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 what 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 21 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 that will 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. "Women are told that we must dress or act certain ways and if the victims’ behavior has any connection to the assault, we immediately blame her. This is a huge reason why many people who witness or are even the perpetrator of sexual assault do not seek help," Coghill said.

Pointing 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. Sidney Timmer (‘14), a senior social work major agrees, “Women are told that we must not dress or act certain ways and if the victims’ behavior has any connection to the assault, we immediately blame her. This is a huge reason why many people who witness or are even the perpetrator of sexual assault do not seek help," Coghill said.

No college or university is immune to the issues of dating violence and sexual assault.

"Women are told that we must not dress or act certain ways and if the victims’ behavior has any connection to the assault, we immediately blame her. This is a huge reason why many people who witness or are even the perpetrator of sexual assault do not seek help," Coghill said. "No college or university is immune to the issues of dating violence and sexual assault."

Says Coghill, “No college or university is immune to the issues of dating violence and sexual assault. Sadly for Hope College, recent events have made this painfully clear. On Dec. 5, a Hope sophomore allegedly kidnapped and assaulted his ex-girlfriend, a fellow Hope student. How then, is sexual violence to be prevented without blaming 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-aggressions, and violence that demeans and harms others.”
Shih: Chinese courses benefit students

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 GVVSU 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 for a semester, according to Schmitt. Shih 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 the 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 continues to grow, 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 read the story: "Shih's teaching assistant..."
Internet blackout protests anti-piracy bills

President Obama comes out against SOPA and PIPA

Cory Lakatos
World Co-Editor

If you tried to access Wikipedia on Jan. 18, you may have been in for a surprise: the popular online encyclopedia went dark protesting two bills intended to target Internet piracy that are currently making their way through Congress. The protest was scheduled for Jan. 18 to coincide with the House Judiciary Committee hearing on SOPA. The names of the bills are the Stop Online Piracy Act and the Protect IP Act. The former is the House version while the latter is its equivalent in the Senate. Though Google did not go down, the site protested by covering its famous logo with a black box and asked visitors to sign a petition. All over the Internet, websites large and small blacked themselves out, urging users to contact their senators and representatives, or used other methods to protest SOPA and PIPA. Facebook, Twitter and other social networking sites have been filled with statements against the anti-piracy bills. Approximately 8 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 speaking out against the bill. Included are eBay, Etsy, Facebook, LinkedIn, Mozilla, Reddit, Tumblr, Twitter and Yahoo. The blackout’s initial announcement indicated that it had some success: according to Forbes, 18 more senators were committed to voting against PIPA. In addition, President Barack Obama shortly before the blackout that he would veto SOPA and any bill that did not have a narrower focus. As public and congressional support rapidly diminished, SOPA was killed in the House by its lead sponsor, Texas Republican Lamar Smith. The Senate vote on PIPA, scheduled for Jan. 24, was delayed. Hailing the rise of Internet activism in national politics, observ- ers have declared both bills dead. Hope students were among the voices in the outcry against the bills. Anne Jamieson ('12) contacted her representatives and signed a petition. “My favorite part is that most of the people in Congress can’t even explain exactly what they think the bill would do because they’re not ‘nerdy’ enough,” she said. “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.”

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)

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.” 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. Despite the protest, SOPA and PIPA are not without their supporters, perhaps the largest of which is Hollywood, which wants to crack down on the pirating of films online. Rupert Mur- doch, Time Warner, the Enter- tainment Software Association, Google, Netflix, and the Motion Picture Association of Ameri- ca also support the passage of the bills or similar legislation.

Boko Haram infiltration suspected in Nigeria

Megan Stovens
Senior Writer

According to the BBC, Nige- rian president, Goodluck Jona- than, announced that he suspects sympathizers of Boko Haram have infiltrated his nation’s gov- ernment. “Some are also in the armed forces, the police and other security agencies,” he explained. The Nigerian con- flict with Boko Haram originated nearly three years ago. It is a group that 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 back of motorcycles. In retaliation, Nige- rian security forces arrest- ed Yusuf and turned him over to the police. While in their custody, Yusuf was later found dead. Al- though the exact cause of death remains unclear, the London Times speculated he may have been killed while trying to es- cape. After his death, the security forces announced that Boko Haram had been disbanded. Such was not the case. In October 2010 the Washington Times an- nounced that Abubakar 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. In May 2011, more bombings bombed the Nigerian police headquarters, the UN head- quarters in Abuja and mul- tiple locations Christmas day. Among those killed were, according to the BBC, “police, politicians and anyone who crit- izes it, including clerics from other Muslim traditions and a Christian preacher.” Shekau de- fended these attacks in a You- Tube video. The attacks were, he said, revenge for the backlog of Christian attacks on Muslims. A U.S. Congressional report released in November claimed that Boko Haram may be joining al-Qaeda groups. Boko Haram denied this claim. Meanwhile, Jonathan has compared the current situation to Nige- ria’s civil war, saying that although the three-year conflict killed many more people, the Boko Haram situation is worse in that it is more difficult to deal with. “During the civil war,” he said, “we knew and we could even pre- dict where the enemy was coming from. But the challenge we have to- day is more complicated.” The president, a Christian himself, has been accused of not do- ing enough to protect fellow Christians. Ayo Oritsejafor, the pastor in charge of the Christian Association of Nigeria, has since suggested that the Boko Haram’s acts are a “systematic ethnic and religious cleansing.” As a result of continu- ing Boko Haram attacks, a state of emergency has been declared in four of the country’s 36 states.\n
**WORLD**

**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 are regarded as just not being genuine during this mourning period.

Despite widespread 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 unverified. It seems unlikely that protests from the United Nations concerning the000 accuse000 insufficent 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 no one knows how the North Koreans can do is wait and watch how the changes in their government will affect global politics.

**Somaliland 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 have died after 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.”

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 displaced by the crisis.”

The UN has been encouraging relief efforts aimed at replenishing Somalis animals, 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.”

Anneliese Goetz  | Senior Staff Writer
---|---

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

Earlier in the week, Perry was still voicing plans to run in South Carolina. The pull-out 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.”

He n kown the results of a poll in d i c at ing that only 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.”

We didn’t get in it because it was our purpose in life to be the president of the United States,” he said. “We did it because it was our purpose to serve this country, and that’s what we’ve been called for, and that’s what we’re going to continue doing.”

When Perry initially entered the running in August, he had a strong following, but support for him decreased as the debates continued. Both Newt Gingrich and Rick Santorum have made an “aggressive effort” to get Perry’s endorsement and win over his voters. Sources close to Perry have told CNN that Perry will “indicate his support for Newt Gingrich but will not explicitly endorse him.”

Perry drops out of Republican race

**FALLEN DEAR LEADER—** On Dec. 20, the body of the North Korean leader Kim Jong il was laid to rest in a memorial palace in the nation’s capital, Pyongyang.

Hamgyong Province, which is linked to 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 no one knows how the North Koreans can do is wait and watch how the changes in their government will affect global politics.
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 mentioning it (laughs). It's not a good nostalgic moment.

What's on your iPod?
I've written all of my songs on my phone. I'll record spoken word vocals and my guitar playing. 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 of playing in Stationary Travelers because the other three guys are far better musicians than I am.

Which side of song making do you find more fulfilling: the musical or lyrical?
If I had to choose between those two I would probably pick the lyrical side. The musical always comes first for us. 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.

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 trumpeter and bass player. It all kind of randomly started.

We're putting out a new album through our moms basically. We were putting on a concert for Haiti. Mike Bass came to us with this riff, and we started playing with it. In one hour or so, it came out and we agreed that this was the song Laura needed to sing on. We brought her in and it just clicked in about two takes.

What's the future for Stationary Travelers? Do you have any musical plans or aspirations?
We are sort of taking it one step at a time. Three of us are graduating this year, so we're weighing out where we will be next year. We're in the works of getting a live CD recorded. That will probably be toward the end of the school year. That will be sort of a "last hurrah" or maybe as a send-off to something that will look way different from here. If we continue to play it will be hard for it to be the four of us, but we definitely want to continue to play.

WTHS Review: “We Bought a Zoo” by Jonsi
Review by Christopher Rodriguez

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 melodious creations to the lyrical side. The musical is more of a challenge?

Which side do you find more fulfilling? The musical or lyrical?
I've been listening to your songs. “Hispaniola” with Laura Hobson recently. That is an amazing song. How did that one come about? Is there a story behind it?

This is actually a really funny story. Funny and sad. We really wanted to do a song with a girl singing in it, particularly Laura Hobson because I wanted to set Garrett up with her. They're actually still dating now. Anyway, I had been pressing for a song to write that would be appropriate for a girl to sing on so we could find an excuse for them to hang out. Then the earthquake happened in Haiti. Garrett and I sat in front of the TV for like, a whole day, just staring at the images that day. We wrote another song that we played once, but it just never stuck.

Then we got an opportunity to play at a benefit show for Haiti. We really wanted to write something special for it. Mike Bass came to us with this riff, and we started playing with it. In one hour or so, it came out and we agreed that this was the song Laura needed to sing on. We brought her in and it just clicked in about two takes.

Which side do you find more fulfilling: the musical or lyrical?
I need to write. I'll just feel like I'm not a better musician than I am. I'm forcing it to happen. That was when I knew like three chords. I hate mentioning it (laughs). It's not a good nostalgic moment.

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 of playing in Stationary Travelers because the other three guys are far better musicians than I am. Which side do you find more fulfilling? The musical or lyrical?
I've written all of my songs on my phone. I'll record spoken word vocals and my guitar playing. 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.

Which side of song making do you find more fulfilling: the musical or lyrical?
If I had to choose between those two I would probably pick the lyrical side. The musical always comes first for us. 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.

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 trumpeter and bass player. It all kind of randomly started.

It's different with every song. Sometimes it will be sporadic. I'll have an 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 of playing in Stationary Travelers because the other three guys are far better musicians than I am.

Which side of song making do you find more fulfilling: the musical or lyrical?
I've written all of my songs on my phone. I'll record spoken word vocals and my guitar playing. 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.

Which side do you find more fulfilling? The musical or lyrical?
I've been listening to your songs. “Hispaniola” with Laura Hobson recently. That is an amazing song. How did that one come about? Is there a story behind it?

This is actually a really funny story. Funny and sad. We really wanted to do a song with a girl singing in it, particularly Laura Hobson because I wanted to set Garrett up with her. They're actually still dating now. Anyway, I had been pressing for a song to write that would be appropriate for a girl to sing on so we could find an excuse for them to hang out.

Then the earthquake happened in Haiti. Garrett and I sat in front of the TV for like, a whole day, just staring at the images that day. We wrote another song that we played once, but it just never stuck.

Then we got an opportunity to play at a benefit show for Haiti. We really wanted to write something special for it. Mike Bass came to us with this riff, and we started playing with it. In one hour or so, it came out and we agreed that this was the song Laura needed to sing on. We brought her in and it just clicked in about two takes.

What's the future for Stationary Travelers? Do you have any musical plans or aspirations?
We are sort of taking it one step at a time. Three of us are graduating this year, so we're weighing out where we will be next year. We're in the works of getting a live CD recorded. That will probably be toward the end of the school year. That will be sort of a "last hurrah" or maybe as a send-off to something that will look way different from here. If we continue to play it will be hard for it to be the four of us, but we definitely want to continue to play.
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.

Days: Tuesdays and Thursdays
Times: 5 - 6 p.m.
(Advanced class 5 - 6:30 p.m.)
Dates: 1/17 - 4/26
Cost: $30

Photos courtesy of Flickr

Yoga Nidra

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

Because it stimulates sleep, it has a soothing effect on the mind. The practice of Yoga Nidra brings a sense of peace and clarity. If you’re looking for a calming break from classes, head to the Dow on Tuesday mornings with a yoga mat and small pillow.

Days: Tuesdays
Times: 11 - 11:45 a.m.
Dates: 1/17 - 4/23
Cost: $50

Alanna Witten
Photography courtesy of Askmen, Inc.

T’ai 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. T’ai Chi helps with the circulation of our internal energy throughout the body.

Days: Tuesdays
(Intermediate Class)
Times: 5 - 5:50 p.m.
Dates: 1/17 - 4/24
Cost: $50

Days: Thursdays
(Advanced Class)
Times: 5 - 5:50 p.m.
Dates: 1/19 - 4/26
Cost: $50

Hold two hands with one stone this year. Not only will exercise help you shed those extra pounds you resolved to lose, it will help boost your immune system and keep you from picking up sick. However, if you do feel like you might be starting to get sick, it may be a good idea to take two aspirin. This will help reduce the chance of you getting sick and will also ease the symptoms.

Photos courtesy of Wikimedia Commons

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.

Good posture and body awareness are additional health benefits.

Days: Tuesdays and Thursdays
Times: 11 - 11:50 a.m.
Dates: 1/17 - 3/1 and 3/6 - 4/26
Cost: $50 for each session

...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 https://wellness.hope.edu/classes/signup_spring.html and register online.

...to take better care of myself

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.

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 hawthing in airborne droplets from someone who has sneezed, cold and flu viruses can enter your body through your nose and your eyes. Askmen.com gives us a friendly reminder of what we all learned in kindergarten: don’t pick your nose, don’t rub your eyes.

3. Avoid people who are sick

If you have friends who are currently running a fever with aches and pains, they definitely shouldn’t be sharing food, drinks, hairbrushes and other items that may spread sickness.

4. Stay hydrated

Dehydration often goes hand-in-hand with the common cold and flu. Our bodies are mostly made up of water and they need to stay hydrated. To stay hydrated, drink lots of water when you get sick. However, according to Askmen.com, "staying hydrated may actually help you prevent illnesses as well.”

5. Eat and drink fresh vegetables

Antioxidants and minerals are necessary to help your immune system fight off infection. Consuming a variety of fruits and vegetables helps do so.

6. Stay active

Studies show that consuming alcohol weakens your immune system. If you feel like you are coming down with something, skipping a Friday night party might be a good decision in the long run.

7. Get enough sleep

With homework, papers and exams galore, sleep is the last thing on many college students’ minds. However, in the long run, getting at least eight hours of sleep a night might pay off by keeping you healthy enough to attend class.

8. Eat fruits and vegetables

Studies have shown that consuming vegetables weakens your immune system. If you feel like you are coming down with something, skipping a Friday night party might be a good decision in the long run.

9. Keep common surfaces clean

Although cold and flu viruses are mostly transferred between two people, according to Askmen.com, "indirect transmission can be responsible for spreading sickness 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.

10. Get enough sleep

...to take better care of myself

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.
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 mother, guidance counselors and teachers. 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 now is advice.

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 new pair of socks.”

Vali Helpie, my high school AP English teacher. She said this at our commencement my senior year, right before she announced she was retiring.

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

Dale Cooper in “Twin Peaks.” It could be a new shirt from the men’s store, a hot, black cup of coffee. The day after I heard this for the first time, I slept in too late and enjoyed the heck out of it.

3. “No one understands you.”

Bruce McCall 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 wouldn’t slow down 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.

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 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 – he didn’t know he was going to hurt me. He was that protective over his toys, though. They were that 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 catches 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 had. 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.
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 didn’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

Margherita Pizza
Total time: 30 minutes

1 store-bought pizza dough
Olive oil
1 ball fresh mozzarella, sliced thin
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.

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, sliced
½ cup mozzarella cheese, shredded
½ cup Parmesan cheese, shredded

Top dough with tomato sauce, vegetables and cheeses. Bake for 12-15 minutes.

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 (I 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 scallions and bake for 15-18 minutes.
Winter Happening features variety of seminars Saturday

Hope PR

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 at (616) 395-7860 or online at www.hope.edu/pr/12WinterHappening.html. Registration during the morning of the event will be from 9 a.m. to 11 a.m. at the Haworth Inn and Conference Center.

Saturday, Jan. 28 - at Alma, 3 p.m.
Saturday, Feb. 4  - at Albion, 3 p.m.
Saturday, Feb. 11 - at Calvin, 3 p.m.
Thursday, Feb. 16 - at Olivet, 8 p.m.
Saturday, Feb. 18 - TRINE
Saturday, Feb. 25 - MIAA Tournament
Friday, Mar. 2 - NCAA Tournament, 1st Round
Saturday, Mar. 3 - NCAA Tournament, 2nd Round
Friday, Mar. 9 - 10 - NCAA Tournament, Sectionals
Friday and Sat., Mar. 18-19 - NCAA Tournament, Final Four

Winter Happening will feature four seminars in the morning:

   - The seminar will be presented by Dr. Michael Jipson, professor of computer science and chairperson of the department.
   - “Reading and Writing on the Nanoscale: Imaging and Manipulating Nanoparticles, Molecules, and Atoms” will consider how scanning probe microscopy permits the exploration of the nanoscale at unprecedented levels of resolution and applications of the technology in research at Hope. The seminar will be presented by Dr. Beth Anderson, assistant professor of chemistry, and Dr. Jennifer Roembach-Clark, assistant professor of physics.

2. “Entrepreneurial Leaders and Student Start-up Companies at Hope.”
   - The seminar will be presented by Dr. Steven VanderVeen, professor of management and director of the center, and students including sophomores Taylor Bruhsweiler of St. Joseph, Hayden Davis of Stevensville, senior Matt Rutter of Sylmar, and Hayden Davis of Stevensville.

   - The seminar will be presented by Dr. John Christian moral life. The seminar will be presented by Dr. John Wolffis of Grand Rapids.

4. “Philosophy of Remote Natural Vistas.”
   - The seminar will be presented by Dr. Timmer of Holland and P. Morgan Smith of Grand Rapids.

Additional information may be obtained by calling the college’s office of public and community relations at (616) 395-7860 or online at www.hope.edu/pr/12WinterHappening.html.

Refreshments from 3:30-4 p.m. 30-minute presentations to follow.

The College will conduct a semi-formal reception following the professional-winter-seminar conference. 
-Prosperity may be submitted from Arts and Humanities at 2 p.m. in Research in the spring of 2011.
-Any type of paper is eligible, but preference will be given to projects involving research.
-Your name should only appear on the title page. Also include the professor and course name.

Please submit three copies of your paper by noon on February 3, 2012 to Arts and Humanities Dean’s Office, 1124 Lauber Hall

Have you written a substantial paper in the field of Theatre, History, Art, Music, Philosophy, English, Languages, Religion, Dance and other that you would like to share with the Hope community? Submit it for consideration!

Remaining winter 2012 sports schedules

Women’s Basketball
Saturday, Feb. 4 - CALVIN, 3 p.m.
Wednesday, Feb. 8 - OLIVET, 6 p.m.
Saturday, Feb. 11 - at Alma, 3 p.m.
Wednesday, Feb. 15 - at Trine, 6 p.m.
Saturday, Feb. 25 - at Olivet, 6 p.m.
Thurs., Sat., Feb. 23-25 - MIAA Tournament
Friday, Mar. 2 - NCAA Tournament, 1st Round
Saturday, Mar. 3 - NCAA Tournament, 2nd Round
Friday and Sat., Mar. 9-10 - NCAA Tournament, Sectionals
Friday, Sat., Mar. 18-19 - NCAA Tournament, Final Four

Men’s Swimming and Diving
Thurs.-Sat., Feb. 16-18 - MIAA CHAMPIONSHIPS
Wed.-Sat., Mar. 23-26 - NCAA Championship

Men’s Basketball
Wednesday, Jan. 25 - at Trine, 7:30 p.m.
Saturday, Jan. 28 - at Alma, 3 p.m.
Wednesday, Feb. 1 - at Adrian, 8 p.m.
Saturday, Feb. 4 - at Albion, 3 p.m.
Wednesday, Feb. 8 - KALAMAZOO, 8 p.m.
Saturday, Feb. 11 - at Calvin, 3 p.m.
Wednesday, Feb. 15 - at Olivet, 8 p.m.
Saturday, Feb. 18 - TRINE
Fri.-Sat., Feb. 24-25 - MIAA Tournament
Friday, Mar. 2 - NCAA Tournament, 1st Round
Saturday, Mar. 3 - NCAA Tournament, 2nd Round
Fri. and Sat., Mar. 9-10 - NCAA Tournament, Sectionals
Fri. and Sat., Mar. 18-19 - NCAA Tournament, Final Four
Hockey checks off two more victories

James Rogers
Assistant 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 outing.

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 spikes 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 outscoring 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 doubleheader with the Bulldogs.

Riley Hoerschmeyer (’14) and Kunnen both scored twice. Twelve 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," Hoerschmeyer 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 semester and have found some chemistry that seems to be working."

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

Synthetic turf coming to Holland Municipal

James Rogers
Assistant 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 field and management plans for the synthetic turf.

An agreed upon partnership between these two sides would increase the quality of Holland Municipal Stadium and also create a long-term management plan.

From 1932-78, the Dutchmen hosted contests at Riverview Park, which is now a recreation area. The year 1979 brought Hope football to Holland Municipal Stadium, which, along with the installation of the courts will come an officials and management plans for the synthetic turf.

An agreed partnership between these two sides would increase the quality of Holland Municipal Stadium and also create a long-term management plan.

From 1932-78, the Dutchmen hosted contests at Riverview Park, which is now a recreation area. The year 1979 brought Hope football to Holland Municipal Stadium, which, along with the installation of the courts will come an officials and management plans for the synthetic turf.

A few notable performances were: Sheri McCormack (’12) in 1000 meters (2:19.72) and 1 mile (5:13.67); Camille Borst (’14) in 3000 meters (10:31.18); Joel Rietsma (’13) in 600 meters (1:22.76); Sam Pederson (’14) in 5000 meters (15:25.41); Christian Calyore (’12) in 60 meter hurdles (8.08); Steffen Myhre (’14) in long jump (21-4); Jonas Lawson (’13) in triple jump (40-5); David Dolfen 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. Teammate Andrew McKeachie (’12) wasn’t far behind, running a 3000 personal best of 8:41.34.

IN BRIEF

BASKETBALL TEAMS RANKED IN NATIONAL POLL

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.

After a scintillating 81-65 win over Calvin on Wednesday and a decisive 84-53 beating of Olivet on Saturday, the men have won 12 of their last 13 games. The Dutch are well-deserving of the bump up in the polls.

Despite losing at home to Albion on Saturday, Hope’s women’s basketball team is still ranked number 20 in the nation.

The Dutchmen 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 Grabijas (’13)

Distance

TRACK TEAM COMPETES AT GVSU

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 (’12) in 1000 meters (2:19.72) and 1 mile (5:13.67); Camille Borst (’14) in 3000 meters (10:31.18); Joel Rietsma (’13) in 600 meters (1:22.76); Sam Pederson (’14) in 5000 meters (15:25.41); Christian Calyore (’12) in 60 meter hurdles (8.08); Steffen Myhre (’14) in long jump (21-4); Jonas Lawson (’13) in triple jump (40-5); David Dolfen 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. Teammate Andrew McKeachie (’12) wasn’t far behind, running a 3000 personal best of 8:41.34.
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 comebacks 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.

“It’s a testament to who they are as individuals not just basketball players.”

Hope tightened up its defense totaling 11 steals, four blocks and 25 rebounds for the game. (Calvin) shot 28 percent from the floor the second half and that’s because our guys were relentless,” Neil said.

Hope tied up the game with 11:21 to play in the second half. In less than a minute and a half, Hope was up by five points.

“I knew going in that we would have to play about as well as we were capable of playing,” Vande Streek said.

Hope went on a shooting streak racking up 49 points total in the second half. In the end, Hope was victorious over Calvin sealing the win 81-65.

“We just had to have more heart. That’s pretty much the bottom line,” Krombeen said. “There wasn’t really much else to talk about (at halftime).”

The largest student turnout of the season also helped motivate the Dutchmen.

“Anytime we get that crowd involved it translates to us,” Krombeen said.

Even Calvin admitted the Dew Crew was an effective tool.

“They really are pretty loud— it’s hard to hear,” Calvin forward Tom Snikkers said. “It definitely affected our defense.”

Tom Snikkers finished with 16 points and 11 rebounds for the game.

Hope will be back in action at DeVos Fieldhouse on Jan. 28 hosting Alma.

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 board, 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 early 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.

“Just because you play in this building doesn’t mean you automatically win,” 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.”

**SPORTS**