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RACING INTO A NEW SEASON

MEGAN BROWN '22

On Saturday, Nov. 12, Houghton University's Cross Country team competed at the NCAA Regional Championships, with the women placing 13th and the men 17th. This marked their last cross country meet of 2022, but not all of the athletes are done competing for Houghton this academic year.

Senior Amanda Burrichter is one of many students moving directly from cross country to competing with the indoor track and field team, which has its first meet at 4:00 p.m. Friday, Dec 2 at Houghton University's Kerr-Pegula Athletic Complex.

"It's really exciting to get to go into indoor track, and we know we're fit," said Burrichter, who won an individual title at



2022 Indoor Track and Field athletes pose during Media Day.

COURTESY OF PATRICK HAGER

the Empire 8 Cross Country Championships this fall. "We've been training all through the fall, and we get to start indoor track on a high note."

For long distance runners moving indoors, it also marks shorter distances at which they will compete. Female runners,

like Burrichter, run for 6,000 meters for cross country, whereas the longest race for indoor track is 5,000 meters.

While Burrichter participates in cross country and excels, her favorite races are the 1,500 meter and the 3,000 meter.

"I'm just looking for-

ward to running those again," she said.

Cross country runners who are participating in indoor track and field have a week or two of rest before practicing again. This is one of the aspects Head Cross Country and Track & Field Coach Patrick Hager insists

upon. Since some of his runners participate in all three seasons, the third being outdoor track and field, Hager helps his athletes have sustainable practices.

For the beginning of the indoor track season, participants only have three mandatory practices a week to ease them into it. Hager also insists that athletes go home for breaks, instead of staying on campus to train.

"We send them home because, especially for cross country and indoor and outdoor track, if you want to sustain it the whole year, you need to be able to get away mentally," Hager said. "And we understand that. We're a collegiate sport, but there's a tact and an art to coaching that reads the room, for lack of a

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Gillette Thanksgiving Returns

SARAH BURTON '23

Tomorrow, Nov. 19, starting at 1:00 p.m., Gillette will host their annual Gillette Thanksgiving. For the first time since COVID-19, the event will be held in Gillette Hall, meaning all the Gillette residents are welcome to attend in their home.

The event will begin with Thanksgiving 'dinner' and will go for around an hour or so, after which all the girls are invited to change into sweats or pajamas, to come back later and play games, eat pie, and enjoy their own rendition of the National Dog Show.

In an interview with Raegan Zelaya, the Gillette



COURTESY OF RYLEE ARCHAMBAULT

Resident Director, she laid out the event in great detail with matching enthusiasm. "Dress code for the event is awkward family photos... to lean into not only coming together to have really special times, but really crazy times... because sometimes you just have to lean into the awkward."

Zelaya has added a multitude of personal touches

to the event, in hopes of drawing more girls in and adding to the already existing community in Gillette.

She said, "we have been dreaming about ways to make it super fun and relationally intentional, but also bringing in some fun pieces like different traditions people have."

She related the events planned to family members napping on the

couch after dinner and all the cousins getting a chance to hang out.

In addition, she noted excitement for the community of women, as this is the first year Houghton University has had only one girls dormitory.

She believes "this event really aligns with the culture we've been trying to establish this year." One main point of the event is "coming together in unity in one community of women is, and being able to come together, take time, and reflect, and be grateful for the community we have so far... and how to pursue that."

Julia Collins, a freshman, also stated enthusiasm for the event. She exclaimed happily that the event would take place in Gillette Hall, seemingly having heard from upperclassmen how the event

had taken place in the KPAC during COVID-19.

She remarked on the community aspect of the event, saying it will be a lot of fun for the community to come together. In her own words, what she is most looking forward to is "seeing a bunch of people I know and celebrating with them that we're thankful for our lives."

Rachel Domaracki, a senior, is also looking forward to the event, as it will be the last one she gets to participate in before graduating. Having gone to the event in past years, she is always looking forward to having a time to "give thanks and celebrate all of the wonderful friends I have in Gillette."

She is also looking forward to eating good food

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FEATURE: A LITTLE LYRIC THEATRE

CHRISTIAN WELKER '24

Prior to the recent production of *Little Women*, the cast and crew of Houghton University's Lyric Theater were busy making last-minute preparations for the event. At this time, people might have expected a mounting sense of pressure and anxiety from the participants of the class as final preparations were made.

However, according to the cast and faculty members involved with Lyric Theater, that was not the case.

Houghton's Lyric Theater provides a sense of positivity and a outlet for student talent to both the participants and the surrounding community.

One of the most critical figures in this production is Professor Amanda Cox. She has served as

the director of Lyric Theater for the past five years, and plays a crucial role in every step of the production from casting to character interactions. A graduate of both Houghton College and the University of Miami, Professor Cox has been working in the Houghton Community as a faculty member for the past twenty years. During her time as director, she has run nine shows in nine semesters, only briefly stopping due to COVID-19.

When asked what Lyric Theater brings to Houghton, she says, "It's a way for us to explore what it is to be Human in different circumstances and communicate that to people." She believes theater productions should speak to people, both in the cast and the audience. She wants to "create a community where we can all...support one

another" while working with the cast and crew of the show, and show that community to the audience. When asked about one of her favorite parts of Lyric Theater, Professor Cox responded, "you don't have to be in the department. This is for everybody." To her, theater is supposed to show the audience a reflection of life in a way that helps everyone grow. "Theater is such a big part of our lives," she says, "Everyone wants to have some way to create and show people what they can do."

The importance of having a place to be supported and see a production that reflects life is not lost on the other members of the cast and crew. Professor Andrew Reith, who has been working with Lyric Theater in some capacity since the Fall

of 2019, states that he appreciates Lyric Theater as a positive experience that allows students to use art to escape from everyday life. He sees the atmosphere of Lyric Theater as an incredibly positive experience for those involved: "it has been such an underlying goal to have a class where students can be free to experiment, free to be artists, free to be wrong, free to be right." Professor Reith believes that that atmosphere of positivity leaks out to the rest of the Houghton Community, both in terms of performances and in terms of students' experiences. "It's a chance for the people in the show to share their gifts with the Houghton Community, and hopefully, that sharing goes both ways."

This sense of positivity is felt by

both the faculty of the class and the students. Senior Linette Taylor, who serves as the choreographer of *Little Women* and plays the role of Marmee, says that her favorite part of Lyric Theater is working with both music and non-music students. There's no limitations on who can join in terms of either majors or years. Taylor has been working with Lyric Theater since her first year at college and loves working with people that she would not have been able to work with otherwise. The cast works together to build the show, and allows each individual's talent to shine through. The positive atmosphere of the Houghton College Lyric Theater was apparent to all interviewees. It is a core part of their production work for everyone involved.★

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better term."

Part of Hager's care for his team's athletes is logging data about performance to know which exercises and practices increase people's performance.

"The workouts are basically the same, but the volumes are different," he said. "So that's, again, reading the room and understanding who you have as athletes."

And the athletes are dedicated, especially athletes like senior Collin Nasso, who runs track and field while also majoring in biochemistry.

"I'm going into this season a lot more focused and mentally prepared," Nasso said. "It's my last season, and I don't wanna have to look back at a season and have any regrets."

Last year posed as one of Nasso's most aca-

demically challenging yet, and while he looks forward to competing with a lighter schedule this year, he recognizes the crucial part track played for him during his junior year.

"Track, honestly is my release. It's my refresh..." he said. "Last semester, I would have gone insane if I didn't have track because that was my kind of release for the day, where I could just forget about school and everything that was going on and just focus on something else."

Junior Caleb Kasper also uses running competitively as a break from school, and does so from the fall with cross country to the spring with outdoor track and field. While it is not always easy, his teammates and his desire for improvement continue to drive him forward.

"It's a long haul, but we're here for it, and the grind is one of the most revealing parts," Kasper said. "If you put in the work, you'll reap the benefits."★

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with her good friends, stating how important it is to engage in a greater community over a plate full of food in the building that unites them all.

Gillette Thanksgiving is an event that Gillette residents often look forward to with anticipation. This year especially, with the new changes of residential living, the Gilladies are ecstatic and ready to celebrate their thankfulness in community.★

Easy

from sudokuoftheday.com

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Loving Our Neighbors



SKYE CHAAPEL '23

Mark 12:29-31 (NIV) "The most important one," answered Jesus, "is this: 'Hear, O Israel: The Lord our God, the Lord is one. Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength.' The second is this: 'Love your neighbor as yourself.' There is no commandment greater than these."

As a Christian community, I feel we need to ask ourselves this: are we following Christ's example? Are we loving our neighbors to the best of our

capabilities, as asked of us by Christ? If you ask people within the Houghton community, I'm sure they'd say yes. However, while there are some of us who are loving our neighbors, there are others who are not. They could be saying yes out of the want to look good for themselves or others, denial, or ignorance. These are questions that I have been truly struggling with for a while.

What if we asked the question: "Do you feel loved on campus?" What would you expect the answer to be? One would hope that the an-

"Are we following Christ's example? Are we loving our neighbors to the best of our capabilities, as asked of us by Christ?"

community, myself included. Those of us who differ from the Wesleyan traditions' expectations are generally treated as outcasts on campus. This includes people of a different ethnicity and race, the LGBTQ+ community, people

community that existed on campus; it was something you could feel, and it almost felt tangible. After some of the recent events though, I feel like I no longer belong here. I know students who have received death threats, unwelcome comments, or racial slurs depending on their identity or race. Houghton University's President also received unacceptable slurs on his birthday card last year. As a community, we should be appalled that this is happening and that we have allowed it to continue. What happened to loving our neighbors? There is no love that comes from those actions. The Houghton community is striving to be an ideal Christian community, but many do not feel welcome here. We can not have a Christian community that is founded on Jesus if there are members of it who are suffering from our actions.

We need to learn to

love each other. We do not always need to agree on things, but that should not stop us from extending God's grace and love to each other. Jesus taught us to love and not to judge others. You do not know what someone else could be struggling with at any moment. Be kind and be willing to keep an open mind when interacting with others. As the followers of Christ, we are called to meet people where they are, be with them, and walk with them in their journey.★

Editor's Note: If you or someone you know is the target of hateful behaviors, we encourage you to reach out to the Office of Student Life.

Skye Chaapel is a senior majoring in Chemistry and Biochemistry. Skye often helps out on the chemistry floor, running General Chemistry and Organic Chemistry help sessions and tutoring sessions for students who need assistance in their chemistry classes. Skye is also the current acting president of the Sigma Zeta Beta Nu chapter on campus.

Have an opinion
you want to share?

CONTACT
christian.welker24@houghton.edu

SPEAK OUT!

Letters to the editor
should be less than 600 words

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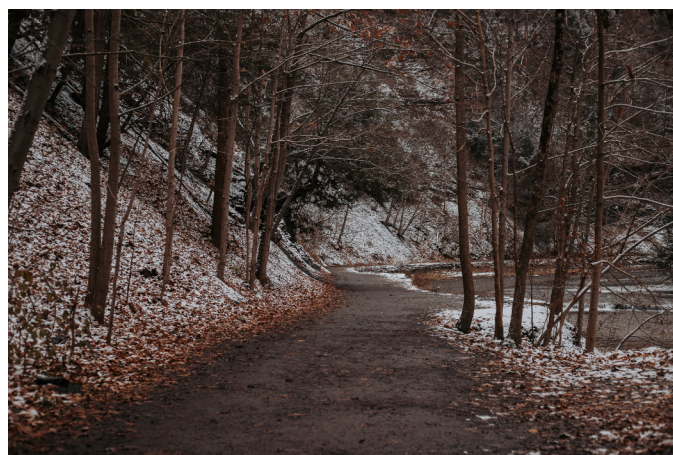
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