

NEW ADDITION TO THE CENTER FOR STUDENT SUCCESS

MARITH ANDERSON ('22)

The Center for Student Success (CSS) is introducing a Wellness Room this semester that provides students with a safe place to take a break from the day-to-day stresses of college life.

Located on the counseling side of the CSS, the Wellness Room is equipped with various features and resources added to suit as many wellness needs as possible. "[This addition



Wellness Room located in the Center for Student Success

COURTESY OF RYLEE ARCHAMBAULT

is] the result of our efforts to find creative ways to meet the needs of students," explains Executive Director of the Center for Student Success

and Director of Counseling Services Dr. Bill Burrichter. "The past few years have been really hard for students and we wanted to provide a

comfortable and relaxing space where students could go to find rest, renewal and support." With a record 33% of the student body coming

through the Counseling Center last year, the need for other ways to meet students' needs besides individual services became apparent.

When asked to describe the space, Center for Student Success Area Coordinator and Diverse Student Success Coordinator Hannah Bailey explained that "When you walk in you are greeted with a view of the quad and the soothing sound from our water fountain.

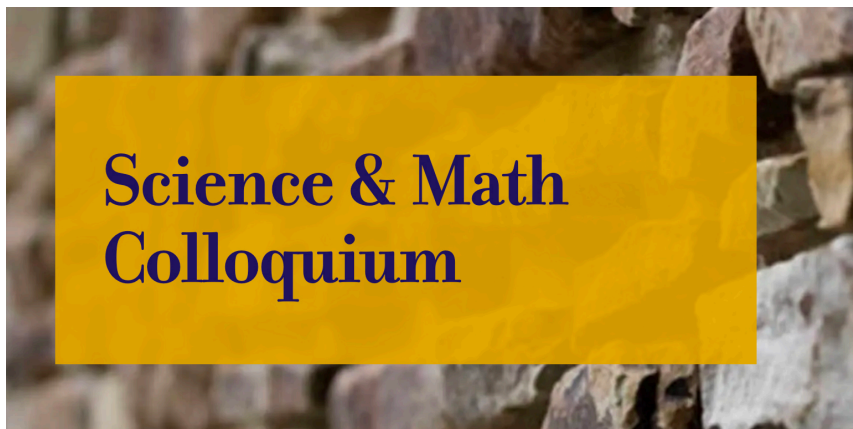
See **WELLNESS** page #2

Weekly Math and Science Colloquium

SKYE CHAAPEL ('23)

Attending the Science and Math Colloquium that occurs every Tuesday from 11:30 am to 12:20 pm in the dining hall is a great way to learn about the research and internships students and alumni are doing within the various scientific fields.

According to Associate Professor of Mathematics, Dean of Natural Sciences and Mathematics, and col-



loquia organizer, Dr. Jill Jordan, speakers from a variety of disciplines and careers are invited to give presentations that are "purely research talks, some are more career-focused, some are about integrating

faith in the workplace, etc." The goal of the colloquium is to communicate ideas within the scientific community. As Professor of Biology and Director of Pre-Health Professions, Dr. Jamie Potter, worded it, "ad-

vancements in scientific research are made in collaboration with one another. We build off of one another's work... Students who attend have the opportunity to engage with the research and learn how science can be shared through

oral communication." The colloquium is open for everyone to attend, science and non-science majors alike. One non-science major who had the opportunity to experience a colloquium is Senior Jax Johnson. Commenting on their experience at the event, they said that "I found the colloquium I attended a great way to get a taste of scientific thought and ideas in a way that was both challenging and thought-provoking yet accessible."

See **COLLOQUIUM** page #2

WELLNESS *from page #1*

Inside the room are a bunch of resources, so students should feel free to look around and explore the different things available to them. Some things the Wellness Room might be used for are telehealth sessions [meeting virtually with one's healthcare professional], scheduled self-care time, light box sessions [designed to combat Seasonal Affective Disorder and boost one's mood], or just a space to relax."

She added that resources currently available for student use in the Wellness Room include a massage chair, light boxes, a yoga mat, weighted blankets, journals, books, coloring books, a muscle relaxing mat, and more. Bailey is incredibly excited about and looks forward to what the Wellness Room could grow to be and is open to any suggestions students might have to help their needs be more effectively met within this space.

Students might be under the impression that the Wellness Room and its resources are only available to those who are currently utilizing other Counseling services, but this is not the case. In fact, even those who have no prior connections with any CSS service are able to engage with this new addition. However, Burrichter mentions that if needed, you can also connect with the CSS staff following your

visit to the Wellness Room. He says that students "can come into the office and engage in some self-care as they need it without needing to connect with staff. But if they want or need to meet with someone we can arrange that as well."

In addition to connecting with staff if needed, Burrichter further noted that there are additional resources students can connect with if they so choose. "We are also offering several sessions of an Anxiety Toolbox psychoeducational workshops for students to learn skills and strategies for managing their anxiety. We will also have future workshops on how to manage depression, stress and healthy relationships."

So, how should one go about scheduling some relaxing time for yourself in this space? When not in use, the Wellness Room is available for walk-ins. However, it is recommended that any students who are interested in using this space reserve a time slot of either 30 minutes or 60 minutes on the Handshake website or mobile app.★

COLLOQUIUM *from page #1*

Even if you are in a science-related field, the colloquium is a great way for you to learn about the other fields. Senior Adora Colicci expressed her enjoyment of the colloquia. Specifically, she noted that her favorite thing about them is that they are "an opportunity for students to hear what alumni or science professionals outside of the Houghton bubble are doing in their fields... They introduce me to areas of science and mathematics that I don't get to hear about very often."

Senior Mary Vandebosch, a future presenter at the colloquium, is a biology student who participated in an internship over the summer and hopes to share her experience with others. The intern-

ship she did was for the Genesee County Soil and Water Conservation District. She collected and tested water samples, worked with farms to ensure the crops were growing correctly, investigated lands that were being converted back into wetlands, and did outreach and provided information for the communities to learn more about stream health and to learn more about the corporation for whom she worked. When talking about her experience, she stated, "I am hoping to shine a light on something that I am so passionate about. I would love for people to walk away with a new appreciation for the nature around them and how complex it is."

Everyone has something to contribute to the science?

tific conversations. As Dr. Potter stated, "We all have gifts that could enhance the learning and discussion of the presentation. If we live in community and dialogue with one another, shouldn't our research be shared and not only available to those in science?"★

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Civic Brotherhood



Cody Johnson ('24)

Did you know that the United States' oldest surviving daily newspaper was founded in Philadelphia?

The *Philadelphia Inquirer* has been published every day since September 21, 1784, sometimes under a different name. The *Inquirer's* predecessor was even the first newspaper to publish George Washington's Farewell Address. Our nation is built on news. And it seems appropriate that Americans' ritual of reading the daily news began in Philadelphia, "the City of Brotherly Love."

As a community of Americans, we have obligations. There are civic obligations (obeying the law, paying taxes) and

civic responsibilities (voting, community engagement). We do these things because we love our country — and furthermore, because we love each other.

Some people say that love does not discriminate. But we necessarily discriminate between our friends and enemies; friends receive love that enemies do not. That is *philia*, or filial love.

Philia demands more than other kinds of love. *Agape* — the word Christ uses when He says to "love your enemies" — does not discriminate. *Philia*, on the other hand, describes love between close friends or brothers, like David and Jonathan in 1 Samuel. It makes us feel loved and safe, like people in a per-

fect city. This was William Penn's vision for Philadelphia.

Americans are bound to each other by filial love. To love America is to love Americans and to love

"By engaging with the news, you demonstrate filial love for the people around you."

fect each other rights and privileges because of our shared love and community.

Loving someone in this way requires knowing them and their needs. You cannot treat your professor to their favorite food without first knowing what their favorite food is. Knowing your professor's favorite food is a prerequisite if you want to love them filially. Knowledge is an obligation.

The same obligation

American Enterprise Institute in Washington, D.C., and heard from scholars in foreign policy, technology, and culture. I felt disconnected from those conversations because they were not happening on our campus. Students stare blankly at professors when asked about current events. We do not engage with news on a regular basis, so our conversations remain theoretical and opinionated.

We joke about the Houghton bubble, and it has its merits, but the Houghton bubble is dangerous to civic engagement. We become so focused on our present community that we disengage from the rest of the world. While you are at Houghton, you are simultaneously in Allegany County, New York, the United States, and the world. Brotherly love extends beyond Houghton and demands that we learn about the world we live in. When was the last time you read a newspaper that wasn't the *STAR*?

Staying informed is a commitment; it requires time that we could commit to other interests or relationships. Nonetheless, it is the same commitment we make to our closest friends: to listen to what is happening in their lives and love them better accordingly. Your friend complains about being tired, and you buy them a latte from Java.

We must make the same commitment to our country — not to buy it coffee, but to learn and respond to its events. Staying informed allows you to engage with the world intelligently.

Love — even and especially between brothers — does not guarantee agreement. Conversations between well-informed people will be uncomfortable as you learn and grow, but that is part of our civic obligation.

My daily ritual has been to delete *The New York Times's* morning newsletter from my inbox without opening it. This week, I am changing that out of love for America and my fellow Americans. It takes five minutes to read the headlines and learn what is happening in our brothers' and sisters' lives in the United States and abroad. Pick up an old-fashioned newspaper and reclaim the media tradition our nation is built on. Follow a specific issue, journalist, or scholar. By engaging with the news, you demonstrate filial love for the people around you.

With whatever means necessary, it is time for us to step outside the Houghton bubble.★

This subject has been adapted from AEI Scholar Chris Stirewalt and his new book, Broken News.

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"The Houghton bubble is dangerous to civic engagement."

extends to the country and people you love. It is impossible to love them fully without first knowing them.

Last weekend, I attended a conference at the

Have an opinion you want to share?

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SPEAK OUT!

Letters to the editor should be less than 600 words

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STAR

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MOVIE REVIEWS WITH CALEB TIEDEMANN

ONCE UPON A TIME IN HOLLYWOOD (2019)

There is no doubt about it, Quentin Tarantino's ninth film *Once Upon a Time in Hollywood* is amazing! Typical of Tarantino, it's a fun film full of heart and love. Of course, those interpretations are subjective if you know anything of his filmography. Tarantino is very much one to push the limit in movies, a fact that I admire and love about his work. His lack of care about what other people think of his films really just unleashes him to create the wildest movies ever. *OUATIH* is probably Tarantino's most relaxed film, toned down in violence, it delivers wonderfully in ways completely unexpected from the director. However, it should be of no surprise that he would flip the script and surprise audiences with something so uncharacteristic of himself.

OUATIH is a simple film. There are no real convoluted plot points or anything out of the ordinary. The movie takes place in a day of the lives of actor Rick Dalton and his stunt double, Cliff Booth in late 1960's Hollywood. Rick, played by the marvelous Leonardo DiCaprio, is an actor who has fallen out of the limelight after leaving the television show that made him famous to pursue his acting career in movies. As with any gamble, there is a chance it does not pay off and, in this case, it does not. By his side, is his stunt double/friend Cliff Booth, played by

Brad Pitt who offers both support and understanding in his buddy's time of hardship. As an aging television star, Dalton has to come to terms with the fact that he is not only older but also not as popular as he used to be. Being in the limelight for so long makes this transition incredibly hard for him, and DiCaprio plays the part of a struggling and insecure actor so unbelievably well. There's irony in there somewhere. The situation is made worse for Dalton when, living next door to him is up-and-coming movie star Sharon Tate and her husband, big-name director Roman Polanski. In a world of shining and fading stars Rick struggles with where to take his career, often abusing alcohol as his vice.

Meanwhile in the outskirts of Hollywood, trouble grows in the form of the Manson family cult. Charles Manson was a talented manipulator and white supremacist who feared an "apocalyptic race war." He formed his cult in college by targeting those who were socially inept or emotionally insecure. Over the next couple of years, he formed a "family" of about twenty individuals; through LSD and "unconventional sexual practices," he was able to turn them into his dedicated and devoted followers. For those of you who are unaware, this was a real cult. They were responsible for the deaths of seven individuals, namely ac-

tress Sharon Tate. Though the only events depicted in the movie are the attempted murders of Sharon Tate, it is nonetheless important to provide a backstory of history. Under the commands of Manson, he ordered his followers to "kill them as gruesomely as you can." Later one of the murderers admitted that they killed Tate because, "we wanted to do a crime that would shock the world." So, when watching this movie, I knew how it was going to end. Or I thought I knew. Tarantino often rewrites history in wonderful ways and this movie is no different. The end of *OUATIH* is one of the most absolutely insane things Tarantino has done.

The acting in this movie is wonderful, DiCaprio and Pitt both manage to be loveable and relatable as they realize their place in a tumultuous movie industry is constantly changing. Meanwhile Margot Robbie as Sharon Tate is a wonderful depiction of the golden age of Hollywood, its beauty, elegance, and grace, all destroyed by a senseless act of violence. It was what truly changed movies forever. The setting is beautiful. Tarantino completely remodels all of Los Angeles to fit his 1960's childhood dream. The scenery, the sets, the costumes, it's all gorgeous. Getting a behind the scenes look at how movies are made is an interesting change of per-

spective. The score and soundtrack are also great; using classic songs that just helped me to fall in love with this movie. It is a completely unique experience that had me fascinated and intrigued all the way through.

When I first saw this movie, I was kind of disappointed; this was the guy who gave us *Pulp Fiction*, *Inglourious Basterds*, and *Django Unchained*, where did it all go wrong? Yet at the same time I was completely smitten with this world he built, and I had no idea why. It was not his style, but at the same time it was, it felt different and that's why I loved it so much. Throughout it completely subverts your expectations and builds up tension in an amazing way with fun characters and a real story. It's magnificent. This movie has since become a comfort movie to me, one that is relaxing and fun until the final act of mayhem. Ultimately it is a movie I enjoy completely and sometimes competes with *Pulp Fiction* in my mind for the best Tarantino movie. It offers everything I want and amazes me with every watch. I strongly recommend this movie.

Final Grade: 10/10 (A+)