Opening up

\textbf{Student Congress to address student concern on Holland Police's handling of off-campus parties with open forum.}

\textbf{SARA E LAMERS, campusbeat editor}

In response to student concern about the handling of parties by the Holland Police Department, Student Congress hopes to hold an open forum on Tuesday, Oct. 27.

"There is student concern about how the Holland Police Department is handling parties and we are responding to that concern," said Dena Morello ('99), Student Congress president. "I think there is a lack of respect on both ends, which is unfortunate.

The details of the forum will be planned by the Constitution Concerns Task Committee. We decided to have the forum to discuss the community's relationship with Hope," said Steve McBride ('00), Chairman of Constitution Concerns and Junior Class Representative. "This should give people a better understanding about community roles and community involvement.

The forum will give both students and Holland Police an opportunity to respond to each other's concerns.

"We hope to open the lines of communication," Marolt said. "We as students can find out what our rights are and what we can do to help the problem.

Student Congress also hopes to invite area legal professionals to the forum.

"In the past we've had prosecutors come in to such forums, which is great because students can learn about the legal processes and respond to them," said Derek Emerson, Director of Housing and Judicial Affairs. "I hope that if such a forum is held, they focus on community-policing relations. It's hard for me to talk to all of the students and this should give them an opportunity to have their questions answered.

"We feel students need to know their rights and what they can and cannot do," McBride said. "As we know of right now the crime rate is down from last year so police seem to have more time to place emphasis on parties.

Student Congress plans to invite other members of the Hope Community, such as those from Public Safety and Judicial Affairs.

"I'd be interested in attending such a forum," said Duane Terpstra, Director of Public Safety.

"There has been a myth in the past that Public Safety is involved directly in Off-Campus parties. We have always had a good relationship with the Holland Police Department and at times we have assisted them when they have asked for help, while they have also helped us when we needed assistance."

\textbf{STRAIN TO GAIN: Dave "Killer" Kurth ('01) struggles to hold the rope as moralizer}

\textbf{SLAMERS, D LAMERS, JULIE GREEN, campusbeat editor, in-focus editor and staff reporter}

The '01 and '02 Pull teams marked the start of another century of tug-of-war with the second closest contest in history.

Three weeks of grueling practice was compounded into three hours of strain and pain for a gain of 43 inches by the Odd Year Pull team on Saturday, Oct. 3.

In 1995, the present senior class of '99 was beaten by only 2 ft. 10 inches. Saturday at the Black river those same '99 pullers, some now '01 coaches, won their first Pull of their four years at Hope.

"This year we heaved instead of just straining the whole time," said Dave "Killer" Kurth ('01), who pulled for his second year. "I didn't feel any rope go out.

Many Odd Year team members attributed the win to their ability to pull together as a team.

"We were more together this year," said Jodi "Mystical" Hunter ('01). "We wanted to win, but we our first priority was to pull together as a team. That happened with the first heave because we pulled together right from the start."

Health effects of Pull researched

For many people, the '98 Pull has come to an end. For Paul McKee ('98), Sarah Sexton ('99), and facility advisor Dr. Mark Northrop, the excitement of Pull is about to begin.

Later this week, McKee and Sexton will start to analyze the heart rates of those same kids during 3 of the prior practices as well. After we get the data on the computer, we’ll be able to look at and compare the heart rates of the practices with the heart rates of the Pull itself.

\textbf{BEN DOWNIE, staff reporter}

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\textbf{CARRIE ARNOLD, staff reporter}

The 19th annual Critical Issues Symposium began Tuesday, Oct. 6 with the keynote speaker Dr. Allan Johnson. Dr. Johnson, Professor of Sociology at the Hartford College of Women of the University of Hartford, discussed the many aspects of a patriarchal society in his presentation titled, "Listening to Herself: Patriarchy, Feminism, and Faith."

The '98 Critical Issues Symposia, titled "Feminism and Faith: Safety," was called by Hope College President Dr. John Jacobson an event "when the entire college community can come together to discuss a particular topic."

In his address, Johnson said that he wanted to inspire the exception to the rule (of patriarchy). "I hoped that he would raise issues important and give the audience new ways of thinking about them.

Johnson's address hinged on the fact that although the current generation did not create a patriarchal society, it is their responsibility to fix it. However, he warned such a challenge to popular belief would not be easy. People who usually do this are treated as hecesses, even in a secular sense, and ridiculed for their "dangerous" ideas, he said. These topics are addressed in his book, The Gender Knot: Unraveling Our Patriarchal Society."

"I was kind of put off when he started talking about men at first because I thought feminism was more about women," said Ann Kohls ('02). "To Dr. Johnson, gender inequality affects and hurts men and women. People make gender inequality and oppression happen, but that also means they can do something about it." He said “Everyone faces the decision of whether or not to be a part of the solution or just part of the problem.”

The Critical Issues Symposium continues on Wednesday, Oct. 7, with a keynote address by Carter Heyward. Small group discussion will be held during the event. The Symposium concludes with a meditation service.
CANDIDATES FOR PRESIDENCY NARROWED

The Parliamentary Search Committee met on Sept. 16 to finalize a list of semi-finalists after considering the results of the reference checks of the potential candidates. The Presidente Search Committee Chair Joel Bouwens expressed the committee’s satisfaction with the search thus far. “The next step is to talk to the semi-finalists at a neutral site off-campus during the upcoming weekend,” he said. After the semi-finalists are interform.

FORUM FROM I

Student Congress members are hopeful that all involved will benefit from the forum. “What I hope to see come out of the forum is that students understand the consequences of their actions and that the guide lines of police action be made clear,” said Scott Hes (’00), Student Congress President. “We want everyone to stand the consequences of their actions and that the guidelines of police action be made clear.”

Many residents were asking me questions about what the police can and cannot do,” said Scott Hall Resident Director Lisa Knapp. “With the need of the students there and Public Safety’s desire to create these types of programs, we decided to hold the forum.”

About 40 Scott Hall residents were able to attend the event. “I felt that the event was very informative,” said Kelly Morrison (’00). “One of the officers there had been directly involved in breaking up parties. I felt they were very fair and rational when they responded to the students.” Knapp felt the event was very informative for students. “Students got a different perspective on parties,” she said. “It was a very comfortable environment to have dialogue and to disagree.”

Emerson stressed that students will still be held responsible for their actions. “If someone breaks the law, he will be in trouble, but that can be handled in a positive and respectful way.”

A similar event was held as a hall activity in Scott Hall on Monday, Oct. 5. Lisa Bancik and Joe Soto of the Holland Police Department were available to listen to student concerns and answer questions. Many residents were asking me questions about what the police can and cannot do,” said Scott Hall Resident Director Lisa Knapp. “With the need of the students there and Public Safety’s desire to create these types of programs, we decided to hold the forum.”

Throughout the evening, students could read some of the items written on the cards that were collected from the audience. Coleman was assisted by “Candy Bandit” Glyn Williams (’98) who rewarded good responses with candy.

Cam Hall (’02) said that she thought the Jwani Window activity was interesting. “Mine was so accurate,” Small said. “We were asked to write down my favorite animal and characteristics that I associated with it. I immediately thought of my cat and rational when they responded to the students.”

Coleman also warned of the high risk involved with combining alcohol and dating and explained the dangers of Rohypnol, commonly referred to as the “date rape drug.” The evening ended with Coleman’s program. Creative Dating, was voted the 1997 Lecture Program of the Year by the National Association of Campus Activities.

PICK-UP LINE: Dave Coleman presented his “no-fuss” notes for candidates to applaud at the 1998 Homecoming Gala on Friday, Oct. 2 at SAC’s annual Creative Dating.

Dave Coleman presented his “no-fuss” notes for candidates to applaud at the 1998 Homecoming Gala on Friday, Oct. 2 at SAC’s annual Creative Dating.

Although the forum is not finalized, many members of the Hope campus community appeared interested in the issue. “We have held forums in the past that have included outside professionals,” said Richard Frost, Dean of Students. “Whenever you establish these relationships of communication, each party benefits because they go away with more knowledge. It’s important that students understand the procedures that police use.”

The !998 Homecoming weekend begins with Alpha Delta Nu’s Cold Slam at 8 p.m. on Thursday, Oct. 1. The car parade will begin at 1:30 p.m. on Saturday, Oct. 3.

The Homecoming parade will begin at 1:30 p.m. on Saturday, Oct. 3.

The football game then begins at 2 p.m., with Hope College playing against Kalamazoo College. The pre-game and halftime shows feature the Belding High School Marching Band. Also at halftime, the 1998 Homecoming Court will be presented, and the King and Queen will be announced.

The 1998 Nykerk Committee thanks Anne Bakker-Gras for her contributions to Nykerk. We wish her the best in her future endeavors.

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President Clinton is a name that is everywhere in society today, even if one doesn't watch the news. The media has plastered Clinton and his scandals all over TV and the front pages of newspapers.

The issue has sparked conversations and arguments all over campus between students and faculty. Students remain of the opinion that Clinton's public actions have put him in the White House.

"I don't support President Clinton as a person, but he does his job as President," said Amanda Anderson ('02).

Many other students feel the same way, that Clinton is doing a good job managing the government effectively, but he is not managing his personal life appropriately. "He has clearly betrayed the trust of the American Public," said Jack Holmes Political Science Professor. "We need to separate his policy from what he has done wrong," Holmes said.

But some students remain of the opinion that Clinton's public office and private life are two separate matters. "My basic take is I don't think it's a story," said Hope Demecrat Marc Arnoys ('99). "I think it's between him, his wife, and his daughter. I don't condone what he did, I think it was wrong. But Ken Starr was just digging until he found something. Some continue to believe that Clinton can continue to run the country effectively. "The whole thing has nothing to do with his ability to be president," said Chris Frentz ('00).

"In 1974, Clinton told Nixon to resign," said Marc Arno beating Nixon. "They will hold an impeachment of his actions. It makes me wonder what is going on with people these days. Do they just not care that the President of the United States is a liar and unfaithful to his wife? I can thank Clinton for one thing, showing me how not to live."

"I think he should resign, and Hillary should divorce him," said Tiffany Ghent ('02).

Many students seemed to support impeachment if Clinton lied to the Grand Jury, but not on account of his moral and personal issues. "In 1974, Nixon told Nixon to resign," said Marc Arnoys. "The thing that bothers me most is that the 2/3 of the country are complicit in his actions. It makes me wonder what is going on with people these days. Do they just not care that the President of the United States is a liar and unfaithful to his wife? I can thank Clinton for one thing, showing me how not to live."
Opinion

The Cost of Victory

The thrill of victory and the agony of defeat has long driven athletes to extreme measures. A simple win or team position forces some athletes toward questionable measures for that thrill of victory.

The use of Creatine has leap into the public's attention, and in the sometimes sheltered Hope community, issues related to performance enhancing drugs for that thrill of victory. Others hide behind the scenes, even using anabolic steroids and other illegal drugs to gain an added advantage.

The use of Creatine has leapt into the public's attention, and is not regulated by the FDA. Professionals such as athletes have used verbal and emotional appeals to defend their own beliefs, so I'll frankly lay it on the line. The reasoning is this:

The use of Creatine has increased in the past five years and is expected to continue, sometimes no matter the cost, unaffordable for many Michigan families. He has hurled insults at everyone from Jews to African Americans to Christians. Fieger lacks credibility and is not everything but a "fighter for the people." The Novemver it is up to us to restore the reputation of our country and our government. This election will not only influence America, but will impact the entire world.

Fleer. With strength, courage, and honor Linger has fought to change Michigan for the better. He has created "violence" in their quest to proliferate their beliefs and have refused to dialogue in any way with the Hope College community as a whole. The only dialogue that has taken place so far has been through the press, and at the emotional expense of students and faculty.

The chaplains have responded with "dialogue" like the Pluralism Gathar's activities last semester which offered a "truth, one side, one way, or path to Hell. There was no dialog. The chaplains prefer one on one dialogue in the shoebox of the Keppel House, which has resulted in more emotional "violence" committed behind closed doors than care to admit.

The onslaught of this derision has been overwhelming and taken unexpected avenues of discrimination. I ask you, followers of Christ, would Jesus have thrown home sexuals, truly the outcast on this planet? Where in the Bible does it say that God's all embracing love applies to every human, and those individuals who respect other religions (pluralistic), and people who follow Christ's teachings, goodness and love, but may not confess the Christian faith, and those Christians who worship the same God in a different way, and those who believe in the shekmd of God, and people who do not believe in the right to pass judgement on another life, or consign people to Hell, and those who think that we cannot live in peace and friendship, the "truth," and strong-willed, unsympathetic individuals who defend the oppressed and would fight to the death the right of each voice 700,000 new jobs, making Michigan the state with the fastest job growth. We also lead the country in raising the taxes on families last year, as Engler has saved over 11 billion dollars, more than 2,000 dollars for every family. In addition, Michigan leads the nation in welfare reform, and in funding for public schools.

On the other hand, Geoffrey Fieger at the head of Michigan's government, would only continue to embarrass and demoralize our government. He has no political experience and is even unfamiliar with some issues. When asked recently if he would support an increase in the diesel tax on trucks, Finger responded. "I have no idea I haven't explored the issue." He plans to cut $23 billion for public school funding, and $600 million and each life to be heard but do not follow the Campuses Ministries handbook "How to be a Christian?" And we cannot forget that by the campus ministries guidelines, if there have been things said in the press that may make you feel, if there have been too many statements professional that you could not believe resided in the Christian world, so much so that people are not to wear clothing that may be offensive. And this is not only the cost, but the right to pass judgement.

The squirrel is getting tired of asking. Just go to an Anchor meeting. They are held on Wednesday's and Sunday's at 7 p.m. The Anchor office is located on the first floor of DeWitt near WTHS. If you don't go, the squirrel will gnaw your leg off.

Amanda Schneider ('99)

Engler "fighter for the people," freshman says

Meet the press.

The United States of America is a proud country like no other, with our government standing uniquely at the center of the world. As the strongest superpower in earth's history, our every move is closely monitored and copied by many other countries. The recent happenings surrounding the President have disgraced this great nation, but even more embarrassing is the apathy towards character that fills the hearts of so many Americans.

As the election on November 3 approaches, we must fight to uphold our government's integrity by re-electing Governor John Engler. With strength, courage, and honor Linger has fought to change Michigan for the better. He has created

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Ken Keppel House, which has resulted in more emotional "violence" committed behind closed doors than care to admit.

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The Anchor

October 7, 1998

Opinion

Frost Center director explains survey and statistical process with chaplain survey

To the Editor:

I appreciated the good work Dana Lamers (‘01) did in writing about the surveys the Frost Research Center conducted last spring. She did a nice job of summarizing some of the key findings from our report.

Some of the questions concerning the process by which students were selected to participate in the survey. Here's some information that may be useful to you.

First, while the surveys were conducted at the request of the Chaplain's Office, the Frost Center was responsible for carrying out the project, and we did so without bias either for or against our office. We must always try to impartially present the data.

Here's how the survey was conducted for the review of the surveys the Frost Research Center conducted for the Chaplain's Office.

The surveys were given to a random sample of students (controlling only for gender and year in school) so that we could talk with students who represented the student body as a whole. The chaplain encouraged us to get as accurate a representation of the student body as student and of faculty viewpoints.

But why did we interview only 400 people? Because random sampling allows us to be certain of the results with a given margin of error. In our case, a sample of 400 provides results that will be within five percentage points of the population (i.e., the whole group being studied). A larger sample would have reduced the margin of error a bit, but given our budget constraints, we couldn't go larger.

We would have interviewed 1200 students, but that would have had a margin of error of plus or minus three. We would have interviewed 1200 students to get a margin of error of plus or minus three.

To the Editor:

After reading last week’s Anchor article by Tony Bull ('98), I am writing to comment on his views on the survey results I conducted for the Chaplain's Office.

I must emphasize that the data I presented has been collected and analyzed by Frost Center staff and not by myself. I am merely a conduit for the information.

I was grateful for Bull's response and would like to clarify some points.

First, while it is true that the sample size is not related to the size of the student population, the Frost Center often uses a sample of 400 to conduct surveys. This is because a sample of 400 provides results that will be within five percentage points of the population (i.e., the whole group being studied).

I would also like to point out that the results of the survey are based on the principles of random sampling, which allow us to make inferences about the larger population.

To the Editor:

I am writing to respond to Tony Bull's article in last week's Anchor.

I appreciate the attention Bull has given to the survey results I conducted for the Chaplain's Office. However, I believe there are some inaccuracies in his representation of the data.

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A Day on the Rope: Pull

“PULL from I”

“As a team we had a more positive outlook,” said moraler Libby “Glycerin” Stancik (’01). Last year we went in looking to lose by as little as possible and this year we went in focusing on winning. We had a whole different mindset.”

Odd Year coaches also shared the glory.

“It was more satisfying for me as a coach than for me as a puller,” said coach Mike “Rip tide” Zolnierowicz (’99). “Our team had set this goal and worked on it for three weeks. The team had a lot of camaraderie and worked well together. This year we had a lot of heart and wanted the win more. We came in knowing it was going to be a fight and that’s what it was.”

The three hour battle remains to be one of both mental and physical toughness.

“There’s a half-an-hour left, your body is shaking, the voices of the crowd seem to disappear, the sky turns a different color, and all you want to do is end it,” said Drew “Machine” Mackay (’01). “But for some reason a rush comes over you from your head to your toes and an instant shock wave is sent from Pit I straight to the Anchor. It’s a feeling that only a puller can understand.”

Despite their loss, the Even Team held on until the very end.

“We all knew it was close,” said Jay “Stone” Huff (’02). “When they told us we lost by 3’ 7” it really hurt. But we knew that we had a really good team.”

Even Year was discouraged by the loss, but were confident that they were a good team and had done their best.

“[Losing] was pretty devastating,” said Aaron “Mantis” DeVos (’02). “But we had a lot to be proud of—we gave it our all.”

“We know we pulled our hardest,” said moraler Samantha “Steam” Sandro (’02). “We only lost by 3’ 7”—that’s not a lot of rope. They were a good Pull Team, and we were a good Pull Team, they just pulled a little harder.”

Nonetheless, the loss was still hard to accept.

“It hurt a lot when they jumped in the river and we chanted ‘01 Pull Team’ [to them],” said Huff. “We’ll kill them next year,” said DeVos.

Odd year celebrated made their win real with the traditional plunge into the Black River after the team reeled the rope in.

“I’ll live in that swim forever,” said Jeannette Johnson (’01).

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begins another century
Retro forties fad shows up on Hope College campus

The Anchor
October 7, 1998

Jump, Jive, and Wail: Swing craze hits Hope

DAVID FLEMING
staff reporter

There is a new trend taking the stage, and for those of you who experienced your last partner dance with Journey’s “Faithfully,” it is time to introduce you to swing dancing.

The Swing era, centralized around the time of World War II, was a period full of style, dapper clothing, and dancing.

While the bands of Benny Goodman, Louis Prima, and many others pumped out toe-tapping hits, couples made their way onto the dance floor to dance the jitterbug and the charleston.

Perhaps the greatest part of the craze is the fact that it is easy to learn the basic moves, and half the fun is trying to catch up on new dance steps. Also many swing clubs offer free lessons before their dancing hours.

The Centurian Fraternity and Sigma Omicron will also be holding their second installment of swing dancing lessons, Thursday. Instructors will teach dance moves at 7 p.m. in the Meas Auditorium. Cost is $3 a person, or $5 a couple.

Regardless of where you’re looking for the fun, the focus is fun.

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David Maffeiy (’00), “like his overallself and you. But Hope that this won’t end.”

A variety of clubs cater to the swing set

Van Andel Arena in Downtown Grand Rapids, houses swing dancing from 9 p.m. to midnight every Tuesday. They also offer free lessons from 7 to 9 p.m.

The Intersection Lounge, better known for its alternative music, is also having swing Monday nights through November, and offer free lessons.

For more information, call (616) 459-0931.

For live music, Sayre’s Restaurant, located next to the Orbit Room, has the Horns-A-Plenty Swing Band playing Mondays from 7 to 10 p.m.

A letter closer to campus is the Backstreet Restaurant between Sixth and Seventh Streets. A restaurant by day, it transforms into a club following dinner hours on Saturday nights around 10 p.m. There is a $3 cover charge.

For more information, call 594-4228.

The NuVeau Room, has now become a regular spot for many Hope Students. Once unknown, it has now become a hot spot.

Located behind Wings Stadium in Kalamazoo, it plays nonstop swing from 9 p.m. to 2 a.m., as Swingers, Swing Kids, and various Flat Rock movies are displayed on monitors around the building.

Book by John Cox receives two prizes

Two prizes have been awarded to a book published recently by John Cox, of the English faculty.


The Association for Theatre in Higher Education awarded Cox’s book the 1998 prize for “outstanding book-length study in theatre practice and pedagogy.” Cox received a cash prize and a commemorative plaque.

In England, the new Globe Theatre awarded its Sohmer-Hall Prize for “the best work published each year on the original staging of Shakespearean Plays” to an essay in Cox’s book. The committee awarded Peter Blayney’s “The Publication of Playbooks.”

Cox is a 1967 graduate of Hope. He has taught in the department of English since 1979, and is the DohMe Endowed Professor of English and director of interdepartmental studies at Hope.

1900 and from the seminary in 1903. He died in 1977.

The Joint Archives is located on the lower level of the Van Wylen Library. The exhibition will be featured until April. The Joint Archives is open Monday through Friday from 9 a.m. to 5 p.m.

Symptoms of Depression

- Persistent sad, anxious, or “empty” mood
- Decreased energy, fatigue, being “slowed down”
- Loss of interest or pleasure in usual activities, including work or sex
- Sleep disturbances (insomnia, early morning waking, or oversleeping)
- Appetite and weight changes (gain or loss)
- Feelings of worthlessness, guilt, helplessness
- Feelings of hopelessness, pessimism
- Thoughts of death or suicide, suicide attempts
- Difficulty concentrating, remembering, making decisions
- Restlessness, irritability
- Excessive crying
- Chronic aches and pains that don’t respond to treatment

Do you suffer from Depression?

Serious depression affects more than 11.6 million adults every year, but only one-third of those suffering actually seek the treatment they need.

Depressive illnesses are physical illnesses involving a chemical imbalance in the brain. Factors include too much or too little of certain neurotransmitters in the brain, a biological vulnerability which can be inherited, environmental factors, such as stress, and psychological make-up—people having low self-esteem or people easily overwhelmed are vulnerable to depression.

Additionally, some illnesses, such as hypertension, and some medication may trigger a depressive episode.

Symptoms of Depression

- Persistent sad, anxious, or "empty" mood
- Decreased energy, fatigue, being "slowed down"
- Loss of interest or pleasure in usual activities, including work or sex
- Sleep disturbances (insomnia, early morning waking, or oversleeping)
- Appetite and weight changes (gain or loss)
- Feelings of worthlessness, guilt, helplessness
- Feelings of hopelessness, pessimism
- Thoughts of death or suicide, suicide attempts
- Difficulty concentrating, remembering, making decisions
- Restlessness, irritability
- Excessive crying
- Chronic aches and pains that don't respond to treatment
Sociopathic Leanings

Andrew Lotz

King Kong Gyro Hut

"I've decided to do a little research on my ancestors. I might pull out a few old family trees, perhaps consult a genealogist, and maybe start at the library."

I was not prepared for the shock of discovering how many relatives I have. The universe is a small place."

Sociopathic Leanings

Andrew Lotz

October 7, 1998

the Anchor

Spotlight

Food services listen to cards

E. ANDERSON staff reporter

"I miss the clam chowder. Is it still on the menu?" "Could you please have fresh fruit at more meals?" "Our food service team to help, including Philps Dining Service Manager Tim Blackburn and "Chat" Bob Willey. The purpose of the comment cards as Balfour sees it is to receive student feedback including suggestions, concerns, and new ideas. Our philosophy is, 'This is your food service.' Balfour said.

Computer lab love connection

CARRIE ARNOLD staff reporter

The Internet is often stereotyped as a place for people to meet other people. While there are many people who use the Internet for other reasons, to keep in touch, to do research, to check stock quotes, and even to find love.

http://www.yahoo.com, which ranges in topics from entertainment to academia, sports, and fashion.

Since people online usually don't meet in person, they might hear stories about people who met online and then met in person. This might make people think that online meetings are dangerous. However, websites such as www.swoon.com offer a way for people to meet other people. Websites such as www.swoon.com allow people to find others who share similar interests. People can also meet through social networking sites such as Facebook and Twitter. However, it is important to be cautious when meeting people online. It is always best to meet in person before giving out personal information such as phone numbers or addresses.
To achieve better comparisons this year, McKee and Sexton took heart rates during three practices instead of just one.

In addition, they monitored different physical events, such as calisthenics and running. These activities could produce higher heart rates than just pulling on a rope.

To obtain rates that simulated the intensity felt by pullers during the pull itself, McKee and Sexton conducted one of three practice tests during the alumni Pull.

"I’m expecting higher rates this year, and hopefully the results will show the coaches, pullers, and people in general that the practices are an effective means of preparing pullers for the pull," McKee said.

Though the monitoring of the heart rates was not especially effective last year, other aspects of the testing were beneficial.

"Last year we tested things like blood pressure, endurance, and strength," said Northuis. "Over the course of three weeks during the practices, we found that many of the pullers got into better shape. The training, then, was definitely effective."

Mandy Creighlon (’00), an even year coach, had no problems with the testing this year.

"I think it’s a great way to support what we do in practice," she said.

Bill Serrano (’01), an odd year puller who wore a heart monitor, agrees.

"It didn’t bother me to wear the thing at all," he said. "I think it is a good idea to do the tests."

The results of the comparisons are yet to be publicized.

"We’re going to decide after we analyze the data when or whether or not we’re going to publish the results," Sexton said.
Schmidt leads volleyball team in her final campaign

Paul Loodeen sports editor

Finding a true, team leader is hard for coaches to find. Volleyball head coach Maureen Odland has found that in co-captain Becky Schmidt ('99).

"She leads by example," Odland said.

Not only is this a quality that is seen by coach Odland, but the rest of the team including her co-captain Kristi Langland ('99) and Heather Yelling ('99), see this as well.

"She is a great leader on the court," Langland said.

Even the younger players see her as the back bone of the team during competition.

"She is an inspiration on the court because she has fun," said Kim Grotenhuis ('01). "She is great role model.

With a team with as much talent as the Dutch have it is difficult not to become complacent. After starting the season on a roll, the Dutch have hit a low lately after losing two of four in the Wittenberg Invitational Tournament.

One of those losses came to the number one team in the country, Washington University of Saint Louis. The other loss came to unraked Muskingum. Ohio. Odland attributes the losses to the pressure of being six in the national rankings. She sees the problems as having a quiet remedy.

"I pulled the captains aside and talked to them about it and they will handle it," Odland said.

With strong leadership skills, Schmidt will be one that the flying Dutch look to for guidance on the court when it comes to battling these recent problems.

"She is the leader," Odland said. "She lives for this program." More than that, she makes it fun for the team by her enthusiasm and dedication.

Her enthusiasm is not only apparent to the coach Odland but also to her teammates.

She is the heart of the program and it makes it fun for the rest of us," said Langland.

In her fifth and final year, and third year as a captain, Schmidt will leave a team of mostly sophomores and juniors to deal with the void of leadership and experience.

"She leaves some big shoes to fill," Grotenhuis said.

The team is currently 1-4 and getting ready to finish off the last half of their 40 game season. Odland expects to be back in the national tournament and if the team can battle through some current problems the Flying Dutch will look good down the stretch and into the conference tournament.

Briefs: Fall sports teams busy with autumn action

Men's X-Country-The cross country team finished second at the Michigan Intercollegiate Athletic Association Jamboree on September 26. Calvin finished first at the meet. Hope's top finishers were Joe Veldman ('01) who finished fifth, Dylan Wade ('02) seventh, Paul Barke ('00) tenth, and Gavett Childs ('01) sixteenth.

The final score of the meet was Calvin 19, Hope 53, and Kalamazoo 90.

The next meet for the Flying Dutchmen is Friday Oct. 9, at Michigan State University for the Michigan Collegiates.

Women's X-Country-The Flying Dutch finished second in the MIAA Jamboree on September 26. They fell to Calvin just as the men had. Hope was ranked ninth going into the meet. Top Hope finishers were Jenny Ernst ('01) third, Ellen Schulte ('99) 11th, Becky Timmer ('99) 13th, Cyndi Bannink ('99) 18th, and Andrea Egel (01) seventeenth.

The final score of the meet was Calvin 23 and Hope 84.

The Flying Dutch are up next Friday Oct. 9, at Michigan State University for the Michigan Collegiates.

Women's Golf-Olivet is slowly pulling away from Hope for the MIAA title. Monday, Oct. 5. Hope fell to Olivet by twenty strokes at WaterMark Country Club in Grand Rapids. This extended the lead of the Comets to 40 strokes over the Flying Dutchmen going into the last tournament. Leading the way for Hope was Andy Neteuring ('01) with a 78, Mark Piersona ('99) with 80, Ben Fellows ('00), Chris Rutan ('01) with a 85, and Mike Evans ('01) with a 89.

The next action for the team is on Monday Oct. 12, at Kalamazoo College. Unlike the men, the women are in a solid lead in the MIAA. They currently hold a 35 stroke lead over rival Albion. Monday, Oct. 5, was a good day for the Flying Dutch as they won at Kalamazoo Country Club by 11 strokes to give them a considerable lead going into the final tournament. The leaders for the Flying Dutch were Ellen Coelenbrander ('00) at 83, Elizabeth Yared ('99) at 87, Gina Pellerito ('99) at 92, Melody Gonk at 94, Katie Miller ('02) at 101, and Jessica Carpenter ('00) at a 109.

The Flying Dutch's next tournament will be Saturday Oct. 10, at Ada.

Women's Soccer-The Dutch have had an up and down season with a win Wednesday, Oct. 1, over defending MIAA Champions Alma, with a 3-2 comeback win. Saturday, Oct. 3, they hit a low with a loss to Kalamazoo at Kalamazoo 2-0.

The Flying Dutchmen now have an MIAA record of 1-2-1 and an overall record at 2-6-2.

The next game for Hope is against Adrian at 2 p.m. at Boys Athletic Field on Saturday Oct. 10.

Women's Soccer-Saturday, the Flying Dutchman bounced back from a 5-0 loss to Kalamazoo by beating Calvin 2-1 in double overtime at Calvin.

Gretchen Schoon ('99) scored the game winning goal. It is the first win for the Flying Dutch over Calvin in six seasons.

The game was tight with all the scoring coming in the second half and overtime. With Hope edging Calvin in shots at 21-19.

The Flying Dutch have an MIAA record of 1-2-0 and 7-4 overall.

The Flying Dutch host Alma today at 4 p.m. and Defiance at noon on Saturday, Oct. 10.

Volleyball-The Flying Dutch finished fourth at the Wittenberg Invitational tournament over the weekend.

The record for the tournament was 2-2 with one of the losses coming from top-ranked Washington University of Saint Louis. They posted wins against Bluffton, Ohio, and Ohio Northern.

The Next match for the Flying Dutch is today at St. Mary's. Oct. Friday Oct. 9, through Saturday Oct. 10, they are away at Washington, Mo. Tournament.

The Flying Dutch host Alma today at 4 p.m. and DePauw at noon on Saturday, Oct. 10.

Deep, painful cough

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Mild or no cough

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Fru shots available for $7 at the Health Clinic. Call x7585 for an appointment.
**THE BABY BOOM**

**Paul Loodeen**

The Momma’s & Papa’s

Sometimes it is hard to be a college student.
The time spent in classes and the time spent outside of classes preparing for those classes takes up a lot of time. Now throw in some extra-curricular activities, a sport for example, to make you a more well rounded student and you can watch the time you have disappear.

Not many college students can say that they also have a family to support.

How often is it that you find a Hope college student married? Some are engaged but not many are married. Yet, the football team has two players on the roster that are, full time students, and who are also fathers.

Both Eric Nichols (’99) and Matt Hanzlo (’00) have become fathers in the past six months, but have returned to Hope College for an education in the classroom, on the football field, and at home.

“It is like having three full time jobs; school, football and a family,” said teammate and friend Tony Petkus (’99).

Nichols said things are, “Going well.” It is a big change for people to make. Priorities are modified and it takes a toll in the beginning.

Hanzlo, for example, is a new dad and his teammates can already see a difference.

“Hanzlo looks a little tired at practice,” said Petkus. “Your priorities get straightened out,” said Hanzlo. “You really have to pick and choose what you do.”

Priorities change from one thing to another. Nichols priority last year was focusing on football. Now it is on his family and his little girl. Even though he is the number two running back on the football team, he always has his family on the back of his mind.

“During two days when we moved into our new place it was hard to concentrate on football because I was always thinking of what were doing,” Nichols said.

Yet, even with these commitments to his family and to his sport, he and his wife, Kyla, are still enrolled as full-time students at Hope and are working hard to graduate.

“You not on your time anymore, you’re on the baby’s time all the time,” Nichols said.

The same can be said for Hanzlo and Emily Dubois (’00) who are just adjusting to their newborn daughter.

It is a balancing act that we could all take a lesson from.

Setting priorities for life and dealing with real life situations. Sometimes we take for granted the freedom that we have as college students and these are two examples as to why we should think about priorities and what is important for us, and acting on those reflections.

“I wouldn’t change it for the world. It is the best thing that ever happened to me.” —Eric Nichols (’99)

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**GETTING BIG**

The number of athletes that use Creatine has increased in recent years.

Creatine creeps into campus

**CHRIS WINKLER**

staff reporter

Creatine is a popular nutritional supplement that baseball sluggers Mark McGwire and Sammy Sosa have used. But it is not limited to professional sports.

Phosphocreatine has become common among college and high school athletes, and Hope College is no exception.

John Patnott, swimming coach and, said that the supplement didn’t come onto the Hope scene until three or four years ago. That is not surprising, as creatine use exploded after the publication of test results in 1990. By the time word of positive results made its way to college and high school students, the cost was relatively inexpensive.

“Creatine is not regulated by the FDA,” Patnott said. “So you can get ripped off. I talk about these kind of things with my team.”

Patnott has used creatine during weight training.

To put it simply, creatine helps an athlete work out more effectively. When the body burns energy, a molecule called Adenosine Triphosphate (ATP) is broken apart. The resulting molecule is Adenosine Diphosphate (ADP). Creatine is actually an amino acid produced by the liver that speeds the process of converting ADP back into ATP. The substance is stored in the muscles.

According to a one-year study released in April by Richard B. Kreider of the University of Memphis, the only negative side effect is weight gain.

“There has been an awful lot of negative press about creatine,” Patnott said. “No long-term studies over a year have been done, but so far I believe there are positive side effects have been found.”

Hope volleyball coach Maureen Olland, performed research on creatine as part of her masters degree thesis at McMaster University in Ontario. The study was done in 1992, when the supplement was still new.

Olland used ten people over a period of time, once taking a placebo, once taking creatine, and a final time taking nothing. They rode an exercise bike for 30 seconds, and revolutions of the bike wheel were measured for power output.

There was no change in power,” Olland said. “We asked them if they felt any different following the tests. They said, ‘no.’

More recent studies have shown that creatine helps in muscle recovery after short bouts of high intensity.”

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