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METZ STRIVES TO MAINTAIN FOOD SERVICE AMIDST NATIONWIDE SHORTAGES

ANNA CATHERMAN ('24)
Nationwide food shortages and supply chain issues have begun to affect Houghton College students, as Metz Dining Services struggles to provide their usual assortment of food and drink offerings.

Students have enjoyed a significantly more normal semester, with the dining hall hours, access, and seating flexibility greatly increased over the 2020-2021 school year. Still, the cascading effects of regulations instituted last year in response to COVID-19 continue to affect dining hall operations.

Multiple sources have indicated that one of the main causes of the disruption is labor shortages. Businesses are struggling to hire



Supply chain issues have impacted Metz's ability to maintain usual dining offering in recent months.

PHOTO BY RYLEE ARCHAMBAULT

enough workers after laying off many employees during the stay-at-home orders issued in early 2020. This affects all levels of the supply chain, including grain farms, chicken farms, processing plants, and distributors.

Houghton is also

struggling to hire ample student workers, as can be evidenced by the "help wanted" signs on almost every bulletin board. The dining hall has had to reduce weekend offerings significantly because of this, and Big Al's and Poblano's are no longer

open on Friday and Saturday nights.

Other causes of the shortages include the impacts of having to quarantine sick workers, as well as shortages of specific supplies necessary for production, which in turn are likely caused by companies at-

tempting to stockpile supplies in case of further economic downturns.

This problem is also affecting colleges nationwide; according to independent journalistic news website Bridge Michigan, several of Michigan State University's cafeterias are no longer open in the evenings and instead only offer breakfast and lunch. Student Life, the independent newspaper of Washington University of St. Louis, recently reported that many of their cafeteria's most popular food stations run out of food by 5:30 or 6 o'clock in the evening.

Benjamin Marmor ('22) worked in the dining hall last year, as well

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FEATURE: Cōppa Cō - Art in Your Cup, Art on the Walls

CHRISTIAN WELKER ('24)

A new business has opened in Houghton. Cōppa Cō (short for Cōppa Collaborative) is a unique coffee shop that sits down the street from the campus' main entrance. Owned by J.L. Miller, Heidi Miller, Aaron Harrison ('01), and Marzella Harrison, the shop offers a variety of coffees and teas to customers, along with a modern interior, a fire pit outside with plenty of benches to sit down on, and lawn games such as corhole, that customers can play.

Cōppa Cō also has an art gallery, featuring and selling works from local artists and Houghton art



Pictured: Olivia Tetta, a barista at Cōppa Cō, serves drinks to a student customer.

PHOTO BY RYLEE ARCHAMBAULT

students. Customers can go into the store, purchase a drink, and look at artistic creations from talented people within the community, providing both a unique experience for the customers and a good opportunity for artists to show their work to more people. Artist Julia Wilmot, who sells assorted ceramics,

such as mugs and bowls, told us, "Selling my work at Cōppa Cō has brought more interest and engagement to my art on campus and on my Instagram account. I have had more people ask me for specific commissions and buy from me personally. I think it has been a very advantageous experience and

has opened my eyes to the business world." Cōppa Cō currently has work from 19 local artists displayed in their store, along with an Etsy shop that sells the items they make in-house. All this helps fulfill co-owner Prof. Harrison's dream of "the shop [being] a showcase of the talents of our commu-

nity through the art, handmade gifts, and local baked goods we offer."

Furthermore, Cōppa Cō hosts events that highlight specific works from the community, including a book signing from Professor Eli Knapp for his most recent book *Dead Serious*, and an art exhibition featuring Melissa Fink's collection "Letting the Light In." The owners hope to have more events like this in the future and "have also been discussing opening up classes for children and adults that could teach specialty crafts like pottery or jewelry making," after pandemic regulations are lifted.

Alongside their focus on local artists, Cōppa Cō is working on making delicious and sustainable drinks for

See **CÖPPA CÖ** page #2

PHOTO OF THE WEEK

RYLEE ARCHAMBAULT ('23)



RIA Photography Buffalo, NY

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METZ *from page #1*

as this year. He stated that the food supplies are significantly worse than last year. Metz has been forced to substitute products frequently, though most of these substitutions have been well received.

Nicholas Beach ('23) has worked with Metz for three semesters. In an email to the STAR, he reported that the shortages often seem arbitrary and unpredictable. "Some will remember early in this semester when 'Everything' bagels were unavailable while the other varieties were. It's hard to explain why a bagel with some seeds on top was more difficult to get than other kinds, and this is exactly how I believe many at Metz perceive the shortages." Rachel Caine ('23) is

a new worker at Java 101. The campus coffee shop is experiencing many of the same struggles as the dining hall. She shared that their most recent shortages have been chailemonade, lavender, coffee and vanilla powder, and coffee stirrersleeves. They also have been struggling to acquire the correct cup sizes for cold drinks, most notably colossal cold cups. "Yesterday (Thursday, Oct. 14), we couldn't do frozen drinks except for smoothies," Caine noted.

Java is blessed to not have to deal with one shortage - staff. The coffee shop has ample workers and even a few substitutes, who do not work regular hours but are called in when a regular employee is unable to come in.

Despite the challenges, Metz has been able to still provide am-

ple food and beverages to the students. Even if it isn't always what is on the menu, when it comes down to it, no student needs to go hungry, thanks to their dedicated work.

Though Metz manager Bryon Richards was unable to provide comments for this story, Beach emphasized that Bryon and his team are doing the best they can to work around these shortages, and stated that "I think they deserve as much of our grace and thanks as we can offer them." ★

CÖPPA CÖ *from page #1*

customers. All their coffee is fair trade and most materials used are eco-friendly, from the salvaged wood used in building to the compostable cups that they serve drinks in. This adds to the atmosphere of the shop and brings their vision of

"a handcrafted and sustainable space where art and coffee unite" to life.

This unification of art, coffee, and sustainability makes Cöppa Cö a truly unique experience for Houghton. As a regular customer, Grace Deitrick ('23) told us, "The town of Houghton needed a coffee shop [and] they've filled that space really well." Deitrick also conveyed that Cöppa Cö has made her appreciate "coffee as a craft more, because [she] sees it in the context of local art." Cöppa Cö is open 7:30am-3:00pm Tuesday through Saturday, so stop in and appreciate the gallery, buy some cool art, and try a fun drink: Grace suggests Lavender Chai Tea and Professor Harrison, "a large dark roast coffee with a fresh donut!" ★

Interested in Contributing to the STAR?

Just email us at STAR@houghton.edu! Contributing to the paper can be a great way to get experience in media and journalism or just with expressing your ideas, and as way to be involved with the latest goings-on on campus. Even if you don't feel confident in your writing abilities, get in touch! Our editors can work with you to give advice and help get your piece polished up!

Editorial: Let's Talk Toxic Masculinity



MEGAN BROWN ('23)

Last year, I took a Bible class on the book of Ruth with Dr. Derck. The class discussed immigration, how God is good to women, and sexuality. It broadened my views of the text and of our God. The class was filled with brilliant women... and only one man.

There was no rule that men could not join the class, but only one chose to register. This is just one instance where men did not get to hear women's stories and get to grow from them. I do not know for sure what men's specific reasons were for not joining the class, but I offer up toxic masculinity as a possible

answer, whether consciously or subconsciously.

What is toxic masculinity? Toxic masculinity is the idea that men must follow traditionally masculine ideals, such as not showing emotions or only being interested in "manly" endeavors like sports or hunting, in such a way that these ideals limit their life and potential experiences. Justin Baldoni, who plays Rafael in the TV show *Jane the Virgin*, mentions in his

"The class discussed immigration, how God is good to women, and sexuality. It broadened my views of the text and of our God. The class was filled with brilliant women... and one man."

these emotions that he ended up planning a guys' trip. On the third day of the trip, he finally felt comfortable enough to discuss what he was

up and take him and his friends away to an environment they are not used to, so he and then they could share. Dear men, if your options of self-disclosure involve either never sharing or only sharing with your friends in very limited circumstances, this cannot be healthy for you. By acknowledging emotions and discussing them, you can reduce toxic masculinity in your life and can reach a better emotional state, one that includes self-disclosure and bonding over shared emotions and situations.

On a darker side, according to the American Foundation for Suicide Prevention, men are more likely to die than women by suicide. Research published in *JAMA Psychiatry* found evidence that men who display what they call "high traditional masculinity" (HTM) "were 2.4 times more likely to die by suicide than non-HTM men" (*JAMA Psychiatry*). They categor-

ized HTM behaviors as including "competitive-ness, emotional restriction, and aggression" (*JAMA Psychiatry*). When these behaviors are encouraged by our society, whether intentionally or unintentionally, they can end up harming men. By not sharing struggles with others and seeking the help they need, men can end up hurting themselves.

Toxic masculinity hurts men in our society, but how might men go about mitigating that damage? Many tools can be called upon: asking for advice, being brave enough to self-disclose, and being willing to listen. I do not want to pretend to have all the answers as a 20-year-old college student, but I would advise taking small steps every day to make an environment that allows for vulnerability with your guy friends. Men, you can ask each other how your day was and share some things you struggled with throughout your day. Making small changes in your lifestyle can help you be healthier mentally and emotionally in the long run.★

Megan Brown is a junior majoring in Writing and Communication with a concentration in Media Arts and Visual Communication, and she is the editor of the Opinions section.

"Research published in JAMA Psychiatry found evidence that men who display what they call "high traditional masculinity" (HTM) "were 2.4 times more likely to die by suicide than non-HTM men" (JAMA Psychiatry)."

TED talk how difficult hiding emotions can be. He struggled so much with not knowing when or where to disclose

dealing with with his friends. He did not feel comfortable simply bringing it up to them. He had to warm himself

Have an opinion you want to share?

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SPEAK OUT!

Letters to the editor should be 250 words or less

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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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The Houghton
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Reviews

Titanic (1997)

ALEXANDER DEARMORE ('22)

There are a lot of things about the movie *Titanic* that make it great: the cinematography is gorgeous, the romantic subplot has all the drama you could ever wish for, and Leo and Kate are fabulous in their roles. These are facts universally acknowledged. But while they are extremely valid points, I also feel as though they are just the tip of the iceberg; there's so many other things about *Titanic* that make it such an outstanding movie. As we know from watching *Titanic*, it can be dangerous to focus only on the tip of the iceberg, so I want to focus on a couple of those less discussed aspects of the movie for this review. But before I go any further, I need to address two pressing matters. First, I realize that talking about *Titanic* can get confusing, as it is the name of both a movie and a ship. So, whenever '*Titanic*' is italicized, I am talking about the movie. Whenever '*Titanic*' is not italicized, I am speaking of the actual ship. Secondly, I want to put forth this warning: if you have not watched *Titanic* (or just do not know that much about history), there are spoilers ahead! You have been warned!

The first thing that begs mentioning about *Titanic* is its dedication to historicity. No, Jack and Rose were not real people on the *Titanic*, but almost everything about how the *Titanic* itself is portrayed in the movie is historically accurate. The movie's director, James Cameron, said, "we unearthed every known photograph, poured over architectural drawings and built our ship rivet by rivet, making sure everything was in its rightful place." This accuracy extends to all parts of the ship, from the famous staircase to the upper decks. In fact, the ship that Cameron is referring to—a ninety percent scaled replica of the *Titanic* that the crew of *Titanic* built—was where most of the shooting took place. This ensured that the set of *Titanic* looked as close as possible to how the actual *Titanic* would have looked.

The set of *Titanic* was not the only aspect of the movie rooted in real history—many of the side characters were real passengers on the *Titanic*. Thomas Andrews, the Chief Architect of

Titanic (portrayed in the movie by Victor Garber), not only appears as a character in *Titanic*, but is last shown in the movie in the last place that he was reported being seen in real life. Similarly, a real person named Molly Brown (who appears in the movie, played by Kathy Bates) helped people onto lifeboats in *Titanic* and on *Titanic*. More emotionally riveting, though, was real-life couple Isidor and Ida Straus, who were the inspiration behind the elderly couple holding hands in bed as their room began to fill with water. In real life, the Strauses did not want special treatment because of their position in society (Isidor was the owner of Macy's), so they went together to their room to await their fate, instead of scrambling to the lifeboats. I think it is also worth mentioning that there was a person aboard *Titanic* who signed their name 'J. Dawson.' Admittedly, the 'J' stood for 'Joseph', not 'Jack', but it is still cool to know that there was a J. Dawson in the movie and on the ship.

To convince you of this next piece of *Titanic*'s greatness, I require only the use of your imagination. Take a moment and picture something with me. You are in the theater watching *Titanic*. You have just watched Jack freeze to death as Rose promises that she will never forget him; you have just watched Rose state her name as Rose Dawson; and you have just watched Rose cast the Heart of the Ocean back into the ocean, showing that she has finally gotten closure about what took place on *Titanic*. The screen fades to black and you are inevitably in tears. And as you sit stunned in your seat, staring blankly at the credits as they roll down the screen, just when you think you could not possibly feel any more emotion—Celine Dion's *My Heart Will Go On* begins to wash over you. Sit with that image for a few moments. Now, open your eyes. Maybe even listen to the legendary power-ballad. I'm sure you must agree, it is the cherry-on-top of an already perfect movie. ★

Have a favorite, film, book or album you'd like to share with other students? Contact star@houghton.edu about writing a review!

Comics

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Sudoku

Difficulty: MEDIUM

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

Solution will be printed in next week's issue!
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