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HARVESTIVAL RETURNS FOR ANNUAL EVENT

JACQUELINE JOHNSON ('23)
 The Harvestival returned to Houghton for its annual celebration last Friday, and with it came an array of local and student artisans, live music, and fun activities for people to enjoy. The Harvestival is run and promoted by the Houghton College Center for Sustainability; the center's director, Brian Webb, calls the event a way to "help the Houghton community intentionally adopt a mindset of sustainability in their daily lives."



Pictured: Joey Schunemann ('23) performs live music at Harvestival.

PHOTO BY RYLEE ARCHAMBAULT

At the Harvestival, one thing students have the opportunity to do is to sign a pledge for sustainability in exchange for free apple cider and donuts. With the appeal of sweet treats, students are able to take a moment to intentionally reflect on how they can

improve their sustainability in their own lives.

As the Event Planning Coordinator in the Houghton Center for Sustainability, Anna Zimmerman was one of the main people tasked with running this event. She told us, "there's just

something in the air during Harvestival that feels special." While Zimmerman expressed excitement about the event, she also noted the responsibility that comes with planning such a big event, saying "while Harvestival is a fun and lighthearted

event, it's important to the CFS that we also remind people about the reason behind it, which is caring for and respecting the planet that we live on."

Along with a focus on sustainability, the Harvestival also brings attention to the impor-

tance of buying locally and supporting small businesses, since local businesses and Houghton students are able to show off and sell their craft. These student artisans from the Harvestival expressed their feelings of excitement around the event and the opportunity to showcase their art. Julia Wilmot ('22) mentioned how she enjoys "chatting with everyone that comes up to my booth, and it's always rewarding to see them smile because of something I made" and Aubree Flewellyn ('24) loved "having the chance to interact with Houghton students, faculty, and community members."

Another popular aspect of the Harvestival is the pumpkin carving booth, which was run by

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FEATURE: Two New Book Clubs Engage Students This Fall

JOSHUA CARPENTER ('24)
 Houghton has become home to two new communities this semester, both of which are book clubs. One is led by Brian Webb, the Director of the Center for Sustainability, and the other by Nuk Oden, the Director of the Mosaic Center. In each club, students discuss some of the world's most controversial problems, such as biodiversity loss and racism.

In Webb's book club, members are finishing up Houghton College Professor Dr. Eli Knapp's new book, *Dead Serious: Wild Hope Amid the Sixth Extinction*. Their last meeting was supposed to be at Knapp's house on October 25th, but it was "indefinitely post-

poned," as Webb wrote. To provide a glimpse of Knapp as a storyteller, Webb described: "In his typically witty and engaging style, Dr. Knapp uses stories and personal reflections to unpack one of the greatest challenges facing the planet – the rapid loss of biodiversity in the world today. His stories infuse nuggets of hope amid a difficult challenge." Webb also mentioned what he wants students to take away from the book club, saying "We [Webb and the Center for Sustainability] hope students will learn to appreciate and value God's creation by learning about the threats we are causing to the natural world and by being inspired by success stories of animals who

IN PARTNERSHIP WITH THE MOSAIC CENTER, CHAPEL, WILLARD J. LIBRARY, AND RES LIFE

ALL FACULTY, STAFF, AND STUDENTS ARE INVITED!

BOOK CLUB

TUESDAYS FROM 7-8 PM
 OCTOBER 5 - NOVEMBER 23
 IN THE CHAMBERLAIN READING ROOM
 (2nd floor of Library overlooking the Quad)

We'll be reading a different book each week. Come hear stories from many perspectives while also getting "Around the Table" credit! You may choose which weeks you want to attend!

Writing by authors including:

- Trevor Noah
- Christena Cleveland
- Resmaa Menakem
- Melissa Guida-Richards
- Audre Lorde
- Howard Thurman

EMAIL NUK.ODEN@HOUGHTON.EDU TO SIGN-UP!

The poster for the Mosaic Multicultural Center book club.

have persevered despite the odds being against them."

Anna Zimmerman ('23), a member of Webb's book club, told the STAR that "It's been such a great learning experience to be able to have Eli Knapp with us to go through the topics of the book. He has a wealth of knowledge, and to be able to hear his thought process has helped us each grow more in-depth with our knowledge in the subject." She also gave a comment on the planned location for their final meeting, writing "Houghton is known for its tight-knit community, which I think is shown in no better way than being invited into a professor's home and

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FALL *from page #1*

Houghton’s MANNRS club this year. MANNRS, which stands for Minorities in Agriculture, Natural Resources, and Related Sciences, is an organization that hosts talks and attends conferences discussing topics related to professional development. The pumpkins from the booth can now be seen all across campus, adding to the atmosphere of the classic Houghton fall.

Houghton has seen another wonderful year of the Harvestival with many students, faculty, and community members coming out to enjoy many of the different aspects that the Harvestival has to offer. With all of these different facets, it is no wonder that the Houghton Harvestival is such a well-loved Houghton tradition.★

BOOKS *from page #1*

being able to connect with them in that way.”

Though Webb’s book club is ending soon, there is still an opportunity for staff, faculty, and students to get involved with a book club. Oden’s book club, which runs until November 30th, gathers on a weekly basis (Tuesdays from 7-8pm) in the Library Chamberlain Room to discuss readings from various authors of color. Some of these authors include Trevor Noah, Resmaa Menekem, and Melissa

Guida-Richards. Be it a chapter, poem, or essay, each week features a different reading, with members able to come and go as they please. Of course, students will certainly also benefit from attending every session. As the book club’s sign-up sheet mentions, members “...will receive up to three “Around the Table” discussion credits for each discussion you attend, and you do not have to commit to coming every week”.

Being a member of Oden’s book club as well, Zimmerman shared her thoughts on it with the STAR, saying that “the Mosaic Center book clubs that we’ve been doing have created a space where we can come and talk about things that are difficult, but so very important... The texts have been ones that are challenging to the reader, which has made the conversations that we’ve had that much more meaningful.”

For anyone who would like to reach out to the Center for Sustainability to potentially involve themselves in the last meeting of their book club, you can get in touch with brian.webb@houghton.edu. If you would like to attend a meeting for the Mosaic Center’s book club, definitely send an email to nuk.kongkaw@houghton.edu.★

PHOTO OF THE WEEK

EVAN TSAI ('22)



Submit your own photos to STAR@houghton.edu or send them to us on social media for a chance to be featured!

Sudoku Solution from last issue!

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

FROM SUDOKUOFTHE DAY.COM

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!

Seek Scary



LEAH O'CONNELL (23)

Carbon is crushed by 725,000 pounds of intense pressure per square inch. That pressure is purposefully generated to create what we know carbon can become: the most popular gemstone and the hardest naturally occurring substance ever known, a diamond. The same goes for us. Just like a diamond, we have the potential to come out of a stressful, frightening, or difficult situation stronger than we were before. We are molded by the experiences we have gone through, so it is important to make sure that some of them are difficult. The definition of courage is "the choice and willingness to confront agony, pain, danger,

uncertainty, or intimidation" (*Your Dictionary*). If you don't practice courage, you aren't going to have it when you need it. Build the arsenal of traits that you need to fight life: tenacity, determination, faith, confidence, intelligence, quick-wittedness. These come with conquering those challenges. So say yes to scary. You will be better equipped for the unwanted extremes of life that are sure to come.

Karate has helped me train my mind to push through the pain — mental and physical. The mindset that was needed to stand back up after being kicked to the ground, knees weak, body bruised, knowing I

"I have adopted the idea of no longer using the phrase "comfort zone" because it is just that — too comforting."

back up. You have to keep fighting. Because crises in life are inevitable, you have to train your brain. Get comfortable with the uncomfortable, because the greater the fear, the greater the growth. In every challenge is the opportunity to gain resilience.

Struggle develops strength. Think about your sports practice. You purposefully run line

What difficult endeavor are you going to undertake to build your mental strength, so that when you fail a class, or your significant other breaks up with you, you can keep going?

It is essential to continually practice this perseverance. Don't get in the groove of easy. I warned my Highlander team about the danger of a "comfort pit." I have adopted the idea of no longer using the phrase "comfort zone" because it is just that — too comforting. It sounds like merely an area that you want to stay in but are able to come out of at some point if you really need to. But that is simply not the case. Think of a river running through a canyon, the more time it spends carving a groove in the rock in the same direction, the more difficult it will be to change its course. The more safe and stagnant you stay, the deeper into the pit you will sink and the harder it will be to get out when you are forced to, not to mention the experiences of life that you will be missing out on. As Albert Einstein has been quoted as saying, "the definition of insanity is doing the same thing over and over and expecting a different result." So don't. It takes grit to get out of the pit.

But that's not where you want to be if you want to soar on wings like eagles anyway.

So, when God opens a new door for you, be brave enough to say yes, even though it will seem terrifying. Climb out of your comfort pit, take the chance, grab hold of the opportunity, and grow from it. Your future self will thank you. When disasters strike, you will have the choice to be the victor or the victim. But you have practiced grit. You are ready for this. You are a victor. So purposefully put mountains in your path. Say yes to what seems physically, mentally, and emotionally challenging. It will be, but it will also be so much more. Storms make you stronger. Remember, the wind speeds up the closer to the top of that mountain you climb — it's called the venturi effect. So don't be discouraged when it gets difficult.★

"Let me tell you something you already know. The world ain't all sunshine and rainbows. It is a very mean and nasty place and it will beat you to your knees and keep you there permanently if you let it. You, me, or nobody is gonna hit as hard as life. But it ain't how hard you hit; it's about how hard you can get hit, and keep moving forward. How much you can take, and keep moving forward."

— Rocky Balboa

"When disasters strike, you will have the choice to be the victor or the victim."

needed to get up and keep fighting, is the same mindset that I am going to need in the future if I am kicked down from a job lay-off, death of a family member, or financial disaster. You have to get

drills back and forth to gain physical strength, so when it is the championship game, the score is tied, and the overtime clock starts up, you have the power to persevere.

Have an opinion you want to share?

CONTACT
megan.brown23@houghton.edu

SPEAK OUT!

Letters to the editor should be 250 words or less

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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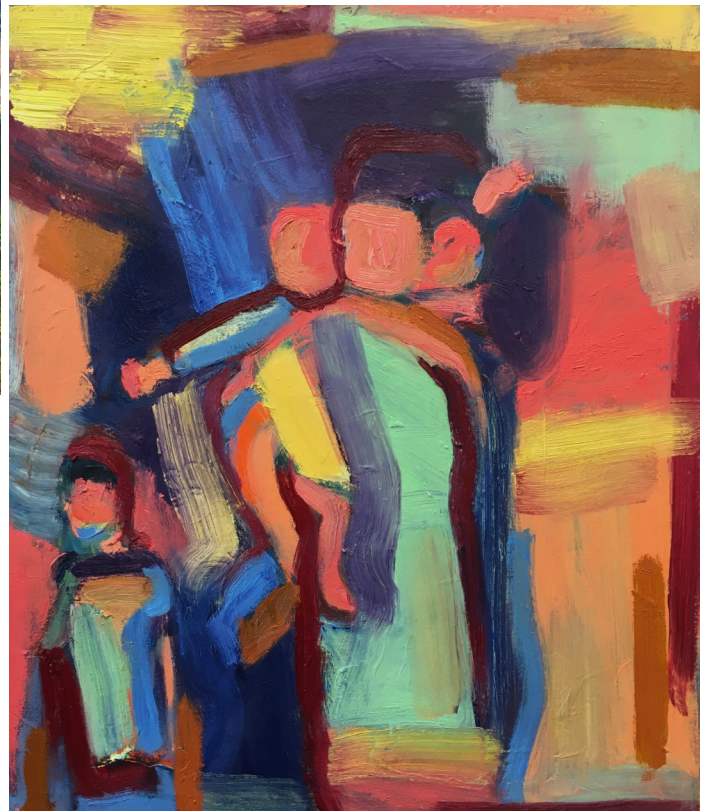
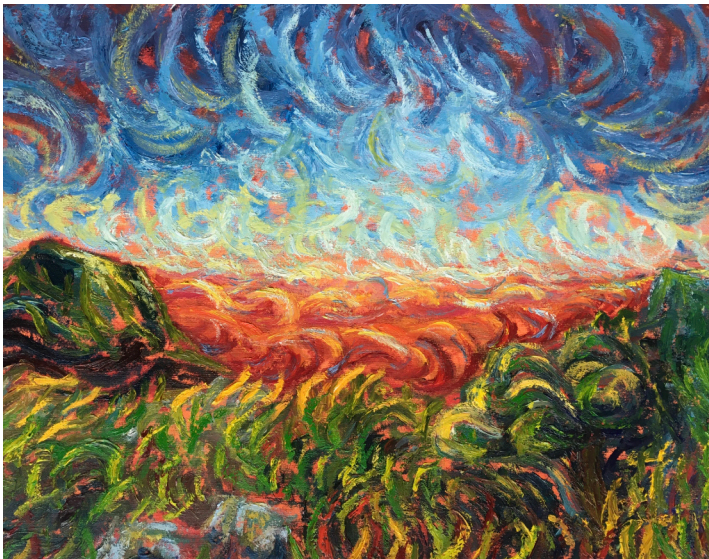
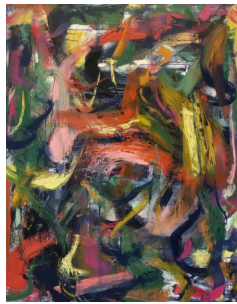
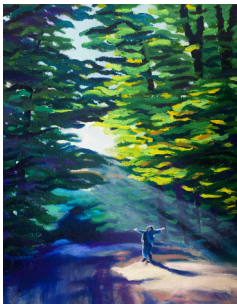
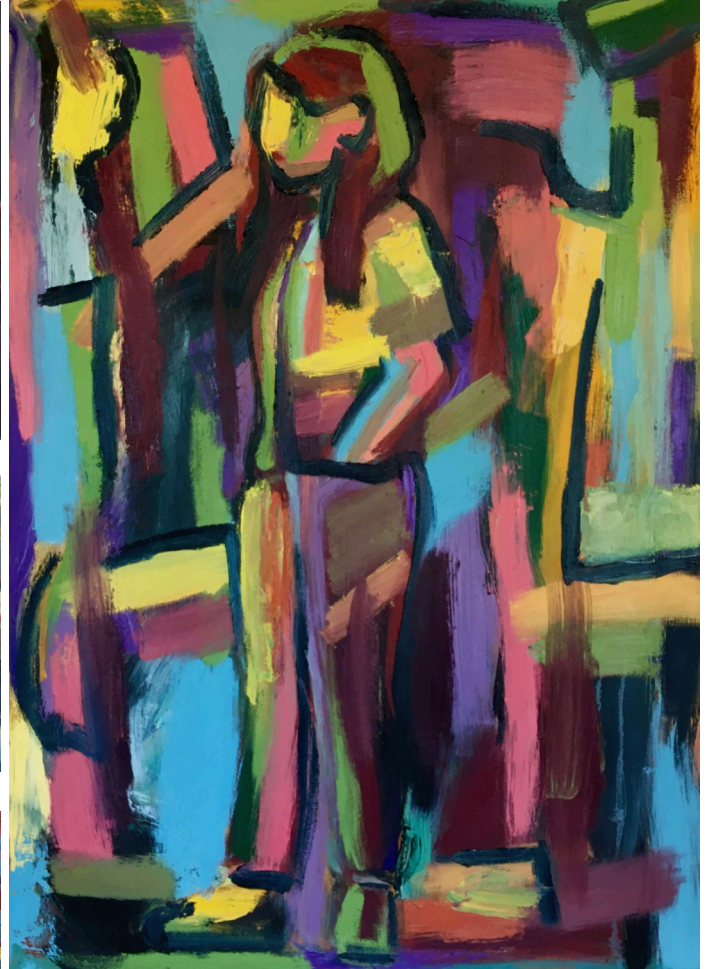
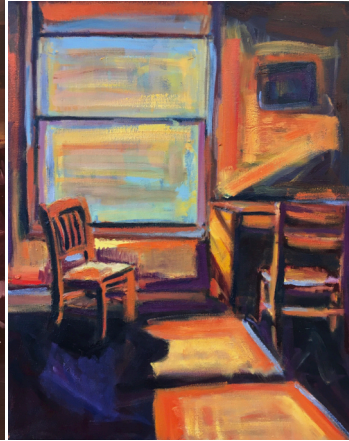
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Artist of the Week

Sarah Mertzlufft

**About the Artist**

Sarah Mertzlufft is a senior Studio Art major, with a concentration in painting. She enjoys music, the outdoors, and almost any adventure. Her work over the years ranges from realism to abstract, but in her most recent years, abstract painting has been her focus.