

# Faculty and Programs Depart from Houghton

JOHANNA FLOREZ

Several academic programs and multiple professors' positions have been cut as of the spring 2019 semester, which has come as a surprise to many students.

Jason Bintz, a professor of applied mathematics since 2015, and Sandra Johnson, who has been a professor in the department of Sports, Recreation, and Wellness since 2000, did not return after winter break. Neither were tenured, but they were also not planning to retire. Their classes were transferred to other professors to teach. An email to students in the math department announced the elimination of Bintz's position and that a few other cuts were being made. However, the college administration did not make any broader announcement to the student body regarding the departures.

In addition, on January 17, students who have majors, minors, or concentrations in TESOL, linguistics, and Spanish learned in two separate meetings that Houghton would be phasing out those programs (with the exception of the Spanish minor and ICE



The Willard J. Houghton Library

COURTESY OF AMY TETTA

with a Spanish concentration). Students enrolled in those programs will be able to complete their degrees at Houghton, and any current Houghton students will be able to declare in those areas through the end of this semester, according to Provost Jack Connell. However, starting with the incoming class of 2023 in the fall 2019 semester, no new students will be able to declare in those programs. By the end of January, the Houghton website was already updated

to reflect their absence for prospective and incoming students.

While the professor departures in the middle of an academic year seemed abrupt to students, faculty have been aware of the intention to make cuts, although not the specifics of which positions would be eliminated. "Through the fall semester it's been no secret. I have spoken to faculty meetings about the fact that we were going to look at every faculty line and every faculty position and

determine if there were opportunities to save some costs," says Connell. "We spent three or four months in this analysis and conversation with department chairs and area deans about the various scenarios that we were considering, because we understand that these were very consequential decisions—obviously for the individuals involved and their families, but also for the students. So it was a very rigorous, thorough process that took all of the fall

semester." (The final decisions were made in December jointly by Connell, President Shirley Mullen, Chief Financial Officer Dale Wright, and Associate Director of Human Resources Nancy Stanley.) "There are no further cuts, faculty reductions, in the offing," Connell adds. "This is it for this year."

Connell would not comment on any financial arrangements or whether the professors are being paid through the spring semester while they seek employment. However, he says, "We want to give them every opportunity, all the time that we possibly can, and energy that we possibly can, to do that. ... We seek to be as generous and gracious as we possibly can be. We always honor our word and we always honor contracts. And we did that in every personnel situation."

In discussing the phasing out of the TESOL, linguistics, and Spanish programs, Connell emphasized that no current students will have to change their educational plans. "We will make provisions for everybody to complete their degrees," he says. "Any current student can declare those majors... they can finish out, and students have until the end of this se-

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"CARRY THE LOVE"  
RETURNS TO CAMPUS  
NICOLE SOGGS

The grassroots campaign "Carry the Love" will be hosting a worship event at Wesley Chapel from 7-10pm on Saturday, February 2nd. This event will include music, prayer, and a message given by one of the team members. The organization travels to hundreds of universities each year to "inspire our generation to love like Jesus," according to their website.

"Carry the Love" is headed by Circuit Rider, a tour group whose vision for the ministry is to see that "the campuses of America would be saved." The organization states that generational problems, such as sexual assault, racial discrimination, and lack of Christian involvement, has "[compelled them] to take action" and meet those needs "with the love of Jesus."

Houghton is among the three hundred campuses that "Carry the Love" will be visiting this year, although it is not their first time on campus. Penina Puyu '20, the main organizer of the event, was a part of the team that

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## Symposium Sheds Light on Equality



Students participate in art coffeehouse held in Van Dyke Lounge

COURTESY OF ELISABETH HARRIS

KAYLEE HALLER

This year's Faith and Justice Symposium was centered around the theme "She is Equal". Members from the Houghton College community gathered at many events, chapel services, and lectures to learn and talk about gender equality. Guest speakers offered their own personal expe-

riences along with their perspectives on the changes that can be made within the issue of the equality of women in the church, workplace, and the family unit.

On the first day of the symposium, January 23, Rev. Joy Moore shared in chapel about the story of Esther and her impact in bringing justice to her people. She said, "We are transcripts of the Trinity.

So when a woman wants justice, she is simply reflecting the Creator covenanting God whose righteousness and holiness is best described as justice." Rev. Moore then held a lunch discussion and a lecture titled "Mediating Gender: Books, movies, and the Bible". Thursday, January 24, was filled with workshops: a Tedx talk titled "We Should all be Feminists", a woman composer showcase,

and a panel where students got to hear from a few married couples from the Houghton community about the roles in their homes and marriages. The evening was completed with a showing of Wonder Woman in the CFA Recital hall followed by a discussion.

On Friday, January 25, students and faculty chose between various lectures and workshops to attend. In Friday's chapel, Harriett Olson spoke about the courage of five women in the Old Testament named Mahlah, Noa, Hoglah, Milcah, and Tirzah. These daughters of Zelophohad petitioned the Israelite community to grant them the right of inheriting their father's property, knowing the risk of this cultural taboo. Harriett Olson continued this discussion in her lecture "Listening to Women's Voices." She acknowledged the areas in which gender equality is still a problem today such as education, employment, healthcare, and roles in the home. Olson continued to explain the issues of legitimacy of property inheritance and land ownership

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# International // Lagos



DOYIN ADENUGA

Earlier in the semester, I was in a group discussion where we were expressing what we were thankful for. A participant, who was recently in Lagos Nigeria training church leaders, was thankful for the “wonderful people” of Lagos and he added, “but Lagos traffic is a problem.” Lagos State used to be the state capital of Nigeria and is the commercial hub of Nigeria. Many multinational organizations, oil and gas companies, and financial institutions in Nigeria have their head offices in Lagos. So, in search of greener pastures, many Nigerians relocate from other states to Lagos. To put this in perspective, the area of Lagos State is a little less than that of Long Island

NY, but higher in population. This makes Lagos one of the most densely populated places in the world. About three decades ago, my home church in Lagos had three branch locations in Lagos and worshippers would commute to church and back on Sundays, but spend hours on the road, mainly due to traffic congestion. Traffic congestion on Sundays were, and are, not as bad compared to the rest of the week, but it was still a concern for the leaders, who thought on what to do. They were inspired to decentralize, build more church locations so worshippers would travel minimum distances to the nearest church location. Now there are over 35 locations for church in Lagos State, and the travel time was reduced by more than 80% for most of the worshipers. This shows how a non-governmental organizations and private companies can help solve the problem of traffic congestion in Lagos. There are many private companies and multinational organizations with offices in the major cities of Lagos and many of their employees reside far away from the offices. The solution of my home church regarding the commuting problems for its worshipers could be used by these private companies and multinational organizations

to reduce the hours their employees spend commuting. This could reduce the number of cars on the roads and thereby reduce traffic congestion. Some of these companies have the financial means to build offices away from the major cities in Lagos and strategically move some of their departments around, with the intention of reducing traffic congestion. The Lagos State Government could then work with these companies in planning for better locations and giving them some tax breaks for such endeavors.

Another option that could help with traffic decongestion is to allow employees to work from home. This might not have been a suggestion ten years ago, but with the improved internet access in Lagos, some of these companies could setup virtual private network (VPN) systems for their workers to virtually connect to their company networks and work from home. So as the Lagos State Government is doing its best in upgrading transportation infrastructure, other private companies and multinational orga-

nizations in Lagos should also think about spreading out by relocating or building offices in the less congested cities. I agree with the enormity of traffic problem in Lagos, and I don’t miss Lagos for that, having been spending less than five minutes to work and back home for the past three years. But one thing I miss is the all year round minimum temperature of 77°F. But, all in all, I am grateful for being part of Houghton community. *Doyin Adenuga is a Librarian at Houghton College* ★



A traffic jam in Lagos

photo courtesy of newmail-ng.com

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brought the event to Houghton last spring. “It was a very encouraging time,” Puyu said about the previous gathering. “They’re just so on fire... I love their ministry and what their heart is: to see a generation love like Jesus, and just run after Jesus. I completely love that vision. That’s how I got involved.” Jaimee Glendenning ’20 who participated in organizing “Carry the Love” last school year, and is involved this semester as well. When asked how the ministry had impacted her last year, Glendenning replied that ““Carry the Love” challenged a lot of what I believe and where I stand in terms of different ways of worshipping God.” She explained that she grew up in a conservative church, and that at first “Carry the Love’s” charismatic style made Glendenning “a little uncomfortable.” She went on to say that “I felt a push to expand my comfort zone and accept the differences in worshipping God. I was convicted to not be so judgmental but rather to focus on the fact the Christ is being worshipped and shared and that is what matters the most.” Puyu is grateful for “Carry the Love” and its mission as well. “A lot of the message that they bring and what they carry,” she said with a laugh, “is just activation, and really activating your faith.” Puyu

cites this as one reason why she felt led to be a part of the organizing team this semester. Giving students the opportunity to “run after Jesus” and to use the gifts she believes God has given her and the team is a huge positive towards her “Carry the Love” experience. The two-day event continues on February 10th, beginning with the women-only workshop titled Brave Love from 3-5pm. At 7pm, “Carry the Love” will be partnering with Koinonia for another night of worship, which is slated to run until 8. “We cannot see the need and look away,” “Carry the Love” states on their website. “Students need Jesus more than ever.” ★

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mester to identify that they want to complete that degree program, and they will be able to. But we are notifying prospective students [who expressed interest in those programs] that they are not going to be able to major in those programs if they choose to come to Houghton.” Ryan Spear, the Director of Admission, specifies that those students are being asked about their career goals and offered alternative routes for achieving those (for example, earning TESOL certification in grad school rather than after four years at Houghton).

Two distinct but closely related causes are assigned to these cuts: financial pressures and declining enrollment (both overall and in specific areas). As a small private school, Houghton is very tuition-driven. “We’re not a public university that gets the benefit of huge amounts of government funding, nor are we a private college that has an enormous endowment,” says Connell. “We are largely dependent on tuition revenue from our students, and that underscores the importance for us to be affordable.” The conversations leading to the cuts involved balancing priorities of providing high-quality education while eliminating programs that attract very few students. Spear reports that TESOL, linguistics, and Spanish combined currently serve about ten students. Another ten prospective students, who have not necessarily committed to enrolling, have expressed interest in those areas as a top choice. By comparison, the new criminal justice and electrical engineering programs (which are not being cancelled as part of the cuts) have nearly sixty applicants naming them as first choice. Spear cites market demand as one of several aspects influencing the decisions to cut, add, or expand programs— and not just what current high school students are expressing interest in, but also which industries are projected by the Bureau of Labor Statistics to be major sources of employment for future graduates.

By preparing for (which Spear contrasts with reacting to) the higher education market’s long-term changes, Houghton will be positioned to maintain a core population of students and sufficient tuition revenue to support those additional programs that are less popular but match the institution’s vision. Spear and Connell both recognize that these cuts are hard for all the faculty and staff involved. “It affects real people. That’s what’s the hardest thing about it,” Spear says. “... but I hope there’s an understanding of the process... and an underlying sense of trust.” “Houghton is not alone in [examining the question of] how to fulfill our mission with the resources God has given us at this point in time,” Spear adds. All educational institutions analyze their program portfolios to determine the ideal set of offerings that balances courses’ alignment with the school’s mission and their collective financial sustainability. Part of that process inevitably includes deciding that the best option is to divert resources from one less-profitable area to another, in order to continue attracting sufficient enrollment. “It’s always happening in other institutions,” Spear says, but “it feels really different here.” He points out that at larger institutions, professor eliminations draw little attention. At a school as small and tightly-knit as Houghton, cuts are more noticeable and painful. “We’re always having to

ask those difficult resource allocation questions; that’s more sensitive when we’re talking about human resources,” Connell says. “But it’s part of what we have to do.” Connell points to Houghton’s reputation for being a student-centered environment: “This was an effort to try to economize a little bit in terms of the size of our faculty so that we could keep costs low, so that we could be affordable for you and your fellow students... [in places and ways] that wouldn’t compromise the student experience and would enable us to continue to deliver the curriculum.” ★ **EQUALITY** from page 1 among women in biblical times. This remains an issue for women around the world today. Reflecting her own experiences, she explained that the key to working with women who are from different cultural viewpoints is to spend a lot of time listening rather than insisting on one’s own viewpoints. Along with Olson’s afternoon lecture, the first session of workshops included Jack Connell’s lecture, “Women in the Pulpit, the Corner Office, and the Bible.” The next session offered a talk by Laurie DeMott: “Who is Lady Wisdom and Where did she go?” and a talk by Kathlyn Ramey: “Why Didn’t They Report Sooner?”. The symposium was concluded by an Art Coffeehouse filled with crafts, food, and music. ★



# STAR Rerun

## An Old Musician

ETHELMAY KELLY

*This rerun column features various Houghton STAR articles from our archives. These articles do not contain current information, but are meant to show the past culture and events on Houghton Campus throughout the College's history This particular article is from Volume 10 Issue 7 of the STAR published on February 1st, 1918.*

In an isolated district of a far distant crowded city, the gray squatty buildings are u bleak and un-lovely blot on the scenic grandeur that surrounds them. From a dusty back-garret window of one of these build- ings, an old white-haired musi- cian looked out toward the far- away mountains whose snowy peaks glistened and gleamed in the rays of a setting sun. There

was a kind of despair on his thin face, and with a sigh, he crossed the room, picked up his violin and sat down to play a few bars. He was unhappy and he wished to drive away his sadness, which had oppressed him in a vague gloom all day. As he touched the first string and sweet notes poured forth, his face relaxed and softened, while as in a vi- sion, he saw himself young and cheerful, full of enthusiasm, and independent of spirit. He saw himself facing the world with bright hopes, as he entered the academy to begin his study of music. There was real ecstasy in the exaggerated, fragmentary flashes of this vision. His eyes brightened and with a quick movement, he touched a second string, and this softer and sweeter note brought another picture, that of his mother's hap- piness at his success, after years of study, and her pride in his fine young manhood. As if unwilling

to part with this last dream, the old man touched a third string and an irresponsible swinging refrain of a military march be- gan running in his head. He saw himself called to the front to fight for his country and his flag. He heard his mother's voice which expressed profound regret, "Oh my boy, when I think of my years of toil and scheming, of the big dreams I dreamed - - " Instinc- tively the son had realized that obvious sympathy copiously ex- pressed was not the balm for his mother's bruised spirit, hence he elected to regard the call to arms as something to be considered lightly. His consideration was entirely for his mother's peace of mincl, when he answered, "It is all for the best dear mother; I am proud to do my bit, and even if I shall die, I shall die that others might live." He touched the last string which gave forth a low and dull note. He saw himself, returned

from war, an old man at thirty years, as a result of a sluggish- ness of mind and body from a fever, which he had contracted during the massing of troops in besieged cities. "Your long exile from the home fires has made you a trifle gloomy, I'm afraid." These words of his lov- ing, patient mother rebuked his soldier's breast, and he tried to throw off his lethargy of body, and answered simply, "I'm only a little tired." Then her emotion assumed the character of a quiet joy. "Sonny, sonny-- oh I'm so glad your back--I've missed you!" Finally he saw his mother again, as she had lain on a bed of flowers, ready to be taken from his sight forever. He saw himself, stricken with grief, roaming the world, trying to get away from the loneliness of his heart, where the thought of his dead mother was always alive; at last when his money had given out, settling down in this poor garrett, far

from his former happy home, to live out the remaining days of his life. The old man sat motionless. The rays of the moon passed through the dusty window, rested tenderly upon the upturned face of the musician, and revealed a countenance full of a new and wondrous peace, a peace which is not found in this world but in the next. The sky is robed in a crimson gown, Mingled with tints of blue And the Sun in all its splendor crowns The hills with a gorgeous hue.

But soon the shadows dimmer grow And the colors fade away, For the Sun in unseen depths below, Falls till another day. ★

# Book Recommendations

## Devotions, by Mary Oliver

PAIGE COLLINS

Mary Oliver, American poet and winner of the Pulitzer Prize for Poetry, passed away earlier this month, on January 17th. She published over 20 books, including poetry, essays, and a writing handbook, and has won a number of literary awards throughout her lifetime. Oliver has a vast selection of excellent poetry books, but I would personally recommend one of her more recent books, *Devotions*. I first encountered Oli- ver last spring while studying abroad in Tanzania. My TA, Rachel Woodworth, had a col- lection of books she brought with her wherever she traveled, and Mary Oliver's *Devotions* was among them. I borrowed *Devotions* on a whim one day, and instantly fell in love with Oliver's poetry. Oliver wrote of the marvels of wildflowers, the splendors of the kingfisher, the mysteries of the forest, and the extrava- gance of all things that grow in her work *Devotions*. Oliver had an appreciation and admi- ration of nature, and it showed in her attention to detail. I have

always loved nature, and all of the beauties it holds, but never had I encountered someone who was able to put that love in to words, or poetry, quite like Oliver. Oliver quickly became my companion for the remainder of my time in Tanzania. We didn't have internet or television for the majority of the semester, so reading and hiking were my main forms of entertainment. Each day I would set out for a walk in the forest after class, with Oliver's *Devotions* tucked under my arm. I would find a comfy reading spot somewhere along the Little Ruaha river and disappear into *Devotions*. Mary Oliver writes of the spectors of nature like none- other I have encountered. Oli- ver's writing accomplishes what I like to call the 'simple and profound'. Oliver's poetry manages to reach inside you and tug at those innermost parts where love, admiration, crav- ing, fear, confusion, romance and hope reside. Oliver writes of the most simple things, morning glories, red foxes and ponds, but in doing so she man- ages to relate to the reader and write the most profound and re-

markable poetry I have encoun- tered so far. *Devotions* is the perfect book for anyone interested in Mary Oliver, poetry, or nature, and certainly for those inter- ested in all three. *Devotions* is a selection of poems from vari- ous collections and books Oli- ver has written throughout her career. In *Devotions*, one can read poems from Oliver's early works written in the 1960's to her more recent book Felic- ity written in 2015, and a large variety of the inbetween. With *Devotions* readers can not only enjoy a wide selection of Oli- ver's poetry, but can watch Oli- ver's poetry evolve as they read through her long and prosper- ous career. I must admit, that upon hearing of Oliver's passing earlier this month I was rather devastated. Oliver became a dear friend of mine as I read her poetry in Tanzania, and I have dreamed of meeting her in person ever sense. It's sad that I will never get the chance to meet my literary hero, but I intend to remain a devoted dis- ciple of her poetry, and to rec- ommend her works to anyone I can. ★

“Wild Geese”  
A poem by Mary Oliver from *Devotions*

You do not have to be good.  
You do not have to walk on your knees  
for a hundred miles through the desert repenting.  
You only have to let the soft animal of your body  
love what it loves.  
Tell me about despair, yours, and I will tell you mine.  
Meanwhile the world goes on.  
Meanwhile the sun and the clear pebbles of the rain  
are moving across the landscapes,  
over the prairies and the deep trees,  
the mountains and the rivers.  
Meanwhile the wild geese, high in the clean blue air,  
are heading home again.  
Whoever you are, no matter how lonely,  
the world offers itself to your imagination,  
calls to you like the wild geese, harsh and exciting -  
over and over announcing your place  
in the family of things.



# What Pre-Veterinary Students Need to Know Right Now

MARIAH FARRINGTON

According to the Association of American Veterinary Medical College’s (AAVMC) annual data report for the 2017-2018 year, the applicant to first year applicant seat ratio was at 2.5 to 1, which means that roughly only 29% of applicants got into veterinary school last year. Over the past few years, veterinary school has becoming increasingly difficult to gain admittance. What does it take to get into veterinary school?

Long story short, it takes endurance and overwhelming passion for the field—and not just the part that involves petting domestic cats and operating on sea turtles. Veterinary school admissions teams are looking for individuals who have an in-depth understanding of the profession. They want to know that you understand the treasures and the

shadows of veterinary medicine. If you manage to get an interview, they will surely ask about these things.

They might also ask you about some of the buzz issues facing veterinarians today. One of those is called compassion fatigue, which is when professionals become emotionally over-extended in their work, causing them to lose heart for their job. Dr. Bronwen Foster, D.V.M. speaks about this topic in a veterinary podcast called Podcast A Vet, where she explains, “I think for us as veterinarians we’re unique in that we do tend to be perfectionists, we tend to not say no, we tend to want to help even if it’s at cost of our own health. We also want to show on the outside we are okay, and it’s hard to come to terms with that. I think that’s why there’s such a high percentage of us that feel it and don’t show it.” Another term thrown out there

is called the imposter syndrome, which is especially common in veterinary students who feel as though they have been accepted accidentally and are not ready or do not belong in veterinary medicine. There are many other topics in modern veterinary medicine that applicants should be familiar with before writing essays or attending interviews.

However, there are early considerations which are just as important; one of which is choosing the correct major for you. Many prerequisites are Biology and Chemistry courses, but it is not true that the chosen major has to be a Bachelor’s of Science in Biology. The core requirements for this program will provide necessary rigor to your studies, which veterinary schools view. Majors at Houghton College that align well with veterinary work include Intercultural Studies, Communication or Business; and minors that also match well include Public Health, Education, Communication, Intercultural Studies, Business, Equestrian Studies or a language. Veterinary schools are looking for diverse individuals, and thus picking a major that is enjoyable, unique and applicable will make an application stand out.

Perhaps the largest part of the veterinary school application is the experiences section. The Veterinary Medical College Application Service (VMCAS) is the online veterinary application platform required by every veterinary school in the United States and several international veterinary schools. Within this application, there are six major experiential categories: Research, Veterinary, Animal, Extracurricular, Employment (non-animal) and Volunteer. The fuller these categories, the better chance had at getting accepted. Many look not only at the breadth of experiences, but also the depth. While these experiences are being



PHOTO COURTESY OF MARIAH FARRINGTON

pursued, lasting connections with veterinary professionals should be made. Several schools require a veterinarian to actually write a recommendation for an application to be considered. There are several clinics around Houghton, including the Daisy Hill Veterinary Clinic in Fillmore, that will allow students to shadow (they allowed me to run anesthetic monitoring for surgical patients). The VOCA Center on campus can also help to prepare students interested in pursuing pre-veterinary summer internships, which can greatly enhance an application. In the past, at least two students (including myself), have participated in a Veterinary Technician Internship at the Cleveland Amory Black Beauty Ranch, which provided plenty of wildlife, exotic, equine and ethical medical experience for those students.

One interesting point about veterinary medicine is the multitude of options for graduating veterinary professionals. Clinical medicine is only one avenue. There are positions in the military, specialty practices, various sanctuaries, government

offices, aquariums, wildlife reserves, research labs, educational institutions, conservation sites, epidemiological centers, and many more. Developing interests in multiple areas, yet keeping an open mind will pique interest in the admissions teams.

To become a competitive applicant, studies must be valued and the veterinary world must be understood. A series of valuable resources for students considered veterinary medicine include the Student Doctor Network, the American Pre-Veterinary Medical Association, veterinary-related podcasts such as Podcast A Vet and Vet Gurus, and Houghton College’s faculty members. Teaching assistant positions in the Biology department are especially valuable for applicants to demonstrate their ability to mentor and utilize various biological materials.

If advice on a particular academic path is desired, consult the resources outlined here or directly speak with Mariah at [mariah.farrington19@houghton.edu](mailto:mariah.farrington19@houghton.edu). ★



PHOTO COURTESY OF MARIAH FARRINGTON

Photo  
of the  
Week  
VIVIAN RIVERS '21





# Health Center Provides Wellness Room

KAYLA SIMMONS

If you’re looking for a quiet place to study, meditate, or simply need a place to be alone, the Health Center may have a space for you. While most students know the Health Center is the place to go in case of the flu or stomach bug, the Health Center has more to offer students than one might expect.

Beyond the typical array of services available at Health Centers, here at Houghton students can find other resources which may be beneficial in a busy, stressful college life. Recently, the Health Center has opened a Campus Wellness Room, available as an escape from what can be the hectic life of a student. The room was organized in May of 2018, and according to the plaque located on the outside of the room, “The creation of the Campus Wellness Room was made possible by a gift from Gary Larder, Class of 1962.”

The room is meant to

be “a quiet place for studying or meditation,” according to Sue Montoro, the Health Center Receptionist. Students can reserve the room by emailing the Health Center, or by walk-ins if the room is not already occupied. The room exudes peaceful vibes, with comfy overstuffed armchairs and soft blankets. There’s candles for ambience, and a fireplace for warmth. Overall the room is small, cozy, and a perfect space to catch a breath. The Health Center also has a selection of tea to choose from, for maximum relaxation, and students can also make use of the weighted blankets and muscle rollers available at requests.

The Health Center is beginning to offer other services to students as well. The Wellness room can be used to meet with Rebecca Harter, a nutritionist whose services are offered through the Counseling Center. For students suffering from sinus pressure or tension headaches, nurses can prescribe an appointment with Heidi Huizenga, a Registered Nurse in the Health Center, who uses the room to give head, neck, and shoulder mas-



PHOTO COURTESY OF KAYLA SIMMONS

The Campus Wellness Room, located just off the Health Center waiting room.

sages.

A valuable part of Houghton College, the Wellness Room in the Health Center should definitely be on students’ radar, especially as the semester starts to get busier and busier. The Health Cen-

ter is open from 8:30-5:00 Monday through Friday, and doctor’s hours are daily by appointment. According to the staff, services available are free, covered in a student’s tuition, and confidential, as members of Health

Center staff are held to the Hippocratic Oath like any health care professions. For more information, email the Health Center at [healthcenter@houghton.edu](mailto:healthcenter@houghton.edu), or call 585.567.9483 (campus ext. 4830). ★

# Students Look Forward to Mayterms

CATHERINE DEOLIVERIA

Tucked between Spring Semester and Summer Sessions, is Mayterm: a unique, 3-week long session offered to Houghton students who are looking for an accelerated study of a single subject. In 2019, students will be studying Ornithology in Iceland, Arts and Business in New York City, Ecology in Alaska, Developmental Research in Sierra Leone, West Africa and Adventure, and Sports, Recreation and Tourism in the Southwest of the United States. While most off-campus opportunities (aside from East Africa and the Honors

programs), are affiliated with Houghton in collaboration with other organizations, Mayterms are led entirely by Houghton faculty.

Dr. Marcus Dean, Professor of Intercultural Studies and Missions and Director of Off-Campus Studies at Houghton, noted the intentionality of this approach. “Our Houghton Mayterms are built in that sense: off the relationships between faculty and the student,” he said. “It is built off of familiarity rather than something [that] you are walking into entirely new.” Along with that, Houghton tuition can cover Mayterm through crossover of the 18 credits offered each semester. While a full semester abroad with more time for a full

immersion may be a better deal, Mayterms are ideal for students with less time flexibility who still want the international experience. Attempting to keep costs down, Mayterms engage local business. Dr. Dean organizes student housing at “mom and pop places” to avoid the touristy experience and instead, emphasize connection to the local people and local setting.

“One of the outcomes we have for them is tied to the place,” Dr. Dean said. “What do you get out of being there, as opposed to being here?” The goal of Mayterms is to “provide [students] with more experiential-type learning. The place where you are is, in essence, part of the curriculum.”

The time spent on location varies: the Art and Business Mayterm is New York City for the full three weeks, but the Ornithology Mayterm is split between on and off campus so that students can have some of the advantages of the course even if they cannot go to Iceland.

Sophomores Phoebe Trush and Geri Edwards will be doing both; bird-watching in Upstate New York and then venturing to Iceland for the Ornithology Mayterm. Phoebe, a science major, will be taking the class for an Organismal Biology credit, which can also be met through the Alaska trip Mayterm. Geri, a Theology and Communications major, will be taking the course to meet

general education requirements. “I figure this is a good science to do, it’s more interactive this way,” Geri said.

After a Google search, Phoebe knew Iceland was the Mayterm she wanted. “They have puffins and black sand beaches, and that’s so cool. I got roped into it.” Phoebe is bringing her DSLR camera along. “I’ve never gone to Europe before, I am really excited to experience that.” Dr. Eli Knapp, who is currently in Kenya but will be back by the end of Spring semester, is leading the trip. Students fondly describe him as an enthusiastic and engaging professor.

The Iceland Mayterm consists of two weeks on Houghton’s campus doing the majority of the intense bird-watching. After a final test, the students will set off to one week in Iceland, journaling what they see. They do not expect to see as many birds in Iceland, valuing quality over quantity as the species that they will see will be extraordinary. “It is more of a sight-seeing expenditure with cool birds thrown in,” Phoebe explained. The students will stay in a hotel in Reykjavik to start, then they will hike throughout Iceland, camping in national parks and an island off the coast, ultimately returning to Reykjavik. The suggested packing list includes mats, sleeping bags, and binoculars. The weather should be very warm during the day and

very cold at the night, with excessive hours of daylight.

“Camping will be really interesting and travelling around with a small group of people. The times that I studied abroad before I stayed with a host family, it’s different when you’re going with multiple people your age,” says Geri, who is excited to grow closer as a group. “Pray that everything goes smoothly with flights and travel. Pray for safety, and that we will take something away from the trip that we can apply.”

Although Phoebe does not consider herself an avid bird watcher, she is excited for what she will learn. “A lot of people from last semester are bird watchers now because of this. I know we’ll know a lot of birds by the end of this trip.”

For students looking to learn more about Mayterm adventures, information on Mayterm 2020 will be released around September 2019 in campus-wide emails and the Scoop. Generally around 12 students is the initial quota for a Mayterm group. The Off-Campus Studies fair in October will take place on the second Tuesday after Fall Break, where representatives will be available from Mayterm programs along with many other off-campus opportunities. ★



PHOTO COURTESY OF HOUGHTON

Houghton in Alaska.



# Mental Mindfulness



ANNA SCHILKE

JACIE COOK

### Mental Mindfulness

Mental Health is a serious matter. I know it can seem cliché to suggest this, but I encourage every single one of you to make sure your mental health is as it should be. I can hear the protesting begin already... Between the problems with time management, finding what makes you happy, and helping others balance their mental mindfulness, mental health can be stressful! Trust me, I completely relate; being a freshman at Houghton has been unnervingly difficult, and I have struggled with all three of those problems throughout my entire first

semester. But something has changed... I decided to give myself fifteen minutes each day, to look for the little things in life, and to help spread kindness so that others can benefit. I have found that those simple changes have had a dramatic, positive influence on my mental health overall.

Each day, I set aside my tasks and do something that brings me joy and relaxation for fifteen minutes, temporarily ignoring the many demands of my life. How do I manage to get an hour and forty-five minutes to myself every week? I start by making a daily list of things that are absolutely necessary

frame (like practice). Then, I add in the things that would be beneficial to include within my schedule. Once my list has been finalized, I go about my day, checking each thing off once I've completed it. Having a list of what needs to be accomplished helps in various ways, and only takes a few minutes in the morning to complete. The first way in which a list of activities is helpful is by narrowing down my focus to one responsibility at a time. Therefore, I spend less time flustered and unfocused and more time completing said responsibility.

Another way a list can

“Perhaps the most important change I’ve made...has been focusing on kindness. Giving kindness to another soul has the power to brighten your perspective...”

for me to accomplish. Then, after assessing how long each task will take, I compare the list to my class schedule and other events that I need to complete within specific time

assist you is by showing your progress throughout the day; seeing what I have left helps me to plan and adjust the time I give myself to finish a task so that my schedule moves

ahead smoothly. In addition, a list, once completed, makes you feel like one accomplished human! I become proud of myself when I look at my list and realize I have successfully completed every task I set out to tackle. Then, I see how much time I have left before I head to bed, and more times than not I have more than fifteen minutes to do what I want. And chances are, you, too, will have more than fifteen minutes to do what you please if you follow your list diligently.

Also, by noticing the little moments of pleasure throughout the day, your mental health is in focus; celebrate the little things! There are numerous things throughout your day that are cause enough for a mini celebration. Let’s say you speak up in class and impress your professor- woohoo! Give yourself a high five! Or maybe someone compliments your hair/outfit/facial structure- yay!! Look at you go, you gorgeous human being you! Every single day, God gives each of us something to smile at. Start looking for the little moments that are begging for celebration... I’m sure you’ll be a way happier person for it.

But perhaps the most important change I’ve made this new semester to care a little

bit more about myself has been focusing on kindness. Giving kindness to another soul has the power to brighten your perspective. If you don’t believe me, I encourage you to try it out. If you’re walking to class and see someone, don’t be afraid to say “Hey, I like your outfit!” or “Wow, you have a pleasant demeanor, I hope you have a blessed day.” Again, it’s the little things that can make someone smile. Another reason to believe me... the Bible is for Kindness too! Colossians 3:12 states “Therefore, as God’s chosen people, holy and dearly loved, clothe yourselves with compassion, kindness, humility, gentleness and patience.” Basically, as Christians and followers of Christ, we are called to a “new man” mentality; to serve God and work towards being more like Him. A small portion of that aspect is to love others. Show kindness. This will not only improve your mental health, but as our main man Dean Jordan always says, allow you to go in peace to love and serve the Lord. ★

*Jacie is a Freshman majoring in Writing and Psychology*

# Rediscovering Listening



ANNA SCHILKE

RACHEL WHEELER

I started babysitting when I was thirteen. Since those early days, I’ve always had a very special place in my heart for children. Over the years, I’ve had my fair share of watching both difficult and well behaved kids: the ones who throw tantrums and writhe on the ground when they don’t get dessert, and the ones that voluntarily share their favorite toys with younger siblings. Not much has changed for me since I was thirteen in that respect; I currently spend every day with children, nannying part-time for a family with five kids ranging in age from eight years down to six months old. I’ve found

myself saying that sometimes I enjoy spending time with kids under nine more than I do with people my own age.

Children are both interesting and entertaining – tiny humans with their own opinions, likes, and dislikes. Their small anecdotes of life can be both insightful and amusing, containing underlying meanings and metaphors that people often fail to notice. Personally, I think the biggest mistake we can make as grown-ups is to underestimate children; at times they are overlooked and unheard. Some tend to see them as merely a nuisance, naïve and unaware, constantly asking “why?” to everything they’re told, and somehow always managing to have sticky hands. Although most kids do ask many questions and their hands usually do tend to be sticky, there is so much more to them than meets the eye.

Children are observant: some of the most observant and attentive people I know are eight

and under. They notice things that some adults tend to overlook, positive or negative. Kids will notice your haircut, even if you only took off two inches and your friends can hardly tell. Kids will notice if your shoes are new and they’ll tell you if they think they’re ugly and don’t match the pants that you “seem to wear a lot”. Children don’t really have much of a filter, which is a blessing and a curse, but is both humorous and thought-provoking nonetheless.

Such entertaining comments and light moments are part of what makes babysitting such an incredible joy in my life. What I first saw as merely comical

“Everyone deserves to be heard and validated for what they want and what they believe is true. No matter how old, I believe everyone is entitled to that...”

my full attention to him when he’s trying to communicate. In the mornings, however, when the big kids go to school, I get some quality time with Malcolm and truly stop and listen – not only to his requests of wanting/ needing specific things, but to the small quirks that make him who he is. For example, after really being able to sit down with Malcolm and listen to him, I now know that zombies scare him, butter makes him sad, and that he doesn’t think we should fight babies.

Though these statements are the innocent, jumbled thoughts of a two-year-old boy, I’ve been able to learn a lot more from Malcolm than I ever thought I could: it’s okay to be afraid and sometimes the things that make you sad can make no sense – yet that doesn’t make your sadness any less valid. I’m still, however, working on thinking of something for the last one... Either way, getting to know Malcolm has showed me the value in truly stopping and listening – that much can be discovered about a person, no matter how small, when you’re isolated from distractions and can truly just be with them and simply listen. ★

*Rachel is a Junior majoring in English and Writing*

“Children are observant...they notice things that some adults tend to overlook, positive or negative...”

phrases coming out of tiny mouths became a little more than that as I stopped to really contemplate them. Kids get frustrated when people don’t listen or don’t understand what they’re asking, much like most of us do as adults. Everyone wants to be heard and validated for what they want and what they believe is true. No matter how old, I believe that everyone is entitled to that.

One such small voice I’ve started listening to more closely is Malcolm’s, the two-year-old that I nanny regularly. He is a very opinionated, energetic little guy with a love for Bruce the shark from Finding Nemo, the color blue, and “good guys, not bad guys”. Being the second youngest of five, it’s easy for his voice to go unheard, especially when I watch all the kids at once. His chatty, more coherently verbal, older siblings tend to dominate the conversation, making it difficult for me to give



# Loving the World Through Poetry



MICHAEL SIEVERS  
GENA HARTMAN

Last week in my Graphic Design class, we were assigned a project that involved finding and laying out a poem. The teacher indicated that this might not be interesting or exciting to most students, (though I was very excited.) I am firmly in the small camp that still loves poetry, along with some English majors and professors, and a few others who read and enjoy the form. Poetry is on the downhill slide lately, in terms of popularity. Some find it old, unreachable, maybe even outdated. People think about Shakespearean sonnets and cringe, or if they're like my parents, they "don't get it" and move on. Wordsworth called poetry "the spontaneous overflow of powerful feelings," but we have created new ways to express our feelings: songs, memes, Twitter posts, emails, Instagram posts, and more. Don't get me wrong, I have no problem with any of the things I just mentioned. I scroll

through Instagram, laugh at memes, read posts and respond, "same" or "this is actually me." I hate the overload of emails as much as the next college student, even as I understand that email is convenient. But there is something different about poetry. There is something about poetry that we need in our lives.

I'm tempted to let the poems speak for themselves and just ask to have a bunch of quality poems printed instead of an article, but that would be fighting with a largely ineffective weapon. Most wouldn't read the poems. So instead, here are some of the things that reading and writing poetry can do for us. First, poetry is an important way of expressing feelings, just like Wordsworth said. However, poetry doesn't have to be public. Most writers of poetry don't create poems and immediately feel the need to share them, like they would after creating a meme or thinking of a joke. There is something intimate and private about poems, and

people instinctively want to hold them close. Poetry is about choosing words carefully, but not in the way a tweet restricts how many characters you can use. And most poems now are written in free

verse – no rhymes, no number of lines to fill, no old English - so poetry isn't just about working within a form. Rather, writing a poem is about being concise and intentional with words, creating a picture and letting that picture permeate and color the words you write. Poetry requires knowledge of language, but not of music notes, making it a very different form of art than writing a song – the musicality of the words remain without the chords and notes. Writing poetry can also be therapeutic, allowing the writer to get thoughts and feelings down on paper. The benefits that come from writing poems are an essential part of our human experience, and to lose

them would be to lose an important part of ourselves.

But poetry is not just meant to be written. When poets choose to share their work, they need an audience. While it may seem to

be old-fashioned or odd to pick up a book of poems (or your on-campus literary magazine,) reading poetry is still #relevant and important. Poetry is a way of stepping outside the self, listening and seeing the author's words and intentions. We are able to hear thousands of perspectives about just about everything – a gay Asian man's experience of immigration (Chen Chen), an English woman writing sonnets about perceptions of mental illness in the 1700s (Charlotte Smith), a Latina woman talking about her family ties and political views (Ada Limon), an 18th century man writing about how much he loves his cat (Christopher Smart), a nature lover sharing her quiet perspective on the beauty and wonder in the world (Mary Oliver). These are just a few poets, a few voices in a host of wonderful works, and they are so important to listen to. They are funny, heartbreaking, clever, encouraging, and peaceful. They can be worshipful or irreverent, calming or harrowing. Reading these authors' poems provides an avenue into their personal lives like no other; poets invite their readers into their own experiences, beginning a heartfelt conversation, and showing how beauty and language intersect.

In addition to trying to

understand the author's intention, reading and interpreting a poem is also a way of understanding the self. Poems can have many meanings, some different or larger than the author intended, sometimes different to each reader. Whether a poem shares a perspective you thought no one else understood, or it shows you a new way of understanding someone else, it is an intimate form of communication, like a dialogue between the reader and the writer.

The aspects of poetry that I mentioned are unique to the form. While essays and news articles, emails and Instagram stories are capable of sharing emotions and ideas, poetry stands its ground as an insightful way of communicating, a beautiful art form, and a window into other people's points of view. Poet Mary Oliver, who passed away on January 17th of this year, wrote the words, "My work is loving the world" in her book *Thirst*. Poetry itself is a way of loving the world like no other – it is a deeply connective, creative and personal way of listening and responding what is around us, and it continues to hold great value for us today. I'm confident that when society no longer remembers the funniest tweets or the most-liked picture of an egg on Instagram, poetry will continue to offer powerful perspectives on the beautiful and complicated place we live in.★

*Gena is a Senior majoring in English and Education*



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# Artist of the Week

## Kyle Dunham

// junior applied design & visual communication major



Untitled, photography

“I have always been interested in technology, so I guess it makes sense that I would develop a love for Digital Art and Design. Graphic Design in particular, is interesting to me because of how practical it is. It’s still Art, but it’s Art with a function, and it’s Art that gets to inhabit ordinary spaces. This is part of the reason I gravitate so heavily towards Logo Design. However, I do still enjoy using technology to explore other things like painting. Going forward though, the dream is to see some of my art out there in the real world.”



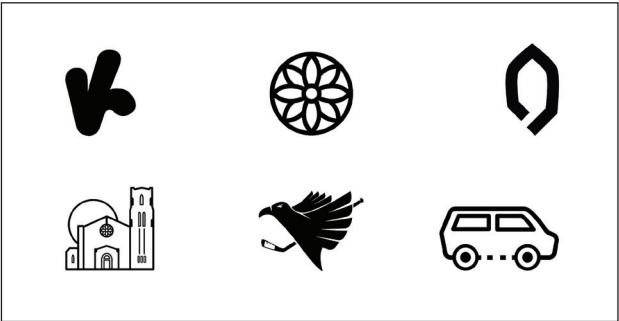
Cherry Blossoms, digital art



Landscape Sketch, digital art



Lanthorn Logo, digital art



Various Logos, digital art