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Hope College
H1N1 nothing to sneeze at

Erika Ter Louw Staff Writer

Utica, Plymouth-Canton and Grand Haven are just a few of the west Michigan schools that have had to close their doors due to the H1N1 virus. While students are rejoicing at the thought of no school, parents and officials are frantically trying to contain the outbreak.

Within Hope’s campus there have been two confirmed cases of H1N1. There have been several other flu-like diagnoses, but they could be either another strand of influenza or H1N1.

According to Cindy Sabo at the Hope Health Center, the H1N1 virus is “a new virus that is composed of two genes from pig flu viruses and also genes from viruses seen in birds and humans.” The similarities between H1N1 and a virus seen in pigs earned H1N1 the name “the swine flu” and they were thought to be the same thing. However, after later testing, H1N1 was found to be unique. It is now officially titled Novel H1N1 or 2009 H1N1.

According to the Centers for Disease Control and Prevention, in the United States, children ages 5-18 saw the highest percentage of H1N1-related illnesses in 2009. The second highest group was 25-49 year olds with 24 percent of the population. According to Sabo, H1N1 affects an entirely different population in comparison with the normal flu. “Of those under the age of 25 with H1N1 complications: 56 percent of the [H1N1-related] deaths and 78 percent of the hospitalizations. Of those over age 66 with H1N1 complications: 12 percent of the [H1N1-related] deaths and 7 percent of the hospitalizations.”

H1N1 is spread much like any other seasonal flu: through coughing, sneezing, not washing of hands, etc. The Hope Health Center has several suggestions to avoid coming down with the virus: “Wash hands frequently; keep your hands away from your face; avoid people that are coughing/sneezing. Keep your body healthy by staying hydrated, well-nourished, well-rested and get regular exercise.”

If you do find that you have the symptoms of H1N1, the health center asks that you take particular caution. The following are common symptoms: “fever, cough, sore throat, runny or stuffy nose, body aches, headaches, chills and fatigue. Warning signs: Difficulty breathing, mental confusion, unable to put chin to chest or anything that indicates the person is deteriorating.”

If you have been tested and do in fact have the virus, the health center suggests students return home for the duration of their sickness. If this is not possible, students “are expected to stay in their bedroom and go out only to go to the bathroom. They should wear a mask when going to the bathroom or when others need to come into their bedroom.”

Ill students should not be going to the dining halls or any other activities or classes. One can resume normal activities once they have been without a fever for 24 hours without the use of Tylenol or Ibuprofen.”

The health center also offers two suggestions: Wash hand frequently; keep your hands away from your face; avoid people that are coughing/sneezing. Keep your body healthy by staying hydrated, well-nourished, well-rested and get regular exercise.”

It led to some of the best conversation that I’ve ever seen on campus. — PROFESSOR JANE DICKIE PSYCHOLOGY DEPT.

Historic struggles

White, Bergner divided campus

Robert Gulmon

Campus Co-Editor

Hope recently denied the Sexuality Roundtable’s request to host “Milk” screenwriter Dustin Lance Black on campus, on the grounds that it would “polarize the campus.” The administration cited events nearly 10 years ago surrounding Dr. Rev. Mel White and Mario Bergner as an example of such polarization.

On Feb. 21, 1999, campus ministers, led by Dean of Chapel Ben Patterson, began a series on human sexuality called “Settling Love in Order.”

“The series is about understanding the order, foundation and structure God laid when He made us,” Patterson told The Anchor in February 1999.

Bergner, a self-professed “healed” homosexual, was invited to the campus to speak at the series. Bergner is the director of Redeemed Life Ministries, a ministry directed primarily at homosexuals to bring “all people into the saving and healing embrace of Jesus Christ.” He is an active member of the ex-gay movement, a group that promotes changes in behavior. The controversy led Student Congress to invite Rev. Dr. Mel White, an openly gay evangelical pastor.

The series is about presenting only one side of the faith and homosexuality issue. The controversy led Student Congress to invite Rev. Dr. Mel White, an openly gay evangelical pastor.

“The positions were on opposite ends of the spectrum. Mr. Bergner clearly identified with sinful brokenness. Rev. Dr. White spoke about understanding and grace,” said Dean of Students Robert Guimond.

Student Congress rescinded their invitation to White after a vote. Their reasoning was that inviting White to campus did not represent the student population as a whole. They decided to sponsor a panel discussion on homosexuality later that year.

White's and Bergner's speeches attempted to hang a clothing store in the Pine Grove with shirts connected to it that showed support for the homosexual community. According to The Anchor’s March 17, 1999, issue, the shirts had messages such as, “Open your minds, open your heart.” “Straight but not narrow,” and “I will not be silent.” The demonstration was banned by the administration. So the students wore the shirts and were them around campus. Before Bergner's speech on March 13, the students, wearing the shirts, linked hands and stood in the Pine Grove.

White's and Bergner's speeches had mixed responses.

Mo' money for Motown—Detroit battles financial trouble.
**Students learn manners at etiquette dinner**

The Hope College Office of Multicultural Education and the Phelps Scholars program hosted an etiquette dinner in the Maas Conference Center, Oct. 29. The dinner event was designed to teach students how to conduct themselves in a formal business setting. The dinner was beneficial to students looking to go into the business field and answered many questions concerning the formal business setting, of which young people today do not have much exposure to.

Speakers Shlynn Rhodes from Blue Cross Blue Shield of Michigan and Faye Richardson-Green from Steelcase Inc. spoke about formal dinner etiquette in a business setting. They recreated a real business setting to better educate students on how to behave appropriately. Students gained practical information that they can apply to real life situations after college. Students also had the opportunity to talk with business professionals to gather information and insight about prospective careers.

Rhodes has a master’s degree in public administration and nonprofit leadership from Grand Valley State University. Now, she is the project manager for Blue Cross Blue Shield of West Michigan in business improvement and analysis. Her career has enabled her to reach out to the community, particularly students. She connects with students heading into the field of business and helps them to gain an understanding of that field to propel them forward. In her presentation, she focused on what students should be mindful of in a formal business setting, including attire and formal communication skills that young people are not as familiar with.

The second keynote speaker, Richardson-Green, is the director of global learning and development for Steelcase, Inc. She is a Cornell University certified diversity professional and specializes in working with topics such as organizational culture, workforce performance, and diversity. She focuses on international work and how it can move a business forward in these culturally diverse times. She has held many positions of leadership which have provided her with a lot of experience in the field of teaching and organizing. Her exposure and expertise in engaging the topic of diversity meant that in her presentation she focused on the skills necessary to communicate while being sensitive to different cultures.

**Otis-De Grau receives professional development award**

HOPE PR — Amy Otis-De Grau, who is director of international education at Hope College, has received the professional development award from IES Abroad.

IES Abroad, which is one of the largest third-party providers of study-abroad experiences in the United States, gives the award to an educator who has served the study-abroad field in a professional and committed manner. Otis-De Grau received the award on Oct. 15, during the organization’s annual conference in Chicago.

“IES Abroad is one of the largest third-party providers of study-abroad experiences in the United States, which gives the award to an educator who has served the study-abroad field in a professional and committed manner,” said IES Abroad President and CEO Mary Horsfall. “Otis-De Grau’s dedication to international education and her contributions to the field of study abroad have made her a well-respected professional. We are honored to recognize her achievements and contributions to the study abroad community.”

“I am humbled by this recognition and thankful for the opportunity to share my passion for international education with others,” said Otis-De Grau. “I am grateful for the support of colleagues and the broader community of international educators who have contributed to my professional growth.”

Otis-De Grau joined the Hope staff shortly after graduating from the college with a German major, serving as office manager and coordinator of special programs. She was promoted to assistant director in 2006 and associate director in 2008.

Following her promotion to assistant director, she agreed to run international student admissions. In that additional role, she developed a recruiting plan focused on regions in which the college had natural links and alumni, contacted schools, and personally contacted both international applicants and their counselors. As a result of her work, international student admissions grew at the college.

During the 2001-02 academic year, Otis-De Grau studied at the Torchbearers Bible School in Holybrynum, Sweden. In July of 2007 she completed a master of arts degree in conflict transformation and peace studies at the School for International Training — a natural progression from her humanitarian work and peacebuilding work in Bosnia and Afghanistan.

Each year, approximately 275 Hope students study abroad.

**Flu arrives**

• **H1N1**, from page 1

the H1N1 vaccination. To set up an appointment, call the health center at 7x785. Student Development and the health center have also placed hand sanitizers around campus for student use. Overall, H1N1 poses some serious health risks to students at Hope, considering college students are at a higher risk due to the shared living spaces and close proximity. However, there are many precautions that can and should be taken as a campus to prevent its spreading. So, go wash your hands!
Sierra Haseen
GUEST WRITER

Detroit faces unparalleled financial woes. The city is selling its low-rate bonds and municipal assets to bandage a significant budget deficit. The facts spell out a grim situation for a city that once contained nearly twice the population it now does. The city is facing an estimated deficit of $275 million.

This burden has been placed on the shoulders of Dave Bing, Detroit's current mayor. Unlike his predecessor, Kwame Kilpatrick, who pleaded guilty to criminal charges of obstruction of justice and was known for drawing crowds that fell hard for his public appeal, Bing is known for having a grandfatherly and at times dull and hardened approach to his responsibilities. Instead of feigning enthusiasm for the city's future, he has approached the people of Detroit and the mass media with blunt observations. As stated in the New York Times, "He told commissioners that Detroit, from a structural standpoint, is broke; called for regional cooperation and drew a standing ovation."

The city's public schools have felt the impact of corruption within the shrinking city Bing is now attempting to salvage. Nine years ago, the district had more than 160,000 students. Today it has approximately 90,000 students. Robert C. Bobb, the emergency financial manager sent by the state, "has closed schools, laid off employees and begun investigating numerous thefts," the New York Times stated.

In August, five employees of the Detroit public school system were charged with multiple felonies as part of an investigation into alleged corruption and the loss of tens of millions of dollars in school funds. The charges were made as the Detroit Public Schools struggled with an estimated budget deficit of $259 million and weighed a potential bankruptcy filing. If convicted, the accused could face decades of jail time. Michigan law allows harsh penalties for public officials found guilty of wrongdoing.

The allegations include eight felony embezzlement charges. A probe launched by Bobb uncovered paychecks going to 257 "ghost" employees who have yet to be accounted for.

He also said that he uncovered approximately 500 illegal health care dependents that have cost the district millions. While it appears that many have used DAPS as their source of personal welfare while trampling federal laws, Bing's proposed solution to such woes is to downsize the bureaucracy that was structured during Detroit's glory days. "We've got to focus on being the best 900,000 populated city that we can be and stop thinking about, 'We can turn the clock back to the 1950s and '60s.' He told the New York Times. "That era is gone."

He expects to cut Detroit's bus service and lay off 230 city workers. So far, there have been more than 400 layoffs since he took office. Bing's realistic approach has drawn both enthusiastic praise and scathing criticism.

Political opponent Tom Barrows said, "Detroiters want to grow the town, not shrink it."

It remains to be seen whether Detroit will benefit from Bing's approach.

DETROIT PUBLIC SCHOOL EMPLOYEES — Five Detroit public school employees were arrested and are currently under investigation by police for the loss of tens of millions of dollars in school funds. Past and present corruption has been detrimental to Detroit's economy.

New polling data shows decline in President Obama’s overall approval rating

Cory Lakatos
SCEWEN SIRER WINTER

President Barack Obama’s honeymoon with the American people may be giving way to the customary stormy marriage, if the numbers are to be believed.

Obama's charm — as well as the legacy of his unpopular predecessor — enabled him to woo voters during the campaign, and when the knot was tied on Inauguration Day in January, the new president’s approval rating stood at a lofty 76 percent. By April, the number had dropped to 62 percent; nowadays, Gallup calculates his average daily approval rating at 53 percent.

Though this would usually be considered a respectable figure, Obama’s status as a new president should entitle him to higher levels of popularity this early in his first term. It has been 50 years since a new president’s popularity has declined as quickly as Obama’s has in the past four months.

The president does not even have the highest approval rating in his own administration; that distinction goes to Secretary of State Hillary Clinton.

The shift in popularity from the beginning of the year to now is perhaps not as drastic as it appears. It is true that a recent CNN/Opinion Research Corp. poll shows that more than half (51 percent) of Americans now disagree with Obama on the issues that are most important to them.

However, the same poll also reveals that two-thirds of Americans believe that Obama has “the personal qualities a president should have.” Measuring presidential popularity is difficult, and the various figures often appear to contradict one another.

It is a familiar pattern in American electoral politics that candidates are much more popular on the campaign trail, when they can make promises, than they are in office, when they have to fulfill them. A recent Saturday Night Live skit portrayed Obama as a do-nothing president. "(W)hen you look at my record, it's very clear what I've done so far. And that is ... nothing," quipped Fred Armisen, the actor who portrays Obama on the popular sketch comedy show. This attitude marks a sharp departure for the media, which has often been accused of giving Obama a pass.

Several factors have contributed to Obama's decline in popularity. Many of the president’s supporters are upset by his hesitancy to decide on a new course for the conflict in Afghanistan and by the fact that U.S. troops remain stationed in Iraq. Unemployment remains high and economic woes are often pinned on the sitting president.

Congress did not vote on health care legislation prior to its August recess, as the president had hoped, although bills in both the House and the Senate are nearing a vote and are expected to pass.

Some pundits are looking to the examples of past presidents for answers. Democratic strategist and CNN contributor Paul Begala compared Obama's popularity situation to that of former President Ronald Reagan. "People actually didn't often agree with Ronald Reagan's ideas, but they loved the guy," he said.

On the other hand, Tulane University political scientist Thomas Langston drew parallels between Obama and Jimmy Carter, whose troubled one-term presidency was terminated by Reagan's landslide victory in the 1980 election. Carter attained a 75 percent approval rating early in his term, only to see that figure plummet into the low 40s in less than a year and a half. Historical precedents can only tell us so much, however, and it remains to be seen how the Obama presidency will progress during the next three years.

Poll Rundown —

Here is a rundown of polling data relevant to President Obama’s performance so far.

Presidential job approval rating*: 55% approve, 38% disapprove

Who to trust on healthcare*: 55% President Obama, 48% Democrats in Congress, 37% Republicans in Congress

Presidential handling of the economy**: 47% approve, 46% disapprove

Presidential handling of foreign policy***: 51% approve, 39% disapprove

*According to Gallup Polls as of Nov. 1.
**According to a Wall Street Journal/NBC poll conducted in October.

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European leaders prepare for climate conference

Samuel Tzou Guest Writer

European Union representatives announced Oct. 30 that they have agreed to a new proposal on how to help other nations face global warming. The decision comes approximately 40 days before the Dec. 7 Copenhagen Climate Conference. At that time, world leaders will meet to examine ideas on how to halt carbon emissions and how to deal with the rising sea levels largely caused by melting polar ice caps.

The purpose of the two-day meeting, which ended Friday, was to hammer out a specific EU approach to these issues, which Copenhagen will later examine.

“We were aware that if we did not come together to make progress, the possibility of a deal (in Copenhagen) would be a lot less likely,” British Prime Minister Gordon Brown said Friday. “Europe is leading the way with these bold proposals.”

One of the main reasons that Merkel and other leaders were not pleased with the summit was because, while EU countries had agreed to help other nations with funding, all funding at this point is still voluntary and no country actually offered up the money.

While Gordon said that the payment for the program will be of fair share, there were no actual specifications. The Associated Press reported Friday that several of the less wealthy Eastern European countries were not happy with equivalent funding and were willing to walk away from the summit without committing to pay and go into debt.

The U.S. Senate in deadlock over deciding a specific climate change deal this December, the EU appears to be the most prominent leader in combating global warming.

“President Barack Obama should now step up and break the deadlock in negotiations,” Joris den Blanken, of environmental group Greenpeace, said Friday, after Brown announced a proposal in helping less wealthy countries.

However, not even the EU has all of its deal entirely set.

As of now, all funding for the climate change deal will be entirely voluntary.

While there will be a fast tracking funding program of 5 billion euros paid for by richer countries, the funding for helping most countries is still not settled. The BBC reported Friday that all of the funding directed towards poorer countries relies on the negotiations between the poorer country and the country providing the funding on how the money will be used.

Despite this conditionality of the proposal, many European leaders are still optimistic as they anticipate a meeting with President Obama the week of Nov. 2 to discuss climate change.

“This is an important breakthrough that means new momentum,” European Commission President Jose Manuel Barroso told the BBC Friday.

“Next week, we’ll meet the U.S. president and will say let’s make Copenhagen a success.”

DISCUSSING THE UPCOMING CLIMATE DEBATE — British Prime Minister Gordon Brown, accompanied by British Foreign Secretary David Milliband, spoke at a press conference in Brussels Oct. 29. Brown was among many European leaders who attended the conference to prepare for the upcoming Copenhagen climate summit.
Soaring to new heights: dANCEpROjECt performed at Knick

Choreographed by Katherine Moore (10), the show was an ode to dolls framed by five spotlights. The choreography showcased the dancers’ ability to perform as a group while highlighting their own unique talents.

“Slide Show” was one of the pieces that captured the audience’s imagination. The show filled the world’s best dancers, with a live band and even a live performance that was sure to be missed. With a variety of acts to choose from, the live performance was sure to be the highlight of the night.

Elena Rivera
Guest Writer

“Something you should know: this isn’t your fifth-grade English class with precision pas de bourrées and stiff voices. dANCEpROjECt, shown at the Norwalk Dance Project on Oct. 29-31, was an artistic foray into the world of abstract dance.

“Windmills & Wind-Up Toys,” inspired by the opening number, “Helix,” which featured the seven dancers encased in white, stretchy sheets, to the final dance, “La Douce/The Shore,” it was obvious that dANCEpROjECt was different.

Act I verged into a truly be w o r k i n g territory: the eerie duet “Unet” found Sarah Breeze (12) and Casie Copeland (10) performing acrobatic feats on top of black tables, garbed head-to-toe in geometric-patterned bodysuits.

“Windmills & Wind-Up Toys,” choreographed by Katherine Moore (10), was an ode to dolls framed by five spotlights. The choreography showcased the dancers’ ability to perform as a group while highlighting their own unique talents. Moore explained: “I

In “Maya,” a song off their new self-titled album, chanting West African funk is individually. At one point, a saxophone solo. Each plays on its own, while some cowbell and a strong Hawaiian guitar. However, the striking contrasts and apparent clashes serve to slay people at live shows. “This is perhaps a little graphic, but it certainly conveys that Rubblebucket is a show not to be missed. With a variety of acts to choose from, the live performance was sure to be the highlight of the night.

Ann Malone
Guest Writer

Pop. Rock. Afro-beat. Jazz. All these and more describe the eclectic, upbeat group Rubblebucket.

Formed in 2007 in Boston, the band has eight permanent members, including trumpeter Alex Toth and singer Kalmia Rossitto. The permanent members are four contributing artists.

While their techno-ethnic music is unique, to be sure, there is also a sense of creativity and musical talent in their pieces. Dan Bolles, writer of the indie music blog “Seven Days,” says that Rubblebucket is “a genre-mashing maelstrom of hot-blooded West African funk rhythms, and calls it “unlike anything that’s come before it.” In “Maya,” a song off their new self-titled album, chanting is heard half-way through the song as it blends into the show. The song distinctly and leads you, but at the same time hooks you in. It pulls the listener deeper into the song as they try to understand the underlying chants.

Their other songs contain a mix of genres from jazz to pop to orchestra. The song “Violet Rays” off their first album titled “Rose’s Dream” won Relix Magazine’s Jam Off Competition in July of 2008. Their song “Bikes,” a recent single off the new album, was quickly embraced by fans and quickly became a fan favorite. The song follows a Caribbean beat, some cowbell and a strong Hawaiian guitar. However, the striking contrasts and apparent clashes serve to slay people at live shows. “This is perhaps a little graphic, but it certainly conveys that Rubblebucket is a show not to be missed. With a variety of acts to choose from, the live performance was sure to be the highlight of the night.

Snow Patrol’s mix album cover

Snow Patrol performed at the Knick on Nov. 6.

Snow Patrol is a band that has its roots in Northern Ireland. They started in 1999 and have released many albums, including their latest, “Take Back the Days.” Their music is a mix of pop, rock, and electronic influences, creating a unique sound that is both catchy and introspective.

The band consists of Gary Lightbody on vocals and guitar, Jonny Quinn on guitar, Tom Guiney on bass, and Smart on drums. Their recent album, “Eyes Open,” was the UK’s best-seller in 2006 and sold over 4.7 million copies worldwide. Snow Patrol has been nominated for several awards for their music, including the BRIT Awards and the MTV Europe Music Awards.

Snow Patrol’s music has won critical acclaim and has been praised for its catchy melodies, emotional lyrics, and unique sound. Their music is perfect for fans who enjoy a mix of pop and rock, as well as those who appreciate more introspective and emotionally charged music.

Snow Patrol’s music has been featured in several films and TV shows, including “The Hunger Games,” “True Blood,” and “Bones.” Their music is known for its ability to evoke emotion and create memorable moments, making it a favorite of music lovers everywhere.

Snow Patrol’s music is a testament to their ability to create a unique and lasting sound that resonates with listeners. Their music is a journey that takes you on an emotional rollercoaster, leaving you with a sense of satisfaction and contentment.

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Nature’s Beauty Call

Ayanfe Olonade
Palmer Cosmetics

Let’s hope this works. If this didn’t work, I would just quit trying. I read the box. “Wet face. Gently massage all over face for 20-30 seconds, avoiding eye area. Rinse thoroughly, pat and dry.” Those were the instructions on my acne control cleanser box.

I have tried many facial cleansers. Most of them have not worked. This is probably because after following the instructions faithfully for a few weeks, I usually get tired, but not because it is so hard to wet my face, massage it and wash it with my acne cleanser. I got tired because I have another set of instructions for my hair and my skin as well.

Every day, cosmetic companies come up with new beauty solutions for today’s woman. Ads for beauty products are everywhere in America: on TV, in magazines, on billboards, and on the internet. All these options only make it harder to know what really works. The New Zealand Herald published an article called, “Looking good without chemicals.”

The article revealed that a surprising 4lbs of chemicals are ingested by women every year from the cosmetics that they use. Because of the growing concern about the use of chemicals in most beauty products, the natural beauty industry is becoming a trend. According to the New Zealand Herald, in 2008 the natural beauty industry world-wide, was worth $7.7 billion, which is 2 percent of the total beauty market and is growing at 17 percent a year.

The Face

Catherine Palmer, author of the book ‘Down to Earth Beauty’, said one of the simplest and cheapest ways of having a good complexion is to wash your face with water made from flowers and herbs. In Mexico, ladies use avocado, papaya or a special mud on their face to make it smoother and moisturized.

Jessica Noriega is from Mexico and she said she uses avocado to wash her face. She said it makes her face feel moisturized. Susan Kioko is from Kenya. She said ladies in Kenya use cornmeal and milk to rinse their face. This usually helps to exfoliate and moisturize the face. She also added that ladies in Kenya use toothpaste to fight pimples. “I simply apply the toothpaste on the pimple and it works,” Kioko said.

“The craze is for white skin right now in Thailand,” Tanya Paul said. Paul is Indian. She now lives in Thailand where her parents serve as missionaries. Most ladies apply cream on their face and then put lots of powder on it, so it can make them seem like they have whiter skin than they do. Paul also said that in Southern India it is very popular for ladies to use herbs to make their skin lighter in color. Palmer in her book also said even as far back as the 19th century, the Princess of Wales put a mixture of a slice of lemon and a pint of milk on her face at night. In the morning, she washed it off. It is believed that this recipe nourished and freshened the skin on her face.

The Hair

Some want it long today and short tomorrow. It is amazing how much attention ladies pay to their hair. Hair care just became easier as Paul told me the secret to long hair is coconut oil. “Coconut oil! It works, my hair is proof!” she said. Paul always had long hair. When she was growing up, her mom would massage her hair with coconut oil before she washed it. It is very much part of the southern Indian culture to use coconut oil for hair care, she added. In India, the focus is about the length, but in Mexico, Noriega says that the softness of the hair is important. In order to achieve this, some women apply mayonnaise or yogurt for a few minutes before washing. This conditions the hair and makes it softer, she said.

Kioko said women in Kenya wash their hair with egg yolk to make it softer. Kenyan women are also known to drink nettle tea for healthy hair growth. Some of them rinse their hair with nettle water for healthy hair. Palmer also mentions in her book that nettles are very good for the hair because they stimulate its growth. Palmer has been collecting herbal recipes and testing and studying the natural traditions of beauty in her home. In all her findings, she says that rosemary is probably the best treatment you can give your hair. It makes it glossier, stimulates growth and reduces tangles.

The Body

“Skin care is universal; you need to wash it and moisturize it so it looks great,” Noriega said. Noriega suggests body lotion to keep the skin moist. Paul said that in India, the secret is coconut oil. A combination of coconut oil, spices and milk make the skin soft and smooth. In Kenya, it is always good to use a scrub made of cornmeal and milk, Kioko said.

Nature has been so gracious to provide us with essential ingredients that enhance the beauty of the face, hair and body. Some of these ingredients can be found in your backyard, like nettle for the hair. Others are found in the refrigerator, like milk for your skin. A few are on trees, like avocado for your face.

Before prestigious cosmetic lines began to provide us with a variety of products for the face, hair or body, women all over the world looked to their closest source for help with beauty - nature. Like Kioko said, “Natural products are always available and are very easy to afford.”

Large international companies, such as L’Oreal, Clarins and YSL are buying or creating new companies to take part in this “natural beauty” revolution. But women in different parts of the world have different unique beauty solutions. They range from milk, to fruits, to flowers and even mud. Most women today now use brand name cosmetics. The beauty secrets that these three ladies share will get you thinking about how using basic natural products can make the face, the hair and the body beautiful.
Dear future wife,

I was thinking about you today. I was thinking about your dazzling smile, your perfect personality and your irresistible positive attitude that makes you a joy to be around at all times. Then I woke up from my daydream.

I’ve now come to find out that a perfect “you” doesn’t exist. That’s okay, because I haven’t found a perfect me either. That’s okay, because I share my story. I let my mind stretch around lectures about Jesus, oppression, humility and reconciliation. Peggy Compolo, American Baptist, daughter of a pastor and a critic of homosexuality was pulled-out, mulled-over and given wings to fly above the destructive battle.

I have become tired of the conversation. I am tired, and I am disappointed that the church has been unable to provide a space where we can work through the inconsistencies. I understand this has been pointed directly at the church. But, after all of this I am hopeful for the resolution of this issue and for the church.

The conference included worship, workshops, lectures and fellowship. The issue of homosexuality was pulled-out, mulled-over and given wings to fly above the destructive battle.

I was served communion by a lesbian minister who looked into my eyes, offered me the sacraments and called me by name. How beautiful, when we allow all parts of the body to move. I shared in the stories of LGBT people and their allies; I shared my story. I let my mind stretch around lectures about Jesus, oppression, humility and reconciliation. Peggy Compolo, American Baptist, daughter of a pastor and a critic of homosexuality was pulled-out, mulled-over and given wings to fly above the destructive battle.

I have a secret to tell you: I don’t exist either, at least, not the “me” that is floating around in both our heads—you know, the one riding around on a noble steed with every kind of evil. I have a secret to tell you: I don’t exist either, at least, not the “me” that is floating around in both our heads—you know, the one riding around on a noble steed with every kind of evil.

I have been encouraged to believe that some day the oppression of thought and dialogue will end, and when that day comes, I hope to be on the side of love and grace.

Emily is grateful for all good things.

The spirit is alive and well!

On Saturday, I celebrated Reformation Day. In fact, I celebrated the beauty of reforming thought, action and practice for a few days as I along with a dozen other Hope students had the opportunity to attend the Room for All Conference in Grand Rapids.

I did not grow up in the RCA, but attending Hope College has given me a crash course in Reformed Church culture. I have learned to respond with the phrase: “And also with you,” to take communion by immersion and to recite the historic creed. Unfortunately, the RCA has devoted itself to a stance that is creating division and dissension and anger.

The Commission on Theology’s written statement made available to RCA congregation states: “Heterosexuality is not only normal; it is normative. Homosexual acts are contrary to the will of God for human sexuality.” Still, in 2005, recognizing the potential for this issue to split the denomination, the General Synod Council approved “honest and intentional denomination-wide dialogue on homosexual-ity.” This dialogue has been somewhat ingenuous as people have remained at their stations aiming smart prayers at one another. The message is this: “If you push me off a cliff, I’ll push you twice.”

I have become tired of the conversation. I am tired, and I am disappointed that the church has been unable to provide a space where we can work through the inconsistencies. I understand this has been pointed directly at the church. But, after all of this I am hopeful for the resolution of this issue and for the church.

The conference included worship, workshops, lectures and fellowship. The issue of homosexuality was pulled-out, mulled-over and given wings to fly above the destructive battle.

I was served communion by a lesbian minister who looked into my eyes, offered me the sacraments and called me by name. How beautiful, when we allow all parts of the body to move. I shared in the stories of LGBT people and their allies; I shared my story. I let my mind stretch around lectures about Jesus, oppression, humility and reconciliation. Peggy Compolo, American Baptist, daughter of a pastor and a critic of homosexuality was pulled-out, mulled-over and given wings to fly above the destructive battle.

I have been encouraged to believe that some day the oppression of thought and dialogue will end, and when that day comes, I hope to be on the side of love and grace.

Emily is grateful for all good things.

I’m going to touch your teeth anyway, because I promised. Love is a promise. It’s not just a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite. I’m going to touch your teeth anyway, because I promised. Love is a promise. It’s not just a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite.

My dear young friend, you seem to be a very caring and loving individual. I too, have a number of homosexual friends who face such opposition. No one wishes to see people that they care for be ostracized or banned. However, you seem to mistake homosexuality for the person. Is a person a homosexual? or do they do homosexual things? Just like, is a person a thief, or do they merely steal? I think a person is more than the things that they do. But we name people by what they do. He is a doctor. She is a teacher. He is a homosexual. Does anyone ever introduce you as a heterosexual? Probably not. It is unremarkable. You, and many others, wish to make homosexuality unremarkable too. Unfortunately, according to God, homosexuality is very remark-able. It is an abomination. If we treat it as unremarkable, then we are no longer salt and light. We are no longer Christ followers, but we are merely the grain that could not grow to produce any fruit because it was choked out by the weeds.

Your friends are not abominations. They, like all of us, must choose what they do with the life they have been given. If they choose to proclaim their sins choices as their labors, it would be the same as me calling myself a sinner or a sorcerer or a thief or a murderer, or any sin that I choose to follow. Then, it would not help me if caring people like yourself tried to convince Christians to accept my lifestyle choice in the name of recognition and acceptance. God’s plan for us is clear in this area. Avoid every kind of evil.

Sincerely,

A concerned parent

Letters to the Editors

Parent responds to disappointing letter

To the Editors:

It seems that every news release reaches me from my alma mater, it is another short-sighted administrative decision driven by fear, specifically, fear of dialogue about homosexuality. I learned from the chronicle of Higher Education that Hope College has forbidden screenwriter Dustin Lance Black from participating in a talk show discussion because of his views on homosexuality. This represents an enormous failure for Hope College as an educational institution and is an affront to Hope’s gay community.

Dean Frost, President Bultman, and the rest of the Hope administration understand that the purpose of a college is to foster dialogue, not to suppress it. It is only in extreme situations (treason, calls to violence) that it is moral to suppress academic dialogue. Frost’s stated reason in the Sentinel for the suppression of dialogue — “Students and faculty on either side of the campus field extremely hurt and marginalized (the last time)” — would be considered comical at any other college.

Hurt feelings? Marginalization? Gay students and professors of Hope College deal with hurt feelings and marginalization every day because of decisions like this one. Hope’s marginalization is not caused by one discussion with a screenwriter. Marginaliza-tion is caused by an administration that systematically creates an atmosphere at Hope College that is unwelcoming to GLBT students and professors.

I understand and respect that, in the past, Hope College has taken a strong position against gay marriage and believes that homosexuality is sinful. Hope has that right as a private Christian college, and I respect that right. What I do not respect is Hope’s refusal to even listen to arguments about this issue. It is the academic equivalent of a 4 year patching his aids in his ears and humming loudly: it is silly, it is cowardly, and it is reprehensible.

Joseph Turbessi, ’05
34 Dunster Road
Boston, Massachusetts

I’m going to touch your teeth anyway, because I promised. Love is a promise. It’s not just a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite. It’s doing the dishes; it’s sacrificing Christmas to be with your spouse’s family; it’s a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite. It’s doing the dishes; it’s sacrificing Christmas to be with your spouse’s family; it’s a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite. It’s doing the dishes; it’s sacrificing Christmas to be with your spouse’s family; it’s a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite. It’s doing the dishes; it’s sacrificing Christmas to be with your spouse’s family; it’s a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite. It’s doing the dishes; it’s sacrificing Christmas to be with your spouse’s family; it’s a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite. It’s doing the dishes; it’s sacrificing Christmas to be with your spouse’s family; it’s a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite. It’s doing the dishes; it’s sacrificing Christmas to be with your spouse’s family; it’s a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite. It’s doing the dishes; it’s sacrificing Christmas to be with your spouse’s family; it’s a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite. It’s doing the dishes; it’s sacrificing Christmas to be with your spouse’s family; it’s a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite. It’s doing the dishes; it’s sacrificing Christmas to be with your spouse’s family; it’s a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite. It’s doing the dishes; it’s sacrificing Christmas to be with your spouse’s family; it’s a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite. It’s doing the dishes; it’s sacrificing Christmas to be with your spouse’s family; it’s a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite. It’s doing the dishes; it’s sacrificing Christmas to be with your spouse’s family; it’s a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite. It’s doing the dishes; it’s sacrificing Christmas to be with your spouse’s family; it’s a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite. It’s doing the dishes; it’s sacrificing Christmas to be with your spouse’s family; it’s a feeling, or a well-placed wish or a glossy finish. In fact, it’s often the opposite.
My childhood was better than yours

I recently went to see the “Toy Story” and “Toy Story 3” movies in 3-D. It got me thinking that the era that I, and many of you, grew up in was quite possibly the best time to be a child, ever. The ‘90s were such an awesome time to be a kid. Companies such as Disney, Marvel and Nickelodeon made the 1990s the most wonderful decade ever known to man. If you grew up in the ‘90s and didn’t like anything on TV or any of the movies in theaters at the time, then there has to be something wrong with you. Every show on Nickelodeon was worth its weight in gold. Every Disney movie made during that time became an instant classic. Every other non-Nickelodeon TV show is still shown on some obscure television station—you can’t even say that about some shows started in this decade.

However, the beauty and splendor of the 1990s cannot be captured in just the television shows and movies shown during it. Think about all of the spectacular toys and other things we had to play with. I don’t even remember what you were supposed to do with them, but Pogs were one of my favorites. I even had the little machine that would let you make your own from magazine pages. Ty Beanie Babies were such a hot commodity that some people would have killed to have the pig or the cow. I know I had at least one pair of them. I even had the Little Mermaid in 1989 (OK, only some of us were alive then, this and my parents didn’t go see it when we were baby, and if we did there is no way we remember it) and sadly ending with “Tarzan” in 1999. Disney was on a roll during our childhoods. Of course, Disney went on to produce more movies after “Tarzan,” but I am trying to focus on just the 1990s (although I did include 1989). How can anybody, young or old forget about classics such as “Toy Story,” “How the Lion King” and “Aladdin”? Yes, I could not wait to be a king, and yes, I wanted a flying carpet. However, sad to say, I just enjoy a Disney soundtrack or two from time to time.

Television shows of the ‘90s take the cake though. I know “professionals” suggest that children shouldn’t watch a lot of TV, but I think I may have proved them wrong (unless I really am a failure and just don’t know it). Anyway you dish it out—cartoons, live-action or sitcom—television in the ‘90s was pure bliss. I would just like to start by thanking the Nickelodeon staff of the 1990s with all of my heart. I still wish on every shooting star I see that the cartoons from the 90’s were still on TV. “Doug,” “Hey Arnold” and “Rugrats” were some of my personal favorites, but I’m sure everybody has a different opinion.

While Nickelodeon was definitely the cream of the crop as far as ‘90s cartoons went, I was still a huge fan of other cartoon shows during that time. “Teenage Mutant Ninja Turtles” was the best cartoon ever created, but it had some pretty good competition. All of the superhero cartoons like “X-Men,” “Spiderman” and “Batman” were just as cool. I don’t know if anybody else remembers them, but a couple of my other favorite cartoons during my childhood were “Street Sharks” and “Biker Mice from Mars.” Observe as they may have been, for a 6-year-old kid, watching them was like an adult watching money grow from a bald man’s head.

Basically, television programming during the 1990s couldn’t go wrong. Even television shows with real people were great. Possibly the best show with real actors from the ’90s was “The Fresh Prince of Bel Air.” “Power Rangers,” with its ridiculous martial arts and out-of-this-world villains, was like scripture to me. Some other great shows of the time were “Home Improvement,” “GUTS” and, of course, “Boy Meets World.” I would have given my right leg to be on “GUTS.” Looking back, that probably would have decreased my chances of winning the show, let alone being cast for it. There were actually a lot of other great TV shows during the 1990s but they would probably be categorized as adult shows, not in the naughty sense of the word, but at least not a kid’s show, so I won’t mention them.

I know I didn’t mention everybody’s favorite show or movie, but I only have so much room to write in. Sadly, I have to end, but mine, and everybody else’s memories of the ‘90s, will live on forever. Just remember, everyday is better under the sea, cowabunga and everything is better under the sea, cowabunga and everything is better under the sea, cowabunga and everything is better under the sea, cowabunga!•

James apologizes to you if he didn’t mention any of your favorites.

This semester is very focused on academics as well—it’s not all country, culture and cuisine. Every morning I have lectures from international relations experts and then meetings at important international organizations such as the World Trade Organization and the International Red Cross. My experiences have ranged from traveling with Columbia M Humphrey, a UN expert at tempering war-zones, to meeting J. Craig Venter, the scientist who "unlocked" the human genome, to attending a conference at the UN General Assembly, where I personally questioned UN Secretary General Ban Ki Moon and former USSR President Mikhail Gorbachev. It is hard being away from home for the most romantic season of all, and I do miss Michigan greatly and all those waiting for me there. But I’m not done with my studies or adventures here. To poorly combine the wisdom of Pete Seeger and Robert Frost, to each there is a season, and I still have miles to go before I return.

Although Kevin enjoys the autumn air in Europe, he wants you to know the scenery in Michigan is just as beautiful.
Dear Hope College administrators:

Every afternoon, the company that owns the newspaper I edit, GateHouse Media, sends out a newsletter that owns the newspaper I edit, GateHouse Media, sends out that I knew it was visible for sexuality roundtable at Michigan college, “I wish I could say it surprised me, but as soon as I got my hands on it, I realized that it was,” I replied, “I don’t know if I could possibly be any more surprised.”

“I was talking to a coworker who was there, and she said, ‘It was different back then,’” I continued. “Of course, I was lying. Apparently, nothing ever changes at Hope College.”

You might not be aware of this, but not everyone who graduated from Hope settled in the Western Michigan area, and from what I’ve heard about the economy in that state, more and more graduates are migrating there. There are thousands of us spread throughout the state looking for work or trying to stay employed, and it doesn’t help that the college from which we received our bachelor’s degree is becoming less and less legitimate as an institution of learning and thought.

“I don’t mind that most people haven’t heard of Hope College. I do mind that those who have heard of it confuse it with the backwards-thinking so-called ‘colleges’ whose only goals are not to teach their students anything, but to indoctrinate them into a way of thinking that the students will not question it for years from now. I’m sure even you would cringe at hearing Bob Jones and Hope College in the same breath, but I’m afraid it might be heading that way.”

“I won’t bother to explain to them that Christian colleges are wrong — why allowing an Acade- my Award-winning screenwriter, a leader in his field, to speak on campus about the Bible, is not a good thing. Nothing but you wouldn’t listen, before. I will say, however, that gay and lesbian people have been accepted and welcomed at our national’s top universities, companies, and religious groups. I understand the Reformed Church in America is still debating the issue, but I think this is a chance for Hope to lead in its denomination into the New World, not to be forced to. Per- haps the anchor is too fitting a symbol for Hope College.”

I agree with Dr. Frost on one thing, however: the controversy of the late nineties “ripped the campus apart.” I agree with Dr. Frost, however, that that was a bad thing. Too often we talk about “healing” and “healing divides.” What about challenging students? What about teaching them? Those of us who attended Hope in the late nineties and early 00’s were forced to confront our own be- liefs and values and deeply inves- tigate why we held them. Is that what you’re afraid of? It certainly was a formative time in my own intellectual development. Would it have happened if I had gone to Harvard? Probably not, but if I had gone to Harvard I would have had less trouble finding a decent job.

I urge you to reconsider your decision to uninvite Dustin Lance Black from campus, if not for the sake of your current stu- dents, then for the sake of those of us who have to forever live with the brand of Hope College. Last night I removed the Hope College sticker from my car, I wish I could remove it from my resume.

Sincerely,

Matthew Cook (’02)

Letter to the Editors

This weekend I attended a conference of Room for All. As a result, I have never been prouder of the Reformed Church in America. Room for All is a pocket of RCA clergy, elders, deacons and lay persons working towards an inclusive and affirming denomination. For those that may need a bit of translation, Room for All welcomes LGBT (Lesbian, Gay, Bisexual and Transgendered) persons and their allies to come as they are and worship the Living Christ.

I believe that the Spirit of Genesis says something like, “And God made them all: Man and Woman, Gay and Straight, Black and White, Asian and Latina, and everything in between, God created them.” My folks are both bleeding heart lovers of Jesus. My mom used to blast Dennis Williams singing, “God Made Me Special.” My parents also played me Raffi’s “Free to Be You and Me.” They are both ordained ministers who served in the founding community of Sojourners, a countercultural Christian commune working with the “least of these” in Washington, D.C.

Maybe this sort of liberal brainwashing explains why I could not be happier that such a room has been created for Hope College. I have always believed in a church that has ample room for all, indeed, more than enough room. The ways of God are wiser than those of institutions. Either the gospel is for everyone or it is not the gospel at all.

Just as many grains have been gathered into one loaf and many grapes gathered into one cup, we are all gathered, held and celebrated by our Creator. Anything any church teaches, whether written by the church fathers hundreds of years ago or proclaimed by a pastor over a spectacular sound system in a stadium-sized sanctuary of mega wealthy parishioners, that contradicts an ever-loving, welcoming God, a God who has more than enough room for all, the God of Jesus Christ in whom “there is no longer Jew or Greek, there is no longer slave or free, there is no longer male and female” is not the way that leads to Life.

Christ is the cross that breaks all divide. So for me, who believes in this one and same God of grace and abundance, anything written or spoken that denounces a loving, welcoming, open and affirming God for now until the day that I meet my creator is not the Gospel. It is not the Gospel of Jesus Christ.

It is not the Good News. It is not the way of locust-and-honey- eating wilderness man John the Baptist. It is not the gospel of the woman who dined the feet of Christ with her hair, of this Christ who throws caution to the wind, and breaks social barriers repeatedly.

It is not the gospel of Christ who starts his ministry reading from Isaiah, “The Spirit of the Lord God is upon me because he has anointed me to bring good news to the poor. He has sent me to proclaim release from the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord’s favor.” So what, then, are signs of God’s favor? Good news to the poor and freedom to the oppressed.

As a church we must always ask, are we working against oppression or contributing to it? I believe history will reveal that the vast majority of the church fell on the wrong side of the fence on this issue of human rights and human dignity. Christ invites us to full authenticity. We are held and forgiven. It has already been paid for.

We are carried home and held by our beloved. God does not weep over homosexuality, and I believe that God is an open and flamboyantly creative God. God does weep, however, over all that is dehumanizing, depersonalizing and shaming. Christ of the cross remains, but our way of going in the act of greatest humiliation and persecution, the crucifixion. In this same act he forges us all. Evangelist Peggy Campolo said on Friday, “When the Church opens its doors to all (all LGBT people and their allies), and it will, I pray that you will find strength from Jesus to forgive all those who kept you out!” I have never been prouder to follow Jesus. Truth be told, I have wanted to flee the church entirely.

Today I am born again, and I have heard of the radical love of God my entire life, and now, thanks to this weekend, I am starting to home on your love in this church. Please, please, please don’t uninvite anyone!”

Yours in Christ,
Karla Rose Granberg-Michaelson Hope Alum ’99

Homosexuality and faith speakers caused controversy on Hope’s campus

For some students on campus, dealing with this issue resulted in the need for crisis intervention that was provided by the counseling center. The discussion also raised serious questions within the fabric of the Reformed Church community,” said Frost.

The Anchor reported that one student left Hope after feeling alienated by the strong religious convictions present on campus.

Others believed the homosexuality discussion was beneficial.

Dr. Tracey Ore (’84), a sociology professor at Saint Cloud State University and Hope College alumna, agreed to give her testimony as an open lesbian and to support students during the week Bergner and White were on campus.

“Many gay and lesbian students felt supported for the first time on campus,” said Psychology Professor Jane Dickie. She said that those that came to the counseling center to continue the conversation also felt enormously supported.

“Students came away with a clearer idea Hope College,” said Dickie.

“Students were encouraged. It led to some of the best conversations that I’ve ever seen,” said Dickie.

Michael W. Thelen (’98) wrote The Anchor as an alumna on April 4, 1999, to express his pride in the campus events, “I am proud of the students at Hope College... I am proud of Hope College’s staff of people who are making homosexuality a topic of discussion at Hope College... I am proud of the spiritual desires above all to be faithful to Christ. I am proud of each Christian who desires above all to be faithful to Christ. The cross of the resurrection breaks any barrier to Life.”
Swim teams begin season with dual meets

Men’s team splits weekend with win over Albion and loss to Carthage College

Daniel Owens

Months of two-a-day practices on top of the already challenging college workload can be difficult for even the most dedicated swimmers. However, after winning the past two MIAA championships, the team was poised for another outstanding season.

“We are looking for big things this year,” senior co-captain Matt Ray (’10) said. “Most importantly, we are shooting for our third straight MIAA championship. We recruited a great group of freshmen, and they should shine immensely in this goal.”

With six returning swimmers who scored points at Nationals last year, Ray is optimistic about the team’s ability to compete at a high level.

“Nationally, we are hoping for another strong performance, and we want to qualify as many men as possible,” Ray said. “The challenge is to get out of MIAA mode and train hard in the month between the league meet and nationals. It is really important to get guys in the water and scoring at nationals, if we can get ten plus guys to qualify individually, we should have a very good showing.”

The team will be looking to a solid group of underclassmen to complement the star-studded seniors. Jeff Shade (’12) set a school record in the 1000 and 1650 freestyle last year, and Andrew Rose (’12) and Patrick Frayer (’12) should be very strong in the freestyles as well,” Ray said. “Bryan Parker (’12) is also very promising in the butterfly events.”

Ray expects the class of 2013 to make an immediate impact. He said, “Look out for Josh Grabijas (’13), who will be competing in distance freestyles. He brings in very impressive times from high school along with Nick Hazekamp (’13), who will be a key swimmer in the backstroke events. Geoff Ludema (’13) and Greg Elhart (’13) are also expected to be contributors in breaststroke and sprint freestyle events.”

Another source of excitement for the team was their summer trip to Spain.

“The trip was very beneficial for the team,” Ray said. “Not only did it create great memories for us to hold onto during the season, but it also helped us appreciate the opportunities we have to compete at the collegiate level. Spain doesn’t have college swimming, so those who are good enough to swim in college have to come to the United States if they want to continue swimming. We are lucky enough to have the chance to participate without having to make such a tremendous sacrifice.”

Ray acknowledged that swimming in the United States also comes with a price.

“Spending over four hours a day at the Dow can have its negatives,” Ray said. “Social lives have to be put on hold for a while, but the team is close enough to make it work.”

After opening the season with the non-scoring Calvin relays last Saturday, the men defeated Albion 140-90 at Kresge Natatorium on Friday night.

The following day the team traveled to Kenosha, Wis. to take on Carthage College, where they were edged out by the Red Men 129-133.

Women defeat Albion, 140-90, and Carthage, 135-101, over weekend

Kaci Kust

The Hope College’s women’s swim team is in position to contend for a Michigan Intercollegiate Athletic Association championship with a balanced roster of both freshmen pros and many returning letter winners.

The leaders of the team are 16th in the 400-yard individual medley at the NCAA Division III championships. Sohn had team-best performances in five events her freshman year.

Other returning swimmers include sophomore Chelsea Wiese (’12), who had a team-best performance last year in the 200-yard individual medley and junior Ashley Jasperse (’11) who had a team-best performance last year in the 100-yard butterfly.

Coach John Patton has led the Flying Dutch for the past 29 years. He has had much success with the program, winning 11 conference titles in 18 years. Patton has taught co-captain Vogelzang to set high goals for herself.

“I have learned to set high expectations for myself and for our team,” Vogelzang said. “Every year there are very individual surprises, and we often exceed the goals we have placed for ourselves.”

The team members are ready to tackle the new season, especially Vogelzang.

“As this is my last year, I am so excited to grow more as a team,” she said. “I am extremely proud of how far we have come, in the pool and out and I could not ask for better teammates. Our team has a lot of heart, and it is very evident every time we walk onto the pool and out and I could not ask for better teammates. Our team has a lot of heart, and it is very evident every time we walk onto the pool.”

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**Sports**

**Hope hockey undefeated early in the season**

**James Nichols**

November 4, 2009

**Cross country wraps up season at MIAA championship meet**

**Chris O'Brien**

Assistant Sports Editor

Halloween morning marked the end of the MIAA season for both the men's and women's cross-country teams. Both teams finished in second place overall behind Calvin who, scored perfectly in both men's and women's.

For senior captain Ryan Jara, this marked his fourth and final MIAA championship of his career. "It's different; I don't know if this will be my last meet or not," Jara said.

"The week leading up to the race was not a normal week for Jara. He felt a different variety of emotions leading into this race than he felt about other competitions. "I am a little more nervous," Jara said. "This is my last chance. I want to finish my career well." The MIAA championship race determines the final placing of the team, but also determines which runners will move onto the regional finals.

With this in mind, Jara planned his workouts specifically for the heavily important MIAA championship race all week long. The idea was to preserve energy for Saturday.

"I dropped the mileage from eight miles a day down to six and a half, dropping the intensity on the workouts," Jara said.

In his career at the MIAA championships, Jara finished eighth on the team in both his sophomore and junior years, and in the high 20s overall his junior year. Jara was on varsity as a freshman, but laughed about his experience that year.

"They have made it to the American Collegiate Hockey Association tournament every year since the 2001-02 season. Van Timmeren does not seem very worried about making it to the tournament," Van Timmeren said. "If that's (this season's) play gets us to the national championships in Florida, then great," said Van Timmeren. This coaching philosophy could be the reason for the Flying Dutchmen's tremendous success under Van Timmeren's tutelage.

Van Timmeren has led the Hope ice hockey team to eight straight winning seasons with an overall record of 200-65-8 for an NCHL coach, current or retired, has had a winning percentage that high.

Van Timmeren has been ACHA Coach of the Year twice, the first time in the 2006-07 season and again in 2007-08. Before the Flying Dutchmen can focus on the ACHA National Championships in March, though they must get past the rest of the teams on their schedule. "Every game we play from here on out will be important," said Van Timmeren.

Hope's next game will be against Grand Valley State University Friday and Saturday.