12-3-1997

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Hope College
check it out.

**Park It**

- Parking issue sparks panel to discuss problem and possible solutions.

**J. BRANDKAMP & LAURA MIHAIOFF**

Reporters &
campusbeat editor

The college's first parking forum was held last Saturday, Nov. 19, so that students and administrators could brainstorm ideas to combat the parking problems on campus.

The panel was made up of three college administrators, two Student Congress representatives, and a police officer.

Key issues discussed were the limited number of parking spaces available and campus safety. Public Safety reported that 1,211 permits were issued, though the college has only 864 spaces.

"1,5 permits per parking space should be given out... because many students don't use them daily," said Director of Public Safety, Diane Terpstra. "With current policy, even if 500 more students applied for permits, they would be given out."

This isn't to say that the administration is unconcerned about parking issues.

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Research and Development on 2

**PHELPS turned into discothque**

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Research and Development on 2

"PHELPS turned into discothque"
Students workshop combats exam stress

LAURA MIHAILOFF

Student workshop combats exam stress

Finals will be here in a week and "To Do" lists are rapidly piling up. Hope professors, feeling students' pain, teamed up with the counseling center to form the Health Planning Councils and offer a series of six "Extra Credit for a Healthy Life" seminars.

The second one, held Thursday, Nov. 20 was a Stress Management Workshop led by Psychology Professor Jim Motiff. Motiff began the seminar by explaining the importance of a physically and emotionally healthy life.

"The whole idea was to incorporate health and disease prevention into the academic experience irrespective of major," said psychologist Darel Schergardov, who got the idea after visiting San Francisco State University.

"Stress management is the key to success in college," Motiff said. Motiff offered his audience a prescription for a healthy life, involving eight hours of sleep, a balanced high carbohydrate diet, regular exercise, and plenty of laughter.

Unmanaged stress may lead to depression, which is marked by loss of interest, energy, and motivation. Feeling overwhelmed, "we try to escape through sleep and withdrawal from other people," Motiff said.

The seminar also went on to point out that, while preparing for finals, it is important to relax. Laughter and relaxation/self-hypnotic techniques are two good ways to achieve this.

Many people watch television to take a break from the books, but Motiff discourages this. "TV does not relax us but key us up," he said. "Laughter increases our immunity."

Tackling it a step further, he led all 200-plus participants in a progressive relaxation technique much like self-hypnosis.

Five professors required participation or offered extra credit, as well as C.A.A.R.E. and Greek Life. "It worked," said Katie Butler ('01). "I really got into it. I felt so relaxed."

Motiff offered tips for quick relaxation before exams. With eyes closed, the audience was asked to take a deep breath in and out and to wear a lucky locket or favorite sweater the day of an exam.

"If you had a good meaning behind it but I think a lot of us were stressed out and so when we did the relaxation technique I fell asleep," said Motiff.

Motiff also suggested a six-second quieting response for positive thinking and urged students to spend time not studying just before the exam, to practice positive self-talk, and to wear a lucky locket or favorite sweater the day of an exam.

"The people who do the best on exams are the people who are relaxed before they enter the classroom," he said.

Two other health seminars are scheduled for the next week. 

Students voice their concerns on parking

PARKING from 1

SAC also received assistance from the Centurian fraternity, the Delta Phi sorority, Residential Life, Creative Dining employees, and other Hope staff. "I have never been involved in Casino Night before, but I'm having a great time," said Blackjack Dealer Rhonda Velderman, a Phelps employee.

"The dealers are great," said Nancy Slottman ('01). "They are really showing us the money."

Throughout the night, students tried their hands at a number of different Casino games, and many made multiple trips to the "banker" to purchase more money in hopes of winning enough money to claim one of the many prizes on their own.

"I've cashed in $19,000 so far tonight and I'm still doing great," said Ryan Bass ('01). "This is awesome. SAC should hold it twice a year."

Available prizes included sweatshirts and T-shirts, food vouchers, and gift certificates to area businesses. Larger prizes included a TV, VCR, and a mountain bike.

"You never know what you can do until you put your mind to it," said Marshed Khadja ('00), who pooled his winnings with several of his friends to purchase the TV.

Students also enjoyed popular '70's tunes, which were deejayed by his friends to purchase the TV.

More than 800 Hope College students attended Casino Night, which helped SAC to offset the cost incurred.

"Any money we make goes back to the campus, and most of it is used to cover our expenses for holding the event," said SAC member Eric Ovreseney ('99). "The event was a great success this year and it looks like everyone had a great time."

Anchor photo by Josh Neucks
JENNIFER JAMES

JENNIFER JAMES
ered together at Grand Rapids First White COO, a member of the Gospel Choir. Sitting among these young people was the Hope College Gospel Choir. "There were songs, worshiping, a speaker, and an altar call," she said.

The Gospel Choir was invited to help lead this mass group of kids in worship. Jill McKinnon ('00) noticed that the event differed from previous Gospel Choir concerts. "We performed for them, and we were there to listen too," she said. "I wasn't expecting that.

White agrees with her. claiming "Every time kids went to the altar they would jump up and down and cry. They were so excited for God; they wanted God so much. It was great."

So many people in our generation are on fire for God," McKinnon said. "By seeing that, there is hope for the future.

White, went to the altar, described her experience as being peaceful and refreshing. "It was neat to see all the people around me just praising God," McKinnon said.

The day offered new experiences for almost everybody that went. "It wasn't just the pastor laying hands on people, it was the kids, too," White said. "That is something I haven't seen before.

"The service" was strong and powerful," Michelle Chowning ('01) said. "I'm from such a traditional church, and it was a lot more powerful than a traditional church service. It was hard for me to relate to.

However, Chowning recognizes that the experience was beneficial. "It was good for me," she said. "It gave me the opportunity to see [the] different approaches to the different kinds of (worship)"

"Some people were slain |in the experience of living, a climax of existence," he said, quoting a Rabbi proverb.

Vanderlaan makes the contention that Hebrews thought of the faith were two separate things, whereas the Hebrews thought of the Torah was essentially the same. Vanderlaan's assertion is that the modern world, particularly in America, thinks similar to the Greeks, when it comes to learning and faith. He believes Americans view learning as something separate from, and even at odds with, faith.

The Hebrews, on the other hand, thought of the whole experience as being fire in the body. "Learning is life, a supreme experience of living, a climax of existence," he said, quoting a Rabbi proverb.

"Brilliance is not in knowing the right answers, but in knowing the right questions, i.e. asking questions that lead to answers," Vanderlaan said. "To a Hebrew, knowledge is something you experience, something you use," he said. "To know is to do."

The second half of Vanderlaan's talk concerned four Hebrew words that can mean "to teach."

The first word was Ra'ah, which means to tend or feed the flock, much like the Rabbi must be with his students. He must understand the needs of the flock. Bin means to understand, distinguish, or to relate.

"Brilliance is not in knowing the right answers, but in knowing the right questions, i.e. asking questions that lead to answers," Vanderlaan said. Shanan, the third, means to piece, or to imparts upon. The Rabbi walks the student through life experiences and tells parables. And finally, Torah, which means to give guidance, direction, instruction, to lead in obedience to God. Vanderlaan made the point that only a few Rabbi had the authority to expound on the Hebrew scriptures, and that Jesus was one of them. In fact, it was Jesus' radical re-interpretation of scripture and traditional Rabbinic teachings that caused much of the controversy during his ministry.

RABBI RAY: Local school teacher Ray Vanderlaan spoke to a packed house of Hope College students and community members on the Judaic experience.

Holland native explains Judaism

JOHN BRANDKAMP

Hope College hosted Ray Vanderlaan, an expert on Judaic studies who also teaches at Holland Christian High School, on Thurs., Nov. 20. Approximately 85 people attended the talk sponsored by the Hope College Pew Society.

Along with his duties as a teacher, he currently takes groups of students to Israel six times a year, which has a ten year waiting list.

The theme of his talk concerned the nature of the teachings of Jesus, and how they might be used in modern educational settings.

First he discussed the difference between how Greeks and Hebrews viewed learning and faith.

The Greeks believed learning and faith were two separate things, whereas the Hebrews thought of the Torah as being essentially the same. Vanderlaan's assertion is that the first word was Ra'ah, which means to tend or feed the flock, much like the Rabbi must be with his students. He must understand the needs of the flock.

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"Every year we try to have some type of mission outreach," Beal said. Rock Vespers focuses on the theme the "Power of Christmas," and is a contemporary Broadway-style concert that incorporates rock music, comedy, drama, laser lights, sound, modern dance, and multimedia video to tell the 2,000 year old story of Christmas in the language of today. Beal describes Rock Vespers atmosphere as "wondrous" and "intensely spiritual." The show "is the most powerful message within a powerful medium."

"The event itself is so much fun to perform," Beal said. "Christmas is the time of year when everyone wants to celebrate. It provides an open door to tell the story of Christmas in a fresh, new way."

Tickets can be bought through Ticketmaster at 616-456-3333, Booksellers on 8th Street downtown, 396-0043, or at the Grand Center Box office in Grand Rapids. At this time, many tickets are still available for the evening shows.
I am a senior and I have only one semester left as a college student. So, in a sense, my education tour de force has been a shaky one so far and a learning experience, but not the way most people expect.

As I approach my final semester on Hope's campus, I have a lot of thoughts rolling around about what I have learned and you can't find it in some $95 book in the bookstore. I have not quite understood the real world yet, as I still have not organized my thoughts and consider what I have learned and what I have yet to learn. After seven semesters of life I have to sit down and think about what is next. What lies ahead can be found through looking back at what was in the past that got me here.

When I was a freshman I was a bright-eyed kid and everything affected me. I had an opinion on everything and told it to everyone. I was so passionate for all that was going on. I have changed. Now, if something does not affect me I don't care about it. Now, my attitude is that there are two important things that happen in life. There is birth and there's death and everything else in the middle is just revolving, rotating things that I don't get excited about anymore, whether it be angry, happy, or sad.

I am leaving and I look back and see a lot of things that I have left for the underclassmen. My advice on my way out is that everything works out for the best one way or another. At the same time nothing ever works out exactly the way you want it to, so don't stress too hard over things.

My attitude towards school work has shifted as well. I have begun to realize that I don't need all this crap that I go through. The main learning aspect of college is gained not through French 101, but rather through living. I have learned that 80 percent of life's little bridges can be crossed with the use of common sense, and that is what college helps us develop.

What we need to get out of college is the ability to reason and think logically on a daily basis in society.

I have learned more about being an honest, hard-working, intelligent human being while sitting on the turn-up coach in the Anchor office than I have sitting in any class Hope has to offer.

It really is too bad it took me a long time to realize where my priorities in life should be. Part of my responsibility has been passed for discovering what my priorities are.

As a freshman I skipped class because I was sweaty and my roommate had a Segal. As a sophomore I skipped class because I was lazy and had called in. As a junior I skipped class because I had things to do in the Anchor office. As a senior I skip classes because I am too busy learning.

There are two important events that happen in life's little bridges can be crossed with the use of common sense, and that is what college helps us develop.

Dear Editor,

The Sons of Argos wish to thank you for the even-handed November 19 article focusing on our work.

However, we found the two paragraphs in your editorial “Search for Truth” (Nov. 97) that concern the nature of our work. Obviously, a misunderstanding has occurred.

If this misunderstanding is based upon anything we have said or written, we wish to apologize and to set the record straight.

In your editorial, you write that our work is “completely relativistic” because we maintain that “we do not have all the truth.” We wish to make clear that the two ideas are not equivalent. Orthodox Christians have always been humble enough to recognize that they do not have all the answers. It is a fact that our minds (in this life at least) are such that the entirety of the truth cannot be contained in them. The relativist takes this fact and turns it into something that he believes is true.

As a result of this misunderstanding, we wish to clarify minor misunderstandings.

Secondly, your editorial suggests that in shooting for absolute truth, we achieve “partial truth” and that this is a good thing. This is another position which we reject and which we addressed in our piece entitled “Sour Grapes.” Orthodox Christians have never been content with partial truth—as if Jesus Christ could be divisible. Christians have always considered themselves to be the only People of God, to know what they do know about God in this life. But they also believe that one day they shall see Him face to face and know fully even as they are fully known.

An eternal blessing that will be!

The Sons of Argos

Anti-pluralist should broaden his horizons, student says

Dear Editor,

Regarding Matthew Sterenberg’s letter to the editor (11/19/97). Although I support his distinction between “respecting another’s belief” and “respecting another’s right to hold those beliefs,” I find his comparison of non-Christian religions to the entire Galápagos Islands (Nov. 97) and (2) belief in a flat earth, deeply offensive.

Unlike Sterenberg (apparently), I believe the philosophies of Buddhism, Hinduism, Muslims, Jews, Bahá’ís, etc., and believe any bona fide Christian should do the same. Rather than regarding the denying position as “silly” or “chaotic and confused,” I deem the outdated Christian shift toward inclusive dia-

logue a great moral advance over the shallow and solipsistic absolutism of the past. Sterenberg is obviously right that compassionate people are morally obliged to pre-

vent loved ones from committing self-destructive acts, but I choose to honor non-Christian religious devotion for its abundant creativity in...
Season celebrated around the globe

NOELLE WOOD & JAIMIE WEINDEIERN holiday editor & staff reporter

In the USA, we cover our houses with strings of lights, write letters to Santa, eat fruit cake, and light candles at midnight on Christmas eve while singing Silent Night. All in the name of tradition and good cheer, family and festivities help to make the season bright.

For college students at Hope, Christmas is a three week break from studying filled with family get togethers, over-eating, and presents. Of Hope’s international students, few will make it back to their home countries to enjoy their own culture’s traditions, but that doesn’t mean they won’t celebrate the holiday.

Some of our international students have family or friends with whom they spend the holiday season," said Stephanie Smallwood, International Admissions.

The Monday sisters, Mishka (’98), Fabiola (’99), and Daniela (’00), will not be traveling to their home countries of Peru and Brazil. Instead, they are meeting their mother in Baltimore, Maryland, where their aunt and uncle live.

“This is the first holiday which we will all be together in almost four years, so we are all very excited," Fabiola said.

Japanese student, Tanimizu Shibuya (’01), will not celebrate Christmas with family. She will, however, get good use out of her ‘some intense ice seeing’ with a friend. The two plans to first fly to Mexico, then go to New Orleans, Philadelphia, and Boston, before returning to Michigan.

All together, 95% of international students find places to spend to holidays, and the international office helps the others.

“It’s our job to make sure that everyone has somewhere to go for Christmas, and that no one feels left out because of the cracks,” Smallwood said.

If they were to return to their native lands, they would enjoy festivities different from our own. Christmas is celebrated around the globe.

The historical city of Bethlehem, Israel, despite its ever-present violence, continues to be a popular spot to celebrate Christmas. The Church of the Nativity, which is said to be the site of the Nativity, continues to be a popular spot to steal the glory for riding. Spruce sticks and a wooden ball, is said to be the game the shepherds were playing while watching their flocks be the game the shepherds were playing while watching their flocks

The completely secular holiday, continues to be a popular spot to celebrate Christmas. The Church of the Nativity, which is said to be the site of the Nativity, continues to be a popular spot to steal the glory for riding. Spruce sticks and a wooden ball, is said to be the game the shepherds were playing while watching their flocks

In Norway, one custom is important to celebrate Christmas, and that is the game the shepherds were playing while watching their flocks. Ethiopian children dress in their best clothes and go to the royal palace. While there, they will play with a church and a school by cleaning, decorating, and giving the teachers a hand in the classroom.

“It is a great time to bond with other people in the group. We take one hope van there and back, so that gives us some quality time,” said Renee Saur. “It is a really fun time and we are enjoying serving the Lord at the same time.”
ALL ABOUT BOOK BUY-BACK

For most college freshmen, the end of the fall semester is the first experience they will have with book buy-back at the Bookstore. Many students come from high schools where books were either loaned free or rented for a small fee and they have become accustomed to returning all of their books at the end of each semester. This is not the case at college, where books are purchased outright by the student and resale values are determined by a variety of market conditions. For the uninitiated this can sometimes be a rude realization.

What follows are some of the typical questions we get every year about book buy-back with some answers that we hope will increase your understanding of how the system works.

WHAT IS BOOK BUY-BACK?

Book buy-back is an opportunity for students to recover some of the money they have spent for course books they do not wish to keep in their personal libraries. The process recycles books from those wishing to sell to those wishing to buy and allows the bookstore to offer new books as well as used.

HOW DOES BUY-BACK WORK?

During the last two weeks of the spring and fall semesters a buy is held at the bookstore. There are actually two buys going on at the same time. The first is done by the college's bookstore and the second by Follet College Book Co. of Chicago and the prices paid are their established wholesale prices. In general, these prices range between 10% and 30% of the current, selling price.

The bookstore does not encourage students to sell books in the manner outlined above since the resale value of the book will be determined by the customer rather than the bookstore.

WHY WON'T THE BOOKSTORE BUY ALL MY BOOKS?

In a given semester there are thousands of textbooks which they will not buy back at the 55% price offered by the college bookstore.

Here are some of the reasons:

1. The professor has not yet submitted a complete list of books to be used in the course.
2. The book is not being used at Hope the following term.
3. The professor has stopped using the textbook or has changed the textbook for the course.
4. The book is not on the list of textbooks published by Follett College Book Company.

There is never a guarantee that textbooks purchased by students will be used by any instructor anywhere in the country. Students should not buy books with the expectation of reselling them. The real value of a book is obtained by studying it carefully and if it can be resold when no longer needed then that is an extra bonus.

For more information, please visit the bookstore or call 1-800-441-9000.
Vespers tradition continues

The fresh organization of the program is attributable to the new Director of Choral Activities, Peter Jermihov, and his wife, Irina Riazanova.

"Irina and I wanted to connect the music to the readings a little more," Jermihov said.

Jermihov and Riazanova composed a program that, flowing from music to scripture and back to music again, highlights in an orderly fashion many elements of the Christmas story.

"When it's all together, it works subliminally," Jermihov said.

The format of combining text and music traces back to a tradition started at King's College in Cambridge in 1918. Titled "The Festival of Nine Lessons and Carols," the program was sung by the King's College Choir on Christmas Eve. Its purpose was to unfold through words both spoken and sung the story of Christ's birth. Thus, there exists a British influence on the program; Jermihov has also incorporated two Russian pieces into the service.

"The Choral Introit, God is With Us, is the opening hymn for the Russian Orthodox Vespers Service," Jermihov said.

The other piece, Bogoroditse Devoy roduysis, by the noted Russian composer Sergei Rachmaninoff, will be sung by the Chapel Choir in Old Church Slavonic.

"Teaching the choir to sing Russian went really well," Jermihov said.

"It wasn't really hard to learn," said Chapel Choir bass Dave Van Der Laan ('01). "The consonants sound different, but the vowels are all the same." The Rachmaninoff piece is absolutely beautiful," said fellow bass Dan McCue ('99).

Other new additions to the service include a poetry reading by English Professor Linda Dove, and dancers as an accompaniment to one of the choral numbers.

Dove will read "The Cultivation of Christmas Trees" by T.S. Eliot. Despite all the new additions to the service, certain traditional elements are being maintained.

For example, the choirs will still process to O Come, All Ye Faithful and recess to And the Child Grew, as has been done in previous years.

The Chapel Choir will also still form a ring around Dimnent Chapel to sing Silent Night. Thus, for this year's Vespers service, new and old will mingle, and the crux of it all will be the Christmas story.

As members of the men's and girl's glee clubs warmed up for the first-ever Vespers service on December 7, 1941, they received news that Pearl Harbor had been attacked by the Japanese.

Five years later, in 1946, the event continued as a tribute to those killed at the naval base.

Now televised and broadcast over the radio across the nation, Vespers has grown into an event many depend on as an official inauguration of the Christmas season.

NUMBER OF SERVICES: 1
TICKET PRICE: Free
NUMBER OF ATTENDEES: 500

NUMBER OF SERVICES: 4
TICKET PRICE: $5 (FOR THE PUBLIC)
NUMBER OF ATTENDEES: 4,000

1946  1986  1994
Give it a chance, man

We have a joke here at the Anchor office. When we’re sitting around, debating whether or not we should put something in or word a phrase a certain way, we always say, “It really doesn’t matter... nobody reads the Anchor anyway.”

Of course, I know that this really isn’t true. I know that some of you out there read the articles; otherwise we wouldn’t receive the overwhelming number of Letters to the Editor that we do.

However, I also know that this statement contains grains of truth. A couple of Wednesdays ago one of my roommates sat me down and pulled out a copy of the newest Anchor. She spread it on the ground, and went through it page by page, saying things like, “Now, this doesn’t interest me at all,” or “Why would I want to read this? This doesn’t excite me.”

After I beat her up—because I knew how much hard work goes into the paper—I started thinking about her words. When I woke up in the morning, after starting the coffee, I shuffled outside and grabbed the trusted Holland Sentinel off the front porch. With my cap on at hand, I Bruno through the sections, checking out the weather, reading my horoscope, et cetera.

I never, however, really read any of the articles. On the other hand, I remember how a few summers ago I would wake up really early, take Zeus, my black Lab, for a walk, come back, and read thoughtfully almost every article in the front section. I felt so worldly and informed—it was cool.

I also remember how, at first glance, the articles I read that summer never seemed particularly stimulating. “Area Center Goes into the Paper— I started this statement contains grains of truth,” I thought to myself. “If you would only give it a chance...”

So pretend it’s summer, and read the whole darn article.

Let’s read it together, shall we?
Hope and a future

Next semester marks my last as a Hope College student. As I pause to allow this thought to sink in, my college career flashes before my eyes. It seems that my time here has been so short, and yet I have been unmistakably changed.

I have learned to use fancy words like plethoras and epitome in papers. I can whip around a chemistry lab like I usually know what I’m doing.

I can ace an exam after doing no homework and spending 10 minutes before class studying. I can also fail an exam after reading, doing homework, and studying for an entire weekend.

I have learned to drink both beer and coffee, though not yet at the same time.

I talk to squirrels without feeling silly and call professors by their first names behind their backs.

I have been an OA, TA, VP and even succumbed to WTB syndrome (warm toasty bed—a quick nap in a cozy spot). Nykerk, and caught by Public Peale. I know where the little chapel is. I have laid on my back at the chapel is. I have laid on my back for core credit.

Students struggle to juggle their books, kids, and basketball. Some students have even found that having a baby in the picture has given them a reason to work harder at school.

The family will come first. I find time to study when I need food, and it’s really cold out. "I use it because I’m lazy and don’t want to walk a long ways," said Jeff Pangle (‘01). "Some guys call it the rape van and say that only girls ride it. But it really is convenient."

"I wish that the shuttle van would run on 8th street," said Brian Hills (‘99). "When I come from work I have to walk to Durfee, then call the shuttle van, and it’s really cold out." Moore advised her that the van runs stops to the Knickerbocker theater.

"You can walk there (the Knickerbocker) and then get a ride," Moore said as Hills climbed out.

Tonya and her husband Chris (‘97) have found that their social lives have changed drastically since they had their first baby.

Tonya and her husband Chris (‘97) have found that their social lives have changed drastically since they had their first baby. After dropping the pair off at Durfee, the radio announced a pick-up at Daffy. Moore guided the van through one of the walkways in the center of campus. The van’s yellow flashing light ample warning for student pedestrians to clear the path.

"I get angry when students make fun of the van to the drivers or don’t clear the walkways," Moore said when asked about the downsides of driving. "Some people don’t respect my job, and that bothers me."

"It’s really prompt and the people are safe," Moore advised her that the van cut our time and we waited for a minute outside of Durfee. I took the opportunity to ask Moore about any problems she’s had with students who use the shuttle van.

"We don’t take people off-campus, but we still get some drinkers who ride." Moore said. "They’ve never been a problem."

"I hope you had fun," Moore said as I climbed out. "The van’s not very exciting."

"It was exciting. Tober it was a job, but for some a night on the Hope College shuttle van is an adventure."

"I’m an Oklahoman Apache woman, and it’s really cold out." Moore said as Hills climbed out.

Tonya, a member of the Delta Phi Sorority, says that even though she and Hannah have no close friends, she will remain an active member next semester. "I just wouldn’t have time to be at everything, the events and fundraisers. Also, the weekly meetings on Monday nights would be too late.

The dues are also really expensive, and we just can’t afford that right now."

However, the parents have found ways to involve their children in activities at Hope.

"She’ll go to lots of games," Tonya said. "We already took her to the Cornerstone Classic basketball tournament."

Jastrebski has also already exposed Alexandra to her dancing career by taking her to several dance concerts.

"Luckily, she hasn’t started crying during them yet," she said.
Sports

third place in the Michigan record. The Flying Dutch returns ten letterwinners to a team that is looking for a fourth consecutive Michigan Intercollegiate Athletic Association title. The team has already been tagged as a Division III title contender as "Street & Smith's" and "The Sporting News" have named Hope in the top ten in preseason polls. The team has also been favored to win the MIAA in a preseason poll voted on by coaches.

The Flying Dutch lost in the Sweet Sixteen of the national tournament a year ago, following a team that made it to the finals two years ago, only to lose to Rowan. "Right now we have no idea where we are going to be in three weeks," said head coach Glenn Van Wieren. "But we feel good about our team right now." In his twenty years as coach, Van Wieren has won 11 MIAA championships, and is currently the fifth in all-time Division III winningest coaches.

Returning to the team are All-MIAA first team members Kris Merritt ('98), David Meaeter ('98), and Joel Holestage ('98), last year's MIAA MVP, who has been named to several Division III All-America teams. With a year to play, Holestage already owns the career Hope assist and three point records. Merritt holds the blocked shots record.

Other key returnees to the team include Dan Van Heek ('98), Josh Canan ('99), and Pat Stegeman ('99). "Right now we're getting a feel for what it's like in game situations," Van Wieren said. "Things are flushing themselves out. Our offensive and defensive flow is getting better."

Following a season-opening loss to NAIA Division II defending champion Bethel University, the Flying Dutch have rattled off four straight victories, including claiming the title of the Old Kent Classic on Saturday, Nov. 29. In claiming that title, Hope defeated Grand Valley State University for the first time since 1987. Holestage was named the tournament's MVP.

"My biggest concern is that we're still maturing and we're playing teams that have played six to eight games already," Van Wieren said. "They need to evolve and they can't always compensate with talent." The Flying Dutchmen will travel to play North Park tonight before facing Aquinas Saturday at 3 p.m. at the Civic Center.

"We're much more pleased with a lot of things than a few. The positives far outweigh the negatives, generally speaking right now," Van Wieren said.

Season brewing for lacrosse team

The members of the Hope College Men's Lacrosse team feel pain every time they step onto the field. With 25 players signed up this year, the team has already started practicing, preparing themselves for the spring season.

"We had a few fall practices outdoors, but we'll be having indoor practices in the Dow at 11:00 a few nights a week," said the team's Vice President and second year Lacrosse player, Bob Oostveen ('99). The team is made up of freshmen through seniors, with experience levels ranging from no experience to many years of play. Some of the team members have even played high school ball in Chicago and Buffalo.

In his first year of playing, freshmen Andrew Mackay ('01) is just learning the basics. "I've always had an interest in it (lacrosse), but my school didn't have a program. I've always wanted to play," Mackay said. "I was looking through the intramurals book, and I saw this in there as a club sport, and it's been going pretty well. I'm starting to get the hang of it. It's a lot of fun!"

For first time players like Mackay, learning how to play is an interesting experience. At the team practices, President Zach Jones and Vice President Oostveen teach the players the basic fundamentals of the game through drills.

"We teach them the basics, we do drills, but the best way to learn how to play is to put the pads on and scrimmage, get used to getting hit and handing the ball," added Oostveen.

Being a club team may not give them all the attention that a varsity sports receive. However, Hope College does recognize them by purchasing sports equipment for the players.

The school supplies helmets, shoulder pads, and elbow pads, but most of the players purchase their own sticks. According to Oostveen, the Social Activities Committee will donate some money to the team every once in a while if they are "lucky."

Although the regular season doesn't begin until after the players return from Spring Break, the game schedule is beginning to fill up.

"We have a few tentative games set up already. The usuals like Calvin, Albion, Alma, maybe Michigan State University and Western," Oostveen said. "We might be heading down to Indiana University for a tournament down there. We have our own Wooden Shoe Tournament that we invite a whole bunch of teams to.

With a fall schedule on the way, the team is looking forward to an exciting spring season.
The men's and women's swimming teams have won 11 of 14 conference titles in the '90s.

The teams began their quest for another pair of championships as each team has jumped out of the gates with undefeated starts.

The women's team has started at 2-0 in the Michigan Intercollegiate Athletic Association and a 3-0 overall record and a 1-0 MIAA mark.

"I'm pleased right now, we rose to the competition," said head coach John Patnott.

The women, who have won 14 of 17 league titles with Patnott as coach, has already had a swimmer qualify for the NCAA Division III Championships. Betsy VandenBerg has qualified for the 200 breastroke.

"Calvin may have some impact on the league championship as well," Patnott said. "While Hope has dominated the MIAA under much of Patnott's regime, he does see the league gaining more parity."

"It's hard to tell how Jen will do this season, but she played well against Saint Mary's," Morehouse said. "Her season was cut short by a serious knee injury last year, but Oosting is back this year running leadership duties with co-captain Tara Hosford."

"Congratulations to Jen Oosting and to our team for the win," Patnott said. "We have areas where we are strong and those team will be a key for this year's Flying Dutch."

"The team's experience will come from a strong core of eleven returning varsity players, including six seniors. Tara and Kristin Hoekstra ('99) will take up starting positions, while Christie Eding ('98), Johanna Koenigsknecht ('01), and Lisa Hoekstra ('99) will see plenty of action coming off the bench."

"Any of six or seven of our players have the potential to score in the double figures," Morehouse said. "I like to play ten or eleven girls each game in order to wear down the other team."

"It will be a great challenge. We expect us to repeat and be pushed as we go there to swim fast," Patnott said. "We try not to pay attention to the score of the meet."
of their bodies during the Pull itself," Northuis said. "The pullers increased in the testing categories that they should have to be able to give an effective pull performance. Their physiological responses showed effective training."

Cook agreed that although pullers jump into intense and rigorous practices, "the practices really help them, and are reasonably safe."

Not only did test results show the effectiveness of the pullers' preparation, some pullers demonstrated physiological benefits after the practices.

"A few pullers with high blood pressures in pre-tests had lower blood pressure in pullers, though the decreases were not statistically significant," Cook said.

"One puller who was hypertensive before the practices actually had a normal blood pressure for the post-test," Northuis said.

The pullers themselves are confident that their training is more than adequate.

"We are more than prepared for the Pull in practice, said Alex Roch ('90). "I felt we were ready by the second Saturday practice this year. "Practices get you physically and emotionally prepared to pull. It's a question of getting pumped up for it."

Brian Johnson ('91), a puller and odd year pull coach agreed that pull practices were essential. "They don't only prepare you physically, but mentally and emotionally as well," he said. "You can be the strongest person in the world, but if you're not emotionally ready, you won't be an effective puller."

Hope's 100-year-old tradition has proven to be a "positive activity for the college," Northuis said. The pullers are strengthened physically and mentally while they entertain the community and give Hope College a great sense of pride.

"The college never had any incentive to discontinue or change the Pull. We recognize its benefits," Northuis said.

Nyenhuis said. "We are not just changing the curriculum we are not just changing the methodology of the courses: more emphasis on group learning, active learning, and student-centered learning to meet clearly stated objectives. I'm genuinely excited about the new curriculum."

Correction

In the Nov. 19 issue of the Anchor, Dykstra residents were wrongfully referred to as "girls." The staff of the Anchor is well aware that Dykstra residents are actually women, not girls. We sincerely apologize for the inconvenience.

Faculty and students are urged to report any cases of discrimination.

Hope College Theater Presents

Greek Life wishes you a Happy Holiday Season.

by Craig Lucas

Dec 3-7, 1997 8 p.m.
DeWitt Studio Theatre
Ticket Office (616) 395-7890

Fall 1997 Exam Schedule

| Monday, Dec. 8 | 8:00 | MWF 3:00 |
| Tuesday, Dec. 9 | 8:00 | MWF 3:00 |
| Wednesday, Dec. 10 | 8:00 | TR 9:30 & 10:30 |
| Thursday, Dec. 11 | 8:00 | TR 12:00 & 12:30 |
| Friday, Dec. 12 | 8:00 | TR 3:00 & 3:30 |

Students: Please call Jim and Julie toll free @ 888-339-0928. 
Lost: a black Canon owl camera, in black carrying case. If found, please call Mike at x4868.