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HOUGHTON HOSTS "FANTASTIC" SIXTH INAUGURATION

ANNA CATHERMAN ('24)
Regular Contributor

During Purple and Gold Week, Houghton College inaugurated its sixth president, Dr. Wayne D. Lewis Jr. Houghton College students, faculty and staff were pleased by how well the event went. Dr. Cathy Freytag, one of the Inauguration committee members, remarked "I can't imagine it going any better than it did."

The Inauguration activities spanned two days full of fun and faith-filled activities. The weather was beautiful, allowing for the outdoor events to proceed according to plan. Thursday night's Inauguration Gala was held on the



Pictured: President Lewis' inauguration in Wesley Chapel.

COURTESY OF RYLEE ARCHAMBAULT

quad, with popcorn, mocktails, s'mores, a photo booth and more. It was a great time for students, faculty and staff to mingle and celebrate.

"It really felt like 'Ok, here's the first official

event since COVID that the students can get together and just have fun,'" noted Dr. Freytag.

"I think people were thrilled to be together and celebrate again," added Phyllis Gaerte, an-

other Inauguration Committee member.

The highlight of the inauguration activities was the ceremony itself. Held on Friday, dozens of behind the scenes participants helped the day

run smoothly. Students, faculty, staff, and a handful of invited guests and delegates were invited to attend in-person, while others watched online.

"We continue to get good feedback on the ceremony and how meaningful it was to people who were here in person and who got to watch virtually," Gaerte noted.

President Lewis himself agreed, calling the ceremony "fantastic" and stating that he loved how it was an opportunity to give God thanks for the incredibly rich history of Houghton. He also remarked on how special it was to have family, friends, and colleagues from around the

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Lights, Camera, Safety: Plans for Additional College Security are Underway

CHRISTIAN WELKER ('24)
Regular Contributor

Houghton College's Office of Safety and Security is working to enact some much-needed changes this fall. The Office of Safety and Security is responsible for parking passes, keeping the buildings secure, and making sure that nothing goes wrong on campus. However, despite the campus' high safety rating, a



Pictured: The Safety and Security Office and a pink duck named Corona.

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few things have notably been missing.

Students have been voicing concerns about the safety of the campus, with concerns including dark areas like the path near Paine and Roth Hill, as well as the lack of cameras in many buildings

around campus. Some students worry that Houghton isn't prepared to react to dangerous situations on campus. Rachel Caine ('23) noted that "while we feel that we live on a very safe campus, at the end of the day anything is possible. Safety is still

to be a priority no matter what kind of college campus we're on." In response, the Student Council has been working to rectify these issues. Student Body President Malachi Yeager reports that the Council assembled an "ad hoc committee that en-

sured the following would be improved in a timely manner: added lights for paths, security cameras near entrances and parking lots, and security members demonstrating their mission statement."

Multiple security guards have confirmed that they plan on adding additional lights to dark areas of campus as well as closed-circuit cameras to the entrances of various important campus buildings, in order to keep the security of the college up-to-date. Safety and Security will be adding these in the near future to continue to increase safety on campus and keep the

See **SAFETY** page #2

“LUCKEY THRIFT SHOP” EVENT BEING HELD TODAY

VICTORIA HOCK (‘23)
News Editor

If you’re looking for clothes to add to your wardrobe, look no further than the Luckey Thrift Shop, presented by Lambein Hall and the Townhouses, which is being held today from 4-8 PM in the Van Dyk Lounge.

Raegan Zelaya, the RD of Lambein Hall and the Townhouses, is heading up this event. She explained that “At the previous university I worked at, Res Life would host a clothing swap.” When she brought this up to her RA team, they all took interest in the idea and they decided to hold this event. Zelaya noted that “Rather than it just being a Lambein event we wanted to open it up to all of campus,” adding that “College students are working with a tight budget and it is a great sustainable way to refresh your closet while not spending any money.”

Julia Wilmot (‘22) is an RA in Lambein Hall. She encourages students to attend the Luckey Thrift Shop if they would like to participate in some “free

explaining that there will be a wide variety of clothing at the event, including t-shirts, men’s jeans, scarves, dresses, jackets and shoes as some examples. Wilmot added that “Anyone looking for a free and fun upgrade to their wardrobe will not be disappointed!”

Kalen Rauch (‘24) is also an RA in Lambein Hall. She described the Luckey Thrift Shop as “a great opportunity for students to donate clothes they no longer want or need and pick out different items.” She noted that over the past few weeks they’ve collected a lot of clothes, and they are looking forward to students participating in this event.

Both Zelaya and Rauch discussed the event’s emphasis on thrifting. Zelaya explained that she loves thrifting, and it has become more popular in recent years, despite it not being as popular when she was younger. She added that she is “glad it is being normalized for the sake of people who can’t afford to go on shopping sprees but also because it reduces waste while also combating fast fashion.” Rauch noted that “Thrifting is a great way to be sustainable and it’s something fun you can do with friends on campus.”

While those who donated and have a ticket voucher will have exclusive shopping time at 4:00 PM, the Luckey Thrift Shop will then be open to everyone else from 5-8 PM. Zelaya noted that “If the event goes well we hope to do it again in the spring semester.” ★

INAUGURATION *from page #1*

country attending the event, especially Wesleyan university officials and members of The Council for Christian Colleges and Universities (CCCU).

Lewis also noted “I didn’t serve on the committee but in talking to them I had very few requests.” He wanted it to be more of a worship service than an inauguration service, and the committee delivered. They were able to incorporate music that means a lot to President Lewis. He was also glad they were able to incorporate students and staff not only from Houghton residential, but also from Buffalo.

“It signified where we are and where we’re going as an institution, with Buffalo being a much bigger part of who we are.”

Students concurred. “It was cool that we were able to experience a historical event,”

noted Emily Pickering (‘23). “I liked hearing from the family members of various presidents, and the great-great grandson of Willard J. Houghton.”

Adelaide Sullivan (‘24) expressed excitement about the future of the college with President Lewis at the helm.

There is more still to come for President Lewis as he continues to be introduced to the world as a representative of Houghton College. Gaerte shared “The success of Inauguration weekend is just the beginning of introducing President Lewis at inauguration events across the country.”

There will be events with local officials, as well as meetings with officials of other higher education institutions throughout the winter, and during next summer. It will culminate with the summer alumni weekend in August. ★

SAFETY *from page #1*

student body protected.

Safety and Security also promises to better demonstrate the mission statement of the Safety and Security Office, listed on the Houghton College website as “The Department of Safety

and Security will serve our college community by promoting: Our mutual responsibility for campus safety, protection of campus property, programs to prevent crime, enforcement of college policies and the law, program of communication with the

community, and coordinated plan to assist with communities.” These promises assure Houghton Students that the Office of Safety and Security will do their best to address any problems or concerns that the student body may have. ★

Sudoku Solution from last issue!

3	5	9	8	6	2	4	1	7
8	6	7	4	5	1	2	3	9
4	2	1	3	9	7	5	6	8
5	3	4	9	2	8	6	7	1
2	9	6	1	7	5	3	8	4
7	1	8	6	4	3	9	5	2
9	8	5	2	1	6	7	4	3
1	7	2	5	3	4	8	9	6
6	4	3	7	8	9	1	2	5

FROM SUDOKUOFTHEDAY.COM

Sudoku

Difficulty: TRICKY

								7
9	2		1			4		
	3				8			
		1	8	3		9		
8				9				3
		5		2	7	1		
			5				6	
		3			4		7	9
7								

FROM SUDOKUOFTHEDAY.COM

A Holistic Approach to Balance



EVAN TSAI (‘22)

Almost all college students struggle with balance. In an environment that stresses productivity and involvement, there is always something around campus that can fill up your time. This semester I am taking an 18 credit course load, working an on-campus job, leading a new club sport, serving on a committee, planning for my career/grad school, and doing consulting work. At times it can feel overwhelming. However, as I reflect on my busyness, I am grateful for the opportunities that I have been given. The question then becomes, how do I maintain balance while striving for excellence in everything that I do?

When evaluating balance in your life, it is important to look at your personal health in multiple areas. Throughout this article, I will help you holistically evaluate your health

in five different ways and provide tips for improvement.

Academic: A unique part of college is the freedom to structure your work and study schedule around your personal habits. This is more flexible than the fixed schedule we had as a K-12 student or will have as working adults. However, with this new flexibility, it can be challenging to figure out how much time you should be spending on a class. If you find yourself spending more than 45 hours per week working outside of classes on a 15-credit course load, consider asking your professor for help, requesting a tutor, or consulting your classmates. Although you should strive for A’s in all your classes, sometimes it is important to acknowledge that a B is

“However, as I reflect on my busyness, I am grateful for the opportunities that I have been given. The question then becomes, how do I maintain balance while striving for excellence in everything that I do?”

difficult, getting at least 6 hours of sleep is key for your ability to function. Loss of sleep can also lead to poor appetite, focus issues, and increased anxiety. If you are struggling with sleep, consider setting a consistent bedtime and wake-up time every day. It is also good to avoid screen time an hour prior to bed.

your backpack for class. Some of these tips have helped me ensure that I get enough sleep every night.

Physical: Living in Western NY, it can be very hard to be motivated to exercise in the harsh winters. The CDC recommends a minimum of 150 minutes of exercise per week, which can be broken down to 30 minutes, five days per week. If you are an NCAA athlete, that can be easy. However, if you find yourself struggling like me, try planning three times per week where you can exercise for 30 minutes. This could be going to the gym to bike, taking a walk with a friend, or joining in on a recreational sport being played around campus. Physical activity can help with maintaining a healthy weight, preventing anxiety, and improving your energy level.

Mental: Adjusting to college life can bear a huge mental toll on many students regardless of their age and experience. According to the APA, over 40% of college students suffer from anxiety, and over 35% suffer depression. Missing family, feeling the pressure of academic performance, and navigating social conflicts are just some of the many challenges you may struggle with. It’s important that you are able to develop healthy practices to process and work through these is-

sues. Although it’s intimidating to reach out for help, there are many great resources at college. If you are struggling with mental health, the Counseling Center, your RA, the Dean of the Chapel’s Office, and even some of your professors are here to help.

Spiritual: Even at a Christian college, it is easy to neglect your personal faith. Chapels, Bible classes, and other required spiritual activities provide a good way to grow in a corporate worship setting. Some people may think that is enough, but part of your walk with God is growing in your personal relationship with Him. Specifically, morning or evening devotions are a great practical way to do this. Take 5 minutes in your day to sit and reflect. Read a short passage and pray. These moments can be critical in aligning your heart with the Lord. When you are overwhelmed by the constant demands of college, being reminded of God’s faithfulness, goodness, and peace is important.

These five areas of personal health are relevant to the struggles of college students. I hope that you are able to gain some insight into balance, and I encourage you to pick an area where you can improve your balance. It’s ultimately an ongoing journey as we seek a balanced lifestyle while striving to be successful with all of our responsibilities. ★

If you would like to talk more about balance, you can email me at evan.tsai23@houghton.edu

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Have an opinion you want to share?

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SPEAK OUT!

Letters to the editor should less than 600 words.

SUBMIT TO
star@houghton.edu



The mission of the Houghton STAR is to preserve and promote the values of dialogue, transparency and integrity that have been the ideals of Houghton College since its inception. This is done by serving as a medium for the expression of student thought and as a quality publication of significant campus news, Houghton area news, and events.

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In Review

The Shining and *Free Guy*

CALEB TIEDEMANN ('25)

The Shining was the Halloween scary movie I chose to end off the “spooky season.” It’s a movie I have seen before, but I thought it would be nice to revisit. Overall, though it was not as fantastic as I remembered, it nonetheless delivered an enjoyable time. A classic horror movie based off of Stephen King’s 1977 horror novel of the same name, *The Shining* has risen to the top of many film lover’s lists as essential viewing for any horror movie fan. Despite having a runtime of 156 minutes, it is still a movie that delves into multiple different elements of horror.

The film stars Jack Nicholson as Jack Torrance, a man who is charged with watching over the Overlook Hotel during its off season. Joining him is his wife, Wendy, played by Shelley Duvall and his son, Danny, played by Danny Lloyd. However, Danny has an ability, “The Shine” or “Shining,” as it was called. This ability lets Danny see into the future and/or past in quick, violent bursts. The family soon learns of the sinister nature of the Overlook hotel as it starts to affect them.

Stanley Kubrick, the director, is a master at making movies, with multiple of them appearing on many “Top 100” or “100 Movies to Watch Before You Die” lists. *The Shining* is no exception. Despite not following the book in every way, the movie is still quite good. Kubrick adds a sinister musical score to nearly every scene, some which lead to a scare and others which do not, all in order to make the viewer uncomfortable. That is horror at its finest. The score is eerie and high-pitched, sometimes moving higher and then stopping completely for no pay-off at all. Other times, the pay-off is a scare, which results in a feeling of unrest any time you hear the ominous notes.

Jack Nicholson gives a shining performance (pun intended) as Jack Torrance, a man who is driven to the very edge of his sanity by the Overlook. The movie may start out slow and feel drawn out, but that is part of the charm. You are stuck with Jack every step of the way, every minute as his grip on reality loosens. From start to finish the movie is amazing; even with the slow start, as you delve deeper into the psychosis of this character the film starts to pick up and become much more of a thriller. And, of course, it gave us the cult classic line “Here’s Johnny!”

Final Grade: B

Free Guy was a movie I had wanted to see for a long time. Shawn Levy’s original 2020 summer blockbuster was one I got excited for after seeing the preview in late 2019. Unfortunately, 2020 happened, so it was delayed until 2021. Needless to say, this was one of the more devastating movie losses from 2020. Despite all that, this was the final movie I saw before leaving for college, so it had additional emotional weight for me personally. I had the amazing pleasure of seeing it with one of my friends, (shout out to Fiji) and it was easily one of my favorite movie theater experiences.

I feel that *Free Guy* is a movie that younger audiences will understand much better than older. While in the theater, my friend and I were constantly laughing over the constant and varied references to pop culture, classic games, and gamer stereotypes. It was hilarious! Nearly every reference was something we understood or even a joke we had made before. Considering the fact that video games was the primary crutch that helped my friends and I get through 2020, this was an amazingly timed film.

It stars everyone’s secret crush, Ryan Reynolds, as Guy, an NPC (non-playable character) in “*Free City*,” a fictional video game clearly inspired by titles such as *Grand Theft Auto V*. Guy is looking for something different, a new adventure, after simply doing the same things he is programmed to do everyday. Everything changes when he falls in love with a real player. Meanwhile, in the real world this player, whose name is Millie, is trying to file a lawsuit against the company who made *Free City*, claiming that they used her and her friend’s code as the base for the game.

The whole movie, which originally seemed very one-sided, actually brilliantly balances multiple plot points with ease. It manages to flow naturally without feeling too fast or too slow. Interspersed with humor and fun throughout, it is an essential watch and I would highly recommend watching it with friends. Not only that, but the ending is one of the best things in the existence of cinema. I really love this movie and everything about it.

Final Grade: A-

Creation Care

Environmental Justice

MARY CHICHESTER('22)

What is Environmental Justice? If you look it up on the all powerful Google, you will get a few obscenely long definitions that you would need a PolySci major to understand. But a definition I like to use when doing environmental advocacy work is this: “Working to bring about equity for those whom climate change and environmental catastrophes hurt the most.” Maybe that isn’t the official definition, but it is the work that I do. More important than the definition of Environmental Justice is the reason why we advocate for it. Christians should be the first in line to work for equity, following in the footsteps of Christ. Think of Galatians 6:10, “Therefore, as we have opportunity, let us do good to all people, especially to those who belong to the family of believers.” We are called to do as much good as we can. The final line of this verse emphasizes doing good to fellow christians but the verse as a whole commands doing good to all, not just our siblings in Christ. So we are called to do good, but *what* can we do? Here are some things I think are achievable at this stage in our lives:

1. Do some research! A two (2) second Google search of “Environmental Justice Stats” turns up a fact sheet on “Environmental Justice Statistics” from the University of Michigan Center for Sustainable Systems. It is broken up into sections like “food” and “energy” and is bulleted for easy perusal (it even has pictures).

2. Speak up! As an Intern for the Friends Committee on National Legislation, I have the unique opportunity to do a lot of lobbying. Lobbying is when you contact your local representative on a specific issue or piece of law. I am currently working to support the Environmental Justice for All Act, a piece of legislation which covers a lot of im-

portant Justice issues in our fight against Climate Change. This bill is co-sponsored by New York State Senator Kirsten Gillibrand, but New York State Senator Chuck Schumer and Representative Tom Reed have yet to publicly support this act. Lobbying is a way you can show the people who carry the power in congress that this is something they should focus on.

3. Listen! Those who know more than you on important issues can and should be a fountain of knowledge for you to tap. On November 18th, the Center for Sustainability is hosting a speaker on Environmental Justice: EPA Toxicologist Jocelyn Pierro, Ph.D, is going to share her expertise on chemicals’ toxic effects on humans and how that pertains to environmental justice and equity. Attending this talk would be a great way to learn more about these important problems.

Each of these action strategies requires a different level of engagement. One can be done while you are sitting in the back row of your boring lecture, and another is going to take a lot more commitment and attention - more attention than you give Professor Case during his theology class. Sorry, but Aquinas can only titillate a select few.

Ultimately, you can be the judge on what kind of action items you are willing or able to take, but I encourage you to consider the words of 2 Samuel 8:15: “So David reigned over all Israel. And David administered justice and equity to all his people.” Even the most famous King in the Bible did his best to work towards equity. The goal I give you today: do better than David.