinished, *YSIV* has a more genuine feel with lyrics that have a clearer purpose.

*YSIV* has an immediate influence from the "Boom Bap" sub-genre of rap, and this can be seen on the first few tracks of the record. The opening track, called "Thank You," has a grooving beat and baseline and features Logic paying heavy gratitude to his friends, family and fan base for their constant support to bring him to where he is today. This start of the album seems to start off the theme for the rest of the album which is that of Logic growing into his role in the American rap scene and understanding how his music has been received by

both his fans and his peers.

However, the rest of the first half of the album does not follow the same calm structure of the opening track. The next two tracks on the record, called "Everybody Dies" and "The Return," feature aggressive lyrics about how little respect has been paid to his success by the rap community, even though his work has been an influence for fans all around the world. Essentially, this is Logic trying to prove that he doesn't need to follow the molds the rap community has created for him to be successful.

Both of these tracks also feature more driving bass and drumlines that fit the nature of the tracks really well. These tracks really set up the second half of the record by giving Logic somewhere to go with his narrative of growing more mature.

Towards the middle of the al-

bum, Logic really begins to open up about his past. *YSIV* listeners hear Logic start to really understand and grow into how and why he has made it to where he is despite his upbringing.

Logic takes a very genuine and even sentimental tone on songs such as "The Glorious Five" and "One Day" with lyrics that prove Logic's need to be a better person than what his upbringing may incline him to be. This shows a more mature version of Logic that has only really been found on this record.

In the latter half of the record, Logic really finds his sound with catchier-sounding tracks such as "100 Miles and Running" and the title track, "*YSIV*." Logic's lyrics in these tracks continue to illustrate his move into maturity and feature songs about his previous marriage and how he hopes to be a better man for his future chil-

dren.

This leads to the end of the record with inspiring tracks such as "Legacy" and "Last Call," which teach the listener about the dangers of spending all their time and efforts on the world's opinion. Logic really opens up in a way that he never has before by the end of the record with these comments that make it obvious that he is becoming a more self-aware artist.

Overall, *YSIV* is a great next step for Logic. His mature lyrics and fresh musicality show signs that he still has years of music-making ahead of him. Hopefully, Logic will continue to explore his talents into his future projects and avoid emulating his influences in the ways he did on some of his previous mixtapes.

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