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"There is student concern about how the Holland Police Department is handling parties and we are responding to that concern," said Dana Morlot (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 Constiuency Concerns Task Committee. "We decided to have the forum to discuss the community's relationship with Hope," said Steve McBride (00), Chairman of Constiuency 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-police 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, 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.

The '01 and '02 Pull teams marked the start of an entire college community can come together to discuss a particular topic."

CARRIE ARNOLD

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 WCSU in Connecticut, spoke on the topic of "Women's History, Marxism, Feminism, and Faith."

The (98 Critical Issues Symposium, titled "Feminism and Faith in the Public and Private Spheres," was called by Hope College President Dr. John Jacobson in an effort "to place a greater value on the relationship between faith, feminism, and public policy."

For many people, the 98 Pull has come to an end. For Pull McKee (98), Sarah Sexton (99), and faculty advisor Dr. Mark Northuis, 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 graph 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.

The 3-weeks of grueling practice was compounded on Saturday, Oct. 3. Many Odd Year team members attributed the win to their ability to pull together as a team.

"We were more together this year," said Josh "Stud" Kuester (99). "We wanted to win, but we felt that we were the most relaxed we had been before.

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These comparisons will hypothetically show whether or not this year’s practices were adequate in preparing the pullers for the actual stress of the Pull.

"Last year, we only monitored heart rates during the pull and during the last Saturday practice before it," McKee said. "That gave us just one comparison. Our results showed that during the practice, the rates never went over 120 or 140, while during the pull, the rates never went under 180," McKee said.

These seemingly low rates during the practice do not necessarily mean that the pullers were not physically ready for the actual Pull. Rather, the low rates during the practice could simply account for the fact that many of the pullers were not experiencing the adrenaline rush and excitement that they felt during the pull itself, as indicated by the higher heart rates.

Keynote mixes patriarchy, feminism and faith

CARRIE ARNOLD

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 WCSU in Connecticut, discussed the many aspects of a patriarchal society in his presentation titled, "Feminism and Faith in the Public and Private Spheres.

In his address, Johnson said that we wanted to inspire the exception to the rule (of patriarchy). He hoped that he would be raised to important and give the audience new ways of thinking about them.

Johnson's address hinged on the facts 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 heretics, even in a secular sense, and ridiculed for their "dangerous" ideas, he said.

These topics are addressed in his book, "The Gender Knot: Untwisting Our Patriarchal Legacy.

"I was kind of put off when he started talking about men at first because I thought feminism was more about women," said Anna 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 to be 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 and a panel discussion will follow at 10:00 p.m. The Symposium concludes with a meditation session.
The Presidential 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. Presidential 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 met.

FORUM from 1
Student Congress members are hopeful that all involved will benefit from the forum. "What hope in the past that have included outside profes-

tors," said Richard Frost, Dean of Students. "Whenever you establish-
ishes relationships of commu-

cation, each party benefits be-
cause they go away with more knowledge. It's important that stu-

dents understand the procedures that police must take," she said. 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 respect-
ful manner." A similar event was held as a ball activity in Scott Hall on Monday, Oct. 5. Lisa Bancak 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 do something," she said. About 40 Scott Hall residents were able to attend the event. I felt that the event was very in-

formative," said Kelly Morrison (01). "One of the officers there had been directly involved in breaking up parties. I felt they were fairly fair and rational when they responded to the students." Knapp felt the event was very informative for students. "Students got a different perspec-

tive on parties," she said. "It was a very comfortable environment to have dialogue and to disagree." Holland Police also gave students a hand out listing infractions and their consequences.

"Students learned about the law and some of them were surprised by the things they did not know.

"When I was asked to write down my favorite animal and character-
istics that I associated with it, I immediately thought of my cat and 

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The evening ended with Coleman reading a haiku he had composed the "date rape drug." He read some of the cards that were collected from the audience. Coleman was assisted by "Candy Bandit" Glyn Williams (98) who rewarded good responses with candy. Emily Small (02) said that she thought the Jorhan Window activity was interesting. "More so was accurate," Small said. 

"I immediately thought of my cat and snurking, loafing, and my great gremlin friend, Bubbles. A grandparent an entire in the I hope all of seen a few years ago and after that, my business really started to take off." Colemen is also the author of the best selling book, "101 Great Dates," which highlights the reasons why relationships succeed or fail and provides innovative social ideas. Coleman is also known as a nationally syndicated columnist.

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The Crisis at the White House

LESLEY MERRIMAN staff reporter

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 and administration.

“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 Democrat Marc Arnoys (‘99). “I think it’s between him, his wife, and his daughter. I don’t condemn 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 Frenz (‘00). “He should have a private life like any other citizen.” The President is always in the public eye and the Starr Report let the American Public into a very private view of President Clinton’s life.

“It was graphic, maybe too graphic, for the public, but not for the court case,” said Carrie Tonn (‘00). Many students have not read the Starr Report. Nevertheless, but most know about its content through the recent news. “I can’t believe they published it,” said Kristen Brown (‘01), referring to the newspapers and magazines publishing graphic content. The Independence Council’s Report will now go on to be analyzed by Congress. This information will help Congress decide if they want to proceed with the impeachment process.

“It would be best if we could put the issue behind us,” said Andrea Davis (‘01). “But I don’t know whether or not it will take his resignation to do that. But personally I don’t see a problem, except for the fact that he lied.” Other students think very differently.

“If he did lie, he should be punished like any other,” said Tiffany Ghent (‘02). Many students seemed to support impeachment if Clinton lied.

A person in the white house should be one with integrity and someone to look up to.

—Jack Holmes Professor of Political Science

President Clinton is an embarrassment to the country and he needs to resign. I am disappointed by the current situation in Washington. Yes, the economy is decent, the budget is at a surplus and the unemployment rate is down, but something else is wrong. President Clinton’s actions are a moral disgrace to the country and they shouldn’t be tolerated by the American public.

Young children see President Clinton as a role model and I wish he would act like it. The President of the United States needs to be an effective politician, but he also needs to be a representative of the United States. With as much influence as the President has on the country and the rest of the world, we need to ask ourselves what kind of example is being set for our youth. President Clinton is as far from a role model as we can possibly get.

The actions of our president don’t illustrate what the founders of this country believed in. “One nation under God,” and “In God We Trust,” were both rooted our country was founded upon. Lastly morality and Christian values have become obsolete within our government. If George Washington and Thomas Jefferson were alive now, they would be angry at the state of affairs going on in the nation.

In a recent survey, 2/3 of the country said they could overlook Clinton’s sex life if he continued to do a good job as president. It is impossible for me to believe that he can be a strong leader after this incident. His place in history is fixed. Promiscuity and lies will be what he will be remembered for.

Respect from the nation will never be earned back now that the explicit details of his sex life have been publicized. The thing that bothers me most is the fact that 2/3 of the country are compliant 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 think Clinton for one thing, showing me how not to live.

A number of students agreed, confirming that President Clinton is not fit to run the government any longer.

“A person in the White House should be one with integrity and one who can be looked up to,” said Holmes.

According to a number of Hope students, Clinton may not fit this role.

In Focus

In lieu of the Starr report, what do you believe President Clinton should do?

“Other students think very differently.

He should be impeached. What he did was morally wrong and he’s not a good role model for our country.” —Marisol Lemus (Project Teach High School student)

“I think he should resign and Hillary should divorce him.” —Todd Costanzo (‘01)

“I think it will just like with Nixon. They will hold an impeachment hearing, but he’ll resign.” —Curtis Tyler (‘02)
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 in Hope athletics has traditionally been an athletic powerhouse. The use of Creatine has leapt into the public’s attention, and is not regulated by the FDA. Professionals such as Mark McGwire grab headlines with its use, and countless others hide behind the scenes, even using anabolic steroids and other illegal drugs to gain an added advantage.

Creatine and other performance enhancing drugs are relatively new to the college athletic scene. Several studies have been conducted and results show that there are few side effects. And now Creatine has crept into Hope College locker rooms.

The amount of pressure that Hope athletes endure may be less than that of large colleges and professionals, but that will never prevent students from experimenting. And some Hope College coaches have endorsed the use of Creatine during weight training. And no doubt the pressure of winning at any cost is a weight that no student should have to bear.

Opinion and in the sometimes sheltered Hope community, issues of that thrill of victory.

Some students who found fault in the chapel that made you shift in your seat, if there have been too many statements protected that you could not believe resided in the Christian’s neighbor’s, and that you are equivocating, “lazy power ranger,” definitely not a Christian, but an experience and is even uniformed to discuss other beliefs rather than to listen to and profess your own views time and again. Be challenged, you simply can’t get anywhere standing still.

“True” and strong-willed, submissive individuals who defend the oppressed and would fight for the right of each voice to and hears other’s opinion, is truly different from manipulating and affronting another person of unknown or opposing religious views. I believe that Campus Ministries have used verbal and emotional language which, allows to and hears other’s opinion, is truly different from manipulating and affronting another person of unknown or opposing religious views. I believe that Campus Ministries have used verbal and emotional language which, allows to and hears other’s opinion, is truly different from manipulating and affronting another person of unknown or opposing religious views. I believe that Campus Ministries have used verbal and emotional language which, allows to and hears other’s opinion, is truly different from manipulating and affronting another person of unknown or opposing religious views. I believe that Campus Ministries have used verbal and emotional language which, allows to and hears other’s opinion, is truly different from manipulating and affronting another person of unknown or opposing religious views. I believe that Campus Ministries have used verbal and emotional language which, allows to and hears other’s opinion, is truly different from manipulating and affronting another person of unknown or opposing religious views.

Meet the Press

Michael Zuidema
Product Director
Amber Black
Campus Editor
Sara E. Lamer
Michael Zuidema
Sports Editor
Paul Looden
Spotlight Editor
Andrew Lotz
Religion Editor
Diana Lamer
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Vol. 112, Issue 6

Opinion

September 16, 1998

our voice.

Student urges campus to examine faith, survey

To the Editor:

First and foremost I must stress the great importance of all students and faculty who have not read the results of the Campus Ministries survey and the Chaplains’ Self Evaluation to devote one hour to seeing the facts for themselves. Many students will be quite surprised. The surveys contended the chaplains’ claim last semester, that it was only a “small group” of students who found fault in the chapel program and campus ministries. The poignant written responses from both students and faculty reveal a painful rift that began to divide the campus almost five years ago, not last semester as chaplains have implied. I am tired of side-stepping the issue and treating the chaplains’ claim last semester as unable to defend their own beliefs, so I’ll frankly lay it on the line. The Chaplain’s office is torn through campus and disfigured all that Hope was meant to be was not begun by my hands or the countless other students and faculty that were willing to stand up for their beliefs, but by campus ministries and their belief that they encompass the one and only “Truth.” They have begun to propagate an authoritarian interpretation of Christianity that “tears the heart out” of all that Christianity was and is truly mean to be.

To profess one’s beliefs in the manner of dialogue, which listens to and hears other’s opinion, is truly different from manipulating and affronting another person of unknown or opposing religious views. I believe that Campus Ministries have used verbal and emotional “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 surveys; and at the emotional expense, of students and faculty. The chaplains have responded with “dialogue!” like the Pluralism Theses lack the empathy which many of us offered. One Truth, one side, one way or path to Hell. There was no dialogue. The chaplains prefer one or the other dialogue in this case. The Keppl 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 of this Earth. Where in the Bible does it say that God’s all embracing love applies to everyone but homosexuals, oh, and those individuals who respect other religious (pluralist), and people who follow Christ’s teachings, goodness and love, but may not profess the Christian faith, and those Christians who worship the same God in a different way, and those who believe that they have the right to pass judgment on another life, or consign people to Hell, and those who think that we should not be “fighter for the faith,” and those who think that we should fight for the rights of the oppressed and would fight to the death the right of each voice.

Engler “fighter for the people,” freshman says

To the Editor:

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 Engler has fought to change Michigan for the better. He has created 700,000 new jobs, making Michigan the state with the fastest job growth. We also lead the country in reducing the tax burden on families, and growth. We also lead the country in reducing the tax burden on families, and growth. We also lead the country in reducing the tax burden on families, and growth. We also lead the country in reducing the tax burden on families, and growth.

Corrections

In the September 30 issue of the Anchor Scott Folet ('99) was misidentified. The student pictured was Scott Langlois ('00). The student pictured was Scott Langlois ('00).
Hope Democrat questions actions of Governor John Engler

To the Editor:

After reading last week’s Anchor in which the Clinton Research Center (CRC) (200) was praised, I felt a need to respond. Randall implied in his letter that Governor John Engler was a more moral man than his current Competitor, Geoff Fieger. While the quotes that Randall brings up seem to implicate Fieger, they were taken out of context.

But why did we interview only 400 people? Because random sampling makes the result statistically sure for a sample size you need to be related to the size of the population being studied. The Frost Center often uses a sample of 400, which is nine times larger than the sample size you need to be related to the size of the population being studied. The Frost Center often uses a sample of 400, which is nine times larger than the sample size you need to be related to the size of the population being studied.

Optimally, the sample must be randomly selected in order to be representative of the larger group. This means that everyone in the population

Senior questions tolerance of chaplain staff

To the Editor:

Senior quotations tolerance of chaplain staff (senior-quetions tension of chaplain staff (senior-quetions)

Rebecca de Velder ('99)

Senior supports Engler, questions Fieger’s stance on issues

To the Editor:

As a Political Science major, I have guided myself on understanding the facts before placing my vote in any election, and I was abbored by the light treatment of Governor John Engler in the past issue. If someone really wants to know the facts when it comes down to it, they need to listen to both Engler and Fieger, here they are.

Tony Bull ('98)

Hope Democrats

Marc Arnosy ('99)

Alumnus undergoes learning experience while studying in Vienna

To the Editor:

The Hope College Chaplain staff has won the Taliban award for tolerance of homosexuals. Jesus was the most accepted person of His time and He is whom your issue. If someone really wants to know the facts when it comes down to it, they need to listen to both Engler and Fieger, here they are.

Rebecca de Velder ('99)

Then get a hold of the Anchor. We are looking for responsible photographers and copy editors to aid us in our pursuits. The news at us

Kefi Bitterburger ('99)
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 as little as possible and this year we went in focusing on winning. We had a whole different mind set."

Odd Year coaches also shared the glory. "It was more satisfying for me as a coach than as a puller," said coach Mike "Riptide" 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).

LIKE A ROCK : (above) ’01 Anchor Nick "House" W with help from his moral girl Kali "Brick" Forquer (’01) and an ALL IN THE FAMILY : (above) The odd year team lives the moments they had been waiting for. "The highlights were the first half-hour and last 10 minutes," said Coach Ann Byland (’99). "But the river was the best."

GIRL POWER : (above) Emily "June" Hutchins (’02) cringes in the pit beside moraler LeAnne "Mary" Cook (’02). Hutchins pulled for the even-year side as the third woman puller in history.
begins another century

THE FRONT LINES: (left) '02 Coaches Chris "Keyser Soze" Cappa ('00), Jon "Cyrus the Virus" Koppich ('00), and Josh "Castor Troy" Strand ('00) encourage their team in the final heaves of their final moments on the rope.

REFUELING: (left) Moraler Megan "Spasm" Brax ('01) refreshes her puller Jeremy "Muscle" Nickels ('01) with water and encouragement as he prepares for the next heave.

BIG MOUTH: (above) Jeff "Jobby" Sankiewicz ('02) releases his anguish as he throws his whole body into a heave.

BRINGING IT HOME: (left) '01 coach Toi v Lazor (99) keeps the intensity at a peak as he leads them on to a close victory.

EYE TO EYE: (left) Cara "Piston" Klapp ('02) gives Steve "Shaf" Haudenbeek ('02) all her physical and mental support as they work in tight connection for the entire three hour event.

Anchor photos by Johnathan Muenk & Page Layout by Kristin and Dana Lamers
Jump, Jive, and Wail: Swing Craze Hits Hope

Retro forties fad shows up on Hope College campus

DAVID FLEMING

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. The Swing era, centralized around the time of World War II, was a period full of style, dapper clothing, dancing. While the bands of Benny Goodman, Louis Prima, and many others pumped out toe-tapping hits, couples made their way to the dance floor to dance the jitterbug and the lindy. Now, pop culture is again finding new life in this period.

Students and adults all over the country are flocking to grooves to swing clubs in their area to try out the style first hand. Men decked out in zoot suits and fedora hats, women in red dresses and the music begins. Besides the sounds of the past, current bands are flying up the charts with their own unique blend of neo-swing.

Bands such as Cherry Poppin' Daddies, Big Bad Voodoo Daddy, and the Brian Setzer Orchestra have been providing their unique blends of horn induced sounds to the music scene for some time. And with this new generation of swingers, the music begins.

Van Andel Arena in Downtown Grand Rapids, houses swing dancing from 9 p.m. to midnight every Tuesday night. 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, Sayfore's Restaurant, located next to the Orbit Room, has the Horns-A-Plenty Swing Band playing Mondays from 7 to 10 p.m. A later closer to campus is in the Backstreet Restaurant between Sixth and Seventh Streets. A restaurant by day, it transforms into a club following dinner hours on Saturdays. So have fun and come along.

A variety of clubs cater to the swing set

Book by John Cox receives two prizes

Two prizes have been awarded to a book published recently by John Cox, the English faculty. "A New History of Early English Drama" is a collection of 26 original essays, and was published by Columbia University Press in 1997. Cox co-edited the book with David Kastan of Columbia University. The Association for Theatre in Higher Education awarded Cox's book the 1998 prize for "outstanding booklength study in theatre 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 in English and director of interdisciplinary 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.

Contact the Counseling Center at x7945 for more information or to sign up.

Don't just make a face.
Write a letter to the editor.
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 mealtimes?" The word was that students were getting fed better than ever before. Why don't we just use the plastic bowls on sundae night?" "The apples have been too much skin on them. Please remove it before putting them on display."

These comments, and about 50 others are received in the comment card boxes by the doors of Phelps Dining Hall each week, totaling about 800 cards each semester. From the boxes they move to the desk of Richard Balfour, Food Service Production Manager. As part of his job, Balfour reads the complaints and concerns of the Phelps diners. Initial sorting helps him decide which comments merit a response. A comment like, "Why is the country fried steak really chicken?" is kind of like how you call this food but it really isn't?" may or may not get a response. None of those containing profanity is passed on the bulletin board, although even the censored cards are scanned for legitimate concerns.

"All cards that contain a construct complaint or criticism receive a response right away, usually within a few days," Balfour said.

He answers most cards but sometimes calls on other members of the food service team to help. "Including Phelps Dining Service Manager, Tim Blackburn and "Chief Bob" Willey."

The purpose of the comment cards as Balfour sees it is to receive student feedback in including suggestions, concerns, and new ideas. "Our philosophy is, 'This is your food service,'" Balfour said.

More and more people are dat- ing, and even marrying people they’ve met online are growing, thanks in part to easier access to the Internet and to the increasing number of sites devoted to helping people meet. Although the Internet began as a place for the Department of De- cisional Information, First of all, some precautions should be taken when giving people per- sonal information. First of all, the Internet can be a boon or a base to love, it just depends on what you're looking for.
To achieve better comparisons this year, McKee and Sexton look 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 Creighton ('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 even whether or not we're going to publish the results," Sexton said.

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Scmidt 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-captains 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 Greenbush (’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 role the Dutch have hit a lull lately after losing two of four in the Wintergarten Invitational Tournament.

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

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

With strong leader ship skills, Schmidt will be the 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.

As the Dutch look forward to the conference tournament Saturday October 10, at Adrian, Odland attributes the losses to the back bone of the volleyball team in her fifth and final year, and third year as a captain. Schmidt will lead a team of mostly sophomores and juniors to deal with the void of leadership and experience.

"She leaves some big shoes to fill," Green多重 said.

The team is currently 8-4 and getting ready to finish off the last half 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 Saturday, October 20. Calvin finished first at the meet. Hope’s top finishers were: Jenny Ernst (’01) third, Ellen Colenbrander (’00) sixth, Becky Timmer (’02) and Andrea Egel (’01) seventeenth.

The next meet for the Flying Dutchmen is Friday, October 24, at Michigan State University for the Michigan Collegiates. Hope is unranked Muskingum. Ohio. Michigan State University for the Michigan Intercollegiate Athletic Association Jamboree on Saturday, October 24. Calvin finished first at the meet. Hope’s top finishers were: Jenny Ernst (’01) third, Ellen Colenbrander (’00) sixth, Becky Timmer (’02) and Andrea Egel (’01) seventeenth.

The final score of the meet was Calvin 19, Hope 50 and Kalamazoo 90.

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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. New 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 ('00) and Matt Handzo ('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.

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

"Handzo looks a little tired at practice," said Petkus. "Your priorities get straightened out," said Handzo. "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 they were doing," Nichols said. Yet, even with these commitments to his family and to his sport, he and his wife, Kylee, are still enrolled as full-time students at Hope and are working hard to graduate.

"Your not on your time anymore, you're on the baby's time all the time," Nichols said.

The same can be said for Handzo 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 ('00)