Sexual assault workshop educates Hope students

Lauren Madison
CAMPUS CO-EDITOR

The Women Studies Department and Student Development hosted social worker, teacher and Hope graduate Lesley A. Coghill Jan. 17 for a workshop entitled “Respectful Relations: Preventing Dating Violence.” The session focused on defining and discussing healthy dating relationships and sexual assault.

Coghill works with Holland’s Center for Women in Transition and the Ottawa County DELTA Project to prevent dating violence by educating men and women of all ages and backgrounds on what it means to be in a healthy relationship. She also gave a talk on consent really means.

According to a 2010 study cited in Coghill’s presentation, nearly one in five women has been raped in her lifetime, while one in seven men can say the same. One in six women have been stalked, and one in four have been the victim of severe violence in an intimate relationship. Given this prevalence of violence against women, efforts to prevent rape and assault are crucial.

Yet, as Coghill stressed throughout the workshop, many of these prevention efforts place blame on the victim, albeit unintentionally. To underscore this point, attendees were asked to brainstorm the different ways women can protect themselves from dating violence and from sexual assault.

Some of the comments included carrying pepper spray, keeping online information private, parking in well-lit areas and many other ideas. While no one can deny that these may be sensible thoughts, Coghill pointed out the implications of that long, diverse list: that it is a woman’s responsibility to protect herself from rape, to be the gatekeeper of her own body.

On the contrary, experts assert that revealing attire does not draw the attention of potential rapists...as soon as we hear about a woman who was raped, we automatically question what she wore and where she was or if she was by herself. We all have preconceived ideas of why women (or men) get raped and we use those ideas to blame the victim...it is key to educate men and women about relationships and the meaning of consent in hopes of changing social norms and attitudes towards sexual assault.

As Coghill reminds Hope students, “it is our personal responsibility to avoid colluding with those who perpetrate violence through silence and apathy. Instead one needs to speak out against sexist attitudes, micro-agressions, and violence that demeans and harms others.”
Shih: Chinese courses benefit students

Chris Cohrs
Guest Writer

With eight students in her class, people could overlook Professor Ling-Ling Lisa Shih’s role and ambitions at Hope College. However, Shih knows her Chinese language is part of a growing trend in the United States, and she wants more students to realize why learning Chinese is beneficial.

Born in Taiwan, Shih came to the United States in 1986, when her family emigrated for opportunity. Shih studied English at California State University because she has always loved language and culture. Eventually Shih got a doctorate in anthropology at University of Albany specializing in Eastern Asian studies and Chinese gender roles.

Shih came to Michigan four years ago to be an assistant professor at Grand Valley State University. She teaches Chinese part time at both GVSU and Hope.

"Hope is best of both worlds because I can teach and be a Christian openly here," said Shih who has been a Christian since high school in Taiwan. Shih converted after learning about Jesus’ teachings and his sacrifice.

Shih now has a blog in which she helps Christians understand biblical texts. She becomes humbled by Jesus’ sacrifice and learning about her imperfection and salvation through Christ.

Because China’s economy is growing 10 percent a year, learning Chinese would mean opportunity for Americans in global markets, Shih said. “It will give American students an extra edge in the business world if they learn Chinese.”

With China’s rising status, the American government also has many security positions opened for those who understand Chinese.

“The American government especially needs people who can understand Chinese when it is spoken on the radio and written on the internet,” Shih said.

Shih would like to create a Chinese major and minor at Hope. This would involve learning both the language and the culture. Learning about Chinese culture would further help Americans students understand how to interact with China in today’s world, she said.

In addition to more American students learning Chinese, the number of Chinese exchange students in the United States and at Hope is also increasing.

According to a report released by International Institute of Education in December 2010, Chinese students enrolling into American higher education institutions has increased 30 percent since 2009. The institute reports that there are around 127,628 Chinese students out of 690,923 international students studying in America as of 2010. At Hope, Chinese students are overtaking the college’s traditional Japanese and British exchange, and Chinese students are coming to Hope College as freshmen and staying for four years instead of one semester.

International advisor Habeeb Awad says that the number of Chinese students at Hope College has grown from six students to 19 students in the last three years. Awad said the trend is due to the rise of a middle class in China. Awad said the biggest challenge right now is integration between Chinese and American students.

Shih’s teaching assistant see Shih, page 10

Philadelphia Center builds confidence, resumes

Brooke McDonald
Copy Editor

Last fall, Sarah Schmidt (’13) was part of the Philadelphia Center — and this spring, she’s decided to stay there for another semester.

What makes Philadelphia "an exceptional place to study for a semester,” according to Schmidt? Valuable professional direction through internships, "phenomenal" classes, independent living and "interaction with the city.”

Thirteen Hope students return to the Philadelphia Center (TPC)’s off-campus study program last fall. Although Schmidt was the only student to attend a second time, many Hope students considered it an invaluable experience, saying they gained a greater sense of confidence in themselves and their abilities from the semester.

Schmidt, a psychology and sociology major with a criminal justice emphasis, interred 32 hours a week last fall in the Philadelphia District Attorney’s Homicide Unit.

The internship provided an important behind-the-scenes look into criminal justice.

This spring, a second internship with the Philadelphia Police Department Crime Scene Unit gives her the opportunity to "grow exponentially in my field of interest, that would not be available to me if I were to return to Hope," Schmidt said.

TPC helps students "learn (how) to be completely independent after graduation,” she explained. “The internship options are astounding and allow students... a greater say in their education.”

Claire Roembach-Clark (’12), a psychology major, attended TPC last fall and interned at the Children’s Crisis Treatment Center, where she worked in a therapeutic preschool classroom helping 3-5-year-old children with severe emotional, behavioral and psychological problems. Her unforgettable interactions with the children convinced her to work with this age group in the future.

Roembach-Clark also interned with a professional photographer, assisting with shoots and even using the photographer’s studio as she pleased.

Communications major Jackie Bray (’12) was surprised by her internship as a project specialist in the Mayor’s Office of Faith-Based Initiatives, saying it was a job she never would have expected to be good at or enjoy. After being in charge of planning multiple municipal events, Bray said “I learned that I would love to do this as a career.”

Along with giving students professional direction through internships, TPC invites students to explore their own
Boko Haram infiltration suspected in Nigeria

Megan Stovens  
Stew Writer

According to the BBC, Nigerian president Goodluck Jonathan, announced that he suspects sympathizers of Boko Haram have infiltrated his nation’s government. “Some are also in the armed forces, the police and other security agencies,” he explained.

The Nigerian conflict with Boko Haram originated nearly three years ago. The group has been around for 10 years. Founded in 2002 by Mohammed Yusuf, the group had its roots in public service. It built a mosque and an Islamic school, which provided an education to poor children across Nigeria and even beyond.

Boko Haram was a fairly quiet group until 2009, when it began attacking government buildings in Maiduguri. These attacks, which included assaults on police stations, were carried out predominantly from the backs of motorcycles.

In retaliation, Nigerian security forces arrested Yusuf and turned him over to the police. While in their custody, Yusuf was later found dead. Although the exact cause of death remains unclear, the London Times speculated he may have been killed while trying to escape. After his death, the security forces announced that Boko Haram had been disbanded. Such was not the case. In 2010 the Washington Times announced that Abuabakar Shekau, Shekau dead since July 2009, but Shekau told a journalist he had only been shot in the leg and now had “intention to retaliate.” In December 2010, Boko Haram bombed the city of Jos. Maya in 2011, more bombings have been carried out by the group.

It’s designed to eliminate online piracy, but all it will really do is cripple and eventually kill social media and search engines, while determined people will still be able to find torrenting sites to download from. — Anne Jamieson (’12)

According to Forbes, 18 million Wikipedia users followed the website’s instructions for contacting their representatives and senators. Google’s petition, which has been signed by 4.5 million people, displays a list of websites that are suspiciously similar to Boko Haram’s. President Barack Obama has voiced his concern about the organization and has called for greater action.

In December 2010, Boko Haram claimed credit for the attack, which killed more than 25 people. The Nigerian police had believed that the attack was carried out predominantly from the backs of motorcycles.

“Basically, what you’ve got is a bunch of congressmen who know almost nothing about the Internet trying to make laws to censor it, but their ineptitude with the subject results in incorrect definitions and vague laws being written that can easily be abused.” — Tim Nagi (’12), who also signed an online petition, agrees with Jamieson. “They’re terrible,” he said about SOPA and PIPA. “Basically, what you’ve got is a bunch of congressmen who know almost nothing about the Internet trying to make laws to censor it, but their ineptitude with the subject results in incorrect definitions and vague laws being written that can easily be abused.” — Tim Nagi (’12)

Opponents of SOPA and PIPA have several problems with the bills. Google’s petition page lists the three most critical points: the bills would lead to censorship on the Web, create uncertainty for American business on the Internet, and prove ineffective against piracy. Protesters worry that the U.S. government would block websites, and some even compare the bills to Internet censorship in China. It is also feared that websites would be saddled with the difficult task of monitoring all content posted by users and would be left vulnerable to expensive and time-consuming lawsuits.

Due to the protest, SOPA and PIPA were not without their supporters, perhaps the largest of which is Hollywood, which wants to crack down on the pirating of films online. Rupert Murdoch, Time Warner, the Entertainment Software Association, GoDaddy.com and the Motion Picture Association of America also support the passage of the bills or similar legislation.
Future of North Korea in question

Citizens punished for not mourning enough over death of Kim Jong-il

Shubham Sapkota
World Co-Editor

It has been more than a month since the death of Kim Jong-il. North Korea has been going through a lot of political instability, which has been a subject of curiosity to the outside world; the communist nation is as secretive as it was before the death of their ‘dear leader.’

Skepticism surrounds the issue of what the future of the country is going to look like, as their current political approach has been deemed deviant by the United Nations, along with most of the international community.

While the world is wondering if the new leader, Kim Jong-un, will make changes to the regime of his father, the government has been accused of punishing its citizenry for not mourning enough for the death of their leader.

Videos and reports after the death of Kim Jong-il have shown that many citizens were involved in elaborate mourning. Reports have said those who did not participate in this organized period of mourning have been sentenced to labor-camps. These people have been accused of not crying enough or were regarded as just not being genuine during this mourning period.

Despite wide accusations from the international community regarding this issue, Pyongyang has angrily denied all these allegations as “misinformation.”

The Daily NK has stated that “the authorities are handing down at least six months in a labor-training camp to anybody who didn’t participate in the organized gatherings during the mourning period, or who did participate but didn’t cry and didn’t seem genuine.”

This report is thought to have come from an unidentified North Korean in North Hamgyong Province, which borders China. The information has been identified as having been relayed through an illegal Chinese mobile phone.

North Korea has been accused of much more serious actions than these, yet it has never appeared unbalanced. It seems unlikely that protests from the United Nations concerning the punishment of insufficient mourners will have any appreciable effect.

Kim Jong-il ruled North Korea as its supreme leader, and his son has also been praised as being a genius and a brilliant strategist. The international community does not know if this is an opportunity for peace talks or something to worry about. Whatever Kim Jong-un does, it will affect the global politics in a major way.

It has been a little more than a month since North Korea’s tragedy, and news of the country’s activities can do is wait and watch how the changes in their government will affect global politics.

Somali famine in its sixth month

Anneliese Goetz
Senior Staff Writer

For the last six months, Somalia has been suffering a food crisis. The mortality and malnutrition rates are staggering. According to the BBC, the UN chief for Somalia, Mark Bowden reported that Somalia has some of the world’s highest rates for malnutrition. “We know that tens of thousands of people will have died over the last year,” Bowden stated. “Children will have suffered the most, malnutrition rates in Somalia were the highest in the world, and I think the highest recorded... up to 50 percent of the child population suffered from severe or acute malnutrition.”

“Children will have suffered the most... up to 50 percent of the child population suffered from severe or acute malnutrition.”

— Mark Bowden
UN Chief for Somalia

The good news is that, according to Bowden, the malnutrition rates have finally started to go down. He adds, however, that the food crisis is “expected to remain high until July or August.” This is another six to seven months of difficulty and death for the people of Somalia.

Many Somalis have been fleeing the area, crossing into Ethiopia and Kenya for relief. According to the BBC, “the UN estimates that a total of 1.5 million people have been affected by the crisis.” The UN has been encouraging relief efforts aimed at replenishing Somalis’ main sources, mainly sheep, goats and camels, so that people can re-establish their lives and move forward.

This is particularly difficult in a country that has not had a functioning central government for more than 20 years. There is infighting between various militias, resulting in set-backs for many of the relief efforts.

Recently, conflict between Kenyan troops and al-Qaeda-linked militants known as al-Shabab has affected relief efforts. The Kenyans are holding al-Shabab responsible for a recent series of kidnappings. According to the BBC, “Al-Shabab, which controls much of central and southern Somalia and has banned many Western aid agencies from its territory, has denied the allegations.”

Perry drops out of Republican race

Anneliese Goetz
Senior Staff Writer

On Thursday, Texas governor Rick Perry announced plans to drop his bid for the Republican candidacy, two days before the South Carolina primary.

Earlier in the week, Perry was still voicing plans to run in South Carolina, even after less-than-stellar results in Iowa and New Hampshire. He came in fifth and last, respectively, but told CNN, “South Carolinians are looking for a conservative candidate that will get this country back and I am it.”

W h e n h e s h o w e d t h e r e s u l t s o f a p o l l i n d i c a t i n g t h a t o n l y 6 percent of South Carolina voters were likely to support him, Perry did not show any signs of backing down. He told CNN, “We’re convinced that that’s our goal, so the idea that we’re going to do anything else, other than try to impact this election is—that’s why we got in it.”

W e d i d n’t g e t i n i t b e c a u s e i t w a s o u r p u r p o s e i n l i f e t o b e t h e p r e s i d e n t o f t h e U n i t e d S t a t e s , ” h e s a i d. “W e d i d i t b e c a u s e i t w a s o u r p u r p o s e t o s e r v e t h i s c o u n t r y , a n d t h a t ’ s w h a t w e ’ v e B e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t h a t’ s w h a t w e ’ v e b e e n c a l l e d f o r, a n d t a
ARTS

Hope artist profile: Jack Droppers of Stationary Travelers

Ben Lemmen
Guest Writer

How long have you been writing?

My mom claims that I was writing songs as soon as I could write. She would find little lyrics, just choruses, that I would write, which were just gibberish. That was as soon as I was able to make sentences. But I picked up the guitar in sixth grade. That’s when I started writing complete songs. I learned one chord and just wrote a song off of one chord.

Can you pinpoint anything that captivated or attracted you to writing songs?

I’ve always loved writing or creating something. As a kid I was always dressing up and creating personas in a way. So to be able to create a song was always just a feeling. Plus, I loved music from the get-go. Me and my brother used to hang out in our playground and pretend that we were putting on a concert for people. We’d sing DC Talk songs or whatever popular artists that our parents would let us listen to mostly.

Do you remember the first song you wrote?

No, I don’t. I remember the first band that I ever played in. My friend got a guitar and drum set for Christmas. I was like, “well, I’ll try and learn how to play guitar!” So we have the tape of the first time we ever played. That was when I knew like three chords. I hate listening to it (laughs). It’s not a good nostalgic moment.

What’s on your iPod?

I just have to listen to U2. Sometimes it will be sporradic. I have a lot of experience or something, and I’ll just feel like I need to write about it. This summer, I remember one time I was going to the beach and I got this drumbeat in my head. I was like, “All right, I need to write something on this!” So I just recorded spoken word vocals on my phone. Sometimes I get really meticulous about it, and I say something like, “For the next three hours I’m going to work on this song.” Usually those are the times that the music sucks, because I’m forcing it to happen.

Tell me the story behind Stationary Travelers.

I played in a band all throughout high school called The Pow Wow. Stationary Travelers was one of the names that we had spoken about for that band, but was pushed aside for one reason or another. When I came to Hope I really wanted to play music somehow, and I was still convinced that The Pow Wow was going to end up working out and move to Michigan, but that just never happened.

Garrett Stier, the drummer of Stationary Travelers, and I met through our rooms basically. We had both played in high school and we were like, “Oh, we should jam sometime,” which usually doesn’t really mean anything when you say that to someone (laughs). Eventually I was fed up because different music avenues just weren’t working out, so I just wanted to start something.

There was a Battle of the Bands in Phelps that year. The event was on Friday, I grabbed Garrett on that Tuesday, along with Colin Rathbun, a trumpet player and bass player. It all kind of randomly started.

There are certain songs that I absolutely love the sound of but I don’t want to play anymore just because the lyrics are either lame or don’t fit into how I see things now. The lyrics add to “the vibe” a little bit more than the music does, in my brain at least.

Which side do you find more fulfilling: the musical or lyrical?

It’s different with every song. Sometimes it will be sporradic. I have a lot of experience or something, and I’ll just feel like I need to write about it.

When I’m writing, I’ll try and learn how to do it. It’s different with every song. Sometimes it will be sporradic. I have a lot of experience or something, and I’ll just feel like I need to write about it.

WTHS Review: “We Bought a Zoo” by Jonsi

Review by Christopher Rodriguez

WE BOUGHT A ZOO

Saturation from the depths of immortal paradise. This soundtrack for “We Bought A Zoo” is a whole grain musical loaf from the oven of nature. Jonsi, vocalist/guitarist of Icelandic Sigur Ros, takes his more personal and melodic creations to give motion picture, “We Bought A Zoo,” and us a collection of pure glory. Each track displays a variety of ambient instrumentation wrapped in beautiful vocals. Track “go-to” include Boy Lilikoi, Sinking Friendships, Go Do and Gathering Stories. Seek out other tracks for soothing, pleasurable compositions for the ears. Overall, this soundtrack is an outstanding example for the potential of instrument ability, including Jonsi’s vocal chords.
This year, I resolve...

**Martial Arts**
This class combines Tae Kwon Do and Kempo Karate, teaching hand and foot techniques for self-defense. Strength, balance and coordination are just a few of the health benefits of martial arts. Tae Kwon Do consists of kicks, blocks and punches to attack an opponent. Kempo Karate involves rapid-fire moves to overwhelm an opponent.

- **Date:** 1/17 - 4/26
- **Days:** Tuesdays and Thursdays
- **Time:** 11 - 11:50 a.m.
- **Cost:** $50

**Pilates**
Pilates is all about developing a strong core, the center of the body. Through smooth, continuous movements in sitting positions, Pilates elongates and strengthens, giving you long, lean muscles and improved flexibility.

- **Date:** 1/17 - 4/26
- **Days:** Tuesdays and Thursdays
- **Time:** 11 - 11:45 a.m.
- **Cost:** $50

**Yoga Nidra**
A powerful relaxation technique, Yoga Nidra reduces tension and anxiety.

- **Date:** 1/17 - 4/26
- **Days:** Tuesdays and Thursdays
- **Time:** 5 - 5:50 p.m.
- **Cost:** $50

**Tai Chi**
Tai Chi, a sequence of slow, continuous poses, combines low-impact activity, meditation and self-defense. The ancient Chinese practice reduces stress, lowers blood pressure and heart rate, improves cardiovascular fitness and enhances mood. Tai Chi helps with the circulation of our internal energy throughout the body.

- **Date:** 1/17 - 4/26
- **Days:** Tuesdays and Thursdays
- **Time:** 5 - 6 p.m.
- **Cost:** $50

...to exercise more

Looking for a fun, healthy way to lose weight, improve strength and reduce stress? Join a fitness class open to students through Hope’s H2O program!

- **Head to:** http://wellness.hope.edu/classes/signup_spring.html and register online.

Whether your New Year’s resolution isn’t going quite how you planned or whether you resolved to make no resolutions, may this be the year of healthiness and taking care of your body.

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**Articles by Lindsey Wolf**

1. **Wash your hands**
   - Physical touch is how many illnesses get transferred. Bacteria live on hands greedily waiting to come into contact with their next victim. To avoid both getting sick and passing on your sickness, wash your hands. Use warm water and soap, and wash for at least 15 seconds.

2. **Don’t touch your face**
   - Not only can you get sick by breathing in airborne droplets from someone who has sneezed, cold and flu viruses can enter your body through your nose and eyes. Askmen.com gives us a friendly reminder of what we all learned in kindergarten: don’t pick your nose, don’t lick your fingers and don’t rub your eyes.

3. **Avoid people who are sick**
   - While you might be tempted to hang out with friends who have come down with something, it is difficult to escape the winter season. Remember, to increase your chance of remaining immune, Askmen.com recommends taking the following precautions.

4. **Stay hydrated**
   - Ignoring all childhood notions of sharing your toys with others, in order to stay healthy, avoid sharing food, drinks, hairbrushes and other items that may spread sickness.

5. **Drink alcohol**
   - Askmen.com, “Staying hydrated may actually help you prevent illnesses as well.”

6. **Get enough sleep**
   - From a campus more than a few feet away, being tired, study hard and prepare for upcoming exams can be a serious challenge. Although cold and flu viruses are mostly transferred between people through direct contact, indirect transmission can be a problem as well … because cold and flu viruses can survive outside the body for several hours or even days. This means that commonly touched surfaces such as counters, faucets and doorknobs could be covered with germs. To avoid getting sick, clean common surfaces often.

7. **Do your homework**
   - Our mothers have all told us to drink lots of water when we get sick. However, according to Askmen.com, “staying hydrated actually helps you prevent illnesses as well.”

8. **Eat fruits and vegetables**
   - Askmen.com recommends taking the following precautions:

9. **Wash your hands**
   -...to take better care of myself

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**Articles by Aleesa Ribbens**

1. **Tai Chi**
   - Tai Chi is all about developing a strong core, the center of the body. Through smooth, continuous movements in sitting positions, Pilates elongates and strengthens, giving you long, lean muscles and improved flexibility.

2. **Pilates**
   - Pilates is all about developing a strong core, the center of the body. Through smooth, continuous movements in sitting positions, Pilates elongates and strengthens, giving you long, lean muscles and improved flexibility.

3. **Yoga Nidra**
   - A powerful relaxation technique, Yoga Nidra reduces tension and anxiety.

4. **Martial Arts**
   - This class combines Tae Kwon Do and Kempo Karate, teaching hand and foot techniques for self-defense. Strength, balance and coordination are just a few of the health benefits of martial arts. Tae Kwon Do consists of kicks, blocks and punches to attack an opponent. Kempo Karate involves rapid-fire moves to overwhelm an opponent.

5. **Good posture and body awareness**
   - Good posture and body awareness are additional health benefits.
I’ll take your word for it

Seriously, I could use the advice.

Caitlin Klask
Co-Editor-in-Chief

Being a kid was super for me. When I was young, I was fully provided for by my very helpful and insightful parents or a range of other adult figures: my maternal grandparents, guidance counselors, teachers, etc. I haven’t really faced adversity because people have been watching over me. But once you hit a certain age, you become the provider for other people. It doesn’t sound like a foreign concept, I know, but once you experience the transition personally, it’s one of those things you have to talk about.

I’m a senior in college now, and my plate is really full (I won’t go into detail or anything, but I’m digesting 19 credits, an internship, an on-campus job, three leadership positions in student organizations, a radio show, a long-distance relationship and a fervent determination to watch every movie in my instant queue). I don’t know where I’ll be after graduate school. I am about to swim in thousands of dollars of student loan-related debt. What I’m craving is by far one of my favorite meals to make. Why? Because the combination of toppings. Petrino’s and Papa John’s won’t stand a chance.

Pizza is by far one of my favorite meals to make. Why? Because the possibilities are endless. When using store-bought pizza dough, making a delicious creation of your own couldn’t be simpler. Next time you get the craving for cheesy goodness, whip up one of these recipes for you and your friends. Or experiment with your own unique combination of toppings. Petrino’s and Papa John’s won’t stand a chance.

For all pizzas, begin by preheating the oven to 425 degrees. Stretch and roll dough to fit your baking sheet and brush with olive oil.

The college chef

Better than Petrino’s

Charlotte Park
Columnist

-Vali Helpie, my high school AP English teacher. She said this at our first time, I slept in too late and enjoyed it.

Happily, I can share some of the advice I’ve received over the years:

1. “If you’re feeling upset, wash your face and put on a pair of socks.”

2. “Every day, once a day, give yourself a present.”

3. “No one understand you.”

-Bruce McCallough in “Kids in the Hall.” Bruce is directing his advice to aspiring actors and actresses in this sketch comedy scene, telling them it’s pointless to fall into normal society because they’re destined for better, but I get it; I’m supposed to make my own decisions. I understand me; that’s what matters!

4. “Slow that darned thing down.”

-A crazy curmudgeon back home. It was really snowy outside, but my best friend and I didn’t have to take our ACTS, so I drove quickly. He rolled down his window and motioned for me to do the same, and I could tell he was irate even before he yelled. I didn’t listen. Not even two minutes later, I was stuck in a snow bank and had to call a tow truck. I don’t really drive quickly anymore.

5. “Think what you want about me; I’m not changing. What you see is what you get.”

-John Candy in “Planes, Trains & Automobiles.” I’ve never necessarily put this advice to use, but I know it’s not useless to keep it stored upstairs. Whoever doesn’t cry at this part in the movie must be terminally judgmental or without a soul. John Hughes must have been a really great dad.

So my list is small but full of heart, and I’m working on it gradually. By the time I’m fully transitioned into adulthood, I hope I have enough advice to give kids in my position. Do you think you have something better? You should share it; write a letter to the editor with your advice and send it to anchor@hope.edu. I won’t be the only one who appreciates it.

Writer’s Block

A column about columns

Jennifer Hermenet
Columnist

You wouldn’t think writing a column would be easy. You get to write about whatever you want, no rules, it’s just a page of you and your thoughts. So why is it so hard to think of ideas for it? It’s not like I don’t have any thoughts. I could easily write about missing my dogs, debating transferring, missing dancing or the beauty of Pinterest. However, none of those things are catching my eye to write 500-700 words about.

Since I was finding myself in a writer’s block pickle, I decided to Google “column ideas.” Doing so made me realize why everyone gets stuck when writing columns, because the ideas provided were simply awful. But if they get at least one person inspired, then I guess they are worth it.

I typed “column ideas” in the search bar and clicked on the first link that popped up. On that website I was provided with, “Jelly beans and...stickers...whatever the devil you kids talk about these days.” That was actually on the top of my priority list when it came to important things to talk about in my column. What is there to say about jelly beans and stickers? They are both perfect for young children to eat and play with, that is about it. I personally grew up, and still am, an incredibly picky child. I always hated jelly beans, but I know most kids my age at the time loved them. Stickers, however, I could not get enough of. I thought stickers were the best invention ever. I had multiple books of stickers just to have them because I thought they were cool.

Such little things entertained me when I was a little. Stickers and paper dolls kept me busy for hours at a time. I only played with paper dolls at my cottage though; it was almost something specifically reserved for Canandaigua, where my cottage is located. When I wasn’t at my cottage I spent all my time playing with my American Girl Dolls and Barbies while my brothers kept busy with their Legos and Power Rangers.

When we were little kids we all worshiped our toys. One time I broke the head off of my older brother Joe’s Power Ranger, and he was so mad he threw me into the television. Granted, I was only a year old and Joe was only three, so he didn’t mean to do it. He didn’t know he was going to hurt me. He was that protective over his toys.

That was important to him. As kids we had nothing to worry about. We woke up, went to school, came home and had a snack, went to play with our toys, then went to bed to wake up the next day to do the same old thing. We never complained about it though; we didn’t complain about our days like we do now as young adults.

Sure, our lives have all gotten a little more complicated, but they follow the same patterns. We wake up, go to class, come home and eat something that will surely make us gain that college weight while doing our homework; we play with our toys, which would be our laptops; get on Facebook, Twitter, Pinterest, or whatever else on the internet captures our fascination; then we go to bed and wake up to do it all again the next day.

We’re all living the same lives we did as kids; we follow the same structure that we did in our elementary days. We traded in our dolls for laptops and our Legos for iPads. We grow up and move onto bigger and better things. Our toys become more and more complex, but we live the same life we always lived. Our lives become more complicated every day, but that all is a part of growing out of the kid life we had. However, I think if you’re 19 or 90, you still hold onto that kid life a little bit. Myself included. I have a cabinet full of my American Girl Dolls, and I still sleep with a stuffed animal version of my first dog every night. I still hold onto my childhood like everyone else. I think part of me will always live my kid life.

CONTINUED ON PAGE 9
Cabin fever: the abroad column

With all the study abroad opportunities that Hope offers, you may not have heard about the Oregon Extension. Just like there are programs in New York, Chicago, and Philadelphia—there is also one settled on top of a mountain in Lincoln, Ore.

In August 2010, as juniors in college, we were ready to take a break from the traditional college setting. Twenty-three other students from colleges around the U.S. journeyed to Oregon where we all lived communally: chopping wood for our woodstoves, sharing potlucks on Wednesdays, tending to the chickens in their coop, spending our Friday nights in Ashland, the town down the mountain.

We read up to three books per week and our “assignment” included open dialogue with one another. There were lectures everyday, followed by small group discussion where we talked about the previous day’s reading, over cups of hot tea and coffee. There was no homework on the weekends. Three times during the semester, we focused in on our own individualized projects. We read, researched and wrote a paper on our chosen topics: how ants live in community, a chapbook of poems, the origin and role of clowns in society, the ethics of eating. A student who was a creative writing and women’s studies major even wrote a paper on quantum mechanics.

Our batch of six professors opened their homes up to us, brewed countless pots of coffee, brought us freshly baked bread for a midnight snack. The classroom was seamless: questions were asked around the dinner table, professors went on walks with us, and we shared our existential crises with one another. In the fast-paced lifestyle of go-go-go we don’t have the time to really sit with questions heavy on our minds and hearts.

In Oregon, it was welcomed, encouraged and expected. Before cabin fever hit, there was always a well-timed trip that gave us a break from our secluded mountain community. We crossed the Golden Gate Bridge in San Francisco, hugged and climbed Redwoods, backpacked for seven days throughout the Pacific Northwest, and slept in yurts along the Oregon coast.

On Monday, you might see a man wearing a black wide brimmed hat—kinda cowboy—most likely paired with zip-off nylon pants and an olive green Northface jacket. He’ll be outside. Maas during lunch and dinner hours with an assortment of free Clif Bars. If you think he looks like a man who just wandered in from the woods (and slightly confused), you’d be right. Introduce yourself. Take a Clif bar. His name is John and he’s a professor at the Oregon Extension.

If you want more information, we’d love to talk your ear off, or you can speak with Jim Allis in the philosophy department. Remember that off-campus applications are due by Feb. 1.

Pizza, pizza

• JUMP, from page 8

Buffalo Chicken Pizza
Total time: 50 minutes

1 store-bought pizza dough
Olive oil
2 boneless skinless chicken breasts
½ cup tomato sauce
2 tablespoons hot sauce (like Frank’s)
1 tablespoon Worcestershire sauce
1 cup shredded Monterey jack
½ cup blue cheese, crumbled
3 scallions, thinly sliced
Season chicken breasts with salt and pepper, and drizzle with olive oil. Sauté over medium heat, around seven minutes per side, until browned. Meanwhile in a separate pan, melt butter and stir in hot sauce, Worcestershire and tomato sauce. When chicken is cooked, remove from pan and cube into 1-inch pieces. Add to sauce and stir to coat. Cover dough with chicken, cheeses and scallops and bake for 15-18 minutes.

Veg-Out Pizza
Total time: 30 minutes

1 store-bought pizza dough
Olive oil
1 cup tomato sauce
½ cup marinated sun-dried tomatoes, chopped
1 cup button mushrooms
1 cup bell peppers, sliced
½ cup mozzarella cheese, shredded
½ cup Parmesan cheese, shredded
Top dough with tomato sauce, vegetables and cheeses. Bake for 12-15 minutes.

Margherita Pizza
Total time: 30 minutes

1 store-bought pizza dough
Olive oil
½ cup Parmesan, grated
2 Roma tomatoes, sliced thin
1 garlic clove, minced
6 fresh basil leaves, chopped
Top dough with mozzarella slices, then layer with tomato slices. Sprinkle with Parmesan, chopped basil, garlic and drizzle of olive oil. Bake for 15 minutes.
Winter Happening features variety of seminars Saturdays

Hopes' Winter Happening will feature multiple seminars in two blocks in the morning, a luncheon with musical entertainment and a home men’s basketball game with Alma College. Open to the general public, the event is sponsored by the college’s office of public and community relations.

The morning will feature six seminars, three at 9:30 a.m. and three at 11 a.m.

The 9:30 a.m. seminars are "Entrepreneurial Leaders and Student Start-up Companies at Hope," "Shakespeare’s Prayers" and "Helping People to See Better with Mobile Phones." The 11 a.m. seminars are "Reading and Writing on the Nanoscale: Imaging and Manipulating Nanoparticles, Molecules, and Atoms," "The Gardens of Post-Industrial Michigan," and "Bi-}

Remaining winter 2012 sports schedules

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James Rogers
ASSOCIATE SPORTS EDITOR

The hockey team was nothing short of dominant this weekend against Kettering University, winning on Friday by a score of 13-2 and coming back Saturday with an 8-1 ousting.

The Dutchmen improved to 19-1-0-1 for the season following the two victories. More than a month passed after their 4-2 victory over Robert Morris, Ill. on Dec. 9 before the men were back on the rink on Jan. 13, which resulted in a 12-2 defeat of Detroit Mercy.

While not mandated to remain at Hope during Christmas Break, coach Chris Van Timmeren expected his crew to stay consistent. A few teammates from the Detroit area gathered for a couple skates over the vacation.

"The team was not forced to stay on campus during the break," said Justin Glick (14). "but we were expected to continue practicing on our own."

The break in action took no sharpness out of Hope's spokes as they proved to be relentless in a Jan. 14 rout of Lawrence Tech and in the two matches of Kettering.

On Friday night at Kettering's Ice Mountain Arena, the Dutchmen were off and firing from the beginning, never backing down and ousting the Bulldogs 13-2.

Nine different Hope players scored in the game, as Court Fall (13), Andrew Haggerty (12), Chris Kunnen (12), and Drew O'Brien (14) all put in two each. Kunnen was also credited with four assists.

Only in the 12-2 triumph over Detroit Mercy did Hope have that wide of a scoring range, as 10 different players scored.

Glick led the team with five assists. Goalie Dave Nowicki (12) stopped 13 of 15 shots on the night.

The Dutchmen then took their talent to Edge Ice Arena in Holland on Saturday in a rematch with Kettering. Hope once again proved to be the stronger side, cruising to an 8-1 win and a 21-3 total scoring advantage in the weekend match with the Bulldogs.

Riley Hoernschemeyer (14) and Kunnen both scored twice. Twenty different players were awarded an assist as Glick once again led the way with three.

"One thing we have been working on is when we get ahead, we need to keep pressing and not letting the other team come back," Hoernschemeyer said. "I think we did a good job of that in both games."

Nowicki stopped 24 of 25 shots on Saturday. For the weekend he denied 37 of Kettering's 40 shots.

To Hope's liking, the goals have been pouring in at fast rates.

"The goals have been coming easy the last few games because the level of competition hasn't been the greatest," Glick said, "but also we have changed up the lines a little from last seasons and have found some chemistry that seems to be working."

Slapping in 41 goals through four games in January is a good indication of unwavering chemistry.

"The guys on the team really keep each other focused," Hoernschemeyer said.

The Dutchmen will face Saginaw Valley State at Edge Ice Arena on Jan. 27 at 8:45 p.m.

Hockey checks off two more victories

Synthetic turf coming to Holland Municipal

James Rogers
ASSOCIATE SPORTS EDITOR

Holland Municipal Stadium has the potential to receive a well-deserved makeover. The upgrade would consist of a brand new, player-friendly artificial turf coming to Holland Municipal. The upgrade would consist of a brand new, player-friendly artificial turf.

With the court area considered a "portfolio" of student and will serve as a beautiful experience in its own right, the court area will be appealing and enduring.

City of Holland officials and a select number of representatives from Hope and Holland Public School have been meeting and discussing plans for the construction of a new outdoor tennis complex consisting of 12 courts.

Many Hope track athletes competed in the first indoor meet of the season at Grand Valley State University on Friday. The meet consisted of over 900 athletes and lasted for more than eight hours.

Some notable performances were: Sheri McCormack ('14) in 900 meters (2:19.72) and 1 mile (5:13.67); Camille Borst ('14) in 3000 meters (10:31.18); Joel Rietema ('13) in 600 meters (1:22.76); Sam Pederson ('14) in 5000 meters (15:25.41); Christian Calvoro ('12) in 60 meter hurdles (8.08); Steffen Mayhue ('14) in long jump (24-1); Jonas Lawson ('13) in triple jump (40-5); David Delfin in triple jump (40-0). Two more stellar performances came in the men's 3000-meter race. Hope's school record is listed at 8:39.11 set by Ryan TerLouw in 2006, and on Friday at GVSU Nathan Love ('12) nearly broke it, running 8:39.67.

The men's basketball team (16-1, 6-0 MIAA) jumped up four spots in the NCAA Division III national poll released on Monday. The Dutchmen are now ranked third in the nation.

While not mandated to remain at home, Hope's women's basketball team is still ranked number 20 in the nation.

The Dutch dropped eight shots in the poll, but still possess a 15-3 (7-2 MIAA) record.

MIAA PLAYERS OF THE WEEK

Men's Basketball
David Krombeen ('12) Guard

Men's Swimming
Josh Grabijia ('13) Distance

TRACK TEAM COMPETES AT GVSU

Men's Basketball

The Dutch dropped eight spots in the poll, but still possess a 15-3 (7-2 MIAA) record.

MIAA PLAYERS OF THE WEEK

Men's Basketball
David Krombeen ('12) Guard

Men's Swimming
Josh Grabijia ('13) Distance
**SPORTS**

**Men’s basketball keeps perfect MIAA record over Calvin, Olivet**

**Katherine Maguire**  
**Guest Writer**

The Hope College men’s basketball team defeated Calvin 81-65 after one of the biggest comeback wins in Hope’s history on Jan. 18.  

“It was the tale of two halves,” head coach Matt Neil said. “Our boys manned up in the second half and played some Hope defense and that’s what we were after.”

The excitement that filled the arena at the beginning of the game quickly quelled as Calvin started the game making shot after shot.  

“They were shooting the ball well, and we weren’t playing very good defense,” Krombeen said.  

The Knights went on to shoot 64 percent in the first half. At one point Hope was down by as many as 12 points.  

“I thought for 35 or 38 minutes that we defended really well,” Calvin head coach Kevin Vande Streek said. “We took good shots, took care of the ball.”

In what could have been a major upset to Hope’s season, the Flying Dutchmen trailed the Knights 22-40 after the first half of the game.  

The Flying Dutchmen stepped up its defense and took back the court shooting almost 60 percent in the second half.  

“We got tougher,” Neil said.

“We got beat by a good team,” a Calvin forward said. “There’s a reason they had a 10-point lead.”

The excitement that filled the arena at the beginning of the game quickly quelled as Calvin started the game making shot after shot.  

“Anytime we get that crowd onto it for good, helped in part to our performance,” Krombeen said. “Victory over Kalamazoo.”

With point totals of 21 and 20 respectively, Krombeen and Burnett were major contributors to Hope’s victory.

**Women’s basketball defeats Trine, suffers rare DeVos loss to Albion**

**Bethany Stripp**  
**Sports Editor**

The women’s basketball team split its games last week, defeating Trine 67-34 but falling to Albion 46-63, and is now tied with the Britons for second in the conference race.

On Jan. 18, the women hosted Trine in its first home game since mid-December. Though the Thunder were the first on the court, three-pointers by Maddie Burnett (‘12) in the first two and a half minutes of play gave the Flying Dutch a lead they would maintain for the rest of the game.

Hope outscored Trine 31-14 in the first half, Burnett put up a strong offensive effort in the first 20 minutes, scoring all of her team-high 14 points during the first half of the game.

Burnett also pulled down three offensive rebounds in the same time frame.

Hope continued its tough offense throughout the second half, leading by no less than 15 points throughout the half. Hope also dominated the battle of the boards in the second half, pulling down 26 rebounds compared to Trine’s eight.

Courtney Kust (‘13) led the Flying Dutch’s rebounding both in the second half and in the whole game, grabbing 10 rebounds overall and narrowly missing a double-double for the game, scoring nine points.

Allie Cerone (‘12) stole the ball from Trine four times in the game, marking the third time this season she has had four or more steals in a game.

On Jan. 21, Hope opened the second half of its MIAA season against Albion in DeVos Fieldhouse. Albion entered the game with a 10-game win streak that began after its loss to Hope on Dec. 3.

Hope struggled offensively during the first half, shooting a chilly 24.2 percent and missing all 16 of its attempted three-pointers. The Dutch defense was able to keep Albion from pulling too far ahead, though, and the half finished with Hope trailing by three.

Liz Ellis (‘13) scored eight points off two threes and a jumper in the second half to give Hope a 28-27 edge after just over three minutes of play, but Albion took the lead back less than a minute later and held onto it for good, helped in part by a five-minute scoring drought from the Dutch.

Hope’s shooting woes continued through the rest of the game with a 23.2 overall field goal percentage and Albion finished on top, 63-46, handing the Dutch its worst loss since an NCAA tournament loss to Wisconsin-Eau Claire in 2003.

“We got beat by a good team,” Hope head coach Brian Morehouse said after the game. “There’s a reason they had a 10-game winning streak and they played very, very well.”

The loss to Albion was only the third DeVos Fieldhouse loss for the Dutch, though Morehouse was quick to point out that even though the Dutch may have a good record at home, playing in DeVos does not guarantee wins.

“If you’re not good, you’re not good,” Morehouse said. “It’s how you play in this building that allows you to win.”

The women’s basketball season is far from over, though, with seven more MIAA games before the conference tournament including its next home game on Feb. 3 against Calvin.

“We still have a lot of the season left and a lot of time to make adjustments, improve and keep going at it,” Ellis said. “I don’t think that this should mean the end of the season for us.”