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#### Eco Reps Hold "Waste Less" Challenge

**RACHEL ZIMMERMAN** 

Last week, Houghton College's Eco Reps partnered with Sodexo to bring awareness to food waste on campus. For the last two years, Sodexo has joined with Houghton College's Eco Reps for a week of focusing on reducing food waste, as well as general Throughout week, Sodexo and Eco Reps offer visual demonstrations and challenges for students and faculty to reveal patterns of waste and develop habits to decrease them.

Brian Webb, the faculty advisor for Eco Reps, emphasized the role of Waste

See WASTE page 3



After being hired as Dean of the College in March of 2016, Jack Connell was transitioned to Provost.

ALYSSA ROGAN

Last month, Jack Connell was officially promoted to the new position of Vice President for Academic Affairs and Dean of the Faculty. "Provost" is the abbreviated and more commonly used term for someone in this title. His new responsibilities embody "the academic functions of the college," which includes "faculty, academic programs, library, etc," he said. Additionally, Connell now oversees the admissions department and is second in command of the college.

Connell was hired in March of this year, according to a Houghton College press release. He served as the vice president for academic affairs and dean of the college for only six months before being promoted. "I continue to have all of those responsibilities in this new structure, but have picked up the additional responsibility for enrollment," Connell explained "The new title of provost is simply intended to reflect those

expanded responsibilities." Additionally, he said,, "This administrative reconfiguration eliminates that vice president position, and as a result, the admissions office will now report to me and the student financial services office will report to the chief financial officer."

As President Mullen explained, the reason for structural changes was twofold. One reason was a "need for greater dialogue between admissions and academic programming as we seek to connect incoming students with the wide ranging opportunities within Houghton's academic programs." Secondly, Connell brings expertise to enrollment. "His dissertation at the University of Rochester (2014) was done in the area of building enrollment within private higher education,' Mullen said.

Connell's new role brings forth much anticipation regarding the future of

See **PROVOST** page 2

### **Professor Hired After Five Year Search**

JORDAN TRAUTWEIN

After five years of searching, a Biochemistry professor has been hired. According to Karen Torraca, Chair of the Chemistry department, Paul Martino will join Houghton faculty in the Paine Center for Science.

Torraca stated "We really expect faculty to mentor students in the Christian faith. Having that particular combination of having someone who is really good at science, in particular biochemistry, and mentoring students from a Christian perspective I think is a really tough combination to find." In Professor Martino, the hiring board believes it has found that combination.

Torraca said she appreci-

ated Martino's academic and professional experience. She recalled the board was "excited that he has lots of teaching experience already so not somebody who had just gotten out of graduate school." She continued, "He comes to us from Carson Newman, which is a four year institution, where he taught Biochemistry as well as Organic Chemistry so he has teaching experience which has been great in terms of having him bring those experiences into the department".

Additionally, Torraca explained that there was also the expectation for applicants to present the research they sought to conduct while working at Houghton. Martino said the expectation for further research was a major reason why he wanted to teach in an undergraduate college. He remarked, "I came back east to follow my dream of being at a small undergraduate liberal arts college where I could actively do research in my field."

This semester, Martino is

teaching general education Chemistry courses, including Introduction to Nutrition. Colleen Shannon '17, a student in Martino's Nutrition class, observed the difficulties of teaching the class, and stated, "I think overall one of the most challenging parts of teaching a gen ed course is that you have a wide range of students, where some students are chem[istry] majors or on the bio[logy] track and they have a lot of background and consistency in their bio[ology] education and then there are other students who are just checking a box off." In this situation, she acknowledged the positive difference it makes to have a teacher who knows and is passionate about the subject material. She recalled a particular instance when Martino excitedly explained proteins to the class and allowed her to feel some secondhand excitement for



New biochemistry professor, Paul Martino, looks forward to continuing research in his field while teaching.

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#### National // Standing Rock Protests Escalate



NATE MOORE

MICAH CRONIN

Protests against the Dakota Access Pipeline at the Standing Rock Sioux reservation in North Dakota have shown signs of escalation. The New York Times reported that police forces attempted to move protesters out of an area in which they

set up camp, and were warded off for several hours by a line of burning wood and vehicles. The New York Times also reported that a woman allegedly fired two rounds of a handgun at the authorities, though no one was hit.

The protesters were gathered on a section of land owned by Energy Transfer Partners, the private company responsible for the pipeline construction. Morton County Sheriff, Kyle Kirchmeier, said protesters "forced our hand," referring to his officers' use of beanbag bullets, tear gas, and military vehicles against protesters.

Amnesty International sent individuals to observe police actions, according to the New York Times. Protesters see the pipeline as a significant cultural and environmental threat, the New York Times also reported. TIME stated that even a small oil leakage, if it were to occur near the Missouri River, could be detrimental for anyone living along the waterway, even as far south as the Gulf of Mexico.

The Standing Rock Sioux tribe is suing the Army Corps of Engineers, on the grounds that the agency allegedly violated the National Historic Preservation Act (NHPA) and the National Environmental Policy Act (NEPA). The NHPA requires Corps to consider the cultural significance of federally-permitted sites and NEPA requires it to take the preservation of waterways into account, according to TIME. Aside from the environmental concerns, tribal leaders also say that sacred lands, including burial grounds, would be desecrated by the pipeline's construction, the New York Times reported.

We have repeatedly seen a disproportionate response from law enforcement to water protectors' nonviolent exercise of their constitutional rights," Dave Archambault II, the chairman of the Standing Rock Sioux tribe told the New York Times. "We need our state and federal governments to bring justice and peace to our lands, not the force of armored vehicles," he said.

A WhiteHouse.gov petition calling on President Obama to halt construction reached 312,476 signatures on September 14. Obama ordered construction to temporarily cease, but a federal court overturned this order. Democratic presidential candidate, Hillary Clinton, has not taken a firm stance on the matter, though TIME reported she urged both Energy Transfer Partners and the Standing Rock Sioux tribe to "find a path forward that serves the broadest public interest." Republican candidate, Donald Trump, reportedly owns stock in Energy Transfer Partners, and while he has said the oil and gas industry should not be regulated, he has not commented specifically on the pipeline protests.

On social media, celebrities such as Mark Ruffalo and Al Gore have expressed their support for protesters at Standing Rock. Over 100,000 people used the Facebook "Check-In" feature to locate themselves at Standing Rock, according to TIME. This mass "Check-In" followed a rumor that local police forces were using the feature to track protesters on the ground, and individuals not at Standing Rock were encouraged to check in to the protest sight to overwhelm the police. However, the Morton County Police Department stated on Twitter that this rumor was false, and the department does not follow Facebook check-ins at the protest sight nor any other locations. \*

Micah is a senior theology

#### **Counseling Center Hosts 9th Annual Retreat**

ANNA SCHILKE

Last weekend, the Counseling Center hosted a relationship retreat for serious couples interested in "taking their relationship from good to great." The retreat, which lasted from Friday night through Saturday afternoon, was held at Camp Asbury in Silver Lake, New York.

Kimberly Eclipse, the administrative assistant for the counseling office, stated that the event is annual- this is the 9th year in a row the Counseling Center has hosted the retreat. "It's a great opportunity, and it was so beautiful." Eclipse said. "The retreat center was just yards away for the lake. It was like a little getaway.'

According to Eclipse, the relationship retreat is sponsored by an outside organization, Center For Healthy Relationships. The group runs the event, plans the content, and brings in the speakers. The group was founded, Eclipse stated, by a couple who was interested in mentoring young relationships.

Counselor Wendy Baxter stated that the retreat content runs on a two year cycle. Last year's retreat was focused on helping couples manage conflict. This year, couples focused on healthy commu-

Funding for the organization is provided by a group of anonymous donors, and is awarded by through an application process. According to Counseling Center Director, Bill Burrichter, Houghton has always been a recipient. "We've consistently received this grant" he said. "Without it I don't think we would be able hold the event. The financial help makes it pos-

"You're getting lodging, meals, snacks, activities and presentations for the low cost of \$25 a couple, thanks to the organization's funding." Eclipse added. Each year the retreat's content is presented by different speakers.

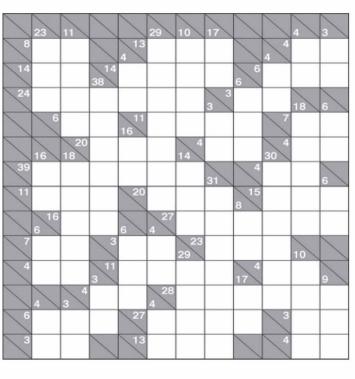
Eclipse also reported the event can host up to sixteen couples. At least one person in each couple is required to be a current or former Houghton student, and this year there were two married couples, four engaged couples, and 12 who are seriously dating. This makeup, according the according to Eclipse, is typical.

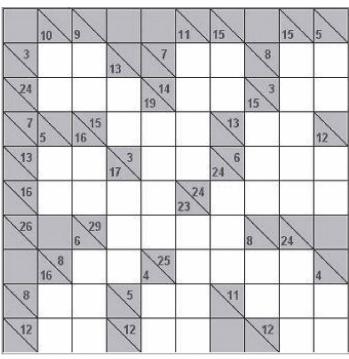
"What you are provided with is excellent tools for a long term relationship" stated Eclipse. "If you are casually dating, you probably aren't planning for a future, and although this retreat could help any couple, it's designed to help relationships develop a strong permanent foundation so that they can withstand difficult times."

nah Banks '17 appreciate that mas Carol at the Giva Thethe retreat does not define a atre.\*

"serious relationship" as marriage. Paris commented "I think it's interesting that they have an opportunity for non- married couples to go, usually relationship retreats only focus on couples who are married." Banks added her agreement, stating that "it can seem exclusive" when events are limited to couples who are married.

Following the retreat, Eclipse said the Center For Healthy Relationships will send the couples on a follow up date night in December. This year, participating couples will join Burrichter and his wife for dinner at their home, and then travel to Alana Paris '18 and Han- Rochester to enjoy A Christ-





#### How to solve a Karuko puzzle:

"Each Kakuro puzzle consists of a grid with blank cells and variously placed sum numbers. The objective is to fill in the blank cells with numbers between 1 and 9 such that the total sum of all numbers in each row block equals the sum number shown on its left and the total sum of all numbers in each column block equals the sum number shown above. Additionally, each block must consist of unique numbers you cannot use the same number in each block more than once."

-jacrosoft.com

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**WASTE** from page 1

Less Week in the way the campus approaches waste. "No one's going to argue we should waste more," he said. Rather, since the aim is always to reduce waste, he hopes to "create an opportunity for students to intentionally focus on it." Webb said he hoped"that by participating [in Waste Less Week] for a specific period of time people will adopt a different mindset or new habit."

One such opportunity of intentional focus is Sodexo's weighing visual for

food waste in the dining hall. Rather than simply placing plates with leftover food on the conveyor belt to be taken care of in the dish room, students presented their food waste to Eco Reps volunteers, who scraped the waste into buckets and weighed them at the end of the night. The visual was used last year, although making a direct comparison is difficult, as waste this year was only measured from an hour and a half of dinner instead of the entire meal. Nonetheless, Eco Reps intern Gabrielle Sheeley '19 noted lower numbers for this year's waste. According to Sodexo sustainability intern Daniel Bellerose '17, "In an

hour and a half of meal time, there were 47.25 pounds of food waste." This projects to "as much as 70 pounds," Sheeley explained, which compares favorably with last year's 81 pounds of waste.

In addition to Sodexo's visual of food waste, students had another opportunity to intentionally focus on waste in their daily lives. Houghton's Eco Reps proposed the Waste Less challenge, which challenged participants to create zero waste. "We really wanted something that would make students more aware of their choices," Sheeley said. She said that while last year's challenge for participants to carry with them the waste they made was a "nice visual," there were difficulties any food or not using any with taking trash into areas paper towels," she said. She like classrooms. While she cited the challenge's impact says that this year continues on her own life. "It's some-"the goal of zero waste," it thing that definitely takes efoperates on an "honor sys- fort," she said. "Everything tem,".

they were able to accomplish much I do throw out.' week, such as not wasting Webb said. \*

is set up to be convenient and The challenge ended with disposable." Christina Mulli-"cookies and celebration" gan '17, a participant in the for all those who pledged challenge, said "In general, said Webb, along with along I don't waste very much. It with himself and the Eco was a challenge to cut down Reps club. In keeping with even more, but I also liked "intentional focus," Sheeley having the opportunity to noted that while "no one said become more aware of how

absolutely zero waste," the Sheeley said the chalchallenge nonetheless left lenge appeared successful, an impression. "Most people with 123 people signed up to seemed to pick one or two participate. "It's probably the things to work on or to have best participation we've ever zero waste from during the had in an Eco Reps event,"

#### CHEM from page 1

the subject.

also the impact of his Chris- in the way he teaches." tian perspective. Another Nutrition student, Jessica

Robinson '18 commented on his method of presenting faith into his teaching, and stated he has "The awe of 'Look what our God is able to do'... Our God is so cool that he is able to do all of this and make our bodies so In this class, students are intricate." Shannon added his able to witness not only his commitment to Christianity experience in teaching and is evident "implicitly in the the field of Biochemistry, but way he carries a joyful spirit

#### **PROVOST** from page 1

admissions. He expressed excitement about the "opportunity for closer collaboration between our enrollment function and the academic programs." Additionally, with the ever-changing higher education marketplace, the faculty and academic programs will be "appropriately responsive," thus facilitating these new goals of reaching a greater number of potential students.

Mullen added that the new

greater interaction among the critical areas of admissions, financial aid, academic programs, and budget formation." She continued, "It is virtually impossible to think about any one of these areas without reference to the others. Reflecting this in our organizational structure seemed to be an important way to signal this real-

In addition to all these areas being drawn together to promote greater communica- role." ★

structural changes will bring tion, Connell believes that the admissions office reporting to him rather than a vice president for enrollment will be the most significant change in the work dynamic, as it will alter both the chain of command as well as proficiency of communication. "I hope the admissions office will feel highly supported by me," said Connell. "And I hope to be able to provide for them the resources, counsel, and connections they need to succeed in their

### **End Of Season Fall Sports Update**



The women's cross country team finished in 6th place at the Empire 8 conference championship, with senior Ella Hotchkiss leading the team.



COURTESY OF JASON MUCHER

The women's soccer team is ranked 9th in the nation for Christian Colleges, and awaits confirmation of playoff eligibility.

MICAH CRONIN

Highlander fall sports are largely over for the season, with post season play pending for women's soccer and the men's soccer team slated to compete in the Empire 8 (E8) tournament. The men's cross country team finished in 5th place at the Empire 8 cross country championship, and the women finished in 6th place. Tyler Deuschle '20 led the men's 8k with a time 5k, Ella Hotchkiss '18 was the first Houghton finisher at a time of 20:44.4.

Field hockey also opened with a strong start, winning its first home game against Wells College 7-0. However, a streak of midseason losses left the Highlander's field hockey team with an 8-9 record, with a 3-5 record in conference play.

Women's volleyball played under a new assistant coach, Houghton Highlander alum Brianne Starks, as well as longtime head coach Nanseason with a 14-14 record, and a 4-4 record in conference matches. The season ended on a high note with a close win over Marywood University at a home volleyball tournament last weekend. The team will graduate two seniors, Alicia Needham and Sydney Pow, and expects to induct four seniors next season, Naomi Prentice, Anna Coryell, Erica Barney, and Rebekah White.

Women's tennis has split their season 6-6 so far. The team will look to add a win

match in February against University of Pittsburgh at Bradford, at the Kerr-Pegula Field House (KPFH).

Men's tennis sits at a 2-1 record, and will attempt to defend their win against the State University of New York at Oswego in February at the

conference play at 3-4, and was not eligible for E8 playoffs. However, the team is in Hoboken, New Jersey. \* ranked 9th nationally in the National Christian Collegiate Athletic Association (NC-

of 28:16.5. On the women's cy Cole. The women split the to their record at their next CAA) and may be still be eligible to compete in the NC CAA regional tournament.

Men's soccer has been strong all season. The team is 10-3-4 on the season, and is 4-1-2 in the E8 conference. In its first season of National Collegiate Athletic Association (NCAA) eligibility, the men are ranked 3rd Women's soccer ended in the league. They will face off against Ithaca College, ranked 2nd, on November 4

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## Houghton RETHINKs Marketing YOU WILL Campaign Speaks to Prospectives

**BETHANY KUIKEN** 

Houghton's most recent marketing campaign YOU WILL speaks to prospective students directly about the transformative experience of being a student at Houghton College both in and out of the classroom. It promises the following: "At Houghton, you'll get a tailor-made, one-of-akind Christian educational experience that supports your individual interests, dreams, and goals. We not only prepare you for a job after you graduate - we lay the groundwork for an amazing rest-of-your life."

Previously, the marketing & communication office promoted Houghton through it's previous campaign, the RETHINK campaign. In RETHINK, the focus was primarily on leading with what Houghton had to offer prospective students. With YOU WILL, the focus is led by the student's story and matching Houghton to it, making it more personal for each prospective student.

Jeff Babbitt, Director of Marketing and Communications, gave insight into this distinctly different marketing approach. "Right from the outset, this campaign is talking about the student. Instead of presenting why Houghton is so great, we put the focus on the student asking, 'What do you want out of your college experience?' YOU WILL is referencing the student's story and then telling how Houghton can fit in with that." Although the foundational truths about Houghton have not been altered in this new campaign, YOU WILL gives a fresh glimpse into the Houghton experience.

Babbitt and the rest of his team conducted extensive research before launching the new campaign. "We did a ton of research before we came up with this idea. Last spring, we sent out surveys to the student body, recent alumni, and parents of current students." The purpose of these surveys was to get to the core of the question: "What is so great about Houghton?" so as to put forward an authentic vision of Houghton to prospective stu-

After reading through hundreds of responses, the team pulled out themes that were repeated over and over throughout the surveys. Babbitt said, "We did all this research, we came up with key themes, and then developed as a staff three very different marketing concepts, YOU WILL being one of them. We took those and developed them further." With five focus groups of high



The YOU WILL campaign takes over from the RETHINK campaign. It was devised using research conducted by the department of Marketing and Communications through surveys sent out to the student body, recent alumni, and parents of current students.

school students, current students, and faculty and staff, each group discussed each theme, and then voted on their favorite. Each focus group preferred the same theme: YOU WILL.

As a member of one of the focus groups, Carolyn Case '19 agreed with the preferred theme. She said, "Out of all the campaigns that we saw, this one had the most optimistic attitude and we thought it was also the most encouraging message for high school students looking at colleges."

Autumn Stone '18 was also member of one of the focus groups, and said, "Of the three different ideas, YOU

WILL felt the most empowering and motivational. This campaign is unique because Houghton is unique."

Babbitt thinks YOU WILL is a unique campaign because it has a "distinct personality." He added, "We used actual handwriting and hand-painted textures throughout the material to make it feel more personal. Houghton is known for the personal touch."

Houghton's marketing and communication team is currently working on a series of YOU WILL videos to put on the college website, as well as other parts of the campaign that will be launched throughout the year.

As prospective students become current students, who become transformed students, YOU WILL promises an authentic picture of the kind of experience Houghton provides. Stone is one of them. She said, "The YOU WILL campaign accurately describes my time at Houghton. The opportunities that God has given me here will benefit me for years to come. I've grown in every aspect of my life, and that's something to expect from a college like Houghton."★

#### Dancing Through Houghton: Campus Club Gives Students the Ability to Swing

**ALANNA PARIS** 

The Houghton College Swing Dance Club has been a popular club on campus for years. Current Swing Dance leader, Hannah Banks '17, is optimistic about the club, whose meetings take place twice a week in the Nielsen Center auxiliary gym. A typical night involves the leaders teaching a new move, followed by an open dance where a completely different style, partners are rotated. However, one can attend with a partner and dance with them exclu- in 12 subcategories of four sively if that is what one is main styles: Smooth, Stancomfortable with, but Banks encouraged students to come as singles so as to make friends with their dance partners.

The club does more than just simply having nights of laid back dancing. Over October break, four members of the club went to a ballroom dance competition at Cornell University. Banks, along with three other current students, Katherine Stevick '19, Elizabeth Moore '20, and Jared Frey '18, attended the competition. Not to be confused with swing dance, ballroom dancing is

more concerned with technique. The group participated dard, Latin, and Rhythm. In the Smooth style they participated in the waltz, tango and foxtrot in the Standard style, the waltz, tango, and quickstep; in the Latin style the jive, international rumba, and international cha-cha; and in the Rhythm style the East Coast swing, the American rumba, and the American cha-cha.

incredibly Banks was proud of her dancers, with herself and Stevick earning multiple callbacks after roughly a month's worth of practice. They won a ribbon in the Fun

Dance category, a separate category open to anyone without registration dancing the backto-back tango, a dance literally executed with the dancers' backs to each other. Stevick's roommate, Anna Schilke '19, said, "I was proud of her accomplishment."

After pulling off a successful swing dance social on campus that involved University of Buffalo (UB) instructors and swing dance club members interacting with around 30 to 40 Houghton College students, Banks looks forward to the future for Houghton Swing Dance. Herself and the club are planning at least one, hopefully two, trips to Buffalo to dance off-campus, including UB's swing social on December 2. Banks hopes to forge a stronger relationship with UB's swing dance club so that the two clubs can learn from and grow with each other. Claire Brower '18 expressed her enjoyment last year during a swing event in Buffalo, and encourages others to give it a try.

In closing, Banks said that "more people should come" to the club's meetings. She added, "It's a great place to pick up chicks." The club meets Monday and Tuesday nights from 9:30 to 10:30 p.m. in the auxiliary gym.★

## Houghton Welcomes New Electronic Resources Librarian

NAOMI PRENTICE

Two months ago, Houghton College welcomed new librarian, Doyin Adenuga, to campus. With a background in electronic resources and librarian studies, Adenuga's experience made him more than qualified for the job here at Houghton.

According to Adenuga, he and his family have lived in the United States and Canada for 12 years. Before moving to the U.S. in 2004, Adenuga was born and raised in Lagos, Nigeria, formerly the capital city of Nigeria, where he met his now wife. He went on to study electronic technologies at Obafeni Awolowo University in Osun State, Nigeria. After marrying in Nigeria, Adenuga and his wife relocated to Wisconsin for four years at the University of Wisconsin. The transition from Nigeria to the U.S. was a cold one when the Adenu-



Adenuga has studied in Nigeria, the U.S., and Canada before accepting his position as electronic resources librarian at Houghton this year.

ga's arrived in the winter, but after some time, he adjusted from the 90-degree weather of home to the brutal winter temperatures in Wisconsin.

From there, Adenuga and his wife moved to Canada where he worked for a private company and earned his masters degree in library and informational studies. Before his most recent move, Adenuga and his family lived and worked in Missouri until he heard about a new position. After finding an open librarian position at Houghton College on a job search website, Doyin Adenuga applied, interviewed and accepted the position here as the electronic resources librarian.

"Doyin is a wonderful addition to our library family," said Sharleen Holmes, Houghton Library Operations Manager. "Because of his vast experience with webpage design, one of the first tasks he was given was updating and making our

library webpage more intuitive and user friendly."

Adenuga has already made significant changes to the library technologies including the catalog, web page, and databases, according to David Stevick, Director of Libraries and Information Resources. He added that Adenuga has stepped up to the challenge of a new web page design by making a more functional, user-friendly and attractive library web page. He also maintains the electronic and E-book databases for the library and assists at the research desk.

Along with Adenuga's skills and expertise, he has high respect for Houghton as a Christian institution. The connection between his faith and this librarian position is one of the reasons the job opening appealed to Adenuga. Holmes said, "He's very kind, intelligent, and patient, especially with those of us who aren't anywhere near as tech savvy as he is. His knowledge and talents round out the expertise of our librarians nicely and we feel fortunate to have him here in the library."★

## **Review:** PersonA Reveals New Persona for Edward Sharpe and the Magnetic Zeros

DANIEL BELLEROSE

With the departure of one of their lead singers, Jade Castrinos, in 2014, the sound and image of Edward Sharpe and the Magnetic Zeros dramatically changed. The band has always been perceived as a kind of hippie-folk outfit, half band and half travelling commune, but with the loss of one of their charismatic lead singers, they had to undergo a serious image-change.

PersonA is the result of that image-change. It is a mix between their old freak-folk style, and a new, more together style which conjures images of The Beatles and the '60's folk movement. It's not necessarily a bad change, as frontman Alex Ebert said, that the guy-girl style that had characterized the band allowed them to be cre-

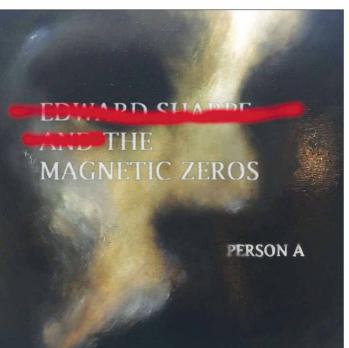
atively lazy. With the change of image, came a change of personality, the persona of Edward Sharpe starting to merge more with the person of Alexander Ebert, hence the album name and the album artwork.

It seems that Ebert put a lot of work into the identity change, as the new album is a powerhouse. With folk melodies such as "Somewhere" and "No Love Like Yours," it is likely to appeal both to long-time fans, and newcomers to the Edward Sharpe experience. Several songs seem to mark a time of change for the band, like the song "Free Stuff," which mocks the folk music industry for overusing "hos and heys," a musical addition which Ebert believes he was the first to use in folk music. The song represents his frustration with the music industry for "stealing his hos," and also the band's departure from that type of folk.

The song which stands out the most to many who review the album, and which Ebert says might be one of the best the band has ever written seems to be a bit overrated. "Wake Up the Sun" is a classic, anti-organized-religion song, in the vein of "Love is my Religion" by Ziggy Marley, and John Lennon's "Imagine." It doesn't quite have the power that Ebert seems to think it does, as it proclaims "no religion, love, my religion is love." A potentially powerful message lost perhaps in the overly-used falsetto vocals, and repetitive, unoriginal lyrics representing popular opinion in an attempt to be rebellious.

Besides this possibly overrated song, the album does have a powerful lineup. Ranging in genre from the traditional freak-folk the band is known for, to a bluesy kind of folk-rock, as characterized by the song "Uncomfortable."

The song, which may well be the best song on the album, is the hippie-folk anthem "No Love Like Yours," which conjures images of The Incredible String Band and The Beatles like no other song on the album. It represents the band's ability to bridge old sounds with new folk movements, and to create a persona for them-



COURTESY OF AMAZON.CO

PersonA is the result of a significant image-change after the departure of one of the band's lead singers, Jade Castrinos.

selves that may just be the best persona they have ever had.

From fans of their older music to folk-music junkies, this is an album that can appeal to just about anyone in the folk-music world. For anyone who doesn't want to commit to a full listen, definitely check out "Somewhere" and "No Love Like Yours," but for anyone who is in the mood for a musical experience, give it a listen all the way through. It will not disappoint.

6 OPINIONS

#### Lessons from a Legacy; Battling Depression



**KEVIN BIONDOLILLO** 

Not many people know that I come from a long line of men and women with depression suicidal attitudes, including two suicides within my lifetime. In fact, my uncle killed himself the month before I came to Houghton. Firsthand, between high school and college, I have experienced the mind and body numbing effects of depression on my body, my mind, and my soul. As you can imagine, I have spent many hours wondering about my family history, my legacy of mental illness. Now, after recently becoming engaged to be married, the fear that I will pass on such a legacy to my future children is crippling. Can there truly be nothing new under the sun? Are we doomed to struggle under the difficulties of our parents, and their parents before them?

I have found my comfort in psychology. To those of you not familiar to the discipline, that may sound as though I have found comfort by embracing the cold sterility of scientific reasoning and the dissociation from emotional expression. Quite the opposite in my case.

Echoed throughout psychology courses and subdisciplines, students are taught complex relationship between nature and nurture, which was debated long before psychologists first began questioning this relationship. Are we just a product of our circumstances, our culture, our family and friends, or are we just pre-programmed by a script of code by a genetic instruction manuals? The simple fact is both nature and nurture are critical to our lives, and they are so intertwined in their effects that is impossible to trace an element about ourselves to one locus

Yes, depression seems to run as a swath through the genetic code, but as I realized over my very depression-wrought sophomore year, there is more than genetics involved in the severity of depression in a person's life. In my extended family, alcohol is a large

was reduced to a husk of her former self by her alcoholism, which destroyed the relationship my mother wished to have with her in her teenage years. This is why my mother abstains from all alcohol, and why I have determined never to drink as an escape. Alcohol lowers inhibition and lets the chilling claws of depression sink in.

"We are not resigned to the same fate as our generations before us. We can learn from our legacies and fix both our own lives, and those of our children..."

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Kevin is a senior majoring in psychology and writing.

## The Privilege and Honor of Chivalry



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What is chivalry? Quite the fairy tale-like topic, you may think. Not at all. Chivalry is much more than the romanticized deeds of a prince for a princess, of the likes we see in Disney classics. This tradition has, through the years, remained equally important. It is, in my opinion, a stipulation for all men, or at least those who wish to be one someday, to consider.

To answer this question, I'll begin by briefly looking to the gifted writers, Sir Thomas Malory and C.S. Lewis,

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Lewis' "Necessity Chivalry" isolates a particular quote within Malory's "Le Morte d'Aurthur," written in the late 1400s, as a basis for understanding what this idea of chivalry could actually mean. Malory writes in regards to his character, Sir Lancelot: "Thou wert the meekest man that ever ate in hall among ladies; and thou wert the sternest knight..." For the sake of time,

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particularly among ladies. By definition, being meek means to be quiet or gentle natured; synonymous tame, humble, submissive. They are not called to be boastful, arrogant, nor demanding of women. Along with humility and submissiveness, I am convinced that sacrifice and service would also follow as a response. These acts of service that I speak about, could be the typical chivalrous deeds of the twenty-first century that may easily come to mind: holding

the door for a lady, providing for her, speaking kindly to her or any other similar deed. While these examples are indeed wonderful starts to chivalry, the overall concept of men intentionally placing women above themselves is the significant one that must be observed. Women are to be respected, honored, and loved through all of our actions. Recognizing and aiming for this helps direct one's actions towards our goal of chivalry.

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> The difficult part about this in the modern world is the implication that intentional service to women, helping them with various things, by men could be characterized as sexist, which is indeed far from the truth.

> Undoubtedly, acts of chivalry can be easily confused for sexism or paternalism, where, at times, similar actions to chivalry can be driven from the idea that men need to help women because of their superiority. It is quite obvious that there are a number of men who

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man. Performing deeds chivalrous; the heart must align (similar to that 13:1.)

A chivalrous man would not believe that he is superior to a woman, as it would directly conflict with our starting point of meekness, which, again, is synonymous with humility. Over time, I believe that paternalistic men (like the man in the first example) will have their wrong intentions brought into the light, based off of their other surrounding actions. This is where we can find distinction.

You see, I think about chivalry as a privilege and opportunity for men to be servants to women.

Not because women need men (at times, quite the opposite), but because it is an expression of love, real love. After all, are men not called to love their wives in Ephesians?

While this is an assertion to men, it is respectively a call for women to embrace it. Just as a man may show his love through chivalry, a woman may show hers back through accepting it as a gift. Every woman deserves to be treated with love and gentleness by men, without exception. I am confident that through striving for chivalry, this treatment can become a reality. Consider it an honor to be treated with such humility of service, and let the gentle and caring men be so to you, without settling for anything less.

I do not write this in response to any movement of feminism; I write this in the strong belief that there are a great many things that we can learn from our past traditions, even the oldest, most romanticized, and that when applied, gradually, our society can become a better place.★

Connor is a senior business major with a minor in communication.

## Married To My Maiden Name



DANI EATON

In May, I got married. It was cold, chaotic, and it snowed. It was everything I imagined and more. Months leading up to the ceremony were filled with so many decisions it made my head spin. One of the biggest decisions I had to make, though, was if I wanted to change my last name following the wedding. It was the normal thing to do, so normal I found myself changing my Facebook name and Instagram handle the day after the wedding. That's just what you do, right?

It should have seemed like a natural thing to do, so I was confused when I found myself struggling to go through with the legal process. It was so permanent. I thought about it for months, and the more I thought about it, I couldn't make myself go through with the process, at least not at this point in time.

When it comes down to it, people, whether adopting a nickname, naming a child, or taking a spouse's last name after marriage, should spend more than a moment deciding to make the switch. Names are important and should reflect the unique identity God created in each of us. However, with cultural expectations unique names encouraged by a 'hipster' culture our making names are less meaningful and more practical. Celebrities are calling their children Satchel, Sistine, Sunday, Casper, Apple, Suri, North, Reign, Blue Ivy, and Elula. This speaks volumes about how little we value names, and their potential to foster the identities of future generations.

To me, my name is so much more than letters placed on a legal document. My name is years of family loyalty and memories. My name is, and always has been my identity. My name grew with me, as I shed the formality of Danielle Eaton, and matured into Dani Eaton. To

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Additionally, today's society spoon feeds the idea of uniqueness to people, but not would God make a point to call us by it?

Right now, I don't know who Danielle Bullard is. She seems foreign and unfamiliar to me, and maybe in time that will change. I'm sure as Danielle turned into Dani, if Eaton turns into Bullard, my identity will then, once again, change. But that's okay with me, as God didn't intend for me to stay one person for the rest of my life. He intended for me to grow, and for my identity to change, as he intends for all of us. Value your name as God values you, and please don't name your children after fruit.★

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#### Letter to the Editor:

Dear Editor,

I am a member of the "underground" LGBT support group here on campus. It is a group of LGBT Christians that meet every week to just get together and be ourselves without fear of having to defend ourselves to others that may not agree with us. The point of this isn't to argue for or against being LGBT and Christian. That is something that all of us have reconciled with ourselves and our Lord Jesus Christ. The point of this is to let you all know that, to put it bluntly, we're here, we're queer, and we aren't exactly feeling the love from this community. Houghton is supposed to be a place where

everyone can feel the love of God, that is, everyone unless you happen to have an LGBT identity.

Despite what you may have heard, there is a significant LGBT community here on campus who have found "community" together. Yet, outside of our group, we are the outsiders. People don't understand us, and often times don't really want to sit down and get to a point of understanding. Yes, we are LGBT, but we are more importantly children of God. Just because you don't agree or support LGBT rights and actions doesn't make it your job to suddenly become a theological expert on social media concerning the matter. Being LGBT is a part of our lives, but that does not, however, make it a huge topic in order to be our friend or simply even be friendly. We too are people, and bashing us does not get you or us closer to God. Growth and understanding takes time, and it isn't easy or pain free, but inflicting more pain or adding fuel to the fire makes it so much worse for those of us who are already feeling like outsiders.

Colossians 3:14 reminds us of the importance of love and unity "And over all these virtues put on love, which binds them all together in perfect unity."

Signed, Elizabeth Knight '16



SPEAK OUT!

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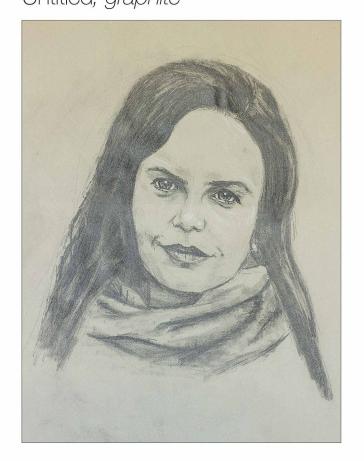
# Artist of the Week



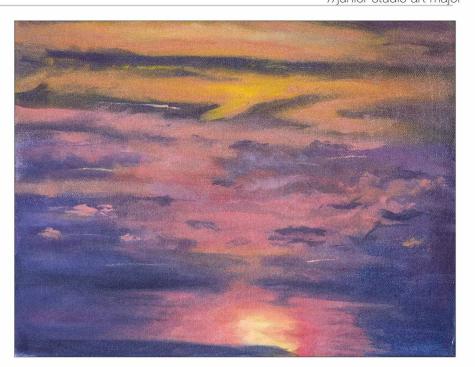
Titles & Media

Clockwise descending

Sunset, painting Dancer, graphite Tera Anderson, graphite Night Sky, painting Untitled, graphite

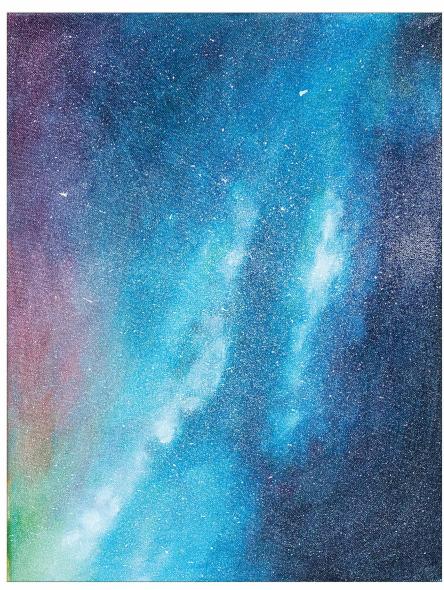


## Katelyn Sylor //junior studio art major









6 OPINIONS

#### Lessons from a Legacy; Battling Depression



**KEVIN BIONDOLILLO** 

Not many people know that I come from a long line of men and women with depression suicidal attitudes, including two suicides within my lifetime. In fact, my uncle killed himself the month before I came to Houghton. Firsthand, between high school and college, I have experienced the mind and body numbing effects of depression on my body, my mind, and my soul. As you can imagine, I have spent many hours wondering about my family history, my legacy of mental illness. Now, after recently becoming engaged to be married, the fear that I will pass on such a legacy to my future children is crippling. Can there truly be nothing new under the sun? Are we doomed to struggle under the difficulties of our parents, and their parents before them?

I have found my comfort in psychology. To those of you not familiar to the discipline, that may sound as though I have found comfort by embracing the cold sterility of scientific reasoning and the dissociation from emotional expression. Quite the opposite in my case.

Echoed throughout psychology courses and subdisciplines, students are taught complex relationship between nature and nurture, which was debated long before psychologists first began questioning this relationship. Are we just a product of our circumstances, our culture, our family and friends, or are we just pre-programmed by a script of code by a genetic instruction manuals? The simple fact is both nature and nurture are critical to our lives, and they are so intertwined in their effects that is impossible to trace an element about ourselves to one locus

Yes, depression seems to run as a swath through the genetic code, but as I realized over my very depression-wrought sophomore year, there is more than genetics involved in the severity of depression in a person's life. In my extended family, alcohol is a large

was reduced to a husk of her former self by her alcoholism, which destroyed the relationship my mother wished to have with her in her teenage years. This is why my mother abstains from all alcohol, and why I have determined never to drink as an escape. Alcohol lowers inhibition and lets the chilling claws of depression sink in.

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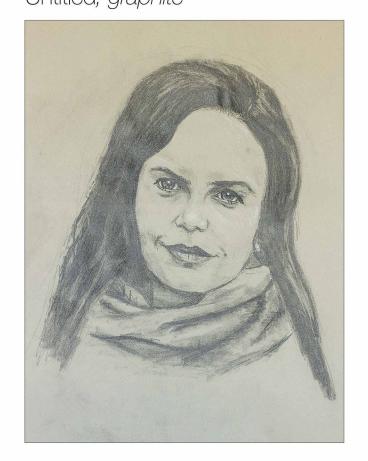
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Titles & Media

Clockwise descending

Sunset, oil paint Dancer, graphite Tera Anderson, graphite Night Sky, oil paint Untitled, graphite



## Katelyn Sylor //junior studio art major

