Volunteers from Hope count homeless in Holland

Emily West
Correspondent

The Hope College Social Work Department volunteered for a fifth year for the annual Ottawa Area Housing Coalition’s Point in Time Count. Volunteers went out in the early morning of Jan. 28 and canvassed the region.

“The volunteers from Hope, including students from social work classes and the Kappa Delta Chi sorority, met at 2 a.m. and headed for the Community Action House,” said Melissa Villarreal, of the social work department.

“It’s difficult to determine if someone is homeless at 11 p.m.,” said Melissa Villarreal of the social work department. So, the group waited until after the bars are closed and before third shift is over to head to the streets of Holland.

At the Community Action House, all the volunteers went through a brief training session. The volunteers were given a list of places where homelessness has been previously reported. If a person appears friendly, volunteers were encouraged to listen and ask about their family, employment and housing situations.

Social work majors, Erin Smyth (‘10) and Jenny Moreau (‘10) went with a group of five volunteers to the Zeeland Hospital, Meijer, Econolodge, Van Raalte Park and various laundromats. Smyth said, “We had heard from people who had done the homeless count in the past that we probably would not find anyone. Meijer was our second stop and we found two homeless men sleeping in the café.”

Villarreal encourages consumers to support Meijer. She said, “It is one of the few agencies who will allow people to come in during the middle of the night and sleep in the deli.”

“I wonder if they did another count in the past that we probably would not find anyone. Meijer was our second stop and we found two homeless men sleeping in the café.”

Stimulus Bill—U.S. House and Senate pass $787 billion economic bill.

Student Violinist Excels—Alexandru Hamzea wins prestigious award.


amy soukup


campus news editor

“Every scene up here is real... it happens on my campus. It happens on your campus,” said Central Michigan University student Wes Clark as he introduced “No Zebras, No Excuses” to an audience of Hope College students and community members on Feb. 3.

“The ‘No Zebras’ presentation is part of CMU’s Sexual Aggression Peer Advocates program. “No Zebras” program, “No zebras” raises awareness of the tragedy of sexual assault, but more specifically, it calls the audience to be 150%," Clark said.

SAPA members explained that the title “No Zebras, No Excuses” comes from the idea that in nature a lion will hunt and attack one particular zebra.

Meanwhile, the other zebras either run away or mind their own business. CMU SAPA likes this to the bystander attitude people often have toward sexual assault—the idea of “it will never happen to me, so why get involved?”

SAPA members dispelled this common bystander myth during “No Zebras,” by emphasizing statistics gathered from the FBI. SAPA told the audience that one out of every two women is faced with sexual assault, a woman is beaten every minute and a woman is raped every three minutes.

At one point during “No Zebras,” a member of SAPA had the audience visualize four women whom they loved. Then SAPA told the audience that one out of every four women will be the survivor of sexual assault. Every survivor is “one of somebody’s four.”

Along with statistics, “No Zebras” includes many skits acted out by SAPA members. The skits approach the subject of sexual assault with honesty and reality, subject material and profundity in the messages.

After an initial, humorous, “jolly reaction I’m inside the scenes. New people who we cultured the scenes that SAPA members depict move to cover more serious participants such as rape, domestic abuse, drugged drinks, and stalking and homosexual slurs.

These topics are especially relevant to Hope’s community because of recent events related to sexual assault occurring on or near campus.

Campus Safety posted an incident report on Jan. 30 stating, “A man at a safety is investigating reports of students having had their drinks drugged while they attended parties in recent days.”

On Jan. 31, the community of a sexual assault made on a Hope student between 14th and 16th streets.

The skit made the audience realize that in nature a lion will hunt and attack one particular zebra. Clark spoke of the possibility of starting a group similar to CMU’s SAPA in the United States. “If we can change just one person’s mind, help one survivor or prevent one bystander from being a zebra, we’ve accomplished so much.”

As far as working with high schools, which Clark also addressed issues of sexual assault, human sexuality and alcohol awareness, among other things.

Karla Luidens

Sociology major

In just a few weeks, United Nations delegates will be streaming into Hope College to debate issues like microfinance in the world economy, ethnic independence movements, and carbon sequestration efforts.

The delegates will also tour Hope’s campus, should they be interested in studying here after graduating from high school.

Hope will host its annual Model United Nations Conference March 5 and 6, drawing high school students from several states for the largest event of its kind to be held in Michigan.

“Our Model UN emphasizes accurate portrayal of countries and encourages participants to manage the resolution,” said faculty director Jack Holmes of the political science department. “The main goal of the program is to improve understanding of international issues and to give opportunities for leadership and understanding to our students as well as to high school participants.”

Model UN has been active on Hope’s campus since 1973, according to Holmes. Over three dozen states plus the District of Columbia and high schools have participated over the years.

The “delegates,” each representing different countries, will engage in simulated sessions of the UN General Assembly, Security Council, Economic and Social Council, and an International Criminal Court.

The simulations are run by Hope student volunteers, who have been preparing for this event, working with a host of workshop students and departments to reserve locations and plan for catering and equipment.

“They have been preparing for this year’s conference since the day after the last conference, last March, 2008,” Lokker said. “It seems that I have been putting in over 20 hours each week to this program and have loved every second of it.”

Hope President James Bultman will be speaking at the opening banquet on Thursday evening, along with several international students.

State Rep. Bill Huizenga, R-Zeeland, will present Friday afternoon’s key-note address. He will also present awards to high schools that demonstrate excellent work throughout the conference.

“As far as working with high schools, it’s interesting to see how willing and intense they can be about representing their countries and doing well in their simulations,” Lokker said. “I’ve been walking around last year and you could see the dedication on their faces.”

CAMPUS

NO ZEBRAS, NO EXCUSES—Central Michigan University’s Sexual Aggression Peer Advocates program calls students to action against sexual assault.

Gray said, “The group ended due to a lack of student interest, but if there was renewed interest, the Counseling Center would be very excited about working with just such a group.”

Aside from presenting “No Zebras” and smaller programs around the country, CMU’s SAPA group runs around a 24/7 crisis line and offers the peer advocates full confidentiality.

Clark spoke of the possibility of starting a group similar to CMU’s SAPA in the United States. “It would take a lot of time and effort,” said Clark. “You would need to find students who have a real passion for ending sexual aggression. They’d have to be ready to learn about the realities of the crime, speak about them and hear instances of them.”

Clark said, “If we can change just one person’s mind, help one survivor, or prevent one bystander from being a zebra, we’ve accomplished so much.”
Stimulus plan includes health reform

Erin Fortner
Senior Staff Writer

On Feb. 11, the House and Senate passed a $787 billion economic stimulus bill. While Democrats and Republicans debate whether the bill can provide economic recovery, health policy critics warn insufficient attention is being given to the most significant part of the bill – healthcare reform.

The Lewin Group, an independent econometric modeling firm, and the Urban Institute/ Brookings Institution Tax Policy Center estimate the bill’s healthcare reform will cost $1.17 trillion and $1.6 trillion, respectively. Betsy McLaughry, former lieutenant governor of New York and adjunct senior fellow at the Hudson Institute, notes how more funding will go toward the healthcare reform than for the Army, Navy, Marines and Air Force combined.

Provisions in the bill will affect every facet of healthcare including drug research, health benefits, education for professionals, hospital charges and patient treatment. For instance, every individual’s medical records will be electronically stored in a federal database. Proponents believe the program will save lives by providing quick access to a person’s medical records in an emergency, while opponents cite privacy and confidentiality issues.

Most significantly, the bill will establish a new board, the National Coordinator of Health Information Technology. “The board will monitor treatments to make sure your doctor is doing what the federal government deems appropriate and cost effective,” McLaughry said.

McLaughry points out that in former Sen. Tom Daschle’s 2008 book, “Critical: What Works on About the Health Care Crisis,” he believes the development of new medications and technologies drive up costs and that Americans should adopt a European-styled healthcare system, where patients are “more willing” to accept “hopeless diagnoses” and “forgo experimental treatments.”

A board, called the Federal Council, will be created to determine what treatments physicians may offer patients by using a cost-effectiveness standard. Hospitals and practitioners not participating in this new system will be penalized. Critics believe such a system will negatively impact healthcare, especially for elderly patients on Medicare.

McLaughry observes how the Federal Council is based upon a U.K. board mentioned in Daschle’s book. The board approves or rejects treatments for patients by a formula which, “divides the cost of treatment by the number of years the patient is likely to benefit,” otherwise known as quality-adjusted life years (QALYs).

“The use of QALYs is pseudoscience. It is nothing more than a tool for central planning that attempts to objectify what is inherently subjective,” states Helen Evans, Ph.D., the Director of Nurses for Reform and a health fellow with the Adam Smith Institute of London.

Evans reports that in 2006, a U.K. health board refused to provide the costly drug treatment needed for elderly patients with macular degeneration until they went blind in one eye. Similarly, U.K. patients with kidney cancer, osteoporosis, and rheumatoid arthritis have been denied effective treatment for their conditions in recent years because of cost-effectiveness standards.

Although the stimulus has passed, critics of the healthcare reform initiatives continue to urge further scrutiny. Dr. Meir Pugatch and Francesca Ficai of the Stockholm Network state, “Thus, a decision to prioritize a less therapeutically effective medicine because of cost-based considerations over an effective, but more expensive, medicine could lead to some serious political, social and moral dilemmas.”

PERSPECTIVES

President Obama’s approach to America’s economic crisis: What will change?

Benjamin O’Dell
Guest Writer

These days, no matter where you look, it is very obvious that our economy is awful; almost every week companies are announcing massive layoffs, the Dow Jones is around 6,000 points lower than the record high it hit just over a year ago, and nothing seems to be bringing hope to a seemingly devastating situation.

Since Barack Obama was elected as president in November, the Democratic Party now has control of the executive branch as well as the legislative branch in Washington, and one of Obama’s first priorities is obviously to take action on the economy, but the critical question is, what is the best way to do so?

So far, Congress has passed a second stimulus bill, somewhat of a sequel to the first one that we saw last spring. The main difference this time around is that less than half of the money will be in the form of tax cuts; the rest of it will be in spending, which is supposed create jobs.

Supporters say the legislation will create or save up to 3.5 million jobs (Foxnews.com), and it will help those who have lost their jobs and have no way of putting food on the table. Liberals view it as a direct investment into our nation’s infrastructure, and conservatives see it as mass government spending.

Even though history has proven that universal tax cuts are typically effective at helping struggling economies (look at the Ronald Reagan administration), Washington has chosen to try and fix the problem through more of a socialist approach.

The bottom line is the question of whether we as a country can spend our way out of a depression, and that’s exactly what Obama is attempting to do; if his plan is a triumph, he will be loved and credited for leading us out of one of the worst economic situations our country has ever seen. However, if his plan fails, our country will be in much worse condition than it currently is.

So where does our country go from this point on? Over the next few years, we will most likely continue to see Obama spending huge amounts of money on practically every domestic issue; we have just seen him start his spending on energy independence and transportation. He is also going to change the Wall Street era of Bush; deregulation will soon be a thing of the past. It may have helped stock portfolios of the wealthy for a few years, but it has also been part of the reason for the near economic collapse we saw last fall. Our economy definitely is not in very good shape, and he believes that his solutions will pull us out of the current mess.

In terms of their approaches to economic development, Obama has promised to be an almost polar opposite to Bush (in his approach to capitalism), and since Obama was elected president, he is our leader no matter what he does. It is our duty to support him and pray that he makes decisions that ultimately will be beneficial to our entire country.
**The Anchor**

**February 18, 2009**

**NATIONAL**

**This Week in News**

“Changes in foreign policy”

**Clinton seeks sustainable diplomacy**

By Laura Stritzke

Secretary of State Hillary Clinton has been under pressure to shift United States foreign policy objectives in her first few weeks as head of the State Department.

**“High oil prices and oil wealth reshaped geopolitics in recent years,”**

Mrs. Clinton said at a press conference. “Economic cycles don’t immediately impact our results.”

**“Economic cycles don’t immediately impact our results.”**

— Ed Steinfield, a political scientist and director of the China program at the Massachusetts Institute of Technology in Cambridge, on why the United States should have a more active role in the Chinese request in asking for an environmentally friendly plan.

“Even if we spend it at home, we’re investing in companies that themselves have to be in China selling these technologies.”

— Judith Oref, a psychiatrist at UCLA, on the recent studies of positive effects of stress.

**“There’s really a biochemical and scientific bias that stress is bad, but anecdotally and clinically, it’s quite evident that it can work for some people.”**

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ARTS

Can you afford an art degree?

Taking a look at what an art major can do to actually make money in tough times

Taylor Hughes

It’s bad enough that joblessness and the irony of a skilled unemployed worker becomes our reality, those of us near graduation are looking at our degrees and asking ourselves: will this $100K-plus investment land me a secure future?

I recently discussed with my fellow graduating peers the pros and cons of our unique majors and how our unique degrees will help us as we dive headfirst into the shark pool that is the modern job market. I was instantly terrified for anyone graduating into the horrendous economy with nothing to brace them but a paintbrush and a drawing pad. As the arts editor, I found it in my best interest to find those that, in spite of all the naysaying, have found success in a field that has served as a beneficial part of our lives from the beginning of mankind with the Chauvet and Lascaux caves.

It then hit me: why in the world is anyone majoring in art besides the obvious creative outlet? I was instantly terrified for anyone graduating into the horrendous economy with nothing to brace them but a paintbrush and a drawing pad. As the arts editor, I found it in my best interest to find those that, in spite of all the naysaying, have found success in a field that has served as a beneficial part of our lives from the beginning of mankind with the Chauvet and Lascaux caves.

Our graphic editor at the Anchor, Karie Luidens (’09) has an obvious example of one doing something creative, yet hireable, with their majors in studio art. Besides adding color and creativity to our pages, Luidens is currently interning at the Holland Sentinel as an intern with Grand Rapids magazine for the summer of 2009. “If you want to use your art degree in the ‘real world’ you have to combine your creative outlook with other skills.” — Karie Luidens (’09)

Senior Violinist among most talented

Hope student violinist wins prestigious award at the Michigan Solo Competition

Rebecca Goumont

Hope College senior violinist Alexandra Hamzea won first prize in the senior division of the Michigan Solo Competition on Oct. 18.

Hamzea was among violinists from programs throughout the state vying for grand prize or first prize in either the junior or senior division. The competition is only held every two years.

“It’s the first time that Hope College has ever had a string player place so high.” — Mihai Craioveanu, professor of violin at Hope and Hamzea’s instructor. “The competition includes performers from many programs, with strong representation from large programs, so it’s nice to have a student from Hope go in and excel at that level. I believe that it’s the first time that Hope College has ever had a string player, let alone a violinist, place so high.”

Hamzea is now eligible to submit audition materials in the National Solo Competition in Atlanta from March 18-21. In 2006, he competed in the state-level solo competition as a sophomore and then went on to place fourth nationally.

As a violin performance major, Hamzea hopes to attend graduate school and earn his doctorate of musical arts in violin performance. That is not where his education will end, however. “Music making is always an ongoing and ever-changing process,” explained Hamzea. “Most musicians are always trying to improve a certain aspect of their playing and enhance their performance in some way every time. I hope to be able to do so as well. It’s part of what makes this field so interesting.”

Hamzea started his violin playing career in Brasov, Romania, his home town. At the age of 6, he received his first violin lesson and later moved to the United States with his family in order to receive an education for America or Americorps, for the job.

In Brief

Tickets for Musical Showcase are $10 each, and may be ordered through the Hope College Ticket Office located in the DeVos Fieldhouse at 222 Fairbanks Ave., between Ninth and 11th streets. The ticket office is open weekdays from 10 a.m. to 5 p.m. and may be called at (616) 395-7890.

V-DAY PERFORMANCE RAISES AWARENESS

V-Day Holland 2009, a benefit production of Eve Ensler’s “The Vagina Monologues,” was held on Monday, March 9, 2009, at DeVos Hall in Grand Rapids. Directed will be the Chapel Choir, College Chorus, Jazz Ensemble, Orchestra, Symphoette and Wind Symphony, as well as soloists and chamber ensembles.

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Jazz pianist performs Feb. 22

**Grammy nominee Fred Hersch to play**

HOPE PR - The department of music will feature Grammy-nominated jazz pianist and composer Fred Hersch in a performance on Sunday, Feb. 22, at 3 p.m. in Wichers Auditorium of Nykerk Hall of Music.

The public is invited. Admission is free.

Pianist and composer Hersch is widely recognized for his ability to reinvent the standard jazz repertoire, investing time-tested classics with keen insight, fresh ideas and extraordinary technique while steadfastly creating his own unique body of work. He has been described by The New Yorker as “a poet of a pianist” and The New York Times as “a master who plays it his way.

Hersch’s many accomplishments include a 2003 Guggenheim Memorial Fellowship for composition, a Rockefeller Fellowship for a composition residency at the Bellagio Center in Italy, two Grammy nominations for Best Jazz Instrumental Performance and a 2006 Grammy nomination for Best Instrumental Composition.

He has recorded more than two dozen albums as a solo artist or bandleader and appears on over 100 recording projects as a duo collaborator, sideman, or featured soloist. A native of Cincinnati, Hersch began playing the piano when he was 4 years old. Young Hersch had a propensity to improvise and a composition residency at the Bellagio Center in Italy, two Grammy nominations for Best Jazz Instrumental Performance and a 2006 Grammy nomination for Best Instrumental Composition. He has recorded more than two dozen albums as a solo artist or bandleader and appears on over 100 recording projects as a duo collaborator, sideman, or featured soloist.

“Rose and the Rime” was one of only three full-length college/university-staged plays chosen for consideration for the national festival in Milwaukee, Wis., to have the honor of being under consideration for the national festival. Many of the original Hope cast and crew were able to reprise their involvement for the Great Lakes and Kennedy Center presentations.

“Rose and the Rime” is set in the fictional town of Radio Falls, Mich., where it is always winter. The community has been laid waste by the terrible Rime Witch, and is a world without flowers, apples, mail or dancing - but with an abundance of snow, wind and ice cream. The shining beacon in the wintry gloom is a young girl named Rose, who takes it upon herself to make a treacherous journey to the frozen cave of the Witch in the hope of changing her town’s fate.

The Feb. 19-April 11 run of “Rose and the Rime” by The House Theatre will include performances on Thursdays through Sundays. Performance times and ticket prices are: Thursdays, 8 p.m., $25; Fridays, 8 p.m., $27; Saturdays, 8:30 p.m., $29; Sundays, 7 p.m., $25. The box office can be called at (773) 251-2195.

The Chopin Theatre is located at 1543 W. Division in Chicago.
Nearly every Hope College student has been stuck behind the train at some point in their on-campus experience. The big problems for students, when it comes to the trains, have to do with inconvenient timing and noise.

Students try to beat the train on foot. They try to climb over the trains to get to class. They hitch ride on the sides of freighters, and they hold their hands over their ears to drown out the horns that echo through campus.

Hope College’s vice president for public and community relations, Tom Renner, remembers the train during his time at Hope. “It’s a conversation piece when you first get here,” Renner said.

According to an article in the Grand Rapids Press written in December 2001, Hope College Professor Jon Peterson and his students conducted a study of the noise levels caused by the trains that pass through campus on a daily basis.

Students discovered that noise levels reached 90 to 100 decibels near the tracks. The article stated that this decibel level was similar to that of a low-flying airplane.

The Environmental Protection Agency’s recommended maximum standard for outdoor noise is 55 decibels. Unfortunately, many Hope students are forced to attempt to sleep through that.

Taylor Blom ’09 has been of those students. He lived in DeGraaf Cottage on 15th Street, next to the train tracks. He said, “It is the worst during the night. The trains are so loud my bunk-bed (would) start to shake back and forth. It’s horrible.”

Ross Knoll ’09 claims each passing train has its own “personality based on its horns.”

“There is a train that blows its horn almost constantly as it goes by, which upsets everyone in the house,” Knoll said. Deborah Postema-George, the curator of archives and research at the Holland Archives and Research Library, said that “how long and how loud the horn blows” depends completely on the engineer.

Maybe Knoll’s story holds some truth. Hope College students have certainly come to recognize each train by its engineer and the blast of its horn.

On top of their inconvenience and noise, the trains also present a safety risk. Many students are aware of the fact that climbing on trains is dangerous, but there are still some who choose to do it.

Andrew Rogers ’09 (can) attest.

“One night last year some of my friends got on a slow moving train and rode it for a few blocks,” Rogers said.

Nearly everybody on campus knows someone who has climbed the train or ridden it down the tracks.

Ryan Johnson ’09 has a similar story. “One time the train was stopped, blocking the way one of my friends wanted to go, so he climbed onto the hitch between two of the railroad cars and jumped down to the other side. Unfortunately, he broke his ankle landing in the unstable gravel across the tracks,” Johnson said.

“I just shudder at that,” said Renner. Some students rush to beat the train on foot. Danielle Bossley ’10 admits she is one of them.

“Last winter I was walking to dance class at DeVos, it was freezing cold and I was faced with the decision to either watch it pass me by and be cold for another few minutes, or to run out in front of it. I decided to run in front of it,” said Bossley.

Renner says that one of the main reasons Hope College and the City of Holland closed down two street and track intersections on campus last summer was due to the urge to beat the train.

According to the CSX website, “Every two hours a train versus vehicle collision occurs somewhere in the U.S.”

Previously, the Grand Rapids Press reported Holland as leading the state with car-train collisions. Thirteen percent of car crashes in 1996 were car-train collisions. This report began the statewide campaign to make intersections safer.

Even with some of the intersections closed, the train can be a real inconvenience. Racing and climbing over a slow-moving train can be tempting.

Trena Thomas ’10 knows the feeling. “Every time it passes I’m tempted to jump on,” she said. “I haven’t given in to the urge yet, but I’m getting weaker. It’s only a matter of time.”

Renner’s advice for students is patience.

“We’ve all waited for the train,” Renner said.

Operation Lifesaver, a nonprofit education program has some advice. Their website says, “Never race a train to the crossing. Even if you try, you lose.”

The trains that run through campus can be hazardous, noisy and inconvenient. Is there anything that can be done about them?

Mark Magliardi, the manager of public relations at Amtrak, offers a possible solution. He said that a community may establish what is called a “quiet zone,” where the trains are not allowed to blow their horns, if the communities make their crossings significantly safer.

Another solution to the problem of noisy trains was discovered in Professor Peterson’s class’ study. Students found that large buildings and trees, specifically evergreen trees, can help defray the intense volume of the horns.

Although the trains present Hope’s students with numerous inconveniences, most would agree that the campus simply wouldn’t be the same without them.

An anonymous Hope College senior said, “The train was only one of the main reasons I came to Hope. I think there is something nostalgic about the sound of a train.”

Renner points out another way the train benefits College students by saying, “We have the convenience of the Amtrak station only a few blocks from campus.”

Magliardi said that Amtrak “does a pretty good college business,” and many Hope College students do use the Amtrak as a means of transportation.

John Langdon, a Holland resident with a passion for the train, can point out numerous reasons why the Amtrak train is beneficial, not only to Hope College but to the greater community as well.

“The most important thing to understand,” said Langdon, “is that the passenger rail is the wave of the future.”

Langdon says that one reason to use the train is because of “the green element.” It can help people save gas money, avoid traffic congestion, and it is also a good way to “observe the beauty of America.”

Langdon adds that taking the train is “a most relaxing and most productive way to travel.”

He mentions that Hope students can do their homework on the train while looking out the window.

Although the trains that run through campus may be loud and sometimes get in the way, most students agree that the trains are an integral part of life at Hope College.

John Morgan ’10 said, “I think the train adds a lot to the college’s atmosphere.”

Hope College just wouldn’t be the same without its trains.
Change for tradition’s sake

Ashley DeVecht
Co Editor-in-Chief

Spread the love

It’s been four days since Valentine’s Day, and if you’re anything like me, the sparkle has worn off a bit. I’ve scarred down all the chocolates and the flowers are fading.

If you’re single you might be relieved, to you, Valentine’s Day may seem more like a “singles awareness day.” All of your friends want to know what your plans are and you’re sure there’s a better answer than, “I got a date with a bowl of popcorn and a movie.”

I think you have every right to be cynical. After all, most of us have heard that Valentine’s Day is a Hallmark holiday—a holiday made up by retailers to sell useless trinkets and high-calorie sweets. I don’t doubt Valentine’s Day is a ploy to get us to spend our money. Despite the contrived nature of the holiday, I do think there is something to be said for celebrating love.

I’ve been thinking about love a lot this past week. I think there are many people in our lives for whom we have varying degrees of love, and often these people never even know we appreciate them. For instance, every time I go into Lemonyellos (which is often) there is a guy, Ryan; he has my drink order memorized and he always hands me my drink with a bar. I am no means in love with Ryan, but I appreciate him as a friend. I’ve never even told him that.

There are other people in life that we love deeply—family members, friends, and roommates. I find that I often take these people for granted. My housemates, for example, are a bunch of amazing, uplifting, God-loving women and it’s a good thing they are because I’m not easy to live with. They wash my dishes when they pile up without complaining, and they don’t mind that I have taken over our miniature freezer with frozen meals my parents made me. But I rarely tell them how much I appreciate them—and when I do it seems like I do it in passing.

How is it that we love so many people? I am reminded of an old hymn, “For the Beauty of the Earth.” It reads, “For the joy of human love,/ Brother, sister, parent, child, / Friends on earth and friends above,/ Lord of all to thee we raise/ This our hymn of grateful praise.”

It is amazing that God, whose love for us surpasses all other loves, allowed for us as humans to have love for each other. Think about it: as God he could have decided that he wanted humans to only love him. He could have boarded all the love he wanted to. But he gave us the gift of love—allows us to care for each other, for us to see the good in others.

So if this is a gift, a gift that God has given us, why do we not share it? Why do I feel foolish telling Ryan that his hugs make my day? Why do I find it hard to take five minutes out of my day and write a “love note” to my housemates? Maybe Valentine’s Day is an excuse for those of us who are bashful or busy to tell people what they mean to us.

I know Valentine’s Day is over, but that doesn’t mean we can’t spread the love. Be a rebel and declare your affections on a day besides a holiday. Take a moment today to tell someone you care—someone you haven’t told, or someone you don’t encourage often— even if it isn’t someone you spent Valentine’s Day with.

Ashley would like to thank Marlene for the way she cares for the Anchor staff and office. You are very much appreciated for all that you do.

Because I care

Frankly, you can make all the difference

February 18, 2009

The Anchor would like to apologize for the published headline of the article, “Obama inauguration sets record cost” printed in the Feb. 4 issue. Although technically true, the title was misleading as the thrust of the article made clear that comparing inaugurations of previous presidents could not be done fairly and that President Obama’s inauguration was simply the first to include previously excluded costs, namely security, making the total for the inauguration a record.

The Anchor apologizes for this misleading headline to the author of the piece, Dr. Fred Johnson (interviewed) and to all of our readers.
Beautiful Feet
Against common sense
We all know the story: Moses is in the desert when he sees a bush that’s burning...but not burning. After taking a closer look, God speaks to him from within the burning shrub, calling him to lead the Israelites out of Egypt into the Promised Land, to which Moses makes excuses. So God gives him a series of signs. Exodus 4: 2-6: “Then the Lord said to him, ‘What is that in your hand?’ ‘A staff,’ he replied. ‘The Lord said, ‘Throw it on the ground.’ Moses threw it on the ground and it became a snake, and he ran from it. Then the Lord said to him, ‘Reach out your hand and take it by the tail.”’ Moses couldn’t take a closer look, right? But take a closer look: “take [the snake] by the tail.” What? The tail? If there’s one thing I know about snakes, it’s that you don’t pick them up by the tail because they can swing around and bite you. I don’t need a wildlife safety report to tell me that, and I doubt Moses did either. I imagine he was thinking something like, “What? The tail? You sure about that, God?”

Why would God call his servant to do something so contrary to common sense? The Lord of the universe sounds like he’s my big brothers growing up (“Dare you to touch that, Bry”), the only difference is that they didn’t know the right? But take a closer look: “take [the snake] by the tail.” What? The tail? “If you see, when we seek out those who could use a friend we’re leaving taking a risk, yet by our love we can imitate the very life of Jesus, who, being in very nature God, did not consider equality with God something to be grasped, but made himself nothing, taking the very nature of a servant, begin made in human likeness.”

Talk about a step down on the social ladder. God became man...for us—and that’s the most important part. Love must be sincere. Looking out for today’s “orphans” and “widows” can’t be done as charity or with a mission trip type attitude. The truth is that when we go against our common sense—common sense rooted in selfishness—and seek those in need, we are ourselves blessed. We will find that the spotlight passes up on those in need, we are ourselves blessed. The truth is that when we go against our common sense—common sense rooted in selfishness—and seek those in need, we are ourselves blessed. We will find that the spotlight passes up on those in need, we are ourselves blessed. The truth is that when we go against our common sense—common sense rooted in selfishness—and seek those in need, we are ourselves blessed. We will find that the spotlight passes up on those in need, we are ourselves blessed.

Bryant loves his inner tube water-polo team, Gettin’ Shirts.

Make it big
What is art
When discussing philosophical issues, one reoccurring question is always present: what is art? Well, we believe that we have nailed down the elusive definition and would like to share it with you. Art is an art, void, a vacuum suspended in nothingness, residing in the great abyss of cultural revelation and societal change. It is filled with ideas, passions and hopes for generational sustainability. Art is both sacred and profane. Its sole purpose is the glorification of the divine, yet it is absolute idolatry. Art is the beginning of thought and the end of creativity. All art is artificial. Art is personal. It is spontaneous yet the product of constant meditation. Art is born in the soul but is accessible to all—the most subjective objectivity. Art is the scattering of human solidarity. The only art that matters is the art that survives its creator. All art matters – it is the most important part of culture. The artist is an ambassador of innovation, the diplomat of the имam. The artist works best alone, but is a social artist – constantly seeking reaffirmation of its own dubious talent. The artist creates what it cannot live, the true philosopher. The artist is solely concerned with the present, but is the only one with true vision. The artist destroys the structuralist and structures the deconstructed. Art is everything and the artist is nothing.

Forbes
Bryant Russ
Columnist

From the inside out
Anyone listening?
My sister called me last week and told me that she had eaten dinner with a couple she’d recently met—the husband talked for almost four hours straight, without letting her get a word in edgewise. She said she couldn’t take it. Finally she just told him that she had to stand up and get some air. My sister knew that sometimes people need to be listened to—and that listening to someone shows you respect them. But she thought he would have understood that. Perhaps he just wasn’t speaking her language that day.

Katie Bennett wrote her last column on the language of music: perhaps we don’t all rock out to Haydn, but we can respect that it is a form of communication, a different dialect that perhaps we just don’t understand yet. Maybe we go for rap, or the blues? Or maybe not. We speak something. What am I trying to get at, you might wonder? Stay with me, I’ll come to it. I promise.

In an issue many weeks past, Rob Guimond wrote about silence. He wrote about what we can communicate to others by staying silent, and not invading the space of others with empty screams, or words that mean nothing. Silence is a virtue, Rob reminded us, and a form of speech. It is used as a language of respect and dignity. Take certain religious leaders who take vows of silence. By staying silent, they are TELLING those around them something about their character, their goals, their lives. What moves them NOT to speak?

My Uncle Scott has been deaf from birth (as far as my grandmother knows). He has known the sound of silence, but not of his own name. But Uncle Scott can see speech through lip-reading, and through people’s eyes he can read emotions, feelings. Just this Christmas, I sat next to him at the dinner table and talked with him about communicating with people. I related to him how I had come to know people just from looking at their faces when I talked to them, and also by reading their body language. He knew exactly what I meant. Sometimes actions do speak louder than words. But it’s another language.

Valentine’s Day is just over. I wonder how many boyfriends/fiancées purchased gifts for their significant others, and whether they spoke the right “love language.” One of my friends back home was telling me about her frustrations with her present boyfriend. Through her words, I could hear that this relationship was all wrong because he wasn’t speaking her language. My friend was trying to speak HIS language, and he wasn’t even trying to understand hers. All of life is filled with speech, and language: except for the hours we spend sleeping, we are telling the rest of the world something about ourselves. Whether we realize it or not, people are watching, people are listening, people are trying to decipher us, translate our lives into their own dialect. Are we making the effort to understand each other, and be careful about what language we’re speaking, and why we’re speaking it?

Maggie enjoys sipping coffee over conversation about books, music and commuting.

SUDOKU

Our Mission: The Anchor strives to communicate campus events throughout Hope College and the Holland community. We hope to amplify awareness and promote dialogue through fact, objective journalism and a vibrant Voices sec-

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Careers made available to art majors

- ART, from page 5

A program where she can continue to create and develop her own artwork, Gilles’ art has been featured, among other venues, at Lemonjello’s in downtown Holland. Her art as well as other senior artists’ can be seen at the upcoming Senior Art Show opening March 27.

Other opportunities in the field of art include museum work, animation, design and production. For an ample list and description of opportunities for work within an art or art history major, log onto the career services website at www.hope.edu/student/career.

Violin student recognized

- STUDENT, from page 5

from his father. Brossov is also where Mihai Craioveanu is from. This why Hamzea came to Hope College. The violinist credits his instructor for much of his growth as a violinist: “Aside from being very knowledgeable and adaptable to every student’s particular needs, (Prof. Craioveanu) always puts a lot of time and effort into his teaching. This allowed me to absorb a lot of information from him and make progress. Hamzea has a recital on April 17 at 6 p.m. in Dimnent Chapel. Admission is free.

Other opportunities in the field of art include museum work, animation, design and production. For an ample list and description of opportunities for work within an art or art history major, log onto the career services website at www.hope.edu/student/career.

Write Letters to the Editors

If you are passionate about an issue, concerned about a problem, or fed up with something, e-mail your letter to anchor@hope.edu

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Hope athletes integrate video games into injury rehabilitation practices

James Rafton
Co-Sports Editor

Competition is in the air as three varsity football players challenge each other for the top score on their new favorite video game. Each athlete takes their turn to see who can best the other, and athletic trainer Dr. Kirk Brumels looks on, knowing that this little competition is benefiting the athletes’ strength more than they know. The Wii Fit balancing game that they are playing is one of many games that Brumels has introduced for rehabilitation and strengthening of Hope College athletes.

The idea
Brumels brought this new creative approach to rehabilitation to Hope after seeing his daughter playing “Dance Dance Revolution” (DDR). “I watched my daughter playing DDR,” Brumels said. “Then I played and realized how the game could be used for single leg strength training.”

The observation opened the floodgates to a new approach to rehab at Hope. “DDR” became a staple in the athletic training rooms beginning in 2006, and the Nintendo Wii and the Wii Fit were added in 2008.

From the beginning, Brumels saw many benefits in using the gaming systems for rehab. “The game serves a little bit as a distraction,” Brumels said. “Doing a repetitive exercise can get boring. The video game helps the athlete to forget about the repetitive nature of the exercise and just have fun.”

Despite his initial positive results and feedback, Brumels did not have any scientific evidence to back up his new principles. So Brumels and a team of students conducted a study in the Fall of 2008 to prove the benefits of “DDR” and Nintendo Wii on athlete rehab.

The study
For the study, Brumels and students Troy Blasius ’09), Tyler Cortright ’09, Daniel Oumbedian ’09 and Brent Solberg ’09 worked with 25 student athletes to gauge the effectiveness of the video game systems on balance.

The results were promising as both “DDR” and Wii Fit showed a lower level of difficulty perceived he was able to work his shoulder in a different method than in normal rehab. The Wii Fit made me work a lot harder,” Fairchild said. “I would be having fun playing Shaun White’ or another Wii game rather than just pushing up.”

Video games:

**fitness at home**

Dr. Kirk Brumels’ recommended games for home fitness:

- **Dance Dance Revolution** - any platform
- **Wii Fit** strength, aerobics, balance, yoga
- **Wii games** - Active Life: Outdoor Challenge - Shaun White Snowboarding (when using Wii balance board)

For volleyball player Jamie Kline (11), the “Active Life: Outdoor Challenge” program was used for her recovery from a sprained ankle. This Wii game incorporates its own mat which is used for the many activities available in the game. “I think it (using video games for rehab) worked well,” Kline said.

“Doing a repetitive exercise can get boring. The video game helps the athlete to forget about the repetitive nature of the exercise and just have fun.”

For volleyball player Jamie Kline (11), the “Active Life: Outdoor Challenge” program was used for her recovery from a sprained ankle. This Wii game incorporates its own mat which is used for the many activities available in the game. “I think it (using video games for rehab) worked well,” Kline said.

I had never done rehab before, but I definitely enjoyed it.”

**Fitness games at home**

Although his research focused on the use of the Wii and “DDR” for athletes, Brumels believes that the games can also serve as a good form of exercise. For those who have trouble getting motivated to exercise, the video games can serve as a great distraction.

“You can play some games like ‘Active Life: Outdoor Challenge’ and work up a real sweat,” Brumels said. “This is not an effective substitute for cardio for an athlete, but for low impact increased heart rate for normally sedentary kids it has a good impact.”

Brumels also points out some tips about not only the use of the Wii and DDR, but video games in general.

“There are no rules of the games that say you have to play it sitting on the couch with potato chips” Brumels said. “Why not challenge a friend to play standing on one foot?”

Having experienced the difficulty of the games, Kline agrees with Brumels on the effectiveness they can have as a workout. “I think it gets you active,” Kline said. “If you don’t want to go to the gym and run in circles it is a good option; you definitely break a sweat.”

Video game study results

25 student athletes went through four weeks of rehabilitation work and rated the three methods used on difficulty, level of engagement and enjoyment.

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<th>Traditional rehab methods:</th>
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PHOTO BY KEVIN SHERFF

HANDS ON—(Above) Baseball player Derek Fairchild (12) uses the Nintendo Wii balance board with “Shaun White Snowboarding.” Fairchild is one of many Hope athletes who have used the Wii for rehabilitation purposes. (Below) Basketball player Daniel Cox (10) plays “Duck Hunt” on Wii while doing squats on a Bosu ball.

Basketball player Jesse Reimink ’09 was voted to ESPN The Magazine’s Academic All-District first team. All district honors Division II and III athletes in Alabama, Kentucky, Michigan, Ohio and Tennessee. The honor also places him in the running for Academic All-American standing.

**COACH PUBLISHED**

Women's basketball coach Brian Morehouse is featured in the book “Chicken Soup for the Soul: Inside Basket- ball” which was released Feb. 9. In the book, Morehouse tells the story of Becky Bossard (’06), a player that volunteered to be taken off of the roster for Hope’s 2005-2006 NCAA title run. NCAA rules limit a team’s roster to 15 players, while Hope’s had 16. Bossard recognized the situation and approached Morehouse to volunteer to be the player to sit out. After the team went on to win the national title, Bossard was chosen by the team to be the first to hoist the trophy. In honor of her unselfish act, a Hope basketball fan has also created a scholarship to commemorate Bossard.
Dutchmen miss away victory by one point

Karen Patterson

Go Dutchmen.

The biggest game of the regular season had come down to one final shot. The ball was put into play; it flew through the air; bouncing off the rim back towards the court as the buzzer signaled the end of regulation.

The Hope fans stood stunned in the shock of defeat while the Calvin fans stormed the floor in victory. The finish was reminiscent of a game only three weeks prior where one final shot had been the difference between an exciting home win and a heart-breaking loss.

Many residents of West Michigan tout the rivalry between the Hope College Flying Dutchmen and the Calvin College Knights as one of the greatest in the country.

And Hope and Calvin even gained national recognition in 2007 when ESPN named the two schools as the 4th greatest college basketball rivals in the country.

Fans of both teams will camp out for hours, sometimes days, prior to tickets going on sale for a chance to get into the big game. On Feb. 11, the teams met for the second time this season in Calvin’s brand new Van Noord Arena.

The Knights were looking to topple the Dutchmen for the second time after winning a close game at DeVos Fieldhouse just a few weeks before, while Hope was looking to average the home loss to their rival. For the first time, however, since the 2002 season, Calvin walked away as the winner in both regular season games.

Hope sprung out ahead of the Knights early in the game, holding Calvin to just five points for the first eight minutes. The Flying Dutchmen held a strong lead throughout most of the first half, leading by as many as 14 points at one point. Near the close of the half, though, Calvin gained some momentum, pulling within four points of Hope.

The half finished with a missed 3-point shot by Scott Jungling (‘10), but Hope maintained a lead of 32-28.

Throughout the course of the game, defensive rebounding helped keep the Dutchmen on pace with the Knights even as Calvin began making more shots in the second half. Hope captains Jesse Reimink (‘09) and Zach Osburn (‘09) led the team with 15 and 11 rebounds respectively.

“Rebounding is something that we’ve been practicing pretty hard since the last time we played them,” Reimink said. “It’s always been a big emphasis of Hope basketball. Calvin was missing a lot of shots and we were able to grab those loose balls.”

Head Coach Glenn Van Wieren was in agreement that rebounding was an important part of the game.

“We had terrific rebounding and shooting. It was really a great game,” Van Wieren said. “One team has to win and one has to lose. It doesn’t seem fair that it was us twice but that’s the way it goes.”

In addition to Osburn and Reimink’s efforts, guards Peter Bunn (‘11) and David Krombeen (‘12) played a large part in the solid team performance.

Bunn came alive in the second half of the game, shooting for 50 percent to finish with a team high 21 points.

Their contributions did not go unnoticed, either; both Coach Van Wieren and Reimink had high praise for the young players. “Peter has played like all that season,” Van Wieren said after the game. “He’s a versatile player who plays a lot of his best ball late in the game.”

Similar to their coach, the players expressed a desire for a third chance to take on their biggest opponent.

“The most important thing to us is to still to go to the NCAA tournament, but we’d love another chance to play Calvin,” Bunn said.

Should the two teams meet again, the Flying Dutchmen will be ready.

“Cabin has stolen two close ones from us. We’ve been in both games the whole time, and it’s difficult to beat the same team three times in one season,” Reimink said.

ATHLETE PROFILE

Senior athlete leads women’s basketball team by example

Bethany Stripp

Guest Writer

Kaitlyn Kopke knows what it feels like to be the best in the nation. In 2006, Kopke and her teammates from Hope’s women’s basketball team traveled to Springfield College in Springfield, Mass. and returned to Hope as Division III national champions.

“It was so much fun being on that team,” Kopke (‘09) said. “It showed me what a successful season looks like.”

However, Kopke also knows what it feels like to watch her team lose to the best in the nation. Last year, Kopke tore her ACL the day before the NCAA tournament began. She had no choice but to sit and watch as the team progressed through three rounds of the tournament before losing to eventual DIII champ Howard Payne University.

“It was one of the toughest things I’ve gone through as a person or an athlete,” Kopke said. “It taught me more about who I am as a person and really helped put things in perspective.”

After a spring and summer of therapy, Kopke was cleared to play right after the team’s August trip to Europe. She is now ready to help make her senior season one to remember.

With the NCAA Division III Women’s Final Four coming to DeVos Fieldhouse from March 20-21, Kopke and the team have extra motivation to work hard this season.

“We have an amazing team this year with high potential. I want to go out of Hope with a big bang. One team finishes with a win at the end of the season and we want that to be us,” Kopke said. “The program has been built up so much that it’s expected you’ll win. We have to hold up to the success.”

The mechanical engineering major from Haslett, Mich. is now the lone senior captain for the women’s basketball team. In her second year as captain, she is well aware of the expectations that come with the position.

“You have to be a leader on and off the court,” Kopke said. “The team sees how hard you’re working and then they do the same.”

There are six regular season games left in Kopke’s basketball career at Hope, but she’s not leaving without having learned some lessons from the time she spent on the team.

“(Playing basketball for Hope) has been an amazing experience,” Kopke said. “I want to take what I’ve learned on the court and apply it to my life. It’s hard to think that come March it’ll be done.”

Before she leaves, Kopke has some advice for underclassmen who hope to play varsity basketball in the future.

“You’ve got to work hard day in and day out,” she said. “You’ve got to love the game, but if you love it and are willing to put the time in, it can be one of the best experiences of your life.”

In the closing games of the season, Kopke helped lead the team to a 13-1 finish in the MIAA and a 20-1 record overall.

In their final home game of the season, Kopke, as well as the rest of the team, took the opportunity to support breast cancer awareness by donning pink jerseys.

In addition to raising $2400 for the cause, the team claimed at least a share of this year’s MIAA regular season title.

Kopke and her teammates have a chance to claim the title outright when they travel to Olivet on Feb. 18. This marks the fourth time in the last five years that the team has at least shared the regular season title.

Through the final games of her senior season, Kopke has given strong performances. In the last four games, she contributed 15 points, coupled with 10 rebounds and five defensive steals.

In her time at Hope, Kopke has had many once-in-a-lifetime experiences, both good and bad. From a national title to a possible career ending injury, she has seen and done it all.

Regardless of how her final college season ends, Kopke can graduate knowing that she has helped make the Hope women’s basketball program one of the best Division III programs in the country.