Students clean-up the community

by Julie Blair and Scott Raney editors

For a second time, Hope College students volunteered in volume in the Holland community through Student Congress sponsored "Community Clean-up Day" on Saturday. The first half of the day consisted of student organizations conducting large projects, such as cleaning local parks or picking up litter along the highway while the remainder of the day involved individuals performing spring cleaning and maintenance chores such as raking, shoveling, painting or cleaning in the homes of the elderly or disabled.

The students collected more than 80 trash bags, cleaning up the lot from Lincoln Park, to Windmill Island and Van Raalte Farm to the Tulip Lanes on Washington Blvd. "It was fantastic to see a group of 85 people get out of bed at 10 a.m. on a Saturday morning when it's freezing cold outside," said Congress President Joe Kuiper ('93). Seventeen of 27 Congress members participated some of whom devoted their afternoon and early evening to finish up jobs at homes in the community that were left after the other groups finished the bigger morning jobs.

"We had people counting on us being there and we didn't let anybody down," Kuiper said. "That's commitment."

In comparison to the first annual Clean-up Day held two years ago, this year there were almost twice as many groups involved, up to 13 from seven. "I was happy to see the turnout. I think we made an improvement this year in getting a broad base of volunteers," Kuiper said. Congress cleaned up at Van Raalte Farms in the morning, then with only about a 15 minute break, five of them volunteered another three hours in the afternoon to help with yard work at nine homes of the elderly or disabled.

One lady, when asked what a work crew of Congress members could do for her, said "Just do..." then paused making the volunteers think she only wanted something small done. "Just do everything," she continued. "Rake the yard and the back yard if you would. Then rake up around the shrubs real good. Then," she said after another pause, "put the leaves in my compost pile.

"We just wanted to get to work before she said anymore," Kuiper said. "She kept adding things to the list."

Kuiper and the others took it in stride and good nature. "It felt fantastic to be of such service to the community." The Cosmopolitan Fraternity worked near Lake Macatawa for three hours raking and bagging leaves in the yard of a sprawling 93 year-old lady. Set to work, the crew combed the acre of Oak filled lawn battling gusty winds. She was right out there burning leaves with us," Matt Sevensma ('95) said. "And the yard was huge so we're all going back Thursday to finish up." Like Sevensma, others also felt the impact of their efforts in talking with those they helped. "This was a great way for Hope students to give something back to their community," Kuiper said. "It was a great way for Hope students to give something back to their community," Kuiper said.

Record turnout for Congress cabinet elections

by Julie Blair campus editor

After an intense week of hard-core grass roots campaigning, the team of Eric Foster, Chris Heathen and Mike Yantis captured the Student Congress offices of president, vice-president and comptroller Monday as record number of votes hit the polls to elect their bids for next year's Congress cabinet.

One thousand sixty-five constituents cast their ballots as compared to the 950 turned in during the election for representatives last Fall, showing an energy and excitement for student government the Foster-Heathen-Yantis cabinet hopes to nourish in the upcoming year.

"The high turnout showed that our campaign strategies worked," Foster said after traveling door-to-door to dorms and some 50 cottages during the week. "We sat down and spent at least ten minutes at each cottage or dorm room. What paid off was the interaction. That close interaction with students certainly helped propel Foster and co. into office, and the same type of communication will be the key to maintaining a successful Congress next year," the cabinet-elect said.

"When our term is over we will have to look back and see increased involvement in Congress by students," Foster said.

To help bolster student involvement, the Cabinet plans to hold a big give away at the beginning of the next year to meet incoming freshmen and get reacquainted with those already on campus encouraging students to run for representative positions. The team will also propose a bi-weekly opinion newsletter. Foster is responsible for appropriating the $170 thousand budget while Heathen is in charge of running elections, publicity, keeping records and distributing minutes, jobs that require patience and perseverance.

"There will be unity in the cabinet," said Rob Wagner, one of Foster's president-eligible opponents, "They have displayed their ability to work together and there will be a great result for the students."

"Making it work is something Foster has been doing all along. Proud of his heritage, Foster stresses Congress' role in becoming a vehicle for cultural diversity.

"(Electioning a minority) for president is something to remember and be documented," Foster said. "It says a lot about Hope students who will elect someone on their effort merit and ability and not on anything else."

Bacteria claims python's life

by Julie Blair campus editor

Dexter, the Hope College department of biology's 17 foot long, 400 pound Burmese Python passed away March 27, due to an energy drain. Dexter was born in the spring of 1985 at the Peale Science Center, working as an example of locomotion. Due to lack of space, however, Dexter's sibling was born an year earlier to a happy home. Dexter remained, providing insight into the reptilia phylum and alleviating ciliophagia, the fear of snakes. Known throughout the Holland community, Dexter was the main attraction during visits from elementary and pre-school children and could be found playing on the lawn in front of Peale during the warmer months. "Like the family dog, he was the department snake," said Tyler Salisbury ('94), the python's caretaker for the past three years. "I used to sling him over my shoulder and take him for walks."

Though most Burmese pythons are reputed to make temperamental pets, Dexter proves that exceptions do exist, being well-manered and obedient.

"The department may consider purchasing another snake, according to Lori Hertell, director of laboratories.
Libraries can change lives

After four years on this campus, I have become extraordinarily aware of some negativity and uncertainty surrounding any 15 sort of visit to the library. In the Klitz, for example, many voices can be heard to say, "I left, I have to go do research in the library tonight? or I spent six hours today reading in the library" or the ever-popular "I can't get anything done in the library; it's too quiet, boring, unfriendly people who are tied to chairs and forced to torture people in the library." This is a sort of condition in which people are tied to chairs and forced to torture people in the library in a world where we make it impossible for students to find any sort of methodical way out.

My own early years at Hope found me echoing these sentiments with fervor. It seemed unfair that the wealthiest libraries should require me to do a paper requiring research because, after all, the library is a bad place to be and, being professors, they should know this.

Later in my first big class project came along, requiring me to spend a great deal of time reading in the library. After the initial shock of actually being there wore off, I began to realize just how important the library is to the general advancement of knowledge, and to Hope College in particular. Van Wylen Library is more than just a campus showcase and House of Homework. When you look beyond the beautiful furnishings, you'll find an entire world of information contained within 300,000 bound volumes and millions of magazine and newspaper articles. Further, the library staff is not selfishly hoarding information for their own personal use; rather, they are helpful, encouraging and supportive of your research needs.

Because of the wealth of information which is contained within the library, as well as the caring staff who will show you where to find it, the library may be considered one building on campus which will provide you with the bulk of your education. Although your professors will instruct and guide you in what you need in terms of information and education, it is the library that will give you the actual information you deserve. Your papers could not be written without this information, and the degree you are currently seeking would not be complete without it, either. Thus, the library is necessary for this general advancement of knowledge, and to Hope College in particular.

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Nature not neglected: many events planned

by Nicole Mueller
staff reporter

It feeds us. It clothes us. It gives us a place to sleep, provides us with everything from gas for our cars to cotton for our J. Crew shirts, and is a primary motivator for our football, tennis, and track. Of course, our parents, coaches and professors don’t have a problem with it (and some of them that they don’t). Just keep on doing it!

Not one, not two...but three!
by Dirk Joldersma
features editor

A 3.7 GPA with a major in political science and a double minor in business administration and economics! Wow! That’s not too bad. He does that while playing football? Hey, that’s really pretty good!

Get this: he also plays a pretty good game of tennis (a varsity letter as a freshman). That’s right—two sports!

Since Dirk DeWitt was bored with what was just an easy year at the office, he decided he would also run track this spring, becoming the first Hope athlete since the mid-80’s to play two sports in the same year. No, he hasn’t quit football. No, he hasn’t stopped studying.

And, he doesn’t sleep!

"It’s hard enough," DeWitt understated, with a wry smile on his face, and Umbros, a t-shirt and running shoes on his body. Deon Sanders and Bo Jackson may do football and baseball, but Dirk is the first to do three: football, tennis and track.

"My dad thinks I’m crazy. My mom just told me, "Do want you to do,” explained DeWitt. "She’s all for it."

But even with this kind of maternal support, it gets a little hard.

"Tennis at night and track in the afternoons in the pre-season wasn’t bad, but now it’s difficult. Now I have to run my track workouts before his practice, since I can do those on my own," said DeWitt.

With tennis and track meets coming fast and furious, DeWitt finds that sometimes he is falling behind his single-sport teammates.

"I feel like I’m losing a little bit of endurance for track," Dirk admitted. However, coaches don’t seem to have problems with his striving for excellence.

Tennis coach Steve Gorno said, "Dirk is playing real well. His doubles play is particularly outstanding. Dirk goes out and gives it everything he’s got." And DeWitt cites as his primary motivator his football coach, Ray Allen. "I’ve wanted to do both since high school, but Coach Allen helped me set goals. We decided I should letter in both sports this year.

Well, Dirk, if it keeps you happy, and your parents, coaches and professors don’t have a problem with it (and some of them that they don’t)... just keep on doing it!

Air Jam: good, gross and close

Air Jam: good, gross and close

by Amy Seibert
staff reporter

"I look like Doogie Howser but I sound like his friend Winnie," commented Robbi Prinz, and described himself at Friday night’s Air Jam.

He emceed this annual event to a standing room only crowd in the Ketz.

"He was funny, but I was surprised that he swore so much. It didn't bother me at all, but I was surprised someone didn't tell him to tone down," Chr. Siegmehlre('96) said.

Some of the best audience responses came from the jokes in which Prinz talked about himself instead of others.

Brian Capps('99) said, "I think he was the best comedian we’ve had on campus this year. He was funny without having to be vulgar." SAC adviser Anne Bakker-Gris, director of student activities, said that Prinz is one of the most appropriate comedians for a college audience because of his age and relatively clean material. "Most students I’ve had a chance to talk with had a really good response regarding Prinz. They really enjoyed his act, she said.

The lip-sync acts performed by students were the real highlight of the evening, however. Third place was awarded to Rob De Vries('95), Ron Kimmons('95) and Duane Moczkaj('95) for their performance of "Rump Shakes," second place was awarded to Gina Smith('94), Mathia Miller('95), Tawanda Williamson('95) and Kogathoba Semo('95) for their rendition of "Givin’ Him Somethin’ He Can Feel," and first place went to the Centurians and Sib’s for their choreographed medley of songs from Grease.

"It was cool to see a lot of people getting involved and putting a lot of time into it," said Wendy Straw('95), a performer in the winning act. "I thought it was quality of acts was the best this year.

The wide variety of acts ranged from good—Lan Aranda('95) and Krista Osetna('95) classy "What You Don’t Know About Water," to the Donnas’ '80’s Medley complete with groovacious disco wear, to Sarah Prontack and Co.’s musical interlude of someone vomiting into a totoet. The only enduring complaint was the lack of seating. "It was a little bit crowded," Capps said. "They should have kept Wilson Fellow to voice concerns about environment

by Amy Seibert
staff reporter

Physician Frank Ubel will speak as Hope College's 1995 Woodrow Wilson Visiting Fellow on Thursday, April 22, at 11 a.m. in room 104 of VanderWerf Hall.

His talk will concern estimating the risks involved in decisions about chemical and environmental threats to human health.

Ubel will be on campus Monday through Thursday, April 19-22. He will meet with selected members of the Hope and Holland communities throughout the week.

Ubel, a native of St. Paul, Minn., was employed with 3M for more than 30 years as a consultant and eventually as the company's medical director. Since retiring in 1989, he has been a member of several advisory committees, an adjunct lecturer at the College of St. Thomas in St. Paul and a clinical associate professor at the medical school of the University of Minne-
sota at Minneapolis.

He is a member of several professional organizations, including the American Medical Association, the American College of Occupational Medicine. He is also a member of the President's Committee on Employment of the Handicapped.

The Woodrow Wilson Visiting Fellows program brings leaders in their fields to the campuses of small liberal arts colleges for a week of classes, informal discussions with students and faculty, and career counseling. By sharing their experiences, the Fellows help students understand the relationship between academic knowledge and its practical application. By their example, they demonstrate the qualities necessary to become leaders in their professions and in service to society.

Visiting Fellows, who include cabinet level officers, corporate executives, newspaper editors, writers and other professionals, are recruited for their ability to listen as well as to articulate ideas. They are matched with liberal arts colleges chosen for their commitment to the goals of the program. Together, they attempt to equip students for the social, political and economic environments they will be entering.

The Woodrow Wilson National Fellowship Foundation has funded the Fellowship since 1945 and has awarded 260 college presidents in higher education since 1945. Nearly 200 colleges have participated in the Visiting Fellows program since 1973.

-Joanne College News Service

Earth Week Schedule

Wednesday, April 21, 6 p.m.
Lahm 300 (M. Francie's history story) Dr. Frank A. Ubel, Woodrow Wilson Fellow, will discuss environmental health issues during a meeting of the EIG.

Thursday, April 22, 11 a.m.
VanderWerf Rm. 104: Dr. Ubel will present a major address on estimating the risks involved in decisions about chemical and environmental threats to human health.

Friday, April 23, 2:20 p.m.
Peale rm. B-8 Brit: Dr. Jim Teeri of the Department of Biology will present "Ecological Consequences of Rising Atmospheric Carbon Dioxide. "Teeri is appearing through the department of biology's weekly seminar series.

Sunday, April 25, 2 p.m.
VanderWerf Conference rm.: Valerie Fons Kruger will present "Water for Life." Fons Kruger is a long-distance canoe explorer and avid rain forest expert who was critically ill as a result of reduced amounts of pollution along the Grand River, and will be delivering the keynote speech for Ottawa County Soil and Water Stewardship Week.

Earth Week is planned by all of Hope College's students, and supported by the Office of Student Activities and the Environmental Issues Group.
On a new election system

The student body voted for a president and vice-presidential ticket in the Congress election on Monday. Eric Foster and Chris Heaton campaigned as a team who could work together and get things done. Their platform was built on unity and they made their point by walking away with the votes.

What is the significance of this? Did students elect the ticket responding to what they read last week in The Anchor about cabinet conflicts and the president's resignation? Or did they simply vote individually for two great candidates who stood alone as well as their team?

Either way, it raises a key question. Should the president and vice-presidential candidates for Congress cabinet be required to run on a ticket like the United States presidential election?

Yes they should. It makes perfect sense. The big advantage would be in that each pair would be able to choose who they would work with best, assuring, or at least reducing, cabinet conflict. (This doesn't mean loss of discussion and disagreement—these are important and healthy in any governing body.)

In addition, it would create a unity in the cabinet, setting the pace for Congress representatives to be unified and active.

One more piece to think about: This year's conflict in the cabinet, resulting in the resignation of the president, could have been avoided if things had been organized this way last year.

On continued safety

Safety has been an issue and continues to be an issue with Hope students, especially in the summer. It is a reality students take for granted.

Incidents happen each year and The Anchor periodically has to report on a big incident where a person's safety is challenged or violated.

Just recently, one student ventured off campus alone for groceries at 1 a.m. (see story page two) and could have been, but thank God wasn't, run through with a knife after a fight. This is a fortunate case because he wasn't hurt, but things happen when students don't think twice about what they do.

Sometimes Hope students take their safety for granted. They do things before thinking. Youth is invincible, but only in thought. It might take almost being seriously hurt before things happen.

What is a cause for concern is her reckless abuse of privilege. No other member of Congress would attempt to Congress, unless you count the "picnic" that Vennema Apart- officially printed in our newspaper.

The Anchor's staff

Dear Editor,

I was quite bothered when I read last week's letter to the editor sup- porting Robin Wagner for president. As a member of Student Congress myself, I felt that the letter gave the false impression that the entire Congress backed Robin. I can attest that this most likely was not the case and I feel that for one candidate from Congress to receive "a letter of recommendation" and to be set above the rest was a bit unfair. There were many excellent and well-qualified candidates running for all positions, and all deserve praise for their accomplishments.

Congress has made strides this year because of hard work and dedication of all members. I admit that Miss Wagner has done a good job as representative, but everyone on Congress is a leader, has served on numerous committees and been an active voice in passing important proposals. To not mention the accomplishments of the other Congress candidates gives the impression that they (the undersigned on the letter) do not recognize or acknowledge the hard work of their fellow con- gressmen.

Dear Editor,

A tragic injustice has been made. Last week, your handling of the resignation of the president of the Student Congress was deplorable. Whatever happened to the search for truth, or even impartial report- ing?

Your article made Holly Moore out to be a martyr and Joe Kuiper out to be some sort of villain. Nothing could be farther from the truth. The facts are that Holly Moore canceled a congressional meeting for personal reasons. In contrast to what she said, she had no authority to do that under our constitution. When the vice president called a voluntary meeting, not only was he completely within bounds, he was required to do so under the constitution.

The student body voted for a president and vice- presidential candidates for Congress, Vennema Apart-

The Anchor is printed on recycled paper and funded through the Hope College Student Congress Appropriations Committee. Letters to the editor are expected to be well written. Letters over 250 words or less will be given preference. The opinions expressed in the editorial are those of the editor and not the paper. Stories from the Hope College Student Office of Public Relations. Subscriptions are available for $18 a year or $10 a semester. We reserve the right to edit or reject any advertising.

Dear President,

I was going to send you some money here to help pay off the national debt like that VILELLA kid, but I thought about how Congress is always giving them more money. So, I went out and bought a couple of concert tickets. I hope you don't mind. Signed, is a special thanks to the following groups for making this year's Clean Up Day a success.


Student Congress looks forward to continuing this event next year. Until then, think service.

Sincerely,

Joseph Kuiper
President, Student Congress
Cabinet-elect letter to student body

Dear student body:

As your newly elected Student Congress cabinet we would like to thank you, the student body, for turning out in such large numbers in Monday's election. We were pleased to see such a considerable interest in helping to determine the future of Student Congress and we hope that this level of participation continues throughout next year.

The three desires that we have as a cabinet are to promote student involvement in Congress, in sure that activity fees are being dis distributed according to your interests, and to build stronger ties between you and your Student Congress representatives. Furthermore, we encourage all of you who are committed to seeing change take place in the Student Congress general election this fall. Once again, thanks to all of those who voted and were willing to give Eric, Chris, and Mike the opportunity of serving as your student congress president, vice-president, and comptroller, respectively.

We look forward to the prospects of next year and the experience of working and representing each of you. Respectfully,

Eric Foster, Congress President-elect
Chris Hattron, Congress Vice-President-elect
Mike Yantis, Congress Comptroller-elect

Mortar Board Inducts 35 Members into a Rich Legacy

by Scott Ransom

a current legacy continued on Sunday at 35 juniors were inducted as 1993-'94 members of Hope College's Alcor chapter of Mortar Board.

The 1993-'94 Co-presidents Brian Puipa ('93) and Leanne VandeBunte ('93) presided over the ceremony, giving the reins to next year's members.

As the selected 1993-'94 advisor, Todd Steen, assistant professor of economics, delivered "Mortar Board: From the Past to the Future," speaking to the new inductees about his undergraduate experience in the Mortar Board chapter at Penn State. To be selected as a member of Mortar Board each applicant had to meet high standards for acceptance through application and recommendations in three areas: scholarship, leadership, and service.

Hope College has had connections with the national Mortar Board organization for 80 years.

During the school year of 1936-37 an honor society for senior women was founded at Hope, a society which would give recognition to outstanding senior women and an opportunity for more effective campus service.

The society was organized after the pattern of Mortar Board, an organization founded in 1918, and this year celebrating its 75th anniversary, as the first and only national honor society for college senior women. Beginning at that point and for several years thereafter the Dean of Women at Hope had correspondence with the presidents of the national Mortar Board organization in the University and this new honor society at Hope College might one day become an official Mortar Board chapter.

The name given to the new Hope organization was Alcor, an Arabic word meaning "a test," symbolic of the high requirements for acceptance in the society. Alcor is also the name of a star in the constellation Ursa Major, and for these reasons the star was initially adopted as an insignia for the organization.

In 1936, eleven junior students were voted in as charter members. The following year the society became active under a constitution submitted by the founders and revised by the new Alcor. This was the same year that the national organization of the Associated National Association of College Honor Societies, an organization giving accreditation to such schools as Phi Beta Kappa and other societies.

It wasn't until 1961, however, that the chapter of Hope was finally granted recognition as the Alcor chapter of Mortar Board and joined ranks with the hundreds of other colleges and universities nationwide which recognized women for scholarship, leadership, and service.

1973 was a watershed year in the history of the national organization when the conference opened membership to men for the first time. The Hope chapter also initiated this change shortly thereafter with several new members.

Today Mortar Board boasts a membership of over 160,000 with chapters at more than 500 women's and men's colleges and alumni clubs throughout the nation, from Swarthmore to Cornell, from Hope to Michigan State.

(The historical content of this story was taken from Brian Paige's "Mortar Board: The History")

April 21, 1993 The Anchor 5
Something to be happy about

by Dirk Joldersma

premier of his arrangement of "Gray Lilluriero," by 20th century writer Wind Blowing."

Well, you may say, maybe some people are just happier than others.

I don't believe that for a second. Now, I'm not saying that some people don't have bigger problems in their lives than others do, but the older I get the more I realize that everyone, everywhere, has problems. Everybody feels pain, and everyone has something to cry about. Everyone is scared of something and everybody has a reason to hang their head.

My mom used to tell me that those who are happy are the people who have chosen to be happy.

Anyway, I am having trouble remembering this, I think. Theda is a woman who attended church at home. Well, she attending when she is able. She is a woman who has no problem to have not a lot for going here. But despite all this, she has the strength of spirit, and there is every reason to believe that some people have chosen to be happy.

She was pregnant at 17, and a mother at 18. Her husband left her at 20, and she raised her daughter alone. She has done everything from A to Z to raise money for herself and her daughter. And she's now a very successful owner of a wonderful place.

Theda also has a very severe case of diabetes. So severe, that last fall she had her leg amputated at the end of October, so I simply didn't expect to see her at church.

But when I was walking back from the communion altar, I saw her. She looked as happy as ever, despite the fact that she was not able to stand for the songs, or to walk to the altar for communion. It was then that I decided that I had to tell her how much I admired her strength.

After the service I walked right up to her and just as I was going to tell her that I thought she was the strongest, most beautiful, courageous woman I know, she hugged me and said, "Mellissa! I am so happy, you're home. Your mom misses you, you know?" And what a gorgeous day it is and you.

It was unbelievable. I was so awed that I just stood there silently smiling, silently breathing. So now, I want to try again.

Theda, this one is for you. You are the strongest, most beautiful, courageous woman I have ever met, and because of you, I know that there is something always happily to be happy for. You just have to try. And Theda, you were right—it is a gorgeous day!

Small ensembles strut their stuff

by Mellissa Endsey

arts and entertainment editor

Some of the department of music's very best students will be performing Saturday April 24 at 8 p.m. in Wichers Auditorium.

The performance will spotlight the small ensembles in the department of music who have been practicing independently from classes and also with some coaching from faculty members.

The concert will feature a large range of music including a classic woodwind quintet by Anton Reicha and the French music of Darius Milhaud and Jean Françaix.

"The people who will be performing in this concert have been hand selected as some of the very best students in the department," said Gail Warnaar, adjunct assistant professor of music. "Most of the groups have been practicing on their own as well as with as many. They are very dedicated to what they are doing."

One of the groups that fits this description is the wind quintet of Kristen Kooke ('92), Michelle Goodman ('94), Holly Van Vleet ('93), Jeff VandenBosch ('93), and Gregg Pratt ('93). They have been playing together as an ensemble since their sophomore year.

"It is really neat that we have been able to play together for this long," said Jeff VandenBosch, "We have been able to get used to each other's playing style and that familiarity contributes to the quality of our performance."

They came together their sophomore year in class, but over the last two years they have continued playing together by choice. They practice together as an ensemble every Wednesday night.

This group has performed at a wide variety of events during the past three years including a gig at the musical fraternity Delta Omicron, as well as several Music Conference in Grand Haven, and at the Showcase concert at DeVos Hall.

The music for their performances is chosen by the group members. "We decide on all of our own music," VandenBosch said. "Some of it we pick out after listening to it and some of it we become familiar with through classes."

Groups will be performing on April 24 at 8 p.m. in Wichers.

Moore gives mindless performance in new film, Indecent Proposal

by Sarahob Robich

staff reporter

I've always thought that Demi Moore was at best a borderline flake. In her most recent film offering Indecent Proposal she did nothing to convince me otherwise.

Indecent Proposal is an endearing little tale of a rich man (Robert Redford) who gives a needy couple (Woody Harrelson and Demi Moore) a million dollars to have a baby with Mrs. Redford. After the night of old times, Mrs. Redford becomes distressed at his wife's unfaithfulness and yells at her. Mrs. Redford, you get divorced because Mr. Rich Man who has been chasing her since ye olde time. Then, (get it?) the needy couple gets back together and lives happily ever after. The end. Believe me, I refuse to use a body double and shows us her very own butts in the film. Now don't get me wrong, I really mean that with the highest respect. That really is the mark of a great one (move over Katherine Hepburn). As a result of seeing this film, I am truly convinced that this is the "year of the woman." Geez.

Aside from that, I just wasn't convinced by any of the characters in this film. It was like Robbie, Woody and Demi playing house.

Robbie Rating:

*Allegro on a stick, well-done (nope, nope, nope, nope, nope, nope) **Second star to the right, and straight on till mornin' ***Lucky boom boom down ****I loved it tender, loved it true *****Makes me wanna shout, kick my heels up and shout, throw my head back and shout, come on now, don't forget to say you will, yeah yeah yeah, don't forget to say you will, yeah yeah yeah, a little bit softer now, yeah yeah yeah, a little bit softer now.
We all need sleep, but are we getting enough?

by Richard Blair

Late nights are not new things to the college students. Most have horror stories of nights that last until 5am or longer. We all treat this with a sense of mania. "How late did you stay up?" becomes the question of comparison after a long night. It is often hard to find the focus one needs to keep alert in class. Some of us resort to stimulants, while others blithely ignore classes and sleep an extra few hours. Sleep deprivation is quickly becoming a problem that needs to be addressed in these times.

Those who do not get enough sleep during the night usually find themselves completely out of it the next day. To be courteous to the professors we find ourselves devising methods to "seem" awake. These may include "intently" studying notes with the hand "strategically" placed over the eyes, closing one eye at a time (hoping to see some measure of rest from this), and the "my-eyes-are-closed-but-I'm-listening" pose.

Trying to stay awake is not helped by those classes that are manned mainly on slides or transparencies. Low light levels increase the likelihood of sleep. There are a lucky few who are able to sleep with their eyes completely open. Some even have the courage to completely dose off during class. This is not without its dangers. Besides risking professorial scorn, the hardy student runs the risk of being a sleepwalker. Try walking through that class and it is likely you will come back to it the next day. Many of us have had one too many cups of coffee or tea to attest to these drawbacks. Mild over-consumption leads to disquiet (excessive urination), nervousness, gastrointestinal motility (affectionately known as the runs) and in severe cases, heart arrhythmia. It may be easier than you think to overdose slightly on caffeine. The effects of caffeine do not manifest themselves until at least an hour after consumption and last for two to three hours. The right dose is hard to resist. Many of the accidents in the past have occurred at times when people were normally asleep. Among those are the Challenger accident, the Exxon Valdez spill, and the Chernobyl accident.

As students, we may not be faced with such critical decisions as represented by these accidents, but classes and other activities demand a lot. Tests, papers and other activities require maximum alertness. This is not usually possible with the sleep schedule most of us keep.

Natural sources of caffeine abound

by Richard Blair

Those tablets of No-Doz may be the quick way to get a caffeine fix, but there are more natural sources of caffeine.

Familiar among these is coffee. Originating from Arabia, coffee has become the third most popular drink in the world. It is drunk by a third of the world's population. Coffee can be prepared in many ways. Most of us are familiar with the drip and percolation methods of preparation. These methods produce a reddish-brown liquid with that familiar taste and flavor. Espresso is made by forcing steam through powdered coffee and then condensing the steam. The brew that results is both dark and strong. Holland boasts an espresso bar. The Leaf and Bean not only sells chocolate, coffee and tea, but also serves espresso. Cappuccino is made by adding boiling milk to espresso.

Coffee has made its way into American culture in much the same way as tea is a part of English culture. To many people, morning is synonymous with coffee. Hot, cold, in ice cream or candy, the coffee flavor has found its way into the hearts of Americans. However, there are concerns over the continued usage of coffee. Ignoring the caffeine factor, there are studies linking coffee drinking, especially boiled coffee, to increased cholesterol levels.

Consumed by nearly half the world's population, tea is the most popular beverage next to water. Tea can be classified into three general types. Green tea is the dried unfermented leaf of the tea plant. The good news about green tea is that it may actually help prevent some forms of cancer. The down side is the fact that it may take as much as ten cups to be of any value. At this level the health concerns involving the caffeine become serious. We all need sleep, but are we getting enough?

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What is it?

by Richard Blair

It's late at night and there are still 100 pages more to read in the chapter. Whether you reached for that bottle of Vivarin or brew up a strong pot of coffee, you are about to partake of one of the oldest drugs known to man—caffeine.

What can be said about caffeine? Caffeine is an alkaloid, which merely means that it belongs to a class of basic nitrogen-containing compounds that are found in plants. Caffeine, nicotine, and piperine (the chemical responsible for the taste of peppers) are just a few examples of alkaloids. Their properties can range from depressants, opium, to nerve agents, capsaicin, which provides the heat in hot peppers.

Caffeine falls into the class of stimulants. Generally, stimulants act to increase the activity of the nervous system. Specifically, caffeine acts upon the central nervous system. It increases the activity of the CNS. The practical upshot of this is that if you drink a cup of coffee it will help you stay alert. This is no news. Fabulous abound about tea. As far back as prehistoric times, tea was grown in China. One links the origin of tea to Bodhidharma, the Buddhist missionary who spent nine years seated in meditation before a wall. During one of his meditations, Bodhidharma fell asleep. Chagrin at committing this offense, he cut his eyelids off to prevent this from ever happening again. His eyelids fell to the earth and tea plants sprang from them. This tale alludes to man's "eye-opening" properties, most of which are derived from its caffeine content.

Those who are accustomed to late nights may be familiar with the modern form of caffeine, the caffeine tablet. Interestingly enough, caffeine for these tablets is a byproduct of the production of decaffeinated coffee. No matter what its form, caffeine has become the stimulant of choice for today's society. No drug today sees as much use as caffeine. Part of this stems from the fact that we unswittingly consume it every day. The average daily intake of caffeine for an adult American is around 186 mg. Given that the medical dose of caffeine is 200 mg, it seems that we may be a nation of people on a constant prescription.

The average daily intake of caffeine for an adult American is around 186 mg. Given that the medical dose of caffeine is 200 mg, it seems that we may be a nation of people on a constant prescription.

"So what?" you may ask. It seems from the number of users that caffeine is a perfectly safe and acceptable drug. Caffeine, just like all other drugs, has its drawbacks. Those of us who have had one too many cups of coffee or tea can attest to these drawbacks. Mild over-consumption leads to disquiet (excessive urination), nervousness, gastrointestinal motility (affectionately known as the runs) and in severe cases, heart arrhythmia. It may be easier than you think to overdose slightly on caffeine. The effects of caffeine do not manifest themselves until at least an hour after consumption and last for two to three hours. The right dose is hard to resist. Many of the accidents in the past have occurred at times when people were normally asleep. Among those are the Challenger accident, the Exxon Valdez spill, and the Chernobyl accident.

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**Adventure with a kite**

It was a warm, sunny day. The first warm day that signaled the end of winter. The wind was strong as I would have wanted it, but it was now or never.

And I finally finished with my final class for the day. I rushed back to my room and got out a kite. I had been thinking about it for four days earlier in anticipation of the spring weather.

For once, the sun was shining. I had equipped myself with a 36-inch wing span kite and a roll of string. This was not a fancy stunt kite with an uncountable number of gauge strings; just a, yes, just the kind of kite I used to fly when I was in elementary school.

I hurried with my kite to the plaza in front of VanZoeren. The wind had not picked up, but I hoped the wind was stronger a little higher up. I had not flown a kite since I was in third grade and I was a bit rusty.

I tried to re-embrace. Why should we be concerned with what society deems proper? I think we could all do with a little kite flying now and then. But, yes, there is more to the tale of a boy and his kite.

**About what he had said.** I thought back to the thing I had done when I was little, but stopped because I was too old for that.

I remembered coloring, how always allowed those other kids who had the box of crayons with its huge selection of colors and a crayon sharpener. We must forget not forgetting the crayon sharpener, because it was what made the whole box attractive.

I remembered climbing trees and exploring. I remember the countless hours I spent planning to climb a tree house with my friends, but never actually building one.

I asked myself why I had stopped doing those things that I had such fun doing. Had I grown up? Am I now a more serious person? Have I lost some of my youth already to the demands of what is considered proper?

I feel that most of us have given up some of our childhood to the demands of society. We have to try to express the child in us. Is it the child in us who knows how to have fun? Is it the child in us that helps us relieve our stress.

There are many qualities which children have that we should try to re-embrace. Why should we be concerned with what society deems proper? I think we could all do with a little kite flying now and then. But, yes, there is more to the tale of a boy and his kite.

**The next day my kite was still up in that tree.** It was a bit galling to see it there every day, knowing that I could not possibly rescue it. The weather again turned nasty and the snow and cold returned, but my kite remained in that tree.

A week later it was an especially windy day and, hopefully, I re-turned to the tree in which my kite was entangled.

**Happiness!** The wind had blown it down. The kite was broken and mangled from its week-long stay in the tree, but a little tape and I will soon be ready for its second flight.

Will I fly the kite again? I must answer with a resounding yes. Maybe I will even get a little coloring in before I fly it again.

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**High stakes at a fast pace:**

**The Firm delivers with style**

by David Chamin

**BOOK REVIEW**

The Firm well deserves its status as a bestseller. Enticing the reader in the early pages, the characters quickly come to life and the book becomes difficult to put down. Recent Harvard Law School graduate Mitch McDeere is paper-perfect: He is third in his class, young, happily married, athletic and ambitious.

Unfortunately, he is dirt poor. His possessions would fill a U-Haul trailer. Mitch dreams to replace his Merda Marquis with a "million miles" out. Yet, he will wait until he has saved his $23,000 in college loans.

By now, however, that new car doesn't seem far off. Mitch has three job offers from prestigious Wall Street firms. The lowest salary: $68,000.

**Enter Bennett, Lambert & Locke.** The Bennett firm is unlike any other in the nation. With high profile clients, the firm only has 41 lawyers. They never hire a new lawyer every other year, and only the best white male is recruited. Mitch McDeere is that lawyer—and the number one draft pick of the Bennett firm. They offer him enough to capture his soul: $80,000 in starting salaries, an interest mortgage, satisfied college loans, and a bright new BMW.

Grisham has now snared the reader just as the Bennett firm has snared the young lawyer. The pages are turned feverishly, slowly but steadily revealing that all is not as it seems. The home of Bennett, Lambert & Locke. The turnover rate at Bennett is among the highest in the country.

**Death and retirement are the only ways lawyers have left the firm in the past thirty years.** And when an FBI agent approaches Mitch after the deaths of two Bennett lawyers, a bank robbery, and the pace accelerates. Grisham's portrayal of life as a tax attorney is eye-opening. The long hours, research, and endless forms which are integral to the profession are presented realistically. Billing per hour, the means of the attorney's livelihood, is developed with the appropriate importance: either bill 60 hours a week, or never see a partner.

The materialistic promises of the Bennett firm are both carrot and stick for the new associates to increase their productivity. Work hard enough and become a Senior associate, and then learn the firm's terrible secret.

**The Firm** is both entertaining and informational. I would recommend it to anyone considering a career as an attorney, or anyone not too fast-paced a novel. The characterization, as well as the detailed routine of a mature attorney firm, are some of the components of the Firm's success on the charts.

PROFESSORS Phillip VanEyl (‘55), Eugene Jekel (‘52) and Elaine Jekel (not pictured) are retiring this year.

**Three faculty members to retire**

by Karen Marty

Staff reporter

During the month of May, Hope College endures many sad goodbyes. This May, three of those goodbyes will be exchanged with Dr. Phillip VanEyl, professor of psychology, and with Drs. Eugene and Elaine Jekel of the chemistry department. All three faculty will be retiring.

Dr. VanEyl’s retirement begins officially at the end of May. He has contributed much to the department of psychology at Hope during the past 34 years. He attended Hope from 1953 to 1955, earning a B.A. in psychology. He received his Ph.D. at Claremont College in Claremont, California, and after completing his graduate studies, VanEyl returned to Hope. Here he has taught many eager students about psychology.

In addition to his teaching accomplishments, VanEyl has contributed much to Hope. Such contributions include his establishment of the Hope College Psychology Laboratory in 1961, his chairmanship of the department of psychology, and his coaching of Hope. Throughout his 34 years at Hope, VanEyl spread his psychological knowledge across the globe, visiting foreign countries as a research scientist, visiting foreign countries as a research scientist, visiting foreign countries as a research scientist, visiting foreign countries as a research scientist, visiting foreign countries as a research scientist, visiting foreign countries as a research scientist.

Dr. Jekel has made many significant contributions to the science of chemistry. In 1964 he directed the first of 24 National Science Foundation supported Summer Workshops, targeted for high school chemistry teachers of advanced placement chemistry. More than 1,030 high school teachers from around the nation have attended these programs at Hope.

“The summer workshops were a major contribution of his,” said Irwin Brink, professor of chemistry and chairman of the department.

“Essentially, we had the best chemistry teachers in the country right here because of this program. Lots of students have come to us from high schools whose teachers recommended Mr. Jekel, who knew him through these workshops,” Brink said.

Eugene Jekel also served two three-year terms as chair of the chemistry department and, since 1976, has coordinated the General Chemistry Lecture and laboratory classes for science majors.

In 1977, he became Hope’s chief advisor for health professions. In addition to these many contributions to Hope College, Eugene
Are you looking for a real-world extracurricular challenge you can feel good about?

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The Anchor staff is a group of dedicated students who strive to serve the Hope community using a weekly newspaper as a medium of campus discussion and information. They are also not afraid to have a good time. Every year, The Anchor experiences a turnover of staff from graduation and looks for more eager students who want to take the challenge of service.

Now is one of those times.

Applications available in The Anchor office on the first floor of DeWitt, behind the radio station.
A sports lull...you've got to be kidding!

Well, it was one of those weeks that produced a lull in sports. March madness has come and gone, the NBA is battling through the season blahs and preparing for the playoff drive, and baseball has only just begun.

I couldn't help but notice that a week ago last Sunday marked a day of Bavarian influence. Not only was The Sound of Music on in prime time but Bernard Hanger donned the green jacket at the Master's Championship. Afterwards, I was even tempted to purchase some German chocolate cake from Meijers.

The Tigers have opened the season with a record of 5-5. It sure beats their 0-6 start from a year ago. However, it means they will have to go 27-0 over their next 27 games if they hope to duplicate their 1984 start. Still, Cecil & Co. are putting a smile on my face.

In tennis, the big question will be who will be the next U.S. Davis Cup captain. Tony Gorman? John McEnroe? Hopefully McEnroe will get the job. Although he has a temper on the court, he is a leader. The players really look up to him. Or maybe...Jimmy.

Well, you've heard the cliché, "temper on the court, he is a country bumpkin to being the next U.S. Davis Cup captain. Tom Calhoun went from being a star. Still, Cecil & Co. are putting a smile on my face.

In tennis, the big question will be who will be the next U.S. Davis Cup captain. Tony Gorman? John McEnroe? Hopefully McEnroe will get the job. Although he has a temper on the court, he is a leader. The players really look up to him. Or maybe...Jimmy. Well, you've heard the cliché, "there's too much of a good thing!"

In the NBA, the Lakers are clinging to the eighth and final playoff spot in the west. A week ago last Sunday, they snapped their six-game losing streak and defeated the Seattle SuperSonics. They looked good doing it too.

However, as much as I want to see them in the playoffs, they may do themselves a favor by throwing their final games. Perhaps then they would have a chance at Mr. Webber, should he decide to turn pro. The Lakers would once again be the best in the west.

It's utterly (pun not intended, even to those of you who read my "Milking the Cows" column a few week ago) amazing how a span of four or five seconds can change one's life!

In this short period of time, Don Calhoun went from being a 55-an-hour salesman and part-time student to being a millionaire. All he had to do was drain a shot from the charity stripe—the same line Chris Webber struggles from—then the same line Rumeal Robinson canned two free throws from with 3 seconds left to defeat Seton Hall in the 1989 NCAA Championship game. The only difference was that he had to shoot it in the far basket, a shot some 75 feet away. So, in front of a national television audience, Don Calhoun went from being a country bumpkin to being the most celebrated man of the week. Incidentally, he said he was going to use the money to finance his schooling.

I read in the paper that Michigan has started spring football practice. Todd Collins is looking good at quarterback. (With a first name like that, how couldn't you look good?) Tyrone is back. Powers is back. Alexander the Great is back. It looks like a Michigan national championship to me. And another one in college hockey. And yes...another one in college basketball.

Well, I thought there was a lull in the sports world this past week...
Jam
Continued from page 3

it in the Civic Center even though we
didn't have as many participants as usual.
Some of the performers preferred the
close quarters. "I really liked it in the
Kletz because even though it was more
crowded the excitement level was
higher," Straw explained. "The audience
could be more a part of it because they
weren't separated by a big stage.

"Last year there were only five acts
and they were just on the large stage at
the Civic Center," Bakker-Gras said. The
small number of acts this year guaran-
teed that unless the location was changed,
the same thing would occur again. "The
ideal location [for the Air Jam] is the
Knickerbocker Theatre, but it was booked
this year," Bakker-Gras said. SAC plans
to hold next year's Air Jam at the Krick-
nerbocker Theatre.

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- DEBBIE: What about that VAXX? Kinda
nifty eh? —Scott

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RESERVATIONS SUGGESTED

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Caffeine

Continued from page 7 serves well at least an hour after con-
sumption and last for two to three more
hours. But, there are also concerns linked to
the long-term effects of consumption of caf-feinated drinks.

Caffeine increases stomach acidity, which can be harmful for those with peptic ulcers.

According to a report in the October
20, 1990 issue of Science News, Re-
searchers with Boston University, Brown University, and the Framingham Study have examined the effects of caf-feinated beverages on the health of osteoporosis. They found that those who drink an average of two and a half cups of coffee a day experienced a 6% greater risk of osteoporosis than those who do not.

The November 21, 1992 issue of Science News details the work of a re-
searcher at New York State University. A study was conducted which suggested that caffeine and vigorous exercise may be harmful to those who suffer from hyperactivity.

There is also evidence that caffeine intake increases. Although the effects of caffeine are diminished through use as some drugs, it can still cause an addiction. Users have experienced withdrawal, mainly in the form of head-
aches.

Sleep

Continued from page 7 result of a vicious circle. We try to stay up
late to finish a paper, studying or some home-
work. In doing this we get behind in mental activity. This makes us less alert the next day, so we get behind and are forced to stay up late again. Thus the cycle
proceeds.

Those working on The Anchor are well acquainted with this cycle. Every workday from Monday through Wednesday we are busy into the wee hours of the night pouring out the work’s issue. Lack of sleep can cause one’s sense of humor to depart quickly. The Anchor editor himself has experienced this phe-

omenon. Wednesday mornings the
drink, chocolate was boiled as a divine food. This is reflected in its scientific name, *Theobroma cacao*, which literally means "food of the gods." Black
chocolate in chocolate is not, however, caffeine. Most of its stimulating properties come from theobromine, a compound similar to caffeine and theobromine.

Chocolate has its followers. Those who have learned to truly appreciate chocolate take it seriously. As a source of stimulant, chocolate is a major source of its high fat content. Colors are partially favored by the consumer. Originating from Western Africa, the color adds both flavor and in

Tea

Continued from page 7 dominant. Oolong tea is composed of partially fermented tea leaves (the tea we see most commonly) is a compound similar to caffeine.

But tea provides a greater stimulant ef-

culty due to the presence of theobromine, a compound similar to caffeine.

Natural sources of theobromine would be complete without chocolate.

First known to the Aztecs as a bitter
caffeine in soda pop. However, the manufacturer producers or beverages are not above adding caffeine to their food products. This is reflected in such products as Mountain Dew®, 7-Up, and Bang!™

Less familiar sources of caffeine are matcha and guarana. Seeds from the leaves of a shrub related to holly, can sometimes be found in health food stores. Guarana is used to make a beverage with three times the amount of caffeine as a cup of coffee.

The multitude of sources and forms of the beverages serves to proclaim the

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Retirees

Continued from page 8 has also won many awards during her own career.

Elaine will also retire with her husband.

After graduating from Greenville College in Illinois with majors in math-

ematics and religion, Elaine taught for three years at a small junior college in

South Dakota. There she taught many courses but found that she much pre-

ferred the teaching of chemistry and its

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Acute overdosage can result in death.

But the lethal dose of caffeine is up-

wards of 15 grams. This works out to

around 150 cups of coffee. However, the diuretic properties usually kick in long before death.

Caffeine does have its uses. It is

found in cold tablets, allergy relief pills

and headache remitiation. It is a chief

component of diet aids. In modera-

tion, caffeine increases alertness. It helps to prevent attention lapses and improves

reactions in physical activity. But no marked improvement in mental activity has been noted.

The final question that comes to bear is should I drink that Mountain Dew® or stick with water? Water is attractive from several viewpoints, but purely looking at the issue of caffeine it be-

comes one of personal choice. In this

issue, as with many others, moderation is key.

As a quick informal poll at 1

a.m. Monday morning showed that many people were either awake or out. This indicated the problem with sleep that this campus is experiencing.

The average adult needs eight to nine hours of sleep a night. Sleeping in on the weekends does not provide an adequ-

ate answer. The sleep gained on these days is not enough to make up for the sleep

lost during the week.

Using stimulants does not help mental activity. So test performance will be poor even if you are alert. The user also runs the risk of falling into a cycle of stimulant use to get up and depress

Caffeine — a compound similar to caffeine. Most of its stimulating properties come from theobromine, a compound similar to caffeine and theobromine.

Chocolate has its followers. Those who have learned to truly appreciate chocolate take it seriously. As a source of stimulant, chocolate is a major source of its high fat content. Colors are partially favored by the consumer. Originating from Western Africa, the color adds both flavor and in

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