

Coffee in the Swarm | Anna Long

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SPEAKERS

Aliyah Farrell, Mike Hoffman, Anna Long

Aliyah Farrell 00:29

Welcome back to Coffee in the Swarm, a Project Zion Podcast production coming to you from Graceland University in Lamoni, Iowa. The Swarm is our on-campus snack bar in the Newcom Student Union. This year, our podcast is co-hosted by Campus Chaplain, Aaliyah Farrell, and is hosted by Campus Minister, Mike Hoffman. Coffee in the Swarm is where we interview students at Graceland who are connected to the Community of Christ. Today we are with

Anna Long 00:52

I'm Anna.

Mike Hoffman 00:54

Anna. What's your last name?

Aliyah Farrell 00:57

Alright, Anna, tell us about yourself. Tell us your story.

Anna Long 01:01

So, I'm Anna long. I am daughter of Erica Lambert and Adam Long, born and raised in Nashville, Tennessee, [alright], my oldest brother is Ben Long, and I have one little brother.

Mike Hoffman 01:16

So, and Ben preceded you here at Graceland. So, [yeah], right. Did you guys overlap at all?

Anna Long 01:21

One year.

Mike Hoffman 01:22

One year? Okay.

Anna Long 01:23

My freshman and his senior.

Mike Hoffman 01:24

Okay, okay.

Aliyah Farrell 01:25

So if you had to describe yourself in three words, what would they be?

Anna Long 01:30

I feel like me describing myself would be a disservice, but... Words that people have described me as,

Mike Hoffman 01:40

Okay, that's fair.

Anna Long 01:41

Would be very compassionate would be one. Probably, I get the word "put together" a lot. I don't know...

Mike Hoffman 01:52

Put together, all right? That's very positive.

Anna Long 01:58

And I'm probably, goodness, um,

Aliyah Farrell 02:07

I would say you're really creative. Like, based on what, like your inspiration, like, [Anna: Thank you] last year, when you did the Shalom Academy Awards, it was you that edited that video, right? I thought that was, [yeah,] that was awesome. I would say very creative.

Mike Hoffman 02:20

Well, I had the, I had the opportunity to teach group leadership for you. [Yes], was that that wasn't this past fall, it was a year ago, right? [right] Yes, okay, I can sort of remember what classroom I'm in. That's how I remember. I don't teach that anymore, but, yeah, but you were very she, Anna, you were very creative in class. I remember we did a project. I just, I don't even remember you did something video that no other student tackled, as I remember, at least video wise. So

Anna Long 02:44

Video wise, I can say that.

Mike Hoffman 02:46

Cool. Very cool. All right, yeah.

Aliyah Farrell 02:47

So tell us your year, your major, your house.

Anna Long 02:50

So, I am a junior this year. So, I got one more year at Graceland. I'm business management major with technically the transformational leadership, sure, yeah, film minor, and then I'm taking select classes to get into grad school, okay, to become a registered dietitian.

Mike Hoffman 03:09

Okay, that's what you want to do. Then after, okay, [yes...um] Now your undergraduate degree, though, was in business administration or business management, management, okay,

Anna Long 03:17

Yes. As for hall, I am on Shalom. [okay], I transferred from Hanthorn originally.

Mike Hoffman 03:25

How long were you on Hanthorn? First semester, year and a half, okay, but now you're on Shalom, [yes.] Okay, yeah.

Aliyah Farrell 03:33

So is film like, is that just something you do for fun as a minor or is it... yeah,

Anna Long 03:37

Yeah. Honestly, since I was coming here and honestly realizing how much you gotta pay for private university. [Yeah] As much as business management is a fallback major, right then I'm going to grad school or career wise, I was like, I'm paying all this money, I might as well take classes I want to take.

Mike Hoffman 03:56

Yeah, absolutely So film, minor. What's your advice for that? Is that doctor, Brian White, no,

Anna Long 04:04

I don't have an advisor for the minor. Oh, okay, Jared, just for the major. Jared Doty.

Mike Hoffman 04:08

Oh, okay, all right.

Aliyah Farrell 04:10

So, what are your classes look like for, like, as far as getting into grad school for being a dietitian, because, like, yeah,

Mike Hoffman 04:16

Do you have to pick classes then to do there to get it okay?

Anna Long 04:22

It's been all over the place, because one when everyone's like, what's your major, then I have to give them the whole show.

Mike Hoffman 04:28

Right. Well, you wouldn't have to, but...

Anna Long 04:30

It really correlates to what I'm going

Mike Hoffman 04:33

What you're going to

Anna Long 04:34

and then what I'm interested in, [yeah.] So, that kind of correlates to the teachers wise, because I'll go from a ROB centered class, who I'm a professor assistant for, and I'll do all these econ and business classes, and then I'll transfer over to film. I haven't done any film this year, though, which is a little shocking, but my freshman, sophomore year, I would take a lot of film classes. And I'd have to make all these videos and projects, and then I'd go straight over to Gob or anatomy. Now,

Mike Hoffman 05:08

Wait a minute, we gotta explain what Gob is.

Anna Long 05:08

OK. General O Chem and O biochem.

Mike Hoffman 05:15

Okay, general organic and biochemist and biochemistry. Oh, gosh, yeah, yes. It took me a while to figure that out.

Anna Long 05:22

So I'm going from Yeah, like molecules to rule of thirds.

Mike Hoffman 05:29

I know the rule of thirds, yeah, the yearbook advisor. So, yeah, okay, yeah. Wow. So tell me more about becoming a dietitian. What? Where did that come from? I mean, have you wanted to do that a long time?

Anna Long 05:45

It's been in the forefront of my mind, okay? Or, honestly, since high school, [okay] because all throughout growing up, I was blessed with the miracle of having several allergies.

Mike Hoffman 05:57

Oh, okay, so that's sort of motivated to go that way.

Anna Long 06:00

It's very, very

Mike Hoffman 06:01

Food allergies, particularly? Oh, OK.

Anna Long 06:04

Yeah, there's a whole backstory to it. Yeah, it was a whole ordeal. All throughout elementary I was born with them, but you can develop allergies. So, elementary school, I went from doctor to doctor trying to find what was going on. And then once I found a doctor, I liked being told You're the worst patient I have. Oh, wow, yeah. So therefore, I've kind of been forced,

Mike Hoffman 06:29

I'm sure they meant the worst patient, like,

Anna Long 06:31

just as far as, like, number of ...

Mike Hoffman 06:34

Yeah, right. Not, bed side, manner, type, yeah.

Anna Long 06:41

So evaluate.

Aliyah Farrell 06:42

So did you have to end up seeing a dietitian because of all your allergies? Is that?

Anna Long 06:47

Thankfully? No,[okay], um, thankfully the doctor I went to, kind of had enough knowledge of what I had, but it was honestly self discovery as well. There's a few allergies I have that you cannot find really anywhere else. Very few people have it. So it's just a learning curve. So therefore I have just a lot of you know...

Mike Hoffman 07:08

Where do you want to go to? Do you know what school you want to go to for graduate school yet?

Anna Long 07:12

Since I'm from Nashville, I just like to be back home. Okay,

Mike Hoffman 07:15

So, it does that mean which university?

Anna Long 07:18

Not too sure.

Mike Hoffman 07:18

Oh, okay,

Anna Long 07:19

Nashville is known for the church and university belt. Yeah, go radius of 10 miles, and there's several...

Mike Hoffman 07:26

Right, right? My daughter actually went to Nashville to go to university. She went to Belmont University.

Anna Long 07:31

I have two friends that go there currently, yes, okay,

Mike Hoffman 07:35

I was getting my daughters.

Aliyah Farrell 07:35

So you said you from Nashville, yes. So what was church like back home for you?

Anna Long 07:41

I My father, Adam Long, who was born and raised in Lamoni, was the pastor all throughout growing up. So I'm the PK pastor's kid. Um, so is my brothers. So growing up being a PK, you probably have all the pressure of my

Mike Hoffman 08:01

Always going, Yeah,

Anna Long 08:03

Gotta be sitting up straight. You gotta listen, which, as a little five year old was very hard, um, but I did the baptismal classes. I had Sunday school all throughout growing up. I was baptized at eight, which is the typical Community of Christ journey, I guess so to say. My father did take a break during high school, uh, but now he's back as pastor, but I haven't really witnessed that too much, yeah,

Mike Hoffman 08:13

Because you've been here, right?

Anna Long 08:34

Yeah, yeah. But both my parents Community of Christ, they met here at Graceland. [Okay,] so I've just been born and raised,

Aliyah Farrell 08:43

Is there a camp, like a Community of Christ camp in Nashville?

Anna Long 08:46

In Nashville, yes, but I grew up going to my mother's [okay] church camp, which is in Illinois, middle of nowhere,

Mike Hoffman 08:54

Which one?

Anna Long 08:55

It's called Brush Creek.

Mike Hoffman 08:56

Oh, Brush Creek, sure. Okay, yeah. So you went to going to Brush Creek. Then? Okay.

Aliyah Farrell 09:01

So, did you go to SPEC? [Yes,] which delegation did you go with?

Anna Long 09:05

I went with the Illinois. [Okay, yeah, yeah] yes, and I only was able to go my freshman and senior year, [okay,] to SPEC.

Mike Hoffman 09:15

Because of COVID of course. Yeah. Every, almost every interview we've done, we and we mentioned COVID in some way, shape or form, because it's had an impact on all of our lives during, you know, during the last several years,

Anna Long 09:30

Much as we hate bringing it up. We have to.

Mike Hoffman 09:33

Exactly, exactly. So,

Aliyah Farrell 09:36

So, what brought you to Graceland?

Anna Long 09:39

Similar to the last question, with both my parents being Community of Christ, my whole family, both mom and dad's side, are correlated to Community of Christ, and with that, several family members have gone here. And my parents meeting here. [Yeah], I know the whole story of that. So, all throughout growing up, there was always stories and memories shared constantly at every dinner table, and it always had to do with Community of Christ and Graceland University. So, it was just always kind of assumed that I was going here, not by anyone else, just me. Like, I just assumed, yeah, like, there was no other.

Mike Hoffman 10:19

No pressure to go, yeah, ok.

Anna Long 10:22

It was just it, when you're in that environment of people talking about all this stuff, you feel left out. And you're like, well, then I gotta go, right?

Mike Hoffman 10:32

So there was sort of peer pressure there, but, but so yeah,

Anna Long 10:36

I've got to go with this all this respect, [right, right] there. And you're like, Oh, this is a blast. Yeah,

Mike Hoffman 10:43

Have you had a blast here? Yes, okay

Anna Long 10:45

Yes I have.

Mike Hoffman 10:47

That's good. Because I know, I know some Community of Christ students go to SPEC, and then they come here, and it's, it is different. I mean, right school, but it could still be a good, good experience. In fact, we call it the Graceland experience.

Aliyah Farrell 11:04

Actually, our next question is, describe your Graceland experience this far.

Anna Long 11:09

Really good. My freshman year was a little rocky, um, just because brother being a senior, it's a little hard of like, because we had it in high school, because just four years. [Yeah] you kind of redo it all over again. [right?] So, him having his senior year and wanting it to be great, and everyone knows him already. Then I was just Ben's sister,

Aliyah Farrell 11:32

Yes, yeah, because he's a senior this year, so, like, almost the exact same thing.

Anna Long 11:38

So, it's hard to make friendships and relationships in that sense, because you're just Ben's sister, [yeah] And you're not your own person, so that was hard.

Mike Hoffman 11:47

And now you're your own person, yeah?

Anna Long 11:51

So, but it's been great, and similar to any place, I'd like to believe that Graceland is a good, good way to explain it is, the more you put in, the more you get out. So with that, going to everything and meeting as many people as possible and taking as many classes as well.

Mike Hoffman 12:13

Sounds like you have that covered.

Aliyah Farrell 12:18

So, if you had a superpower related to your Graceland experience, what would it be?

Anna Long 12:22

My, as far as the question as, what superpower would you want in general?, My answer is, always, I would learn any language. Like every and single so I can talk and communicate with everyone. I feel like that would be so much fun. So kind of similar with that. For the Graceland experience, I would love to have, like, photographic memory. Yeah, you immediately learn something, or you already know it.

Mike Hoffman 12:49

It stays with you, and you can pass tests. And, yeah, that's cool.

Anna Long 12:55

A lot of people relate to that.

Aliyah Farrell 12:59

Yeah, alright, so describe your church experience at Graceland.

Anna Long 13:05

Oh, goodness. Um, my grandmother similar, okay, so similar to my dad living here., my grandmother lives here, so she goes to church every Sunday.

Mike Hoffman 13:16

Who's your grandmother?

Anna Long 13:17

Becky Long, okay, so, and then I have an aunt, Lori Long [Lori, yes] so, they go to Sunday church. And sadly, as a college student, I just don't have the energy for that. I really don't.

Mike Hoffman 13:31

Well, don't, you know, I'm going to put a plug in here. But don't feel bad, because, I mean, we, actually, when Ben was here, we did have Sunday morning church, but then after COVID, attendance just didn't recover. And so, those of us in campus ministries sort of said, Okay, let's look and figure out what's happening. And Wednesday night now is, you know, really where we, for this, for this campus, this community, that's the best night to do it, because you like to sleep in on Sundays. You and all the other students.

Anna Long 14:05

Saturdays are like, Oh, we got the full day. So, Saturday you go and do stuff and Sunday is your actual day off. [Yeah], um, but like you said, Wednesdays are now where I would go to Afterglow, or any services related to, yeah.

Aliyah Farrell 14:21

Okay, so what are your life plans after graduation? I know we kind of went into it a little bit, but

Anna Long 14:26

Yes, so registered dietitian is the current path, but we'll see where I go graduate school in Nashville. And with registered dietitian, you have to get licensed and certified. So that would be also a step I would have to take um, and then I would like to do a private practice or a small um company. I do not really feel like I want to work in the hospital since [gotcha] um, that just does not spark my interest. [Yeah], um. Now partnering with hospitals would be fine, [sure] but normally registered dietitians, you are given a client, and then you get all their symptoms, and then you have to help them with a meal plan for either lifetime or short period of recovery. But hopefully I would like to, career wise, be able to have certain clients that I can see progress then hospital wise of just here you go and dip, and then I see myself living on east coast. But we'll see where that goes.

Mike Hoffman 15:36

What draws you to the East coast?

Anna Long 15:39

I travel to a lot of places I've always just felt the most drawn to. [Okay] so, but we'll see yet again, career wise,

Mike Hoffman 15:47

The ocean, or just further east?

Anna Long 15:50

Just east of the weather, a lot more, kind of like all four seasons and then trees. Yeah.

Aliyah Farrell 15:59

Okay, um, so what are your hopes for Community of Christ in the future?

Mike Hoffman 16:07

Are you going to World Conference? Are you planning to go to? Okay, so, that's fair.

Anna Long 16:13

Um, I love what the president's doing. President Veazey, has been doing. Um, I the reason that I, unlike other PK kids, have not either dove into Community of Christ, like fully of like, making it my whole identity and [sure] and then the other side of PKS is completely leaving, right? I've stayed in the middle ground because I like how it is very diverse, and you can make up what you want it to be, because it is a very progressive non-denominational church. So, I'm able to kind of see for myself what I would believe in and then kind of test that with other people's testimonies. So, I really like how Community of Christ really values that, and then with our Enduring Principles of being able to meet with as many people as possible and learning from each person, I really value that. So, I would hope that we continue

that. I don't see a reason it would leave, but still, [sure] would like to say, I hope it stays. As for the future. I don't really have any thought of any goals you would have, but...

Mike Hoffman 17:32

Well, you did mention, yeah, pretty much moving on forward with the Enduring Principles those kinds of things. Yeah. Okay, yeah.

Aliyah Farrell 17:40

So what is one thing you would want the leaders of Community of Christ to know going forward?

Anna Long 17:44

Goodness. Um, probably just yet again, the value of Enduring Principles. I think once you start straying from it. There's several people that I've met in Community of Christ that don't really follow them. [okay] Which was very shocking to me when I did meet them, because growing up, that's like, [right] highly valued, [yeah]. Um, so when they went away from it, I didn't feel as connected with them, um,

Mike Hoffman 18:15

But you didn't have those in common with this. So, so they were members of the church that you felt were drifting away from the Enduring Principles.

Anna Long 18:26

It was black and white.

Mike Hoffman 18:27

Okay, okay, that makes sense to me.

Anna Long 18:29

It was, here's the verse, here's scripture, here's what you take out of it. And I was like to take out of it, what I what I want, the context, difficult description, everything. Um, so with that, I feel like the leaders would just highly value those and try and get as much of the picture as possible and teach accordingly.

Aliyah Farrell 18:56

Okay, so we'll close with what's the biggest lesson you've learned in life, and how did you learn?

Anna Long 19:00

Oh, goodness. Highest lesson, I would say, is you're going to meet a lot of people, and you're going to have memories, and you're going to have different ranging relationships, either for how long or how closely bonded you are to very little, but you are naturally going to grow as a person. So, with that is, you can continue to be very close with each other, or you will just grow apart. And I feel like that's a really hard lesson to learn, as far as family, and very much so family, but friends, so there's nothing you can do about it. You can just kind of wish them the best and hope that you guys can meet up again, but as far as day to day, or just a normal life, you're not really going to be close with them anymore, and that's a hard lesson to learn, because you really value the memories you have with them, but you you're just not close to that person they are now, right?

Mike Hoffman 20:13

Yeah, an important lesson. And like you said, hard.

Aliyah Farrell 20:16

Everybody goes through it too, and I think especially coming to college, I think it's very present here.

Anna Long 20:22

Yes. So very much. So thank you.

Aliyah Farrell 20:25

Alright, so that wraps up things today for this episode of Coffee in the Swarm. Thank you for listening.
Thank you, Anna,

Anna Long 20:34

Thanks for having me.

Aliyah Farrell 20:35

This is Aaliyah.

Anna Long 20:36

And Anna

Mike Hoffman 20:37

and Mike.

Aliyah Farrell 20:37

Signing off Until next time.