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Recognizing, responding to student mental health issues

Lindsey Wolf  Arts & Entertainment

As flip-flop weather approaches and tulips begin popping up around campus, soaking up the sun in the Pine Grove sounds a lot more appealing than retracing to Van Wylen for an all-day study session. Unfortunately, the end of the school year is often the most hectic and most stressful time for students.

This time of year often results in late-night cramming, studying, poor eating habits and lack of sleep: all of which take their toll on the student body. You might very well find yourself feeling stressed-out and overwhelmed.

Anxiety, stress and depression are no strangers to college campuses. According to MSNBC, mental health issues among college students have become more common over the last decade. But measuring the increase in mental health issues is difficult and cannot be explained by just one factor.

Kristen Gray, director of counseling and psychological services, explains some trends she has seen at Hope.

“We think more students who have struggled with mental health issues are coming to college as opposed to staying home and attending a community college or taking time off from their education,” Gray said. “We also think that there are some things going on within our culture and country that may be contributing to the stress and therefore the mental health of college students. For example, college students today were in elementary school when 9/11 happened. As students, you all have very little memory of living in a country that has not been on some kind of terrorist alert, or a country that is not at war.”

In addition to cultural factors, mental health issues can also be attributed to increased unemployment rates in a competitive job market. Students are concerned about finding good-paying jobs after graduation.

“This sense of job scarcity can increase the sense that students have to be even more competitive in order to get the kind of job they really want and so they need to push themselves to be perfect,” Gray said. “You can see that this can become a time of high stress, and high stress can contribute to mental health issues.”

According to Gray, a student experiencing difficulty with stress, anxiety or depression can do a few things to feel better.

“I know that I risk sounding like a health DIY professor, but getting enough sleep and exercising are two of the best things anyone can do,” Gray said. “And by ‘enough sleep,’ I mean more than seven hours a night and closer to eight or nine hours is best. The interesting thing about sleep is that it assists with concentration and memory. And maybe I’m out of date, but these seem like good things to have during the end of the semester. I really encourage students to try to get some studying done during the day and to actually sleep at night.”

As well enough sleep every night, students should get active.

Mary Kelso  Guest Writer

How lucky we are, as Hope College students, to have Lake Michigan at our doorstep—to be able feel the sand between our toes, watch the swans in Lake Macatawa, feel the constant cool breeze on our face, climb a dune overlooking the shining water of the lake, feel the sunshine on our backs—all within a few minutes of our home location.

Welcome to Earth Week (April 16 – 20), a week that celebrates God’s creation, reminds us of our duty to preserve it and provides information on creating a sustainable future for Holland and the world.

Monday was filled with repurposing and upcycling workshops at two downtown shops: Treehuggers and Karla’s Place.

Monday night, a screening of the documentary “The Last Mountain” was shown in the Fried-Hemenway Auditorium. Afterward, a panel discussion regarding mountaintop removal coal mining was led by members of the Kentucky Immersion Trip group. As you probably noticed, all dining halls as well as the Kletz held a vegetarian lunch on Tuesday.

To go along with this topic of food, Kate Davelaar and Jeff Roesing (from 8th Day Farm) will be giving a talk about eating sustainably. This will be held Wednesday in Martha Miller 238 at 4 p.m. Green Coffeeshop will take place in the Kletz/Cool Beans that evening, which includes live music and opportunities to visit booths from local green businesses and non-profits. Bring your own mug and check out the expo to receive free coffee!

Screening of the film “Fresh,” which documents a grassroots effort to advocate for more sustainable food, will be held Thursday at 3 p.m. in Science Center 1000.

Following, a panel discussion will be led by the Detroit Immersion Trip group. To end the week, Earth Jam, a celebration of the Earth as well as a concert, will be held in the Pine Grove. It will take place Friday, April 20 from 3 to 5 p.m. and the
Exam week policies may be surprising

Eva Sagastume
Snow Weiss

Many first year and even second year college students struggle with keeping up their grades, simply because they do not know where they stand. Students may be unaware of their academic progress until the middle of the semester when our grades are posted on our KnowHopePlus account.

It is faculty policy that professors provide a first exam for students to be able to track their progress within the first month of the semester. The intentions of this policy are for first and even second year students to be aware of their strengths and weaknesses in a college level course. This then gives them the opportunity to ask questions on where they scored weak and study where they scored strong.

And, unless some other form of assessing student progress is appropriate, each course will also end with a final exam.

However, many are unaware of the rules around final exams. The first, the final week of regular class sessions should be kept free of tests and term papers whenever possible. This is a crucial rule that affects students more than they may be aware of. If there is a research paper, project, or report due the week before final exams, it can distract the student from studying for the cumulative content of the course and instead focus on doing well on only a portion of what they’ve learned most recently that semester.

Now, from the arguing case of a student, we would also prefer to receive assignments back at least a few days before our final exam to know not only how we’re entering the final but also have the graded assignment back so it too can be a study tool.

Second, course finals have been assigned a specific two hour period and specific date at the beginning of each semester. All faculty members are required to hold final exams at the scheduled time.

Many students are unaware of these policies and cannot therefore use them to their benefit. A final exam is a review of all your hard work and learning throughout the semester, not a week of torture in which one grows to loathe.

Student mental health tips

- **COUNSELING**, from page 1

  to help deal with mental health issues.

  “As for exercise, moving your body every day for more than 30 minutes can be enormously helpful with both anxiety and depression,” Gray said. “I’m not saying we all need to be out there running four miles a day, but I am saying that we need to find a way to be healthy that we enjoy – try walking, or riding a bike, or head to the Dow to swim, or put on some music and make your whole cottage or cluster dance with you for half an hour.”

  Gray encourages students to watch for changes in their friends. If a friend is suddenly always tired or always too busy, there are a few ways to take action.

  “If a friend has changed in some negative way, it’s really OK to mention your concern to them in a quiet and respectful way,” Gray said. “Sometimes knowing that someone cares can be a fabulous first step to getting better. We also suggest that if you spend time listening to a friend on three different occasions and nothing has changed, it might be time to suggest that they talk to someone with more knowledge and experience than you, their friend.”

  The on-campus counseling center, located in DeWitt, offers a variety of resources for students.

  “Counseling and Psychological Services can offer individual counseling sessions, relaxation time, HeartMath (a computerized relaxation program) and group sessions on coping with stress and anxiety,” Gray said. “All of these services are free to Hope students.”

  “And, don’t forget the other places on campus that are here to provide support as well: Health Center, Campus Ministries, Academic Support Center and Office of Career Services – the list can go on and on. The important thing is to reach out to someone who can be of assistance.”
Shubham Sapkota

North Korea is once again creating a huge controversy in the international community regarding nuclear weapons and missiles with its unsuccessful launch of a rocket Friday.

Only a few weeks ago, Kim Jong-un made a statement saying that the nation is ready to disarm, and now news from Pyongyang suggest that North Korea is ready to launch rockets and satellites like the one which failed Friday. This has caused a stir in the international community once again, and all attention has been shifted to the Korean peninsula.

Since the North Korean authorities announced the launch, several Asian nations, including South Korea, have warned their airlines to avoid the North Korean area. South Korea and the United States argued with North Korea in an attempt to convince the country to cancel the launch, which technically violates the United Nations Security Council resolution prohibiting North Korea from testing ballistic missile technology.

North Korea has rarely taken Security Council resolutions into consideration before acting and has continuously violated every treaty and resolution regarding nuclear proliferation and missiles. The United States has often said that this plan is provocative and has agreed upon appropriate actions if North Korea continues to disregard all warnings and goes ahead with the launch. Japan and South Korea even stated that they would shoot down the rocket if any threat comes to their territory.

Though being attacked by international criticism, North Korean authorities have resisted and explained that this is not a cover for their missile program. Pyongyang has continued to explain that it is merely a part of its peaceful development of a space program. Friday's launch marked the 100th anniversary of the birth of the nation's first communist leader, Kim Il-sung. In light of these recent developments, the launch may spark international tension.

In North Korea, authorities in the United States have said that it will be very difficult to follow through with the food aid deal they made in February. This launching could bring severe harm to the relationship between North Korea and the West, which has shown signs of improvement in the last several weeks. Though the launch was a failure, this recent opposition to the pressure from the West puts North Korea in a tough spot.

Megan Stevens

On Sunday, officials from the United States and Afghanistan met in Kabul to sign a deal in which the American military handed over authority of Afghan “night raids.” This comes after the March 9 meeting between the two countries, at which time a six-month timeline was created to assist in giving Afghans control over their own detention operations.

The raids, during which troops from both countries enter Afghan homes without warning, are only part of the numerous special operations missions handed over to the Afghan military in the deal. Officials from both sides hope the agreement in place before the May 20 meeting of NATO, though it is expires at the end of the year, will be extended and would transfer the same obligation to countries currently allied with the United States.

Officials have said that kind of leverage permission to question detainees will not be difficult to come by. Although the authority of many special operations raids have now been handed to Afghanistan, the deal only pertains to raids in which homes are entered.

Pentagon defense secretary George Panetta said a new agreement could signal progress in the transition process and could be a key indicator of the enhanced capabilities of Afghan forces.

N. Korean rocket launch

Chris Russ

We love trends in America; the latest fashion trends (from bell-bottoms to jeggings) or current genre of music (from the British Invasion to Dubstep), and cool new websites (from Myspace to Pinterest). In all cases, if we’ve consumed the trend to our satisfaction, we totally dismiss it and move on to the next fashion or band or website (not too many people are updating their Myspace accounts or spinning disco records in their dorm rooms these days).

This trend-obsessed culture is also fed by a media cycle that yearns to manufacture storylines and promote trendy people and events. In sports we have Tim Tebow as a recent example, and anytime a scandal breaks, it’s not hard to see the manipulation of tragedy-as-entertainment.

Sixteen months ago today, the first protests of what would become the “Arab Spring” broke out in Tunisia. This first revolt sparks protests (and in some cases, uprisings) in more than 16 other countries and inspired the Occupy Wall Street movement in the United States.

For a while, these revolts were top of mind for many Americans because the news media pushed the story, it was billed like a Hollywood movie; thousands rallied to overcome injustice, many were killed by oppressive regimes, super-villain dictators were ousted and vengeance was sought against them, power killings, human rights violations, democratic elections and social changes happening right now. In this increasing global society, it is more important than ever to have an understanding of what is happening around the world because whether we choose to pay attention or not, these events will eventually impact America.

In light of what happened or is currently happening in each Arab Spring-involved nation, Tunisia: President Zine El Abdine Ben Ali and the rest of the government was overthrown, Islamic party Ennahda saw major victories in democratic elections, death toll exceeds 200,000 citizens;

Egypt: Tahrir Square protests sparked a revolution that resulted in the ousting of Hosni Mubarak, who is currently on trial for killing protesters (more than 800 died in the conflict), the Muslim Brotherhood has gained a strong foothold since the government was overthrown and have done well in early elections.

Yemen: Government was overthrown in violent conflicts that killed approximately 2,000 people, Abd Rabbo Mansour Hadi selected and inaugurated as new president.

Libya: The vast majority of Arab Spring casualties happened here (more than 30,000 deaths). NATO became involved, and Muammar Gaddafi was removed from power and eventually killed. The war has ended but the government has not yet stabilized.

Syria: Thousands died in protests and violent clashes between revolutionaries and government forces, some political prisoners have been released and some officials have stepped down, but the government is still in power and the conflict is ongoing.

Elsewhere: Varying degrees of social change has resulted from conflicts in Lebanon, Jordan, Lebanon, Oman, Saudi Arabia (where women will now be able to vote and hold office in 2015), Iraq, Bahrain, Kuwait and elsewhere. However, many of these countries are currently suffering governmental oppression and almost all of them have seen some protester deaths.

PERSPECTIVES

Arab Spring: Then and now

Photo courtesy of CNN.com

ROCKET ON THE LAUNCHPAD—The North Korean rocket was launched on Friday.

Photo courtesy of CNN.com

ARAB SPRING CONTINUES—People protesting in the streets of Yemen at the time the uprising began last year.
**April 18, 2012**

**WORLD**

**Santorum drops out of race**

Mitt Romney virtually guaranteed to receive Republican presidential nomination

Cory Lakatos

**Source:** history.com

Ever since President Barack Obama defeated Senator John McCain in the 2008 presidential election, Americans have speculated about whether Santorum would challenge him for the nation's highest executive office in 2012. After months of primary elections and caucuses, there is finally an answer to their question.

Over the last few months, the Republican field narrowed until only Rick Santorum remained in the running. On April 10, Santorum surprised observers by suspending his campaign, effectively handing the party's nomination to Romney.

Despite the fact, Santorum's speech was devoid of any sort of endorsement for Romney's campaign. In fact, Santorum took on a defiant tone: "We made a decision to get into this race at our kitchen table, against all the odds, and we made a decision over the weekend that while this presidential race is over for me, we will suspend our campaign effective today, we are not done fighting.

Santorum had been considered a conservative alternative to the more moderate Romney by some Republican voters. On the other hand, he has been ridiculed by liberals. Several factors played into Santorum's sudden departure from the primary race. Romney has been in the lead for weeks, and it had been widely assumed that he would eventually earn the nomination. Romney's delegate lead would have been very difficult to overcome.

For the time being, the White House's reservations about the early results of the Republican National Convention, expressed similar sentiments. "Today, Senator Santorum's departure is a blow to the campaign to surmount. In addition, Santorum had been campaigning in Pennsylvania, his home state, at the time his campaign was suspended. Polls indicated it was likely he would lose the primary election.

Another factor was the illness of Santorum's daughter, Bella. Santorum recently took a break from campaigning for a few days to care for her. It seems his responsibility as a father was part of what led him to conclude that he should not continue to pursue the presidency. The Romney campaign responded to the announce ment by congratulating Santorum for his effort and calling him a "worthy competitor" and an "important voice in our party and in the nation."

Reince Priebus, chairman of the Republican National Convention, expressed similar sentiments. "Today, Senator Santorum's daughter's illness has come up with a positive plan, many Syrians were ready to return to peace. If Syria can return to peace, the world has to wait and see if Assad and his regime would stop fighting with protesters so suddenly after 13 months of conflict. Unfortunately, last Friday, protesters arrived at various venues during the day, only to be greeted by government security officials who either fired shots in the air to scare off activists, or, in severe cases, kill them. After the chaos ended, 13 protesters had died during the day's events.

Despite this sad report, some see these results as "better-than-expected," according to BBC News. Many feared that the conflict between protesters and the government would escalate due to an increased number of protesters and government officials. Because uncertainty remains as to whether or not Syria's president Bashar Assad will be overthrown, the UN is going to keep a close eye on the country, calling for the release of soldiers and weapons from cities across Syria and requesting humanitarian aid for the Syrians. Given the current situation, the world has to wait and see if the situation will improve and if Syria can return to peace.
Around. The interesting thing is, things and carrying my hammer painting my desks and rebuilding furniture. The big stuff will be books of drawings, but mostly it's furniture. There are anomalies; this lack of guest verses was at one point standard. "Illmatic's" third track). These recorded (courtesy of AZ on "Raising Hell") are widespread in. Of the three albums above, the albums when they are compared to previous releases, of these three albums above, there is only one single guest verse recorded (courtesy of AZ on "Illmatic's" third track). These records are not handpicked anomalies, this lack of guest verses was at one point standard and resulted in coherent pieces of work that allowed the listener to receive a clear and consistent message from the authors of each album. For the sake of comparison, the highest selling rap record of 2011 was Lil Wayne's "Tha Carter III." Over the album's 15 tracks, 13 guest performances are squeezed in. Large labels try to promote albums by attaching many famous people as possible to a project. Basi- cally, the commercially minded rap that dominated much of the 2000s used the same marketing strategy as 'Oceans Thirteen.' However, as the record industry continues to crumble, more artists are being forced to promote themselves, largely through the release of free mix tapes. Without the backing of a major label, or often without the support of any label at all, these tapes are made and re-released with a very limited budget. These underground rappers don't have the means to pay for a host of superstar producers and guest stars or by a change in musical approach. Wiz Khalifa's "Rolling Papers" and Bob Rock's "B.o.B. Presents: The Adventures of Bobby Ray" both saw a greatly increased amount of singing by the two rappers. Their normal sounds were softened and given a pop music sheen, which served to alter a large portion of their original fan bases. Washington, D.C. rapper Wale released his debut album after a string of commercially heralded mix tapes garnered him some attention. The debut ironically named "Attention: Deficit" contains 12 featured performances by other artists over the course of 14 songs, not to mention 10 different producers. Many if not all of the songs on the album are really good, and some of them are great, but when listened to front-to-back the record is sonically inconsistent and doesn’t build any kind of coherence. When this happens, an artist is no longer making songs with their friends; they’re paying other famous people to rap or sing for them. This year is supposed to see major label releases by three of my favorite rappers: Kendrick Lamar, Currently and Big K.R.I.T. Hopefully these three are able to avoid the typical pit-falls and stick to the vibe that attracted their fans in the first place.
Anchors Aweigh: the 2011-2012 editorial staff seniors prepare to bid Hope goodbye

Caitlin Klaes
Arts Editor
Hometown: Greencastle, Ind.
Major: English

Future plans:
Teaching English overseas

Favorite memory: Getting rolled at by elderly season ticket holders while working at Hope-Calvin games (happened every year).

Most valuable thing learned at Hope: I learned about my purpose in life: to serve God and others.

Chris Russ
Arts Editor
Hometown: Park Ridge, Ill.
Major: English

Future plans:
Teaching English overseas

Favorite memory: Teaching English overseas

Most valuable thing learned at Hope: to be a part of the one bond for two years and having the opportunity to watch everything come together.

Bethany Stripp
Copy Editor
Hometown: Richland, Mich.
Major: English

Future plans:
Women’s Studies and Creative Writing and English

Favorite memory: Meeting my roommate, Emma, my first year here, rooming together and staying friends for all four years.

Most valuable thing learned at Hope: Trust God and surrender all of your efforts to Him — there’s no one better to rely on.

Lindsey Wolf
Arts Editor
Hometown: Park Ridge, Ill.
Major: English

Favorite memory: Getting rolled at by elderly season ticket holders while working at Hope-Calvin games (happened every year).

Most valuable thing learned at Hope: I learned about my purpose in life: to serve God and others.
As many of you have probably noticed, Kony 2012 has been exploded over social media networks like Facebook and Twitter, photo-sharing application Instagram, and in the blogosphere, called the fastest-spreading viral video in history. Over 100 million people around the world have watched the film, “Kony 2012,” which has been followed with a lot of support but also some criticism.

Kony 2012 is a campaign that was launched by a non-profit organization called Invisible Children in efforts to spread awareness about Joseph Kony, the leader of a rebel group in the Democratic Republic of the Congo that has been active in the Democratic Republic of the Congo, South Sudan and Central African Republic. The LRA consists of child soldiers who have been abducted from their homes and are forced to commit atrocities.

Joseph Kony’s tactics were—and remain—brutal. He often forces children to kill their parents or siblings with machetes or blunt tools. He has abducted girls to be sex slaves for his officers. He brainwashes and indoctrinates the children with his lies and manipulates them with his claim of spiritual powers. This is a man who feels he has power because no one knows who he is or what he is doing. The goal of the Kony 2012 campaign is to make Joseph Kony famous, not to celebrate him, but to raise support for his arrest and set a precedent for international justice. The hope of the campaign is that if people know about the crimes Kony has been committing for 26 years, they will unite to stop him.

Along with any campaign, film or movement, people are going to ask questions. Once the film was released it was met with some debate about how to best help these communities who are being affected by LRA attacks. There have been criticisms of IC as well; however, many are based on outdated sources, false “facts” and misinformation. Invisible Children addresses all of these criticisms and questions on their website. Many have criticized IC for falsely promoting that the LRA is not in Uganda anymore, but in surrounding areas their violent attacks remain serious. Some have also questioned whether or not Africans support IC’s cause.

Of course, one cannot form a general opinion for a whole continent. Invisible Children has found that many Ugandans welcome the film’s message of stopping Joseph Kony, but some do take offense at how the message was delivered. They are well aware that not everyone is going to agree with their tactics but have received a lot of support from civil leaders in CAR, DRC and South Sudan. A video of their op-ions can be found on the IC website.

So far much talk has been around IC’s current campaign, but their work goes beyond this campaign. They currently have programs in DRC and CAR as well as in Northern Uganda where the war began. In areas that are currently threatened by LRA violence, IC programs are geared towards civilian protection, encouraging defections and rehabilitation of former LRA abductees.

They are able to achieve this through their Early Warning HF Radio Network and FM radio, the LRA Crisis Tracker, defection flyers for current LRA soldiers, and the rehabilitation center, which is in the process of being built. The radio towers are connecting communities to one another through twice-daily security and humanitarian reporting and provides advance warning for LRA attacks.

The programs in northern Uganda are focused on providing access to quality education and improving the livelihood of a post-conflict community. They are able to achieve this through Schools for Schools, the Legacy Scholarship Program, and Mend. Schools for Schools works to construct and renovate school structures while also building teacher capacity and developing curriculum. The Legacy Scholarship Program provides merit-based scholarships and mentoring to motivated and talented secondary and university students from northern Uganda who were affected by the conflict. Mend is a social enterprise geared toward facilitating financial independence and development for formerly abducted by the LRA. It is also important to note that over 95 percent of IC’s leadership and staff on the ground are Ugandans on the forefront of program design and implementation.

The ‘we’ of ‘The Hunger Games’

Kate Schrampler

Columnist

Thursday night of spring break found me scarfing down my dinner because I knew I would have to battle the crowds of people that I just knew would be mobbing the movie theaters. It was opening night of “The Hunger Games,” which has been pretty sure but I would close to what they were for the premiere of the last Harry Potter movie.

As a result of my eagerness, my parents who had allowed himself to be dragged along) and I ended up killing an hour in a department store, then watching several episodes of “Chuck” on his tablet... until he left me alone. I then began to understand that we are all more resemble an apprenticeship.

In fact, the more I’ve thought about it, the idea of a liberal arts college like Hope is in many ways a modern invention. Sure it’s good to be a well-rounded person, but the idea that everyone should know how to do some of everything is a much more modern ideal. In many ways, it seems more old-fashioned to learn a single trade and then become an expert in it. I know I would rather live in a society where each member recognized their skill and were able to pursue that skill to serve others and fulfill a necessary role, as opposed to a society where everyone was marginally accomplished in a lot of different fields.

There’s something seriously cool about a story that does that: makes you care about people that don’t actually exist. Their situations are completely made up, and, in the case of “The Hunger Games,” pretty horrendous. I have heard people multiple complain, saying things like “Why would I read a book or watch a movie about things that are forced to kill each other?” And I guess when you put it like that, it makes us readers seem no better than President Snow, the Gamekeepers, or the Capitol residents.

But I think most of us would agree we are not addicted to “The Hunger Games” because it is a bloody story of gladiator kids being led for dumb. We’ll read you the books, and the movie, because of the characters. The plot is the anchor that keeps us关注 this film, but if a character is entertaining or intriguing, Kony 2012 has exploded over social media networks like Facebook and Twitter, photo-sharing application Instagram, and in the blogosphere, called the fastest-spreading viral video in history. Over 100 million people around the world have watched the film, “Kony 2012,” which has been followed with a lot of support but also some criticism.

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The bright lights in the television studio made my eyes hurt. I tapped my fingers against the microphone my hands gripped, my body slightly swaying back and forth as I stood in the back of the bleachers, trying to rephrase what I was about to say. I'm probably the youngest person in the room by 10 years; everyone else in their business suits looked accomplished, successful, very Washingtonian. The journalist points to me and I'm on. I'm able to ask U.S. Sen. Lamar Alexander (R-Tenn.), former secretary of education, anything about education policy. Me, an intern, a 21-year-old college student from Michigan.

The girl who left Hope College in December for a semester in Washington, D.C., would have never asked for that microphone. That girl would have been too afraid to hold someone of such power accountable in such a public way, to stand up and refute his argument with the tough questions. I've spent the last four months in the most politically-charged town in this country. Upon arriving, I needed to decide quickly what my position on healthcare was, how I would have never asked for that microphone. That girl would have been too afraid to hold someone of such power accountable in such a public way, to stand up and refute his argument with the tough questions.

After this time, no one had ever forced me to thinking about these things. Sure, I voted, felt about the church in the public square, and what I thought about Israeli-US relations. Now's the time to figure out who you are and what you stand for. Now's the time to engage in these arguments and discussions. If you're not engaged, if you're not changing your mind, forming and reforming your opinions, then you're not doing your part. You're letting other people make decisions for you. You're giving up your power to speak your mind.

Kony 2012 is wrapping up an internship with the Department of Education. She loves DC, but misses Hope and can't wait to be back next semester!
Hope for the Earth promotes sustainability

80 students will receive free fair trade Earth Jam T-shirts!

Rachel Davis and Gifts or Creatures will provide the live music while attendees enjoy games and free organic food. Plan some time into your week to attend a few Earth Week activities. Take a study break to watch a film screening or get some coffee during Green Coffeehouse. Grab your friends on Friday afternoon and relax in the pine grove during Earth Jam.

Each one of us is responsible to take care of this beautiful planet so that when we come back to Holland years from now, we will find the dunes as

Hope will continue to expand new security camera system

Currently the system is limited to 12 cameras at the library, four in Martha Miller, one in the Campus Safety offices and one in the parking lot of Kollen. They are all recording and are functioning fully, and the digitized system allows new cameras to be added to this network with relative ease.

“We probably won't be adding any cameras until at least the end of the summer. We're going to expand it, but we're going to proceed with caution to make sure we're doing it the right way with the proper policies; how it's going to be used how it's not going to be used, who can view it, who can't and things like that,” Wolters said.

Although a system for reviewing and obtaining footage isn't officially in place for the new system, Wolters said that any type of investigation would most likely come through Campus Safety. The department would help in an investigation to analyze archive data and footage.

In addition, once the system is established, there are plans for an application process that would allow departments to request a camera if they felt a location could benefit from its presence.

RECYCLING BEAUTY— Students hold up a completed bouquet of paper flowers that they constructed from recycled paper. The craft session was a part of the Earth Week celebration that is running from April 16 to April 20.

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In Brief

Track Teams Take MIAA Jamboree

The men’s and women’s track teams claimed first place at the MIAA jamboree on April 14. The men’s team began their defense of their MIAA title with a convincing win, tallying 898 points compared to second-place Calvin’s 784 and third-place Albion’s 693.5. The Dutchmen claimed first place in five events. The women’s meet came down to the last event, where Hope’s women outscores Calvin’s in the discus 31-13 to come from behind and take first place in the meet with 910.5 points. Sarah Venlet (’13) was the Dutch’s lone first place finisher in the meet, taking the 100- and 400-meter hurdles.

MIAA Players of the Week

Baseball
Phil Haywood (’14)
Pitcher

Track and Field
Sarah Venlet
Hurdles

Mixed Tennis Results

The women’s tennis team continued their MIAA dominance over the weekend, sweeping Trine 9-0. The Dutch are now 5-0 in conference play with three MIAA duals remaining before the MIAA tournament. The women have three home games over the course of the next seven days.

The men’s tennis team had three losses over the weekend, narrowly losing to Ohio Wesleyan 5-4 and falling to DePauw 9-0 and Wabash 5-2.
The softball team dropped two roads games to Trine on Saturday, falling to 3-5 in the MIAA. Trine (23-5) currently leads the MIAA with a 5-1 conference record.

Coming off of a thrilling 9-7, 11-inning victory over Saint Mary’s on Wednesday, the Flying Dutch were looking to carry that momentum into Saturday’s double dip with the Thunder.

“With that win, it definitely gave the team momentum and confidence that we could win the close games and that we could compete with the better teams in our league,” outfielder Lauri Tjepkema (‘13) said.

However, Trine’s bats boomed in both games, halting Hope’s momentum. The Thunder cranked out nine runs in the opener and then followed that performance by scoring 15 in the second game.

In the first of two, Trine’s Andi Gasco limited the Dutch to just two hits in six innings. Gasco is one of the top pitchers in the MIAA, boasting a 14-2 record.

The Thunder struck early, scoring five runs in the second to put Hope in a deep hole going into the top of the third.

The Dutch’s lone run came in the top of the fourth when Tjepkema doubled home Montana Bredeweg (‘15), who pinch ran for Emma Page (‘14) after Page walked.

Trine drove home two more runs in both the fourth and the sixth en route to a 9-1 win over the Dutch.

“Trine definitely is a great team, and we knew that going into the games,” Tjepkema said.

“The first game we couldn’t string things together and we gave a few extra outs, which ended up really hurting us.”

Tjepkema and Brooke Nienhuis (‘12) were credited with a hit apiece for the Dutch in the opening game.

“After that game, we talked about how being the aggressors in a game can allow us to settle in both offensively and defensively, as well as that we simply needed to make the routine plays,” Tjepkema said.

Hope was more aggressive in the later game and kept it close until Trine’s bats erupted for nine runs in the top of the seventh.

Similar to the opening game, the Thunder broke out for five runs in the second inning.

The Dutch tallied one run in the second with an RHI double off the bat of Kristin Higgs (‘13) that scored Jess Kohlhoff (‘13). The Dutch cut the lead to 6-4 after a three-run fourth inning.

Peyton Wells (‘15) hit the RHI double that scored Tjepkema. Later in the inning, Kendall Vassar (‘15) dropped down a sacrifice bunt that sent home Amber Born (‘14).

A Rachel Cooper (‘15) single paved the way for the Dutch’s third run of the inning, as it advanced base runners and allowed Nienhuis to drive home Kohlhoff on a fielder’s choice.

The score remained 6-4 heading into the last inning, the time in which the Thunder exploded for nine runs.

The nine-run seventh sealed the victory for Trine, as they completed the Saturday sweep of the Dutch with a 15-4 drubbing.

Hope’s four runs came off of nine hits. Higgs and Page led the way for the Dutch, each with two hits.

Playing seven strong innings, making routine plays and not giving extra outs were all stated by Hope’s head coach Mary Vande Hoef after the loss.

Adjustments were made but the outcome wasn’t what the Dutch desired.

“That’s something that can improve,” Tjepkema said, “we are still confident and excited to continue league play this week against some good teams.”

The men’s golf teams both recorded first place finishes over the weekend, with the men taking the first of three NCAA qualifiers at Trine and the women winning a weather-shortened Millikin Invitational in Illinois.

The men’s golf team has had mixed results since returning from its spring break trip to Florida. On April 10, the men finished first out of nine teams competing in the Trine Invitational. All of Hope’s golfers ended the 18-hole round below 80, with co-captains Nick Campbell (‘12) and Andy Thomson (‘12) tying for third each shooting 74.

The next day, the Dutchmen competed in the 36-hole Furniture City Classic and came in fourth out of five teams. Ben Lanting (‘12) led the team, shooting an 82 and a 78 for a combined total of 160.

Trine hosted the first NCAA qualifying tournament on April 14 that Hope won by seven strokes with a total score of 284.

The Dutchmen put forth one of Hope’s best golf performances as a team and individual level at the tournament. Hope bested their previous best MIAA round score by four strokes, surpassing the 288 record that has stood since 2006.

Campbell also set an individual record for Hope, taking medalist honors with a 65.

Campbell beat the previous best MIAA round score by a Hope golfer by two strokes, breaking Ryan Sheddy’s 2003 record that has only been matched once since then in 2005.

“We’re building a small lead, but that’s all it is.”

Nick Campbell (‘12)

The men will host the final two rounds of the NCAA qualifier this weekend at the Wuskowhan Players Club.

The first 18-hole round will take place Saturday at 9 a.m. and the final qualifying 18-hole round will happen on Saturday at 9 a.m.

Come Thursday and Friday, I think we need to keep focused on the task at hand. We’ve built a small lead, but that’s all it is.”

“The Dutch team has won its past two invitational.

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Nick Campbell (‘12)

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